

Health Food Expert Speaks

CANADA COLLEGE
Archives

Nearly 200 people who came to hear Adelle Davis speak Friday night had to be turned away. It was a sad night for those who had to be turned away from buying tickets in advance. Most of those turned away left quietly. A few, however, protested.

The 700 ticket holders admitted filled every seat in Main Theatre, plus 100 folding chairs on stage. Still others stood along theatre walls.

A predominantly young audience (22s and 30s) greeted the white-haired nutritionist as she swept on stage, her sturdy figure wrapped in a multi-colored gown.

For 90 minutes the vital, enthusiastic lady in her 60s entertained with hard-hitting advice on keeping healthy, interspersed with bits of earthy humor.

Her major attack was on the processed food industry. She contends that the health of

Americans has gone steadily down since the appearance of processed, refined food. Nutrients essential to health, she asserts, have been lost from foods such as "enriched bread", canned soup and prepared potatoes.

Mrs. Davis noted that the first case of cholesterol in arterial walls was reported in 1912. Since that time high cholesterol has become a major health problem in America, just as processed foods have

become an accepted way of life. She also blames such foods for the increase in cancer and heart disease.

In answer to questions about the value of certain foods and nutrients she repeatedly emphasized, "No one food will keep you healthy. Every nutrient is essential." Obviously, a well-founded diet is her answer to keeping healthy.

In connection with diet she particularly emphasized these points:

1. Drink a quart of milk (whole, skim, buttermilk) a day.
2. Find a patch of ground and grow your own fruit and vegetables.
3. Bake your own bread, from whole grain cereals.
4. Stay away from sweets and bakery items.
5. Eat natural, unrefined foods as much as possible.

Soccer Team Goes For State Championship

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The Newspaper

Scuba Class Takes Its Final Plunge

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VOL. V No. 9

Cañada College, Redwood City, Calif.

NOVEMBER 16, 1972

Duke Accused Of 'Stalling'

Incensed at Cañada President James Duke's decision to delay response to their recent requests, the minority faculty committee accused the president of failure to deal with minority needs.

Last week the NEWSPAPER published an open letter from the Minority Faculty to Dr. Duke, enumerating several problems they felt existed in his administration. Dr. Duke declined to respond to their requests, until after the current accreditation study is completed.

"I don't think I'm going to have any commentary on the letter at this time," Duke explained. "Accreditation is preoccupying every minute of our time right now."

The minority faculty members
(Continued on Page 4)



Les Campbell, SDP head and co-signer of minority faculty statement.

SM County Voters Favored McG More

Had the fate of last Tuesday's election been determined by the voters in San Mateo County, the results would have been different - that is, President's Nixon's landslide would not have been as large as it was.

San Mateo County voters gave Nixon 134,870 to McGovern's 109,301, which is considerably less of a margin than the 2 to 1 majority Nixon received nationwide.

McGovern did manage to carry a few communities in the county. Among them are the poorer black community of unincorporated Menlo Park, and the wealthier La Honda, Ladera, and Skyline communities. Not surprisingly, these same communities also showed strong support for proposition 19, the decriminalization of marijuana. In unincorporated Menlo Park, the measure passed by an overwhelming majority.

But on the whole, the county pretty much followed the patterns set by the rest of the state. As in previous California elections, voters split their tickets not only across party lines, but also among candidates and measures considered conservative and liberal. Voters voiced their disapproval of the courts by reinstating the death penalty, while also passing

coastline regulations, proposition 20, and defeating proposition 22 which would have put restrictions on farm labor organizations.

In the 1970 gubernatorial race voters elected conservative Ronald Reagan, but ousted Nixon endorsee Senator George Murphy over the liberal Tunney. When asked if any county precincts showed high degrees of straight party voting, San Mateo County Registrar Marvin Church replied, "People just don't vote that way anymore."

Since the primaries last June, the popularity of George McGovern declined steadily. Much of the loss of support of the Democratic nominee appeared when Senator Eagleton was dropped as McGovern's running mate. Many voters perceived this as indecisiveness on the part of McGovern. When McGovern changed his policies on the \$1000 a year guaranteed annual income, amnesty for draft resisters and abortion, feelings of McGovern's "wishy-washyness" were further reinforced.

And many voters expressed displeasure at McGovern's using of the Watergate bugging incident and grain scandals as campaign issues. Many viewed this as a malicious maligning of a respected

national leader. As one peninsula construction worker put it, "That McGovern is too much of a radical, I don't go for all this mudslinging."

The relative high voter turnout might have helped McGovern somewhat, as it did President Kennedy in 1960. Prior to the election Registrar Church predicted the turnout to be somewhere between 87 to 89 per cent. This figure was based on the high number of requests for absentee ballots, the interest in the presidential campaign, the number of controversial state propositions, and the high turnout for first time voters between the ages of 18 and 21.

But the turnout was not quite as large as had been predicted, about 84 per cent of the qualified voters showed up at the polls. Church attributed the discrepancy to the apathy created by the television network broadcasts of the East coast landslide prior to the closing of the California polls at 8:00. The middle age administrator noted that lines which had been long throughout the day dwindled after the 6:00 newscasts.

One distinction that San Mateo county prides itself in is that the County returns were tallied up and reported before any other in the

(Continued on Page 5)

Dope Analyzed By Novel Firm

By Vicki Perris

O.K., so you're buying dope and it's supposed to be mescaline. If you buy it from a trusted friend, he will probably assure you that it is, indeed, the real thing. Since genuine 100 percent mescaline is very rare, how can you be sure that the dope you're buying is pure?

An answer to this problem has come to the Bay Area in the form of PharChem Laboratories, an East Palo Alto company. PharChem will, for a \$10.00 fee, analyze samples of street dope sent or brought in by clients. No questions are asked, and a system has been set up which guarantees anonymity to users.

PharChem was set up two and a half years ago by Dr. James Ostrenga, who has a Ph.D. in pharmacy and pharmacology. The need for this sort of facility has been demonstrated by private citizens and by colleges which use the system. Drug samples have been sent to PharChem from as far away as Alaska, New York, and South America. Ostrenga has also received requests from other parts of the country, asking for help in setting up a facility similar to PharChem.

