

Weatherdane



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Gymkhana brings Cañada pool possibility now Seniors here

by Anne Houghteling

"Do the Hustle!" goes the song by Van McCoy. And on Oct. 30, about a dozen old people DID do the hustle in Canada's cafeteria and did it very well.

The dancing was the finale of Canada's share of "Gymkhana," a

fancy name for the athletic and arts celebration for old folks sponsored by local senior citizens' groups and Longs Drug Stores.

Eddie Gilmore, the event's organizer, hoped Gymkhana would, "show people you don't have to stop at 70."

Most of Saturday's par-

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by Shirley Ward

Canada could get that 50 meter pool yet.

San Mateo County is the only Northern California county without a 50 meter pool. Santa Clara has 11, San Francisco two, Alameda five. Contra Costa has seven. The list goes on.

An effort was begun almost two years ago to interest the County Board of Supervisors and the Community College District to undertake a joint venture to build a pool.

Several factors suggest the venture is appropriate now.

Public Works funds to stimulate employment opportunities through construction will become available within the next two to six months.

It has been recommended, by

M. D. Tarshes, county manager, the the Board of Trustees of the Community College District and the Board of Supervisors of San Mateo County undertake a feasibility study.

The study, according to Cliff Denny, assistant superintendent of planning services and development, would determine whether or not there is a need for aquatic facilities at the colleges and which sectors of the community it would serve.

The proposed educational and community aquatic facilities are to be located at Canada and Skyline Colleges.

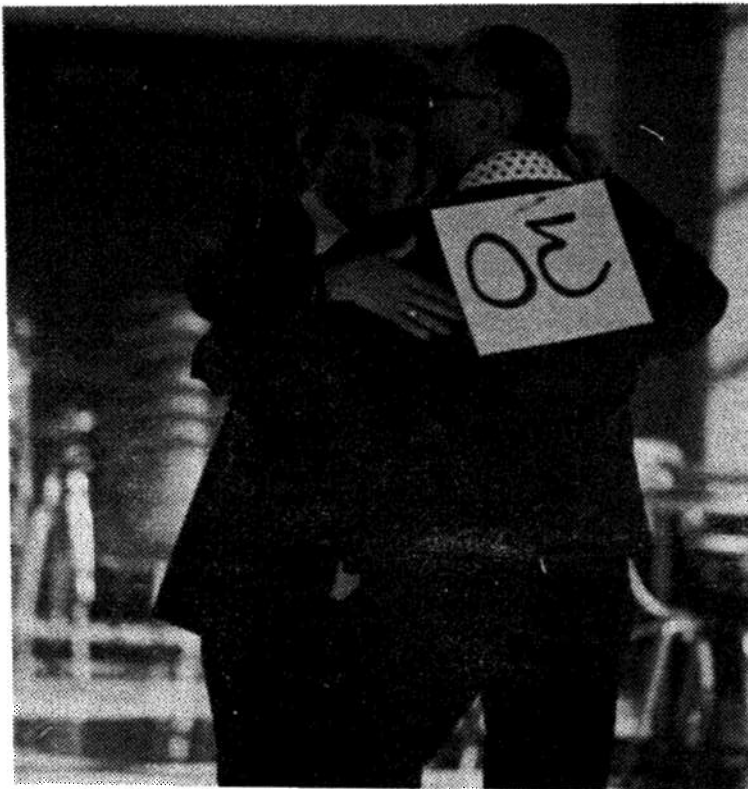
\$45,160 is to be allowed for the feasibility study covering in-service staff time and for architect consultant services. The cost is to be divided equally between the district and the county.

Public education and public recreation would be the two main purposes for which aquatic facilities are proposed. They will be capable of meeting needs for physical education, senior citizen health programs and rehabilitation needs of the physically handicapped, competitive water sports, water safety, lifesaving and public recreational swimming.

Funding at the district level would come through a community service tax. The district can levy up to two and one-third cents tax for facilities to which the public has full access, like the theater or gymnasium.

The presence of a 50-meter pool here would acquaint more people with the campus. It is

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Frances and Frank Benenbaum glide across the cafeteria floor during the Gymkhana dance contest.

Cheerleaders 'pep up' crowd

by Dorian Moten

Pep rally? Cheerleaders? Yes. Canada has nine cheerleaders. They are Melvesia Beverly, head cheerleader, Lasonya McLemore, Elesia Beverly, Lovette Green, Linda Bryant, Tyler Stringfield, Lynn Mouton, Sandra Thomas and Arguilla Connors.

The cheerleaders are all first-year students at Canada, ranging from 17-19 yrs. They held their first 'pep-rally' in the cafeteria during student hour on Tuesday, Nov. 2.

Approximately 100 students watched in amazement, as six out

of the nine cheerleaders introduced pep-cheers. Through technical difficulties ranging from microphone to record player, the enthusiastic spirit of the cheerleaders never faltered.

"The pep-club began the first week of school", stated Melvesia Beverly. "We now have Eldon Earnhardt, anthropology teacher, as advisor for the group, and Canada has paid for six of the uniforms. The other three cheerleaders paid for their own."

Melvesia indicated. "Plans are being made to offer a 'Pep Club Class' next semester for credit", and she hopes "to create a drill team, pom-pom girls, baton twirlers and letter girls by next year" on Canada's campus.

Melvesia has been involved in pep-functions for 11 years and has traveled from San Diego to Hawaii, and last year New York, as a member of a military drill team in competition.

Head of home ec. Dr. Cory Appointed to consumer group

by Jim Sharp

Dr. Genevieve Cory, chairman of Canada's home economics department, has been appointed to the National Education Advisory Committee of Consumer's Union, a non-profit organization that publishes Consumers Reports.

Dr. Cory has been working with Consumer's Union for more than eight years. Her television program "The Buying Game" was chosen by Consumer's Union as an exemplary program and used as a case study for a national publication sent to all educators. The program was broadcast over channels 14 and 4 in the bay area. It dealt with consumerism and is currently being broadcast on channel 14, four times a week. It will be discontinued next semester.

Dr. Cory will serve with 50 others, including consumer economists, officials from state departments of education, writers,

professors of consumer education, product engineers, heads of university departments of business, public health, science, family economics, economics, marketing and home economics.

When asked how she felt about her appointment to the committee she declared, "I am honored to serve with the distinguished group of individuals chosen by Consumer's Union for their interest in and contribution to the consumer movement and to consumer education."

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photo by Isaac Stevenson

Canada's new cheer leaders do their stuff for a cafeteria audience during their first rally.

From Cañada's pres.

by J. William Wenrich
Canada president

At the last two meetings of the Board of Trustees, several Canada faculty made presentations about recent research and development projects they had completed. The quality of their presentations and of their accomplishments highlighted for me the importance of educational excellence at Canada. Let me share briefly these as examples.

Last spring, our anthropologist-archaeologist, Eldon Earnhardt, took me out to the Canada archaeological excavation site on the Filoli Estate. We are one of the very few community colleges, if not the only one, with a 1,000 year old Indian village available for "hands-on" opportunities for students in archaeology. Because of the enthusiasm and excitement that Mr. Earnhardt shares with students, there has been a great deal of community interest in our site. Visitors, ranging from grade school kids to senior citizen clubs, flock to visit it. Mr. Earnhardt's Trustee grant project involved developing a slide presentation which will better enable Canada to take its archaeology story to the people of this County as part of our community service commitment.

Craig Hoffman, an English instructor who has been in a wheelchair himself for several years, took his whole spring term sabbatical to study how Canada could better serve handicapped students. He wrote a book-length document which was presented to the Board. Based on his research and analysis, we are beginning to take some significant steps to make our programs more available to physically limited students.

In geology, faculty member Bernard Aarons, supported by a grant from the Trustees, has developed an individualized self-paced course on Physical Geology which uses slide-tape presentations. The segment he showed the Board covered the San Andreas fault and was most impressive. The beauty of his project is that it allows students to take Physical Geology on a schedule that they

can fix for themselves.

The Canada Library Coordinator, Florence Chan, also used a Trustee grant to create a new self-paced course on using a library. As a result, any student can enroll in Library Science 10 and earn one credit by completing the course as rapidly or slowly as he or she wishes. The board of Trustees thought that this was such a good idea that it could be broadened to help other libraries.

