



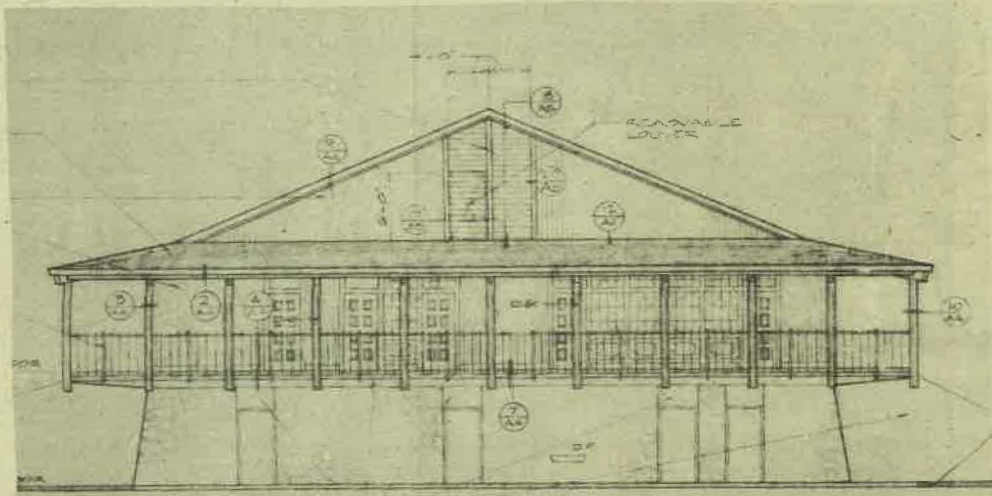
The

# MOUNTAIN TIMES

VOL. 5, NO. 9

A Periodical Newspaper

March 17, 1975



Elevation of proposed interdisciplinary classroom building.

## Building Start Delayed

The construction of Columbia Junior College's new interdisciplinary building has been delayed one month.

The reason for the delay is a state ruling that all new school buildings must be structured to accommodate the handicapped.

The state department of architecture said the new building plans would have to be changed to include upstairs restrooms for the handicapped or an elevator.

Columbia's architect corrected the problem by turning a space previously planned for a faculty office into restrooms for the handicapped. These will be located upstairs and there will be ramps and hand rails providing access.

Ramps also will allow the handicapped students to get up to the classroom.

Doors with one side opening in and the other side out will be inserted.

The college's defense against changing the already drawn up plans was that because of Columbia's terrain, we may never have handicapped students.

The new building was originally designed similar to the science building on campus. It will contain two seminar rooms, a large classroom, and a lab. Earth science, anthropology, geology and some history classes will be taught in the building.

The building originally was scheduled to be completed for the start of the fall quarter. Dale Bratten, college vice-president, said the chances were considerably against the building meeting the September deadline.

Classes will be sched-

uled in the building beginning with the winter quarter, 1976.

To compensate for the lost classroom space for fall quarter Bratten said, "If our enrollment continues to grow as rapidly next year as it has this year it will mean the only options will be to go to more early morning (8 a.m.) or later afternoon (4 p.m.) classes or to off campus locations. From 9 a.m. to 4 p.m., there are no empty classrooms on this campus."

Bids are being advertised now and are scheduled to be opened by the Yosemite Junior College district trustees at the April 1 board meeting.

Bratten said the interdisciplinary gathering of the varied fields hopefully will be the start of a Mother Lode studies center.

## Women Form NOW Chapter

Women of Tuolumne county are organizing to meet the needs of women in the area.

At a March 5 organizational meeting more than 30 women agreed on basic goals, including the initiation of a local N.O.W. chapter of the National Organization of Women (NOW) and the formation of consciousness raising (CR) groups.

Monthly NOW meetings are planned to be a means of sharing resources and information and tying together the CR groups.

The next NOW meeting will be held tomorrow at Sonora High school, following the 7 p.m. showing of the film, "Of Women and Men."

Subsequent meetings will be held at the Red Church the first Tuesday of each month at 7:30 p.m.

Starting March 10, weekly CR groups will

meet Monday at members' homes from 9 to 11 a.m., Monday and Wednesday evenings at the Red Church Fireside room at 7:30 p.m. and Thursday at the same time, upstairs at the Red Church.

These groups will be open to newcomers for another week or two. For more information call Jan Potter in Sonora at 532-9649.

The CR groups are based on a list of suggestions from Ms. Magazine. The goals of the groups are for every woman to take a share of the responsibility and come together without leaders or role playing and to be honest about personal feelings and problems, accepting one another without advising or passing judgment.

These ideals are a breath of hope that we may learn to value and respect one another and ourselves.

## \*\*\*\*\* Perpetual Nixon Power

(EARTH NEWS)—Jeb Magruder has taken his Watergate medicine show to London, becoming the first of the major Watergate-convict lecturers to travel abroad. Magruder

told the British press that if the Watergate burglars had not been discovered, the Nixon administration would have been "able to perpetuate our power indefinitely."

