

# Weatherpane

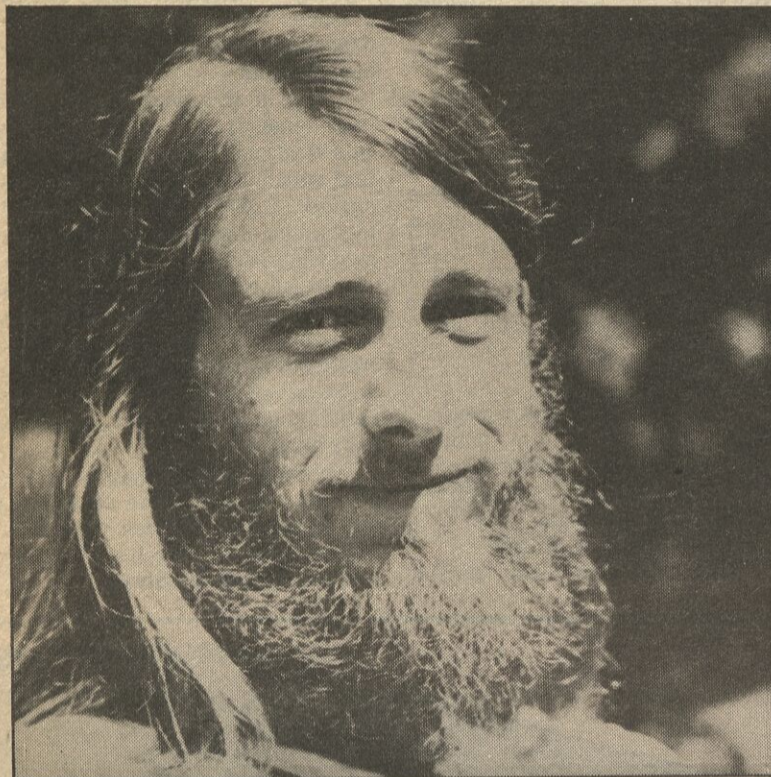
VOL. 1978 NO. 2

CANADA COLLEGE, REDWOOD CITY, CALIFORNIA

SEPTEMBER 29, 1978



## Spanier raps on Student Rights



District Board Trustee Vince Spanier's main interest is helping students paper shuffle through administrative pitfalls.

"My responsibility?" queried Trustee Vincent Spanier, 25-year-old-student on the San Mateo Community College District Board of Trustees. "It's the same as all the other trustees that are up there, other than voting. I can't vote. But I would say that's being responsible to the students and the community that funds the district. I think my primary responsibility lies with the education of the students in this district."

Trustee Spanier's position is the result of Senate Bill 591. SB 591 creates a student seat on all California community college board of trustees. The bill became law July 1, 1978.

Although Spanier is given no vote and not permitted to attend board personnel and executive sessions, his position creates a vocal and political opening for student changes and interests in education at the two-year college level.

Trustee Spanier's involvement with student government began at Canada in early 1972. Some time later he ran for student president, *Continued on Page 2*

## Bookstore rush handled with care

During the past two weeks, have you walked into the bookstore and walked out two hours later \$60 lighter? Well, before you take drastic measures to get even, the Canada bookstore really cares and understands the student's dilemma. Prop. 13 has taken a toll in closing classes, campuses, and even bookstores. Usually there are employees who work throughout the summer getting ready for the fall. But the bookstore had to close from July to August.

Bookstore Manager Karen Filipas says that due to this, the new employees were not well trained, and books were late coming in. Things will be better though, since she now has three full-time experienced helpers. "We try something new every semester, sometimes it works out, and sometimes it doesn't."

But the manager and her staff are enthusiastic when trying new ideas. They tried an express lane for the one-item people, and found

it to be more of a problem than a solution. And when there is a complaint because some students don't know what a receipt is for, take it to the manager; she'll best accommodate you within reason.

Being a bookstore manager, Karen really cares about the students as a whole. When it comes to book costs, she gets into stocking used books whenever possible; which turns out to be a good cut for the student.

The rising costs in books has not been bad. When Filipas started 15 years ago the average priced book was \$10. Today, the average for this year is about \$16.50, give or take a little.

And for rip-off artists, they are far and very few says Karen. Unlike other college bookstores, it has never been necessary to hire a uniformed guard. As Karen states: "I don't ever want to have it if I can help it." So, for the coming year, if you still have problems, take it to heart. They are trying.

## Student gov't saved from extinction

In the fall of 1978 the Associated Students of Canada College were left without representative leadership. At that time a few determined students began meeting in the college's hallways, eventually meeting with the college president.

President William Wenrich requested they select leaders, revise or rewrite the constitution and hold general elections. President Wenrich proclaimed them an "Interim government."

Previous student leaders had failed to hold elections in the spring of 1977. The election process was cancelled and the constitution failed without renewal.

The "Interim Government" selected leaders and began the constitutional overhaul. A criticized trip to a conference on constitutional models in Orange County resulted in two representatives returning with several models to study. The "Interim Government" chose to write a new constitution based on Cabrillo Community ASCC.

