

The
Long
Valley

Gazette

Cañada College • Redwood City, CA

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April 7, 1989

You're Not Okay? Get Help

By Kimberly Bouma

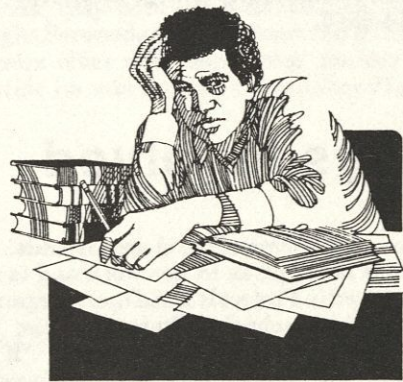
In this fast-paced society where students frequently attend school full-time, hold down a job and participate in social functions, it is understandable that sometimes things go awry. These pressures and stresses need not be shoveled to the dark recesses of subconscious to fester. Located in the counseling center next to the cafeteria is the Student Health Center which encompasses Psychological services run by Dr. Ernie Rodriguez.

The very personable and down-to-earth Rodriguez attended Diablo Valley Community College and is familiar with the problems faced by community college students. He received his Master's Degree at S.F. State and his PhD from the Wright Institute in Berkeley. "I have always been intrigued by human behavior and why people do the things they do," Rodriguez said.

He has always been interested in talking to people who have a hard time deciding what they are going to do with their lives, as he feels that he has always known which path to choose. "Sometimes people ask me, 'Don't you ever get tired of listening to people's problems day after day?' and I feel quite the contrary. I learn through their human experiences." He says that he respects each person's experience and that it helps him to learn more about the human race, as well as himself.

Rodriguez has been at Cañada since

1971 and reports that there has been a significant rise in the number of people who use psychological services over the past seven years. He estimates that approximately 800 students utilize all the services that they offer. These services include individual counseling, group psychological services, consultation and special work-



shops designed to inform and educate students on special issues

Some of the group services being explored this semester are Adult Children of Dysfunctional Families, Women's Re-Entry, Parenting, Self-Esteem and Coping with Death. In addition, the workshops

-continued on page 8

Student Trustee

Steele Raps
District Board

By Bob Calhoun

Cañada student Roger Steele is the current student trustee, a non-voting member of the district Board of Trustees. he represents over 30,000 students in the San Mateo County Community College District. In an interview he told the Gazette his views on issues affecting the students and what he is doing in his office.

"I'm all for it," said Steele of the new smoking policy which prohibits smoking in the halls or cafeteria, "because a great majority of the students are all for it. I'm also for it personally. 3,000 students signed a petition about a year and a half ago for smoking policies that would assure them clean air. It went through, and I'm glad to see it happen."

Roger Steele also said, "The Board of Trustees seems to want the students out of the governance of the district. There's a strong trend for the trustees to tell the students and the teachers what to do. The trustees cut the student trustee compensation in half, which is money the student trustee gets for all of the hours he spends on Board projects. This tells me that some members of the Board want students out. This is just the tip of the iceberg. It seems

-continued on page 8

Editorial Feature

Giving Blood No Cause for Worry

By John Perez

There will be a blood drive at Cañada College on Wednesday, April 12, from 10 A.M. to 2 P.M. in the theatre lobby. Students who are willing to give blood can also contact the nearest hospital. Or they can do it the easy way and go down to the Peninsula Memorial Blood Bank, which is located at 1791 El Camino Real in Burlingame. There is a bus that stops right across the street. For directions or more information, call the Blood Bank at 697 - 4034 or 369 - 8211.

Forty five minutes to an hour is all it takes to donate blood. so why haven't you donated yet? Afraid of needles or AIDS? No need to worry about either, the slight prick you feel from the needle is a whole lot less

painful than many of the things you do everyday. And as for AIDS, all materials are sterile and discarded.

Maybe you are saying to yourself, "they won't miss my one little pint." That one little pint can be broken up into four different components. First the blood's red blood cells can be used by extracting most of the plasma from it. Red blood cells carry oxygen to the tissues and other organs in your body. The red blood cells are used in the treatment of anemia and in any condition where red blood cell loss has occurred.

You might have known what red blood cells are, but now you ask yourself, "what is plasma?" Plasma is the fluid portion of the blood. The plasma is separated from the

whole blood by centrifugation or by sedimentation. The plasma is used to treat severe burns and/or trauma victims and it can also be used in the treatment of clotting disorders. The plasma can also be frozen within a few hours of it being taken. This will enable it to be kept longer.

And last, but not least, the platelet part of your blood can be used. Platelets are the smallest blood cell which aid in clotting. The platelets are used in the treatment of leukemia and cancer.