## How Healthy Are Vegetarian Diets?

The current trend in the eating habits of young adults away from the familiar Western food patterns toward vegetarianism has caused concern about the nutritional implications of such changes.

This is a legitimate concern, shared by the parents of teenagers and many other Americans.

Most nutritionists agree that vegetarian diets can be adequate, if sufficient care is taken in planning them.

Vegetarian diets may be based only on plant food sources (total vegetarians), plant foods plus dairy products (lacto-vegetarians), or plant food plus dairy products and eggs (lacto-ovo-vegetarians).

As the number of sources of the diet increases so does the probability of the diet meeting nutrient requirements. When milk and/or eggs are included the risk of nutritional inadequacies is

greatly reduced.

Diets of varied origin are more likely to provide essential nutrients. Adoption of restrictive diets, such as the Zen Macrobiotic Diets, without taking into account their nutritional limitations, endangers health.

Planning a Vegetarian Diet:

Man's nutrient requirements, with the exception of vitamin B12, can be met by all-plant diets. However, more attention

should be given to planning when the diet is limited in food products of animal origin.

The most important safeguard for average consumers is great variety in the diet. The greatest risk comes from undue reliance on a single plant food source, usually a cereal grain or starchy root crop.

Legumes, particularly soybeans, are rich in protein, B-vitamins, and iron. Grains are good sources of

carbohydrates, proteins, thiamin, iron, and trace minerals.

Nuts and other seeds contribute fat, protein, B-vitamins, and iron. Dark green, leafy vegetables are sources of calcium, riboflavin, and carotene (a precursor of vitamin A), and should be used liberally by total vegetarians.

Plant foods do not contain vitamin B12. Milk and eggs are satisfactory

Con't page



# Students Earn Bank Awards

An international student, a woman who has returned to college and a music student will represent Columbia Junior College in the first round of the Bank of America's 1975 Community College Awards competition.

The students and their fields are Hung-Chiu "Peter" Cheung of Hong Kong, business; Elizabeth Anne Schmidt, social science-humanities; and Jean Christie Kelley, technical-vocational.

They will compete with students from other community colleges in a semi-final event Thursday in Oakland. Winners at this level will advance to the final round of competition in San Francisco later in the spring where they will be eligible for cash prizes of up to \$2,000.

An international student in his second year at Columbia, Cheung has chosen accounting and data processing for his major. He has a grade point average of 3.98, just short of a perfect 4.0. His only grade other than an A was a B in a bowling class.

Cheung also was selected as the outstanding male business student in the central section of the California Business Educators Association.

On campus Cheung is a member of the Chess and International clubs. Using his knowledge of several languages he currently is a bi-lingual teacher aide at Jamestown Elementary School.

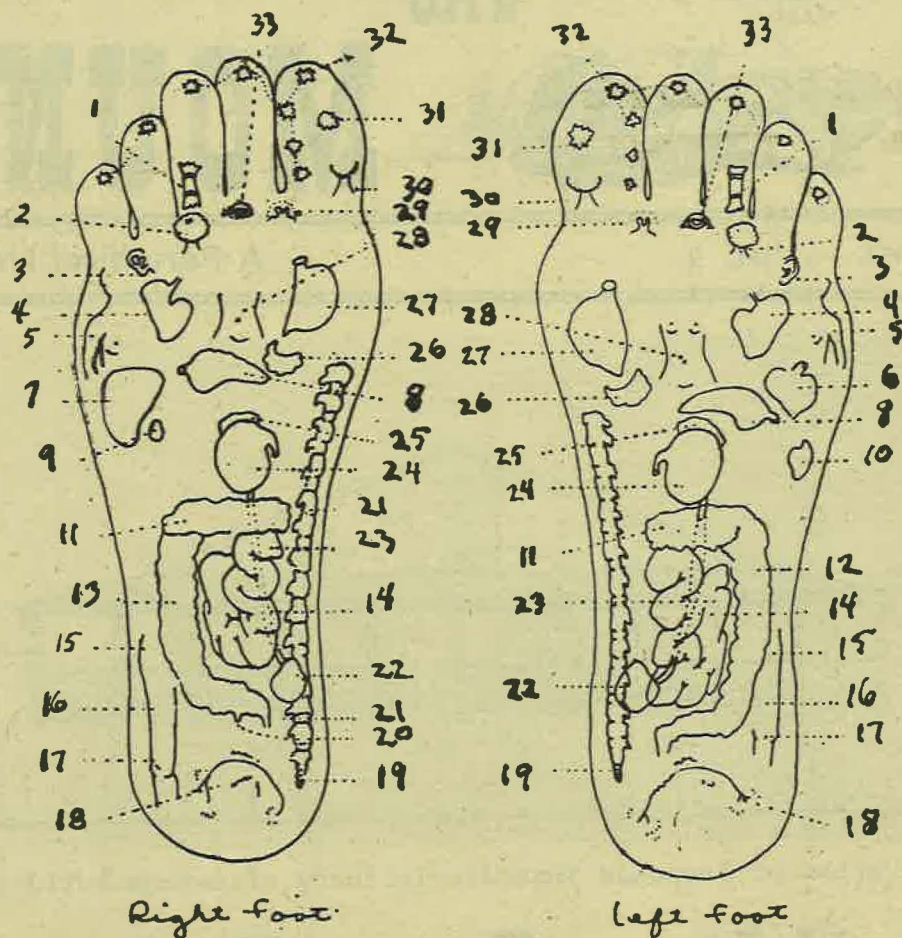
Since her graduation from Sonora High School in 1973, Miss Schmidt has participated in chorus and music education classes at Columbia. She also serves as accompanist for the choir, does tutoring and is an instructional aide in music.

