Can a

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CANADA COLLEGE, REDWOOD CITY, CA 94061

MAY 1, 1981

# COLENE WALDEN—SCIENTIST AND ARTIST



Walden stresses need for math and science prep courses at Canada

A vanguard teacher has landed at Canada who has a clear vision of the college's potential role as a future educational institution. Dr. Colene Walden, Instructional Coordinator for the Health Career Opportunity Program (HCOP) emphatically states her views on the present need to educate minorities—be they women, blacks, or educationally underprepared people. She sees Canada in a unique position to help people develop skills necessary for productive and profitable owrk.

Walden believes a pre-math and pre-science program, carefully constructed, could be valuable not only to Canada's expanding enrollment but to the community at large.

Walden's accomplishments have been many and diverse. She has seen, felt and experienced many of the world's problems. Her background includes work as a science teacher at Soledad prison, a teaching stint in an African medical school, a lab apprentice for a Nobel prize winner, a counselor, a hospital worker, and a major in home economics and design.

Dr. Walden has been at Canada only a year. She was hired to teach introductory chemistry and physics for the HCOP project. She believes the fields of medicine and health-related careers, engineering, communications, and other technological occupations cannot be considered

Walden views Canada as being in an important position to build up a pre-math and pre-science program valuable to the community. Canada could become a vanguard institution, positively addressing some of the educational and sociological problems concerning society today.

by students as potential professions without basic training in math and science.

Her mission, along with Hariette Stevens, the HCOP director, is to help those with little or no training in the sciences to enter basic science courses. Walden reiterates the HCOP philosophy. She is a bridge builder, preparing people for mainstream college courses.

In her quiet way, Walden is also an avant guard

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# Housewives stay trim by pumping iron in weight conditioning course

They don't have mustaches or thick Slavic accents. They are a trio of unsuspecting housewives; a small band of casual mothers, enjoying life, exercising...and pumping iron.

Vanda Caturegli and Virginia Palladino started "getting down" in their fitness program last June, while Linda Levikow started in September 1979.

They may not be as strong as the world's strongest woman, Jan Todd, who in 1975 made history by lifting a record 394.5, but Vanda, Linda and Virginia all enjoy weightlifting as part of their total exersie program.

"I want to make the most of the potential I have," Linda explains. "I'm never going to run a four-minute mile. There's a lot that I can't do physically, but when you get to your mid-30's, you get to appreciate day-to-day living." Linda conditions an incredible 13 hours a week, with Vanda and Virginia on a slightly different schedule, conditioning a healthy 10 hours a week.

"Right now I'm at the point where my children are at school and this is the most I can enjoy my life." Vanda continues, "I'm doing this for a sense of myself. Not for my family, but for myself! I've lost weight and I had never run before I started about a year ago, I ran a 15-minute mile, now I run an eight-minute mile! I found out

that I have will power; something I didn't know I had before."

Virginia came here from Iowa 12 years ago, Vanda from Honolulu six years ago and Vanda from San Francisco, some 16 years past. Although it would have been unthinkable for three women to lift weights at the first world championship held almost 100 years ago at the Cafe Monico in Piccadilly, London women lifting weights is becoming a common event, with hundreds of women in competitive weightlifting.

"Most of the women we condition with feel the same way we do. They really enjoy it. I don't think you can do this kind of thing unless you enjoy it," Linda maintains.

Virginia, holding a very real record with her personal life has something to be proud of. "I used to smoke. When I started running, I quit smoking. I never knew you could feel so good!" she exclaims. She had been smoking some 19 years before deciding to quit! "It improves your mental health. You're more aware. Sometimes life isn't bearable and the exercise really does good—when you do something for yourself."

All three agree that exercise is benefitial for good

Continued on Page 8

## Continuing Saga of the Hilltop Chronicles

When Jeremy awoke in his bedroom, the sun was high in the sky and the hot spring breeze was blowing a breezy tune through the condominiums. Jeremy, no matter how hard he tried, couldn't recall how he'd gotten home after Fred Jung's wild Philosophy party. The last thing he clearly recalled was accepting a ride from the Mystery Cowgirl outside the Peanut Farm.

His head felt like a piece of throbbing gristle, but besides that, what Jeremy felt wasn't your garden-variety morning-after hair-of-the-dog sensation at all. He felt as if he had aged several years overnight. He was in familiar surroundings, but everything seemed different to his eyes. As he roamed through the condo, he noticed signs of foul play from the night before. The front door was ajar, and there was guacamole dip spattered everywhere leading in an incriminating trail to his bedside. What must his uncle think? Jeremy had terrifying visions of being banished back to Cupertino, surely a fate worse than death.

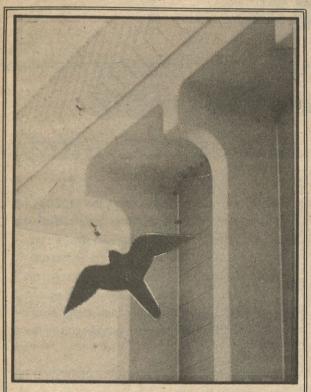
Canada's heady guacamole dip had beconed, like a Dos Equis to a thirsty man, and now he was hooked. Oh, such an exotic, eclectic brew!

Unable to piece together the events that transpired the night before, Jeremy went about the grim task of putting himself and his condo back together. If he hurried, he still might catch Sheldon Twainhardt's Anthropology and Fred Jung's Philosophy. He wasn't sure he wanted to face the inscrutable Jung after last night's Bacchanlian romp.

As he was cleaning up, he noitced an exotic feather roach clip, the kind found on cowboy hats, at the foot of his waterbed. In the clip, was a mysterious note, in fluid, feminine hand. "COWGIRLS HAVE IT; COWBOYS WANT IT, You're a real killer Jeremy..." The Mystery

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## all things considered...



SWALLOWS REFUSE TO SWALLOW 'HAWK' RUSE.

## feed back

To the Editor:

So pleased this morning to see that the "hawk" cutouts did not deter the swallows from building their nests. You can't fool "Mother Nature."

Hooray for the birds.

M.E. Tolles, Student

Dear Editor:

The fountain in front of Bldg. 17 will be filled and turned into a planter's box unless, we the students, abstain from throwing litter into it. Help save the fountain by informing other students.

ASCC

Dear Editor:

Besides saving the fountain there is also a definite possibility of having it tiled also, thus improving its beauty immensely. A faculty member has already offered to fund half the cost. The Administration isn't going to pay for it. I invite you to help beautify your school by bringing donations to Dolores Hicks in the Student Activities Office (end of hall by cafeteria).

Daniel Elder

## Cheerleading tryouts

Tryouts for the 1981-82 cheerleading squad will be held on Tuesday, May 26 at 2 pm in the gymnasium.

Applications for this squad should be turned in to the Health Career Opportunity Program (HCOP) office in Bldg. 8 no later than May 15. Their first meeting is scheduled for May 18.

