

TALON MARKS

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Wednesday, May 2, 1973

Louise Hastings Top Vote-Getter Among Winners

Louise Hastings, Charles Harris and Jan Harris won seats on the Cerritos College Board of Trustees as a result of April 17 board elections.

Hastings was the only winner from four endorsements made by the Political Action Committee and faculty association and TM.

A retired teacher from Bellflower, Hastings was the top vote-getter among 18 candidates with a total of 4,465 — nearly 1,000 more than Jan Harris, a police officer from Norwalk. Charles Harris, an appraiser from Bellflower, received 3,456 votes.

The tallies are unofficial until verified by the Los Angeles County Elections Board sometime this week.

Two other candidates also gained over 3,000 votes. Lou Banas, an administrative assistant from Norwalk, was a close fourth with 3,396 votes and Harry Cavanaugh, an administrative dean from Downey, received 3,202 votes.

Hastings was the top vote-getter in Bellflower with 1,689. She came in second in Downey with 1,013 and in the ABC Unified School District with 808 votes. She finished third in Norwalk-La Mirada Unified School District with 950 votes.

Jan Harris finished third in Bellflower with 1,030 votes, third in ABC and Downey with 725 and 797. He finished fourth in Norwalk-La Mirada with 929 votes.

Chuck Harris received 1,475 votes in Bellflower coming in second, 598 in ABC for fifth, 586 in Downey, and 797 in the Norwalk-La Mirada for sixth place.

The new trustees will take their seats in July and will replace current board president, A.E. Sommer, John Nordbak, and Leon Richards.

Students Roll Wheels For Handicapped

The Rancho Chapter of the California Association for the Physically Handicapped, Incorporated, is sponsoring the second annual Wheel-A-Thon.

CAPH is planning a wheel-a-thon May 12, from 8 a.m. to 3 p.m. to point out to the Downey Civic leaders the architectural barriers in their city. These barriers run from a simple 6 inch curb to a flight of steps.

The members of the Handicapped Students of Cerritos College will be involved. The wheel will start at 8 a.m. at the Apollo Park located at the corner of Imperial Highway and Rives Ave. in Downey and run for 2.7 miles up Paramount Blvd. to Downey City Hall. 200 wheelchairs and 200 pushers are expected to make the wheel. The route of the walk will run east of Imperial Highway to Paramount, north on Paramount Ave. to Firestone, east to Brookshire where entertainment will be provided for the finishers.

Promotes Change

The first wheel-a-thon brought about many changes in the downtown LA area such as the new convention center and city law library. The first wheel was very successful. The 2.7 mile wheel will attempt to publicize the need for change to let the handicapped person have a chance to use all public facilities.

CAPH is an organization statewide that is involved in passing state legislation to help the disabled to do this very thing. Laws are now on the books to force builders to do this, but it is stressed that CAPH wants the builder to do it himself.

Any disabled student or normal student wishing to help in the Wheel-A-Thon is asked to either contact HSCC in BC44 or write to Joe King Box 1662, South Gate, Cal. 90280. Pushers are needed.

Registration and a wheelchair check will take place at 8:30 a.m. to 10:30 a.m. The wheel will be led by a local POW and TV star. The purpose of the wheel is to point out the barriers facing the disabled everyday not seen by the normal people as barriers. CAPH thinks that these barriers should be pointed out and this is one way to do it.



BED PUSH — On their way to setting a new world's record by pushing a bed 644 miles past and present members of Cerritos Circle K. From left to right are: Sam Saltamachia, Rick Haines, Jon Preacher, Pat Black, James Masters, Jon Ledesma and Gilbert Salazar. Also pushing the bed were Nick Mull, Mike Black and Gilbert Bailey. They are shown approaching the Golden Gate Bridge in San Francisco.

(Photo Courtesy of U.S. Marine Corps)

\$2,500 to MS

New Record Set By 'Bed Push'

Ten members of the Cerritos College Circle K club have broken the world's record for the "bed push" by pushing a hospital-type bed from Norwalk to Oakland, a distance of 644 miles in seven days. This surpasses the previous record set at 604 miles by a group of 12 Australian students.

