



THE BULL FROG



Vol. V No. 3

Columbia Junior College

February 7, 1974

Tjader to Jazz Forum

Vibist Visits

Cal Tjader was a show business veteran when he was ten years old; he was raised—not literally but figuratively—in a trunk and grew up backstage in the innumerable theatres where his father toured with the Duncan Sisters in vaudeville.

You can tell Cal's background every now and then when he gets into something like a Merv Griffin show appearance. Then it's not just "Cal Tjader Vibraphonist" or "Cal Tjader, Soul Sauce Latin jazz." It's "Cal Tjader, Hooper and Ad Libber" and it fits.

Before Cal got into music, he tap danced in vaudeville, even appearing once in a film with Mr. Bojangles, Bill Robinson. Then he settled in the warm San Francisco peninsula town of San Mateo and took up drums—a natural move for a dancer. Then came a period in the U.S. Navy ("I played an officers club in Guam!") and Cal returned and ended up in Prof. Wendell Otey's experimental music workshop at San Francisco State College where he met alto saxophonist Paul Desmond and pianist Dave Brubeck.

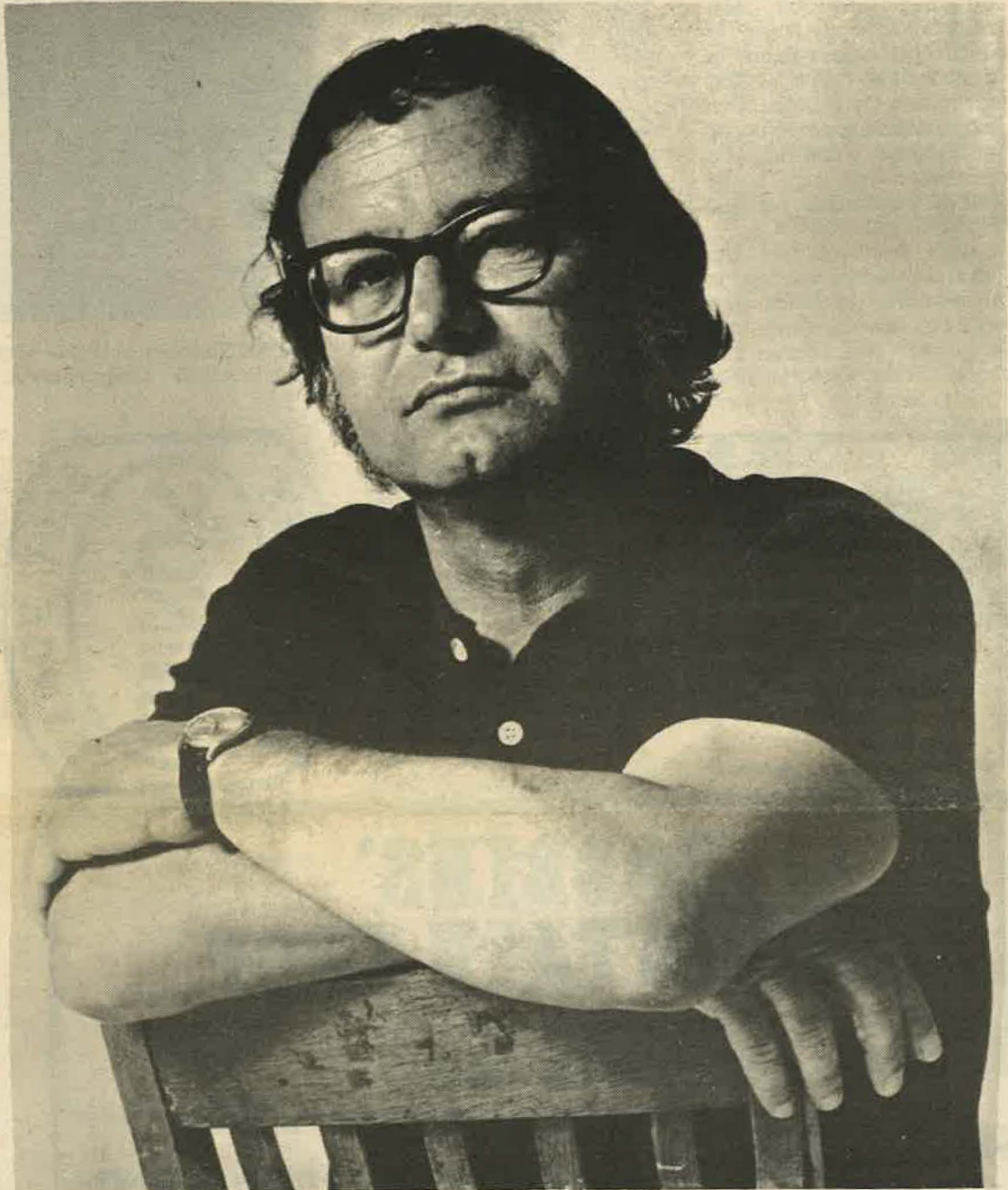
Cal was the original percussionist with Brubeck, making jazz history with him in the beginning of the Brubeck group. Then, wanting to branch out on his own, Cal led a small group for a while but was enticed by George Shearing to join the latter's Quintet as featured vibraphonist and Latin percussionist. Cal had picked up on the New York Latin big bands of Tito Puente and Machito from his visits there—"I always had an affection for Latin rhythms and I was looking for something different." When Cal left Shearing (after winning all sorts of honors for himself as a vibraphonist) he formed his own group again and began to record consistently for Fantasy. He cut a series of over 20 albums for Fantasy before moving to Verve and later to Skye and the list of people who

