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Los Altos Hills, CA 94022

May 30, 1986

Spring is at fault

By GEORGE EDLUND

Foothill geology instructor Patrick McClellan has compiled statistical information that suggests a link between springtime activity on the San Andreas fault and the next big earthquake.

After studying the records of earthquakes with a magnitude of 5.5 or greater (on the Richter scale) that have occurred along the northern San Andreas fault since 1955, Mc-Clellan noticed that of the 27 earthquakes in that category, 13 took place in the spring and all 13 during the 25 years preceding the big 8.25 San Francisco quake in 1906.

The correlation with the seasons is still largely unexplained, but McClellan conjectures that an increase in ground water might account for a reduction of friction along the fault zone.

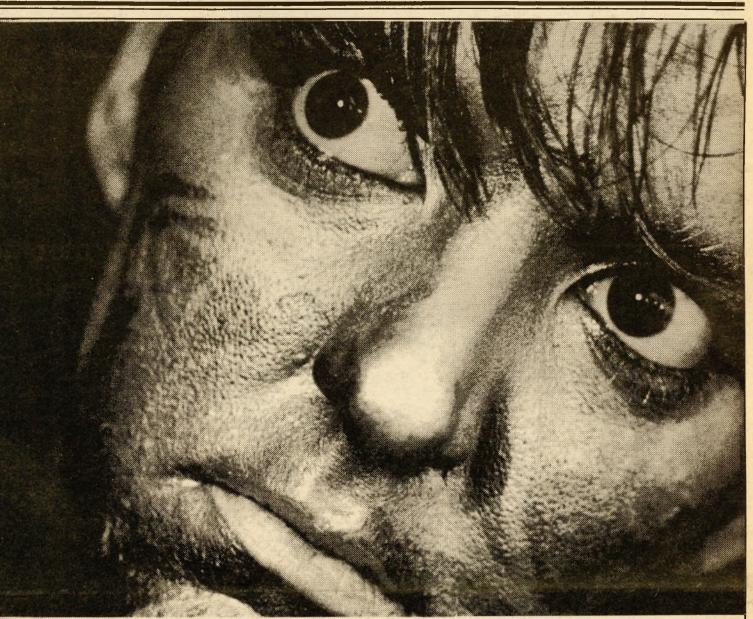
It is also possible that seasonal variations in sea level may have some connection in that the weight of the water on the Pacific Plate may affect the plate's ability to move in relation to the North American Plate, McClellan said.

McClellan doubts that normal random distribution can account for the unusually high number of events occurring in the springtime ahead of a major quake. He suggests that the data may be useful in predicting another big quake on the northern San Andreas fault.

Based on the absence of springtime quakes since 1906, McClellan believes that a repeat of the great San Francisco quake is not likely to occur for at least 25 years.

McClellan admits that the correlation is not as strong in the sourthern California fault zone and has no explanation for why that is so.

Faculty rectial honors Ingalls



Staring out into space are this model's eyes in Flavia Raddavero's photograph on display in Semans Library. The photograph is part of a student art show that combines photography, commercial art,

basic design and ceramics. The model of the above picture? Flavia Raddavero, in a self portrait. (See centerfold for more.)

Diet obsession ruins lives

By DEBORAH SMITH

Sometimes popular "truths" can be deadly wrong. Example: A woman can never be too thin. Example: A woman can't keep a secret.

Since last September, Foothill Health Services Coordinator Naomi Kitajima has counseled six female students for anorexia nervosa, an eating disorder which causes its victims to literally starve and exercise themselves to death.

Every Tuesday night, a support group for compulsive eaters and bulimics meets at Foothill. Two members are struggling with bulimia, an eating disorder which involves repeated binging followed by forced vomiting. But Kitajima fears there are many, perhaps hundreds of Foothill students, who are secretly suffering from eating disorders. It is a problem, she says, which no one wants to talk about - not the victims nor their families, friends or teachers. To break an opening in these walls of secrecy and silence, Health Services hosted a frank discussion on "Eating Disorders and the Self" on Tuesday, May 13 in C-31. The discussion, led by Lynn Milgrom, director of Rehabilitation Services for the Woodside Women's Hospital in Redwood City, was one of a series of lectures, films and clinics sponsored by Health Services during Women's Week.

The discussion focused on why women develop eating disorders and how to identify an eating disorder in a family member or friend. The 12 women who attended the hour-long presentation contributed questions and personal insights.

Although eating disorders are no longer exclusively a "women's problem," 90 to 95 percent of all anorexics and bulimics are women, according to Milgrom. Ages range from early teens to late 30s. Once thought to be afflictions of a rich "elite,"

tinue to see themselves as overweight.

Obsessive dieters, anorexics types of food touch each other. to Milgrom).

Ignoring hunger and fatigue, cent of anorexics die premature- (Continued on page 6)

often from malnutrition, dehydration and heart failure.

While anorexics suppress their also tend to be high-achievers, appetites to an extreme, buliathletes, straight-A students and mics are unable to control their workaholics. They often create a urge to eat. They succumb to myriad of eating rules and ritu- high calorie binges and then als, said Milgrom, such as cutting purge themselves of the food by up food in tiny pieces, counting vomiting or by using laxatives bites, and not letting different (up to 15 pills a day, according

Bulimics are even harder to anorexics will continue to exer- identify than anorexics. Despite cize until they collapse. Accord- weight fluctuations of 10 pounds ing to Milgrom, 15 to 21 per- or more, most maintain a weight

By DIANE YAMAUCHI

Seventy-five students and faculty attended a recital Tuesday featuring staff members of the Fine Arts and Communications Division. The concert was held in Appreciation Hall at 1:30 p.m.

Nile Norton, director of choral music at Foothill, presented a program that involved four different composers' arrangements of a poem by Goethe.

