



Mike Reagan, son of Republican Presidential candidate Ronald Reagan, smiles before he faces the barrage of questions in the Campus Center here May 27.

Photo by J. G. CABELL

## Reagan's son stumps

By KERRY SWANSON

Ronald Reagan's son confronted an angry, booing crowd of Foothill students when he campaigned for his father in the Campus Center Lounge on May 27th.

Citing his father's record as the governor of California, Mike Reagan told students that his dad can, "return the government to the people once again."

"He got most of the people back to work during his two terms," Reagan explained. "He finally balanced the budget and he returned \$5.8 billion to the taxpayers when he left."

When he began to field questions from the crowd, however, the candidates eldest son found himself debating the controversial topics of the Panama Canal Zone, the legalization of marijuana and detente with the Soviet Union.

In discussing the volatile campaign issue of whether the U.S. should retain the Canal Zone, Reagan compared the canal with other American territories.

"It's just like any other of the American purchases," he added. "Would you want to give up the Louisiana Purchase?"

When students questioned U.S. interests in the Zone, Reagan argued that should the canal be closed, trade and commerce costs would skyrocket into the millions.

At one point, a bored student yelled, "What is reality?" which resulted not only in laughter but also offered Reagan a pause to discuss his father's opinions about Detente.

According to Mike, Ronald Reagan feels that the Soviet Union has enough nuclear firepower to "wipe out China and NATO allies after a nuclear exchange with the United States." For this reason, Reagan is campaigning for an end to secret detente, adding "You've got to say stop when you start giving things away."

"My father would unify the people and let them know what is happening in this country's foreign policy," Reagan explained. "And then make qualified

judgements."

Student opposition to Reagan's platforms swelled near the end of the ASFC sponsored speech, when Reagan told the crowd that his father would fight the legalization of pot if elected in November.

"Studies show that marijuana has ruined part of a generation of Americans," he remarked while hecklers booed from the audience. He admitted, when questioned about the nationwide alcohol problem, that booze was "the crutch of my generation."

"Hopefully the next generation will have no crutch at all," he added, at which students gave him the loudest if not the only applause of the day.

After the speech, Reagan commented about the chilly reception he received.

"I was where they are a few years ago, protected from the outside world," suggests Reagan. "Only they get out of college and start getting that weekly paycheck and see what it's spent for, they'll understand."

## ASFC plans fall '76

By COLLEEN CASEY

Dave Fryday, Debbie Larson and Kevin Donovan were elected to take office as ASFC Senators for next Fall Quarter. The election took place last week under the direction of ASFC's Vice-President of Administration, Bruce Zeiser.

"I'm relatively satisfied with the way the elections turned out," Zeiser commented. "I am disappointed that so few students are interested in student politics."

Dave Fryday is presently Public Events Director for ASFC. Fryday observed, "I think that the Foothill College student body is doing a great job, considering that they are full time students."

In relation to what he plans to do as

Senator next quarter, he announced, "I'd like to see college hour extended so students would be able to participate in more activities."

Fryday added, "I'd like to bring more speakers of a controversial nature to Foothill. Students with projects and ideas are welcomed in student council. We'd like to help them accomplish their goals."

Debbie Larson will be the automatic chairman of the Constitutional Study Committee.

Larson remarked, "I think that teachers should take more of an interest in their students. By this, I mean that both students and faculty should learn to work together on projects outside of the classroom."

"I'm going to try and get opinions on some of the outdated rules they have here



New ASFC Senators Debbie Larson and Dave Fryday.



J. G. CABELL

at Foothill," Kevin Donovan mentioned. "I'd really like to see them changed for the better. I'd just like to see a more liberal atmosphere up here."

Along with the elections for ASFC senators, a poll was taken to examine

Governor Brown was the favorite of 63 of the students who voted. Jimmy Carter and President Ford were second and third choices with votes of 17 and 16 respectively. (Mohammed Ali received 3 votes as a write-in.)



Carlos Santana in concert--page 8

### Inside:

- Dean Tells All .....page 2
- Parting shots .....page 4
- Birds n' Bees .....page 5
- On the Spot—Memories. . . .page 6
- Prisoner Poet. ....page 7
- Star Gazing .....page 8,9
- ESTistentialism .....page 10
- SENTINELmental. ....page 11
- Fetus Fetish .....page 12
- "Angel"—Heavenly .....page 13
- Premier Athletes .....page 14

SENTRY supplement in senter section

## Teaching award results

One Foothill instructor will receive \$1500 at Commencement this Sunday for being the winner of the Teaching Excellence award, voted on by students last week.

The top three vote-getters in each division will be honored at a breakfast Friday morning in the cafeteria, with the top five receiving plaques. The instructor receiving the cash award will not be announced until commencement.

The following received the most votes in each division: BIOLOGICAL and HEALTH SCIENCES: Mary McLanathan, Murray Mitchell, Glen Moffat. BUSINESS: Homer Davey, Joyce Mishell, Steven Lawlor. COUNSELING: Elaine Anderson, Mary Desper, Robert Mizel. ENGINEERING and MATHMATICS: Lee Bonneau, Paul Evans, Thomas Strand. FINE ARTS: Bruce George, Gordon Hawler, Janice Stevenson. LANGUAGE (continued on page 16)



# Dean "blinded by ambition"

By LEWIS WEBSTER

Citing that he was "blinded by ambition" when participating in the earlier stages of the Watergate cover-up, John Dean III spoke at De Anza's Flint Center, Wednesday May 26.

As former Counsel to the President, Dean was charged with obstruction of justice, and later sentenced to a year in prison.

Speaking fervently against the current prison system, Dean drew cheers from the youthful audience when he said, "If you think prisons rehabilitate, that's bullshit."

To Dean, prison was not the "country club that the media refers to." While incarcerated, Dean was confined to his own room for a period of three months because there were other Watergate members who might have tried to have him testify in their behalf, or harm him.

It was in prison that Dean first heard of Nixon's pardon by Ford. "I was (for lack of a better word) pissed," said Dean. What had amazed Dean the most was that "the entire slate of Nixon's personal and public deeds were wiped clean." He thought that the least Nixon could do was to offer an explanation to the public.

According to Dean, the office of the presidency could have been saved if at one time Nixon would have said, "I want it cut right there," but instead his answer was to "stonewall it." The former chief advisor to the president said that he "easily slid across the line" into criminal activity and the obstruction of justice when acting illegally for the Nixon administration.

Dean projected that if the cover-up had not been made public, "there would have been some other Watergate, and it would have been much worse." According to Dean, Nixon, despite all his misdeeds, could have saved his presidency had he only told the truth about Watergate.

When speaking on the topic of the infamous Watergate tapes, Dean said that Nixon generally "couldn't trust the American people," and by having all conversations monitored, no one would be able to twist words the president had said behind the doors of the oval office.

Responding to a question as to who had actually erased specific segments on the tapes, Dean implied that it was probably "someone who had a hard time using a pen, someone who had a hard time opening drawers



John Dean III speaks to the press after his Watergate speech held at De Anza's Flint Center Auditorium - photo by Joseph Cabell because everything was done for him."

(Continued on back page)



We were never truly fooled by the pranks of others here, only they.

**GUARANTEED LOWEST AIRFARES WORLDWIDE**



contact:  
Advent Travels  
967-5779

**TYPING**  
Theses, Term Papers, Reports, Letters, Resumes  
*'Reasonable Speedy Service'*  
Barbara Ryan 739-6372

Volunteers needed to work with emotionally disturbed children.  
June 21 - August 13  
apply now  
Call  
Peninsula Childrens Center  
494-1200  
between 8:30 - 1:30

**Hobe's**  
CENTRAL EXPY & RENGSTORFF  
**Great HAMBURGERS**  
**ENERGY BLENDS**  
**Fantastic OMELETTES**  
**968-6050**  
"Home Of The Mtn. View Heavy"  
2312 CENTRAL EXPRESSWAY

## What's your bank doing for you after school?

When you graduate, your bank becomes more important. You'll have more financial obligations, more need for flexibility, and more need for credit. You want a bank that can meet all these new needs and still keep your banking simple.

That's where we come in.

**More offices.** With over twice as many locations as any other California bank, we're usually close by. If you're moving, it's easy to transfer your account to whichever office is most convenient for you.

**More convenience.** Our All-in-One® Checking Plan simplifies banking. When your application is approved you get unlimited check-writing with no minimum balance, free personalized checks, our handy check guarantee-card, BankAmericard,® overdraft protection,\* and commission-free BankAmerica Travelers Cheques — all for just \$2 a month.

**More services.** We also offer a wide variety of other checking and savings plans and can help you find the one that's right for you.

**More help.** Next time you're in, ask for a copy of "The College Graduate's Guide to the Hardest Job in the World." It's 16 pages of hints on finding a job. You might also want to pick up our "Ways to Save Money" and "How to Establish Credit." These and other Consumer Information Reports are free at your local Bank of America.

So why not stop by soon and talk things over. We serve more Californians than any other bank. In school. And after.

If you qualify,



**BANK OF AMERICA**  
Depend on us. More Californians do.





# FOOTHILL FOREIGN STUDENTS

## Pakistan "fighting for life"

By PAULA WILLAMS

"Every American should visit a Third World Nation," claims Zafar Malik, a foreign student from Pakistan who has been attending Foothill since September 1975.

Malik came to America to study business. After completing Foothill, he plans to transfer to San Jose State University to get his Bachelor's Degree. Malik then plans to attend Santa Clara University to earn his Master's Degree. Afterward he hopes to attend a University in England to earn his Ph.D.

"Coming to America is a big deal in Pakistan," Malik comments. "When I go back, I will be looked upon with honor."

However, in Malik's family, going to college is no great honor. All of his brothers and his one sister have been to college and have been awarded degrees.

Financially, Malik's family was very well off and could afford to send their children to college. But by American standards they are middle class. "They aver-

age \$12,000 a year," Malik explains.

When Malik first came to America he attended a community college in Gilroy. Finding it not to his satisfaction, a friend recommended Foothill, and he smiled, "here I am."

In order to pay for the cost of foreign student tuition, Malik sold his shoe store he owned in Pakistan.

Malik is very concerned with the political, economic and social issues that his country faces. "With wars, poverty and ignorance, the country is fighting for its survival," he explains.

And contrary to what some political figures have stated in the last year, Malik believes that "Third World peoples do face a common struggle."

"The Black American struggle is similar with Pakistan, since they are both fighting to survive in their own country," he comments.

After earning his Ph.D., Malik plans to return to Pakistan to educate his people. "85 per cent of West Pakistan is illiterate, the only way we can improve any



Zafar Malik from Pakistan. Photo by BRAD GEISER existing conditions is to educate."

Women's liberation is another pressing issue which concerns Malik. "If Pakistan women were liberated they could help the men build up the country in many ways."

In concluding, Malik states, "When I go back to Pakistan I want to struggle for my people, but as far as marriage goes," he smiles, "it doesn't really matter what nationality my wife is."



Noro Rudy from Madagascar. Photo by BRAD GEISER

By KERRY SWANSON

Imagine a land that women dominate, where no one starves but nearly all are undernourished, and where people worship crocodiles.

This country, the Malagasy Republic, is the home of a Foothill foreign student whose maiden name, Noro Landimalala Ramahatafandry, would drive any roll-taking instructor out of the gourd. The name means

## Madagascan looks at U.S.

"good" (Noro), "silk" (Landimalala), and "one who gives you peace" (Ramahatafandry) and fortunately for most of us, her married name is Noro Rudy.

Noro comes to Foothill from the distant island of Madagascar, located off the coast of Mosambique in southeastern Africa. Like many of her fellow foreign students, she comes from a fascinating and unusual culture and has a unique view of American society from half the globe away.

Raised in the capitol of Madagascar, Tananarive, Noro met and married an American doctor while attending the University of Madagascar. When her husband finally talked her into leaving for the United States, she decided to study nutrition so that one day she could return and improve her country's eating habits.

"My parents said to me, 'You see about this country,'" Noro recalls, with a heavy french accent. "Most of her education has been in French schools. 'They said that white people would be more prejudice.'"

Although she commends Americans for less racial prejudice than most countries, Noro has encountered another form of bigotry since she first arrived in 1974.

"Americans seem to think that when you are from the Third World and do not know English, you are ig-

norant," she explains. "People would try to tell me what electricity is and how to work a dishwasher. Of course I knew, but I couldn't tell them to stop in English."

At first, many of her husband's friends were surprised to find that Noro usually wears western clothing.

"They could not believe that I was from Africa," she adds laughing. "What were they expecting, a ring in my nose!"

According to Noro, Madagascar is a matrilineal or women dominated society unlike what she has observed in the U.S.

"We don't have a lot of tensions as to who dominates who she adds, "Everyone knows their status."

Yet she praises Americans for their "straight forwardness." The French, who had control of the island up until 1947, aren't as open as Americans, according to Noro.

Since the Malagasy Republic's predominate media is the radio, Noro was at first anxious to watch American Television.

"After the first two weeks I got bored," she says. "You know with all the soap operas and game shows."

But now, after two years in the States, the nutrition major fears that she will have become so Americanized that her people will no longer trust her. Noro plans to return in five years and try to dissuade the Malagasis from eating western food. Anxious to enjoy the "two cars in every garage" affluence of the west, her people have started to adopt western diets which are not necessarily the most nutritious. Ironically, Noro will attempt to "get them back to their old ways," that is, if they will believe her.

"I will go back wearing blue jeans and my hair will not be braided," she continues. "They are very suspicious of outsiders, and wearing other clothes and being married to an American—I may be considered an outsider."

Few Americans, or any "outsiders" for that matter, can be enthusiastic about the religious practices in one region of Madagascar. Even though most of the country is either Moslem or Christian, Noro tells of one traditional sect that worships crocodiles.

She explains that these people hold a yearly feast during which they pray to nearby crocodiles which also sojourn in the feast. This reporter, however, wonders what or who the main course is?

## Taiwan student finds it easy

By RICHARD PLAMBECK

Most students would agree that college has its difficult points; deciding which courses to take next quarter, or cramming for a final ten minutes before the period begins.

"I find schools here very lax and fairly easy," says Lucy Plambeck in contradiction.

Before Mrs. Plambeck came to the United States last year, she lived in Taiwan, A.K.A. the Republic of China.

"At home, we couldn't attend the classes of our choice," she reflects. "The curriculum was already predetermined."

She also is impressed with the cost of education here.

"In Taiwan, it is a great financial burden to attend college, even if you are working full time and attending night classes."

Mrs. Plambeck, whose maiden Chinese name is

Cheng, Ray Lin, came to the United States after marrying a United States citizen. Originally she had not planned on attending college.

"My husband, who is also a student, talked me into it," she declared. "I'm happy with my decision now, it got me out of the house."

Lucy finds it easy to learn at Foothill, because she says her instructors take their time with the material.

"The Chinese method of teaching is much more formal," Lucy reflects. "You have to be on your toes, and there is rarely any discussion of the material, you just take notes as fast as you can."

Lucy and her husband plan on returning to Taiwan to live someday. After completing their education, and she completes her citizenship requirements, they plan on joining the Peace Corps.

But, for now, Lucy is planning to get an AA degree in Library sciences, while her husband, Richard works on his bachelors degree in journalism.



# PARTING SHOTS...

Here it is. Our last big fling of the year. 28 pages!

Not only do you get 16 pages of news, arts and sports (ads?), but also our special 12 page SENTRY supplement which is brought to you by the intermediate and advanced journalism classes. All for an ideal price—nothing!

This issue, however, marks the final SENTINEL of the year. We hope you've enjoyed Volume 18 as much as we enjoyed bringing it to you.

I thank the SENTINEL staff for their time and efforts, especially those who sacrificed their Wednesday nights for The Paper this quarter.

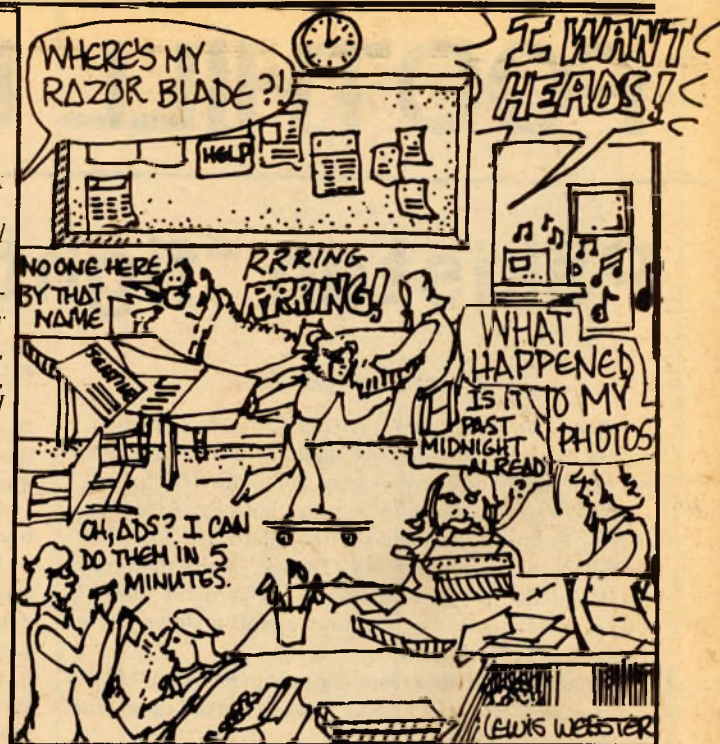
Few readers realize most of the staff worked well after 9 p.m. on Wednesday nights this year to get the SENTINEL on the stands by Thursday morning. And most of the time for

only two units of credit! (Personally, I think we're all masochists.)

While I disappear into the political and journalistic jungles of Sacramento this fall, Paula Williams will return as Editor-in-Chief of the SENTINEL. Paula has been our City Editor this quarter and, like most of us, joined the staff as a critic. Unlike most, though, she offered us her time, and talents. I and all who will be leaving the SENTINEL wish her and the returning staff the best of luck with the paper next year.

If you'll be returning as well, think about joining the SENTINEL staff. There will be plenty of room for writers, photographers, and typists this fall. As I discovered, Foothill is an ideal environment for learning about Journalism.

Kerry Swanson



## ...and Last Letters

### "Blue coats" not villains

Editor:

While reading the May 21st issue of the SENTINEL, I came entitled "What Are You In For?"

Interesting? Yes. Interesting in the fact that, once again, the SENTINEL has demonstrated a complete disregard for the facts in an effort to achieve journalistic immortality.

In this flightful bit of fancy, there is a conversation between a dog and a bird, who are in cells. The dog arrested for running loose, and the bird for having the audacity to build a nest under the eaves of the Campus Center. The dog is telling the bird about how he was picked up, by the "Blue Coats", for running loose over campus. In an attempt to be facetious the writer of this piece infers that the "Blue Coats", I must take exception to this tactic of making a point at the expense of a group of hard working group of fellow students. A more conscientious group doesn't exist on this campus. They have a dirty job to perform, and they are usually too busy cleaning up after the two legged animals to worry about the four legged variety.

I have no complaint with the story itself, but with just the way the "Blue Coats" emerged as the villains of the piece.

We do not pick up the animals. We only clean up their evidence of their passing through.

If Ms. Dane, the author of this deathless prose, would like

to learn what it's like to be a "Blue Coat" and see what they have to cope with for \$2.00 an hour, I can gladly arrange to supply a blue coat just her size. Then she can see what real contempt is first hand.

In all my years at Foothill, I never really understood why the motto "Guardian of Truth" was removed from the SENTINEL's banner. Of course, as Mason Williams so aptly put it "Who needs truth if its dull."

I would like to say one thing, and please, oh please, try to get it right. For the past 10 years, I have had the privilege of knowing and working with the best group of people on campus. I will be leaving in June and I want to thank every "Blue Coat"



past and present for making my life worthwhile. I'll remember each, and every one of you. Well done Blue Coats! Well done! Sincerely, John Davis Building Service Supervisor

### Justice for all?

Dear Editor:

After viewing a film earlier in the week about the 'San Quentin Six,' I feel compelled to write this letter.

