

CAMPUS
REPORTCondom Machines
Now in Bathrooms

By Michele Duren

You probably didn't notice that our Coca-Cola machine is new. You may have noticed that they repaved some of the pathways. But I'm sure that everyone has seen or heard of the condom machines in the bathrooms.

The machines are located in all of the main bathrooms. There aren't any in the faculty bathrooms because they aren't as commonly used. There is a notice on every machine that states the machines were installed "For the convenience of the students and employees."

The San Mateo County Community College District does not own or operate the machines. The district does not warrant or guarantee the contents in any way.

There are two different types of condoms, both sell for fifty cents each. There is a "plain" condom and one that is lubricated with non-oxynol 9. You may want to get some information from the health center to see if one is better than the other.

There are machines not only at Cañada, but CSM and Skyline. There is a movement across the country to have similar machines installed.

There are currently no sales statistics or reports of whether they are meeting people's expectations, since the machines were only installed in late August.

The percentage of profit that Cañada receives will go directly into a fund towards educating people about AIDS and other sexually transmitted diseases.

The proposal to have the machines installed was made last year by the health departments of the district.

According to Ernie Rodriguez, Cañada's College Psychologist, "The decision was examined by all levels of district administration."

Rodriguez says "The first step is educating people to use safe sex."

When asked if she thought it was necessary to have these machines in the women's restroom, June Peña (Cañada's nurse) said "Absolutely, women have to be responsible for themselves and their actions. When you don't practice safe sex, you are literally risking your own life."

The health department is very concerned about AIDS and its effect on a college. The condom obviously is a preventive step for pregnancy, but the machines are definitely aimed towards protecting people from sexually transmitted diseases. Although pregnancy is a concern, it's not lethal.

Rodriguez says "AIDS in college cam-

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Evening Newsletter Planned

By Terry Chin

An evening newsletter is currently being planned for Cañada's evening students. The publication, to be distributed quarterly, is the idea of Dr. Classie Foat. Along with a five-person evening panel, Dr. Foat recognized the need for an evening publication. Foat explained that "Our goal with this publication is to increase the visibility of the evening program. We are gearing this paper towards both faculty and students."

An obvious difference between day and night students is their difference in age. Foat realizes this and will publish the stories accordingly. "The evening student is definitely different than the day student," says Foat. "Most evening students work;

therefore, they are a bit more professional. We plan on including stories about issues such as mortgage rates and interest rates."

Although Foat has her own ideas about the newsletter, the entire project is still being planned. Foat says that she would like to see the newsletter reflect the needs of the students themselves. "We plan to convene an ad hoc committee with students from different classes," she explained. "We would really like to get some input on what they would like in the newsletter."

Tentative story ideas include a president's column, highlighting of the evening faculty and a profile on enrollment. Foat also plans on including a story on the evening's resources. "Many students don't real-

ize what resources are available in the evening," she explains. "We have counselors, a computer lab and even a nurse. It's important that the students are aware of what is offered to them."

Though the evening publication will not equal the magnitude of the *Gazette*, Foat is optimistic about the newsletter's acceptance. "This will be a welcomed item to the evening students," she said. "We realize that the evening student is more interested in a guest lecturer than say a dance in the cafeteria."

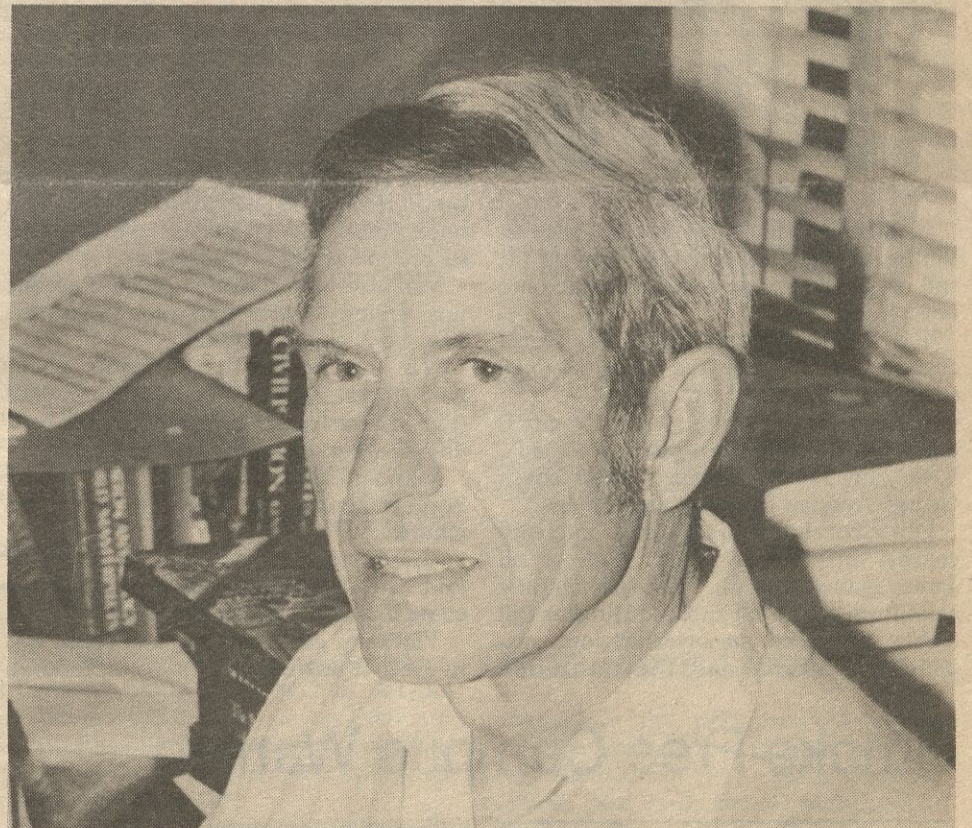
The newsletter is tentatively planned to come out in early November. It will be distributed to every classroom and will also be available in the cafeteria.