The new constitution was passed May 17, 1978 and gains stability in a 15 member voting Senate, who act as committee chairs. Senators may be seated on more than one committee.

The constitution is given endurance with a lobby of non-voting

students who may become committee members. This broad based form of representation allows for greater participation by the diverse student interests found at the two year community college level.

Three weeks to the day after the constitution's ratification and five days after their election, 13 senators took an oath of office. A 14th Senator was appointed two days later.

To date not all Senators have taken committee chairs. Of 11 committees, eight have been seated. The Inter-Campus Committee, the Student-Faculty *Continued on Page 3*

## Former student new cafeteria director

When Frank Enrique started as a student at Canada in 1968, little did he know that 10 years later he would be the new Cafeteria Manager. The Food Tech major dropped out after attending 1½ years to take a job at Sequoia High School. He returned to complete his AA degree in 1973.

For a couple of years he took a variety of jobs, trying to decide what he really wanted to do. He had been involved in student guidance as well as foods.

These two talents he had also combined in a project called Project FEAST (Project for Food Education And Service Technology) in Sequoia High School as a student during his junior and senior years. His work

at Sequoia included guidance, much in the form of "sidewalk counselling". He had hoped to help students although he felt that this was at times misinterpreted.

During the time that he was trying to decide on his career future, his girl friend, Wendy, now Mrs. Enrique, was at Canada talking to Al Archuleta, a tutor in basic skills. Al said, "Hey Skyline has an opening for Head Cook." Wendy told Frank. And, with Al and Wendy urging him, he applied for the job. He got it. He was there for a year and a half then moved over to CSM as Head Cook for three years. Now he's here as Cafeteria Manager.

It really all started around age six when his grandmother, Mrs.

Ann Enrique, showed him how. He has always liked cooking. He is still amazed when he watches her cook. During one of the Cinco de Mayo festivals, she came to Canada and helped him make 2,000 enchiladas and menudo. She is part American Indian and Mexican. He always enjoys hanging around her and her cooking.

As far as his other eating preferences are concerned, he is just as happy eating at McDonald's as at Le Berge. It just depends on what he feels like eating. He likes just opening a can of beans.

At home he and Wendy share cooking chores. Although right now they are doing more eating out *Continued on Page 3B*

### District's Future Discussed

#### Cañada's new age of uncertainty

The loss of local to state and federal control of community colleges is a very real threat which will soon have to be dealt with by the San Mateo District Board. At an interview with the college press, Board President Elenore Nettle and Chancellor Glenn Smith discussed this and other problems facing the district.

Nettle explained, "If you create authority at a cabinet level for education, you know you have created a powerful bureaucracy...The government is gaining this much power now, at a time when people are pleading for less government."

Both Smith and Nettle agreed education should be the responsibility of the local district. Besides

state control, Smith pointed out they were also having to deal with increasing federal control and the federal board of governors.

When asked what effect Prop. 13 was going to have on the college district, Chancellor Smith said, "The bad news is that the budget us down \$4½ million. The good news is that things are as normal as they are at the beginning of the Fall Semester."

Nettle was reassuring when asked if tuition seemed to be in the district's future. "Our history has been one of success being a tuition-free institution. California is the only state left with tuition-free community colleges and it has the strongest college program of all. *Continued on Page 4*



Frank Enriquez talks of his goals as new food director.



New Social Science Division Chairperson Marie Bishop contemplates new goals and directions for the division.

Jim Olson

# Bishop speaks on USSR

Marie-Louise Bishop, named the permanent Director of the Social Science Division this year, was a faculty member accompanying a study group through the USSR last summer.

"I happened to have had a positive experience," she said, "but many who travel in the Soviet Union do not. They have felt confined or restrained."

Bishop added the reason for this was they were an educational group and had special arrangements with a guide.

The group, which numbered 26, left the United States and flew to Helsinki, and then south to the Black Sea. They then took a ship north up the Volga River to Moscow. On the ship they were joined by 12 Soviets, all of whom were associated with educational studies, research institutes sponsored by the government or teachers.

Bishop said, "They spoke fluent English and also gave lectures." The lectures, or sometimes joint discussions, were given almost daily and covered a wide variety of subjects.

Some of the topics discussed were educational systems, political theory, health care and social services, economics and

agriculture, industrialization, art and culture.

From Moscow they continued north to Leningrad. They then took a train west to the Federated Republic of Estonia.

"People make the mistake of referring to the Soviet Union as Russia," she explained. "Russia is actually only one of 15 separate federated republics, although it is the largest."

The trip lasted 25 days. Besides the 12 Soviets, who stayed with them, they were accompanied by four translators and intourist guides. Bishop said they still were free to walk around.

"In addition to the formal lectures and sight seeing, we took field trips into places where tourists don't usually go." These included a child care center, a collective farm, a factory of hydroelectric power plants and a pioneer camp, which is a youth group like the Boy Scouts here, except they are run by the government.