Norton demonstrated the musical differences by singing the poem in German, according to the arrangements of Selter, Schubert, Schumann and Liszt.

Elizabeth Barkley, Fine Arts division dean, accompanied Norton on the piano.

The second half of the recital was dedicated to the memory of Ron Ingalls, Language Arts instructor, who died earlier this year.

(Continued on page 3)

eating disorders can be found in all socioeconomic classes. (Women from higher income groups are more likely to afford and, hence, seek treatment.)

Kitajima estimated that one in every five female college students are anorexics or bulimics. Exact statistics, however, are impossible given the secrecy of eating disorder victims. An anorexic will rarely admit she has a problem, said Kitajima, and the fear of being labeled "sick" prevents many bulimics from seeking help.

Anorexics are not usually identified until they reach extremely low body weights. Then their illness is painfully obvious to everyone but themselves. Victims will lose 25 percent or more of their normal body weight, according to Milgrom, through low calorie dieting and vigorous exercise. But, because of distorted body images, they con-

Career Day offers job opportunities

By MICHAEL WASYLYSHYN

on Campus on Career Day, siasm to Career Day. It is a students and accept applications ers and find out what careers in Career Day will be held outside, publishing or medicine may refrom 9:30 a.m. to 1 p.m., in quire. front of the Bookstore.

to 'network,' meet managers and Survey. hiring personnel from local corporations and institutions and use these contacts from Career Day to follow up on future job interest."

Students should bring a Over 30 corporations will be resume, questions and enthu-June 3, to interview Foothill chance to interact with employfor full time and part time jobs. business, computer science,

Among the industries that Vicky Taketa, associate co- will be represented are hospiordinator at the Career Center, tals, high technology firms, said, "Two-year students are banking and finance companies, very marketable. Career Day is retail merchandising, publishing a great opportunity for students and even the U.S. Geological

Do these employers have an interest in students with little or no work experience? Taketa said, "Employers are interested possibilities in their fields of in two things: the student's (Continued on page 6)

EDITORIAL

Lettuce pray....

While scrubbing some greens for a salad one recent warm evening, I was chilled to the bone with the realization of how completely, irrevocably the choice to select safe foods to eat has been wiped off the list of viable alternatives, possibly forever. A simple act like trying to put together an unpoisoned salad symbolizes the inescapable nature of the problem, or cloud, we are under.

I was rinsing each leaf of lettuce, wanting to wash off the pesticides which I know are used by virtually all of the agribusiness growers (whom we used to call "ranchers" when I was a kid). I know that washing the lettuce off at this point is futile because the plant has been sprayed with pesticides approximately 17 times in its life before it is taken from the field to market. Still, I always give the veggies a wash because occasionally they do harbor dirt from the field. Not surprisingly, they seldom harbor insects.

The water from the tap that rinses the food is known to contain alarmingly high levels of toxins which have been shown to cause cancer. These contaminants are byproducts of the nearby semiconductor manufacturing processes that have been dumped or leaked into the groundwater upon which we depend for our lifegiving water supply.

These manufacturing processes, along with other industries and bayfill projects, have effectively killed the bay that gives our celebrated "Bay Area" lifestyle a privileged identity. Sadly, our beloved Bay Area is well on its way to joining Love Canal on the list of homesites that may be hazardous to your health.

The homegrown, organic veggies are not exempt, either, from radioactive fallout, acid rain or "leaded" air that has been polluted from auto exhaust. Bottled water is also suspect. In short, there is no way to select safely, no getting around it, no buying anymore from "somewhere else" because there is nowhere else anymore that is untainted.

The only thing that keeps me from teetering over the edge from the brink of despair is the belief that there is so much that we can do about it. Nature has remarkable powers of regeneration and we have knowledge of these systems and how we can help facilitate them. We can conserve, recycle, walk, share rides, grow our own, vote knowledgeably protest, boycott, demand cleanup, deny further polluting processes, simplify our standard of living and choose to love our planet more than our cultural icons. We have our very lives to gain.

We don't need a warning form the Surgeon General to tell us which way the wind blows

-Lori Reno

Editor's Note:

Last week's SENTINEL published a Letter to the Editor from Foothill student Jim Liles which contained two minor copyediting errors and an inadvertant omission of one line of copy. The SENTI-



Labels handicap humanity

Handicapism - what is it? It is a non-discriminatory minority group. It is democracy in its purest form.

It has no respect for classism. Its membership represents all classes. Socio-economic status, education and training can not buy you in or move you out of this minority group. Once you are a member, the membership can be life time.

It has no place within its ranks for sexism. It does not choose one sex over the other. Both sexes are equally represented.

It does not acknowledge racism. It does not discriminate among races. Being a member of a cultural or religious group neither guarantees your membership nor your exclusion.

It enrolls its members along a life continuum from birth to death. You do not find ageism here.

Handicapism is a minority group with an open membership. Anyone of us can become a member at any time, although we may not be able to choose our initiation day.

What do you get when you join this perfect non-discriminatory democracy?

Well, first you get a big label pin which is given to you not by the members of the group, but by the non-members.

Wearing your label pin, you're told, protects you from the nonwearers, for the non-wearers might just otherwise have unfair expectations of you and your capabilities.

Third, you get a hand lettered wall motto that says, "You are excused from participating in the majority group. You can not . . . you are not expected to ... you won't be able to ... '

Fourth, you receive a leather bound copy of a best seller entitled "Special Programs and Places For You," which includes listings of "special" education opportunities, "special" recrea-tion services, "special" vocational training and "special" employment placement opportunities. You find the forward of your book never explains why 'separate" is equated or synonymous with "special."

