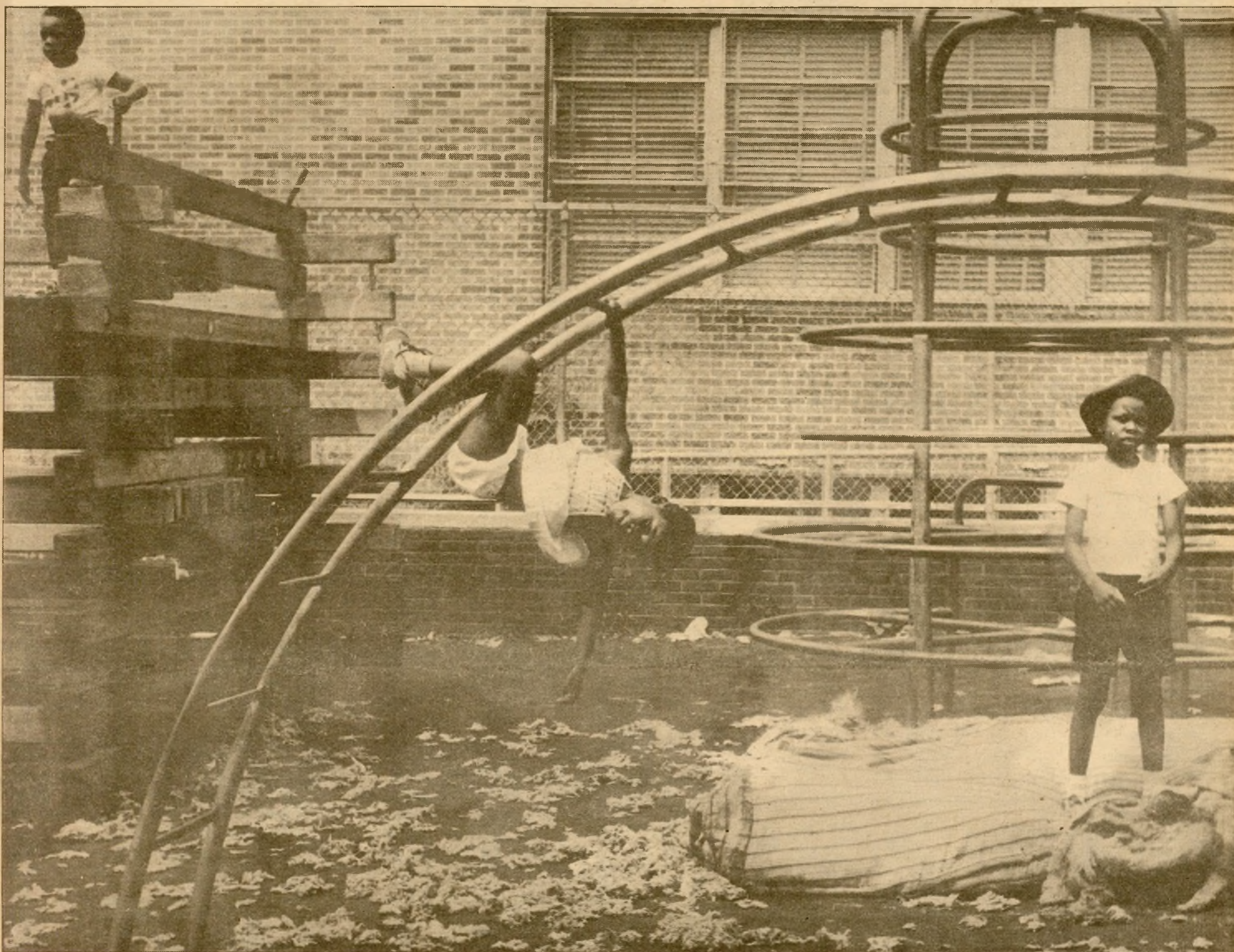


FOOTHILL SENTINEL

Volume 24, Number 13

Los Altos Hills, CA 94022

February 5, 1982



"Upside Down" by Earl Black. The photographer's work is on exhibit in Semans library to celebrate Black History Month. See story on page 12.

Tickets arouse complaints

By DAYLIN BUCK

Complaints by faculty and students have been voiced this quarter over enforcement of parking regulations by Foothill's Campus Security.

One complaint comes from economics instructor Malcolm Gutter, who said he is fuming over his recent citation for parking without a permit.

"I had not parked illegally," Gutter told the SENTINEL. According to Gutter, his parking permit was on the dashboard of his car that was parked in the faculty parking lot behind Seman's Library when Campus Security Chief Tom Conom wrote the citation.

"I felt he did this out of spite," Gutter

said of Conom. "It was a typical example of bureaucratic nonsense."

As soon as he found the citation, Gutter said, "I headed him off at the pass. I caught him 15 minutes after the fact."

Gutter said he asked Chief Conom to void the \$7 citation, and Conom refused. Gutter said, "If he voided mine, he would have to void others."

Gutter then added that former Campus Security Chief Joe Silva "was so reasonable about these things."

Reached at his office for comment Tuesday, Conom replied to Gutter's charges. "At some point we have to start enforcing citations," Conom said.

"I think Mr. Gutter was treated fairly."

Chief Conom added, "I can honestly say that I have never cited one person, or arrested one person, out of spite."

Indicating he does not wish to further a personality clash, Conom said "All I'm looking to do is to resolve the problem."

On Sept. 2, 1981, Silva issued a memorandum on "New Parking Permits Effective 1981-1982."

The memo reads in part that parking permits are to be affixed to the left side of the rear bumper, or the lower left side of the rear window. The memo states, "If no permit is displayed, vehicles will receive a municipal citation." Foothill has

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Editorials



What is normal?

The SENTINEL recently received an anonymous letter from a Foothill student who apparently feels overwhelmed by a heavy load of depression. Though we normally do not run unsigned letters, we feel that in this case, the issue is of such import that it would be in everyone's best interest to deal with the subject.

For whatever reasons, people often associate normal mental problems with really serious disorders such as manic depression or schizophrenia. They automatically assume that anyone who would discuss such problems must be either crazy or just weird — whatever, they aren't thought of as "normal."

People should realize that there is no such thing as "normal" in living organisms: the biological process of mutation, to which we owe our existence, ensures an infinite variety of every species in the universe. It doesn't automatically follow that one is a mental case just because he is unique.

The key question is: what is a problem and what is just a unique character trait? One has to be aware of his general state of mind to determine this. Generally, though, according to staff psychologists at Foothill, an "up and down" cycle is normal. Only if one feels down for a particularly lengthy period of time is there likely to be a serious problem. But if there is any question, one should get professional help immediately. Trained counselors can help clarify problems, if there are any, and suggest alternatives to overcome them.

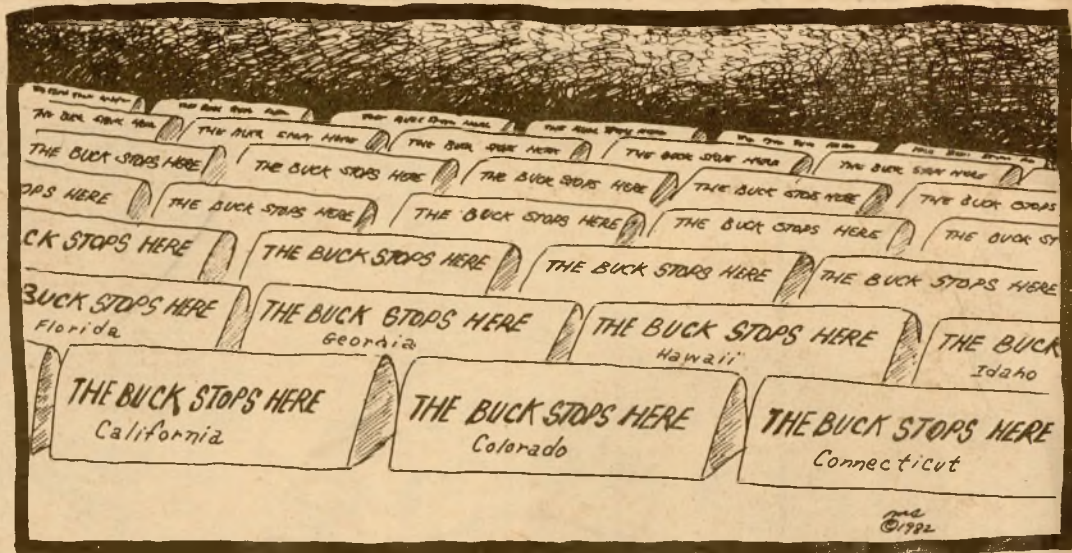
We urge everyone who feels the need to go to see the specialists. They are trained to deal with our problems — and it's a rare person indeed who can handle every problem by himself.

—Linda Wilcox

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.

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NEW FEDERALISM DESK SOUVENIRS

Reader's Forum

The SENTINEL welcomes letters. All letters must be typewritten (double-spaced), 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.

More views from Mount

Editor:

In regards to your article from the Jan. 22 issue of the SENTINEL, "Mount has a new view on Campus": It would appear to me that time and fate will cripple all those who do not have a special pass from God or some "other" higher administrator.

I would like to suggest that *all* people — including administrators — make an attempt to aid those disabled by time and/or fate, so that we can all live a little bit more comfortably with the barriers confronting all of us.

Specifically: Stop blowing smoke up a

dragon's tail and get off your own. After all, it would be in your vested interests in the long run, and then maybe you wouldn't be looking askance at this here gimp when I write or say things that you don't like to hear or see.

Reach out — we're here. Some have told me that the article mentioned above offended them because it made it appear as if they were not trying to remove barriers to the disabled! I apologize. I should have said: "Not trying HARD enough!"

—Stanley Mount
Foothill Student

Face in a crowd

Editor:

Maybe I've missed the attention that Foothill students (not to mention mankind in general) have been giving to the subject of depression. But I don't think so.

Students are afraid of even talking about it because they figure that society expects them to be strong and cover up. Let's get it straight. From what I have seen, Santa Clara Valley has the coldest bunch of people I've ever tried to get to know.