## Weathervane

EDITORS: Diana Coe, David Plotnikoff
ENTERTAINMENT EDITOR: Rolly Steele
SPORTS EDITOR: Dan Smith
LAYOUT EDITORS: John Crook, Diana Coe,
Angi Columbo, Dan Clarke, John Crook, Sue
D'nyme, Claire Feder, Tom Fleming, Tsion
Mulugeta, Theresa Novi, David Plotnikoff,
Rich Schneider, Dan Smith, Rolly Steele.
PHOTOGRAPHERS: George Walruff.
ARTISTS: Carrie Jenkins, John Crook.

**BUSINESS MANAGER: David Plotnikoff.** 

## feed foward

## Search Committee's policies, methods, intentions questioned

The Weathervane has been promoting student involvement and interest in the presidential search process in the last three papers. Open hearings have been scheduled for Monday, May 4 at 2-4 pm and again from 6:30-8:30 pm.

The presidential search committee, chaired by Ms. Diane Eyer, strongly urged student participation and input at the May 4 hearing. The problem of campus-wide student apathy was discussed with Ms. Eyer and a Weathervane editor. It was the understanding of the editor that every effort would be made by both the committee and the Weathervane to encourage student involvement.

A 250 student survey was conducted by the newspaper staff (see page 3). Editorials and news stories covering the committee's work have run in consecutive issues of the student paper.

Recent behavior and policy decisons by the committee have made it nearly impossible for students to voice their opinions and concerns at this meeting. The committee issued a statement received by the Weathervane Tuesday, May 28 that reads: "Only those persons who are listed on the agenda will be allowed to address the committee." It also stated that the district office must be called at 574-6550 for a speaker to be included on the agenda. THE DEADLINE FOR INCLUSION ON THE AGENDA WAS TUESDAY, APRIL 28.

After apprising Ms. Eyer that her committee's

deadline would exclude any student participation at this hearing, since the student newspaper would not appear until three days AFTER the deadline, Ms. Eyer agreed to move the deadline up to 4 pm Friday, May 1, eight hours after this edition was distributed.

The Weathervane also requested a meeting be conducted as a genuine OPEN hearing wherein any and all students could spontaneously voice their concerns. The response to this request was that the committee feared disorderly or disruptive action or "filibustering."

The newspaper has been advocating student responsibility and participation in the selection of a permanent president and Canada's destiny.

The ground rules established by the committee to conduct this "Open Hearing" appear to the Weathervane to deny the very involvement they profess to encourage.

The Weathervane recommends the committee call, and adequately publicize, an additional hearing where students can attend and express freely and spontaneously ideas and concerns they may have regarding the selection of our next president.

Unless the opinions are genuinely sought by this or some other process, the Weathervane believes it is a direct exclusion of and an expression of contempt for, Canada's outstanding student body.

The Editors

## Science program for lucky '40'

The Summer Science Institute is a program designed for 40 students who are academically underprepared but highly motivated and are interested in pursuing careers that require strong mathematics and science preparation. The institute emphasizes careers in science, health and related technological fields.

The Institute provides introductory science and mathematics classes, intensive career guidance and counseling, orientation, college survival classes, and tutorial support. Financial aid information is available to Institute participants.

Intensive counseling and testing will be available for those Institute members who wish to pursue a health

related career. These students will have the opportunity to visit practicing professionals (mentors) in the San Francisco Bay Area.

As an added feature, the Institute highlights guest speakers and a special one-day trip to explore the Redwood City Marina by boat.

Institute participants are expected to enroll in the regular college math and science class offerings during the Fall Semester. Counseling and other support services are also available to Institute members as they continue their program at Canada College.

For further information and applications, please call Mrs. Hariette Stevens at 364-1212, ext. 400.

## **Question Man?**

(What goes bump in the night?)



Sam Ferguson (Canada President)

I won't mention any names.



Alice Waweru, Kenya.
(Journalism)

In California? earthquakes, disco, animals in Africa.ghazi, Iran.



Gail Hurley. (Business Professor)

My kids bumping into the garage door when they come home late at night. But they're good kids.



Rigo Canchez. (Architecture)

A bed, a couple in a bed, and a cat after it's shot off a fence.

# Survey reveals students content with curriculum

In a poll of 250 students conducted by the Weathervane last week, 81 percent said they were satisfied with the current curriculum at Canada. The poll, conducted for the benefit of the presidential search committee, also found that 74 percent of those polled felt community relations was "important" or "very important" to a presidential candidate.

When asked what qualifications or background should be required of a candidate, students replied, "a high school diploma," "a 3.0 g.p.a.," and, "a laid-back attitude."

"Dealing with people," and "communications skills" were the most frequent responses. "Experience," and "leadership qualities" ranked a close second and third respectively. 16 percent felt a Ph.D. was a good prerequisite, while a handful felt a high school diploma and good grades could suffice. Six of those polled felt Canada's next president should be "cute." One student adamantly insisted all candidates have no felony convictions.

Educational background, accessability, and diplomacy were all frequently mentioned. Six students felt religious background to be a "must," while two insisted on a white president.

Perhaps the most profound comment culled was: "The president should have the strength to resist common sense."

Almost 20 percent of those polled expressed discontent with the existing curriculum. Suggested additions included: more medical preparatory classes, an ethics course, a bolstered summer schedule, more vocational programs, and more music appreciation and women's sports classes.

Several students felt they should have the right to vote on potential class offerings before the catalog is finalized.

82 percent of those polled felt a president's ability to accept change was either "important" or "very important." Three-fourths felt flexibility was either "important" or "very important." Accessibility was also "important" or "very important" to 81 percent of the students surveyed.

- 1—NOT IMPORTANT AT ALL
- 2—NOT VERY IMPORTANT
- 3—OF AVERAGE IMPORTANCE
- 4—IMPORTANT
- 5-VERY IMPORTANT

1	2	3	4	5
How important are personal	traits i	n a can	didate?	
3	7	37	34	17
How important is awareness	of com	munity	relation	ns?
3	7	14	38	36
How important is the ability	to acce	ept chan	ge?	
10	3	5	32	50
How important is flexibility i	in a car	ndidate?		
5	5	16	37	37
How important is accessibilit	v to th	e studer	nts?	
6	3	32	23	35
How important is accessibilit		DAY 15 CHARLES	PAGESTANDON STATE	
8	3	18	19	62
How important is the ability				
district office?	to cor	· · · · · · · · · · · · · · · · · · ·	AUC WILL	
district office:	4	9	36	43
		The state of the s		
How important is the ability	to en	com age	Studen	IC III-
volvement?	1	16	49	26
How important is a candidate	's long-	erm cor	nmitme	ent to
Canada?				

ALL RESPONSES ARE TALLIED IN PERCENTAGE POINTS.



## Dinner held for president

A testimonial dinner in honor of Dr. Samuel Ferguson, Canada's acting president since 1979, was held Sunday, April 26 at Dunfey's Hotel in San Mateo. The testimonial was organized by the black community, the highlighted guest speaker being Willie Brown, Jr., Speaker of the California State Assembly. Judge Phrasel Shelton was Master of Ceremonies.

