

World food crisis — slavery today

The world food crisis continues to deepen every day. While we in the US face food shortages and skyrocketing prices, 10,000 people die each week from starvation in equatorial Africa, in Brazil, in India and Bangladesh. When we are told that bad weather and the population explosion are responsible and that the only thing we can do is to tighten our belts and work harder, many of us feel powerless. In this story we want to examine some of the reasons for the food crisis and what we can do about it.

Some Contradictions

A look at the facts shows that the situation is not as simple as the government and big corporations would have us believe.

* While many people in the world starve and people in black and other poor communities in the US suffer from malnutrition, cattle in the US are eating grain that could mean survival to these people.

* Poor people here go without oil for heat and gas. High food prices mean that many people will go hungry. Meanwhile, the US 6th and 7th fleets (which threatened war in the Middle East and Southeast Asia) get one-third of all Arab oil used by the US.

* People in Senegal starve because a drought has resulted in food crop shortages; yet profitable coffee and cotton crops there get water for irrigation.

We need to discover what causes are at the root of these contradictions and at the heart of the world food crisis.

Possible Reasons: Overpopulation?

Kissinger and the news media claim that the world food crisis is caused by overpopulation. But many poor nations in Africa and Latin America with few people per square mile face widespread starvation. For example, Brazil, which has 25 people per square mile (as compared with Japan with 732), is one of the areas in the world hardest hit by famine.

In order to receive US food, Brazil must implement some form of population control. Over a million women there have been forcibly sterilized under programs sponsored by Rockefeller and Ford foundations. This cannot be the solution in areas where overpopulation is not the problem.

It is the degree of economic development or underdevelopment, not population, that determines whether people eat or starve.

A Natural Catastrophe?

Often we hear that bad weather is the cause of food shortages today. Yet despite bad weather, 1973 was a record year for world food production and 1974 was a good year, too. According to USDA figures, the wheat crop hit an all-time high and the soybean crop was the third largest in history. However, 1972 crop failures did lead to shrinking food reserves. The government could have prevented this by putting unused land into production. Instead, farmers were paid to withhold planting on 60 million acres (15 per cent of US cropland). The result was a food shortage and higher prices.

Overpopulation and bad weather do not explain the food crisis. In order to understand the current crisis, we need to look at its real cause: who controls the production and distribution of food?

Food for people...or wealth for colonizers?

Many countries of the Third World are becoming more and more dependent on the US for basic food supplies. Under the US government's Food For Peace program, these nations are given money: not to develop their own agriculture, but to buy surplus food from the US. This program allows US grain speculators to dump their surpluses on poor nations rather than face price drops at home. US taxpayers foot the bill.

The result of having all this cheap food dumped on countries whose food industries are just developing is devastating. The native agriculture can't compete and the country stays underdeveloped and dependent on US aid. This has happened to the milk industry of Costa Rica and the soybean industry of Japan.

These countries need food in the first place because they were colonized by richer and more powerful nations, their fertile land seized and used to produce "cash crops": coffee, tobacco, rubber, cotton, bananas and teas. Two-thirds of the agricultural land in Latin America

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COLUMBIA JUNIOR COLLEGE MOUNTAIN TIMES

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Self-sufficiency in the hills

by David Hughes

Frank O'Dell of Rawhide is one of those legendary people you hear about.

He lived in a one-room cabin on Horseshoe Bend, he was worked over by the law and he has never been more than 350 miles from Sonora.

He also is in the sixth year of a 15-year plan to become self sufficient. Completely self-sufficient in food, energy and money.

Frank began working for self sufficiency because of his deep concern over the downward movement of the quality of the environment. "You used to be able to see Telegraph hill (the one with the radio relay tower on it) crystal clear from my home in Columbia. Now, every day there is a haze in the air."

He isn't doing it for the money, although "it does save lots of money---and the money saved can be reinvested in the project."

Frank is doing the work on the land and caring for his daughter, Victoria, while Monique, his wife, works in Sonora and Columbia to provide a cash income.

Developing a business

The first five years of Frank's self-sufficiency plan, from 1970 to 1975, were devoted to developing a business. For Frank it was pottery. He spent the time developing his skill as a potter, getting the equipment, testing the market and developing his theory of pottery.

The second five-year period is being devoted to "foundation work"---building rock walls, developing a terraced garden, preserving the produce, organizing

their home for efficiency and becoming energy efficient.

The third five-year period will be devoted to agriculture, energy production, pottery production and cutting his last ties with PG&E and Safeway.

One of the most important things in becoming self sufficient is working out a long-term plan.

"You need a plan. What about one day at a time? What of future needs---what about your own needs and the needs a thousand years from now? Everything in the plan is interconnected and in harmony."

"I won't depend on one PG&E source of energy. I will have five: methane generation, wind power, solar, wood and coal oil, all working together. I have to think everything out to make sure one piece or job doesn't conflict with another part."

Records are proof

Detailed, daily records are also important. By daily meter readings Frank can tell what is using energy and how to cut the use and make it more efficient.

The figures show the results. In 1974 his total power use was 20,855 kwh. In 1975 it was 6,299 kwh, and in 1976 he expects to

use around 3,000 kwh. His PG&E bill has dropped from \$17.76 in September 1975 to \$8.52 in June 1976.

He is planning to cut his use below PG&E "lifeline" amounts so he can use to lifeline to fire his electric kiln.

Frank's theory of pottery is interesting. He says the reason old items---antiques---are beautiful is that the function came first and the aesthetic beauty came second.

"Not how does it look but how does it work." The beauty comes from the function, not from the decoration.

He applies this theory to his pottery. He glazes the inside of a casserole dish to prevent the food from sticking (the function of the glaze) and leaves the outside of the dish unglazed ("no cover-up"). The beauty of the dish is the function of the clay and the shape, the practical use of the dish.

"So far in six years the plan is working. I'm satisfied with my energy non-use, with having fresh, healthy vegetables five months a year," says Frank.