It is odd that I should have happened to see this film, on the election day for presidential primaries in the year of the bicentennial of America.

With everyone celebrating the 'freedom' of this country, the integrity of it's founding fathers, it seems ironic that freedom and justice is only for the elite and affluent segments of this society.

While the presidential hopefuls are campaigning, mudslinging, etc., human beings who are incarcerated are being treated worse than animals.

I am referring to the 'San Quentin Six.' The prisoners have not been proven guilty of the crimes they have been charged with. Most of the evidence presented is contradictory and is unclear.

When brought to the court, they are bound and chained to chairs. When placed in certain centers of the prison, they have neck chains, waist chains,

and feet chains.

The San Quentin Six reality is in the Bicentennial of America. Freedom and Justice for 'ALL'????!!!!

Besides being chained, they are often beaten (after testifying against penal code officers and guards), burned with cigarettes (in this particular film clip all the prisoners were lying naked on the ground, with only guards surrounding them), denied exercises and denied their constitutional rights.

Many of us complain about the way Americans are treated in foreign prisons, but these are Americans in their own land, so what is the excuse?

If you are concerned with America continuing to be a 'just' society to live in, write a letter of concern, with or without donation to: Marin Citizens for Due Process, P.O. Box 3165, San Rafael, Ca, 94901.

Paula A. Williams  
Foothill Student  
City Editor—SENTINEL

## SB1 too strict

By MIKE PETERSON

Students in the know will realize the needed concern many people feel about a current piece of legislation pending in the Senate—Senate Bill One (S.1).

Co-authored by Richard M. Nixon, yes, the same man who gave you Watergate, the 793 page document was submitted to the Senate in 1973. Over the next two years the Bill was slightly amended and on January 15, 1975 had come into its pure state and was called the "Criminal Justice Reform Act of 1975"—S.1.

S.1's features generally make our present criminal code stricter, and some notable authorities on law say that S.1 will seriously threaten many of the provisions and rights of individuals spelled out in the Bill of Rights. Perhaps the most frightening elements of S.1 are its articles which jeopardize the rights of freedom of speech and freedom of the press.

Section 1121 for example, penalizes the knowing, collection, or communication of "national defense information" with the "Knowledge that it may be

used to the prejudice advantage of a foreign power..." Analysts of S.1 say that the broad definition of national defense information," and the vague reference to "the safety and interest of the United States" enters the sacred ground of the first Amendment.

The severity of proposed fines and jail terms under S.1 can best be understood after seeing a few particular examples. For the crime of contempt: Penalty for refusal to cooperate with Congressional Committees, is increased from one year in prison and a thousand-dollar fine to three years and/or a one

Continued on page 16



By RICHARD PLAMBECK

A House of Representatives roll call has voted 218-188 to provide \$610 million for the extension of the G.I. Bill to veterans whose benefits ran out on May 31. The vote, taken on April 28, passed in the wake of heavy testimony against the bill from organizations traditional associated with the support of veterans legislation, including the V.F.W., American Legion, and Disabled American Veterans.

Congressmen from our area voted as follows: Aye—Paul N. McCloskey, Jr. and Norman Mineta, No—Don Edwards.

However the bill still faces an uphill battle on the way to the Senate, as opposition to the bill increases from these groups. Presently, a joint committee are meeting to "iron out the differences" on the First Concurrent

Continued on page 16

## Bummer!

Dear Editor:

Tuesday evening around 9:15 I was just tripping over to the bookstore to use the phone when I heard a loud wolf call come from Campus Police Headquarters. I continued to make my phone call when suddenly the pay phone next to me rings. Obviously I answer it only to hear a male voice say "Hey you foxy chick," and hang up. I turned only to hear the giggles coming from Headquarters, which really was a turn off. I split. I just have a message for the mystery caller. Thanks for the bummer you stupid jerk. Name Withheld.



# Bees buzz campus

KERRY SWANSON  
Editor-in-Chief

Last month it was the swallows, now it's the bees, an estimated 12,000 of them, that plague the Foothill Theatre. This time, students and staff are being stung apparently without even provoking the little rascals.

"There were swarms and swarms of them over there," says Beekeeper Gene Lockey after pulling a 60 pound section of a beehive located behind the Theatre. "I hope I got all of them."

According to Lockey, he has tried three times in three weeks to remove the entire hive. Because the hive is hidden and hard to reach behind the Theatre rear wall, the bees have persisted.

The big problem, says Lockey, is that the nest is at

waist level, making easy targets out of students.

"Apparently people were being stung without provokation," explains Foothill Nurse Barbara Finwall. "They weren't even swatting them."

"What I'm worried about is people that are allergic to bee-stings," she adds citing two examples on campus recently. Severe allergic reactions can cause swelling and even severe breathing problems.

Acting on complaints about the huge swarm, Plant Services called in Beekeeper Gene Lockey to get rid of the hive. His motto- "Save a Bee."

"From the looks of it," observes Lockey, "that hive has been there for three years."

Lockey calls himself the "alternative to the exterminator" collecting and grafting...

beehives to his own collection as a hobby." Tuesday marked the third attempt and has removed over 100 pounds of honey from behind the Theatre wall.

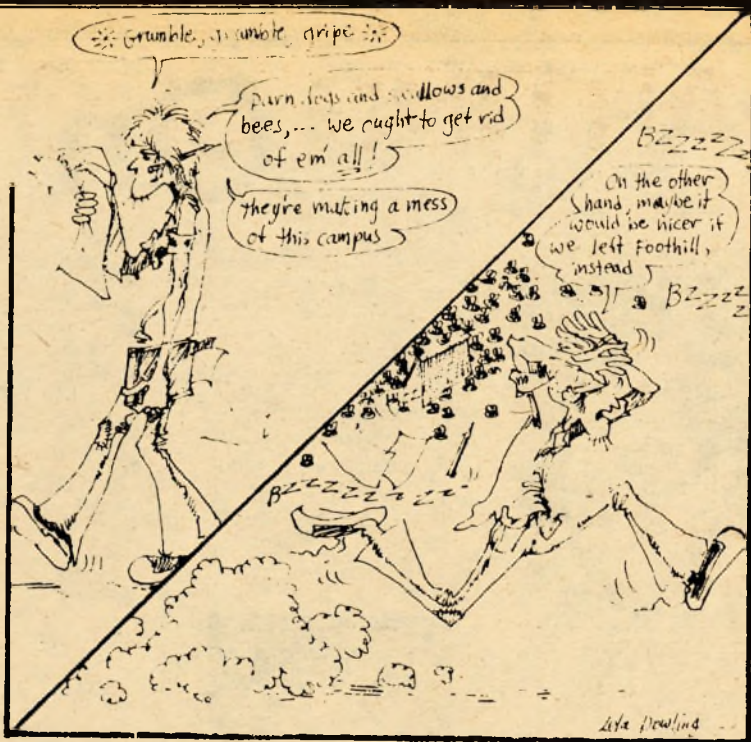
The bees have been quite annoying to students from Foothill Drama Department, since the hive is near the dressing rooms.

Some were reportedly thinking about painting a large red circle around the hive, supposedly an old solution.

One drama student explains with a smile, how the crew has been using "voodoo" to ward off the buzzers.

"We take a dead bee, tie it up," he laughs, "and stick little pins in them."

Even more amusing, however, is that creatures find



the Theatre a great place to live. Each year, as the SENTINEL reported last month, hundreds of swallows nest in the roof, allegedly splattering the people below at the entrance.

Now, attacking from the rear, bees are swarming their way in too.

So, if the birds don't get ya the bees will.

## BITE THE BUBBLE, BABY

# Doug bites his last bubbles

By DOUG ELLWOOD

Wow, here we are at the end of his school year already. And its time for the so-called Buy Back Book Rip off. I say so called, because it isn't a rip off as perpetuated by misinformed people. I investigated the book sale situation and found some very interesting facts.

First, when the bookstore places an order for a certain book, say it costs them \$10 the publisher gives them a 20% discount. Now the book arrives at Foothill Bookstore, and guess how much they mark the book for sale to you and I?

Nope, you are wrong

because they mark it \$10. However, that same book at DeAnza is \$10.30 because DeAnza Bookstore adds 3% of cost for freight and Foothill doesn't. O.K., now I sell my book back to the bookstore.

Guess how much I get? Nope, wrong again. I get one-half what I paid provided it is used by the instructor next quarter. I have been told and can document that the book is now put on the shelf as used with a price tag of \$7.50. And when it is bought back again it is bought at \$5 and sold again at \$7.50 and so on until either the book is not used again here

or its condition doesn't merit buy back status.

How much does that mean, nasty man get from all this? Nothing in dollars. You see his company's cut is those books which are now not used here and he gets to keep and sell to another school. How much does he give you?

Well, you know that list he looks at when you are at the table? That list is a national want list of all colleges and gives him the value with which to buy the book. So you see, my friends, the book rip off is not at the bookstore but with the publishers and the instructor.

You see, it's the instructor who picks the books he/she will use, and they know the retail price when they order them. But I guess when you earn \$15,000 to \$30,000 a year as an instructor you figure a \$10, or \$15 book is cheap and students should be able to afford it.

So, remember the bookstore profits help run YOUR Campus

Center. And a 20% markup isn't a lot when you consider the services available at our Campus Center. Therefore, all this ballyho about a bookstore rip off is just BULL-BULL-BULL.

And now for some straight talk. Why the hell does the Foothill Administration continue its blatant discrimination against whites?

You see, upon investigation I find that in the financial aids office there are four fulltime employees: 1-black; 1-Asian; and 2-Spanish surnames. Where is the white that white students can relate to in regard to financial matters?

Then we focus on the Multi-Cultural office and find 1-black; 2-Asians; and 4-Spanish surnames. According to Danny W. multi means many. Now when you consider that out of 7201 students, 4915 are white, you must draw the conclusion that there is a need for "white" culture, or doesn't the hot shot Foothill Baggies feel there is a

need for such culture.

My dear, the era of shoving minorities down people's throats is over. The people who run these two offices are very fine people and have taught me a lot about minorities and their needs. But isn't it time we take a good look at where we are today in our relationship between whites and minorities-I think so.

Hopefully, the Board of Trustees will read this and put out one of their famous decrees to change it because that is what it will take. You see, Fitzgerald's Fizzlers would never think of upsetting the minorities at Foothill because they might burn down the Hot Dog.

We couldn't let that happen because that, my friends, is the administration trade trademark. A suggestion for Dr. Fitzgerald- maybe you should order from Plant Services nice little signs in the shape of Franks which say, "WHITES-KEEP OUT" for certain areas of this other-

Continued on page 16



## SENTINEL

Editor-in-Chief ..... Kerry Swanson  
City Editor ..... Paula Williams  
News Editor ..... Lynn Carey  
Layout Editor ..... Lewis Webster  
Arts Editor ..... Sally Roll  
Sports Editor ..... Michael Torcellini  
Photo Editor ..... Ken Kenrick  
Ad Manager ..... E Scoyen  
Business Manager ..... Neva Hacker  
Advisor ..... Herman Scheiding

NEWS AND PRODUCTION STAFF:  
Scott Braugh, Jon Blaufarb, Colleen Casey, Jean Dane, Doug Ellwood, Barbara Gordon, Lee Marsden, Sarah Perry, Mike Peterson, Rich Plambeck, Helen Shimeg, Lynn Zalot, Kutsi Yang, Diana Harris, J.G. Cabell  
PHOTOGRAPHERS:  
J.G. Cabell, Scott Buehler, James Mason, Kathy Marvin, Rex O'Day, Thomas Park, Bruce Hickey, Brad Griser  
CARTOONS:  
Lewis Webster, Lela Dowling  
ADVERTISING STAFF:  
Mike Peterson, Judy Ramsauer, Brad Griser  
CIRCULATION: PRODUCTION ADVISOR: Larry Fabish  
Jean Dane

Opinions expressed in SENTINEL columns and editorials are not necessarily those of the SENTINEL Editorial Board, Foothill Associated Students or the Foothill College Administration.

The SENTINEL is a student newspaper published weekly on Fridays during the academic year by Foothill College, 12345 El Monte Road, Los Altos Hills, Calif. 94022. Office is located in M-24; telephone, 948-8590, ext. 372.

# Lela's Last Laugh

By LELA DOWLING





What will you remember most about Foothill?

# On the Spot

By LYNN CAREY and JAMES MASON



**KATHY NICHOLAS:**  
The back of the bus on our choir tour and getting to know people I hadn't grown up with.



**CATHY GJERDE:**  
It's just all one big blur!



**AL JOHNSON:**  
All the fantastic people I've met here. And that's the truth.

**STEVE DARSEY:**  
Leaving. I just don't like Foothill.



**REBECCA MASON:**  
The concert choir tour. Insane things happened—it was different.



**GEORGE FANDRICK:**  
Being goosed by Laurie Shultz in the darkroom. Nothing else that exciting has ever happened in the darkroom before.



**CONNER TAYLOR:**  
Probably playing Frisbee—I had the most fun doing that. It makes you forget about school, and the homework due—physical and mental therapy.



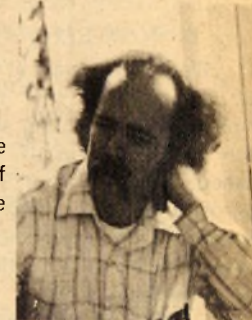
**LAURIE NICHOLSON:**  
The good programs, good teachers, friendly people—it's really nice. An environment conducive to learning.



**AHERN BARRY:**  
Speech 2 with Marvin. It's unforgettable—kinky as all hell.



**STAN GRAY:**  
The length! I've been here since '66. I've seen a lot of change in this place in the time I've been here.



**JIM EBERT:**  
Seeing old friends.



**GWEN HARRISON:**  
Foothill was a good place to stop, get your bearings, and get direction in deciding what I wanted to pursue. The teachers were a big help in this.



**RONNIE BOZIC:**  
I met a lot of nice, young people. They treat you as they would anyone else.



**CHRIS GAULT:**  
Business courses and better education. I liked it.



**CHRIS INOUE:**  
Dreams about falling down the stairs with an amp in my hand—I carry all the equipment for Fanfairs.



**STEVE PERKINS:**  
Spencer's lab. It was kind of tough.



**TIM BLOOM:**  
I'll remember all the millions of people talking about going to Europe all the time, and the Class A drama department.



## Thanks for the memories...

*After doing "On The Spot" every week for two years, it is with mixed feelings that I paste it up for the last time—a little relief, because now I won't have the constant worry of wondering which picture goes with what statement; but mostly I feel sentimental (SENTI-NEL-mental?) because of all the terrific people I met while doing the column. I've interviewed over 600 students for "On The Spot" during my reign, and no matter what kind of a day it was, they never failed to cheer me up with their humorous spontaneity, and openness (and we print everything!). I would like to thank all of you who participated, for helping me realize things about individuals, and I would also like to thank the SENTINEL photographers for putting up with my idiosyncracies every week, especially Nina Dees, last year's photographer, and James Mason, who did most of this year's.*

*It is with pleasure, and a little sadness, that I hand over this column to my friend Colleen Casey, who will be doing it next year. I envy her the opportunity—but I'm glad I had it too.*

LYNN CAREY



# Prison poet performs

By PAULA WILLIAMS

Albert Walker, one of two Soledad Poets (Lige Daily is the other poet), performed in several journalism classes at Foothill recently. He and Daily have performed all over California.

Walker's performance does not lose its impact when he performs alone. The following are excerpts from two students who have seen the Soledad poets perform.

Sharon Mathis, a student at UC Berkeley, after hearing both of the poets perform in her class, wrote:

"When most people hear the name, 'The Soledad Prison Poets,' they usually expect to hear poetry which talks about the poet's personal experience in Soledad State Prison of California. This is correct but not totally accurate... They recite their poetry—relating to capitalism, justice, prison systems and Black women... their presentations run the gamut from witty lessons to serious soliloquies about prison life which they describe as a 'million dollar business'.

"From their diversified readings one might think that they are heralding the now moth-eaten slogan 'hate Whitey' or that they are painfully bitter.

"Not so", they explain. 'What we try to do is present realities, the lies, and hypocrisy, and give what we think are positive reactions to the oppression we've undergone.

"In other words, we say don't spend so much time

having the white man, but concentrate your efforts on loving and respecting each other and exhorting the Black man to shoulder his responsibilities and treat the Black woman the queen she is.'

"The Soledad Poets hail our heritage and prowess of our forefathers in surviving the abominable slaveships...

"The Soledad Prison Poets continuously and consistently produce poems and prose which carry the flower of hope meshed with sometimes harsh and raw, but nonetheless creative portraits of life - theirs and ours."

Next is an excerpt from Juanita Simmons a student from Foothill, who responded to the poets this way:

"In the poem, 'Jails Cruel Realities', Walker tells of alleged prison atrocities, brutalities and 'the confinement of human souls in conditions...that are degrading'. Walker countered that...the 'economic situations' drive people to robbery and crime.

"In another poem, 'America the Pimp', Walker recited: There are many things the eye can see, but very few people that can truly agree...the temptations of materiality are dangled before our eyes, and people must sell their souls to keep alive...you don't get something for nothing in this country...even God needs money...romance without finance is nonsense...union lines, picket lines...people got to turn tricks... for America to survive."

As you can see, one gives a personal insight of the



Poets, and the other a re-telling of his recital.

## SEPARATED? DIVORCED? WIDOWED?

WE CARE FOUNDATION is a unique organization dedicated to helping people help each other deal with the transition from the end of a relationship to single adulthood.

Discover what WE CARE offers by attending one of the INTRODUCTORY SEMINARS

Friday - June 25

Sunday - June 27

8:00 pm

7:00 pm

Presbyterian Church of Sunnyvale

728 Fremont Ave.

admission - \$2.00

# Maury discusses sects

By ROBERT BAER

"The delights of the mind are the most gratifying of all human activity." The words flowed fluidly and convincingly from the husky, intense gentleman during a recent discussion in the confines of his small, book-laden office on the campus of Foothill College.

For Maurice Dunbar, who prefers to be called Maury, the twin spheres of learning and teaching have fully integrated to form the single entity that is his life's vocation--that of a professional educator.

Dunbar, who conducts public speaking and group discussion classes as a member of the Language Arts Division of this picturesque community college in the scenic Los Altos foothills of the San Francisco Bay area, easily channels his readily visible enthusiasm for learning to his classes as easily as he applies it to his personal life.

A recent group discussion class conducted during the Fall quarter was involved with focusing attention on various fraternal sects found within the borders of the United States. "I wanted the class to be aware of the philosophies and doctrines of different factions, which, when considered as a whole, serve to compose this entity we call America," he recounted. "Each group we studied has its own unique fundamental tenets which affect the way they interrelate with their fellow man."

The resultant discussion of such groups as the Freemasons, Knights of Columbus and the Ku Klux Klan, fraternal organizations with noticeably differing philosophies, clearly illustrated his point.

Prior to the discussions, and during them as well, Dunbar eagerly referred class members to an abundance of reference books on the subject matter and also offered guidance to sources of information located outside the school area in the surrounding communities.

Title of novels which would be valuable reference tools, names and locations of both individuals and chapters of the groups being researched were constantly presented as aids for his students.

In addition, Dunbar drew extensively from a sizeable quantity of information he had culled from vast readings on the subjects that he had exposed himself to. For Maury Dunbar is an avid reader and book collector as well.

"My grandfather taught me to read at the age of four," he commented. "His early tutelage, and the encouragement of my father, an avid reader, himself, served as a very positive influence for me," the dark-haired, moustachioed, 47-year-old Oklahoma native explained.

"My father was a farmer in Piedmont, a rural area of several hundred people, where I was raised. He was keenly aware of the value of the knowledge to be obtained from books and heartily encouraged my interest in reading," he said.

This penchant for informative reading has carried through unabated to the present. It helped Dunbar earn an Associate of Arts degree in English from Los Angeles County's Compton College, while he worked his way through school as a dishwasher.

The ensuing two years Dunbar spent as an enlisted man in the U.S. Army's Counter-Intelligence branch, where he acquired a basic knowledge of the Russian language from an Army Language School he attended.