Fifth, you are given a selfteaching, self-correcting, self-reinforcing programmed instructional manual entitled "The New You - How to Develop an Adapted Identity."

The lessons provide instructions on how to change your feelings, your dreams, your ambitions.

You soon discover that you are to change or adapt your identity to meet the stereotyped attitudes of the majority group because they cannot see your sameness, only your difference. You are to adapt your identity not so much to fulfill your needs as to fulfill the perceptions of others.

The above may appear a little harsh. It was meant to be. For Handicapism is a minority group one does not select but is selected for.

It is often easiest for those of us to understand what having to wear the handicapped label means by asking, "Do we want to wear the label?

If the answer is no, then we must work to dispense with the label, which is within our abilities to do as humans. For it is not always within our human abilities to control or change the membership of the group.

How do we go about throwing out the label?

First, we must begin to accept our own differences. Then we are on our way to accepting differences in others.

Second, we need to look at our attitudes. Are they based on fact or fiction? Do we perceive and relate to handicapped individuals as people first and handicapped second, or as handicapped first and people second?

Third, we need to learn together, play together, work together, and do a whole lot of laughing and crying together. We must become willing to open ourselves to self-discovery and "other" people discovery.

Maybe, just maybe, if we could each commit to wearing

NEL regrets these editing errors and apologizes to Liles for the oversight.

The Foothill College

The SENTINEL welcomes letters. All letters must be typewritten (doublespaced), be restricted to 300 words or less, and be signed. Your phone number would be appreciated so that our editors can verify points of information.

The SENTINEL is a student newspaper published weekly on Fridays during the academic school year by Foothill College, 12345 El Monte Road, Los Altos Hills, CA 94022.

Opinions expressed are not necessarily those of the college or student body. Staff members are students enrolled in the journalism program at Foothill. The SENTINEL staff is located in M-24; telephone 415/960-4372 or 960-4261. Advertising rates are available upon request.

Editor-in-Chief, Lori Reno; City Editor, Rhoni Gilkey; News Editor, David Hardegree; Features Editor, Deborah Smith; Sports Editor, Will Bailey; Advertising Manager, Lori Reno; Circulation Manager, Dan McQueen; Journalism Staff Assistant, Alison Wilson; Adviser, Herman Scheiding.

Second, you get a printed set of instructions that remind you to wear your label pin at all major public and community events. Without your label pin, the non-members might not be able to differentiate you from "their" (non-member) group.

But my only question to you: Would you want to wear the label pin?

one same label called "humanism," all the other label "isms" would die.

Once and for all, we could all be members of the same majority. -By Coach Michael Lee

Submitted by Sandee Rydell, Foothill Student

CURRENT SCHOLARSHIPS

SCHOLARSHIP	CRITERIA /DESCRIPTION	DEADLINE	
MARION BARNICK SCHOLARSHIP THE NINETY-NINES, INTERNATIONAL WOMEN PILOTS (\$1,000)	Female Private Pilot Certificate holder who is either a qualified member of the Ninety-Nines OR a student attending SJSU, Gavilan, FOOTHILL, or West Valley Colleges (Use Marion Barnick Application)	JUNE	1
CHARLES N. GOETHE MEMORIAL (\$ unknown)	Any academic major, but preference will be given to students majoring in Eugenics or similar studies such as Genetics and the Biological or Life Sciences. (See Sidnee for complete details)	JUNE	10
KBAY/KEEN MINORITY BROADCASTING (Three @ \$1,000)	Ethnic minority students majoring in Broadcast Journalism at San Jose State University; must be accepted for admission at SJSU (See Sidnee for complete info and application address)	JUNE	30
COLLEGE OF NOTRE DAME, CA	Regents scholarships for TRANSFER students (To Notre Dame) No-need Scholarships of \$2,000 per academic year; must have 60 or more transferable semester units; minimum GPA, 3.0; full-time transfer student	JULY	1

FOR APPLICATIONS/INFORMATION, CONTACT MRS. SIDNEE LEONG, FINANCIAL AID OFFICE, STUDENT DEVELOPMENT CENTER (BECAUSE OF LIMITED SPACE, ALL GUIDELINES/CRITERIA MAY NOT BE LISTED)

CAMPUS NEWS



Action at ASFC's Pool Party 1

Anderson syncs to top place

By TOINY GEELEN

Thanks to her energetic imitation of Patti LaBelle, Shelley Anderson won the Lip Sync contest held in the Foothill Cafeteria on Thursday, May 22.

A large lunchtime audience applauded their favorites, in particular David Hoehn's lip sync to L.L. Cool J.'s "Rock the Bells."

Hoehn gave a very credible rap presentation. Not only did he dress the part, in a plaid blazer clashing with psychedelic shorts, but he even added a blacked out tooth as a personal touch.

Along with his rapping and dress code, Hoehn executed some very entertaining dance steps. His most popular move with the audience was an imitation of PeeWee Herman; the crowd cheered and almost gave Hoehn a standing ovation. Despite his enthusiastic performance, Hoehn tied for second place with Michael Stroud.

Stroud was the first performer, and regular ASFC contest-goers recognized him from his magic act at the talent show. Stroud again dazzled the audience with his seemingly impossible tricks. While his lip sync to Alice Cooper's "Welcome to my Nightmare" wasn't spectacular, his act was. Stroud had painted his face green, blacked his eyes and had black streaks down the side of his mouth.

The main prop in his act was a skull with a flame coming out of the top. At one point Stroud set his hand on fire, keeping it keeping the audience in suspense whether or not the to catch fire. Stroud's most government offices.

fascinating trick was snorting a cigarette through his nose and exhaling it back out of his mouth. He even did several such disappearing-reappearing tricks with a lit cigarette.

