

The Long Valley Times

Cañada College, Redwood City, CA

Vol. 1, No. 1 May 14, 1996

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Cañada Colts Clinch Championship!

Cañada Baseball team takes Coast Conference Championship

By Alison Chang

The Cañada College baseball team had another great season this year. After their 8-6 win over Cabrillo College on April 25, they clinched the championship in the Coast Conference.

Under the guidance of Head Coach Mike Garcia, Cañada's baseball team has been very successful. Garcia is a former Cañada College student who gained All-American honors in 1976. He was captain of Cal-State Fullerton's national championship team in 1979. He also played four years of baseball with the Atlanta Braves.

Coach Garcia's players have an eighty-five percent graduation rate. "My players are serious academic student-athletes," says Garcia. "They don't just come to school to play baseball"

Pete Fukuhara, centerfield, is Cañada's leadoff hitter. At .455, he is the top hitter in the state of California. Jon Cannon is Cañada's number one pitcher, leading the state in total strikeouts.

Both Fukuhara and Cannon have accepted full scholarships to Cal State Fullerton for the fall. Cal State Fullerton's baseball team is the defending national champion from last year and is currently ranked number one in division one.

Garcia says that "prospects for the next season look really good—we have good freshman pitchers coming back, and a good nucleus of position players. Our goal is to keep the baseball program at the State Tournament level."

Cañada College is hosting the first round of the State Playoffs on Friday May 10 at 2pm and Saturday May 11 at 11am.

Students who are interested in joining this excellent team should enroll in Team 195 this fall.

District Puts Web Site into High Gear Cañada College Student at the Helm.

By Clay Hilferty

Under the direction of CSM electronics professor Jim Petromilli, Cañada College student Seth Leonard has been busy working as the district's webmaster.

For over a month, Leonard, who studies music and computer information systems at Cañada, has been hiding away each afternoon in Building Eighteen to construct world wide web pages for each of the district's colleges.

Thanks to Leonard, summer class schedules and descriptions for all three colleges are now available to anyone on the planet with internet access and a web browser.

class assignments and other information, much like what Cañada math and science professor Jack Preston has already done on the Cañada College Home Page.

The Cañada College Home Page can be found at: <http://www.smccd.cc.ca.us/smccd/canada/canada.html>

Centers for Teaching and Learning

Through grants from the National Science Foundation and the Sacramento Chancellor's Office, the district purchased equipment to create the Centers for Teaching and Learning (CTL).

convert his chemistry exercise, "The Scrambled Book," into an interactive multimedia computer program.

Dr. Sharon's program asks students to select one of several paths to arrive at the answer to a problem. Each selection leads students to another menu where they must make yet another choice. If a student is heading toward a dead-end, the program makes suggestions to help get the student back on track. Otherwise, the computer emits cheering sounds, for each correct answer.

Student Internet Access

By now, virtually every four-year institution offers internet

promises to be a better value than many other commercial internet providers.

The beta test kit for PC users has been available in the college bookstore since January. It allows students with modem-equipped Windows- or Windows95-based computers to test drive Pacific Bell's service for free until June.

Pacific Bell is currently providing a customized version of Netscape 2.0 for its users, who will choose their own user names for E-mail accounts in the format, username@pacbell.net.

Although the Macintosh version will not be available until this summer, Mac users can still make use of this access if they have the proper TCP/IP software and access to a PC to create the account.

With entire books and periodicals available on the internet, along with countless discussion groups on every topic imaginable—no matter how obscure—many students will surely find the internet to be an indispensable addition to their reference resources.

Men's Basketball: New School Record

Team Ranked Tenth in the State

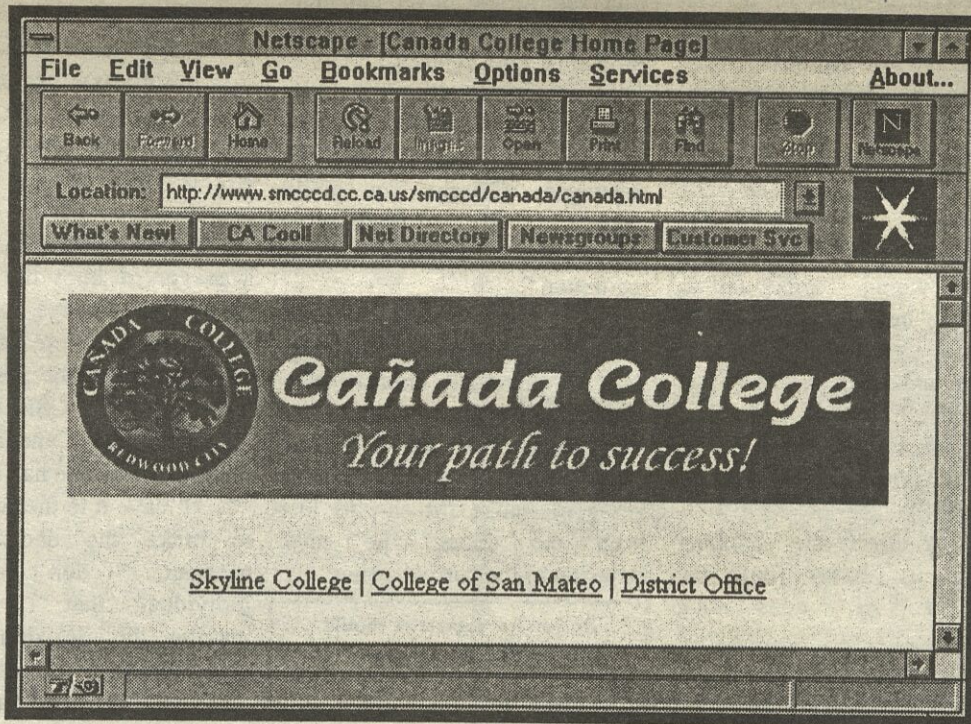
By Alison Chang

The Cañada men's basketball team did a great job this year, ranking tenth in the state at the community college level.

March 1 marked the end of the season for the team, leaving them with a new school record of 26 wins.

All Conference guard Tony Ackerman has accepted a full scholarship to Western Illinois University.