When you go to give blood, you also get the added bonus, feeling you're doing a service to the community, plus you also get a free mini physical. Your blood pressure is

-continued on page 8

Adventures

Workshops for Busy People

By Kellee Hartman

Tired of spending Saturdays cleaning out the bathtub grout? Feeling like that \$6 you spent to see Poltergeist 3 could have gone to better use? The San Mateo County Community College District is offering a variety of classes and workshops this spring. Over 100 seminars will take place, and are designed for busy people who want to "expand their knowledge" in many areas.

Are you a fan of comedy? Ever catch yourself locking the door, closing the drapes, and watching every Laurel and Hardy and Three Stooges re-run you can find on the t.v.? Well, you can come out of hiding! "The Film and Discussion Series Dealing With Humor" will present hilarious films several Friday evenings, April 7 and 21 and May 5 and 19 from 7 to 10 p.m. at the Veteran's Memorial Building theatre in

Redwood City. After viewing, discussions with panels of psychiatrists will take place, and refreshments will be served.

Perhaps you would prefer a one-day seminar on "How to Start Your Own Cleaning or Janitorial Service." How to organize your business, sell your service, hire and train employees, and use supplies and equipment. Andrea Dodd will conduct the seminar on Saturday, April 29 from 9 a.m. to 1 p.m. at CSM. The fee is just \$35.

Set aside a weekend to leave the Ajax under the sink, or have your girlfriend tape the Saturday edition of "Fly Casting in Utah" for you. Whatever your interests are Ed Ventures has something for you!

For more information, contact the San Mateo Community College District at (415) 574-6563.

Agency Provides Many Services

The Mental Health Association of San Mateo County is a non-profit agency which provides a variety of services to the community including Information and Referral, Community Education through conferences and seminars, emergency shelter for homeless mentally ill adults, and client-centered, social, and recreational programs called Friendship Centers.

At present, there is a critical shortage of volunteers in the Friendship Center Program. No experience is necessary to volunteer. The MHA is looking for caring people who are concerned about others and would like to make a difference in their community. Volunteers will plan and organize social and recreational activities for mentally disabled adults such as table games, sing-a-longs, picnics, softball games, and outings to Bay Area points of interest.

The eleven Centers located throughout San Mateo County (Daly City - 2, San Bruno - 1, San Mateo - 1, Belmont - 1, San Carlos - 1, Redwood City - 4, East Palo Alto - 1) operate for an average of four hours each week, Monday through Friday, Thursday evenings, and two Saturdays per month. Time commitment to the program is flexible. Individuals or groups of students may participate on a weekly or monthly basis.

Assistance is also needed for help with activities and events which are scheduled on a once-a-year basis such a fashion show in April or the annual Christmas Party. Help with these events may be in the form of sharing a skill or a talent, providing transportation, or assisting in the kitchen.

Two orientations for new volunteers are scheduled this Spring. Phone the mental Health Association Monday through Friday, between 9:00 a.m. and 4:30 p.m. at 368-3345 for further information and to set up an introductory interview. Messages may be left on the answering machine after hours.

Where Are They Now?

Former Teacher Stays Involved

By Kellee Hartman

The cheerful, afternoon sunshine was matched by the sparkle of her gleaming tennis whites. Jean Berdon, a former Cañada mathematics instructor, has definite views regarding education.

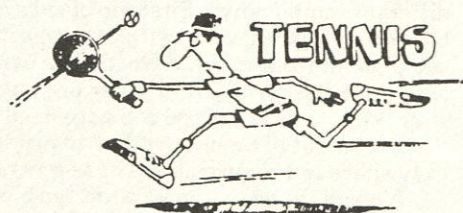
Schooled on the east coast, Jean received her B.A. from Tufts University and completed her Masters at the University of Connecticut. She taught math at her alma mater, UOC, for 11 years but was anxious to make a significant change in her life. Jean moved out to California upon the urging of her brother, and has been residing here since.

Jean retired at the end of 1988 after a 19 year full-time teaching position at Cañada. What excites her most when teaching is to be able to communicate a math idea and see that it is understood. "The light goes on, and that's very rewarding. Math came relatively easily for me, but for some it is difficult. When a student understand it, that is very exciting." What she finds to be most distressing about the education system is that math skills are not emphasized enough to highschool students. "To watch the students having to struggle in college because their earlier preparation wasn't as thorough as it could have-should have been, is what is most distressing to me personally." She also believes that many women do not realize their potential in the math and science fields because they fear that excelling in these areas will intimidate other students.

Jean still teaches part-time in the fall on a post-retirement contract, but really misses the interaction with her students. In fact, many of her former students con-

tinue to be some of her closest friends. She takes much pride in her work and is now involved in Project R.E.A.D., and organization which schools illiterate people; she tutors students who cannot read. "If you know how to read, it is hard to appreciate what it is like not to be able to." She was prompted to get involved in volunteering for R.E.A.D. when she realized what kind of a difference she could make in someone else's life; someone who fell through a crack and didn't have the opportunities she had.