Anderson did, despite Hoehn's and Stroud's performances, deserve her first place. She threw herself into her act, frequently dancing frenetically in the style of LaBelle, while her lip sync convinced viewers that it was Anderson, not LaBelle, belting out "There's a Winner in You."

Terry McCarthy, emcee and coordinator, stated, "The contest went smoothly. The PA system worked well thanks to Jim Ebert. I like the idea of a student contest because it encourages participation and a chance to win the prize money, plus people really seem to enjoy watching their friends perform."

Anderson, when asked what she would do with her \$100 prize replied, "Pay bills. I have tons of tickets; those wanna-be cops keeping giving me tickets."

The contest was judged by a panel which included: Jonathan Willis, director of student affairs; Nance Cole, secretary to the associate dean of students; Charlie Dillard, appointment counselor; Ismeal Gonzales, EOPS counselor; Peggy Benenato, director of organizations; and Nikki Roen, Foothill student.

The next contest will be a Legs Contest on June 5 in front lit for more than a minute while of the library. Students with suggestions for additional contests can drop a note in Terry flounces on his shirt were going McCarthy's box in the student

Pool party II: the sequel

By TOM BAILEY

Three Bay Area bands will perform live, in concert as part of the Hawaiian Pool Party and Barbecue to be held at Foothill on Saturday, June 7, from 11:30 a.m. to 4:30 p.m.

The bands include:

A Little Night Music: five talented musicians make up this dynamic jazz/fusion group. They play an exciting mixture of jazz, blues and soul. Included will be songs from their latest album.

Blue Scooter and the Crowder Brothers: this band will make you want to shout with their "Blues Brothers" rock 'n roll sound. Their music is upbeat and is topped off by a lively horn section.

Roots Vibrations: hot reggae music for a sunny day. This band plays reggae with an abundance of emotion as well as skill. Rastafarians Donny Rasta and Ras Ron bring their songs to life with enthusiastic performances.

This Hawaiian Pool Party will feature several contests for cash prizes. There will be a Best Hawaiian Outfit contest, a Hula Dancing contest and a Bellyflop contest in which contestants will entertain the crowd with any crazy antic imaginable to make a big splash and win big cash. Anyone can enter.

The event will start at 11:30 a.m. with a delicious barbecue and a performance by A Little Night Music. Blue Scooter and Roots Vibrations will then play by the pool where the various contests will be held. Admission is free and all are welcome.

So bring your bathing suit, tanning butter and appetite down to the pool at 11:30 a.m. on Saturday, June 7 for a funfilled Hawaiian afternoon, brought to you by ASFC.

RECITAL

(Continued from page 1)

Performing was William Bryan, pianist and retired Foothill music instructor.

Bryan recited selected lines from Walt Whitman's "Leaves of Grass" and followed each reading with piano music by various American composers that he felt reflected the emotions of the poem.

Both performers were well received by the audience which responded with attention and respect as well as tremendous applause at the end of their presentations.





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MUSICAL COMEDY

Pirates of Penzance Saratoga Chamber Theatre

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MUSIC

The HI-Los with Foothili's Fanfairs

Sekar Jaya Balinese Orchestra and Dancers

European Tour Concert PACC

Children's Concert: The Nutcracker Nova Vista

Big Band Jazz Foothill Jazz Bands

The Creation Foothill Chorus and Redwood Symphony

Summer Sings The Schola Cantorum

B Minor Mass Sing-along Baroque Choral Guild

Los Altos Conservatory Theatre

Italian Straw Hat & The Dining Room Summer Stock

The Sorcerer's Apprentice Palo Alto Children's Theatre

Shakespeare's Hits VITA & Baroque Choral Guild

Talking with... TheatreWorks

San Jose Rep Reads Five great plays

DANCE

Alamat: Philippine Legends Santa Clara Ballet

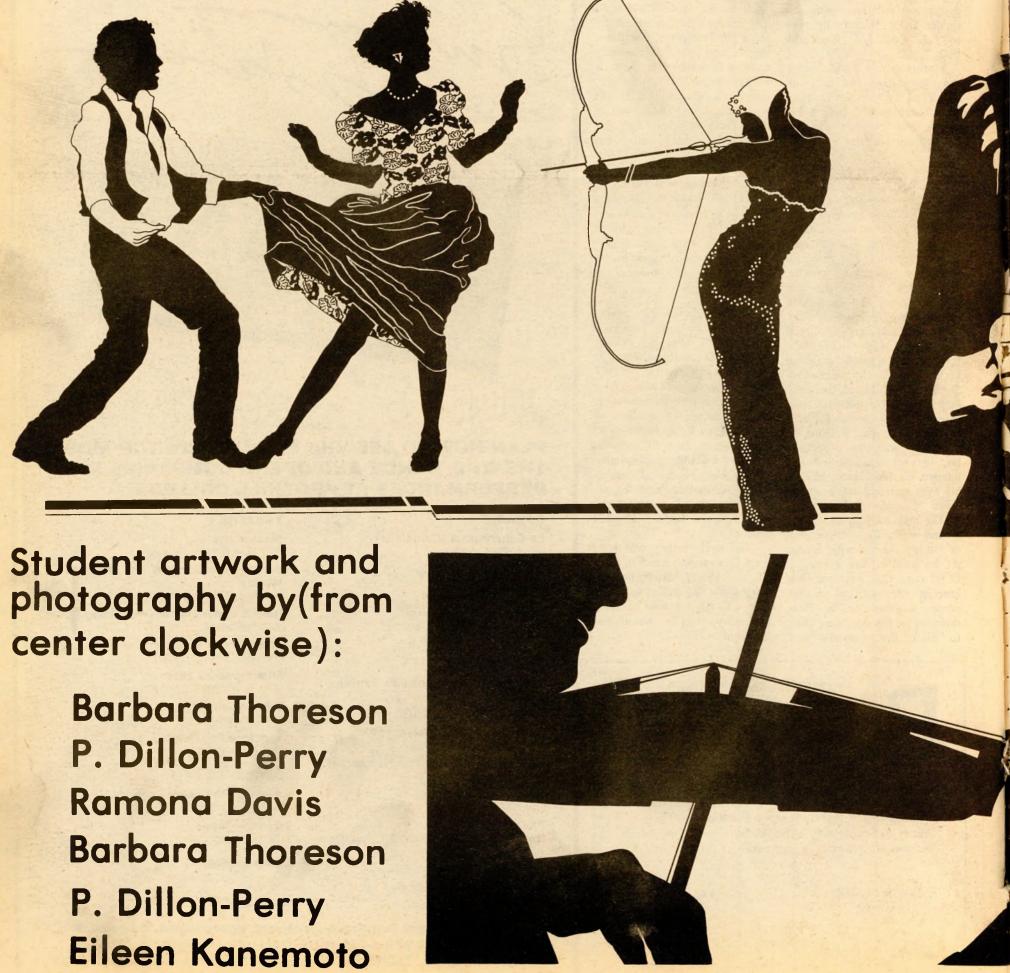
Georgie Tapps the great tap dancer.

