

Weatherpane



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Cañada College, Redwood City, Calif.

MAY 17, 1973

Spring Fest Continues

Azteca Latin/Rock Concert

A concert featuring Azteca, a Bay Area latin rock band, will climax the "Ice Cream Social" Friday night, May 18 at 8 p.m. in the gym.

Advance tickets are available only at Guitars Unlimited in Menlo Park and the Student Activities Office, \$2.50 w/ SBC and \$3 for the public.

The program includes Azteca, Visions, a jazz/rock band, The Mad Brothers, a rock band, and Tichenor and Somers, blues.

Russ Bissonette, Controller of Student Activities and organizer of the concert, explains, "There are only 1,550 seats, so it's an exclusive concert. Azteca usually doesn't play for such a small audience. We are making a very small profit — that's why tickets are so cheap. Four bands for three dollars. We really want this to sell out. I won't be able to sleep nights until it's over."

Azteca, a 16-piece band, has a strong jazz background. Many members have played with such renowned musicians as Cal Tjader, Dizzy Gillespie, Stan Kenton, Woody Herman, Ray Charles, Buddy Rich, Miles Davis and Don Ellis.

Also influential is the latin background. Coke Escovido, timbals and group organizer, wrote Santana's hit "No One to Depend On."



Latin-Jazz-Rock group, Azteca, will play Friday night at 8 p.m. in the gym at Cañada, climaxing three days of fun and frolic during the Spring Festival and Ice Cream Social. Tickets are \$2.50 w/ S.B. Card; \$3.00 without.

Combined Dance Art Program

Dancers from Cañada, Peninsula Ballet, University of California, and Dance Arts Center will perform today, May 17, in the Main Theatre at 11:15 a.m. The free program will consist of classical ballet, modern and jazz.

Rosine Bena and Samuel Weber, soloists with the Peninsula Ballet, will dance a waltz entitled "Valse" by Nicode.

Dance Arts Center will perform "Walk 'Em Up the Stairs", the opening number of the Broadway play "Purlie."

Cañada students will dance "Fugue", a dance of greeting by J.S. Bach and The Chartreuse Trike. Special guests in The Chartreuse Trike will be Martin Lepisto, Kurtwood Smith, and Craig Brown of the Cañada faculty.

The University of California, Santa Cruz, will dance a jazz duet entitled "Jazz Prelude."

Election: 2 In Contest 9 Unopposed

May 21 and 22 are the dates for the Associated Students of Cañada (ASCC) election to be held in the cafeteria. Most candidates are running unopposed except for incumbent William C. Harper and Robert H. Walker who are running for the ASCC presidency and Deb Ference and Daphne Williams who are running for Treasurer.

Unopposed candidates are Stuart Schwartz for Vice-President, Sherry Anne Vellis for President of Inter-Club Council, Russ Bissonette for Controller of Activities, Beverly Hayes for Associated Women Student President, Carl Moore for Associated Men Student President, Fred Gaggioli for Recreation Association President, Bridgett McGill for Freshman President, Pamela Hughes for Sophomore President, and Joan Rutherford for Judicial Council.

So far, the position of Student/Faculty Rules Sub-Committee has not been spoken for.

Constitution To Be Voted In Upcoming Election

The ASCC hopes to have a new constitution ratified in the upcoming student elections, May 20 and 21. The proposed constitution has been voted on, and rejected, in the past three years. It has since been revised and the ASCC feels it will receive the 2/3 vote needed to pass.

The new constitution is little

different from the present one, the major differences being a lesser number of offices to be held on the Executive Board. The offices of President, Vice-President, Controller of Activities, and Treasurer have remained, with the addition of two new offices, which will be three Representatives-at-Large, and three All-Campus Senators.

According to the new constitution, the Judicial Council will consist of three students, elected at large, and two administrators appointed by the President of Cañada. In addition to being an appellate court the Judicial Council will serve as a court of original jurisdiction, meaning it

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Summer School Schedule Ready

Are you interested in creative writing, judo, or sculpture? Then maybe one of Cañada College's summer courses will suit your needs. Beginning June 25, there will be about 100 courses offered in the summer school program. Classes run from six to eight weeks and include both day and evening sessions. There is a wide selection and according to Associate Dean of Continuing Education, Leland Mahood, the classes are selected to meet the needs and interests of students. In fact, student requests for specific courses are taken into consideration by the summer

school office and division chairmen when the program is made up each year.

Summer school classes are intensive and designed to offer as much information as possible during the six to eight week periods. Most Cañada faculty members teaching summer classes feel they are at their best during the summer sessions because they meet for several hours a day and often on a daily basis with fewer interruptions than in the regular school year.

Also, students returning from state colleges and universities

frequently attend summer classes at Cañada and add interest and information to the courses.

There is a \$10 fee for persons over 21 enrolling in night courses. Day classes are free to all unless the specific class requires a lab fee. There are no placement examinations required to attend summer sessions but English, Business and Math tests will be given to those students who request them. Contact the summer school office for more information on dates and times of specific exams. Schedules and course descriptions are also available at

the office, so feel free to drop by and pick up the information.

Due to the fact that the schedules went to press before the instructor's names could be included, those interested in finding out who will be teaching what classes may check with the summer school office. The teacher's names are posted next to their respective courses on a bulletin board in the lower level of the Administration building.

Even if you haven't given summer school a thought, pick up a program and look it over. You

(Continued on Page 7)

Belly Dance-Body Tone

by Catherine Brubaker

Women across the country are bumping and grinding their way to better figures and a higher level of self-satisfaction. Swirling skirts, veiled faces and swaying hips introduce these women as modern-day belly dancers.

How the bellydancing craze caught on is not unlike past fads in the "build your body up" movement of the last decade. The last few years have shown progressive steps toward a more conscious attitude concerning the right frame of mind, and the right 'frame' to display the mind in. At one time or another, both the head and the torso have been subjected to such things as yoga, jogging, transcendental meditation, and isometric exercise.

Belly dancing, with its age-old heritage, is based on the need for emotional and spiritual outlets for the individual. Two thousand years ago, women in Asia, Egypt, and Arabic weren't as emancipated as most women today. Dancing was a necessary vent for their emotions. The modern-day belly dancer not only has the ability to improve her muscle tone and figure, but also to provide her mind with an emotional and creative outlet. And, as an added attraction, which some people feel is most important, belly dancing really turns men on! Mention the word "belly dance" to a man and he immediately drifts off on a flying carpet amidst the swirls of pastel, chiffon skirts, exposed navels, and shimmering, undulating flesh.