This was followed by enrollment at the University of California at Berkeley, where he again worked his way through school, and earned a Bachelor of Arts degree in Criminology in 1952. "I didn't have the time to engage myself in many of the pleasant social functions available to students. I was required to earn a living while I was a student," he recalled.

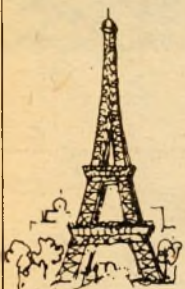
Dunbar then served in the Army once more, as a Warrant Officer in the Military Police, before leaving the military "for the better opportunities available in civilian life."

Settling in the northern California town of Marysville, he entered the vocation so aptly suited for him--teaching.

In the next five years he taught at various levels in the local school system. "I taught grade school classes for two years, junior high classes for two years and spent one year teaching high school level students," he noted. "I also taught Adult Education classes at nearby Yuba Junior College in the evening as well."

"I feel this was quite unique, for it gave me experience in teaching at various levels within a relatively short span of time," he said.

## Serving your Country has its benefits.



When you give a few years to your Country, you get a lot in return.

If you qualify, you get training in the job you choose.

You get to work in Europe, Korea, Panama, Hawaii, Alaska, or almost anywhere in the continental U.S.

You get in-service educational opportunities, as well as the G.I. Bill when your enlistment's over.

You get free medical and dental care, meals, housing, and 30 days paid vacation a year.

And most importantly, you get a chance to serve yourself as you serve your Country.

U.S. ARMY RECRUITING STATION  
655 WEST EVELYN AVENUE  
MOUNTAIN VIEW, CA 94040

TELEPHONE (415) 961-5091

Join the people who've joined the Army.



# \*\*\*\*\* Bay Area Boogie \*\*\*\*\*

Photo by ALEX SEBASTIAN



Stevie Nicks of Fleetwood Mac brings the crowd to their feet.

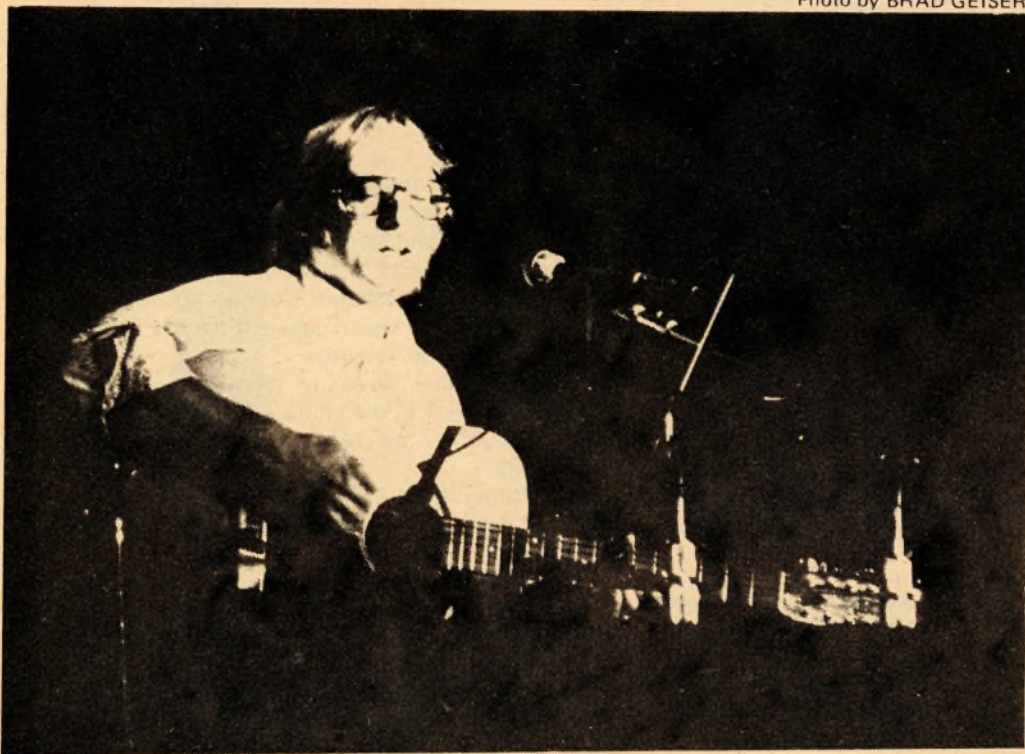


Photo by BRAD GEISER



Stevie Nicks moves crowd with Rhiannon.

Photo by BRAD GEISER



Steve "Love the one you're with" Stills

Photo by TOM PARK



Neil Schon, Jeff Beck, and Carlos Santana jam together.



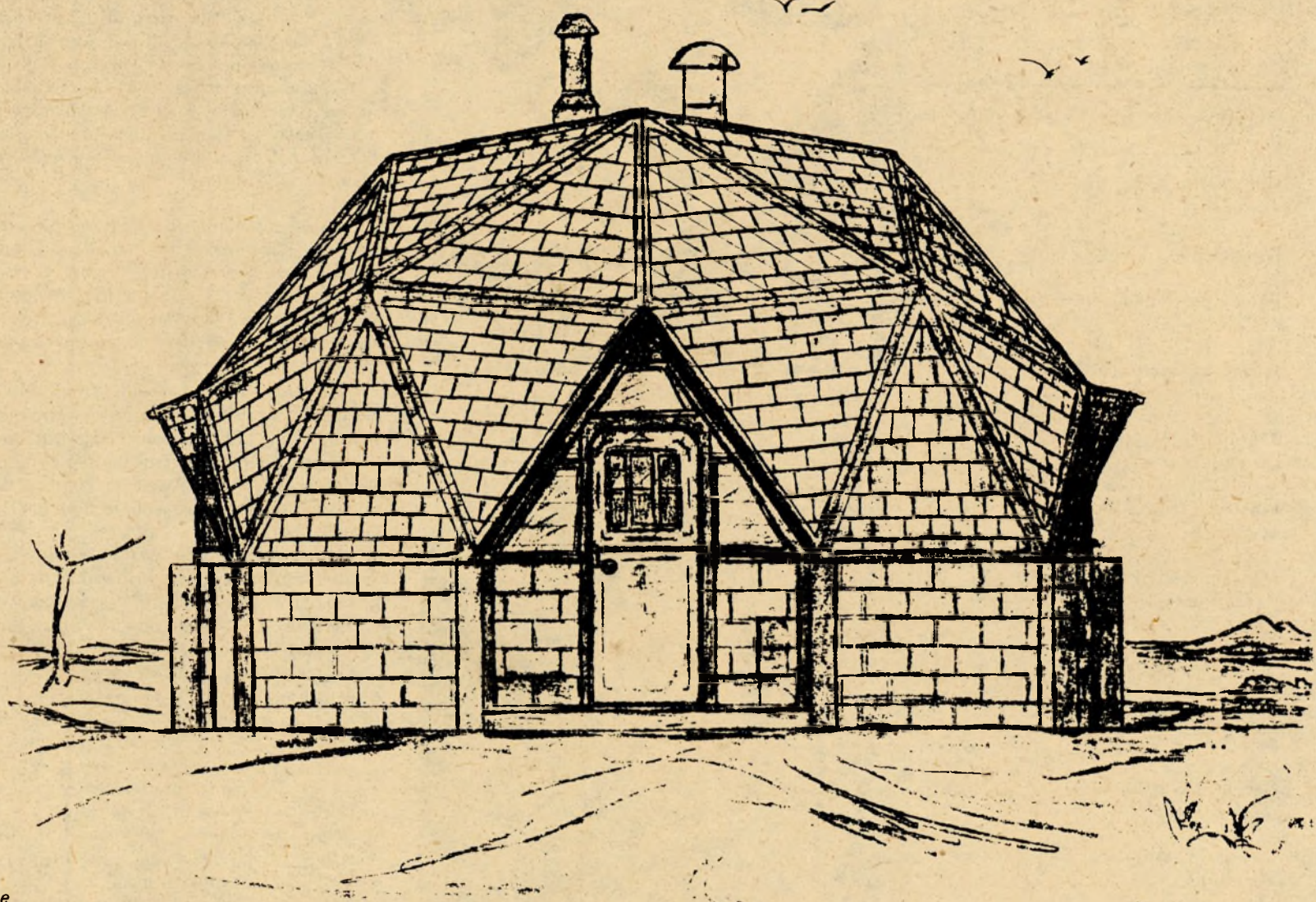
# SENTRY

## Sentinel Supplement

VOLUME 18, NUMBER 25

Foothill College, Los Altos Hills, California 94022

June 11, 1976



Proposed  
Schoolhouse

Courtesy of  
Tom Ryan

## Navajos Reconstruct Birdsprings

By ROBERT BAER

It's a small, isolated community.

Located 50 miles northeast of Flagstaff, on the vast Navajo Reservation in northern Arizona, it is surrounded by the majestic natural splendor of the Southwest region of the United States.

To the east is the scenic Painted Desert. Northward are a series of tall buttes, serving as a natural boundary for this plateau region. Over twenty miles away, the majestic San Franciscan Peaks, the highest mountain range in Arizona, loom in the West, their rugged countenance graced with snow-capped peaks until July of each year. Beyond them lies one of nature's grandest creations, the Grand Canyon.

In the midst of this area's great natural beauty is located the community of Birdsprings, home of 80 families of the Navajo Indian tribe.

A readily discernable feature in this area is the lack of noise. The splendor of silence is all-encompassing. It soothes and caresses with its tranquility.

The little village of Birdsprings is quiet too. For there are no children around to punctuate the still air with their shrill cries and peals of laughter.

The children are absent for they have been sent away, as have generations of Navajo children before them, to attend federally-run boarding schools operated by the Bureau of Indian Affairs, the agency of the Department of Interior responsible for the care and welfare of the people who are the "true Americans."

Separated from their families by distances up to 200 miles, Navajo children frequently fare rather poorly in school; quite often they simply run away from this new, foreign environment in which they have been placed.

Polly Curley, a 56-year-old Navajo woman who calls Birdsprings home recalls vividly what the experience of being sent to boarding school was like for her.

"I didn't like going to a boarding school," she says, "but I was forced to go." There was no choice in the matter for Polly's parents. Every fall all children five years of age and older were gathered together and sent away to receive their education.

Thrust into an alien environment, many of the students quickly became homesick, longing to return to their families and loved ones. Their new world contained

many strange rules and regulations, some of which would puzzle any outsider with their necessity.

"If you spoke Navajo, you were punished," Polly recounted. "You were required to speak English only at the schools."

The relevancy of the instruction received at these schools must also be questioned.

"I still recall being taught to bake apple pies at school. It was fun, but I had never seen an apple before and we do not have such things available to us at home," Polly noted. Similar incidents prevail in many areas of instruction at the government schools.

It is no small wonder that there is an exceptionally high drop-out rate of Navajo youngsters from these schools.

Article VI of the treaty between the Navajo people and the United States Government, dated July 25, 1868 states: "...the United States agrees that, for every thirty children between the ages six and sixteen, who can be induced or compelled to attend school, a house shall be provided, and a teacher competent to teach the

(Continued page 2)



SENTRY is a publication offering student journalists an opportunity to present experimental techniques in news writing. Published by members of advanced journalism classes at Foothill College, the SENTRY is a supplement of the Foothill SENTINEL.

Co-editors: Jean Dane, layout and design  
Barbara Gordon, co-ordinator

Staff: Robert Baer, Mitzi Gaude, Rich Plambeck, Helen Shimeg, Juanita Simmons, Michael Torcellini, Paula Williams, Kutsi Yang

Production assistant: Larry Fabisch

Adviser: Herman Scheiding

Contents

- Cover Story Navajos Reconstruct Birdsprings  
Robert Baer
- 2** In Pursuit of Pictures  
Barbara Gordon
- 3** Birdsprings (continued)
- 4** Patterson Believes in Heroes  
Barbara Gordon
- 5** Running Down the Family Tree  
Kutsi Yang
- 6** Moonie Lifestyle Miserable  
Mitzi Gaude
- 7** Martha Escapes Moonies  
Lynn Carey
- 8** Musicians Strike Up Chord  
Richard Plambeck
- 9** TV Viewers Revolt!  
Juanita Simmons
- 10** He Recalls Past  
Sally Roll
- 10** She Looks to Future  
Helen Shimeg
- 11** Women's Athletics...Same Posture  
As Men's  
Michael Torcellini
- 12** Lose Fat Mathematically  
Jean Dane



*I arrived on the fire scene two bicycle lengths in front of the Los Altos long, long fire truck.*



*"How did the press get here before the fire department?"*

# In Pursuit of Pictures

By BARBARA GORDON

In best student behavior, I had procrastinated until the eleventh hour to do my Foothill photography assignment. Not only had I not shot it, but I had no idea of what I was going to do. It was due the next day. The late afternoon sun was going down fast.

The assignment was of not one, but three, human interest shots, of an interesting activity, and definitely not POSED. Did you ever look for human activity, outside, on a Sunday afternoon, in a suburban neighborhood like Los Altos? Not even one person cutting grass!

Bleak desperation was settling over me when my neighbor came out of the house and called my attention to billowing smoke from near-by.

Could it be??? The answer to my assignment? Within seconds I was on my bicycle pedaling madly towards the fire. My camera and light meter hung from my neck, bouncing against my body.

With exposure times and f/stops whirling through my head, I arrived on the fire scene two bicycle lengths in front of the Los Altos long, long white fire truck.

Down the road towards the fire came people of all shapes, ages, and sizes—walking, running, on bikes and skateboards. It was like a photo from Bill Owen's book, SUBURBIA.

My camera clicked away. Was it f/11? f/8? f/16? People scurried around. "How did the press get here before the fire department?" asked one woman. "My name is Oscar Hammerschmidt," a man shouted to me as I searched for the right f/stop.

"Out of the way! Don't step on the hoses!" yelled a fireman as he uncoiled the wiggling hose from the side of the truck. The children crowded together and moved closer to the fire. A fireman came running with an ax.

An ivy covered fence on city property was burning. Years of untrimmed dead undergrowth caused much smoke. The fire was put out quickly.

Now the firemen had time to notice me more directly. Laying down hoses, the firemen came up to where I stood, all three of them.

They asked me "why" I was taking pictures. I told my long tale of assignment desperation. When I finished, the firemen were all smiling.

With a very big grin, one fireman asked me the final question, "Is that how the fire got started?" □

## ...with a geodesic dome

elementary branches of an English education shall be furnished, who will reside among said Indians, and faithfully discharge his or her duties as a teacher."

To date, the government's response has been to establish the afore-mentioned boarding schools, each of which are designed to accommodate from 500 to 800 students.

This summer Tom Ryan, Foothill College instructor and 20 student volunteers from his school will be journeying to the small settlement of Birdsprings.

They intend to work together with members of the community in an effort to provide Birdsprings with an alternative approach to the boarding school dilemma which exists to this very day, in spite of the 107-year-old accord which Washington is still bound to honor.

Having obtained local tribal approval, they will be working together to provide the Birdsprings com-

munity with a structure that will serve the people as both a schoolhouse and a community meeting center.

"This is a simple need we wish to fulfill," Ryan commented in discussing the project recently. "All the work will be directed by the Navajos. We will be working under their supervision," he emphasized.

They will spend the summer months of July and August laboring to erect a building which will be unique in many ways.

A 24 x 10 foot solar panel will be incorporated into the planned structure, with 14 tons of stored rock providing up to three days of heat to warm the structure in a climate whose temperatures drop as low as -35 degrees during winter months.

"We have plans to construct a wind generator later which will provide us with adequate power and render us completely self-sufficient with regards to energy," noted

Ryan.

Designed to meet Navajo cultural needs, the building has been designed to conform to certain structural requirements.

Since Birdsprings does not yet have the luxury of electricity, the proposed building will draw its energy requirements from natural elements.

It will incorporate the traditional round Navajo shape in its geodesic-dome design. Its door will face east, toward the sun, which is the Navajo symbol of creation.

Navajo culture dictates these specifics since the round shape of their structures symbolizes to them the human relationship to the world, universe and completeness.





## ...and a bare earth floor



*Polly Curley recalls her Navajo experiences to Tom Ryan who is the driving force behind the Birdsprings school-house project.*

Inside the 30-foot diameter building, the floors will consist of the bare earth found in all Navajo dwellings.

Ryan, a former Nuclear Physicist with degrees from the University of Santa Clara and the University of California, Berkeley and his father John, a Senior Staff Engineer with Lockheed Corporation, worked on the school's design for four years. The senior Ryan designed the vital hub system, which joins the structure.

A tall, lean 34-year-old Engineering Department instructor at Foothill, Tom Ryan will be teaching Advance Design in Solar Energy and Graphics until the group departs for Birdsprings.

He will resign from his position at the school at that time and will move to Birdsprings with his wife Kathleen and his two sons, Jason, 7 and Bobby, 8. They plan to stay behind and teach, to share their knowledge and resources with the local people and to learn from them as well.

His wife Kathleen, who has experience as a Teaching Assistant with Special Education students, states her feelings candidly, "They will never be able to take the love of a mother and a father and put it in a boarding school."

Tom, who is the driving force behind the campaign to construct the school, has developed a close rapport with the people of Birdsprings which dates back to his first arrival there in 1970.

He came to the Birdsprings area with his young son Bobby and lived for several years on a ranch bordered in part by the reservation. The move to Arizona was dictated by an allergy Bobby had developed which led to recurring ear problems. Living in the arid climate of Arizona was hoped to clear up his condition.

Gradually Tom came to know his neighbors, who lived several miles away. He quickly developed close, friendly relationships with many of them and became deeply touched by the life of deprivation they led.

"The Navajos are a happy people, with many long-standing problems," he said. His pale blue eyes matched the intensity in his voice. "They are also a spiritual people who pray a lot and have a deep belief in God."

His bearded countenance took on a grim frown of seriousness as he noted the hardships the Indian community endures.

"The roads, as such, in this area are nothing more than dirt trails worn into the earth. In wintertime, when the wet season arrives, they turn into quagmires, deep enough to mire any vehicle. One of my first encounters with the people here occurred when they graciously assisted me in extracting my own vehicle from such a condition," he said.

Learning of the indifference they experience in dealing with government authorities, Tom told of the

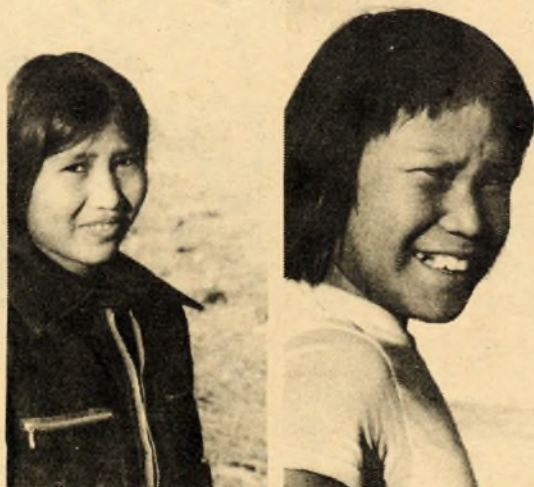
difficulties encountered in obtaining as simple a thing as a nearby water supply.

"There is no nearby source of firewood, so the people travel over a hundred miles to obtain this precious commodity. That is why the new schoolhouse will be solar-heated."

Resultant visits to the homes of his Navajo friends revealed to Tom the extent of the poverty that is the lot of the people of Birdsprings.

Entering their cylindrical dwellings called hogans, he viewed firsthand the existence they lead. "Their homes are soundly constructed, with earthen walls and sturdy roofs to retain the heat. But they are so sparsely furnished. Many people simply sleep on the earthen floors when they retire at night."

"These people fought for over 20 years for water to be supplied to them. A pipeline was finally put in in early 1976. It is connected to a well eight miles away and is located half a mile from the proposed school site," he informed.



*Navajos, Cindy, 13, and Toni, 10.*

"The people here have land that is suitable for farming, and they would like someday to raise their own crops and become self-sufficient in feeding themselves, but desalinization of available water supplies is necessary."

Ryan is hopeful that the school effort will be just the start in a series of projects planned to improve the quality of life for these people.