AND MORE!

For a free Fostival Brochure or ticket information, call Foothill Box Office, (415) 948-4444 or write: Performing Arts Alliance, Foothill College, 12345 El Monte Rd, Los Altos Hills, CA 94022

FINE ARTS

That showcases that your last chanm commericial a Fron drawings, paint



FINE ARTS

hill Student Art Show in Seman's Library tic talents of Foothill Students. Today is view the selections from photography, usic design and ceramics classes. he 2 to June 19, the Library will exhibit and printmakings by Foothill students.







NEWS



Can you dig it?

Chuck Konigsberg, second from left, Ornamental Horticulture, and members from a class were digging two holes in front of the Language Arts office last Friday. The holes were to receive crepe myrtle trees donated by Bill Ehly, Spanish instructor, to be planted in honor of his mother. From left to right are William Doheity, Konigsberg, John Garret, Ron Cuevas and Chris McLaughlin.

OBSESSION

(Continued from page 1)

that is close to average and some are overweight. Binging and purging take place in secrecy and women often keep their "diet secret" for 10 years or more, according to Milgrom.

The binge/purge syndrome often begins with young women in their last year of high school or first year of college, said Milgrom. They think they have discovered a way to eat their cake and still be thin. Then, they find they can't stop binging and consequently, continue to purge themselves. The cycle is sometimes repeated 15 times a day.

Bulimics can die of ruptured stomachs and, less frequently, of ruptured esophagi. The stomach acids that pass through the mouth when vomiting cause permanent damage to the teeth. Bulimia can also cause laxative dependency, constant gastrointestinal problems, potassium deficiency and skin rashes.

The specific causes of eating disorders may vary from individual to individual. But, they occur within the context of a society obsessed with thinness and with physical appearances.

"Look at the models in women's magazines," said Milgrom. "Most of them are anorexics. And we're supposed to look like

on their behaviors. The eating rules and rituals of an anorexic, Milgrom suggested, may be an attempt to combat a frightening sense of being out of control. They respond best to treatment, she added, when rules on their eating behavior are set and firmly enforced.

A more sinister cause of eating disorders is a history of sexual abuse. About 80 percent of all female victims of anorexia, alcoholism and other psychiatric problems, said Milgrom, have been sexually molested as children.

"Anorexics may be subconsciously trying to stunt their sexual development and become sexually unappealing," said Milgrom, explaining that extreme weight loss causes breasts and hips to shrink and menstruation to stop. "Binging and purging, which put a woman temporarily out of action, may also be a way of avoiding social interaction. Both disorders reveal a violent hatred or fear of one's own body."

The complex sociological and psychological issues underlying eating disorders make treatment a difficult and long-term but not impossible process.

articipate in many group activities.

Fees range, depending on the individual's needs and ability to pay, from \$24 a day for one class to \$800 a day for inpatient care and full therapy. For further information, call 415/368-4134.

CAREER DAY

(Continued from page 1)

gained at school. And the student's personal characteristics. For example, students who are enthusiastic and have worked somewhere, assumed some responsibility, trained others or been trained and done some job well, are viewed positively and are likely to contribute to the potential employer's business."

Students who do not have a resume may drop in at the Career Center (Administration Building) and ask for assistance in preparing one at Taketa's office.

Some of the firms attending Career Day are SRI, Raytheon, VA Medical Center, U.S. Geological Survey, Hyatt Hotels, California Aviation Flight Center, Coherent, Bank of the West and Addison-Wesley Publishing. A list of participating companies and their interests will be available at the Cereer Center tomorrow.

Taketa said, "Many students use this day to make memorable impressions on company interviewers and increase their chances of being hired."

This will be the 12th Annual Career Day and Taketa was happily surprised at the corporate interest in hiring despite the supposed slump in the high tech area, locally.

There will also be a meeting between the visiting employers and Foothill staff and faculty. These meetings enable Foothill staff to learn firsthand what

skills, education and knowledge employers expect from their new student employees. Faculty can learn what information is most valuable to students and employers. Corporations also express needs such as retraining current employees through Foothill's Contract Instruction Programs.