As to getting along with the powers that be, a license to possess illegal narcotic drugs has been granted to Ostrenga by the Bureau of Narcotics and Dangerous Drugs. Although most of his work involves helping street people rather than big business corporations, he has had no trouble keeping the license. Once, the BNDD asked Ostrenga to provide them with the names of clients. BNDD charged that PharChem was "Aiding and abetting a felony and increasing the traffic of illegal drugs." Ostrenga refused to supply the names, and prepared to take

(Continued on Page 3)

Thespians Play It Again

Two one-act plays will be presented by Cañada's Drama Department, starting tonight and continuing until Saturday.

Both plays, Arthur Miller's "A Memory of Two Mondays" and Harold Pinter's "A Night Out", are student directed, and will be shown in the Flexible Theater at 8 p.m.

The two plays have been chosen for presentation by the two student directors, Gary Crosman and Daniel Moran. Crosman and Moran have recently completed work on "Caucasian Chalk Circle."

Pinter's play "A Night Out", was originally intended and produced as a radio play, but was later presented in television form. The play presents an interlude in the life of an Englishman driven to madness by his possessive mother.

Miller's play, "A Memory of Two Mondays", concerns a group of factory office workers whose tasks are routine and dull, and their surroundings dreary. Despite their dismal predicament, the workers are shown to be very human in the face of un-human surroundings. Both plays are worthwhile, and

they might even be called relevant to today's college student.

Tickets will be sold at the door on a space available basis. The Flexible Theater only holds about 100 people, so it might be wise to buy tickets early. Admission is \$5.00 for students, and \$1.00 for others.

Scholarship Deadline Set

The postmark deadline date for the filing of California State Scholarship applications is November 20, 1972.

Eleven thousand two hundred new scholarships will be awarded. Students who are in need of financial assistance for tuition and fees at the colleges of their choice and who have already taken the Scholastic Aptitude Test, may secure application forms from the Dean of Women's office (5-211 or 5-226A) or by writing the State Scholarship and Loan Commission, 714 'P' Street, Sacramento, California 95814.

Editorials

To Nixon's Voters

In the most recent election — the one in which a badly misinformed citizenry elected Richard M. Nixon for another four years of wreaking havoc over the minds and souls of the American people, you blew it. This election allowed the state to resume its senseless killing of the criminally insane, and proved that we are not willing to accept the right to privacy as inalienable by voting two to one against the Marijuana Initiative. I'm afraid you blew it.

Let us but for a moment, examine the level of America's mistake. The totally misinformed person is one who, from August until November worked for the re-election of the president. Lesser on the scale are the part time helpers for the Nixon campaign all the way down to the non-thinking individual who just pushed the Nixon lever and submitted the entire populus of the United States to four more years of war (not Vietnam) but rather the war that is presently destroying the hearts and minds of every thinking, growing human being who can associate the paradoxes of the Nixon 'years' with the corruption of the highest officials of this less than legitimate government and the destruction of the cities that are the industrial and sociological backbone of this country.

You were duped. You were promised things like an end to the war in Vietnam, less unemployment, more peacetime jobs, more funding for ecological projects and lower crime in the cities. That's right, you were promised these things by two of the candidates running for the highest office in the land, (George McGovern and Nixon), but proving further the theory of your non-intellect you elected a man who has proven already that he has no intention of keeping his campaign promises, rather than giving an all-too-honest man a chance at solving the ills that sicken this country with the terminal cancer of hate, distrust, racism, sexism and the war that bleeds the people of one third of their tax dollars.

Sure Nixon will tell you, it's radical to feel compassion for another human being, it's radical to detest the bombings that make the rich richer, it's radical to want the country to move in a positive direction, its radical to give a starving man a piece of bread, its radical to want something more than the status quo, and it's radical to believe that the rich can take care of the needy poor. Why not? Thought along those lines of lack of comprehension are easy for the people who are well off.

The point of this editorial is obviously not to convince you to vote for McGovern. You already blew your chance at that. But instead for you to examine your reasons for voting for Nixon. Have you ever been poor? Have you ever been hungry? Have you ever wanted to call someone without feeling your phone is tapped? Have you ever yearned for education? Have you ever wondered why ITT could buy their way out of an anti-trust suit, and you probably couldn't buy your way out of a brown paper bag? If you can answer any of these questions in the affirmative and you voted for Nixon, just remember, he doesn't need you now, and he has no intentions whatsoever of trying to improve the status of people suffering under any of those conditions. Do you have any friends suffering any of these social ills? Nixon won't help them either.

Sure. You were duped. The next problem lies in whether or not it is going to take you more than 'four more years' to realize just how wrong you were. Or are you already planning the campaign of the "Spiro of '76?"

This country has two alternatives. It can continue to ride on the backs of the staunch reactionaries, or it can rise up and take action against all leadership to try to make life better for all. With 45 million narrow minded, unthinking humans unmercifully roaming the streets the former will most likely be our future. But for the ten million starving people, the 20 million poor people, the 130 million other people in this country that didn't vote for King Richard the 1st, let us hope a liberal precedent occurs and the country begins to move toward an outlook helping the many and competent leadership for all.

Complaints Valid

In the issue of Nov. 9, THE NEWSPAPER printed a letter from the Canada College Minority Faculty, concerning the responsiveness of Canada's President, Dr. James Duke. We support the faculty and their report, as we believe that the arguments presented were valid.

We feel that the efforts which the Minority Faculty expressed in attempting to "open the channel of meaningful communication" between President Duke and the faculty, would be beneficial to the administration, as well as the faculty and the students of Canada College.

The Newspaper

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EDITORS:
Roy Scarborough
Doug Ernst

Cañada College
2400 Farmhill Blvd.,
Redwood City

NEWS EDITOR:
Stuart Schwartz

PHOTOGRAPHY:
Kitty McKoon

Bldg. 17, Room 112

STAFF:
Ruth Frias,
Tami Irwin
Vicki Perris

BUSINESS MANAGER:
Susan Savasta

LAYOUT EDITOR:
Joan Zaro
SPORTS EDITOR
Lee Zirbel



Students dredge through class. Teacher raps for 50 minutes. The next class begins.

Student Profile

A Day In The Life

The teacher yawns. The class yawns. We are caught in the middle of that terrible beast, 'The Eight O'Clock class'. Eight O'clock is a marvelous time to find a parking space, but a lousy time to be at college looking for one.