Circle K, looking for a unique way to raise money for the fight against Multiple Sclerosis, came across the Guinness Book of World Records. After some discussion among the members of the campus organization it was agreed to attempt to break the record and at the same time raise the needed money for the MS Foundation.

Members of Circle K set about the task of securing a bed, enlisting volunteers to push, and checking with the California Highway Patrol for help in establishing a route of travel.

At the same time, members were busy getting signatures of "sponsors" who would give what ever they could afford for every mile the team of students pushed the bed.

The students left Norwalk on the morning of April 14 and by sundown had reached Thousand Oaks. The only problems encountered on their first leg of the trip was a broken steering

mechanism which was repaired, free of charge, by a service station owner in Malibu. The rest of the trip was trouble free.

On the second day of the trip the Circle K men were met by 6 of the club's female members who provided each of the team with a hot dinner.

The congregation of bed pushers was followed the entire route by a mobile home which served as resting quarters for the students who had completed their share of the pushing for the day. "During the night 5 would push while 5 would sleep," Nick Mull said, participate in the fund raising event.

In addition to the mobile home used for sleeping, the club also brought along two bicycles which served as a means of relaxation while the push went on.

At the outset of their journey the Circle K men were able to clip along at a rate of 5 miles per hour. But as blisters appeared and muscles began to fatigue, the rate was cut to a mere 2 miles per hour. "Pat Black, one of the guys helping us push, did get up to 12 miles per hour, but that was downhill," according to another Circle K bed pusher, Sam Saltamachia.

As the team of bed pushers made their way up the state they discovered that

Californians are "very nice people," according to Mull. "People gave us lots of stuff — including money for MS. We got around \$200 from motorists," he said.

"McDonald's drive-in restaurant in Vallejo, where we officially broke the world's record, gave us free food," Saltamachia said. "We also want to thank the motorists of California for not running over us."

The club expects to receive \$2,500 in pledge money, according to Jon Preacher, member of Circle K. "It's not too late to give money. If anyone wants to pledge they can leave a note in the Circle K club box or contact the Southern California Chapter of MS."

Child Care Center Readied For Fall

By Walter Gray
TM Staff Writer

The results of the recent questioning in regards to the utilization of a Child Care Center at Cerritos has shown a very favorable response, according to Larry Baker, president of the Associated Students of Cerritos College.

Baker, in an attempt to reach those persons not presently attending Cerritos, feels that the persons contacted are a good cross section of those that the school is trying to reach. "We will go ahead now as planned," Baker said. "The child care services will be provided in September of this year."

There were 41 replies to the questioning which was two weeks in survey. A week before spring vacation a questionnaire was circulated through Talon Marks and the Falcon Flyer. For one week after spring vacation the questionnaires were presented by students manning tables during the day and evening at the Student Center and outside the Elbow Room.

Response To Questionnaire

From the total of 41 replies, 17 came from Talon Marks, 18 from the survey tables and six replies from the Falcon Flyer. There were 27 people that gave their name and address and one person that gave a praising note towards the desire of the Center.

Of a need to provide for a total of 56 children, the Center will be able to accommodate 40 children an hour without any difficulty, according to Baker. 46 of the 56 children are between the ages of two and four years. Seven of the total children are in the five to six age group and three are between seven and ten.

The utilization of the center between 8:30 a.m. and 2:30 p.m. would be needed by 16 of the persons, two persons between 5:30 p.m. and 10:30 p.m. and by 23 persons during both time periods. Scholastically, the center would benefit approximately 87 per cent of the persons polled. 37 of the total people would be inclined to take more units, four would not. 13 people presently have their spouses attending Cerritos and 28 do not. It is interesting to note however, do not. Of the 28 spouses not attending Cerritos, 14 would attend if the Center was available.

State EOP Grants Await Student Use

By BILL PRICE
TM Staff Writer

Economically and academically disadvantaged students have the opportunity to receive a direct financial grant, which requires no repayment, through the state-funded Extended Opportunities Program (EOP), according to Don Siriani, dean of student personnel.

To qualify to receive part of the \$24,469 allocated to Cerritos College by the California Community College Board of Governors, the student must meet minimal requirements established by the State of California. The primary requirement however, is the student be from a low-income family.

