Lifestyles discussed at retreat

By LAURY MASHER

A group of 40 people, and four Foothill instructors gathered for a retreat at Asilomar in Pacific Grove May 14 and 15th to discuss "future lifestyles." and help decide if "Marriage and the Family are Viable Future Alternatives."

The retreat began at 4 o'clock Saturday afternoon with a panel presentation from the four instructors. Topics ranged from "future sexes at work," "wholistic medicine," "intito mate lifestyles," and "potentialities for self-actualization."

Participaing Foothill instructors «were Laurie Hopkins, from the psychology department, Foothill counselor Mary Desper, Public Health Nurse Barbara Finwall, and sociology instructor Lois McCarty.

The group consisted of 36 women and 4 men, ranging in ages from 20-60.

Hopkins feels the retreat was especially beneficial to the women.

Mary Desper led the presentation with a discussion of the "future sexes at work." She feels there is a "historic saga of work,"

dating back to our great-grandparents time.

According to Desper, it has just been "recently" that the male became the family "breadwinner" and the female the "nurturer." In past generations, men and women worked side by side on farms, and in "mompop" grocery stores.

Desper commented that one income is no longer sufficient, and that men and women will both be working for economic survival.

"Both sexes will be working and sharing responsibilities like

in our great-grandparents day," she added.

Much of Desper's presentation dealt with present social pressure for women to get out and work.

When asked how she hoped her presentation would affect people, Desper stated, "I would like to see the participants looking at the positive aspects of what the future can bring them of what appears today to be fear of change and what the future has in store for them.

I find change exciting, I'm not at all afraid of it," Desper concluded. "I think other women are going to find it exciting too."

Intimate lifestyles was a discussion led by Lois McCarty, whose main question was "Are marriage and family viable future alternatives?"

McCarty discussed couples living totether, communal living, experimental marriages, and people living single as an "accepted lifestyle, not as a perversion or deviation."

McCarty's conclusion seemed to be that she "wasn't sure," if marriage and family were viable future alternatives, claiming that whether they are "viable by the year 2000 re-mains to be seen."

Public Health Nurse Barbara Finwall presented her views on "new" medicine known as "wholistic medicine." Finwall describes wholistic medicine as 'looking at yourself as a total (continued on page 3)

Foothill SENTINEL Foothill College, Los Altos Hills, Ca. 94022

Vol. 19 No. 24

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Foreign study offered

By SUSAN MYERS French students at Foothill have a chance not only to learn a new language on campus but also to find out how they can participate in European work and study programs not offered through the college.

The International Work Experience Program (IWG) at West Valley, (which operates under a special Senate Bill 642 passed by the California legislature) creates 100 work assignments for students each year in Switzerland, Norway, Germany, Canary Islands, Belgium, Italy and France.

Laurie Milwitt, a French student at Foothill, will work in Bien, Switzerland this summer through this program.

Milwitt said she will be working for Migros Markets, where she will probably be a cashier in a supermarket. Migros owns a large chain of hotels, banks and supermarkets in Switzerland.

John Klee, Milwitt's French teacher at Foothill introduced her to the program at West Valley.

Klee mentioned that students wishing to study abroad may apply to individual French Universities which have programs for foreign students.

IWG will make living arrangements for Milwitt.

She will be paid for her job as well as receive academic credit.

To qualify for the pro-

gram applicants must be 18 years old; have completed two semesters of a language with at least a B average.

They must be able to pay their charter air fare, (\$450) from California to Europe and have financial means until their first paycheck. Additionally they must have at least one year's work experience prior to departure; and be willing to

Milwitt, who works as a bilingual interpreter at the Department of Motor Vehicles in Redwood City, is currently taking French and German classes at Foothill this year in preparation for her trip.

She expressed a desire to work as a translator or an interpreter, perhaps for the United Nations, in the future.

Milwitt appreciates the library tutorial center and the language lab at Foothill.

"Students can really get a lot of individual attention," she said. "The program at Foothill is really fabulous."

Persons interested in foreign study or work experience programs should contact John Klee at the Language Arts Division at Foothill.