Central American Forum
Focuses on Peace Plan

By George Raymond

Sometime during mid-August, at about the same time Ollie North, fresh from the hearings, was basking in his sodden message of fear and terror in Nicaragua, Daniel Ortega signed on to the Aries peace plan, which provides for "complete political pluralism" throughout Central America. It is a plan that would not only decrease the amount of foreign military advisors, but would eventually bring peace to an area that has been in conflict for over 50 years. "I think that it's the only way to go . . ." Cañada teacher Jim Steidel said recently. "It would have to be some sort of negotiated peace. I'm totally against a military solution. Which the Contra solution most definitely is."

Interviewed before the forum scheduled Sept. 30, Jim Steidel was both well-informed and masterfully articulate on all areas of Central America. Though his thoughts might be considered "radical" or "controversial" to some, it was nonetheless what many at the forum had come to hear. This is perhaps unfortunate, for it allowed for little debate or discussion outside what each speaker had prepared. Richard Martin, a student at Cañada, who recently flew down to Nicaragua, presented a slide show near the end of the forum. It covered everything from the ruins of the 1972 earthquake, which had been instrumental in bringing down the Somoza rule, to scenes of abject poverty in the barrios. There were also pictures of recently constructed libraries and newly paved streets done under Sandinista rule. Martin found that much of what we read on tight military restrictions to be false and misleading, he having been able to travel around quite freely.



Jim Steidel

Some other topics covered by Steidel: On the Contras: "They are armed paramilitary thugs . . . If there was going to be a (public) uprising in Nicaragua, it would have occurred in the last seven years."

On Ortega traveling to Russia: "America is sending arms to the Contras. With no public uprising, it gives the Sandinistas the justification to go to Russia or Cuba, or

anybody. If we cut off the Contras, he (Ortega) has no justification . . . If you are president of a country and are being threatened by a force being supported by the United States, what are you going to do? Defend yourself, of course.

"Let's say we do stop sending money to the Contras . . . then what is Ortega going to do? Let's say he doesn't live up to it (Aries plan) . . . then we take other measures. But, Lord, we gave it a try."

Math Can't Be Avoided

By Joanne Corley

We use math every day of our lives. But why do we have to take it in college? I asked Clayton Bowling this question. He said "Because it's very hard to get along in our society without math skills. We need to be able to figure things out in an analytical way."

If you are going to transfer to a four year college, you can't avoid taking a math course. Bowling suggests that if you have a hard time with math you should consider

taking Math 105. It teaches the basics of math and introduces you to the metric system. Although it is transferable, fewer and fewer universities are accepting it to satisfy the math requirement. Check with your counselor to see which universities accept it.

Bowling said that in 1988 universities are going to start requiring that incoming students be at least at an intermediate algebra level, instead of the elementary level which is now accepted. I asked him why this change is going to occur. He said "Because

in the past 10 to 15 years, S.A.T. scores have dropped and student capability has decreased. Teachers want to get back to the basic math skills. It's such a valuable subject. Our teachers are teaching in a very learnable way and that's why there's such a great opportunity in taking math now. We have 29 Apple IIE computers and a math lab for the students."

It seems like math phobia is shared by a lot of people. But eventually math is going to catch up with you. Will you be prepared?