"I have another 10B section at 11:00", the teacher is saying, "And if you'd like to come back I should be coherent by then." We shuffle out, and yawn our way down the stone steps to various destinations. Bet you can't guess what this next class is! Here we sit, while the teacher goes into his act. He sits down, mugs a sober face, jumps up holds his hands high. We laugh. He reacts by diving under the table, peeking out from between his fingers, then jumping up again and thumping on the table, all the while muttering unintelligible snatches of sentences. No, he is not teaching us to be revivalist preachers. Nor is this a drama class, clowning 1A, or psychology. Welcome to foreign language.

The latest theory from the latest ordained authorities have told language teachers that it is indeed good for us to hear the foreign (not English) language spoken during class. So, for this hour, the teacher tries to demonstrate words to us as we struggle to understand, and he looks more ridiculous by the second. The teacher is going into more words. He pronounces them so emphatically and with such expression that it looks like he is in pain. Then, he motions to us for a response. Should we go for an ambulance, or repeat the word?

Class is over, we have an assignment. Half the class thinks it's page 100, and the other half of the class thinks it's page 110. The assignment has been given in the foreign language, and no one is quite sure. Class is over. Down to the cafeteria for some delicious cafeteria food. The people who planned this school did something very right. Did you ever notice that the nurse's office is one of the closest to the cafeteria? It is, and that's what I call good planning.

This is where we have a choice; we can pay \$1.00 for some mushy brown stuff, or \$.75 for some

solid gray stuff. Food bought, I sit looking for some friends. "Do you want to get stoned?" inquired a friend. A student has the microphone. He is with student government.

"AND IT IS YOUR RESPONSIBILITY TO VOTE IN THIS ELECTION..."

"Naaah, wait till I finish lunch."

"Ok. Got some really good grass."

"AND TO BECOME INVOLVED IN STUDENT GOVERNMENT. THIS IS A RECORDING."

"Amen," I say.

For some reason, the rest of my classes go a little better that day.

In Economics, we learn among other things, that government-bought potatoes are dyed blue so that they will not be resold to humans. We learn that women have an insatiable desire for nylons, and they can never get enough shoes either. This class is very educational.

On the way out, I pause to read a bulletin board. The prez. has declared that no dogs are to come to school unleashed. Apparently there are some illiterate dogs on campus, for as I am reading the notice, two unfettered mutts trot up and nuzzle my legs. They stare up at me and wag their tails. "Woof", they say.

"Woof," I say. And home.

Teacher Evaluation

For the last 2½ months James Upton from Canada, Cal Apter and Bill Haramen from C.S.M., and Sam Elkins from the District Personnel Office, have been working on a new uniform teacher's evaluation survey, which was presented to the Board of Trustees last night for approval.

Last year the state legislature passed a bill stating all certified personnel, excluding the president and chancellor, will be evaluated in four ways; self, administrative, peer, and clientele (student).

While most colleges ignored this opportunity, Canada, as well

as CSM and Skyline, went to work putting their prospective evaluations in order. When the three evaluations were brought before the Board, they were promptly shot down due to a non-uniformed questionnaire. The Board didn't bother to mention this until each college had worked up their own evaluation.

The results of last night's board meeting were not available at time of printing and will be in the next issue of the "Newspaper."

Letters To The Editors

Students Unite

In 1964 Lyndon Johnson declared a war on poverty. It is obvious that it failed. The poor minds that exist in this country by the millions is a disgrace. America is a slum in morals and common decency. The death penalty has been re-elected. The worst type of death penalty. One that is responsible for over 20,000 dead Americans and hundreds of thousands of Vietnamese.

The incredible gullibility of the American people to believe that the same peace plan is honorable offered by one man and surrender by another is a sad commentary on our country.

A carte-blanche has been given to big business to monopolize, to special interests to buy the administrations's favors, for continued illegal wars, for the rejection of the needs of America's working man, for the Madison Ave. polished politician and all those ideas that revolt the thinking American.

I pray that the toll to be taken on American principle in the next four years will not be too great. I ask all those who care about this country to join me in the Union as Student Activists, a watchdog for constitutional rights. Unless we are organized and present a solid front against repression we will certainly lose all that is good in America.

Charles Singley

Know Your Dope...

(Continued from Page 1)
legal action against the BNDD. Then, the charge was dropped, and "Analysis Anonymous" has been operating unhindered ever since.

Although this static from the federal agency caused some concern about PharChem's relation to the law, local police have never hassled the facility. There has never been a bust in connection with the drug analysis program provided by PharChem laboratories.

To guarantee anonymity to clients, a number identification system is used. When a drug sample is sent or brought in, a five digit number is assigned to the sample, either by the client, or by PharChem. Three or four days after mailing a sample, or one day after bringing it in, the client may call and ask for the results on that number.

To help the lab, certain information should be sent with the sample. Dope users should include

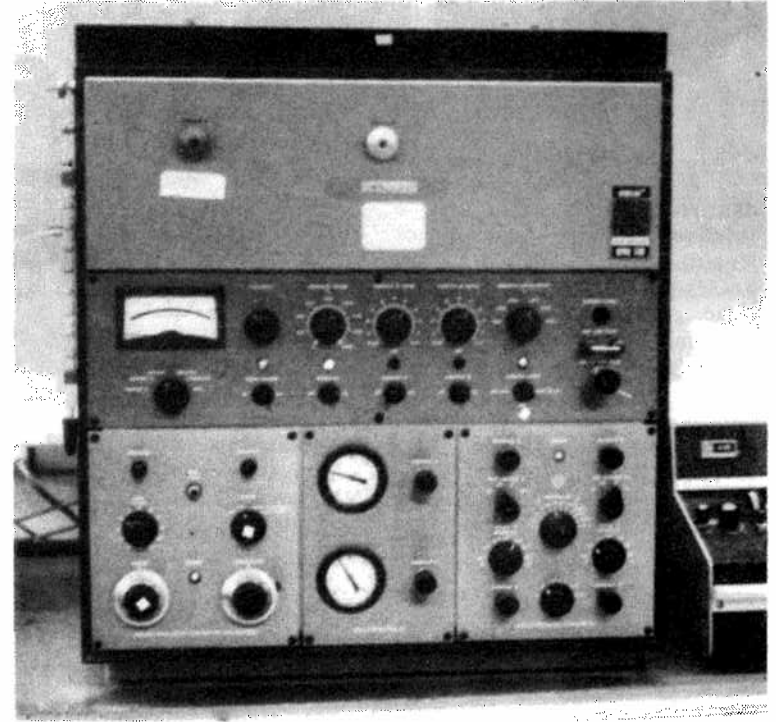
what the drug was sold as, what the street price was, and the area (city) from which the sample is sent. The quantity needed for analysis should be enough for one dose. If heroin, one hit; if acid, one tab; if grass, enough for one J.