CAFETERIA MENU WEEK OF **JUNE 2-JUNE 6**

MONDAY, JUNE 2 Ham Steak **Scalloped Potatoes** Fresh Vegetable Beefy Macaroni

Salad **TUESDAY, JUNE 3**

Roast Beef Mashed Potatoes Vegetable Wing Dings

Rice

WEDNESDAY, JUNE 4 Hamburger **French Fries**

> Turkey Broccoli Casserole

THURSDAY, JUNE 5 **Baked Chicken** Potato Vegetable

Ham & Egg Sandwich French Fries

FRIDAY, JUNE 6 English Fish & Chips **Cook's Choice**

(Menu subject to change without notice)

	<u></u>		
		JUNE 1	
		BIG BROADCAST OF 1944	
	10:00 a.m.	Popular Music & News with Alan Dale, DJ and Frank Scozzari, News	
	11:00 a.m.	Guiding Light	
	11:15 a.m.	It Pays to be Ignorant	
	11:30 a.m.	Little Orphan Annie	
	11:45 a.m.	Popeye	
	12 noon	Aldrich Family	
<u>y</u>	12:30 p.m.	Popular Music News	
	1:30 p.m.	New York Giants vs. Boston Braves: Recreation of a 1944 baseball game play by play, from original score books.	Á
	3:20 p.m.	News	1
	3:30 p.m.	Lone Ranger	
	4:00 p.m.	Superman	
	A.45	Provention Metal and An	

that?"

Milgrom also pointed out that there are psychological traits which make some women more vulnerable to such societal pressures. Specifically, low selfesteem, compounded by a hatred and/or fear of one's own body, can lead to and sustain an eating disorder.

Women, Milgrom said, generally have a weaker sense of self than men because they have been traditionally identified in relationship to others (someone's mother, wife, daughter). They are, hence, more likely to look to other sources such as the media to tell them how to look and behave.

The women's movement, while freeing some women to create their own self identities and explore new possibilities, has left others feeling overwhelmed by pressures to 'suc-

The first step, said Kitajima, is to acknowledge the problem, realize one is not alone and seek counseling. Foothill Health Services provides free and confidential counseling as well as referral information. The support group for bulimics and compulsive overeaters meets Tuesdays from 6:30 to 7:30 p.m. in A-54.

The Woodside Women's Hospital offers full therapy inpatient and out-patient programs. The 24-bed hospital is staffed entirely by women and is devoted exclusively to treating women with eating disorders, drug and alcohol dependencies and general psychiatric problems.

Based on a holistic, grouporiented approach, therapy includes classes in body image, assertiveness training, stress management, relaxation techniques and recreational activities. Faceed' and 'lost' without limits mily members and friends may

Ш	noo pini	oupermun
	4:15 p.m.	Captain Midnight
ł	4:30 p.m.	Terry & the Pirates
	5:00 p.m.	The Shadow
1	5:30 p.m.	Academy Award Theater: "Stagecoach" with John Wayne, Ward Bond
	6:00 p.m.	Popular Music and News
Π	7:00 p.m.	Amos n' Andy
	7:30 p.m.	Screen Guild Theatre: "Maltese Falcon" with Humphrey Bogart, Peter Lorre
	8:00 p.m.	Live KFJC Studio Performance by Elby Coy Orchestra – 15-piece orchestra & vocalists
	9:00 p.m.	Lights Out
	9:30 p.m.	KFJC Original Script & Production of "Chicken Heart."
		KFJC 89.7

SPORTS

Tennis loses

By WILL BAILEY

The men's and women's tennis team tried to help Foothill become the first California community college to win the state tennis championships in both programs within the same season, but fell short as the teams suffered identical 6-3 losses in the state dual-team finals in Camarillo on May 15.

The men's team (15-4), under coach Tom Chivington, was ranked second in the nation and first in the state before losing their first community college match of the year to Grossmont (20-2) for the state championship.

The women's team hoped to become the first northern California women's team to win the state title, but finished second in the state with a 15-2 record after losing to undefeated Palomar (21-0).

In the state individual tournament on May 18, the men's team was a point short as they lost to Grossmont, 10-9. Foothill women finished fourth in team points.

"Everyone started out flat, except for Jeff [Cohen]," said Chivington of the men's team. Foothill had victories at second singles, sixth singles and first doubles.

At number two, Cohen won 6-1, 7-6 (12-10), after struggling in the second set. "We were down 3-1 when I was playing," said Cohen. "I had eight match points in the second set and should've won 6-1, 6-2, but won it in the tie breaker."

Sylvano "Mad Dog" Simone, often considered the team leader by team players, played well to win at number six and won 3-6, 6-3, 6-3. Craig Corfield had a bad day as he lost the number one singles match but came back to win in number one doubles with Scott Margot. Corfield and Margot were leading 6-4, 4-3, when a Grossmont player decided to default the match.

"It was a very exciting, com-petitive match," said Chivington. "It [Foothill] was a very good team. I think they may have been disappointed they didn't finish number one because of Foothill's record. I enjoyed the team and the state tournament. The players were mature enough to handle their losses."

"After the match, I was amazed at the score," said Foothill women's coach Jeanne Tweed, recalling the 6-3 losses both Foothill teams suffered. The last time two Foothill teams made it to the state finals was 1982.

"Michelle Chapple played really well," said Tweed of Chapple's 6-1, 6-3 victory at number one singles. The Owls' other wins came at fifth singles with Kris Paxton winning in straight sets who then teamed with Carolyn Whitty to win number three doubles 6-4, 7-6.

Close matches for Foothill included Sandra Glass' loss at number three when she lost (8-6) in the tie breaker of the third set. In number one doubles, Chapple and Pat Vultee lost a close 6-7, 7-6 (8-6), 7-5 decision.

"If we could've come out with three singles, we could have made it closer," said Tweed. "Nonetheless, we had a fine year. The match was really competitive. The doubles match with Michelle [Chapple] and Pat [Vultee] was very close."

Tweed believes this year's team was one of her best. 'In '82 we lost 9-0 in southern California. We didn't this time," Tweed said.