I'm in my mid-20's, fairly good looking, a hard worker, and I can barely get a young lady to look at me even halfway seriously without her making me feel guilty for even looking at her (especially when Foothill has such an abundance of beautiful women!).

I'm not looking for one-night stands: I'm looking for a lifetime commitment (or did the world change?).

Face it. Without love, we become mechani-

cal, and I feel that we can do better at work, school or play when we've had someone close to us hold us in their arms and mean it. If men quit assuming that women just want to jump into bed, and women would realize that there *are* men who want to give them emotional support, then maybe guys like me wouldn't be depressed for weeks at a time.

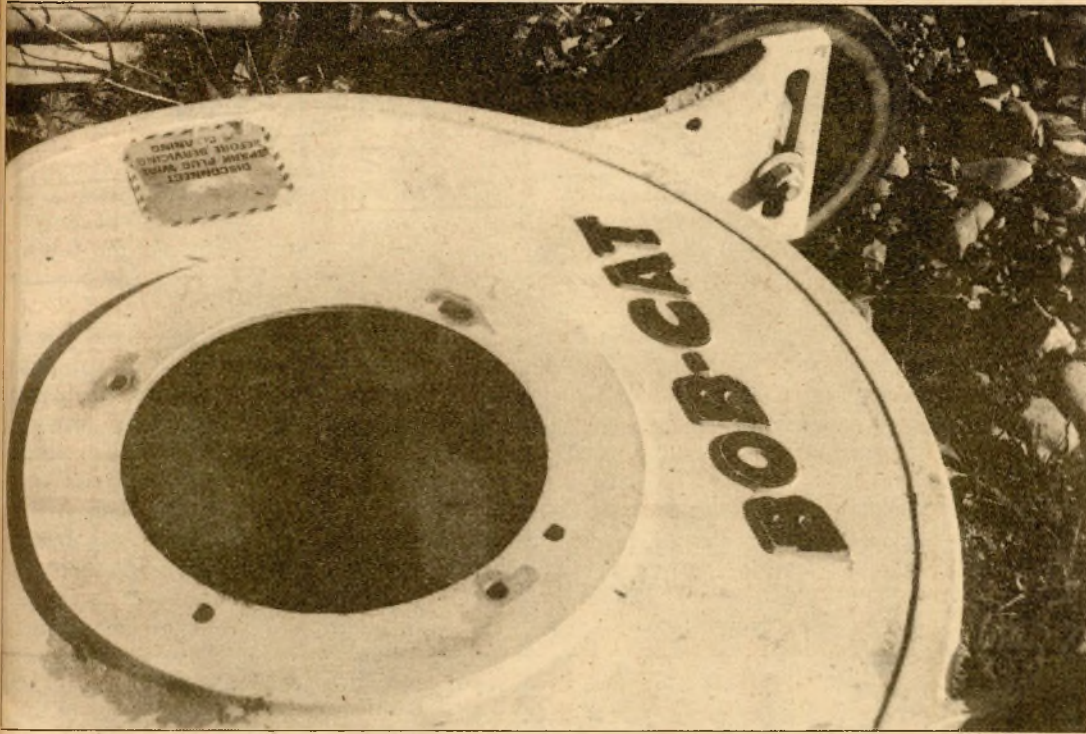
Of course the idea of a one night stand does appeal to me, in fact rather frequently, but am I going to jeopardize my only possible chance for meeting someone, and have to hurt them?

By the way, I don't have *any* family, and coming to Foothill is my way to get out of the house. Too bad — I thought that with all the people at Foothill someone would want me. I was wrong.

—Unsigned

[Editor's note: Rarely do we publish unsigned letters, but we feel that in this case we can make an exception.]

Opinions



SENTINEL MYSTERY PHOTO NO. 3

This is the third SENTINEL-ASFC mystery photo, and we hope that it will be easier than last week's, which only two entrants identified. The winner last week was Robin Booth, who correctly identified the location as an ornamental light in front of the Electronics Museum.

There will be a slight change in the method of choosing the winner. All entries from students who hold the Student Activity Card will be accepted in sealed envelopes (include name and phone number) in C-31 between 12 noon Thursday and 3 p.m. on Monday. The winner will be the first correct entry drawn out of a hat. The prize is still a \$10 gift certificate for the bookstore. If no one correctly identifies the photograph this week, then the prize for the following week will be raised to \$20.

Good luck.

Reader's Forum

Attention all lawyers

Editor:
We'd like to announce the renewal of Foothill's Law Forum. We are a social and recreational club for people with an interest in law. We will be sponsoring controversial speakers, planning trips, and debating. Our first debate will be held on Thursday, Feb. 11 at 7 p.m., room F-12. The pros and cons of draft registration will be the issue. Come join us and help plan our "coming out party." We meet Tuesdays and Thursdays in B-22.
—Ming Tuan and Keith Beach
Foothill Law Forum Members

Hey you, keep it at two!

Editor:
Zero Population Growth's (ZPG) traditional Valentine's Day message takes the form, this year, of a rhyme. Some of the lines were inspired by entries in their 1980 High School contest:
*Our U.S. population is growing, GROWING, GROWING!
Two million more — at least — each year,
is the way it's going.
Demands for oil and energy are causing us
inflation.*
*Pollution, unemployment, crime, spread
throughout the nation.
There'll be less to feed the hungry, if we
keep needing more,
And competition for resources leads
countries into war.
So think about the children — first wait,
then stop at two.
Remember to LOVE CAREFULLY. The
future's up to you.*
—Zara van Wichen
President, ZPG-San Jose

On the Spot

By DAYLIN BUCK & KEN SHOEMAKER
HOW DO YOU HANDLE BOUTS OF DEPRESSION?

MARCIE MAYER (Graphic Arts):

Take long walks at midnight. I won't tell you where.



RON BUSH (Psychology):

Women. I try to talk to a whole bunch of women, maybe take care of a little business.

BRUCE BARRY (Undeclared):

I drink a lot. You name it, they all do the job.



RONALD SHIMIZU (Pharmacy):

Drugs. You know, like cocaine, maybe a little marijuana. This is true.

BRIAN WILLIAMS (Electronic Engineering):

Listen to music: jazz, soul, every once in a while, rock and roll.



News

Kissinger warns of nuclear blackmail

By LESLIE FARMER

Former Secretary of State Henry Kissinger advocated a reappraisal of the Atlantic Alliance and a firm stand in the face of Soviet threats to peace and encroachments on the free world last Sunday.

Speaking to a capacity crowd at De Anza's 2,500-seat Flint Center, Kissinger, now a professor at Georgetown University, said that finding areas of agreement on common objectives with the United States' European allies would be "the big task for President Reagan" when the president travels to Europe later this year.

However, he added that if some agreements are not reached within a reasonable time — 18 months to two years — some "conclusions" would have to be made in terms of deployment and armament.

Regarding the Soviets, Kissinger said, "It is crucially important in dealing with the Soviet Union that they know that in dealing with the United States we could be ready for serious negotiations, but also that they cannot use negotiations as a means of psychological warfare . . ."

"The Americans who were most successful in dealing with the Soviet Union were precisely those who were the most



Henry Kissinger

unsentimental and the most insistent in defending American national interests."

Kissinger made no public comments on Reagan's domestic policies, although in a brief interview with a SENTINEL reporter just before he stepped onto the Flint Center stage, he indicated that he supported the president's economic program.

Speaking on "the three major problems of the United States" — East-West, Atlantic and Third World relations —

the advisor of two administrations characterized Soviet-style communism as "a combination of boring bureaucracy and hysteria," and as an organization in which "all change is catastrophic."

He sharply criticized the nations of the Atlantic Alliance for depending on American nuclear protection while adopting "fashionable" [leftist] domestic slogans and, in effect, "doing as they please and letting us protect them."

Another crucial job for Reagan, he noted, would be to persuade the "non-aligned" Third World countries to be so in fact as well as in nomenclature. "Sometimes *silence* would be appreciated," he noted.

Emphatic in his contention that the United States government's problems were only problems of "discipline and approach" while those facing the Soviet Union were contained in the government's very structure, Kissinger defined the United States' basic task as "to make up our mind [to preserve basic United States political structures and deal with the three problematical areas] that the problems mentioned can be solved and do it."

In the course of his 40-minute speech, the former history professor and Secretary of State under Nixon offered some sharp and sometimes amusing comments

on foreign and international politics.

In 30 years of communist control in Eastern Europe, he noted, the only revolutions there have been anti-communist ones.

In the Soviet Union itself, Kissinger said, there have been no regular transitions of power — the first two premiers died in office, the third (Kruschev) "made the mistake of going on vacation without his colleagues" and, as for the current leader, no one in Washington has any idea as to who will replace Brezhnev, "but I bet you that Brezhnev has no idea who will replace Brezhnev."

As for the future of communism in general, he said, "It's not possible to run a modern economy with a quota plan, and it may not be possible to run a communist state without a quota plan." He characterized the quota plan state as highly inefficient because of its bureaucracy and inflexibility, telling an anecdote of a communist former Minister of Economy who had told him, "When in my country the specification was for so many tons of locomotives, we produced the world's heaviest locomotives, and when the specification was for a large number of locomotives, we produced the lousiest."

"That is what the crisis in Poland is all about — they can't improve labor relations or the economy while the communist party is in a predominant position."

On defense problems vis-a-vis the Soviet Union, Kissinger said, "If once a country creates the impression that it fears war above all else, it invites nuclear blackmail."

Christian group angers instructor

By BILL ANDERSON

A history instructor who admits that he was "probably wrong," removed a portion of a sign advertising the meeting of a Campus Christian group last Friday afternoon.

The sign, which was in large plastic letters on the marquee between the bookstore and the campus police station, read "ON FIRE FOR CHRIST" and gave the time (Friday at 12 noon) and location of the group's meeting. The instructor, Charles Henson, took down the word "CHRIST," and told Greg Warren, the ASFC president who was in C-31 at the time, "If anyone has anything to say about it, tell them to come see me."

Henson later said that he was probably wrong in taking down the word, but that he momentarily lost his temper when he saw the marquee; partly because he thought the 12 o'clock meeting might interfere with a class that he holds at the same time, and partly because he is concerned about the influx of religious groups on California campuses, especially Foothill.

