

COLUMBIA JUNIOR COLLEGE MOUNTAIN TIMES

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Columbia, California

VOL. VII, No. 4

Comment: Campground opposed by petition

by Allan Masri

You may have noticed a petition being circulated around the campus in the last week or so. It concerns an issue of vital importance to every citizen of Tuolumne County who wishes to preserve our unique and fast disappearing environment.

Not long ago, the small community of Sierra Village, population roughly 250 souls, was informed by its neighbor, one Harold M. Clement, that he would undertake to construct, for the benefit of all, an eight-hundred car parking lot on a site which surrounds the Village about the way an armchair surrounds a human body. This was enough to make them darn mad, but this was not all.

Mr. Clement also proposed to build a sewage treatment plant with open lagoons, covering a third of an acre on the same parcel. He intends, he says, to encourage trailers, Winnebagos, and what have you, to use this facility, but he promises it won't stink, so long as the compressor is running. However, if the juice is cut off...

Furthermore, realizing that the razing of these 125 acres might cause erosion of the soil, the owner intends to make generous use of crushed rock and rip rap to obviate such unpleasantness.

Imagine, if you will, the sound of 800 cars and trailers roaming around the hillside terraced with crushed rock and rip rap. Then add to that the odor of their exhaust commingled with the stench from a thousand Winnebagos' holding tanks. Now you have an idea of what the residents of Sierra Village can look forward to over the next couple of years.

Mr. Clement refers to this mess as a campsite, and brings the name of Kampgrounds of America (KOA) along for its prestige value.

What does the Board of Supervisors say to this? An emphatic yes! Only they trust the Planning Commission will see to it that the landscaping is done

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Ski swap planned

by M.L. Harrison

The CJC Alpine and Nordic Ski Teams will hold their annual ski swap Saturday, November 6th, at the Tuolumne County Fairgrounds in the Home Economics building between 10 a.m. and 3 p.m.

In the past years, the Ski Swap has provided a bargaining arena for individuals and ski shops to sell or buy new and used ski equipment at greatly reduced prices. This year should prove to be just as great for those who are looking to buy or sell some equipment. Besides the exchanging of equipment there will also be ski films and, of course, the announcing of the door prize winners.

This year there will be approximately 50 door prizes with all prizes being really fantastic. The top door prize will be an adult season ski pass for Dodge Ridge and a child season ski pass also for Dodge Ridge. Other door

prizes will be lodging at ski resorts, dinners and lunches, gasoline and ski clothing plus many, many prizes still to be announced.

Door prize tickets are being sold by ski team members for the nominal price of 75 cents. The tickets will also allow the purchaser free admittance to the Ski Swap. But the purchaser need not be present to win.

The proceeds from the tickets and 10% of the equipment sells will go to support the ski teams. This support is greatly needed for the teams to compete, for the district provides no funds for these teams.

If you are interested in selling some used or new equipment, be at the Home Economics building at the fairgrounds between 3 p.m. and 8 p.m., Friday, November 5th. And if you are interested in buying some good inexpensive ski equipment, come to the Ski Swap and support CJC's ski teams.

Supervisors seek votes

by Delores Cole

Tuolumne county voters in three districts will cast ballots in the Nov. 2 election for their representatives on the county board of supervisors.

Voters in the Sonora district will choose between Mildred Filiberti and Delbert Rotelli. Rotelli was completing his first four-year term on the board when Mrs. Filiberti defeated him in a recall election in June. The candidates face each other in a run-off to see who will gain possession of the seat for the next four years.

Two new comers to county politics, Clyde "Cisco" May and Dean Jung, are seeking election to the seat representing the Groveland, Curtis Creek and East Sonora area. The incumbent, Ralph Thiel, did not seek re-election.

Incumbent Supervisor Tilio Chiappelli and former Jamestown Judge Lillian Snyder were top vote-getters in a field of six in the June primary for the Jamestown district representative.

The six candidates were asked a series of questions by the Mountain Times. Here are their responses.

What would you do for the students of Columbia Junior college? How about housing?

Jung: Try for good communication between both Yosemite Junior College district and Columbia Junior college if a problem occurs that we may be able to handle that has to do with our department.

May: They have their own board of directors. (on housing) This issue has been discussed in the past, and has always been a problem. In time maybe it will be taken care of.

Chiappelli: I'm glad to see that Tuolumne county has its own college. It keeps the children in this area for furthering their education. We need it. Housing? Yes, we are in need of housing for the students.

Filiberti: As a supervisor I will always be available to attend any meeting concerning our department.

Rotelli: If we could help with the problem of housing which we are aware of, then we would do what we are able.

What is your opinion on pot?
Jung: Aware of its use and its status as a misdemeanor. No other comment.

May: With two sons, this may be a problem.

Snyder: Parents should take a stronger stand with their children at a younger age, make them aware of what is not good for them, teach them right from wrong.

Chiappelli: I go with the majority of the people.

Filiberti: I no longer consider this an issue of concern.

Rotelli: Against it. I would not like it if someone sold it to my son. I would not get involved with it personally. If a person's body cannot handle it, then he should know to keep away from it.

Continued on page

Halloween ball involves COOP

October is said to be the month of the "changing moon" and the Sierra Food Co-Op is also witnessing changes.

The next project is the Food Co-Op's Halloween Masquerade ball on Oct. 31, beginning at 7 p.m. at the Mother Lode fairgrounds in Sonora.

There will be dancing to the sounds of Homespun from the Bay area and Horizon from Los Angeles, two top professional groups giving their time for the benefit.

"We are getting together a really fine down-home spaghetti dinner—all homemade, even the sauce, bread and pumpkin pie," a Co-Op spokesman said.

Prizes will be awarded for the best costumes and the best carved jack-o-lanterns.

A limited number of tickets are available at the Co-Op, Paxton's Books, Cole Music Co., Tuolumne Hardware and Fire on the Mountain glass works (behind Eproson House) in Twain Harte.

Policy changes

In the past few weeks a number of organisational meetings have been held in an effort to involve Co-Op members in a viable part of the operations of the store. Better cooperation, as the Co-Op name indicates, was the aim.

As a result some membership changes have been made. Two types of membership, active and inactive, are now offered by the Co-Op.

Non-active membership is offered to those people who want to support the Co-Op idea but are unable to actively work or help in the day-to-day operations of the store.

Non-active members will pay \$1 per year and a 12 per cent mark-up on their food purchases over the regular store prices.

Active membership is offered to those folks who besides supporting the Co-Op by buying at the store also wish to participate in the operation of the store.

For active members, the fee is \$1 per year plus a \$5 deposit used to stock the store with food. Active members also must work a minimum of four hours per month at the store, give some type of equivalent service or pay \$2 for every hour not worked each month.

The members hope these changes will create more unity and better service for all Co-Op members.

Another project the Co-Op hopes to complete soon is incorporation as a legal consumers cooperative. Each active member will have one share and one vote in the affairs and management of the Co-Op to be decided at the regular meetings.

Persons who would like more information or would like to help with the benefit may call the Co-Op at 532-2667 or stop by at 1241 Mono Way, Sonora.



— photo by S.J.M.

EDITORIALS

JOIN OR DIE

The un-voting citizen

So this is the Bicentennial election year...

So what! I still haven't registered to vote. Maybe you haven't either. Maybe you have different reasons for not doing so than I, maybe you don't.

I just never got off my ass to do it. I just never felt my 2-cents worth was worth it. I just never knew enough about the "issues" to bother. I just didn't care. These then, are my reasons. Maybe they are also some of yours.

I never get involved in political discussions--maybe you do. But what real right have you (or I) to do so, when verbal arguments won't be put on a ballot where it counts. What real right then have I (or you) to criticize, condemn or argue?

So now (too late again), I come to the realization that my laziness and "don't care" attitude not only affects my future, but my own son's future (and maybe yours).

And now when I do find the space to care, the time is up. I feel like a fool. Maybe, just maybe, you do, too.

Heidi

The Peoples Press of
Tuolumne County

It has been reported that the large pop-hole in a Coors beer can can be used for a dime in parking meters.

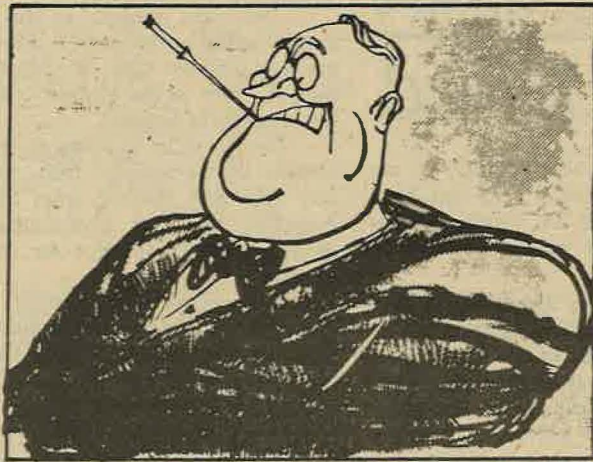


A PETITION TO THE CAFETERIA

WE, THE UNDERSIGNED STUDENTS OF CJC HEREBY REQUEST THAT THE CAFETERIA STOP USING NON-RECYCLABLE PRODUCTS, SUCH AS: STYROFOAM CUPS AND BOWLS AND PLASTIC UTENSILS.

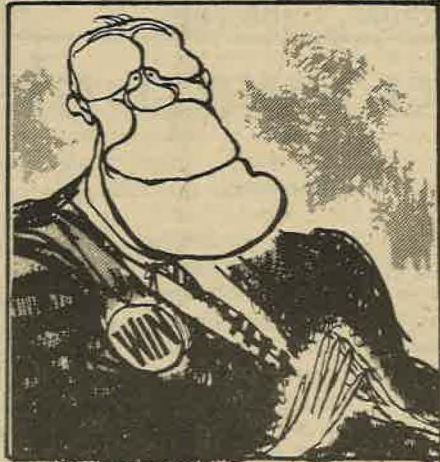
IN PLACE OF THESE PRODUCTS WE WOULD LIKE TO SEE PAPER OR RE-USABLE UTENSILS. WE ALSO ENCOURAGE STUDENTS TO BRING THEIR OWN.

A TOTAL OF 89 PEOPLE SIGNED THIS PETITION. WILL NOT THE CAFETERIA LISTEN TO 89 PEOPLE?



