

# Stanford Professor Heads Arms Course

It is not too late to enroll in a course dealing with arms control at Cañada College. Topics in Arms Control, or HUM 680 LA, is designed to give the average citizen enough background to interpret and analyze the current issues. The eight week course, which began on March 19, will continue until May 14. Class will be held on Tuesday evenings from 7-10 p.m., in Bldg. 3, Rm. 104. There is a fee of \$7.50, and there is 1.5 units of transferable credit.

Dr. David Bernstein will be instructing the course. Bernstein holds a Ph.D. in physics, and is currently a Fellow at the Stanford University Center for International Security and Arms Control. Bernstein became involved with the Center for Security and Arms Control at Stanford about two years ago, when he became uncomfortable with nuclear issues and the arms buildup. Bernstein believes that most people avoid facing the realities of the nuclear age. They develop a sense of "psychic numbness", in which they block out any potential disaster. In order to confront the problems posed, the public must

overcome their avoidance to learn about national security issues. In this course, Bernstein gives a basic background of technical and political issues. The technical aspect of the course has been modified so the class can be offered to all students. There are no prerequisites.

Bernstein believes the most important message he can relay to the younger generation is to get involved! Bernstein stated that Congress has been receptive to public influence, and that "people should get involved. Arms control is not something to leave to the experts."

The format of the course is lecture followed by question and answer. The main goal is to increase public awareness and stimulate participation in the national security debate. The course should prove helpful in understanding the current round of negotiations that are underway. "Reading about arms control in the paper is like coming in in the middle of a movie. You need some background to understand what is going on," said Bernstein. HUM 680 LA is designed for that specific purpose — to help you understand.

# 'Guys and Dolls' Off and Running



Ed Sherry of Redwood City, Carolyn Stueck of San Carlos, and Tom Parker of Palo Alto, (L-R) are featured in the Canada College production of the musical "Guys and Dolls" which opens March 21 in the college's Main Theatre. The musical continues March 22, 23, 28, 29 and 30 at 8 p.m. Tickets are priced at \$5 general admission and \$4 for students and senior citizens, and may be reserved by calling the Canada College Box Office at 363-1516.

Cañada College Drama Department is staging several plays this spring semester, including one exciting musical, "Guys and Dolls," which is currently in progress. "Guys and Dolls," directed by Bob Curtis, is a musical fable of Broadway. Performances will be March

21, 22, 23, 28, 29, and 30, in the main Theatre at 8 p.m. Tickets are available at the door or reservations may be made in advance by calling 364-1212 ext. 271. The cost is \$4 for students and seniors, \$5 general admission.

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# The Long Valley Gazette

Vol. 2, No. 5 Canada College March 22, 1985

## Teen Invasion Hits

Wondering why you have been seeing so many younger students on campus? Many of these adolescents are the product of the Hart Bill. The teen invasion has also struck Skyline College, and the College of San Mateo. The majority of these teenagers attend schools in the Sequoia Union High School District. Approximately 125 high school students have applied at Cañada this semester, 90% of which were accepted.

The reason for this invasion? These students have come to college in search of a higher level of education than what is available at the high schools where they attend.

Paula Jones, a senior at Carlmont High School, is a freshman at Cañada. She is studying Marketing and Computers. She thinks that attending Cañada will assist her in finding a

successful career. According to Lee Sontag, Hart program counselor, high school students "appreciate the level of thinking available on the college campus." She states that their presence lends something to the classroom atmosphere.

The Hart Bill is a piece of legislation that allows high school students to attend college. The bill was sponsored by Senator Gary Hart who was a Presidential Candidate for the Democratic Party in the 1984 elections.

The Vesey Bill that preceded it only allowed students in grades 11 and 12 to participate in college courses. The Hart bill also covers students in private schools. Credit gained from college courses can be transferred to the high school or used towards a college degree. Students are restricted to two courses.

