

# Trustees discuss manuals

By JAIME ARIAS

The Foothill Community College District Board of Trustees met publicly for the second time this quarter on Oct. 6 in the District Administration Building. They discussed and passed a set of rulings that will affect the college community for years to come.

There were two reports given: the up-dating of the Board Policy Manual, in which more than 70 items were approved, and one on the "Educational Virtues of 2300 Foothill Freshmen."

The Board Policy Manual, written by the first Board of Trustees in 1958, when the district was founded, touches upon such areas as recruitment, screening, and selection of faculty personnel; evaluation of faculty; right of faculty members to a hearing on personal matters; tenure; the desirability and need for the

faculty and staff to attend Board meetings; Superintendent John Dunn's traveling expenses; academic freedom; right of faculty members to support the democratic process; formation of faculty committees to help the administrators should a faculty member become a "problem"; students encouraged to organize college activities on and off campus.

"The Educational Ventures of 2300 Foothill Freshmen," labled by Board members as "very unique," "nothing new," "it's never been done," and "does not answer the question of why students drop out."

The report, originally titled "The Study of the 1965

Freshman Class," is a lengthy effort made to trace the academic achievement of 2,308 freshmen from Foothill. The effort is mainly Dr. O.B. Nereson's, who was the testing officer at the time of his retirement in late 1970.

Dr. Nereson decided to undertake this study using some of his 12 years experience, using programers and computers.

Some of the findings were: Seventy-five percent of the students voiced their desire to transfer to a four-year college or university.

It took from 1965 to 1971 for 330 students, or 14 percent of the student body, to get their A.A. degree.

Over 15 percent graduated with an A.A. sometime during those six years.

Twenty percent of these freshmen dropped during the first six months, and almost 50 percent dropped out by the end of their first year.

Forty percent completed less than 30 units.

Forty percent ended their educational venture at Foothill with less than a 3.0 grade-point average.

Some approaches towards the solution of why a reduced number of students succeed while in this institution were offered. Foothill President H.H. Semans said, "We are doing something for the students that

don't transfer."

The Academic Senate, headed by math professor Stanley Cotter, announced to the Board that an Ad Hoc committee had been formed "to study the ramifications of Nereson's report."

Other items in the agenda were a report from both Dr. Semans and Dr. Robert DeHart, president of De Anza College, who praised their staffs for their efforts in enrolling all of those wanting an education this year. They said that 9,000 students are enrolled in the two colleges this year.

The next meeting will be Oct. 20 at 8:30 p.m., at the District Board room.

## Vanocur to speak

Sander Vanocur, long-time NBC political news analyst, will speak tonight at 8:15 p.m. in the Foothill College auditorium. He was originally scheduled to speak Oct. 1, but sustained a broken ankle while playing tennis in Southern California Sept. 29.

The topic of his talk will be "Relationship of Press to Administration: Allies or Adversaries."

Tickets are \$2 to the general public and free to all Foothill and De Anza student body card holders. Tickets are available at the box office or at the door.

## Tutoring revisions urged

By JOHN ANGYAL

Tutoring services at Foothill need changes, according to Richard Lee, tutor coordinator.

"The present system of students helping students through the various departments should be centralized into one organization," Lee said.

Lee has proposed to the administration an Academic Assistance Center, but for lack of funds, the administration

turned down his proposal.

"Students have to take responsibility for themselves," says Lee. In the interest of better tutorial services for the students, Lee plans to put his proposal before the Campus Council in hopes of financial and moral support from the students themselves.

The main ideas of Lee's proposal are: organize all tutors on campus; establish a clearing house for Academic Assistance

government seems ready to begin in earnest its activities for the year.

Recommended by the President's Cabinet and approved by the council for appointment last Thursday were

Chris Watkins, Secretary; Marilyn Bartlow, Vice-President of Organizations; Joseph Johnson, Jr., Public Events Director; Shelly DuBose, Experimental College Director; and Frank Pretty, Finance Director. Other new voting representatives of OBD include Sheri Cowart of the Flying Club and Karen Dunigan of JADHA.

Paul Binford has been chosen as editor of the DAILY PLANET, a non-council position, by the Mass Communications Board. The only applicant for Mass Communications Director, Jack Reeds, was not approved, due to the fact he has not been available to be interviewed by the President's Cabinet. Positions still open include Rally Director, Intramurals Director, Special Affairs Director, and Mass Communications Director.

President Willie Raynor submitted a proposal for a District Council consisting of administrators, faculty, employees, students, and a Board of Trustees member to meet twice monthly to discuss problems of the Foothill Community College District and set as a recommending body to (presumably) the Board of Trustees.

The proposal was to be studied by council members and discussed at yesterday's meeting.

## Dogs face capture

President H.H. Semans last week announced that because of "inconvenience, possible injury to a student or visitor, liability of the college, occasional interference with instruction and daily violations of health regulations in the Campus Center," all dogs found on campus will be impounded by the Santa Clara County Humane Society.

Dogs picked up on campus will be placed in holding pens until

Copies are available from Raynor's office.

Charles Moreland, assistant director of the multi-cultural program, requested \$2500 from the council for the operation of a "small business service," a method for aiding student entrepreneurs in making money for themselves and for the program.

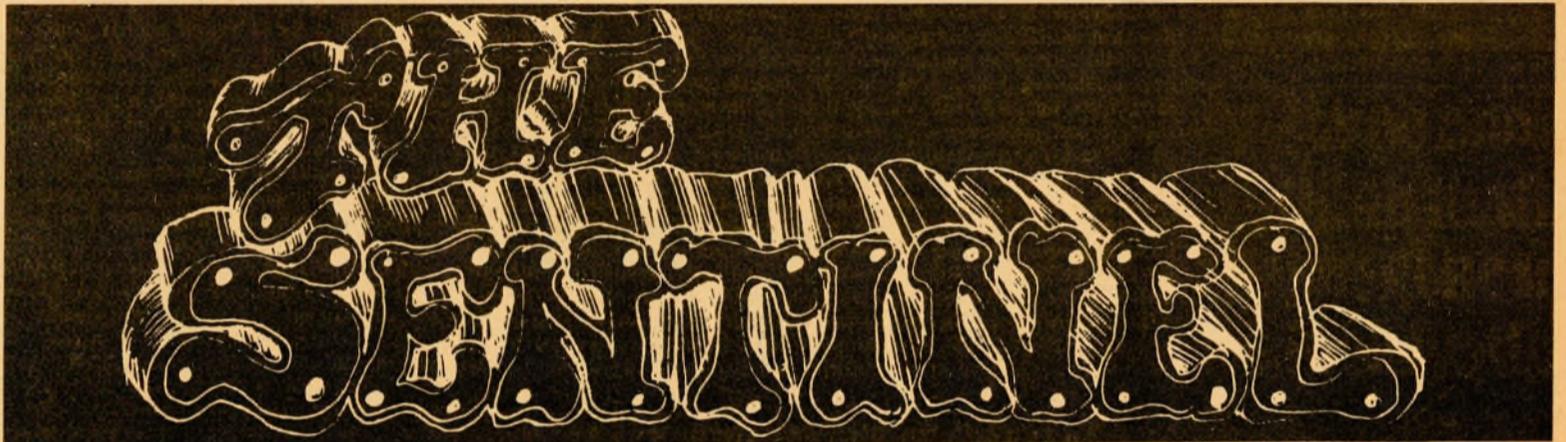
Moreland stated that the multi-cultural is also attempting to purchase high-speed composition equipment to use for giving student publications a much-needed service at an economical price while providing money and training for the multi-cultural program.