Experience it yourself

Frank believes the only way

Continued on page 2

Flames erupt at propane tank

by Delores Cole

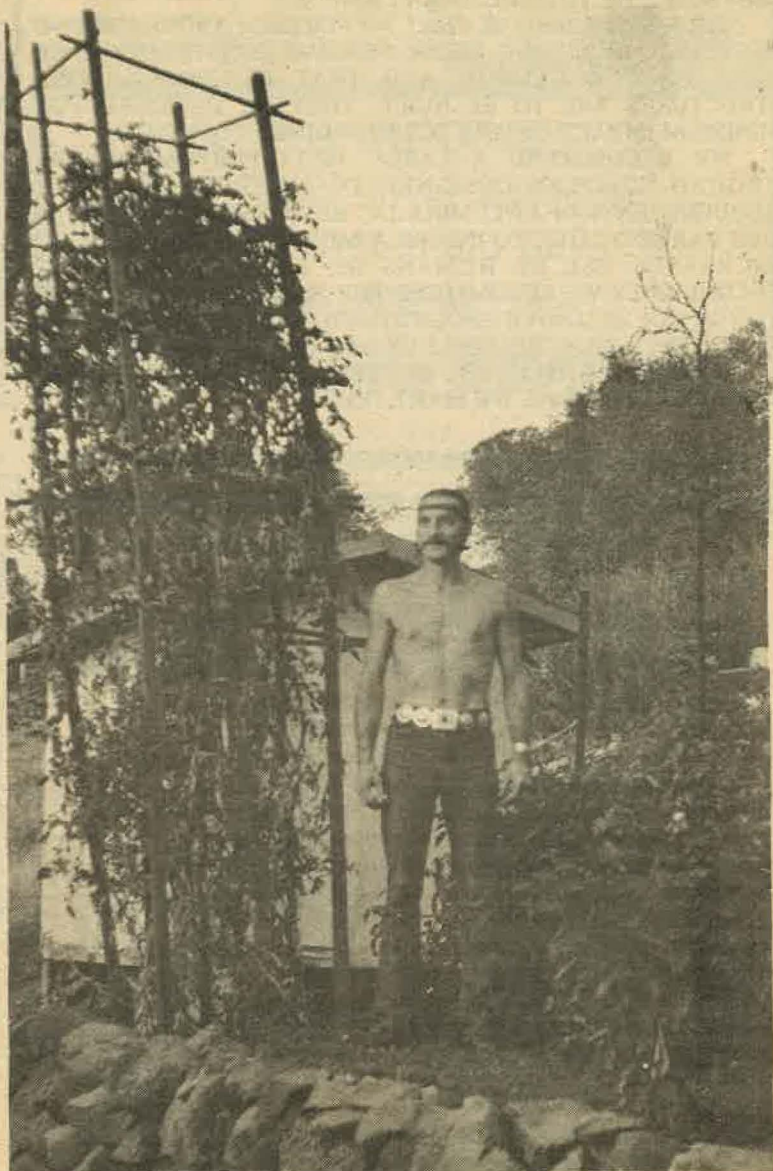
Birds are blamed for a fire which erupted at the campus propane tank on Sept. 29, causing minor burns to a college maintenance man.

The maintenance staff was investigating a lack of heat in the physical education building and found a bird clogging one end of the propane mix unit. While checking the other end, the air and propane mixed and ignited.

Maintenance Supt. Paul McGinty was treated and released at a local hospital for facial burns. He returned to the scene later while a new mix unit was being installed.

Two units from the campus fire department responded to the alarm and controlled the fire. About \$18,000 damage to the mix unit was caused by the fire.

McGinty later discovered seven birds had been clogging the propane unit. The new unit is "bird proof."



Frank O'Dell stands by his 12-foot tomato tree. Notice the stone wall and terraced garden, all part of the second five years of his 15-year self-sufficiency plan.

Dine amongst swine

by Laurie Sylvester

DINE AMONGST SWINE?

in the cafeteria.

How many times have you walked into the cafeteria and noticed the tables seemed to be a mess in the major portion of the area?

Funny thing, but upon closer viewing a person notices that the nonsmokers' tables (nearest the Womens center) are almost totally clean compared with the smokers' tables where many are heaped with trash. How a person can sit at these tables (without clearing them) and put up with the mess is beyond my comprehension. Unless of course, they usually dine amongst swine.

Any elementary or high school does not have cafeteria tables as messy as this college. Why? They can't smoke in their cafeteria.

What is causing this mess then? I propose that as a generality the smokers are the cause for the mess. It is a phenomenon which I have observed by spending a lot of time

At 7:45 a.m. the tables start out clean, with the exception of a dirty ash tray in the middle of the table. People come into the cafeteria. Some open their new packs of cigarettes, placing the cellophane in the ash tray along with their ashes as they drink their coffee to wake up to 8 a.m. classes.

Suddenly it is 8 a.m. and many dash out the door, pushing their empty coffee cups toward the ash tray--not enough time to pick it up and dispose of it going out of the door.

As the day progresses, some smoker has deposited his empty Salem pack on the top of the already heaped ash tray. Someone started using the coffee cup as an ash tray while eating his bowl of soup, burning holes in the styrofoam emitting poisonous gases in the air. He makes a neat pile of his cup, bowl and the ash tray in the middle of the table.

The next person leaves his empty budget-burger plate, plus catsup--and the list goes on until

you see this humongous mess.

This isn't written against the smoker as a person, but against the habit which he has fallen helpless slave to. For those of you who are still on the macho trip that smoking is "cool" in the eyes of others, quit kidding yourself.

Some people regard it as a filthy weakness, which sometimes leads to a few other lousy habits, such as trashing up the middle of a table -- and not respecting the nonsmokers' right to clean air and lungs.

These thoughts are even to my close friends, whom I still love as people. What your habits do to you is your business. If your habits affect me then it is my business!

If you take this personally, just remember, everytime you light up, I take it personally -- as a blow to my well being.

Nuclear waste causes mutation

From Rodale's Environment Action Bulletin Sept. 18, 1976:

Giant sponges, some up to four feet across, have been discovered growing on barrels of radioactive waste dumped years ago off San Francisco.

Atomic scientists say they have dissected sponge samples, and the creatures appear to be feeding on the radioactive waste leaking from the barrels. Ordinary sponges are no more than four inches across.