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SPEAKING OUT

Soccer Coaches Torn Between Job, Ethics

Cañada College's once successful soccer program has been in a coma for nearly five years. But Athletic Director Bub Bowling says Cañada will once again have a soccer program.

When is the only question. "There are some wishes and realities," Bowling said. "The wishes are to expand the athletic program. Our location indicates we should have a soccer program. The reality is that until there is a time we can hire someone full-time, we will be unable to field a team."

Cañada's feeder schools are Sequoia, Menlo-Atherton, Woodside and Carlmont. All have strong soccer reputations. The private schools in the vicinity of Cañada, such as Woodside Priory, Sacred Heart and Menlo School, also could supply talented players.

But Bowling said it would take retirements in the athletic department to create funds for a soccer coach. Since there will be no expanding of programs, just reworking, the process could take four to five years.

Cañada currently has no fall sports, but Bowling sees soccer as the only possible addition.

"There's just not an overwhelming interest in cross-country or volleyball," he said.



Sil Vial

Former Cañada College soccer coach Sil Vial remembers it as the beginning of the end of junior college coaching as he once knew it.

Today, current Coast Conference soccer coaches are torn between what they call coaching ethics and their jobs.

The problem, says Vial, who currently is a physical education instructor at Cañada, is the way Foothill College soccer coach George Avakian conducts his business.

Other coaches agree. Coast Conference coaches unanimously voted to boycott all games against Foothill, but rescinded their action when Foothill Athletic Director Bill Abbey promised an investigation, suspended Avakian, and the California

Association of Community Colleges also stepped in to investigate.

But the so-called suspension lasted less than a day. Avakian was on the sidelines at Foothill's first soccer match at Skyline, and Abbey claimed all charges had been cleared.

According to CACC Athletic Commissioner Walt Rilliet, the charges had not yet been received in Sacramento.

Once again, the coaches are debating whether to boycott until action is taken.

Avakian is being accused of illegally recruiting out-of-district and foreign players, and falsifying transcripts. Two of Foothill's soccer players recently were arrested as illegal aliens.

In all, there are seven charges pending against Foothill, which has won two Northern California championships and one state title in the past two seasons.

Vial used to run the class program in Northern California. Cañada won three state titles and five Northern California championships under his coaching.

"I remember when (then Cañada president) Bill Goss called me into his office and said 'Your soccer program has done more to put Cañada on the map than any other program at the school.'"

Shortly after, things changed dramatically. Vial said Avakian began illegally recruiting when the Foothill coach took over in the mid-70s. Despite vehement protests from Vial and others, nothing was done by either the Foothill administration or any state commission.

"The attitude was, 'You take care of your house, and we'll take care of ours,'" Vial said.

"All of a sudden, kids were shopping around and asking what I could give them," Vial said. "I had to go out and fight fire with fire. It no longer was an amateur situation or an educational situation. We began an indoor soccer tournament that would raise \$5,000 per year to be used for a book library for our players. Now I was a soccer coach and a fundraiser.

Vial also was frustrated because no one was willing to help him substantiate his suspicions about Foothill.

"No one wanted to get serious about going to bat legally," Vial said. "In essence (the administration of Cañada) was condoning what was going on."

Vial said there was never any talk of boycott among the coaches during his tenure.

"It undoubtedly had gotten worse," Vial said. "It's disheartening to see that derelict come in and do things like this."

Vial's last game as a Cañada coach was in 1982. It was a 2-1 victory over Foothill.

Smoke-Free Campus Wanted

Letter-To-The-Editor

Dear Editors:

Last November the Surgeon General of the USA released a comprehensive 330-page report entitled "The Health Consequences of Involuntary Smoking." The bottom line is that if you cohabit, travel or share the air with people who are smoking, you are receiving the same detrimental effects as the smoker. It's one thing for a person to elect exposing him or herself to carcinogens on a daily basis. But it's quite another to force this contamination on others. An accurate description of the process is "Pulmonary Rape."

Several lawsuits are in the works and a few have already been won by workers suing their employers. Most of the suits are based on failure by employers to provide a smoke-free environment.

Hancock College has banned all tobacco products and their use from campus. Compare that with Cañada, where you can read the latest literature on this subject (wall of main lobby in gym) then walk across the street to the bookstore and buy a pack of cigarettes. As an educational institution, are we not responsible for our students' health while they are on our campus?

If you answered yes, how can we ignore the fact that we turn our backs to all the

little seedlings of cancer?

The threat of heart disease, emphysema and bronchitis is increasing in such places as our own cafeteria. Putting up a partition wall between smokers and non-smokers doesn't do anything.

We are talking about shared air. You can't smoke a cigarette on the Swedish Airlines; it has been banned. You can't smoke in any Kaiser health facility. There is legislation pending banning smoking on all transportation.