The \$10.00 fee is for an analysis of what the drug is. If the client wishes to know the strength of the drug, and the quantity of the drug or drugs in the sample(s), another \$10.00 should be sent.

The overall results of the program have confirmed what street people have known for many years. The dope they buy often is not what they paid for. During one three-month period, PharChem analyzed 120 street drug samples. Of that amount, only 43 samples contained what the seller said it contained. A very common misrepresentation involves mescaline, which, in the pure form, is very rare. Samples of LSD, a common street psychedelic, are often represented

as mescaline. A monthly newsletter is circulated by PharChem listing the drugs they have analyzed during the past 30 days. The letter tells what the samples were, what they were sold as, the price (when available), and the area where the drug was purchased. About 3200 newsletters are published each month. Free copies are sent to persons on the PharChem mailing list, amounting to about 1200 of those copies. The rest are sold at \$.10 per copy to high schools and colleges. Along with the information on what drugs were analyzed, the newsletter contains general information on street dope.

Although the cost of analyzing a drug may seem high to the user, Ostrenga says that PharChem has actually lost money on the program. Eventually, however, he would like to make the drug-analysis program free as a public service. The other source of revenue, which brings in a profit, is



One of the machines used to analyze narcotics.

...Have It Analyzed

testing urine samples. About 600 urinalyses are done each day at PharChem. The lab receives samples for methadone maintenance and other drug-free programs. They charge around \$2.50 per sample. PharChem reports on what drugs are found in the samples, letting the programs know what drugs, if any, their clients are sneaking on the side.

PharChem also sends speakers to high schools and colleges as part of a drug education program. Although funds are limited right now, Ostrenga says he plans to expand the drug education program, with the help of money, "From wherever we can get it." In the travelling to high schools, the lecturer from PharChem is often an addition to the drug education programs given by high schools. The need for this service is real, as some high schools still provide the "Smoke-a-joint-today-and-you'll-be-hooked-on-heroin-tomorrow-and-dead-the-next-day" drug

education programs.

Although these courses are often a student's only academic source of information on drugs, they lack credibility. Ostrenga noted that some high schools are starting to be more realistic about narcotic drugs, but could still use outside speakers who are more familiar with the subject than a teacher. Ostrenga would also like to see a resource library on dope started. A list of drugs, their appearance, and effects, could help physician when treating patients with drug problems.

Karate Club Meets Tues.

Want to do something really kicky? The Canada Karate Club is meeting every Tuesday, between 6 and 8:00 p.m. in the multi-purpose room. Meetings are also held Thursdays in building 13, room 210 during college hour.



Drug analysts test dope for identification, potency, and purity.

Board Reviews Accreditation

If you were approached by an unidentified administrator this week, and he questioned you about your classes or the famous cafeteria food, don't worry. He probably wasn't a spy for the food tech classes.

That person may have been part of an accreditation team which spent three days this week checking out every nook and cranny of the college.

The team, composed of nine administrators from other colleges, was on campus Tuesday, Wednesday, and Thursday. They sat in on classes, talked to students and administrators, checked out how well the college is handling the needs of educationally disadvantaged persons, and so forth. The purpose of this is, in the words of Diablo Valley College instructor, John Porterfield to reach a decision as to "How well, overall, a college is doing what colleges like us are generally expected to do."

In preparation for their visit, a team composed of students, faculty and administrators, had filled out a voluminous report on college activities. The report took approximately one year to complete.

Canada's president James Duke is concerned about the evaluation, but optimistic about the results. "We've improved the college a lot in the past year" Duke said, "And I'm hoping for the maximum five-year accreditation."

New Vonnegut Class

Starting Dec. 1, Norm Siringier will teach a one unit class on the writings of Kurt Vonnegut Jr.'s *Cat's Cradle* and *Slaughterhouse Five* will be two of the books used in the class.

The coming spring semester also promises to bring some interesting courses, among them are:

Poli-Sci 40 - a one unit 9 week course based on the *Simulated Society* (Sim Soc) book. History 36-- a three unit full semester class with emphasis on historical

research in the minority communities.

Poli-Sci 40 - a one unit 9 week course based on the *Simulated Society* (Sim Soc) book.

History 36-- a three unit full semester class with emphasis on historical research in the minority communities

Social Science 37-- a three unit night class the topic of which will be the sociology of women and their roles in society, and Political Science 2 - a three unit course that will analyze contemporary foreign governments.

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Minorities Censure Duke

(Continued from Page 1) asserted accreditation is a relatively routine matter not requiring a great amount of the president's time. They accused Duke of using accreditation to stall them off.

"He's using the same tactics he's used all along," said counselor Ernesto Rodriguez, angrily. "He's stalling."

The accreditation study is made to determine the academic standing of colleges. Canada's first

accreditation study was made a year after the college was opened, and Canada received the maximum accreditation for a new college - four years.

Les Campbell, head of the Student Development Program (SDP) dismissed the study saying, "He serves on these (accreditation) boards himself. He knows these guys. Accreditation is no sweat."