After considerable discussion about a legal aid program, a committee headed by draft counselor Jonathan Bell, was formed to examine the problem further and recommend a proposal to the council.

Vice-president of Organizations Marilyn Bartlow submitted new constitutions for Filipinos for a Progressive Community and Sinawik. The Filipinos then requested \$75 to bring Philip Vera Cruz, Vice-President of the United Farm Workers, to Foothill as a speaker. The request was granted.

they can be transported to the shelter, located on Lafayette Street in Sant Clara. Once there, owners will have 48 hours to claim them. After 48 hours, they can be given to anyone who comes to the shelter looking for a dog.

The shelter is open daily from 8:30 a.m. to 3:45 p.m., and can be reached by phoning 297-1636. The shelter will charge owners a fee for the return of their animals.



VOL. 14 NO. 4

FOOTHILL COLLEGE, LOS ALTOS HILLS, CALIF. 94022

Friday, Oct. 15, 1971

## Government positions filled

By BOB ALEXANDER

With six positions now filled, including the critical office of Finance Director, and with the Campus Council more or less permanently ensconced in its old meeting place, student

sources; provide a "rent-a-student" service to instructors to obtain good students as class tutors to boost class morale; maintain current student-teacher evaluation information; and have a lecture-note service with instructor's notes, honor students' notes, old exams, and lecture tapes.

The Academic Assistance Center would use the space in the entry way of the main library. Personnel would include a tutorial assistance-salaried student as director, three students on work study income to act as information clerks, and a division tutor coordinator, who would receive credit for coordinating the center and also tutoring.

Tutoring services are now available in the Language Arts Division of the Study Skills Center in M-3. Languages tutored are French, German, Spanish, Chinese (Mandarin), and English for foreign students.

There is an effort being put forth to have Japanese taught at Foothill in the near future. Fifty names are needed on a petition to have Japanese added to the present curriculum. The petition may be signed in M-3. Bob Parsons or Lee will answer any questions concerning Japanese or other Asian languages that might be considered for study at Foothill.

The Study Skills Center and the proposed Academic Assistance Center need you, the students' support, and interest, according to Lee.



Student receives assistance in tutoring center. French, German, Spanish, Chinese (Mandarin), and English for foreign students are offered in room M-3.

# Cop explains job

By RICHARD HUNT

Al Lionetti has experienced close to a decade in law enforcement. He started as a Deputy Sheriff with the Santa Clara County Sheriff's Office. Lionetti has received many awards, citations, and commendations for bravery and outstanding police work. His latest escapade occurred when off duty and unarmed, he apprehended and held several burglars for the local police. Here is his opinion of what a policeman is:

A policeman first is a father, a husband, a son, a marriage counselor, a priest, a friend, a human being with feelings, and emotions. In today's society, it takes a special type of man to be a "policeman," someone who does not show his feelings or emotions in the course of mishap.

A police officer, deputy sheriff, highway patrolman, a LAW ENFORCEMENT OFFICER must safeguard lives and property, protect the innocent against any deception, and show no favoritism.

He must respect the constitutional rights of all men, regardless of color, race, or creed, and the rights of all mankind. The policeman, as a doctor or lawyer, also have a code of ethics, and strongly follow it. The police officer is very much needed, and perhaps with problems the way they are today, they are most unwanted.

He is a creature who is respected to his face and scorned

behind his back. He must settle disputes among others and do it diplomatically. If a policeman is kind, it is sometimes mistaken for weakness, and if he is stern and firm, it is said to be police brutality.

People are fast to judge the policeman, who has no private life of his own, but when appointed to his job, dedicates his life fully to serving mankind. People talk about rights today. Well let me ask you, where are the rights of the policeman?

The policeman, who has to make the split-second decisions as to whether you have violated a law and should go to jail, whether the criminal who committed a robbery with a gun is going to shoot you or not, and if you shoot first to protect your life and someone else's, people ask why could he have been taken alive or unwounded?

Very much like a doctor, you, the police officer, make a diagnosis and must be infallible, such as your training in first aid. The police are the first on the scene of an accident giving first aid to the injured and later being sued civilly.

The police officer must know all errors but not make any. He must subdue three persons twice his size without using his beat stick. The policeman will work months investigating and forming a good case against a felonious criminal who will get a deal made to serve 60 days or no time at all.

The criminal can see this dissension, and if you as an officer have this dissension, you truly have not earned the badge you wear, nor the trust and respect it demands.

The true policeman is one who takes interest in his work and supports his department, for who can support your department if the support does not come from within.

Finally, officers, citizens, and readers, search your mind as far as animosities, differences of opinion, and glory-seeking are concerned, and remember team work is the only way to achieve our inevitable goal against crime and our chosen profession.



Al Lionetti



## FUNNY YOU SHOULD ASK!

By NANCY GORMAN

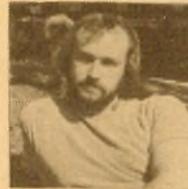
QUESTION: Where would you like to live?

**BRIAN JONES:** The South Pacific. The weather is nice all the time. Good things to eat off the trees, good places to go swimming — not many people.



**KATHY BOXER:** I'd like to live in Alice's Wonderland, because I live in a fantasy world. Either that or I'd like to be Peter Pan. Peter Pan doesn't grow up.

**JOAN LOWE:** On the San Juan Islands, off the coast of Washington — because my friends are up there, living in tee-pees and cabins. They grow their own food and do what they want to do.



**CHRIS CURTIS:** I'd like to live on the Samoan Islands, where animals and people would have equality. I could bring my friends there and I could also ask them to leave if I wanted to. When they came to my island, they would leave their hangups at home.

**JUANITA DUNCAN:** Right here — in East Palo Alto, because it's already home. Wherever I go, I'd have to relocate myself. Other places are nice to visit, but I like it right here.



**THOMAS:** Seeing as how the situation of the world is in right now, I'd like to live on Mars. I've heard that it would be hip — no pollution. Or else if I couldn't go there, I'd live in Camden, New Jersey.

## SANDER VANOCUR

NBC-TV NEWS ANALYST

HE GAINED FAME AS A POLITICAL REPORTER WITH THE COVERAGE OF THE PAST THREE PRESIDENTIAL CONVENTIONS AND CAMPAIGNS. HE WAS ON THE SCENE THE NIGHT SEN. ROBERT F. KENNEDY WAS FATALLY WOUNDED, AND PARTICIPATED IN NBC NEWS' COVERAGE OF THE TRAGIC EVENT FOR THE FOLLOWING FOUR DAYS.

HIS TOPIC: "PRESS TO ADMINISTRATION: ALLIES OR ADVERSARIES?"

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# Computer boggles honor club

BY AL LACOSTE

Due to a faulty computer program, as many as 200 students eligible for Alpha Gamma Sigma, the Foothill honor society, have not been notified of their eligibility. According to Ray Tankersley, the AGS advisor at Foothill, these eligible students have not been included in a master list of eligible students because a programmer omitted a period from a sentence in the computer program.