## Student Jobs Available

The Cañada College Job Bank, now renamed Student Employment Placement Services (SEAPS), has more jobs available than students to fill them. Its job placement services are free. However, it will not remain free if more students do not utilize SEAPS. The Administration is thinking of making students pay for these services unless more student demand is shown for them. It is therefore important for students who need jobs to use SEAPS.

SEAPS is operating at peak efficiency this semester. It has 400 part-time jobs available for students. Most of these are located in Redwood City and San Mateo. They are in the following categories: Computer/Technical Special Skills, Office and Managerial Skills, Teaching,

Child-care and Customer Services. The average pay is \$5 an hour. SEAPS also offers full-time jobs for part-time students wishing to work their way through college. The job categories are home jobs, self-service, career oriented and summer jobs.

Students wishing employment through SEAPS should come to the Student Employment Offices in the cafeteria and read the list of jobs placed there. If you find a job that interests you, write down the job number and take it to the office. Your next step will be to fill out an application form which is available in the Student Employment Office. You should then make an appointment to see Robin Beneth, Program Coordinator.

## Scholarship Deadline Apr. 26

April 26 is the deadline to apply for the two types of scholarships available for the 1985-1986 school year. If you plan to apply keep in mind the date and the distinction between the two main types being offered.

The first type of scholarship is the Cañada College Scholarship for students who will be continuing here next school year that have a GPA of at least 2.0 and have a need for financial aid. This scholarship is specifically for Cañada

only and varies between \$100 and \$500.

The other type available is a variety of other scholarships that can be used at other schools for individual needs and programs. Criteria, eligibility and deadlines may vary, depending on the specific scholarship.

All students are encouraged to apply and will be notified in early May if a scholarship is to be granted. For more information you may stop by the Health Center.

# dean's corner...

By Robert Stiff  
Executive Dean

In the last column I talked about many of the problems facing community colleges and commented that, in spite of all the difficulties, community colleges continue to provide excellent education for a wide variety of students. As we examine all of the problems involved in trying to meet the challenges of a changed environment, it might make sense to observe some of the positive and future-directed things that are occurring here at the moment.

Cañada College is embarked on an accreditation self-study, involving a large number of faculty, staff, students and community members. Drafts are being prepared by the various committees and the self-study seems to be on target. I'm sure that some constructive recommendations will come from this examination — we certainly appreciate the efforts of these individuals.

In addition to the recent grant from the Packard Foundation making it possible to begin the renovation of the theatre facilities by improving the lighting system, Pacific Bell is again underwriting a spring concert at Cañada College by the San Mateo Symphony Orchestra conducted by Henry Rosack.

A three-day Jerome Kern Centennial Jubilee is being planned by the Cañada Center for the American Musical for late October which will involve musical celebrities, workshop speakers, film showings and even a sing-along.

The Districtwide Academic Senate has developed "Colloquium '85," a faculty development day featuring expert speakers, to be held on Saturday, March 23, sponsored by the Trustees' Fund for Program Improvement.

Many plans for spring semester are underway, including the Seniors' Forum at the Redwood City Veterans Memorial Center, co-hosted by Cañada College on Friday, March 20; a special Spring Fund-raiser and, of course, the Spring Festival.

A number of training programs are underway or about to begin for Saga Corporation, IBM, PG&E, KEVEX Corporation and the U.S. Geological Survey.

Many of our faculty and administrators continue to speak to organizations and service clubs in the area and many faculty have recently given talks in Sequoia Union High School District classrooms. These kinds of educational relationships offer both short and long-term advantages to our community, the College and the District.

A future column will detail many of the program changes being planned by College staff.

A marketing consultant has been engaged to assist the College in developing a marketing strategy for the future in line with our resources, County demographics and College/District goals. Even before that strategy is developed, though, you can see that the College is moving in many positive directions. I've sought and received helpful suggestions from many faculty and staff. I'd also like to hear some student thoughts concerning Cañada's present and future directions.

# ...editorial

By Ken Brewer

Where are all the women's sports? Surely, with all the talented female athletes at peninsula high schools there would be interest in sports. Other colleges carry female sports, such as basketball, volleyball, and softball. Yet, there are no female sports at Cañada.