Scientists say that the radioactivity has evidently caused cellular changes, and that the sponges are true mutants--life forms never seen before.

So far the growth of the giant sponges shows no signs of slowing down, says the BBC, which reported the story on its morning news, Sept. 13.

Self-sufficiency

Continued from page 1

to know how to do something is to experience it. "I have planted five different varieties of tomatoes in my garden. I now know that Ace tomatoes are the best for my location. No one could have told me that."

To stop the destruction of the environment Frank would like to see the price of gasoline triple, natural gas double and the price of groceries go up a third. "If people can't afford it they can't buy it. They have to be stopped. Hit them where it hurts--in the wallet."

For Frank O'Dell it's looking good. He says, "I want to spend the rest of my days tending my garden, tending my animals, cutting my wood by hand, working in my blacksmith shop, producing my own energy, firing my pottery, talking to and helping my friends and getting high." Move over, Frank, we'll join you.

(Editor's note: Frank says he feels all alone, but there must be someone else working for self sufficiency. Also, he is willing to help people get started on self sufficiency if they own their own land. So, if you want to talk to Frank O'Dell, trade ideas and inspiration, contact David Hughes in The Mountain Times office.)

Sounds of hunger

by Pam Forman

you do not hear
what hunger sounds like
you do not cry out
you are not hungry
you eat together in leisure
with an easy familiarity with food
you do not hear
the sounds of hunger

Slavery today

Continued from page 1

is used in this way. While the people of these countries obviously cannot eat these crops, the cheap labor available in these countries makes the crops very profitable to the foreign corporations that hold the land.

Agriculture is business...

Agribusiness at present controls a great deal of the world's food supply. US agriculture is in the hands of a few giant corporations and banks like Del Monte, General Foods, Safeway, Chase Manhattan (Rockefeller) and Standard Oil (Rockefeller).

Bank of America makes a billion dollars every year in loans to agribusiness. These corporations own and control every stage of food production and distribution.

Tenneco (with \$207 million in profits in 1972) owns 1.5 million acres of land, chemical plants that make fertilizers and sprays, gas and oil to run the farm machinery that they also make and processing, packaging and distributing plants. They are also currently looking into supermarkets. (Editors note: Tenneco is also the corporation engaged in strip mining in Death Valley)

Thus, they eliminate competition and make profits every step of the way. The only concern of these giant food and money monopolies is profit, not providing food that people can afford to eat.

And Business is looking bad

Recent events in the world have made the whole economy of the US increasingly dependent on agribusiness to maintain its position of domination over the rest of the world. In strategic areas, the US is slowly but surely losing its grip on the raw materials of the world. Loss of control over Mideast oil reflects this trend.

Government spending abroad has led to a "balance of payments" crisis at home. After pouring hundreds of billions of dollars into the Vietnam War, the US found its financial stability dangerously undercut. The government was spending much more abroad than it was getting back in return. This debt is the cause of worldwide inflation, the devaluation of the dollar and the current economic crisis.

Food weapon Conference

In order to maintain control over copper, the US government refused to give any agricultural loans of food assistance to Allende's coalition government in Chile, which had nationalized US controlled mines. This policy was reversed after a CIA-backed coup assassinated Allende and put military dictatorship in power.

Kissinger's plan for dealing with the world food crisis is the same plan we've seen before: more control for US corporations. At the World Food Conference in Rome, he outlined a plan to increase US food markets and to get the oil-producing nations to pay for it.

Here's the plan: Arab nations should use their newly acquired oil revenues to finance food aid to hungry nations. In other words, instead of having the US send its surpluses of food directly to hungry people, Kissinger was suggesting that the Arab countries buy the food from the US first. This would put the oil money right back into the pockets of Rockefeller and Company.

The Arab nations, with the support of the rest of the Third World, however, flatly rejected this absurd proposal which would expand US domination and deny them the right to control their own resources.

What we can do

As the US is slowly but surely being defeated and kicked out of the rest of the world, the economy is deteriorating at home. The US people pay for the bonanza profits of the giant corporations. But our true interests are the same as those of people everywhere who are struggling to control their own economies and their own futures. We also can struggle and win control over our own resources and the products of our labor:

* Oppose US use of food as international blackmail. In the present emergency, there has to be a world food plan to get food direct to people--not to various military allies of Washington.

* Organize strikes against large corporations of the food industry, uniting the demands of food workers and consumers.

* Organize food cooperatives or food buying clubs in your neighborhood and at work. (Editors note: the Sierra Food Co-Op is a good start in this direction).

And now...

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their creator with certain unalienable rights, that among these are life, liberty and the pursuit of happiness. That, to secure these rights, governments are instituted among men, deriving their just powers from the consent of the governed. That whenever any form of government becomes destructive of these ends, it is the right of the people to alter or abolish it, and to institute new government, laying its foundation on such principles, and organizing its powers in such form, as to them shall seem most likely to effect their safety and happiness.

Right to eat equals unalienable right to life.

A PETITION ON BEHALF OF THE FOOTHILL AND RELATED ECOSYSTEMS.

Organized by Bob Stanley

WE THE UNDERSIGNED, UNDERSTANDING THAT WE ARE ONLY ONE SPECIES AMONG MANY SPECIES SHARING THIS LAND.

DUE TO THE EXPANDING ACTIVITIES OF HUMANS, MANY SPECIES IN THE FOOTHILL AND COLUMBIA AREA ARE DWINDLING IN NUMBERS. EXPANSION OF ABOVE GROUND FACILITIES ON THE CAMPUS WILL DECREASE HABITAT AND DISRUPT FURTHER THE ECOSYSTEM OF THIS AREA. WE BELIEVE THAT WE SHOULD PROTECT THESE SPECIES AND PRESERVE THE NATURAL ENVIRONMENT THAT CHARACTERIZES MUCH OF THE COLUMBIA CAMPUS.

THEREFORE WE ASK THAT NO FURTHER ABOVE-GROUND FACILITIES, INCLUDING THOSE PENDING CONSTRUCTION, BE BUILT ON OUR CAMPUS, AND THAT IF UNDER-GROUND STRUCTURES ARE TO BE BUILT, THEY BE DESIGNED FOR MINIMUM IMPACT ON THE SURROUNDING ECOSYSTEM.