Bay area dance studios have picked up an enormous amount of business from ads run in local papers offering belly dancing classes. What was seldom heard of five years ago has suddenly become the thing to do. Promotional aids such as television ('how-to-do-it-yourself') shows and coverage in national magazines such as LOOK have sent the need for belly dancing teachers soaring.

This writer, a four month veteran

of the belly dance, discovered her teacher in the classified ads section of an innocent, San Mateo shoppers' guide.

Dance instructor, JoAnne Metz, began belly dancing less than a year ago, but within a few months she was performing with the grace and ease of a harem queen. The mother of five, JoAnne felt a need to tone up her stomach muscles. And belly dancing seemed just the thing to do it. A onetime student and now full-time instructor,



JoAnne supplements her income by teaching three belly dance classes a night, twice a week at the California Young World Dance Studio in San Mateo. Her brochure stresses the ease with which any woman can successfully belly dance. In her own words, JoAnne explains the various movements as being, "completely natural for women. Any woman, with practice, can learn to belly dance." Natural coordination and absence of back problems help.

Although the clothing is scanty, it can be costly. Women dedicated to becoming a pink apparition, swathed in nylon, may spend more than \$50 on material to cover from the breast bone up, and the navel down. However, this is not necessary, especially for the beginner. Much less expensive materials can be used as effectively. Indian print bedspreads make lovely, native like costumes. Accessories such as brass finger cymbals and loose jewelry that

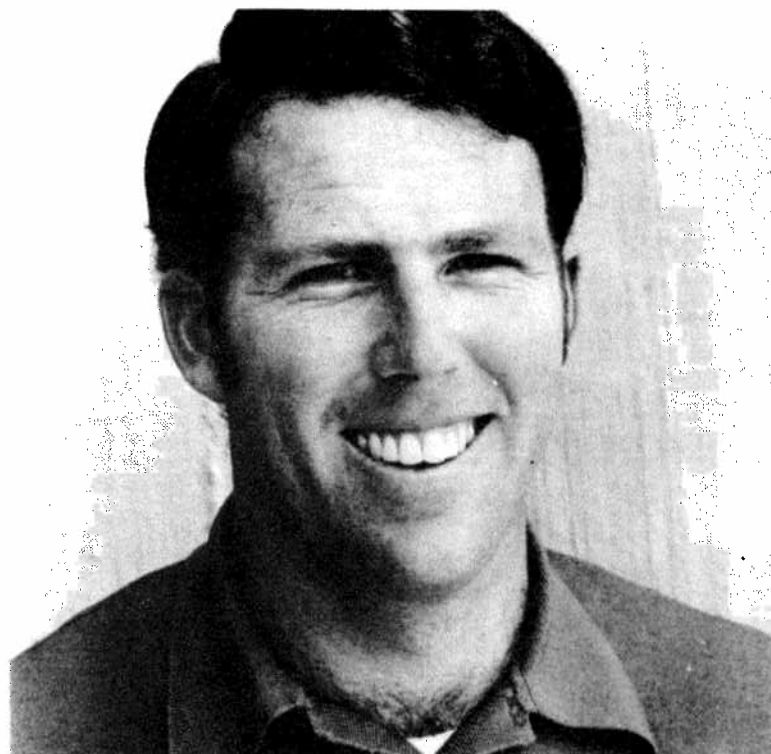
will provide a clinking rhythm, also cost extra but enhance the atmosphere of the dancers.

The music, though difficult to describe, is unmistakable when heard. Rather than having each step with a beat, as in ballroom-type dancing, belly dancing utilizes snake-like movements that can cover a number of beats without appearing to drag. The movements are basically circles and curves.

No efficient belly dancer will be seen with protruding elbows or angular head and shoulder gestures. And most importantly, belly dancing should never appear to be vulgar. The motions are exotic and sensuous but must also remain sensitive to the dancer and her audience. Arabic dancers two thousand years ago didn't thrust their hips forward or shimmy incessantly for a bawdy group of conventioners. Thus the woman who studies belly dancing as an art should disregard the quality of movements used by such dancers as appear in San Francisco's strip clubs on Broadway. Most followers of the Arabic style of belly dancing will shun the woman who hints at a forward, suggestive movement of her hips.

To perfect the style, body isolation and muscle control are the essentials. It takes hours of practice and concentration to master a beautiful belly-roll. Most women have little muscle control in the stomach area and can only pull in their stomachs by holding their breath. Breath control cannot be used only by the belly dancer. The woman who tries to hold her breath everytime she pulls in her tummy will pass out within a few minutes. The success of a fluid movement rests in the ability to isolate and control muscles. Black belt status for the belly dancer is achieved when she is able to set two glasses on her stomach, one empty and one filled with water. By jerking one set of muscles she must flip the full glass of water over, spilling it into the empty glass which is held steady by another set of muscles. Try that sometime!

Whatever the reasons for signing into a belly dancing class, it is worth it. The exercise leaves you feeling great and your figure will be something to show off. Belly dancing is also spiritually uplifting, especially if it is practiced in conjunction with yoga exercises. Your man will love it, and you will become part of an age old group of dancers whose audiences watch bellies, not feet!



Team trainer Craig Brown, "Able to leap tall training tables at a single bound!"

P.E.'s Craig Brown 'Renaissance Man'

by Mike Continho

It is difficult to describe the various duties of Cañada athletic trainer, Craig Brown.

First of all, Brown is trainer for an ever increasing number of Cañada athletic teams. He's also equipment manager — not to mention "head laundress" for the athletic department.

Craig Brown is a veritable 'Renaissance Man' — at least as far as the Cañada sports program is concerned. He dabbles in everything from jockstraps, to 'jocks', to teaching volleyball during summer session.

Starting next fall, Brown will take on added responsibility when he becomes head cross-country coach.

Even though Craig Brown may lightly describe himself as a "jack of all trades, master of none," his presence is felt by everyone associated with the Cañada athletic program.

"Ever since Craig came to Cañada four years ago," says Cañada Athletic Director Sam Nicolopoulos, "he has been a very valuable addition to our staff."

Brown is what you would call a "hometown boy," having starred in athletics in a prep career at Sequoia High School in Redwood City.