For the time being, Jean plans to continue playing tennis as often as possible (sometimes twice a day!) and ballroom dancing five nights a week. She is involved in so many worthwhile projects, she feels she is entitled to "goof off" now and makes no excuses for it. Well...we agree. Thank you, Jean, for generously giving so much of yourself to so many people. You will be missed.



THE LONG VALLEY GAZETTE

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April Calendar

Visual artists of the mid-peninsula are invited to meet with one another at the Palo Alto Cultural Center for an evening of informal conversation and an introduction to each other's work through slide presentations on April 20, 7-10 p.m..

Artists will show three to five slides and discuss their work. This event is part of the Surviving and Thriving as an Artist series. Slide presentations will be limited to 20 artists.

Although there is no limit as to the number who may attend the forum, reservations are requested by April 18. Admission is free. For more information call 415/329-2107.

The Palo Alto Cultural Center is located at 1313 Newell Road, Palo Alto. Hours are Tuesday through Saturday 10 a.m. to 5 p.m., Tuesday through Thursday 7 to 10 p.m., and Sunday 1 to 5 p.m..

"The Reagan Legacy & Bush's Honeymoon: Prospects for the Next Four Years." Lectures will be delivered by Ted Reller, Political Science Professor on April 20 & 27.

"The Changing Population & Needs of San Mateo County: Present & Future." Trends presentation will be given by Marcia Kegal, Sociology Professor on May 4 & 11.

"The 1906 Earthquake and Other Critical Episodes in San Mateo County History." Lectures will be given by Gil Workman, History Professor on May 25 and June 1.

Sponsored by the Cañada College Social Science Department, this lecture series will be worth 1/2 credit. The cost will be \$2.50 for each California resident. You may register at the first or second class. the class code for this series is SoSc 880.

For more information, call ext.201, or the Veterans Memorial Center at 780 - 7270.

SMAEYC is making it possible for all early childhood programs to present information to the public on April 8 from 10 a.m. until 2 p.m. at Hillsdale Mall (near Macy's). Storytellers, musicians, and clowns will be in attendance to attract people to the event.

This will be an excellent opportunity for you to send a representative from your program to distribute brochures or flyers. Please contact Virginia Kramer at 369 - 8764 if you wish to participate.

Opening April 27 Cañada will host its first student Art Exhibition in several years. The exhibition will take place between 4:00 and 6:30 in the foyer of the main theatre. We urge all students to attend and give support to the art department and the many artists whose talents often go unrecognized and unrewarded.



COMING SOON...
TO A THEATRE NEAR YOU



Curtis Directs Miller Comedy

The Cañada Drama Department's second play of the new season, *The Creation of the World and Other Business*, is in its third week of rehearsal, steadily progressing toward performance dates of April 27, 28, 29 and May 4, 5, 6.

Creation, by Death of a Salesman author Arthur Miller, is a unique and very funny comedy, featuring God, Satan, Earth's First Family, and an assortment of angels all bickering and battling their way toward a distant harmony and justice.

Director Bob Curtis is most pleased with his very talented and hard-working cast, which is right on schedule in making their production of this exceptionally challenging play a success. Michael Walsh designs the set and Kate Irvine the costumes.

The cast: Dick Innerst (God), Steve Cortopassi (Lucifer), Kellee Hartman (Eve), Dan Roach (Adam), Ron Drake (Cain), Karl Knudsen (Abel), and Michael Lyon, John Voyles, and Michael Narvios as the angels, Karen Reynolds is chief production assistant.

Tuesday Theatre In Rehearsal

The Tuesday Theatre Company, Cañada's resident drama ensemble, is currently in rehearsal for performances both on and off campus. With a repertoire of short one-act plays, scene cuttings, and monologues, the Company continues to be a highly versatile and highly mobile dimension of the college drama department. Dates of on-campus performances will be announced soon.

For information about joining next semester's ensemble, contact Company director Bob Curtis.

This semester's company consists of: Lisa Bell, Ron Drake, Kellee Hartman, Kera Lappe, Nina Mayer, Michael Narvios, Holley Nuckles, Lisa Positeri, Ann Regan, Karan Reynolds, Chris Ritter, Guy Schmidt, Tamara Schow, Dana Smith, Fadya Tannous, and Ahlyss Yu.

Bleacher Features With Big Urb

By Mike Urban

Overheard in the Colts' dugout during last Saturday's 9-3 drubbing of host Ohlone College in Fremont: "I mean, how am I supposed to know there was a napkin under my plate? I wrecked a perfectly good pair of pants that night wiping my hands off." Question is, whose pants?