The dinner was held to honor the accomplishments of Ferguson. According to Ferguson the dinner itself had no political implications concerning the college's current search for a permanent president, although both the presidential search committee as well as certain members of the press received invitations. The Weathervane was not invited.

The mood of the testimonial was described as being filled with pride in race and Ferguson's personal accomplishments, and to support Ferguson's candidacy for permanent president of Canada. Assemblyman Brown's speech was described by Jack Grenalch, Canada's Dean of Students, as forceful, challenging and threatening, stressing the importance of Brown's role in the system. Brown deemed himself "the second most powerful politician in the state," while stressing his power over the state budget. Brown stated he is currently supportive of the community colleges. He cited the fact he was instrumental in seeing a Black vice-chancellor was placed in the community college system and stressed people in decision-making positions take into account his power over the state budget. He added he would not want to find himself in a position to not support the colleges.

Both Brown and Cecil Reeves, Superintendent of the Ravenswood High School district, opened their speeches declaring the dinner was, in fact, a political gathering.

Ferguson's speech included gratitude to his parents and recognized the support of the people behind him.

## Hearings to assist committee

Canada's presidential search committee will hold public hearings on Monday, May 4, from 2 to 4 p.m. and again from 6:30 to 8:30 p.m. The hearings will be held on campus in the Choral room with students, faculty and the public urged to attend. The purpose of the hearings is to receive advice and general input from the community concerning the qualities and requirements desired for the college's permanent president.

Chancellor Glenn Smith deemed the hearings "a constructive opportunity for the community to help the committee do its job," and added the last hearings of its kind, which were held at Skyline college, were both active and successful.

Only those persons listed on the agenda will be allowed to address the committee (see editorial, p. 2). If unable to attend, a written statement may be sent to Professor Diane Eyer, Presidential Search Committee, Canada College, Redwood City. The committee stressed they will not accept recommendations or statements regarding any individual candidate.

The committee's last meeting was April 10 with Chancellor Smith where he discussed some of the characteristics sought for in a president as well as the importance of a healthy relationship with the district. Both presidents Callahan and Wyatt of CSM and Skyline attended to discuss their perspectives on presidential attributes and the interrelation between the three colleges.

May 8 is the final date for the formation of the questions and the applicants will start to be received either May 12 or 13. All applicants are currently being processed at the district office.

# Mr Belmont seems to enjoy scandal

"I like it," is Canada student Rick Fraser's quick reaction to the controversy stemming from Redwood City woman Julie Lawler's challenge of Fraser's crowning as "Mr. Belmont."

Lawler has arranged a petition including three of the four other contestants demanding Fraser's dismissal based on his Redwood City residence.

Fraser has been told the petition holds names from such communities as faraway as Millbrae and believes the main stir "is over" and that it has been "blown out of proportion."

Fraser only entered the contest after prodding by friends and only after it was opened to any male in San Mateo County between 18 to 24, never married or a father.

Fraser did not believe he was hiding anything as all the contest judges has his application stating his Redwood City residence and that it was announced over a PA during the contest itself.

The contest included a physique competition, a personal interview and a short speech on future career goals.

Because of the unintended positive publicity for Fraser the controversy has aroused he has received interest from fashion enterprises to magazines.

Fraser's story has also been printed in such publications as the San Francisco Chronicle and the San Jose Mercury. Fraser relates some of the early stories weren't totally accurate but that the story in the Chronicle was "the absolute truth."

The main reasons for the contest explains Fraser was to provide funds for the more important "Miss Belmont" contest and to provide an escort for "Miss Belmont" at public functions. Fraser claims the contest "wasn't a joke, but that it was hard to get serious with some of the audience throwing pennies on the stage."

Fraser has attended some functions already with them being a secretaries luncheon in honor of secretaries week and a Belmont City Council mixer.

Because of interest expressed by certain fashion companies Fraser plans to put together a photo portfolio

Continued on Page 6

## B of A winner



CASH PRIZE WINNER—CANADA COLLEGE SOPHOMORE, MADELAINE BENNETT RECEIVED A CASH AWARD AT THE FINALS OF BANK OF AMERICA'S 1981 COMMUNITY COLLEGE AWARDS HELD FRIDAY, APRIL 24 AT THE SAN FRANCISCO HILTON. MS. BENNETT WON \$1,500 IN THE TECHNICAL-VOCATIONAL FIELD STUDY.

## 

Par. No. 1

## CAÑADA DAY & WEEK

11:45-1

NOON

SPECIAL STAFF LUNCHEON

STOP SMOKING WITH HYPNOSIS 16-5

Karl Kurl Presentation

Richard Borough, PhD

WORD PROCESSING

TRANSFORMING

THROUGH THE ARTS

NOON DEMONSTRATION

FUN RUN

NOON CONSCIOUSNESS

Kay Ortmans

NOON Sil Vial

Mayor Mario Biagi of Redwood City has proclaimed Wednesday, May 13, Canada College Day as part of the week-long state celebration of California Community College Week.

A variety of activities are planned for this week, including a "fun-run," music recitals, assorted lecturediscussions, and labs featuring many career programs offered here at Canada.

Students joined with the faculty, and staff in planning the week's events. A bazaar with arts, crafts, and a musical group will perform on the college's Frisbee Lawn, are all planned.

In celebration of Canada Day, the Redwood City Chamber of Commerce is sponsoring a luncheon on Wednesday, May 13 at the Flood lite Restaurant in Redwood City. Guest speakers for the luncheon will be Canada faculty members Dr. Lewis Miller, Computer Center Coordinator and Mr Mark Shunnick Onth

	ing Program Coordinator.	Opalaunic	1	FACULTY-DIVISION-STUDENT DISPLAYS	Hallway, CAMPUS
Time of event 9-2	BUSINESS SKILLS OPEN LAB	Location 13-217		Sally McGill, Nutrition for You Nancy Sanden, Blood Pressure Readings Mark Shupnick, Vision testing,	CENTER
9-10	RESUME WRITING Mary Noyes	MEDIA. CENTER	5:30 &	glasses readjusted SENORS SOFTBALL CLUB OF	SOFTBALL
10	COME JOIN US JOGGING Angelo Festa	1-108	6:45	REDWOOD CITY Gordon Gray	FIELD
10-12	INTERVIEWING TECHNIQUES Mary Noyes	MEDIA CENTER		TRAVEL FOR THE BUSINESSMAN, THE	13-115
11	OPEN REHEARSAL OF MUSIC GROUP Stanley Easter	3/142		VACATIONER AND THE CRUISE PERON Jerry Sorensen	





## mr. cañada contest

Harken all you studly males. This is your formal invitation to compete in the first Mr. Canada Contest sponsored by the Canada Associated Students to be held during Community College Week May 12-16. The contest will be held on May 13.

Entry requirements are: entrants must be 18 years old, a Canada student, must have a 2.0 G.P.A., and must be single.

Contestants will be judged on talent, poetry, singing, dancing, personality and pose, muscle flexing, etc.

So this is it, the chance all you study students who profess fine physiques were waiting for to prove to all your physical substantiality.