played with him or recorded with him during that time is really impressive. It includes Vince Guaraldi (composer of "Cast Your Fate to the Wind"), Mongo Santamaria, Willie Bobo, (both well known leaders now of their own groups), tenor star Stan Getz, bassist Al McKibben, Armando Peraza, Latin percussionist Johnnie Rae and saxophonist Paul Horn.

Cal's records have been consistent sellers over the years. Some of his more ambitious projects with arrangers Clare Fischer and Gary McFarland have earned special places in contemporary jazz history. Several years ago Cal took an Afro-jazz composition by Dizzy Gillespie and Chano Pozo, the great congo drummer from Cuba who starred with the Gillespie band of the late 40s, arranged it for his own style and re-titled it "Soul Sauce." It was one of the biggest hits any graduate of the Down Beat Poll ever had.

Today Cal records exclusively for Fantasy where he began his recording career as Dave Brubeck's percussionist. His albums are consistent chart entries and he has a substantial following on

cont. page 8



Cal Tjader, famed Vibist and Jazz musician, will appear February 7, at 8 o'clock in the CJC Forum. Everyone is invited and admission is free. The concert is sponsored by the CJC Community Services office.

Consciousness Expansion Demonstrated

Kohoutek Celebration

By Ron Johnson & Jim Hastings

"The coming of Kohoutek. . . . The rarity of a comet in our midst, reminds us of our essential connection with the cosmos. . . signaling a time of celebration and renewal. . . An occasion for the broader awakening of Consciousness."

This promise of celebration drew 15,000 people from all over the country to San Francisco on January 26 and 27 for two solid days of sensory overload. Columbia College provided a car and several faculty members and students, learning of the celebration at the last moment, attended the event. Frank Russell, Jim Hastings and Jodi

Lorrimer wandered through the maze of information booths at the San Francisco Civic Center listening to lectures, programs, demonstrations, musical performances and exhibits concerned with the expansion of consciousness. This gathering was stimulated by the gradual awakening to the fact that a human being's "normal" everyday state of mind is only a small part of the range of consciousness available.

Despite the fact that the celebration totaled 28 hours in duration, participants found it impossible to absorb more than just a few of the demonstrations and lectures. Because of this, there was an air of disciplined ex-

citement among consciousness devotees trying to see everything.

The celebrators learned that there are many separate paths to Consciousness expansion, including Yoga, Meditation, Biofeedback, Biorythms, the Rolphing massage technique, acupuncture and Kirlian Photography. These paths often lead to alternate lifestyles, energy sources and medicines.

Proceeds from the non-profit event will go to the Kohoutek Foundation, P.O. Box 1256, San Rafael, Calif., for grants, land purchases and research into consciousness expansion. Jodi Lorimer, Social Sciences I. A. will be lecturing on the event later this week. Time and place will be announced.

Interdisciplinary Approach

The Dynamic Duo

by Larry King

Two years ago it was suggested that the Curriculum Committee of C.J.C. consider a Human and Scientific Thought class. This semester it is finally under way.

This class has two teachers, Matilda Kamber and Bob McDonald, who present education with an advanced method. Mr. McDonald's dislike for artificial separation of knowledge and Ms. Kamber's firm belief that education as a whole is one unit and should be presented that way, is the initial inspiration for the class.

Both teachers feel the ideal method of teaching is to combine methods and aspects of education into one unit. This course has been offered with the help of Mr. Hamilton. Together,

Ms. Kamber, Mr. Donald, and Mr. Hamilton are devising a method of teaching which relates mostly to 20th century man. The two teachers work outside of class to decide which direction the course should take, and what points are relative and should be taken in-depth.

Education is a unit and should be presented that way. A student should have a humanitarian outlook on science and also an objective outlook on philosophy. "We are taking the middle path between science and philosophy," says Ms. Kamber.

Diane Barker, a student in the class, expressed great enthusiasm in the two teacher combination. She went on to say, "I think it's great, and I'm sure we will accomplish a lot."

Rick Royar feels the class was a bit rough in the beginning of the semester, but is continually smoothing out. When asked how well the teachers are working together, he replied, "Both teachers bring out the best in one another."

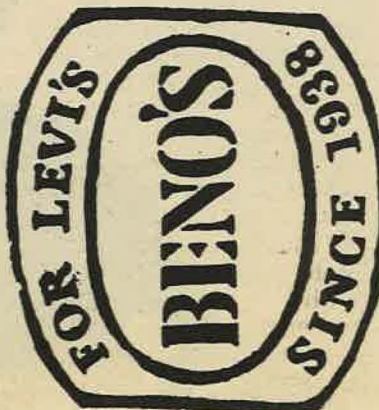
Both instructors feel this method of teaching should be applied to other subjects such as, English writing skills, logic, history, anthropology, and sociology.