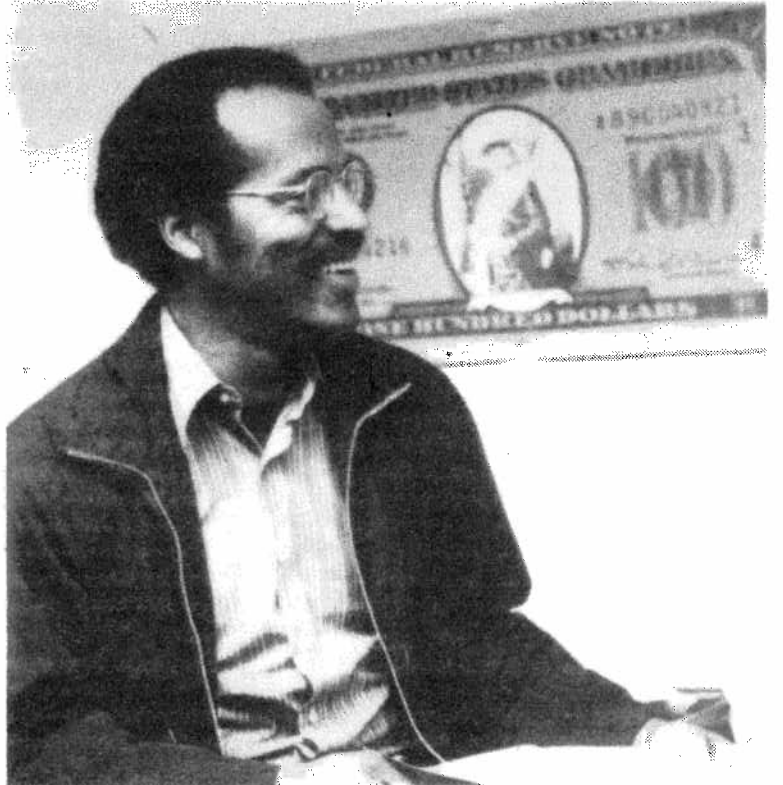
Further, the minority faculty

and staff members felt certain aspects of the report presented to the accreditation committee were misleading. They found the phrase "culturally deprived," which appeared in the report to describe low income minority members offensive. They additionally felt the report's statement which indicated provisions had been made for 20 minority-ethnic oriented classes was misleading. Only three such classes are actually offered.

The disgruntled instructors and staff members maintained Duke has shown no interest in initiating minority programs.

"He has never initiated any action. Anytime we have gone to him we have gotten nothing but high level administrative 'chatting.' He always talks in abstractions," asserted speech instructor Jim Keyes. "I think Duke is still operating under his Southern training, practicing 'Plantation politics.'"

The instructors felt Dr. Duke lacks the training to deal with minority problems, and such a lack of training has hampered the college.



Counselor Jim Keyes; "He talks in abstractions."



Counselor, Ernesto Rodriguez; "He's stalling."

"His failure to deal with these policies has made the campus go

backward not forward," alleged Rodriguez.

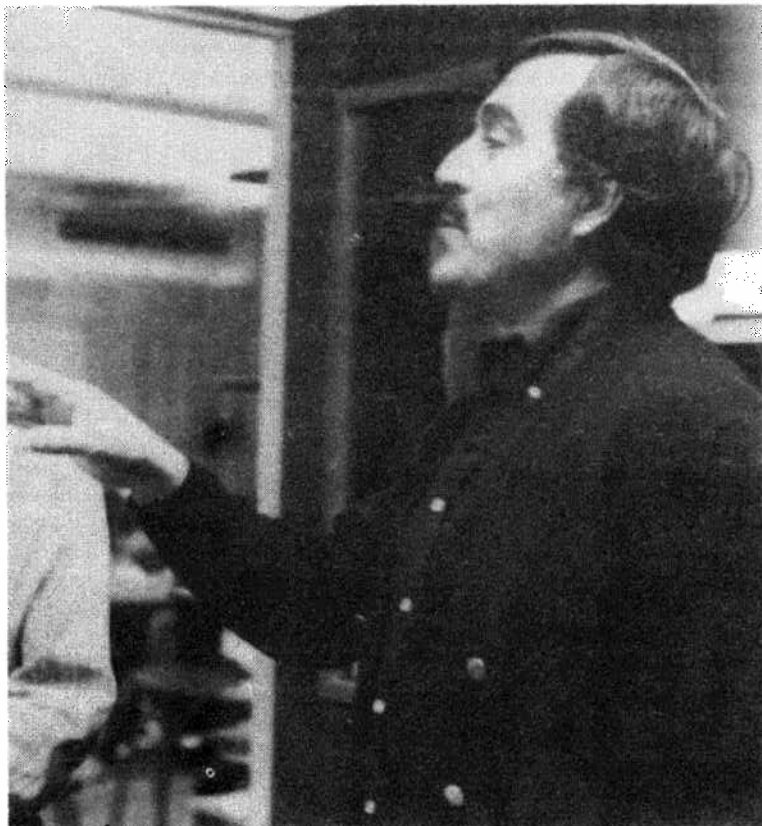
"We don't have an axe to grind with Duke," Keyes added. "It's just that he's the man in charge."

Psychology instructor Harold Varner asserted, "We're really talking about the office, not the man. If Duke wants to be a racist off campus that's his identity problem."

Further, the Minority Faculty Committee suggested other members of the Canada faculty and staff might be unhappy with President Duke's performance. A rapid survey of the faculty revealed, however, four out of five faculty members out of the 25 who responded, favored Duke's administration.

President Duke reaffirmed his promise to deal with the minority recommendations after the accreditation study is completed, adding, "There is nothing I see in their letter that is critical to students, and can't be delayed a bit."

At the request of the accreditation team, the minority faculty members met with them yesterday morning to discuss minority affairs on the campus.