The contest is open to all Canada males, (sorry females). All one has to do is sign up through Frankie Johnson or Jeff Weiss in the student government office by May 8. Judges are needed and should apply in the same

The student government announced the contest will be held in front of the registration building (Bldg. 8). A prize in the form of a scholarship will be awarded. But who knows what is in store for the winner? Movies, soap operas, bubblegum commercials?

## Billboard

#### TONIGHT

No Sisters at the On Broadway in The City Air Supply at the Circle Star in San Carlos. Snail at the Keystone Palo Alto.

The Toons at the Great American Music Hall in The City. Victor Borge at the San Jose Center for Performing Arts. The Houserockers at Barney Steeles in Redwood City. VKTMS and The Angry Samoans at the Fab Mab in The

Jorma Kaukonen and Vital Parts at the Berkeley Square. Levon Helm and the Cate Bros. at the Stone in The City. The Hoovers and the Neasden Knights at the American Indian Center in The City.

Flipper at the Sound of Music in The City.

Spys and Mojo at the Palms in The City. Trouble Boys at the Bodega in Campbell. Joe Ferrara at the Cellar in Los Altos.

#### **TOMORROW NIGHT**

The Squares and The Fun Addicts at Berkeley Square. The Wolvarines and The Fried Abortions at the Fab Mab in The City.

Cal Tjader at the Great American Music Hall in The City. April Wine and Loverboy at the Warfield in The City. The Two Tones and The Appliances at Le Disque in The

Jorma Kaukonen and Vital Parts at the Berkeley Square. Merlin at Barney Steeles in Redwood City. Levon Helm and the Cate Bros. at the Keystone Palo Alto. Eights and the Imposters at the Palms in The City. Victor Borge at the San Jose Center for Performing Arts. Trouble Boys at the Bodega in Campbell.

## 'Importance of being Earnest' opens here; combining contrived plot, satire, and comedy

Canada's drama department is presenting Oscar

lives in London and has invented a friend called Bunberry



April 30 and will play May 1, 2, 8 and 9 at 8 pm in the college's Flexible Theatre.

Director Michael Walsh says, "It's subtitled 'A Comedy of Manners,' it was written in 1895. It's a satire of the English aristocracy of the period who are idle and very style and class conscious. It satirizes their habits and the way they were as the idle rich. The play and plot are real contrived."

The play starts out with the main character, Jack, who lives in the country having invented a brother named Earnest, so that he can go to town to visit this brother. He uses that excuse to get away to London. His friend, Algie,

#### 

#### Naylor public forum slated for tomorrow

Assemblyman Bob Naylor will hold two "town meetings" for the constituents in his district tomorrow. The first session will be at Naylor's district office, 621 Middlefield in Redwood City at 10 a.m. The second session is slated for 1 p.m. at La Entrada School, 2200 Sharon Road in Menlo Park.

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#### Shakespeare study group opens

"Ashland Shakespeare Study," a lecture-discussion course covering three of the 1981 Ashland, Oregon, Shakespeare Festival plays, will be presented this Spring by the Humanities Division.

The course will be held Saturday morning, 9-12 am, from May 2 through June 6, and may be taken on a credit (one-unit) or non-credit basis. The course will be taught by drama instructor Bob Curtis, and will include "Henry IV, Part I," "Twelfth Night" and "Two Gentlemen of Verona."

The class is open to anyone interested in a focused but casual study of Shakespeare, and will be of special value to those going on the Ashland Tour sponsored by the San Mateo Community College District Community Education Office. The tour is scheduled for June 22-27.

Enrollment will take place at the first class meeting, held in Bldg. 3, rm. 254. For further information on the class call ext. 336. For information concerning the tour call Bulanti Travel at 364-5493.

#### John Anderson speaks at CSM

Former Presidential Candidate John Anderson will speak on current events Tuesday, May 12, from 11 am-1 pm in the Student Center Plaza of the College of San Mateo. Admission is free. For more info call the CSM Student Activities Office, 574-6141.

#### \$500 scholarship offered

The Rotary Club of Redwood City is offering a \$500 scholarship to a graduating Canada student who plans to transfer to a four year college. Applicants must be: a resident of Redwood City or Woodside, carrying a minimum 3.0 g.p.a., and planning to transfer for the Fall semester. Applications are due May 5, and are available from the financial aid office.

#### Personality workshop starts tomorrow

A two-day personality assessment workshop, "Please Understand Me"—using the Meyer-Briggs Type Indicator, will be held Saturday, May 2 and completed Saturday, May 16, 9:30 am-4 pm at West Coast Federal Savings, 951 Edgewater Blvd., 2nd floor, Foster City.

The Meyer-Briggs testing is designed to help participants understand how their unique personalities affect style and approach to their home, social and work situations.

#### Self-hypnosis course starts tomorrow

The fee for the two-day workshop is \$35 and is tax dedictible if the class is taken to maintain and improve professional skills.

For enrollment information call the Community Education Program.

Stress Management Through Self-Hypnosis, a four-hour session covering fundamentals and applications of self-hypnosis, will be held Saturday, May 2, 9 am-1 pm at Canada College, Bldg. 17, Rm. 109.

The course is aimed at understanding and using the principles of self-hypnosis at home, at work and in social stituations.

Persons interested in this Community Education Program class should call 574-6563 for registration details. The fee is \$21.

#### Blues Fest today and tomorrow at SJS

The Associated Students of San Jose State and The Independent Weekly are sponsprong The First Annual Fountain Blues Festival, to be held today and tomorrow outdoors on the San Jose State campus. The Festival, set to begin with a special afternoon performance at the Student Union Amphitheater, will feature some of the finest bluesmen alive today. The extravaganza will run Saturday from 1 to 7 pm, and feature such notables as Mississippi Johnny Waters, Mark Naftalin, Charlie Musselwhite, and The Houserockers. Admission is free both days. For more information, cal the A.S. Program Board, 277-2807.

#### Grants and aid offered

Canada is currently accepting applications for the Extended Opportunity Program and Services (EOPS) Program, and if qualifications are met, the student is eligible for academic, vocational and personal counseling, assistance with the financial aid and admission applications, meal program, bus transportation, book program, college catalogues, and an E.O.P.S. grant.

To qualify, one must be at least 18 years of age, have economic disadvantages, and be enrolled at Canada during the 1981-82 school year in 12 or more units.

For further information call extension 265.

#### Barry Commoner speaks on energy

Dr. Barry Commoner, director of the Center for the Biology of Natural Systems and professor of environmental studies, will be the featured speaker at The Alternative Futures Fair to be held from 9 am to 6 pm this Sunday, May 3 on the Cal State Hayward campus. The fair is sponsored by the Associated Students.

Dr. Commoner's keynote address, "Energy and Future," will be delivered at 1 pm at the Music and Business Building peristyle. He will also speak on "Careers Saving the Earth" at 11 a.m. in the Art and Education Building, room 1203 and on "Reagan and the Environment" at 3:30 p.m. in the University Theatre.

#### Community energy fair tomorrow

A Community Energy Fair featuing exhibits and motion pictures on solar energy and energy conservation will be held tomorrow from 10 am to 4 pm at the Unitarian Fellowship, 2124 Brewster, Redwood City. Admission will be free.