A new and important issue has since evolved: the right to breathe as little of polluted air as possible.

An acquaintance of mine, age 53, died of lung cancer last spring. She never smoked a cigarette in her life. Her husband was a chain smoker. This is just one small case in point. If you look around you, you can find dozens of examples.

At the Johnson & Johnson Corporation a company "employee wellness" program was started. A course helping people to quit smoking was a part of the program. One year later, the company reported that employee absenteeism had dropped off by 70%, and consequently worker productivity shot up as dramatically. The end result was millions of dollars in the compensation fund.

More people die of smoke-related disease than AIDS. Yet many people still con-

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WOMEN EXPLORERS (l-r) Sandy Efseaff, Nancy Werden, and Ann Kutchins take a serendipitous journey in "On the Verge" opening Oct. 15 in Cañada's Flexible Theatre. The play runs Thursdays through Saturdays at 8 p.m.

'On the Verge' Opens In Flex Theatre Oct. 15

By Dan Caracciolo

"It's not a 'downer,'" says director Michael Walsh of Cañada's upcoming fall play. It is a witty play about three women explorers who accidentally travel into the future and discover what the future has to offer.

The three women, played by Cañada evening students Ann Kutchins, Nancy Werden and Sandy Efseaff, start out in 1888 and travel up until the '50s. The sole actor, Dave Roach, plays eight different roles ranging from a cannibal to Mr. Coffee.

Walsh does not want to scare away students by letting them think this play is boring. It is not, according to Walsh, a

Shakespearean play some students might be turned off by. It is primarily about the changing slang in the English language. The play does not focus on history, but history does play a role in this "theatrical new play." Walsh has few props in the play because he wants the audience to "create the imaginary place," and in doing this he places emphasis on the lighting and sound.

His cast has been working vigorously since the auditions on Sept. 8, but Walsh feels his "experienced" cast will be ready by the opening on Oct. 15.

The play will start on Oct. 15 and go on the 16 and 17, 22, 23 and 24. All shows start at 8:00 p.m. in the Flexible Theatre.

'Tough Guys Don't Dance'

Film Reviews

By Matt McChristy

"What in the world is going on here?" is a thought I often pondered while sitting through the film "Tough Guys Don't Dance," written and directed by Norman Mailer and adapted from his novel of the same name. Mailer tries to drag us through an intricate storyline filled with little twists and efforts at morose humor that never raised more than a chuckle from the audience.

I do, however, give credit to the concept that Mailer tries to produce. Just as film maker David Lynch astonished audiences by exposing them to a dark, sinister world of sex, violence, psychological disorder, murder and drugs in the controversial film "Blue Velvet," Mailer too attempts to devastate audiences with his own bizarre story about the dark nature of society.

The film begins with an aspiring writer (Ryan O'Neal) recalling a recent series of events in an attempt to understand how a number of dead bodies wound up in the basement of his lavish home. As he wanders around the house drinking and explaining to his father, he carefully begins to piece the incidents together, thus allow-

ing us to witness his previous affiliations with his promiscuous wife, her odd ex-husband, the psychotic police chief, the police chief's seductive wife, and many other bizarre characters somehow related to the story.

Unfortunately, what was presented to us was a confusing exhibition of high-intensity flashback sequences that never seemed to make much sense. I was expecting something more from Mr. Mailer, and although this is his first attempt at directing a major motion picture, I'm sure he can do better than this.

'Blue Velvet'

Although this film may not be for everybody, I found "Blue Velvet" to be one of the most interesting and entertaining films I've seen in years. With an unforgettable performance by Dennis Hopper ("Hoosiers," "Rumble Fish") as the psychotic Frank Booth, and the careful, yet always fascinating direction by David Lynch ("Eraserhead," "The Elephant Man"), this film is well paced and really holds your attention.

The story takes place in a serene little town called Lumberton, the home of a young man named Jeffrey who is back

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Tourism Courses 'World Famous' Says Sorensen

By Joanne Corley

Cañada's Tourism Program has been around since 1974 and is famous in countries such as Australia, New Zealand, Guam, England, Egypt and many others. Cañada is the only community college in North America allowed to offer the Institute of Certified Travel Agents certification courses (Tourism 750, 751, 752 and 753).

"It is easy to get into the program, but it's hard work to stay in," said Lynne Sorensen, one of the instructors of the program. It's all hands-on, using computers, books and forms. It only takes one semester until you are ready to start an internship at a travel agency through the job placement program. After one year, you are ready to work full time at full pay. Right now there are many internships available and not enough students to fill the jobs.