This coming academic year marks the third year Cerritos has received financial aid for disadvantaged students, according to Siriani. "The first year, our allocation was used to augment our staff of tutors and peer counselors. The last two years, the money has gone directly to the students in the form of direct grants which generally do not exceed \$250. We feel we can help more students in this way," Siriani said.

Difficult Decision

Commenting on how priorities are established to see which individuals will receive the money, Siriani said, "It is a difficult decision in that we try to find out who is the lowest on the economic ladder. For example, consider two students who both need financial assistance; one for a pair of shoes; the other to get his car fixed. Both students might not be able to attend school if they don't receive some type of aid. It is a difficult decision, and we try to make the fairest evaluations possible," Siriani said.

The academically disadvantaged students also benefit from the program, according to Dr. Wilfred Michael, assistant superintendent of business services and recently appointed president of the college. "Many students, because of their environment and background, have not received the proper academic training through their

elementary, junior and senior high school years. This deters them from continuing their education at the college level. Because we have special tutors, peer counselors and other programs to offer these students, which were largely established by EOP funds, all students on campus can benefit from the services provided," Dr. Michael said.

More Information

"Students interested in finding out additional information about the grants should direct their questions to the Office of Student Affairs. There they will be able to fill out a 'need analysis' form," according to Siriani. The form will be screened and mailed to the American College Testing (ACT) Agency in Iowa City, Iowa, for final approval, said Keith Adams, financial assistance coordinator. "If all entries on the application are correct, results will be available within seven days. If there is an error on the form, the process can take as long as 21 days," Adams said.

"The money is available to students for the fall semester if they apply now, although, in the event of an emergency, other means of assistance can be procured through other programs. Students should not fear seeking the aid because of a reluctance to disclose financial data relating to his or her family income. All information gathered is strictly confidential," Siriani said.

Cross-Cultural Exchange Hosts Cinco de Mayo

The program of Mexican American Studies and Community Services are presenting "Cinco de Mayo 1973" as a truly community oriented celebration.

The program will focus on both student and community involvement. Its purpose is to stimulate cultural awareness; cross-cultural exchange and promote greater acceptance of Cerritos College as a center of community life.

The celebration, to be held on Friday, May 4, will have a morning program and an evening program. Starting at 10 a.m. and going until 12 noon, there will be a presentation in the gymnasium of "Teatro Popular," a speaker from "Los Tres," Pancho Sandoval; Mariachi "Chapalita" and Bailes Folkloricos. All free.

The evening program will be held in Burnight Theatre from 7 p.m. - 8:30 p.m. with much of the same as the morning program plus judging of the Cinco de Mayo Queen and her court. The Bailes Folkloricos will be presented by the students of the Cerritos dance class.

At 9 p.m. until 12 midnight there will be a dance in the Student Center sponsored by "MECHA" and the Spanish Club. Price of admission is \$1.50 for couples and \$1 for singles.

Orchestra Ends Season With Symphonic Greats

The Cerritos College Community Symphony Orchestra will present its final concert of this semester Thursday, May 3. It is expected to be "the best performance by any campus community group," according to Philip Westin, director-conductor of the orchestra.

Westin attributes his high expectations of a quality performance to an increase in funds which has made it possible for the music department to attract musicians of a higher caliber. "Musicians are not greedy people, but playing for something is better than playing for nothing," Westin said.

More Money Available

Additional funds are being made available by Musicians Local #47 trust fund, community services and the Fine Arts Association of Cerritos College. Westin cited widespread interest in symphony concerts as the reason for the contributions.

The orchestra will feature 12-15 students from Cerritos College, however, Westin added, "One hundred or more students from the music department are involved in the production of the concert that has been in the planning stages since November." Douglas Bedell and Melvin Stout have worked especially hard in managing and coordinating the concert.

Diversified Talent

Other members in the orchestra are made up of amateurs, semi-professional and professional musicians from the Long Beach, USC and Pasadena

Symphony Orchestras; and the Los Angeles Chamber Orchestra. Westin feels because the orchestra has such diversity of talent, it serves as an inspiration to the student who is continuing his education in the music profession. "For a student, there is nothing like sitting second chair in a concert to a professional sitting first chair." The audience also realizes a certain amount of educational value from the concert because a live, quality symphony orchestra is being presented locally for free," Westin said.