It seems a bit awkward not to have female sports, since the Olympics proved that women's sports are as popular as ever. It's only wishful thinking when one thinks of a Cheryl Miller, the great USC basketball player, on Canada's campus. For one, with no sports, what female athlete would be enticed into coming to Cañada? Likely, only those who are interested in phantom sports.

There are men's sports, baseball and basketball, and they have been able to thrive year in and year out with competitive programs. Therefore, there is no reason why female sports could not become successful at Canada. It may take a few years, maybe even less, because there is an abundance of female athletes that would like to come to Cañada if they had sports. Then in a few years, Cañada probably would have a Cheryl Miller on its campus.

# letter-to-the-editor...

To the Editor:

The law has become so complex that no human being can avoid breaking the law. The melee of state and local laws and the abundance of federal tax laws have given government officers the ability to hurt the average citizen by charging him with a petty offense.

The strip search (naked like Auschwitz) of an East bay woman because she failed to pay off her dog license, the recent arrest of columnist Warren Hinkle because he walked his dog without a leash, and the arrest of a computer saleswoman because she failed to return a few library books are but a few of the well-publicized incidents of police harrassment of decent, hardworking human beings.

Ironically, the arrest of Hinkle was probably a police retaliation against Hinkle because he criticized the corruption within the San Francisco Police Department. Warren Hinkle wonders what kind of a society we are living in when the police can legally kidnap citizens.

I feel we are living within a Communist society, and the police are "Communist pigs."

In Poland the police can arrest individuals without warning, without cause, and it seems that the police in America can do the same thing, unless you believe that walking your dog without a leash is a criminal offense.

The police have too much power over decent, honest, hardworking human beings who unintentionally commit a minor offense. Most people, rightly, fear arrest, and the police use that threat to keep honest people under their control.

I think the police should not have the right to arrest people for the omission of a minor offense, such as a parking ticket, forgetting to return a library book, or walking your dog without a leash, and in such situations a fine should be the only penalty possible. Without this necessary protection the average human being will continue to be at the mercy and be hurt by a tyrannical bureaucracy.

—Dusty Bedford

# Cañada Clubs Seek Student Participation

A small percentage of students are participating in the clubs on campus this semester. Many students do not know about the clubs offered at Cañada.

Clubs give students the opportunity to gather with friends and talk about college, life-problems and different cultures. They offer such activities as dances, lectures, pot-lucks, etc. Let's take a look at three interesting clubs on campus.

## THE CULTURE CLUB

This is a club where American and international students get together and talk about different societies and about the cultures of these nations. The club is in the kick-off stage. It is the brainchild of Abe Zakkak, a Middle Eastern student. Its focus is on international understanding. It has no racial or religious barriers. Dances with music from different countries will be held. The cooking of international meals and the promotion of concerts will be a feature of this club. If you are interested in joining or just want more information, contact

Abe Zakkak at the ASUC student government office.

## DANCE CLUB

The Dance Club is made up of students enrolled in dance classes. They usually participate in musicals staged by Cañada. Although the Dance Club is not accepting new members, it will be participating in the Spring Festival some time in March.

## PHILOSOPHY CLUB

The Philosophy Club is the longest-running student club on campus. It meets four times a semester, once a month, usually off campus. It gives students an opportunity to interact with the community on a philosophical subject. It usually has a speaker from a university or college at the meetings. It emphasizes the need to be informal. Anyone is welcome to join. Upcoming meetings will be held on March 22 at 7:30 p.m. Flyers will be placed on campus bulletin boards. Guest speaker will be Gus Petropoulos from Skyline College. For more information contact Frank Young, Building 18, Room 112.

# Question Man

**GUYS:** "What is the best pickup line?"

**GIRLS:** "What is the worst pickup line you have ever heard from a guy?"



Jason Murray

I have a three-step method: 1) I kiss her hand. 2) Tell her how attractive she is. 3) Ask her for a stroll in the moonlight. It works!