Matilda Kamber and Bob McDonald share teaching responsibilities for the new Human and Scientific thought class, which follows an interdisciplinary approach to learning.



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Marijuana Initiative

CJC student, Ben Rizzotto, has been named Tuolumne County Co-Ordinator for the California Marijuana Initiative by Bay area activist group "Amorphia." Ben has been circulating petitions around campus and he reports 160 signatures to date. Amorphia has set as their goal the gathering of a half million signatures, confident that allowing for disqualifications, this will place the Initiative on this June's ballot.

"I want to stress that this Initiative calls for the decriminalization," he states, "and not for the legalization of marijuana. To prevent legal hassels each petition will only have 16 signatures. But the number of petitions circulated will be very large; so that overall we'll have the legally required number of signatures. Voters can circulate petitions if they wish to become part of the effort. Interested students can contact me at 928-3276 for petitions or further information."

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Poetry

Jon M. Hagstrom
Former Sonora Teacher
Gives Poetry Reading

Community Services sponsored live poetry readings featuring five published poets from the Santa Cruz area. They were presented on the Columbia Junior College campus on Thursday evening, January 31 and during the day on Friday, February 1, 1974.

According to Kirby Wilkins, leader of the group and a former Sonora High School English instructor, there has been an "extraordinary rise of interest in poetry in the Santa Cruz area which has resulted in the development of a number of exciting young poets." One of these young poets, Bob Lundquist, is a member of the group and read selections from his own poetry as well as selections from other poets.

Kirby Wilkins and his wife Anita, both readers in the group, attended Stanford University where they received their B.A. degrees, and San Francisco State University where they received their M.A. degrees in creative writing. Both have taught English and Creative Writing on the community college and university level. Although not teaching at this time, Anita has been engaged in local readings of her poetry in the Santa Cruz area and was recently featured in a television film, "Remember Our Fire with four other women poets, part of a series of programs on women.

In 1961 Kirby Wilkins taught English at Sonora Union High School and later taught the same subject in Japan, Pakistan, and Switzerland. Since 1967 he has been teaching English and Fiction Writing at Cabrillo College near Santa Cruz.



Columbia's Golden Days

by Gordon W. Tomlinson

Columbia was discovered by George Hildreth on March 27, 1850. George Hildreth and party reportedly took out 15 pounds of gold each day, for 3 days. When this news got out, the town grew rapidly. By April 10, 1850 between six and eight thousand men had found their way to Columbia.

The main business of the town was gaming and saloons. In her hey-day Columbia boasted 40 saloons, 43 faro tables, 4 banks, 17 general stores, 3 express companies, 2 fire companies, 3 churches, and 2 book stores. There were so many people in the immediate area that the four mile road from Sonora to Columbia was lined with miners cabins.

Columbia's downfall came as rapidly as her growth. By 1867 Columbia was almost a true ghost town. Very few people still lived in the town.

There were two reasons for the decline of Columbia. The first was a lack of water. There was very little in the beginning, and the mass of people soon used up what little there was. The second reason

was the "foreign miners tax." This tax was levied on all foreign miners in California. The miners were to pay 20 dollars a month for the right to mine. When the foreign miners heard about the tax, most fled to more out of the way camps or to find new diggins of their own. Columbia and Sonora were 4/5 foreign miners and the loss of this many men in the town of Columbia was too much, and the town died.

Today Columbia is a State park. Much of the main street is being preserved, and the town in general is still rich in history.

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We Need Golfers

Columbia's Golf Team is getting off to a slow start. Although there is still hope, one-third of the expected team is not available, mainly because they are just not attending Columbia J.C. any longer.

"Reasons for the shortage of players are because it was recognized too late and there was a lack of publicity. This is an ideal situation for interested golfers to play on three beautiful golf courses near by; Phoenix Lake, Don Pedro, and Pine Mountain Golf course. The golfer doesn't have to be great. Some experience and desire is all that is needed," said Bob Gibson.

The schedule for the first half of the season goes as follows:

DATE	COLLEGE	LOCATION OF MEET
Feb. 15 Fr.		Sonora
Feb. 21 Thurs.		Modesto
Feb. 28 Thurs.		Sonora
Mar. 1 Fri.		Stockton
Mar. 7 Thurs.		Stockton
Mar. 8 Fri.		Sonora
Mar. 15 Fri.		Sonora
Mar. 28 Thurs.		Sacramento
Mar. 29 Fri.		Sonora
Cal State College, Stanislaus		
Modesto J.C.		
San Jose City College		
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Editorial Page

Editorial

Litter Bugs Beware

Steven Pimentel

LITTER - GARBAGE

The Bullfrog staff was discussing the selection of stories for this issue when a late arrival came in with a cup of coffee, and the observation that the litter festooned about the cafeteria was becoming a problem.

Sharp news hawks that we are; we decided to make this a CAMPAIGN Great. How do you go about conducting a campaign? Someone (probably with a great future in government) suggested that a hidden camera shoot litterbugs, and that the Bullfrog run said pictures of the swinish litter fiends for all the campus to see and condemn.