One of our historians, Jim Steidel, used a Trustee grant to develop tape and slide supplements for his Latin American history and culture courses. The material he showed the Board last week used slides of Guatemala with a tape lecture narrated by one of his students. All you had to catch was that five minute example to be convinced that History 8A is worth taking.

As this issue of the Weathervane is focusing on senior citizen students, it was also appropriate that the Board had a presentation from Lois Cunningham on her gerontology program. She has developed some small unit modules that can be given in the community or in short-term workshops. In case you were not already aware, Canada is widely known not only for our courses on the processes and problems of aging, but for the wide variety of services and activities where we involve senior citizens. This past weekend's Senior Athletic Gymkhana and our ongoing Retired Senior Volunteer Program (RSVP) are excellent examples. Ask any local member of the American Association of Retired People, the Fun-After-Fifty Club, the San Mateo County Commission on Aging, and they will tell you about the kinds of things Lois Cunningham and our Director of Community Services, Ruth Nagler, do with and for senior citizens.

These examples are merely illustrative of the educational excellence of some of our programs. It would take the rest of this edition to cite all the exciting developments, but at the risk of offending many people by omission, I wanted to share the above examples.

Editorial

by Shirley Ward, co-editor

I met a man with the wisdom of almost a century, the gentleness of having been loved and loving, and the delight of a child. His name is Jules, and he is 85 years young.

Jules rides his bike to work at the Palo Alto University Art Center every day. He plays ping-pong with Stanford students. He lives by himself, cooks his meals and cleans his own apartment. He doesn't want to retire and he doesn't want to live in a senior citizen community.

When I talk to him his eyes shine. That reminds me of my childhood and my grandparents. They were an important part of my childhood, always telling stories and giving me pennies and forbidden candy. For a while, they lived with us. It wasn't easy, it wasn't what could be called fun, but the memories of that time are fresh and still unmeasurably pleasurable.

Sometimes I feel that seniors know what is important in life. They have reached that part of the life cycle which values most the people and things they touch. Jules keeps me straight.

"All stages of life are important," he says.

It's a good thing to have convalescent homes and senior communities. However, there is a tendency to group all people over 65 in one category. Seniors are as different as any other age group. Some are vital. Some are sick. Some are lonely. Some are involved. All are valuable.

We need to find a way to keep them in our lives. They have so much to offer.

Chavez speaks in R.C.

by Diane Makay

Caesar Chavez was the honored speaker at a Proposition 14 rally, recently at Saint Anthony's Hall in Redwood City. The rally was attended by an electric crowd of 600. The appearance of Chavez was a moral booster for hundreds of his supporters who worked diligently for the passage of Proposition 14.

The enthusiastic and emotional audience chanted and sang before the speeches of Father Eugene Boyle, Byron Skinner and Chavez.

In his bilingual speech, interjected with stories of his struggle, Chavez stressed that the real issue of Proposition 14 is the farm workers' right to vote union or non-union as a free choice. "A yes on 14," Chavez stated, "would help feed those who put the food on our tables."

great civil rights leaders-philosophers of the 1960's. Chavez, a legend in his own right, has organized the farm workers, the only success since the first attempts began in the 1890's. Chavez, himself a farm worker, has marched, gone to jail and withstood the power of agribusiness. He brought the plight of the farm workers to national attention in 1965 when the UFW joined a Filipino farm workers' strike against California grape growers. The strike became a national consumer boycott, when Chavez stressed repeatedly the importance of public support.

Chavez's union has changed since it was founded in 1962, but the goals remain the same: To end exploitation of the workers; improve working conditions; and to reform the agricultural system in order to signify farm work. These goals and the philosophy behind

them, captured the conscience of the American people, and the supporters of Proposition 14 hope it will show at the polls.

A 13-year struggle has been kept spiritually alive by chanting and singing and by Chavez' determination his principles and ideals would one day prevail.

Cesar Chavez is the last of the

Proposition 14 lost on Tuesday to the confusion of the issue by the No on 14 camp. The private property scare obviously worked and was a decisive factor in its defeat. Chavez and the UFW will have to battle against the power of agribusiness to insure the farm workers right to vote. One sure thing remains, the spirit and hope is still alive in Chavez and his union.

"We shall not be moved."

News from ASCC pres.

by Scott Hewitt, ASCC president

I have recently gotten involved with a group of students that have a very legitimate complaint about the San Mateo Community College District and Canada in particular. This complaint stems from the failure of the Board of Trustees to recognize the need for a Child Development Center on or near the campus.

The present Child Development Center for Canada is looking for a new home. It has been forced to move due to inadequate playground space for the children served. If and when they find a new home there is no guarantee how long it will before they have to move again. This, to me, is a ridiculous situation. San Mateo County is the only county in Northern California where the Board of Trustees refuses to be the applicant agency for state funding of Child Development Centers.

They have said, both and off the record, that they do not want to be in any way involved in child care or child development. My question is why?

There are three reasons the Board of Trustees have given for this: 1. The San Mateo Community Colleges are in the business of educating adults, not children. 2. The existing welfare programs are sufficient enough to meet the needs of child care for students. 3. It is more expensive to educate children than it is to educate adult students.

First of all, if a Child Development Center could be constructed on campus it would fit right in with an Early Childhood Development Department. This would, in turn, be educating adults as well as children. Secondly, the existing welfare agencies do not meet the needs of all students wishing child care. For example, Hank Gurnickis, a student attending college on his veteran benefits. He is not eligible for welfare because he makes too

much from his benefits, but he certainly cannot afford to pay the normal rates for child care. Also, it would seem to me that if a student is going to college, it is because he or she is trying to learn a skill. These students are trying to stay off of welfare not asking for it.

The last subject is money. At present the Canada Child Development Center, Inc., as it is officially known, is working with the County Board of Education as its applicant agency.

The state pays 75 per cent to the Board of Education which contracts Canada Child Development Center to raise the other 25 per cent in matching funds and to run the Center. It does not cost the Board or the tax payers a penny. This means that each semester the Center has to raise approximately \$5,000.

Last spring the Canada Child Development Center attempted to get the issue of applicant agencies on the agenda of the Board of Trustees. The board instructed Chancellor Smith to refuse this action. The reason they gave was they were still in litigation over the subject of child care. What they apparently failed to note was the fact that the people they were in litigation with have nothing to do with the Canada Child Development Center. These people were three students from Canada and three from CSM working with the American Civil Liberties Union and Legal Aid. There is no reason for the Board to refuse to allow the Center to approach them. It is my personal opinion that, as elected officials, they have both a legal and moral responsibility to at least hear what the representatives of the Center have to say.

This subject involves more than just students that cannot afford to pay a baby sitter. It also involves the children themselves as well as students residing in San Mateo County that want to go into the field of Child Development. They'll have a hard time getting an AA in this county.

Dear editors

Editor:

I was thoroughly enjoying the content of the Oct. 22 issue of the Weathervane until I turned to your poll "How do you rate your teacher?."

Every year I watch the Weathervane print this useless poll. A simply attack against individual instructors!

The majority of Canada's teaching staff are dedicated and skilled. Good or bad, these people are dedicating most of their waking hours to the education and future of you and me, and the best we can do is to degrade them in print? I had hopes that the Weathervane and student body had reached a level of maturity beyond this.

This is not an evaluation of Canada's level of instruction, but a popularity contest of low caliber. I have no great objections to a "favorite teacher's" list, but why attack individuals (often simply because an instructor is "boring" or a "hard grader").

You mention "In the spirit of the election season." Unfortunately this poll is in the true spirit of the election season, the only difference being that in a political election the candidates voluntarily expose themselves to public attack...Our instructors are being drafted.

I am disappointed, and a bit disgusted, to find this attack persists year after year. I hope you can manage to revise it in order to serve a purpose!

Kristi Soholt

(Editor's Note: This is the second such poll in the nine year history of Canada.)

Marchi blames staff for student apathy

by Jim Sharp

Last January, a conference was held at Mt. Alverno, the Franciscan retreat house in Redwood City. The conference was held to discuss ways of bringing a sense of community to Canada. The entire campus population was invited to attend but the turnout numbered only about 50.