The Foothill chapter of AGS is affiliated with the California State Community College Honor Society. AGS was responsible for beginning the on-campus tutoring program, and in the past, has published a comprehensive booklet of instructor evaluation.

The following requirements must be fulfilled by candidates for membership: a minimum of 12 units in courses of recognized community college standing, a minimum of 42 grade points, a grade point ratio of 3.0, no grade lower than C in all courses, and recommendation by a faculty committee. Membership will be held open until Oct. 29 due to the computer error.

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# On campus child care center

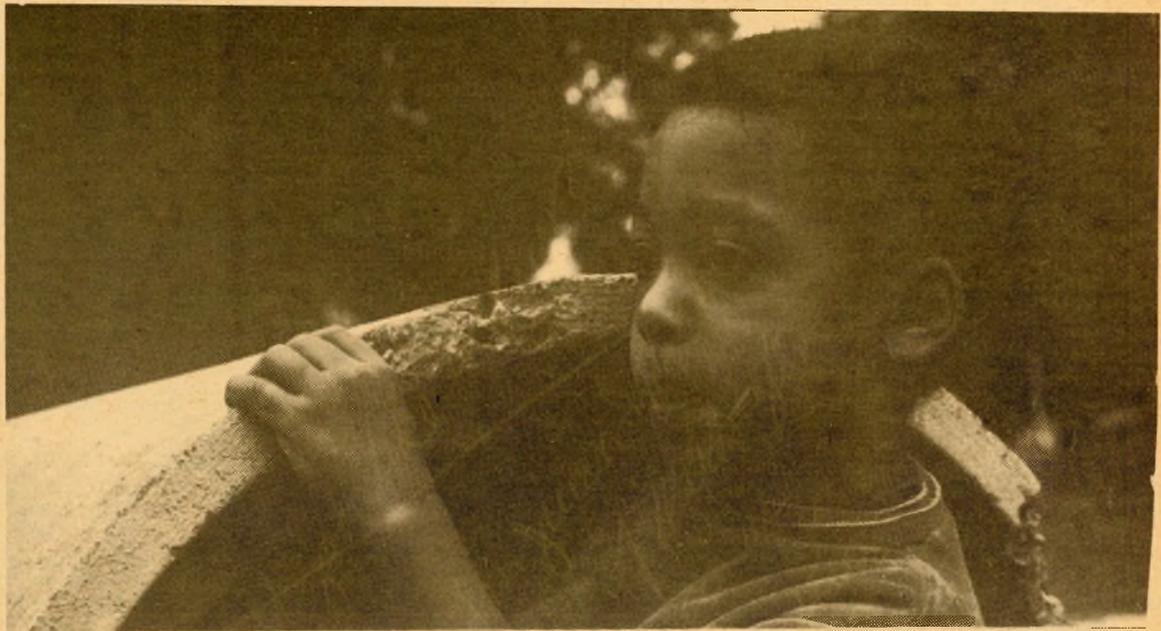
Photographed By Bruce Bishop



Sandy Yaw holds the water on as Clay Whitaker gets a drink.



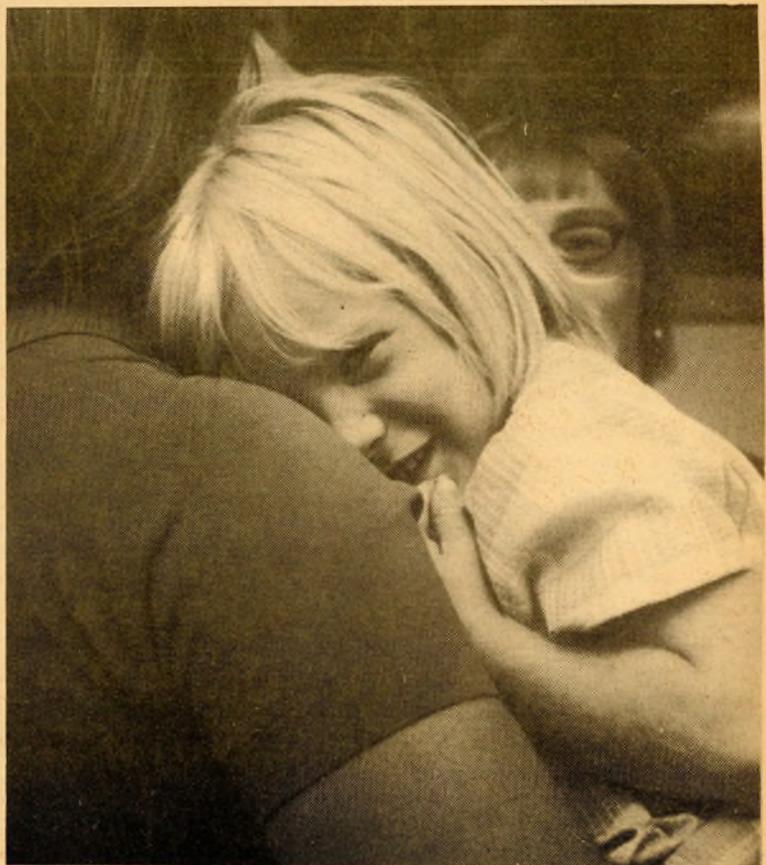
Noelle Siebert, Mathew Frierson, and Ray Arbuckel play with a home made swing.



Ray Arbuckel looks for playmates during a game of hide and seek.



Babette Block reads a book to Noelle Siebert, Kianu Hoover, Peter Johnston, and Ray Arbuckel.



Robin Pask delivers her daughter Bonnie to Sue Schaefer who will sign her in.

\*\*\* *Dedicated to Dr. Semans* \*\*\*



# Vets club

There are more than a thousand veterans of military service in day classes alone at Foothill College. This represents well over 20 percent of the student body. In fact, approximately one of every three male students is a veteran. Those figures continue to rise rapidly each year. What is the school doing to accommodate these veterans?

One answer is the Veterans Club. Having served Foothill since the college was founded, the club is well-established. Just what is the function, the role of the Veterans Club? It is a non-political service organization, serving the veteran, the college, and the community. What has the veterans Club done? What has it accomplished?

Here are some examples: It provided the Alcatraz Indians with an opportunity to speak at Foothill and sponsored a successful drive to provide them with food and clothing. For several years, the club has worked with the Red Cross in their annual blood bank campaign, enabling Foothill's student body and faculty to have all the blood that any emergency might demand.

But most important of all, the Veterans Club assists the veteran. A scholarship fund and a loan fund have been created to assist the student veteran. When a man (or a woman for that matter) gets out of service and starts school at Foothill, it is probable that he is pretty much alone, at least for a time. The club provides, for all practical purposes, a ready-made circle of friends with whom he has a lot in common. The club would be worth its existence if it did nothing more than that.

However, many if not most of the men returning from military service have been involved in what many people consider an unjust, immoral, destructive, expensive and useless war. Why doesn't the Vet's Club, who should know better than anybody, involve themselves in anti-war efforts?