A more extreme suggestion was that a days' litter be collected and dumped on the head of a picked-at-random litterbug. Psych students will recognize this as negative reinforcement. Then it was realized that the dumpee might dump a few fists on the dumper. Jocks will recognize this as "getting knocked on your ass."

I suggested a more subtle approach: like bringing in a piglet to photograph with the caption "Is This You?" But the Creative said this had been done so many times that it was becoming a cliché.

So, temporarily stymied, we floored the discussion and passed around copies of the last Bullfrog for pat-on-the-back-time. Copies of exchange papers were also circulated so that staff could modestly gauge their superiority. A few reporters drifted out for coffee and came back just in time to be dismissed. I finished my coffee and looked around the empty room. There on the desks were empty cups and discarded newspapers. Garbage! There went the whole CAMPAIGN.

No Smoking, Eating or Drinking

This sign is posted in all of the classrooms on campus. It is rigidly enforced (as it should be) by most instructors. It is not rigidly enforced when it comes to their own meetings. The Administration not only condones this duplicity on the part of instructors, but joins them in not following the policy set down. If it is not right for students to eat, smoke or drink in classrooms then why should it be all-right for the Faculty and Administration to do it?

"WHAT IS GOOD FOR THE GEESE SHOULD BE GOOD FOR THE GANDER"

William Harrold



A sour view of that sweet stuff.

America has turned into a nation of sugar addicts. In 1972 we consumed an average 126 pounds of caloric sweeteners per person. More than two pounds a week for each and every one of us. Enough sugar to cause serious danger to your teeth, general health and possibly even your heart.

If you think you're not eating as much sugar as the average American, you're probably mistaken. Much of our sugar intake is hidden in sweetened foods like snacks and soda pop, cakes and candy, desserts and cereals, and even in sauces and frozen vegetables.

It's high time we stopped the sweet talk about that sweet stuff. Here are some bitter facts from doctors, nutritionists and the U.S. government:

Sugar contains no vitamins, no minerals, no protein. Sugar contains only calories — as many as 30 per rounded teaspoon.

Sugar is not a necessary part of a balanced diet — you do not need to eat sugar at all since a healthy body converts all the energy it needs from other foods.

Sugar rots your teeth. Tooth decay afflicts 98% of Americans. And a dental bill can hurt even more than a toothache. Evidence indicates that sugar is the primary villain in causing tooth decay. The sour candy you suck on or the soda pop you suck up drenches your teeth in sugar.

Sugar can make you fat. When you eat sugar it's easy to take in more calories than you need because sugar is nothing but calories. And you only need a little sugar to get a lot of calories.

To The Editor:

I would like to answer some of the questions that were asked in the last edition of the Bullfrog in the Letter to the Editor. To start with his first question:

No. 1 Does the community and students want this, and have they been asked? Yes, they have been asked, and the response was favorable for the new facilities. When I asked people in the community their opinion, the majority said "I think a new gym with soccer field and track is just what CJC needs to expand and to really grow." The majority of the people that spoke against it, said they were against it because CJC was not worth anything and was just a waste. They never should have allowed it to be built. Few spoke against it because of ecology reasons.

No. 2 Is it in line with the college philosophy?

The Guiding Philosophy of the college states "There shall be change with a purpose." Since CJC is dedicated to the worth and dignity of each student—the majority, the minority, those enrolled and future enrollees, CJC shall be responsive to the needs and desires of the total community.

It was stated in 1969 by the Faculty Senate Committee on Physical Education and Intercollegiate Athletics, that as soon as possible, active and purposeful recreation and intramural programs and facilities be authorized and developed so as to emphasize the unique features of the campus and aspirations of the students and the total community.

No. 3 Can we the students—student body—the district afford it? Yes. We can afford it. It will not cost the students anymore to come here when the gym is constructed than it costs now. There will be no extra taxes for the community. The total cost for construction and equipment is approximately \$1,753,078.00. The district, Tuolumne and Stanislaus counties are paying approximately \$629,047, leaving the remainder to State Matching Funds, Bonds passed in previous years.

The building of this gym is not something new to the plans of the college. According to the map showing the master plans, the only thing different is that we have moved the track and field from a much larger hill to the smaller one where it is now to be built. The building was moved to where a parking lot was originally to be built.

The new access road through a gully was in the plans a long time ago. The entrance to the college that you are now using was to be the back entrance, with the one through the nearby gully to be used as the front entrance.

We could continue using SUHS's facilities but we are continually having to rearrange schedules to keep from conflicting with their schedules. Also by not having the facilities we need, it is keeping us from expanding our Physical Ed. classes.

I hope I have cleared up some, if not all of your questions on the new facilities being built. I also hope you will take the time and try to understand the need for the facilities. It is not something someone is trying to pull on you in a couple of months, it's something that has been in the making for a long time.

Thanks
Elaine Ruff

Dear Sir:

Prices of goods and services are rising every day. Work days and school days are being shortened. Older people are talking about a depression. The government has finally informed us that we are having an energy crisis.