Foothill men were tied at nine-all in team points with Grossmont when Grossmont won the doubles title over Foothill to become the overall leader, 10-9.

Cohen and Simone of Foothill were psyched to win the doubles final, but lost 6-4, 2-6, 6-4.



Foothill's state runner-up men's tennis team: back row (left to right): Bobby Fenton, Ray Bilsey, Brian Cory, Jeff Cohen. Front row: Scott Margot, Sylvano Simone, Craig Corfield, coach Tom Chivington. (Not pictured: Ted Dimond.)

According to Cohen, Simone tried to psych out his opponents by saying "You're nothing" to them before play had begun and apparently spat at a Grossmont player later in a match.

"Sylvano [Simone] played really well," said Cohen. "I thought we were a better team. One foot-fault call cost us the match. It was two-all in the third set on Sylvano's serve when the call was made. We lost the game and then the match.'

In the singles semifinal, Corfield lost in three sets to Grossmont's top seed, Sean Wade, 6-2, 3-6, 6-4. Cohen and Bobby Fenton of Foothill were eliminated in the singles quarterfinals.

Half of the men's team was injured during the championships. Foothill's third seed, Brian Cory, played with an injured shoulder. Cohen had an injured back and shin splints. Simone played with an injured thigh. Despite this, Cohen and Simone won in singles for two of the Owls' wins.

The women's team did not get past the semifinals in the singles or doubles in their state individuals tournament.

"We could have done better," Tweed said. "Pat Vaultee had to play a tough player in the first round and lost.'

Chapple, who had not lost a match all year, lost 1-6, 6-4, 6-4 in the semifinals to Harmon of Cerritos, who then won the tournament.

Harms gains state champ

By WILL BAILEY

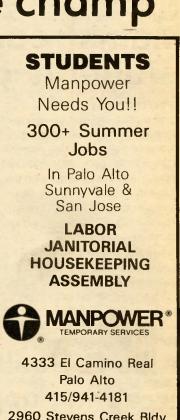
Foothill's Heta Umufuku won the state championship in the javelin event during the State Meet in Walnut (Southern California) on May 18 and 19. Coach Dwayne "Peanut" Harms now has to his credit a total of six state champions during his six years as Foothill's track coach. Dave Campbell, who set a state record in the 800-meter run earlier in the year, finished second in the state with a 1:47.23 time, a new Foothill record.

Umufuku was rated third in the state before her 150-7 throw to win the state title in the javelin event. According to Harms, Umufuku learned to throw the

for All Collegians), set a school and Northern California record with a 1:49.03 time earlier in the year. Campbell has been offered a full-ride ticket scholarship to Texas Christian University.

Other Foothill track members had more difficult times during the state meet. For the women, Janet Corsiglia finished fifth in the 800-meter run with a 2:15.03 time. Becky Van Zant came in eighth in the 3000-meter run and ninth in the 5000-meter run. Kelly Bungo and Kerry Brogan faced stiff competition in the 1500-meter run.

Mike Kriege, a top Nor Cal runner for the men, placed fifth in the 10,000-meter run with a javelin in six weeks. Her throw 31:14 time and eighth in the also sets a new Foothill record. 5000-meter run. Mike Mathews Although Campbell did not had difficulty placing well in win the state championship, he the 3000-meter steeple chase. According to Harms, next has been the most notable member of the men's team. Campbell, year's team will be young and a who is ranked third in the nation | better team. Umufuku will be rein the 800-meter run (seventh turning for the women's team.



Football regroups

By WILL BAILEY

After suffering a 0-10 Football season in his first year of coaching at Foothill, Gene Scattini believes he has a good nucleus of players to build a better team this year.

There are five people fighting for the quarterback position, Scattini says. Kelly Coan, who quarterbacked last season, is trying to retain his spot. Coan usually completed passes to his

"Being here has made a difference," says Scattini. "It has given me a chance to recruit locally and talk to kids."

According to Scattini, there are about 40 players on Campus now who are working out in the weight room and on the field. Five local high school players will attend Foothill next year, says Scattini, who also expects a number of outside players to attend Foothill next year.

"I expect to see a better quality player on the field next year," Scattini says. "It's exciting right now. With the kids we have and the kids we should get, we may upset some people."

Scattini believes the Owls' defense will be better next year due to returning players. Returning players include: defensive linemen, Scott Belli and Brent O'Brien; defensive backs, Archie Scott and William McMillin; and Dave Neeser at strong safety.

brother, Andy Coan, who will return as a wide receiver.

There will be several good running backs to work with, says Scattini, whose top need is offensive linemen.

According to Scattini, last season was a very difficult transition period. Scattini became coach in April, 1985, but arrived at Foothill too late and was unable to recruit.

"There were eight returns from a 2-8 season. It was a difficult situation," Scattini said. "The team was young and had 40 freshmen. Some had not played football for a couple of years. Starters on the team were players that didn't start in high school."

Now that Scattini is settled down at Foothill, has returning players, is recruiting local and outside talent, next year's team should be a better, more organized team.

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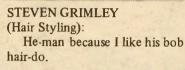
ON THE SPOT

If you could be best friends with anyone famous, who would it be and why?

By SHIRIN MONAZAH & KENNETH R. BARTON



MAHA MALEK (Communication): Prince because I want to be his lover. Just kidding!!!!





SYD BIRCHER (Physical Therapy): Morris Day because he gets all the women.

Nameplates



CHRISTINE SINGH (Travel Careers): Bruce Willis because he is obnoxious like me.



KEITH TORGERSON (Basically Undeclared):

Tony Dow because Wally Cleaver is God: my reason for living.