First of all, the club is deliberately apolitical. It was founded as a service club and has

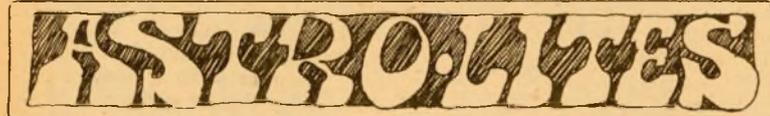
consistently followed that philosophy as an organization. Individual members are neither encouraged or discouraged to take a stand on the burning issues of the day. Any member is perfectly free to be militant, revolutionary, radical, conservative, or gung-ho as his conscience dictates. No organization can cover all the bases. The club, serving as it does solely as a service organization, serves its purposes and leaves the individual member to act upon his beliefs as he sees fit. There is nothing to prevent any member from becoming involved in other organizations, drives, rallies, or whatever appeals to him. There is nothing to prevent any member from resigning at any time.

The stereotype of the Foothill College Veterans Club member as a gung-ho, red neck, lifter-type, flag-wrap patriot is simply absurd. After all, except for the disability cases, every one of the members could still be in the military service if he wanted to. Even so, there is nothing to prevent men who are loyal to the government from becoming members of the club. That oppressed minority has its rights, too.

The club contains long-hairs, blacks, chicanos, young guys, older guys, women and some conservative types who wear shoes. About the only generalization that could be made about the members is that they are veterans of military service.

So if you want to acquire a new group of friends, meet a lot of people with whom you have something in common, and if you want to have a real feeling of being useful and needed, you may very well find it in the Veterans Club. If you like doing something constructive and positive for yourself and others, and having fun while you're at it, then the Veterans Club of Foothill College is for you. Meetings are in S-1 every Thursday at 1 p.m. Come visit the club and see for yourselves.

John Matthews, Acting President  
Maurice Dunbar, Faculty Advisor



By SUSAN HALE

Last week's column dealt with the elements of signs: fire, earth, air and water. These are clues to general social personality, but do not indicate the INTENSITY an individual has in tackling projects or promoting change. This must be found in the CARDINAL, FIXED or MUTABLE signs.

Cardinal signs include Aries, Cancer, Libra and Capricorn. Cardinal signs are creative, able to conceive plans and influence others.

The fixed signs are Taurus, Leo, Scorpio and Aquarius. These are the stabilizing signs and keep the basic things in life running.

Gemini, Virgo, Sagittarius and Pisces constitute the mutable signs. The desire is to clear away the debris and make way for the new.

The cardinal, fixed and mutable categories, each possess one sign from each element and the intensity variates according to the combination.

For instance, Aries is a cardinal-fire sign. This indicates that although Aries may conceive plans, these plans may be left in the hands of others

while the fiery Aries dashes off to another project. Nothing necessarily wrong with that, since conceptualization is necessary.

Add Taurus, a fixed-earth sign. This sign keeps things going step by step and may be the perfect choice to keep that Aries project going smoothly.

Then there is Gemini, a mutable-air sign, who often acts as go-between or messenger, something obviously necessary for constructive change. Maybe the Gemini suggests improvements on that Aries-Taurus project or settles arguments between them.

Try another combination. Put Cancer (cardinal-water), together with Leo (fixed-fire) and Virgo (mutable-earth). Cancer initiates projects but through the passive water influence may become discouraged. Leo can therefore step into a position of authority and get things in order, yet Leo hates detail. Virgo revels in detail because it gives the opportunity for discovery.

This gives some idea of how signs can work in a complementary fashion. There are manifold combination possibilities.

# letters & comments

Dear Mr. Wilmer and the Editorial Board:

Putting out a newspaper each week is a lot of work. The rewards are not monetary and in only a small degree academic. They come in the form of pride and satisfaction in a job well done. From this standpoint, your first edition must have been, on the whole, a satisfying experience. My previous comments (which I appreciated your printing) were meant to clarify and be helpful in improving the quality of the newspaper.

The following comments (which I do not expect you to publish but you may if you wish) are offered in the same spirit of wanting the editors to look good.

Portions of the second edition did not come up to the standards of the first edition, nor did they in all respects conform to the newspaper standards set in your co-publishers' (Board of Trustees

and Board of Mass Communications) policies. The Board of Trustees has from the very beginning of the college (1958) indicated it wanted no censorship of copy prior to publishing. If you attend a conference of student editors, you will find that this is the most long-standing and liberal policy of any Board of Trustees. On the other hand, the Board has expected its editors to support the standards of journalism set forth in Board Policy. The policy is as follows:

"Standards deemed appropriate for student publications of a reportorial nature — such as the campus newspapers — shall be consonant with community definitions of decency, libel or legality as exemplified by major newspapers of general circulation in the mid-peninsula."

You will note that this policy differs from the policies for opinion and literary magazines — policies with which you and

possibly your Editorial Board are more familiar.

May I add a personal opinion that some of the contents of Page 5 probably fail to communicate much of anything to 80 percent of your student newspaper readers. As your budgeted funds are used up, you may wish that this expensive page's money were available for more urgent and clear communication of a newspaper rather than an opinion magazine nature.

Again, may I emphasize my appreciation of the tough problems of editors and I wish for you the rewards which your best efforts deserve.

Sincerely,  
H. H. Semans  
President

P.S. From the beginning, I've agreed with your position that the colleges should not be in the theater business, but the taxpayers voted otherwise. Now we all must do our best to make the project pay its own way.

## Dear Editor

Attention People:

The article recently run in the SENTINEL by the Students International Meditation Society is misleading. My understanding of the Meditation Society is that they will teach you the process of meditation described in the article but you must first pay a fee (\$35. if you're a student, \$75. non-student.) However, I did not see fees mentioned in the SENTINEL article.

The Maharishi sells meditation like the Avon Lady sells cosmetics. He offers something potentially spiritual at a material cost. He is taking advantage of

human beings who are searching for some meaning in their existence.

The way the Students Meditation Society really misleads you is by saying something like this: "Our technique is effortless; it has never before been presented in the Western world. It is a natural technique, which allows the mind to move to the field of pure creative intelligence."

This process of meditation is by no means new, even in the West, and is not totally effortless. The mind is engaged in doing the process and this is an effort of concentration in itself. It is as if these people think they have the ONLY key to personal success.

The practices of introspection

of the mind and it's effects have been known to the Yogis, Buddhists and the Christian and Moslem mystics. The practice of Yoga and Zen Buddhism are just as effortless as Transcendental Meditation.

There are many Yoga and Zen groups around who offer their services free of charge. Check around and experiment before you have to pay money to find the secret that lies hidden in your mind. Just because it's free doesn't mean it's no good. I believe the best things a person can experience are in his soul where material rewards can never reach.

In the spirit of Bliss,  
Erik Whitmyre

Dear Editor,

In the four years I have been reading the FOOTHILL SENTINEL, I believe this is the first year it has begun to deal with the reality that is Foothill.

The six-year man, the vast misuse of money by the present administration, the place of Foothill in current problems — these have never been dealt with before.

The days of racism, bed races, and football rallies are over. Veterans of Vietnam, People's Park, and other struggles of our time have no time to waste time on those things. When the administrators begin to howl, I can tell the SENTINEL is on the job. Go get 'em!

Jonathan Bell

The Foothill Sentinel is published weekly on Fridays by the Associated Students of Foothill College and the Foothill Community College District, Foothill College, 12345 El Monte Road, Los Altos Hills, Calif. 94022. Phone 948-9869 or 948-8590, ext. 261. Advertising rate is \$1.60 per column inch.

