

# Weatherpane

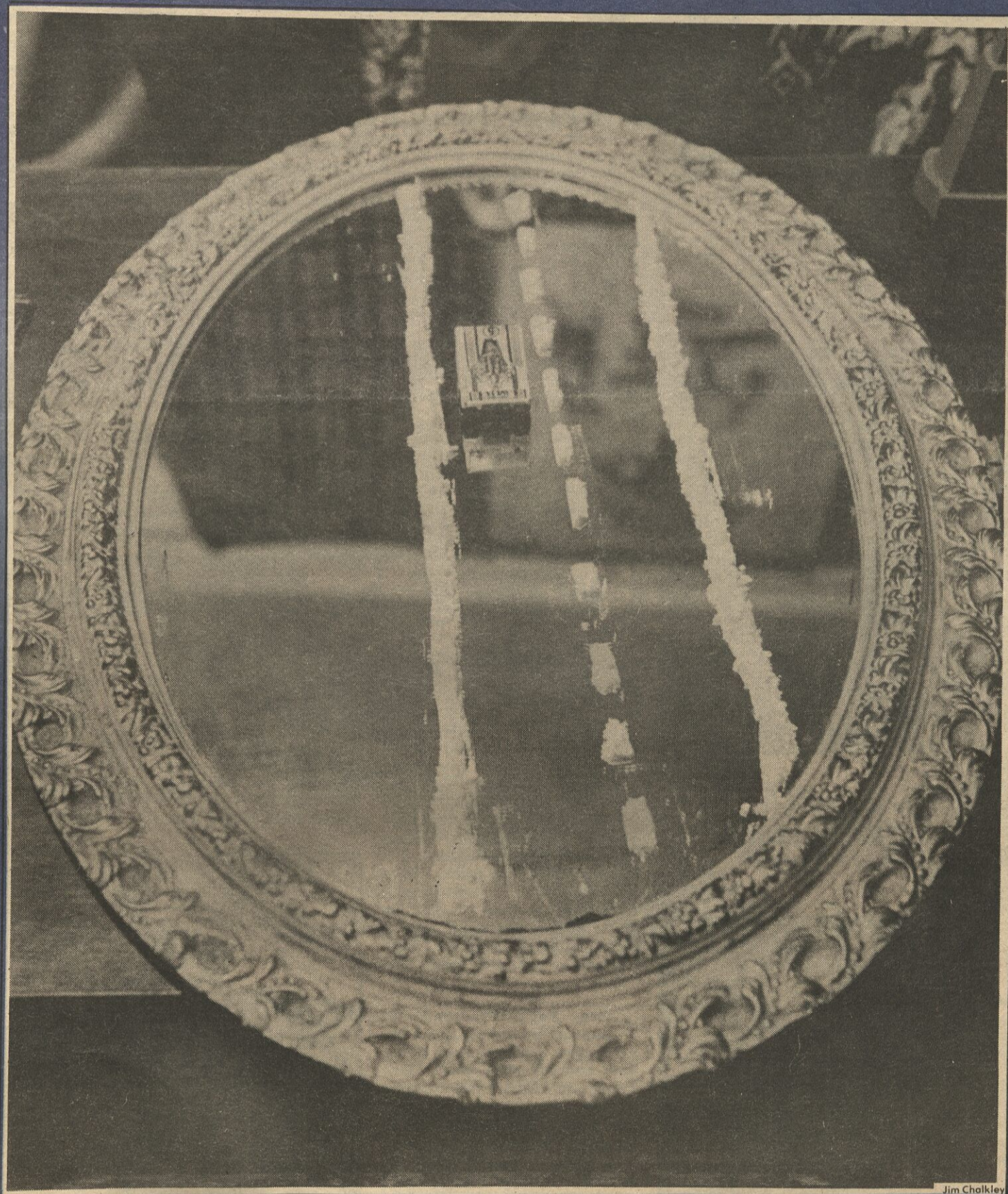


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## LIFE IN THE FAST LANE



Jim Cholkey

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# If You Say So

What do you want from life?

by Jim Chalkley



"Oh, I want that girl over there. Right now!"  
**Martin Sandoval, Electronics major.**



"I want to be happy mainly, and to be productive."  
**Denise Rice, Business Administration.**



"This is really a lousy question, it's a bitch. I'm a crazy Greek so I don't care. I can take whatever comes. Success, of course would be the main thing."  
**Constantine Karras, Archeology**



"World peace and happiness for everyone. For myself, I want to own a small island in South Pacific, specifically the Figi Islands."  
**Claire Vannierkerken, Tourism**



"A babies arm holding an apple, lots of snow, I want my car back from the auto wreckers."  
**Sean Clyne, Economics**



"I want to be happy and to be functional. On a short term basis, I want a school that is accessible and sensitive to the problems of the Disabled, which this school isn't, totally."  
**Richard Gervasio, Social Services**

# JC's swing toward vocation

by Renee Mitchell

It appears the 70's have brought significant changes to the educational process. Some Canada campus observers shared their thoughts on the matter during recent interviews.

Canada's President, William Wenrich, says of the 70's, "There has been a swing toward vocational training," in the community college, "and students are older." The average age is about 30.

Most students attend on a part-time basis, according to Wenrich, with the average day student carrying from 8-8½ units per semester. This does not include students receiving some financial aids and athletic programs which have different provisions.

"There has been a change in social orientation," says Wenrich. Apparently, people have decided they can make just as much or more money with specific career or vocation training.

The term "drop-out", coined in the 60's has now been replaced by "stop-out" says Wenrich. "You see people for a while, they may be gone for a semester or so and then they're back," he says, indicating another trend of the 70's.

"Students are much more pragmatic," says Dr. Genevieve Cory who teaches Interior design at Canada, "they are interested in 'what will buy me a job or a place in the future.'"

Cory believes that students are taking a different approach to education, an approach that is both practical and academic.

"Student priority seems to be economic safety first," she says. "Liberal arts will come later," says Corey, suggesting that economic security will enable the student to more readily absorb information aimed at creating the educationally "well-founded"

person.

Cory noted increased enrollment of mature women in interior design and women's reentry in general as a 70's phenomena. Women are looking for part-time work, something they can do out of their homes," she said, "something that can work into full-time work if they want it to."

Cory, who is also involved in the television media, talked about women in non-traditional employment and cited T.V. camera work as one field that was 100 percent male in the past. Women are breaking into many new fields, making their own jobs and setting up business says Cory.

Robert Nissen is an art instructor. He commented, "We're becoming more of a training institution." He asserts that community colleges are becoming business operations with maximum student enrollment brining in the maximum dollar return.

Nissen believes that innovation is necessary at this time in the education process. "It has to make sense to you," he says. Among his concerns for today's student is that education has become isolated, fragmented and that they (students) are frightened of failure.

He cited the "information explosion" as a current problem and maintained that it is impossible for one instructor to tell a student everything about a subject.

Nissen has goals for the future whic include "getting around the fear thing," he said and also a viable means of introduction to and research of knowledge, critical to the potential "universal man-woman".

The Cambodian invasion in 1970 may have signaled the end of an era, a turning point in

educational modes. There appeared to be a definite line of demarcation between the ending of a semester and the beginning of a new one.

Jack Swenson, an English instructor who is also involved in Canada's community relations department, expressed some of his thoughts on students and education in the 70's.

Campus uproar was at a peak during the Cambodia and Kent State incidents, however these events seemed to sound the death knell of the student movement," suggests Swenson.

"Student focus shifted (in the 70's to private life," says Swenson, "doing their own thing." Students turned inward and it appeared that they were in limbo for awhile, according to Swenson, "many asking the question, 'What am I going to do with my life?' Personal goals rather than social action," took precedence, he observed.