They also met with several private citizens, where nothing was censored. "The Soviets have a lot of friendship societies involved in fostering dialogue with the U.S.," according to Bishop.

This trip cost each person

\$2000. This covered transportation, meals, lodging, museum, concert and dance tickets. The program was offered as a community service. Community Services is now defunct because of the passage of Prop. 13.

As Director of the Social Science Division at Canada, Bishop is responsible for the scheduling of classes, the supervision of the evaluation of courses and faculty, recommendations for faculty hiring and the development of the division's budget. The Social Science Division includes nine departments and five vocational departments.

And, if this doesn't keep her busy enough, she also teaches Introduction to Philosophy, using a text which she wrote. The book is called 'Living Philosophy' and focuses on philosophical thought in everyday life.

As an administrator she does not get paid for teaching. She explained, "I love the teaching. While administration is necessary, it is a very different kind of satisfaction and not as instantly gratifying."

Bishop also writes book reviews and does some consulting for publishers. Besides these activities she said she has "lots of projects outside of school."

## MAILBOX

TO: Mr. Richard Claire, Director Business Division

TO: Susan Thomas, Editor of Weathervane

FROM: Dr. Arthur Katz

FROM: Richard Claire, Business Division Director

SUBJECT: Retraction of comments reported in THE WEATHERVANE

Last week I was quoted in the Weathervane concerning Dr. Katz's resignation as the Business Division Director. I would like to clear up any misconceptions about the quote and state that there was no implication on my part that his resignation was anything more than voluntary. I would appreciate it if you could print this statement in the next issue of the Weathervane.

I demand a retraction of the erroneous comments attributed to you as reported in THE WEATHERVANE. I regard the innuendo as insulting. If, as you told President Wenrich, the reporter misquoted you, then you have an obligation to correct it.

## Valuable gift Donated to Ophthal. dept.

There is plenty to smile about for students in the Ophthalmic Dispensing program at Canada.

Russel L. Stimson, President of Superior Optical Company, Santa Ana, Calif., has donated his optics library to Canada. Over 700 volumes make up this valuable donation which date from 1740 to 1976. Some of the books are collector's items.

"This is a gift that is absolutely priceless, only existing in Europe...Canada's library will be a source of information for the entire industry...It is one of the most complete libraries. There are source books for any research.

"Second year students will be assigned research projects, if people from the field want information from the library," stated Mark Matteson-Shupnick, Ophthalmic Dispensing instructor.

You can bet the Ophthalmic program will be very careful with these books. Students who are not in Canada's program will need permission for access from Matteson-Shupnick of Irwin Voegl, an Ophthalmic Dispensing instructor.

Matteson-Shupnick announced, with a smile, something else new about the program. "Governor Brown stated Sept. 22 that a person with a two year degree from Canada in Ophthalmic Dispensing will need two years of experience to become a licensed Ophthalmic Dispenser in this state." Previously a person needed five years of experience.

## Student Trustee

Continued from Page 1

but as Spanier said, "...there was a miniature watergate that arose out of that election and I appealed it and didn't get any satisfaction."

Spanier left the college and student government in disgust. When he returned to Canada he was encouraged by friends to "get involved and I said, 'no, no, no way, I'm not going to do it, the hell with it,'" he said.

His friends continued persuasively and Spanier joined the ASCC to assist in the writing of the constitution.

It was during this time Spanier first heard of the student trustee position. Did he want the position?

"No, as a matter of fact...I was fairly adamant about not wanting to do that," Spanier said.

He continued to watch as the board of trustees heard from students on the student trustee matter.

"One thing that kept crossing my mind was, these people aren't too experienced in dealing with the bureaucracy of the district, or any district, or any bureaucracy."

When other student leaders spoke with Trustee Chancellor Glenn Smith about the position and accepted his word as law, Spanier was outraged.

"I was feeling like we were sold out, we were co-opted, so that's what turned the nut right there. I just decided I gotta be the one that runs for it," Spanier said.

From each college a representative was elected to the board of trustees. Gordon Meechum from CSM, Dean

Desmen from Skyline, and Vincent Spanier from Canada.

The three conferred on several occasions and Spanier was selected to sit on the board.

Trustee Spanier said his main interest is helping students learn ways of "papershuffling" through administration pitfalls, improving student opportunities."

"If I were to accomplish anything, it would be a general conscious raising. I would really like to see something happen and the students would actually stand up and say, 'Hey, we're interested. We are here. We don't want to be taken advantage of...'"