THIS IS FRANKLIN ROOSEVELT. IN HIS FIRST SIX MONTHS AS PRESIDENT HE ESTABLISHED THE NATIONAL INDUSTRIAL RECOVERY ACT: THE AGRICULTURAL ADJUSTMENT ACT: THE TENNESSEE VALLEY AUTHORITY: THE WORKS PROGRESS ADMINISTRATION:

(EARTH NEWS)



THIS IS JERRY FORD

LOS ANGELES FREE PRESS SYNDICATE

IT SAYS, "WE THE PEOPLE"

A recent poll taken on campus showed that 80% of the people polled are registered to vote. Of this 80%, only 72% will vote with 24% not voting and 4% undecided. Of this 72% that will vote, 84% will vote for President with 14% not voting for President and 2% still undecided.

THE PEOPLES PRESS

It has been reported that if you scrape the blue mold off of old, dried-up, shrunken oranges and seed a lid of moist marijuana with it and bury it for a time, it will produce a DYNAMITE lid of grass. Smoke away.

Unemployment Blues

NEW YORK (LNS)--Eighteen and a half million workers, or one-fifth of the country's work force, were unemployed at some time during 1975, according to a recent report by the Bureau of Labor Statistics. This is an increase of 2.6 million over 1974.

Government ready for nuclear accident

NEW YORK (LNS)--While fervently minimizing the danger of nuclear accidents, the federal government is busy making plans in case accidents do occur, according to a recent New York Times report.

A 43-page draft has been written by the Federal Preparedness Agency--a 700-member group within the General Services Administration.

It details a plan to "cope with the casualties, property damage and loss of civilian control that might be caused by a serious accident at one of the nation's 58 nuclear reactors."

For example, the report directs the Environmental Protection agency to cooperate with the Nuclear Regulatory commission to develop "guidelines for the disposal of the dead, removal of solid wastes, animal carcasses and other debris...that might contaminate the environment."

More remote than the consistent malfunctioning of existing nuclear power plants or the leaks of stored radioactive material, is the possibility of "an explosion of a homemade atomic bomb," but nevertheless, the draft report deals extensively with this subject.

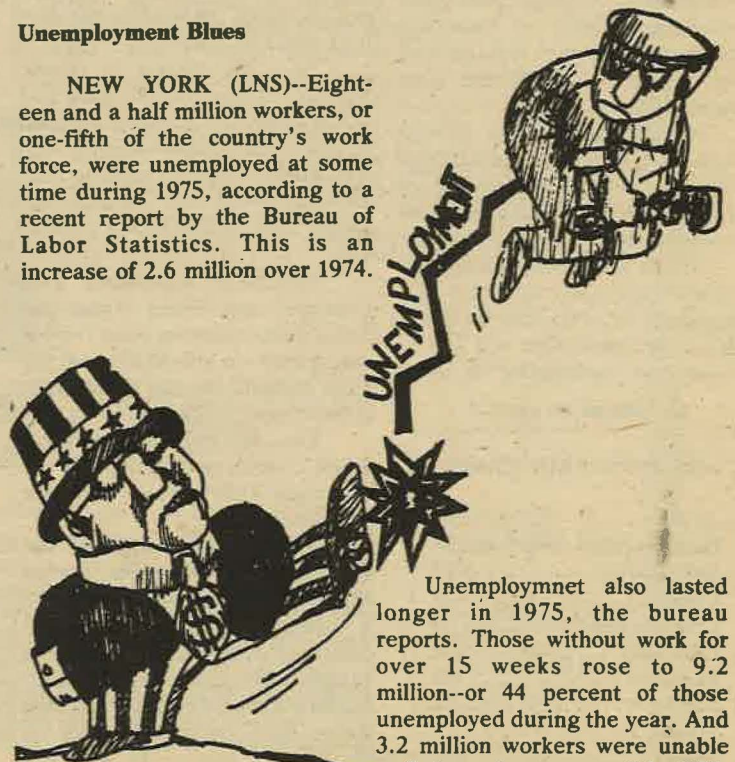
The FBI is called upon to draw up plans to deal with thefts of nuclear bomb-making materials and nuclear extortion threats.

And the Federal Preparedness agency calls on all government agencies to direct their efforts "toward the preservation of the basic political, social and economic systems and values of the affected areas."

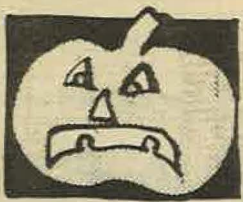


Additions and corrections

Due to lack of space and lost copy, the story in the Oct. 13 issue "World Food Crisis--Slavery Today" was not credited. It was taken from a pamphlet written by the Peoples Press in San Francisco. Also, the Mountain Times regrets the unfortunate combination of a picture and cutline in the Sept. 29 photo-story on registration. The Mountain Times staff and editor, well known for their dedication to high Journalistic standards, blew it.



Unemployment also lasted longer in 1975, the bureau reports. Those without work for over 15 weeks rose to 9.2 million--or 44 percent of those unemployed during the year. And 3.2 million workers were unable to find employment at all in 1975.



EDITORIALS

JOIN OR DIE



If God had intended for us to have a president, He would have given us a candidate

by David Hughes

Following the time-honored tradition of editors telling their readers how to vote, this editor recommends for President of the United States--to send the jackass back to the farm and the elephant back to the zoo.

The only thing I can say about Jimmy C. is that he isn't Nixon's hand-picked appointee. We are so close to evicting Nixon, Ford, Kissinger & Co. it might be worth it to consider Carter.

But who inna Hell is Carter? Where inna Hell is Georgia? So, gentle readers, to give you a choice I will offer three: Nobody for President (after all, Nobody gives a damn), Albert Z. Casey for President, kick Ford out of the White House.

Mountain Times Recommends:

Prop. 1--Housing bonds. Flip a coin.

Prop. 2--Urban and coastal parks bonds. Will provide parks closer to the cities and might help keep some of the turkeys out of the mountains--vote YES.

Prop. 3--Energy conservations bonds. (companion measure of Prop. 12) It is a step in the right energy direction by making money available for solar heating and cooling, and building insulation. The energy crisis hasn't gone away, it's just hidden by the powers-that-be. Vote YES.

Prop. 4--UC bidding and admissions. The University of California was designed to be independent of California politics. This is an attempt by the legislature to control it. Keep UC independent, vote NO.

Prop. 5--Interest rates. Who can understand it? Flip a coin.

Prop. 6--Governor and referendum. Who knows? Probably NO.

Prop. 7--Judges. YES

Prop. 8--School superintendents and Boards of Education. Who cares? Probably YES.

Prop. 9--State Constitutional officers, Governors apointee. Flip a coin.

Prop. 10--Property tax in new local government districts. Would give the people local control in new local government agencies if they include parts of two or more counties. Vote YES.

Prop. 11--Some jive on tax. Who knows? Probably YES.

Prop. 12--State loans for energy conservation. This is a companion measure with Prop. 3 (Energy conservation bonds). Vote YES.

Prop. 13--Betting on Greyhound racing. A strange measure--if the charges against it are true it is bad and it has an "unsavory odor." Vote NO.

Prop. 14--The Farm Labor initiative. This is an attempt to put the hard-won farm workers rights beyond the reach of politics and agribusiness--to GUARANTEE their rights. The Legislative analyst says "Because the proposition would not legally bind the Legislature to appropriate any specific amount of money for the board, the level of funding in future years would be determined by the Governor and legislature through the state's regular budget process. In summary, the proposition would result in minor, if any, increased costs to the state." It would put Farmworkers rights beyond the exploiting grasp of agribusiness--and that's why the opposition is running scared, pumping money into a campaign of half-truths and exaggerations. It is the same act now in force as the ALRA act of 1975 with a few minor changes (the controversial access rule was ruled constitutional by the California Supreme Court, and is for one hour before work, one hour at lunch and one after work. Hardly total anarchy as predicted by opponents). It is a good measure, vote YES.

Prop. 15--Chiropractors. Vote YES.



Dear Editor, a comment

I walked into the college cafeteria before my Monday night class. Not a soul was around, and I couldn't believe my eyes. What a mess!

The tables were full of junk, such as empty paper plates, milk cartons, cups, cans and papers.

The ash trays were piled high and overflowing with cigarette butts. No one had emptied them.

The chairs were dirty with crumbs on the seats. Even the floors were littered with papers and cigarette butts.

Everyone talks about ecology, but when it comes to doing their part in cleaning their own mess, it seems to be said, "Let the next person do the cleaning, or the janitor can do it."

If we each do our part, we can keep it nice to show that we appreciate what we have! A nice cafeteria where we can relax.

Yvonne Perea

Twain Harte Masacree

by David Hughes

On Friday, Oct. 1 your beloved editor and political editor had the chance to eat dinner with the Republicans in Twain Harte. We almost didn't escape.

There were real Republicans there. Fat Republicans, skinny Republicans, they walked, they talked, they actually exist. In business suits. And there were two of us. In overalls and beards. Just two.

"Dear God, elect Republicans," went the prayer.

The first speaker...I didn't know they let people like that in the mountains...I had hoped they broke the mold after Nixon. He was Roger Blain for Congress, sounding like the John Bircher he is, looking and sounding like he had fat on the brain.

"Build--buy--consume--elect me--kiss my behind when I'm in office instead of McFall's."

The next speaker was Bob Whitten. To him we were "the two resident hippies." He used the same catchy phrases he used when we interviewed him that afternoon. "Glutimus Maximus", "Limousine Liberals", "Silent majority", "less government spending". Patented speeches.

He even made a pitch for the Democrats and to the two token longhairs. "If you got a candidate, work for him." Good idea, Bob. If you got a party go to it...if you got dope smoke it.

Dan Parises for state assembly started talking on welfare (a favorite theme with the Republicans), and I tap the side of my head with the palm of my hand, maybe I'm not hearing right. No one on welfare will take a job? Hey, Jack, I will work on any job as long as that job isn't shit work. And I'm not on public assistance. If I won't take your kind of bull jive, no one else will.

But the Republicans all love the idea.

During the question time the audience got hostile. At us. Your beloved political editor asked Blain, "Why do we spend four times more money on killing people than on helping our own?" An honest question. Through the murmur of "cut your hair" "sit down", etc., Bircher Blain answered, "Our defense is our N*U*M*B*E*R O*N*E P*R*I*M*O*R*I*T*Y." (murmur of approval).

And Steve had the inspiration to point out, "In the Preamble of the Constitution it says, the function of government is 'to promote the general welfare'." ZAP! To promote it, Jack, not sit around and hope it will improve itself.