Administration Helpful

Three years ago a symphony orchestra at Cerritos College was non-existent, according to Westin. He feels he is ahead of schedule in his attempt to build a quality orchestra here. Westin attributes this to an extremely cooperative administration. He said, "Dr. John Randall, vice-president of instruction; Allan Boodnick, chairman of the Fine Arts Division; Nello Di Corpo, dean of Community Services and others have bent over backwards in an effort to make this one hell of a performance," Westin said.

The selections for the performance include: "Lieutenant Kije Suite," by Prokofiev; Mozart's Horn Concerto #2, featuring Duane Saetveit; and Tchaikovsky's Symphony #6.

The concert will be at 8 p.m. in the student center. It is expected to last approximately two and a half hours, and admission is free.



LISTENING IN — are a group of handicapped students being instructed in the Learning Materials Center by Betty Jones, reference librarian. The handicapped program of Cerritos hosted prospective students to a tour of the campus last Monday. (TM Photo by Bob Hansen)

EDITORIALS

A New Progressive Era

July 1 can mark the beginning of a new era of progressivism at Cerritos. On that day three newly elected members of the board of trustees, Louise Hastings, Jan Harris and Charles Harris, and the new college president, Dr. Wilford Michael take office.

It is hoped that this turnover in the top leadership of Cerritos will see the beginning of a greater active motivation in achieving the needs of all concerned, students, faculty and community.

Let not the issues brought before the public during the board of trustees campaign fade into the past as only rhetorical vote getting promises. Let those issues become the goals of the college that will be in the forefront of all decisions made by both Michael and the board of trustees.

The need of greater involvement in the board of trustee decision making process, generated by inviting interested student, faculty or community groups to make pertinent presentations at board meetings must become a common practice.

Student needs, a child care center, expanded health services, a greater, far reaching Mexican-American studies program, must receive high priority consideration.

Service to the community, to actively involve the community in the college itself is a continuing goal that cannot be subject to derision.

Above all, let this be the administration that will finally mobilize itself to effectively lobby for Cerritos and other community colleges in Sacramento. Such lobbying efforts can and will promise the continuing state financial support of the college. Perhaps even better, Cerritos will be able to dictate state legislation rather than Sacramento dictating finance and programs.

The challenge is set for all to see. This can be the administration that effectively meets that challenge; but only if students, faculty and community keeps a constant vigil on its leadership.

Bed Push Raises Funds

While most students lined up to worship the sun over the Easter holiday, a dedicated group from Circle K walked, or rather pushed, their way to Oakland.

Their efforts combined to push a hospital bed raised approximately \$2,500 to benefit the fight against Multiple Sclerosis. Another goal of the ten was to break the record previously found in the Guinness Book of Records. This they also did, by 40 miles.

Starting from this campus, those from Circle K encountered everything from network television, five radio stations and major newspapers along their 644 mile trail.

Those who pushed the bed on its way were Jon Preacher, Jon Ledesma, Rick Haines, Gilbert Bailey, Gilbert Salazar, Sam Satalmacchia, Nick Mull, Jim Masters, Mike Black and Pat Black.

But the true goal was in benefiting the Multiple Sclerosis organization. When beginning to plan a project for the year the idea of bed pushing came up. Met with pessimism they finally received permission from the Highway Patrol. This gave a big boost to the project and got things rolling. The money which is not being collected, was donated primarily by individuals who pledged amounts by the mile.

This vast project by Circle K proved largely what good a club can accomplish. They unselfishly donated time and much effort to benefit a most worthy cause.

Talon Marks recognizes their leading spirit and dedication and hopes that such charitable work will make the beginning for other groups on campus.

Reaching the Community

An often unrealized but extremely efficient department of the Cerritos administration is Community Services. The number of programs which Community Services sustains is quite impressive and the number and types of people which are affected is unlimited.

The Senior Citizen Club offers several programs to the elderly of our community. In addition to classes of interest, an opportunity is extended to enjoy the cultural aspects of the college. Transportation is arranged so that elderly citizens are able to take part in these programs.