"It's shameful that Foothill campus can be used as a recruiting ground for these religious groups," said Henson. "College students today are often easy prey for some of these groups that offer easy answers to complex questions."

The law prohibits religious groups from praying or holding religious services on Campus, but they are allowed to organize groups for studying and socializing. There are two other Christian groups at Foothill, but "On Fire for Christ" is the only one that bothers Henson.

"They shouldn't schedule their meetings during class hours. That's what college hour is for," said Henson.

Demi Georgas, Dean of Student Activities, was "furious" when she heard that Henson had removed part of the sign.

"It is perfectly legal for this group to function on Campus. I will fight for the right of any student interest group to organize at Foothill as long as they stay within the guidelines that have been set down," said Georgas.

"It was presumptuous of [Henson] to think that we would allow any group to put up a sign that was unconstitutional," said Georgas, "and, if he did feel that the sign was a violation, then he should have come into the office and talked to somebody before removing part of it."

Henson feels that the important thing is that the student body and the administration get together and thoroughly discuss the subject of religious groups on Campus. He pointed out that there is a

new California state ruling that allows colleges to rent out space to religious groups.

"If you rent space to groups, then you're discriminating against groups with little or no money, and you end up auctioning off the school to the highest bidder," says Henson. "Look at it this way: the school protects the students from being ripped off by free enterprise, for example, by not allowing fast food chains to set up hamburger stands on Campus. If people can't come on Campus and sell hamburgers, why should they be allowed to come on Campus and sell ideas?" Henson added that he fears many groups such as the Moral Majority and the Krishnas are only interested in finding people to collect money for them.

Herbert A. Ralston, a member of "On Fire for Christ" (OFFC), reported last week in the Reader's Forum of the SENTINEL that the OFFC is "a group of Christians who gather together for the purpose of fellowshiping together and studying the Bible. We search the Bible for answers to everyday questions such as: What is my purpose in life? What is God's plan for my life? And what can I do to share the reality of Jesus Christ who lives in me?"

New officers installed

The California School Employees Association of Chapter 96, Unit A, installed their new officers on Wednesday, Jan. 27.

The new officers are: Frank Kilkenny, president; David Jones, vice-president; Michael Krietch, secretary; Ray Rodrigues, treasurer; and Lawrence A. Meleskie, recorder.

Meleskie thanked the following former officers for "a job well done": Jim Ayers, Gil Delgado, Steve Battaini and Lec. Miller.

Meleskie also reported that Ranie Villanueva, field man at Foothill College, broke his leg in an auto crash in Truckee, and is at home recovering.

Villanueva is not accepting visitors yet, but cards and letters can be sent to his home at 2121 Commodore Drive, in San Jose. For more information contact Meleskie at (408) 998-7130 or 948-8590, x220.

Japanese center to hold Shinto dedication

An authentic Shinto dedication ceremony, a "Shunkosai," will mark the opening of Foothill's Japanese Cultural Center — the first of its kind on a college or university campus in the western states — this Saturday, Feb. 6, at 11 a.m. All staff, faculty and students and their friends are invited to attend the festivity.

Nearly 300 Bay Area individuals and businesses and 32 Japanese companies donated \$170,000 to entirely underwrite construction of the new Center, located at the west end of the Language Arts complex. It will house college classes in Japanese language and culture, as well as celebrations of seasonal festivals, displays of Japanese arts, and seminars with visiting scholars and craftsmen.

The dedication ceremony, led by a Shinto priestess, will be highlighted by Japanese dancing and the playing of traditional court music by the Gagaku Performing Ensemble from UCLA. Kimono-clad college and community representatives will participate in purification and ribbon-cutting rituals.

About 500 people are expected to attend, including the Japanese Consul General from San Francisco, local business and civic leaders, legislators (including Rep. Norman Mineta), and representatives of several Japanese corporations who will come to the U.S. for the event.

Among the unique features of the new Center is an authentic tea house interior which was constructed by a master carpenter brought from Japan specifically for the project. Using traditional Japanese tools, bamboo nails and techniques dating back to the 16th century, he constructed ceilings, walls, decorative poles, and a "crawling entrance" which make the tea house the most authentic of its kind in the Bay Area. Blue prints were approved

by Prof. Masao Nakamura of Kyoto University, who is Japan's foremost authority on tea house architecture. The Cultural Center also includes a

multi-purpose classroom/meeting room seating 30 people. Here classes will be offered in beginning through advanced Japanese language, and short-term workshops will meet to study the Japanese tea ceremony, brush painting, calligraphy, Zen meditation, culinary arts, kimono construction, and ikebana flower arranging. (Foothill is the only community college in the country which offers a degree program in Japanese language.)

The architect for the Japanese Cultural Center was David Takamoto, AIA, of Los Altos, the landscape architect was Preston Oka of San Jose, and the tea house carpenter was Makoto Imai of Japan. Landscape materials were donated by the California Nurserymen's Association and planting was done by members of the Peninsula Gardeners' Association. Most interior furnishings and teaching aids will be furnished by Japanese firms.

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Produced in Mexico

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(A Variety of The Heart)**

Briefs:

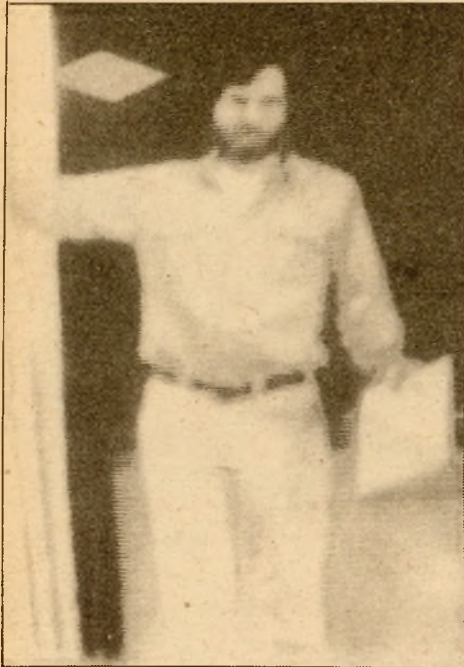
Several Foothill students will be hosting a semi-formal party at Bull Farbor's in the Old Mill in Mountain View on Saturday, Feb. 6 from 8 a.m. to 1 a.m. Students must be 21 or older with valid I.D. to attend.

The Foothill Ski Club will be sponsoring a flea market Saturday, Feb. 27 from 8 a.m. to 4 p.m. in parking lot D. Booth fees are \$8 general and \$4 for students and seniors. For information contact Jean Thacher in C-31.

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Reviews

Viewer unamused



Duane Elgin

By MICHELE HAMMACK

Duane Elgin, author of the book "Voluntary Simplicity: Toward a Way of Life That is Outwardly Simple, Inwardly Rich," was scheduled to give a book talk at the library on Feb. 2. What he in fact did was conduct three informal polls and not so subtly recruit support for a new project he and Ann Niehaus are working on - video democracy. Most of the audience was unamused.

At the beginning of his talk, Elgin outlined the topics he planned to cover:

social change and how we cope with it, voluntary simplicity, and ecological lifestyles. He then polled the audience on their opinions of what the top 10 global problems facing the world are today.

Relationships and fine arts resources were among the more enlightened responses. Elgin then discussed a few of the suggested problems: nuclear war, population and water shortages. Unfortunately, not fine arts resources or relationships.

Elgin polled the audience two more times before he began discussing video democracy. At this point, Ann Niehaus, who was not scheduled to speak, explained the Citizen's for Media Democracy organization.

Wondering what happened to the book talk? So was a member of the audience who asked Elgin when he was going to discuss the book. Elgin said that he didn't want to talk about it at that time.

Betty Nevin, who organizes the book talks in the library, said that she felt he should have followed the format he laid out when the talk was scheduled six months ago. "But," she added, "we can't dictate how anyone will give information."

A number of the Foothill instructors present at the talk said they felt they had been misled. "I feel like I've been ripped off," said one faculty member who asked not to be identified.

Perhaps Elgin, who is so fond of polls, should have asked the audience what they wanted him to speak about. He might have been surprised.

'R' WORLD

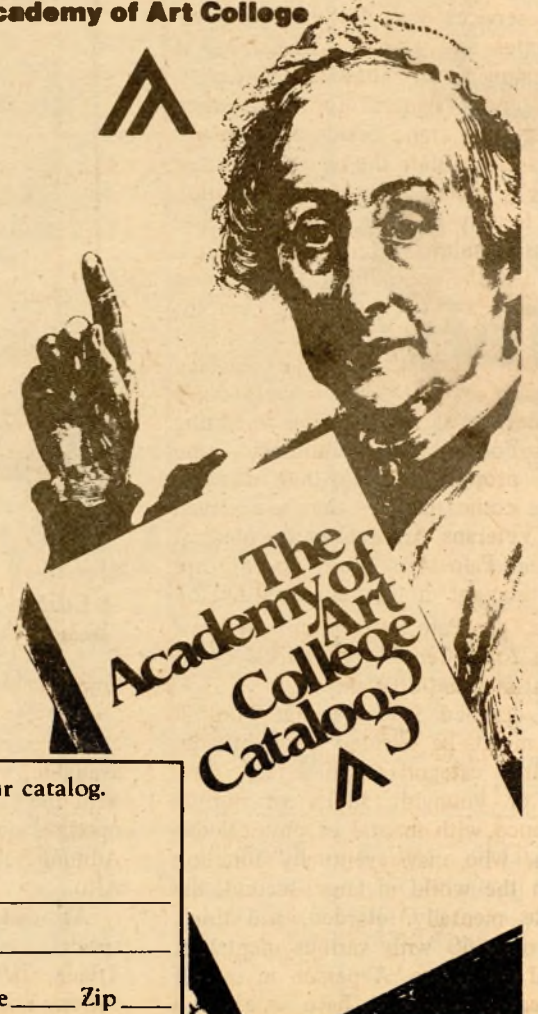
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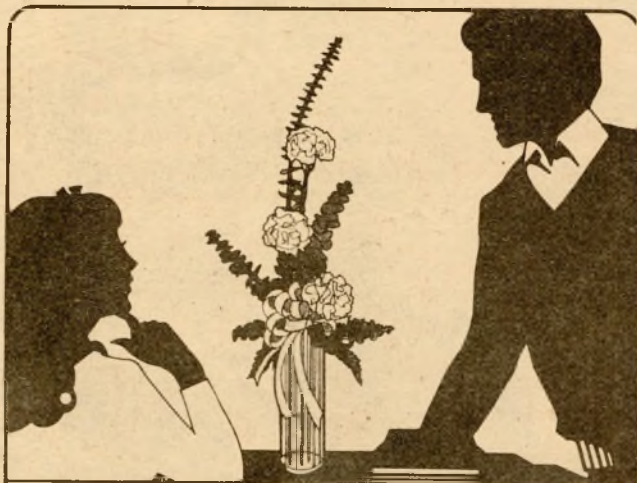


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=Special Edition

Foothill provides services for disabled students

By LESLIE FARMER

Foothill's Winter Schedule of Classes shows, under "For the Disabled," a woman in a wheelchair using a public telephone — presumably on Campus.