Two innings later: "...And then she leans over and whispers that I'm using my salad fork at the wrong time....what's the difference? It was still good soup!" Needless to say, this particular Colt will be not be attending Stanford next semester.

Speaking of next semester, I'd like to use this space to remind the athletic masses that despite the celebratory emergence of the sun these days, classes are still in session and these units are extremely important to our futures. So don't slack off now; you've come way too far.

Last Monday I was slightly amused when a fellow Colt athlete (whose sport will be kept secret to avoid further embarrassment), class schedule in hand and confused look on face, wandered up to me and asked, "Dude, do you know where the music room is?" We're going on semesters here, buddy; not quarters. Beat it; Mr. Ienni would've torn you up anyway.

If Cañada ever starts up a driving class, count on Freshman infielder Brian Schuler being among the first to sign up. In a show of confidence, Coach Garcia allowed young Brian to help back out the traveling vans for a recent road trip. Now, don't ask me how, but by the time Coach Garcia returned, the van was suspended by the back axle halfway off of the loading dock. Tow trucks were called in, players sent to their personal cars, and a nickname was born. How am I driving? Dial 900 - Rookie - 5.

One of the longest running jokes in the Colt baseball locker room is the fan support we receive. It has become commonplace for the visiting team to bring more than twice the number of bleacher bums than our undefeated Colts are drawing. Granted, the 2:30 starting times create problems, but among the most inexcusable absentees are the Colt basketball team. With the exception of Coach Klein and forward Ed Bass, the boys are 0-for-the season. So much for the saying, "You scratch my back and I'll scratch yours."

Hoopster Marcus Rodriguez, whom I consider a good buddy, says I complain about it too much, but Marcus - if you had a dollar for every game you've been to, you'd still be flat broke, brah. Word.



Diamond Colts Unbeaten

By Mike Urban

As the Colt baseball team prepares for the second half of the Coast Conference schedule, it finds itself in a rather comfortable spot in the standings — all alone at the top, unbeaten and untied at 8-0.

Last week represented the Colts' toughest challenge to date, as they played a rare four game week after a spring Break—induced four day lay-off. Yet as they have have done time and again, they responded like the champions they aspire to be. Colt head man Mike Garcia has challenged his troops to not lose a conference contest, and they have obviously taken his challenge to heart.

Monday the Colts traveled to Salinas for a game with Hartnell and proved to be extremely rude guests, scoring six runs before the hosts come to bat. Over three hours and 25 hits later, the Colts emerged with a record breaking 27 runs and another victory. Leading the charge were Domingo Mota, Kevin Jordan, and Brian Schuler, all with monster homeruns. Bob Gibbs added four hits.

Tuesday at Cañada featured a battle of the two unbeaten, as Foothill College came in with a 6-0 record and legions of fans. Fortunately, baseball games are won between the white lines, and despite a sputtering offense, (tired from Monday, perhaps) the pitching and defense were strong enough to earn a hard fought 3-2 win. Bob Palacio continued his Orel-esque march on the league by posting his fourth consecutive complete game win, upping his record to 6-1 and lowering his league E.R.A. to 1.00. The infield quarter of Jimmy Perkins (3B), Jordan (2B), Eddy

Lopez (SS), and Tony Gomes (1B) added three more double plays to bring their school-record total to 34 on the year. And while on the subject of school records, it should be noted that with 12 games to play the Colts are one homerun from breaking the old record of 33. Also, Palacio is only three wins shy of tying the mark for most pitching victories in a season (10). Wow.

Back to the field, On Thursday the Colts took on the preseason favorite to win the league, DeAnza of Cupertino. The Colts jumped to an early 2-0 lead and never looked back, earning a rewarding 7-3 victory behind the pitching of starter Paul Santos of Paly High and Paul Fanucchi's clutch relief. "Nuke" struck out DeAnza's Jeff Hamro, who had homered earlier with the bases loaded in the ninth inning to preserve the win and earn the save.

The Colts finished up their quality week at Ohlone in Fremont, where they trampled the Renegades 9-3 in a sloppy but resounding win. Palacio posted his fourth league win with an efficient six innings and Lopez provided punch with a 400-foot double to left field.

So the Colts are cruising into this week's 3 game slate with loads of confidence and a statewide ranking (13th), but Coach Garcia insists it is "still early" and has the Colts taking things one day at a time. However, playoffs are almost a certainty if they continue their current pace of 10.5 runs per game while allowing under 3. This is a disciplined, powerful, and exciting team to watch. Just ask Pete Rose ... he's making a bundle on these guys.

Just Don't Call Him 'Manny'

By Mike Urban

And then there were two.