She has been recognized for her academic achievement each quarter at the college and has a grade point average of 3.33.

Miss Schmidt is the daughter of Mr. and Mrs. M.R. Schmidt of Volponi Acres.

Mrs. Kelley is a graduate of Sonora High School who returned to college in the fall of 1970. After taking secretarial courses, she began the Licensed Vocational Nursing program last fall. Her ultimate goal is to become a registered nurse.

Mrs. Kelley, the mother of three boys, was named to the President's List for her fall quarter work and has a grade point average of 3.53. She is the daughter of F.R. "Bud" Calvert of Sonora.



## Herbucopia

- |                            |                        |
|----------------------------|------------------------|
| 1. Bronchial Tube          | 17. Knee               |
| 2. Back of Head            | 18. Sciatic Nerve      |
| 3. Ear                     | 19. Coccyx             |
| 4. Lung                    | 20. Appendix           |
| 5. Shoulder and Arm Joints | 21. Spinal Vertabrae   |
| 6. Heart                   | 22. Bladder            |
| 7. Liver                   | 23. Small Intestine    |
| 8. Pancreas                | 24. Kidney             |
| 9. Gall Bladder            | 25. Adrenal Gland      |
| 10. Spleen                 | 26. Thyroid            |
| 11. Transverse Colon       | 27. Stomach            |
| 12. Descending Colon       | 28. Solar Plexus       |
| 13. Ascending Colon        | 29. Tonsils and Throat |
| 14. Water Tube             | 30. Neck               |
| 15. Hip Joint              | 31. Pituitary          |
| 16. Thigh                  | 32. Sinuses            |
|                            | 33. Eyes               |

Feet are neat.

They take us places when nothing else will do, yet whoever takes care of them.

Some people think they're kinda ugly, too. But by tending to your feet, your whole body glows.

Before giving them a massage soak them in some thyme, sage, or red clover steeped in boiling water.

If you suffer from athlete's foot, cider vinegar or red clover does a lot to relieve the symptoms. Then use the chart here for a relaxing massage.

Foot reflexology is a form of massage akin to acupuncture. By massaging the feet you can keep your entire body in shape.

Channels of energy course through our body and terminate in nerve endings of our feet. For every organ or muscle of the body there is a corresponding point on the foot where that energy channel terminates.

Using the balls of the thumbs, press HARD in a circular motion over the entire sole of the foot. When you get an "ouch," you've located a potential health problem.

Check the chart, and you have your diagnosis. Massage the painful area of the foot, and don't stop there...

At best, life is but a brief parade. March, then, to a destination worthy of your stride.

## June Gloom Faces Grads

(EARTH NEWS)—June graduates are going to have a worse time than ever getting jobs, according to the College Placement Council's annual winter employer poll.

The poll shows an unexpected 4 percent drop in job openings this June as compared to a year ago. It's the first overall drop in four years.

While engineers will probably have 7 percent more job offers than a year ago, the poll predicts that a total of only 4 percent of the graduates in the humanities and social sciences are likely to find jobs in their own fields.

It's equally dismal for new Ph.D.s, who will be getting 17 percent fewer job offers this June than last year.



Mic Rodent Says:

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# Music Notes

## Band Breaks Up Reno Jazz Festival



Reno was crazy with music when a busload of Columbia Junior College's students showed up there for the 14th annual jazz festival.

A listener's heaven abounded as high school and college bands played for three days straight at 20-minute intervals.

Guest artists gave jazz instructions for students and teachers, and bands were rated and criticized. Most of the stage bands proved somewhat boring (after three arrangements of "Eleanor Rigby," this reporter was fast asleep), but when Columbia's band took the stage it gave the audience its first taste of the unique.

Not only was our band the first of the day to feature some great piano passages, but when a percussion solo was featured the well-saturated crowd was wrung out and ready for more.

A smaller combo gave a performance, too. Getting up at four in the morning for the 9 a.m. performance didn't cramp the combo's style. They were HOT!

We didn't break the record for weirdness though. A high school student at the festival played TWO trumpets at once better than a lot of people play one.