By COLLEEN CASEY

Lorraine Anderson

Foothill employe

succumbs

Lorraine Anderson

Lorraine Anderson, 51, secretary to the chancellor of the Foothill-De Anza College District, died Saturday of a cardiac arrest.

Miss Anderson has been one of the major forces contributing to the development of the Foothill and De Anza Colleges. As Dr. Flint's private secretary in 1958, she accompanied him when he organized and later became President of Foothill College. When Dr. Flint retired in 1961, she continued her secretarial services for the new chancellor, Dr. Dunn.

Aside from the numerous contributions to Foothill, Miss Anderson found time to serve as President of the Mission Trail Chapter of the National Secretaries Association. She was also a member of the Los Altos Quota Club, which devotes time to raising funds for handicapped children.

On October 23, 1975, she received the "Distinguished Woman of the Peninsula" award. Pat Boortz, Foothill's

Personnel Assistant stated, "It's a loss to all of us. I've known her for 30 years. She was just a tremendous person."

In a memorandum note to all faculty and staff, Dr. Dunn wrote, "No one loved others as did Lorraine, and anyone who has known her is a better person from experiencing her pixie-like sense of humor, her constant goodness, and her eager desire to be of help. She can never be replaced in our lives and memories."

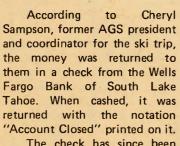
Memorial services were held Tuesday evening, May 17 at 7:30 p.m. at Immanual Lutheran Church, 1715 Grant Road, Los Altos.

AGS ripped Off

Foothill's Alpha Gamma Sigma (AGS) Honor Society has a \$441 refund due from a South Lake Tahoe booking agent, and plans legal action if the money is not refunded.

AGS had fifteen people signed up for a ski trip to Heavenly Valley on February 25, 26, 27 and deposited \$441 with High Sierra Promotions.

Because of the poor ski conditions, the club elected to cancel the reservation and sent notice to the booking agent to stop plans for the trip, meeting the terms of the contract.



The check has since been given to the sheriff's department in hopes of locating the people involved.

After consulting with Steve Ravel of Community Legal Services of Santa Clara County, (continued on page 2)

work up to 50 hours a week on their assignment. Milwitt will be required to write a 20 page paper on the customs and culture of Switzerland

AGS con't.

AGS President Sarah Hassitt, sent a letter to High Sierra Promotions informing them that if the \$441 was not returned within five days, legal action would be initiated. The five day deadline will arrive this week.

Sampson commented that the booking agent was recommended by a club member and that last year the club trip was a success. It was also planned by High Sierra Promotions.

Car theft involves student

By COLLEEN CASEY

A Foothill student may be filing a law suit against the City of Santa Clara, the City of Palo Alto and the California Department of Motor Vehicles (DMV) and Foothill College as a result of actions that occurred on Foothill campus.

Foothill students at HEW sit in

Three Foothill students spent nine days last month occupying the regional offices of the U.S. Department of Health, Education and Welfare in San Francisco as part of a group protesting discrimination against disabled persons in hiring practices.

Steve Schultz, Doug Herman and Rusty Neth went up to cover the demonstration for campus radio station KFJC, but ended up joining it.

More than 100 persons participated in the marathon event, which lasted 26 days and ended Saturday, April 30. It was considered to be a success by those involved.

pation was to try to convince President Carter to support legis-

ate employment discrimination, and in particular, to change a federal regulation permitting employers not to hire the handicapped.

"It was a non-violent protest," Steve Schultz noted, adding, "we spent an extra day cleaning up the place after it was over."

Engineering Tech.

Engineering Technology will be the subject of the third and last career seminar of the academic year to be held at Foothill College on Tuesday, May 24 in room L-34.

Ruth Morales, head of the Career Center and Counselor The purpose of the occu- Robert Mizel have designed the seminar program to inform students about job prospects lation which would help elimin- in three specific fields

Arthur Blackwell, a Foothill student, has filed a lawsuit inwas provided:

volving William Hobbs and several John Does who have not been named.

On Feb., 18, 1977, Blacwell was stopped by an officer from the Santa Clara Police Department on his way toclass.

He was taken down to the car which was registered in his name and was allowed to remove some of his personal possessions. The car was taken and impounded. At the present time, he has not recovered the vehicle.