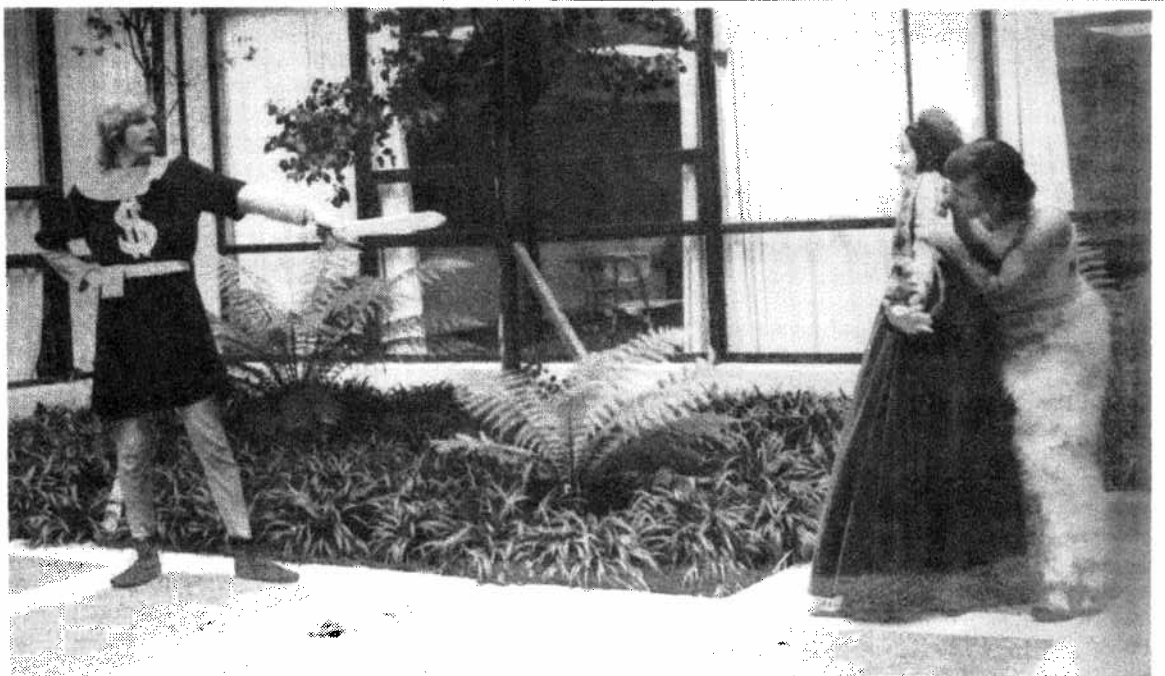


Minority Faculty Committee Chairman, Gilberto de la Rocha

Dreams and Phantasies

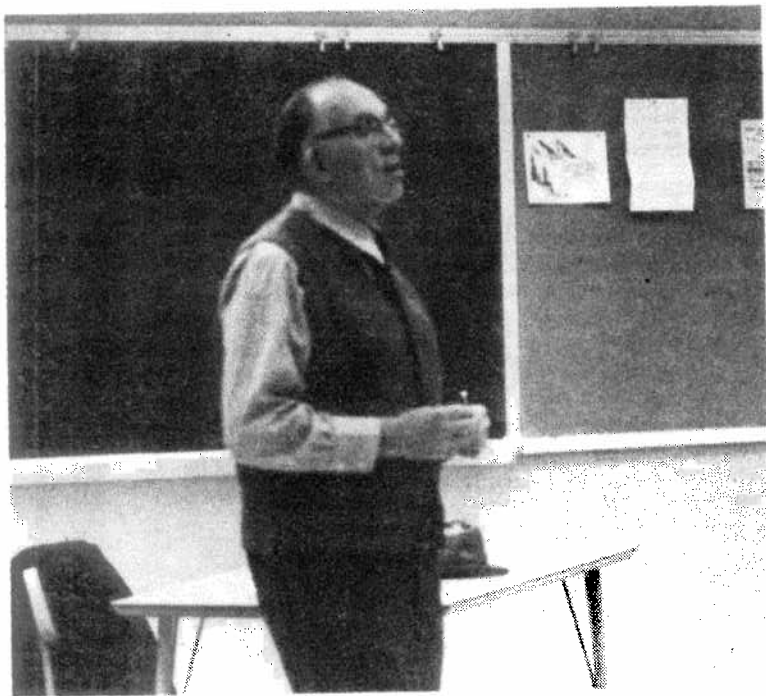
Canada's semi annual Art and Literary Issue

to be published in early January. All forms of art, literature, music, photography, etc., pertaining to the theme should be brought to the Newsroom (17-112) by Christmas vacation. We would especially like help from artists who are into graphics and lettering.



An example of the music performances now being brought up to Canada by the music department.

Student and non-student groups perform music as well as theatrics.



In typical form, Dr. Fahey addresses a class.

Historian Fahey Tries New Angle

Those who have taken his class, are aware that Dr. Frank Fahey knows his history well. He knows it so well, in fact, that he is in the process of writing a book on it.

Scheduled to be available in 1974, the book will most likely be entitled, "The American Crucible." Designed to be a brief, general text, it will include the path of American history from the age of discovery to the date of publication. Approaching history from a different angle, Dr. Fahey hopes to explain the personal flavor associated with history.

"We hope to stress more individuality and character instances than the average text," Fahey explained. Writing the book with his wife, Marie, Fahey considers the task a team effort. "I know more history than she does," Fahey stated, "but she can write much better than I can."

When it comes to history, not many can perceive as well as Dr. Fahey. Explaining his particular interest in history, Fahey said: "History is so all-inclusive and embracing. It's overwhelming, really, when you look at it. In a way, it's like a beam of light with increasing power. The historian interprets the all-inclusive segment of reality which is history. One is confused by the tradition of what history includes, along with being confused by the depth of his own intellectual perception."

In a kind of self-analysis, Fahey explained, "The historian's profundity and range of interests are limited." He went on to say, "The strong areas are emphasized. I've always been more interested in semantics than in the mathematical, scientific part of life."

Whenever possible, Fahey plans to use important individuals in his book. Fahey mentioned such notables as Harding, Madison, Washington, John Adams, and John Hancock. The personalities of these people of the past may be of interest to many. This approach may prove to be an effective way to generate interest among students who often regard history as a rather dull subject.

Having taught in the San Mateo Junior College District since 1956, Fahey has written a number of

books. A two-volume set, familiar to those who have been in Fahey's 17A and 17B classes, is a reader entitled, "Chapters in the American Experience," written by Fahey and his wife. Concerning this book, Fahey stated that he has received fairly good feedback from the students.

Born in Seattle, and a native of Washington State, Fahey received his bachelors degree from the University of Washington and later received both his Masters degree and his Ph.D. from Stanford. He was an instructor at Stanford before finding his home in the Junior College District.

Occasionally, Dr. Fahey can be seen lecturing to one of his many classes, at his home-away-from-home in building 17-105. His many gestures and hand movements can't be mistaken as those of anyone but Dr. Fahey. A mild-mannered, conservative-looking man, pushing 50, Fahey takes on a full day schedule, along with some night sessions, and then more of the same during the summer.

Dr. Fahey must enjoy what he does tremendously, as most of his life has been devoted to the knowledge of history. It is said that those who enjoy what they do, end up doing a good job. Hopefully, this will apply to the book which the Fahey's are working on.

McG Avoids SM Landslide

(Continued from Page 1) state. According to Church the counting began at 8:00 and by 9:05 p.m., 98 per cent of the votes were accounted for and the results released to the news media.

This was accomplished through an innovation Church called a "snap tally," a San Mateo County original. Each of the county's 720 precincts would phone in the counts on the voting machines to the county office periodically where the information was computerized. As Church explained it the results from the precincts were reported and tabulated efficiently through the employment of modern communication techniques and technology.

Coffee House Provides Good Sounds

If the high cost of entertainment is keeping you from having a mellow time on Friday nights, maybe the Y Coffee House is for you.