WE RECOMMEND A LARGE MULTI-PURPOSE UNDER-GROUND COMPLEX DESIGNED TO MEET THE FACILITY REQUIREMENTS OF COLUMBIA J.C. BE CONSTRUCTED UNDER OUR PARKING LOTS, TO INSURE A MINIMUM IMPACT DUE TO INCREASED USE BY HUMANS OF THE CAMPUS AREA. SECONDARILY WE RECOMMEND THE TENNIS COURT AREA AS THE SITE OF AN ABOVE-GROUND FACILITY DESIGNED TO MEET THE FUTURE REQUIREMENTS OF OUR COLLEGE.

WE BELIEVE THAT THE FUTURE OF OUR WORLD RESTS WITH THE DECISIONS WE MAKE NOW.

If you would like to sign this petition, it is located at the front of the Natural Resources building.

THE COLUMBIA JUNIOR COLLEGE

MOUNTAIN TIMES

Managing Editor

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Photographers

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David Hughes

Pat Sawyer

Stephen Konnoff

Nick Faklis

Jaak Wassmuth

Richard Treadway

Dann Johannes

Lenore Ralston

Michael Harrison, Andy Farrell,

David Hughes and Blaine Rogers

Jan Wyatt

Reporters and staff: Debbie Brown, Delores Cole, Claude Fiddler, Sharon Handy, Michael Harami, Michael Harrison, Dann Johannes, Marlene Lloyd, Steve Michelson, Lenore Ralston and Bryan Schwab.

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Weather brings feast or famine

by M.L. Harrison

For several years odd and unpleasant things have been happening to the weather around the world.

While some areas of the world have been drying up other parts are submerged by severe floods. These erratic seasons of droughts and floods have brought famine and its associated diseases to countless hundreds of thousands throughout Africa, the Middle East, India, South Asia and Northern China.

In the last decade a number of scientists from several disciplines have concluded that some fairly drastic climatic change is going on. Mostly they are saying that the last 50 years of balmy weather is coming to an end and that the climate is reverting to its less beneficial norm.

The main change is a decrease in the world's mean temperature. The total drop since the 1940's has been 2.7 degrees Fahrenheit. This hardly seems dramatic, but this small drop has greatly reduced the per acre yield of crops in the northern countries.

As for the present cooling trend, a number of leading climatologists have concluded this is very bad indeed. They say it is the root of much of the unpleasant weather throughout the world. They warn that it carries the potential for human disasters of unprecedented magnitude.

Changing winds

The most telling effect of the temperature decrease is the altering of the vast, integrate systems of the winds that sweep this planet, making up its general climate patterns.

The change in temperature changes the wind direction, causing rainbearing clouds to pass or skirt areas where they once brought rain. The return of more extreme and variable weather conditions, such as droughts, floods and great winter blizzards gives much support to this theory.

There is much debate at present, about what is responsible for this change. Most scientists maintain the world's climate is constantly changing. While some scientists agree with this idea, many still are asking the question, "Why now?"

After much research and speculation, the naughty finger of guilt seems to have turned and pointed at the increased industrial and technological activities of the 20th century. The increased burning of fossil fuels has increased the amount of carbon dioxide in the atmosphere. This is causing sunlight to be reflected back into space (resulting in a loss of heat) and keeping sun generated heat from escaping the atmosphere (resulting in a gain of heat). These two principles are the crux for determining what the

end product of the world's general climate patterns will be.

This great balancing act might seem irrelevant to your daily life, except when you want to go skiing or when you might want to catch some rays at the beach. But it's long-term effects may someday greatly effect your eating habits.

Food production demands

As the world's population increases, the demands on the planet to increase its food production gains just as rapidly. Yet this year's food production has been greatly hindered by the climatic changes.

In Western Europe the grain harvest is expected to be down by 20 per cent of the projected yield. Also the drought has caused the French to burn an extra two million tons of coal to meet energy demands. This adds pressure to the world's energy resources.

In Africa millions have died from starvation in the past eight years because of drought. The continued droughts cause the food self-sufficiency of several nations to be a dream of the future.

In the southern parts of Australia, the rainfall has been less than 10 per cent of the normal. This has caused a reduction of planted grain fields by 50 per cent from 24 million acres to 12 million acres. As a result, the cattle and sheep men of Australia have led to slaughter nearly 100,000 cattle and two million sheep because of lack of fodder and to prevent overgrazing of the arid land.

Droughts and frosts

In California and other parts of the U.S., drought-caused losses are expected to be \$400 million. Despite the drought, however, American growers are expected to harvest two billion bushels of wheat.

The total effect of the climatic changes on food production will not be felt for some time to come, but the outlook is not good.

If continued climatic changes reduce the world's food supply, we could someday see the politics of "bread and butter" between nations with food and nations without food. In the same vain, the nations with food could possibly decide who eats and who starves. This could cause intensified international relationships with the possibility of "food wars."

What can we do?

What can the individual do? To begin with, a total re-examination of our eating habits would come first. We would have to decide what foods and how much food we individually need. Individual and community garden plots would help to ease the total demands on the farmers. Plus gardening might be a good lesson in appreciating the food we do eat.

No one has any real idea how long this climatic change will last or how far it will proceed.

Administrative committees

The student response to fill vacancies on campus administrative committees has been very enthusiastic.

The representatives for the Committee of College Affairs are Vincent Farrell, Mike Koklich and Sue Wallace. Andy Tune, Margaret Martineau and Dann Johannes have been named to the Committee of Faculty and Instructional Matters. The Committee on Student Affairs will be filled by Michael Harrison, Mouse (Glen) Hughley and Joe Puccio.

These committees will meet throughout the school year to discuss matters relating to each committee's designated subject matter.

Since these are the first administrative committees to have student representatives, the effort of the students on the committees will have to pave the way for more student government involvement in administrative policy.

Also needed are three student members for the standing committee of Curriculum Review. Interested students may contact Farrell, student body president, for more information and for meeting dates.