Craig attended Cal Poly in San Luis Obispo and received his bachelor degree in physical education in 1969. And, although, since then, working full time at Cañada, Brown will receive his master's degree at the end of the summer from San Francisco State.

Brown is very pleased to be given his first coaching assignment and feels that next year's

cross-country team "should fare very well."

Sam Nicolopoulos expressed great confidence in Brown and said, "It's great to finally find him a coaching assignment. I'm sure he'll do an excellent job."

It's still difficult to describe Cañada trainer, Craig Brown. Maybe it would be best to describe him as faster than an ace bandage, more powerful than adhesive tape, and able to leap tall training tables at a single bound.

* **cheap** *
* **thrills** *

An African Arts and Crafts exhibit is now at the United Nations Center, 1739 Union St., in San Francisco, through June 1st.

An Indian Fashion Show with ensembles by Sangeete Singh happens tonight at 6:30 p.m., at the Westbury Hotel, Powell and Sutter streets.

Lena Horne and Billy Eckstine will appear at the Circle Star Theatre from now until May 20th. Tickets are from \$5.50 to \$7.50 and may be purchased at Macy's and Ticketron outlets. For information, please call: 364-2550.

Hot Tuna arrives with Muddy Waters Blues Band and Clifton Chenier at Winterland May 18 through 19. Performances begin at 8 p.m. Tickets are \$4 in advance, \$4.50 at the door. Tickets are available through Ticketron outlets. For information, please call: 692-2921.

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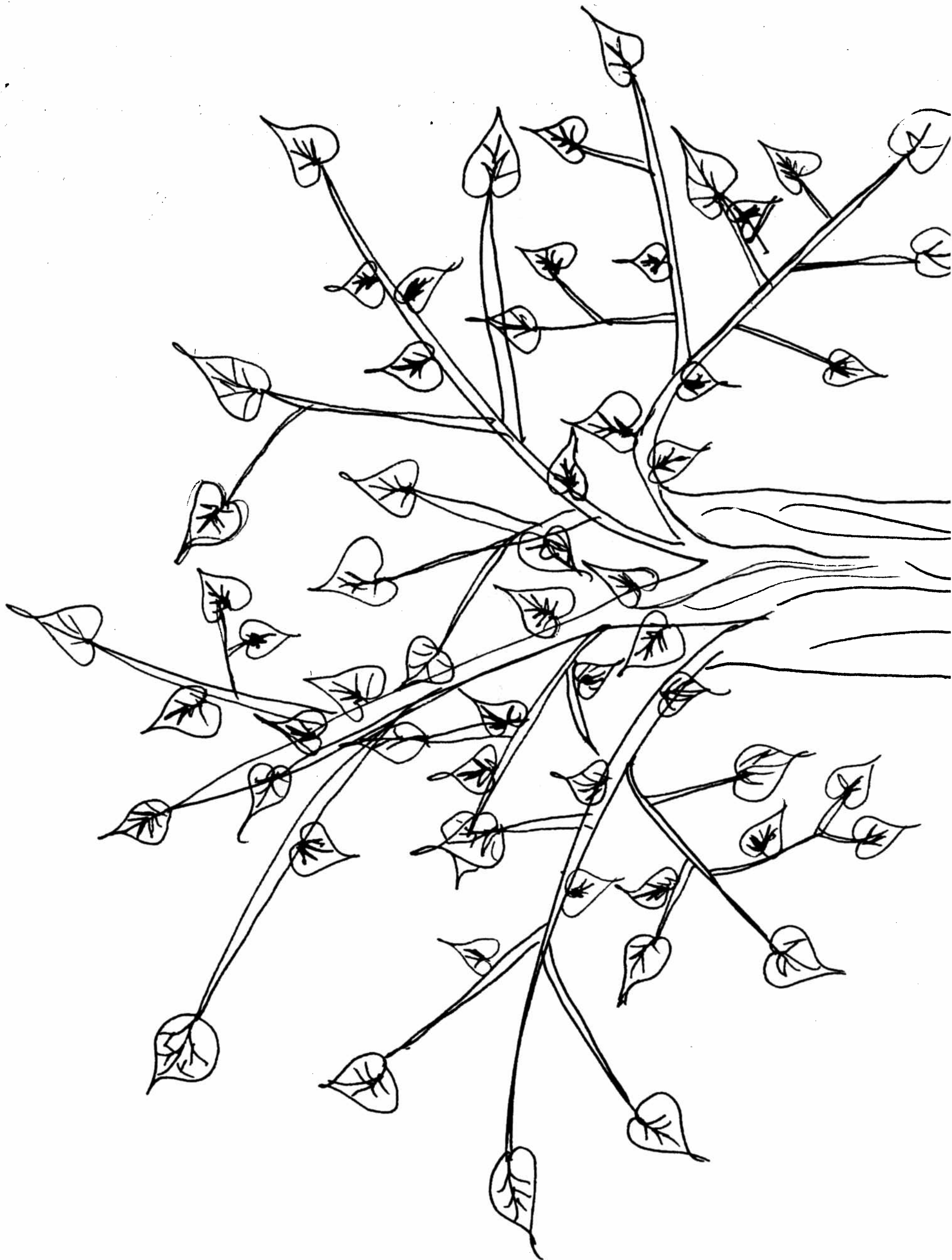
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Haiku

Immortality
Forever haunting mankind
But never with us.

The tragedy of
The never-ending flow of
The river of life.

Reflections ..by Bob Cooper

The gentle whispering wind
Oozing creeping clouds
Upon the silent valley
And effortlessly shaping
The dozing trees,
Brushing brittle branches
Against the low hanging fog.
Yet another tale
In the everflowing river
Of the stubborn life cycle.

doves
in exchange for their wings
trade winds
and leave the sky
beyond the sky
for night
to empty into.
....—Anonymous

Little Brother

A steady shaft of sunlight, stark as summer,
Falling on the half-open door,
Melting the child to the stoop,
And to the door's shadow,
And he dropped a hammer again and again,
A dull throb, on the small block of wood he held.
All of time was gathered in his hammer
As he hit, and hit, and hit
The rough block of innocent wood.
The round sweet ache of his young flesh
Was in his eyes, and the upward reach
Of reflected light in his hair,
And I held the pain, too, that lived in his hammer,
And wondered that his two short years had found
The hammer and the wood
As he sat in the sun
By the shadow of the half-open door.