The paragraphs under the drawing mention special equipment, counseling, special parking, tutors, adaptive physical education courses and other aids.

For a non-disabled reader who has never had much contact with, or curiosity about America's disabled, the picture and the services listed might seem to provide a considerable range of aids for a relatively small group. After all, how many people do you see around the Campus in wheelchairs, with red-tipped canes or on crutches (except for the victims of skiing mishaps)?

Foothill's disabled students, in fact, total around 350 each year, and that number is only for those who attend the Los Altos Hills Campus. Many of their handicaps are invisible and some, except with the professionals who work with them and their circle of friends and acquaintances, undetectable.

They range from multiply-handicapped seniors in nursing homes to psychologically damaged war veterans to ordinary-looking and ordinary-acting people of normal and above normal intelligence with dyslexia, a range of disorders which make it difficult for the sufferer to understand written language.

The services that Foothill provides, off-Campus and on, are, necessarily, as wide-ranging as the students' handicaps. They include "signers" for the hearing-impaired, who stand beside a teacher in a class and translate the lecture into sign language; special physical education classes; Reality Training, which re-teaches Veterans Administration patients what is going on in the community, how to shop intelligently and keep up with current events.

Foothill's services for its disabled community extend over a wide range geographically as well. Besides operating on the Foothill main Campus — the smaller proportion of 1,000 disabled students come there — they are served at the Veterans Administration Medical Center in Palo Alto, convalescent care and retirement homes such as Lytton Gardens, the Palo Alto, Mountain View and De Anza Centers for a total of 23 different facilities off-Campus.

The disabled students that Foothill serves might be divided very broadly into three categories. These are, first, young or youngish adults of normal intelligence with mental or physical disabilities, who may eventually function fully in the world at large; second, the educable mentally retarded, and third, adults over 60 with various mental or physical handicaps. A person in one of these categories may have one or a combination of physical or mental/



Edited by Steve Jones

emotional/perceptual handicaps.

For the first broad category, there is a wide range of services and equipment available, many on the Foothill Campus with the Disabled Students Program that operates out of M-2 and at the Veterans Administration Medical Center in Palo Alto.

Associate counselor Pat Mooney (a special education instructor), Judy Triana, division chairman of special education, Laura Paulson at the VA Medical Center and physical education instructor

Karl Knopf work with this group.

Persons in the first category tend to call on the broadest range of equipment and services.

For equipment, such standard items as wheelchairs (electric and non-electric), traveling canes, tape recorders and brailers (typewriters with Braille keys) are supplemented with the Optacon, a device that converts printed or written letters one by one into feelable equivalents of their shapes, a talking computer and special equipment in the physical

education department, including a new 11-piece hydraulic pressure gym set that uses hydraulic pressure to create resistance to pushing and pulling in exercise programs for students with orthopedic, visual, hearing, perceptual motor learning, stroke and other disabilities.

Other available aids are Sonicguide and Mowat sensor mobility devices, speech compressors, Phonic Ears, Handivoices, books and pamphlets on tape, a tactile map of the campus for visually impaired

(continued on page 10)



Dr. Brian Jones



Eleanor Taffae

Coping with stress

By LINDA WILCOX

Foothill students who find themselves unable to cope with stress or depression are not alone, according to staff psychologist Eleanor Taffae.

Causes of stress, she added, are many. Some common examples she listed are: living at home while desiring independence, being romantically involved with someone while neglecting your own needs, or struggling with economics while taking a full load of classes. Taffae mentioned that people often turn to drugs to alleviate stress because "they haven't learned to deal with their problems."

Students may actually be better off than others when it comes to dealing with stress. "Students have hope — they're working toward the future. While they are learning new things, they are increasing their worth as people," said Taffae. At the same time, however, suicide is the leading cause of death in the college-age group.

She does not use any "set bag of tricks" in helping students who come to see her. "What I do is to get the person to clarify the problem. Sometimes there are a lot of confused feelings. Many people aren't even aware of what they are feeling. We look at the alternatives available in solving the problem."

'Suicide . . . leading cause of death . . .'

Taffae added that "When you're under stress, you develop tunnel vision — you feel pushed into a corner." She helps people develop "peripheral" vision, which makes the possibilities clear. "They have to be able to see more clearly."

The key, according to Taffae, is communication. "You have to accept your own as well as others' points of view. We work on the ways of expressing your feelings." She said that people often

make incorrect assumptions about other people, which further confuses them.

There is one cause of mental problems that most people probably would miss, and that is sugar. "Sugar is the most abused drug in the United States," stated Taffae. She told of one woman she saw who was overtly suicidal. "It turned out she was a sugar freak. I told her to change her diet for a week. By the end of the week she was fine."

How can one tell if one's mental state is normal or not? "Depression isn't something to be taken lightly. We all have our ups and downs." The thing to remember is that the up and down cycle is normal. If one stays "down" for a long period of time, there is likely to be a problem.

Taffae is available Thursdays and Fridays in the Psychological Services office. Brian Jones, the other psychologist, is here Mondays and Tuesdays. Students are urged to contact these people if they need someone to talk to, for, said Taffae, "students have killed themselves because they didn't know what was available."

New faculty handbook

By STEVE JONES

In an effort to help the Foothill faculty become better acquainted in dealing with handicapped students, the Foothill Disabled Student Program is offering the use of a book entitled, "The College Student With A Disability: A Faculty Handbook."

The book, which is made available by the President's Committee on Employment of the Handicapped, suggests various ways an instructor can change classroom environment or personal teaching style to help a disabled student. Such disabilities as blindness and vision and hearing impairments are defined and specific methods of dealing with such

Tay-Sachs test free

By STEVE JONES

A Tay-Sachs Disease Carrier Detection Program will be offered to students free of charge by the Foothill Health Services office in conjunction with the California Tay-Sachs Disease Prevention Program. The tests will be given Tuesday, Feb. 23 from 10 a.m. to 2 p.m., and Wednesday, Feb. 24, from 10 a.m. to 2 p.m. and from 5 to 7 p.m. at the Campus Center.

The Detection Program consists of a blood test to detect whether or not an individual is a carrier of this disease, which destroys the nervous system of children and causes almost certain death by the age of six. The disease, which is said to be incurable, also results in rapid deterioration of the physical and mental capabilities in youngsters.

According to program coordinator Linda Foley, one out of every 200 people in America is a carrier of Tay-Sachs. In

the American Jewish population the rate is one out of every 27 people.

The disease itself is classified as a "recessively inherited genetic disorder" that has no adverse effects on the health of the carrier. The problem lies in the fact

that if two carriers have a child, the odds of the baby getting the disease are one in four for each pregnancy. Foley stresses that future occurrence of the disease is preventable if carriers are identified.

The Foothill Health Services office is asking instructors, especially those in speech, biology and child development courses, to recruit volunteer students who will make short class presentations on the subject and also pass out information booklets. Health Services suggests that students be given extra class credit for volunteer work if the instructor is inclined to do so.

The two day testing program is said to be a "rare opportunity" because the tests are usually offered only once a month in San Francisco and Los Angeles. A testing fee is also required.

No appointments are necessary for the blood tests, but to be tested one must be 18 years of age and not pregnant. Test results will be mailed to respondents free of charge. For further information contact the Health Services office at 948-8590, x243.

Physical education classes offered for disabled

By MARCI OSBORNE

Foothill College's Special Education Program offers a variety of special physical education classes designed to fill the needs of the disabled students on campus.

It accommodates those students with both physical and medical impairments, according to Patrick Mooney, a special education counselor at Foothill.

The physical education programs are run in such a way that each student is allowed individual attention and exercise programs based on the student's physical

fitness capabilities.

As of now, Foothill's physical education department shares two facilities with the special education department. They are the swimming pool and the weight training room in G3.

The weight training course provides the student with the opportunity to develop muscle strength and endurance. The student is given instruction in the techniques of weight training through an individual program. All of the equipment in G3 has been designed for easy access for the disabled.

General conditioning is designed to provide the disabled student with an opportunity to assess and develop his level of fitness.

Hydrogymnastics uses water as a therapeutic treatment. Each student performs his own set of exercises in the water. Swimming techniques are also taught, although it is not necessary to be able to swim to take the course.

The program is state funded, therefore it is paid for by local tax dollars.

All of the physical education teachers are certified therapists, while also holding degrees in education.

Classes are offered each quarter: fall, winter, spring and summer.

Anyone interested in the program should contact the Disabled Students' Program at Foothill's Special Education Division.

Veteran observes changes in disabled programs

By STEVE JONES

With the assistance of the Foothill Disabled Student Program, Foothill student Tom Maxson recently said he has virtually eliminated all the stressful, frustrating situations he experienced when he first went to college ten years ago as a disabled person.

In 1969 Maxson's life was drastically changed while fighting in the Vietnam war. As the result of an explosion, he lost one eye and now has only partial vision in the other.

The following year, at the age of 22, Maxson returned home and began his college education at West Valley as a visually impaired person. Maxson pointed out that what would be a normal, everyday life at school for most people, can be an agonizing, traumatic experience for the disabled student.