CJC JAZZ BAND members are (front, from left) Kenneth Brungess, instructor; Harry Critchfield, Molly Meyer, Jana Evans, Mike Crawford; (second row) Rick Ramback, Mark Scott, Po Huff, Joe Stafford, John Cellucci; (back) Dan Hammond, Kevin Fitzsimmons, Steve Busi, Alan Claire and Scott Charter.

## Synthesizer Illustrates Basics

This spring is the beginning of something new for Columbia's music department.

Twentieth century's contribution to music, the Moog Synthesizer, (rhymes with vogue) is here on campus, and for the first time, a course in beginning synthesizer is being offered.

Because the only limitation to the synthesizer is the ability of the operator, (and the fact there is only

one instrument for student use, a complete understanding of the physics of sound is available to the music students.

The sound properties will be learned in the basic theory of electronics and sound, operation of the instrument, and realization, or performance.

The synthesizer integrates all the functions of music to make this a comprehensive and innovative course.

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## Concert Group To Form

A Concert Band consisting of woodwind, brass, and percussion players will begin rehearsing in the Spring, according to Kenneth Brungess, director of instrumental music at Columbia Junior College.

It is hoped that this organization will satisfy the musical needs of those musicians on campus whose interests go beyond choral, jazz (stage) band, and orchestral performance groups already offered in the music curriculum.

Music selected for rehearsal and performance will range from the Baroque era to the present day.

Students interested in finding out more about the Concert Band are invited to a meeting Wednesday at 1 p.m. in the Forum.

Examples of band literature will be heard and discussed at the meeting.

Interested students who are unable to attend are requested to contact Brungess in his office (611-A) or by telephone at extension 267.

Interested students are encouraged to enroll in Music 170 (Symphonic Wind Ensemble).

## Music Beat

Upcoming concerts this spring:

March 20—A sharing of consciousness with the Immigrant Jazz Band (the combo that went to the Reno Jazz Festival), The Yodeling Sardines, and the Afro Jazz Dancers in the Forum at 7 p.m.

April 8—One of a series of connoisseur concerts featuring the Sierra Brass Quintet performing music from the Renaissance and Baroque periods and the Twentieth Century. Also, the newly formed recorder ensemble playing Elizabethan pieces. The concert is at 8 p.m. in the Forum. One dollar donation will go to the Music Scholarship Fund.

April 11—The "Messiah" performed in the Seventh Day Adventist Church on Forest Road at 8 p.m. Guest soloists: Kathy Pilchard, Alan Boyer and Jean Hunt. Proceeds to the Music Scholarship Fund.

April 13—Flo Anderson performs works by Chopin and other artists, at 2 p.m. in the Forum. One dollar donation for the Music Scholarship Fund.

May 28—Cal Tjader, 8 p.m. at lakeside.

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# Editorial Page

## America's Going Green

(EARTH NEWS)—Across the nation, 1975 is shaping up as the landmark year for marijuana decriminalization.

Twenty state legislatures this year have received bills proposing various forms of decriminalization, and the marijuana reformers are predicting at least some major victories.

Among the states considering the issue currently are Alaska, Colorado, California, Minnesota, Washington, Illinois, Indiana, Iowa, Hawaii, Maine, Ohio, Tennessee, New Jersey, Vermont, Massachusetts, Pennsylvania and Maryland.

Gordon Brownell, western region director of the National Organization for Reform of Marijuana Laws (NORML), gives California, New York and Hawaii the best chances of actually passing legislation.

Says Brownell, "I think it's safe to say that several states will enact an Oregon-type law, but it really hinges on what happens in California and New York. If either of those states go, these smaller states are going to definitely start falling into line."

The Oregon law remains the model for most of the others. Passed in 1973, it removed criminal penalties for simple possession of an ounce or less and imposed a civil fine of not more than \$100.

Possession of more than an ounce remains a criminal misdemeanor. So does cultivation, although Oregon is now considering a bill to decriminalize cultivation as well.

The California bill is almost identical to the Oregon law. It cleared its major hurdle last month when the state Senate Judiciary Committee approved it with a seven to three vote. It's now headed for the Finance Committee, where passage is expected, and then on to the full Senate and Assembly.

Governor Jerry Brown has indicated he favors the legislation and would sign it into law, possibly this summer.

In New York, several bills are pending before the legislature calling for either decriminalization or full legalization and state control. The legalization bill probably will be defeated, but observers feel the decriminalization effort stands an even chance of passage.

At the federal level, a bill will be introduced into the Senate this year by Senator Charles Percy (Dem.-Ill.) modeled after the Oregon law. Other bills, principally one authored by Senator Jacob Javits (Rep.-N.Y.), also will be considered in the Senate, though passage is unlikely.

The obvious obstacle is Senator James Eastland (Dem.-Miss.), the powerful chairman of the Judiciary Committee through which any marijuana bill would have to clear. As Eastland put it to his Senate colleagues last year, "The fact is that every young person who takes marijuana or hashish or other drugs drags down not only himself, but drags down his friends, drags down his family, drags down his country, drags down his nation."

