

## New Health Plan Now Offered

This Fall offers a new student accident and health insurance policy. For the first time on campus, health insurance has been made available to all students enrolled in a minimum of 4 semester units. Previously, health insurance had only been made available to foreign students through a special mandate given by the San Mateo Community College District head. Through two years of effective efforts by school health officials and people at the Alumni Insurance Agency, what is consid-

ered to be an "equitable" and "worth while" health plan has been formulated and implemented. "This is the first time we have been able to offer quality insurance to all our students with over 4 units," said Joyce Harrington, one of two registered nurses at the student health center.

The new policy offers coverage of up to \$35,000 with a \$50 deductible per illness, which is waived if the illness is reported within 48 hours. The policy covers hospitalization and services by any licensed

physician of your choice. The cost, which can be paid semi-annually, is \$190 per year. Eligible dependents include the spouse of the insured student, and any unmarried children under 19 years of age who are not self-supporting and reside with the insured student.

Enrollment is going on now through September. For more information please call the student health center at 364-1212, Ext.309, or stop by building 5, room 213.

## Problems? See Psych. Services

Worried about midterms, parents getting on our nerves? Did you find out that your best friend is going out with your girl friend and now you are depressed about it? If any of these problems sound like you or someone you know, then maybe you should go visit our psychological services department right here at Cañada. The people down at the psychological services center can help you with everything from problems with your home life and love life, all the way to how to deal with being an adult child of an alcoholic. Services are free and completely confidential to all registered Cañada students and staff.

The Psychological services center has individual counseling where they can help you with emotional problems with in-depth counseling and therapy. Help is also available with couples experiencing marital problems. For those individuals needing more than just a few sessions then referrals are available.

Maybe you feel better discussing your problems with others that share the same problem. In that case, group psychological services are available. The sessions are usually held with the school psychologists, counseling interns, or peer counselors. The length of the sessions and the topics that are discussed vary depending on the students' interest.

You might feel more comfortable talking with someone who is about your age and who might identify better with what you are going through. If that is the case, then Psychological services offers peer counselors who are trained to provide support and a sympathetic ear. Peer counselors also can provide referral information for a wide range of programs outside of Cañada. The

peer counselors also help to organize the groups and special workshops.

If you would like to be a peer counselor, then contact the Office of Psychological Services or the Peer Counseling Resource Center by either calling 364-1212, Ext. 420 or by going down to the Peer Counseling Center located in the cafeteria. Or if you want to make an appointment, call Ext. 455 or drop into the center located in the Health Center.

## Shaw Play Opens Nov. 10 in the Flexible Theatre

November greets us with the opening of Cañada's second play of the Fall season, "Arms and the Man." Written by George Bernard Shaw around the turn of the century, "Arms and the Man" is a satirical love story which scorns British society of the time and its unyielding obsession with romanticism. The story takes place in Bulgaria in 1885 and tells of a young Balkan couple, "Raina" and "Sergius", who are absorbed in and preoccupied with romantic notions of love and war. Realism intervenes and leads both of their futures to an unexpected and ironic outcome.

The play is directed by William Kenney and features a local cast. It opens Thursday, November 10 in the flexible theatre and will run November 10, 11, 12, 17, 18, and 19. There will be a \$5 general admission, \$4 for students and seniors. Tickets will be available at the door or for reservations call 364-1212, Ext. 271.

## What's Going On

### ASCC Senator Reports Plans

The student government at Cañada College, known officially as the Associated Students of Cañada College (A.S.C.C.), has the duty of representing the students in the bureaucracy of Cañada. As the student newspaper, it is our job to keep you, the students, informed on what the student government has planned.

Senator William Sandoval was asked to give the Gazette a rundown on what's going on on campus in the near future. "At the end of this month," he began, "we're having a glorious student/faculty pot luck gala. We're planning a spring faire and maybe a talent show. We're going to try to get more barbecues for students, maybe one every week. We want to get a loud-speaker installed on campus to play some music for the students. And, right now, we're trying too get student voter registration up."

In closing, Sandoval added, "Every Wednesday, there's a student government meeting at 12 noon in various places. Students are welcome to come and give us their input. Phone extension 364 for locations."