There are a wide range of job possibilities after completion of the program. A few are: tour escorting, airline reservations, ticket counter, flight attendant, or even starting your own travel agency, although, according to Lynne, that requires a couple of years of experience in the field. The pay isn't high to start with, but it will increase as hard as you work, and there is such diversity in jobs that there is always a chance to move up on the ladder.

This program is not for everyone. You have to be aggressive, enthusiastic, energetic, and have great organizational skills. It's open to all ages and sexes, as long as they're willing to work hard.

Mrs. Sorensen teaches the identical course at Cornell University in New York in one week each summer, and it costs about \$600. You don't have to be a math wiz to know how much of a savings that is.

Students come from all over the world just to take this course at Cañada; it's that famous.

If you want more information on this program, please see Lynne in bldg. 17, room 112. She's extremely helpful and loves her work. There are stacks of free literature on the counter regarding free upcoming seminars, jobs available and courses needed for this program. Maybe this career is right for you.

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from college to visit his father, who is in the hospital. Jeffrey comes across a severed human ear one day while walking through a field, and decides to show it to a local police detective. While the detective begins an investigation, Jeffrey conducts his own search with the help of the detective's daughter (Laura Dern). Jeffrey starts to find out about a lot of wrongdoing in his hometown, including the abduction of a local singer's husband and son by a man named Frank Booth (Dennis Hopper). Booth has abducted the woman's family so that he can force his sexual perversions upon her, and as Jeffrey begins finding these things out, his obsession with the singer grows. He begins seeing the woman on a regular basis until he is caught by Frank and his bizarre friends, who decide to take Jeffrey "for a ride." From then on the plot unfolds at a rapid pace as we watch Jeffrey piece the clues of this devious scheme together.

This film takes a classic look at the dark, often perverted side of human nature. Through the bona fide direction by David Lynch we are given a suspenseful tale that everyone should see.

LETTER from page 2

tinue their addiction to nicotine as though the statistics didn't apply to them.

Whether or not you smoke, do yourself a great service. Go to the Media Learning Center and check out the following video tapes: 1) Death in the West, 2) Feminine Mistakes, and 3) A Coach's Last Lesson.

If you can still smoke or tolerate passive smoke after viewing these, check your pulse. You may not be amongst us, the living.

—Angelo Testa
Cañada Faculty

Teacher in Moscow Run

By Davey Monica

Mr. Angelo Festa, a phys. ed. teacher at Cañada since 1969, ran in a peace marathon in Moscow, Russia on Aug. 8. His enthusiasm and zealotness for the sport of running and the cause for which he ran, are apparent in his appearance and speech.

Besides the Moscow run, Festa also participated in other non-sanctioned runs in Yalta, Yehrevan, Tsiblisi and Baku, demonstrating for peace between the U.S. and Russia. During the running of these races, the American and Russian flags were carried by runners who shouted messages of peace to the people watching. "The people had tears in their eyes watching the flags flying side by side," Festa continued. "Carrying the flag was a very moving moment for me. I began to think about what a flag represented to a society: it's good will."

During the time spent in Russia, Festa and the group he traveled with were always well received. Their cause was clearly stated on television, and their views were never stifled. Some members of the group met with refuseniks who would like to leave the Soviet Union but can't. These people are mainly Jewish, and have been stripped of their citizenship. The members of the group who visited with the refuseniks lent moral and material support.

Festa was able to communicate fairly easy with the help of interpreters. He found that the people of the Soviet Union were very curious and not very different from Americans. They feared that President Reagan had his finger on "The" button. "The Russian citizens would lead the anti-war movement if they were allowed to."

Festa also found Russia to be a "first class state of the art war machine, but in other technical aspects they are way

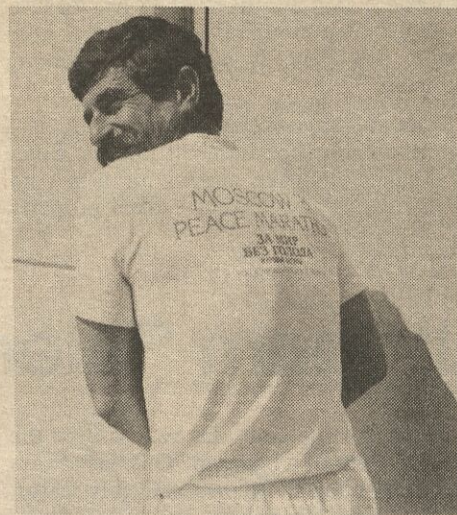
behind. The disarray of the consumer sector was sorely evident. The Russian people seemed to have only the basic requirements for life. The stores sold shoddy goods, and there didn't seem to be enough for consumer demands. I could have sold my wrist watch about 15 times, and the people would literally buy the shirt off of your back."