Swenson noted a transfer of interest to career orientation and women's reentry as a sign of the times in the 70's.

"Some courses have suffered," says Swenson, "courses like English literature and psychology for example."

There are new needs, new goals, said Swenson and instructors seem to be becoming more sensitive to this. "Students are more studious," he says. There has been a return to lecture as versus discussion or the "rap session", he believes. Commenting further, Swenson believes the grading process is being rethought by some and education seems to be moving back to traditional modes, standards, structure and attitudes.

With these new needs and goals, "tracking, bonehead and placement don't seem to be the devil words they used to be," says Swenson.

# West goes East for religion

by Liz Snider

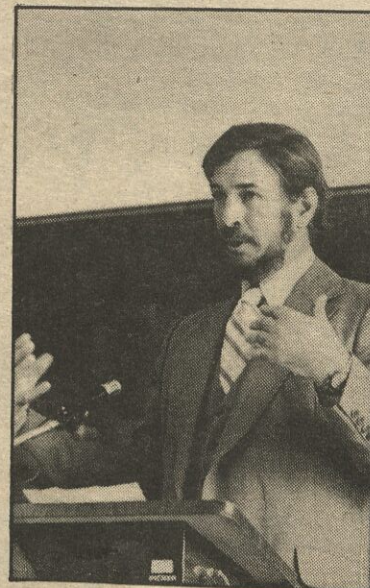
Whether you're aware of it or not, there's a consciousness revolution going on right now.

Just the other day in class, a girl told me she wanted to fly and almost could. I asked when she'd be getting her license, and she looked shocked. She said "Not in an airplane...on my own...I can almost do it, and a lot of my friends already are." Where do they fly? "Mostly around the room...I have pictures of some of them flying." Hmm...What type of club or group do they belong to? After a slight hesitation she replied, "Well, it's not a club...I'm really into TM."

Zen, Yoga, Trancendental Meditation, International Society for Krishna Consciousness! Where have they all come from? Mark Twain said, "East is east and west is west, and never the two shall meet"....but that was long before television, before our exposure to other cultures. Now we have not only met, but traded cultural ideas, which has brought Eastern religions to the west. One of the reasons for the relatively recent turn towards Eastern philosophies is because we've begun to question our old belief systems and people are finding answers to questions

that in our culture were previously ignored or belittled.

Eastern religions allow you to take your mind off the external problems, and find refuge within an inner consciousness. They appear to have a reverence for the silent functioning of the soul.



Robert Griffin, Director of the Universal Awareness Program speaks on Astro Projection at Canada.

Many young people seem to be taken in by these religions; vulnerable minds are looking for answers, but the following is not limited to the young or naive.

In most cases these religions offer freedom from having to make decisions about ethical problems (which is one of the main causes of distress) because the decisions are made for you. Also, there's a feeling of belonging, relief of pressure from the world, recognition, and psychological support.

The security they offer outweighs the demands they make of an individual. The demands range from abandonment of personal desires, to involvement in physical labor such as selling flowers or working in a communal garden.

These religions and philosophies seem to have one thing in common, they claim to be rooted in self-denial, when it seems that the motivation that drives them, is in the long run, only self-fulfillment.

# Clone your own

by Susan Thomas

What IS a clone? For some time now, it has been rumored in the medical profession a perfect reproduction of any person could be grown in a test tube. These are called clones.

Ron Ridgeway, a former Canada student and Troy Slogan recognized the potential this knowledge could have for those who 'Don't have enough hours in the day,' or too often find they are needed in different places...at the same time.

Doing all the writing, promoting, packaging and distributing themselves, Clone Your Own is the first to provide the public with an easy to use, reasonably priced Self Cloning Kit. The product enables people to finally 'find the time.'

If you have a bumper sticker that says "I'd rather be...", maybe you need a clone. A clone is not only a faithful and cheerful companion, but can also 'cover' for you at those places you'd rather not be.

How does the Tooth Fairy, the Easter Bunny and Santa Claus manage to keep their appointments? What is the secret to being able to 'galavant' around the world in a single night?

The answer is not an amazing transportation device. These busy people use clones, provided by the Clone Your Own Company.

For only \$2.95 you really CAN be two places at once, or even more. If you had four clones, in one night you could go out and party, go to work, stay home, do your homework and get a good night's sleep.

Just think of the possibilities! Do clones have more fun?

To date, there are no Federal laws or restrictions regarding cloning. You can pretty much clone anyone you want. However, Clone Your Own is working with federal legislators on a constitutional amendment.

This would prohibit the cloning of certain individuals, named on "The Ten Most Unwanted List", who, Clone Your Own feels the world isn't big enough for already. "Cloning a person on this list would be a felony; punishable by life in prison or two weeks in Philadelphia."

The services provided by Clone Your Own reach beyond the creation and maintenance of your clone. They provide for all your cloning needs; clone food, clone clothes and even an exclusive line of clone cologne.

The decision to own your own clone is a big one. The kit has instructions to aid the expectant clone owner in name selecting and learning clone vocabulary.

After following instructions, your own clone should arrive about nine months later. This moment will be a very joyous occasion. The instruction manual suggests "A large party be planned to make your clone feel just like one of the family."

At birth your clone will appear to be a mature, fully grown adult. However, your clone will need to go through a learning and adjustment period. Being only as intelligent as the creator, the clone adjustment period can take from two weeks to a month.

Those at Clone Your Own recommend you treat your clone just like any normal child during this adjustment period. The booklet reminds you, "In the years to come, your clone will appreciate the time you took playing patty-cake and giving horseback rides."

Your clone is sensitive and emotional. Treat him-her with respect and you will enjoy a long and happy relationship, the manual concludes.

Why hasn't something as



Having a clone, makes it easy to be two places at one time.

handy as this self cloning kit been flooding the market? Bad timing in distribution seems to have shadowed public reception. But Lock Drugs and Sequoia Stationers. It includes an instruction manual, a test tube "Super High Potency Cloning Crystals" (rock salt) and a Certificate of Birth for your clone. Ridgeway plans to market it again next year... "this time successfully."

The Self Cloning Kit can be bought for \$2.95 in Redwood City at No. 2' will be there to help you with your busy day. Or so they say.

## Cañada provides Self-enrichment

by Holly Allen

When Canada opened in 1968 the average students were recent high school graduates and predominately male. Today the case is very different.

Presently 19 percent of the college is minority and the female students outnumber the males. High school graduates account for less than 30 percent. The average age at Canada is 30. In reference to this change in student body, Gerald Messner, director of the Humanities Division, explained "There are new constituencies now that there weren't back then. We didn't formally have re-entry women or men, or as large a number of third world or minority students."

In 1971 Messner did some research on students attitudes the results were published in one of several books written by Messner.

"The difference between where we were and where we are is that we turned from a junior college to a community college and so our scope has become wider." Messner continued "That's a good thing to happen because it means we're serving people who think college is important and not just high school sequentials... These days on any given night you can find as many as 200 couples involved in classes."

A junior college as compared to a community college means not only must Canada offer classes for students continuing on to a four year college but they must also offer programs for students of a different nature. These students are people returning to college generally for their own self-enrichment.

There were many factors involved in the reasons for Canada's needed adjustments. A major contributing factor was the political situation in the 60's. "10 years ago students were related to the social sciences with the idea that whatever they learned would help them change society. That was involved with the fact that we had an undeclared war" observed Messner, "The age had something to do with it." As for today's attitudes Messner stated "a lot of students are here for reasons of enriching their own lives, than are here to go out and help society. The social involvement then had to do with protesting the war. Now you have more self-centered people. I think there is a lot to be said for getting yourself together before trying to fix society."

With the change in the female to male ratio in the student body Messner believes "Women are still unrepresented in the administration...only three directors are women."