**INSIDE:** Read "Dying to Win," Steroids in Sports, part one, on page 4



## EDITORIAL

## Our Generation is 'Out to Dinner'

By Shellie Terry

Twenty-two year old boy: "So what will it be, Chinese or Italian food tonight?"

Twenty year old girl: "Oh, how about Japanese, it's so gauche!"

Sound familiar? After all, what else do most 19-23 year olds think about? What else do we worry about? What really gets us riled? Not much, which is why I've dubbed us "The Dinner Generation": the group who can only get motivated over the debate of McDonald's -vs- Taco Bell.

Don't get me wrong, I'm not saying it's entirely our fault. Just think about the events, issues, and figures that surround us.

First of all, what events?!? We have yet to experience something as tragic as a war. Sure, there are wars in the world today, but they don't directly affect us. In most cases, our brothers, sisters, and other loved ones aren't being sent away without returning.

How do most of us feel about a major war? We've heard all the gory details of Vietnam (over and over and over again), but that's not how we see a war today, anyway. We all saw the TV movie *The Day After* a few years back - pretty grim.

We do have a "Beyond War" group at Cañada, but I think most of us are just burnt out on the topic. After all, why dwell on something that most of us, thanks to the media, see as the end of the world?

How about the issues? Are there any issues like there were when our parents were young? How about Apartheid in

South Africa, you say? But that's practically on the other side of the world, not in Redwood City, California.

How can we relate to any pressing issues like those of the 60's and 70's? We're not involved in a civil rights battle. We're not a "sexual revolution" because we're afraid of AIDS, and it's not cool to do drugs because they'll kill us. And, hey, most importantly, we don't have any catchy slogans like "make love, not war," with the possible exception of Bobby McFerron's new cheerful, "Don't Worry, Be Happy!"

And what kind of figures and role models do we have these days? Do we have any heroes? How about popular figures like musicians? We don't have someone like Bob Dylan to politically motivate us, or a group like the Beatles that everyone cherished.

Who do we have? Madonna, the ultimate "boy toy" who wants us to consider feeling "like a virgin?" What about Michael Jackson - should we really idolize a man who has a vocal operation so he can sound like a girl, and still considers himself "BAD?"

I know what you're thinking - what about U2? A group of guys who practically dress in rags, who want to go against the system, but would someone mind explaining to me what their songs are about? I can't understand Bono.

What kind of political figures do we have? I don't know about you, but I can't

relate to a near 80 year old man who applies too much hair dye.

Our parents loved JFK, we have a sad excuse for a vice-presidential candidate who wants us to think he's JFK. Please.

The only thing I see this presidential election good for is some serious verbal butchery. Maybe we can learn some of the points of name-slinging.

What of our most important role models - our parents? What kind of effect do they have on us? Think about it. I know maybe three or four people whose biological parents are still married. Marriage just doesn't look like a successful road to take. And for many people, having children is definitely out. If divorce is so predictable, why put an unsuspecting child through the torture?

So why else are we a generation obsessed with nothing but dinner? Maybe we've just counted ourselves out. I went to a job interview and at the bottom of my resume I wrote my birth date. The interviewer, a 40 year old man, laughed and said, "No one was born in 1968." I guess society believes we don't count either.

But realistically, 70% of 18 year olds didn't vote in 1984. Perhaps that's why political leaders don't acknowledge us. I think it's time to quit worrying about what we're going to eat. It's time to become our own heroes, talk about our issues, and make ourselves count. After all, we're the future.

## Student Body President Tells His Plans

The Fall semester is well under way, and Gary Olmstead, Cañada's Student body President is right on top of it. Olmstead feels the student government is made up of an "excellent team," which includes his partner Edith Alamis, the vice-president. The first meeting, which included the five new senators was held Wednesday, October 12.

Olmstead already has some changes in

mind. At the top of the list, Olmstead is hopeful of establishing a new staff position at Cañada. The position would be a "Permanent Student Coordinator." Making changes on campus is a slow process, and because the elected officials serve for a maximum of two semesters, a lot of ground is lost when new officials are elected. The "Student Coordinator" would "act as a liaison between the institution and the student government." He would be able to pass on the ideas and progress that the last group had achieved. Olmstead has already addressed this issue with Cañada's Vice-president Jack Greenalch and is hopeful of making some headway in the near future.