The editorial opinions of the Foothill Sentinel are reflected in the columns labeled "Editorial."

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## Bulletin from Dr. Semans

EDITOR'S NOTE: The following are two announcements by Foothill College President H.H. Semans and the President's Cabinet to all day and evening students and faculty:

1. Because of inconvenience, possible injury to a student or visitor, liability of the college, occasional interference with instruction, and daily violation of health regulations in the Campus Center, all dog owners and dog lovers are reminded that dogs should not be brought on campus. Even dogs on leashes contribute to the above problems.

Dogs will be picked up and placed in holding pens until

Animal Control can take them to the Animal Shelter, where they will be held 48 hours for owners to claim them. There is an escalating fee for the service.

Your cooperation will be appreciated.

2. There is to be no smoking in any classroom, and none in carpeted and upholstered areas of the campus except where adequate ash trays are provided (Campus Center, Student Council Room, conference rooms, offices, and lounges).

Again, our financial resources simply will not provide adequate cleaning and refurbishing of floors, furniture, and upholstery which is discolored, damaged, or

ruined by the use of cigarettes, cigars, and pipes.



# Freddie raps

By FREDDIE BURNETT

To concern students at Foothill College, I am calling for your attention to the problems of mass murder in institutions, wars, and economics of black citizens of the world. For hundreds of patient years, people of color have suffered genocide of their race. The tool in which death has been inflicted upon the black population vary from police brutality to dope and birth control pills.

The black man from date of birth is confronted with all the problems of being black in a racist society, and as a child or as a man, he is conscious of death by a force that is not natural to white citizens while it is common to him.

Many times, blacks themselves are not aware of the genocide that black people deal with as youth, grown up, or, if so lucky, an old man. What I am talking about is drugs are put into the black community as a weapon to destroy the youth in the community. Birth control pills are prescribed to black women to stop reproduction of the black community. Prison and wars thin out the black man who loves his people and who is willing to die for his people.

With all the tragic problems facing the black man today, we must think, what will be the black man in the next generation? It is becoming apparent that he will be a minority. If the black man does not correct this problem, the genocide of his people, the black man will become ?.

I am the person who would rather listen to solutions to problems than talk about problems without solutions. I feel that in the most part the black man knows his problem. The problems that face the black man are well-organized, so as blacks, our solution must be well-organized.

As students, we are in a

position to learn and apply effective methods to a successful solution against the genocide of black people. Keeping in mind the next generation of black people, we must realize that they will live in the solution we leave them.

# Thefts

By RICHARD HUNT

A loss of equipment and supplies has been occurring on the Foothill campus, according to William Cutler, Business Manager of the Foothill Community College District. Funds for purchasing new equipment are dwindling.

Even if funds were not dwindling, it takes time for ordering and delivery of new teaching aids. The figure of loss is high, says Cutler. Here are the do's and don'ts for concerned students and faculty that have a sincere interest in their school and equipment.

If you see something suspicious, report it.

If you have knowledge someone has committed the felony of theft and burglary, report it. Your name will be kept confidential.

If you notice an unoccupied room or door open after hours, report it.

If you are attending night classes, and you happen to see a suspicious vehicle just circling, apparently going nowhere in particular, report it. You never know; they might be up to something worse than burglary.

A local policeman once said, "You are not finking on a friend or fellow student. You are not joining the establishment. You are showing responsibility and concern in protecting the equipment from which you are getting a free education. Why get ripped off? Let's stop the thief! He is not thinking about you."

# ★ ★ Path of Bliss ★ ★

By RAVI KUMAR

My last article dealt with an overall view of the science of Yoga, and how it can apply to the Western mind. As it turns out, Yoga manifests as a universal method of integrating the personality on all levels — physical, mental and spiritual. The only pre-requisite is that you must be a human being.

If you are a human being, you can and should take up the practice of achieving the freedom known as Yoga. Since you must be a human being, and therefore necessarily qualify, then you've got everything it takes to succeed right there in the cave of your mind.

You have only to realize that you are essentially perfect and fulfilled. Your perfection lies just behind each and every thought you have.

Jesus said, "Give up these superstitious dreams that you are low and that you are poor." Then he told them why. "Know ye, the Kingdom of Heaven is within YOU."

The first step on the road within is taken in the physical stratum of life. Your mind and your physical body are intimately linked together. If your consciousness is to grow, then it must be provided with a proper environment.

By using Hatha Yoga correctly, you can realize a perfect physical body conducive to spiritual growth (getting high). Hatha Yoga is a system which correlates physical postures (asanas) with regulated and rhythmic breathing.

Some by-products of Hatha Yoga are sharpened senses, beautiful voice, disease resistance, and intense natural stoned-out feeling. Remember these are only by-products and side trips.

The real purpose of Hatha Yoga is to stimulate and purify the nervous system. In this way, each individual can awaken and feel his mind, his energy, working, and transforming his physical body.

The asanas (postures) should be done once or twice a day for approximately 45 minutes. You must not overdue asanas; they have profound effects on the mind; indeed this is their merit.

All brothers and sisters should be acquainted with the following guidelines before attempting Hatha Yoga:

1. Do not practice in an emotionally excited state.
2. Avoid drafts and cold air while doing asanas.
3. Women during menstruation should not do asanas.
4. Practice in a dust-free, smoke-free room.
5. Wait at least two hours after eating before practice.
6. Loose clothing should be worn (remove belts, watches, etc.).
7. Clear the nostrils and always breath through the nose.
8. Finally, and most importantly, one should have a regular program of meditation to do on completion of asanas. By doing meditation, you can fully realize the benefits of Hatha Yoga.

Remember, asanas are not calisthenics, but postures.

Hence, asanas are to be practiced with extremely SLOW movements. Two or three times on each posture is sufficient. Full concentration of mind attend each physical movement and posture. A rest period of one minute should follow each asana.

If you cannot perform an asana the first time, don't break bones or rip muscles in trying. Let the posture perfect itself by continued practice.

In the source book of Hatha Yoga, Hatha Yoga Pradipika, there are thousands of asanas, 85 of which are basic. Of these 85 postures, there is a small group which is sufficient for total development.

If you are interested in Hatha Yoga, free classes are given every Wednesday night at 7 p.m. in Tressidder Union on the Stanford campus. Come and get turned on.

### -QUOTES FOR THE MIND-

"Encourage every man to build his career in a nice way. Let no one get the scope to think that his life has become useless." BABAJI.

"Ask and it shall be given to you; seek and ye shall find; knock and it shall be opened unto you." JESUS.

"Do not waste time in trivialities. Divert your mind towards the sublime. Look to your ideal. Then you shall abide in peace and bliss." MATAJII.

Anyone wishing to contact me about these articles, please leave a note in my box in room M-24.

# The six-year man

By KEITH MOSHOFSKY

On Oct. 4 at 3 p.m. in parking lot B, from a 1961 Ford, I overheard a lot of belching and burping coming from none other than Mr. Foothill, the six-year man.

I rationalized that his brain was most likely bloated with alcohol and things that he probably wanted to get off of his chest, so I approached him and asked what his real name was. I also asked for his student ID, drivers license, and draft card. This was to throw him off guard and force him to let everything all out.

Let it out he did — all over the side of his Ford, Budweiser Stout Malt, and Owl's Nest chili beans. In a drunken haze, he spat out his name "Benjamin Lust, but you can call me Burney."