And Blain stuttered, searching for an answer.

The Constitution was too much for one guy who stood up and started shouting at Steve. With good grace Steve ignored him. Later on he told us to "go back where you came from." OK, a**hole, I will go back. To Columbia where I came from, which was my father's home town, which was the chosen home of my grandfather.

Where did you come from, turkey?

I have never felt like throwing a beer bottle at someone like I felt like throwing one at Bircher Blain & Co.

OK, gentle readers, what did we learn? One of the last things Bob Whitten said was, "I know how to use the news media." True fact. After 13 years on the glass teat he should know how to make people suck. Folks, we are being used.

Avoid the void. Avoid the Republicans.

Dear Editor:

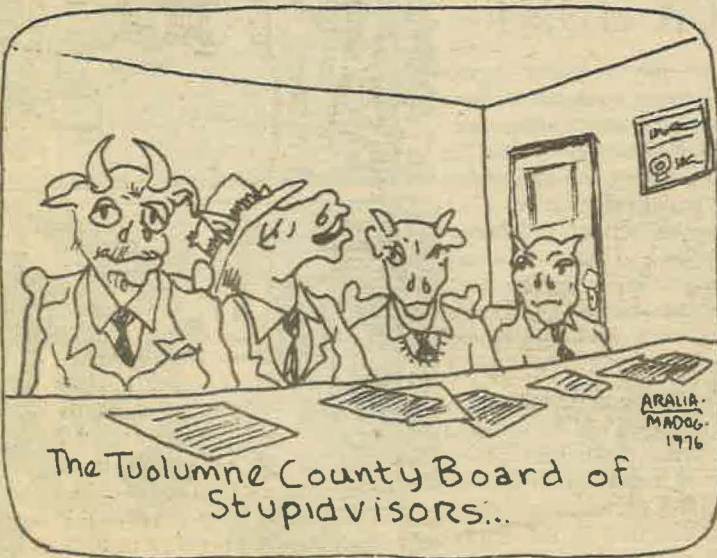
In the last edition of this paper the campus question asked local residents what they thought of CJC. The answers were so friendly that I wonder if maybe the interviewer didn't go out of the county to ask the questions.

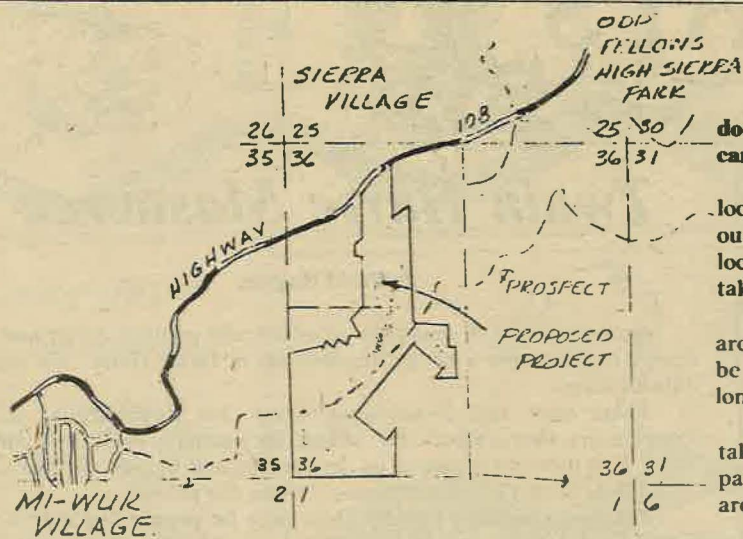
It is about time that someone was realistic about the attitude of the community towards this campus. There lies an almost unbelievable hatred of this school in Sonora. The lifetime residents feel threatened by the campus and if given the chance would not hesitate to "shut the Goddamn place down". They are not pleased with the people that CJC has attracted. So let's not fool ourselves into a false sense of security about how free we are at this campus. All it would take would be one or two resolutions pertaining to residency by the Tuolumne County Board of Supervisors and our paradise would turn into what it was originally planned to be. It would be a nice little school for the lifetime residents of Sonora. In the eyes of this community our position is at best, tedious.

Now that we recognize that we can move on to other things. There are people on this newspaper staff who feel that our mission at this school is to save starving children in Africa. It is not. Working on this paper is supposed to give the student a background in the functional aspect of journalism. If there is a secondary role, it might be to take a concern of this community to heart. People are worried about jobs and the continued well being of Tuolumne County.

Instead of reprinting some old statistic about how many children starve in Africa, why not make an effort to support some of the many local programs that assist children. Oh, maybe that would require some work. So much for the "radical" movement on campus.

Bryan Schwab





KOA-- Continued from page 1

properly. This is tantamount to asking the wolf to guard the sheep, since it was the PC which approved the scheme in the first place.

The Board also trusts that Mr. Clement will not turn the place into a mobilehome park, although he has expressly informed them that that is precisely his intention.

All of the above information is public record by the way, contained in the environmental impact report filed by R.F. V. Walter, a disinterested engineer.

What Mr. Walter neglected to include in the report is that every single vehicle which enters the park will drive right down the main street of Sonora to get there. Right now he confesses there is a traffic jam in Sierra Village for one hour every day during the peak months. He neglects to say how many hours of stop and go traffic he anticipates after completion of the project. I suppose he considers that the freeway will mitigate some of that traffic. He may be right about that. Then all he has to do is place a road along

the East edge of Sierra Village, and the place will be just like any other neighborhood in Los Angeles, for then it will be completely surrounded by cars.

So far, except for the people who live there now, no one has thought of reducing the size of the development, which would be the largest such site in the County.

Mr. Walter does mention the possibility of a better location for the project, surely an understatement, but he complains that the developer doesn't own any of them.

That may be true. I suggest some place in Yosemite Valley, or Lake Tahoe, or some other site which has already been screwed up by just such developments may be more suited to his purpose. Anyplace but here!

If you do decide to sign the petition, you won't be signing just another piece of paper. You will be helping to force an election to let the voters of Tuolumne County decide if they want to let Mr. Clement and his buddies turn 125 acres of forest into an 800-car parking lot.

Interview with Bob Whitten



Bob Whitten was on campus Oct. 1 to talk to the Mountain Times and interested students. He is familiar as the former anchorman for KCRA-TV news, when his grey hair and slight Texas accent came into thousands of homes. Now he is "running" for the State Senate Seat of this district on the Republican slate.

For his qualifications he said, "mass transit or paved paradise" "you have to like people...have to care about them...you have to be responsible, honest, fair...So, what other kind of qualifications do you need?"

He said, in answer to how long he has been a Republican, "when you're born in Texas you're born with Democrat favored televising executions. I stamped on your Glutimus Maxi-mus," but when he came to California in 1960 he registered independent and then Republican, because "I was more akin to the Republican philosophy."

If a bill for the total decriminalization of Marijuana came up he would vote against it, "because most of the people in the district don't want it...I believe in the current representative government, that is where your elected official represents your viewpoints..."

However, "Basically I don't like laws that legislate what you do to your body," and so he doesn't oppose abortions. When pressed for a firm statement on abortion he said "there are no bills proposed. ...(if there was) I'd be back out here listening to what everybody had to say about it."

When asked if he favored mass transit or paved paradise he avoided a firm answer. He doesn't believe mass transit will be responsible, honest, fair...So, what other kind of qualifications do you need?"

Whitten claims he was mistaken when the paper reported he believed in the death penalty--we should use it." He favors putting executions on cable TV system.

Whitten was a very likable man who openly spoke his mind and feelings. Whitten's Democratic opponent for the State Senate seat is John Garamendi, currently the State Assemblyman in for this district. The current election.

SUPERVISORS--cont. from page 1

What you think should be done about long-term medical care?

Jung: In time we will have a location in which we can care for our own long-term patients. A location is in the works, but it takes time.

May: This is a problem we are working on. Soon there should be a 99-bed building for our long-term patients.

Snyder: The county should take care of its own long-term patients, not send them out of the area.

Chiappelli: There is someone trying to build a long-term unit in our county. L. Harris has purchased a lot in our area for a 99-bed hospital on Golf Course Rd. It is going to take time.

Filiberti: We are making an effort to obtain a location for a long-term hospital to care for our long-term patients.

Rotelli: I was chairman of the committee to obtain a location for a convalescent hospital for our long-term patients. Our area is growing and is in need of proper development to handle this problem.

How do you feel about offering food stamps for students?

Jung: If you are eligible then you can get them, but the stamps are for the people who need them.

Filiberti: Lifelong resident of such as the elderly and needy Tuolumne county, resides with families. But if you can work, then that is what you should do. Many students in the past have managed.

May: Food stamps should be for the people who really need them.

Snyder: No. Go out and work.

Chiappelli: If you qualify, then you can obtain them.

Filiberti: If you qualify, they are available.

Rotelli: I am against it. This

is meant for the elderly and for those who are unable to work. Food stamps are for those who need it. You are young and able to work. I did and so did others.

Each candidate was asked to provide some background information about himself or herself.

Background information
Jung: 34 years old, resident of Groveland, commercial pilot and flight engineer for eight years.

May: 44 years old, Tuolumne county resident for 14 years, raised on a cattle ranch; Army veteran, has a bachelor of science degree in animal husbandry from McNeese State college in Louisiana, taught in the county at both elementary and secondary level; helped organize Sonora High school Rodeo club, has operated a cattle ranch and now is a timber faller; wife Robin and two sons, Mark, 11, and Matt, 10.

Snyder: Resident of Jamestown for 11 years, has traveled and has an educational background, served in justice court from 1966 to 1973.

Chiappelli: 63 years old, been a supervisor for eight years, currently serving as chairman of the board; active in community organizations including the Jamestown promotion club, resides with son, Jerry, in Jamestown.

Filiberti: Lifelong resident of Tuolumne county, resides with her husband, Victor, in Sonora; has furthered her education in the administration of justice, including organization, function, management and practical application; three children, Vicki, Marsha and Edward.

Rotelli: 42 years old, born in Sonora, graduated from Sonora High school, attended San Mateo college, Idaho State and Hastings Law school, member of Elks club; two children, Vicki, 17, and Larry, 15.



34th ANNUAL DUCK HUNT

Returning duck hunt champ Ernie Snagemfast has vowed a speedy and record breaking catch for this year's hunt on Saturday. Promoters promise a good hunt.