Joe Marchi, counselor at Canada commented that there was "no sense of belonging, no community at Canada. Students really don't care." Marchi, doesn't feel it is a student problem though.

Marchi places the blame squarely on the shoulders of the faculty and administrators. He clarified this with his contention that, "I think it is the responsibility of the faculty and administrators. We're the ones who have to provide the energy to build a sense of continuity and community."

It is for this reason the Building Community at Canada was formed. The committee is made up of a few faculty members, some concerned students and some

of the classified personnel on campus.

This group was responsible for Robin's path. There also are plans in the works for a memorial to Dennis Joyce. The committee also were instrumental in getting the benches fixed near the library and the trees in the cafeteria.

Two of the long term goals the group is working on are:

- to build mutual support
- to build community clusters on campus.

One idea the group has is to clear the Cocalyptus grove for a natural amphitheater to be used for informal concerts, speakers, etc. It has been suggested to use the material from the benches on the hillside near the cafeteria, since this was removed for the construction of the new book store.

Joe Marchi extends an invitation to all students interested in joining the Building Community at Canada to come to their meetings every other Wednesday at 2:10 in the dining room of the cafeteria. The next meeting is planned for Nov 10.

Class 'marathon' offered

It'll take only one day a week next spring to be a full-time student. The catch is that the one day of classes will start at 9 a.m. and will run, with breaks, til 10 p.m.

The humanities division has arranged three-hour blocks of classes to be offered Mondays, Tuesdays and Wednesdays next semester. Attending classes all

day and evening just one of those days a week, students can complete 12 semester units.

Students wanting to go at a slightly slower pace can spread their classes out between the three days.

So far a only the humanities division has scheduled the daytime three-hour classes. But participating students can choose among any evening college courses from any division to round out their one-day marathon.

Male attendant enlivens Women's locker room

Is there a Peeping Tom in the women's locker room? No, the young man at the towel dispensing window is Stephen Adams and he's supposed to be there.

Adams, 20, has had the job of attendant in the women's locker room since college began this fall.

"Everyone says I asked for the job," Adams, a business major and member of the tennis team, laughs. "But the coach (Rich Anderson) gave it to me."

Though the towel window doesn't look directly into the locker room, Adams' presence has led to some embarrassing moments.

"At first girls would come up to the window with nothing on. Even still...But now I cover my eyes and look through my fingers," he confesses.

Adams' opinion of the job is predictably favorable: "It's pretty cool. I like it a lot. The people are nice and the girls are good looking."

But why a male attendant in a women's locker room? A recent incident—a man wandering into the women's shower room—convinces Adams that a male presence is needed to protect against real Peeping Toms.

Humanities division head Gerald Messner believes the concentrated program will have special appeal for students holding full-time jobs and those with pressing family obligations. He urges students intrigued by the idea to see him in bldg. 3, room 204 for more information.

by Anne Houghteling

Leon Strauss is honoring his father in an unusual way next month at Canada.

On Dec. 2, a new generation will be able to hear the voice of Leon's father, Lawrence Strauss, a Bay Area tenor whose career spanned nearly four decades up to his death in 1954.

Besides being an evening of lovely singing on tape, Strauss hopes the presentation will hold an important message for today's singers and musicians:

"Father performed everywhere. A music student

Psychic Barbara Ingenthron Speaks on parapsychology

by Jim Smith

Perched comfortably on Canada's Little Theater stage, Oct. 27, Barbara Ingenthron spoke on her experiences in seeing and reading auras.

Auras, as described by Ingenthron, are bands of energy viewed as light which appear outside of the body. The multi-colored bands reveal a great deal about a persons mental, physical, emotional or spiritual development, according to the lecturer.

Emphasizing the importance of learning parapsychology and metaphysics, she says a point comes when "we must use what we learn". She pointed out the learning process can become a "cop-out" for not doing what is learned.

As two artists will perceive the same tree differently, the same aura will be viewed differently by individuals. Ingenthron stating she "can turn auras on or off", views auras only when invited. She hopes to avoid intimidating others with her gift.

The outer or emotional band is used most in her aura readings. This band gives clues as to the emotional development and inner feelings of a person. She believes "most feelings about life are set between seven and nine years (of age)".

Anger and similarly strong emotions are created when negative energy enters our being "through cracks in the aura", Ingenthron believes. As a "radio is bombarded by hundreds of frequencies, but turned into only one we must tune into our energy and not the negative energy around us," she emphasized.

Since emotions come from intellect, she believes "the only true feeling is love." She is concerned most people do not "take care of their energy". By taking care of energy she meant meditation. Ingenthron believes as food feeds the physical body "so quiet feeds the soul".

To bolster auras against invading negative energy, people need to "get quiet," according to

Ingenthron. "Meditation buffers our aura" by creating an additional protective band to block out negative energy.

As an aside she emphasized "it is important not to sleep with a TV or radio on" as the sleeping process opens our subconscious and what is heard will be interpreted as actually happening. This negative information will cause us to wake up out of sorts, according to Ingenthron.

"Alcohol, drugs bring energy in at an angle and we have to bring it in straight", she emphasized. Students, in the audience, pressed her for a clarification of her negative feelings about drugs.

A student question on the effect of marijuana use on the aura brought her response "that if you smoke grass it takes seven years to get it out of your aura." Another student asked about LSD. She replied that unfortunately LSD has

lasting and sometimes permanent effects on auras.

Her experiences with voices and auras came after reaching a low point of attempted suicide. After the attempt she came to the realization her life was important.

On meditation she emphasized the, like physical diets, quick results cannot be expected. The good effects of meditation are slow developing.

She concluded the well received lecture with reluctant aura readings of several participants. Her reluctance was for "the privacy of those involved and not of fear she could not perform," she emphasized. The students whose auras were read indicated she had accurately conveyed their inner feelings.

The program is part of the parapsychology program instructed by Ruth Spangenberg.



Bay Area tenor memorialized by son in presentation

should perform every chance he can. It all builds eventually to a career," Strauss believes.

Lawrence Strauss put on recitals everywhere from universities and opera houses to the San Francisco Society for the Hard of Hearing.

For his son, a clarinetist with Canada's night band, it's proved to be a fascinating experience tracing his father's life through old records and scrapbooks.

Lawrence Strauss—no relation to the composing Strausses—was born in 1882. He studied music in Europe where he was befriended by the then famous Americans in Paris, the Steins.

Strauss' scrapbook includes postcards from both Gertrude Stein and Alice B. Toklas.

Back in the states, Lawrence started his long career as a recital artist. He enjoyed singing in German and French as well as English. His programs generally featured "art songs" such as those by Schumann and Schubert.

Strauss also remembers his father as a fan of contemporary composers such as Ernest Block and Cyril Scott.

Strauss has memories of such musical greats as opera star Lawrence Tibbett and cellist Pablo Casals visiting their San Francisco house when he was a youngster.

Reliving his father's life for a recently-written biography and for the up-coming presentation here has been a "powerful and nostalgic" experience for Strauss.

He hopes, however, that the "perform every place you can" message will stay with his audience longer than any feeling of nostalgia.

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Seniors involved thru RSVP

by Jim Smith

Try to picture a program bringing together paupers and millionaires, the uneducated and Phd's, handicapped and people in perfect health. Could you do it? The Retired Senior Volunteer Program (RSSVP) does exactly that according to director Drew Bradley.

Funded by the same federal agency as VISTA, ACTION, and the Peace Corps, the program is described as "highly successful" by Bradley. Sponsored by Canada College "the program has grown 200 percent in just a little over a year," according to the director.

Five hundred fifteen senior volunteers are donating in excess of 25,000 hours a quarter or over 100,000 gratis hours a year. Statistics are only a small yardstick of the program's success, personal growth by seniors involved are the larger measure. One volunteer described her involvement in this way, "I will never be able to give as much as I get back" from the program.

The importance of the work comes from the senior's donation of time. "We have a senior industrial economist doing a study for Menlo Park ... and we have people visiting at convalescent hospitals," he emphasized believing one is as important as the other. In this instance both are "providing essential supplementary services to the community," the director said.