The school, which he feels can be built for an estimated \$5,000, will be followed by construction of a bathhouse, laundry facilities, a nursing station and homes for elderly Birdsprings residents.

All would be constructed in areas adjacent to the school, create the community atmosphere they envision and supplant the scattered homesites that now comprise the village.

Polly Curley speaks for all her people. "Right now there is nothing for us to make a living at, there is no industry here, no jobs for us. Some of us raise sheep and use their wool to weave blankets, and some of us are gifted in the art of making jewelry, but that is all."

Her daughter, a registered nurse, is interested in working with the people and children of her village in health maintenance. "If we can reach our goals, this may one day be so," she added.

Polly is currently visiting the local area here as she and Ryan are seeking assistance in raising the \$5,000 to build the school.

"The people of Birdsprings have managed to raise a little over \$1,000 over the past few years by selling blankets and jewelry they have made," said Ryan. "We also hope to receive at least \$700 from Hewlett-Packard Electronics in Palo Alto to assist us in our effort."

Ryan has established The Birdsprings Trust Fund at Foothill College to accept donations from students and members of the surrounding communities. "So far we have received over \$1,000 from generous people in this area." The fund is operated by the Associated Students of Foothill College.

Foothill's association with the people of Birdsprings will by no means end upon completion of the school. The school's Engineering Department has established a liason with Northland Pioneer College in northern Arizona, which has a program to assist reservation residents and will provide continual technical assistance to the people through them.

The completed edifice will bear the full title, "Little Singer-Birdsprings-Dine'beghan (Navajo for 'home of the people') Center. It will be named after Polly's father, a close friend of Tom's whose death two years ago deprived the Birdsprings people of an effective spokesman and tribal councilman.

"Little Singer was also the people's Medicine Man and he was a unifying force in their community," Ryan pointed out. "He inspired and encouraged his people and also was a close and dear acquaintance of mine. The village has decided on the name for the building. Quite appropriately they have chosen to honor his memory by it."

The enthusiastic project participants are seeking assistance in many ways to aid the people of Birdsprings.

Alicia Rivera, secretary for the Engineering Department at Foothill and a participant in the Birdsprings project points out, "There are so many things the people there need—simple everyday items such as clothing, cooking utensils and such. Our excess could be readily used by them."

Hopeful of being able to secure the funds needed to make the project successful, Ryan sums up the spirit behind the venture quite poignantly. "We want to show that people are concerned on both sides and wish to work together to correct social wrongs." □



*Birdsprings hogan (home).*

### From Tom Ryan:

"When the schoolhouse is finished, we shall be remembered for the good and talked about with fondness by the People for years to come. It is time for us to make a better world. Please help now. Send your donations to the 'Birdsprings Trust Fund,' Foothill College, 12345 El Monte Road, Los Altos Hills, Ca. 94022."



# Patterson Believes in Heroes

By BARBARA GORDON

Photos by JOY BATES

"You have to do what you believe in," said Marion Louise Patterson, artist, free-lance photographer, and Foothill photography instructor, in our 1 p.m. interview. She found me before our appointment and we talked in a place she calls her informal office—a carpet of grass under the trees near the photo lab.

"There was one important moment for me when my whole life came together," Marion Patterson confided. She sat in a cross-legged Indian position, robed in her multi-colored batiked lab smock.

"I was driving home after seeing Siegfried at the opera and all in one moment my life flashed before me," she revealed. "I realized that the diverse, erratic, implausible, and financially impoverishing activities I was pursuing were necessary for me to become me. I was passing the San Francisco city dump at that moment."

How did famous photographers influence your life? was the main question. Occasionally, answers alluded to the question. At times, implications and vagaries abounded.

"Who is your favorite photographer?" I asked.

"Pablo Cassals is the most important person in my life," Patterson quickly answered. "He is my hero. I strongly believe in heroes."

When studying at the University of California Berkeley, Patterson met Pablo Cassals and during the friendship had the opportunity to photograph him professionally.

"When photographing Lady Bird Johnson I forgot to charge-up the strobe," laughed Patterson. "I wanted to find the nearest hole in the ground—but she was actually very kind."

"United Press requested that I photograph John F. Kennedy when he was resting and vacationing at Yosemite," she continued. "UP offered me \$2 for the job, but I did it for free and kept my photographic rights."

"My life is no straight line," said Patterson. "My paths cross, go out in different directions and criss



*"Ansel Adams was my tutor. I worked with him for three years at Best's Studio in Yosemite. He looked at every negative I developed and print I made. He taught me technical excellence."*

cross. Now, Ansel Adams' life is a straight line," she explained. "I worked for Ansel Adams after being fired from Curry Company of Yosemite."

"What did you do for Curry Company?" I asked.

"Glue together curios in the back room and sell souvenirs mostly," she candidly replied. "Curry insisted that I sell postage stamps. I wouldn't sell stamps. It was actually illegal. When a customer asked for stamps I would have another clerk handle the sale."

Refusing to sell stamps was not the real reason she lost her job Patterson felt. "I think I was fired because I had mouthed-off to a fellow worker the day before," she said.

"After I was fired, I went and had a beer," said Patterson. "I was sitting and thinking about what I was going to do when I saw a friend go into Best's Studio across the street. I walked over there and explained I had been fired and was looking for a job."

"As I was hurried out the side door, I kept thinking that I had only one beer!" she exclaimed. "But I got the job."

"When working for Ansel Adams, I sold postcards mostly," Patterson continued. "I also worked in the dark room. Adams was my tutor. He looked at every negative I developed and print I made. He taught me technical excellence in photography. I worked for him for three years, and on and off since," she said.

"Were there other famous photographers?" I asked.

"There was Dorothea Lange," said Patterson. "When I'm afraid, I think of Dorothea Lange. She taught me to plunge in. She was inspiring. She trained me to look at a photograph's every element."

Patterson studied in two seminars with Dorothea Lange at the California School of Fine Arts in San Francisco. "At that time I was not ready for photography with Lange," stated Patterson. "The class was advanced. I spent most of my time in tears."

Dorothea Lange finally noticed Patterson one day when she came to class with two black eyes. "My brother gave them to me in one of our knock-out-finish fights," said Patterson.

During the second session, Patterson assisted Lange. "I assisted by doing things—like taking attendance. I was so shy I couldn't call roll. I just used to mark a few students absent each day," she revealed.

"How did Brett Weston influence your photography and life?" I asked.

"I prefer not to discuss it in public," Patterson replied. "We took a photographic expedition to Baja California and stopped at every mud crack along the way. I flew home. I almost married Brett but he would never turn up the heat. We are still good friends."

"I also studied with Minor White," recalled Patterson. Minor White's book, ZONE SYSTEM MANUAL, is used by Foothill photography students. "He's mystical. I reacted so much against his approach that I established my own style. It's really fine to have a teacher strong enough to fight and who then gives you room to grow in your own direction," she said.

"Tell me about your own photographic works," I said.

"I wrote, produced, and filmed a three-minute epic of Imogen Cunningham, who still lives in San Francisco. The movie was shown a few years ago at the New Varsity in Palo Alto." Patterson began explaining the epic, "Imogen was the pussycat. Malcom Rush, who's a doctor, was the turkey..."

"You could also say that I am semi well-published," laughed Patterson.

Marion Patterson is an artist. Not obvious. Not obtrusive. She is unassuming of her accomplishments. She was born in San Francisco, graduated from Stanford cum laude with an A.B. in philosophy, and from San Francisco State with a M.A. in Interdisciplinary Fine Arts. She is listed in WHO'S WHO OF AMERICAN WOMEN. A long record of achievements follows her name. □



*"Brett Weston and I went on an expedition to Baja California photographing every mud crack along the way. I flew home. I almost married Brett but he would never turn up the heat"*



*"I was told I was fired from Curry Company of Yosemite because I refused to sell postage stamps. I think the real reason was because I mouthed-off to a fellow worker."*



The life of a child born into a Midwestern farm household under the caring of ten "mothers" was both secure and stifling. Knowing exactly where one's position in the family is, but ignorant about anything in the outside world sometimes creates anxieties and ambivalent feelings in a child with the eagerness to see the world.

Robert Bloesser was born into the Martin household in Vernon, Missouri, in 1930, the time of the Depression. He lived with his mother's family, which included nine aunts and three uncles. The monotony of the life in the Ozark Mountains and the routine farming chores gave him a strong sense of belonging and security, but failed to nourish the young man's desire for adventure.

Finally, his enveloped world burst after he visited the West Coast while he was in the Navy.

In 1949, Bloesser was in the service and his ship traveled between San Francisco and San Diego. Frequenting the two places resulted in a reconsideration of his own life in the Ozarks.

Amazed by the exciting life style of the two cities, he decided to give up his origin as a farmer, and move to California in 1962. Unlike his siblings, who mostly remained in Missouri, he was one of the first members in the family to abandon the confined and pre-established roles and to succeed in exploring his existence.

After 14 years away from home, Bloesser acquainted himself with the independence on one hand but clung to the memories of the acceptance back home on the other.

"The folks have their own special reality. When they see news on TV, and if it amuses them, they compliment it as a good show. Vietnam never happened, as far as they are concerned."

However, the child who gave up the primitive farming life earlier still would like to live in the simple environment.

"I wouldn't want to live in either one exclusively," said the man when asked about his preference between the two worlds.

When Bloesser first came to California in 1962, he taught at San Jose State for six years and came to Foothill in 1968. He taught remedial English and mythology.

Last year, during his sabbatical, he returned to Missouri to do a genealogy of the Martin family.

The Martins, of whom he is a descendant, immigrated to the United States in the mid-1600s. The family is in their eighth generation now. Most of them bear other names.

In the sixth generation, there were ten daughters and three sons. Two of the sons died young. The daughters carry their husbands' names.

"One of the reasons why the old families have so many children," according to Bloesser, "is that they want their family name to continue."

During his sabbatical in 1975, he could have done lots of things that he wanted. "Sabbatical is not only a release of work time, but a time for an instructor, after more than seven years of teaching, to do research in his related field or sharpen his teaching skills."

When asked how he decided to do the study of the family, he answered, "I was amazed by the work of Studs Terkel in his book 'Hard Times.' His work inspired me to improve my own researching skill."

So, Bob Bloesser, also the author of "Making It as a Writer," in 1972, boarded a plane and headed for Missouri.

With a tape recorder and his enthusiasm as his only tools, he interviewed his relatives and old neighbors.

After a series of endless nights of editing and transcribing, he titled the book, "The Martins: They Speak For Themselves."



Robert Bloesser said, "There is more than one personality to a person... Tomorrow, I may be completely different."

"On considering how to get out the feelings of the speakers, I decided to transcribe the conversation directly," explained Bloesser. "The thing I really want to emphasize is that these are very ordinary people, and their importance is that they are so ordinary. These ordinary people are actually what constitute America."

The topics discussed in the study are as ordinary as death, measles and childhood memories. But the fine line between history and gossiping, according to Bloesser, "is that the ladies I interviewed talked about facts which reflect the actual life of the farmers in that region."

"If you don't know where you came from, how do you know where you are," a line from "The Martins,"

## Running Down the Family Tree

By KUTSI YANG

which was published on May 6, reflects another motive of why Bloesser exhausted his wits to run down the family tree from the 1600s.

Knowing that he was from a farming family, does not restrict his life to the ranch or potato field.

"You should incorporate the past into your personality. Finding one's self is knowing what is appropriate to the situation. Nothing is absolute," explained the man of many interests.

"There is more than one personality to a person. I crochet as well as collect Depression Glass and antique furniture. I crochet because that is a skill that interests me and I'm good at. I never subscribe to the idea that men should do this and women should do this."

His crochet work won him two red ribbons during a Missouri state fair. He possesses about 10,000 pieces of the Depression glassware.

"When I go back to Missouri, I don't want to go there as an English teacher, because that's not where I am. And, I don't want to show up here as an Ozark Hillbilly," he said. "That's not phony, that's what is appropriate."

"The problem of most people is that they like to define their personality in a fixed way and refuse to change in accordance with the situation," said Bloesser.

"And, I don't expect consistency in my personality. Tomorrow I may be completely different, but I don't give a damn," he concluded. □



## Moonie Lifestyle Miserable

By MITZI GAUDE



Martha Driggs



Would you abandon your present lifestyle to become a peddler, a panhandler, a "Moonie?"

No, you say? But there are literally thousands of average, upper-middle class college-age persons who have already joined the ranks of the Reverend Sun Myung Moon, the Korean head of the Unification Church who has been described as a multi-millionaire, a fanatical anti-communist, the Son of God, a cultist and a brain-washer.

Moon who says he was told in a mystical vision that he is the second messiah, plans to lead the Western world in a Holy Crusade. He envisions the U.S. as his military and political base.

Paralleling the church with the Nazi Youth Movement, "It's not a religion," said Rabbi Maurice Davis, critic of the Unification Church, "but a political cult."

The Moonies, as they are called, are the polite, positive minded followers of the Reverend Moon. With "training centers" all over the country, Moonies will do anything for "the Father," from "heavenly deception" to pan handling and peddling tea, candles and flowers on the street.

"They are brainwashed into believing that the more they give Moon, the more holy they will be, said Martha Driggs, a Foothill student who went to the Boonville branch of the Unification Church, out of what she calls a sociological-psychological curiosity.

In January, 1976, the Unification Church was charged with brainwashing its members. There was not enough evidence, however, for conviction.

"I was aware of what happened to the people who went there, but I laughed it off. I didn't really believe it," said Driggs, who met the Moonie recruiters in Palp Alto and felt they were nice people. "They asked me to go to the New City Ideal Ranch in Boonville, a small town near Mendicino, to find out more about the Creative Community Project (CCP), a part of Unification Church," she recounted.

...how she "was changed from a normal, well-adjusted person to a physically sick and psychologically worn-out almost-Moonie."

"The main purpose of the CCP is to create as perfect an environment as possible for myself and others," said 22 year old Larry, who had been a Moonie at Boonville for about a year.

Martha does not remember Larry and Larry cannot recall Martha. "There are usually around 50 people here during the weekdays," said the half-smiling Larry, "and 200 during the weekends. I can't remember them all."

What Martha does remember, quite vividly, is how she "was changed from a normal, well-adjusted person to a physically sick and psychologically worn-out almost-Moonie."

These feelings, according to Penthouse magazine, occur before and during an act termed "brainwashing." A 12-hour work day, interminable lectures, lack of sleep and a poor diet purportedly leave the member with a lack of perspective, a perfect environment for brainwashing.

The Moonies are peaceful until a prospective member shows disinterest in the movement. "They make you feel like a creep if you want to go home," said Driggs. "They tell you that all you want is to live in a materialistic world."

This tactic got through to Martha and she felt as if she was "going crazy." It wasn't until a girlfriend from the "outside" called and brought her back to reality. "Talking to someone outside of the organization made me wonder what I was doing there," said Driggs.

Realizing that she had to leave, Martha left the ranch in the early morning. Crawling through the barbed wire fence, she made it to the street. With Moonies close behind, she ran to a store in Boonville where she called a friend to pick her up. During this time the store employees were trying to get rid of the Moonies surrounding Martha's phone booth.

"I thought that when I got home they (the Moonies) would try to make me go back. I thought that at least those with whom I'd become closely tied emotionally would call to see if I was all right," said Driggs.

The only call Martha received was from a Moonie girl asking her to write a letter to the Boonville townspeople explaining that they (the Moonies) did not harm her.

"We are just concerned people who gave up their former way of life to help mankind."

Contrary to their preachings, the Moonies themselves seem to be living in an extremely materialistic world, according to an ex-Moonie who told the Pacific News Service that he and his 24-man team, operating in Berkeley, earned \$500,000 a year selling roses on the street. Penthouse reports that panhandling Moonies make "approximately \$200 a day."

Driggs said that membership in the Unification Church costs \$250 plus \$40 a week room and board. There are also weekend seminars available for \$18. This money funds the church and Reverend Moon, who owns real estate valued at several million dollars.

Larry, the head of planting at Boonville ranch was not sure where the money comes from, or even who owns the land. The only thing that this placid Moonie was sure about was that the propaganda used in denouncing the "brainwashing" in the Unification Church was "foolishness."

"We are just concerned people who gave up their former way of life to help mankind," he said with a content look in his eyes.

"I don't think my outlook has changed," he decided, "or even my goals. It's the way in which I am achieving them that has changed."

"I used to be on drugs," said Larry, "but not now." The Unification Church is strongly opposed to drugs, sex, crime, and violence.

Driggs said, "On the surface, Boonville is a beautiful, peaceful town, surrounded by rolling hills, numerous trees and an atmosphere that hints of a serene way of life. It's a very deceiving facade."

The "welcome" on the sign applies only to those who have attended a previous lecture and have paid \$18.

The lecture seminars during the weekend are for prospective Moonies. "They are very light in content," said Driggs. "During the week they get into the really heavy stuff."

But what goes on behind the padlocked, barbed wire fence that surrounds the New City Ideal Ranch?

"Oh, we play dodgeball, farm, have lectures, sing, things like that," said Larry with his unceasing smile. He would not open the gates or come out, but stayed safely on the other side.

Dressed in denim jacket and pants, he has the clean-cut look of the boy-next-door, hardly a person's image of a follower of the "Mr. Controversial" of the religious world.

But Martha doesn't seem to think that they are nice people any more. "I'm hostile toward all of them," she said, "I'm very hostile," she repeated with conviction.



# Martha Escapes Moonies

By LYNN CAREY

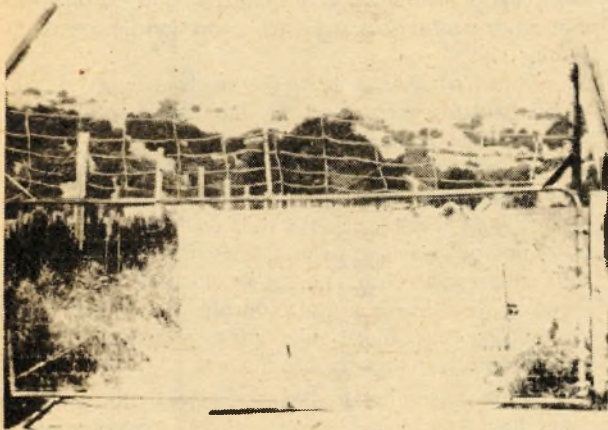
In the past year, the name Reverend Sun Myung Moon has been cropping up in the news with alarming frequency. Attached to it is an air of mysterious apprehension, as weird stories about Moon tend to be bandied about, distributed mostly by parents of his followers, who claim their children have been brainwashed, and turned against them. A gentleman, Ted Patrick, employed by relatives, is making a fortune "deprogramming" Moonies.

Then again, a full-page advertisement in the San Francisco "Chronicle," paid for by the Unification Church, (of which Moon is the founder), proclaims to give "The Truth About Reverent Sun Myung Moon," and illustrates their desire and means for making a heaven on earth. The ad included excerpts from pleased parents, who were thrilled with the way Moon's teachings had "changed their child's life."

Foothill student Martha Driggs has seen both sides of this argument. Last month she managed to escape



Reverend Sun Myung Moon



Barb wire belies "welcome" sign at New Ideal City Ranch.

from a ten-day stay at Moon's "New Ideal City Ranch" in Boonville.

Driggs, who claims she was "the epitome of cynicism," was waiting for a prescription to be filled last month on University Avenue in Palo Alto when she was approached by some young people who asked her if she'd like some coffee on their bus "The Elephant Express," parked on Bryant and University.

"I was aware they were affiliated with a religious group," explained Driggs. "They just seemed like people into preach and love and getting along with their brother and sister."

She asked what they were, and was told they were a Creative Community Project in Northern California.

"You can't discern a lot from that—it's misleading right there," Driggs commented.

Though she professed to be uninterested in the "project," the people got her phone number and address, and made frequent visits to talk to her.

"I developed a friendship with them. We'd discuss the philosophy of their thing. I argued a lot." Driggs asked them point blank if they were affiliated with Reverend Moon. "They told me they studied his teachings, making it sound as though they studied a lot of people's teachings. It was evasive, invalid, dishonest and deceptive."