The duck population (now estimated at between 2,250 to 2,500) has grown slightly since last year and is not doing as well as in years past. This probably can be attributed to the amount of students who have been rejected food stamps and in turn have started poaching. Naughty, naughty.

A controversial new rule is being debated by the judges. The new ruling concerns the use of swim fins, snorkels and face masks. In years past swim trunks

were the only required equipment. The new equipment allows for some fantastic underwater grabs. The drawback is that the spectators cannot see any of this exciting underwater action.

This year's hunt and barbecue promises to be as fun and action packed as in the years past. Don't forget your \$2 for all the duck and brew your tummy can handle.

As a closing note, the county sheriffs deputies will be on hand at this year's festivities. Their presence is necessary to prevent the spectator participation which last year resulted in the ducks' cannibalistic demise.



FAT FREDDY'S CAT IN "ANIMAL CAMP"

1976 Presidential debates debates reviewed

This year, for the first time since 1960, nationally televised presidential debates were held. The first debate, on Sept. 23rd, Republican nominee President Gerald Ford and Democratic nominee Jimmy Carter debated on domestic issues.

The debate went on despite efforts by Independent candidates Eugene McCarthy and Lester Maddox to allow equal time to other (third party) presidential candidates.

On Oct. 6th the second debate was held; this time pertaining only to foreign policy and defense. On Oct. 22nd the third and final debate was held. This debate was opened to any issue.

Here is basically what has been said during the debates.

TAXING

Ford claimed a good program on taxes. He noted that each tax cut had been matched by cuts in federal spending. Carter responded with "...today's tax system is a mess; it's a welfare for the rich." Carter stressed the need for tax reform and a system without loopholes.

BUDGET

Carter was asked how the balanced budget he has promised could be possible with his massive government employment plan. He claimed that taking people off welfare and unemployment programs and putting them back to work would reduce spending.

Ford rebutted with estimations that the programs in the Democratic platform would cost between 100 and 200 billion dollars and that it would not be possible for a balanced budget to exist with these expenses. "unless every American was taxed out of his home."

BIG GOVERNMENT

Carter stated he would reorganize and eliminate certain bureaucracies in the federal government. He pointed to his record as governor in Georgia where he "greatly reduced the number of bureaucracies into a more efficient operation."

Ford responded with figures indicating that while Carter was governor of Georgia, the number of state employees increased 25% and the budget increased 50%. Ford also quoted present Georgia Governor Busby, who stated that when he took office in 1974; "The Medicaid program was in shambles."

NIXON PARDON AND DRAFT EVADERS

President Ford stated he gave draft evaders an opportunity to return and work to earn their citizenship, and that many had taken advantage of this program. He stated that when he pardoned Nixon, "the nation was seriously divided" and he had to concentrate on renewed trouble in Southeast Asia and a faltering economy. He also said: "Nixon had been penalized enough."

Carter raised the point of unequal justice in America. He stated that he would pardon all draft evaders stating: "a pardon

means they were wrong, but they are forgiven."

DEFENSE SPENDING:

Ford stated that Carter had proposed to cut the defense budget by 15 billion dollars. He said that this would drastically undermine our military.

Carter responded that he had never proposed a \$15 billion cut in defense building, but rather \$5 to \$7 billion. He said that America's military strength would not be cut, but many things would be trimmed of waste.

B-1 BOMBER, TRIDENT SUBMARINE

Carter is against the B-1, but for the Trident. President Ford is for both.

KISSINGER

Carter stated that our foreign policy is a one man show, with Kissinger running everything. He also said the American people have been left out of their foreign policy.

Ford contended that Kissinger has done a fine job, and that the United States was at "a stable peace that has not existed for over twenty years."

EASTERN EUROPE

Ford lost the debate by stating that Eastern Europe was not under the domination of the Soviet Union. Why Ford made such an absurd statement is a good question.

Other than a few incidents, the debates were more or less boring and predictable. The only good thing to come out of them were the excellent parodies on NBC "Saturday Night".

Hypocrisy: tool of politicians

The Republican convention was over. As the plane took off from Kansas City John Dean, Earl Butz, Pat Boone and Sonny Bono discussed politics.

Boone asked why the Republican party — the party of Lincoln — could not attract more black voters. Then Earl, the joke teller, told the joke that cost him his job.

Butz' fate was well-deserved; however, the political attacks on him for his slur has brought to light the biggest rash of hypocrisy in this election year.

Jimmy Carter, having the most to gain, quickly capitalized stating: "President Ford is just as much to blame; Butz should've been fired immediately. I can assure you that no racist will ever work for me."

This is the same Jimmy Carter who said something about "ethnic purity". Not only that, Carter himself admits that his brother William uses the word "nigger" in his everyday language. Carter stated he would never have a racist working for him; meanwhile, brother William works for Jimmy, managing his vast peanut enterprise.

House Speaker Carl Albert received a standing ovation when he made his farewell speech in front of a joint session in congress. Carl Albert is a bigot.

As Liberian President William R. Tolbert was about to address Congress on Sept. 23rd, Albert and Nelson Rockefeller were exchanging derogatory remarks about blacks.

They talked about whether most blacks in Liberia were "pure" black or "mulattoes" (chuckles between the two). Albert then suggested that Sen. Edward Brooke (R-Mass.), the only black in the U.S. Senate, was something of an "Uncle Tom" (more laughter). Albert went on

to say that Brooke would be a slave in Liberia. At that, Albert and Rockefeller burst out in laughter.

With the retirement of Sen. Mike Mansfield (D-Mont.), the "liberal" Democrats are about to elect Sen. Robert Byrd (D-W.Va.) as his replacement as Democratic leader of the Senate. Hubert Humphrey has nothing but praise for Byrd stating: "A fine Democrat, a fine senator, a fine man."

What they don't tell us is the fact that this same Robert Byrd was once a member of the subversive Ku Klux Klan. Official reports show that Byrd was a card-carrying member of the Klan from 1943 until?

When confronted with the charge, Byrd at first denied it. Then later reprimanded with this statement: "I was young (24) and it offered excitement. After about a year I became disinterested, quit paying my dues and dropped my membership."

More records show however, that Byrd was not only a dupe of the KKK, but also an active supporter. He was a very close friend of Samuel Green, the Imperial Wizard of the entire Klan at the time.

This is the same Robert Byrd who is about to become Democratic leader of the Senate.

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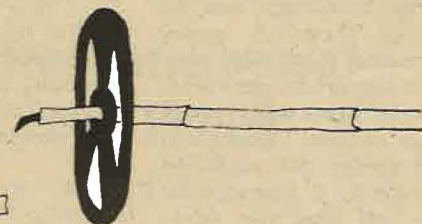
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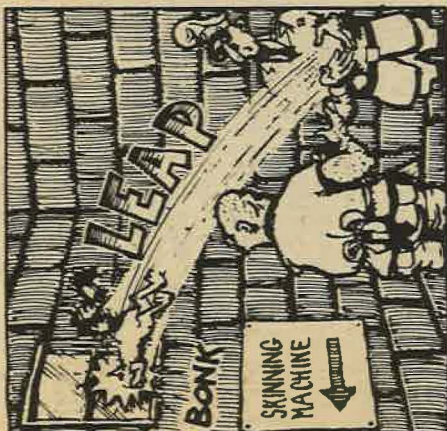
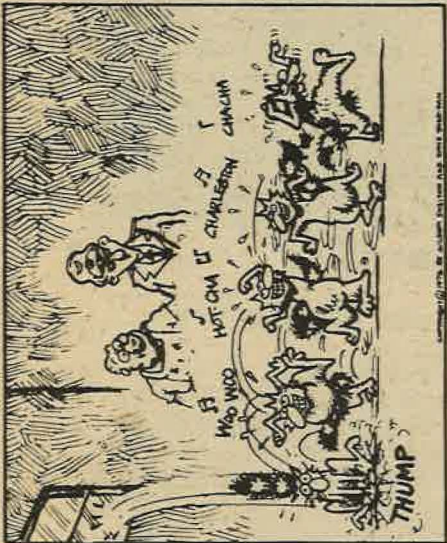
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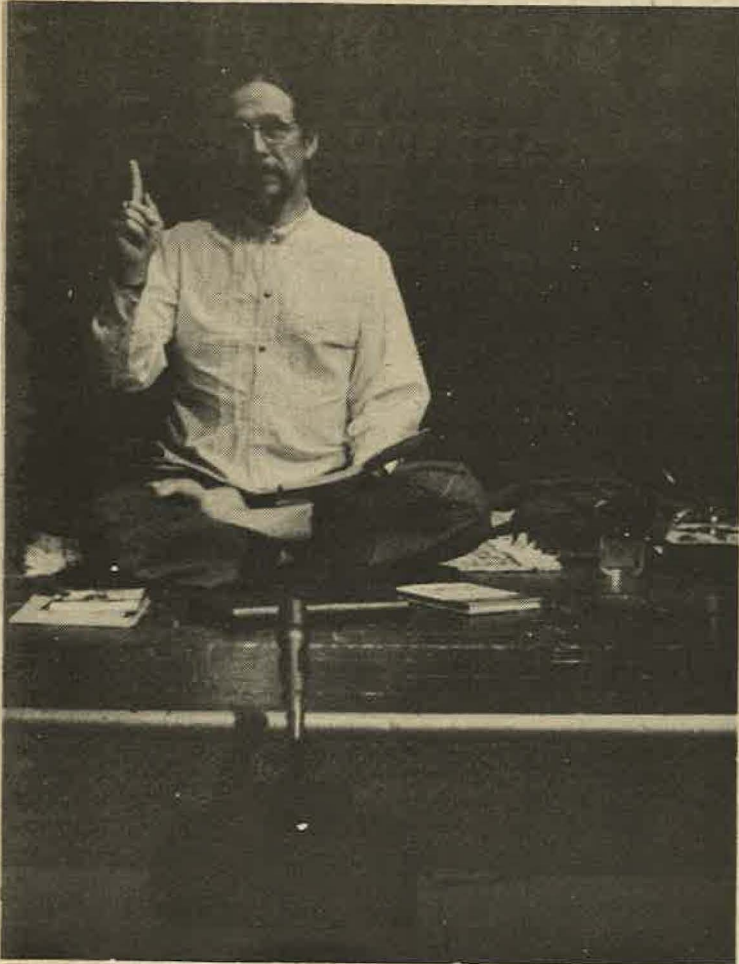
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Gary Snyder

by Jaak Wassmuth

There I was, standing in the faculty lounge, checking myself out on a Polaroid Land camera.