by Wanda Gray

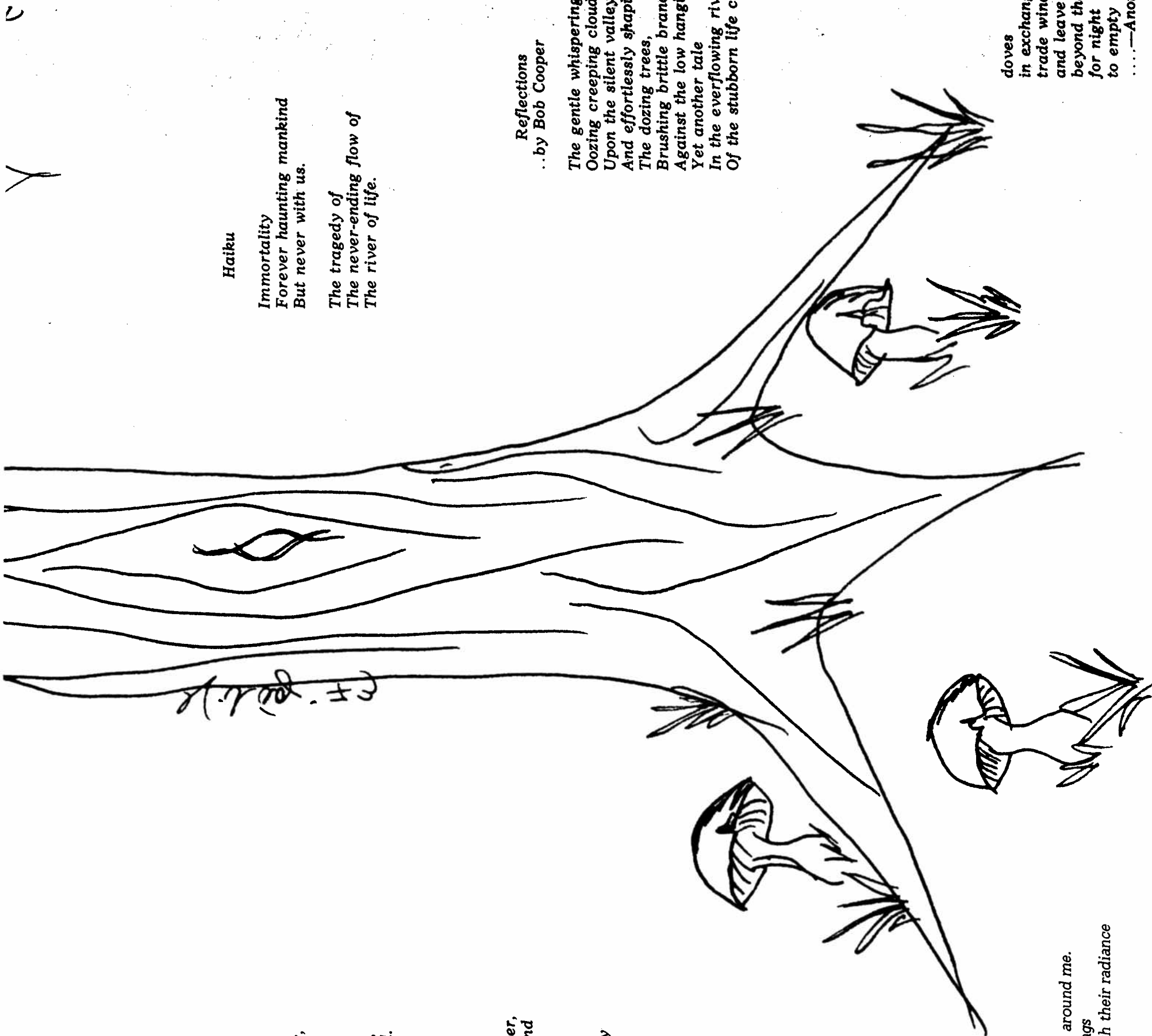
Haiku

A herd of horses,
In search of the end of the
Trail, always searching.

A group of people,
In search of the truth and the
Value of their lives.

Joy

Ah, the world is alive with color.
Illusions of dancing butterflies enchant the world around me.
A thousand golden harps sing their melodious songs
As innumerable drops of rain decorate the air with their radiance
As a cloud temporarily envelopes the dying sun;
And the world is soon covered by darkness.



Industrial Sexism Battled

by Marguritte Vilaghi

This is a review of an article that appeared in Ms. magazine, August 1972 issue. Even though the issue is last year's, the idea is new and grows more relevant every day. Its author is Susan Davis, vice president of Urban Research Corp., Chicago.

The article brings out several points about sex discrimination in business. It starts with the observation that many women "are recognizing sexism for the first time," and that women's caucuses existing even in companies are a new and surprising development.

Usually the development of a women's caucus is slow and innocuous, starting from some relatively unexplosive issue. Examples were where there was a feeling that workers were laid off unfairly or by conversations about small grievances such as a lack of consideration or respect from male bosses. Then small meetings are held, (it is still rather informal) and many of these meetings are held on company property. During these initial meetings a lot of consciousness-raising goes on; this serves to solidify the initial, exuberant sense of solidarity.

When a women's caucus begins to crystallize, it is at that point that demands or requests (depending on the security felt by members) are taken to management. Common demands/requests of women's caucuses are for: 1) a grievance procedure, 2) clearly stated personnel policies regarding hiring, firing, and promotional opportunities, 3) an open discussion of the company's affirmative action program. Under Revised Order Four companies doing business with the Federal Government are required to form written "affirmative action" programs for minorities and women. 4) apprenticeship and management training programs that include women, 5) career ladders for all jobs, particularly such dead-end jobs as secretary, 6) a re-examination of the credentials of women already employed, 7) paid maternity leave, and 8) an

investigation of the feasibility of child care. In addition to these demands, a number of women's groups are asking their companies to give sensitivity sessions to dispel the myths about women workers, such as women tend to be absent, late, weak, or emotional, for instance."

Management's response to demands/requests from women's groups in the company vary. Some ignore them, others nod and agree and do nothing, some fire the leaders and some use divide-and-conquer tactics. Very few seriously try to work with the group. Many women have been radicalized by an unresponsive or hostile management, especially in cases where great care was taken to handle the situation reasonably.