When the invitation came to spend a weekend at the ranch, Driggs accepted, but not without some misgivings. She compared going to the ranch with visiting a friend's church.

"I wanted to check out what they were into—I planned on being completely objective, looking at it from a psychological, sociological standpoint. I'd heard a lot, but decided I would see for myself."

They left on the bus for the "New Ideal City Ranch" ("A misnomer if there ever was one," comments Driggs) late on a Friday night.

"My first impression when I got off the bus was that everyone was super cooperative!" she exclaimed. "There was no hassles, no negativity. It was an overwhelming, beautiful experience, with everyone so open, and harmonious. It seemed totally detached from reality."

Driggs joined 50 other girls in a large trailer at

## "They denounce Christ as a failure."

night. There were two bathrooms for all, no showers allowed on the weekend and little hot water. All their time was regimented, though no instructions were ever given ("You just follow the crowd," explained Driggs), beginning with exercises early every morning.

"I don't dig those kinds of exercises," remarked Driggs. "But you just do it. If you don't they make you feel like you're being a creep, and being negative, though they don't say anything."

Driggs felt some of the activities seemed crazy. During a dodgeball game, everyone repeatedly chanted, "Win with love! Win with love!"

After the game, everyone joined hands and shouted "Victory for one is a victory for all!"

"I thought it was insane, ritualistic, and heathenish," expressed Driggs. "It turned me off."

Much of the weekend was filled with song fests and lectures. The conglomeration of all Moon's philosophy is "Divine Principle--God does exist!"

"Their philosophy is so consistent with a lot of modern knowledge. They denounce Christ as a failure, and claim the crucifixion was a mistake. They believe the Holy Trinity is supposed to be God, man and wife," explained Driggs. "After awhile, you start hooking on the truth part. You never get your questions answered. They kept telling me they would be explained during the week's lectures." Moon's name was never brought up, throughout the weekend.

Driggs was assigned a "spiritual partner," who stayed with her constantly. "There are no sexual encounters at all," she said, "no males and females. You're just all heavenly brothers and sisters."

Sunday night things started getting heavy, with the pressure on her to stay. "I had a deep relationship with a lot of people really fast," explained Driggs. She told them she had school, and other obligations. "They kept saying stuff like 'God's calendar is different from your calendar.'"

"After the weekend I was affected by the psychic environment," she continued. "It seemed so pleasant, being constantly surrounded by loving people who care about you. It's a shame they have to have this type of cause for them to be able to communicate in that way."

Driggs did get on the bus late Sunday evening, ready to go back, but only made it as far as the Moon house in Berkeley. She claimed she was to try to argue with them by that time. "It seemed trite to bitch, after they'd been so loving and nice all weekend." She agreed to spend the night.

The people focused a lot of concentration on her that night. "You know in your heart," they'd tell me.

## "I started getting sick."

My heart was saying all this love your brother, heaven on earth was beautiful, but my head was saying, 'Martha, don't be dumb!' " Still, she agreed to return to the ranch for the week's lectures.

During the week topics ranged from "What is reality," and "What is suffering." to "Why are you here." "They were very intellectual," commented Driggs. "If they don't grab you on an emotional level, they'd get you on an intellectual level."

Driggs started breaking down, and believing it.

"The environment was so conducive to believing it," she explained. "But I started getting sick. The food was bad for the system--there was no meat. And I was exhausted."

The people claimed she was having a spiritual struggle. "On one side you want to believe them," remarked Driggs.

There was one phone at the ranch, (everyone listens to the conversations) and no newspapers. During the week, everyone had their own clean-up jobs, such as kitchen duty, or latrine. Before getting started on their jobs, they gather together, holding hands, chanting "chchchoo, chchchoo, yea yea POW!"

"I realized later this was a form of brainwashing," commented Driggs.

She found it was getting harder and harder to be objective. The people were constantly, gently, pressuring her into completely surrendering to their beliefs.

"They don't force you with anything but their love," remarked Driggs, who was getting little sleep, due to late night "discussions." "Once you let go, it would be so easy to just flow with it."

The turning point came when a friend of Driggs' called and expressed her concern. "All of a sudden a flood of old memories of my life back home came to me. I got off the phone, feeling really good."

Driggs started to change back to her normal self. She tried to deceive them but they picked up on it. They claimed it was her day of judgment, and kept "nouring in their love thing."

## "I just started running."

I was physically wiped out. I had to leave," claimed Driggs. She decided to sneak away early the next morning. She had lost three nights of sleep because of heavy nightmares, but took some Codeine which made her feel refreshed in the morning.

She quietly left the trailer which she shared with the rest of the girls. When she began wading across the river that surrounded the property, one of the men spotted her.

"I just started running," she explained. "It was like a homing drive and psychological freedom—I just knew I had to get out of there!"

Driggs ran until she encountered a big barbed wire fence, with a gate and a lock.

"Then it hit me," she said. "If God was living behind barbed wire, it wasn't for me."

In desperation, she flung her two bags over the fence and crawled under it. She ran down the road until she realized she was heading in the wrong direction. "It was a good thing I did, though, because they started chasing me the other way."

"Finally I made it into Boonville," she exclaimed. "It was the horrible material reality we'd heard about all week. I didn't really know who I was or even how to relate to people anymore. I adopted a very humble attitude to the first person I saw, practically begging him for a dime for a phone call."

The man gave her a dollar and showed deep concern for her. "It was almost a revelation! The world was not an evil place after all!"

Driggs quickly called the woman she lived with in Palo Alto. "I felt totally fried, like I was on a bad acid trip. She really calmed me down." Just when she started feeling better, she glanced around, and to her shock, Moonies were standing quietly outside the phone booth. "It was just like in the movie, 'The Birds,'" Driggs recalled.

(Continued page 12)



## Able 'Disabled'

By PAULA WILLIAMS



When asked how he feels about receiving a push, Steve Schultz says, "I welcome it."

One aspect of life which society has taken for granted is the able "All American" body.

However, there are people who exist in this society (contrary to popular belief) who do not have able bodies, and nonetheless lead happy, normal lives.

Steve Schultz, 23, in his third year at Foothill, president of the Disabled Students Union (DSU), seems to fit into this category of being "well adjusted" and disabled.

Born with cerebral palsy in San Francisco, Schultz now resides in Palo Alto with his parents, 17-year-old brother, and the family dog.

Schultz has insecurities about his life, but not about his disability.

"If you've been disabled all of your life," explains Schultz, "you don't know what it's like to be able-bodied. I think disability is rougher if you have to adapt to it after being able-bodied."

Schultz enrolled at Foothill after graduating from Gunn High School. He has not declared a major yet, but is interested in business.

To transport himself from class to class, Schultz uses a wheelchair.

He tends to "avoid classes such as F-12 and the larger classes with steps. I wear glasses, but I cannot see the board if I stay in the back of the class. Usually I bring binoculars to see the board if I get into a larger class."

Schultz helped organize the DSU two years ago, which now has 14 members. The main function of the DSU, according to Schultz, "is to educate able-bodied persons about hassles of the disabled." The DSU has published a newsletter.

His point of contact when organizing this club was through Mary Fidler, enabler counselor at Foothill.

In Schultz's everyday confrontations with his disability, the reactions he dislikes the most are, "children with adults, who won't let the children ask the most natural questions."

As far as driving a car, Schultz commented that "there are cars built with a special set of hand controls." He's hoping to get one soon.

Curbs often present problems for everyday errands. "I am discriminated against every time there are curbs halting my way from getting to one place to another," Schultz explains, "because then I will have to find a way to get down from the curb, or rely on others."

Although bike curbs were not specially built for disabled persons, Schultz uses them and is "happy about it."

As far as experiencing discrimination in job areas, he comments "with the new laws, businesses can easily be thrown into court." On the personal side, he admits that he has never experienced any discrimination.

When asked how he feels when he receives a push, he stated, "I am constantly being asked if I need a push. I welcome it. Why shouldn't I? Everyone likes help from someone."

Schultz's reasons for coming to college are reasons many people come to college. "It's a chance to have a good social life."

One of Schultz's big goals is to fall in love and marry. Although he admits he has problems starting relationships, it's not due to his disability.

And as a matter of fact, Schultz informs, "I've never dated anyone who was disabled."

On the physical side of relationships, Schultz chuckles, "there's nothing lacking." □

## Musicians Strike Up Chord

By RICHARD PLAMBECK

For some time, the Bay Area has been musically ahead of the rest of the country. But most local musicians had no way to contact each other, trade information, or just find out what was going on across town. Most of this communication was done by word of mouth.

Within the last six months, though, two publications specifically designed for local musicians have gone on the market. "Bay Area Musician" and "The Paper Musician" are published in San Jose.

"Bay Area Musician," (BAM), the larger publication features a service which, up until now, has been the primary service of guitar shop bulletin boards. "Musician's Switchboard" provides local amateur and professional talent with a list of bands and musicians, and the phone numbers to reach both. Also featured is a list of clubs in the area and a monthly schedule of programs in each club.

"Bay Area Musician" was the first of the music newspapers, and in the six months it has been in print, it has established a circulation of approximately 40,000 according to Publisher Dennis Erokan.

"My friend, Dean Markley, needed a place to advertise his guitar strings," says Dennis. "There were plenty of national trade magazines at the time, but none for the local music scene."

Dennis, a professional musician since age 17, says Bay Area musicians, regardless of skill, are in demand around the country.

"I felt with notoriety like that, there should be a local trade journal."

With a little backing from some friends, he put the first issue out in January of this year. Dennis declares readership among the most prestigious local

musicians, including Mike Bloomfield who "drops into the office every now and then" and John Fogerty of Ruby.

Most of BAM's staff is involved with music. Dennis still plays. Staff writer Dan Torres, who writes a column about equipment information, repairs guitars and equipment, and most of the people who walk in and out of the small shop play something.

"The Paper Musicians's" staff could not be reached by phone or in person. It originates from a custom tee-shirt shop in San Jose, and has a similar layout to BAM. However, while BAM is more concerned with local musicians, "The Paper Musician" features articles about local talent and acts that come into the area.

Both papers feature record reviews by local critics, some Bay Area gossip, advice columns on equipment, and both accept free-lance material.

"Most of BAM's staff were once our free-lance contributors," says Dennis.

BAM has an editorial column, which covers a lot of ground for editorial material, but is good reading for musicians. "The Paper Musician," on the other hand, had no true editorial, but carries a musical Ann Landers column, called "Dear Roadie," and a column on libation titled "The Wandering Wino."

Advertising in both papers is geared specifically to musicians, while BAM plays the hard core guitar-drum ads, and "The Paper Musician" encompasses some stereo equipment.

Both papers are available in guitar shops, and some stereo centers.

Both are free at the merchant's place or you can get subscriptions from the publishers. □





# TV Viewers Revolt!



By JUANITA SIMMONS

Foothill students Dr. Lewis Mills and David Kilbridge have started a war of persuasion aimed at ending violence on American television by blasting the worst programs in a monthly magazine titled "Viewer's Disgust."

Mills and Kilbridge hold graduate degrees in biophysics and mathematics from Stanford, but both continue their educations by taking courses at Foothill. Presently they are attending Spanish 6 classes with Dr. Nicolas Alvarez at the Mountain View Center.

They and fellow graduate students at Stanford became alarmed at the increasing number of violent, sadistic and tasteless television programs and decided to do something instead of "grumbling and griping."

In the spring of 1975, Mills said, some ten people in Palo Alto began meeting each week to write letters to TV networks concerning programs that they had monitored.

"We soon found that the networks intend to continue flooding the country with violence as long as the advertisers...pay."

They formed the National Correspondence Group (a non-profit organization) which started publishing "Viewer's Disgust" in September, 1975, and a handbook, the "Target List," with the names and addresses of television networks and sponsors.

Since that time, Mills and Kilbridge said, membership in the NCG has grown from 10 Californians to almost 1,000 persons in 42 states.

"A whole nation of writers and film artists could spend a thousand years exploring...possibilities (for replacement programs)...without ever reaching its boundaries or coming up with a crime-show," they said.

Their concern is that the quality of life in the United States has been alarmingly eroded by the glamorization of crime on television.

"Does it (not) disturb you to know that children...are being taught many of their values by crime shows, TV ads, sadistic movies...and that the average American child during his or her most impressionable years witnesses over 13,000 vicious killings on the television in their own homes?" Mills asked.

One has only to look at the "growing mountain of scientific evidence...(and)...in police records to see the utter folly and...and insanity of America's present TV programming," Mills declared.

Mills, Kilbridge, three monitors and others in the National Correspondence Group watched an "excruciating" number of TV programs, rated them according to taste, violence and viewer value, if any, and

kept account of sponsors of each program.

The names and addresses of sponsors as well as television networks are contained in the "Target List," a booklet that comes with the "Viewer's Disgust" for the \$4.50 annual membership in the NCG, P.O. Box 1039, Palo Alto, Ca. 94302.

To date they have published six issues of the magazine and have been successful in getting General Foods to agree not to sponsor questionable programs.

In addition to monitoring programs, Mills and Kilbridge have studied research on the effects of TV violence on audiences, and are in contract with Prof. George Gerbner of the University of Pennsylvania and others in this field.

They are concerned about the effect of violence on unbalanced persons.

Recently, Mills said, "Viewer's Disgust" wrote a review of "Helter-Skelter", a 4-hour story in two parts on the Charles Manson "Family" and the Tate-Libianca mass murders in Los Angeles.

The program was not shown in the Bay Area because KPIX refused to run it. It was reviewed by a monitor in Los Angeles and reported in the April issue of the magazine.

They have since received a letter from a woman in Ohio asking how she could contact Manson because she "had vague notions of reforming him."

"There is no doubt that some people identify with characters they see on television.

"And the fact is that whether or not we watch TV violence, other people watch it," Mills said, and thus everyone is affected by bad programming—or can become the innocent victim of some sick person's delusions.

One of the most frequent complaints made to "Viewer's Disgust" by TV networks and advertisers is that any campaign against TV programming is an attempt at "censorship," Mills said.

But, he added, "Censorship is an official act and always involves force. Without threat of force there can be no censorship."

Efforts by the NCG, they said, are aimed at "persuasion" that will hopefully bring better entertainment and educational programs to TV screens.

"...No society can long tolerate an entertainment industry that successfully converts part of its audience into a horde of thieves, terrorists and vigilantes...(and) if this action (to persuade) proves futile, then our society will probably turn to the only other visible alternative—censorship." □



"Children being taught values by crime shows."

## S.W.A.T.

PROGRAM: SWAT

TIME: Sat. April 10, 9 pm.

PLOT: Two young men, Will & Johnny Brewer, refuse to be evicted from their house... which was legally but dishonestly taken from them by an unscrupulous developer named Rigby. They get into a shoot out with the police and are captured by the police SWAT team, headed by Lt. Haroldson.

Two thugs named Costa and Lang have just finished a prison term for embezzling \$20,000 from Rigby. Now they see a way to take revenge on Rigby, their ex-employer, and Lt. Haroldson, who arrested them.

When the Brewers are set free on bail, they are kidnaped by Costa and Lang, who then don the Brewers' clothes and rob a gun store. Then Costa terrorizes Rigby over the phone while Lang shoots at him with a stolen gun from a hill overlooking his house.

After Rigby recovers from his wounds, Costa shoots and kills him at his office.

When the police see through the frame up, Costa tells Lt. Haroldson to come to a certain stadium or else they will kill the Brewers. When Haroldson arrives he finds Johnny Brewer bound and gagged in the center of the stadium. Costa and Lang shout from the announcer's booth that they are going to start shooting at Brewer, and that Haroldson has to try to rescue him. During the shooting the SWAT team arrives, shoots Costa and arrests him and Lang.

VIOLENCE RATING: 1000

ANALYSIS:

1. Rigby shot to death.

- 12 attempted killings: 3 shoot-out scenes between Brewers and police. Lang shoots many times at Rigby, hits him and causes him to fall through plate glass window.
- 6 scenes of Costa & Lang shooting at Johnny Brewer in stadium. Police shoot Costa. Costa grabs for gun again, but is stopped forcibly.
- 12 attempted killings: in which guns are pointed at people.
- 7 death threats.
- 1 unarmed assault: Costa hits Brewer in face.
- 8 displays of weapons in readiness.
- 1 kidnapping.
- 5 displays of bondage: Brewers shown bound and gagged many times.
- 12 displays of destruction: 8 windows smashed. Gate broken. Rug set afire. Car wrecked (4). Car shot up (5).
- 3 displays of reckless driving (2 \*).

\*in preview of next week's show

TARGETS:

STUNGONS:

- 20. Handi-Wrap plastic
- 21. Toyota trucks
- 22. Jeep cars (AMC)
- 23. Kawasaki Jet-Ski vehicle
- 24. Oil of Olay lotion
- 25. Nissan cars
- 26. Betty Crocker frosting
- 27. Old Milwaukee beer
- 28. J.C. Penney batteries
- 29. Avis car rentals (Int. Tel. & Tel.)
- 30. WMAK, 50: American Broadcasting Co.
- 31. Robert Hammer
- 32. Bob Keenan

Page from "Viewer's Disgust" booklet.



Dr. Lewis Mills and David Kilbridge have started a war of persuasion aimed at ending TV violence.



## He Recalls Past...

By SALLY ROLL

"I know what it means to live free." On this nation's 200th birthday, Larry Fabisch spoke with conviction—a man who had lived in Nazi Germany and in a concentration camp for three months.

Fabisch, 54, recounted his experiences in a recent interview at Foothill. The Foothill college student, employed by the Watkins-Johnson Electronic firm, quietly and thoughtfully responded to questions about his past.

Nov. 10, 1937, Fabisch and his father were arrested by the Gestapo at a friend's house in their hometown of Breslau, Germany.

He was asked, "Are you a Jew?"

When he replied, "Yes," he was taken to Buchenwald, a concentration camp. His detention came as the aftermath of the slaying of a German diplomat the day before by a Polish boy in Paris. In retaliation, the Nazi's burned all the synagogues and made sweeping arrests of Jews.

Prisoners were fed once a day—a cup of rice with no utensils. There were from 150-200 inmates spread among five barracks, which were kept fairly clean. But, "I was arrested and released in the same clothes," recalled Fabisch. "We took no baths."

At one point, two Czechoslovakian prisoners escaped and the rest of them had to stand outside with-

out eating, or even moving, until they were captured.

"I was young (16 years old) and had a lot of energy, but the older people couldn't take it. You'd be amazed at what the body can take." Two days later, the escapees were returned and hanged in front of everyone. Their bodies were left hanging for three days.

Fabisch was released in February, not without anxiety concerning the certainty of freedom. He had become ill on his last day and, "If you got sick they got rid of you—killed you. There was no fooling around." His fever was finally reduced with lemons given by a cousin. This was the day he spoke with God.



*Larry Fabisch and Edith Weigert, both formerly of Breslau, Germany (now Poland) discuss their separate experiences in their homeland, and their adopted home, America.*

"I said, 'If you exist, prove it to me.' He did—I got out." His faith helped him through his confinement. "I got suddenly very religious," he smiled. He carries that faith to this day.

After his release (his father had been released earlier) his family made preparations to leave the country. They eventually went to Shanghai, China during its occupation by the Japanese. He stayed there for 10 years, a man without a country.

In May, 1948, Fabisch came to the United States.

"I cherish my U.S. citizenship very much," he said. He enjoys being able to say and do what he wants, "without being afraid someone will knock on the door and say, 'You're under arrest!'"

"You have prejudices here, but I speak up here. I am not afraid," he said, comparing the old Germany to the United States.

Fabisch would have no qualms about returning to Germany to tour and visit relatives. "You can't blame present generations for the past's mistakes."

Could a Nazi-like situation happen here? "If we let people go too far. Let them talk, but don't (vote) them into power."

"Get active and political and campaign... You make this country great!" □

## ...She Looks to Future

By HELEN SHIMEG

"Community College is a wonderful source of education for people of all ages," said Mrs. Edith Weigert of Palo Alto in a recent interview.