Other plans for this semester include a giant special foods potluck dinner for all students, faculty, and staff. It will be a casual type get-together that will give the students as well as the staff a chance to mingle, and hopefully "lessen the feeling of separation between the institution and the students," says Olmstead. A Masquerade Ball is also being planned for later this month.

## New Club Starts Off With Big "Swing"

Cañada's newest club, The Hammock Club, was designed as "an opportunity for individuals to exchange and interface ideas in a looser atmosphere" says founder and president Matt Cizanckas.

He feels that, currently, "the learning experience is isolated within the classroom, perpetuating confined perspectives of any given topic."

The Hammock Club's first official meeting will be held tonight, October 14 in the cafeteria. It's dubbed as a "Pot lick dinner dance." This could easily be the best party on campus this year as the Latin America Club and the ASCC have expressed interest in participating.

Cizanckas is encouraging all students to bring some sort of food and their favorite records. Cañada finally has a chance for a great party, so let's all be there.

Remember the Hammock Club's official motto - "Born to hang around and swing."

## THE LONG VALLEY GAZETTE

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## SPORTS

## Bleacher Features With Big Urb

By Mike Urban

See?! You're reading me again....told you.

Anyway, right now is an admittedly slow time for Cañada sports teams, so I am forced to ponder things outside the lines of actual competition.

One such thing is the lack of crowd control at Cañada basketball games. Why is this? Maybe the lack of crowds to control has something to do with it. I would estimate the average attendance at Colt basketball games last season to be in the neighborhood of 100. And that's for a championship team that was undefeated at home! Fans didn't do "the wave," they did "the ripple."

Although the new season is still a couple of months away, steps are apparently being taken to drum up some extra support for this year's squad.

Part of the problem last season was a lack of student/faculty knowledge. Publicity was minimal until we qualified for the state play-offs, so most of our prospective fans were simply unaware. If this could change, so might the crowds.

Well, I hear of a plan to get the team some much-needed exposure and its being overseen by part-time coach/academic advisor Eldon Earnhardt. Eldon has been a Colt diehard forever and all of the Colt teams have benefited from his presence. He is organizing, with cooperation from Coast Conference Coach of the Year, Al Klein (get outta town, Pete Pontaq), an open-to-the-public scrimmage to better acquaint us with the team. Details have yet to be ironed out, but it sounds good to me.

There is no doubt in my mind that we played better in front of bigger crowds last year, and even though I'm not playing this year, I still want my boys to enjoy the charge that comes from a packed house. Besides, those games are fun! Down a couple of barley pops in the parking lot and get ugly. That's what the baseball homeys did last year and they were by far the best in the crowd.

So keep your eyes open for news on that scrimmage. Just think, if we can get big enough crowds this year, maybe they'll get that hard-ass from Campus Police to man the doors and we can wreck his weekend (\$44 for parking my scooter down by the trainer's room....janitors with tickets and badges, I tell ya).

By the way, Zerb got dinged in the head by a foul ball at the A's game on Sunday, so he couldn't help me out this week, but he'll be back. Until next time, we gotta chill. Word.

## State Champ Leads Golf Team

By Allison Kalhammer

When Javier Sanchez moved to Redwood City in 1976 from Michocan, Mexico, he had no idea that in eight short years he would become a state golf champion; for that matter he hadn't even heard of the sport "golf." Sanchez, a key member of Cañada's golf team has not only the "Junior College State Championship" win to be proud of, but also a whole slew of other top awards.

Sanchez, who was only 17 when he left his homeland in Mexico to move to Redwood City, had an incredible amount of determination from the start. He immediately took up working two jobs to support himself, and to send money to Mexico where his mother was still living. One of those jobs, working at Harry's Hofbrau, paid off in more than one way for Sanchez. It was through a series of promotions at Harry's that he was transferred to work at Palo Alto Municipal Golf Course.

At first Sanchez admits he was bewildered by the sport of golfing. Watching the players on the course each day, he had "no idea what they were doing." In Michocan they just don't have golf. His curiosity for the game was growing. After befriending the Pro at the golf shop at the course, Sanchez was given some old clubs, and began going down to the driving range each morning before work. "All of a sudden I was hooked," says Sanchez.