Blackwell immediately went to the Santa Clara Police Department with the title of the car and the bill of sale. Police Sargeant Seymor, who had impounded the car informed Blackwell that the vehicle had already been released to William Hobbs, who had reported the vehicle stolen. At no time was Blackwell given a receipt for the property of the car or a release of a copy of the theft report.

Blackwell reported receiving little cooperation from the police departments involved. It was not until he contacted Senator Gregorieo's office and was able to receive information explaining the backgroud of the situation.

The following information

1. On October 6, 1975, Hobbs reportedly lent the vehicle to a friend, name not available, who did not return the vehicle. The car was found abandoned in Palo Alto.

The department did not file the registration and the license number of the car with the Justice Department within 48 hours as is required by the code. They also did not attempt to contact the legal owners of the car.

The car was then towed away by Ellison's Towing Service authorized by the Palo Police Department Alto (P.A.P.D.).

2. January 21, 1976, Blackwell purchased the car for \$200 at a lien sale through Ellison's Towing Service.

3. February 2, 1976, Hobbs reported the vehicle stolen. 4. June 21, 1976, Black-

well had fixed up the car to make it street legal and went down to the Mountain View D.M.V. to have it registered. At the time, the Santa Clara County had a stolen report on the identification number, but when it was run through the computers, the vehicle came out clean.

Blackwell claimed, 'When Hobbs went to Chief Silva and asked who the owner of the car

was, Silva freely released the registration of the vehicle which was in my name. Hobbs then went to the Santa Clara Police Department with the information and they came to school to contact me."

Blackwell confronted Silva with the following questions: "Do you normally give out the name and address of the owner of any vehicle registered at Foothill? Is there any penalty if you don't register your car with the school?"

"Chief Silva claimed that any information I wanted from him, I'd have to subpeana. The attitude was the attitude of most of the police departments I've encountered so far," commented Blackwell,

During a SENTINEL interview on Tuesday May 10, Silva clarified the following information. The D.M.V. will release information concerning a person's registration to anyone who requests it. It is the policy of the Foothill police department to give out that information in very rare circumstances.

Chief Silva denied giving Blackwell's name and address to Hobbs as was stated as happening in the Santa Clara County Sheriff's Police Department's theft report.

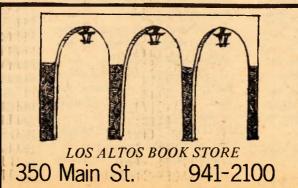
Silva concluded, "Somebody's going to get burned for this. I think it'll go back to the Palo Alto Police Department. That seems to have been where the action started. There's no doubt that Blackwell will get his car or his money back."

ASFC **Candidates set** goals for

about to unfold, and vo-

If you're interested in running, applications may

The open positions are: President, Vice-Presidents of Activities, Vice-President of Administration, Senior Senators, and Junior Senators.



their goals and expectations

In Maltby's mind, a Activities, two contestants are running: Michael Rages major issue that she wishes to adress during her term and Ralph Bettencourt. is an issue that actually began at Foothill a number of years ago.

"About six years ago, the ASFC student council decided that it didn't want to support violent contact sports. Since they no longer wanted to budget those sports, they gave away the money and control to the Cocurricular Committee. This is out of line with the California State Education Code."

"As a result, we (the ASFC) are not fully responsible for all student generated money (from ASFC student hody cards)---one-half of it goes to Co-curricular. We should be in control of this money."

Maltby has been a student at Foothill for two vears. "I was due to transfer to San Francisco State this year, but I decided to run for Presi-

"One of the things I've working working on, says Schoeller, "is getting an amphitheater built here at Foothill." Presently a Junior Senator, Schoeller has also served on the Mass Communications Boa

"The amphitheater would hold from 3000-3500 people, and be in use during a regular season (May I-Oct 30). It will be similar to Frost Amphitheater, and a proposed site is the Fine Arts Dept. Office and parking lot B where there's a natural bowl."

One of Schoeller's goals would be to "run the council as a more efficient working body." One way of accomplishing this, according to her, would be to draw up more organized agendas for council meetings.

quali-Schoeller's fications are varied. She has worked to arrange for an evening health counselor, and claims she has an excellent rapport with most members of the administration."