A student at Foothill since last January, Mrs. Weigert explains how she happens to be here at "a not so young age any more." She smiled and commented that "age is not important and what really counts is that there is a new excitement and meaning to my life since I came to Foothill."

After the death of her husband, two years ago this June, Mrs. Weigert found herself "lonely and with not much to look forward to." She and her late husband, George, had a very close relationship. "Perhaps it was closer because we had no children and went through some very hard times together."

Mrs. Weigert's loneliness was interrupted by her "very clever" friend Mel Applebaum, who is an English teacher at Foothill. "He took me out to lunch one day last winter. And of all the places, he chose Foothill's cafeteria." Soon after that lunch she became a new student at Foothill College.

It has been years since Mrs. Weigert's association with school. She was educated before World War II in her home town of Breslau, Germany (now Poland). In 1939 she and her late husband immigrated to La Paz, Bolivia to escape persecution of Jews.

"In 1938 my husband was put in the concentration camp in Buchenwald because he was a Jew," explained

Edith and added that her husband "took secrets of that experience to his grave." She believes that he was not the only one who preferred not to talk about "those sorry days of our history."

While in Bolivia Mrs. Weigert taught school, but when she moved to Palo Alto 22 years ago, she had no intention of ever going back to school to teach or to be a student.

With the help of her friend, Mel Applebaum, her intentions were changed last January when she enrolled in two classes, Advanced Spanish and History 4A. She found it "a wonderful experience."

"The first year after the death of my husband I did extensive traveling. But back in Palo Alto I got really depressed again," she remembers. "Those days are, hopefully, past."

Mrs. Weigert goes to school three times a week. One her days off, she "goes over the material for the next class and tidies up" her house. She considers weekends still "a bit lonely, but looking forward to Monday classes makes them bearable," she explains.

"I am lucky to have superb teachers in both of my classes," said Mrs. Weigert. "Mr. Ehly is a very able Spanish teacher and I have learned a lot from him."

She said, "Dr. Roth is an outstanding, dynamic history teacher who leaves me looking forward to the next class."

But there is more to Foothill than just "good

teachers," according to Mrs. Weigert.

She finds the campus a constant source of "something to think about," and says that "comparing schools" of today with those of her days in Germany "is very interesting."

"Looking around the campus I find its population so much more casual and relaxed than we used to be." She also believes that students today enjoy more liberties.

"There is no dress code, students enter and leave their classrooms at their own will. They may even call their teachers by their first name," Mrs. Weigert observed.

She also believes that teachers now seem to take "more interest in the individual student" and "because of this, students can get a better education and go so much faster in achieving their goals."

"There is a lot to think about thanks to my enrollment in Community College," said Edith Weigert. "My mind is working, not rusting. I enjoy my classes tremendously. It is even possible that I am enjoying my classes more than some of my younger classmates, for not being young any more I have all those distractions that bother the young behind me."

She added that she does not have to worry about dates, about big plans for the future or about how to impress her peers. All she has to do is "sit down and enjoy" her lectures and readings. □



## Women's Athletics ...same posture as men's

By MICHAEL TORCELLINI

Is there a place for women in sports? The omnipresent question is constantly popping up at the college level of competition and Foothill College is no exception.

Bill Abbey, director of athletics at Foothill and this year's women's softball coach, believes that "if athletics are good for men it should be no different with women. On the whole, women competing against women is as meaningful as men's competition."

There are presently four sports in which women are recognized as inter-collegiate competitors and are placed in a specified league such as the Bay Area Collegiate Association of Women Athletics (BACAWA).

Tennis was the first women sports program to materialize four years ago, followed by volleyball next, then basketball, and the most recent addition was softball just this year.

"We hold the same posture with women athletics as with men's," said coach Abbey. "When there is sufficient interest we move it into the inter-collegiate athletic program."

Coach Abbey explained that to begin an athletic program it must be brought to his attention that there is an interest or need of some kind. He, in turn, asks the initiator to compose a club in which there is no official facility or coaching, and "if there is substantial interest," says Coach Abbey, "I'll most certainly recognize it."

Although women possess the opportunity to start their own program, many find a lack of interest and decide to join the men's squads and compete on the same level as them.

Just such a woman is Sue Grigsby who was coached by Hank Ketels in both cross-country and track.

"Sue always tried her hardest," declared coach Ketels, "but she felt the feeling of defeat much more often than the 'thrill of victory.'"

Grigsby's most impressive performance of the season came in the Bakersfield Invitational Meet earlier this year where she placed a second out of a field of 15 women. Her time was 2:19 in the 880, 14 seconds slower than the winner.

Grigsby's second place finish was much more significant when considering that the winner was an Olympic candidate from a foreign country. "The few times Sue ran against women she gave outstanding performances," boasted coach Ketels.

"There were three other girls who tried out for the team," continued Coach Ketels, "but they became so discouraged because of the overwhelming sex ratio that they dropped out. Sue ended up being the only one to stick it out."

Grigsby wasn't the only woman who joined in competition with men. Melinda Scurry was an important element on the men's diving team this year. Scurry,



*"The few times Sue Grigsby ran against women she gave outstanding performances."*

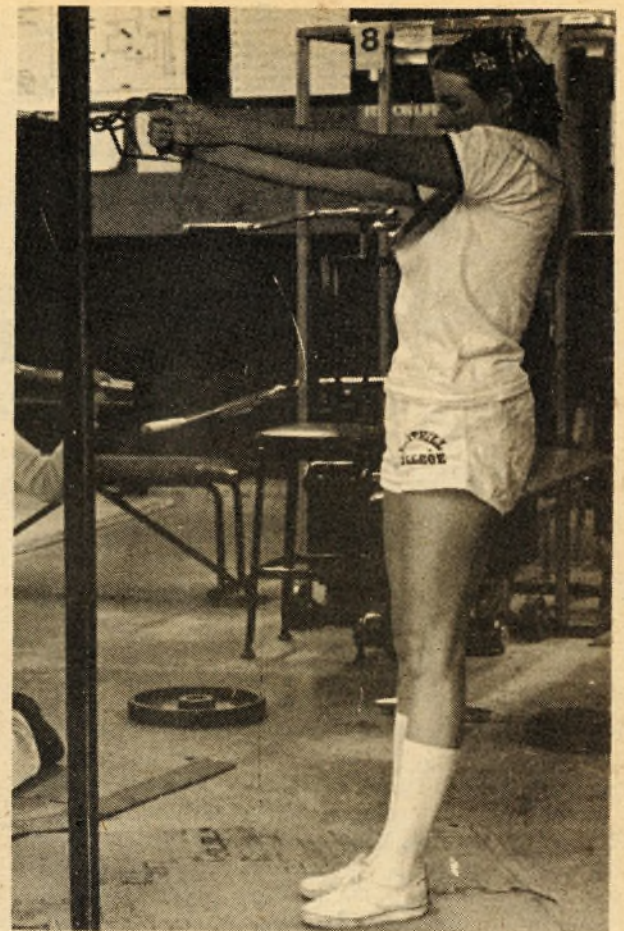
a two year competitor in the sport, placed in the Conference meet both seasons.

Scurry also placed eighth in the Northern California Championships, fourth in the Nor-Cal Relays in '75 and second in '76. She has defeated every male diver in the Golden Gate Conference in dual meets, except two (The state champion and the fourth place finisher).

Among Scurry's many accomplishments is the offer she received to dive at Long Beach State next year.

"The women have been accepted at the same level as the men," said coach Ketels. "There is no reason they can't compete as well as a man given the same opportunity to practice."

Coach Gene Hawley, director of the intramural program and this year's women basketball instructor, stated, "Society places more pressure on the men to be



*Another program open to women on campus is a weight lifting course.*

successful in athletics than the women."

"They have as much competitive desire as do men," continued Hawley, "but most women haven't started in an organized league at a young age like the boys."

Coach Abbey concurs with Hawley's beliefs stating, "It's not unusual for a boy to come into Foothill's baseball program with ten years of experience. The Little League program quite often starts children at the age of eight."

Abbey continued by stating, "Women have not developed their skill through organized childhood sports like Little League, Pop Warner and youth soccer; however, given time most possibly could have as many youth athletic associations developed as there are for boys."

Although the women here at Foothill are presently competing in the BACAWA, there is a proposal under consideration to merge the women with the Golden Gate Conference, the same league the men compete in.

"The women need their own program," says coach Ketels. He also conveyed the supposition that within the next two years such a program for women will have stated here at Foothill.

"Since 1958—and our original planning—we have hoped for the idea of joining the men with the women," disclosed coach Abbey. "Prior to this year there was never any budget categorization, as they now have."

"Presently the women have exactly the same budget appropriation as the men," stated coach Abbey.

Another program open to the women on campus is a weight lifting course instructed by coach Norm Manoogian. Coach Manoogian directs six weight training classes during the day, four of which are exclusively for women.

"There are 180 girls in my weight training classes," explained coach Manoogian, "which means that all four are full."

"In the past two years," continued Manoogian, "there has been a great increase in interest." The first quarter in which the women's program was placed on the schedule of classes was the fall of '74.

"I saw a particular need for a women's program," explained coach Manoogian, "and so I initiated the class. The women seemed too segmented which I thought could be improved by a weight lifting course. After introducing it, there was a flourish of success," claimed coach Manoogian.

With these numberable opportunities for women at Foothill, the question of whether they have a place in sports here at Foothill can be answered quite succinctly...undoubtedly YES. □



## Lose FAT Mathematically

By JEAN DANE



Fat is a provocative word to most Americans. Talk of any fat-reducing diet—high protein, all-liquid, egg-and-grapefruit, fish-and-celery—and the 80 million Americans who are overweight become as engrossed as children hearing "Hansel and Gretel" for the first time.

The fairy-tale analogy is not far-fetched, for most diet lore is wistful delusion. Evidence shows that even with maximum will power and good intentions, people who attempt a fat-reducing diet will have trouble losing fat because of a misunderstanding of its caloric value.

While this may sound hopeless to the anxious overweight person, the fact is that popular crash diets are designed to reduce body water not body fat. This person will show a weight loss but not a fat loss.

Gene Spiller, Ph.D., head of Nutritional Physiology Section, Syntex Research, Palo Alto, has been lecturing students at Foothill about how to lose fat sensibly by a few simple mathematical calculations and maintain vital body fluids. Anyone who can multiply can follow along.

"It is also important to count the calories you need to keep up your energy," said Spiller who is tall and thin. "The question is, how do you lose excess fat while maintaining water and eating enough calories to keep up your energy?"

Physiologists agree that a certain number of calories are needed for our basal metabolic rate (BMR) to keep normal body functions (heartbeat, temperature, digestion) running while at rest. Any additional calories are necessary for activity.

"An average-size person living a rather sedentary life may need only 2000 calories per day," he said, "sixteen-hundred of which are maintaining their BMR. By contrast, a cross-country skier may need 6000 calories."

While our caloric intake may vary according to activity, our BMR does not change except with old age. Calories are supplied by carbohydrate, protein, fat, and alcohol which Spiller does not consider a food.

"To maintain an ideal weight, you must balance your input (calories) with your output (activity)," Spiller continued. "If 2500 calories are consumed and only 2000 calories expended, then there will be a weight gain in fat. There are only two ways to lose fat: either by increasing your activity or by decreasing your calories because you cannot safely change your BMR."

"If you choose to lose through diet," he warned, "do not be misled by popular diets. Any diet that claims you can lose five pounds a week is really telling you how to lose water. This can be dangerous because along with the water you are losing vital salts such as potassium and sodium. And you still have your fat."

Spiller believes that by realizing fats contain more calories per pound than carbohydrates and proteins, individuals can use a few numerical figures to calculate fat loss.

Fat has nine calories per gram while carbohydrate and protein each have four calories per gram, and alcohol has seven. One pound weighs nearly 450 grams. To figure the number of calories of fat in one pound, multiply nine calories by 450 grams.

### ...22 weeks to lose 20 pounds of fat....

Take a person who weighs 200 pounds, 40 of which are fat. To figure out how many calories this amounts to, multiply 40 pounds by 450 grams to get 18,000 grams of fat. Then multiply by the factor 9 calories for fat. This person has 162,000 calories stored away in fat.

Spiller says that only 1200 to 1600 calories, which is less than a pound, is stored as carbohydrate in the liver and blood for immediate use as energy.

If this person needs only 10 per cent fat storage or 20 pounds for reserve energy, then how long would it take him to lose the 20 pounds of excess fat or 81,000

calories if he cut his caloric intake by 500 calories per day? Divide 81,000 by 500. It would take 162 days or 22 weeks to lose 20 pounds of fat not four weeks as popular diets claim.

While this may discourage anyone who wants immediate results, he must remember that he probably spent years gaining the excess fat. Therefore, 22 weeks by comparison is not much. It would give his body a chance to adjust and become accustomed to eating less in the future and maintain necessary water and salts.

If this person chooses to use Spiller's figures to lose fat, he must also know how to calculate the difference between a pound of fat and a pound of carbohydrate, for instance, if he plans to include pastries in his diet.

The principle applies to protein as well, but if two pounds of pie crust are to be made out of one pound of shortening (fat) and one pound of flour (carbohydrate), does one contain as many calories as the other?

Multiplying by the factors nine for fat and four for carbohydrate by 450 grams, fat comes out ahead by 2250 calories.

Using these figures, a person can look at a piece of pie or meat and know that the calories in fat exceed the same number of calories in carbohydrate and protein by 225 per cent.

But how much of each food group is necessary if this person can function on 3000 calories a day without gaining fat? Based on the National Research Council's latest figures, Spiller says 300 to 600 calories of protein and of fat, and 1800 to 2400 calories of carbohydrate is optimum.

Adapting these figures to body size and age as well as balancing calories with activity will yield positive results in time. By understanding the real caloric value of each kind of food, persons concerned with low-fat diets may calculate how much they are consuming and how long it will actually take to remedy their fat problem without losing salts and water.

## escape

The owner of a nearby store sheltered her until the police came to take her to Cloverdale, where a friend was meeting her. Another car full of Moonies pulled up, while she was in the store and she decided to wait in the bathroom. "I was scared. I didn't know if what I was doing was right or wrong. I still think of them as people. I have a deep emotional attachment to some of them."

When she finally made it home, she discovered the Moonies had censored scores of phone calls from friends and relatives. The only reason her friend had gotten through, was because she told them Driggs' sister was in a coma, and they might have feared a lawsuit, had the "sister" died.

Driggs found she was still a little unstable psychologically and visited a psychiatrist, but attends classes at Foothill, as usual.

Since her return, she has done research on Rev-

erend Moon, and has discovered that, aside from there being \$15 million in the Unification Church (membership is \$250), Moon is closely affiliated with the regime in South Korea.

Driggs' concern now is for others who might get taken in as she was.

"I feel so sorry and have such compassion, for people on University Avenue. There should be protection. It's such a deceptive thing. That's not to say they're not loving people, but I challenge them to say they're not deceptive, and secretive. They trapped me--and that's not where it's at!"

"Their only strength is through love, and love is only there because they're so devoted to that ideal," she concluded. "What they're aspiring for is the Kingdom of Heaven on earth--but the way they want it--hell, that's no freedom." □



# \*\*\*\*\* Views of the stars \*\*\*\*\*

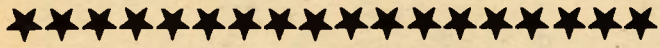


Photo by TOM PARK



Boz Scaggs Band struts their stuff.

Photo by ALEX SEBASTIAN



Peter Frampton at Oakland Coliseum.

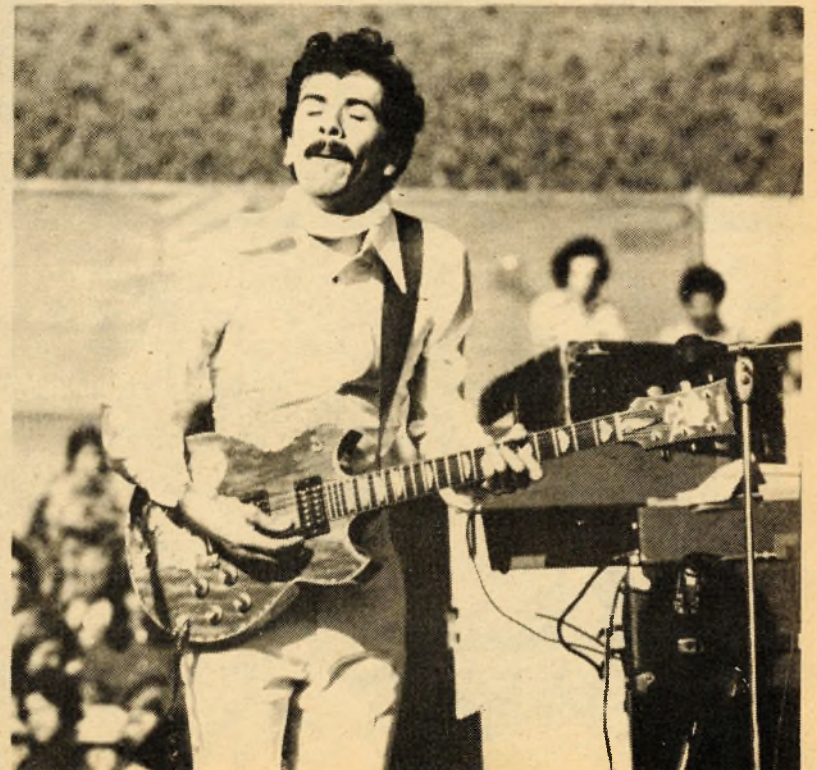
Photo by ALEX SEBASTIAN



"HONKY CAT" Elton John at the Cow Palace.



Photo by TOM PARK;



Carlos Santana at day on the Green No. 4.



# EST- is it worth it?

By E SCOYEN  
Ad Manager

"After completing the training, I have found that I'm not letting reasons make my decisions. I came back into the world with all these things and lingo going through my head. I felt superior. I had something they didn't. I was always laughing and smiling, in fact, I still am," expounded Foothill student Fred Hymans.

"After the training, you stay high. You have your ups and downs, but when you're down, it's funny. I have less and less energy for bummers," emphasized Foothill instructor Julie Wilson.

They were referring to the newest thing in self-help courses. A program that has already attracted an estimated 83,000 people across the nation commonly known as EST.

EST (Erhard Seminars Training Inc.) was founded by Werner Erhard, who summarizes his philosophy by explaining "What is, is."

According to the majority of the persons that have taken the training, the \$250 price tag for the four day marathon is well worth it.

"Life is more humorous. I don't have to take it seriously," joked Wilson. "Not that I'm flip, it's just not such an intense thing. I guess what I really did was to lighten up." It's 'okay' to wake up and be happy. Before it was why, why, why? I never ask anymore. Things are 'just the way they are,' and if anything doesn't work out, I don't take it personally. It's not important anymore that people have my standards, or even 'acknowledge' me. It comes from guts," she continued. Wilson completed the course in the fall of '74.

Hymans, a recent graduate of EST, also spoke in praise of EST's benefits.

"One change is that I view other people's problems differently, especially the emotional ones. I find that they are becoming invalid. 'What you are is what you are'..."

He went on to illustrate the advantages of 'sharing.' "Steve, (one of the fellows in Hymans group), cried his eyes out. He just let it all out to let other people know 'where they were at.' That's the advantage of 'sharing.' People who can't 'share' are still 'there.'"

Both of the Esties are able to define and recognize changes in themselves, which they accredit to EST.

"One difference? Well in the training session that I went through, at least half of the people were married, and half of this group was divorced. At first I had trouble associating with them because I hadn't been 'there,' but what I got out of the training was to learn 'where I'm at' so that I won't screw up my life or anyone else's.

There is no daze and no knights in shining armor on white horses. As EST puts it "there's no buga buga in the sky," attributed Hymans.

"My definition of success and failure have really changed," Wilson went on to explain. "The new definition is that I have never failed in my life. They (Estonians) expect 100% 'put out' and you do it. You build up your confidence and accomplish 100% in anything."

Allegations against EST include sessions outlined as "nightmares." According to Wilson, it's both.

"The first weekend is a terrifying experience. The second is the greatest. What EST did was to smack me over the head."