This season, the Colt baseball team is sporting not just one son of a major-league record breaker, but two. Domingo Mota, whose father Manny Sr. is a former Dodger great and current first-base coach of the World Series Champs, is back for his sophomore year. Playing next to him in the outfield is his "little" brother, Manny Jr., who prefers to go by the nickname his aunt gave him as a child, "Gary."

Fresh out of Calasanz High School in the Dominican Republic, Gary has brought his powerful arm and swing north to pursue his ultimate goal of reaching the big time.

"Somehow, my father knew about what a good baseball program Cañada had, and Domingo seemed to like his first year, so I wanted to come too," says the outgoing

Gary. "Besides, I am still just a baby boy and I didn't want to be alone."

Still mastering the language, Gary has made a smooth transition from the Dominican Republic to Cañada. A tourism major, he says the classes at Cañada are actually easier than his former school.

Gary spends much of his free time away from school or baseball watching television or entertaining his teammates at his and his brother's Redwood City apartment. Gary is one of the more popular Colts for his sometimes twisted humor and genuine child-like enthusiasm. He is quick to point out that his favorite part of being at Cañada is his teammates.

"I want to be remembered as a team player," he claims. "You know, the one who always tries to keep everyone up during the game."

While his adjustment in the classroom proved a snap, he has done remarkably well for Cañada on the field as well. He is currently hitting in the upper .300's, and he may possess the strongest outfield arm in the Coast Conference. His only noticeable weakness is hitting off-speed pitches, but he continues to improve with each at bat.

As for the future, after this season Gary will choose between staying at Cañada, moving on to another, or signing a pro contract.

"My father wants us all to get a full education," says Gary, "and he's right. But I love baseball and I really want to play pro as soon as I can."

There's no doubt that pro ball is in Gary's future, but he insists that his primary goal right now is to help the Colts

-continued on page 6

Tennis Team Beats MPC Nine - Zip

De Anza Rematch Set For April 21

The Cañada College tennis team improved its win-loss record to the 6-2 mark by thrashing Monterey Peninsula College on Friday afternoon. Coach Paul Welles enjoyed the afternoon by watching as Cañada won all 9 matches.

Despite a 6-3 loss to DeAnza earlier in the season, Cañada has a chance to tie for second place this year if they can redeem themselves against DeAnza April 21. The Cañada winners were as follows: Greg McLean 3-6, 7-6, 7-5; Pat Bates 6-3, 2-6, 6-2; Dan Ganoza 6-4, 6-2; Tora Tagami 6-3, 6-2; Larry Nelson 6-4, 6-7, 7-5; Andy Laden 6-

2, 6-1; Alex Franco 6-7, 6-4, 6-3. Doubles: Pat Bates, Dan Ganoza 3-6, 6-1, 6-3; Greg McLean, Tora Tagami 6-0, 6-0; Waibel, Andy Laden 6-4, 7-5.

Tennis Club Sponsors Tourney

The Cañada College Spring Doubles Tournament, sponsored by the Cañada College Tennis Club, will be held Sunday, April 9, 1989.

This tournament is a non-sanctioned Men's Doubles, Mixed Doubles, and Women's Doubles Tournament for players of Class B ability.

Each match will be an eight-game proset with no-add scoring; the winning

team must be ahead by at least two games. The twelve-point tie-breaker will be used at eight-all. First round losers will play in a consolation tournament that will be run on the same day. Players may enter two events, but must be prepared to play several rounds in each event. In case of rain, the tournament will be completed the following weekend.

The entry fee of \$25 per team will be used to further the tennis program at Cañada College. Trophies will be awarded to winners and runners-up in each event in both winner and loser draws.

If you have any questions, please contact Paul Welles at ext. 341, or at 359 - 4537.

TENNIS SCHEDULE 1989

DAY	DATE	OPPONENT	PLACE	TIME
Fri.	April 7	*Mission College	Santa Clara	2:30 p.m.
Tues.	April 11	*Ohlone College	Redwood City	2:30 p.m.
Tues.	April 18	*Hartnell College	Redwood City	2:30 p.m.
Wed.	April 19	San Francisco City College	Redwood City	2:00 p.m.
Fri.	April 21	*De Anza College	Redwood City	2:00 p.m.
Tues.	April 25	*Foothill College	Los Altos	2:30 p.m.
Fri.	April 28	*Gavilan College	Gilroy	2:30 p.m.
Thur.-Sat.	May 4-6	Coast Conf. Tournament	Los Altos	All Day
Thur.-Sat.	May 11-13	Nor-Cal. Tournament	Saratoga	All Day
Thur.-Sat.	May 18-20	State Championship	Saratoga	All Day
		*Coast Conference		