Gary Snyder sort of snuck into the corner of my eye across the back of the wall to the coffee, poured himself a cup and sat down on the nearest couch.

Although I had not been introduced, I somehow knew who he was even though he looked nothing like the pictures I'd seen of him.

I walked over, introduced myself and sat down. We had a short conversation, and I told him I was to do an article on him for the student newspaper. "That's a very good exercise. Try writing it once and printing," he said, and that's just what I've done.

Gary Snyder gave a talk to about 60 students and instructors at 2 p.m. before his scheduled evening appearance. The majority of the questions he was asked were about trends in the literary world. Snyder replied that the literary world has become saturated with more and more new artists and is also becoming de-centralized.

He abstained from answering questions concerning politics. Asked what he thought was the use of poetry, he replied, "poetry does a musical thing with language." In support he gave some examples in stress and rhythm taken from classical Chinese and Japanese poetry. He explained that Chinese is a monosyllabic language and that the words change in meaning with the way

they are accentuated. He went on to explain the emotional effects of these changes and their relationships with the poly-syllabics of English.

"I sat in the back of the room and waited for questions. It was all very heavy with the Chinese on the blackboard and this small, sunbleached mountain man sitting in a fold down chair. 'Yea, I won the Pulitzer prize, and I have written for 25 years to get here. I'm happy.

It seemed natural to me that the conversation should turn to philosophy considering Snyder is so well versed in Eastern literature. He remarked on the effects of language on reality and how difficult it is to detach one's self from the confines of contemporary literature. Culture expresses language more than the language expresses culture. Also he said language is the basic confusion of philosophy.

Gary Snyder hit quite a few spots in this meeting. People in the room were often spell-bound in the presence of this man, and I think he was strangely at a loss of words so ended the meeting at 3:30 p.m.

I must say, I was impressed by his down-to-earth way of dealing with matters of literature, especially in his remarks about the market of poetry becoming more centered in small communities.

By the way, he won his award for "Turtle Island."

sex

i used to sit for hours
and watch the water
forced from the sprinkler,
only to reach a climax,
then fall.

Richard Doughty

"Grandma"

In the dim and distant past,
When life's tempo wasn't fast,
Grandmas used to rock and knit,
Crochet, tat and baby-sit.

When the kids were in a jam,
They could always count on "Gram"
In an age of gracious living,
Grandma was the gal for giving.

Grandma now is at the gym,
Exercising to keep slim;
She's off touring with the "bunch"
Taking clients out to lunch.

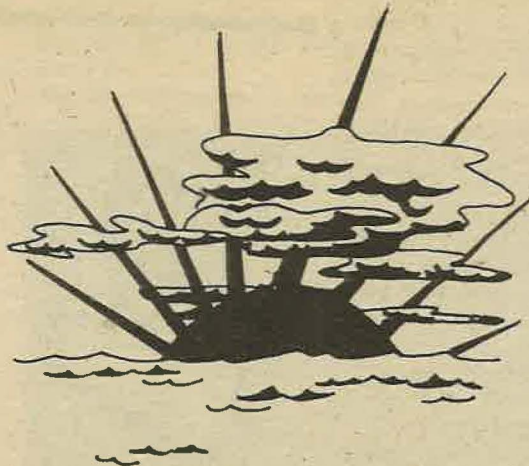
Driving north to ski or curl -
All her days are in a whirl.
Nothing seems to stop or block her,
Now that Grandma's off her rocker.

Night fell on its weakened knees
Awaiting dawn
Sea swollen by sea breeze
Travels on

Crickets sing my story song
In the night
It can and it can't be very long
Till the light

Wings drift westward over
Ocean waves
Fins pull on their winter cover
Safe in caves

Men all draw their water rations
From the sea
Cold winds turn my expectations
Back on me



November 5th poetry deadline

Student poets, writers and artists have a chance to have their works published in a literary magazine at California State college, Stanislaus, or the annual competition sponsored by the National Poetry Press.

Deadline for submitting entries for the College Poetry Review is Nov. 5 and for the Stanislaus literary magazine, Nov. 8.

Travel

There's another place somewhere.
There always is.

A land the size of all elsewhere,
Where the rocks have fallen
Upon one another in great heaping
Piles of stone; where that bush
Will hang forever on the brink
Of cataclysm.

Or islands so small you could fill
Your backyard with half a dozen
But each one can hold a man,
And keep him alive till he dies,
Eating coconuts, or if he's brave
He can toss one to his neighbor
On the Mango Isle.

Or even larger, an anthill, or better still,
A drop of water, the elsewheres we can't visit
Except in our minds---and no one ever goes there
Anymore.

I seem to conflict with the whispering
whys that live within the lively
patterns of education-
My mind seems to coast beyond
the realization-
It remains a challenge

the knowledge you learn, the goals
you accomplish, the lectures you
hear of the situation,
it all makes me turn to revolution-

though every morning I walk out my
door and down the steps to the
mist of confusion- and learn
more of education's illusion-

Oh, Evolution lives harmoniously
and education bewilders me
But so does society
a Rebel within a cause
which remains a challenge

Wendy

Alternative Suicide

It's near blast off time
and I'm feeling alright
The stars and the comets
call for my life

Very soon
at half past noon
I shall know
the quarter moon

For in my starship
I shall ride
to an alternative
suicide

Jeff Sandeen



FAME breaks ice

by Lenore Ralston

Did you know there is F.A.M.E. at C.J.C.?

There is. F.A.M.E., which stands for Friday Afternoon Musical Experience, was started by Barry Hunt in the winter quarter of 1972 as an outlet for musical performing groups. Now F.A.M.E. fills the performance requirement for vocal and instrumental ensemble (Music 169 and 179) students.

Eric Relph and Denise Keane "broke the ice" as this quarter's first performers. They performed 10 songs, seven of which were originals composed by Relph. They also performed songs by Loggins and Messina, Roberta Flack and Ebb Tide.

Both have been involved with music most of their lives. Relph plays guitar plus bass, piano and drums and is learning how to play

the violin.

Keane plays guitar and wooden and regular flute. Both also sing, and they think they make a good performance duo. They had only worked together about 10 days before the performance.

Keane's goals are to perfect her skills on flute and guitar and her singing. Relph hopes to get into recording and doing concerts.

F.A.M.E. is open to anyone who would like to perform and has a good act together. Performers sponsored by the community services program also will appear. Other performing groups will be the soloists from the "Messiah," and a trio of Renaissance musicians from the Ashland Shakespearean festival who are scheduled for F.A.M.E. and evening performances on Friday, Nov. 5.

Music in the Mother Lode

Are you tired of Elton John on the radio and the Osmunds on the glass teat? Don't despair, there is a lot of fine local music around.

The Fiddlesticks, a local Columbian band plays Saturdays on the streets of Columbia, and Sunday afternoons from 3 to 7 p.m. in the Murphys hotel in Calaveras county.

There is also live dance music from week to week at Sullivan's Creek on Highway 108 by various bands including High Gain, Carmel, King Bee and the Fat Cat Southside band.

A group of students at CJC are planning to present a live band dance/concert later this year. Several bands will be contacted, with the Fat Cat Southside band being the first one to agree to play.

Every Friday afternoon from noon to 1 p.m. a different musical group plays on campus for FAME (Friday Afternoon Musical Experience).

Then there is Mountaineer, an annual summer crafts faire and concert, which has featured such music as Pure Prairie League, Nils Laufgrin, Poco, Seals and Crofts, Peter Frampton, Boz Scaggs, Kingfish, Dan Hicks and others. Be sure not to miss the Fourth Annual Mountaineer next June.

Messiah

George Fredrick Handel's "Messiah" is being prepared for production by the musical groups at C.J.C.

Both the Sierra Singers and the String Orchestra have been rehearsing since Sept. 13 and the vocal soloists have been selected by auditions.

The solo performers are, Jim Brandt, new manager of Western Auto in Sonora; tenor, Trevor Pendray, of Sonora; alto, Jeanne Link, owner of the Garden Gate Gallery in Columbia; and soprano, Eileen Hunt (no relation to instructor Barry Hunt) who is from Stanislaus State.

Letters have been sent to elementary and high schools and to churches in the college area, seeking singers for the large chorus segments of the "Messiah."

This community choir has been rehearsing since Oct. 14, at the Columbia Church of the 49'ers. Hunt is expecting to see 75 to 100 singers participate in the choir.

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The Fiddlesticks---(left to right) Robert Tagney, bass; Chris Kennedy, guitar; Robert Cole, fiddle; and Tim Armacost, banjo---play old time music at Murphys old hotel on Saturdays and in Columbia on weekends. Kennedy and Cole are students at Columbia Junior college, and all of the members reside in Columbia.

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A MIDSUMMER KNIGHTS DREAM

by Bob Jones

How's it look? I gasped, throwing my pack in the dirt. I know damned well how it looked. I've had it on my mind for six years now, but never gotten around to it. Naw, 'it' wasn't a lady. Those are somehow too elusive. 'It' was merely a new climbing route on the southwest face of Half Dome.

A typical funmaster expedition, it had come about when Claude and I, having bought some dynamite smoke, ran into some friends on El Cap beach. Accepting their offer to explore the Pipeline to Pluto, we proceeded up the Mist Trail, headed for the base of Half Dome.

Burned out climbers always abide by the rules, so packs brimming over with chip'n dips, candy and booze, we began to ascend the last disgusting rubble slopes to the base. It seems like special climbing techniques are called for when sliding up and down dirt slopes packed with manzanita bushes.

Finally, just as the sun passed away in the blue Pacific, we reached our southwest face, spaghetti legs-a-trembling.

All'reet!! Now for a natural high, we all sighed and immediately pulled out the liquid booster rockets. Well in those kinds of places there is always lots of time to contemplate the meaning of our existence.

Between sneaking glances at our route above and stuffing down chip'n dip, the inevitable question that haunts all mankind popped out. "Where's the ladies?"

I mean, playing hide and seek your whole life is fun, but after busting our humps up six miles of hot, dusty and crummy Sierra dirt with loads the weight of the universe on each of our backs, and still no babes, this was definitely a set-back.

"You've checked under all the rocks and bushes, eh, Claudis?" Okay, all that was left to excite us to a natural orgasmic level would be "hard" rock in the morning.