Yech, what a stench came from his mouth, but I figured that all his defenses were down (if not totally demolished), so I pressed further into his dying brain cells.

Burney, why did you get all drunk at three o'clock in the afternoon, especially after eating Owl's Nest chili beans?

"Women that why. I just can't get any women (belch)."

But Burney, where have you looked? I've seen women all over this campus just waiting for something like you.

"I've looked (burp) In parking lot T In English 1B, and over at the Planetarium. In Appreciation Hall, in Volleyball, and inside the Auditorium. When Burney said all that, I

knew he was sobering fast, so I opened another beer for him and pressed further. Why haven't you found the right girl, Burney? What happened when you looked in all those places? We want to know Burney; we want the whole truth; we want you to be adjusted like we are: we want to have normal problems like we do; we want you to take Psych. 1A, Health 21, and Guidance 50, like we did. So get your problem off that campus chest and spill the beans.

"I've been rejected because of an 11-year Foothill woman—

that's always on my mind. She's been here five years longer, so she'll never be mine all mine.

She knows a lot of students, her time has been well-spent, repairing wounds, preparing rooms, a jealous tear she's rent. There could never be another, she's in my mind to stay. My thoughts they always turn to

that Mrs. Foothill's so far away.

She occupies an office inside C-31. She's blonde-haired, blue eyed.

Demitra Georgias, is the one."

Burney! Not the Associate Dean of Students! Burney, she may be Mrs. Foothill like you say, but what if you were to marry? The students here at Foothill just wouldn't go for a staff member with a name like Demi Lust. Forget it Burney. We would really like to help, but with a problem like that, forget it.

After Burney spilled the beans (the second time), I took a good look at him. What a mess, blood-shot eyes, breath that would stifle sewage refineries, and vomit stains on the side of his car. There really wasn't anything for me to do but get a campus cop. He really was a sore spot on the Foothill image. Demi Georgias? Gee whiz.

Next week, Mr. Foothill (Burney Lust) drops a class.

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# ARTS FACTS

## Student events

As co-chairmen of the Fine Arts Series of the Public Events Board, it is the unified job of student Dean Sands and Jim Fetler, English professor, to bring attractions on campus that will appeal to the entire student body.

The first in the series of the cultural events was the famed rock opera, "Tommy". According to Fetler, it was "probably the most successful thing we have had in a long, long time on this campus." The gymnasium was sold out both nights, making a profit of \$2500.

In addition to "Tommy" they have also brought "Chuck Travis & Co.," a four-man jazz combo which included Foothill's English and music professor Denny Berthiaume, and the Encounter Theatre last Friday night, both of which were free to ASFC card holders.

Future attractions will be the Illegitimate Theatre, November 19, and at this time, they are negotiating for the New Shakespeare Company in January.

In spring, they hope to have Feiffer's People, based on the cartoons and writings of America's leading satirist, Jules Feiffer (author of Carnal Knowledge); and the Denny Zeitlen Trio; Electronic Rock-Jazz and Free-Form Music.

Fetler at this time is trying to phase out or play down the faculty involvement in attempt to encourage students to take over the major share of the Fine Art Series because it is their right and privileged, he firmly stated.



DEAN SANDS



JIM FETLER

# Hendrix revived

By ROCKY TRIPODI

Count me in as one of the poor unaware slobs who didn't recognize Jimi Hendrix as more than just another rock musician before he died. When Hendrix played his guitar, more than just music was expressed. He was preaching a philosophy of life, more impressive than the latest volume of a million words on the subject.

Jimi is the featured actor of a film entitled Rainbow Bridge. The film, directed by Chuck Wein, was completed only weeks before Hendrix died, and although I could not help remembering this fact, seeking some foreshadow — there was none. At least there was none above and beyond a man who like so many of his contemporaries, found peace and satisfaction only when performing. Whose only explication of life came while they 'did their thing.'

Rainbow Bridge is not a movie about Jimi Hendrix, although he and his music are an important part of the theme. Rainbow Bridge is a many faceted interpretation of Chuck Wein's philosophy of life, and about 'doing your thing.' The movie should not be missed by anyone who considers themselves 'hip' or anyone interested in the so-called 'hip movement.'

This reviewer was lucky enough to see an uncut version of Rainbow Bridge last week at Stanford. It is my understanding that when the film is released nationally, there will be cuts. I hope the right cuts. There is some waste — some scenes that do not need to be included — but not much.

Wein's movie is in the finest tradition of 'cinema verite.' Films done as truthful representations of actual happenings. However, Rainbow Bridge is a mixture of reality and fantasy, with truth and illusion

combined in a semi-documentary style.

The director uses the 'straight world' for his comic relief, but the movie is aimed directly at do-nothing 'hips' — who do nothing but preach. During one of the finer fantasy sequences, Wein has a character (the wizard) speaking from a podium to a crowd of none about ecology. "We must go out and

stabilizing factor is sex, for like the poet Michael McClure, Wein implies a belief in the bod a only what is evidently there — flesh. Make love — don't talk about it. Anyway, I'm not too sure about this character. You have to decide for yourself what the director's statement is. He is working on many levels, and all who view this motion picture will receive their own message. You can be sure of some message, however. You can't avoid it.

For those of you who are simply interested in music, the sequences of Hendrix are great — much better than Monterey Pop. For those who are into occult at all, if only the daily horoscope, see Rainbow Bridge — You are sure to come out with an improved view of mystical projections. Maybe keep them to yourselves, where they belong — where they may help you.

For anyone interested in building their 'Rainbow Bridge' from heart to mind, Rainbow Bridge is a must.

I could hardly tell you more. You may come away from this film with a completely different picture than I did. One thing for sure, you as I will be made more aware and less alone after the experience of Rainbow Bridge.

It's too bad Jimi can't see it — but then He lived it.

Jazz pianist-composer Herbie Hancock and Puerto Rican poet and political activist Felipe Luciano of the Original Last Poets are guests when "Soul!" presents "Earth And Air," broadcast in color Saturday (Oct. 16) at 9 p.m. on KQED Channel 9.

## Review

replant the earth," he says, "We must plant ... plant ... plant!" Obviously all talk and no action, like so many of us, the director has Hendrix shoot him through the head from a nearby window.

The film's setting is a dream-like wealthy commune of spiritualists and occultists in Hawaii. Financed by a millionaire-hip, not in attendance, the varied head-trippers have collected to live off the fat and rap ... and rap. I don't know if there is a real Rainbow Bridge (the name of the place) or not, but if there is: I only envy the beautiful scenery at their disposal ... not the opulence.

Whenever the subjects get deeply involved in one of their bullshit trips, Wein alludes to the surfer and Jimi's music to tell us that freedom lies in 'doing,' not 'saying.' He does it beautifully and pointedly. Nothing that is artificial works, Wein says, only action.