Guard Ramon Rivera accepted a full scholarship to Chaminad University, HI. Rivera was selected as an All State player, a distinction given only to the ten best players in California community colleges.



Frank Vaskelis, District Director of Information and Technology Services, expects students to have the option of enrolling in classes via the internet as early as late fall, pending delivery of special software.

Eventually, students should be able to add or drop classes, change their mailing addresses, and even find out their final grades all through the internet.

Additionally, Vaskelis envisions supporting faculty web pages where professors could list

The CTL is located at Cañada and is run by Jim Petromilli and CSM Avionics student Henry Dedrick. At the CTL and other off-campus sites, Petromilli and Dedrick create and deliver various computer technology workshops for district faculty members.

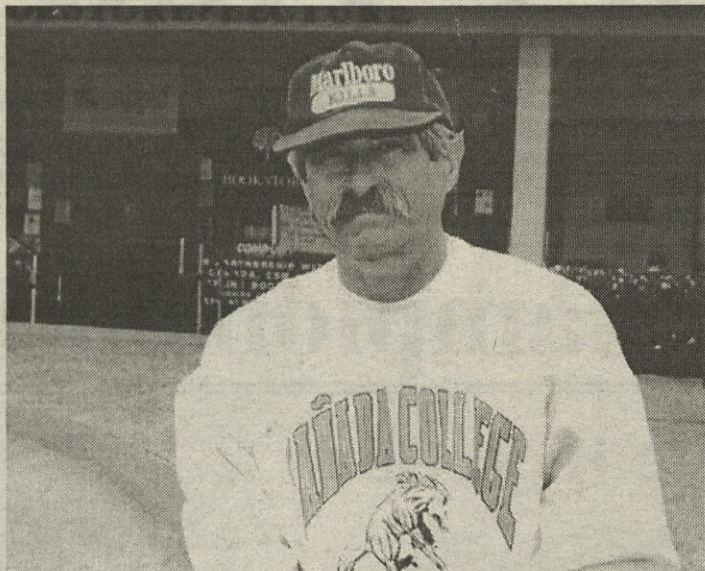
The CTL is dedicated to providing faculty with the hardware, software, and training to develop and maintain instructional courseware.

Chemistry professor Dr. Jared Sharon was first in line to

access to its students, complete with E-mail. The same services, however, are not yet commonplace at community colleges.

Pacific Bell Internet and the San Mateo County Community College District have teamed up to solve this problem for students in our district.

Coming fall semester, Pacific Bell Internet will be providing students with internet access that they can use from home. Unfortunately, it will not be free, as it is at most universities, but it



Physical Education Professor Angelo Festa and others are fighting to end cigarette sales at the Cañada Bookstore. Photo: Terri Creswell

Professors, students at odds with bookstore policy

Vocal majority says no to cigarette sales on campus

By Clay Hilferty

Talk to Cañada College physical education professor Angelo Festa any day of the week and you're likely to hear some vehement anti-smoking views. In fact, those who were here in 1989 may remember Angelo Festa as the driving force behind the smoking policies that are in place today.

On February 22, 1989, the District Board of Trustees adopted policies set forth by the Smoking Policy Committee and revised them again in February 1995 in accordance with California state law.

Prior to 1989 policy, the Cañada cafeteria was "constantly filled with a thick cloud of cigarette smoke," according to Festa.

The 1989 policy required that smokers at Cañada limit their smoking to private offices and other designated areas. But ever since the 1995 state law was enacted, smoking is now prohibited in all indoor locations and even some outdoor locations, including stairwells, patios, and immediately outside building doorways.

Now, in 1996, Professors Angelo Festa, Ray Thein, and, Jim Steidel are at it again. They want to re-establish the Smoking Policy Committee used in 1989. This time, among other things, they want to see a ban on cigarette sales in the college bookstore.

When asked about cigarette sales on campus, President Marie Rosenwasser said, "If the faculty and students said, 'we want the cigarettes out of the bookstore,' we can do it," but added that, "Any issue of personal choice needs wide and thorough

discussion." Dr. Rosenwasser stated that, as the official voice of the students, "the important thing is for the Student Senate to have an official position."

In fact, the Student Senate did meet to discuss the matter, but after an informal vote, they agreed that a consensus would be unlikely to be reached this semester. Thus, to date, Cañada College students have no official position on record concerning cigarette sales on campus.

Vice President of Instruction, Dr. Carole Bogue-Feinour, would like to see answers to several questions before the college made a decision. She asks the following: "What negative impact would not selling cigarettes have on what we believe is twenty percent of the students and their enrollment in classes here?"

"Does selling cigarettes in the bookstore increase smoking on campus?"

"What effect does smoking on campus have [on] the enrollment of nonsmoking students?"

But Festa and others see cigarette sales as a "societal evil," easily transcending enrollment concerns.

"What else kills over four hundred thousand Americans every year," asks Festa.

According to an August 10, 1995 report from the Department of Health and Human Services, "Tobacco products are responsible for more than 400,000 deaths each year, and each and every day, another 3,000 young people become regular smokers, of which nearly 1,000 of them will eventually die as a result of their smoking." They further state, "Studies show

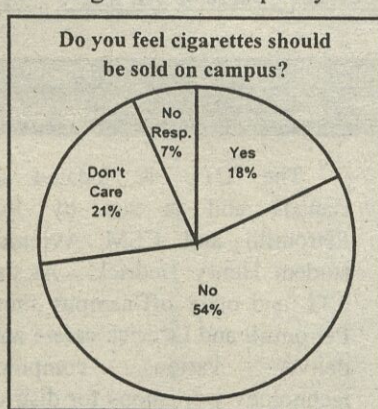
that if people do not begin to smoke as teenagers or children, it is unlikely they will ever do so."

Chris Van Meier, an instructional aide in The Learning Center, accepts the dangers of smoking but sees smoking subject to yet another interfering regulation.