The only requirement for participation is the person be over 60. "We ask them what they want to do...so that it will not only be beneficial, but enjoyable to the volunteer", Bradley emphasized. Only one volunteer has been turned down in the history of the local program, according to the director. "She wanted to tell judges astrologically if a person was guilty or not," he said.

Schools from pre-kindergarten to community college level benefit from the volunteer program. Hospitals both public and private also receive the services of RSVP people.

Schools from pre-kindergarten to Community College level benefit from the volunteer program. Hospitals both public and private also receive the services of RSVP people.

Problems associated with the program are similar to those of the aged in general. "Agencies sometime patronize the old people...or accept them as a goodwill gesture" which defeats the purpose of the program according to Bradley.

The Canada program has an age variance of "60-97, maybe older," volunteer time involvements from "one-half hour to 220 hours per month," according to Bradley. "We have one woman, 87 years old who works 200 hours a month at the veterans hospital," he pointed out.

Bradley refers to the overall program as "preventative medicine." It keeps seniors active both mentally and physically. "If you don't use your mind and body you atrophy," according to the director.

He is appreciative of the Community Services at Canada for their help in the operation of the program. While RSVP cannot fund new programs some have grown out of the program independently, according to Bradley.

Some seniors "refine obsolete skills through volunteering," and have found paying jobs as a result of their participation, Bradley said. It is Bradley's belief the relatively small 80 cent per volunteer hour cost of the program makes it effective. In terms of dollars the community receives much more than it pays out. Bradley emphasized the measure of this program is more in human than monetary terms.

Successful Vets dance nets \$700

The Veterans Halloween Dance, held Friday evening, Oct. 20, was an overwhelming success netting the Veterans \$700 profit.

Rick Serra and John Arian formed an effective team in putting together the successful evening.

About 175 students, Canada veterans and their friends, got down and danced to the music of

the Mike Bell Group. "Rock 'n Roll" shouted the dancers, and they did, until 2 a.m.

The beautiful Mahte and Yasive, belly dancers, provided some alluring entertainment. To cap off the evening, Harry Honda played his guitar and sang folk songs.

Ed Salas and Lone Patch were probably the two happiest people leaving the dance. They won the champagne door prizes.

Classes informal at convalescent homes

by Doug Teter

In a further effort to get off the hill and into the community, Canada's social science division is currently offering a total of six courses to the residents of convalescent hospitals in its attendance area.

The courses are officially listed as Geography 25, History 22, Psychology 45, and Social Science 10, 15, and 20, but the actual course material is vastly different than of the same course given on campus. The class formats are informal and are usually more a sharing of information with the students contributing from the experiences of their varied lives. Often the events discussed in history classes occurred during these peoples' lives, and they can recall for the class their impressions at the time. The classes are information and idea exchange sessions. No tests are given and the teachers cover what the students want to know, often about their contemporaries in the past.

The topics of discussion also swing toward current affairs. Instructor Gilbert Workman, who now teaches History 22 at the University Branch Hospital and the Sharon Heights Convalescent Hospital, both in Menlo Park, finds his students enthusiastic and appreciative of the opportunity to involve themselves and voice their opinions. Workman says about a dozen of them are even registered voters and have absentee ballots. Though virtually out of the mainstream of life, they still maintain their interest in the world around them.

Of the approximately 80 to 90 residents at each hospital, Workman estimates his class attendance from 15 to 25 for the discussions, and slightly higher for the films shown in conjunction with the classes.

Taking into consideration the age and physical condition of the residents, Workman considers these figures to be good. He estimates the average age of his students in the convalescent homes

to be about 74. He comments that it is, "a change of pace from 18 and 19 year olds to 74," and adds "I've learned a lot in teaching technique that has helped here" (at Canada). Even though the courses are not extremely academic, Workman considers them, "a valuable experience for teachers," as well as the hospital residents. The involvement helps to alleviate their feelings of being left out and forgotten.

The program is in its fifth semester and still growing. The number of teachers from the social science division has been expanded from the original two, Workman and Ted Reller, to five, and they now teach at a total of six convalescent hospitals.

The program is regarded as very successful by all involved. It is effectively involving a segment of the community often forgotten, senior citizens confined to convalescent homes. It is another step towards making Canada a real community college.

Gerontology program Altering senior roles

by Renee Mitchell

What will you be doing in the year 2000? If you are 29, an average Canada student now, you will be your early 50's. Because of advancing technology, you will probably be facing compulsory retirement. Any parental responsibility will either be over or on the wane. What will your options be? Will you remain productive? How will you spend expanded Leisure time? Generally, the field of gerontology (the study of the aging) is striving to answer these questions. Specifically, Canada offers a program aimed in this direction.

Lois Cunningham, coordinator of the gerontology program was helpful in supplying material with information on the subject.

The program is designed to develop a focus on the human development of aging and to build from this knowledge of theories of aging a view of how such theories may be applied through practice.

A booklet put out by the National Institute of Education expressed some views on the subject.

Unlike society's false images and stereotypes of aging, elderly people are basically active, healthy and experienced, capable of continued valuable contribution to that same society. The main purpose of education in gerontology is to encourage personal and societal growth of the elderly. New-found leisure must not become a tedious vacuum resulting in depression and listlessness. There is an opportunity and obligation of education to reach out to elders and with these people, create new roles and options for the later years. Until recent years, it was customary to help elders adjust to and accept expected patterns of behavior and lifestyle as interpreted by a youth-oriented society for those of advancing age.

The booklet further stated that elders' involvement in program development as initiators, planners, organizers and active agents is important to them. It is also essential to the program's development and success.

It was pointed out in the N.I. E. booklet that in 1975, about 23 million (slightly over 10 percent of the population) were 65 years or older. By the year 2000 this figure will be 30 million.

With continued progress in the field of gerontology, there is hope in the future growing old will take on new meaning. People will remain healthier longer due to medical advancement. They will retire earlier, at 50 or 55. There will be further evolution to a new stage of living in the life cycle, one of more activity and involvement rather than of passivity and detachment of the past.

It is also hoped that today's middle-aged adults and youths will approach the later years even healthier, better educated and better prepared for retirement and continued participation in their communities.

It was stated in "Proceedings: The Role of Institutions of Higher Learning in the Study of Aging," as the turn of the century approaches, it is clear the posture of gerontology will greatly depend on the success of educators in reaching all segments of our communities. This is particularly necessary because today's young people have not been significantly sensitized to aging at any point of their development."

Canada's year-old program has been developed to prepare individuals to work in occupations serving older persons: educators, counselors, program administrators, allied health planning and direct services. The intention is to diversify and up grade the expertise of individuals already working, as well as develop the first step on a career ladder.

Senior Citizens Day Planned for Nov. 12

You can join the young and old alike in the celebration of Senior Citizens Day at Canada, Friday, Nov. 12.

The Senior Forum of San Mateo County and the Canada College Community Services are sponsoring activities, presentations and demonstrations by students and faculty, to be held in the Main Theatre from 9:30 until 2:30 p.m.

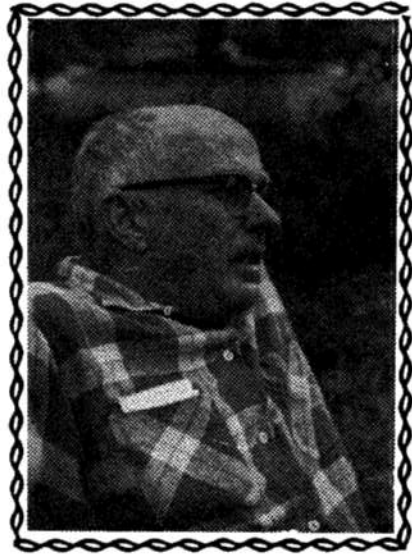
Carl Sitton, a member of the music faculty, will start the morning with a presentation by a college choral group. Lois Cunningham, head of the gerontology program will then present, "It

Ain't Necessarily So," addressing destruction of the myths of aging.

Other speakers will include President Wenrich, on "Looking into the Future"; Ruth Spangenburg, social science instructor, will introduce "You and Your Psychic." Also Andrew Fraknoi will take the audience on "A Tour of the Universe"; and Mark Shupnick, Canada's instructor of ophthalmics, will produce "Spectacles for All Ages."