Our standard rise and shine was had. Each guy peeking at the other to make sure they are both pretending to be asleep. Finally

that inevitable moment when both peek out at the same time and "Ugh, guess it's time to get up, huh?"

What an awful thought! No speed shop for that morning coffee crank-up. Just that horrendous, big piece of granite staring us down and another party of climbers clanking up the dirt slopes far below, just champing at the bit to touch rock.

Time to stop burning daylight and somehow transform ourselves from a pair of weak sisters into Stonemasters! The exterior wasn't too hard, just lace up those funny rubber boots called EB's, strap on the mystical Indian Swami belt and tie on the cord (climbing rope that is). Now to compose the facial features into a tough, hardman expression.

There! Okay, Claude. I'll take this lead," I offered magnanimously, knowing it was a cruise. Claude knew something was up. Never before had I offered to tie on the sharp end and lead willingly. Yes, sirree, I figured to cut a fat hog in the ass with this one. Why if I start leading all the odd pitches, he'll get stuck with what looks like the crux!

Minutes later the two pitches up Snake Dike were over and we stood at the crossroads. Snake Dike going off and left our route, Dikes and Fairies, going up and right.

Oh my, it was my lead and the vein of rock that was so prominent when we stood below it seemed to have faded during the night, leaving me with the sneaking suspicion that I'd soon be thrashing about on a glassy smooth horror show.

Thirty feet out on fairly casual climbing I clip into Bridwell's retreat bolt. Quick dip into the chalk bag for the sweaty hands, Thirty "quick" dips later I peeked at what lay ahead. Oh, God! Orgasms away for sure. No cracks, no jug holds, no rest stops. Just that glassy dike for 60 feet. "Gee I don't know, Claude, this looks real hard."

Down below (it seems like miles) Claude, scrunched up in his butt bag, lets loose with a whining moan. Something about how I should start climbing.

Jesus wept! My nuclear arms had long faded into peashooters and even my 5.10 badge had been ripped from my shirt sleeve a few weeks ago. What could I do? Twenty feet out from Bridwell's bolt. Try to fire in a bolt? No way! Forty feet out, it's getting slicker, fewer holds, can't even stop. Fifty feet out, looking at 100 feet flight time!!

Rope's looking thinner. Fifty-five feet. Oh, shit! A stance. If I can somehow get my friggin' feet where my hands are. I got it! Weeny arms trembling. Fire in belay bolts.

Claude's lead. Lotta moaning, but then a lot of hard, sustained face climbing. Thirty-five feet from protection. At last he hits the bottom of the open book we're gunning for and we know it's in the bag.

Five pitches of uneventful climbing brought us to the final 800 feet of slab hiking up the Dome. Sheer hell for our spaghetti legs, but with the valley in sight, 5,000 feet below and with the thought of more chip'n dip, more booze and more search parties for those elusive ladies, we were, in mind and body, down in a flash!

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The death penalty will be examined by former San Quentin warden Clinton Duffy in a talk Wednesday, Nov. 3, at 8 p.m. at Sonora High school.

Duffy's talk on "The Death Penalty--Is It the Answer?" will be presented by the Columbia Junior college community services office. Admission is free, and members of the community are invited to attend.

The son of a 35-year San Quentin guard and a member of the California penal system himself for more than 30 years, Duffy is outspoken in his opposition to the death penalty.

In his views on capital punishment Duffy describes the methods still used for legal executions and their effects on the victim: hanging, electrocution, lethal gas and firing squad.

Duffy witnessed 150 executions and presided over 90 during his 11-year term as warden. Those executed included two women, the first in California history.

He says he has always been against capital punishment. Among his reasons for his beliefs: it is wrong to kill, statistics show the death penalty is not a deterrent to similar crimes, there is no equality in conviction and sentencing of those who commit murder, poor people are more likely to receive the death penalty, there is always a chance of

error, most prisoners are emotionally, morally or mentally disturbed and the cost of execution is greater than life in prison, contrary to arguments in favor of the death penalty.

"When the death penalty is stricken from our statutes, and the gas chambers, the hangman's noose, the electric chair, and the firing squad are done away with, as the rack, the screw, burning at the stake, drowning, throwing to the lions, and other barbaric methods were, we will all be the better for it," Duffy says.

Duffy is an exponent of training and treatment of offenders as opposed to punishment. He believes most prisoners, except for mental cases, can be changed for the better.

He is credited with having made the first rehabilitational advances in the California prison system by introducing academic and vocational training.

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Hungarian chooses CJC

by Dann Johannes

Tibor Csontos (Te bor Chon tosh) is a 22-year-old Hungarian who came to the United States after escaping from his communist native land.

Tibor spent six months in Italy before coming to the U.S. two years ago. Now he is a student at Columbia Junior college.

Tibor escaped by moonlight by crawling through a ditch between the customs stations along the border. The ditch was covered with thorny bushes. Tibor said the pain from the thorns was so excruciating he wanted to stop, but something inside him told him to keep going. He finally made it through the ditches and forest into Italy, to freedom.

When Tibor left Italy he had a choice between Sweden, Africa, Australia and the United States as his destination. He said he chose the United States because it is the "strongest and the freest."



Tibor has a little problem with his English and sometimes has to use a dictionary. He is thankful the instructors take time to help him with his English.

When asked to compare America and Hungary, he said in Hungary the schools are much harder. The teacher gives a test every day in different subjects.

Tibor does not like the unemployment rate in the United States. In Hungary everyone has to be employed. Members of the work force must carry a passport-like book which is a record of where they have lived and worked and if they were ever in court or jail.

If they are unemployed for three months or more, it could lead to a large fine or six months of free labor in jail.

Tibor wants to be a hotel or restaurant manager and is taking hospitality management courses offered at Columbia.

INDIAN SUMMER

by M.L. Harrison

As the last Winnebago winds its way down from the mountain passes, a special magic comes to the peaks and river valleys that adds a sense of the quickness and the delicateness of nature's seasons. Autumn or Indian summer is this magic.

With the silence of a stalking Indian, Jack Frost and his wife Jill slip down from the heavens to splash the leaves with colors and to paint the early mornings with the white crystals of their trade. Oh! this is an art display not to be missed.

The adventuresome traveller may catch the premiere of events to come by sojourning up Highway 108 to Sonora Pass. There the Frosts have begun their joyous task on aspen and cottonwood trees, creating a spectacular show of color.

All the mountains seem to be holding their breath in this final tribute to the forces of life and changing seasons before the silent blanket of winter comes.

We, the lucky romanticist or nature lover, can see the wonders and beauty of nature in our backyard.

Basketball practice schuffled

Columbia Junior college's basketball team has been practicing for about five weeks in preparation for its initial intercollegiate season of competition.

Practice had been on the college's outdoor courts, but last week practice was moved to the gymnasium at the former Five Mile Job Corps center on Yankee Hill Rd.

This has to help because the team now can practice on a wooden floor and not have to worry about wind conditions affecting shooting.

Sometime next month Coach Pete Sullivan's crew will move into its permanent practice facility, the Columbia National Guard armory at Columbia airport. The playing surface from the old Modesto Junior college gymnasium was moved to the armory and is being refinished and lined.

The first game is scheduled for Nov. 30 with Solano college at Vallejo. The first home game will be Dec. 1 with American River college, Placerville, at the Sonora High school gym.

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Trees in the Sonora Pass area herald the arrival of Indian Summer.
photo by Michael Harrison

Superteams Action

Competition was hot and heavy for the first week of Superteams action, and there are some surprises in the standings after the first round of events.

The favorites, Bob Gibson and Charlie Penwill, earned 14 points in the first round, placing them in 14th place among the 17 teams.

Leading with 25 points out of a possible 25 is the team of Ruth-Deese. Two teams, Jeff Eirich-Mike Cranford and Curt Taylor-Kim Walker, are second with 22 points each.

Pete Conception-Mitch Lel-tecka are next with 20 points followed by a crowd of five teams all with 19 points. These teams are Gary Sword-Dave Williams, Jim Kindle-Walt Leineke, Robert

Parent-Ned DePuy, Mitch Hel-stab-Clint Neher, and Steve Edwards-Dan Fitzpatrick.

Other standings at the close of the first week of competition:

Bill Wilson-Jim Hastings, 17; Mike Connerly-Jon Fox, 16; Mike Kuropat-Ron Barrett, 16; Nick Faklis-Tom Brill, 16; Gibson-Penwill, 14; Bob Walker-Steve Domser, 12; Jim Purdy-Steve Butcher, 12; Greg Johnson-Rick Wolfe, 9.

Teams compete in five events out of horseshoes, tennis, basketball, volleyball, darts and ping pong. The winning team of each pairing receives 5 points and the loser 2 points. One loss eliminates a team from competition in that event.

SPORTS:

Tennis courts improved

There are to be some fine improvements coming soon to the tennis courts here at Columbia Junior college.

The first is the installation of two clocks, located so players can see the time from anywhere on the courts.

Also, in the near future there will be spectator seating arrangements for about 100 people. Guests and coaches will be able to watch the players without disturbing them.

These improvements and the installation of the wind screen last summer will make the tennis courts some of the finest anywhere.

Cross country here Friday

A home meet this Friday will be the first of a series of big events to wind up the CJC cross country season.

Friday Columbia will be poor hosts as they should beat West Hills and Porterville.

The following weekend, Nov. 6, Frank Russell's crew travels to Porterville for the conference championship. If everything clicks perfectly, the Claim Jumpers could possibly sneak in and win it.

The NorCal finals are scheduled on Nov. 13 and the state finals, on Nov. 20.

Ken Danz is ranked as one of the top runners in the state and should make it all the way to the finals to top off a very successful season.

Come out Friday and see the team in its last home meet.

UPTOWN THEATRE

Wed 10/27 — Tues 11/2

Swashbuckler

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and

Call of the Wild

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Midnight Show Oct. 30

out at 3:05 a.m.