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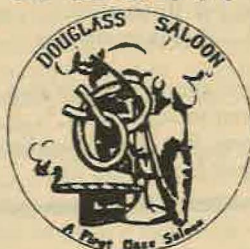
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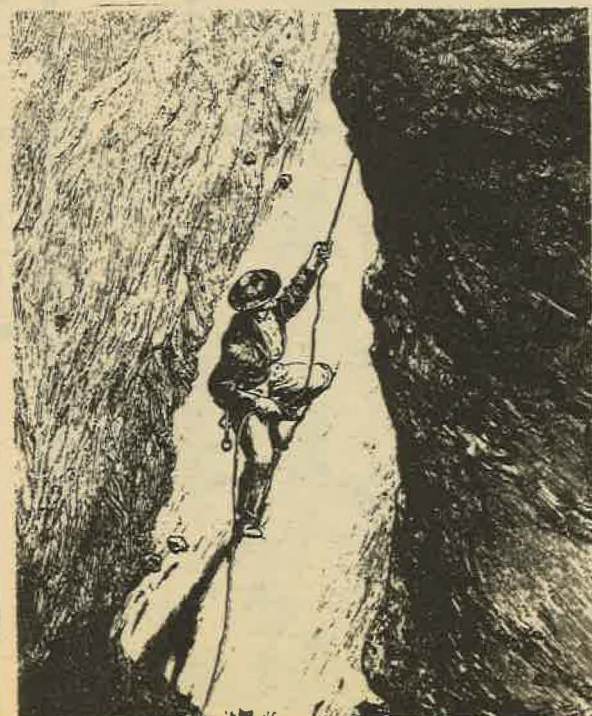
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Travel trilogy

It seems like years ago that I left.
I have been on the road in my mind.
It doesn't feel heavy to travel thru time,
a light ship in a good wind,
can travel easy.

He brought bells from Nepal,
and they sound like the
winds of heaven,
echoing in the mountains,
on earth.
They ring as children laugh,
they chime as people cry,
they chill souls as only
spirits can,
yet they are only bells.

I wonder why the moon
makes me crazy
and the dawn makes me smile,
or while I am restful at dusk.
Is my soul on a journey?



Sciurus carolinensis 1/100 Paul J. White Jr. 11/12/74

leaf...
caressed by the earth
waits patiently, alone,
for a soft wind to laugh &
blow away the sorrow.
stillness.

The sun paints my face
as a river lullabye echoes
thru the trees.
silence — struggling to
emerge, sneaks in gently
as the day slowly ends.

written by Diane Wren

Thought clusters around her,
an aries lady with
fire in her eyes
an artist,
maker of images,
she glows in my life.
L.A. person, mexican,
food feind supreme,
now stays in New York
with only pictures
on her walls
of the angle city
many cold winters from home
spending her time
looking at things
people and flowers,
rust and sickness,
with a mind that
understands color,
she waits
and watches
with friends,
for the next movie
and I wish her well.

September's spring

In the still water color flows of life,
stand the sapiens, full their strife,
where, in thought, belived these foes,
and from the many them, my woes.

Into tomorrow leads my path,
that leaves me with no way back,
left when I put myself below,
the things I've done, nowhere to go...

Still my mind meanders as if,
the're things I've done to protect me with.
In a pocket, in a drawer,
I keep my heart safe from storm.

I fear my heart would ache so,
if my love, I would let grow.
It's just a fear of letting go.
of things I've learned not to show.

I sha'nt think now of how I'll show,
the pain I brought to your meadow.
Still all I have, from my heart goes,
It's sneaking out on your pillow...

jaak wassmuth



How to treat elves

I met an elf-man in the woods,
The wee-est little elf!
Sitting under a mushroom tall-
'Twas taller than himself!

"How do you do, little elf," I said,
"And what do you do all day?"
"I dance'n fwolic about," said he,
" 'N scuttle about and play;

"I s'prise the butterflies, 'n when
A katydid I see,
'Katy didn't!' I say, and he
Says 'Katy did!' to me!

"I hide behind my mushroom stalk
When Mister Mole comes froo,
'N only jus' to fwighten him
I jump out 'n say 'Boo!'

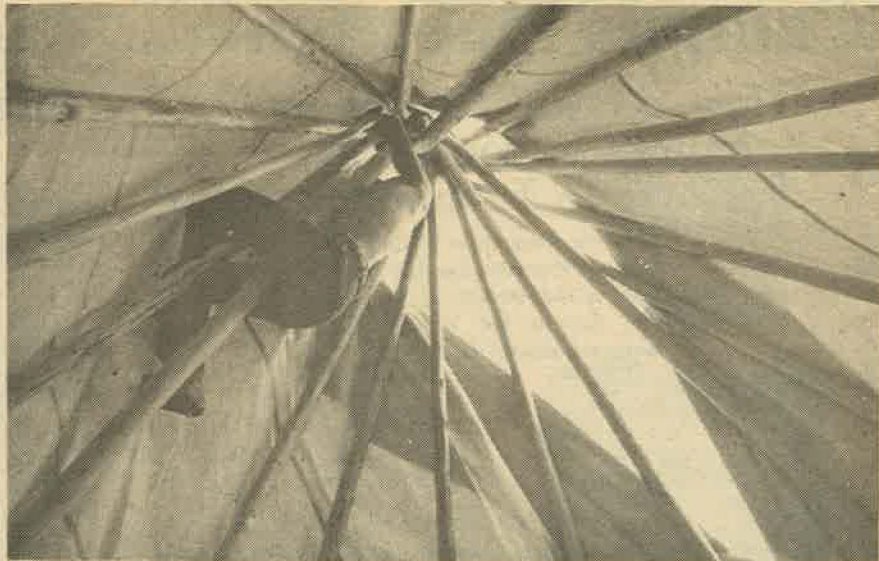
"N then I swing on a cobweb swing
Up in the air so high,
'N the cwickets chirp to hear me sing
'Upsy-daisy-die!'

" 'N then I play with the baby chicks,
I call them, chick chick chick!
'N what do you think of that?" said he.
I said, "It makes me sick.

"It gives me sharp and shooting pains
To listen to such drool."
I lifted up my foot, and squashed
The God damn little fool.

