

# Great Pumpkin Costume Ball Friday



COLUMBIA COLLEGE

## CLAIM JUMPER

*A nugget of news*

Vol. II, No. 5

Columbia College, Columbia, CA

October 27, 1982

COLUMBIA COLLEGE CAFETERIA



### News Bulletin:

A.S.B. members placed the Unknown D-J under arrest yesterday. He was caught wearing nothing but a paper bag over his head and his preppy Alligator shoes. After questioning, he was released on bail.

Through sources, A.S.B. members were informed that the Unknown D-J had been seen at the local recycling center for the last two weekends. When questioned on this matter he replied "With the girls I date, at 15 cents a pound I'll be a millionaire by Halloween."

There has been many complaints of a man wearing a brown paper bag over his head going door to door in an attempt to get some early trick or treating. Clues brought A.S.B. members do realize this could be none other than the Unknown D-J. When asked his reasoning he stated "Practice makes perfect, and if there is no treat I'll pull a trick." Supplies of toilet paper have dwindled and many people are complaining about this drip-dry situation.

Be at the Great Pumpkin Costume Ball, October 29th, for the unmasking of this bag headed record spinner.



## Great Pumpkin Costume Ball

by Steve Machlay

Come to the 2nd Annual Revival of the Great Pumpkin Carving Contest to be held outside the cafeteria on Thursday, October 28, at noon. First prize will be \$15.00 donated by President Cunningham, second prize will be two tickets to Friday night's Halloween Dance, third prize, two lunches at the Cellar Restaurant.

A pumpkin may be purchased at the event for 5 cents a pound. Average weight is 5 to 10 lbs. Contestants may bring their own pumpkin of any size or shape. All contestants must bring their own carving

utensils. Decorative and imaginative materials are encouraged. All preparation and carving must be done on site at the time of the contest.

Any contestant failing to clean-up after the contest will have his or her face painted real ugly.

It is hoped that the carved pumpkins will be loaned to the college for display at the Halloween dance.

So come have a wild and crazy time in the spirit of a really spooky and fun weekend. Sponsored by the Culinary Arts Club.

Sign up at the sign titled "Pumpkin Carving Contest".



# Editorial



*The Claim Jumper solicits guest editorials from any Columbia student, staff person, or member of the community, as stated in our policy box*

## Greg Hurt - an appraisal

by Sonia Hurt

Sonia Hurt is the wife of Greg Hurt and Treasurer of the Committee to Elect Greg Hurt.

When asked why they like living in Tuolumne County, most people respond that they like the rural atmosphere, leisurely life style and recreational opportunities that are close at hand. These qualities are quickly being lost.

Tuolumne County is at a critical point in its planning process. The General Plan has set policies for our county's growth but the real work of creating the ordinances which will carry out these policies is yet to be done.

Greg Hurt, candidate for District 2 Supervisor, knows that consistent sound management and a balanced approach to planning are the key issues in this campaign. Inconsistencies in the day-to-day processes of county government and a vague general plan have discouraged industries from locating here, caused locally founded businesses to close their doors for ever and exasperated county residents.

We need a supervisor who is really willing to listen to the people and work with them to achieve their goals. Greg Hurt is that person. He has demonstrated his leadership abilities and proven that he

can work with diverse groups of people in a cooperative and productive manner.

Greg became familiar with Tuolumne County as a child spending every summer at the family cabin in Twain Harte. In 1968 he made Twain Harte his home. Greg graduated from Summerville High School and attended Columbia College.

Twelve years ago he started his own business, a small foreign auto repair service. Through the years Greg's business expanded and today is known as Global Motor Imports, an auto parts store in Sonora. The success of Greg's business was due to his hard work and determination, his business skills and ability to help people identify their problems and work to solve them.

Greg developed an interest in sports car racing many years ago. As crew chief for a local race team, he developed skills which will be much needed in Tuolumne County's future. When time was of the essence and clear thinking was essential, Greg showed that he could maintain his composure, coordinate the work of many people and get the car back on the track to finish in one of the top three positions. He never lost his temper and he always treated people with the greatest respect.