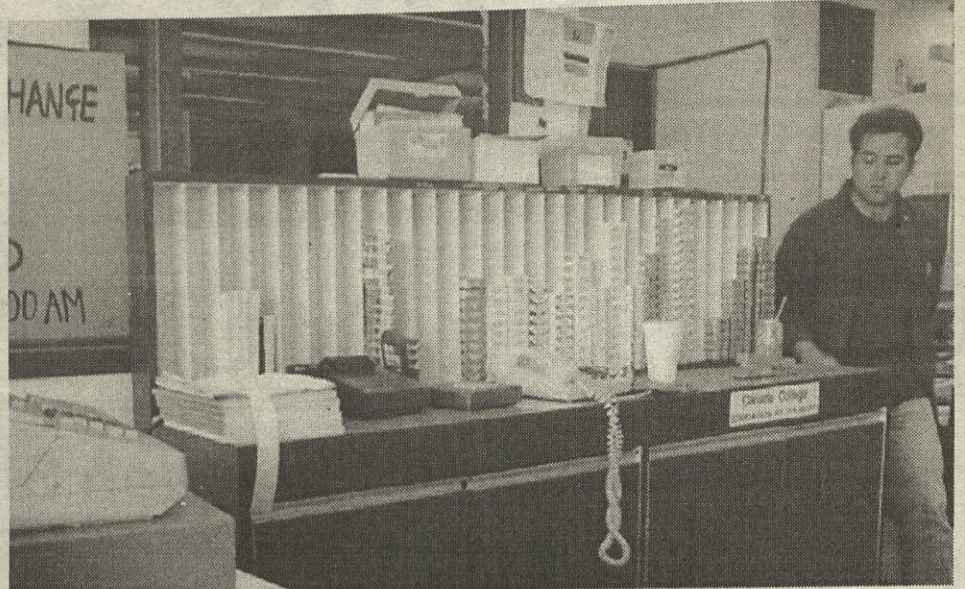
"Where do we stop regulating things," Van Meier wants to know. "We have carbon monoxide from cars, chemicals in our food, and we get [radiation] from our [computer screens]," he says, pointing out other daily dangers. "Once a bureaucratic agency starts depriving you of your rights, you never get them back. If you are an adult, you are entitled to adult rights."

And Dr. Bogue-Feinour seemingly shares Van Meier's views on regulation with her statement, "Clearly, you could create an undesirable environment through over regulation."

Van Meier scoffs at the notion that banning cigarette sales will seriously impact his or others' smoking. "It's only a convenience for us—I'll buy them down the street. I'm still going to smoke fifteen-plus feet from the doors," he says, referring to the current policy.



However, Lesli Sachs, the College Nurse, feels that a cigarette sales ban is in keeping with educational goals. "Tobacco is killing us. Educational institutions should be promoting a nonsmoking environment."



Cigarettes for sale behind the bookstore counter has some wondering if this is truly "education at its best." Photo: Clay Hilferty

Sachs recently circulated a poll to several randomly chosen classrooms in order to get a feel for students' views on smoking.

Of 136 students polled, fifty-four percent felt that cigarettes should not be sold on campus. And of that fifty-four percent, ninety-seven percent identified themselves as nonsmokers, while only three percent identified themselves as smokers.

Eighteen percent of the respondents felt that cigarettes should continue to be sold on campus, with fifty-eight percent of that group identifying themselves as nonsmokers, and forty-two percent identifying themselves as smokers.

Twenty-one percent of those questioned did not care if cigarettes were sold on campus, and seven percent gave no response.

Andra Morgan, General Manager of both the CSM and Cañada bookstores, is receptive to arguments on both sides. When she took the position, over three years ago, CSM did not sell cigarettes and Cañada did, and that's the way she has left it.

"I leave it to the student body to make the decision," says Morgan. "I don't feel, as one individual, that I should be making the decision that will affect many on either side."

Cigarettes are an obvious source of revenue for the bookstore. But even though the Cañada Bookstore sells roughly \$1,000 worth of cigarettes each month that the school is open, net profits from cigarettes only add up to about \$2,700 per year. And that's about what it costs for two student employees each year, according to Morgan. She says that since she will not raise other prices to compensate for lost income, other employees might have to work harder should the bookstore need to trade two student employees for cigarette

sales. "I hate to see another choice taken away," says Morgan, pausing. "But is it really an educated choice to smoke," she asks.

How does Cañada College's cigarette sales policy compare to other local community colleges?

West Valley College, Saratoga
(408) 867-2200
No sales on campus.

DeAnza College, Cupertino
(408) 864-5678
"Smoke free campus," No sales on campus.

Foothill College, Los Altos Hills
949-7777
No sales allowed on campus

Ohlone College, Fremont
(510) 695-6062
No sales allowed on campus

Chabot College, Hayward
(510) 786-6600
No sales on campus

College of San Mateo, San Mateo
574-6161
No sales on campus

Skyline College, San Bruno
738-4100
Cigarette sales in bookstore

City College of San Francisco, San Francisco
239-3000
No sales on campus

Las Positas College, Livermore
(510) 373-5812
No sales on campus

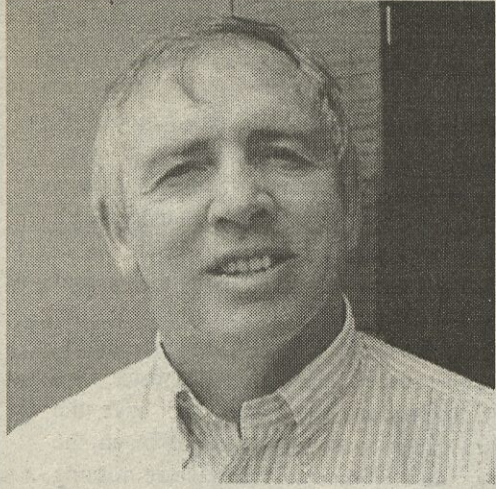
Diablo Valley Community College, Pleasant Hill
(510) 682-7363
No sales on campus

Contra Costa Community College, San Pablo
(510) 235-7800
No sales on campus

Los Medanos Community College, Pittsburg
(510) 439-2056
No sales on campus

What do you think the community's impression of Cañada College is?