Early Childhood Program Stays Current

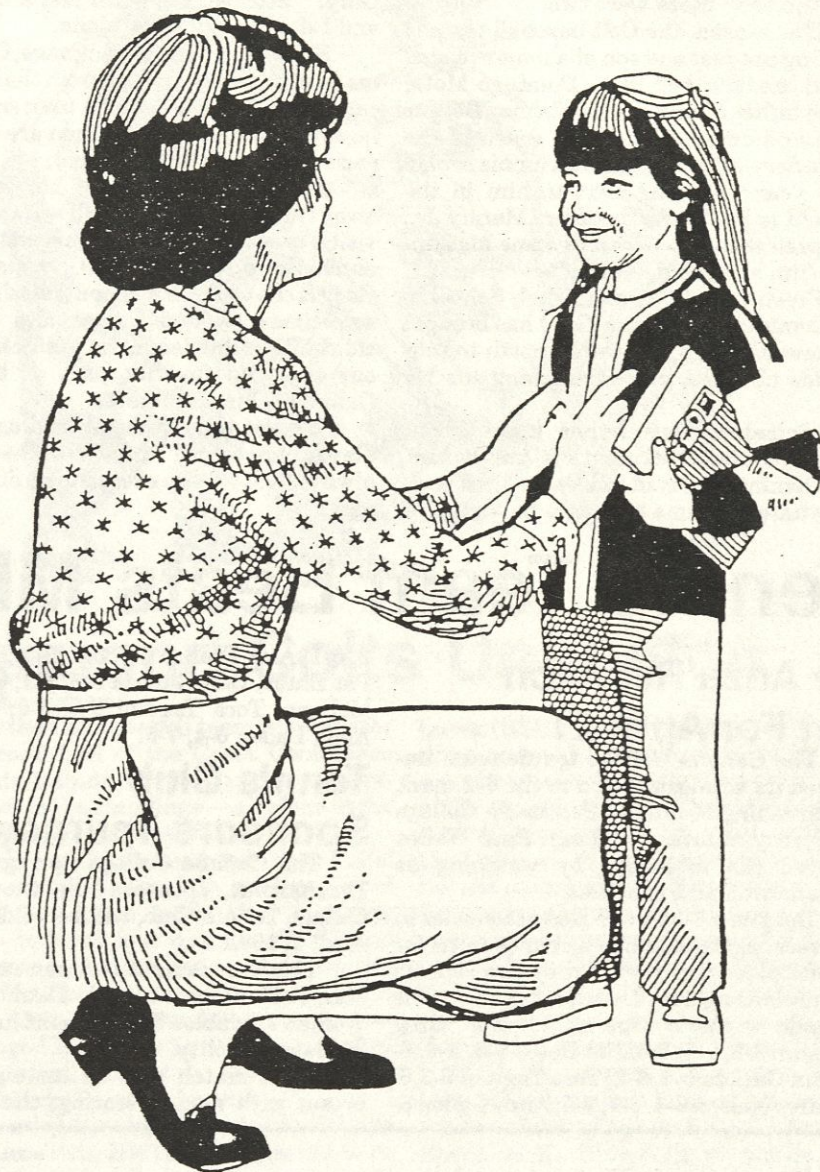
By Joanne Haug

Cañada's Early Childhood Education Program (ECE) offers a great deal to many people. Dianne Eyer is the ECE Project Director and feels strongly about keeping the program at its best. "New information comes out in a very rapid rate, we have to stay current," says Eyer. The Early Childhood Education Program at Cañada College is designed to meet individual career goals, foster positive parenting skills, and increase individuals' general understanding and appreciation of childhood.

Dianne Eyer was educated at Purdue University in Indiana and came to Cañada in 1970. "I have always been interested in development and how people grow and change," Eyer says. She has been married for 19 years and has no children, which helps her to be objective and a good listener with her students. She does not throw in stories about her own children every minute or so. Eyer believes that, "there is a separation between womanhood and motherhood." She feels so strongly about how early and how much children can learn that she wrote a book about it. Eyer is the co-author of the book *Infants, Toddlers, & Caregivers*.

The ECE program took off in 1978, when the ECE program was consolidated to our school exclusively. "Since 1985 the ECE program has grown 52%. Partly because of the times, the coordination of keeping on top of the community."

Students interested in working with young children can be placed in a variety of centers and homes throughout San Mateo County. An Internship experience has been designed for the advanced student and offers specific opportunity in the development of management skills as they relate to child care and child development



services.

A Parent University has been started—4 one unit workshops designed for parents of school-age children. Topics include: "Positive Discipline: Self Esteem and Communication."

Specific courses exist for Family Day Care Providers. These classes focus on establishing quality home settings for children from birth through school age, small business practices, and parent communication guides.