"With the amount of vision I have, I can't read small print, which makes reading textbooks an impossibility. At West Valley I couldn't even find what room I was supposed to be in because the numbers on the doors were so small," Maxson said.

Maxson was constantly frustrated as he went to school on and off at West Valley for the next three years. "There were no learning aids for the visually impaired, and teachers treated me like I was any other student — they didn't realize that I was having special problems. There was no program to help the disabled," he said.

Maxson stated that he had trouble accepting the fact that he was disabled. "I had trouble admitting that I did have a disability and that I needed extra help."

Feeling disillusioned and maintaining a low grade point average at West Valley, Maxson more or less "dropped out" for the next few years. "I didn't want to hassle with school and classes. Even the most minor thing seemed like a gigantic hurdle for me to overcome."

Maxson spoke in detail about the everyday "hurdles" that disabled people have to deal and cope with. What might be a normal occurrence for other people is a defeating setback that causes stress in a disabled person's life.

"Things like not being able to find your classroom cause a lot of stress. Each day was a hurdle for me with a system at school that didn't know how to work with me," Maxson explained.

After a few unsuccessful attempts at employment, Maxson was directed to the Western Regional Hospital for the Blind by the Veterans Administration. While in therapy at the hospital, Maxson met Karl Knopf, who works at Foothill's Disabled Student Program. Knopf explained that Foothill helps people with such disabilities as speech, hearing and visual impairments, and blindness, as opposed to De Anza, which works more with paraplegics and their associated problems.



Tom Maxson

Maxson was invited to come to Foothill and look over the campus. "I was really impressed with how the people

here at the disabled program talked with me and fit me into the classes that I needed to be in. It wasn't cut and dry. They didn't fit me into a category just because I had a certain disability."

Maxson came to Foothill last year, and with the aid of the Veterans Administration, has received special learning aids to use at school.

One of the most important aids that Maxson, who is a Behavioral Sciences major, has are special cassette recordings of any textbook he uses. To also help with reading, he has a closed-circuit television and a camera that magnifies pages of a book and displays them on the television screen. He also uses magnifying glasses while reading.

"If a disabled person on campus needs something like a closed-circuit television or a talking calculator for a certain class, the Disabled Program at Foothill will generally get it for them," Maxson explained.

Over the last four quarters Maxson has maintained a 3.6 grade point average and plans to transfer to San Jose State next fall. One of the reasons he chose San Jose was because it also has a disabled program.

Upon graduation Maxson hopes to use his Behavioral Sciences degree to help in counseling Vietnam veterans like himself.

Maxson noted that every teacher he has had at Foothill has been willing to take extra time to help him. "The difference between the teachers' attitudes and the addition of the Disabled Program, in comparison to 1970, has really stunned me. The people that work with disabled students here are concerned with what they can do for the individual."

Maxson expressed his satisfaction with the Disabled Student Program at Foothill, saying, "It's fantastic: it's helped me change my outlook on life and I now look forward to going to school every day."

Editor 'sees' Campus from new view

By BILL ANDERSON

I had a brief opportunity to feel what it is to be disabled at Foothill College earlier this week. With the assistance of Margo Simmons, mobility instructor both on and off campus I toured Foothill — first blindfolded and then later in a wheelchair.

My first lesson as a blind person was to learn how to be guided. I grasped Margo's arm just above the elbow, and she instructed me to keep my arm at a forty-five degree angle and close to my body, and to stay a half-step behind her, which took me a while to learn. When she put her arm behind her, I was to follow her single-file.

As we walked around Campus, she showed me how to feel the letters and numbers on the rooms in both braille and big, raised figures for easy identification. Margo took me down to the Owl's Nest (where a friend took great delight in trying to trip me with a chair). She told me to listen to the difference in sound between the Owl's Nest and the cafeteria; there really is a big difference — there is much more echo in the cafeteria, and the Owl's Nest sounds much more dense.

After I was a little more comfortable with the blindfold on, Margo showed me how to use the type of cane that many blind and visually-impaired people use. She told me how to hold the cane directly in front of me, with my right arm kept straight and my finger pointing down the cane. I was to think of the cane as an extension of my finger. As my right foot went forward, the cane was to tap

the ground to the left and vice-versa.

Walking around Campus with no sight was scary, but it was more of a challenge than it was anything else. I was familiar with the Campus, so I usually knew where I was, and this eliminated much of my uneasiness. In addition, I had a competent, practiced guide.

I confess that I probably didn't get much of an idea what it is truly like to be disabled until I got in the wheelchair. I think that the greatest obstacle that most disabled people face is the reactions of their fellow citizens. Without the blindfold on, I was more conscious of the eyes that saw the wheelchair before they saw me, or the eyes that avoided any contact with me at all. Even the reactions of some of the people that I knew were strange — they giggled nervously and asked, "What are you *doing*?"

Getting to the Owl's Nest in a wheelchair was considerably harder than getting there blindfolded. I had to take the service elevator in the bookstore (the women there were very polite and helpful), wheel through the stock area under the bookstore, go outside across the loading dock and through another door, then through the kitchen and finally into the Owl's Nest. I'm afraid that I was so self-conscious by then that I didn't even attempt to go in and buy food. Later, upon Margo's suggestion, I went into the men's room to see how accessible the stalls are, and it took much of my strength to transfer myself from the chair to the seat.

Margo informed that that if I wanted to get over to the gym, I would have to drive or get a ride because the paths are too steep and the footbridge has only stairs and not a ramp. It is obvious that a person in a wheelchair could not have a class either before or after a physical education class.

I don't know what it's really like to be disabled because after an hour-and-a-half I was able to shed my disabilities. I imagine, however, that most disabled people fight to gain as much independence as they possibly can. As Margo told me, too often the average person assumes that disabled people want something done for them, while this is not usually the case. A tactful offer of assistance is much more appreciated than condescension.

Stanley Mount, who used to work for the Campus until he was injured in a plane crash and confined to a wheelchair, told me the other day, "I've had people on this Campus pat me on the head. Can you imagine that? I'm 42 years old, I have a wife and two kids, and somebody has the nerve to pat me on the head."

Now that strides are being made, slowly but surely, to make society more physically accessible to people with disabilities, it is time to make ourselves more accessible to people with disabilities, whether physical or emotional. Look first at the person, not the handicap, and show the respect and consideration that you would have shown to yourself. (Editor's note: I would like to thank Margo Simmons for her time and effort and commend her for the work that she is doing.)

Services

(continued from page 7)

students and films and video tapes about disabilities.

Some of the more basic services provided are orientation and mobility training for the visually impaired, a blind students' reading room in Seman's Library, and Braille and large print labels on all Campus buildings and doors.

Adaptive Physical Education instructor Karl Knopf offers his services mainly to students in the first two categories, although others — older adults with arthritis, the mentally handicapped and the overweight who may feel uncomfortable in regular classes — are welcome. Conversely, he said, since "water is a good normalizer," some handicapped students — one without legs, for instance — are to be found more in the "regular" classes.

Educable Mentally Handicapped (ECR) students, some of whom have difficulty in distinguishing left from right, students in need of perceptual motor learning skills — those who, for instance, have difficulty in balancing — students with cardiovascular problems who need cardiovascular fitness exercises, those with problems in flexibility for whatever reasons are all to be found in adaptive

physical education classes, Knopf said. Adaptive PE classes are also carried out at the VA Medical Center and at convalescent and retirement homes.

Another service Foothill offers is career search classes, which includes help for mentally retarded students.

Division Chairman of Special Education Judy Triana mentioned as one of the less publicized on-Campus programs, DANN, is a program that is an auxiliary of the VA, teaches marketable trade skills and regularly receives contracts for its workers from various industries.

Most off-Campus services for the disabled, Triana said, are instituted either because the students are unable to get to the Campus to study or, particularly in the case of older adults, prefer to stay within their own neighborhoods.

One large group of disabled Foothill students is that at the VA Medical Center in Palo Alto, where the Special Education division offers classes on various wards. These include visual communication through art, and Reality Training — instruction in current events, community doings, how to budget money and similar skills that help to build a connection between physically or psychologi-



Margo Simmons demonstrates T.T.Y. Teletype.

cally disabled war veterans and the community. The VA also offers classes in logic and consumer education.

For older veterans who are unable to write, there is Reminiscing — a sort of verbal autobiography — and California history classes.

Foothill's Larry Rauss works extensively with older adults, mainly with senior citizens whose ages stretch into the 90s. In off-Campus centers such as Lytton Gardens, Channing House and the Palo Alto Senior Day Program, the seniors are given exercises to retain or increase physical mobility that range from basic stretching to 12-mile hikes. Some of the latter, Rauss said, boast seniors who came into cardiovascular programs as only able to walk a mile.

Creative writing, producing a newsletter, current history, philosophy and comparative religion are some of the subjects that engage seniors' interest, Rauss how to substitute self-enhancing statements for self-derogatory ones.

Rauss said that he had no problems

noted.

In the area of mental health, seniors learn cognitive control of depression — in motivation with his students — a plus that teachers of younger groups might envy. In a class of 40, for instance, the attrition rate might be no more than two students.

Often the group Rauss reaches have multiple handicaps — physical disabilities, difficulties in speech and difficulties in hearing all together, for instance.

Triana, who has an overall view of disabled student programs, is extremely concerned that the state's "anemic" budget will affect the handicapped at Foothill.

Certain target groups in education, the handicapped among them, were among the last to be brought into the educational fold, and "I'm afraid that they'll be the first to go," she said.

"For an educational system to cut off any group in favor of another appalls me," Triana added.

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Features

New York tour

By SUZIE DAVIS

A New York Theatre Tour is being planned by Foothill Drama instructor Dr. Jay Manley.

The tour is available to both Foothill students and non-students. Foothill students who participate can earn 3 units of credit in drama for this trip.

The six-day, five-night tour is \$749. This includes round-trip air fare, New York airport-to-hotel transfers, hotel accommodations, all theatre tickets, and admission to all theatre activities. The tour will leave the Bay Area on Monday, March 29 and return Saturday, April 3.

Tour members will attend five Broadway and off-Broadway plays and musicals as well as participate in seminars and workshops with noted theater directors, actors, critics and designers.