Greg has taken an active leadership roll in organizations he believes will achieve results. He is a charter member, past conservation chairman and present treasurer of the local chapter of the National Audubon Society, the nation's second largest conservation organization. As director of the Citizens Coalition for Environmental Planning in Tuolumne County, he has worked for consistent zoning laws (Title 17) which would guide our future growth.

Greg Hurt's background is indeed diverse and it has given him a wide range of

continued on page 11

## Bud Hatler - an appraisal

by Russ Adams

Russ Adams is an eleven year resident of Tuolumne County who retired in 1970 from Contractors State License Board for the State of California.

"Who is this that darkeneth counsel by words without knowledge?" Thus was Job challenged by the Lord, and so we now challenged in Tuolumne County Second Supervisorial District November election. At issue is the choosing between the candidates of that one who has the greater knowledge, experience, and ability to safeguard our precious natural resources from outside control and to guide the county in its continuing development into the future. I hold that Bud Hatler is the one better qualified for the job.

That there is a present and future danger of our losing control of water and power resources to one or more of three water-thirsty organizations is clear. The City and County of San Francisco, Turlock Irrigation District, Modesto Irrigation District have claims on water originating here and in adjacent counties. Earlier giveaways to these and other entities must not be repeated or enlarged. We are not too far removed from effects similar to those in areas where Los Angeles preempted local water supply. Then too, there is a present and future danger of local, conflicting water-growth policies to handicap, even kill, our chances to secure adequate water and power at acceptable rates. Dehydra-

continued on page 11

### STAFF

Editor ..... Holly Busse  
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Jennifer Nelson  
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*The Claim Jumper is published every Wednesday morning by the newspaper production class (Journalism 107) when school is in session and is solely responsible for its content. Any ideas, suggestions or material on any subject is welcomed and should be submitted in the newspaper box in the mail room by 5 p.m. on the Wednesday before publication. We reserve the right to edit for taste, context and brevity. Anyone interested in joining the staff or contributing to the **The Claim Jumper** should contact any staff member. The newspaper office is located in the Administration Building next to the Counseling Office.*



# Letters to the Editor

Dear Editor,

This letter is in response to the article titled "How to Prevent Diabetes", by Elliot W. Page in the Claim Jumper, October 20.

Diabetes is a disease in which the body does not make proper use of certain foods, specifically carbohydrates in the form of sugars and starches.

Thought to be hereditary, diabetes is caused either by too little insulin, or by a defect in the action of insulin. Insulin is a hormone produced by the pancreas, a large gland behind the stomach.

Unfortunately, many people were falsely misled by Mr. Page's article, stating that "this (diabetes) is caused primarily by excessive intake of sugar-rich foods."

Also stated in Mr. Page's article was, as he stated, "a remarkable research discovery has shown taking Chromium supplements will prevent diabetes".

Being a diabetic myself, I receive a biweekly diabetic newspaper. I have not received any news or information of this "remarkable research discovery."

Another point that I noticed was that next to Mr. Page's article was an advertisement for Chromium supplements, available and "NOW" on sale at Mr. Page's place of business.

Thank you, Mr. Page, for writing an article about diabetes for the Claim Jumper. People do need to understand more about it, but using incorrect information will not benefit the knowledge of the people of this community.

Jennifer Nelson  
A Columbia College Student

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**(209) 728-2252**

After 6 p.m.

Dear Editor,

I have been reading, with mounting concern, the articles on your Health Page regarding nutrient supplementation.

This concern stems from the articles' misinformation to an associated commercialism with an adjoining advertisement selling the product discussed in the article.

In an effort to protect the integrity of your newspaper, verification of the authenticity of the article's contents should be made prior to publication. Statements such as "chromium cures diabetes" and "mega doses of vitamin C cures the common cold" have not been scientifically verified.

Information concerning proper nutritional guidelines is an important subject. Adequate vitamin and mineral supplementation is best accomplished through sensible food selection and preparation which in turn supplies the human body with the necessary raw energy, fiber and tissue anabolic nutrients.

Articles suggesting a means to this end are always necessary and welcomed.

**Dr. Robert H. Gibson**  
**Columbia College**

**Coordinator of Adult Fitness and Cardiac Therapy Program**

**Editor's Note:** Our ads are pasted up two days prior to our copy paste up. The fact that Mr. Page's copy was placed next to his ad was an oversight. We try to avoid this type of commercialism.