Some career opportunities in Early Childhood Education include: preschool teacher or director; child development specialist; infant caregiver; home advisor in Head Start Program; Family Day Care Provider; parent education or adult education instructor; birth educator group home worker; community worker in a child abuse program; migrant program teacher; play-

ground worker, hospital playroom supervisor; children's books representative; adoption counselor; curriculum consultant; licensing supervisor; and political advocate.

Details concerning course content, times and locations will be available to students at the beginning of each term. For further information contact the Program Coordinator, Dianne Eyer - 364 - 1212.

MOTA from page 5

"win everything. EVERYTHING."

Easily recognizable by his strong build, easy smile, and Mike Tyson hair-cut (with a hole shaved in the top of his head), Gary is a prominent figure on campus. He is quick to make new friends and will stop and chat with anybody who'll listen, so feel free to stop him and say "hi." Just remember, it's "Gary," not "Manny."

The Dating Game

She Feels Awkward with Older Men

By Julie Collier

Some friends tell me the men I date are too young. Linda, 21, won't give her name, never mind her number, to anyone under 30; why should she, when she could be going out with "sophisticated, ready-to-get-serious husband material"? Other friends and I, however, feel awkward spending evenings with older men. We have our reasons for sticking to those closer to us in age.

Paula, 22, is a part-time administrative assistant for a major corporation. When a man she is dating — a man who once wanted to be in a band but now works in a corporate sales office — told her with a weary smile that he found her aspirations "refreshing," she felt like strangling him with his red power tie. Older men, long past being anxious over their futures, find young women's doubts and idealism endearing — and don't hesitate to give advice. If I want an older man's opinion, I call on my father. Otherwise, I'd rather debate with someone my own age — who is equally confused about *his* life — whether to stay in the low-paying secretarial job I've always wanted or to work for the insurance company offering a salary that would let me move out of my mother's house and into an area I would refuse even to visit.

The ten-plus years that separate me from older men haven't just made them cynical; some savvy has also been acquired. As they glance through the movie section of the paper, they casually mention names of hot new movie directors of foreign films. They know how to pronounce *pouilly-fuisse*. You could learn a lot by going out with older men, but what's the rush? Be-

"With men my age, I've ridden in sticky, beat-up cars on hot city Sundays to public beaches where we could sip beers and wade..."

sides, a feeling of imbalance is bound to creep in when one's lover always plays teacher to the other. I'm drawn closer to someone when we figure out, together, that movies with subtitles aren't always *avante-garde* — and that the French do make B-grade films, not to mention wines.

Going out with younger men means I can always speak and act my age. When David and I started talking in the soul section of the record store, we covered first-job anxieties and college, second, the unaffordability of getting kicked out of the house for keeping late hours, and third, why we stopped liking Michael Jackson. With other men my age, I've ridden in sticky, beat-up cars on hot city Sundays to public beaches where we could sip beers

and wade....danced down aisles of 24-hour supermarkets at 3 A.M....sprawled on greens of parks, late at night and long after they'd closed, while holding hands and debating whether you can bleach your mustache and still be a feministfantasized out loud about taking road trips down South, up North, wherever! Older men may still see the possibilities of driving down Hwy-1 in a '69 VW Bug, but they're also ready to wind down — stay in or spend a weekend at a quiet country inn.

Then there's the generation gap. My parents are six years apart in age, but when they met 32 years ago, the world moved slower, so that the few years difference didn't strand them in separate generations; they both loved dancing to "Moonlight Serenade." Now, a man ten or fifteen years older does come from another era; while he was turning on to *Abbey Road*, I

was tuning in to *Mister Rogers*. This, and everything else that separates younger women from older men, makes me wonder why these men prefer women their own age.

Youth is attractive. Still, wouldn't a man rather go out with a woman who's also past the post adolescent what-should-I-do-with-the-rest-of-my-life anxiety? Wouldn't he rather spend an afternoon listening to *Don Giovanni* with someone who doesn't need the plot explained? Someone who'd know the look on his mother's face when he came home from college with hair down to his shoulders?

Going out with anyone — not just someone in his 20's — can get frustrating. With all the obstacles that stand in the stretch between birth dates, choosing men my own age can only make romance move a little easier.



BLOOD BANK from page 1

taken, iron level checked, and temperature and pulse are taken. You even get a free cholesterol screening.