The reservation deposit deadline is Feb. 14.

For further information regarding the tour call Manley at 948-8590, x272 or 415-321-3808.

Equus arrives

The mind of a young boy who blinds a stable of horses in an outburst of passion and violence becomes a passionate challenge for a middle-aged psychiatrist in Foothill College's production of "Equus," opening Thursday, Feb. 18, at 8 p.m. in the Foothill Theatre.

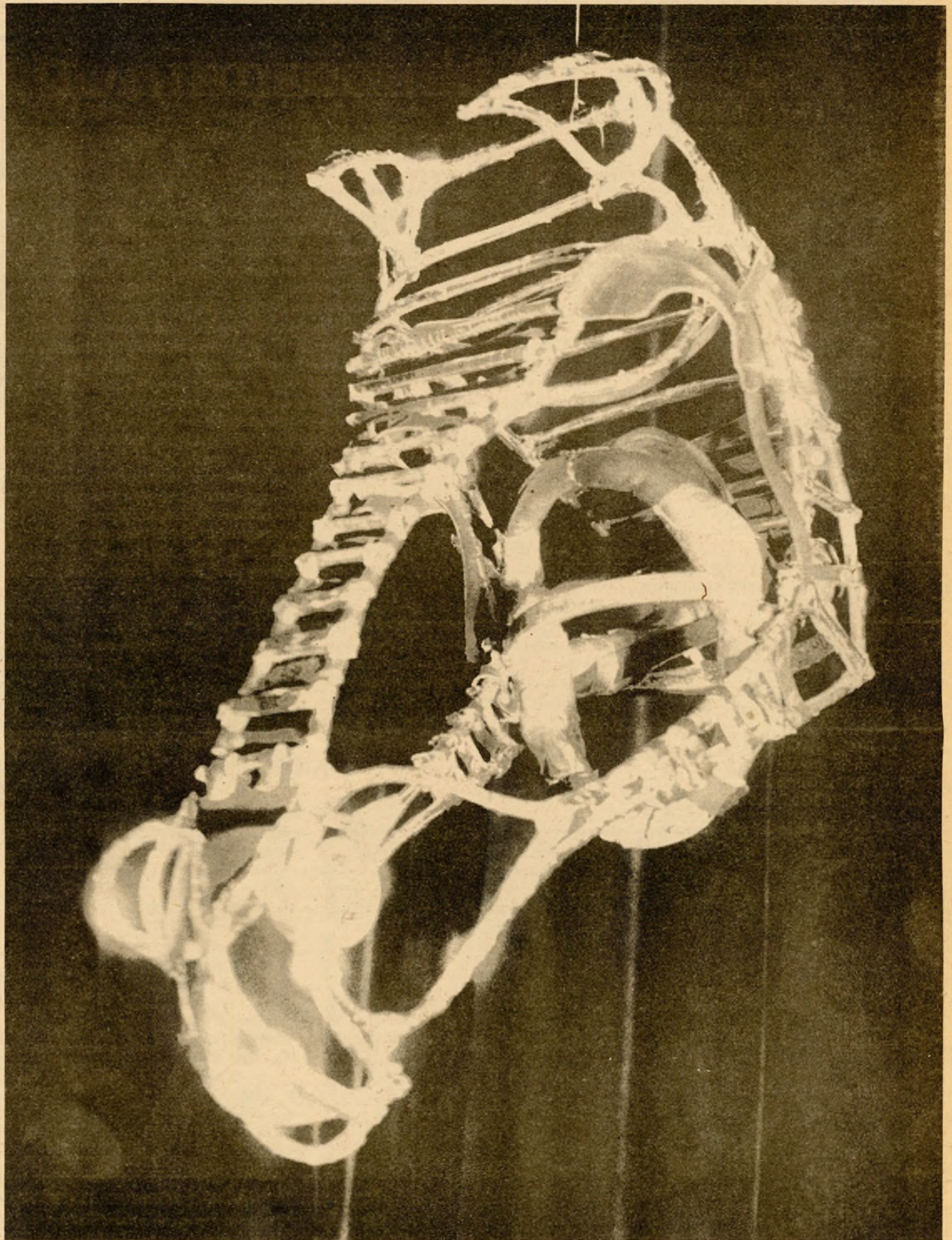
Jay Manley will direct the Tony Award-winning drama by Peter Shaffer.

Performances will continue Friday and Saturday, Feb. 19 and 20, and Thursday through Saturday, Feb. 25-27.

Rudolf Vest, a veteran of leading roles for the Los Altos Conservatory Theatre and Palo Alto Theatreworks, will star as Dysart the psychiatrist.

Co-starring with Vest is Barrie Ryan of Palo Alto, who will play the troubled adolescent Alan Strang. Ryan has appeared in "The Matchmaker" and "Servant of Two Masters" at Foothill, where he is a student in addition to apprenticing with the San Jose Repertory Theatre.

Sharon McDonald of Palo Alto will play Hesther, the magistrate who brings Alan to Dysart; Janet Dobson of Los Altos and Robert Rivenbark of Stanford will play the boy's parents; Shaun Pankoski of Palo Alto will play Jill, the girl who offers to make love to Alan — and triggers his bizarre destruction of the horses he had literally worshipped.



One of the horse masks on loan from ACT, to be used in the Foothill production of "Equus." Photo by Clay Holden

"What's fascinating about 'Equus,' " says director Manley, "is that while the play is about the boy, it's even more dramatically about the doctor. The boy is in trouble, but Dysart, in envying the boy's passion, is questioning the very worth of his own life and work. Nothing in his own life seems passionate or alive and at mid-life he's asking what so many of us ask: what's it all about?"

Manley previously directed "Tartuffe"

(starring Rudolf Vest as Orgon) and "The Matchmaker" at Foothill. In this production, Doyne Mraz will assist him in designing the costumes and Clif Trolin will be pantomime coach.

Five additional actors will portray the horses in "Equus," wearing masks and hoof "boots" on loan from the American Conservatory Theatre which commissioned them from the company that designed the originals for the play's London pre-

miere in 1974.

Using a revolving stage, unusual lighting, and electronic music, Manley hopes to create "a total dimensional sound environment in the theatre to reinforce the moods of the play."

Tickets at \$4 (\$3.50 for students and senior citizens) are available at the Foothill Theatre Box Office from 11 a.m. to 1 p.m. Tuesdays through Thursdays — and at the door.

News

Photographs reveal 'self-determination'

By JANICE FREY

"Children have a way of communicating without bias or animosity; they express innocence," said Earl Black, a Stanford student whose photographs are on display in the Semans library through Feb. 15, celebrating Black History month. "That outlook on life is an effective way of expressing what I want."

Black, 44, has a double major—applied communication research and film. He uses his photography to show other people a viewpoint they might overlook in everyday life.

All of the 20 photographs displayed in the show depict children. They are shown either playing or in school. They range in age from four to 14. The children, mostly black, live and play in their own environments, which include parts of East Palo Alto and as far east as Philadelphia. "What I am trying to do is find subjects in their daily lives and in their community and bring out the attractions of ordinary life," said Black.

Black, who lives in East Palo Alto himself, spent about a year and a half collecting his photographs. Although all the photographs in the show are of children, he also does landscape and environment photography. His work has been shown at Stanford, the Berkeley YWCA and a community center in San Jose. Black has also done work for African Liberation Support activities and area theaters.

Black's photographs follow a general

theme of Black Liberation in the sense that he is trying to reveal the goal of self-determination among black Americans. "I want to work in 'third world' communities and community development work," he said. Third world, according to Black, is people of color: African, Asian, Hispanic and native American. His long range goal is to travel to areas like Asia and Africa and bring the culture back here as well as help the other countries develop politically, socially and economically.

"I want to work in 'third world' communities . . ."

What he is trying to do is to bring back pictures of a culture many of us may never see or know about otherwise. He wants to bring out the interesting aspects of everyday life and share this with others. "These photographs are a result of my attraction to subject matter found within the fabric of my daily life; and to that which may have become commonplace and perhaps invisible through familiarity. They are dedicated to the children of East Palo Alto and to that community's struggle for incorporation as a means of reaching the higher goal of self-determination," wrote Black on a message accompanying the photographs.



Local musician Jim Lampi treated an appreciative Foothill audience to nearly an hour of jazz played on an instrument called the "stick" Tuesday afternoon in front of the Campus Center. Photo by Clay Holden

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MARKETING DIRECTOR

Parking tickets

(Continued from page 1)
started a new program where citations issued on Campus are processed by Santa Clara County.

Parking citations today can be rescinded only by Conom after he writes a letter to the county court stating that the citation was issued in error.

Mike Behrens, KFJC disc jockey known as Elliott Prince, told the SENTINEL that he received a citation for illegally parking in a handicapped zone two weeks ago. His fine came to \$27. However, Behrens maintains he parked next to, but not in, a handicapped zone.

According to Behrens, he went to Campus Security two days after receiving the citation to ask why he would be cited for parking in a handicapped zone, and received a reply that it was out of their hands after 24 hours.

Jessica Rosso, broadcast-film major and staff member of KFJC, told the SENTINEL she feels her parking citation was issued in error.

Rosso was cited last week for parking in a handicapped zone without a special permit. Rosso brought her permit with her to Campus Security.

According to Rosso, a verbal skirmish ensued at the time of the citation, when the officer insisted he did not see the permit numbers and Rosso insisted they were there.

"The officer said there were no numbers on my permit. There are numbers," Rosso said, as she showed the desk officer her permit and asked for an appointment to see someone about correcting the citation.

When asked about this incident, Chief Conom said, "One thing I'm insisting from my officers is that they treat people properly."

Regarding the Rosso citation, Chief Conom said, "It's not a big deal. If she has a problem, we are going to resolve it." Conom added, "I look into each situation."

Sports



Tim Goodman

A classic tale of no respect

Once upon a time there was a boxer named Wilfred Benitez. He had so much talent that it wasn't even funny. It almost wasn't fair. So Wilfred, not being a dummy, decided to cash in on that talent. At the age of 17 he beat a very talented fighter named Antonio Cervantes to win the junior welterweight title. Seventeen!