Peter Cushing in
'TWINS OF EVIL'

and

'HANDS OF THE RIPPER'
with Eric Porter [R]

Wed 11/3 — Tues. 11/9

**JOHN WAYNE
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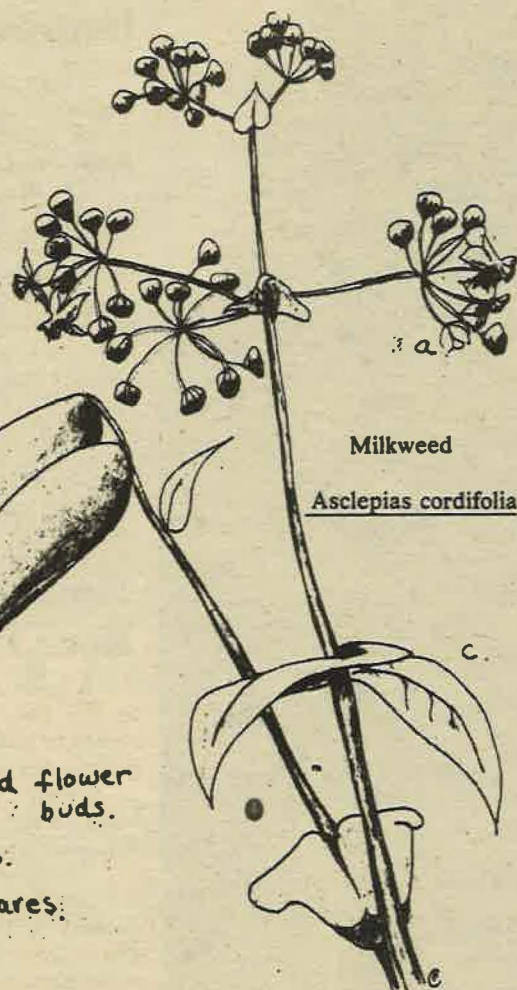
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Milkweed

Asclepias cordifolia

a. flowers and flower buds.

b. seed pods.

c. opposite leaves.

Milkweed grows throughout the U.S. and is considered a pest in many parts of the east. In the Sierra sometimes it is difficult to find.

The young perennial shoots (less than an inch long) may also be boiled in four changes of water and eaten.

The raw milkweed contains a milky juice that is bitter and poisonous. This juice when applied once a day for two weeks on a wart usually removes it permanently.

Milkweed stalks provided the Mi-wuk Indians with a durable, twine-making material used for bow strings. We use the same twine for sewing coiled baskets. The stalk's fibers should be collected in fall after the plant dies back and before the rains. The young shoots may be collected in spring, the flower-buds and seed-pods in summer.

FRUITCAKE

by Sandi

If it's fruit cake you want... this is it! Being a fruit cake lover for years, I've often come upon others who say, "Yea, I like fruit cake. It's just those red and green things I can't stand!" I have to agree and then turn them on to the greatest honey fruit cake ever.*

Bake this recipe and after it has cooled, wrap it in cheese cloth soaked in brandy. Refrigerate and enjoy during the holiday season. It's a turn on!

Honey Fruit Cake

Simmer until soft: 1 cup raisins, 1 cup currants, 1 cup finely chopped dates, ½ cup each of finely chopped figs, pears, apricots and prunes (other fruit can be substituted), 1½ cup honey, 1½ cup water and 5 tbsp. butter.

Sift together: 1 tsp. salt, 3 tsp. baking powder, 2 tsp. cinnamon, 1 tsp. ground cloves and 3 cups whole wheat flour.

Add to flour mixture: 1 cup each coarsely chopped pecans and walnuts.

Mix flour and fruit mixtures together.

Line and grease two large loaf pans. Divide batter into both pans (or three small pans). Bake at 300 degrees for at least 1 hour

and 20 minutes. The larger the loaf pan the longer it will take. Test with knife to find out when done.

*This recipe includes a mixture of dried fruits, unsulphered at best, which are full of natural vitamins and minerals, especially iron, to substitute for artificially sweetened and colored candied fruits found in most conventional fruit cakes.

Also the pecans and walnuts provide a good source of protein.

If you are wondering where to find such dried fruits, you will be happy to know that the Sierra Food Co-op handles these and a wide variety of other dried fruits and nuts for your needs.

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TAKE A STUDY BREAK

High country works

The High Country Works in Sugar Pine, closed during the summer months, is open again. Live rock and roll is being played on weekends.

The new manager is trying to evolve the High Country Works beyond rock and roll on the weekends. The bar, which serves beer, wine and mixed wine drinks, will start to open during the week with different varieties of entertainment, and a deli with homemade breads, hot drinks and different kinds of teas and coffees will be open from Thursday through Sunday.

On Thursday nights the HCW, in a coffee-house type format (if they can find an Espresso machine), will "tap the local talent." Local artists will be able to perform, and the HCW will be open to anything, from one-act plays to jazz, dixie and blues. They will start the Thursday night programs on Oct. 28 with bluegrass and jazz. Unlike the weekends, there will be no cover during the week.

Groups that are coming to the HCW include Roar on Oct. 29, Lightly Toasted on Oct. 30, Merlin on Nov. 5 and 6, and California Zephyr on Nov. 12 and 13. Cover charges are \$1 except for California Zephyr which has a \$2.. "money-back (if you don't like the band)" cover. On Oct. 30 with Lightly Toasted there will be a dance and costume contest, with the winner taking home \$100.


So, if you want to find out what's happening on weekends or Thursday nights, call them at 586-5714. They need ideas and help as they try to bring a new variety of entertainment to Tuolumne county.



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American Ice Cream

from the Sierra Food CO-OP

In the olden days when ice cream was made of whole eggs, milk and sugar and laboriously cranked in the old farm freezer, a serving of ice cream was only an occasional family "treat" which didn't do much harm. Today, in this mass-producing, synthetic age it is another matter entirely. Today you may be "treating" your family to poison.

What is our ice cream like today? This year Americans will eat their way through an astonishing 700 million gallons of ice cream—a frozen flavored mountain 400 feet square and as tall as the Empire State Building. The average American will consume 16 quarts of ice cream this year.

Ice cream manufacturers are NOT required by law to list the additives used in the manufacture of their product. Consequently most ice creams today are synthetic from start to finish.

Analysis have shown the following:

Diethyl glucol, a chemical is used as an emulsifier instead of eggs. Diethyl glucol is the same

chemical used in anti-freeze and in paint removers.

Piperonal is used in place of vanilla, this is a chemical used to kill lice.

Aldehyde C17 is used to flavor cherry ice cream. It is an inflammable liquid which is also used in aniline dyes, plastic and rubber.

Ethyl acetate is used to give ice cream a pineapple flavor. It is also used as a cleaner for leather and textiles and its vapors have been known to cause chronic lung, liver, and heart damage.

Butyraldehyde is used in nut-flavored ice cream. It's one of the ingredients of rubber cement.

Amyl acetate is used for its banana flavor. It's also used as an oil paint solvent.

Benzyl acetate is used for its strawberry flavor. It's a nitrate solvent.

The next time you're tempted by a luscious-looking banana split or sundae, think of it as a mixture of anti-freeze, oil paint, nitrate solvent and lice killer and you won't find it so appetizing.



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Nutrition

by Marlene Lloyd

A calorie is the amount of heat needed to raise the temperature of one gram of water from 14.5 to 15.5° Centigrade. The term calorie is commonly used in measuring food energy in America is really a kilo-calorie, sometimes called the large calorie.

This measure of heat energy is arrived at by placing a sealed chamber containing the material to be measured in a container of water. The material is then burned and the temperature of the water is recorded as it changes. The ratio temperature conversion to calories is one K-calorie for raising the temperature of each kilogram of water one degree Centigrade.

An average daily calorie consumption for a human adult is a minimum of 2500 K-calories. This includes carbohydrates, fat and protein.

Carbohydrates have a chemical make-up of carbon, hydrogen and oxygen. The formation is a chain of carbon with the hydrogen and oxygen attached, usually in a two-to-one ratio. The longer chains are starches, and the shorter chains are the sugars.

The main uses of carbohydrates in the human body are energy sources and structural components or energy storage. Carbohydrates are consumed mainly in the form of sugar and sugar products, fruits and starchy vegetables and grain products.

The average caloric value of a gram of pure carbohydrate is 4.1 K-calories. The minimum daily amount of carbohydrates recommended is 60 grams. The grams of carbohydrate have to be balanced with K-calories of fats and proteins.

Fats, steroids and waxes

Fats belong to a chemical group called lipids. Also included in this group are steroids, waxes and phospholipids. The lipids are another carbon, hydrogen and oxygen molecule, with the exception of phospholipids which have phosphorus attached. Their shape is boxed rather than the chain shape of the carbohydrates, limiting their ability to combine and change forms.

Fats are limited to two shapes, trihydroxy alcohol and long-chain fatty acids. There are three biological functions of lipids in humans: phospholipids are important to the structure of the cells, fats form the body's energy reserves and steroids serve as chemical coordinators (hormones). A gram of fat contains 9.5 K-calories.

Proteins have the carbon, hydrogen and oxygen chemical make-up with the addition of amine and carboxyl groups. This formation is called amino acid. Amino acids link together in any order and thereby provide for

infinite variety of protein substances. Proteins are considered the most important and most abundant of the polymers found in living organisms.

The human body uses protein (because of its ability to alter easily) for many functions, such as creating antibodies, causing biological and chemical reactions and building various cells of the body (i.e. skin, hair, muscle and bones).

Every part of the body uses protein daily, therefore a large percentage of the K-calorie intake must be assigned to the consumption of protein products. A gram of pure protein equals 4.3 K-calories of energy.

Protein sources

Most protein is found in conjunction with fats and carbohydrates in the human diet. Proteins are consumed mainly in eggs, meat and dairy products. Protein is available from many other sources, most of which are incomplete proteins and need supplementing or are to be eaten in conjunction with each other or other high protein products.

For optimum health it is important to consume the needed proportions of fats, carbohydrates and proteins and still maintain a level of K-calories equal to your needs.

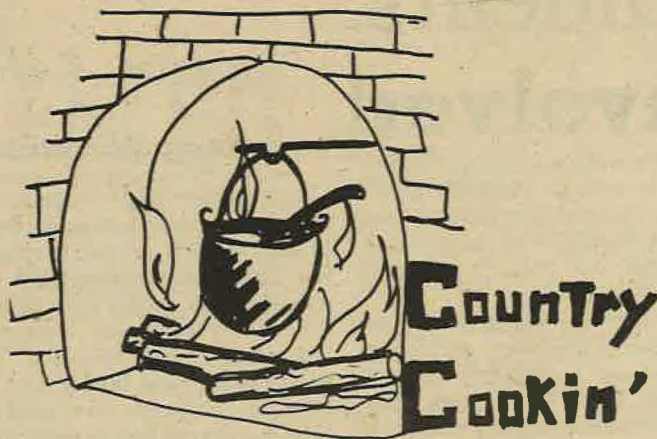
Vitamins are organic compounds which are needed in small amounts for normal metabolism. They are rather large molecules and humans are unable to synthesize them in the body. There are no other factors common to the group called vitamins; each is individual in composition, use and amount needed for health.