The EST lexicon is one of the most apparent traits of people who have completed the training.

Hymans, although he uses the language, feels that the feedback is minimal. "Friends have noticed a difference though. You really can't go through any experience without some kind of a change."

Wilson's comments come mainly from students. "The only feedback is that sometimes students will point at me and ask 'have you taken EST?' It's the language that they spot. The language makes things 'clearer' for me. I'm certain what I'm saying."

Each of them have their own perception of what EST is.

"What EST essentially is, is 'creating' things you want," defined Wilson. "The freedom of choice is overwhelming. There is no external source. Everything comes from within, and all you do is learn how to tap it, in work and play. You allow yourself to be. You let yourself be you without permission."

Hymans clarified things by adding, "most people go through life reacting as machines. The EST training doesn't turn off that machine, you just know it. The goal is to try to become the cause and not the effect and to try to 'create space for your tapes rather than reacting to programming'."

For better or worse, EST is undisputedly becoming one of the most popular fads to come along since the hula-hoop. Only the graduates themselves can judge whether or not it is worth it.



**Minolta  
Planetarium  
De Anza  
College**  
South Entrance  
Opens June 10

Reservations  
&  
Information  
**255-3333**



**EYE SEE THE LIGHT SHOW - ON TOUR**  
presents  
**Cosmic Concert**

*The national touring company of EYE SEE THE LIGHT SHOW will appear for an extensive engagement.  
This sight and sound experience includes visual images projected upon the backdrop of the Universe.  
The multi-channel omniphonic sound track will accompany lasers, liquid lights, lumias, and many other special effects designed to take you away...*

**Thursdays, Fridays, Saturdays & Sundays**  
9 and 10:30 p.m.  
**Special Midnight Shows—Fridays & Saturdays**  
Early Show Sundays  
7:30 p.m.

**OPENS JUNE 10**

*Groups & Organizations  
call to schedule  
special shows*

*Admission*  
General \$2.75  
Student \$2.50



What will you remember most about working on the SENTINEL?

# SENTINEL

By LYNN CAREY and JAMES MASON



**KERRY SWANSON—EDITOR:** Mostly meeting all the thousands of students and faculty on this campus that don't normally get their names in the paper. And of course, working until 4:30 in the morning, once. Yawn.



**PAULA WILLIAMS—CITY EDITOR:** Doug Ellwood—typical. And the fact that I'm the only one.



**LYNN CAREY —NEWS EDITOR:** Reforming E; "Dancin' in the Rain," bogus letters about newsbriefs, our byline for someone else's sports story (!); leaving student government meetings; ripping off the bookstore and skiing down the golf course for a story; punchiness at 11 p.m., second wind at 2 a.m.; hugs; and doing ON THE SPOT for two years!!

**SALLY ROLL —ARTS EDITOR:** The Torce's campaign against health food, Lynn's bounceable brownies; E's faith in the bizarre; Ike; Paula's "tolerance" of staff members; Milkerson's odd horticultural habits; Kerry's calendars; Colleen's best burgers; Ken's sexy bruises; Henry "Full of it" Winkler; and "Less is More."



**MICHAEL TORCELLINI —SPORTS EDITOR:** Dirty blond hair, strawberry lipstick; well-meaning brunettes in tight tennis shorts; THE pink leotard; ummMMMM; unique headlines at 1 a.m.; wringing orange juice out of my best shirt; misquoting coaches; dead batteries on the way to the printers—and News Editors that leave you stranded; demonstrating my non-conformity by ignoring women in short suede skirts; and H-I-M.



**E SCOYEN —AD MANAGER:** Corrupting Lynn; "Singin' in the Rain," bogus newsbriefs; glitter, blue bananas; Herman's baggy pants; Z's and Easter; voided parking tickets; menage-a-trois; Ellwood's stomach; my couch; chocolate chip pancakes and Italian eggs; sports editors; dietetic beer; and good leas sell ads!!



**LEWIS WEBSTER —LAYOUT EDITOR:** Midnight paste-up and layout Wednesday nights; jitterbugging and quaffing a few in Sacramento; in-E-ficiency; the endless quest for a requisition and my initial investment; keeping myself from being Carey'd Away; and confessions at The Boardwalk.



**HERMAN SCHEIDING—ADVISOR:** Everything was 'faaa-aaaantastic!'



**KEN KENRICK—PHOTO EDITOR:** What's the SENTINEL?

**COLLEEN CASEY—REPORTER:** D's and L's and dumbbells; Wobbly Webers; almost going through a window on the skateboard; reading my news story with the end mistakenly injected in the middle.



**LELA DOWLING —CARTOONIST EXTRODINAIRE:** The strange comments on the blackboard!



**NEVA HACKER —BUSINESS MANAGER:** The sound of the composer.



**JIM MASON —PHOTOGRAPHER:** Doing 'On the Spot' with the question "What do you consider erotic?" since I consider Lynn Carey erotic.



**MIKE PETERSON—REPORTER:** I will never forget the unflagging camaraderie and deep identification I felt with many of the SENTINEL staffers. I will especially remember my association with Lisa Ann Martin and John Lohnes. And I'll never forget Uncle Morty and Dead Dead.



**BARBARA GORDEN—REPORTER:** I'll remember all the nice people I worked with, and the horrible composer I worked on!

**JEAN DANE —REPORTER:** Having my stories butchered.



**JON BLAUFARB—REPORTER:** Lynn Carey's body.



**DOUG ELLWOOD —"BITE THE BUBBLE, BABY . . ."**

Susan Lee-Merrow for her ability to relate on a very true and sound level; John Lohnes for his beautiful insights to the lighter side of life; E Scoyen for her frustrating ability to make me feel wanted; Lynn Carey for her acting the role of someone whom I never had before in my life, and that is the role of a sister; Michael Torcellini for his almost unbelievable naivete and innocence; Mike Peterson for his sound beliefs; and last but not least, Herm Scheiding, the master of laxness and sincere interest. Long live Ellwoodious Vulgarious! And that's the truth!



**JOSEPH CABELL —PHOTOGRAPHER:** Skateboarding around the office while Herm's blowing his top.



**BRAD GEISER —PHOTOGRAPHER:** Herman's meetings, and the day he walked out on us.

**TOM PARK —PHOTOGRAPHER:** All the wild orgies.



**BRUCE HICKEY —PHOTOGRAPHER:** It has to be the delicious birthday cakes.

**SCOTT BRAUGH—REPORTER:** All the crazy people and the hectic atmosphere in getting a paper out.



**SARAH PERRY—REPORTER:** The feeling of writing a good story.

**RICHARD PLAMBECK —REPORTER:** Skateboards, motorcycles, and mad mail.



**LARRY FABISH —PRODUCTION ADVISOR:** Meeting a lot of good people.

**KUTSI YANG —REPORTER:** Two really good carrot cakes; they help when you haven't eaten lunch.





# Their aspiration is success

By JON BLAUFARB

aspiration—noun 4a. A strong desire for high achievement, b. An object of such desire; ambitious goal.

The "object of such desire" for the band "Aspiration" is success; however, due to the often unpenetrable nature of the music business, the result is often frustration. Dennis Harper, "Aspiration" bassist states "due to that frustration, "Aspiration" is taking a new approach of building up public support, on the band's own...depending on the PEOPLE, rather than the industry to make it."

"Aspiration" is, to use a much overused term, a jazz/rock group centered around the Los Altos-Palo Alto area (with four of its members presently attending Foothill.) The band had its beginning two years ago, when Drew Youngs (guitar), Neil Janklow (keyboards), Scott Page (drums), and Dennis Harper (bass) happened to jam together at a party, the result being something out of the ordinary; however, as Dennis states, "Drew was too good for the rest of us," and nothing developed until Scott got everyone together for a variety show at Homestead High School. The name "Aspiration" was chosen the day of the show out of necessity, the inspiration coming from the inner-sleeve of the Mahavishnu



Photo by TOM PARK

"Aspiration" plays a gig at a local high school.

Orchestra's "The Inner Mounting Flame" album, which was hanging on Scott's door.

Over the following summer, the group recorded some tapes, and had some records printed (which may

be heard on KFJC), but only played together sporadically. After playing at the Palo Alto Coffee House near the beginning of this school year, "Aspiration" began practicing extensively, commencing an industrious period of activity, including a concert at Homestead High School (almost exactly one year after the variety show), and studio recording for LWL Productions in Burlingame. About two months ago, "Aspiration" decided to add a rock influence to their jazz-based music, to increase the music's accessibility to a wider audience. At this point, I (Jon Blaufarb) joined the band as "rock consultant" and guitarist.

A little background on the group: Harper, who was the alternate bass player at the Monterey Jazz Festival, is a member of the Jazz Band, Fanfares and Orchestra at Foothill. Janklow is in the Foothill Jazz Band, and along with Page, is in the "Blue Saints", who will be touring Europe this July. Neil and Scott also toured Japan last year with the College All-Star Band. Page, who is also in the De Anza Jazz Band and Wind Ensemble, and the Great American Swing Society, was chosen No. 1 drummer in the Western states by the Percusive Arts Society of America. Drew Young

(guitarist extraordinaire) is a former member of the Foothill Jazz Band and Oasis. I am a member of Breakwater, a swing/jazz group and have formerly played with the Minnesota Mothers, the Millar-Budd Band, and last but certainly not least, Footloose.

Future projects for "Aspiration" include band festivals for this next year, with one planned for August. The band has put together a mailing and phone list to keep our friends and fans informed of "Aspiration" activities. If you would like to know when and where "Aspiration" is playing, send your name, address, and phone number to "Aspiration", 2496 (B) Wyandott, Mt. View, CA. 94040.

## "Embryo" overdeveloped

By SALLY ROLL  
Arts Editor

"Embryo" is an improbable venture into the realm of science fiction that is poorly directed and amateurishly produced, with an embarrassing display of histrionics from a cast that should know better.

Rock Hudson is the odd choice to portray a slightly mad scientist experimenting with rapid cell growth in animals. After first injecting the fetus of a dog with his magic formula, he watches it quickly develop to the stage of a newborn pup. Within hours, it is six weeks old, and in two days, 15 hours the dog is one year old.

Satisfied with his success, and pleased with the only apparent side effect (extreme intelligence), he announces, "I have decided to attempt, under controlled conditions, a similar experiment with a human embryo." Uh-oh.

The story turns to one of terror as Victoria, his human experiment, begins to have painful attacks requiring an addictive drug for treatment, after which she becomes a murderous drug addict. Barbara Carrera walks through the part with a childlike expression and minimal skill. Playing the part of a 24-year old (developed in 3½ weeks) she has such brilliant, meaningful lines as, "I really don't exist, do I? I'm a non-person."

Other actors are given lines like, "But they're ALIVE and that makes them beautiful!" (concerning some rather unattractive dog fetuses.)

Screenwriters Anita Doohan and Jack W. Thomas have created an incredibly cliché-ridden script, made worse by the heavyhanded, obvious direction by Ralph Nelson. Shoddy production values only serve to amuse the audience, rather than shock them, as had been intended.

It's hard to tell if the actors would have embarrassed themselves had the script, director and production values been different. Roddy McDowell in a cameo role was tremendous—he wasn't in the picture long enough to be dragged down. The usually competent Diane Ladd, however, was as melodramatic as the rest of them. Rock Hudson fluctuates between a highly technical character and one that struggles with feelings about the morality of what he's done, never successfully finding a middle ground.

Director Nelson goes for a big impact in almost every scene. After awhile, the audience tired of his technique and began to laugh at the endless "climaxes."

"Embryo" began with a sworn statement from Charles R. Brinkman, III, M.D., warning the audience that this movie wasn't entirely science fiction, with the medical technology we already have.

"This could happen tomorrow...or today." This message is similar to those attached to low-budget thrillers, telling the viewers not to sue if someone should die of fright. They are equally pretentious.

The titles were run over photographs of fetuses, in various stages of development, and appeared to bother some people. This was nothing compared to the later appearances of supposedly real dog, then human fetuses, as well as the obviously plastic, but disgusting nonetheless, bodies of two aborted babies. Special credit is given for "make-up design and embryos" in the end, presumably to clearly identify those responsible for this monument of questionable taste.

The basic idea of "Embryo" is intriguing, but an overly dramatic script, overly dramatic direction, and overly dramatic acting tend to produce an overly dramatic movie, somewhat comical in its alleged earnestness.


**Quality**  
**UNIFORM CENTER**

15% DISCOUNT  
for Foothill Students  
MEN'S and WOMEN'S  
UNIFORMS  
LAB COATS  
SHOES

315 CASTRO OPEN M-F 9-5:30  
MT. VIEW S 10:30-4:30



965-1240 - 965-1244



**PLANTS 'N ANSWERS**

Monday Sat. 10-6 Sundays 12-6

1742 W. EL CAMINO REAL • MT. VIEW, CA 94040

**BYTE SHOP**  
of Palo Alto

**GRAND OPENING**  
**FEATURING:**

**APPLE COMPUTER** 1mb 8080  
**ALTAIR 8800** **CROMEMCO**

**2227 El Camino Real**  
**327-8080**

**DAILY** 11:00-8:30  
closed sun. & mon. **SAT.** 11:00-6:00



**cameo**

4120 El Camino  
Palo Alto  
493-5056

"Oh, when one experiences poker, one experiences life."

"Doc" Weiss

**POKER  
PAN  
LOW BALL**

Persons under 18  
not permitted!



# "Look Homeward, Angel" heavenly

By J.E. WILSON

"Look Homeward, Angel," Ketti Frings' adaptation of Thomas Wolfe's novel, was presented by the Foothill College Drama Department in early June. The story is set in Altamont, North Carolina in 1916, and centers around the Dixieland Boarding House, owned and oper-



Starring as "the Gant family" (from left to right): Priscilla Oliver, Charlie Jaschob, Steve Carlitz, David Wood, Robert Chase, and Toni Tomei.

ated by the energetic and enterprising Mrs. Eliza Gant and her grudgingly supportive family. Her youngest son, 17-year old Eugene, would like to go to college, is stymied by his mother's insistence that he postpone leaving. This delaying tactic is one she has used on all her children with varying success, but invariable damage. The play focuses on the struggle between mother and son for control of the son's destiny.

This is a loaded subject, one that to some extent touches all of us, since we all encounter some struggle with dependent needs on the way to maturity. The clashing personalities in this situation serve to ignite this potentially explosive dilemma.

Director Doayne Mraz and his fine cast and crew handled the challenge of this script in a truly professional manner. Priscilla Oliver played Eliza Gant to perfection. She captured the tortured personality of this driven woman with sophistication, making her hateful and lovable at the same time. David W. Wood made a convincing and appealing Eugene Gant, the loving but rebellious adolescent. Rob Chase portrayed the beaten, sensitive Ben with pathos and understanding; Jane Sanders was charming in her endearingly comical performance as Ben's confidant, Mrs. "Fatty" Pert; and Toni Tomei was suitably harassed as the daughter subdued into housekeeper, Helen Gant Barton.

Charlie Jaschob turned in a predictably fine performance as the hard drinking impractical dreamer W.O. Gant, who bitterly resents his wife's castrating behavior, but is powerless to resist it. Linda Bruce was appealing

in just the properly ladylike way as Eugene's lover, Laur James, and Kelly Quinn's cameo performance of the Madame Elizabeth was scintillating. The impulse to applaud upon her exit opening night was overwhelming.

The remainder of this fine cast, who are too numerous to mention, was competent to excellent. There was not one discordant incident of rank amateurism, a rarity in a college production.

Dale Dirks' awe inspiring set was as triumphantly successful as the acting. This production's Dixieland Boarding House was effectively a house in which the actors can literally live. The elaborate facade was cleverly covered by a translucent scrim that appeared opaque until properly lit, when it became selectively transparent. Light designers John Ford, Sharon Sittloh, and Joan Shepard must share in the accolade for the effectiveness of the set. The lighting design and performance were so perfectly integrated with the set

design that they became a real surrounding, a necessity for the success of a naturalistic play such as this one.

The costumes, designed by Wendy Jameson-Perry, were for the most part as superior as the rest of the production. Mrs. Pert in particular was largely convincing as a jolly fat woman because of the imaginative way in which she was dressed. The one noticeable flaw was in Eliza's "dealing and bargaining" costume. It was not as shabby as it should have been to highlight the desperation in her personality. This was a very small flaw, however, in an otherwise impeccable production.

This painful but compassionate exploration of the devastatingly destructive manipulations of a frustrated, insecure woman is worthy fare and was thought-provoking legitimate theater. Parasitic women such as Eliza Gant still exist and enjoy power at the expense of their families. Foothill's latest effort was a beautiful distillation of a meaningful slice of life that captured the essence of the dramatic experience.

## ARTS CALENDAR

Summer Repertory  
Starts  
July 9

### music

- 6/11 GROVER WASHINGTON, JR. . . . Circle Star Theater, for info call: 364-2550.
- 6/11-12 KOOL JAZZ FESTIVAL . . . . Oakland Coliseum, tickets sold from 10 a.m. till showtime at the door, for info call: 635-7800.
- 6/11 SPRING CONCERT. . . Foothill Theatre, 8 p.m., \$2/\$1.
- 6/17 SARAH VAUGHAN . . . San Jose Center for the Performing Arts, 8:30 p.m., tix at all major outlets.
- 6/18-20 FREDDIE FENDER .Circle Star Theater, for info call: 364-2550.
- 6/20 GARCIA BROTHERS . . . Fonzie's, 1481 Almaden Road, S.J., info: 257-9099 3-7 p.m.
- 6/20 FREE CLASSICAL CONCERT . . Triton Museum of Art, Santa Clara, call 248-4585.
- 6/25 COUNTRY JOE & PABLO CRUISE. . . . Stanford Music Hall, Palo Alto, for info: 328-8474.

thru 7/23 TURN OF THE CENTURY artists: Arthur Mathews and Theodore Wores—landscapes of California . Triton Museum of Art, 1505 Warburton Ave., Santa Clara, free.

### art

### kiosk

- 6/13 "JESUS CHRIST SUPERSTAR" auditions . . . San Jose Music Theatre, SFMT rehearsal hall—10 Notre Dame in S.J., for info call: 286-6841.
- 6/17 "CAROUSEL" . . . AUDITIONS AT THE Foothill Theatre, all ages and voices in every range needed. Also 6/18, 21, and 22.
- 6/19 Humanist RENAISSANCE FESTIVAL . . . Santa Clara County Fairgrounds, \$2/\$1.
- 6/24 Poet MARK LINENTHAL . . addresses the 2nd Annual Foothill College CREATIVE WRITING CONFERENCE. \$3 fee. Conference runs till 6/30.

### drama

- thru 7/4 "WHO'S AFRAID OF VIRGINIA WOOLF:" . . . .The Playhouse Company, 2525 Eight St., Berkeley, \$3/\$2, for info call: 548-7677.
- 6/14 Tix go on sale for "THE BAKER'S WIFE" presented by the S.F. Civic Light Opera, . . opening night is 6/29. Call 673-1050.
- 6/27 Poet JOHN CIARDI. . . Foothill Theatre, 7:30, \$1.50.
- 6/30 CONTEMPORARY MUSIC STYLES full-credit course broadcast on KFJC (89.7 FM), 15 half-hour broadcasts for four units of credit, organizational meeting in A-80 on 6/16 from 7-8 p.m.





# Dixon, Ford honored in athletics

By MICHAEL TORCELLINI

Sophomores Thomas Dixon and Lisa Ford were the winners of Foothill's 1976 Athlete of the Year Award in the mens and womens catagories respectively.

The two stand-out performers were awarded the honor at the recent awards ceremony on Tuesday night June 1 in the cafeteria.

The entire staff of Foothill coaches voted for the most worthy athlete out of a list of four nominations in the men's division and four in the women's.

"If the kid has met the criteria in which each coach has set for their individual selection," says Hank Ketels, head track coach and chairman of the awards program, "it's likely he/she will receive that coach's vote.

"The criteria," explains coach Ketels, "is the contribution the athlete has made to the school in the last two years."