We thank Dr. Gibson for his letter and would appreciate any contribution he can give us for our health column.

In all due respects to Mr. Page, he quoted in part Dr. Anderson of the U.S. Department of Agriculture, from an article that he received from one of his suppliers.

Your editor has since learned that there is considerable research being done on the connection between lack of chromium and diabetes. Many nutritionists such as Adelle Davis, Dr. Airola, and Lendon Smith, M.D., a renowned pediatrician, agree that chromium activates the enzymes needed in glucose metabolism. But, the actual prevention of diabetes by chromium is still controversial.

Acting Editor,  
Naomi Lowe

To the Editor,

It was very interesting for me to read the editorial from Holly Busse on the issue of gun control and prop. 15. Although I do agree with Ms. Busse, I feel some very important facts were overlooked in her article. I would like to help clear some of the smoke screen thrown up by the "pro gunners."

According to the National Data Book of 1980, published by the U.S. Dept. of Commerce, in 1979, 63 percent of all homicides were the result of a handgun. Also in 1978 (1979 figures were unavailable) there were 10,997 male deaths due to homicide, and 2,383 female deaths, this accounts for 69.4 percent and 52.0 percent respectively of all homicides in 1978. Also there are an estimated 50,000,000 handguns in the U.S. at this time and an estimated 2,000,000 more handguns enter the U.S. each year.

Many people say that gun control doesn't work. Well, in Massachusetts a gun control law went into effect in April of 1975 and since that time the number of handgun related crimes has dropped 35.1 percent as opposed to national decline of only 11.7 percent.

We must also look at our constitutional rights and gun control. Amendment Two of the U.S. Constitution says "A well regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms." This, according to the World Book Encyclopedia 1982, means "The amendment was adopted so that Congress could not disarm a state militia." The amendment does not say anything about the right to bear arms for pleasure or hobby.

Now all the figures and added information mentioned above affects us all, as will Prop. 15. Prop. 15 is a law which requires the registration, not confiscation, of all handguns everytime a handgun changes hands; and why not? You register your car. Prop. 15 limits the number of handguns allowed in this state, but with 50,000,000 handguns nationwide sure we already have plenty to go around.

Prop. 15 is not a bad law, it is to protect the everybody, law-abiding citizen without disallowing handgun ownership to the law-abiding citizen. If this handgun law saves just one life, it will have been worth it. That life could have been yours.

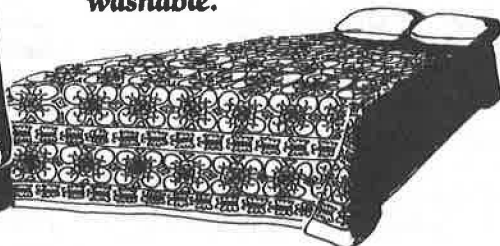
**Terry Sciaroni**  
**Student**

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## Halloween dance

by Andy Tomaselli

On Friday night, if you want to get dressed up for Halloween and would like a place to "strut your stuff", come on down to the Great Pumpkin Costume Ball. The fun and games start at 8:30 p.m. At 9:30, the dancing begins, with a variety of music ranging from rock to swing. Admission is \$2.50 with a costume and \$3.00 without. If you come with a costume, not only do you save fifty cents, you can make a fool of yourself and no one will know who you are.

Between dances, you can "pig out" on the buffet, at no extra charge.

There is a brunch for two at the City Hotel for the best costume. Additional prizes will be awarded for 2nd and 3rd place.

Don't leave early; the stroke of midnight will signal the time to unveil the UNKNOWN D.J.

Your A.S.B. is working hard to ensure a great Friday night. Come on down and have a good time.



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## Stark Weather Station

Tom "Tex" Starkweather

The Associated Students of Modesto Junior College student leadership luncheon last Thursday was a big success for many reasons. It recognized student leaders from various clubs and their advisors.

Fran Cullen and I represented Columbia College at the luncheon. The keynote address was given by Stanley Brovont, who is the only student of the California Community College Trustees Association out of twenty recognized people. He was a fascinating speaker in many respects. He got his messages across on leadership, priorities, planning, and performance. He also stated that this will be the year the tuition issue will be settled one way or the other.