Coordinated by college students, and designed for the use of college students, The Coffee House is located in San Mateo to accommodate all three colleges. Top bands in the area will be featured, and the admission charge is a mere 75 cents to cover the band and the building. The Coffee House happening begins every Friday night at 8:30, and ends around midnight.

The idea of a Coffee House was developed by John Gilderbloom, a College of San Mateo graduate. Gilderbloom managed to obtain use of the YMCA building, located at 240 North El Camino Real, for Friday nights. Although some students may be turned off by the thought of the YMCA, Gilderbloom has high hopes of success.

"The Y doesn't have a good reputation," said Gilderbloom. "They've changed through the years, though, and they've given me a chance. I think this is a step in the right direction."

Last Friday, The Mad Brothers played to an estimated crowd of 400 people, most of them college students. The crowd displayed their satisfaction with the band, by calling them back for two encores.

Because of their obvious appeal, The Mad Brothers will re-appear tomorrow night at the Coffee House.

After the successful performance last week, Gilderbloom was thrilled with the results. He said:

"It was everything I wanted it to be. I would call it one of the best shows I've been to in a long time, where people get it on and have a good time."

Because of its recent success, the Coffee House gives the Junior College crowd a place to go every Friday night. Students can meet new and old friends here, while listening to excellent music. It serves as a clear and definite alternative to today's overpriced movies, sporting events, and dance concerts. Police will not be present at the Coffee House, and no one

over the age of 25 works at the Y on Friday night.

The Coffee House gives off a free and relaxed atmosphere, where students can share the common interest of appreciating good music. According to Gilderbloom, the bands to be presented will range from hard rock bands to folk artists. He emphasizes that the success of the Coffee House will be determined by the people who come.

If the music scene doesn't appeal to you, perhaps you need a gym to use. The gym at the Y is available on Friday nights, where volleyball, basketball, and ping pong are played. In any event, if you're low on cash, or need something to do, stop by the Coffee House and check the place out. You just might have a good time, as the Coffee House has many things to offer — even coffee.

Co-op Ed Class For Credit

Get on-the-job work experience, increase future job opportunities, learn the "objectives" approach to improving job performance, and earn 1-4 units of credit. See your counselor or one of the following Co-op coordinators: Alec Cline — Food Technology 47, Dianne Eyer — Home Economics 47 & Special

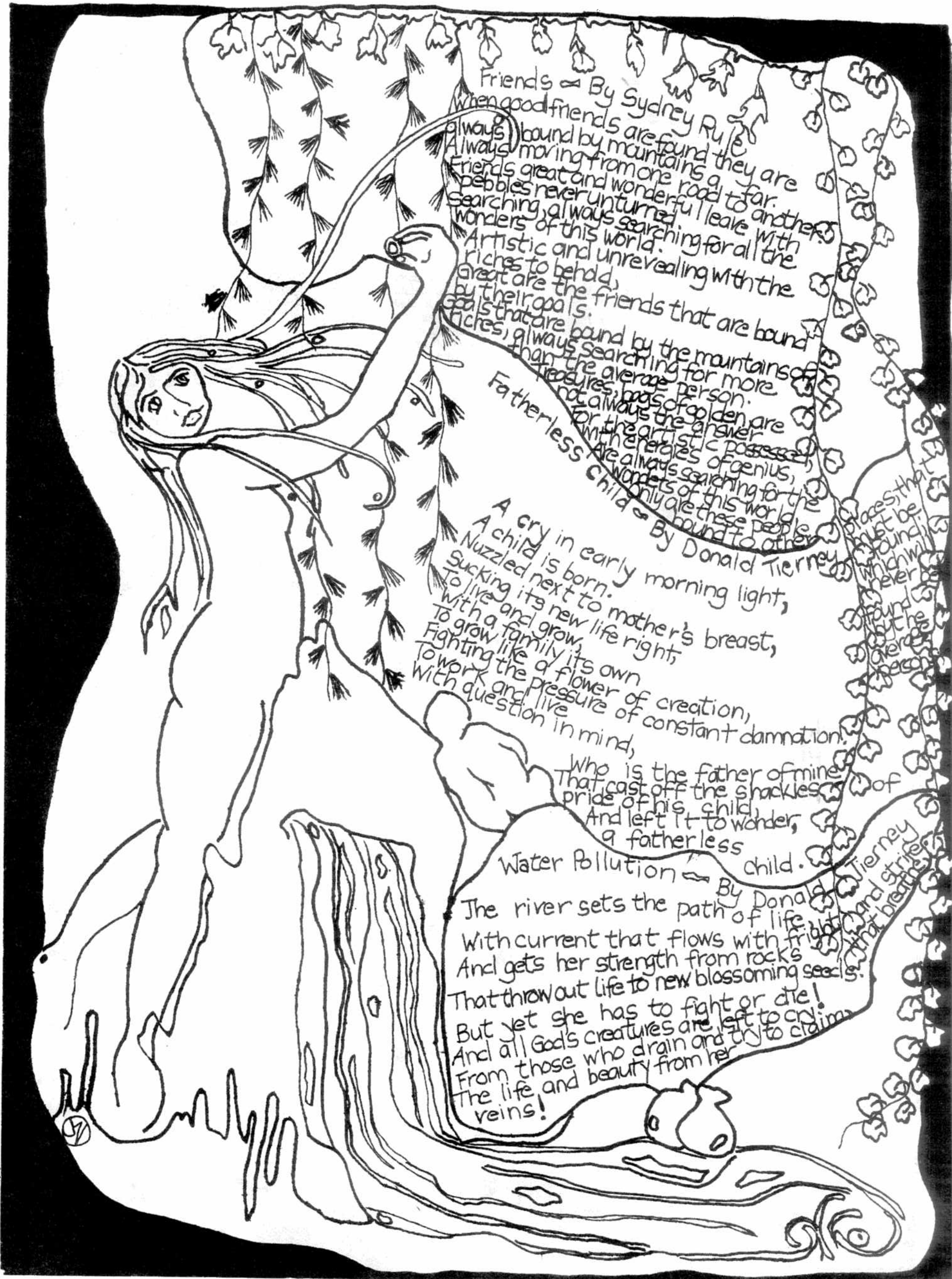
Education 47, Gordon Gray — Recreation 47, Gale Hurley — Business 47, Ben Kilpack — Social Service 47, Eileen Smith — Nursery School 47 & Education 47, Paul Stegner — Mental Health 47, Ross Westover — Environment 47, occupational Ed. for students whose jobs are not related to their major. (8-211)