We're switching to Day-light Savings Time to conserve energy. We're being asked to drive at a maximum of fifty-five miles per hour, limit ourselves to ten gallons of gasoline a week and keep our heaters at a temperature five degrees lower than normal.

Is there an energy crisis? Let's compare notes and come to our own conclusions.

The government has requested that the car companies make all their models so that they get at least twenty miles per gallon. A carburetor has been invented for cars that gets one hundred and twenty-five miles per gallon. A bus in Los Angeles has a sign on it: "Ride me. I get two hundred (passenger) miles to the gallon." But instead of mass producing these carburetors, the government lowers the speed limit to fifty-five miles per hour, asks us to limit ourselves to ten gallons of gasoline a week, and asks stations to close down three days a week. Cars could be made so that they wear out only after years of use, but in the interests of the capitalistic economic system, cars wear out, need repairs and need new parts.

An engine has been invented that runs and recharges on solar energy. Research and perfection of this engine would solve any threat of an energy crisis.

Oil wells and natural gas have been discovered on private citizens' property and the government prohibits them from selling it. Instances to my knowledge of this happening have been in Colorado and Oklahoma.

Doesn't it seem ironic that when we pull our troops out of Vietnam, where they were using thousands of gallons of gasoline a day, that our country is in the midst of an energy crisis?

Think about it, and inform others of the truth regarding the 'energy crisis. This crisis is just another way our government is trying to manipulate, exploit and control the multitudes.

Trish Enloe



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Vernon Hatler poses with his son, near some of their equipment at the Hatler Mill.

Hatler & Co.

Vernon and Beatrice Hatler have lived in this county almost 52 years. They first moved here from the State of Washington in 1922, and Mr. Hatler first started teaching at Bellevue school. It was a small, one room school at the time, that needed not only a teacher but a principle as well. Mr. Hatler filled both positions plus many others for nearly a quarter of a century. By 1946 Mr. Hatler was ready to retire . . . into the Lumber business, leaving the responsibility of both teacher and principal to his wife Beatrice, who has been helping her husband, plus raising ten children of their own, 6 boys and 4 girls.

By the time 1947 rolled around Mr. Hatler was in strong competition with the other 38 Lumber operations in the county. Hatler Lumber, at the time, was clearing about 1 million board feet Per Year. Throughout the years the lumber business became more advanced. With the use of machines and power tools to aid in the work, Hatlers' grew in size and unity, and today they are able to clear 12 million board feet per year. Today six of the Hatlers children work at the mill, each one having there own specific jobs. The work ranges from road construction to the transportation of the lumber. Today Hatlers' is one of the five remaining Lumber mills in the county.

Hatlers' now has a no-waste, no-pollution process. This means that

every part of the wood, saw dust and chips included are used and sold. This process has replaced the burning of bark and saw dust. This is one of the reasons that Hatlers' has been recognized by the department of Agriculture "for outstanding voluntary service and continual effort to promote environmental education in forest management."

Mr. and Mrs. Hatler have also been recognized by the Department of Health and Welfare; By the National Education Association; The California State Assembly; and by the California Senate rules committee for their outstanding service and teaching at Bellevue school.

Veterans

While in the service did you receive training in any of the various medical fields? If you received no formal training do you have an interest in the field of medicine? If you fall into one of these two categories there may be a place for you in one of the medical fields.

The current economic situation coupled with the reduction in availability of good paying jobs has not affected the health services field. It is estimated that within the next few years health services will employ the largest number of people in the United States.

To meet this demand the Federal Government has set up a program to aid veteran students who wish to enter the field of health services. There are immediate openings for trained veterans and training programs for the untrained.

If you are interested contact Bill Wilson, counselor, Room No. 622D; or call ext. 276.

You Are What You Drink

Richard Harafani

"Sir, have you anything to say about the drinking water here at CJC?"

"I don't think I've ever tasted it. Why, what's wrong with it?"

"Uh, and you Miss?"

"It just doesn't taste good, here in the rotunda it tastes good because it's cold." Responses such as these prompted this reporter to look into the campus water supply and means of disposal.

In interviews with Science Instructor, Bob McDonald and Supervisor of Building and Grounds, Paul McGinty it was found that the source of water for the campus was the lake, which in turn stored water from the PG&E ditch that runs through the campus. Water is channeled from the lake through pipes to the filtering system below and south of the Art building. Here with the help of Paul McGinty we get semi-technical.

The "raw" water first goes into an 18x18 foot "clarifier" which is a pretreatment plant where the water is pre-chlorinated and receives aluminum sulfate (which coagulates solid particles causing them to sink and be removed), soda ash (to counteract the sulfates acidity) and on occasion potassium permanganate (used mainly in the summer to deodorize the water due to algae). From the clarifier the water goes to the 25,000 gallon detention tank here it receives post-chlorination and then passes through a filter system made up of peagravel and sand. The \$50,000 clarifier is a relatively new addition to the system having had installation completed last October. The clarifier removes 99 percent of the sediments in the water and the filter just "polishes" the water now. From this system the water is pumped up to the 100,000 gallon storage tank up on the hill behind Fire Science. There are two electric pumps though only one is generally used. In emergencies both can be employed, and should there be a power failure there is an automatic diesel generator which would power the pumps.