But, despite the Senator from Mississippi, the Oregon success has given strength to the faint-hearted and made the decriminalization movement downright respectable. More importantly, it's produced solid evidence that decriminalization does not serve as a prelude to mass public addiction.

Usage in Oregon has increased insignificantly since the law's passage. In the words of a federal narcotics agent in Portland, "If Oregon is being flooded with pot and pot-smokers, they haven't surfaced yet."

Police officials, district attorneys, judges and politicians in Oregon almost unanimously agree that the decriminalization law has had no adverse impact, and in fact has produced benefits.

Those benefits have been both personal and financial. The mere fiscal cost of arresting and prosecuting marijuana offenders totalled \$577 million in California alone between 1960 and 1972. During those years, 400,000 persons were arrested for violation of the marijuana law.

In 1972, 76 percent of all the adults who were

arrested for marijuana were charged with simple possession, and some 40 percent of those were sentenced to jail terms. According to the state's figures, roughly two-thirds of all persons arrested for possession are busted for one ounce or less.

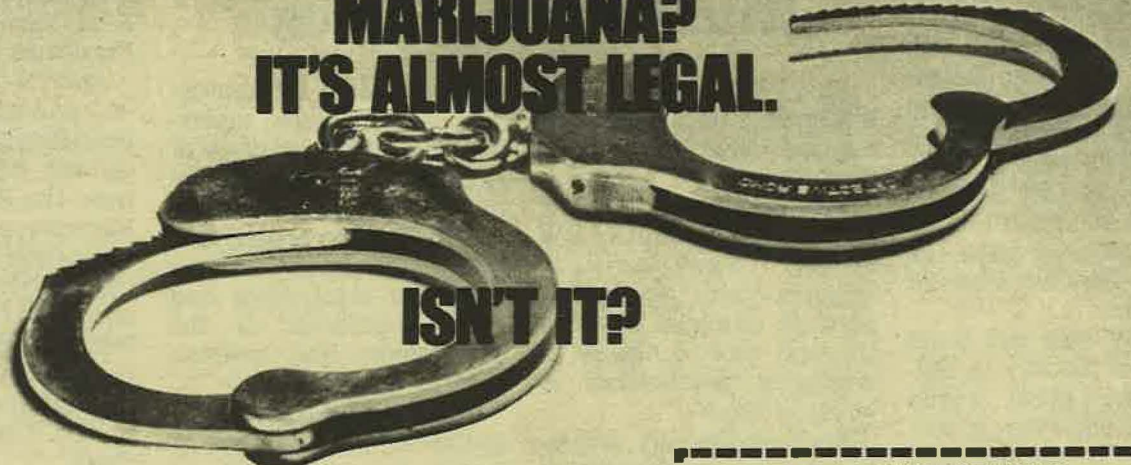
Naturally, marijuana reform will have its greatest impact among college students. A Gallup survey in 1972 showed 51 percent of all college students to be at least one-time marijuana users, up

from a mere five percent in 1967—a striking ten-fold increase in just four years.

Brownell of NORML sees decriminalization as a "major step forward, but by no means the most effective permanent policy on marijuana." Nothing short of full legalization of possession, use and cultivation will satisfy the ardent reformers, and Brownell promises to keep up the lobby in state legislatures from New York to California until the cause flowers into full blossoms of legal grass.



### MARIJUANA? IT'S ALMOST LEGAL.



No. Nothing is ever "almost legal." Especially marijuana. Last year alone 420,000 people were arrested for marijuana offenses. Of those, 90% were for simple possession.

But now a growing number of Americans are thinking seriously about changing the present marijuana laws. In fact, some laws have already been changed. The state of Oregon has successfully de-criminalized the personal use of marijuana. The American Bar Association, The National Council of Churches, Consumers' Union and The National Education Association have urged other states to do the same. An inevitable chain of events has begun. Become part of that change. Help us help you.

**NORML**
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☐ STAMPS @ \$1.00 per Sheet

☐ GOLD MARIJUANA LEAF PINS @ \$1.00 each

☐ Send along additional information.
 

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## Utility Charges Prejudice

(EARTH NEWS)—The citizens of Calloway County, Mo., can no longer make rational decisions about the safety of nuclear power.

That, at least, is the opinion of officials for the Union Electric Company of St. Louis, which wants to build a nuclear power plant there.

The company has filed a suit in Calloway County Circuit Court seeking a change of venue for condemnation proceedings on

land the company wants for a nuclear power plant. According to attorneys for the company, there's no way they can get a fair hearing in Calloway, because the residents have been subjected to "scare stories" by local media regarding the safety of nuclear power.

The utility says the Calloway residents are "prejudiced" against nuclear power due to a climate of irrationality created by the media.

## Nuclear Waste Builds-up

Radioactive waste materials from the nation's weapons programs and nuclear power plants have reached 81 million gallons—much of which has a radioactive life of up to 250,000 years.