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The ASFC student Jan Maltby. government elections are

ting for the candidates of your choice ends Wednesday on May 25.

be picked up in C-31

To date, three applications have been submitted for the office of President. Only the names of two of the contestants are known, Pam Schoeller and

Donnell Papper and Kaua Wong are competing for the office of Vice-President of Administration. Hinano Campton is at

present running for Senior Senator unopposed, and for the office of Junior Senator, Lee Gatmaytan and Larry George Velasquez are running against each other.

For Vice-President of

The Presidential opponents, Maltby and Schoeller, were available for comments concerning

Lifestyles con't.

(continued from page 1) person, not separating mental and physical illness."

Wholistic medicine deals with preventing illness, rather than treating it.

According to Finwall, "it's getting people away from being recepticles and turning them towards personal responsibility in areas of health, relationships, and work."

"It's getting people to be their own best doctor." said Finwall. "It's learning that we can as individuals make changes rather than necessarily negative."

Finwall claims that she became more aware of the concept of wholistic medicine when she began working at Foothill. "It became really clear to me how tension and stress affects illness," she disclosed.

When asked how wholistic medicine has affected her own life, Finwall stated ''I go to the doctor less, I don't get head aches, and my high blood pressure has lowered." Those are three things right off the bat," she stated.

Laurie Hopkins concluded the presentation with a discussion of "potentialities for selfactualization."

"Self-actualization is selfand self-power awareness through taking action in your life, and accepting responsibility for your own actions. The more self-conscious and aware you are, the more control you have over your own life," said Hopkins.

Hopkins believes that once control is gained, a person realizes he has choices in relating to people and how he relates.

One area in which Hopkins feels this holds true is in "loving" relationships.

PG PARENTAL CHIDARCE AUCCENTER

DENVER – Cooper

DETROIT — Americana i LOUISVILLE — Cinema I

KANSAS CITY – Glenwood I LOS ANGELES – Avco I GR. ORANGE – City Centre I

"I have the capacity and capability for loving somebody," said Hopkins. "I choose to give love but can't control others reactions. But I've never lost anything, it doesn't mean I'll lose anything. There are other people to choose to love," she concluded.

Planning for the retreat began in January and meetings for preparation continued through May. Hopkins said the preparations included " a lot of brainstorming."

The retreat did not end with the teachers presentations. Films were also shown and work was done in small groups. According to Hopkins.

A long time ago in a galaxy far, far away...

groups of four, five and six people were given topics for discussion such as "stress, death of youth culture, and lovers are friends (?) and healing."

"We didn't explain the meanings of the topics," said Hopkins. "The groups found their own meanings." Hopkins said the groups

then picked a representative "to share what the group came out with."

"One member played the piano and sang a song," Hopkins reported, "One group shared a picture, and the "healing" group asked us all to get up and hug each other because hugging and touching are healing activities."

Back in the Stacks

By CATHY RUSSELL

Term paper time is here so I guess it's time to remind everyone of the weekend hours at the library. On Saturdays, it's open from 10 a.m. to 2 p.m. and on Sundays from 1 to 5 p.m.

I've noticed that many students are a little reluctant to try to use the microfilm readers. Often people will pass up good reference articles because they are only available on microfilm. Once-there went I. It took quite a while to garner the nerve to fumble with that slippery black stuff that had to be threaded into that monster machine. Now, I feel like a pro when I snatch up that reel, slip it onto the spindle, guide the cellulose through the little guide wheels, under the lens, onto the spare reel and VOILA! there's the article I wanted.

Someone's always around to help the beginner, or the pro who runs into problems, and problems do occur-even for the most adept of us.

Did you ever stand, wretchedly embarrassed, watching a reel of microfilm skittering across the floor spewing miles of Virginia Quarterly Review (1951-1955) throughout the periodical room? I did. But that's only a minor setback. It winds up just as easily as it does out. So fear not.

The next time someone tells you that the magazine you want is available only on microfilm, grab your sense of the ridiculous, grit your teeth and take the opportunity to learn about it.

Try some just for fun too-like an 1899 issue of the Palo Alto Times.