Modesto's officers ran for election. At the deadlines 13 people applied for the 13 positions. These included ten for senators, continued on page 11

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THE BAKER  
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PIES.



Jocelyn Simonsen is buttering those delicious rolls before she pops them in the oven.



Candy Mugal not only enjoys her work,  
but also kneads the dough.





Have you ever wondered what the cafeteria looks like from behind the counter?

*Photos by Gary Deutsch*

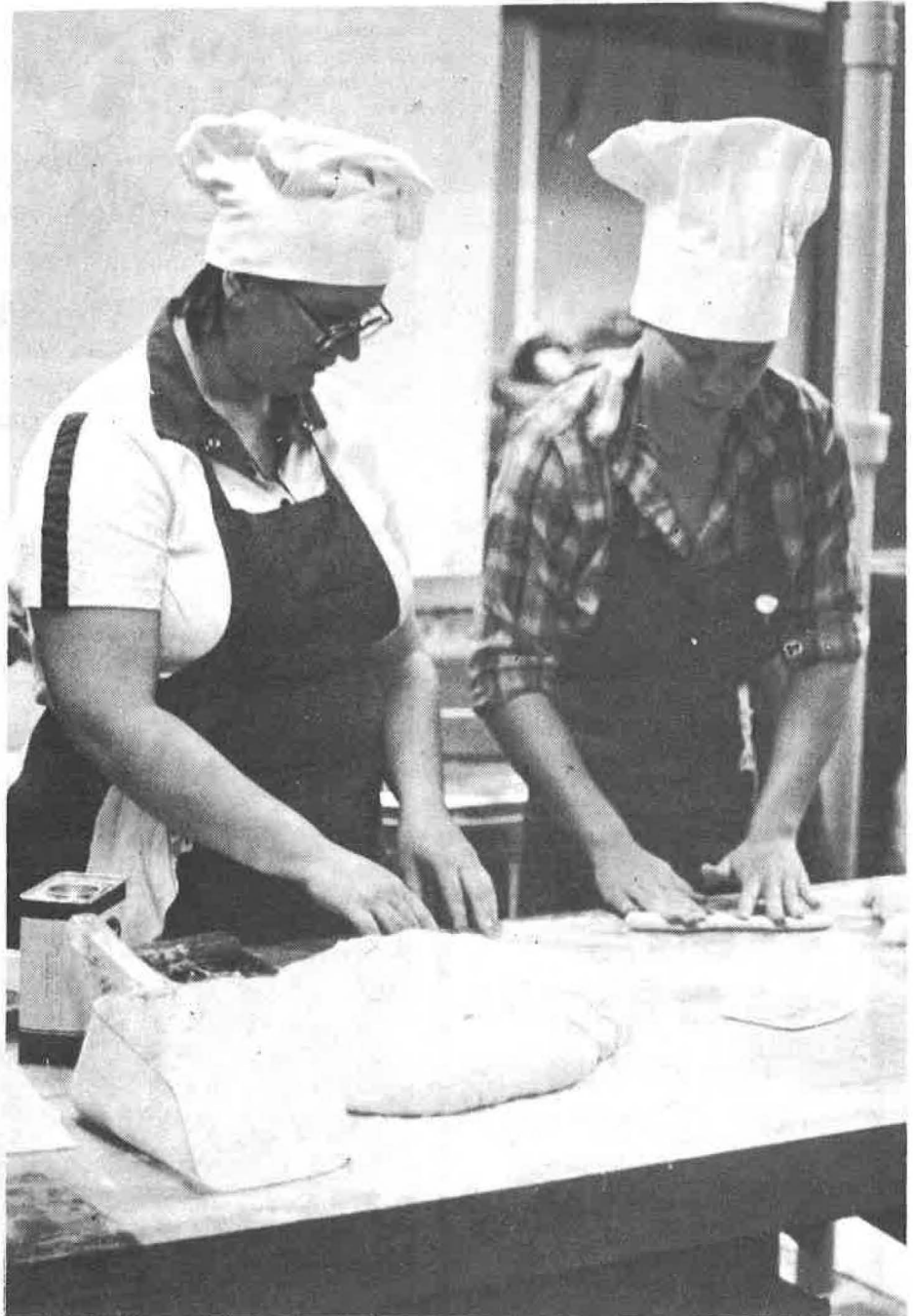
by Richard Peters

Who are those people in the cafeteria and Cellar Restaurant who serve us food?