#### Wilderness lectures at R.E.I.

R.E.I. CO-OP, in its continuing series of free lectures and demonstrations will present "Backpacking With the Llamas," a slide presentation, tomorrow at 12 am. "Orienteering: The Thining Sport" is scheduled for 7 pm, May 7, and "Hiking the Pacific Trail" is slated for 7 pm, May 14. All lectures are at R.E.I.'s Berkeley store and are free. For more information call 527-4140.

#### Tax shelter talk tomorrow

Understanding Tax Shelters, a one-day program designed for persons who would like a working knowledge of tax shelter options, will be held Saturday, May 2, Canada College, Bldg. 17, Rm. 103, 9 am to 4 pm.

James Burian, M.B.A. and Certified Financial Planner with E.F. Hutton & Co., will explain income protection strategies related to municipal bonds, equipment leasing, deferred annuities, oil, gas and real estate.

#### "Petrified Forest" plays Palo Alto

The Palo Alto Players will present Robert Sherwood's "The Petrified Forest" tonight, tomorrow night, and May 8 and 9 at 8:30 p.m. at the Lucie Stern Community Theatre, 1305 Middlefield in Palo Alto. Tickets are the Community Box Office at the Theatre, or by phone 329-2623.

#### "King Lear" opens tonight

Sheakespeare's "King Lear" will top the spring theater season at San Jose State University when it opens tonight in the University Theatre. Performances continue at 8 pm tomorrow and 7-9 pm with a 2:30 pm matinee on May 6.

#### Russian rockers at Stanford tomorrow

The Khandra Ethnic Music and Dance Ensemble rock Palo Alto's Spangenberg Theatre tomorrow night at 8 pm with a stunning display of Soviet Caucasian dance. Tickets are \$5, \$6, and \$7 and all seats are reserved. For more information call 549-3444.

story goes on from there.

Michael Walsh believes it'll come off very well. He stated that, "There are few better comedies. It's an excellently written play. It's a very tight, witty, slick, piece of writing. I think we have some good people. It's a real

Jack has a ward, a young girl, who Algie decides he

would like to meet and Algie has a cousin, Gwendolyn,

who Jack wants to marry. When Algie finds out that

Jack's using this name of Earnest he goes to the country

to meet Cecily, Jack's ward, impersonating the brother

Algie is there, impersonating Earnest. Then Gwendolyn

arrives, looking for Earnest. She knows Jack as Earnest.

Cecily and Gwendolyn both become engaged, one is

engaged to Algie, one is engaged to Jack, but they both

think they're engaged to somebody named Earnest. The

Jack, who was away, comes back and realizes that

his friend Bunberry in the country.

well-balanced cast."

Earnest.

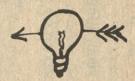
The cast also had some things to say about the play. Lisa Stewart, who plays Gwendolyn, commented, "The script is very well written and I think the production does it justice. Michael's a creative director. I think that it'll be real funny. I've been doing shows at Canada since last spring and I think the productions at Canada are competent. Canada does good shows."

Jeff Foster, who plays Jack, said, "I think that it's being done very well. The whole staging is coming together. I appreciate the way Mike (the director) is doing

Steven Mitchell, who plays Chasuble, said, "Any play that is written in 1895 and that can still hold up in 1981 is really saying something about comedy. I think the play is a very good one and it would be well worth their while to come see it."

Karen Baird

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## Campus Happenings

**BROWN BAG LECTURE SERIES** Held in the Women's Center

Monday, May 4, 12-2 DISORDERS OF SEXUAL DESIRE IN MARRIAGE, Donohue tape-discussion.

Tuesday, May 5, 11-2 EXERCISE: DON'T BE FITFUL ABOUT FITNESS, by Gordon Gray.

Wednesday, May 6, 12-1 TELECOMMUNICATIONS: TRANSMISSION OF SOUND BY LIGHT, by Connie Beutel.

Thursday, May 7, 12-1:30 U.S. FOREIGN POLICY AND LATIN AMERICA, by Jim Steidel.

Monday, May 11, 12-2 ANGER AND HOSTILITY, Donohue tape-discussion.

Wednesday, May 13, 12-1 STOP SMOKING WITH HYPNOSIS, by Richard Borough.

Thursday, May 14, 12-1:30 GETTING MORE OUT OF YOUR DAY: TIME MANAGEMENT, by Pat McGee.

**DECISIONS IN HEALTH LECTURE SERIES** Held in the Multipurpose Room

Monday, May 4, 12:30 DEATH AND DYING, by Lois Cunningham.

Tuesday, May 5, 12:30 FOOD: ADDITIVES AND JUNK, by Gloria Brown.

Thursday, May 7, 12:30 SEXUALITY, by Jack Grenalch.

> THURSDAY RECITAL SERIES Sponsored by the Music Dept.

May 7, 11 am JANE PERKINS, violinist

May 14, 11 am

MR. THEIN, pianist.

May 21, 11 am. VOCAL RECITAL by Mr. Sitton's Vocal Master class.

May 28, 11 am **ENSEMBLE PERFORMANCE** 

> **PARAPSYCHOLOGY 480 LECTURE SERIES Held in Multipurpose Room**

Wednesday, May 6, 1 pm THERAPEUTIC AND CURING POWER OF GEMS AND MINERALS: AN OVERVIEW, by Marcel Vogel.

Monday, May 11, 12:30 pm HEART DISEASE, by Dr. Clayton Manry.

Tuesday, May 12, 12:30 pm SPORTS MEDICINE, by Dr. Paul Stucker.

Wednesday, May 13, 1 pm TRANSFORMING CONSCIOUSNESS THORUGH THE ARTS, by Kay Ortmans

## WALDEN

Continued from Page 1

thinker. Her philosphy incorporates the particulars of her daily teacher career into a broader view for the future of society. Walden speaks of the need for a revolution in belief systems. "Where are high school dropouts going? Society has some real problems to face. If high school dropouts or non-achievers don't believe they are worthwhile members of society, they are not going to act as contributing members."

Walden thinks society's attitudes condition and determine people's behavior. She believes these attitudes must be changed. People are taught to believe they are failures. Women are told they cannot compete in the world. Minorities are conditioned from the start to particular roles. "This is nonsense," says Walden. "Intelligence CAN be taught. Techniques CAN be learned. Society must accept the responsibility of teaching people to be productive, to give them a sense of self worth. Canada is in a rare position to provide just such a function. "We are all the losers if we fail to address these

Walden speaks of the importance of motivation and attitude. "People must first see themselves as succeeding. They must feel that they can accomplish something. Canada's HCOP has provided a very important first step in motivating students. Students have

been encouraged. They are shown it is not impossible to learn math and science. They can then go on to enter their desired careers."

Walden's views toward Canada's future extend beyond her role with HCOP. "I see people with a lot of ability on campus. I feel that there is not a harnessing of talents, therefore large scale goals are not being achieved. Integration and coordination of courses toward the specific goal of meeting the needs of the underprepared is of vital and immediate importance."