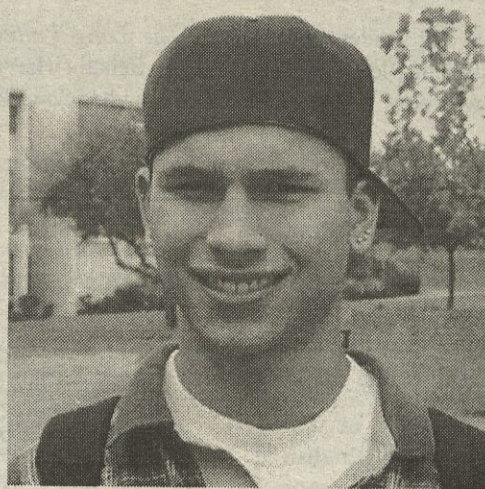
Clav Hilferty



Paul Stegner,
Professor of Psychology
"Invisible. Once they find us, they like us, but we just have very poor visibility."



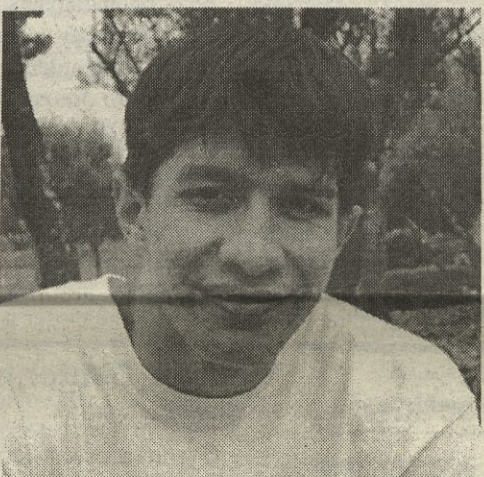
Laura Garcia,
Business
"Cañada could be the key to change your life—go for it, learn English!"



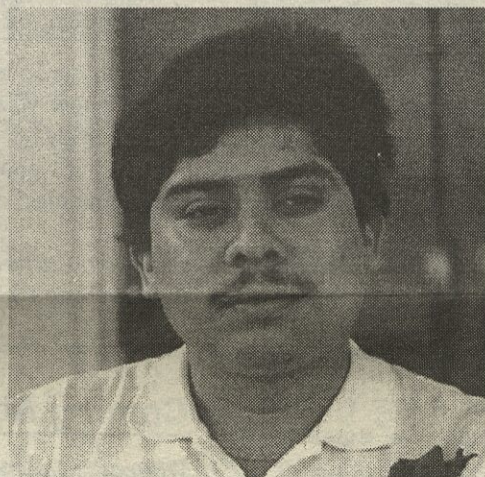
Keith Carbullido,
undeclared
"The younger crowd doesn't like it because it's not a very social atmosphere—it's dead. CSM, Foothill, and Skyline all have a wider selection than they do here."



Christina Aguilar,
ESL, Computers
"This is my first semester here and I've been very impressed. Also, they have the Learning Center where you'll find a supportive tutoring team."



Gabe Buenrostro,
Filmmaking
"The adults like it because it's quiet and relaxed, and those are the same reasons that the kids don't like it. The kids say there's nothing to do, except go to class."



Javier Valdivia,
Computer Engineering
"They like Cañada because we have small classes and a lot of faculty attention. And, there is a lot of open space, especially parking space."

Mentoring Program Starts With Stories

By Judy Liteky

On Wednesday afternoon, April 17, sixteen students and eight Cañada faculty and staff from the Basic and Applied Sciences Division met for a spring adventure called the Mentoring Program.

At the opening session the participants discovered the hidden story telling talents of Elizabeth Armstrong (Dean, Basic and Applied Sciences), Amelio Enriquez (Engineering and Mathematics), Ella Turner Gray (Biology), Chuck Iverson (Computer Science and Mathematics), and Mike Sinkewitsch (Physical Sciences Labs).

Over a five week period there will be opportunities for exploring employment goals with Karen Olesen at the Career Center, discussions about career ideas and plans among the students and mentors, and afternoon tours to Stanford Linear Accelerator in Menlo Park and Roche Bioscience in Palo Alto.

The program was designed by Judy Liteky (Mathematics) to increase student success in pursuing math, science, engineering, and computer science majors. It is hoped that federal and state funding will be available to offer the Mentoring Program to more students during the Fall '96 Semester.

Classes Not Included in the Printed Schedule

Want to learn about Human Sexuality?

Psyc 340 (CRN#51483), **Psychology of Human Sexuality**, will be offered this summer although it does not appear in the printed schedule.

Description: This course is a broad overview of the psychological aspects of human sexuality influencing sexual identity and behavior and their implications. Also includes relevant sexual research, sexual malfunction, therapeutic approaches, and personal attitudes and values. Transfer: CSU, UC.

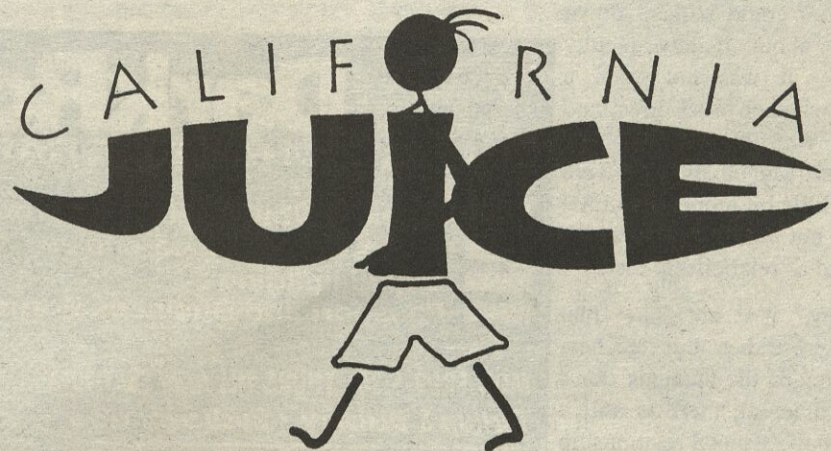
MTWTH - 10:30 a.m. - 13-112
Professor: Paul Stegner, Ph.D.