Well, they aren't just hired help. Qualified instructors from the Hospitality Management program and their students, with the help of a few paid employees, do the work. Beverly Ginn, who instructs Fast Foods, does the supervising in the cafeteria. Kathy Beer, who teaches Commercial Baking and Catering, runs the Cellar Restaurant on Tuesdays and Thursdays. Mike Scott runs the Family Restaurant on Mondays and Wednesdays.

The students in the program have arrangement where they have some classroom work in addition to their lab hours in the cafeteria or restaurant. Beer's student's spend as many as six hours a week baking. To make sure that the food is ready by the time most students arrive at school, they must begin baking at 6.00 a.m. For the student, it is a learning experience; they are getting on the job training and receiving credit. Through this cooperative agreement both the students and the customer benefit. Since most of the workers are volunteers and the cafeteria is non-profit you can get good food at reasonable prices.

Ginn feels that some of the faculty and students don't realize who's serving and preparing the food and they should be more sensitive to what's going on in the cafeteria.

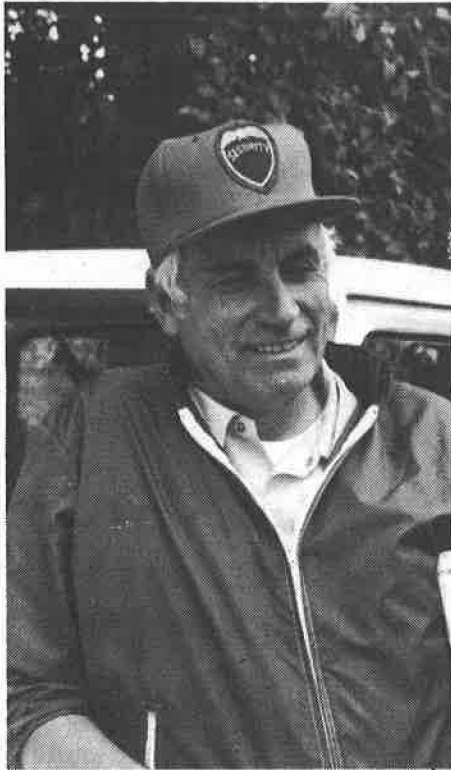


Here Instructor Kathy Beer is teaching Candy Mugal by working with her.

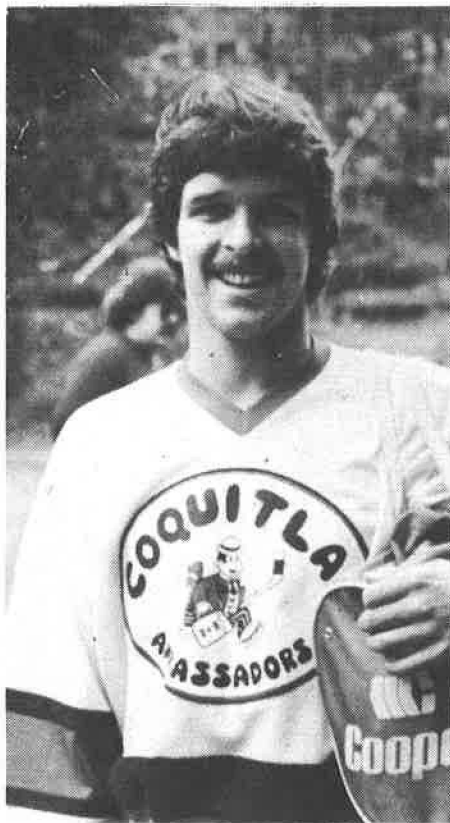


# Campus Comments:

*Are you going to vote?*



Sure. Definitely. It's the only way people have a voice in government.  
**Art Busalacchi**