COMMUNITY SPOTLIGHT

By THALIA KENT

FRIDAY, May 30 FILM AT DE ANZA-The film "Alcino and the Condor" will be shown at De Anza College, Room A-11, 7:30 p.m. The first fiction feature film made in Nicaragua explains the story of the Sandanista revolution. Tickets: \$2 general admission; \$1 students and seniors.

MONDAY, June 2 AUDITIONS TO BE HELD FOR "CANDIDE"-Auditions

for the musical, "Candide," part of the Performing Arts Alliance Festival at Foothill, will be held in the Foothill Theatre at 7 p.m. and are

open to the community. The large cast requires actors of all ages and some who can sing. Performances are scheduled for August 7-17. For more information call Jay Manley, 415/960-4272. **TUESDAY**, June 3

JAZZ BOOKTALK-A jazz lecture and performance will be held in the Foothill Choral Building (A-80) from 1:30 to 2:30 p.m. Foothill Language Arts instructors and musicians Joe Gallo and Denny Berthiaume will discuss Ralph Ellison's classic novel, "Invisible Man," and play music of that period on piano and clarinet. Open to the public, free.

on display **By GEORGE EDLUND**

Over 30 antique, engraved equipment nameplates make up the latest display at the Foothill Electronics Museum. Dating from 1909, some of the etched plates represent patents from as early as 1888.

General Electric, Westinghouse and Allis Chalmers are represented. The apparatus from which the nameplates were salvaged include synchronous condensers, rotary converters, transformers and rectifiers. Ratings up to 75,000 KVA are shown.

The nameplate collection is part of the memorabilia acquired by the museum from the late Frank Donnelly.

POLICE BLOTTER

By RAY GUTIERREZ

MONDAY, May 19 11:45 a.m. Officer Randall assisted in removing a stalled vehicle on the El Monte connector road.

4:22 p.m. J. Clark notified Campus Security of a suspicious person in room E24. Officer Geddes responded to the call. The individual was field interviewed and released.

TUESDAY, May 20

- 11:04 a.m. A possible burglary occurred in the L22 classroom. Officer Cole responded and took a report.
- 1:20 p.m. Campus Security was notified that a traffic accident had occurred on northbound 280 one mile from the Foothill exit. Officer Randall notified the California Highway Patrol.

WEDNESDAY, May 21

- 10:38 a.m. Office equipment in the office service building was reported stolen by J. Ferrando. Officer Randall responded and investigated. A report was filed.
- 12:40 p.m. Officer Randall responded to a report of a student verbally disturbing other students. Officer Ran-

dall gave him a verbal warning. A report was taken.

TUESDAY, May 22

- 10:24 a.m. A fight broke out between two students near Appreciation Hall. The cause is unknown. Officer Randall responded; both students were field interviewed. D. Martian filed an assault and battery charge against the other individual.
- 3:14 p.m. Karen Webb notified Campus Security that a student was disturbing other people in the Student Development Center. Officer Noriega responded and took a report.
- 4:42 p.m. The student that had been a distrubance in the Development Center was now in the Independent Study Center. Officer Noriega spoke again to the individual and filed a report.
- 10:47 p.m. R. Fryer reported to Officer Cole that his vehicle had been burglarized on lot C. A report was taken.
- 8:43 p.m. Campus Security was notified of a traffic accident and that a fight between the two motorists was in progress. Officer Cross notified authorities.

SUMMER JOBS

Volt needs students for temporary jobs. Work when and where you want. Gain valuable work experience while earning top pay. We need:

Mainstreaming program helps students gain independence

By DIANE YAMAUCHI

The Community Mainstreaming Program at Foothill College is designed to help the Educable Mentally Handicapped (EMH) students develop a sense of independence. The students who are enrolled in this program work primarily on basic, everyday living skills.

Patrick Mooney, who is the coordinator of this program, has been at Foothill for nine years. As the program coordinator, Mooney works with a group of

Students are taught how to adapt to the community. These courses include money management, which teaches the value of money, how to write out checks, balancing checkbooks and how to maintain a budget. Communication classes are also available to these students, where they learn conversation and social skills and how to deal with conflicts.

In addition to his involvement with Community Mainstreaming, Mooney works as a instructors in developing courses counselor for the Disabled Sturelated to productive living. dent's Program. The counseling Allied Health program

sessions are determined by the students' wants and needs. A student may receive a combination of academic, personal or vocational counseling.

Mooney would like to see vocational oriented courses offered on Campus. A request has been made to implement a course associated with landscaping and gardening. The intention of promoting these particular types of courses is to get the students involved in the community and to have them fulfill entry level jobs.

TRAVELING PHOTOGRAPHER'S

accepting applications

By CHRIS F. LILLIBRIDGE

If you enjoy working in a fast-paced environment that requires technical and scientific responsibilities, then investigate the allied health programs offered at Foothill.

"High demand," "challenging," and "exciting" are a few words found in all the brochures that describe these programs. Currently all the courses in the **Biological and Health Sciences** Division, except dental hygiene (which is full) are accepting applications for courses starting in September.

"I think it's a high quality program offered at a much more reasonable fee than the private schools," said Miriam Rosenthal. coordinator of the dental assisting program. Dental assisting, dental hygiene, respiratory therapy, radiologic technology

and the many other courses are "so desirable because they are licensed by the state and national boards yet cost only the standard Foothill fees, plus the individual's program needs," said Rosenthal.

The "big job market" and "high demand" mean two things to students involved in the programs: being able to get a quality education in skills that can be used in an insatiable job market.

Getting information regarding the Allied Health Programs is easy. Drop by the Biological Health and Sciences office or write them at Foothill College, 12345 El Monte Road, Los Altos Hills, CA 94022. Their phone number is 415/960-4249, or contact Dr. Harry Saterfield, counselor for all the programs, at 960-4217.

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