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Friends - By Sydney Ryle
 When good friends are found they are
 always bound by mountains
 Always moving from one
 Friends great and wonderful
 pebbles never unturned
 Searching, always searching
 wonders of this world.
 Artistic and unrevealing
 riches to behold,
 great are the friends that are bound
 by their goals,
 goals that are bound
 riches, always bound by the mountains
 than the average person.
 Searching for more
 treasures, bags of golden
 not always the answer
 for the artistic possessor,
 with the artistic possessor,
 are always searching for the
 wonders of this world
 only are these people
 bound to other

Fatherless Child - By Donald Tierney
 A cry in early morning light,
 A child is born,
 Nuzzled next to mother's breast,
 Sucking its new life right,
 To live and grow,
 with a family its own
 To grow like a flower of creation,
 Fighting the pressure of constant damnation,
 To work and live
 With question in mind,

Who is the father of mine
 That cast off the shackles
 pride of his child,
 And left it to wonder,
 a fatherless
 child.

Water Pollution - By Donald Tierney
 The river sets the path of life
 With current that flows with
 And gets her strength from rocks
 That throw out life to new blossoming seeds.
 But yet she has to fight or die!
 And all God's creatures are left to cry!
 From those who drain and try to claim
 The life and beauty from her
 reins!

57

Neophyte Divers Learn The Safe Way, Dive Off Coast

"I learned to dive by the seat of my pants, and that's the wrong way to do it." So saying, Angelo Festa has taught approximately 1200 people the safe way to SCUBA dive over the past four years.

A seemingly heartless taskmaster, Festa weekly runs dozens of would-be divers through their paces as a part of the Cañada Skin and SCUBA diving class.

"Hands off the gutter. There won't be any gutter in the middle of the ocean," he hollers at gasping frogmen, treading water endlessly before him.

Festa explained his sometimes grueling course prepares casual swimmers to become practiced and cool divers, prepared to meet

occasional emergencies which lay beneath the waves.

He asserts that while a few individuals may take the course with only fulfilling their P.E. requirements in mind, they either drop out in the first few weeks, or become seriously interested in diving.

Upon registering for the course, an apprentice diver must pass a series of tests administered by Festa and his assistants, among them Canada students Mike Faulkner and John Tanaka. The tests include swimming the length of an olympic size pool ten times, swimming a smaller pool's length under water in a single breath, treading water with and without the use of hands, and floating on



Down To The Sea in flippers the dauntless divers discourage over 30 divers from getting their flopped. The icy and rough waters did not certification recently.



Instructors John Tanaka, center, and Mike Faulkner brief their class before entering the water.

one's back for ten interminable minutes.

Should a student fail one or more of these tests, he must work on that particular weakness and eventually overcome it.

Thereafter, the student spends over half his class time in the water, learning to flood his mask and clear it under water, retrieving it from a twelve foot pool at least ten times, and learning new kicking techniques with the generally unaccustomed use of fins.

Far more exciting for the apprentice diver is the goal of learning to use an aqua lung. The bulky metal cilinder becomes something to dream about as one plunges endlessly in and out of the pool, practicing new entries, as Festa continually calls, "Keep your head above water. You shouldn't go in any further then your chest."

Having witnessed the dangers awaiting the unprepared or untrained diver, Festa is adamant about preparing his students to safely meet the sea. To make the ocean check-out dive, which is required to earn certification as a SCUBA diver, the student must have at least a "B" in the class.

Without the certification, which is issued by the National Association of Underwater Instructors, of which Festa is a

member, a diver cannot legally buy air in California. Mandatory certification was put into effect less then ten years ago, prompted by the vast number of underwater accidents brought about by a lack of proper training.

Festa received his Instructors Certification in 1970. Since that time he has not merely stood warm and dry poolside, hollering to his students, but is an enthusiastic, energetic diver nearly every weekend. Along with sightseeing he frequently harvests the abalone and lobster to be found along the coast, and is renowned and feared for his infamous sea urchin roe dip.

Check-outs are made in the frequently murky waters off Cannery Row in Monterey. There the eager divers demonstrate the skills they have learned during the course. Without tanks they make brief dives, mock rescue each other, and navigate kelp.

Upon donning their tanks they make a first visit to the ocean floor, swimming down about 30 feet to examine the crustaceans residing on the breakwater which juts out into the bay.

Whenever underwater, the divers are encouraged by Festa to collect any litter which may be laying about. "In the years I have been diving I've watched the ocean deteriorate," Festa

explained. "And it's all because of man."

The recent passage of Proposition 20, for which Festa campaigned long and hard has made him optimistic. Ecology is his most frequent lecture topic, and one which preoccupies much of both his in class and off times. "If you're going to teach somebody to dive, you might as well try to make a good underwater citizen out of him."

Tutors Needed

Woodside High School needs volunteers to tutor in English and History and to assist in biology classrooms. If you can help, please contact Mrs. Bockholt at 369-1411 ext. 285. Tutors and classroom aides are needed.

Lost Mutt Missed

LOST — Siberian Husky - female - white and grey with brown eyes. Lost October 29th. Weighs 30-35 lbs. Answers to "Kaunsa." REWARD CHILD'S PET MEANS A GREAT DEAL TO FAMILY. Please call 364-4052 or 591-7954. \$100 REWARD.

Vets Get More Money

Canada veterans are now beginning to receive their checks under the new entitlement bill. Some are receiving their money at the new rate. Others are being paid on the old scale with adjustment checks to come later from the Regional VA Office.

Pay raises of 30 to 35 percent for veterans are now retroactive until September 11, 1972, according to the Veterans Administration. "This change will affect over 500 Cañada veterans," accordng to Daisy Oakley Cañada Veterans' Clerk.

The pay raise which went into effect Sunday, October 1 now qualifies the single veteran carrying 12 or more units to receive \$220 a month. If he is married, he receives \$221 and if he is married and has one dependent, he now receives \$298. He receives \$18 for each additional dependent.

A three-fourths time student, if single, receives \$165, \$196 if he is married, and \$229 with one child. For each additional dependent, the three-fourths time student carrying 9 to 11 units receives \$14. A half time student carrying six to eight units, if single, receives \$110, if married, \$131, and married with one child, \$149. For each additional dependent he is entitled to an added \$9.



The Graduates - Angelo Festa's class assembled on the Cannery Row Jetty for a bit of Cheesecake - with Festa as the cherry on top.

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