Canada has found itself having to compensate for places where high schools have cut back. The cuts have been mainly in the arts, although introductory courses have had to be added to the program. "In the beginning we didn't see ourselves in that position." Messner commented "a lot of idealistic people opened Canada, people fastened to hopes on higher education. Canada was immediately attended by students who were equally as idealistic, when it became clear Canada wouldn't be able to serve the community as we wanted to."

Messner does not believe  
Continued on Page 7.

## Big brother is watching

by Holly Allen

The only limitation on the future of computers, according to Dr. Lewis Miller, Canada science instructor, is the degree to which "you can stretch your imagination."

Computers have a large affect on society today. In the future computers will be popular not only in business, but also in American home life.

Computers will soon be available in all aspects of life. Students, doctors, homes and the physically limited will all benefit as a result of the computer age.

At Stanford you can buy your own terminal and do your work over the terminal. On a computer, text editing means mechanically moving words on the screen or erasing them. With text editing you can change your errors a number of times without messing up your work.

"With a computer a doctor could put down symptoms and the computer could be connected to...say Cal Berkeley Medical School and they could diagnose the symptoms. If you live in a rural community they could diagnose you by phone...that isn't too far off," observed Miller.

Probably the largest futuristic effect computers will have on society is the Home Terminal. The Home Terminal will offer people practically anything from A to Z. Included in this centralized hobby center will be the daily newspaper, hobbies, games, reading and writing, video movies, access to your local library, problem solving and of course television. This means that almost all aspects of how Americans spend free time is put into one machine.

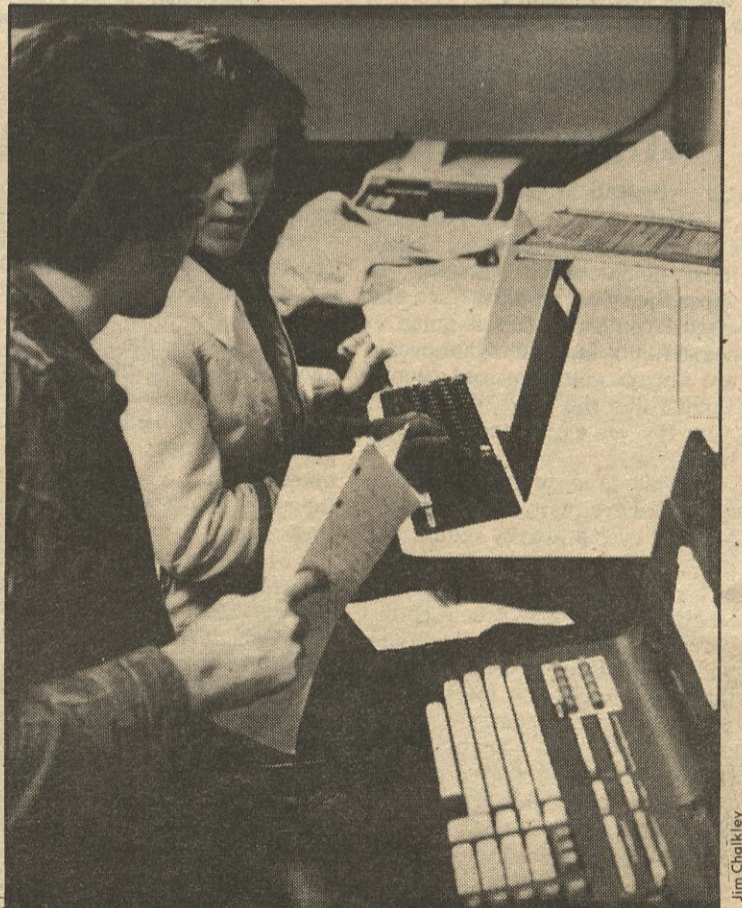
For the physically limited, the computer age could prove quite

useful. It will be possible to talk to the computer and have it type up a paper for people who are unable to type. A book can be read into a computer and it will repeat what has been programmed. For the blind this would be an advancement in reading techniques. These are just in experimentation stages.

"A number of these major things will be available in the next ten years," commented Miller. The cost Miller believes will be like

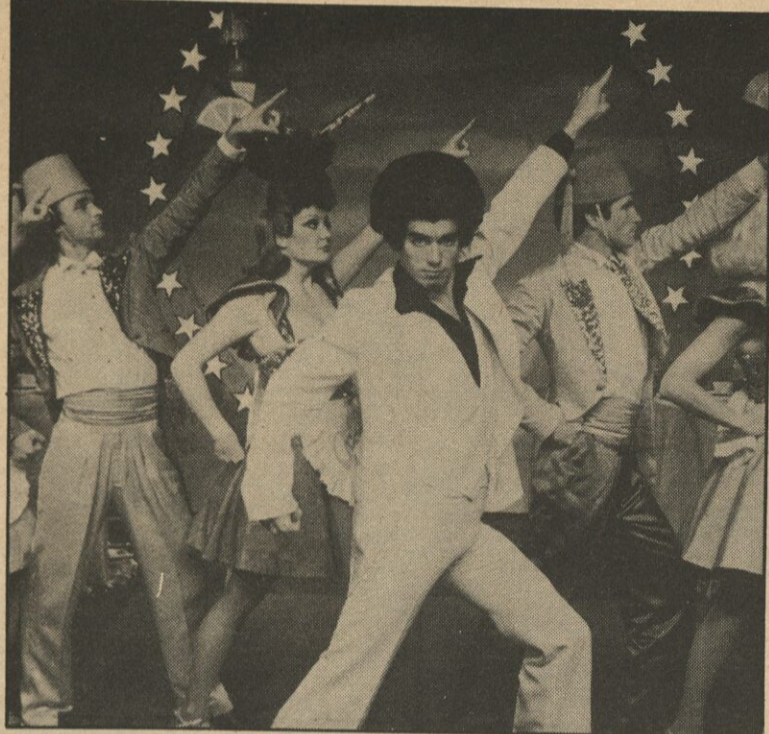
most new products which start out to be costly; but after the novelty wears off the price will come down.

What effect will the computer age have on society? "It will make free time more interesting for people who are shut-ins or when the weather is bad," replied Miller. "It will allow people to be more aware of what's going on....The more analytical their minds get, the easier it will be to deal with society."



Canada students learn to program computers. Computers will play an important role in America's future.

# Sign of t



## Music in the 70's Delights connoisseurs

by Sandy Althouse

Punk rock, theatrics, disco, and technology are just a few of the many advancements in contemporary music today.

"It's an exciting time for music connoisseurs," says Mark Cooper, a mid afternoon disc jockey on KMEL, San Francisco.

There are so many new groups on the market right now, that it is virtually impossible to keep up. "More and more albums come out every year...over 1500 albums have come out this year, and there's still almost two months to go," said Cooper.

Even with record prices rising for the third time in three years, New York production firms still feel confident it won't hinder sales.

Taking the lead this year in sale is general rock and roll, ranging anywhere from easy listening to soft rock - James Taylor and The Little River Band - to the racy and rhythmic hard rock - Boston and Foreigner.

Most of today's hard rock is dependent on technology. Ever since the release of the Beatles Sgt Pepper in the late 60's, recorded music has been controlled by dubbing, muting and overlapping. Why get an in-concert sound when it can be upgraded and perfected?

Boston is a prime example of music technology in the 70's. It's ringing mechanical rhythms and tight vocal harmonies combine for a pleasing modernistic sound.

Theatrics is another foundation for contemporary rock and roll. Such performers as Kiss, Alice Cooper, The Tubes, and Frank Zappa rely heavily on costumes, makeup, and special effects. Peter Criss, drummer for Kiss says they really never made "good albums", but contribute their popularity to showmanship. There was a point in time when it was said there was a constant battle between Frank Zappa and Alice Cooper, they tried to see who

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## Marriage in the 70's: Changing but not obsolete

by Kate Minott-Coats

Michael R., a 23 year old English major, takes a break from doing bench presses. He wipes the sweat from his face and says, "You know, this is going to sound funny, but I think that people are always going to need people. Sounds like the song, doesn't it? But, it's as elemental as water being wet."