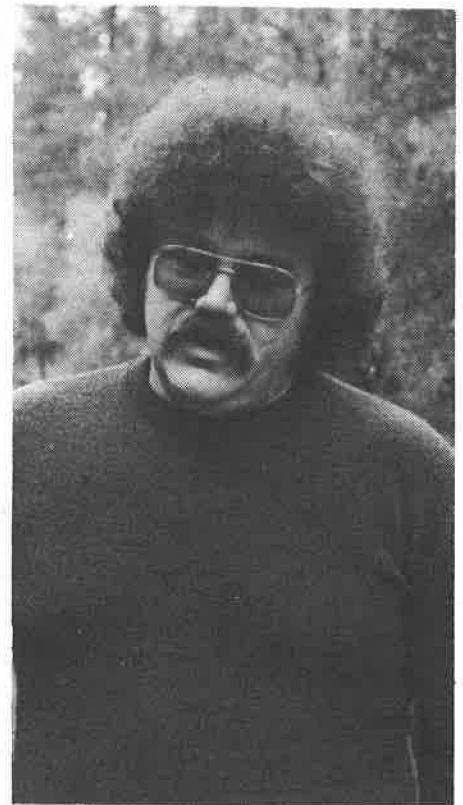
No. Because I'm from Canada.  
**Dale Olson**



Yes. It is both a privilege and a responsibility because if you don't vote you can't complain.

**Annie Winnick**

*Photos by Gary Deutsch*



Yes. Because everyone should have a voice in our government.  
**Charlie Torrey**



Yes. Because my vote may be able to make a difference.

**Tim Hull**



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## REPORT ON HEALTH

### More Protein for Athletes?

—Do people who exercise a lot need extra protein or other dietary supplements? Probably not, according to a University of California nutritionist. "Athletes and other active people should eat a balanced diet containing carbohydrates, protein and plenty of fluids." These have all the vitamins and minerals the body needs, said Amy Block, Cooperative Extension nutritionist at UC Berkeley. "Adolescent athletes may need additional iron, but this is easy to obtain by eating foods high in iron such as raisins, dried apricots, spinach or beans."

Block added that the average American diet contains plenty of protein and that the athlete's needs for protein are about the same as

contain vitamin C; green peppers, potatoes with skins, brussel sprouts, lima beans, alfalfa sprouts and broccoli contain both B and C vitamins; leafy dark green vegetables, squash, carrots, whole grains, yellow vegetables, cabbage, beans, cantaloupe and watermelon all contain vitamins A, E, and K.

There also is no nutritional reason for an athlete to take salt tablets, in fact too much sodium can be hazardous, said Block. Minerals lost during heavy exercise—sodium, potassium and small amounts of magnesium and calcium—all can be replaced by eating the right foods. Crackers, cheeses and nuts are high in sodium. Apricots, baked potatoes with skins, bananas and other fresh

those of anyone else. These needs can be met by eating three ounces of meat daily. Vegetarians can get their needed protein from beans or other legumes. Dairy products and whole grain breads and cereals also are good protein sources.

Block suggests that athletes rely more on vegetable sources than on animal sources for meeting their protein needs because animal protein is often high in fat.

"Fat is one nutrient that an athlete should avoid. It takes up to six hours to digest a high fat meal," she said.

Vitamin supplements aren't necessary. According to Block, whole grain cereals and vegetables contain plenty of the B vitamins; fresh fruits

fruits are high in potassium. Leafy green vegetables contain magnesium. And dairy products contain calcium.

Probably the most essential nutrient the body needs during exercise is water.

"Drink plenty of fluids to prevent dehydration. Don't wait until you are thirsty, because you have lost too much water by then," said Block.

She added that water or fruit juice diluted with 20 parts of water is better than commercial body fluid replacements, because the latter are too concentrated in sugar and salts.

—Gary Beall  
(916) 752-1934



Gymnasium, Los Angeles





## Art Show at Fidelity Savings

An art show and sale will be held at Fidelity Saving during business hours on October 28, 29, and 30. The art show will feature the original winning drawings of the Fidelity Savings Art contest. These drawings have been made into note cards and will be sold at \$5 a box. All profits will

go to A.F.S. (American Field Service). On Thursday evening, October 28, wine and cheese will be served from 7 to 9 p.m.