When asked, Paul McGinty said that he made certain water checks daily and about "twice a month we make a bacteria test and send it to a lab in Berkeley" who in turn sends the results to the Tuolumne Health Dept. as part of a required pro-

cedure. Asked about the results he said, "We never have had any bad water." Concerning the water systems capacity, he said that if "the pumps ran 24 hours a day (they would process 300,000 gallons of water," as it is the pumps are automatic, going on when needed. The campus now uses 25 to 30,000 gallons per day. The college pays PG&E for water taken from their ditch according to a "miners" inch, water is taken from the ditch mostly in the summertime.

The lake itself, with a five acre surface area, was originally built by hydraulic miners in the late 1800's. Remnants of their operations can be found on campus. When the property was bought for the college the lake was drained, cleaned out and a sand bottom was put in. The island in the lake was installed at that time as a wild-life sanctuary, providing nesting ground inaccessible to predators. According to Bob McDonald most of the ducks in the lake are domestic ones dropped off by people, but there are also wild ducks that visit or stay. Asked

about the effect of animals and humans in the lake on the drinking water; Bob McDonald said, "Aquatic animals have no effect, (as they are) part of the natural ecosystem. Humans and dogs (however) introduce bacteria and dirt that is not part of the natural ecosystem," adding that "Dogs and Man carry diseases that can be injurious to man (who is) basically a very dirty animal." Asked how strictly rules prohibiting swimming and dogs were enforced, he replied, "Not nearly strictly enough, I would like to see the No Dog, No Swimming rule enforced, especially since it was passed by the student body." Pertaining to the dogs he pointed out that seldom would a student tell its owner that they weren't allowed, stating "I don't like the dogs on campus because they keep the deer off campus." Before, there had been deer permanently on the 240 acre campus. Dogs have been known to have killed two deer and run off others.

Within the lake there are
cont. page 8

Republican to Run



By Ron Johnson

Lawrence A. Cenotto of Jackson announced his candidacy last week for the Republican nomination to the new Seventh Assembly District. The new district includes Alpine, Mono, El Dorado, Amador, Calaveras and Tuolumne Counties.

Cenotto was formerly Field Director for Assemblyman Gene Chappie, representative for the old district, who endorses Cenotto's Can-

didacy. Cenotto is presently on a leave of absence in order to run for office. He claims support of both Republicans and Democrats for the post, although this is probably optimistic considering smoldering anti-Republican sentiment in these rural working-class areas.

He was graduated from Compton College and from a radio-television school in Hollywood. Before joining Chappie's staff seven years ago, he worked as news director of KBEE in Modesto and as a reporter for the Sacramento Bee. Cenotto performed military service as a military Policeman in the Korean War.

In his news release announcing his candidacy, Cenotto, 42, said nothing about his platform, politics, or plans for the district if he is eventually elected. The only political inference that can be drawn from the fact sheet concerns his family. He has five children, indicating a kind of laissez faire attitude toward zero population growth.



Campus Question

By Steven Pimentel

1973 Brought us the Energy Crisis, Watergate, more war and the highest rise in inflation and shortages since WWII. What do you think 1974 has in store for us?



Donna Early: All I can do is try to think positive.



Judy Grinder: I think this world's had it!



Ben Rizzoto: There's a good possibility Nixon will resign, but I don't think he'll be impeached. I don't know about the economy—nobody really does.



Mike Fury: A lot of truths are going to come out in '74. Everything is really misunderstood right now. Nobody really has any concrete answers about Watergate or the energy crisis, if there really is one, because the oil companies have made enormous profits.



Mindy Shaw: It depends on what kind of Karma you have. Politically I don't think our government is upholding the Constitution.



Ann Maechler: Every time something bad happens in this country something comes along that corrects it. I'm placing my faith in god.



Ray McCray: I think there's going to be a depression. It'll be up to us fantastic college people to bring us out of it.



George Kong: I think history runs in cycles. The U.S. is going into a slight depression, but will come out of it as it did before.



John Minor: Christ is coming back

Racers

By Bob Guastucci

Considering the stiff competition that the ski team faced last week, we must all stand up and give them a "hand". They competed against some of the country's top inter-collegiate skiers. As an example, two of Nevada's skiers will most likely be selected All-American this year.

Unfortunately there were some difficulties. Number three skier in the slalom event, Randy Nelson fell during his first run and was taken to the hospital for treatment of a bone bruise. Wes Elam, jumper, somehow missed connections or was forgotten in the excitement and was stranded in Sacramento.

In the Men's Giant Slalom, Greg Dexter finished 6th. Ross Sanders placed 13th in Men's Cross-Country; while his female counterpart Pam Watson garnered a third. The girls really made themselves noticeable with Beckey Ross, Chris Keesler, Pam Watson and Kim Hansen coming in 9th, 10th, 12th, and 19th places respectively.

In the Men's Jumping, Greg Dexter, Wes Elam and Ross Sanders finished 9th, 16th and 19th. The jump had to be re-routed before the race because of the danger involved in the original jump, which was 50 meters. It is worth noting that Greg's longest jump was 19.5 meters or about 60 feet.