"This is a promiscuous age and there are many temptations." Michael eyes a nearby red-headed girl in a leotard. He grins sheepishly, "But, basically, a single person will seek out another person. I love the lady I'm living with. Sometimes, she's the one thing that meks me feel wanted. But marriage? I don't know. I don't want to jump into anything like that yet and I don't want my girl friend to read this and start getting any ideas."

Marriage, though it is changing in the 1970s, is not obsolete. Some young couples wishing to establish families of their own have adopted alternative life styles. Some have formed

communes or have moved to remote areas of the country. That's a very small percentage of people. The most common response is to simply postpone marriage for a while.

The fact is, the family as we know it seems in little danger of destruction. More than half of the nearly 200,000 college freshmen surveyed in 1975 at 366 schools listed "raising a family" as one of the most important objectives of their lives.

The survey, directed by Alexander Astin of UCLA, also reveals that these same young people don't find recent upheavals in social values incompatible with future happiness. Nearly half said couples should live together before marrying, more than half believe large families should be discouraged and better than 90 percent endorsed job equality for women.

The American family appears to be in a period of adjustment. As time goes on, most authorities expect the family will still occupy

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## Americans crazed by Disco

by Jerry Steach

It may be the lights. It may be the fashion. It may be the music. It may even be the showmanship. For whatever the purpose Discomania has taken America by storm.

Just look around. Virtually every night club is disco oriented. There are dance contests with European vacations as prizes. Free disco lessons. Dress codes. You can't find too many night clubs that aren't discoed out.

Commercially, it's the best thing to happen to many clubs. It's

revived business in some places that were ready to close. Some club owners realized piped-in music is more practical than a live band.

The clothing industry as well has profited from Discomania. Fashion is an integral part of the craze.

Disco is nothing new. It's been around for years in America. Its roots can be traced to Europe where it originated over a decade ago. Its popularity has skyrocketed recently after the great film success, 'Saturday Night Fever'.

Disco music is a fusion of soul,

funk and jazz. Its steady beat is essential to dancing. And if you think all disco music sounds the same, you have a point. For practical reasons, record companies will sometimes use a single recording of one rhythmic pattern then dub in lyrics and more music to produce several songs.

Dancing to this music is purely self expression. Dance instructors stress that you relax and dance to your own style. And every age group does it. You'll see teenagers to grandparents dancing the night away. Could this be the narrowing of the generation gap?

## Snow White stars in SF Revue

Can Snow White find happiness in Hollywood? This question is answered—in outrageous fashion—in Beach Blanket Babylon Goes To The Stars', another of Steve Silver's musical parodies currently at the Club Fugazi in San Francisco.

It's hard to describe the utter craziness of this satire of Hollywood. It's easy, however, to thoroughly enjoy the dancing, singing and acting of ten talented performers.

Snow White is played convincingly by Penny Hamilton (by Silver (the 700th auditioned) for the part. Searching for her Prince Charming, the squeaky-voiced young girl goes to Hollywood. While working in an ice cream parlor, her prince, in the form of a Travolta-like disco king (Bill Kendall), appears. She's suddenly transformed into a deep-voiced starlet of Tinsletown.

'Beach Blanket Babylon Goes To The Stars' plot seems simple enough but the costumes...well, they're completely bizarre. Imagine Snow White in a head dress consisting of dirty dishes and silverware piled three feet high. Or one of a humungous banana split, topping and all. Credit goes to Alan Greenspan for these outlandish props.

The other performers certainly aren't overshadowed by



Mr. Peanut (Bill Kendall) does not offer assistance to Snow White (Penny Hamilton), who finds herself working as a dishwasher in Schwab's Drugstore in the fun-filled musical revue, "Beach Blanket Babylon Goes to the Stars!," now at the Club Fugazi, 678 Green Street in San Francisco.

Hamilton and Kendall. Each blends harmoniously with one another for a well-choreographed presentation. The cast is rounded out with Shelly Werk, Lynn Brown, Lynn Eldredge, Glenda Glayzer, Amick Byram, Steve Scott, Jeff McCarthy and Benjamin Taylor.

## The age of information: How it affects students

In this age of information, students find themselves amidst an array of communication devices. The following Canada students were questioned as to where they get their information. The replies were as follows:

STEVE GAFFNEY—"The Grapevine. From Friends and stuff. Hearin' it around. Mostly, I don't get it 'cause I have to go to work. Canada is a pretty closed campus. There's not much going on."

JOSEPH NED—"I don't really watch much T.V., except for the 11 o'clock news, and I try to go out of my way to watch 'Battlestar Galactica,' basketball, some sports. It has to be something that I really want to see. Wherever I am,

I try to hear some music on first radio, stereo, and I listen to tapes. I like to read a lot. I read the newspapers daily. Newsweek, Ebony, Time. Anything with current events, involving what's going on in some subject matters. I rarely go to the movies, unless there's something I really want to see. There are too many movies that are a waste. When they get on one subject, they wear it into the ground, like Exorcism, Disaster movies, Black Exploitation films. Around here, I try to get the paper and "What's Happening." Nothing really interesting is happening. It's a dead school. I guess that's it.

MARK CRAIB—"There's not that much activity on campus. I really think there should be a lot

more than there is. For T.V., I don't watch that much at all. For music, I listen to that and mostly KCBS radio to find out what's going on in the world. I think that's the best station for news. Movies? Something interesting. I go to see that. I comprehend on books that are interesting to me, and I don't on books that are not."

IGNACIO FLORES—"T.V.? Maybe two hours every day. It's got too much crime. Sometimes there's a good show. There should be more cultural programs. I like to hear music, but I like to hear Spanish and English modern music. Movies? Two times every month. Reading and writing? Everyday. I spend two hours, something like that, and sometimes Sunday.

# the times

## Slow Me down Lord!

From the San Francisco Chronicle

Slow me down  
 Slow me down, Lord!  
 Ease the pounding of my heart  
 By the quieting of my mind.  
 Steady my harried pace  
 With a vision of the eternal reach of time.  
 Give me,  
 Amidst the confusion of my day,  
 The calmness of the everlasting hills.  
 Break the tensions of my nerves  
 With the soothing music of the singing streams  
 That live in my memory  
 Help me to know  
 The magical restoring power of sleep.  
 Teach me the art  
 Of taking minute vacations of slowing down  
 to look at a flower;  
 to chat with an old friend  
 or make a new one;  
 to pet a stray dog;  
 to watch a spider build a web;  
 to smile at a child;  
 or to read a few lines from a good book.  
 Remind me each day  
 That the race is now always to the swift;  
 That there is more to life than increasing its speed.  
 Let me look upward  
 Into the branches of the

## A 'mobile' society moves underground

Have you ever imagined living in a home which was partially underground or a pre-fabricated home with movable rooms and which could be moved anywhere? Well these are just a couple of the possibilities for homes of the future.