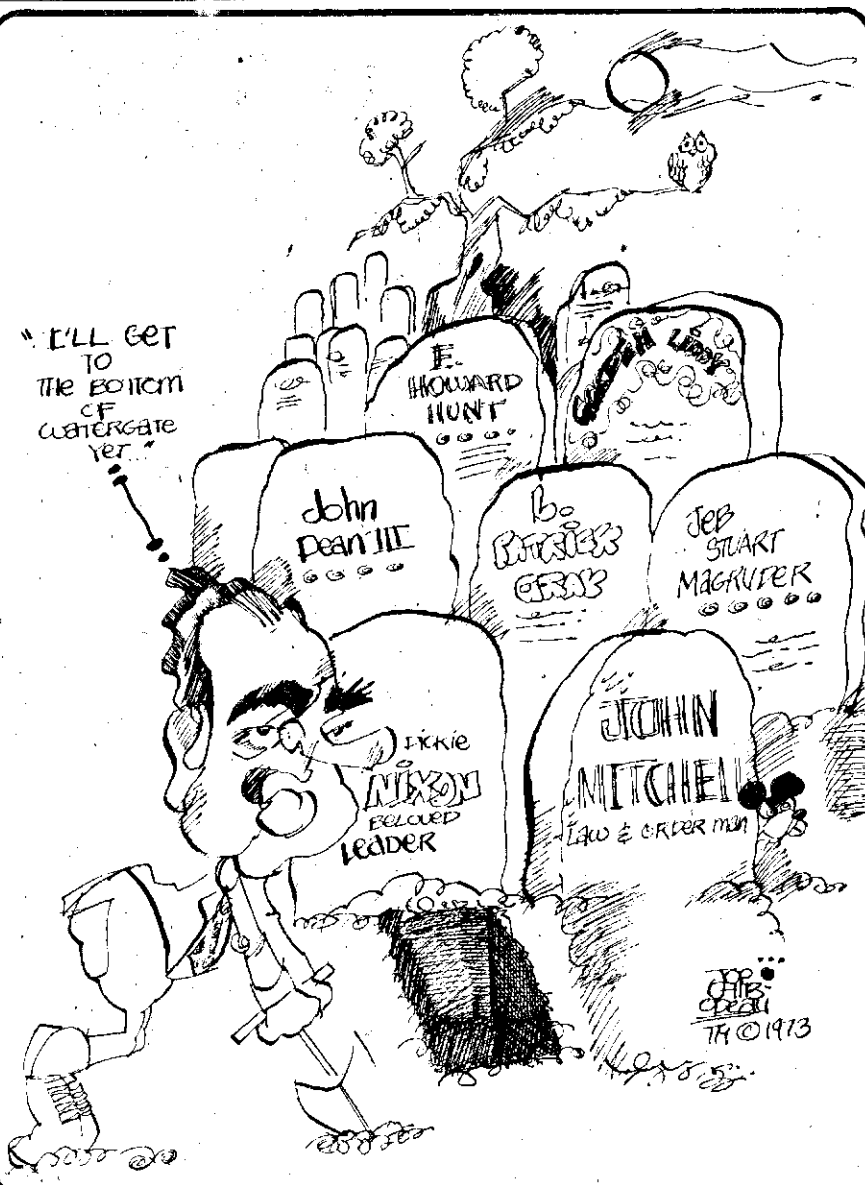
Mailings are sent out to the community to keep people aware of the events which may interest them. One mailing is a general interest mailing to many citizens. Another is only sent to those people who are interested in the fine arts events. A recreation mailing is sent to outline some of the athletic and recreational programs which the college offers.

Community Services also sponsor 75 classes which vary from organ, psychoballet, income tax, and sculpture to transactional analysis and LaMaze (a husband coach method of childbirth). These classes are designed to reach a multitude of interests and age-groups.

Another important program which the Community Services originated and carried through with outstanding results is called Impact Plus Two. It is designed to offer guidance to youth as far as drugs are concerned as well as giving a great deal of help to school administrators on the elementary level. The program has been "packaged" and sold to the local schools. The demand increases yearly for the program.

The actual programs which are offered are too numerous to mention, but a random listing of some of the more important ones include an Environmental Action Campaign, a film lecture series, and a foreign language film series. The Community Services also runs the Art Gallery on campus and maintains several advisory committees which keep up the progressive attitude which has enabled the department to maintain such an exceptional contact with the community.