Psyc 340 satisfies:

- Area D for AA/AS Degrees
- Area D for CSU-General Education
- Area 4 for UC-IGETC

Special Class for the student newspaper

Sign up for **JOUR 695** for fall of 1996. This independent studies course will be taught by Professor Jack Swenson.



753 Laurel St. San Carlos, California 94070
(415) 637-8283 Fax: (415) 637-8284

Editorial

Exhuming Our College Newspaper

Fall 1993 marked the death of our last student newspaper, *The Long Valley Gazette*. Last spring, a small group of students, led by former Student Senator Harry Holland, pulled together in the last few weeks of school to produce the *Cañada Student Newsletter*.

This spring, you hold another small-time effort to bring our student newspaper back to life.

But small groups of students here and there do not make a newspaper. They only produce issues here and there.

Every peanut-sized high school has a newspaper. Certainly, a community college of more than five thousand students should have one too.

But why do we need a newspaper, you ask. We don't need a newspaper to learn biology; we don't need a newspaper to learn math or history or marketing. English teachers don't need a newspaper to teach ESL classes or even Journalism for that matter. Maybe we don't need a newspaper after all.

Meanwhile, Cañada College slowly, silently languishes. We need a newspaper to be better, and maybe, to survive. However, it's not the newspaper itself that we need. It's what a newspaper represents and reinforces—namely, campus life. Without a newspaper, even the greatest Cañada events will continue to go unnoticed, and many more will never be organized in the first place. The attractions to the college will never be known; there will be no voice of the students, no communication on campus; and ultimately, administrators will only know what students think when the enrollment figures roll in—or roll out, whichever the case might be.

Students, like most people, tend to equate bigger with better. Whether it's good for getting classes or good for getting a date, big schools mean big opportunities, or so goes the perception.

Given Cañada's relatively small size and lack of campus life, it's easy to see how some people have come to think of Cañada as a college where students can't get things. Sometimes it's the classes, sometimes it's the activities, but most of all, the

students—especially the younger students—feel they can't get the social atmosphere they're looking for. Dismiss these students' concerns if you will, but their votes influence what classes you can take—or teach.

Necessarily, class availability will always be a Catch-22 at any school. A school won't offer some classes when there's not enough enrollment, and often there's not enough enrollment because the school won't offer some classes. This looks grim when considering a class to produce a newspaper.

A way around this problem is an Independent Studies class. English Professor Jack Swenson has agreed to teach **Journalism 695** to students who want to produce a College Newspaper during the fall semester. We have the money to produce the paper, we have the equipment and an experienced professor to teach the class, and we have the advertisers. What we're missing is you.

If a handful of full-time students can produce eight pages in a few weeks, just think what a class full of students lead by one of Cañada's best professors can do. There is no longer any reason to roll over and succumb to the insidious plans Apathy has in store for us.

A newspaper will need editors, writers, reporters, photographers, cartoonists, and business a operations staff. That may sound like a lot, but it's easier than you think.

It is imperative that interested students contact the Humanities division office to begin working out a schedule for **Journalism 695** this fall. The college will issue a Course Reference Number (CRN) for registration purposes when students are ready to register.

Students with E-mail access can write to CanadaNews@aol.com (no tilde) to be put on a contact list for the fall. Students with internet access can also visit the *The Long Valley Times*' world wide web page at: <http://users.aol.com/CanadaNews>

Please remember, the fewer students that participate in the newspaper, the further it gets from news, and the closer it gets to propaganda. □



Open Season
Deshawn Mitchell

Does anybody care about my education or my future?

Being at Cañada I have noticed a change in relationship between students and teachers. Looking at most students, I see no relationship at all.

When I was in high school, I noticed that teachers cared more about your well-being and your future. For example, if you had a problem, even if wasn't related to school, you could still sit down and talk about it any faculty member. It was not even a question whether to sit down and find out your problem—it was automatic. Maybe students were babied a little bit more and a little younger, but you knew there was some kind of relationship there.

Today, it's not like that anymore. Either the teachers don't care, or the students don't care. All in all, there is still a taboo to have a social relationship that goes beyond the classroom.

I have a teacher right now that goes beyond that so-called teacher role. Mr. Eldon

Earnhardt, in my opinion, is a prime example of a good teacher.

When you're in class, there is not a feeling of, "If I don't come to class, I'll never get out of here," and I feel that's what we need in classrooms today to keep us learning and on our toes.

I feel that if we as students and teachers don't get together and talk about this problem there will still be animosity in the air.

Deshawn Mitchell is a twenty year-old Psychology major. He plans to transfer to a four-year university in the spring of 1998.

Coming Attractions

Drama: *Talking With...* by Jane Martin and *Last Stands* by Isacc Briscoe, two one act plays directed by Bob Curtis. May 16, 17, 18, 23,24,25 at 8:00 p.m. and May 26 at 2:00 p.m..

Music: The Canada College Jazz Band has several performances coming up. May 31 from 7-10 p.m. for the Menlo Park Cancer Support Program. June 21 from 6-8 p.m. at Burton Park in San Carlos. June 28 from 7-9 p.m. at the Palo Alto Veterans' Hospital. June 29 from 12-2 p.m. at the Redwood City Veterans' Memorial. July 11 from 7:30-9:30 p.m.

Transfer Center Notes

By Glory Bratton

If you are transferring to a four-year college or university this Fall, be sure to register at the Transfer Center. Stop in or call 306-3372.

The reception to honor transferring students will be held on Tuesday, May 21st at 1:15 p.m. in the Cafeteria.

Letters policy

Letters and columns submitted to *The Long Valley Times* can be mailed, delivered, or E-mailed to:

**The Long Valley Times
Cañada College
Bldg. 5, Student Senate Office
4200 Farm Hill Blvd.
Redwood City, CA 94061**

Phone: (415) 306-3433
E-mail: CanadaNews@aol.com

- Letters and columns must be typed or neatly printed.
- Letters are limited to 250 words; columns are limited to 600 words.
- Items must be verified before they're published. They need a signature, address, and phone number. Anonymous letters will not be published; however, names may be withheld upon request.
- Items are subject to editing for spelling and grammar and may be condensed to fit available space.
- Publication is not guaranteed.