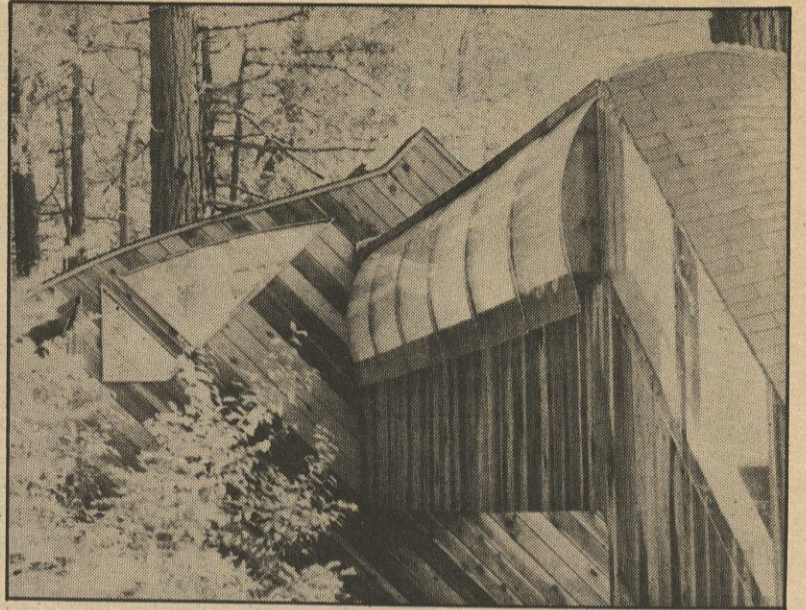
The advantages to living in a house which is partially underground are that they are more comfortable than homes built above the ground. They also conserve 60 percent more energy than the average home. If you choose to live in a pre-fabricated house which is becoming popular in the southwest, you could have lock-up rooms which could be placed anywhere in the house and you would have the advantage of being able to move your home wherever you choose.

Other living situations which are becoming increasingly popular among young people and older adults alike are the townhouse and condominium. The condominium offers the person the comforts of a

house without the hassle. Also the fact condominiums are cheaper and less of a maintenance worry is another reason why they are becoming popular.

Another form of housing which is becoming popular is the "cluster community." The cluster community would be a place where a person could do all his shopping and meet his needs without ever having to venture out of the community.

The 'mobile' society as called by Genevieve Cory, Canada interior design instructor, are the people most likely to live in these dwellings. These people find that with a faster lifestyle living in a condominium or townhouse is more practical than owning or renting a home. The mobile society are young people who are better educated, professional people who don't have the time to spend on a home or who don't want the hassle. Older or retired people who have lived in houses for most of their lives sometimes find apartment living is refreshingly different and



Jim Chalkley

We can probably expect even more unique styles of homes than this in the future. Imagination has come into architectural design and more people are willing to try it.

easier than living in a house.

What type of furnishings will occupy these new dwellings, yet fit in with a faster lifestyle? According to Miss Cory furniture will be more "lightweight and modular." New innovations in furniture are cardboard or knockdown furniture which can be easily stored, carried or thrown away. Also traditional furnishings will become more popular with antiques and oriental rugs giving a home a cozy yet personal look. Quilts and comforters will also be used to drape over couches for decoration as well as being used for keeping warm.

The lighting in homes will be softer with indirect and track lighting used to create a warmer look. Colors will be cleaner and not muted as the trend has been. Young people will tend to lean toward plain solid colors while older people will go for prints and an understated look.

Basically what people want are homes which are more diverse with a better design. Also the furniture should be more adaptable at a minimum cost. Simple yet elegant lines will be the look of the future.

towering oak  
 And know that it grew great and strong  
 Because it grew slowly and well.  
 Slow me down, Lord.  
 And inspire me to send my roots deep  
 Into the soil of life's enduring values  
 That I may grow toward the stars  
 Of my greater destiny.

## Students disenchanted with Politics

"Noninspiring, disenchanted and an inability to resolve and solve problems" are some of the reasons given by Canada students for their lack of interest in politics today.

Other reasons are that the candidates running for office all seem to say the same thing and that the public feels so far away from the people they elect to office that they can't help affect any change. Also the lingering shadows of Watergate, Vietnam and

Koreagate have made people wary of government.

It seems people have become more privacy oriented and are only concerned with issues when it affects them directly. Also when they do show an interest it is through an indirect method such as interest groups or committees. For the young people today who are more mobile than any other generation before there is the tendency to be more interested in careers, education and the family rather than politics.

A major culprit in the decline of political interest is the mass media. The medium of television especially gives us so much information that people don't know what to believe or think anymore. The other forms of media such as newspapers and magazines which have been around longer have lost their foothold on the public due to the popularization of television.

According to Ken Kennedy, a political science instructor,

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## 'Slow down You're movin' Too fast'

How often do you hear yourself saying 'boy this year went by fast' or 'It seems like it was just yesterday...' In these late 70's (almost 80's) we find ourselves living 'life in the fast lane' and as the song goes it will surely make us lose our minds.

Between work, school, family and social life where does time for the individual come in. I'm sure everybody finds at least a few minutes a day to just do something for themselves, or do they? Americans in this informational age must recall for themselves a time when life was not so hurried and people did not get bored so easily.

Next time you find yourself racing along in your car cursing the person in front who is going to slow for you pull your foot off the pedal and ask yourself why you're in such a hurry. Take time to notice the trees, and the sky above, this may help you to slow down the hours in a day and enjoy life a bit more.

by Holly Allen

## America invents assemblyline ulcers: Eat and run in varied cuisines

by Sandy Althouse

"Sorry, I don't have time for dinner, I'll just grab something and run." How often those immortal words are heard everyday throughout the country.

America has become wired for food.

In order to keep up with this forever rushing society, food manufacturers and distributors decided to speed up their process. They now run alongside America to keep pace and serve their needs. Thus up pops a McDonalds here and a Jack-In-The-Box there.

Who needs to sit down, take their time and order a lavish meal, when right around the corner a Kentucky Fried Chicken is ready for half the price and in a fraction of the time. Actually, the best part is no tip.

Burger King, Burger Boy, Burger Broiler, Burger Hut, Burger P it, Burger Town...who can decide?

Exactly where did all this start? Frank Enriquiz, director of

Canada's cafeteria claims McDonalds was probably the culprit. Low prices and added gimmicks attracted the majority of their business. Students might remember when McDonald's hamburgers sold for 17 cents.

The fast food industry not only includes typical "American Food," it has also spread its deep fried ingenuity and assemblyline speed to capture other international tastes.

A south of the border zest comes from Taco Bell or Taco La Paz, while H Salt Esquire provides a spot of British cuisine. Who could forget the All American hot dog? True, it's originally from Germany, but it's still called All American, served numerous ways at the sign of the giant dachshund; Doggie Diner.

Have they all been covered yet?...of course not! There's Orange Julius, A and W, Red Barn, Arby's Roast Beef, Foster Freeze, Dairy Queen, Dairy Bell, Der

Weinersnitzel, Chicken Delight, and, Taco Tio? - Well, it was in the phone book.

Turning to another side of food in the 70's, there's the fast rising health or natural foods, where frozen yoghurt and carrot cake are big names in dessert.

Art Bodner of Earth Sign Natural Foods in Menlo Park, thinks the health food boom is due to the public's awakening to fitness. "Fear is in the air...the medical profession is causing absolute hysteria...they're coming

Continued on Page 7



Jim Chalkley

'Fri.- Sat. Nite Live'

# Bus Stop, played with expertise

by Sandee Althouse

Bob Curtis' production of *Bus Stop* is played with sincerity and expertise by the Canada Players. The play, by William Inge, opened last Tuesday evening to a warm and vivacious audience.

During a blustery snow storm, Elma, a naive high school waitress, and Grace, the middle aged cafe owner, anxiously await a busload of passengers.

With the arrival of the bus, the group becomes stranded in the rundown cafe and the play takes form.

The story revolves around Bo, the boisterous Montana cowboy, and Cherie, a would-be nightclub singer from the Ozarks, whom he insists on marrying.

Cherie realizes the helpless predicament she's in and tries desperately to escape. In the first act she's even willing to hide in the restrooms, until she finds out they're backyard outhouses. Will Masters, the local sheriff, gallantly steps in and vows to protect the little lady.