With no response or hostility from management, women's groups proceed, if the group has not been undermined or intimidated. Some things that have been done were to use "nuisance actions", where large numbers of women make individual appointments with the president of the company, sex discrimination suits, race and national origin discrimination suits when a group has members that are of different racial and/or national backgrounds, and demonstrations. When it comes to the possibility of losing a government contract or loss of business through suits or demonstrations, most companies do respond in some way, and the working situation for women slowly improves.

Concerning the future, Davis states: "With women doing so much of the work of so many institutions, with women being a majority minority, with women wielding institutionalized consumer power, clearly we only lack organization to change the order of the day."

This was an honest, well thought out, well researched article. It was neither extremely radical, against the male-dominated status quo, nor was it submissive or apologetic to that status quo. "Organizing

From Within" gave observations of an inequitable situation and observations on what is being done about it. Its implied theory is: not to be at war with the male-dominated part of society, but not to tolerate injustices either.

Sexism is generally being recognized for the first time. Sexism is every bit as degrading and harmful to a society as racism or religious bigotry. Those two prejudices have been recognized for a long time as damaging and something to work against. Sexism is on its way to this recognition also and, in time, all of these bigotries will be overcome. If not, society will surely destroy itself with hate and stupidity.



Visions, a Jazz-Rock group, will appear Friday night with Azteca, The Mad Brothers, and Tichener & Sommers, in the gym at Canada.

Bulletin Board

JAMES WONG, an instructor at San Francisco State University, will teach a Chinese course here in the fall semester. English/Foreign Language Department Chairman Robert Stiff announced Tuesday.

AN ENGLISH 37 CLASS entitled 'Language in America' will be offered the first six weeks of the fall semester. The short course will be M-W-F, 1-2 p.m. The one-unit class, taught by Kent Sutherland, will examine language and advertising, bilingualism, language hangups, Black English, language and sex, women's lib and language, body language, taboo words, paralanguage, etc.

A NEW ASTRONOMY CLASS, 'Man and the Planets,' is slated for next spring. Recommended for students with some astronomy background, it promises to be interesting and informative.

GENEVIEVE CORY will teach a H Ec 39 course entitled 'General Communications.' Communications theory will be discussed in lectures, but the emphasis will be on the production of television shows. The class will tape a show on Cable-TV (Ch. 12) on Monday afternoons. Practical knowledge in audio-visual presentation will be stressed during the on-campus hours — T-Th, 9:30-11:00. The class is recommended for business, education, and public relations majors.

MAYA RICCI, 19, of Redwood City, and Paul Clemons, 21, of Menlo Park, have received scholarships from the Ford Foundation which will pay 80 per cent of their expenses at the colleges of their choice. Both students are enrolled in the Student Development Program.

Maya intends to pursue a nursing career at the U.C. Berkeley Medical Center, and Paul will continue as a music major at Coe College in Cedar Rapids, Iowa.

THIS YEAR'S CHEMISTRY AWARD has been won by Vijay Diah.

For the past three years, the Physical Science Dept. has awarded THE HANDBOOK OF CHEMISTRY AND PHYSICS to a freshman chemistry student who's done the best work in Chemistry 1a and 1b. The book is provided by the Chemical Rubber Co. and is a large resource book, "helpful to anyone who wishes to continue in science," a science instructor observed.

'NOW VOYAGER,' the last in the SPEED Bette Davis film series, is being shown Friday night at 8:00 in the main theatre. This film includes that famous scene and song, 'Two Cigarettes in the Dark.' Frank Moahier will again be the host, adding to the program background notes on the film and his film clips, including the dancing Marlene Dietrich. Admission is only \$1 and 50c for anyone under

18. All ticket money goes to the Canada SPEED program.

THE BALCONY of building 16 is in the process of being converted into a greenhouse. The balcony will be glassed in and "hopefully we will supply our own plant material," said John Forsythe, Life Sciences Dept. Chairman.

IN ITS EFFORTS to move out to the community, Canada is trying to reach some of the 50,000 senior citizens of the county. Leland Mahood, Dean of Continuing Education, states, "Six thousand senior citizens belong to clubs and 44,000 do not. We are trying to reach some of those 44,000 by television and in various other ways. Right now, we are in the process of working with different senior citizen's groups."

FIGHTING THEIR AGE and their opponents' ability, a Canada faculty team will face the Colt horsehiders in a softball game tomorrow at 3 p.m.

The faculty squad will include Bob Stiff, Bill Kenney, Lyman Ashley, Bob Curtis, Craig Brown, Sil Vial, Eldon Earnhart, Ken Kennedy, Guerd Pagels, Richard Ramos, and Mike Morretti, and "any faculty member sober enough to stagger out to the baseball field," according to Morretti.

Dr. Duke will also make an appearance as the 'designated pinch-hitter.'

Job Ops

FULL TIME JOB OPENINGS

73-604 Trainee for Sales — Full Time — work in warehouse about two months to learn stock. Call on physician offices to sell supplies. AA in Business and related sales course helpful. Personable young man, good appearance and manner for public contact. Pay is open.

73-607 Male needed full time for sales at local department store. Must be available at 12:30 daily to work 8 hour shift. Pay is \$2.05 per hour.

73-608 Detective agency in San Francisco needs Male Security Personnel either full time or part time. No previous crime records. Height 5'8" plus and age is over 19. Must have good appearance. Pay starts at \$2.08 per hour. 15 to 30 people needed.

73-624 Female — Full time — summer months — Legal Secretary Trainee. Must have good shorthand and above average grades. Must know how to type on an IBM Executive. Pay is open.

PART TIME JOB OPENINGS

73-606 Female needed for Hostess

at Dodge Center, in Redwood City. Job came through Temporary Employment Agency. Pay is \$2.25 per hour and is part time from 7 to 10 in the morning.

73-609 Jewish Community Center needs Camp Counselors. Also refer to 73-552 for more information.

73-610 Veterinary Assistant needed. This job is from 4 to 7 weekdays and half days on Thursdays. There is occasional Sunday work. Pay is \$1.75 per hour and you are to assist doctor and clean up facilities.

There are many job openings at the Career Placement Office. Everything from housework to delivery. There are also summer recreation jobs which are still open and will close around the beginning of June. You still have time to get in your application.



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French Student's Impressions

by Bob Cooper

Marie-Laure Aliberti, a French student who's lived here nearly two years, claims public education in France is much more advanced than here, but feels American students are friendlier and more relaxed.