Maria Hilario

The time I was at the Oasis in the City and a business guy asked me, "Excuse me, but what kind are you? Because you look very interesting. By the way, are you with anyone?"



Andrew Lynch

"Want to go drink a bottle of champagne?" I ask it at a party or on the phone. It never fails...if the champagne isn't cheap. It has to be the good stuff!

Alisha White

The worst pickup line I know is when a guy starts off the sentence with "Hey Baby", and then says something stupid.



Vicente Rivera

After checking out a girl I haven't seen here, I go up to her and ask her if she's new and try to strike up the conversation. It has worked 70% of the time.



Sandy Littlejohn

When a guy says "You look like somebody I know."



## The Long Valley Gazette

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# Eleanor Wortz Story: A Fascinating Mix

A small part of the Eleanor Wortz story is that she taught in Cañada's Business division since the college opened in 1968 until her retirement last Fall. A former columnist for the Saturday Evening Post, Mrs. Wortz flew supply planes for the U.S. Women's Air Force, taught flight theory to Brazilian Air Force personnel and even helped found a California swim and tennis club.

As a child she dreamed of getting away from the country sticks to the "Big City". Teachers in North Carolina earned \$96 a month when she lived there. Life was monotonous with "no card playing, no dancing; going to church whenever the doors opened including weekday evenings." Although she enjoyed her job of practice teaching, she journeyed to Washington, D.C. to become a clerk typist at \$120 a month.

While in Washington a wire arrived from Jacqueline Cochran announcing the formation of a group of women to help the war effort by flying for the U.S. Air Force. Mrs. Wortz spent a year with the 5th Ferry Group at Love Field, Texas. Her last six months were in Victorville, Calif., as an engineering test pilot for the twin engine Beech plane, the AT11.

In 1945 she moved to Palo Alto ferrying war surplus planes to Florida. She then took an intensive 14-week course in Portugese prior to a position in Brazil. During the Florida stint she met her husband to be, James Wortz, also a pilot. In Brazil she taught math and the theory of flight to Brazilian military personnel.

On one trip back to America Mrs. Wortz's husband gave her five \$20 bills for spending money. On the flight home she stopped at the base store in British Guiana and attempted to purchase a gift with one of the \$20 bills. The clerk disappeared for an unusually long time and returned with a Colonel. The Colonel

told Mrs. Wortz that her \$20 bill was part of the Lindbergh ransom money. The Lindbergh baby had been kidnapped some years before, but Mrs. Wortz envisioned spending the rest of her life in the infamous prison off the coast. However, after frightening her, the Colonel let her go, whereupon she borrowed money from friends to pay for the gift.

She and nine others founded the Woodland Vista Swim and Racquet Club, of which she became the first president.

In 1958, after her two sons Marc and Bill were in school, she returned to full time work, this time for the Manpower Development Training program. This work involved screening welfare recipients who were qualified to learn typing and stenographic skills. Although the program was successful, the program folded and Mrs. Wortz sought other employment.

This is when the head of the Business department at College of San Mateo hired her as a business teacher.

When Cañada opened in 1968 she transferred here to be closer to her Palo Alto home. Here she taught business math, business English, human relations, typing, transcription and word processing.

At the end of the 1984 fall term, Mrs. Wortz retired. Retired? That's not quite the right word. She immediately went back to study word processing in order "to keep up." As for her skills as a pilot, she will let others take over, but will enjoy as much traveling as fits into her busy schedule, thereby not divorcing herself entirely from airplanes.

She will miss the joy of watching students learn and "blossom." She feels teaching is a very satisfying profession in that respect. She still feels guilty for not working, but is enjoying having more leisure time for friends, hobbies, and family.



Eleanor Wortz

## History Teacher Prefers Int'l Class

Gil Workman is a history teacher at Cañada. He graduated from Yale in 1956, after which he joined the U.S. Navy. There followed a period when Workman was with TWA in Washington, D.C., helping with route development (arranging flight schedules, etc.). His last two years with TWA were spent in the San Francisco Sales Department.