Rounding out the scoring for the women was the 4th, 5th, and 13th placings that Sale Firth, Chris Keesler, and Beckey Ross scooped up.

Europa



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NEEDS FOR
STUDENTS

Creative Page



photo by Cindy Meyers

Then It Was Women's Fault After All?

Then it was women's fault after all?
 Did you think it was her?
 The drunken woman with smiling eyes—dancing mid
 the floor
 And you filled with drink—calm, silent observation
 The woman smiling eyes of invitation
 So you took the cue, the move was made—
 Shunned, by the smiling eyes turned kind
 The pain flocking in tinged with bitter
 And many times later with overtures turned down
 A light shone stiff and splintered like a broken match
 stick, balanced on the edge of the table—
 Tottered and fell
 At bottom printed between the wooden grains of
 Scarred floor you saw need in large letters
 So, the dancing woman a tease?

Cm

Trust

Trust
 So I know I must in you
 Knowing that I won't lose
 That
 Somewhere in your eyes
 The gift of silent spring
 Seems

to speak
 to assure
 me

There will be no end
 that
 When I speak
 you will be back again.
 A hand for every need
 And a need for every hand

A part to be discovered
 A part we can't explain
 yet

Somewhere
 has never been enough
 That we may grow old
 only
 that

We may grow.

Karol Licht

WORDS & MOTIONS

- You are a stranger to me
 Speaking in conversational tones; staring with penetrating
 look
 Perceiving an unspoken message that if ignored, will lose it's
 Strength with each passing minute
 Acknowledged, and the circle is drawn
 Draw me how you wish to see me
 The drawing will fade with the morning light
 Naked skin, words and motions, lovers for the night
 An unsupported bridge, unclear to fascinated eyes
 And then the morning light on a faint lined drawing
 The subject indiscernible to eye yet vivid to memory
 And once more you are a stranger to me—

Cm

MONADNOCK

Being cared for
 Never impressed you;
 Feeling at home,
 Laughing off barbs like fish hooks,
 One end embedded, the other ignored.

These are new years, these seventies,
 And we are fresh tears, shed by the salty sea.
 So Let us dance with well storied tongues,
 Alight by that driftwood smoke,
 And a'wrapped in Irish woolens, court magic.

Let us not bespeckle our mondays so;
 Wire rimmed calderas hiss joy throughout
 The weak moments, asakening us to
 Steaming suanas.
 Stolid grandmother, we name you weary,
 But wise eyes admit decisions are arbitrary.

Tell me of glaciers, bricked high with firn,
 Tell me of whiteforest, refusing to burn.
 Tell me the salmon run, most waiting their turn,
 But please don't remind me that
 Americans don't learn.

tuolumne joe

I Am Lost

I am lost
 Between my innocence
 And my ignorance
 Old age not making anyone the wiser

The cuteness creasing
 The sides of my eyes
 The way I had with
 Life, handling everything
 As if I knew it were the
 Only way

The strength all gone too soon saddens
 With every planned smile
 I know too much
 But I am not wise

I'm hiding beteen complications
 Pressed with everything passing by
 I'm holding close to nowhere
 And waiting for someone to
 Watch me move.

Students and faculty and staff are
 urged to submit items to be published
 on this page. Drop off contributions
 at the Bullfrog offices.

Tjader

from page 1

college campuses and in the jazz clubs of the big cities where he can tour regularly with great success.

He has starred at—and periodically returns to—the big jazz festivals at Monterey and Newport and whenever he can take the time off, you find him jamming with the Latin bands in New York or L.A. or San Francisco.

But always still, Cal is on the lookout for new talent, for young promising musicians. He's shown in the past that he has a knack for picking talent and that knack is still with him. Mary Stallings, a girl Cal heard at a San Francisco jam session and brought to a record date, is now the featured vocalist with Count Basie.

And Cal's own talent just keeps moving along, absorbing influences and ideas and producing good music. And making interesting and successful records.

Columbia Question

There is a question as to whether the title Bullfrog is appropriate for the CJC school newspaper. According to some on campus, Bullfrog just doesn't get it. Many feel the title represents Calaveras County rather than Tuolumne County. Others claim the name doesn't represent the atmosphere of our college. New titles such as Mountain Times and the Columbia Courier have been suggested.

The staff of the Bullfrog wants you to help us make your paper right. Suggestion boxes will be located in the cafeteria, Rotunda and Bullfrog office.

Fill out the coupon below with a fresh new idea and drop it off at your favorite box. A vote will be taken after suggestions are in.

Thank you for your cooperation.

CJC NEWSPAPER SUGGESTIONS

1st _____

2nd _____

3rd _____

Water System

from page 1

a variety of fish, and from a census taken last May during the breeding season by Science Instructor, Blaine Rogers there are an estimated 100 Bass, 500 Bluegill and Sunfish and 4 Catfish. These fish were introduced to the lake by the college along with an attempt to stock Trout. The census numbers were derived "from observation of fish in or near their nest."