The 20-year-old language major is handling 33 units this semester. Last semester she completed 22 units with a job consuming 20 hours a week. When she returns to France, she'll be just five units short of attaining an A.A. degree in two semesters, with "about a B-average."

Marie-Laure is a resident of Cannes, a center of tourism near Nice on the French Riviera. She arrived here to live with the Jim Morgan family of Redwood City in June of 1971. She's anxious to return to her parents and 16-year-old sister immediately after finals.

The attractive brunette attended Sequoia for a year while earning enough money with jobs at a drive-in restaurant and a sports shop to visit her family last April and buy a car before coming to Cañada. Except the tuition her parents paid for, she's supported herself entirely. Last semester, she continued work at Goetz Bros. Sports Shop, and she is currently a teacher's aide at Portola Valley Junior High School.

Her interests are reading the bible, sports — track, karate, handball, relating to people, and foreign languages. She coached the Sequoia volleyball team, is now coaching the girls track team there, and was active in sports while attending Sequoia. She speaks French and Italian fluently, and is "learning" English, Spanish, and German. Her English is excellent. In the summer of 1968, she studied in England on a scholarship.

Marie-Laure's 33 units include two English 1b classes, Spanish, German, Philosophy, Biology, Environment, and business classes. Nine of the 35 hours she

endures each week are at night.

After going through the public schools in France, she calls her 33-unit load "fun in a way. As a little girl, I went to school from eight to six with a two-hour lunch break." Classes are so disciplined students aren't allowed to laugh. "I'm always cracking up here because the teachers are so funny." Dress is formal. "I couldn't wear this in France," she said, referring to the checkered pants' suit she was wearing. "Classes here are easier and much more relaxed."

Unlike the United States, where a high school diploma is acquired upon completion of so many units, the French version of public education culminates in an extremely difficult examination called 'the baccalaureat.' Passing the all-day test, which requires students to know two languages other than French, is critical since most jobs have this as a prerequisite.

Marie-Laure thinks American students are friendlier, more open, and "less snobbish" than in France. She feels French students wouldn't as readily accept a foreign student as they do here. "They make me feel at home here."

She feels the Watergate incident is "a scandal," and can't see how President Nixon was elected since "he's unpopular with young and older people." She claims French President Georges Pompidou is unpopular among students but is liked by older people. He's disliked by students because all emphasis on young people is on education and little on extracurricular activities. She sees the lack of recreation and leisure facilities as a major problem in France. "I was amazed to find all the free tennis courts at Sequoia. Over there, it costs five dollars an hour to play tennis."

Marie-Laure feels revolution is likely in France due to widespread anti-establishment sentiment, and that such a revolt would be sup-

ported by the Communist Party, a vocal minority there. "I don't know about here."

Student apathy is hardly a problem in France, which is known for mass demonstrations. Marie-Laure doesn't see any improvement in the presently weak relationship between France and the United States, damaged largely by the Vietnam War. She claims the students were "against the war very much" before she left, and that it's a major cause of anti-Americanism in France.

Although Marie-Laure asserts that poverty is a more serious problem in France than here, the middle class, of which she is a part, predominates. The North African population in France is the largest oppressed minority. Most of them live in poverty and are rejected by the French people.

The press is regulated in France to the extent that criticism against political leaders, the government, and the church are simply not allowed. Marie-Laure feels it is unfortunate "a show like 'All in the Family' wouldn't be allowed in France."

Marie-Laure cites drug and alcohol abuse as the biggest problems facing America. Alcohol abuse isn't a problem in France "because it's so available" to people of all ages.

Pollution is a problem in France, but "only in the big cities." It is not yet thought of as a national problem there. Similar to the United States, "if you don't have a car, you're considered a peasant."

Marie-Laure appreciates soul music, feels the food is better in France, claims sports are emphasized much more over here, and sees little value in the women's liberation movement.

Marie-Laure hopes to return to America and perhaps become an American citizen. But once she returns home, she just wants to "relax and have fun for awhile." She certainly deserves it.



Marie-Laure Aliberti - interested in "relating to people."

Being a Vegetarian Is Very Healthful

by Marguritte Vilaghi

Some of the reasons people have for becoming vegetarians are religious, aesthetic, moral, ethical, and economic. Some object to the cruelty to animals that eating meat involves, some wish to avoid chemical additives used in the growing of meat. Whatever the reasons a person has is a matter of individual decision, but the common need of all persons is to maintain adequate human nutrition.

Questions have been raised about the need for animal flesh in the human diet and although the need for protein is established it is not really known whether animals or animal products are essential. One medical doctor will say one thing and another will give a different opinion. For example, Lendon Smith, M.D.: "I'm convinced that vegetarians are jeopardizing their health." Then there is Mervyn Hardinge, M.D., who believes in "...not only the adequacy of a vegetarian diet but for its superiority for the well-being of members of the human family."

Aside from conflicting expert opinion is the fact that many people have and are living normal, healthy lives while excluding animals and/or animal products from their diet."

Some well known persons who were vegetarians include: Pythagoras, Tolstoy, Rousseau, Shelly, Thoreau, Sylvester Graham, inventor of graham crackers, and Dr. John Harvey Kellogg, inventor of the corn flake.

There are three flesh-free diets that vegetarians choose from:

1. Pure-vegetarian: a pure plant diet with all food derived from plants.
2. Lacto-vegetarian: plant foods supplemented with dairy products.
3. Lacto-ovo-vegetarian: plant foods supplemented with dairy products and eggs.

There are some people who do not consider fish or fowl as meat but those creatures are animals and a vegetarian, by definition, will not eat them. Encyclopedia Britannica puts it this way: "The term vegetarian is applied to those who, on principle, avoid eating

flesh of any kind."

Recommended daily allowance for protein as stated by the Food and Nutrition Board, National Research Council, are:

Women over 18, about 128 pounds: 58 grams protein.

During pregnancy, second and third trimesters, an additional 20 grams is required, and during lactation, 40 grams.

Men over 18, about 154 pounds: 70 grams protein.

Sources of protein: grams protein

Cow's Milk	1 cup	9
Cheddar Cheese	1-inch cube	4
Cottage Cheese	cup	32
Boiled Eggs	2	13
Beef	3 ounces	23
Chicken	3 ounces	20
Pork	3 ounces	18
Fish	3 ounces	22
Beans	1 cup	15
Peanuts	1 cup	37
Peanut Butter	4 TBS.	16
Green Peas	1 cup	9

Aside from protein there are other nutrients which people need, such as vitamins, minerals and carbohydrates. These may be obtained by eating the recommended minimum adult allowance:

Four servings a day of breads or cereals.