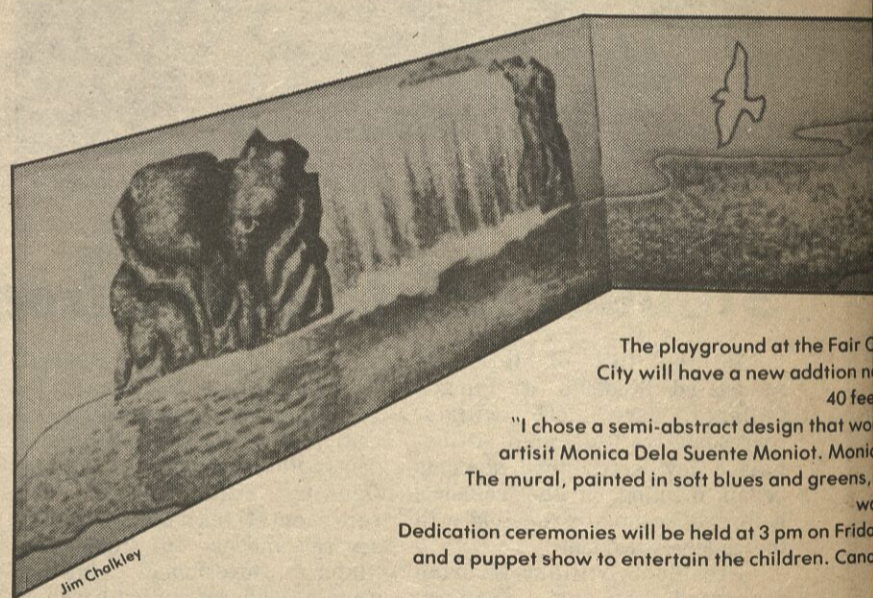
"There's more learning going on when you're excited, more than when you're just sort of muddling through the whole mess."

"Kind of like the philosophy of Ken Kennedy," said Spanier speaking of a Canada Political science instructor.

"Things are generally healthier when students are a bit restless."

"If I can raise the consciousness of one student in this district; one student to the point where that student can stand up for his or herself and say, 'Hey, wait a minute. Just because you're the administration doesn't mean you're right', and accomplish that. Make them at least re-evaluate their position."

"As long as there is one person that comes out of this year and I've affected that change in him or her I'm satisfied. That'll make me real happy." Spanier said.



The playground at the Fair City will have a new addition 40 feet

"I chose a semi-abstract design that was artistit Monica Dela Suenta Moniot. Moniot The mural, painted in soft blues and greens, wa

Dedication ceremonies will be held at 3 pm on Friday and a puppet show to entertain the children. Cana

## Rap Session Held For next week

The Women's Center will hold three 'rap' sessions this week. Two will be on Oct. 3 and the other on Oct. 4.

On Tuesday from 10 to 11 there will be a meeting of the Fat Rap group. Leading the discussion will be Paula Marsali, who has lost over 100 pounds. These meetings will be held every other week.

From 1 to 1:45 pm on the same day there will be a Spanish rap

called Entre Nostras. It will be led by Virginia Villerreal.

On Wednesday from 1:15 to 3 pm there will be a rap group for women coming back to college. This will be held in bldg 16, rm 5. During this period there will be two counseling interims, one with Anne Dowdy from the University of Santa Clara and the other with Rose Ann Levitt from San Francisco State.

## Weathervane

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## Students invited To donate blood, Annual blood drive

What's that? You never gave blood? Oh, you've meant to but never got around to it. Well, now's your chance for on Friday, Oct. 13 you're cordially invited to give the gift of life.

The Peninsula Blood Bank's annual blood drive will bring its mobile unit to Canada with hopes of a record-breaking performance by students and faculty. Mrs. Evelyn Bizjak, administrator of the blood bank, said, "We hope to get at least 200 donations at Canada this year."

The mobile unit will be in the gym from 9 am-3 pm. The staff, "well trained in the art," will be equipped with orange juice, coffee and danish for the comfort of donors, according to Mrs. Bizjak.

The drive originated in April, 1969. Various peninsula businesses, church groups and charitable organizations as well as learning institutions participate in the program.

You can sign up in the Student Activity Lounge. Mrs. Bizjak emphasized the importance of signing up as an incentive for anyone contemplating making a donation.

Mark that date. Friday, Oct. 13. Someone, somewhere, sometime will be thankful.

# Computer offers Free Information

The career center located on the bottom floor of the administration building, can provide almost all the information you'll need to pursue a career.

There's everything from college catalogs to audio film strips providing information on colleges and occupations, but perhaps the most unique piece of equipment the center owns is the Silent 700 computer, made by Texas instruments.

Free of charge to the student the Silent 700 gives occupational information such as, job duties and hiring requirements, preparation for an occupation, lists of schools and courses to take for a particular career, costs of the different schools.

The computer is not simply turned on by pressing a button, but instead it's activated by a telephone wired to the system. So in order to start the machine, it must be telephoned.

A preselected number and password must be logged into the computer before any information will be given out. After this is done the machine will provide the in-

formation wanted for a particular career.

Anything that can't be answered by the computer can be answered by one of the employees at the center.

There are numerous pamphlets and brochures regarding the different occupations and there's usually a counselor on duty to help out.