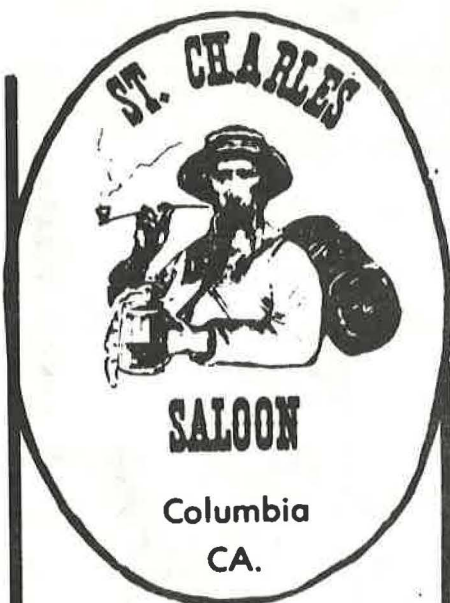
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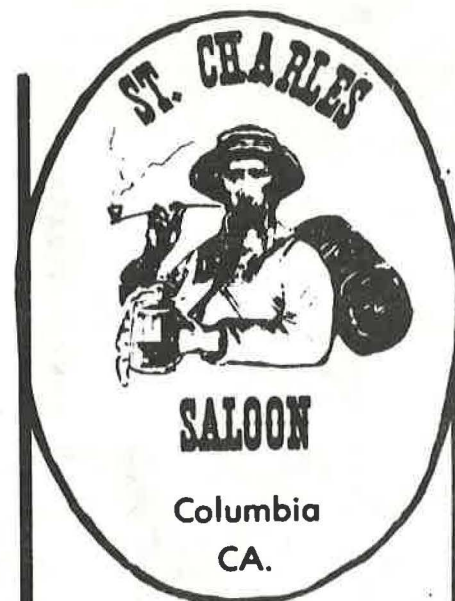


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## Hatler

continued

tion is a terrible fate for any entity be it a small pet or a whole community. Western history and current events show water to have been the great mover of people - individuals, tribes, entire regions - Tuolumne County not excepted.

Bud Hatler's intimate knowledge of the whole hydrographic picture in the county and adjacent counties, and of the aspirations of those outside organizations which would control the existing water supplies give Bud stature above what he has already been our most effective organizer and leader in management of this most indispensable resource - water.

And the problem of enlightened resource control isn't limited to water and power, important as they are. Our natural resources include land - foothill and mountain lands - some of the best southern and western slopes of the Sierra, slopes for homes, farming, pasturage. Then there's the great item of forest land apart from federal and state controlled areas. We need to realize and to appreciate the fragility of this land and while doing so to reach out in this election time for that person urgently needed in our county government, the one with the superior knowledge and experience for implementing the wisest handling of this land. That person just has to be Bud Hatler.

Bud was born here and has lived his present 48 years here. He has both educational and practical knowledge of the prob-

lems involved in land management - "multi-use" land, single or limited use land. He maintains the rating of Professional Forester, a tangible and distinctive recognition of high achievement in all forest affairs - conservation, marketing, logging, stream protection, control and prevention of fire, wildlife habitat, erosion control, reforestation, recreational use and much, much more. Forestry is highly important in our economic picture, and as it relates to the business of the Board of Supervisors can we afford not to use this expertise especially when it is combined with Bud's expertise in hydrography and power? And please don't forget that he is our incumbent supervisor. Asked about these vital fields of water, power, forestry, land, recreation - it will never be Bud Hatler who will "darken counsel by words without knowledge." Yes, here's a rare concentration of the knowledge, art, science, skill, and experience in those fields of endeavor peculiar to our beloved county. And they are crucial in this forthcoming election.

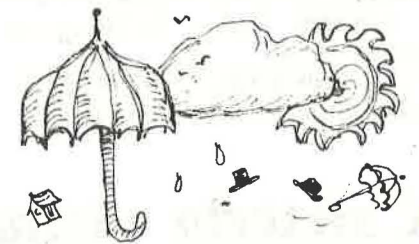
Let's take a brief look at Bud the incumbent. He's a skilled administrator, he well knew the scope of the work before he was seated, he is an open and friendly man one "in whom is no guile." His advice and expertise are sought by fellow supervisors, and not infrequently by constituents out of his district. He has organized and directs effective counter measures to water grabs. He epitomizes George Meredith's great lines, "Sword of common sense, our surest gift, the sacred chain from man to man." This is Bud Hatler.

## Hurt

continued

perspectives and a balanced approach to solving problems.