Remembering your eyes,
thinking I could stay there forever
waiting to hear your voice
or see your face
touch you
Thinking we are soul mates, feeling that.
I pass my time, head in the clouds,
knowing now is our time.
saying to you,
your as much of a woman
as I ever want to know
I want to be your drink of water,
a long one at that...

Small pockets of sadness
burst open
when she discovered her love
was real
She knows that love brings back the work
of being together
and takes the time away
saying goodbye to part of your
private world, giving it to someone
you are starting to know,
laughing on one side, crying deep
on the other
Pockets of sadness, emptied from love,
dried, but not forgotten,
are laied on hard, to be left
until a cleaning time comes,
then washed away
till sadness is needed again
to complete the person...



photos and small talk by S.J. Michelsen

The talk is that this year we will face a real winter, unlike last year's poor excuse for a season. The animals, and particularly the squirrels, are going for all the nuts and berries in sight. The stashes of acorns are much higher in the trees than last year, in the event of a heavy snowfall. The people who sleep with the animals also are expecting a long, wet winter.

Winterizing



To those who make their home in tents, teepees, or whatever, the comforts they can get together before the rain are the realities that they will have to tide them through the duration.

If the leaks in the system aren't corrected, you get wet. Very simple. And with all the proud new owners of transient-like homes this year, the canyons are buzzing to the sounds of sureforms getting those nasty knots out.

The nights of sleeping under the stars are not over yet, but if you want to sleep tight, it would be wise to have a tube tent close at hand. Watch out for falling pinecones. They bounce off the head in a most peculiar way, and you might get runover by 25 nut-crazed squirrels in the transaction.



Campus Question

How do you feel about having a community college in Tuolumne county?

Writer's comments: In doing the Campus Question for this issue, I took to the streets of Columbia and Sonora for a community response about CJC.



Mrs. Marler: I think it's good for the community. It gives local people the advantage of going to school. Otherwise local people would have to go away for college.

Clint Klavon: It's really nice as a community college and I'd like to see it stay a community college. But I also feel that it should be more geared for the community. What I mean is, 80 per cent of the student body lives here just for school and then the local people have to pick up the bill when they leave. It should be geared to benefit the community better. Like the community services, everyone talks about the shows, but most people don't even know about the shows until after they're over. I think the college needs more public relations.

Lloyd Shelton: It's a good deal. I like it because it keeps the local kids from having to go away for school. They used to ride a hundred miles a day to go to school in Modesto. Education, I like it and don't mind paying for it.

Bob Reed: I think it's real fine. Dusty Rhodes is a fine man and I would stand behind him. I think Dr. Rhodes is a wonderful and understanding man.

Anonymous: I don't feel anything about it either way. I don't see how it burdens the community or how it's an advantage for the community either.

David Bradley: I think it's great. It's the best thing that ever happened in this county. The night classes are good for the people who work, although it should offer more classes in certain areas.

Anonymous: I'm not too pleased with some of the things I hear about the college. I won't want to send my children there. I feel that they're moving pretty far from the principles that God gave us. I'm mostly thinking of moral standards. I see a lot of things out there, particularly some of the things in the newspaper, that are adding to the moral degradation of the nation. I've seen things in the paper that just shouldn't be in a school paper. I'm not particularly in favor of college 'cause education will not give you happiness. I don't think education is what this country needs, it needs a moral return to God.

Juan Lopa: It feels pretty good. I'm glad that it's here.

Leno Fletcher: I think it's a great advantage. I think it's a great place for kids to come to school. There's lots of recreation here. I think it's great for the community and that the college is very responsive to the community.



Hal Roehren: It's great. It's like any other benefit, it's needed. It's justifiable for the taxpayer's money. I take classes there and I benefit from them.

Most people were willing to give their views, but several people I encountered were hostile towards the college and refused to respond. Of course their refusal to respond was their true response.

This probably means that in some people's eyes the college or the students are still somewhat unaccepted.

M.L. Harrison

Superteams begin play

The first annual Superteams competition began Monday with opening round contests in all six sports. Seven teams are entered in the event.

Karen Kessel's intramural leadership class came up with the idea for the Superteams, and it has turned out to be a good one.

The teams of two will compete in five of the following six sports: horseshoes, tennis, basketball, volleyball, darts and ping pong.

Favored, as we all know, are "Bad" Bob Gibson and Charlie "Pistol" Penwill. They will have some stiff competition from the likes of Jeff Eirich and Mike Cranford.

Other teams to watch are Robert Parent-Ned DePuy and Mike Connerly-Jon Fox.

Listed are all of the teams and comments on how they should do:

1. Gibson and Penwill---Favored????

2. Eirich and Cranford---Always looming.

3. Connerly and Fox---Tough to beat.

4. Gary Sword and Dave Williams---Can win if sober.

5. Steve Edwards and Dan Fitzpatrick---Shady characters.

6. Bill Wilson and Jim Hastings---Tough teachers.

7. Mitch Helstab and Clint Neher---Unpredictable.

8. Parent and DePuy---Many possibilities.

9. Jim Kindle and Walt Leineke---Lucky to finish.

10. Bob Walker and Steve Domser---Unknown qualities.

11. Jim Purdy and Steve Butcher---Pressure players.

12. Pete Conception and Mitch Lelkeck---Super spikers.

13. Greg Johnson and Rick Wolfe---Could improve.

14. Richard Kittle and Marty Sullivan---No running events here.

15. Mike Kieropat and Ron Barrett---Could be sleepers.

16. Nick Faklis and Tom Brill---Longshots.

17. Curt Taylor and Kim Walker---Late entries.

The first five teams will receive some fabulous prizes.



Things get pretty tight at the net.

Women improve; win first game

The Columbia Junior college women's volleyball team played well, but lost a tough decision to undefeated West Hills college at the Sonora High gym last week.

Coach Karen Sinclair's spikers have improved immensely but were edged by the girls from Coalinga by scores of 15-8, 12-15 and 15-10.

The Claim Jumpers nearly came from behind to win the match after losing the first game badly. They won a hard-fought second game but were edged in

the third and deciding game.

"Dad" Hampton, coach of West Hills, thought her team played well as the team raised its record to 2-0 while CJC has yet to win.