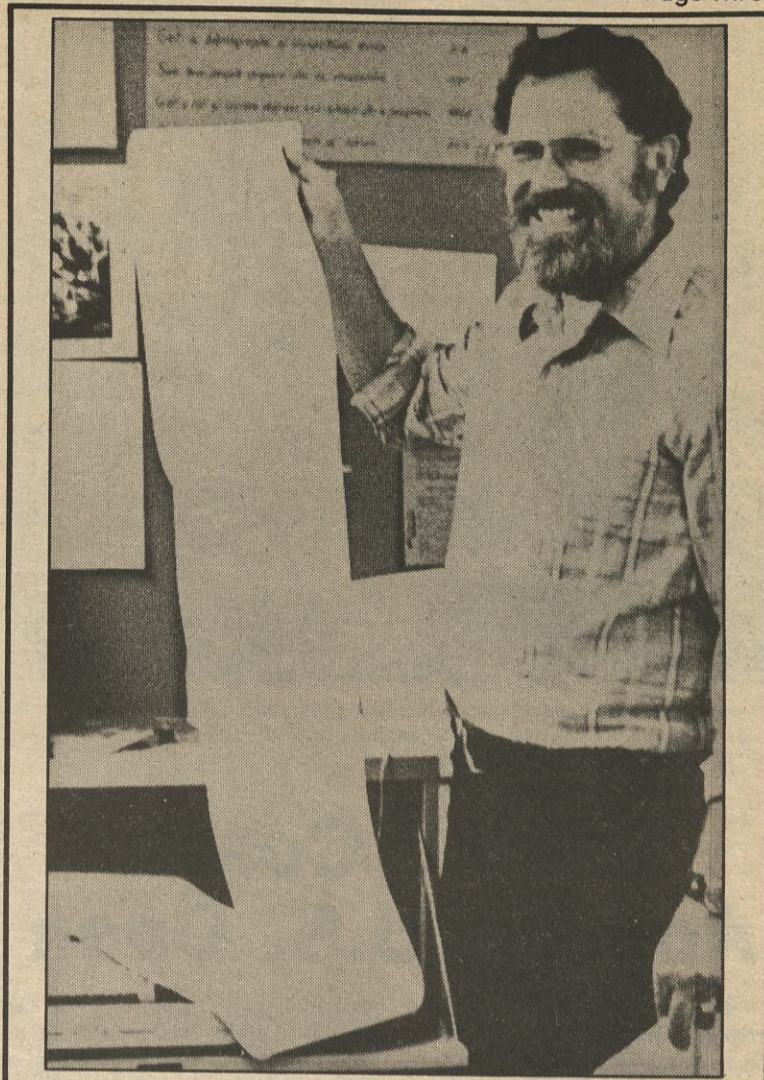
Adjoining the career center is the job placement office, which aides students in finding part time jobs.

"I have more jobs that I do students to fill them," said Ms. Buchan, director of the job office.

Since C.S.M. has closed their placement office, Canada has accumulated more part time job offers for students.

Only Canada students and former graduates may use the placement office due to the shortage of help. Because of Prop. 13 Ms. Buchan has been left with a shortage of help, in which she doesn't have the time to provide her services to outside students.

An average of 12-25 students a day use the placement office, much of which find a part time job.



Bob Schey, Canada counselor appears to be 'pleased as punch' about something the 'Silent 700' in the career center has just revealed to him.

## Para Legal gets contribution

Canada's Para Legal program has recently received a generous amount of reference sources to contribute to the law library.

Harold C. Wright, a practicing attorney, chose Canada for the donation because he believes "It is possible that Canada has one of the best given Para Legal programs in the area. My wife took a number of courses in the Para Legal dept. and

I was happy with what she learned. Also my secretary has been through most of the Para Legal program and she has turned out to be quite helpful. It is a benefit to me and other attorneys to develop the ability for people in this program to have recent reading materials."

Para Legal is a program which trains people to do legal research

for attorneys. They do most of the legal write up for the attorney to take some of the burden off the attorney's back.

The program has approximately 75 students as majors. There are two classes per semester offered. So far all the instructors have been practicing attorneys. There are eight classes offered which lead to a certificate.

## Showhouse captures current designs

An interior designer's wildest fantasies in decorating can come true at the Decorators Showhouse 1978.

The Showhouse opened on Sept. 25 and will run to Oct. 15. The house is open daily 10 am-4 pm and on Wednesday evenings from 7-9 pm. All designers will be present to answer questions. The house is located at 175 Fair Oaks Lane in Atherton. The admission is \$5 and for an extra \$1 you can enter the raffle for a Cadillac Seville.

Several students and one instructor from Canadas Interior Design program contributed to this extraordinary show.

Lorie Boyer, Fran Ramirez, Mary Shaefer, Pat Cunningham, Sharon Bartlett and Sherrill Hays all contributed to the "Student's Porch." Along with these students several San Jose State University students helped in designing the porch. The porch includes a Jacuzzi (similar to a hot tub) and an interesting arrangement of greenery all around.

Thea Ramsey, an Interior Design instructor at Canada, designed one of the most unusual rooms in the house titled: The 2001 Multi-Meida-Matser Bedroom Bath-Suite. This room was filled with devices of the new age. These included a cordless calculator—telephone, video games, a small

home computer etc. The room definitely lived up to the name '2001'.