Festa went to Russia by way of Helsinki, Finland, where he also participated in a marathon. "I won the air fare to get to Europe, to begin with, in the Monster Dash, a 5K costume run on Fisherman's Wharf. I won 2nd place for my costume and won the free air fare. I was able to travel on a minimal amount of money in Russia. It cost me just \$50 a day. That included three meals a day, intercity travel by air, tour guides and entertainment."

Festa went to Europe without a sponsor to help relieve some of the costs, but when I asked him about this he said that next year that would be a good idea! "So, there might be a next year?" I asked.

"Yes, I would like to go back next summer to run again. Russia is very beautiful, and it is rich in cultural history."

Festa appears to be a very busy man. Maintaining his schedule must take a lot of good planning. With his lists of local races in hand, and an infectious smile hidden only slightly by a fiery mustache, he's off to the races.



Angelo Festa

COLLEGE ROUNDUP

Class Explores Relationships

Having trouble with a partner? A parent? A friend? A boss? A teacher?

Psych 881, Exploring Relationships, is a low pressure class sponsored by Cañada's Health and Psychological Services. In a friendly, supportive atmosphere, individuals will have the opportunity to examine their own issues of trust, intimacy, loss and self-esteem as they have been experienced in significant relationships.

Information from current popular books such as *Women Who Love Too Much*, *Intimate Partners*, and *Smart Women, Foolish Choices*, will be discussed and applied in the context of the individual situation.

The individual will be encouraged to develop awareness of his or her own themes and patterns and presented with tools to help with constructive change.

Facilitated by Diana Coe, the class will meet Monday evenings from 7:00 to 10:00 p.m. in Bldg. 5, Room 105.

Call Psych Services at extension 455 for more information.

Day Reg. Up 2.5%

This year's total enrollment as of Sept. 28 is 7053 students. Last year's enrollment was 7145 students, which is a decrease of 1%. Daytime registration is up 2.5%, and evening is down 4.5%. Jesse Guerrero, registrar at Cañada, attributes this small decrease to the fact that some classes have been canceled due to lack of funding.

The funding that Cañada receives from the state government is based on the reported attendance for designated periods of time. If enrollment drops too low, Cañada is unlikely to receive as much funding as was anticipated at the beginning of the fiscal year. However, these figures are based on enrollment figures, which do not necessarily reflect the number of students attending classes. Updated figures will be available when the first census report comes out.

Forums to Continue

By Joanne Corley

This semester, The Forum Series will be continuing because of its success last year. On Oct. 14, a World Beyond War forum will be held in the Cantina (5-209) from 12:00 p.m. to 1:30.

David Eakin, a French teacher here, will be one of the speakers. Eakin said, "A

growing number of people in the U.S. think war is no longer a way to solve problems. We need to go beyond war to find creative solutions to our world problems." He suggests that teachers with related class topics, or not, bring their classes. "We hope to get as wide a cross section of people here as possible." Off campus people are welcome.

The principal speaker will be Scott Lip-ton, a graduate from Berkeley. He eventually wants to start a student group at Cañada with the same theme as the forum.

There will be a presentation followed by a discussion period. Other forums will be held the 2nd and 4th Wednesdays of every month at the same place and time as this one. Their topics are The U.S. Constitution: The Next 200 Years, with Joe Jeppson, The American Dream: 1987 Version, with Lois Cunningham, and American Democracy and Public Education, with Gil Workman.

College Clubs

There is more than just going to classes at Cañada; there are College clubs. A typical club is a club you relate to. There are clubs at Cañada College to get the students involved in more than just their curriculum while having some fun.

It's easy to get involved with some clubs at Cañada; just go to the Student Government Office and tell them what kind of club you would like to be in. They will tell you who the advisor of the club is or who you can talk with about the club.

Cañada has a lot of prominent clubs. There is the Poly Sci Club, Philosophy Club, the Chess Club, International Students Club, Cañada Tennis Club, Cañada Softball Club and the Club Latino. Clubs involve themselves in an assortment of activities such as club meetings, picnics, dances and other fun stuff.

A-V Room Offers Many Services

By Terry Chin

Cañada's audio-visual room offers any student a number of valuable resources.

Currently, the AV room offers various attractions. This year, Carol Moseley of AV lists new computer software as a popular item. "The new software now has graphics," she explains. "This makes it a lot more pleasant for the students to work with. The bore and monotony of looking at the screen is now gone." Moseley says that this software has been particularly successful with the students taking a foreign language.