Presently, 7.5 million gallons of waste materials are being added to the bulk annually, and energy officials say that by the year 2000 the commercial waste build-up will reach 60 million gallons a year.

Frank Pitman, director of waste management for the Energy Research and

Development Administration (ERDA), says that a permanent storage site may be available in about 20 years, possibly in a salt bed in New Mexico. But until then, temporary storage problems will cost the government around \$7 billion, and pitifully little has been budgeted for storage research and development.

Says Robert Seamans, the new head of ERDA, "We've got some questions to be answered on waste management. We've got a lot of work to do."

## Nuclear Dump in Nevada ?

(EARTH NEWS)—The U.S. Energy Research Development Agency—formerly known as the Atomic Energy Commission—is apparently overcoming public objections to converting a few hundred acres of Nevada desert into the nation's nuclear garbage dump.

The agency is currently conducting a major sales campaign in Nevada to convince the local population that the radioactive wastes in the desert would be safely contained, and even bring an economic boom to the area.

The current plans call for constructing large concrete platforms in the desert to store concrete canisters containing radioactive waste from the nation's nuclear power plants. Those wastes retain an active radioactive life of up to hundreds of thousands of years.

The agency stresses that

the current disposal plans are only an effort to buy time for discovering more permanent garbage dumps—possibly in outer space.

So far, the agency's public relations campaign is paying off. Most Las Vegas officials—90 miles south of the site—have already voiced support for the project. They cite the agency's promise that construction of the dump will pump some \$130 million into the local economy.

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**BULLION BOX WINNER**—Nancy Rechenmacher of Twain Harte displays the winning "golden egg" in the Willy Wonka Treasure Chest game and the prize, the Mother Lode Bullion Box. The contest was conducted at Columbia Junior College as part of an exhibit of ceramic and graphic works by Robert Richards of Novato. Richards hid 20 ceramic "eggs" around the campus. Miss Rechenmacher said she knew the golden egg was the winner because in the movie "Willy Wonka & the Chocolate Factory" the winning egg also was gold. Miss Rechenmacher is a general education student at the college.

## Solar Versus Nuclear Power

(EARTH NEWS)—Scientists attending a recent meeting of the American Physical Society were told that, by the year 2000, Solar cells could be producing as much energy as all the nation's nuclear power plants.

Dr. Paul Rappaport, an RCA physicist doing research at Princeton, said that with adequate research funds, the cost and efficiency of solar con-

verters can be vastly improved and become competitive with nuclear energy.

But Rappaport also warned that an over-emphasis on nuclear development will slow down solar research. He observed that of the \$10 billion provided for energy research through 1980, only \$200 million—"a trivial amount" in his words—has been scheduled for solar research.

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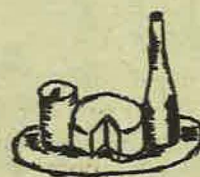
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## Angela Davis Speaks

By Bruce Styles

Where is Angela Davis? March 3 she was alive and well at San Jose State where she was keynote speaker launching Women's Week activities.

Miss Davis told an overflow crowd of approximately 1,000 that the United Nations has declared 1975 International Women's Year.

Citing a lack of interest at the White House, she called for a people's observance and celebration with organization and observation at the people's level.

Miss Davis called for struggle of all and an awareness to move and take action. She stressed solidarity as a key for action.

Topics in her hour-long talk included problems facing women as a whole: women and economics, women in welfare systems, women and forced sterilization, women in prison, and women as political prisoners.

A cassette tape of Miss Davis' talk is available in the library audio-visual department.



# Volleyball Team Tops City League

After a brilliant evening when the Columbia Junior College No. 2 team defeated the two top teams in the City "A" Volleyball league, the college team finds itself riding in first place for the first time this year.

In the first game against Anderson & Lehman, the then league leader, No. 2 fought a great battle, winning 15-12, 13-15 and 15-11.

In the second game against second place Running Bear, the CJC men triumphed 15-9, 13-15 and 15-11. And in the final match against powerful Twain Harte Plumbing, the college guys played brilliantly, winning in two games, 15-11 and 15-12.

These guys are really starting to put it together after a slow start. The team is made up of Orin Snyder, Pete Concepcion, Paul Beith, Mark Langsford, Mike Grazda, Bill Harrold and Mike McConnell.

The team has tentatively scheduled two games with Stanislaus State's Varsity for April 10 and May 8. It looks as though Columbia has the makings of a good intercollegiate volleyball program.

The college's No. 1 team is holding down fourth place in league competition. Leading the team are Ed Bartholemew, Mike Harrold, Dale Keyser, Rich Haratani and Dennis Ferguson.

Guys interested in the team should sign up for Bob Gibson's volleyball class next quarter on Monday and Wednesdays at 9 a.m. It could be a great class.



LEADING THE LEAGUE in volleyball competition is a team composed of Mike McConnell; (back) Paul Beith, Josh Concepcion, Bill Harrold, Mike (front, from left) Mark Langford and Grazda, Orin Snyder and Tom Deal.