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Cañada College

Learning Center

People Helping People
Building 5, Room 105

- Free tutoring
- Helpful handouts
- Free, drop-in math tutoring M - F (9 -12:30)
- Self-paced, basic math (pre-algebra) using computers
- Writing lab for help with English courses
- Computers for supplemental assignments/projects
- Self-paced, study skills, reading, and multi-level writing classes to help in the workplace and in the classroom.

Hours

Mon. - Thurs.
8:00 a.m. - 8:00 p.m.

Friday
8:00 a.m. - 3:00 p.m.

Stop by and check it out !!
(415) 306-3348

Semesters in London and Costa Rica still within reach

By Li-Pin Chang



Cañada professors Eldon Earnhardt and Gil Workman will host overseas trips that are both rich in sights, culture and education.

While overseas, students will take courses that fully transfer to UC or CSU from host professors and guest lecturers.

For five weeks this summer, Anthropology Professor Eldon Earnhardt will teach Cultural Anthropology in San José, Costa Rica—a democracy proud of its traditions, freedom, and nonviolence.

During the fall, Cañada History and Social Sciences Professor Gil Workman and Skyline English Professor Judy Wilkinson will teach classes for the Semester in London. These will be fully transferable classes in History, Social Science, Literature, English, and Drama.

The application deadline for both semesters is rapidly approaching, but students can still apply as late as June 1.

Students interested in the Semester in London can expect to pay about \$6,500 for community college tuition and American Institute for Foreign Study (AIFS) fees, airfare, housing, and personal expenses. Although aid is available for those in financial need, it is essential to apply early.

For further information and applications, call the 24-hour line at (415) 574-6595 or contact Nancy Zebergs in the College of San Mateo Office of Admissions and Records.

Interested students can also contact Professor Workman at 306-3280 or Professor Earnhardt at 306-3247.

Ask Lesli

Our college nurse answers your hard-to-ask questions.

Below are some questions that our college nurse, Lesli Sachs, has recently been asked to answer. Lesli holds a Bachelor's of Science in Nursing and a Master's of Public Health and has seven years experience in college health nursing.

Anonymous questions for Lesli can be dropped off in the Cañada Newspaper lock box located outside the student senate office.



Dear Lesli,

People think I'm weird because I open the doors to public restrooms with a paper towel when I leave. Am I being overly cautious, or am I justified given the number of people who head directly from the stall to the door without even glancing at the sink? How likely am I to get sick from a dirty door handle?
-unsigned

It's true that hands carry viruses and bacteria, and infections can be passed that way. However, simply washing your hands often, especially before eating, and keeping your hands away from your mouth unless they've been washed, will prevent the spread of infection. Also, be sure to wash your hands before preparing or serving food, or touching anything (or anyone) that could be harmed by bacteria. This is much simpler and more practical than using a paper towel to cover your hands!

Dear Lesli,

I am totally freaked! The other day I noticed some liquid had come from one of my breasts. I'm not pregnant or anything, and besides, it definitely wasn't milk. I haven't told anyone about this, and I was wondering what I should do.
-unsigned

First, let me say that you *must* have this evaluated by your doctor. If you do not have a doctor or health insurance, please come to the health center for further advice.

"Papillomas" are small, wart-like growths in the lining of a mammary duct near the nipple which can produce a clear or bloody discharge from the nipple. Also, some medications can cause a discharge from the nipple.

All unusual discharges from any body opening should be evaluated by a physician.

Dear Lesli,

What is a hernia, and how would I know if I had one?
-unsigned

A hernia occurs when a part of the intestine bulges out through a weak spot in the abdominal wall. Hernias are more common in men than in women. They commonly occur in the groin and may bulge into the scrotum. Hernias are often caused by increased abdominal pressure resulting from lifting heavy weights, coughing, or straining during a bowel movement. Sometimes, a weak spot in the abdominal wall is present at birth.

Hernias are treated by a physician through surgery, or mechanical reduction (pushing the hernia back in). If you think you have a hernia you should see a physician because prolonged protrusion increases the hernia unless it is treated.

Dear Lesli,

I'm really confused. I have this great boyfriend, and everything in our relationship is cool, except that he refuses to use condoms. We've only had sex a couple of times, but I really worry about AIDS. I'm not even sure he's only being with me. What should I do?
-Confused and worried

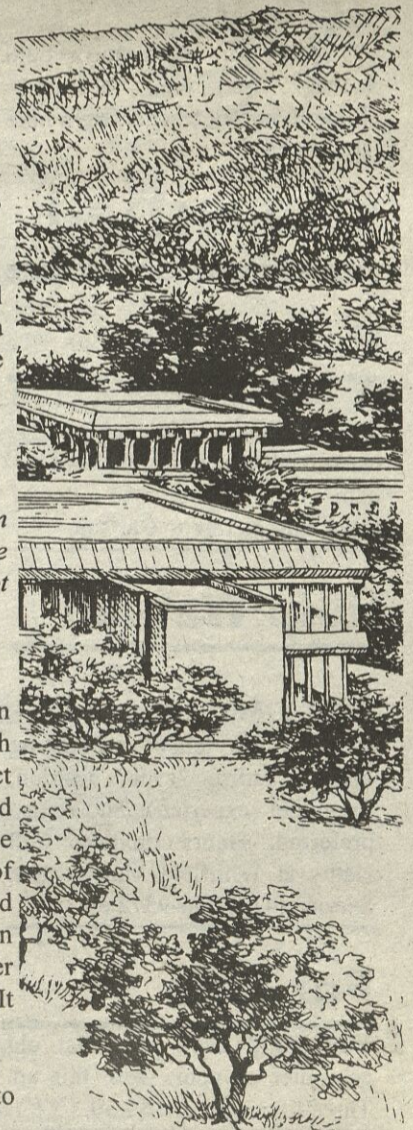
Many women face this dilemma. And, as you may have read in the paper, there are a couple of strains of HIV in other countries, which are highly communicable in heterosexual sex, and researchers expect that it is only a matter of time before this virus will "hit" the United States. The good news is, there are some options. There are some methods which, while they *do not* give you the total protection of condoms, do offer some protection against HIV. Based on animal and lab studies, diaphragm and spermicide use may be your best protection if condom use cannot be negotiated. Vaginal spermicides alone offer some protection. Lastly, the female condom offers some protection. It is sold in pharmacies for about \$2.50 under the brand name, "Reality".