The next two matches were on the road but tomorrow (Thursday) CJC will meet Antelope Valley in a big league game. Come out and see the girls play. No team in the league plays any harder and with more enthusiasm than the Columbia Junior college women's volleyball team.

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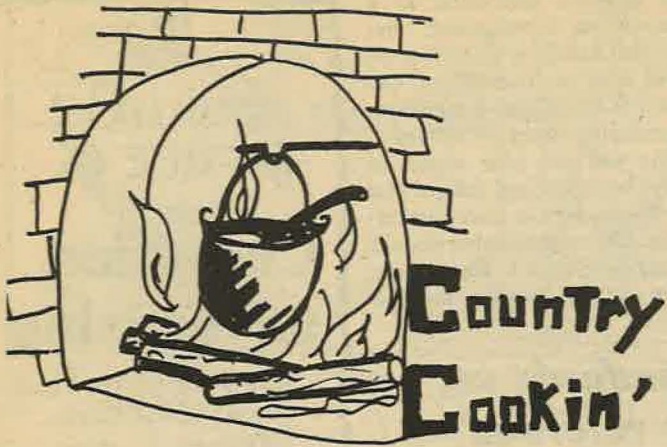
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by Marlene Lloyd

I've been asked to share my recipe for Squash Bread. Any type of summer squash — (straight or Crookneck), zucchini (Cocozelle or Greyzini) or white scallop squash—may be used in the recipe.

There are many variations on the basic recipe for Squash Bread. I developed this one for a black-walnut-loving family, which happens to be my own. Feel free to try your own flavorings and adapt the recipe to suit your taste.

SQUASH BREAD

You will need: 3 eggs, 1 cup of salad oil, 2 cups of sugar (I don't find honey a satisfactory substitute here), 2 teaspoons of vanilla, ½ teaspoon of black walnut flavoring, 2 cups grated squash, 3 cups of flour (do not sift before measuring), 1 teaspoon of salt, 1 teaspoon of baking soda, ¼ teaspoon of baking powder, 1 tablespoon of cinnamon and ½ cup of chopped California walnuts.

Beat the eggs; add the sugar, oil, vanilla and black walnut flavoring. Beat well. Put dry ingredients (flour, soda, salt, baking powder and cinnamon) into a flour sifter and sift into the egg mixture. Mix until flour is not visible, then fold in the squash and nuts.

Put the batter into two greased 9 by 5-inch loaf pans and bake at 325 degrees Fahrenheit for an hour and 15 minutes. A knife or toothpick stuck into the center of the bread should come out clean if the bread is done. This type of bread cuts and tastes better the next day, if you can wait that long.

Another good way to serve squash is in zucchini casserole from Mrs. Salter who teaches cooking at Delta college in Stockton.

ZUCCHINI CASSEROLE

You will need: 4 cups grated squash, 2 beaten eggs, ¼ cup sour cream or cottage cheese, 1 tablespoon chopped parsley, ½ cup chopped onion, 1 teaspoon salt, ¼ teaspoon pepper, 2 tablespoons of grated parmesan

cheese, 1 cup bread or cracker crumbs and ½ cup grated yellow cheese.

Mix everything except the yellow cheese. Pour into well-oiled 9-inch square baking pan or two 8-inch pie pans. Sprinkle the yellow cheese on the top and bake at 350 degrees Fahrenheit for 45 minutes.

This is good hot or cold. It goes well with meat as a side dish or with a salad and bread for a light meal.

One of the simplest ways to fix squash has been a smash hit with my family and friends for years. It is called Green Potatoes. The name green came from using green zucchini when I first made it and the name stuck.

GREEN POTATOES

You will need: Equal amounts of boiled and drained squash and potatoes, sour or sweet cream, grated jack or cheddar cheese, salt and pepper.

Mash the squash and potatoes together; then mix in enough cream to make a smooth but not runny mixture, salt and pepper to taste.

Put into an oven an oven-proof dish, sprinkle the grated cheese on top and bake at 350 degrees Fahrenheit for 20 minutes or until the potatoes and squash are hot and the cheese is melted and lightly browned.

'Co-op' offers winter menus

by Sandl

Since winter is on its way, it's time to start getting into some hearty meals to keep our bodies warm. Meals centered around grains and/or legumes and vegetables are a great way to start.

Lentils, native to Central Asia and cultivated since prehistoric times, are still served at least once a day in most Indian homes. This legume has a protein content of 25 per cent and contains substantial amounts of vitamin A, B, iron, calcium, phosphorus and niacin. Lentils also contain small amounts of vitamins C and E which are increased when sprouted.

LENTIL AND NUT ROAST

1 cup lentils (soaked overnight) cooked until soft (30-45 minutes)

3 eggs

½ cup chopped walnuts (or peanuts)

¼ cup powdered (soy) milk

1 cup safflower oil

1½ cups oats

1 carrot, tomato, onion (chopped)

Seasoned with:

1 clove garlic (chopped) —

¼ cup parsley

½ teaspoon each sage, thyme and marjoram

1 tablespoon (more or less according to taste) tamari soy sauce

Beat eggs and then add all other ingredients to lentils. Pour into greased bread pan (or baking dish). Cook for 45 minutes at 350 degrees.

GOOD TASTING YEAST GRAVY--to serve with the roast.

Brown in frying pan on top of stove:

1 cup good tasting farm yeast (nutritional yeast)

¼ cup whole wheat flour

Add: 2 tablespoons tamari soy sauce and enough water (1 to 1½ cups) to get desired thickness of gravy. Bring to a boil and watch it thicken, stirring constantly.



Wild and Edible

by Peggy Carkeet

In late summer and early fall the three-foot tall dark brown seed stalks of curled dock (so named because of its wavy-edged leaves) appear along roads and paths in Tuolumne county.

These seed stalks are commonly used in dried flower arrangements, but dock may be used in many other ways.

Slightly sour or mild tasting, dock leaves are edible and most palatable in the spring when they make a welcome addition to salads and sandwiches. Summer leaves tend to be tough and bitter. In fall, however, after a few rains, dock plants put out fresh sets of leaves which are nearly as tasty as spring greens.