The staff of Community Services, under the direction of Nello DiCorpo, deserve our sincere thanks and appreciation. Although their actual efforts may not be realized, the results of their work lie plainly evident in the participation of the thousands of elderly or young men or women, housewives or factory workers who enjoy, on a daily basis, the offerings of Cerritos College.



LETTERS

Zero Population

Editor:

Easter vacation should have proved beyond a doubt that there is a real need to limit population. The urban masses swarmed to the pseudo wilderness to get away from the asphalt and steel of city congestion. The only trouble confronting these holiday adventurers was that they jumped from one mess into another. On the highway to the Colorado River, patrol officers were meeting vehicles turning them away.

Scarcity of various non-renewable resources is becoming more and more apparent. There has been talk of rationing and outrageous prices. There is no such thing as true wilderness in southern California. What does it boil down to? OVERPOPULATION!

An attempt is being made to establish a relatively new club on campus, Zero Population Growth. The purpose of the organization is to create an awareness to the problems confronting us in the area of over population, to provide avenues of action influencing legislation favorable to the cause of environmental decency.

On Thursday, May 10, we will be conducting a meeting. We will be listening to the noted population specialist, Paul Ehrlich (on tape) and discussing plans for action. If you are concerned about the ecological mess we've created, you'll be there.

Don't forget! May 10 at 11:00 in LH 2. Zero Population Growth.

Dennis Ryan
J0555

AGS Scholarships

Editor:

I think this letter needs to be published in order to make all those concerned at Cerritos aware of a most ridiculous situation. Since September, AGS (Alpha Gamma Sigma, the so-called honor society) has had funds available to release to needy AGS members in the form of scholarships.

At the beginning of the Spring semester the funds were available to award eight \$50 scholarships. Why haven't these scholarships been awarded?

There has been a considerable combination of inefficient leadership of AGS, its advisors, and the Student Affairs Office, and an intolerable amount of bureaucratic bungling all working together to prevent the release of these funds to students.

I hope this letter brings attention to the situation. It appears that AGS has succeeded in reaching a level of total incompetency. I hope future members will keep this in mind and either not join this non-productive organization or elect responsible individuals to represent them.

Mike Codon
B0422

Reply

The reason that AGS is non-active stems not from irresponsible leadership, but because past members have voted to keep the club on a passive level.

Beginning in September, AGS had a complete change of hands. There were no veteran officers, and no scholarship program available. Due to the great help of Ray Johnston, Fall president, AGS was able to function again as a club and set up a scholarship fund program, which unlike before would benefit only continuing Cerritos students.

If you, Mike Codon, or any interested member had the initiative to contact the club officers or advisors sooner, we might have been able to give the scholarships out at an earlier date.

As it were, there was a state convention to attend, and a high school recruiting program in progress. Regardless, they are for next year, and their immediate dispensation is not the most important concern.

A meeting will be held Tuesday May 8, at 11 a.m. in LH1, which scholarship information and applications will be available.

We welcome any ideas or help and strongly urge all members to attend the meetings.

Robert Hammer
AGS President
Soula Konstantouros
AGS Vice President

Watergate Scandal Is Only a Liberal Fantasy

By KLINE
TM Staff Writer

The wild-eyed radicals and leftovers from the McGovern fantasy are alive with criticism now that the administration is under the influence of the Watergate inquiry. Certainly the President deserves more respect and John Mitchell has enough problems of his own (his wife has to be drugged and confined in a motel just to keep her from leaking the truth to the press). The insidious press continues to harass the administration with crude insinuations that the President is involved (his closest friend, campaign manager, and law partner may be implicated but the President could not be associated with such procedures).

These few "liberals" refuse to agree that the political process cannot avoid such occurrences. The political process is built on espionage, payoffs, and graft. The press doesn't have a practical perspective, they don't realize that corruption is part of the American political scene.

Restrictions should be placed on those few who dare to challenge the integrity of the American political process. The system depends on graft and corruption to survive, and the system must be maintained at all costs.

Addendum — To be read with tongue held firmly in cheek.



Different Drummer

By GARY KUDERMAN

Unlike many persons who view college fraternities and sororities as childish nonsense, I look upon these organizations as a vital part of campus life with assets that cannot always be measured in dollars and cents.

For example, the Vets Club of Cerritos College has in the past provided Christmas entertainment for the children of the Fairview State Hospital.