A senior and student dance demonstration will liven up the afternoon, innovated by Cheryl McNamara, Canada dance instructor.

house photo by Jesse Roberts



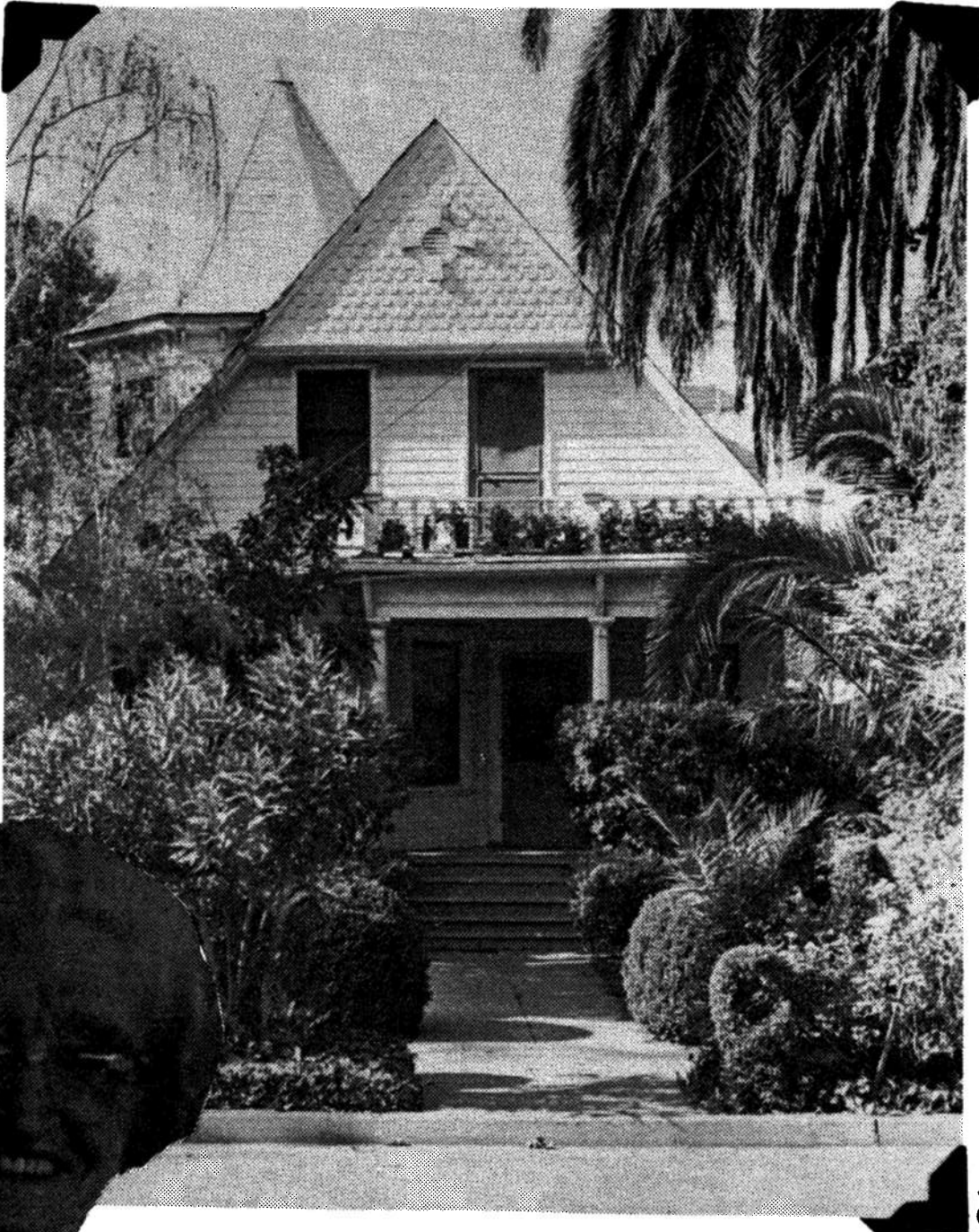
E. N. Fisher



Jessie Young

Alone
 by Zuma E. Francis

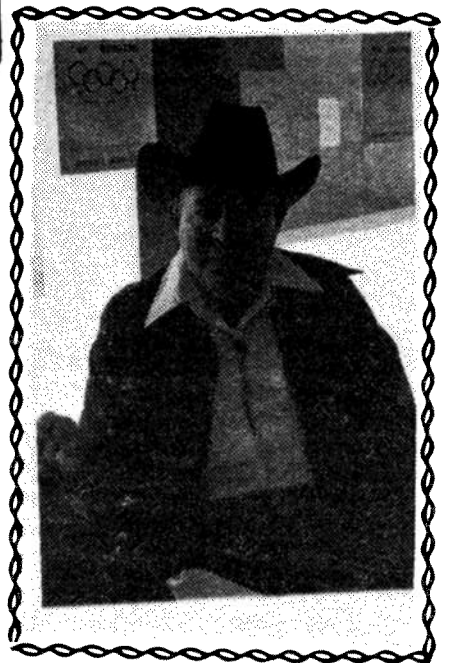
*It stands alone and neglected
 Within its grove of trees
 Its doors swinging loosely
 In the errant, restless breeze.
 Its empty windows like saddened eyes
 Gaze over its once fertile fields
 Wondering perhaps, what happened
 To the rich abundant yields.
 Its rooms now stand empty
 Where once happy voices rang,
 And where there was laughter of children
 Who at Christmas time, carols sang.
 Who can tell of the memories
 This lonely old house has?
 Now its rooms are empty
 And its garden overgrown with grass.
 Maybe the people who lived in this house
 Will remember a death or birth
 Or a wedding with a radiant bride
 Standing here beside the hearth.
 Perhaps the children who played in its
 fields
 With warmth will remember it here
 And when they think of those happy
 times
 Perhaps they will shed a tear.*



Della Duignan



Zuma E. Francis



Chris Borders

Tutoring available

Have you noticed students studying in a small room directly across the hall from the bookstore? These students are part of the tutoring program.

Al Archuleta, tutor coordinator, for the Student Development Program reports, "200 students are currently receiving tutoring services" and the program is "super limited on space."

Archuleta explained, the program was "available to students receiving grades lower than C because of limited funds". Also, "Students have to be referred to the program from the teacher of the course in danger." This procedure is mandatory for eligibility in the program.

A new requirement in the program, said Archuleta, is that "all tutors are required to have B or better grade in the subject area tutoring", plus "verification from a teacher recommending the student as a tutor".

When the bookstore building is completed the tutoring center will be located in bldy. 6, rm. 12.

Odd requests mark info. job

People have strange things on their minds. Freda Sepp can testify to that after only two month's answering the phone for Canada's new information service.

"Just recently a lady called in wanting to know where Carol Doda would be appearing," Mrs. Sepp laughs. Though teachers are supposed to keep her informed on guest speakers, no one had told Mrs. Sepp about the mammary marvel's visit to Canada.

"The lady insisted she'd be here. She said Carol Doda had told her herself! At first I thought maybe the drama department would know, but no one had heard anything."

Unlike most questions she receives one stumped Mrs. Sepp. Carol Doda ended up as only an entry in her log of calls, of which she gets about five an hour.

Mrs. Sepp, a young woman with a cheerful manner and charming Scottish accent, supplies most callers with immediate answers about anything relating to Canada.

Her Scottish burr has been a real asset: "When people call in mad, they get so involved in figuring out my accent they forget to be angry. And you should hear it when a Southerner and I try to figure each other out!"

"You have to identify these bugs!" blurted out another caller recently.

"A veterinarian's dog and house were infested with bugs and he wanted us to help. I wanted to explain it wasn't my job, but that wouldn't be good P.R."

Study of aging leads to new career

by Anne Houghteling

Sister Theresa is embarking on a new career.

A familiar sight here in her blue street clothes and veil, she is delving into a long-time interest in gerontology, the study of aging.

Sr. Theresa is herself a "senior citizen and proud of it."

For years she taught primary grades in the parish school at Our Lady of Mt. Carmel in Redwood City. Teaching had been her main duty as a sister in the order of Notre Dame de Namur.