The donation process involves four easy steps which take little or no effort. The first step is registration. You must have a valid driver's license. You are also requested to read a flyer regarding the AIDS virus. This flyer tells you that if you are in a high risk group, you cannot donate. The second step is the free mini physical and medical history. A small sample of blood is taken from the finger to check your iron level. Your pulse, blood pressure, and temperature are also taken. This procedure is designed to insure the best possible blood for the patient receiving the blood. Step three is the actual blood donation, which takes only 5 - 10 minutes. The blood is taken from either your right or left arm and other than a slight stick the procedure is painless. **THERE IS ABSOLUTELY NO RISK OF CONTRACTING AIDS, HEPATITIS, OR ANY OTHER DISEASES BECAUSE ALL OF THE EQUIPMENT IS USED ONCE AND THEN DISCARDED.** The only requirements are that you must be in good health, be 17 years of age or older, and that you bring a valid I.D. with you.



**BLOOD DRIVE
AT CAÑADA
WED., APRIL 12
in the theatre lobby from
10am - 2pm**

PSYCH SERVICES from page 1

being scheduled this spring include Rape, Date Rape and AIDS.

Sometimes students tell Rodriguez that his programs are great but they do not always meet their needs. Rodriguez said he welcomes any requests or suggestions in relation to workshops or support groups that may help them.

The Psychological Services Staff consists of 3 psychologists and 5 interns. Rodriguez says that each staff member is a generalist but also, each has a particular interest.

For instance, Melinda Facelli deals primarily with Loss and Grief cases, Deanna Denver with Dysfunctional Families and Alcoholism, Jo Cook with Early Childhood Issues and Parenting, Lynn Gardiner with Group Therapy, Sandi Tatman with Personality Disorders, Bennet Kilpack with Stress Reduction and Substance Abuse, and Daniel Guich with Cross-cultural problems.

In this plethora of personal concerns, Rodriguez usually takes care of the more severe cases. In addition to providing services on this wide spectrum of problems, Rodriguez has two bilingual staff members, who are available for Spanish-speaking students.

Although, Rodriguez states that there is no one certain technique employed on students to help them with their problems, he is steadfast in his adherence to first listen to students and assess their needs and, second, to adapt to those particular needs.

In individual counseling, the policy is to help the student on a short-term basis and then provide referrals for any long-term help. However, he confided that his very last wish would be to ever short-change the student and he strives to keep the services "flexible depending on the need of the student." In this way, he can fulfill what he calls his basic responsibility, to respond to the student's needs.

In cases where more long-term help is required, Psychological Services will refer students to highly capable doctors in the community, all while taking into account what the student can afford. "We try very hard to fit the student with the doctor in terms of their problem and financial condition," Dr. Rodriguez explains. Consequently, the staff is in close contact with the psychological institutions in the Bay Area and informed on the specific concerns of the community in order to better serve Cañada's students.

Cañada's students have the most problems dealing with relationships with their mother, father, boyfriend, girlfriend, siblings or employer, according to Dr. Rodriguez. The second most common ailment of students branches from stress and stress-related disorders. By far the most serious concern of Dr. Rodriguez is that of the students who are fearful of coming to

Psychological Services to get help. He is afraid that those are the students who may need his services the most. "Take a risk and give it a try," he asks solemnly.

TRUSTEE from page 1

as though they plan to weaken student influence so if they decide to do things like put up a high parking fee of health fee, they won't have any opposition. If the students are strong and organized, we can oppose things like this. If they are weak, they cannot."

When asked about the difference in budget between Cañada, Skyline, and C.S.M. he said, "Skyline and Cañada are neglected compared to C.S.M.. Cañada doesn't have the selection of courses that Skyline has, and Skyline doesn't have the facilities that Cañada has. In tackling this issue all things have to be handled on a one-to-one basis. I cannot just go in there and say, 'Look there's a great deal of disparity between Cañada and Skyline and C.S.M.' and have something done about it. Individual issues have to be handled one at a time.

For example, C.S.M. just got \$19,500 a year approved to print their newspaper, the *San Matean*, while Cañada's paper only has a yearly budget of about \$3,000. Now what I'm doing is investigating a special grant to get more equipment for Cañada's paper. Everything has to be handled one thing at a time."

"Student government officials have come together to tackle a lot bigger issues than the planning of barbecues and dances," said Steele. Steele spoke of greater student activity and involvement in the decision making process. "We have become united to look after the students' best interests. For example, if student organization were stronger in the past, we may have been able to lessen the \$20 parking fee and maybe have stopped the health fee altogether."

Another project that's being pushed at Cañada is the coffee house. C.S.M. has a coffee house which is a place for students to go and relax that serves coffee and espresso and pastries in a more comfortable atmosphere than Cañada's brightly lit, noisy cafeteria. "They've had incredible success with it and are bringing in a lot of money," said Steele. "They've had bands play there. What we want to do is take this semi-high school called Cañada and make it more college-like. Make it into a more mature environment for students."

Roger Steele would like to hear the legitimate and serious concerns, complaints, and ideas of the students. he can be reached at (415) 365 - 0896.