Asked about the funny taste of the water noticeable on the tennis courts, Paul McGinty said it may be due to a lack of usage and possibly to the relatively new pipes. He added that the whole campus was hooked up to the same water supply.

The campus is also hooked up to the same sewage disposal system which is a self contained unit on campus. All sewage from the campus is taken through underground pipes to a ¾ acre sewage pond back of the Art building. It is dumped in the pond which has aeration tubes along the bottom which are used to inject oxygen into the pond. The oxygen stimulates bacteria growth that consumes the sewage reducing it to a liquid form. This in turn is sprayed out on a nearby hillside where it "percolates" down into the ground. "We have no

odor," maintains Paul McGinty adding that the only chemical used "is hydrogen chloride to clean out the aeration lines." He also said the system worked well and was in keeping with the environment, adding that it would "make plant life grow" if anything. Asked about the systems capacity he said it was "designed for 2,500 fulltime students, including approximately 600 living on campus." He also said, "Right now we're operating on half capacity."

Asked about the system, Bob McDonald said the "sewage system . . . I think is very good," and in answer to whether Lab chemicals went into the system he said they did, as does everything else and could be dangerous if taken internally or not diluted. Asked if there was a procedure for getting rid of chemicals he said only the "standard procedure . . . use lots of water." There are fish living in the sewer pond seemingly unaffected by whatever chemicals they meet with. The water and sewage systems cost an estimated \$250,000.

Concerning drinking water, Bob McDonald advised students using the PG&E ditch for water at home, to have it checked at the Health Dept. where for renters it is a free service.

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Good Food/

Good Health

There are numerous other more resistant ways of heating foods vegetables are blanched in advance so they all will be without losing their nutritive value. The two methods I'd like to discuss this week are stir-frying and barbecuing.

The stir-fry method has gained popularity during the last few years as more people are becoming aware of the foods they eat. Many Oriental dishes use this method to obtain the crisp texture of their vegetables. Vegetables weren't intended to be "limp remembrances" as too often is the case. Neither does one need a Wok, as health food stores would lead us to believe. Simply heat a little oil in a large frying pan. Have the vegetables you wish to cook all sliced in a uniform size (to insure even cooking), and stir them in the oil till they become translucent. This is a preferred method of cooking vegetables because the quick stir-frying seals in all the natural, healthy juices. When you would rather have "boiled" foods—simmer gently on low heat instead of harshly boiling away the nutrients. Save the water the foods were cooked in and use as a base for soups or gravies; or at least mix it with your animals food so that none of the vitamins and minerals that were cooked out of the foods will be wasted.

Barbecuing is one of my favorite ways to cook food. It's simple and fun and tastes much better than oven cooked foods, which I find become monotonous after a while. When I was a kid we barbecued any time our hearts desired—rain or shine. Our secret? We used an old, old metal wheelbarrow. On any rainy day we wheeled our barbecue right onto the porch and proceeded to have a grand picnic while our neighbors were consuming Campbell's Chicken and Stars.

The word barbecue has been traced back by some philologists to the Spanish "barbacoa" a raised platform for cooking, but other authorities (?) believe it originated among the French settlers in Florida, who roasted the native goats whole "de barbe en queue"—from beard to tail.

An important first step in barbecuing is to choose items that will cook at the same rate of speed, or to make the proper adjustments if they do not. When the meat or fish selected is a quick-cooking one, see that the onions, peppers or

vegetables are blanched in advance so they all will be done at the same time. (To blanch meat or vegetables, is to plunge them into boiling water for about two or three minutes after which they are thrown into a bowl of cold water and left until cold.)

The next time you desire a change of taste, try barbecuing either your meat or vegetables—how about Vegetarian Shish Kabobs? For additional interest and flavor, marinate the foods, a minimum of six to eight hours in the following:

TERIYAKI SAUCE

½ c. red wine
½ c. soy sauce
¼ c. oil

3 T. dark molasses
1 T. ground ginger
1 T. dry mustard
6 cloves garlic, minced.
salt and pepper to taste.

To serve with your barbecue try steaming your bread rather than baking it in the oven. Delicious . . .

STEAMED BOSTON BROWN BREAD

combine:

1 c. cornmeal
1 c. rye flour
1 c. graham flour
2 t. baking soda
1 t. salt

combine in a separate bowl:

2 c. buttermilk

¾ c. molasses

optional: 1 c. raisans

POOR MAN'S VERSION

combine:

2 c. cornmeal
2½ c. flour
½ c. wheat germ
2 t. baking soda
1 t. salt

combine in a separate bowl:

2 c. buttermilk

1 c. sweet milk

1 egg

¾ c. molasses

½ c. shortening (at room temperature)

Add liquid to dry ingredients. Pour batter into cans which have been buttered and dusted with cornmeal. Fill 2/3's full. Tape or tie lids on the cans securely so raising bread won't break the seal. Place cans on a rack in a large kettle. Add water to half the height of the cans and cover kettle. Boil gently for about two or three hours. You may need to add additional water as it boils away. Place cans in hot oven (400) for three to four minutes to dry top of the bread. Remove from cans immediately.

. . . Enjoy your health.

Linda Alane Johnson