## Team Wins 8 Straight

Columbia Junior College is undefeated in County "C" League basketball competition during the second half and has claimed seven straight victories.

The team has a strong hold on first place in its division with a second-half record of five wins and no losses.

If the team wins the second half, it will play Tuolumne City, winner of the first half, for the championship.

The only games the team lost during the first half were forfeits during Christmas vacation when the league started.

The team is part of an extramural program, and extension of the intramural program at the college. The team is a beautiful blend of students and faculty including Mike Harrold, Dan Melo, Dave Payne, Dale Williams and Bill George, students; Jim Hastings, Bill Wilson, Jim Kindle, Pete Sullivan, Bob Gibson and Walt Leineke,

faculty, also nic-named the "Geriatrics Crew."

A 46-40 victory over the Tuolumne City first half winners moved the college team into first place.

The team was severely handicapped by the absence of Sullivan and Harrold, two of the leading scorers and rebounders, and an injury to Gibson which kept him on the

sidelines.

Malo more than made up the slack by his aggressive play. He led the team in rebounds with 14 and scoring with 18 points.

Wilson drove all the way from San Luis Obispo to play and added 12 points and some fine floor play.

Leineke played an outstanding game helping Columbia dominate the boards.

## Afro-jazz Dancing

Bob Gibson's intramural sports program has added a new class this quarter: Afro-jazz dancing. The class offers instruction in dance movement, which combines ethnic African-Haitian and jazz techniques.

A typical session includes barre and center floor technique, dance combinations, and free-style jazz movement across the floor.

Frequently there is live accompaniment by conga drummers, and much of the movements are done to recordings of popular musicians such as Stevie Wonder and Gladys Knight.

The campus class meets two times a week, alternating on Monday and Wednesday one week, and Tuesday and Thursday the following week, from 3 to 4 p.m. Participating students receive one unit

credit in intramural P.E.

Any interested students are invited to come and watch the class. If the present student interest continues, the class will be offered next quarter with a new schedule.

## Upset In Home Match

Columbia Junior College's tennis team pulled an upset against Porterville in its first home match.

The men won 5-4, and the women tied 3-3.

Chris Beahm aced out his opponent, 6-0, 6-0. Matt Roth's 6-2, 6-2 victories and wins by Steve Disney of 6-4 and 6-3 also were very impressive in the singles events.

In the doubles play,

From Page 1

### VEGETARIAN

sources, but the total vegetarian should consume fortified soybean milk or a vitamin B12 supplement.

In winter months when exposure to sunlight is limited, infants may receive inadequate vitamin D unless this vitamin is provided.

As with all human diets, vegetarian diets should not contain excessive amounts of "calories only" foods such as those containing chiefly starch, sugars, refined fats and oils, or alcohol.

Two daily servings of high-protein meat alternates such as legumes, high-protein nuts, peanut butter, meat analogs, dairy products, or eggs are recommended.

If dairy products are not used, calcium and riboflavin can be obtained in adequate amounts of liberal intake of dark green, leafy vegetables or by consumption of fortified soy milk.



C.J.C.  
IT'S FOR ME

### LIFE SAVING

Holders of current Senior Life Saving certificates may be able to earn their Water Safety Instructor certificates during Easter Vacation, the week of March 24 in Lodi. W.S.I. certificates may be updated at the same time.

For information about the course, call Sally Tuttle of Mokelumne Hill at 209-286-1295.

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# HEAD



Man, those Mountain Times people have alot of gall...



Talking about apathy toward the newspaper.



I ought to write a letter to the editor or something.

## The Storm

The storm rolls in  
And breaks upon  
The Mountains  
Lights the load  
And skips by  
The night

---P. Simo

You ask me why I am not with it.  
I tell you I am lonely.  
You ask me why I am lonely...  
I have known the touch of a woman...  
A touch soft and sinky and warm.  
I have known the feeling of love,  
And I long and yearn for it yet.  
But I have it not...and I feel it not.

I came to a party where there is a  
Love and a consciousness unsurpassed---  
Except by a love that is lost---  
A love I can never know again---  
(For that love is still there)  
The new love to come has not yet arrived  
(Will it ever come?)

But until then:  
I have felt the touch of a woman...  
And I long for it...and yearn for it...  
once more.

Myron



But... I really  
don't have time  
today and I don't  
care about them  
anyway.

# FINE ARTS

## Mandala Lives Again

All you frustrated artists out there, your big chance is here at last.

Back by popular demand is the school's literary magazine, the Mandala. The Mandala is an outlet for the artistic talents of Columbia College's student body.

For the Mandala to be successful, your help is desperately needed.

We need bodies, as well as works of art. The bodies are needed to gather, read and select what material will go in and where it will be placed.

Our major concern on material is photographs, art work and short stories. Poetry and articles of special interest, such as cooking or how to survive in the wilderness, are also needed.