Neat, precise, and soft spoken, Walden's personal life gives testimony to her visionary ideas. Her diverse careers reflect the rare mixture of scientist, thinker, and artist. Her office suggests the dimensions to her character that may not be apparent in her self-contained exterior. A crisp, white lab coat of the scientist hangs on the door. On the walls textile graphics from remote countries reveal the artist's soul. A Tang horse comfortably resides beside a microscope and a graphite molecular model.

Walden has confronted, and been living, the evolution of the feminist movement. She has successfully integrated a highly productive career with marriage and the raising of four children. But that's a story unto itself.

Walden's views toward Canada's future role in educating underprepared peoples are clear.

Diana Coe

## MR. BELMONT

Continued from Page 3

with the help of a photographer neighbor and he also plans to take a summer drama class at Canada to help give him a start and experience.

Originally a journalism major but now a business adminitration major, Fraser hopes to go to Menlo College if the modelling career falls through.

As well as carrying a 12-unit load at Canada, Fraser also works as a clerk and checker at the Redwood City Alpha Beta where he wants to work himself up in the

There will be a Belmont City Council meeting on May 5, with the controversy being one of the items on the agenda. The meeting will decide what's going to happen on the 25th anniversary of the "Miss Belmont Pageant" to be held on May 24.

Fraser's parents have a positive attitude about the controversy and enjoy it almost as much as Fraser.

Fraser hopes no one gives him a bad label and "thinks he's bad" as he emphasizes he was pushed into the contest for fun anyway. Fraser also says the early articles on the controversy stated he was a body builder "as if that's all I did." Fraser feels he is more a student than anything else.

Fraser says he feels no strain as a result of the controversy and jokingly states he should write Miss Lawler a letter thanking her in possibly helping him on the way to a new career in male modelling.

John Crook

## HILLTOP

Continued from Page 1

Cowgirl. She was a mystery straight out of the made-for-TV-movie-dreams Jeremy was weaned on in Cupertino, except she was REAL. Or was she?

Meanwhile, up at Canada, the hot breeze played with Frisbees and spring skirts. Pheno Barbidoll and Alan Bass sat sunning themselves in the Pit, recalling last night's party and pondering life in general. Alan and Pheno both strongly believed parties were the perfect allegory to life in general.

"Seems like our innocent suburban friend has divorced himslef from middle-class mediocrity," said Alan, primping his brunette Afro.

"Well," Pheno said, toying pensively with his James Bond shades, "we are all to blame, really. I wonder if it's ethical to redeem a fellow from Cupertino and then just plop him down in the cultural hotbed of the Peninsula. It's culture shock; it's downright cruel."

"It's fun."

"Yeah. I think I'll take him to one of my gigs up in the City tonight. The Fried Abortions and the Newks are playing at the Palms Club. He'll love it."

"After last night, I'm sure he'll be wary of both of us. We've got to figure in the possibility he'll go the way of Jake Glitter and Lana Lustbuxom. Golden boy, All State, All-American, All-DISGUSTING."

'You have a point, but don't get so upset, Alan. Jake and Lana will probably marry, move into Farm Hill, and live happily ever after-with Little League games, a Malibu station wagon, two darling kids, an all-electric kitchen, and deep-seated malaise. People like Jake and Lana are in their prime now; let them have their day in the sun. Memories are all they'll have soon."

"NUKE 'EM!!"

"Alan, with all the cruel practical jokes you've been playing on them lately, I'd swear you're jealous."

"Who? Me?"

"It's tough being a rebel."

"You mean it's death to your social life, you punk." "Well, sort of ... '

"Sort of! HAH! I saw you last night. You've been trying to put the move on our radiantly-earthy health-food friend in the peasant dresses." This got Pheno's attention. The shades slid off the tip of his nose.

"Who? L'Honda Wildshroom? Oh Alan, you've got to

"C'mon, admit it, Pheno."

"Well, as much as I'd like to, I think we have irreconciliable differences. My combat boots clash with her Birkenstocks, and her Save the Whales button doesn't go with my punk pins."

"Hah, hah," whopped Alan, sitting up and evicting a beetle from his Afro. "You mean the Grateful Dead and the Dead Kennedys don't relate on the same plane?"

"That's right. Never the twain shall meet."

"Didn't you used to be a longhair-type back in high

"Drop it Alan. My chances with L'Honda are nil, and by the way, I'm invoking that unwritten Canada rule about not delving into people's lives B.C., (Before Canada). I could dig up some juicy tidbits about you, too."

The conversation was becoming strained. Pheno could sense one of Alan's famous practical jokes in the works. Pheno thought it best to be making his way to Sheldon Twainhardt's Cultural Anthroplogy class. He didn't want to miss today's lecture, "Pinball Rituals Among the Coastanoan Indians."

On his way to class, Pheno spied none other than our innocent, almost-untainted hero, Jeremy, trying to make himself as inconspicuous as possible. Jeremy took Pheno aside and demanded a play-by-play account of the night before. Jeremy feared he would be the laughing stock of Philosophy as a result of last night's antics. Pheno put his simple mind at ease.

"Hell no! We regard stoned behavior as the norm, not the exception up here. You took it head first into the guacamole dip of Canada haute culture. I don't blame you; it's exciting but exhaustive. Remember, in Cupertino, you'd be in the rubber room by now."

Jeremy breathed a sigh of relief. Tolerance of Individuality. The Golden rule; as fundamental to Canada as the sundial, the olive trees, and the eternal struggle to get live music during the College Hour.

'Listen, young buck," said Pheno. "I think you should get this shoddy guilt trip off your mind and come to my concert in the City tonight."

"Who's playing?"

"The Newks and The Fried Abortions."

TO BE CONTINUED Sue D'Nyme

## **SPORTSPORTSPORTSPORTS**

## **Barton Athlete** of the Week

For the second consecutive issue, our athlete of the week, Greg Barton of the baseball team, is a Burlingame high school graduate. He started playing baseball when he was seven or eight. Barton went on to Burlingame High, where he made the All-Mid Peninsula League Team and was named to the All-San Mateo County team. This year Barton has been a solid offensive contributer to the Canada team, slugging six homers so far, as well as showing defensive versatility, playing catcher, occasional third base, and two games in left field. Although he plans to stay at Canada next year, Barton is not really sure which four-year university he would like to attend, but is leaning slightly towards Arizona State.

Fred Maurer, Ron Boicelli, Joby Ross, golf: have played consistently all year long, have shot in the mid 70s in almost every home match, and are instrumental in the team's success this season.

Matt Nutter, Baseball: was successful in shutting down De Anza for nine innings until succumbing to them 6-

Ed Gammel, Mike Olsen, Tennis: This doubles tandem has been tough all season long, has won two winning contests in their playoff loss to Foothill.

## Colt baseballers Drop 2 close ones End season Sat.

Although they have lost all their games during the past two weeks, it may have been what the Canada baseball team needed to get their type of game under

During the spring break, the Colts traveled to Santa Monica, where they participated in the Hancock invitational tournament. Canada lost both of its games in the three-day tournament, first to host Hancock College, and the second game to College of the Canyons.