Four servings a day of fruits or vegetables.

Two servings of milk or milk products.

And the protein requirement which comes to two servings a day of meat or meat substitutes.

Election Slated

(Continued from Page 1)

can review any infringements of ASCC rules and serve penalties if necessary.

The new constitution was approved unanimously by the ASCC at 10 a.m., May 15.

John Morshead, one of those who revised and proposed this constitution, asked to have this message printed:

"To all those who worked so hard to make this document a reality, I wish to say a most heartfelt thanks."

Petition to Freeze Rent

The Redwood City Housing Union has proposed a Charter Amendment to establish a Rent Control Board in Redwood City. A petition is being circulated to bring it up for public election.

If passed, the amendment would immediately freeze rents until a five-member Rent Control Board is elected. Following the election of the Board, rents would be rolled back to their August 15, 1971 level.

After that, the Board would have control over all rent changes.

Fifteen percent of the registered voters' signatures are needed on the petition. The Housing Union expects to submit the petition to the City Council around September of 1973. The election would follow 40 to 60 days later.

August 15, 1971 was selected for the rent level, because that was the date that the Federal Government used in their temporary rent freeze.

Members of the Control Board would be elected in a public election. They would receive \$3 per hour with a 40-hour-per-week maximum. All Control Board literature would be in Spanish as well as English. Also, hearings and Board meetings would be conducted bi-lingually on request.

This Charter Amendment was patterned after a similar amendment which was passed in Berkeley, California.

Summer School

Continued from Page 1)

may find a class that meets an academic requirement or just looks like a good class to take. Here is one bit of advice from English instructor Gerry Messner. If you're planning on a specific class, be sure to show up the first day that it is scheduled to meet. An insufficient number of students on that important first day may result in the cancellation of the class. Financial aid is available for students attending summer school, and applications should have been made by May 15.

Kiosk Fund Approved

At their last meeting, the Kiosk commission, an arm of ASCC, approved funding for at least two kiosks to be constructed on campus this summer.

Commission Chairman Ray Duhem, and commission members Terry Wagner, Bob Jacobs, and Bill Harper, determined that the school architect should make his recommendations on the final design models constructed by Bob Nissen's design class.

Funds will be appropriated by the student development committee — \$100, and the administration — \$500.

According to Duhem, "student government gets too hung up on projects that occupy too much time and effort, and accomplishes very little. This will be a tangible and creative sign of student effort. Also, kiosks are necessary on campus to inform students and visitors of our activities. They will add to the beautification and appearance of our campus too."

The location hasn't been determined, but probable locations are the area around the "pit" and the plaza in front of the fine arts building.

Lunny Goes After 13th Win

by Brian McGrath

Undefeated professional boxer, lightweight Ray Lunny III, seeks victory number 13 next Wednesday night at the Circle Star Theatre in San Carlos.

In all likelihood, he will emerge the victor. Young Ray has yet to taste defeat since turning pro. Only a draw in his first fight mars an otherwise unblemished record.

Lunny attended Cañada for a year and a half. He wanted to become a teacher, "but you don't get a teaching job right now," the boxer said. So Ray left school and went into the plumbing trade. Between that and serving in the Marines, there was no time to finish his education.

He is now 21 and married. Working and training consumes most of his waking hours. But Ray insists, "After my apprenticeship is completed, I'll get back to school, probably for a language."

Ray started boxing at age eight. Why?

"I took it up for self-defense," Ray said. There was no parental pressure.

Lunny was taught to box by his famous father, a pretty fair lightweight in his own heyday. Ray's dad has been his only coach.

The younger Lunny had an outstanding amateur record (40 wins, 10 losses). But only when you turn professional do you see the dollar sign.

So he did. And with amazing results.

Every time he would soundly

thrash someone, critics said that his next opponent would provide a stiffer test. Sometimes they would. But it didn't matter. Lunny would beat them all — all except that one draw.

Ray explained that draw. "My opponent won two rounds and I won three rounds. But one of his rounds was by a two point margin. So it ended up tied at three to three."

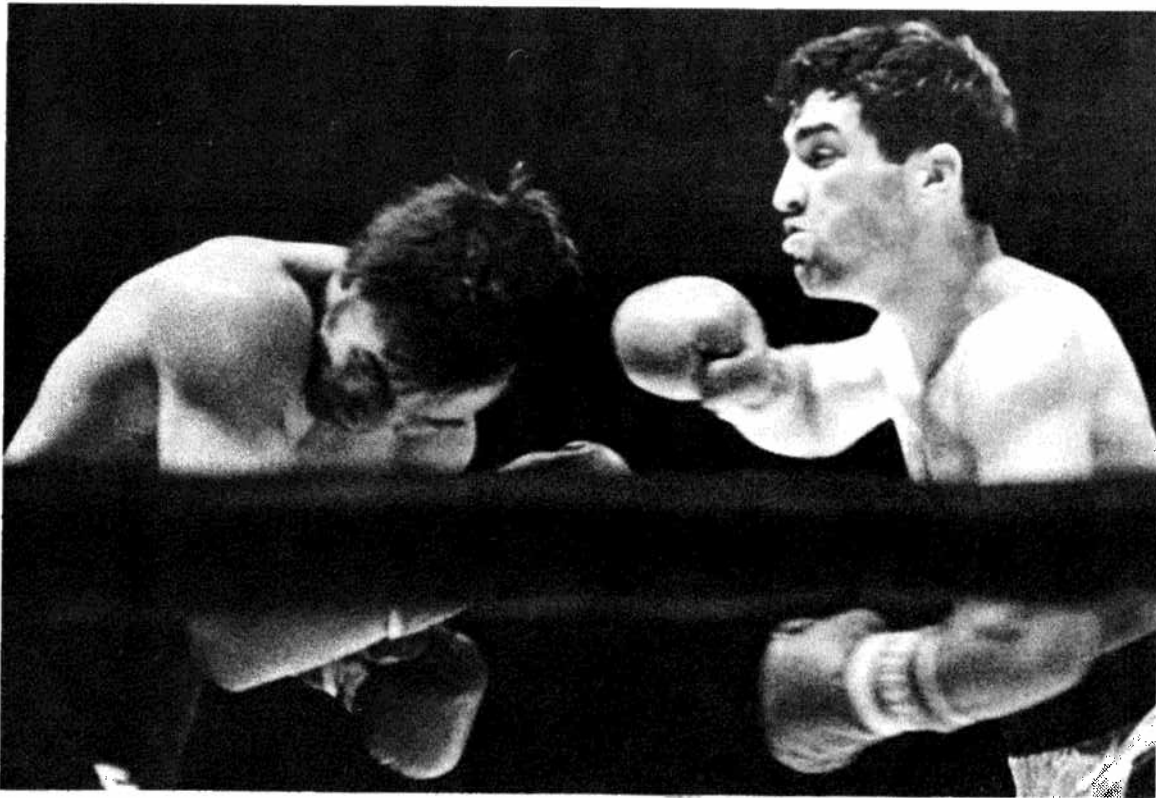
Then he was your toughest opponent?