Please come to the health center for more information about this, and to see a female condom if you are interested. —LB



Wanted

The Long Valley Times needs students. Enroll in Journalism 695 to be a part of the paper this fall! Contact the Humanities Division office for more details.



The M-File

Jamie D. Mann

A Profile of Cañada's Math Lab Heroine, Nancy Ward

Imagine yourself a student at Cañada College twelve years ago. You've got a math test tomorrow and you still can't understand what a logarithm is, much less how to compute one.

Frustration, Anger, and Self-pity each take their turn with you. And sadistically, each is in competition with the last to divide and conquer any remaining hope as tomorrow approaches ever faster.

Enter Nancy Ward. Twelve years ago, the above situation might have looked bleak. Although Nancy has been tutoring Cañada students longer, the Math Lab was not a regular fixture on campus until 1984. But ever since, Cañada students have enjoyed math tutoring that is second to none because of Nancy Ward.

"She is an essential part of the Math Department," says longtime Mathematics Professor, Tim Norman. "Many students would not get through without her expertise. We wouldn't want to lose her—ever."

And Mr. Norman should know: he was Nancy's Trigonometry teacher, right here at Cañada.

Nancy's background isn't typical of a math tutor. The Minnesota native holds a degree in Art Education from Gustavus Adolphus College in St. Peter, Minnesota.

After teaching Art for a year, Nancy moved to Denver where she taught kindergarten for seven years in the Denver school system. After that, she and her husband moved to California, where they have lived ever since.

It was almost twenty years ago that Nancy's piano teacher recommended that she take Music Appreciation here at Cañada. From that point, Nancy began to take various classes, and as she puts it, "fell into math and really loved it."

"She is an essential part of the Math Department..."

—Professor Tim Norman

Beginning with Algebra and working her way through almost all the Cañada math, physics, and computer classes, Nancy went on to attend the College of Notre Dame for further studies in math. Unfortunately, all the upper division math classes were taught at night, which caused a strain on her family and prevented her from completing her second degree.

Nancy says that working in the Math Lab has always been fun. "It's just as much fun to come to work [now] as it always was," she says. Yet, she quickly

added that it was hard work in the beginning, as every night, she would go home and look through the different math books in order to stay "one chapter ahead of the students."

Mathematics Professor Evan Innerst appreciates Nancy's ability to constantly shift gears between each subject within mathematics and adds that Nancy is rare since she "has a knowledge of all the math classes."

Nancy seems to keep a mental index of not only each math class's course content and schedule, but she also seems to remember how best to relate the subject matter to each of her tutees.

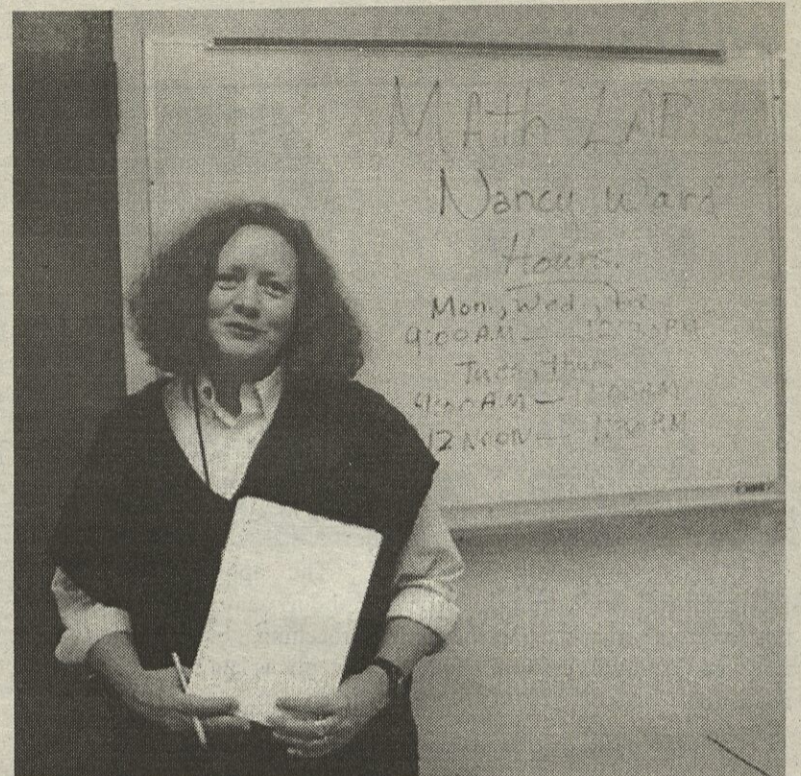
Nancy has been married for thirty years and has two children of her own and four stepchildren. In her spare time, she enjoys reading, particularly mysteries, and, until moving to Redwood City two and a half years ago, she had a piano which she enjoyed playing.

Over the last twelve years, Nancy and the Math Lab have moved to several different locations on campus. Past locations include the Biology Lab in Building Eighteen, the middle of Building Seventeen, and four different locations within the Learning Center itself.

The latest move, however, has taken Nancy only twenty feet away from the Math Lab's former location.

So math students, if you have a test tomorrow and you think you can't possibly understand logarithms or partial fraction

decomposition in time, keep your cool. You can always find Nancy Ward in the Math Lab.



Nancy Ward, friend to Cañada math phobics. Photo: Clay Hilferty

Cañada Instructor To Ride Against AIDS

By Alison Chang

Physical Education Professor Angelo Festa is participating in a 525 mile bicycle ride from San Francisco to Los Angeles.

Beginning June 2, Festa and 2,000 other riders will take part in the California AIDS ride which is due to arrive in Los Angeles on June 8.

The riders will raise money for the San Francisco AIDS Foundation to help fund advances in AIDS research and care for people infected with AIDS.

For more information on how you can donate, contact Angelo Festa at (415) 306-3346 or (415) 821-7686.