How are these rooms financed? "You go around and beg, borrow and steal," confessed Canada student Fran Ramirez.

Ramirez learned only a week ago of a restroom in the house that was still untouched, so she spoke up and got the "Public Powder Room." Ramirez added an old fashioned, soft-colored touch to this room with the scent of Pot-pourri filling the air.

Robert Miller, President of the American Society of Interior Design, believes "The students have done a super job, already I have gotten a lot of compliments from their work." Miller is co-

chairman of the Showhouse.

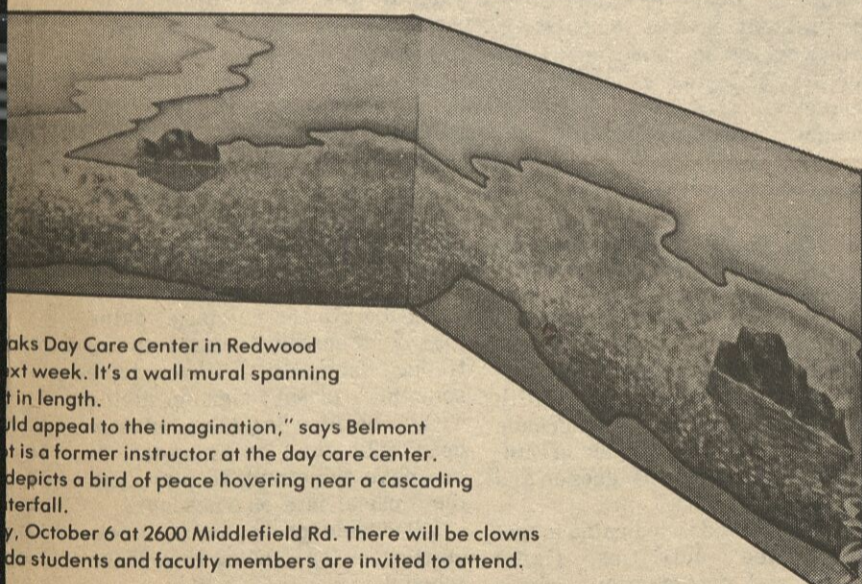
This colonial mansion was built in 1895 by San Francisco Architect, John White, for Mr. and Mrs. Perry Eyre. It was originally situated on a 20 acre site. Some architectural features of the house include a grand staircase, corinthian columns, parquet flooring downstairs, five fireplaces, servants quarters, the list goes on.

After the Showhouse the mansion will be cleared of the furniture and put on the market for \$600,000.

For those people who need ideas for redecorating a room or maybe the whole house there is plenty of ideas to be found at the Showhouse '78!



Display of Interior Design



aks Day Care Center in Redwood next week. It's a wall mural spanning 100 feet in length. "It would appeal to the imagination," says Belmont. It is a former instructor at the day care center. The mural depicts a bird of peace hovering near a cascading waterfall. On October 6 at 2600 Middlefield Rd. There will be clowns and students and faculty members are invited to attend.

## ASCC saved by Interim Gov't.

Continued from Page 1

relations committee and various Ad Hoc committees await appointment.

The 15 Senators and their Committee seat are:

Jack Bernal, Steering; Virginia Cole, Communications; David Blunden, Student Activities; Susan Folger, unseated, Senator; Robert Hasbun, unseated, Senator; Todd Hildebrand, unseated, Senator; Patricia Martin, Community Affairs; Leonard Nolan, unseated, Senator;

Maureen Nowrood, unseated, Senator; Florence Rosen, un-

seated, Senator; Betty Stanford, Finance; Rolly Steele, Student Services; Lorraine Tibbitts, Curriculum; Mimi Lewis, Club & Organizations.

The Senators and students have a direct tie with the San Mateo Community College District Board of Trustees. Recent legislation requires a student representative be seated on the Board of Trustees.

The offices of the ASCC Senate are located at the southwest end of the cafeteria building, just beyond the glass doors to the stairway leading down to the library.

## Student returns to run Cafeteria

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than cooking, since they have recently bought a house and the kitchen is being put in

His specialties are soups, especially Onion Soup. "I make a mean teriyaki."