The remainder of the show focuses on individual character background, giving the audience

detailed insight on their personalities.

A definite high point comes in the second act with the floor show a time killer thought up by Elma.

Bruce Kerans, Bo, dominates the production with a natural "cowboy flair." His rugged good looks make it difficult to comprehend Cherie's rejection of him in the first two acts.

Marcia A. Brinkley, Cherie, also gives an outstanding performance, with a variety of priceless facial expressions. Her stereotyped, blond bombshell beauty also adds to the credibility of her character.

Lou Wenzel, Will Masters, comes through as most believable, although Wenzel is already known for his ability to adapt to any role.

Judy McCandless, Grace, adds a humorous solemnity with her interpretation of "the cafe owner who's missed some of the finer things in life." The only hindrance is her pushed, deep voice, which sometimes resembles John Wayne's.

Ellie Siringer, Elma, captures her role with true innocence. Her anticipation to lines and movement



Marcia A. Brinkley, Ellie Siringer and Bruce Kerans in a scene from *Bus Stop*. The play runs tonight and tomorrow night.

was most likely due to opening night jitters.

Rand Earl, Dr. Lyman, delivers his portrayal of the world-weary college professor with precise timing and sharp comic business.

English instructor, William Kenny, who plays Carl, adds light hearted diversity as the happy-go-lucky bus driver. His warmth and carefree attitude was reflected in the eyes of the audience.

Biology instructor, James Stoney, plays Virgil Blessing and rounds off the cast with a credible rendition of Bo's aging confidant, capturing the audience's heart.

First-hand recognition goes to Curtis for his diverse interpretations of character personalities. They were combined in such a way as to make a touching mixture of individuals.

Authenticity is captured both in drama instructor Martin

Lepisto's realistic set. It vividly resembles any roadside cafe along the old route 66—and Sally Shatford's costume design. Cherie's black and white ensemble, with plastic see-through shoes and red sequined floor show dress, add to the many visual effects of this fine production.

Final performances are scheduled for 8 pm Friday, Nov. 17, and Saturday, Nov. 18.

## Film at Career Center: Code Blue

The HEALTH CAREERS OPPORTUNITY PROGRAM students and staff at Canada College invite you to see the film: "CODE BLUE" Wednesday, November 22, 1978 at 1:00 pm in Room 116, Building. 13. The film shows why minority doctors are needed. In addition, counselors from the Federation Health Career Opportunities Program in San Francisco will lead discussions on why more minorities, women and handicapped persons are needed in the health and medical professions. Time will be set aside to discuss ways in which you can

prepare yourself for these professions.

For more information, contact Harriette Stevens in 13-108 or call 364-1212, ext. 400.

## Cafeteria band Wanted weekly

Knowwhere Fast is the name of the band that played in the cafeteria on Tuesday, Nov. 9. The mood of the music was a mellow rock and roll.

Peggy Pribyl, of student activities organized the event. "We want to have them every Thursday," stated Pribyl. "We're a little disappointed in the audience because they're rude, they talk too loud. Since they don't have to pay they should give the players a good audience."

Funds for such activities come from college hour funds which are supplied by student body card money.

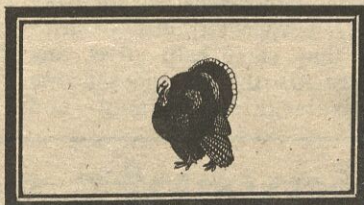
## Applications open For financial aid

The Canada office of Financial Aid announces that applications for students seeking assistance for the Spring 1979 semester are now being accepted. The filing deadline is December 15, 1978 for priority consideration. Students who file by the deadline will be notified of any awards by January 19, 1979. According to Jesse Guerrero, Financial Aid Officer, "Canada's Financial Aid program has increased from last academic year by at least \$50,000. We are in a better position to help students now than last year."

As an additional service, the Financial Aid office has extended its hours and is open from 8-4:30 and 6-8:30 Monday - Thursday and 8-4:30 on Fridays.

## Cañada Loses two Staffers

Two Canada staff members will soon be leaving for new positions. Karen Filipas, Bookstore manager will be taking over at Chabot college as Bookstore Manager. Peter Reynaud, Athletic trainer is leaving to join the Oakland Stompers organization.



## Delighted music connoisseurs

Continued from Page 4 could be the grossest. Zappa was said to vomit on stage, or produce green ooze from rigged settings. Cooper was said to only go as far as decapitating animals - purely theatrical hocus pocus or making sexual advances to his pet boa constrictor, a permanent member of the band.

Still another, more recent, type of music that relies heavily on showmanship is new wave rock, formerly called punk rock.

Devo, an Ohio new wave elite is literally sweeping the country. Prior to their mid-November engagement in San Francisco, they appeared on Saturday Night Live and shocked the nation. Most of America wasn't ready to see tall skinny men in yellow jumpsuit rainslickers, bouncing around stage in uneven time to off tempo music? Devo's catchy and popular slogan is:

Q: ARE WE NOT MEN? A: WE ARE DEVO!

Jazz, an old American

tradition has undergone many changes since birth. Recently it's become more diversified. Robert Tompkins, from Banana Records, San Mateo, says jazz is fusing in other sounds such as soul, funk, and rock.

CTI which produces the mainstream of jazz has brought about much of this. The fusion is another way of selling more, there's so much diversity, it's bound to bring up sales. A typical name for this new jazz is MOR (middle of the road).

Country western is also taking on the MOR approach in hopes of expanding their listenership.

Another division of current music - and who could overlook it? - is disco. Disco is probably the most culture-shaping music since the new renaissance of rock in the early 60's. No one has to look carefully around to notice the craze it has brought about. It's seen in movies, television, magazines and virtually every form of media.

## Coming Up

Wednesday (Nov. 18)  
WOMEN IN IRELAND AND MOROCCO: A COMPARATIVE VIEW, Marcia Empey, 12 -1 pm, bldg. 16, room 5, Canada College, Redwood City. Free.

November 18  
KARL KASTEN: 2:00 pm, Museum Theater, U.C. Berkeley. Kasten will discuss the major techniques of printmaking in conjunction with the exhibition of "Jasper Johns."

Monday (Nov. 20)  
POETRY READING, Susan MacDonald, 7 p.m., Women's Center (bldg. 16, room 5), Canaca College, Redwood City. Free.

Wednesday (Nov. 22)  
TAROT, I CHING, AND PSYCHIC DEVELOPMENT, Dr. Hilary Anderson, professor of psychology and self-discipline at the Ca. Institute of

Asian Studies, 1 - 3 pm, bldg. 2, room 10, Canada College, Redwood City. Free.

'TOURISM 3-DAY HALF-PRICE CRUISE TO VANCOUVER, CANADA, DEC. 9-11 \$195 round trip. Reserve NOW. Call Pam Keyes 323-2959.

## Students Disenchanted

Continued from Page 5 "Within the next decade we should see a steady decline in party affiliation". People seem to be going from one political party to another rather than sticking with one. If this is true, then we can expect no new exciting leadership within the next decade or in the foreseeable future. Where then will our new leaders come from to help raise us up out of the rut we've fallen into?

## For fun

You can't say you've got nothing to do for entertainment in the near future. There's a multitude of things. Among them:

On Sunday, Nov. 19, at 8:00 pm Phoebe Snow will be at the Paramount Theatre in Oakland.

"Hold Me!", a comedy play starring Canada dance instructor Beverly Mann, can be seen Nov. 17, 18, 22, 24 and 25 at 8:00 pm at the Palo Alto Community Theatre.

With Christmas fast approaching, the Dickens Christmas Fair is at the Exhibition Halls in San Francisco. It takes place Saturdays from 10:00 am - 10:00 pm and Sundays from 10:00 am - 7:00 pm starting Nov. 18 and ending Dec. 23.