"No, I don't think he was," said Lunny. "I fought other opponents who had more ability. But I had an off night and he surprised me. That can happen."

And there is the money when you are a pro. Preliminary fighters usually get around \$400. But the big money is for those in the main event. They can sign for a guarantee (maybe \$12,000), or for a percentage of the net (around 25 per cent). The best deal is a guarantee with a privilege. Then you get whichever (guarantee or percentage) is higher. Ray said, "Normally the gates vary, so my income varies."

A boxer only fights once every couple of months, so you need other sources of income. This usually means holding down a job. Lunny works seven hours a day as a plumber. And he puts in three hours for training every day. You must get plenty of rest, besides, to be able to maintain the pace. Ray is in bed by 9:30 every night. Sacrifices have to be made.

Ray doesn't imitate certain



Former Canada student Ray Lunny III pounds opponent mercilessly. Undefeated in 13 fights, Ray

boxers as far as style is concerned. "Everyone has their own style. But I do copy some of their moves and try to perfect them," he said.

Do you have any favorites or heroes in boxing?

"My favorite was a lightweight out of San Francisco, Ray Lunny Jr.," said Ray with obvious pride. "There was a Jewish fighter named Benny Leonard and he's been called one of the greatest

lightweights of all time. I copy some of his moves. The best boxer ever to put on gloves was probably Sam Langford, a Negro heavyweight."

Wrestling is really the only other sport that Lunny likes. He follows the 49ers and knows a few names on the team, but that's the extent of it. "Other sports are seasonal," Ray explains. "When their season is over they can relax and do other things. Boxing doesn't have a season. I have to be in shape year-round. So it's difficult to follow baseball, basketball and others."

Lunny does like to ride bicycles and motorcycles. When you're married, work full-time, and train for boxing, there's not much time for anything else.

If you had a son, would you want him to go into boxing?

"I wouldn't mind it. Like anything else, it has its pros and cons," Ray said. "Boxing, more than other occupations, requires a lot of sacrifices." Lunny would just as soon have his son become a lawyer, doctor, or some similar profession. "However," Ray adds, "it's up to him. He's got to live his own life."

Ray's ambition in life is no different than anyone else's. "I'd like to become financially secure, or independently wealthy, to have a good marriage, to be happy, and to have my health," he said.

Ray Lunny III. A great boxer, and a good, down-to-earth human being.

Tennis Champs Host State Finals

After crushing all competition at last weekend's NorCal Finals, the Cañada tennis team, led by John Hursh, will host the State Tennis Tournament tomorrow, starting with round one of the singles competition at 9:00 a.m.

Hursh, along with Randy Marx

and Tim McNeil, qualified for the state tourney, as Cañada ripped away for 26 points in the NorCal tournament against only 11 for their closest rivals, Foothill and the College of the Sequoias.

Hursh, who beat Marx for the Northern California single's title,

along with his two teammates, face even tougher competition for the team title as they lead the Colts against San Diego City College.

San Diego was equally impressive as the Colts, as they won the Southern California Tournament, led by the SoCal champ, Mike Cooney.

Cañada coach and tournament director Rich Anderson describes the San Diego delegation, of Mark Derner, Steve Whitehead, along with Cooney, as "An awesome combination."

Anderson feels that Hursh, Marx, and McNeil, along with the San Diego trio, have a good shot at the singles title.

"At this point in the season," notes Anderson, "all the players are good. Only the 'cream of the crop' are left."

The Cañada coach pointed to Henry Pfister of Bakersfield, who he called "a devastating power player," along with Curt Condon of Pasadena and Kurt Nielsen of the College of the Sequoias as tournament hopefuls.

"But any of the players could win," Anderson added.

Competition for the 37 participants will continue, until Saturday, with singles' finals stated for 11 a.m. and doubles' at 4

Golf Team Loses But Has Hopes

Upon the completion of a disastrous (1-15) season, Jerry Drever has high hopes concerning the future of the golf team. Four of the team's six golfers will return next year; this should add experience to a strengthened team.

Drever's team will hold their banquet Monday night at the Elks Golf and Country Club in Redwood City.

The most valuable player will be awarded that evening. Mike Anido is a likely prospect for that award. He was one stroke off making the all-conference team.

The golf team took eighth place in their final outing, the Camino Norte Gold Tournament in Sonoma on May 7. Mike Anido led the squad with 18-hole rounds of 80 and 81 for a 161, while Jeff Frank swung to the tune of 165 (79-86) for the Colts. 36-hole totals for the remaining Canada duffers were Ernie 'Doc' Scheppler's 197, Steve Hall's 182, Frank Carney's 193, and Ray Rotolo's 216. Winner of the tourney was College of Marin. Last place

Contra Costa failed to field a full team.

Colt Nine Drops Final

Cañada's baseball team ended their season last Monday on a sour note, losing to CSM, 5-0.

The loss to CSM eliminated the Colt Nine from the Peninsula Tourney, giving CSM the title.

CSM got off to a quick start with two runs in the 1st inning. Bulldog pitcher Mark Souza allowed only two Colt hits, while the Bulldogs rallied for two more runs in the seventh. The final run came in the eighth inning, completing the shutout. Three of the Bulldog's runs were unearned.

The Colt Nine dropped their game with West Valley Thursday, ending their five-game winning streak.

West Valley's pitcher Little dazzled the Colts with sixteen strikeouts and only three walks.



Nor a netter champ, Randy Hursh in the midst of a backhand shot.