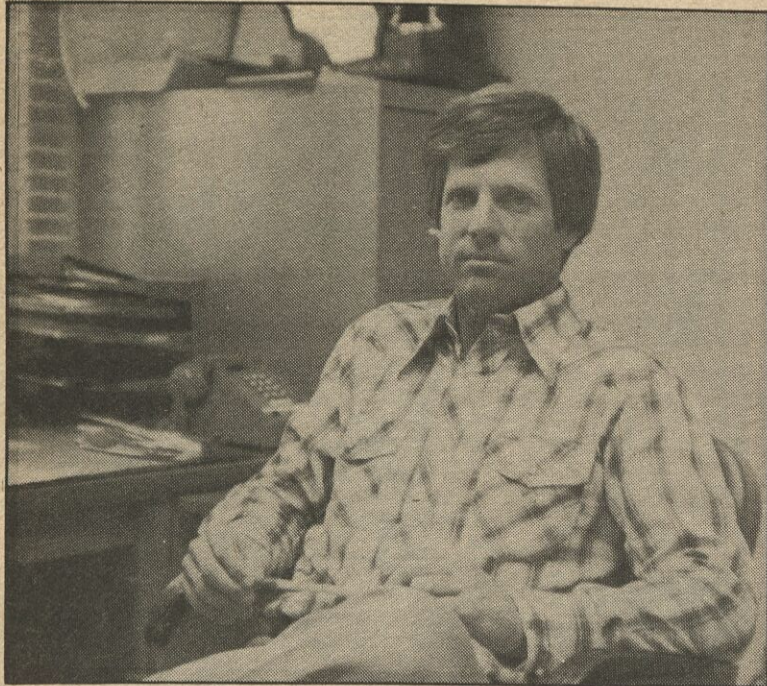
His outside activities include training his german shepherd and running.

"I dropped 30 pounds over the summer," he said. Sil Vial and Peter Renaud gave an adult fitness

class through the Recreation Department when Canada was closed due to Jarvis Gann. "It got 300 people including me. I can't say enough about those guys. I now can run 7.6 miles."

"So far every one has been really super. Mr. Klein and his crew have really been helpful. I still know a lot of people and everyone has been very helpful."

He smiled as he went back to work.



Tennis coach Rich Anderson when discussing his coaching involvement with the U.S. Open said, "It was a nice experience with a lot of work involved, but it was professionally rewarding."

## Cañada Coach Advises U.S. Open

Tennis coach Rich Anderson broadened his coaching experience this summer by attending the U.S. Open at Flushing Meadows in New York State. Anderson attended the tournament from August 27 to September 2, acting as a coach to Burlingame tennis pro Erik Van Dillen.

The new site for the tournament this year was held at Flushing Meadows which is located near New York City.

The facility has a seating capacity of 19,000 with spacious grounds and indoor courts. What really makes this site unique from Forest Hills is that the tennis courts are made of asphalt instead of the European clay or grass, making this a truly American tournament.

Erik Van Dillen, 27, went to USC for a year before turning professional.

As coach to Van Dillen, Anderson evaluated and watched him play. Anderson said that he "looked good and played well." Van Dillen won his first match against Van Winitzky of Florida but lost the second match to Brian Gottfried who lost out to tournament winner Jimmy Connors.

Coach Anderson's work days

usually began at 6 or 7 am and ran until 10 at night. Besides serving as a coach to Van Dillen, he also worked with Dennis Ralston who is a former Davis Cup coach. The days were also spent meeting and evaluating the techniques of other coaches.

Some observations Coach Anderson made were that tennis is a very big business today. The pros are businessmen as well as players with a tennis racket in one hand and a brief case in the other. They are like a small corporation unto themselves with their lawyers, coaches and endorsers. He was also astounded at all the players who could be ranked as world class. There are at least two or 300 world class players today compared to 10 years ago when there were only 50 to 100.

Anderson was impressed by all the players, but mostly with Bjorn Borg and Jimmy Connors. Many of the players in the tournament were in awe of Connors and had a great deal of respect for him. When asked to sum up the experience Coach Anderson replied that "it was a nice experience with a lot of work involved, but was professionally rewarding."

## Age of uncertainty

Continued from Page 1

This is because we have had local control and we have been tuition-free."

Also discussed were the Master Plan Study, formed to review Prop. 13's impact. Smith said there would be an announcement by next week. They

were moving slowly but surely.

"The dependence on state support will carry with it a substantial amount of control," according to Nettle. Smith added, "Now the board must deal with the Speaker of the Assembly, the Department of Finance and Legislative review.

## Women's team proves tough to beat

"We're not going to lay down and die for anybody. We're going to compete," said Mike Ipsen, Canada's Cross Country Coach. And compete they did. Last Saturday, Sept. 23, Canada's Women's Cross Country Team won their first meet, the Woman's Invitational at Sierra College, in 105 degree heat. "They did a super job," commented Ipsen.

Last year Canada's reknowned, all freshmen, Women's Cross Country Team won the Conference Championship, placed second in Northern California, placed in third in the state. Ipsen said, "I feel we're going to be stronger than last year's team despite the fact we lost our number one and two gals." Presently replacing last year's number one runner, Mary Cortez Conneley, is Skip Swannick.

Swannick is 37 years old and has recently participated in the Pacific Association Northern California 100 Mile Run Championship. She ran the 100 miles which is equivalent to 400 times around a track, in 26 hours non-stop. Ipsen said, "She's a tough cookie. She'll be very tough to beat all year long...Renee and Skip will be battling. Right now Skip is the dominant one. She's at least one minute ahead of any of our younger gals." Renee Wolfe, from Sequoia High is Canada's number two

runner.

The women's team is composed of Cindy Bingley and Mary Harrison, both of which are freshmen, the Stok twins, Mary and Karen, Mary Bland who was number six last year, and 34 year old Susan Knott who in 1964 missed the Olympic team by one place.