His marriage to a teacher in 1965 probably helped him to decide on his present career. Workman spent two years part-time teaching, getting his M.A. in U.S. History from San Jose State in 1967.

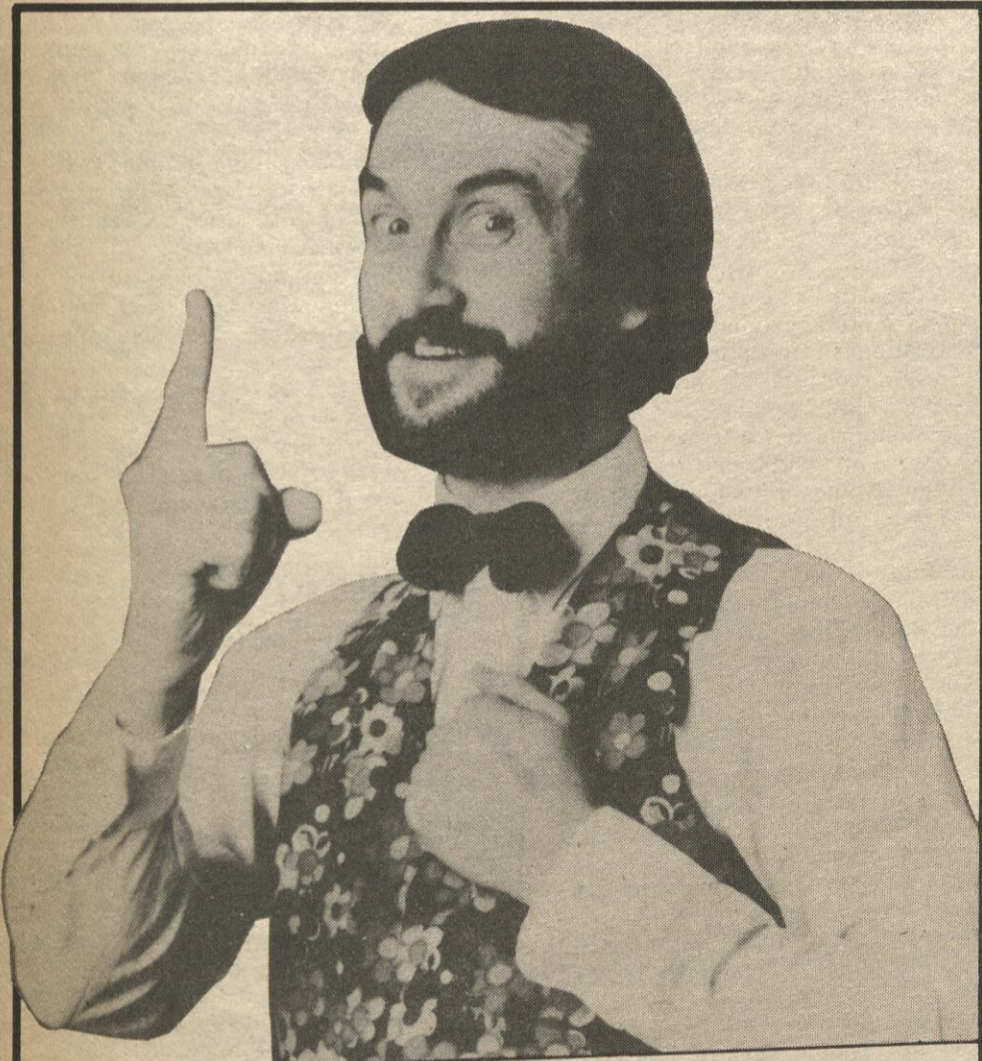
He and James Steidel started the Cañada field trip program five years ago, taking in historical sites in California.

Workman's favorite course is American Society for International

Students. He finds it fun and often filled with surprises. Example — one day he rushed into class, tossed his books on his desk and threw wide the windows. A Chinese student burst out laughing. Asked why, he was told that no teacher in China would ever act like that.