A multitude of pitchers were used in both games of the tournament, and when the game got out of hand against College of the Canyons, Canada coach Lyman Ashley went to the field of play in search of putching and used second baseman Richard Scott and outfielder Dino Nomicos. Nomicos hadn't thrown one pitch in organized competition since his freshman year at St. Ignatius in San Francisco.

"I thought that the Hancock tournament brought us closer together as a team," said Nomicos. "If you look back at our record, we've lost a lot of close games."

After the Hancock tournament, the Colts went on to lose three consecutive games to Diablo Valley, City College of San Francisco, and De Anza.

In the Diablo Valley game, the Colts had to play off a tie against DVC which occurred earlier in the season, which the Colts also lost. After that playoff the Colts lost in the regularly scheduled league contest with the Vikings.

The De Anza and San Francisco games epitomized what Nomicos had earlier stated. Both games were lost by a few runs. Rich Belli and Greg Barton supplied most of the Colts' offensive punch during this five game stretch.

"We are starting to come around...We weren't as closely knit as a team," Nomicos added.

Nomicos also stated that the team had experienced "Snowball effect. When we start losing, the team starts to go downhill," he said.

In their most recent action, the Colts put together a 16hit attack, but could not overtake West Valley, thus eventually losing to the home squad. The loss dropped the Colts' league record to 4-18.

Canada's next home game is Tues., May 5 against Chabot, and their season finale is on Sat., May 9 against CSM. The Chabot game starts at 2 pm, while the CSM contest starts at 11 am.

## Canada Netters lose twice; Ed Gammel stars

With wins over American River, Cal-State Hayward, and the Cal-Berkeley J.V.'s, coupled with a tough loss to Foothill, the Canada Colt netters ran their record to 4-2 in Golden Gate Conference play, and 7-2 overall.

On April 8, the Colts soundly defeated visiting American River 8-1, in a non-conference match. The Colts dominated the entire match, as they dropped just one match in first singles. The Colts won everything else in straight sets. Ed Gammel played fine tennis in third singles, winning 6-2, 6-1. Mike Olson also performed well, as he triumphed in fifth singles 6-0, 6-3. Tom Whittock also looked impressive, as he breezed to an easy 6-1, 6-1 victory in sixth singles. Olson and Gammel later teamed up to win in first doubles, 6-4, 7-6.

The Colts then hosted Cal-Sate Hayward April 9, and continued their winning ways with a well-earned 6-3 victory. Jacques Hervet led the way for the Colts with an easy win in third singles, 6-2, 6-2. Hervet later teamed up with Mark McNally to win in first doubles 6-4, 6-3. Mark Burchett also played well, as he triumphed in first singles 6-4, 6-4.

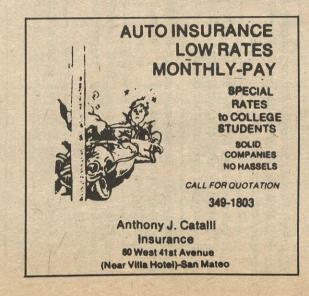
On April 16, the Colts travelled to Los Altos Hills for their big rematch with powerful arch-rival Foothill in the first round of the G.G.C. playoffs. The Colts lost the hardfought match by a score of 7-2, thus putting an abrupt halt to the Colt's dual match season.

Although the final score may appear somewhat onesided, the match couldn't have been much closer.

The tough Owls had clinched the match even before the all-important doubles matches began. Hervet was the lone victor in singles for the Colts, as he won a hard-fought match in third singles 7-5, 7-6. Gammel and Olson provided the Colt's other victory, as the duo triumphed in third doubles, 7-6, 6-3. Southpaw Karl Miller lost his first match in G.G.C. play this year, to former Capuchino High standout Dennis Sandkulla, 7-6, 7-6, in a grueling third singles match. The most heartbreaking match for the Colts had to be in fifth singles. Dijay Castillon dominated play in the first set and won 6-0. He also led 5-4 in the second set and was serving for the match. He lost that game, that set, and eventually dropped the final set 6-4. The most impressive player on the day was Brad Gilbert. The Owl's outstanding number one man soundly defeated

The Colts went back to their winning ways as they narrowly defeated the Cal-Berkeley J.V.'s 5-4. Gammel, Gloyd, and Jay Miller won their singles matches, while Hervet and McNally were victorious in doubles. The match was tied at 4-4, and the match came down to third doubles. Gammel and Olson clinched the victory for the Colts with a thrilling win, as they won the match, 7-6 in the

'Against Foothill, we lost so many close matches. If we could have won about six more points, we would have won the match," stated Karl Miller.



## Golfers still in title contention

With impressive victories over Menlo College, Modesto, and Cabrillo, the Canada Colt golfers ran their record to 8-3 in Golden Gate Conference play, and 4-5

On April 8, the Colts avenged an earlier loss to tough Menlo by defeating the Knights 29-25 in a non-conference match played at Menlo Country Club. Outstanding freshman Chris Stein led the way once again for the Colts as he earned medalist honors by firing an impressive threeover-par 73. Fred Maurer also played well, as he fired a fine round of 76.

On April 21, the Colts defeated visiting Modesto 551-564 in. Maurer and steadily improving Joby Ross led the colts, each firing four-over-par 74s, one stroke behind medalist Mark Holland of Modesto. Ron Boicelli, who has been playing very well of late, was the next in line for the Colts, as he ended the day with a 77.

Then, on April 23, the Colts avenged another earlier season loss to Cabrillo, as the Colts edged their foes 29-25 at Menlo Country Club. Dennis Mitchell earned medalist honors as he carded a fine three-over-par 73. Maurer and Ross also had impressive afternoons, shooting 75 and 77 respectively.

With the all-important G.G.C. championships just around the corner, the Colts are hungry and well prepared.

"I'm really positive right now. Coach Drever has made us all feel that way," stated Maurer.

"I'm really psyched up for the G.G.C.'s and really looking forward to it. It's a do-or-die situation, and we're gonna do it. I have plenty of confidence in myself and my teammates as well," concluded Maurer.

Asked if the team would play any differently in the G.G.C. championships, Stein remarked, "We play the same way in all of our matches. The only thing we have in our minds is winning!" said the confident Stein.

Stein also commented about his recent mild "slump."

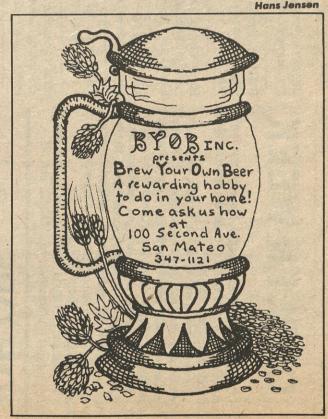
"I don't know why. Over the Easter vacation I played really well. I guess I just got a little over-confident. I was hitting the ball real badly, but I'll be ready for the Conference championships. I feel that we have the most talent of any team in our league, and if we play to the best of our ability, I don't think anyone will beat us," concluded

As usual, the outspoken Ross had much to say:

"We are mentally and physically prepared. In our last two matches, we shot pretty good scores which shows that we are on our way to the Conference championship. I'm still working hard on my game before school. I guess you could call it an occupational hazard!" quipped Ross.