This same group of college men is responsible for the blood drive that occurs each semester, a drive that sees some 200 pints of blood go to the American Red Cross to be used as needed. This same group is responsible for visits to the Veterans Hospital in Long Beach where they provide books, magazines and entertainment for G.I.'s confined to medical wards, many who are victims of Vietnam.

The Handicapped Students of Cerritos College have not sat idly by while the rest of the world went about its merry way. These persons who, of all persons have a right to feel sorry for themselves if they were of that nature, have seen fit to mix it up and become a part of what is going on around them.

A wheelchair basketball game that drew a good sized crowd saw a portion of the proceeds from the event go to the Children's Orthopedic Hospital in Calexico, Mexico and approximately \$700 to the Ron Fornier Scholarship Fund.

From the football game between Upsilon Omicron and the Los Angeles County Sheriff's Department went money to a special student scholarship fund. A fund that aids all needy students on the Cerritos campus.

The ladies have also been busy helping others with worthwhile projects. For example, Lambda Phi Sigma sponsors a local Girl Scout troop as well as a children's orphanage in Tocate, Mexico. They are also involved in the march for the March of Dimes and the Arthritis Foundation each year.

Just recently, not more than a week ago at that, a group of ten Cerritos students, all members or past members of Circle K raised an estimated \$2,500 to go toward the fight against Multiple Sclerosis by pushing a hospital bed 644 miles.

These are but a few of the activities and the accomplishments of the various clubs, fraternities, sororities and organizations on the Cerritos campus that go into the make-up of what such groups truly provide, not only for the college itself but for the community at large.

While it may be true that pledging policies and practices leave much to be desired, and I'm not here now to take time to debate that issue, the fact remains that such organizations as the Vets Club, Handicapped Students of Cerritos College, the Airline Stewardess, Circle K and the myriad of others do contribute to the well-being and the general welfare of our college and community and should therefore be recognized for what they are.

The DRUMMER goes on record as supporting campus clubs, organizations etc; in their worthwhile efforts for it is my belief that they indeed do more than their share in providing for the betterment of mankind.



Right Wing

By ED OGDEN

Berkeley, California has long since been the home of left wing radicals in the western United States, this I have suspected for years. My suspicion was finally proved to me with the election that put a radically liberal government in office. Now the attempts of this government to make an arrest for the possession, use or cultivation of marijuana almost an impossible task has turned my stomach.

In the past I have found that most, although not all, liberal attitudes have been self indulging and short-sighted but this newest move to handcuff the Berkeley Police Department in the execution of its duty is the boldest move to the left that I have ever had the misfortune to witness.

Berkeley voters and their city council have seen fit to put themselves above the state and federal government in establishing what laws should and should not be adhered to. The Berkeley voters have passed an initiative that would make the arrest of anyone for the possession, use or cultivation of marijuana subject to city council approval.

The question of marijuana and its dangers or benefits is of no consequence

in this issue. The issue at hand is whether one city should be allowed to overrule state and federal laws. A city, any city, if allowed to rebuke laws of the higher governments of this land, would start a chain reaction that could follow through to every law of the state and federal governments.

This issue is much more important than is visibly present. Once started, a trend of this sort would be an enemy to every law we have.

The line must be drawn somewhere so that the police can count on support from their city rather than hindrance. At what point would this be drawn and who would decide where?

It would perhaps be the city council's job to decide which laws are to be enforced and which laws are to be merely tokens. Seeing that city councilmen do not hold office forever one must consider the change of councilmen in an election and thusly the change of attitudes. One year you might find marijuana arrests next to impossible and the next year not only possible but on the rise.

Game Board

By MIKE STEWART



May 9, noon, is the last moment possible for candidates to file for ASCC president and vice president; and as of this writing there have been three tickets that have filed.

Before any campus campaigns begin, it should be pointed out what issues face this student body and what characteristics are needed of the candidates before any consideration is given to any individuals.

Any viable candidate for ASCC office must include in his platform the need to provide easily accessible venereal disease and birth control information and referral services. The scope of services provided by the health services office must be expanded. The equipment in that office must be comparable to any health office, and should at least include a stethoscope and stethoscope, which it currently does not. The feasibility of a campus doctor, to administer medication, which cannot be done now, must be pursued and must be realized.