As can be seen from the above small anecdote, teachers learn from their students. Workman considers this one of the most rewarding aspects of teaching history.

What does a history professor do on vacation? Runs a tour of historic places. Last summer, Workman took his travelers on a tour of S.E. Alaska. This June 15-29 it will be "Chateaux, Castles and Cathedrals" in France, sponsored by the Community Education Office.



Fred Penner

## Children's Concert Features Fred Penner

"Music is capable of creating a positive self-image in a child." Cañada College Early Childhood Education program and the Linden Tree Bookstore in Los Altos will sponsor a concert for children, featuring Troubador Fred Penner. The concert, which is especially for children age 3-10, their parents, day care providers, April and teachers, will be held in the Cañada College Main Theatre on Monday, April 15 at 7 p.m. Tickets may be purchased at the door or in advance by calling the Cañada College Box Office at 363-1516, and will cost \$3.50 for adults and children.

## Bike Ride For World Hunger

By Cindy Irwin

You can help end world hunger — simply by riding your bicycle through the scenic areas of Palo Alto, Woodside, and Portola Valley Saturday, April 6. Help raise money to support The Hunger Project, a non-profit organization which works to inform people about the problem of world hunger, and participate in its solution. Riders may choose between three bike courses, varying in difficulty and length. Routes are 50 km., 100km., and 100 miles. Checkpoints will have snacks and beverages. A sag wagon will be provided for those who need assistance. Fees range from \$5 to \$13. All proceeds go to The Hunger Project. See Karen Oleson in the career center for registration forms.

## Teacher Honored

Ruth Spangenberg, teacher and counselor at Cañada College, was recently elected as a Regent of John F. Kennedy University. Spangenberg feels that it is a great honor to have been appointed because it is "a thrilling opportunity to continue in higher education." John F. Kennedy University is in Orinda, CA, and has approximately

2000 students. Upper division programs are offered in law, business, psych, liberal arts, and consciousness studies, and all students are juniors, seniors, or graduate students. Spangenberg is particularly pleased to be appointed to the Board of Regents because she feels that John F. Kennedy University "is on the cutting edge of educational philosophy."

## New Soccer Program

Soccer is back — under the leadership of Coach Nick Constantine. Beginning March 15, Constantine will coach Advanced Indoor Soccer class on Fridays from 6 to 9 p.m. During the summer session he will work with an Advanced Outdoor Soccer class. A competitive team will be formed in the fall in preparation for the soccer season.

## Drama

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The Tuesday Theatre Co. is also in action this semester. Following a successful fall semester, the Tuesday Theatre Co. will be performing on selected Tuesdays throughout the semester. These 11:00 performances consist of short excerpts from major productions. Look for signs around campus for dates and times.

# Concerts, Movies, Books, and Stuff...

## U2 Delivers Straight Music With a Message

U2



U2

By Chris Mosel

With freight train power, U2 and its fans stormed the Cow Palace for two sold out shows, March 7-8. U2, a four member band, unleashed thunderous rock-n-roll, rarely releasing the audience from their grasp. Not only were we treated to a rock concert, we were also given a message.

U2 is not a heavy metal band or a punk group. U2 is an Irish rock band which perceives the world around them in a slightly different vein. It is that streak of individuality that reaches out and snatches fans. Throughout the sold out show Thursday (7th) the crowd was enthusiastic. I participated in the front row battle. The front row became a battlefield when the lights went off as everyone struggled and fought for a spot. With fans striving to catch a close glimpse of U2, bodies were crushed together like wedged pieces of wood stacked on the side of a house.

Such popular tunes as "Sunday Bloody Sunday" (about British violence in Ireland), "Pride" (about Dr. Martin Luther King Jr.) and "Seconds" were generated by the band with streamline precision. No gimmicks were needed, no flash pods, just straight ahead rock-n-roll.