One would think that accomplishing that feat would make him a very famous, if not a very much sought after boxer. Not so. It landed him in the Guinness Book of World Records — but not in the spotlight. Then Wilfred, possibly dazed from lack of recognition, failed to defend his title in the time allotted, and his title was stripped from him. No recognition, no title.

Well, all this activity must have thumped Mr. Benitez smack on the side of his head, because he beat Carlos Palamino into a lobotomy-like state to win the welterweight title. That was title number two for Wilfred, and he eagerly awaited the wave of press attention he was about to receive. It was a ripple — not a wave, and Wilfred might have thought he was getting gypped. All that training and not much pay-off.

Then Mr. Benitez finally got a chance to be in the public eye. All he had to do was put away this kid they called Sugar Ray Leonard. It shouldn't be that tough: after all, this guy was a rookie and Wilfred had been punching faces for quite some time. He was born in the Bronx in New York and raised in his native Puerto Rico — somehow that type of atmosphere made a person tough. Quickly.

*All he had to do was put away
this kid they called Sugar
Ray Leonard.*

So Wilfred, who is known only to fight up to the potential it takes to put his opponent away, went into training for this "press baby" who took his name from the great Sugar Ray Robinson. At the time, it can be said that Wilfred might have been a little cocky — after all he had won two World Championships already. He might have felt that he'd trained enough, but he hadn't. He fought a good fight, but so did Leonard, and with six seconds left in the 15th round, Sugar Ray put Benitez down on one knee on the canvas. He got up fast, but the fight was over. It was a TKO for the "press baby" and the first loss for Wilfred.

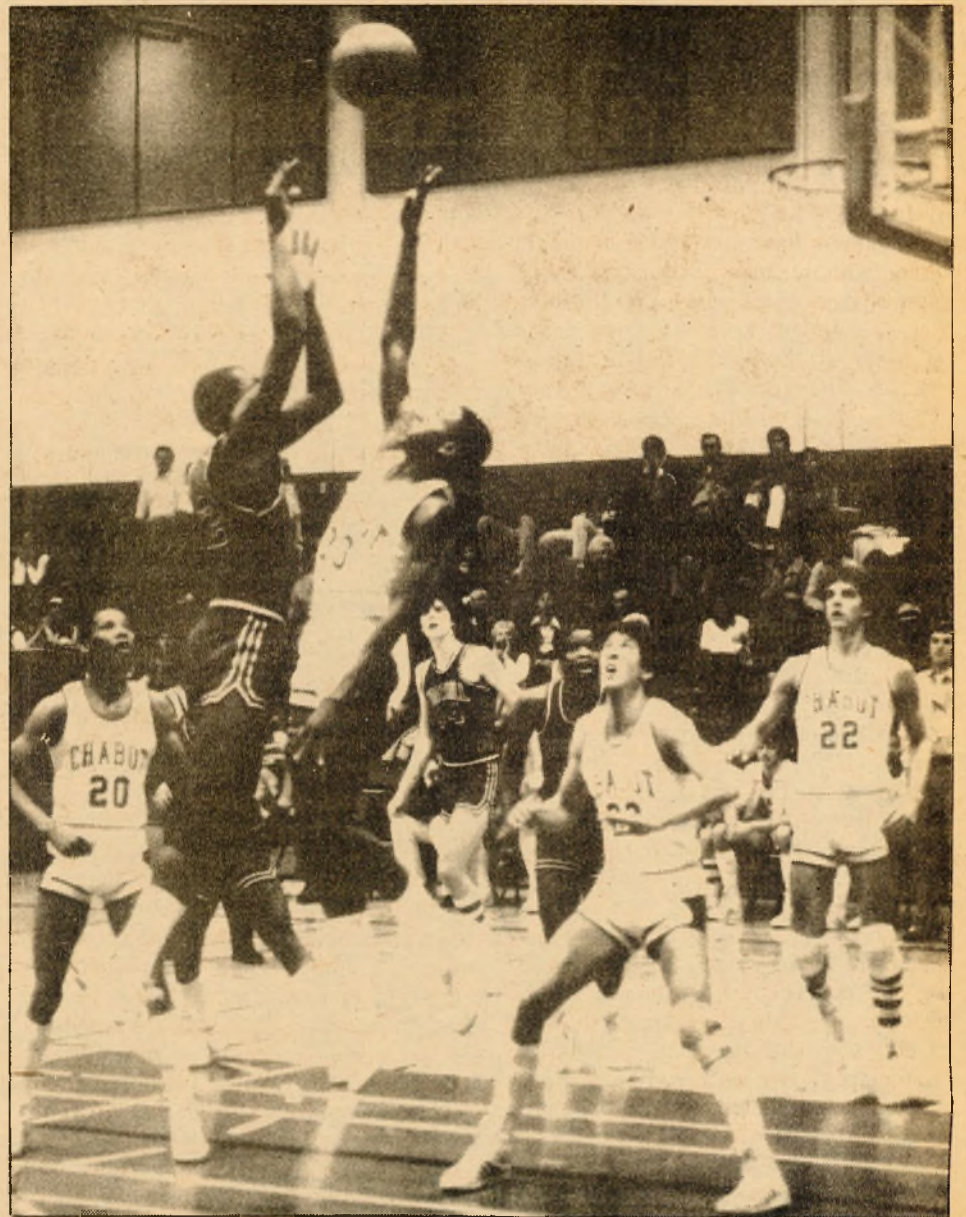
No more attention, no more title. It would be excusable if he felt some sense of *deja vu*. But Wilfred believed in himself. He knew he was the best "pure boxer" that the sport had seen for some time, possibly of all time. And above all, he was probably sick and tired of reading about Sugar Ray Leonard, who was in the papers so much that it almost seemed he was on the staff of each one.

So Wilfred trained. And trained hard — this time he made up his mind to become a household name. He fought a man named Maurice Hope, and with his killer smile (which has become his trait) firmly attached to his face, he punched Hope three weeks into the future. When Hope arose from the canvas on which he fell so rather rudely, the lights were on but no one was home. Benitez had done it. He became a three-time champ, a feat accomplished by only five others.

Now the spotlight burned a little brighter. His name was well known. He was determined to keep it that way. He then signed a contract to fight Roberto Duran — Mr. Manos de Piedra (hands of stone) himself. Now he could be really famous. The man who cried "no mas, no mas" when he fought the "press baby," wanted to fight Wilfred. The world would be watching — his chance for notoriety was upon him. People tuned in not really to see Mr. Benitez, but to see Duran, who was trying to work his way back into a fight with the "press baby." What they saw was the finest exhibition of boxing ever to grace their television sets.

Benitez proved to a mass amount of people that he indeed is capable of fighting. They hadn't given him the credit he deserved. Vengeance was his. His performance was the most stunning bit of boxing I've ever had the pleasure to witness. He is the master of the boxing technique. He is a human boxing clinic. If there ever was a prototype of a flawless boxer, he would be it. Win or lose, there is no one better — not even the "press baby."

And it isn't a fairy tale.



Wayne Sanders puts one up

Owls never look back

By TIM GOODMAN

The Foothill men's basketball team closed out the first half of Golden Gate Conference play by blowing past College of San Mateo 83-59 on Friday, Jan. 29 on the Owl's home court.

Needing a victory after a close loss to conference-leading Chabot, Foothill led from the start and never looked back, while the Bulldogs had trouble hitting anything. A hustling Foothill defense was evident in the first quarter when they forced turnovers and dominated the defensive boards, frustrating San Mateo's attempts at follow-up shots.

Inspired play by Ken Helwig, who finished with 16 points, started the Owls on the right track. Helwig's hustle was the catalyst for the Foothill scoring break-away. After consecutive close games for the Owls, coach Jerry Cole was pleased this one didn't continue the streak. "We got the big lead," he said, "and we got to play everybody," which they couldn't afford to do during the tight ones.

Eric Rosenberg, who had 14 for the night, kept the backboards clean for Foothill whenever the Bulldogs tried to make a serious threat at the Owls' lead. Although Cole said the turnover ratio was down from previous games, during

the first half Foothill coughed up the ball nine times. But San Mateo never took advantage and the half ended 42-32, and the rout was on its way.

"We lost some games we were in position to win," Cole said of the team's previous outings, which included an important loss to Chabot, 68-64. But turnovers plagued them and the team came up empty. "We really paid the penalty," Cole said.

Charles Brown, who along with teammate Ron Franklin lead San Mateo with 16 points, opened up the second half with a beautiful reverse layup, but it still was not enough to spark the dying Bulldog offense.

The highlight for Foothill in the second half was the excellent play by Bucky Anderson who had a team-high 18 points — most coming in the second half. "He's a very talented player," Cole said. Anderson was all over the court, tearing down rebounds and pumping in jump shots that touched nothing but net.

Wayne Sanders was also in double figures for the Owls with 17, and he was followed by Ron Bush with six, Wally Williams with five, and Jamie Eredia with four.

Sports

Part two

Spring sports preview: Team lineups



Jim Jagelski camps under fly-ball

Softball

By TIM GOODMAN

The women's softball team is in a rebuilding year — plain and simple. "We're not going to tear up the league at all," stated first year head coach Elaine Rotty, whose team has only one returning player.

It hasn't been an easy start for Rotty. When she arrived she found that there wasn't any equipment for the team. That makes it fairly difficult to play the game. She also found out that there really wasn't a "field" to play on. "The field," she said, "is the poorest thing I've ever seen."

'The field is the poorest thing I've ever seen.'

Due to the lack of experience, it is not the most optimistic situation for the team. "Our goal is not to be last," Rotty said.

The women's sports scene at Foothill hasn't exactly been the best, so it hurts every women's team that wants to recruit. And the softball team hasn't been immune. Their inability to recruit and lack of a consistent head coach has hurt the team immensely.

Second year player Alicia Buelow heads up this year's roster. Having 12 first-year players is not the ideal situation



Connie Taber winds up

for any team, let alone one that had a dismal record last year. This year's new players include: Jackie Murphy, Lyssa Roselli, Dawn Sonlt, Connie Taber, Heather Thompson, Jeanine Westenberger, Mona Flores, Colleen Caletti, Cathi Leech, Sue Moreno, Cindy Naranjo and Rebecca Beir.