Dixon, a graduate of Sequoia High School in Redwood City was an unanimous choice by the coaches in the men's category. Dixon participated in track and football while at Foothill, excelling in track where he placed eighth in the State meet. He was Golden Gate Conference champion in the pole vault with a 15'-6" jump.

A defensive cornerback on the football team for two years, Dixon never intended to play the sport but helped the team by participating and started numerous games.

Ford, a three-sport competitor, was a member of the volleyball team two years in a row and was also voted the team captain this season. "Lisa was responsible for getting our volleyball program started and was the major factor in the team's enthusiasm and success," said Foothill volleyball coach Al Talbov.

Basketball and softball were Ford's other athletic competition pastimes. Ford helped pioneer Foothill's initial softball team this season while playing center-field.

The additional nominations in the women's category besides Lisa Ford were sophomores Sue Grigsby and Melinda Scurry and freshman Annette Havens.

Grigsby was the only woman on the track team this year—her second—and according to coach Ketels, "always gave 110%, but had a difficult time winning against men's competition."

A two year letterman in cross-country as well as in track, Grigsby competed in the 880 yard run.

Melinda Scurry competed for the men's diving team for two years and placed in the Conference Meet both seasons. Additionally, Scurry took fourth in the Nor-Cal Relays in '75 and second in '76, and placed eighth in the Nor-Cal Championships.

Annette Havens, the only freshman woman nominated, participated in tennis, volleyball and basketball. She played No. 2 runner-up in the OJAI

State tennis Tournament, and was a semi-finalist in singles at the BACAWA Tournament.

Havens was a first-string volleyball player, and fourth leading scorer on the basketball team as well as winning the Best Defensive Player Award.

Baseball-football competitor, Matt Burrows, along with freshman aquatic performer Bob Jackson and tennis star Larry Stefanki were the other nominees up for the male award along with Dixon.

A starter in both football and baseball for two years, Burrows was selected to the second team All-Conference team in Baseball. Burrows played fullback in football and caught for the Owls baseball squad.

Bob Jackson received All-American Honorable Mention



Athlete of the Year Award winners Thomas Dixon and Lisa Ford

Photos by KEN KENRICK

selection in water polo and competed as a member of the U.S. Pan American swimming team

in the fall. He was also a national record holder at the J.C. level in the 100 meter backstroke.

## SPORTS



# Talented freshmen return

"Every player on the team who qualified for State and/or Nor-Cals this season returns to next year's squad," claimed an enthusiastic Dennis Belli, coach of Foothill's swimming team the last two years.

The Owl squad placed fourth

in the recent State Tournament, an improvement of one notch from last year, with a collection of talented freshmen.

Freestyle competitors Don Thornhill, Chris Butler and Tom Wright led the way with times of 1:44, 1:46 and 1:47.5 respectively.

"The team's attitude was great," said Belli, "they were a real good group of people."

The team certainly did have a tremendous spirit illustrated by Breaststrokes Eric Thoman and Ross Toole's hard work and dedication. Although the pair displayed little brilliance in the outset of the season, Thoman put in a performance of 1:03 in the 100 and Toole 2:19 in the 200.

"It's quite a nice nucleus to work around for next year," said coach Belli recalcitrantly

in reference to his abundantly youthful team.

Another fine performance exhibited at the State Tourney was by sophomore diver Bill Antonelli in the one meter competition. Antonelli placed eleventh amongst a field of stiff competitors.

Greg Stefanek, a freshman, is the only returning diver to next year's team although there were only three on the entire squad.

## Sign-ups

Men and women interested in trying-out for next year's cross-country team, which starts its season in the fall, should contact coach Hank Ketels at once, or sign-up for coach Bill Finstad's summer school jogging class that meets each Tuesday and Thursday at 5:30 p.m.

# Jackson travels south for Olympic Trials

Buchser High School graduate and Foothill College's top swimming competitor, Bob Jackson is the first American from Foothill to earn a trip to the Olympic Trials in ten years.

Jackson, 100 and 200 meter backstroker, travels to Belmont Plaza in Long Beach with his coach Dennis Belli on June 14th to prepare for the first day of trials on the 17th.

Jackson takes his mark on the 17th in the 100 meter competition with trials for 200 meters scheduled two days later.

In the 100 meter, where he is second seeded directly behind U.S.C.'s John Naber, Jackson has a best time of 57.63. The world record time in the 100 back is 56.3 and "he's quite capable of challenging that mark," according to coach Belli.

With a best time of 2:05.5 in the 200 meter back, Jackson has received a ranking of sixth seed.

"Bob's been swimming with me for six years now," said Belli who coached at Buchser High School before coming to Foothill last year, "and he's a pretty tough individual when it comes to the important races."

In order for Jackson to qualify for the Olympic team he must swim one of the three fastest times in his respective events, and according to coach Belli, "Bob has as good a chance as anybody."



Steve Faust  
Kurt Grisct  
Owners

OVER 200 MODELS

- ADIDAS
- PUMA
- TIGER
- PONY
- TRETORN
- WARMUPS, SHIRTS, ATHLETIC BAGS
- SOCKS, JERSEYS, ETC.
- NIKE
- CONVERSE
- TRED 2
- FRED PERRY
- PRO-KEDS

335 Eastridge Mall  
San Jose, Calif 95122

Phone (408) 274-5292



## Melinda Scurry

# First of her kind

By JAN MILLER

Although short-haired, slender, and wearing a one-piece swim suit, there's something unusual about the diver on Foothill College's swim team who's walking the plank: She's a female.

Melinda Scurry is the only woman diver competing in the Golden Gate Conference. She is the first woman and possibly the last (due to expanded women's programs) to letter in a men's varsity sport at Foothill, according to diving coach Bob Campbell.

The 19-year-old sophomore has been diving for six years. She says she doesn't mind competing with men, but wishes there were more women in the program.

"It's frustrating," she explained, "because I keep comparing myself to guys. When I dive competitively I'm not considered a girl at all—just a competitor."

Melinda believes that women have a good chance to compete against men in diving, since they tend to have better grace and form—two elements on which the judges award points. Also considered are appearance, dive execution and general attitude.

Her main problem within an all-male conference has been lack of support from some teammates and a negative attitude from many competitors. At the 1975 State meet, she says she was saddened to overhear a member of another team teasing a fellow diver about "letting a girl beat you."

Melinda began her diving career by coincidence. She was "goofing around" on the boards at Fremont

Hills Country Club when Coach John Todd spotted her and began instruction.

Todd's personal interest in Melinda kept her on the boards a number of times when she was ready to call it quits. "Diving takes a lot of moral support and encouragement," she says. "It makes all the difference if you have a good coach who's personally interested in you." Her parents also help her maintain her interest.

Melinda believes that competitive drive is essential for doing well. "I should compete more against myself that against others because I get psyched-out if I think somebody's going to beat me."

"Diving is 95 per cent mental and five per cent physical. If you want to do it, you can do it," she adds.

Melinda has done an outstanding job since her first year at Foothill. In the 1975 season she placed first in five dual meets ninth in the all-male Golden Gate Conference, seventh in the men's Nor Cal J.C. Championships (where she missed the finals by two-tenths of a point).

Coach Bob Campbell believes that Melinda is a tough minded competitor who "respects but seldom fears her competitors."

The ideal age for beginning competitive diving, says Melinda, would be at about seven years old. Currently her own training includes gymnastics, trampoline, land exercise, jogging, weight lifting and the diving board to which she applies herself two hours a day during the school year and five hours per day during the summer to keep in shape.

Melinda competes in both the one and three-meter categories, but is too small to compete in the AAU tower division, which is 10 meters.

She counts the double twisting one-and-a-half dive to be the greatest challenge to her right now, though her favorite is a reverse one-and-a-half. "I used to hate it but the dives you hate must be worked on so they can become your best ones."

The physical therapy major hopes to transfer to either UC-Santa Barbara or UCLA next fall—where she would be competing with women for the first time.



Melinda Scurry displays her grace while on the Foothill diving team.  
Photo by WAYNE FOGLE

## Booters improve depth

The Foothill soccer squad finished their season with a 13-4-1 record in their first full year in the program.

The Owl booters were ranked continuously throughout the year among the top five teams in California for junior colleges. Just missing the state finals by one goal, Foothill ended up as the fourth place holder in the final poll.

With 50% of Coach George Avakian's squad returning next year the boatload of incoming freshmen will find it tough earning a starting spot.

Coach Avakian commenting on the hopeful turnout for the soccer squad said, "although we do not have a large team everyone on it is a top quality player. With the new players we have coming here, who are quite outstanding, I feel optimistic about next year's team." Avakian will have approximately 12 returning players to round out his team.

"Foothill has not lost the services of any of its eligible returnees to a four-year school because of scholarships. However every graduating starter has been offered either a full or partial scholarship after leaving here," concluded Avakian.

The hopes of Foothill's blossoming soccer program will face a stern test next year in their quest to become a major soccer power.



Owl's Gene Wukkin, the team's M.V.P. and All-Northern California player, protects Foothill's goal while Mike Vandemin looks on.

Photo by JAN MILLER

## Summer Membership SPECIAL

**90-day Student Membership \$50**

(Regular membership initiation fee is waived during this special offer)

**Offer starts June 1 and expires Sept. 1.**

(or start as late as June 15 and end Sept. 15)

Co-ed facility featuring Saunas, Showers  
Lockers and Exercising Equipment

Open 7 Days  
A Week

Plenty of  
Free Parking

**THE SUPREME COURT I**  
RACQUETBALL • HANDBALL • SQUASH



415 NORTH MATHILDA SUNNYVALE, CA 94086  
(408) 739-1250

## Flying high

On Thursday, May 27, the Recreation Dept. of Foothill College, sponsored a most interesting intramural activity out on the football field. Quite a few spectators were on hand to watch the grand sport of old time leisure, kite flying. Despite the fact that there were only two kites entered in the contest, the event began as scheduled.

The Instructor of the Recreation Activities Dept., Gene Hawley, was one of the enthusiasts who brought his own kite, The New Orleans Bat. Also Pat Hatfield, majoring in Recreation, flew his silver 35' dragon kite onto the field.

After the gritting of teeth and adrenalin reaching its peak, the signal was given. The two contestants sprinted down the field as the foils soared into the air like missiles. Height was concentrated on; yet, at that instant, cross winds swept in and pushed the cloud cleaners back to earth.

In a matter of seconds Ron Hill and Rich Hinojosed pulled the models back to freedom. With unanticipated winds, the free flight birds had a tug-of-war as the lines crossed each other. Along with the hard breathing and sweating, keeping the kites up was a chore.

It was now time to judge the winner of the highest kite. At that time Hawley smiled and said, "I have another 3000' of line." Immediately after his statement, the string pulled off from his empty spool. A world record was then broken in a series of events.

Garcia, an ex-controller of Hawley's kite, ran a shocking 300 yd. sprint in pursuit of the dangling string. Sorry to say the bird was almost saved if it hadn't been for the 50 mph winds. The kite was last seen fluttering south...possibly back to New Orleans.

Although this activity, one of the many intramural sports events, had a small turn out, it was a bag of laughs and most unusual.



On the weekend of JUNE 12 and 13 Foothill College will be the site of a COMMUNITY BICENTENNIAL FAIR. There will be antique cars, jugglers, a barbershop quartet, magicians, musicians, demonstrations of horse-shoeing, root-beer making, woodcarving, quilting and spinning bees, early American games and a Sunday morning pancake breakfast. An old fashioned melodrama and vaudeville, "Please Marry Me Nellie" will be offered both days at 2 p.m. Skilled craftspeople will be displaying and selling their wares. The fair will be culminated by the Foothill Annual Com-

mencement Ceremonies, in front of Hubert H. Semans Library at 7 p.m. Sunday, June 13. The Fair is FREE. Space is available to craftspeople through the Los Altos Chamber of Commerce and Foothill College Student activities; space is \$10 for one day, \$15 for both days. Proceeds benefit the Foothill Student Scholarship Fund.

\*\*\*\*\*

30 Japanese college students need American host families in the Palo Alto, Menlo-Atherton area during their visit from July 23 through August 20. The HOMESTAY program helps

## News briefs

these students improve their knowledge of conversational English and American culture. For more information contact Mick Morales at 321-8780 or 324-2633.

\*\*\*\*\*

The Preservation Hall Jazz band will make their annual appearance at Stanford University. Performances will be in Dinkenspiel Auditorium on Tuesday, June 29, through Friday,

June 2, at 8 p.m. Tickets are \$5.00 general, \$3 for students.

\*\*\*\*\*

Foothill's intramural activities for this school year were concluded June 1 and 3 with a two-day tennis tournament. Approximately 20 participants vied for the top honors which were taken by Gary Koos over Bruce Victorine.

\*\*\*\*\*

The SUMMEREPERTORY, now entering its fifth year, will run from July 9 to September 4. They are offering ROOM SERVICE, DIRTY WORK AT THE CROSSROADS, PICNIC, THE

GINGERBREAD LADY and MY SISTER EILEEN. Season tickets are available for \$12. Regular admission is \$3, \$2.50 for seniors and students. For more information contact the Foothill College Box Office at 948-1581.

Foothill College freshman Steve Jeschien and Stan Kuhl, of De Anza College, will travel 7,676 miles to the East Coast and back on a tandem bike this summer. They will leave on June 29, and hope to return in mid-September with the GUINNESS BOOK OF WORLD RECORDS' tandem bike distance record broken.

# John Dean expounds

(continued from page 2)

When a member of the audience asked if Dean knew who Woodward and Bernstein's "Deep Throat" was, Dean did not respond because he thought the informant was currently working for the White House, and would not want his identity revealed.

Dean acknowledged that the Watergate scenario, as portrayed by Woodward and Bernstein in their books "All the Presidents Men" and the "Final Days," was true.

Dean refused to publicly endorse any particular candidate except to say that "...the Republicans are in trouble" this election year.

Vowing not to seek office or practice law, Dean said he would be spending time writing books, both fiction and non-fiction, under a pseudonym. By late next winter, Dean's Watergate memoirs, published by Simon and Schuster, are due to come out to the public.

According to "Newsweek," John Dean will be covering the Republican convention for "Rolling Stone" magazine. Editor Jann Wenner of "Rolling Stone" calls Dean "one of the unique observers

of Republican politics."

Dean stoutly encouraged the youthful audience not to reject ambition to run for office because there are too many old bureaucrats dominating the present system.

"But I wish and hope that all of you would keep your heads far better than I did mine," he concluded.

## Bite, baby

Continued from page 5

wise tranquil, integrated campus.

And now for the "Bite" Who's What and Why List.

First, I wish to thank the following:

Mary Plemons, Sec. to Doc Fitzgeralds, for having the fountain fixed in the library. It seems that the head of the library could not get plant services to do so, she tried for days. I complained to Mary and it was fixed within hours.

Jean Thacher, Sec. to Doc Georgas, for all her wonderful help to me when the follies of student government rested upon my shoulders.

Doc Bradley, Dean of Students, for his direction, advice and soundness whenever I had a problem in the affairs of student government. He is dependable, honest and trustworthy for direction.

Doc Georgas, Dean of Student Activities, for her guidance during very trying times.

I could go on, but space doesn't allow. Thanks to all the great people at the SENTINEL for putting up and down with Ellwoodius Loudmouthers. I have learned a lot more than I anticipated here at Foothill and I am very thankful.

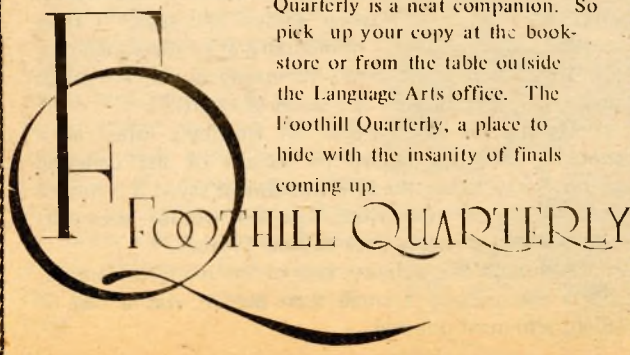
And that's the truth! Bye.

# Honored teachers

(continued from page 1)

ARTS: Robert Bloesser, Robert Sweitzer, Otto zuHoene. PHYSICAL EDUCATION: Dennis Belli, Jerry Cole, Marlene Muench. PHYSICAL SCIENCES: Anne Fish, Timothy Hall, Eugene Seelbach. SOCIAL SCIENCE: John Day, Bob Pierce, Irvin Roth.

The Second Volume of the Foothill Quarterly is now available. This collection of Poetry and Fiction from writers in the area readily deserves your attention. Whether at the beach or at home sipping wine, the Quarterly is a neat companion. So pick up your copy at the bookstore or from the table outside the Language Arts office. The Foothill Quarterly, a place to hide with the insanity of finals coming up.



Have a nice summer!

# Senate Bill 1 too tight

Continued from page 4

hundred thousand dollars; Wiretapping: reaffirms the 1968 law including the ambiguous Presidential authority to wire-tap domestic activities where a "danger to the structure" of the government is involved; Sedition: provides for up to 15 years and/or one hundred thousand dollar fine for allegedly inciting "other people to engage in imminent lawless conduct that would facilitate" the destruction of the Federal of state government; Marijuana: Possesion

use entails 30 days imprisonment and/or \$10,000 fine, and second offense increases to six months and/or \$10,000 fine. These are examples of the reams which make up SB 1.

Students are encouraged to write their senator to make it known to him their feelings regarding SB 1. For further information about SB 1, students may write to their representative or to Student Coalition Against SB 1, Box 840, Davis, California, 95616.

# Maury on sects

Continued from page 7

Returning to school at Sacramento State University, Dunbar earned a Master of Science degree in Linguistics in 1965 and again resumed his teaching career. He settled with his family in nearby Cupertino, and began his affiliation with Foothill College in 1967.

"Since that time I have taught day, evening and summer classes here," he said. Besides his speech and discussion courses, Dunbar has taught additional classes on the Bible as literature and a linguistics course. He has also handled an evening class that studies the works of famed American novelist, John Steinbeck, which the school offers as part of its short-term Enrichment Series.

Through all these ventures, the early devotion to reading has never left him.

"I have established a self-imposed reading program for myself," he acknowledged. "It has a minimal quota of 40 books per year and involves books of note, several hundred pages in length. These are primarily historical and biographical works in addition to classics," he emphasized.

"I have, of course, a lively interest in Steinbeck's works, as I teach a course involving his writings. But I also have a similar interest in English history, which stems in part from the fact that I have traveled extensively throughout the British Isles, except for Ireland, as well as Australia and New Zealand," he continued.

The devoted attention he pays to reading has directly led to the related field of book collecting.

"I have a considerable collection of English historical and biographical printings, some of which are first edition printings," he exclaimed.

Through this pastime, Dunbar has made numerous acquaintances with fellow bibliophiles in the local area. "I've met some fascinating people through my hobby. We exchange quite interesting in-

formation with each other," he declared.

This secondary avocation has led Dunbar to author his own text, "Fundamentals of Book Collecting," which will be published in July by a local firm in nearby Los Altos.

"All told I've taken 52 units of instruction here at Foothill," he said. "I have studied Spanish, German and French, and I'm proud of it."

Enthusiastically devoted to the teaching profession, Dunbar fondly referred to Chaucer's "Canterbury Tales" to underscore his feelings. "I would gladly learn and teach," he quoted, "for teaching is the other side of the coin of learning."

"I enjoy teaching so much, that if I were independently wealthy, I'd teach without pay, for the sheer joy of it," he proclaimed.

Freely giving of his time to discuss items of interest with students and former students as well, Dunbar offers the following statement to encapsulate his devotion:

"A lot of people spend their time in dissipation. I simply make time for what I feel is important to myself."

# Vet's Voice

Continued from page 4

Budget Resolution. In order to see this measure through, the person from California who is seated on the joint committee is: Alan Cranston, Senator (D-CA).

Also off the top, the Veterans Club of Foothill College has recognized Ed Lillibridge as the outstanding member of the veterans, and Jerry Bress as the outstanding night veteran. We wish to congratulate both these men for their contributions and efforts on behalf of the Veterans Club, and all of Foothill's veteran-students.