Eventually Sanchez joined the Palo Alto Municipal Golf Club. It was there that he would occasionally run into members of Cañada's team practicing themselves, and also a Cañada teacher who began promoting the idea of Sanchez joining Cañada's golf team. When Jerry Drever, Cañada's golf coach called and asked him to try-out for the team, Sanchez accepted and made it.

Since then, Cañada's acclaimed golf team has won the 1988 Northern California and, best of all, the Junior College State Championship last semester in Los Angeles. Sanchez, not surprisingly was a medalist at the Championships.

Sanchez's other medals (trophies), include the Mexican/American Champion two years in a row ('86, '87), the Palo Alto Municipal Golf Champion three years in a row ('86, '87, '88), and the Western State Champion twice ('85, '87).

Unfortunately, this is Sanchez's last year competing with Cañada's team, as the limit is two years of participation. Asked what he thinks about Cañada's team, Sanchez says, "I think it's great. The coach deserves a lot of credit. He's behind you all the way, but if you screw-up, you'll hear from him!" Sanchez also has a lot of respect for his teammates, "All the guys are great, I learned a lot from them, watching other people play, and I think they learned something from me too. I'm the oldest person on

the team."

Any hopes of turning Pro in the future? Sanchez says he'll see how things go this year. "It's a tough road, but if the opportunity arose, why not?"

Sanchez, who is now married, and has an eleven year old daughter, continues to work at the Palo Alto Municipal Golf Course as a greenskeeper. Always eager for improvement, with what free time he has, Sanchez is also taking classes at College of San Mateo in Horticulture/Landscaping.

One of the many happy memories of Sanchez's rewarding golf career was the return as winners from the LA State Championships. Coach Drever had been continuously saying, "the best is yet to be," all semester long. When the team disembarked from the plane, along with all of the proud family members, fans, and press was a huge banner waiting that read, "The best is yet to arrive!"

## New Face in Training Center

If you've spent any time in the gymnasium this semester, you may have noticed a new face down in the training center. That face belongs to Bob Carlson, who has joined the athletic program at Cañada, and a reporter was lucky enough to talk with him for a few minutes.

Carlson received his B.S. in Physical Therapy in 1973 from Cal State Long Beach. In addition to training at Cañada, he now trains at Woodside high school, volunteers time and equipment at C.S.M., and runs his own rehabilitation center in Redwood City. While training at the high school and junior college levels may not be the most lucrative aspect of his work, it gives him a chance to work within the community and it isn't bad for business either. Besides....he enjoys it.

Carlson's center is located at 399 Bradford, suite 105; right across from the T.R.E.A.T. building where he was once involved in a partnership. The 4,000 ft. facility hosts treatment tables, private rooms, and lots of exercise equipment. He also has a spine therapist and a back-to-school offer. The emphasis, Carlson says, is on the return to function. Electrical machines, massage, and heat therapy are just some of the conservative therapeutic methods used to relieve pain and aid in muscular re-training.

If you have a chance, stop in and say "Hello" to Bob Carlson in the training center. He'll probably be taping, icing, and wrapping, but as Matt Magee, 6'5" basketball hopeful says, "He's always available when he's on campus. He's a pretty nice guy."



## Turning to Drugs

# Today's Athletes Are Dying to Win

By Kellee Hartman

The hypodermic needle oozes a drop of its thick, golden syrup as the 5'11" line-backer bends forward. He bites his lip and looks sideways into the bathroom mirror; making sure to hit just the right spot. "There," he thinks, "just eleven more of these and I'll be up to 235 lbs." He pops five tiny white pills into his mouth and swallows them dry.

Insulin? No. Heroin? No. Unfortunately, the scene described is not an uncommon one. Athletes across the world are turning to drugs to enhance their performance, increase their weight, or "rip up"....they are turning to anabolic steroids. Millions watched as Canadian Ben Johnson thundered down the track in the 100 meters, edging out American Carl Lewis. Hours later, it was announced that Johnson would be stripped of his gold medal because he had tested positive for Stanazolol, an anabolic steroid which is believed by many coaches and athletes to be undetectable.

The reaction of many was that Johnson was nothing but a cheat, but others were more honest and realistic. As Edwin Moses put it, "The reality is that athletes know what they have to do to avoid getting caught. It's common knowledge that those who get caught simply make a mistake." You may be thinking, "Well, what's wrong with using steroids if they will build better athletes? They all look pretty healthy to me." The truth is, some of the negative side effects are visible or temporary but more are not.