Also available to students here are listening booths. Mosely says, "The booths are a great place to study. If it helps the student, he can even play his own cassettes while studying here." An added AV bonus is the IBM computer. Anyone who is familiar with a computer will be allowed to reap its benefits. If classical music is your fancy, the AV room boasts a collection of over 3,000 records. All albums can be checked out for periods of one week.

Though the AV room seems to be in order now, it is the future that Mosely is looking forward to. Cañada's AV room is in for a change. This year the college is putting together an entire new learning center. Complete with its current equipment, the learning center will contain everything from larger labs to soundproof rooms. Mosely admits that "everyone on campus is excited about it." Construction on the new center should begin by the start of the spring semester.

Drop Fees Dropped

As of July 30th, 1987, drop fees will no longer be charged. It will be possible to drop classes at any time without financial penalties, and up to Dec. 11 without academic penalties.

If you are already enrolled for six or more units, and you have paid full enrollment fees, you may add classes without being charged further fees.

CONDOMS from page 1

uses is serious because college students are in a high risk category. There are no symptoms. It may not hit you for 10-15 years, but you can still spread it. There is a time lapse where you may have it and it won't show up in a blood test."

"People, especially women, have to protect themselves by being prepared. Women have to be assertive enough to buy condoms," says Rodriguez.

The health center has a lot more information on this and other diseases. They encourage people to come down. They are more than willing to take the time to talk to students and share their literature. The health center is located next to the cafeteria in the career center. Your life is worth the time it takes.

"Our best protection is education, but it isn't always enough. People know that cigarette smoking is directly linked with cancer, but they still smoke. Don't put yourself in the position of risking your life. Be prepared," says Rodriguez.

The Use of Drugs in Sports

By Dan Caracciolo

Using drugs in sports is a controversial issue among athletes. The drugs range from decongestants to steroids.

Everyone in the sports business has come across the dreaded word steroid. How bad is it? In a recent magazine article, Russian scientists want to ban the selling of steroids over the counter in their country. They have found the drug to be related to death.

A steroid is a drug which holds in the body's water and "beefs up" a person. Many side effects have been found to ruin a person's body. It can cause sterility and cancer. For women and immature children, it can have masculine effects such as hair growth on face and body, deepening of the voice, acne and baldness. The changes can be irreversible for women.

Jo Silken, Cañada athletic trainer and trainer for the 1984 U.S. Olympic team, remembers a Cañada basketball player a few years ago who she thought had taken steroids over a course of time. His body was muscular and defined and his face was really pudgy.

Other drugs in sports such as amphetamines are popular because they prevent fatigue and are confidence builders. Amphetamines have proven good for morale but bad for performance. Anabolic drugs are common in football and basketball, but then though little testing has been done, this drug is widely used among athletes.

Motrin, an anti-inflammatory drug, is a common drug for baseball players. Some Cañada Colts take motrin for arm care. This drug is very useful if taken properly.

However, the problem with this is the pill gets passed from one player to the next without a doctor's authorization. What may be good for one athlete might not be good for another.

An athlete must be careful what drug he takes. Silken told a story of an Olympic swimmer who had his Olympic medal taken away because he showed positive for using drugs. He didn't take a good health check-up and was penalized because he used the wrong asthma medicine.

Control on drugs in college is tightening up. Fresno State guarantees their athletes to be drug free. The athlete signs a contract to be drug free and is tested regularly and randomly. Silken said it would be difficult to regulate junior colleges, and if it did happen, many junior college sports would be in "big trouble."

'Rad Tech' A Good Field Says Teacher

By Dan Caracciolo

Many students on campus have seen or walked by the Radiologic Technology room on their way to Frank Young's classroom or to Jim Stoney's. But how many have stopped and asked themselves what the X-ray class is all about?

What goes on in the room is a special program for people who are about to get into a wide open field, according to teacher Nancy Moore. "Radiologic Technology," says Moore, "is to teach people to take X-rays, diagnose injuries and illnesses." Moore has 20 students in her class, which is a good amount, but can handle more.

The lab has new equipment which is very up to date. They have an X-ray machine which is not energized which students practice on as if they were really patients. The lab also has a darkroom, library of X-rays which students can study for examples of broken bones, slides and tapes.

Requirements for the class are as follows:

- High school grad or equivalent
- one yr. of H.S. algebra or equivalent
- one yr. of H.S. biology or equivalent
- one yr. of H.S. chemistry or equivalent
- must be eligible for English 100

Why English 100? A technician must be able to form a good medical vocabulary to communicate with doctors and patients. Moore states that Radiologic Technology needs bilingual people badly because hospitals are trying to make it more comforting for the patients.