Hard rockers REO Speedwagon, Blondie and Ready Mades are at Winterland for one show Saturday, Nov. 18 at 8 pm.

The artistic Peter Gabriel, formerly of Genesis, will perform at the Berkeley Community Theatre Friday, Nov. 24 at 8:00 pm.

Look for Pablo Cruise, Van Morrison, Jean-luc Ponty, The Moody Blues and Queen in various engagements coming soon.

The most noticeable change is in the fashion industry. Skimpy milskin leotards and skirts slit to the waist are chic on the dance floor. Satin pants and metallic knit tops in arrays of bright colors clog up department store clothing racks. Men have three piece polyester Travolta type suits to wiggle and gyrate in.

There's even a new disco version of the Rolling Stones hit single, Miss You - which incidentally takes up the whole first side.

Face it, there's no escaping discomania.

Where exactly is music headed for in the 80's? No one's quite sure. All that is sure, is it will never leave us.

As in the immortal words of James Taylor:

Give me music  
Mr. Music  
Let the music be there too  
I'll never know what to do  
Unless you let the music be there too.

# Marriage not obsolete

Continued from Page 4

the central position in most people's lives. The contours may change, but the institution will still be there.

In the sixties, great changes took place in the social structure. Men no longer had to marry to get sex. Women no longer had to marry to get financial or even social support. Meanwhile, more young people were going to college, remaining single, or contracting a "companion-style" marriage in which the wife was equally responsible for bringing the money home.

Marriage was getting a bad name for itself and the divorce rate reflected that image.

"I grew up in a divorced family," a 20 year old Biology student said shyly, "Divorce was probably the best thing for my parents, but it's really made me cautious about marriage for myself."

The figure varies as to marriage break-up statistics, but it works out to about one in three ending up in court.

"San Mateo County has a very high divorce rate," a faculty member says, "I went through a bad divorce last year, but there were some solid reasons why the marriage couldn't stay together. I don't really want to go into detail, but I'll tell you that all my life I've worked, I've had professional involvement. I think you can live a fulfilled life without marriage."

"I don't entirely rule out marriage in the future," she continued. "Often the crisis that people go through contributes to a stronger relationship in the future. There are always going to be some rough spots. You just grit your teeth and hang in there."

Marriage-psychology instructor Ruth Spangenburg looks at the card she had xeroxed and grins, "Look at this."

The card says, 'Marriage may be made in HEAVEN...but the maintenance work must be done on EARTH.'

"Human beings aren't perfect," Spangenburg says simply, "but that doesn't have to be a detriment to a relationship. There is not great stress placed on the individual. Someone who doesn't have an extended family around them to help absorb the tension of emergencies has only his or her

partner." That can be a lonely situation and places quite a burden on one person.

Being married is a matter of singling out the right person. According to the National Center for Health Statistics, about half of the men remarry within two years of the divorce and about half of the women remarry within three years. That statistic indicates people do want to be in a relationship and that says something about their faith in traditional family life.

"Security?" A rock band percussionist draws thoughtfully on his cigarette. "Yeah, security in any relationship, married or otherwise, is a good feeling. I usually think of security as being a part of the more role-oriented

marriage. You know, wifey and doggy waiting at home for the kids and hubby. Now, that's a weird kind of security."

"People are more realistic nowadays. I'm going to get married, when I can get the bucks together."

"Marriages are better than relationships," a Humanities division secretary asserts. "There is tremendous potential in a marriage relationship for each person to blossom. Marriages are not a 50-50 split of responsibilities."

"Marriages need 100 percent effort from both the husband and the wife. You have to talk and not be afraid to argue constructively."

Continued from Page 5

up with more and more cancer cases and heart attack victims."

Added to that, the rising cost of medical bills, people are fed up with rushing to the doctor at any cold symptom. "They're (the public) looking for alternative ways in health care...why go to the doctor when all he'll tell you is to stay in bed, drink orange juice, and take aspirin."

Another culprit behind the health food trend is the revolutionary 60's "When young people were getting back to nature" said Helen from the Health Food Center in Redwood City. She added mothers are becoming more aware of artificial and junk foods, "They're seen test results on problem children."

Frank Enriquez says fast foods

and health foods are already starting to combine. A sprout sandwich and fruit juice can be quickly picked up at many places.

Who knows? Ten years from now there might be restaurant signs saying, OVER 10 MILLION SOY BURGERS SOLD.

# Self enrichment

Continued from Page 3

students are as 'automatic' as they were before. "They aren't on the assumption that right after high school is automatically college and after college is automatically a career..."

Continued on Page 8

# Transfer to a career in aviation.

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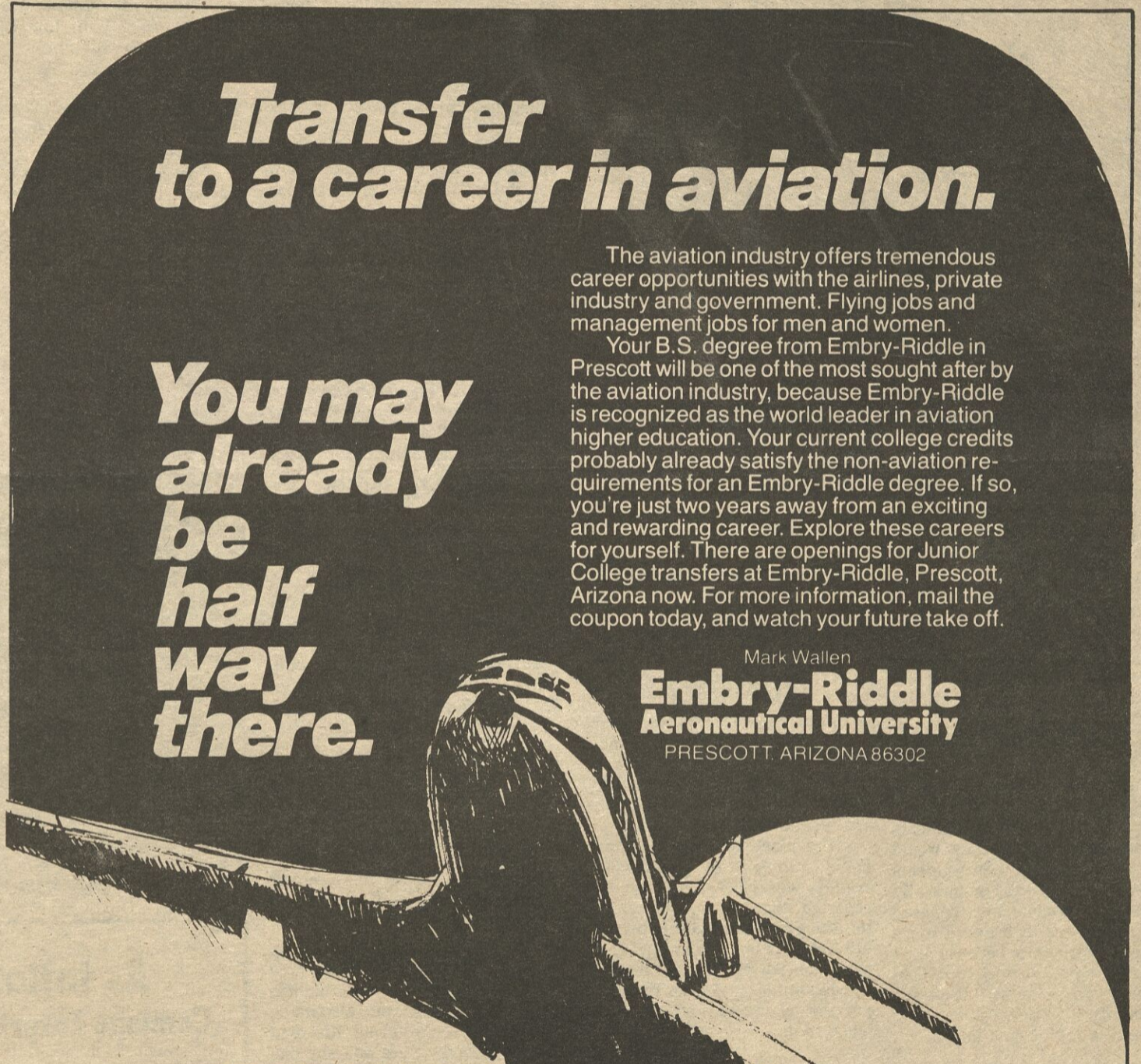
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# Huff and Puff to fitness

by Linda Cardoso



Jim Chalkley

Americans jog their way to health. Is this fitness craze fad or addiction?