Happy viewing.



WHAT IS YOUR FAVORITE FANTASY?

TIM McCALLION (Geology) "I would like to talk to a dragon."



PHYLLIS PORTER (Sociology)

"My favorite fantasy would be to have a big ranch house in the hills. I'd also like two horses. a pool and at least a million dollars in the bank. I'd like to have as many men as I wanted without any social pressures... just total freedom."



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Softball season ends

By CHRIS MORRISEY

team concluded their season Jose City. With a 7-9 conference record, and 8-10 overall, the Owls could capture fourth place in what coach Barbara Schumacher termed a "successful of team members that received season." Outfielder Mary Honorable Mention. Pitcher Andrews was selected second team All Conference and will play in the North-South All Star Game on Friday, May 20, in Concord at 2:30.

The coach had nothing but Foothill's women's softball praise for the enthusiastic ballhawk. "She obviously deserves with a close 13-10 loss to San the honor. On defense, she was spectacular, coming up with unbelievable catches, and covering all parts of the outfield.

> The coach also talked highly Outfielder Mary Honorable Mention. Pitcher Alex Olsen, Second basewoman Chris Takigawa, third basewoman Gay Batistich, shortstop Barbara Siordia, and out fielder Sharon Davis.

Netters in State Tourney

Foothill's men's tennis team earned second place in the Northern California Tournament on May 14, as two singles and doubles teams advanced to the State Championships.

The State Championships will be held this Friday and Saturday at Canada College.

Kelly Thurman and Roddy Goldberg qualified in the singles by progressing to the quarter finals before losing.

In the doubles, Dick Jones and Thurman proceeded to the semi-finals before being ousted by Canada's No. 1 doubles team.

Goldberg and Rory Fredrico gained the quarterfinals to also qualify for the state meet. They decided to default their match as as not to possibly further injure Fredricos foot, which was hurt during the GGCC, according to coach Dixie Macias.

Macias commended Goldberg's play, noting Goidberg has had some impressive victories recently. Goldberg upended last year's Golden GAte Conference champion in this year's Conference Cham-

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pionships and in the Nor/ Cal he toppled this year's Conference winner. Goldberg has managed to defeat every opponent the scond time around who had topped him earlier in the year.

Macias feels the team has an outside chance of winning the state tournament, commenting that, "the quality of the team is good," but that Canada has the edge in the number of players entered.

The tournament consists of the top eight players of the Northern and Southern divisions singles and doubles teams.

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Youth Ho

Swimmers go North other Foothill swimmers who Olympian Bob Jackson

posted victories in the 100 and 200 meter backstroke while competing with several teammates in the Canadian Cup Invitational held in Vancouver, Canada last weekend.

Jackson's times of 58.6 and 2.05.6 were the third fastest times recorded so far this year in the world.

The 400 medley relay team with Jackson leading off and Don Thornhill anchoring posted the seventh fastest time in the world.

Thornhill placed fifth in the 100 freestyle (54.32) and fourth the 200 free. (1.58.15) in Shawn Bohnert, Mark Sulaer

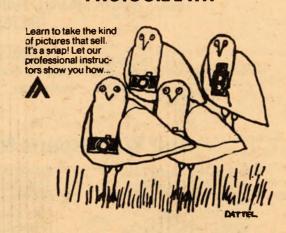
and Kelly Lynn were the

(Photo by susan jeanne patt) Dick Jones practices for State Championships

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made the trip.

Bohnert garnered a fifth in the 200 butterfly (2.09.15) and seventh in the 200 (2.15.26) and 400 IM. (4.49.41)

Sulger placed in both backstrokes, capturing a seventh in the 100 (1.02.81) and 200. (2.15.94)

Lynn finished seventh in the 100 fly.

The meet was international and attracted swimmers from throughout the world, including Australia, Sweden, England and the Netherlands.

Coach Dennis Belli was not only pleased with the team's performance but with the hospitality of the hosts. The swimmers stayed in the homes of Canadians during the meet and were given the use of a van to travel and sightsee in.

"The hospitality and organization of the Canadians was overwhelming," Belli stated. "Needless to say we'll go back again next year."

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