Steroids were first developed in the 1930's by physicians to build body tissue and prevent the breakdown of tissue that occurs in some debilitating diseases. In layman's terms, testosterone causes the retention of nitrogen - the source of amino acids and protein - and so increases muscle mass. The Food and Drug Administration reviewed these drugs, however, and failed to find evidence that they were effective for those purposes. In the 1950's, the Russians gave their male and female athletes testosterone. They dominated international sporting events until other countries jumped on the band wagon.

An American doctor soon developed a variation of a drug related to testosterone that was supposed to build muscle while minimizing the masculine side effects. I suppose he was inspired by the fact that some of the female Communist athletes had to be given chromosome tests in order to prove their femininity because the masculinization effect was so advanced.

Today, about 80 testosterone derivatives are available, and 22 are commonly tested for prior to some sporting events. None of the steroids popular among athletes are available over the counter and several are outright banned substances.



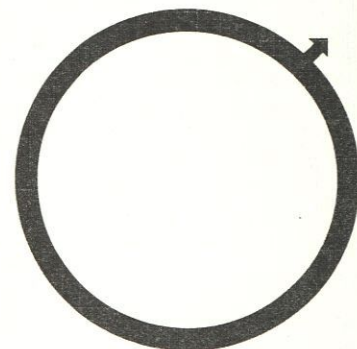
There are three ways steroids can be taken. Oral steroids, like Anavar and Dianabol (D-Ball), are taken in pill form. As one body builder said, "They are like candy....they'll make you as strong as an ox." Injectable steroids, like Deca-Durabolin or Primabolin, are oil-based and remain in the system for several days. Water-based steroids, or acetates, like Chorionic Gonadotropin (HCG), remain in the tissues for only a short time and are often used by athletes prior to testing. Many users "stack" several kinds at once to reap their different benefits all at once. Some people may believe that one type of steroid is "better for you" than another, but the truth is that everything must be filtered through the liver. The human body cannot be fooled.

There are only a few positive (but short term) effects of these drugs, such as increased size and strength, enhanced athletic performance, boosted self-confidence, and an appealing "cut," or defined muscle quality. Each steroid has a different purpose. The negative effects are astounding. Men can experience a decrease in sperm count, impotence, prostate enlargement, baldness, and the development of breasts that sometimes produce milk. Women may suffer increased body hair, deepening of the voice, baldness, shrinkage of the breasts, and enlarged genitals. In both sexes steroids cause acne, high blood pressure, vomiting, atherosclerosis, and liver failure. Steroid users often experience anxiety attacks and uncontrollable aggressiveness, referred to on the street as "roid rages." Don Hazen, a power lifter, was

preparing for a meet and was taking 3 cc's of an anabolic injection twice a week and 40 mg. of Dianabol daily. He did this for twelve weeks, one cycle. He got bigger and stronger than ever, but was also experiencing a loss of appetite, anxiety attacks, and uncontrollable fits of anger for no apparent reason. He even became suicidal. Finally, a psychiatrist diagnosed Don as having an overabundance of dopamine present and a bipolar affective disorder, both caused by steroid abuse. The ex-power lifter is now on a potent prescription of Xanax, an anti-anxiety drug, and Lithium, often used in the treatment of manic-depressives and schizophrenics.

With a list of negative side effects like that, you would wonder why anyone would sacrifice so much for a mere "moment of fleeting excellence." Cañada College trainer, Bob Carlson feels that athletes are not looking at the whole picture. Take, for example, our 210 lb. football star. He's good enough to play college level ball, but if he hopes to go pro one day, he had better put on about 25 lbs. He knows that a lot of the other guys are taking steroids, and they have even encouraged him to do a cycle. His coach has hinted around about it as well. After his first cycle, he's up to 225 lbs. Heavier, but not heavy enough. Just one more cycle should do it. After his second cycle, he's reached his desirable weight but loses ten pounds only a few months after going off the "juice." To maintain his gain he continues to cycle, one after the other. The steroids have become a psychological addiction.

(This story, "Dying to Win," will be continued in the next issue of The Long Valley Gazette.)



Steroids can make a man bigger and smaller at the same time.

STEROIDS ARE NO JOKE