Rotty is setting out to change that situation, but unfortunately for her, it has to start with her own team.

Golf

The defending champion of the Golden Gate Conference Foothill-De Anza golf team is gearing up for their first match of the 1982 season against Chabot on Jan. 8.

Last year, under five sophomores and one freshman, the Foothill-De Anza team was able to capture second place in the state championship at Torrey Pines, but this year Jeff Johnson is the only returning starter, so it will be interesting to see if this year's team will have the same success that its predecessor had.

Baseball

By TIM GOODMAN

The men's baseball team, under the direction of head coach Al Talboy, is looking for a middle-of-the-pack finish. "We're hoping to improve on last year," Talboy said.

Talboy said the infield seems strong, but the Owls' pitching needs some help if it wants to make a run at the leaders. The team really hasn't had a chance to see a lot of eligible players (pitchers mainly), because they recruit from only four area high schools, while other colleges are allowed to select from a higher number of high schools.

Returning this season to the team is pitcher Eric Ginner, center fielder Mike Jagelski and short-stop Jim Zwick.

Talboy, who has been coaching alone for quite a while, recently added two assistants to help with this year's team. Bob Morris will handle the pitching, while Paul Melvin will take on the out-field and hitting aspects of the team.



Jim Zwick dives for grounder

Photos by Linda Western

Cycling Club gears up for season

By CHRISTINA ROSCH

The wheels have started turning and gears are shifting smoothly for the Foothill Cycling Club, as preparation begins for the 1982 Intercollegiate Championship Series.

The club placed third in the Intercollegiate Championships last year, falling just behind Stanford and UC Santa Barbara, who placed first and second respectively.

Club Vice-president Bob Ward foresees UC Santa Barbara dominating the competition this year and predicts that Stanford will not be up to first-place par this season. "Judging by the quality of the Stanford racers, we should place second," states Ward.

The Foothill team has had sufficient opportunity to judge Stanford's team, since Tim Nicholson, a bicycle racer himself, organizes both teams and the two teams practice together. Nicholson founded the Foothill Cycling Club four years ago.

'...we should place second'

The club, headed by President Tim Rodden, is not acknowledged as an official team sport at Foothill, nor is it funded by the Co-curricular program as the other sports are. The Golden Gate Conference does not encompass cycling, so instead the racers compete in the Intercollegiate series with community colleges, state universities and colleges, as well as private institutions.

Helping push the team toward a possible series championship second place finish are riders Sterling MacBride, 1980 U.S. Junior Champion; Keith Vierra, a former U.S. World's Team member; Sheldon Smith, a former Junior State Champion from De Anza College and Rodden, who transferred from UC San Diego this year. Ward, originally from England, John Losito and Marc Brandt are the only returning riders. The team has also acquired several new novice riders. Patti Skulnick and Sophie Brandt will head the women's team.

Once the collegiate series opens in March, races will be held nearly every weekend throughout the two month season. Foothill will host a criterium race around the campus for its fourth consecutive year on April 20.

In cycling competition there are four racing categories, as established by the U.S. Cycling Federation, and four different types of races. Category One riders include those who have achieved national status and category Four cyclists are novice riders or riders who are not licensed by the USCF. Categories Two and Three are ranked in between respectively.



Four members of the Foothill Cycling Club

Photo by Kevin Clay

The different race types include track, criterium, road and time trials.

Criterium and road races are the most common in the collegiate series, with the exception of the Intercollegiate Championship race which combines criterium, road and time trials races in two days of competition.

Criterium races are generally short circuit races, one mile in course length. The entire race can consist of 40 to 50 laps around the course, depending on the category. Category Four races are the longest.

Road races are sponsored by several colleges and usually consist of a 30 to 50-mile road course. Stanford University sponsors a 56-mile road race each May that travels as far as Pescadero.

Time trial races are described by Ward as "the race of truth." Unlike track, criterium and road races, racers compete against the clock in time trials and ride

individually instead of in packs along flats. Time trials are used for indication and placement into race categories.

The last race type is the track race, the least common in the collegiate series. A track race is held on an Olympic-banked track and consists of numerous successive laps around the track.

The Foothill Cycling Club is not a member of the USCF, which merely means that the club cannot compete in the USCF races, beginning once the collegiate series is concluded. The fee to be-

come a member as a team is too much for the club to afford. "A lot of cyclists use the collegiate series as a warm-up for the USCF races," states Ward. "The collegiate series races are fun races, not the cut-throat type you find in the USCF races."

The serious cut-throat element may be absent from collegiate races, with the exception of the championship race, but according to Ward the races are full of excitement. "Cycling is not considered a contact sport, but often turns out to be that way," states Ward. There is a lot of bunching during a race and the packs are tight."

Collegiate races are characterized by Ward as generating excitement and exhilaration by the "bunch" riding, team tactics, the high speeds in the final sprint and, of course, the inevitable crash. According to Ward, speeds can reach as high as 40 mph in a sprint, however normal race speeds average 25 mph for a flat criterium course.

"A lot of psychology is involved during a race," admits Ward, "whether it's to help yourself or psyche out your opponent."

A typical race strategy cited by Ward is for a racer to drop back and ride behind the back wheel of an opponent (known as "drafting") and just before the finish, dart ahead for a sprint finish. "I'd say 90 percent of the race winners are decided in the sprint," states Ward.

Daily practice for the Foothill cyclists is not formally held since the team has no official coach. Ward describes the team as very conscientious: most cyclists train every day. "We all know that if we want to do well and reach our goal for the season, we have to ride every day," states Ward.

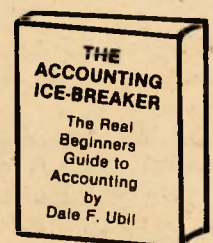
Each day before the team takes off on a training route, the members decide together on the workout for the day. Long workouts may include a 60 or 70-mile ride up Skyline Road, while short workouts consist of intervals and sprints or a 30 mile ride.

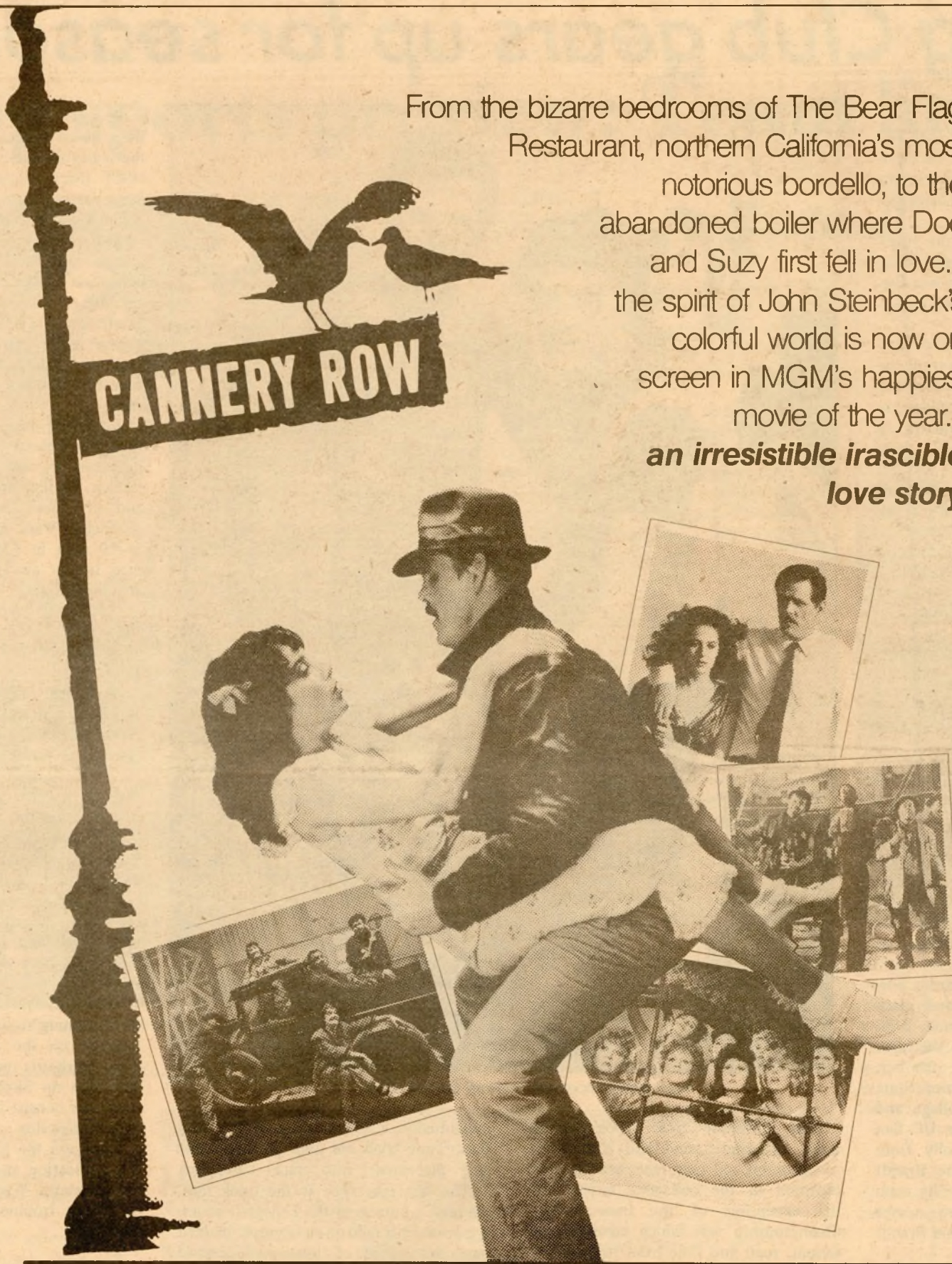
What are the prizes or awards for all this dedication and hard training? "Very little," states Ward. Some races award medals or trophies, but those, he says, are few.

Collegiate series racing opens for the Foothill cyclists March 20 at San Jose State University. Competitors will include San Jose State, Stanford, UC Santa Barbara, UC San Diego, UC Davis and several community colleges.

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