According to Euell Gibbons, dock greens are "richer in vitamin C than orange juice (119mg./100g.)" and "richer in vitamin A than carrots (12,900 I.V./100g.)."

Dock seeds may be used as a flour substitute. For this purpose they are toasted, ground, winnowed, re-ground into a fine flour, and used half-and-half with other flour in any bread recipe. The result is a heavy, chocolate-smelling bread.

Dock root has been used for centuries to make a tea used as a tonic, astringent and laxative. The roots should be dug, peeled, split and dried. One-half ounce of dried root is added to two cups of boiling water. Six ounces of the cooled, strained tea is taken every morning before eating.

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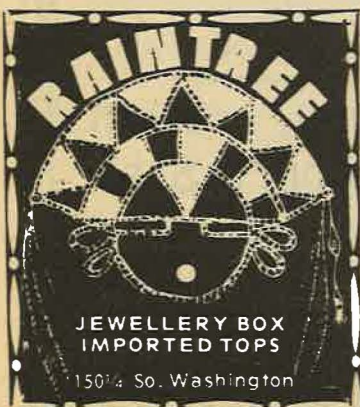
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Calendar

- Oct. 13 — **Christian Bible study**, all welcome; Room 108, noon.
- Oct. 14 — **Volleyball game** here with Antelope Valley.
Bible study, Room 108, noon.
- Oct. 16 — **Cross country meet** at Allen Hancock.
- Oct. 18 — **GED Workshop**, 6:30 to 9 p.m. in room 104.
Exhibit of ceramics by Dane Larsen and crafts by the Mother Lode Weavers in Rotunda through Nov. 10.
- Oct. 19 — **"The Bank Dick,"**
7 p.m. in room 620, free.
Volleyball game at Delta.
Yosemite Junior college district board meeting, 7:30 p.m. on campus in the Forum.
- Oct. 20 — **Bible study**, Room 108, noon.
- Oct. 21 — **Volleyball game** here with Cuesta.
Bible study, Room 108, noon.
- Oct. 22 — **Cross country meet** at Merced with Merced and MJC.
- Oct. 25 — **GED Workshop**, 6:30 to 9 p.m. in room 104.
- Oct. 26 — **"Lonely Are the Brave,"** 7 p.m. in room 620, free.
Volleyball game here with Sacramento City.

Families needed for baby-sitting

A small informal group of four families met recently on the CJC campus to discuss the idea of a babysitting co-op.

Essentially the babysitting co-op would help to provide free babysitting for CJC students and citizens of the community.

Their hope is to encourage enough families to join, so that babysitting volunteers would be spread throughout the county. The more involved families, the less any mother or father would have to drive to the sitter.

Cast chosen for 'Three Penny Opera'

The cast for "The Three Penny Opera" has been picked, and the performers are well on their way to perfection.

The main characters are; Macheath, "Mac the Knife," who is played by Frank Smothers; Peachum, played by Gaylon Burns; Polly, played by Tricia Cripe; Mrs. Peachum, by Gianna Kuntz; Jenny, by Melinda Brady; and Filch, by Randy Medler.

The cast also includes the gang, played by Ron Groves, Gary Davis, Karl Van Horn, Mac Finney, Gary Maas, Ned Kennedy, Walt Leineke, Cliff Williams and five beggars not yet cast; the family, made up of Robin Ricks, Connie Segal, Margie Driskell, Evalyn Black, Bridgette Bowers, Kathy Ingle and Dennis Flemming; and the constables, Regy Zenkewich, Charlie Russo and P. W. Whitt.

Also performing will be the dancers Jack Schectman, Gayle Davenport, Debbie Chaney, Sue Sulprizio, Sue Crawford, Adrienne Moberly, Pam Mullin and Clare Rechenmacher; singers Jill Harris, Jean Hunt, Bob Wagner, Andrew Hall, Bob O'Keefe, Sue Sulprizio, Charlie Russo and Gary Davis, with Rick Vincent as a musician.

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If you are interested as a parent or as a volunteer, you should call Sandy at 532-8794. At present she is controlling the logistics of establishing members and arranging times for sitters.

She will put your name on the member's list and inform you of other members in your particular area. The new member should call back from time to time to see if there are any new members in his area.

Standards set for veterans

Veteran students will be required to meet new grade standards or jeopardize their educational benefits.

Students who do not meet the grade standards will be placed on veteran probation for the next academic quarter. If they continue to make unsatisfactory progress, the next quarter their names will be sent to the Veterans Administration and their educational benefits may be terminated.

The new grade standards were adopted by Columbia Junior college to comply with Veteran Administration directives to implement standards for progress and attendance by veteran students.

Copies of the Columbia standards have been mailed to all veterans enrolled this quarter. Veterans who have not received a copy or have questions should contact the campus Veterans Affairs office or Bill Wilson, counselor.



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Attn: On Wed & Thurs from 12:00 noon to 1 pm in Rm 108 there is a Bible Study. All are welcome.

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At 40: 20 Year asset or liability

by Marlene Lloyd

I seem to be confronted with two entirely different and distinct views of myself in the classroom.

First, I am able and abler than I was at 20 years old because I have the experience of 20 more years of living. This feeling prevails when I have made good scores on a test, when I was able to contribute to a meaningful dialogue during a classroom session or when I am in agreement or understand a philosophy not credited by my younger classmates.

This viewpoint is a sort of self-satisfied, superior view of myself and would be useful at moments of depression or dissatisfaction. But when those moments come along, these encouraging, self-satisfied views disappear completely and I'm left with view number two.

This view is that I have been out of the classroom for 20 years, I don't know the routine, I've

forgotten the rules and I'll never get the hang of it after so long.

This view comes over me when I've missed the easiest question of a quiz, when I have to fill out forms or applications (especially those inquiring into the status of my parents), and when my total contribution to a class discussion can be summed up by saying "I wish I hadn't said that."

I feel these two views have worked out a plan to completely sabotage me in the classroom. Either I seem to appear as the know-it-all or the product of advanced senility. Neither of these is a true picture of me. If a mathematical average of the two views could be taken I'd be there somewhere in the middle.

I don't really think I am any better or smarter than anyone else, and I really am not monosyllabic! I just proved that!

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