The course lasts for 25 months. In those 25 months, the students must complete 30 hours a week in a hospital as part of their clinical education. This comes out to a total of 2000 hours for the program. However, the day after graduation, the student can go right into the business. Some of Nancy Moore's students have gone on to X-ray equipment sales; a recent graduate has just gotten a job at Stanford University starting at \$14 an hour; and one received a bachelor's degree at San Francisco State and is now manager of Kaiser Hospital in Redwood City.

Colt Basketball Team 'Talented'

By Terry Chin

Although the Cañada Basketball Team has yet to be determined, second year coach Al Klein is very optimistic about the coming season. "I believe we have much more talent this year," says Klein, "both physically and spiritually. These guys show a lot of team morale." Considering last season, the future for this team looks bright. Under the tutelage of Klein, last year's team, which had not won more than four games in the previous two seasons, earned a 16-5 record and a birth in the state playoffs. Although the Colts were knocked out early in the playoffs, Klein believes that the team ended the season on a positive note.

Looking ahead, Cañada has five players returning from last year's squad. The most significant one being Doug Adams. Adams was an all-conference guard last season and will most likely be the catalyst of this year's team. Other returning Colts include Darrell Black, Jim Stockwell, Alex Palen and Mike Jefferson.

A key for the colts this year will be the development of a big man. This has always been a passion of Klein's, and this season he will have six players to choose from. Players who are battling for the spot are 6'7" Mike Urban of Woodside, 6'7" Klaus Zieschang of Mills, 6'4½" Rob Nowell of Carlmont, 6'6" Rob Menzies of Half Moon Bay, 6'7" Scott Korte of El Camino and 6'9" Craig Perry of Carlmont. Klein hints that all of the competitors are in the running. From Urban's size and power to Nowell's speed and agility, the job is up for grabs. In the coach's own words, "It's gonna be a dogfight."

Cañada plans on continuing to push the ball upcourt. Not at all the slowdown type play that Klein was so well known for. "Well, this is a big change from my two previous jobs" (Menlo School and Palo Alto High School), Klein said. "This year we will continue to 'pass and run.' We will play a lot of man-to-man and press about 90 percent of the time."

Currently, 30 players are fighting it out for 15 spots on Klein's roster. They come

from as far north as SF and as far south as Sunnyvale. In any case, final cuts will be announced at the end of October. From there, the new squad will set its sights on their opening game. On November 18 the Colts square off with the UC Berkeley club team.

Golf Fundraiser

The Cañada Golf Team will hold a fundraiser at Emerald Hills Golf Course on Oct. 22. The event consists of a nine-hole tournament followed by a picnic. There will be a \$20 tax deductible entry fee and non-golfers may attend the picnic for \$10.

The format for the tournament will call for teams of four people. Each team will be given a handicap to make all teams as equal as possible. Play begins at 1:30 p.m., but teams are encouraged to check in by 1:00 p.m. The picnic and a raffle will immediately follow the golf tournament. The registration deadline is Thursday, Oct. 15.

Question Man

By Matt McChristy, "That Darned Inquisitive Fella"

"Should Robert Bork be confirmed to the Supreme Court?"

(All participants received a free cigar.)



Victor Nagales: "I'm against what he believes in. He's only changing his views until he's confirmed. He'll go back to his old, out-dated ideas."



Steve Gavazza, Teacher: "I haven't thought about it enough for an opinion."



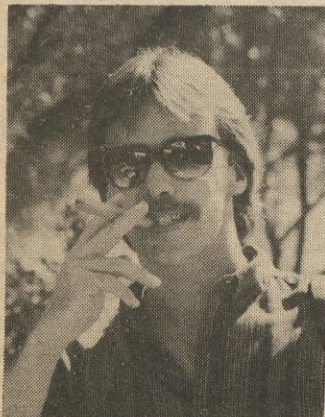
Austin Meek, Teacher: "I don't want another conservative on the Supreme Court! There'll be too much roll-back on ideas."



Dorothy Dickson: "If he gets confirmed, he gets confirmed!"



Elaine Shaw: "No opinion. Look, I'm late for class!"



Ty Smith: "He's too right-winged and he carries a personal bias. He's just saying what they want to hear."



Kathy Paige: He's bigoted and narrow-minded. He would set progress back 2-300 years. Reagan's a jerk for backing him. Bonzo had more sense."



Harold Quinn Mims: "I don't know who the man is. I really don't have the slightest idea. Am I gonna be in the paper?"



William "Rainbow Song" Doxat Sandoval: "He's a judge, and that's his job. We need a genius for Supreme Court. Not a political genius, just a genius."



Anonymous: "No comment."