With election day less than a week away it is especially important that you know what your choices are for supervisor. On one hand you have the incumbent, Mr. Hatler. Most people know what he has and hasn't done during the past four years. On the other hand you have the challenger, Greg Hurt. I urge you to read Greg Hurt's campaign literature when you receive it. Greg is always willing to meet the people who are interested in meeting the REAL Greg Hurt, people who are not buying the image that Mr. Hatler is trying to create. Once you know what the choices are, I'm sure you will join me in supporting Greg Hurt for Supervisor.



## Stark Weather

Continued

one for first vice-president, one for second vice-president, and one for president. There were no challengers, so all were elected.

Out of 12,000 students at MJC no one competed for any positions, while here at Columbia four people filed for president which shows me we have a better atmosphere on campus. The people at Columbia are willing to work for better representation in their school association.

Modesto's new president is Jeanne M. Sturtevant and hopes to close the communication gap between Modesto and Columbia. We are looking forward to our meeting Nov. 2.

I learned a lot in two hours I was there, speaking to different people and explaining our financial position at Columbia. Everyone at Modesto was very receptive and looks forward to working with Columbia's A.S.B.

We will have a student forum at Columbia Thursday, Nov. 18, at College hour in the Forum from 12:00 - 1:00 to introduce cheerleaders and basketball players and to answer any questions from students.

*Tom Starkweather*

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AMOCO MOTOR CLUB**

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400 N. Washington St. RANDY SELESIA - OWNER - OPERATOR

VOTE



# Campus Calendar

## Coming Events

October 26, 12:00N, Christians on Campus, 402

October 27, Last Day to Elect for CR-NC or Letter Grade

October 27, 12:00N, Film: "Medical Effects of Nuclear Power", 500

October 28, 12:00N, Christians on Campus, 402

October 28, 12:00N, Film: "Medical Effects of Nuclear Power", 620

October 29, 8:30A, Northern California Community College Nursing Assoc., 501

October 29, 8:30P, Great Pumpkin Costume Games & Ball, Cafeteria

## Cafeteria Menu

Monday: Hot Dogs

Tuesday: Chicken & Shrimp Strips

Wednesday: Bagel Burgers

Thursday: Tostada Salad

Friday: Fish & Chips

## Film

The "Medical Effects of Nuclear Power" will be shown Wednesday, October 27, at 12:00 noon in Room 500 and Thursday, October 28, at 12:00 noon in Room 620. This informative film of a lecture powerfully delivered by Helen Caldicott, M.D., member of the Physicians for Social Responsibility is sponsored by Columbia Alliance for Peace. Admission is free.

## Great Pumpkin Costume Ball

Don't miss the fun! Come to the Great Pumpkin Costume Ball where all the fun and excitement will be on Friday, October 29, from 9:30 p.m. to 12:30 a.m. in the cafeteria. Lots of food and games for everyone. Admission is \$2.50 if you wear a costume and \$3.00 if you don't.

## Pumpkin carving contest Friday

Sign-ups for the games to be held at the Great Pumpkin Costume Ball are now posted in the Learning Resources Center across from the MONEYBOARD. The games start at 8:30 p.m. and will last until 9:30 p.m. Sign up for your favorite games and we will see you at the dance!

## Conference

The Northern California Community College Nursing Association will be holding their fall conference on campus Friday, October 29, at 8:30 a.m. in Room 501. Ruth Hagstrom, College Nurse, is hosting the conference.

## Discussion of propositions Monday

All ballot propositions found on the November 2 ballot will be discussed on campus the day before the election in an open meeting of Political Science 101 on Monday, November 1, from 2:00 - 3:50 p.m. in Room 620. You are invited to attend!

## Credit/no credit letter grade deadline

The last day to elect for a CR-NC or letter grade in classes for this quarter is Wednesday, October 27, 1982.

## Transferring next year?

Applications for the California State University (CSU) and the University of California (UC) systems are available now in the Admissions Office. Fall 1983 transfers should file between November 1 and 30, 1982. A list of ideas for writing the essay required with the UC application is available in the Student Services Office.

## 7th ANNUAL Cross Country Ski Swap

*Sorry, no downhill skis,  
boots or bindings*

**Doors open 9:00 am  
Nov. 6**

**SONORA  
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