But as the years passed, she reflected, "I thought I should prepare myself for the future. A primary teacher has to give so much. I didn't feel I was doing it adequately."

She began to doubt her energy would hold up indefinitely against the demands of caring for ram-bunctious children five hours a day.

The first meeting of Alpha Gamma Sigma—Canada College Honor Society will be held on Tuesday, Nov. 9 at 11 a.m., building 17-105.

The turning point came with a chance meeting with a Canada gerontology instructor: "I was doing visiting at a convalescent hospital," she recalls. "People mentioned the name of Lois Cunningham and said you ought to meet her. Meeting her really reinforced my interest in gerontology. I decided that was it."

Now Sr. Theresa is taking a full load of classes and majoring in gerontology here in this, her first semester.

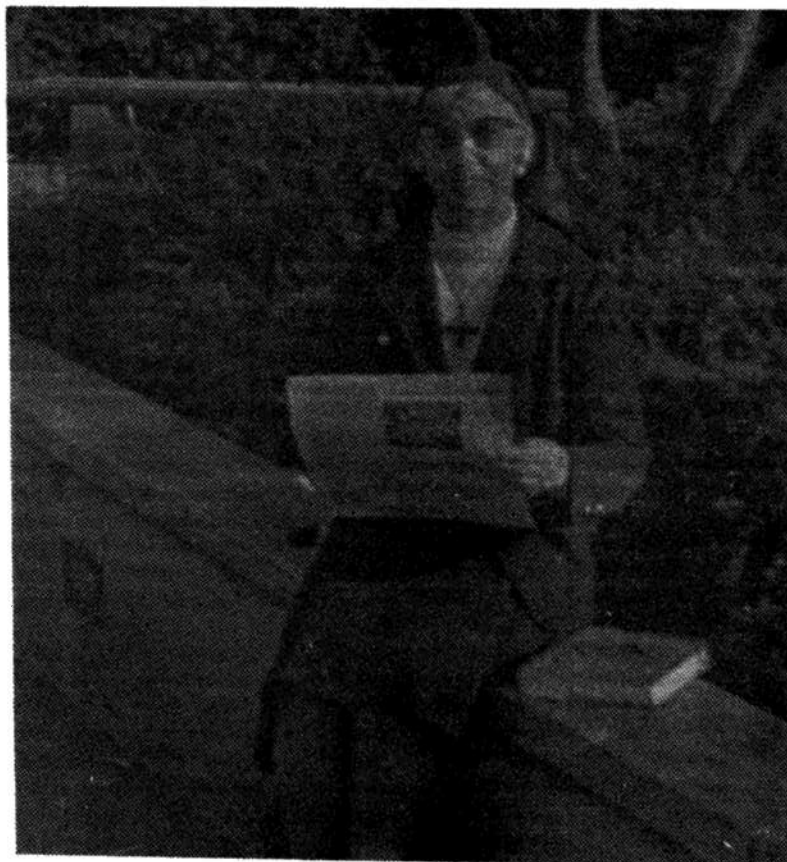
Describing her gerontology class, she is enthusiastic: "The thrust is to help us understand the process of aging. There are so many interesting things, so many myths. Like senility. I've met some 80 and 90-year-olds that are so alert."

Sr. Theresa sees a personal application for her studies also: "It helps a person to prepare for the future. I'm doing it for a two-fold reason: To help the old and to help me."

In just a few months up here, Sr. Theresa has gotten involved in many projects.

She judged a senior citizen arts and crafts show held at the college recently. When swine flu shots were administered in the gym, Sr. Theresa was on the front line encouraging the faint hearted. She next hopes to qualify as a tutor and also plans to join the Community Committee for the beautification of Canada.

What's been the reaction to her as a nun? "I was wondering about



Sr. Theresa has found a new vocation at Canada.

that myself," she admits. "But I'm just another student. I haven't met with any standoffishness."

She's still uncertain she's going to put her gerontology studies to work. "I'm not exactly sure now. As of now, I feel I might be of value working where the retired sisters live."

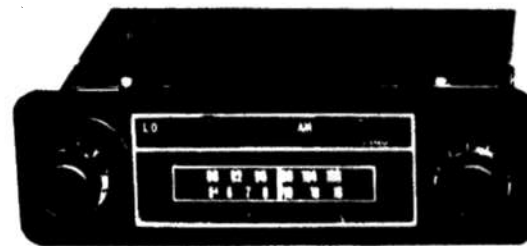
But Sr. Theresa seems perfectly content to put that career decision off for a bit. Right now she's too aglow with all her new experiences as a returning student.

"I just think it's all wonderful," she enthuses. "The people, programs and staff up here are just wonderful."

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Out and About Around the Bay

by Doug Teter

Ah, sad that these pages should be the bearers of such sorrowful tidings. Best to get it out of the way first I suppose. The Richie Havens show scheduled for tonight at the Paramount Theater has been canceled. Printing schedules and suchlike kept me from revealing this earlier, sorry. Also if you heard anything about Journey being at Winterland next weekend, forget it, they canceled too. Read on for the substitute show. Yup, more, The Band, scheduled for the second time to be next Sunday, that's the 14th, will be rescheduled again, hold onto your tickets and stay tuned to these pages for the new date.

Now for the shows that will go on:

ELVIN BISHOP, TOMMY BOLIN, and other guests will be appearing at Winterland, tonight and tomorrow night at 7:30 p.m. Tickets, if you can still get 'em are \$5.50 in advance and \$6.50 the day of the show. I'll see you there.

Tonight and tomorrow night, The Boarding House will present THE AMAZING RHYTHM ACES. Minors are welcome at The Boarding House. You can call 441-4333 for reservations and show times, a good idea. Next week, Monday through Wednesday LEO SAYER will be at The Boarding House.

PATTI SMITH and SPARKS will be at the Berkeley Community Theater next Friday, at 8 p.m. Tickets are still available and are \$4.50, \$5.50, and \$6.50.

You can also still get tickets for PABLO CRUISE with guest JOAN ARMATRADING, Friday and Saturday, Nov. 12 and 13. Both

shows are at 7:30 p.m. Reserved seat tickets are \$6 and \$7.

BOSTON and unannounced guests will be the replacement show for the canceled Journey, on Saturday, Nov. 13 at 8 p.m., at Winterland. Tickets are \$5 in advance, and \$6 the day of the show.

JACKSON BROWNE and ORLEANS will be at the University of Santa Clara's Leavey Center, at 8 p.m., on Thursday, Nov. 18, and at the Paramount Theater in Oakland on Saturday Nov. 20, for two shows, at 8 and 11:30 p.m. Tickets are \$6.50 in advance, and \$7.50 the day of the show for the Leavey Center show, and \$5.50, \$6.50, and \$7.50 for the Paramount Theater show.

RORY GALLAGHER and special guests will be appearing at Winterland on Friday, Nov. 19, at 8 p.m., and at the San Jose State Men's Gym on Sunday, Nov. 21, at 8 p.m. Tickets are \$5 in advance and \$6 the day of the show for Winterland, and \$5.50 more for the San Jose show, curious.

BLUE OYSTER CULT and BOB SEGER will be at Winterland on Saturday and Sunday, Nov. 20 and 21, at 8 p.m. Be Bop DeLuxe, originally scheduled to appear on this bill, will be on the Ted Nugent bill next weekend. Tickets for Blue Oyster Cult are \$6 in advance, and \$7 the day of the show.

LA BELLE will present its "all new review" on Friday, Nov. 26, for two shows, at 8 and 11:30 p.m., at the Paramount Theater. Tickets are \$5.50, \$6.50, and \$7.50.

More good things to come, so stay tuned to this paper for further developments, b-b-dee-uh, th-that's all folks.

Fantasy key to Rock flick

by Conrad Griffin, ASCC controller of activities

For the first time, one of the world's most popular musical organizations, Led Zeppelin, has been captured "live" on film. Led Zeppelin, from the time they first take command of the stage with "Rock and Roll" to their farewell to New York with "Whole lotta Love", has an uncanny control of the 'crowd,' as one will plainly see by going to view this movie, "The Song Remains the Same."

The main story of the film is their 1972 performance at Madison Square Garden to a capacity crowd. The film, however, does not merely stay with Led Zeppelin prancing back and forth across the stage. It takes a well conceived look into their visions and symbolism.