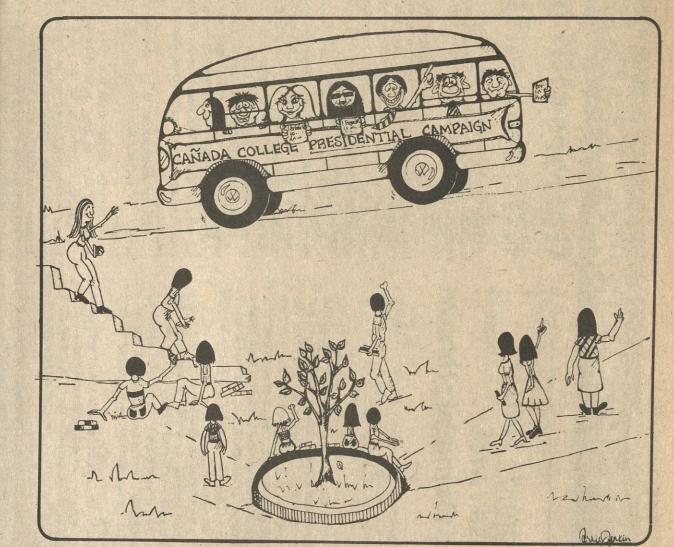
'We have supreme balance on our team. Anyone can beat anyone on any given day," concluded Ross.

Hans Jensen



## WEATHERVANE

CANADA COLLEGE



## OPEN HEARING??? HA!!!

The above was to be a full page volving student participation in the graphic urging students to attend an selection process. **OPEN PUBLIC** hearing to express their opinions to the Presidential Search Committee. The meetings are scheduled for Mon., May 4, 2 to 4 pm and from 6:30 to 8:30 pm.

Unfortunately the search committee has chosen a procedure that requires participants to register by Fri., May 1, 4 pm in order to be eligible to voice an opinion at this meeting.

The Weathervane considers this limiting policy in direct conflict with the committee's stated purpose of in(See editorial on page 2)

What's Inside: Mr. Canada Contest see page 4

Lady Weightlifters

Dr. Colene Walden

## CAREER WEEK

Career Week at Canada begins Monday, May 4 and continues through Friday, May 8 under the direction of the college's Placement Center.

Local employers will be on the Canada campus for informational and placement interviews. Individuals from the community and-or the college who are interested in permanent, full-time employment are invited to sign up for interviews between 10 am and 1 pm with the following companies: San Mateo County Personnel Office, Monday. May 4; Saga Food, Tuesday, May 5; Argonaut Insurance, Wednesday, May 6; Stanford Hospital, Thursday, May 7; Bank of America, Friday, May 8.

For those interested in signing up for an interview or receiving more information, call 364-1212, ext. 345.

R1177 Sec'y-Recept. for transportation company. 20 hrs. per week \$550 per month. Start June 1. Type 60 wpm. customer contract. Palo Alto.

w1175 Teller-Savings & Loan-Palo Alto 16-20 hrs. per week. Light typing, new accts. clerk, figure aptitude, cash handling exp and good customer relations.

P1172 Mail Sorter—Belmont sub-contract for U.S. Postal \$3.50 hr. while training. Monday to Sat. 8 am to 1 pm or 6:30 pm to midnight.

CA1165 Student Asst. on campus. Good clerical skills. student contact. Light typing, record keeping, duplicating. \$4.44 per hr.

G1164. File Clerk-Sand Hill Road area Menlo Park. 4 to 5 hrs. per day for technical library. File, xerox, light typing. \$5 hr.

A1163 Research Assistant-Menlo Park 20 hrs. per week min. \$6 hr. Data entry compile data, job submittal to computer.

E1159 General Office—San Carlos type 45 wpm good math ability. Type correspondence. Company sells lumber and hardware. Use calculator.

W1158 Shipping-Receiving & Gen'l Office for Mfg. rep. Los Altos. 10 hrs. per week.

C1157 Key punch-data input. Menlo Park for environmental mgmt. concern. \$6 to \$7.50 per hr. min. 4 hrs. per day. Can work to 8 pm. Opp. to learn word proc. Will do A-P and Gen'l Ledger on computer.

V1156 Receptionist in CPA office. Palo Alto. \$5 hr. 4 hrs per day. Light bookkeeping-typing, learn CRT-Word Processor.

C1179 Dishwasher, French Restaurant in San Carlos. \$3.50 hr. Limited English skills oday.

C1169 Food Preparation same company as above. 8 to 22 hrs. per week. \$4 hr.

H1148 Bell person also Desk Clerk for motel in Redwood City. Bell person \$3.35 per hr. plus tips. Desk Clerk \$5.11

H1168 General Office for journalist in Redwood City. Learn public relations-preparing press releases, paste up, light typing. \$4.50 per hr. 4 to 6 hrs. per week.

A1167 Child Care Aid. Be on call for substitute. One day notice. Redwood City.

T1154 Pre-School Aide in Redwood City \$3.75 hr. 4 days 7 a.m. to 1 p.m., one day to 4:30 p.m.

M1160 Opthalmic Ass't-San Carlos. Lab work, assist with pre-testing. Contact lens exp. helpful. Enrolled in opthalmic program. Part-time now.

S1178 Night Counselor for live-in situation adolescents with drug related problems. Thurs. night to Fri. am \$35 per night, in Menlo Park.

N1166 Sailing Instructors-Redwood City \$4.50 hr. weekends and evenings (5 to 7 p.m.) Red Cross Life Saving & First Aide & Sailing experience.

A1162 Sales Clerk for yard goods store. Saturday and or week days part time \$3.35 hr. to start. Knowledge of sewing or interest. Redwood City.

M1161 Asst Mgr for women's fashion clothing store. 20 to 25 hrs per week. Change displays, supervise personnel, some sales experience.

H1151 Sales persons and cashiers for chain hardware store. Full and part-time positions Redwood City, salary depends on exp.

M1176 Driver for catering firm. Deliver hot meals to shutins. Use own car, work 3:30 to 6 pm. Mon-Fri \$4 hr. plus 20 cents per mils. Min. age 18 must have liability ins.

### WEIGHTLIFTERS

mental health. Linda used to carry a shriek alarm and "one of those sprays for dogs" for fear of people attacking her. She admits it was a form of paranoia, but now is glad she is rid of it. Vanda, Linda and Virginia talk of how much self-confidence and composure they have gained since their exercise program.

Vanda seems to sum it all up for the energetic, feminine trio. "When I'm out there suffering, I don't exactly enjoy it, but the feeling I have afterward is worth it all! I really enjoy my life now. It makes me feel younger!"

Vanda, Linda and Virginia expressed deep appreciation for P.E. instructors Gordon Gray and Sam Nicolopulos who have done excellent jobs in training them and showing a vivid personal interest in their students.

**Tom Fleming**