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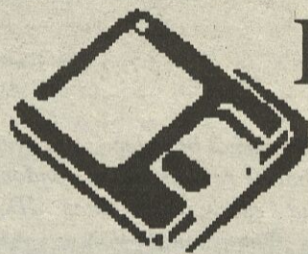
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Life after 12:00 p.m.

By Alison Chang

Have you ever tried to cross the street anywhere on campus around noon? Cars zoom by, hardly stopping at stop signs and rarely let pedestrians go, even when they use the crosswalks.

What I wonder is why are Cañada students in such a hurry to get off campus? Are they late for work? Hungry? Or are they just heading home to watch TV?

I suspect that the real reason they leave is because they see no reason to stick around after class. They probably aren't aware that, yes, there are things to do at Cañada besides go to class.

But who can blame them? There is a major lack of publicity around here, and who wants to spend time finding out about clubs and activities?

Colts, now there is no excuse for speedy departures, because below are statements from the various clubs on campus information on a few other things that you can do.

The work is done for you. All you need to do is pick what interests you.

THE ENVIRONMENTAL CLUB is a student activist club committed to environmental issues. It has sponsored several beach cleanups and adopted a beach along the San Mateo County coastline.

The Environmental Club is responsible for implementing the campus recycling program, and, last fall, the club organized the first Cañada College Campus Cleanup.

Anyone interested in joining the Environmental Club should contact the Environmental Club's academic advisor, Mr. Paul Roscelli, in Building 13, Room 222. Meetings are held in building 13, Room 116 at 1:00 pm on the 2nd and 4th Wednesday of each month.

THE LATIN-AMERICAN CLUB is currently one of the most active clubs at Cañada College. The club helps Latino students achieve their goals by awarding scholarships every year. The club also encourages local high school students to attend dances and other functions to make them feel both welcome at the college and interested in continuing their education.

Throughout the year, the club organizes social events such as the Cinco de Mayo dance to raise money for its scholarships. The club needs more leaders and invites students to join.

Interested students may leave a message in the Latin-American Club's mailbox, located in the Student Senate office, inside the cafeteria.

CIRCOLO ITALIANO: The main purpose of Circolo Italiano is to support the Italian language classes taught at Cañada College by providing an organized opportunity for students to practice their language skills.

The only requirement for membership is a desire to learn more about the Italian language and culture.

Cultural aspects of Italian life in Italy, as well as in America, will be discussed with the aid of cinema, guest speakers, occasional field trips, slides, art, and music. The club also provides a meeting ground for members, enabling them to fraternize and form friendships with others they might not otherwise come in contact with.

Advising the club is Giovanni Tempesta, who has taught Italian classes at Cañada for approximately 20 years.

Circolo Italiano meets every Wednesday evening from 6pm to 8pm in 13-116 and invites everyone interested to come and join. We are a friendly group and will do our best to make you feel comfortable. Ciao ed Arrivederci!

QUEER FAMILY: Are you definitely not like the "other" boys and girls? Then Queer Family is for you! Queer Family is here for you every Monday at 5:30 pm in the Psych Services lounge (Bldg. 6, Room 13; around the corner from the library). Queer family is here to help you find social and support groups for gays, lesbians, bisexual and transgendered Cañada College students and members of the community.

If you or anyone you know wants information about Queer Family and other gay and lesbian services in the Bay Area, please call 306-3364. **NOTE:** The Queer Family end-of-the-year party will take place on Friday May 17 at 6pm. Meet in front of the bookstore to carpool.

BLACK STUDENT UNION:

While currently there is no official Black Student Union, students who are interested in what they need to do to get one going should talk to Joe Hudson, in the student activities office.

STARTING A NEW CLUB:

If you would like to start a new club, you will need a faculty advisor and a constitution on file with the student senate. See Joe Hudson in the student activities office for more details (306-3373).

SPORTS:

Cañada has excellent sports teams in which you can participate. You need to be enrolled in 12.0 units (including the units for the team you play on). Contact the head coaches for more information on tryouts and practice schedules:

Men's Basketball: Head Coach: Mike Legarza, 306-3392

Baseball: Head Coach: Mike Garcia, 306-3275

Men's Soccer: Head Coach: Frank Mangiola 306-3317

Women's Soccer: Head Coach: Paul Lester 306-3317

Golf: Head Coach: Lyman Ashley 306-3355

Tennis: Head Coach: Paul Welles 306-3394

MUSIC: Cañada College has music classes that are not offered at College of San Mateo or Skyline College. You can learn to play woodwind, brass, string, and percussion instruments. If you already know how to play an instrument, then you can join the Jazz Band or any of the instrumental ensembles instructed by Dr. Stan Easter. You can contact him at 306-3320.

STUDENT SENATE:

If you want to have a say about what goes on around here, join the Student Senate. They are the voice of the student body. If you don't want to let others speak for you, then become a senator. Talk to Joe Hudson in the Student Activities Office.

STUDENT NEWSPAPER:

Lastly, why not be part of the newspaper revival team and have your words published? Enroll in Journalism 695 this fall and contribute to our paper. Enthusiastic students are needed for the Long Valley Times to continue.

All right, there you go. The research is done for you. Get involved with something that interests you. And please, watch out for pedestrians.

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Carlmont High School's future engineers and winners of the Second Annual Cañada College Engineering Design Contest.

Carlmont High School Sweeps Cañada College Popsicle Bridge Design Contest

By Alison Chang

On March 27, approximately 128 students from local high schools came to Cañada to participate in the Second Annual Popsicle Bridge Design Contest.

The contest, created last year by Engineering Professor Amelito Enriquez, was intended to inspire and excite students about engineering.

In teams of two, the high school students built bridges using only popsicle sticks and white glue, which, according to contest rules, could weigh no more than 300 grams (about 10.5 ounces).

To test the bridges, weights were placed inside a bucket suspended from the center of each bridge. The bridges were then loaded until failure, bringing a mixture of groans and cheers as bridge after bridge came crashing to the ground.

Carlmont High School had a clean sweep of the entire contest in the end. First place went to Ivan Ip and Fabio Foti, after their bridge held 180 pounds without breaking. Second place went to Joe Fracion and Andrew Ellington, and Lisa Morihata and Raoul Quema took third.



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