According to Ipsen, Canada's Women's team is much tougher than the men's team. Ipsen said, "Our men's team is very weak right now. We don't have the talent I had anticipated having up here. We have one solid returnee and that's Ray Wieand, a former Carlmont High school runner. Right now he's running as our number one man. Last year my number one man was Gary Goodstein. He was not going to come back to college then last week he decided to come back. He ran Saturday and wrecked his leg. So it looks like he's going to be out for the season...I'm hoping I can get him eligible through hardship case for next year. If it's not serious then we'll just hope he can get through this year too."

Ipsen feels his team has great potential. He said, "They're very strong and if we don't do well it will be my fault not their's...The coach has got to get them ready." Ipsen said he gets them ready by, "Basic foundation work for the first month to build up a good solid base so they're strong enough to handle the distances. Then after the first couple meets you have got to pick out the flaws in each athlete you have and improve on them or correct a mechanical error in their running. Running is a very con-

centrated thing. You've got to be into it...The coach must observe every athlete and if you're not up a certain day, I got to pick out what your problem is, maybe even in a race, relay it to you while you're running." According to Ipsen, as the season goes on the training varies. Presently the team is working on long distance running which ranges from eight to 15 miles a day. The course also varies, from flat to steep hills.

"Cross Country is a lonely sport because you're on your own so much, but I try to build a strong team concept. Last year, being the first year for a women's cross country team, I started off emphasizing to each girl the importance of working together and helping each other out. Say if I pass you in the race and I can see maybe you're just starting to die, I talk to you, or pep you up a little and get you going with me. Then you come out of that depression and you are ready to run again. That happens a lot in long distance running."

Ipsen concluded, "Whether we will repeat with that much of last year's success I don't know, but we are going to try like hell. I think we have got the talent to do it but other schools are improving also. We are not going to be a pushover by any means."

This Saturday Sept. 30, Canada is holding the Canada Invitational Running Meet. We will be competing against eight schools on a 4 mile track. The team to beat is Modesto according to Ipsen. He said: "They look like they are going to win it."

## Free program to aid problems

The Fair Oaks Community Center has established a free information and referral program to assist people in solving problems they can't solve alone.

According to Resource Coordinator, Michael Stoll, the I and R program can help with just about any problem, such as student or faculty counseling, low cost legal aid, employment, immigration, drug abuse and alcoholism.

Stoll said this service is open to everyone in San Mateo County. Assistance is given both in English and Spanish. If you speak still another language they are able to refer you to the sources with whom you can communicate.

You can get assistance from the information referral program two ways. By going in person to the Community Center at 2500 Middlefield Rd. in Redwood City or by dialing 364-7340 Monday through Friday between 8:30 and 5:30. Just ask for an I and R specialist.

## Fall Uprising schedule

The Fall Uprising begins this Monday, Oct. 2. For the entire week, including Saturday, the campus will be strewn with childlike fun such as sandcastle building, hula-hooping, ice cream, frisbees, music, the list goes on and on.

The festival is dedicated to 'get acquainted' activities. Game tables and conversation centers

will decorate the cafeteria, name tags will enable students to introduce themselves. If you have something to say, sign up at the Y.O.U. counter for 10 minutes of open mike time on Thursday. If you have something to play, join the musical jam on Tuesday.

It should prove to be an exciting week for Canada. Here is the schedule.

### MONDAY, OCT. 2

10:00 am  
10:30 am  
12:00 pm

Basketball Spinning Contest in the cafeteria  
Hula-Hoop Demonstration on the frisbee lawn  
Tap Dancing in the cafeteria

### TUESDAY, OCT. 3

9:00-11:00 am

Sandcastle Building & Wood Sculpturing near the frisbee lawn  
Musical Jam in the cafeteria  
Frisbee contest on the frisbee lawn

### WEDNESDAY, OCT. 4

9:00 am

Another Basketball Spin Demonstration of old recording devices in the cafeteria  
Soccer Volleyball by the Soccer Team; Pres. Wenrich will serve Ice Cream on the frisbee lawn  
Finals for Basketball Spin-off

10:00 am

### THURSDAY, OCT. 5

9:00-11:00 am  
11:00 am-12:00 pm

Finals for Sandcastles and Wood Sculptures  
Open Mike-Sign up in the Y.O.U. office in the cafeteria  
Tap Dancing in the cafeteria  
Soccer Team Gives Demonstration on the frisbee lawn

12:00 pm  
12:00 pm

### FRIDAY, OCT. 6

10:00 am

Belly Dance, then Disco Music and Lessons in the cafeteria  
Frisbee Finals on the frisbee lawn

12:00 pm

### SATURDAY, OCT. 7

8:00 pm-12:00 am

Dance to live music in the cafeteria



Volunteers needed to work with emotionally disturbed children: 8:30-12:00-3:00, M-F (two shifts/week required). PENINSULA CHILDREN'S CENTER, 494-1200



**FREE**  
**classified ads**

(with student body card)