Scene: Somewhere during their 1972 tour - on the plane between cities crossing the American continent for a net gain of \$3½ million. The boys were sitting around a video tape machine when Jimmy Page, the lead guitarist made this toast to the band, "No escaping our roots." Most people who've heard or delved into their music do not realize what's behind it all, what motivated their strange lyrics, symbolism (as on their album covers), and life styles.

The film takes its first fantasy break from the concert during "Rain Song" delving into a druidic analogy of the last century, showing their base player, John Paul Jones, riding in the English country side during their (druidic) holidays. "Dazed and confused" takes into our consciousness what is in Jimmy Page's mind about his life and the inner liner of the untitled album.

Robert Plant's fantasy I will leave for you to enjoy, a treat. John Bosham, the drummer and "true" wizard of the band stays completely contemporary during his "travel" during his over powereng percussion solo of "Moby Dick". His "travel" shows his toys (cars and motorcycles), his life on his farm (complete with his prize bull), and the reconstruction of his mammoth home.

"The Song Remains the Same", playing an exclusive Northern California engagement at the Royal Theater on California and Polk in the City, is cinematic proof that amidst it all while living reflections of their music, they have neither forgotten nor denied that original premise, "Their Roots".

Cañada student, Dale Lete, Demonstrates martial arts

by Shirley Ward

The rhythmic clashing of sticks was heard from Donald Harris's Spanish class last Monday. Dale Lete, Canada student, was demonstrating the classic Philippine martial art of Excrima.

Lete became acquainted with Excrima in 1974. While attempting to learn more about his culture, he found the course being given in Oakland.

His interest in martial arts, however came years ago while watching the "Green Hornet" series.

"That's for me," he exclaimed, when he first saw Tai Mantis, Kung Fu. It took five years for physical and mental discipline to develop his abilities. He is quick to emphasize he is just a student, not a master.

He and Charles Gill, a Menlo-Atherton student, have given several demonstrations and classes in Excrima and Tai Mantis, King Fu.

"I have met a lot of people who are interested and I'm sure we could get something going at Canada," says Lete, expressing his desire to start a martial arts club. He is also hoping to interest people in taking a class. He believes both women and men would be interested in the art for self-defense and artistic expression.

Excrima, Lete explained, was brought to the Philippines by migrating Malaysians about 200 B.C. The art form, originally known as Kali, was practiced as part of the

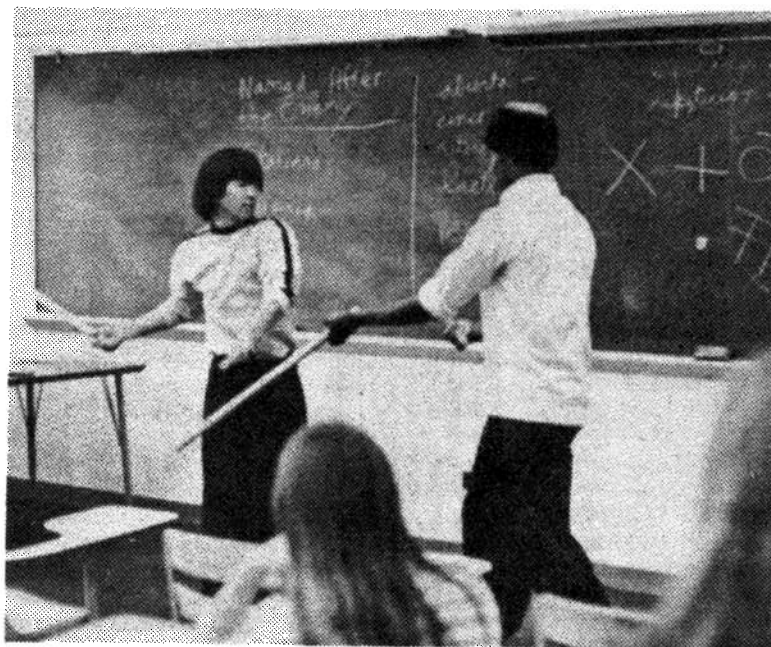
culture. A bladed weapon was used.

The philippino art of stick fighting was banned by the Spanish after Ferenand Magellan was killed by Lapu-Laup, a chiefton from the Island of Mactan. The Spanish conquistador was the finest warrior in the World at that atime, Lete emphasized. The forbidden art found its way back into the culture through Anis de mano, a dance form which enchanted the Spanish lords. Excrima came to prominence during World War II when it was taught to the American servicemen for guerilla warfare. Over 10,000 Japaneese soldiers were killed in hand-to-hand combat in the Pacific jungles.

"We think of ourselves as water. Water in its natural state is calm and flows. However, if the situation arises water can become a typhoon or a tidal wave and can't be stopped," he says.

Excrima is a sophisticated but simple art, contends Lete. All 12 basic movements use either the multiplication, addition or infinity symbols and travel through those angles.

Students who are interested in forming a martial arts club should contact Dale Lete through the Student Activities office. Lete and Gill are planning a college hour demonstration in the near future.



Dale Lete shows off his skill.

Gymkhana at Cañada

Continued from Page 1

participants were a bit shy of 70 but showed no indications they'll stop when they reach that milestone.

Gymkhana started here with a bike obstacle race winding around building 17. Winner E. K. Fisher, 60, of Woodside, whipped around the course in 44.4 seconds. Canada students Lou Newbauer, 66, and Clint Smith, 62, also competed. Newbauer rode this summer in the Oregon-Montana Bikecentennial.

A track meet, which to the disappointment of some turned out to be just a half-a-mile walking race came next. Joseph Duigan, a dapper 73, won the men's division. His prescription for health: "I watch my diet, lift eight-pound dumb bells. I eat only a little meat and lots of sunflower seeds and vitamin E."

Women's walking champ was Helen Dietrich, 69, who confided she was on the lookout for a lively partner for the afternoon's dance contest.

Archery ended the athletic events with Fred Miller of Redwood City hitting the bullseye every time with his elaborate combination type bow.

After housing a midday arts and crafts exhibition, the cafeteria was cleared for the day's final event, a dance contest.

A sparse, but enthusiastic group of seniors rumba'd, fox trotted, waltzed, tangoed and

hustled across the cafeteria. ("This floor's a bit sticky for dancing," good naturedly complained Joe Kinsey, a competitor who came down from Half Moon Bay for the contest.)

From the flashy footwork of Frances and Frank Benebaum of Menlo Park to the elegant style of Joe Duiganan, all dancers showed enough grace and nimbleness to rival a 20-year-old.

Joe Duignan and Laura Werner won the rumba division. Joe and Gladys Kinsey were

winner in fox trot and waltz class.

The hustle, a new dance for most, proved not only the young like novelty. After a few faltering steps all dancers were swaying and prancing in perfect rhythm to the music pouring from the lone record player.

By the time "the hustle" was over, the gymkhana had established—if anyone still needed convincing—that old age is no barrier to fun.

Pool study

Continued from Page 1

possible enrollment would rise. New programs, such as paramedical and allied health courses, could be considered. President Wenrich believes "It could be an important project for both Canada and the community.

The proposed location for Canada's pool would be outside the P.E. building. Present shower and locker facilities would be used. Existing roads, plumbing, parking facilities, public transportation and weather conditions help make Canada an outstanding site.

Feminist poet to appear

Kathleen Fraser, a feminist poet, will give a poetry reading in the Women's Center on Thursday, Nov. 11, from 9:40 to 11 a.m.

Ms. Fraser was winner of the Dylan Thomas Poetry Award from the New School in New York in 1967. She is presently teaching at San Francisco State University.

Her published works include WHAT I WANT, a collection of poems, and STILTS, SOMERSAULTS, AND HEADSTANDS, a book of children's poems.

Ex Cañada sport stars Active elsewhere

Colts lose to USF champs

by Gary Shreier

Where are they now? In case you're wondering what some ex-Colt stars are doing these days, check out the following.