Those students desiring to work on the staff or contribute works for publication should contact either Bill Johnson in the Mountain Times office, "Big" Bill Harrold on campus or Peggy Pryzant in her office in the 611-612 building.

Copies of the last Mandala can be seen in the library or purchased in the bookstore. Check the Mountain Times, weekly bulletin and billboards for more information.

Thank you.

## Sculpture Exhibited

Examples of metal and wood sculpture by Bob Stahl of Groveland are on display in the Rotunda.

One metal sculpture of welded steel is titled "Acrobat" and resembles a tight rope walker. A redwood sculpture appears to be an apartment house for birds. The name for this work is "John Audubon."

One of the most notable pieces is "Fish Hawk," a work of wood and cloth that is suspended from the ceiling. The 3 by 6 foot "bird" appears always to

be in flight as it is constantly turning.

The metal works include examples in forged, hammered and welded steel. Wood used includes English walnut, basswood, oak, myrtle, redwood and Brazilian mahogany.

Stahl has been working in wood and sculpting and constructing art pieces for the past 12 years.

Last summer he studied metal sculpture and oil painting at Cabrillo College in Aptos and currently is continuing his study in metal casting.

How can you say,  
What do I want?  
How can I say,  
What can I do?

What are we doing  
When we share  
Our dreams, and  
Speak our thoughts  
And sit in the snow  
And not feel the  
cold?

---P. Simo

## Music Scholarships

Students with musical talent who would like to perfect their performing abilities may qualify as one of three recipients of spring quarter music scholarships.

Scholarship applications are available in the office of Paul Becker, dean of student services. Deadline for applications is Wednesday, April 9 at 4:30 p.m.

Auditions will be heard the following day, Thursday, April 10, from 3 to 5 p.m. in the Forum.

Scholarship winners will receive \$50 for private instruction. The scholarships are provided by the Columbia Junior College Foundation with funds earned during the preceding school year through musical events sponsored by the music department.

Following auditions for winter quarter scholarships, Barry Hunt, music instructor, noted the number of qualified applicants who turned out.

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# Calendar

MARCH 18—National Organization of Women (NOW) following 7 p.m. showing of video tape, "Of Women and Men," at Sonora High School.

MARCH 18—Tennis match with California State College, Stanislaus, at Turlock.

MARCH 20—Low calorie cooking demonstration, 2 to 4 p.m. in Junior building at Mother Lode fairgrounds.

MARCH 20—Concert featuring Immigrant Jazz Band, the Yielding Sardines and the Afro Jazz Dancers, 7 p.m. in the Forum.

MARCH 21, 24, 25, 26—Book Buy at Manzanita bookstore.

MARCH 21, 24, 25, 26—Final examinations.

MARCH 27—Entertainment with Ease cooking demonstration, 2 to 4 p.m. in Junior building at Mother Lode fairgrounds.

MARCH 27-28—Day registration.

MARCH 31-APRIL 4—Spring recess.

APRIL 7—Instruction begins for spring quarter.

APRIL 8—Concert featuring Sierra Brass Quintet and recorder ensemble, 8 p.m. in the Forum, \$1 donation for music scholarship fund.

## Used Books Bring 50%

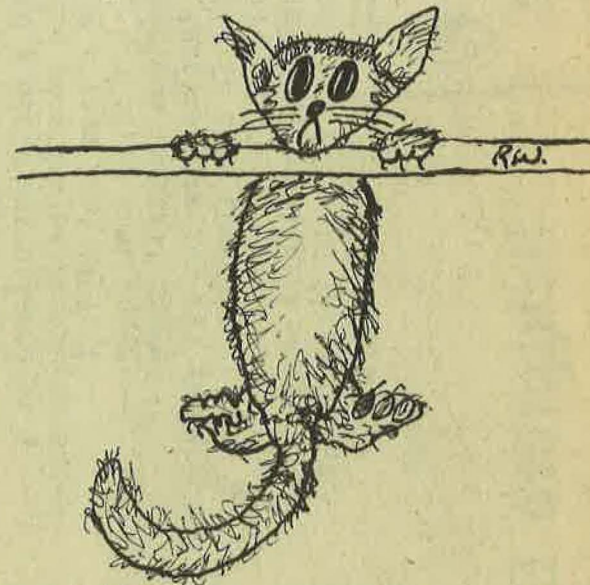
Don't throw away your books. The Manzanita bookstore will buy back textbooks that will be used during the spring quarter. A book buy will be conducted in the student bookstore this Friday from 8 a.m. to 3 p.m. and Monday, Tuesday and Wednesday of next week from 8 a.m. to 3 p.m. and from 6:30 to 8:30 p.m. Mrs. Beverly Clark, bookstore manager, said students will be paid one-half the original purchase price for the used books.

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APRIL 9—Deadline for music scholarship applications.

APRIL 10—Auditions for music scholarships, 2 p.m. in the Forum.

ULP! Finals are here!!



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