At one point a silence broke out on stage. As I looked up from the front row I could see figures huddled by the drums. A spot light shot the group and the lead singer proclaimed "This is the last

song..... It's called Forty." Screams and claps of approval echoed from the crowd. The encore held a special meaning. It wasn't just the last song, it was the song that they played. After the instrumental and vocals from the band stopped and the group had walked off stage, the crowd took over. For what must have been five minutes the words "How long to sing their song," filled the Cow Palace.

The message seemed to be one of unity. The group had performed yet the show continued. No one left until the words died down. Earlier in the show a song was dedicated to President Ronald Reagan, but not lovingly. The song which was dedicated to our leader was called "Seconds". Bono, the lead singer proclaimed "This one is for Reagan. It takes a second to say goodbye, push a button." The dedication implied that nuclear war or war for that matter was not for the human race.

During the concert, a message was clear. Live together, die together. U2, being from Ireland, has seen the world in a different vein. Those sights are put into music, not into firepower like machine guns or MX missiles. It is peaceful yet the message reaches the audience.

The only complaint is that they didn't play longer. For those who missed it there will be other times. For those of us who were there, it was like finding gold in a mine.

### Movie Review

#### Beverly Hills Cop: 'See it Again'

By Michael Blakley

Saw "Beverly Hills Cop" a few nights ago, the Lone Blockbuster, of early 1985 anyway. Actually, I guess it's left over from before Christmas, isn't it? I've always been a Mikey-come-lately with movies; my signal to finally see a given movie is an ad exhorting me to see it "Again". Apparently, movies that do fantastically well at the box-office are "even more joyous/terrifying/funny exhilarating (pick one) the second time around!" I guess they figure everyone who's ever going to see it already has.

Anyway, it was pretty good. That is, Eddie Murphy was really, really good, and the rest of it was okay, but strictly formulaic crime-drama stuff. All in all, it was a neat idea: to take the familiar recipe of one Arch-villain/corporate magnate, one cute girl hustled away by 1-4 thugs, 2-12 busy-body regular cops just itching to warn a hero to stay out of trouble; drop into the soup one comedic hand grenade, and BLAM! Cops a la Murphy.

Quite tasty most of the time, when there was a high Murphy-to-Cops-Movie ratio; but during times when Murphysms would have been inappropriate (such as the obligatory shoot-out with the villain, and the "Congratulations, you've done great work" and "Things'll be awful quiet around here without you" scenes afterward) the formula took over and it became an exercise (albeit fairly well done) in Let's Kill The Bad Guys (or Boy, We Sure Stomped Those Bad Guys, Didn't We, depending on what point in the movie you're at), which I normally don't like.

There was a really remarkable chase scene toward the beginning, though. And there was one variation from the recipe that I thought was quite interesting. It had to do with the aforementioned cute girl. She was built up to be a childhood buddy of Murphy's, which at first I thought was rather refreshing. You don't often see purely platonic relationships between the hero and a female friend (unless she's ugly, of course); a girl whom the hero meets in the way Murphy meets up with this one (she's working in an art gallery and he comes in looking for information) almost always turns out to be an old flame. Then I started thinking about why. Why, when they've followed

the crime-drama recipe so closely everywhere else, would they choose to ignore conventional wisdom which says (correctly) that romantic relationships between attractive people of opposite sexes are more interesting than platonic buddybuddyness?

Well, see, she's white. Actually, that's not the problem so much as the fact that he's black.

Ah, yes.

Hollywood, for some reason, harbors the notion that black people are, for the most part, incapable of romantic love as practised so very, very, very often by white characters in the movies. Not that black movie characters aren't sexual powerhouses, understand. They are rife with sexuality that manifests itself verbally or actually (mostly verbally) at every opportunity.

In "48 Hrs", Eddie Murphy's first film, a good portion of his lines concerned sexual deprivation in prison and his search for relief pervades the story. But he isn't "lonely", the way white characters generally are, but "horny"; Love, as such, is reserved for his white co-star, Nick Nolte. (To be fair, Murphy is seen to briefly treat the woman with whom he finally finds relief with a sort of rough affection ["Buy yourself something nice"] But I don't think that counts.)