There are 14 recognized vitamins, some are found in all foods and they are used in all parts of the body. The requirements for vitamins are as varied as their number. Charts are available from most doctors giving the minimum amounts required daily for health under normal conditions.

Minerals and salts

Minerals are nutrients found as ions or broken down by digestion into ions. Minerals or mineral salts vary greatly in amounts needed by humans for good health. Sodium, potassium and chloride are needed in gram amounts while iodide, cobalt and others would be harmful in those amounts. Yet tenth of a milligram amounts are needed for daily nutrition.

Fruits and vegetables are good sources of some minerals. Others are consumed in fish and variety meats. When we use iodized salt we get both sodium and iodine in a proportional arrangement. Minimum daily requirement tables for each mineral are available for diet and menu planning.



by Marlene Lloyd

Canned pineapple is available and usually at a reasonable cost the year round. The fresh pineapple season is late spring and early summer, at those times canned pineapple is even more reasonably priced. If you were lucky enough to stock up this year here are some really good tasting ways to use them.

'Pineapple Buttermilk Sherbet'
8½-ounce can crushed pineapple, 1 envelope of unflavored gelatin, ¾ cup sugar, 3 cups buttermilk.

Combine pineapple, gelatin and sugar. Stir over low heat until sugar and gelatin are dissolved. Blend in buttermilk. Pour into freezing tray. Freeze until firm around edges. Scrape into chilled bowl. Working quickly, beat well until smooth; pour into freezing tray and freeze until firm. Makes one quart.

Pineapple Refresher

8-ounce carton plain yogurt, 8½-ounce crushed pineapple (chilled), 2 tablespoons white corn syrup and 2 teaspoons finely chopped ginger. Blend all ingredients at high speed until mixture is smooth. Serve in stemmed glasses. Serves 4.

Keyboard Lab

Hey, look, the pianos are here. The electric pianos which have been purchased for the new keyboard lab class taught by music instructor Barry Hunt, have arrived at last and are being put to good use.

They came about two weeks ago and have been in constant use for the past week. This is a good beginning for all those future professional musicians.



Fall Photography Workshop

Fall color in Yosemite will be studied by photographers in a free workshop sponsored by Columbia Junior college community services office.

Students will take pictures of Half Dome, Mirror lake, maples, oaks, dogwoods and the Tuolumne Grove of Giant Sequoias during a daylong field trip to Yosemite on Saturday, Oct. 30.

Transportation will be provided from the Mother Lode fairgrounds with the bus scheduled to leave at 8 a.m. and return at 6 p.m.

John Senser will lead the field trip and two other sessions included in the workshop schedule. On Friday, Oct. 29, Senser will present an introductory program emphasizing creative approaches to exposure and composition. A follow-up session will be held on Saturday, Nov. 6 to share and critique the finished pictures.

The two evening sessions are scheduled from 7 to 9:30 p.m. in the Junior building at the fairgrounds.

Students must provide their own camera, film and processing.

Sign-ups will be taken by the college community services office (532-3141, extension 244). Enrollment is limited.

Stained Glass Workshop

Two small projects in stained glass will be made in a holiday crafts workshop at Columbia Junior college.

The class will meet two Thursdays, Oct. 28 and Nov. 4, from 7 to 10 p.m. in room 200 on campus. Hal Humber of Calaveras county will be the instructor.

The workshop will be an introduction to stained glass work where the participants will learn how to do straight, pattern and circular glass cutting. Students will use these techniques to make two small projects, a stained glass candle holder and a hanging stained "window" glass used for ornamentation.

Cost of the materials will be about \$6.

Interested persons may register for the class with the college community services office (532-3141, extension 244), sponsor of the workshop.



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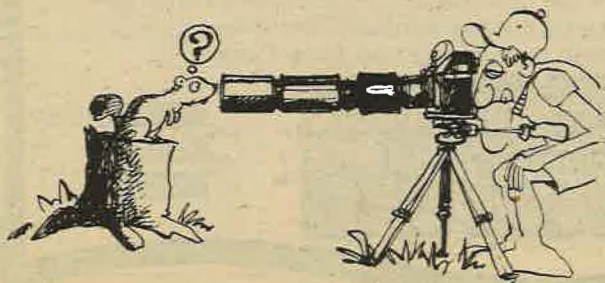
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students Involved

California student leaders hope to increase students' political influence by turning out record numbers of students to vote in the Nov. 2 general election.

"Tens of thousands of students were registered to vote in the recent registration drive," Student Vote '76 Southern California Co-Coordinator Chris Price said.

"But for students to have any impact on the system, they must vote on Tuesday."

To vote, a registered student need only show up at his or her precinct's polling place, sign in and vote. No identification or fee is required.

Polls will be open from 7 a.m. to 8 p.m.

At 40: out of the cocoon

by Marlene Lloyd

When deciding to come back to college (to take a class or two), I felt an immediate need to renew my ability to communicate in writing. After all, for most of the last twenty years my communiques had been delivered by mouth or by hand (under duress from the children). An english class was placed first on my list of classes.

Before attending that first English class, I made up my mind to be a passive recipient of all the knowledge I could get. I would stay in a quiet corner of the class room and not interfere with the learning processes of my younger class mates; this was their first opportunity.

There I was the first day of

class, winded by the walk from the parking lot, alert and so eager to enter into the active, mind stimulating life of the college class room, the only older student in a class of recent high school graduates, some who had graduated with my daughter.

The first class consisted of a lecture on the class format and the writing of a paper of who and where we were, fine for a start. After the formalities of the second class meeting, the instructor attempted to generate a discussion on the assigned reading material. I sat quietly in my corner expecting to hear deep comments from the class. I heard silence. I waited, I bit my tongue, but still no response, no communication, no sharing of personalities. I looked at the instructor and felt moved to become her ally. Perhaps my comments would encourage comments from the rest of the class, I was out of my quiet corner and into the middle of a discussion. The class progressed and soon I was able to return to my quiet corner, but I was no longer sure I was satisfied to be a passive learner.

I was hooked by the end of that first quarter; I knew I was going to go on and try for a degree. Another english class became necessary, the same

instructor, but a different set of class mates. There were four or five re-entry students in this class. The instructor commented to the older students one day early in the quarter, that she was really glad to have us in her class as we had so much to share and made class discussions much more interesting for the whole class. That was a turning point!

I was no longer a passive receiver of a college education but an active participant in the struggle for a college education.

I hope I have given as much as I have taken from my class mates. I know that I am never no more the quiet corner occupant! I know that I have gained much by my evolution out of the cocoon!

Calendar

Nov. 3 — **Lecture program** "The Death Penalty. Is It the Answer?" by Clinton Duffy, former warden at San Quentin prison; 8 p.m., Sonora High school humanities building, free admission.
Bible Study, room 108, noon.

Nov. 4 — **Volleyball game** at Antelope Valley.
Bible Study, room 108, noon.

Nov. 6 — **Cross country** Conference Championships at Porterville.
Ski Swap, 10 a.m. to 3 p.m. in Home Economics building, Mother Lode fairgrounds.
Fall Color in Yosemite critique, 7 to 9:30 p.m., at the Mother Lode fairgrounds.

Nov. 8 — **GED prep. workshop**, 6:30 to 9 p.m. room 104.

Nov. 9 — **"Man in the Wilderness,"** 7 p.m., in room 620, free.

Nov. 2 — **Volleyball game** here with Taft.
"The Virginian," 7 p.m. in room 620, free.

Oct. 27 — **Christian Bible Study**, all welcome, room 108, noon.

Oct. 28 — **Volleyball game** at West Hills.
Bible Study, room 108, noon.

Oct. 29 — **Cross country meet** here with West Hills.
Fall Color in Yosemite photography workshop, 7-9:30 p.m., Mother Lode fairgrounds.

Oct. 30 — **Leaded glass class** in Arnold.
Fall Color in Yosemite photography fieldtrip, 8 a.m. to 6 p.m., transportation provided from the Mother Lode fairgrounds.

Oct. 31 — **Halloween Masquerade Ball**, Sonora fairgrounds, arts and flowers building 7 p.m. Donation \$3.50, advanced tickets, limited but at Co-Op.

Nov. 1 — **GED prep workshop**, 6:30 to 9 p.m., room 104.

College trustees meet on campus

Yosemite Junior college district trustees toured the Columbia Junior college campus and heard a proposal for additional construction at the Oct. 19 meeting, one of two board meetings held annually on the Columbia campus.

Assistant Dean Bud Palmer presented the proposal for an auto technology and welding facility scheduled for construction next summer.

Trustees have budgeted \$250,000 for the project.

Palmer presented information from a labor market survey of Tuolumne county indicating auto mechanics and welding are two fields of high employment demand.

Women's Readiness

Dr. Barbara Painter, counselor, served as moderator for a panel discussion on the Women's Reentry program, which is funded by the Extended Opportunity Programs and Services.

During the spring active recruitment began for a Women's Summer Readiness program held during summer school.

John Minor shared briefly his approach with writing and English skills for the students. Fran Cullen described her course, Search for Self, which developed concepts such as "Who Am I" and "What Is Important to Me?" Jim Kindle worked with the individual students on improving study skills.

Women's own comments

The highlight of the presentation was the comments of four of the students participating in the Summer Readiness program: Patricia Kelley, Sharon Datema, Dotti Lippai and Yvonne Perea.

Their combined presentation of how the program had changed their lives, given them direction and the opportunity to lead a more meaningful life, was most impressive to the board members.

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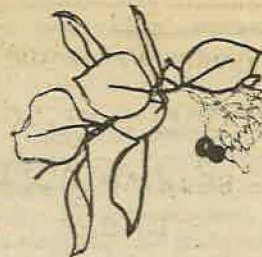
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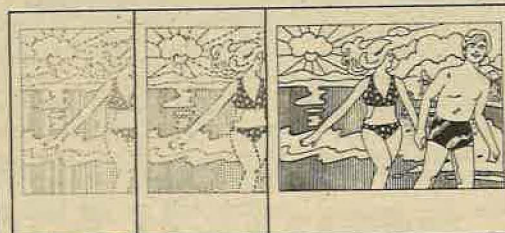
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