Jogging, calisthenics, tennis, swimming, lifting weights. Americans are huffing and puffing, as never before to get into better shape. Why all this fitness mania?

Experts say, it is the pay off for years of publicity about benefits of exercise and better nutrition. Researchers also, are finding exercise is addictive, and those involved become evangelists, who are eager to recruit others.

In America, exercising is reaching the proportions of a national mania-one that is not to be equaled with such fads as throwing frisbees or twirling hula hoops.

Rich Anderson, tennis coach, agrees in saying he doesn't think exercising "is a fad." He feels, "people are becoming more aware of poor physical condition."

For a period of time we had heart disease as the number one killer, but findings showed in 1975, for the first time in nearly a decade, American deaths, due to cardiovascular disease, fell below one million, because of exercising Americans.

"Physical activity is one of the most stimulating things people can do," says Anderson.

Some people feel that the quality of life improves through physical fitness.

The most popular form of exercise is walking, according to a 1976 survey by the National Center for Health Statistics. Some 46 million Americans said, they

walked to stay fit, while 18.3 million did calisthenics, 15 million bicycled, 22 million bowled, and 11.4 million golfed.

Another trend in exercise is, that it's being done by the young, better educated, the affluent, and mostly by men.

Health clubs are booming with business, along with sporting good shops, and sports clothing stores.

People are being bombarded with T.V. adds, joggers in the street, and tennis enthusiasts on the courts. Somewhere along the line, all this advertisement is sure to bring about converts.

Beautiful actresses are now telling the world how they're keeping in shape. For instance Kate Jackson roller skates, Farrah Fawcett plays tennis, and Jaclyn Smith dances. With this type of publicity who wouldn't play tennis, in hopes of becoming another Farrah Fawcett?

Along with the healthy aspects of fitness, you may receive some drawbacks.

For instance some say that jogging hurts the ankles and lower back. So, if you have back problems to start with, jogging may not be the type of activity you'd like to try.

An orthopedic surgeon said that 50 percent of his patients are coming from exercise-related injuries, whereas years ago it was only five percent.

Along with fitness one must consider eating nutritional food. Fad diets are beginning to fade and

people are turning to the three basic meals a day routine. Although junk foods are still around, many people are trying abstinence as a way of controlling their cravings for such foods.

Certain things which have been termed "good for you" sometimes have more to them than meets the eye.

For instance sea salt has been said to be very nutritional as opposed to table salt. But sea salt can cause high blood pressure if used constantly.

Yogurt, which is used by many into the health craze, does contain calcium and protein but has fewer nutrients than milk.

Granola cereals which are very tasty, have been said to be "highly nutritional with no added sugar." But really they are high in fat and calories.

So even though there are nutritional foods they must be used in moderation.

One might ask "is all this fitness and health mania really changing the way Americans live?"

Perhaps it's making some dent in the way people handle their bodies but there are still enough junk-food junkies who sit in front of the T.V. set every Sunday watching football games to even out the health nuts.

And now with the "Raiderettes," and all the other "football divergents" it's going to take more than a granola bar and a tennis racket to convert the football maniac into a health nut.

## Run for Fun in Woodside

The "Canada Classic" fun-run will take place Nov. 18 at 8:00 pm. The run is part of the evening fitness program but is open for anyone to participate. Participants are urged to meet at 7:30 pm to prepare. The meeting place is the Old Woodside Store on Kings Mountain Road. Runners will proceed through Huddart Park via back entrance. The run is over 90 percent level ground. Reynaud

said that the average age of the runners is 35. There will be two courses one three and one six mile course.

## Job placement For the Holidays

Jobs for the holiday are waiting for you in the placement office. There are currently listings for party helpers, bartenders, and entertainers, child care jobs are also available.

The placement office is now open Monday or Wednesday evening weekly. Priscilla Buchan reported that during September the office received 456 part-time, 92 full-time, 119 temporary, and 91 in-home job listings. So for those of you having a hard time finding a job the placement office is the place to go.

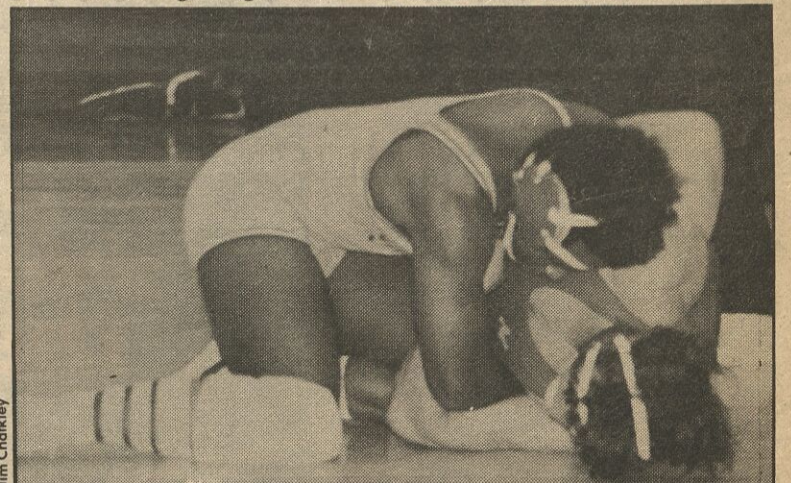
## Colts qualify for state championship

Canada's Women's cross country team qualified for the State Championship by placing third in the Northern California Championship on Nov. 11 at the Crystal Springs Course.

According to Mike Ipsen, the Colt's coach, each women on Canada's squad beat their best time in the meet. He added, "The Crystal Springs's course is probably one of the toughest courses in the state for a junior college. It's got a lot of hills and no shade at all."

The top Colt runner, Skip Swannick, placed sixth in the race and made All Northern California first team. Renay Wolfe also made All Northern California finishing 19th and Peggy Stok was shy one place coming in 22nd. Suzanne Knott followed finishing 29th, Mimi Gerard 34th, Karin Stok 37th, Cindi Bingley 62nd, Mary Bland 68th, and Mary Harrison 70th.

The Colts will battle West Valley, number one in Northern Cal., Fresno, San Jose and Santa Rosa and the top five Southern California teams in the State Championship in San Deigo on Sat., Nov. 18.



Jim Chalkley

Wrestling starts Nov. 16, 1978 Thursday at San Mateo. The opponents include Canada vs. Gavilan and CSM vs. Hartnel.

## Self enrichment

Continued from Page 7

As far as the classroom goes Messner believes "Students ask more of their teachers...Students are asking questions they would not have asked back then. Students are coming to classes less formally prepared." Messner also believes that part-timers tend to ask more of their instructors because they only get a small view of the whole picture. In closing Messner commented "There are more people now taking less units."

**Weathervane**

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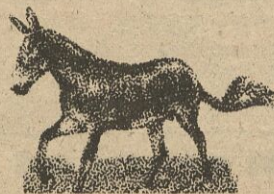
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