Jose Esquivel, Flo Ramirez and Ed Chittenden are starters on Cal State Hayward's soccer team; Mark Endsley is playing soccer for San Diego State; Mickey Brown, Canada's all time leading basketball scorer is bidding for a starting forward birth at Idaho State; The University of Alaska is supposedly building their team around 6'8" center Tim Burgess, who led the Colts in scoring last year; 7'1" Guy Kinsley, a back-up center at Canada two years ago, is hauling down rebounds for Chapman College in Oregon; playmaking guard Greg Fobbs, also off Canada's 1974-75 team is

dribbling basketballs for Sacramento State; Keith Comstock, the Colt's all-state pitcher last year, played baseball for the California Angels' rookie team last summer before injuring his ankle.

Canada's sports season moves indoors with soccer and cross country coming to an end. The Colt basketball team scrimmaged Chabot Nov. 3 and goes to Oakland Nov. 12 to scrimmage Laney.

Canada's wrestling team is working hard in preparation for their season which begins Nov. 19 in Susanville.

For further details on these teams look for previews in upcoming issues of the WEATHERVANE.

Proving they can compete with anybody, Canada's soccer team played their hearts out in dropping a 1-0 affair to the University of San Francisco, defending NCAA champions before a huge crowd at Sequoia High School's Terremere Field.

USF, who left their head coach and most of their first stringers at home, still had the advantage in size, age and experience. Colt coach Sil Vial also pointed out the Dons had 18 players on scholarship. Yet the Colts managed to stay in the contest even dominating the Dons on a few occasions.

Canada took an apparent lead mid-way in the first half on a goal by Steve Biddle. It, however, was disallowed due to an offside penalty. "Raphael Miranda stepped out of bounds then, being as eager as he is, stepped back on the field and was ruled offside," explained Vial of the infraction.

USF took the lead with just 30 seconds remaining in the first half when Tony Gray of the Dons fired in a shot past the outstretched arms of goalie Jim Amos. That later proved to be the winning goal.

It was a defensive struggle for most of the scoreless second half. "We had our chances and they had theirs, but nobody could put the ball through," said Vial. Unofficially, the Dons had 22 shots on goal, the Colts eight.

Vial was happy with his team's performance. "We played one of our best games. They're the national champions and we played them very well," he said.

"We came down here thinking we'd blow these guys out but they kept coming at us and coming at us ... Shoot, they're a lot better than some four-year schools we play," said a USF player after the game.

Another significant factor for Canada was the crowd reaction. It was perhaps the largest and most enthusiastic group of fans that ever greeted a Colt team. It responded with large roars of approval everytime the Colts were on the verge of scoring or made a fine defensive play. "I've never had anybody cheer so loud for me. It was just great," said a Canada

player.

"You know, this is the first time I ever watched a college soccer match after watching the professionals in Oakland and San Jose over the years. And let me tell you something—those young

college boys make the pros look dull. They are really something," said a veteran soccer fan.

Vial was pleased with the attendance at the game. "I was happy to see that many people. We really didn't publicize it. We didn't have time to push it," he said. "There were about 400 people there. This indicates that if we had lights up here, we could draw 600 or 700 people."

The Colts meanwhile have clinched their fifth Camino Norte Conference title in six years with victories over Los Medanos on Oct. 26 and Merritt on Oct. 29.

Against Los Medanos, coach Vial started his second stringers. They're lack of playing time showed as the Colts had difficulties reading each other at times.

Canada, though, was able to take a 1-0 lead eight minutes into the game on a goal which was credited to Luis Sandoval after it was deflected into the net by a Los Medanos player.

Canada carried this lead up

until the final minutes of the game when Vial decided to send in his first string troops. They scored an insurance goal when Miranda booted one in from about 10 feet.

Things were a bit easier against Merritt. After taking a 7-0 half time lead, the Colts went on to clobber the T-Birds 9-1.

Once again, Vial was able to clear his bench. Miranda scored

three times, Brendon Hennessey and Steve Biddle scored twice while Pat O'Malley and Mark Zylker (the youngest of four brothers who have played at Canada) got their first goals of the season.

"It was just another mismatch. We're just a little too strong for these teams," said Vial of the victory. "It's a challenge for them to play Canada, but it doesn't help us."

In games which mean nothing in the standings for Canada, the Colts took on Santa Rosa Nov. 2 and travel to Alameda Nov. 5.

Canada notes: Juan Colin, who led the Colts in assists last year as a freshman, quit the team earlier this year ... Ted Casior, who has missed a good part of the season with an injured knee, is working out with the team and should be ready for the playoffs.

Co-eds Get team

"It's go" for a women's softball team for spring, says Rich Anderson, head of the P.E. division.

With pledges of financial support from the administration, Anderson thinks obstacles such as supplying equipment and scheduling can be ironed out by spring semester.

Eva Casey, a part-time P.E. instructor, will guide the team through its first semester. Gordon Grey, a long-time baseball coach and instructor of a women's conditioning class, will take over in the fall.

Twenty-one women expressed interest in softball according to a questionnaire distributed during registration. Of that number, two said they'd played varsity level softball.

Mrs. Casey is in the process of contacting the women who expressed an interest in the sport.

Of 844 women responding to the sports questionnaire, 95 said they'd like to participate in women's varsity. The majority of those were between 17 and 22.

Best team time For harriers

Despite dropping a pair of dual meets to Camino Norte Conference co-champions Solano and Marin, Canada's cross country team recorded its best team time of the year in a three-way meet held in Kentfield Oct. 29. The losses put the Colts' record at 2-5.

"Winning is irrelevant at this point. Our goal right now is the conference championship. If we could finish in the top four, it would qualify us for the Northern California meet," said coach Mike Ipsen. The CNC championships will be held on Nov. 6 in Fairfield. "Hopefully everybody will be healthy by then," he went on to say.

Noe Vigil, the key to the Colt chances, is still bothered by a bad leg. But he's "coming along" according to Ipsen.

Steve Honey's time of 22:59 on Kentfield's four-mile course was tops for Canada. That was good enough for an 11th place finish. Tom Bales finished 12th with a time of 23:06 and Mark Merry finished 13th with a time of 23:08.

Dr. Cory app't.

Continued from Page 1

When the question was put to her about why we need consumer education she asserted, "Every single adult needs education. Because what you knew in the past is helpful but not adequate for today.

"An example of this is 75 percent of the materials in the clothing you are wearing did not exist ten years ago, about 40 percent did not exist five years ago. You need to know what you're buying, how to care for it. You have to be taught these things. Otherwise you're going to buy hit and miss and waste many, many dollars. Also no one needs to be told how the housing picture in rentals and home buying and selling has changed in the last three years.

Dr. Cory explained "the

frequent comment of students who take the consumer education course and evaluate it is that it should be a required course. It is needed by everyone because

change in products is so rapid individuals can no longer rely on family training or peer information. For example, the last five years has brought vast changes in foods you are swallowing, especially in the additives that are being used, and we don't know the effect of these additives will be either short or long range.

"Inflation that will continue and resources that will become scarcer are facts of life today and every consumer has no choice but to learn to cope with the everyday problems," concluded Cory.

Volunteers needed for P.E. study

Men under 30 are needed for a conditioning study to be conducted by the P.E. division and Stanford University starting in January. Volunteers should be healthy and not have participated in a regular exercise program during the previous six months.

The study will examine the effect of exercise on the heart rate. Participants will receive free extensive physical examinations before and after the study. For more information, contact Rich Anderson in the P.E. division.

Grapplers duel

Canada's wrestling teams first match of the 1976-77 season will be Nov. 19 against Lassen in Susanville.

Cross Country				
Nov. 13	Sat.	Nor Cal Meet	Belmont Hallmark Course	11 a.m.
Nov. 20	Sat.	State J.C. Meet	Moorpark College	T.B.A.
Wrestling				
Nov. 19	Fri.	Canada-Lassen Skyline-????	Susanville	5 p.m.
Nov. 24	Wed.	Canada-CSM Skyline-Foothill	San Mateo	4 p.m.
Soccer				
Nov. 5	Fri.	Canada-Alameda	Alameda	3 p.m.
Nov. 13	Sat.	N.C. soccer playoffs	T.B.A.	T.B.A.
Basketball Scrimmages				
Nov. 12	Fri.	Canada-Laney	Oakland	7 p.m.
Nov. 17	Wed.	Canada-Notre Dame	here	7 p.m.



Double cross a friend.