In "Trading Places", that raw sexual element isn't nearly so pervasive, but where the (comparatively) limited sexual content leaves off, there is no "romance" to take up the slack; Murphy's contact with females essentially stops. Again, Love is reserved for his white co-star, this time Dan Akroyd.

In Murphy's latest, "Beverly Hills Cop", he has no white co-star, resulting in a complete absence of any romantic interest.

Exceptions? Yes, here and there. TV shows like "Benson" and movies such as "Ragtime" depict blacks acting like real people in that they interact with their mates mind-to-mind as well as body-to-body, but most of Hollywood apparently thinks we aren't ready to see a black complete the transition from animal/property to person.

Hmm. Well, anyway, that aspect of "Beverly Hills Cop" detracted only a little from my enjoyment of a fine performance by Murphy.

## The Sports Scene

### Running For Fun At Any Age

By Edwin Garcia

A woman who runs eight miles each week may be of little interest to most people, but when this woman is 71 years old one can only wonder how she keeps so physically fit.

The answer for Lilian Graf is the Adult Fitness class she has been attending here the last eight years to which she claims age is not related. This 4-6 hour per week class is designed to help students understand more about physical fitness and its relationship to optimum health. Each session consists of three parts: Warm-up exercises, running, and a cool down session, which today Mrs. Graf seems to have no trouble performing. "I was without a fitness class for almost 50 years. I never really jogged, but now I run eight miles every five days for two reasons: Fun and good health", stated the retired Macy's employee. The fitness class has also helped her gain enough confidence to run in races. According to Mrs. Graf, "I can't lose in my category", referring to the age division of 65 and up.

The fitness class is full of examples showing how students have accomplished personal achievements, most of which include weight reduction. Twenty-one year old Don Billinski commented, "When I first enrolled last semester I was 10 pounds overweight. In the first half of the semester I lost those 10 pounds. I plan to be in here for the rest of my life."

When Jim Moyles first entered the class he saw people next to him and thought they were crazy because they ran 26 mile marathons. Today, Jim is running marathons and recently won first place in a 20 kilometer run.

This course has also been an important part of life for students recuperating from injuries. Warren Weinstock and his wife of 39 years claim that the results from this class contributed to the healing of the couple's medical problems: his lung surgery and her hip injury.

In the Adult Fitness class everybody benefits one way or another. The list of individual improvements goes on and on.

### Baseballers Split First Two Games

By Ken Brewer

Cañada split its first two league baseball games. Cañada defeated City College of San Francisco, 8-4, with a display of power. Collin Luttringer, Cañada's second baseman, slammed two homers, and catcher Paul Schrieber rapped a solo shot. In all, they accounted for five of Cañada's eight runs.

Pitcher Ken Thompson received the win with a strong effort, and relief help from Adam Liberatore, in defeating visiting San Francisco.

Cañada was not as fortunate against Foothill, as they were defeated, 8-7, in 12 innings. Despite four hits by Alou, and three hits by Mizzil, Cañada could not hold off Foothill, who grabbed their first win of the year.

### Football Novel Now Best Seller

By Ken Brewer

Dan Jenkins, the author of *Semi-Tough*, a book which became a movie, has written another book that has become a best-seller. It is *Life Its Ownself*, the semi-tougher adventures of Billy Clyde Puckett.

Billy Clyde Puckett, *Semi-Tough's* hero and narrator, returns to tell us about the wildest year of his life. He tells of his past football, beginning with his career-ending injury to his knee, and how a major network enticed him into becoming a color commentator. Other characters from *Semi-Tough* are included, such as Shake Tiller, Billy Clyde's buddy, who became a best-selling author, and T.J. Lambert, once a dreaded linebacker now a football coach. New to the cast are Tonsillitis Johnson, the hottest prospect in college football, and Kathy Montgomery, a beautiful young girl who brings trouble to Billy Clyde's strained marriage.

Although it's a fictional novel, *Life Its Ownself* has a little bit of everything for the interested sports fan who likes the humorous side of sports, and the almost true happenings that occur within it.