All of the characters are tied to some trip, except perhaps the lead actress. A beauty, tied only to free-wheeling freedom, she seems to symbolize the few who may remain sane in spite of an unstable nature. Perhaps her

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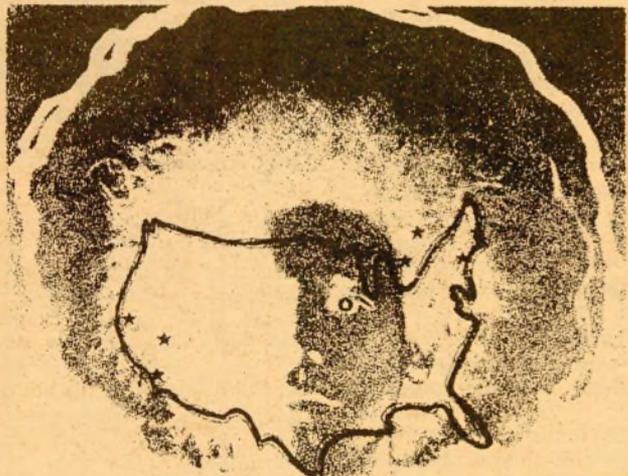
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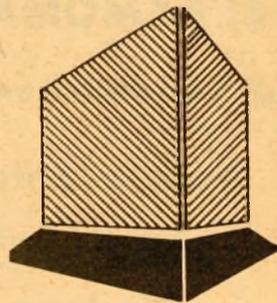
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# Combo radiant Canadian graphic show

By BILL WOELFFEL

On Thursday Oct. 9, College Hour Chuck Travis & Company a modern jazz quartet, appeared for approximately one hour. The group is well known locally and has recently finished a "gig" at the Adobe Inn in Cupertino. Chuck Travis & Company



DENNIS BERTHIAUME

played seven songs, which were as follows: TAKE THE A-TRAIN, by Billy Strayhorn-Duke Ellington, CASCIN DE AMANCEER, by Ernie Lobo, WHAT ARE YOU DOING FOR THE REST OF YOUR LIFE, by Michal Le Grand, TICKLE-TOE, by Lester Young WALKING which is Miles Davis's theme song, and JUST IN TIME, by Jule Styne.

Chuck Travis, tenor saxophonist and leader of the

group, has had big band experience, and has appeared with such greats as Frank Sinatra and Jackie Gleason. Thursday he played with good transitions, and was able to sustain musical thoughts. Chuck also was good at fill ins and traded solos, or rides with each member of the group.

Denny Berthiaume, an English and music professor at Foothill, has the stage name of Danny Clark and played piano for the quartet. Denny has appeared with Joe Williams and Mary Kaye. With a 6 year classical background he improvised well with versatile rides and well timed glissandos.

## Jazz

Tom Brocato, the bassist, has worked with Marvis Rivers, Peggy Lee, Tony Bennet, and behind such acts as Don Rickles. Brocato put down good bass lines, also he did a good job of complementing the drummer and used good fillers.

The percussion graduate of San Jose State, Dallas Harper was formerly with Mel Torme and Billy Eckstine. The Valley's opinion of Harper rates high. Thursday, his fills were more than adequate and I found he was a good time drummer.

The selection, WALKING was well timed, it was played just at the end of College Hour and the students were walking out of the theater.

Chuck Travis & Company will begin a new "gig" at The Caravan Inn on the El Camino in Mt. View starting Oct. 5th, Tues. through Sat. indefinitely.

The arts from Canada, both performing and visual, will begin the first complete season of international events to be held at the De Anza College Flint Center for the Performing Arts and adjoining Helen Euphrat Art Gallery on the Cupertino campus.

The Royal Winnipeg Ballet performance of Oct. 13 was the opening date of an Oct. 13-31 two-part exhibition of Canadian graphic and photographic art featuring the 1967 Canadian Centennial photography collection, "Canada/A Year of the Land."

The exhibit's second part, 36 prints from the Canadian Society of Graphic Art, made its first American appearance recently at the Canadian Embassy in Washington, D. C. The combination exhibit, titled "Canada: Graphic and Photographic," was arranged by the Canadian Consulate General of San Francisco, in cooperation with the Office of Community Services at De Anza and Foothill Colleges.

Three other international events will take place during the 19-day run of the Canadian art exhibit. The Broin, a company of 75 Czechoslovakian folk artists and dancers, will appear Saturday, Oct. 16. The following Saturday, Oct. 23, the Tyrolerfest from Austria will perform. Carlos Montoya, prominent flamenco guitarist, completes the series of international events Oct. 31, the closing day of the art exhibit.

Theatre-goers may view the exhibit during the intermissions of these performances.

The Canadian exhibit at the Euphrat gallery will be on display to the public free of charge. Monday through Friday hours,

starting Oct. 14, are 2-4 p.m. and 7-9 p.m. Saturday and Sunday hours are 1-4 p.m.

De Anza College, located on Stevens Creek Blvd. at Highway 85 in Cupertino may be reached by taking Interstate Route 280 to Route 85, then south to Stevens Creek Blvd, and left one block to Flint Center. Public parking is available in lot A.

"Canada/A Year of the Land," the photographic display that makes up the first part of the exhibit, was originally a book produced by the National Film Board of Canada to mark the 1967 one hundredth anniversary of the confederation of the Dominion of Canada. The book, which contains photographs of the four seasons in Canada, is now in its second edition and contains both color and black and white prints.

Bruce Hutchinson, author of the text, describes the contents of the exhibit: Spring "In the spring, as in no other season, the land reveals itself anew to a northern people who have survived winter's cruel fiat." Summer; "All Canadians know by stern experience the summer's tantalizing brevity...Each hour seems doubly precious and nature, as if she felt man's hunger for warmth and sunshine, bestows them lavishly in payment for the months of cold."

Autumn, "For among all the seasons autumn is the most essentially Canadian, carrying the nation's trademark, and with its flag, wearing a scarlet maple leaf." Winter: "In the wintertime, and only then, the Canadian sees the full dimension of his country, reduced to essentials...far more than spring, summer, or autumn, winter makes the Canadian what he is, a northern creature exposed to cold for half his short spell on earth, whetted and toughened, outwardly and inwardly by brutal temperature."

The display of 36 prints, the second part of the exhibit, traces the developments in Canadian

graphics since 1960. Several of the artists are better known for their paintings and sculpture than for their graphics. Among the more well-known artists represented in this collection are Walter Bachinsky, professor of graphics at the University of Guelph, Ontario; Tony Onley, from Vancouver, British Columbia; and Christopher Pratt, of St. Mary's Bay, Newfoundland.

The prints represent current work in processes including intaglio, serigraphy, lithography, and other media by the Canadian Society of Graphic Arts.

The society began as a sketching group at the end of the last century, and was incorporated in 1935 when the need for annual exhibitions and promotion of print and drawing media in Canada and abroad became apparent.

Marshall McLuhan, the Canadian prophet of the age of global communications, has commented that these art forms have been one of the best instruments to combat the visualist tendency of European Renaissance art. These art forms have undergone a resurgence in the last 20 years, and now hold the interest of a growing public.

BONNIE AND CLYDE, the second in a series of Friday night films will be shown Oct. 18 at 8 p.m. in the Flint Center on the De Anza College campus in Cupertino. Use parking lots B or A and tickets are 75 cents at the door.

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# Flint Center



TYROLERFEST, the exciting song and dance company from Kitzbhel, high in the Austrain Alps, bring their colorful program to the new Flint Center on Saturday, October 23 at 8:30 p.m., under the management of John Kornfeld Associates.

Tickets are available through the Flint Center Box Office (257-9555), at \$2.50 students. Group rates at 15 per cent off for any group of 20 or more are available by contacting John Kornfeld Associates, 870 Market St., S.F. 94102.

Saturday, October 16th at 8:30 p.m., BROLN, the national Folk Dance Company from Czechoslovakia that is making its first tour from behind the Iron Curtain will be on stage wearing brilliant native costumes and giving a glowing display of New and Old Folk Dances. This youthful Company of 35 singers, dancers and musicians portray, with their vitality and flowing colors, the romantic poetry of Middle-Europe.

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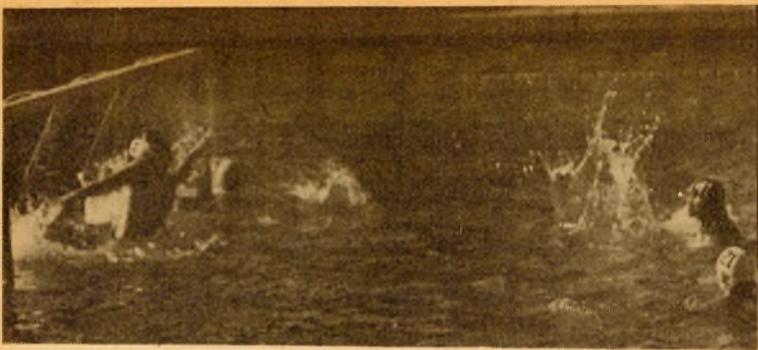
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Foothill's leading scorer Grant Thompson ups his total by one on a penalty throw that skipped under the goalie's arm. Grant and his teammates will try to be as successful next week in their Golden Gate Conference crucial against College of San Mateo at the Bulldogs' pool.

(Photo by Nancy Gorman)

## Poloists have heart, but don't have depth

"The main thing our team must play on now is pride." Those were the words used by Foothill water polo coach Nort Thornton in describing his team's pursuit of the league championship.

Hopefully, that pride will be enough to pull the Owls together for their first two weeks of league play. Why? Principally because two of the toughest teams in the league, San Jose City College and College of San Mateo will be their opponents next Wednesday and Friday, respectively.

Going into that week, the Owls will have played Diablo Valley College and San Francisco City College. The outcome of these two games coupled with the coming week's results could go a long way towards determining who will win the conference title.

Coach Thornton feels that the Owls chances for winning the championship are good. "Even with our inexperience, I think we have enough talent to win," he explained. "But we must utilize our potential."

Illness and poor attendance at practice contributed to the Owl's

shellacking a week ago by San Jose State's junior varsity, 10-2. Foothill's only solace could be found in the fact that the game was non-league and didn't count in the league standings.

The Cerritos game last Saturday proved one thing, the Owls can score. Foothill scored seven goals, their highest point production since early in the season. However, their defense wasn't equal to the task and the final score read Cerritos 8, Foothill 7.

Bob Kay led the Foothill scoring with three goals, while Gordy Brown and Peter Snyder had two each.

It seems as though attitude could be the impending factor on the outcome of the games played this week and next. If the team wants to win bad enough, they will most likely win.

## Cross country stars run hard

One of the oldest and truest tests of one's physical fitness is his ability to run for long periods of time. This form of physical pastime is commonly known as jogging, or in its more advanced competitive form, cross county running. The names imply running over hill and dale, through forest, forging rivers and streams, and enduring all of Mother Nature's wrath of snow, wind, rain, and smog.

This year's Foothill Cross County Team is made up of twelve such dedicated men. The nature of their training is based around L.S.D., Long Slow Distance, running with occasional periods known as "fartlek", a Swedish term to describe running as you see fit at the time. Jog, sprint, stride, walk, etc.

No matter what method they choose each runner must cover a minimum of ten miles each day, with the usual distance being between 12 and 15 miles.

Foothill being a member of the Golden Gate Conference has already met Chabot College, defeating them by a score of 24-31. In Cross Country the total low score wins the event.

Leading the team this season are Dave Chamness, Chris Kane, and Tom Verrette all from Awalt High School. Following closely and improving rapidly are Kurt Gruen, John Lucas, Bob Smith, and Phil Teschner all from Los Altos Hills.

As very little glory and spectator participation is normally shown to these athletes the reward they seek is self-satisfaction from the mastering of self imposed goals. If you would like to give support to this hard working group you can see them in action against Diablo Valley, Thursday October 28, at 3:00 starting on the Baseball Field.



"Over hill, over dale..." These are the thoughts of Dave Chamness, as he runs through Palo Alto hills.

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## Exciting tournaments in intramural program

Wendy Doucette and Dulie Lee are the new Foothill College intramural table tennis champions. Shown at right, Miss Doucette received a trophy for winning the women's division, and Lee received a paddle for winning the men's division. The table tennis is only a small part of the intramural program.

October 23 is a sports day at De Anza College, and anyone interested in competing in the co-ed events should contact Coach Gene Hawley. The events of the day include badminton, archery, weightlifting, co-ed volleyball, bowling, billiards, table tennis, and tennis.

There are also some recreational events, including gymnastics, swimming, and trampoline.

In badminton the categories of competition are singles, both men's and women's, as well as mixed doubles; tennis competition is the same. Volleyball will have a team from Foothill; ping pong will have men's and women's divisions, and any number can compete in any of the other categories.

Two weeks ago the intramural hole-in-one contest was held, and here are the results: Don Clark drove the ball on the 90 yard hole

to within 21 inches of the hole, and second place was taken by Marshall Warner, who only got the ball 7'10" from the hole to just beat out Cut Ota by one inch.

Anne Neublyer won the women's division, landing the ball 8'3" from the hole, and Marjie Cone finished second 29' from the hole.

The annual bedpushing contest will be held underneath the footbridge October 28, with three men and three women pushing each bed. Also in the near future are the girl's basketball tournament November 16 and 18, and the Turkey Trot November 23.

Currently in progress is the bowling tournament, on Wednesdays, and they are still taking entrants. The bowling is at Fiesta Lanes, Palo Alto, from 4 to 6 p.m. The tourney will run through November 24, and in order to enter one just has to attend every Wednesday for the rest of the tourney.

Later in the year there will also be a ski trip sponsored by the Recreation-60 class. The Rec. -60 class supervises all of the intramural activities, and runs the tourneys in the intramural program.



WENDY DOUCETTE & DULIE LEE



DULIE LEE

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## Foothill bombed 43-0

It was only the bombing of the Foothill Owls football team 43-0 by San Jose City College, but it more likely resembled the bombings of Hiroshima and Dresden.

San Jose outgained the Owls 403 to 182 yards, as San Jose gained 259 yards on the ground. The outmanned Owls gained 155 yards passing, while San Jose only got 144, but the Owls gained only 27 yards rushing.

Larry Bailey, returning All-Golden Gate Conference defensive tackle, was injured early in the first half, and San Jose collected all of their scores after his ankle was sprained. Bailey may be back in action tomorrow night when the Owls go against Diablo Valley College.

The Owls must beat Diablo Valley to remain in title contention, with the game here at Foothill at 8 p.m. If the Owls lose, Chabot and College of San Mateo, the undefeated teams in the conference, will also be expected to beat the Owls.

Chabot and CSM are the conference favorites at this point, as Chabot has been the surprise team of the conference.

The Owls go against CSM next Saturday at 2 p.m. in San Mateo.

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