Relevant ethnic programs must be implemented in this college that has an ever growing Mexican-American community. This year, no money was allocated by student government for this purpose. To continue to deny the large Mexican-American segment of Cerritos equal opportunity for cultural entertainment and awareness; and to deny that population the opportunity to share that culture with what has come to be known as the anglo population

would be a most distressing situation, to say the least.

A fine, well balanced speaker's program must become a reality at Cerritos. Such a program must include prominent speakers that will address the college on modern relevant issues dealing with social, political and cultural topics.

Cypress College, not too many miles from Cerritos, has and maintains a college legal clinic. That legal services program works in conjunction with other area colleges and provides to the students at Cypress, 24 hour legal aid services, which include free attorney consultation, legal paper assistance and should a student be arrested, day or night, a legal representative will arrange for the student's release. Such a program must be investigated and implemented at Cerritos and the next student body president can do just that.

The issue of a child care center has been kicked around for a great time now. This is now the time to see that program instituted.

Above all, next year's student body president must be daring, innovative and dynamic. The president should be the kind of person who will be the spark that will detect and will set new and as yet untold new trends. Such contemporary trends must be recognized and followed through to their ends, by the ASCC president.

TALON MARKS

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Yoga — It's Food for the Brain And Body

By RICK CASIDA
Senior Staff Writer

Just as the physical yoga exercises can be used to improve the health and well-being of the individual's body, so may the spiritual yoga practices improve and enhance an individual's spiritual beliefs, regardless of the nature of those beliefs.

A common misunderstanding of the spiritual aspect of yoga is that it is understood to be a religious doctrine of the East that requires the student to reject his existing spiritual beliefs. This is completely false.

This is the second of a two part series dealing with the physical and spiritual aspects of yoga. This article focuses on the process and experiences of yoga.

"Yoga is not a religion. It is a methodology, a means of enabling the student to become more spiritual. This enhances his existing religion or beliefs," says Robert Rosan, a yogi who teaches yoga Wednesday evenings at Cerritos.

Spiritual experiences led to the development of all the world's religions. And it is on the base of spiritual experiences that all religious institutions are built.

Due to the nature of western culture, however, which places heavy emphasis on a reality as perceived by the five external senses and interpreted by the intellect, spiritual experiences have declined and lost much of their intensity.

Spiritual experiences aren't rational conclusions based on data gathered by the external senses. Most spiritual experiences are internal revelations that occur during, and cause, states of consciousness that differ from our ordinary waking state of consciousness. It is a feeling produced more by intuition than intellect.

One, intuition or intellect, is not to be preferred to the other. They both have their place and should work together in a balanced situation. The intuitions that produce spiritual experiences have their seat in the unconscious mind and are a mystery to the intellect which resides in the conscious mind.

With the emphasis on intellect and the ignoring of intuition the past few hundred years, a predictable result has occurred; the vast amounts of data and objective knowledge accumulated has led to material progress while spiritual progress has lagged far behind.

As a result, many people, though certainly not all, have lost the spiritual experiences needed to directly experience the religion they believe.

"While spirituality could exist without religion, religion can't truly exist without spiritual experiences," says Rosan.

Meditative yoga can enhance anyone's religion and beliefs by restoring the spiritual experiences that the religion was built upon.

The Process

How does yoga go about doing this? To explain the system it is necessary to understand the relationship of the body to the mind (brain).

First, let us look at the mind which is housed in the brain.

"An average human brain has on the order of 12 billion nerve cells, and the possible number of interconnections and pathways among them in a single brain is greater than the total number of 'atomic particles in the universe,'" says Gary Schaumburg, who teaches psychology besides directing institutional research here on campus.

"The physical basis of everything we are and do is in the brain," says Schaumburg.

The brain, which controls everything we do, relies heavily on the body for its existence.

"Although the brain makes up only two per cent of the body's total weight, it receives 20 per cent of the oxygen used by the body," continues Schaumburg. "One could say the brain lives off the body, while in turn the body's well being is dependent to a great extent on our behavior which is determined by the brain."

The circle is complete - body influences brain, - brain influences body. Yoga recognizes and makes use of this principle.

Yoga begins by disciplining the body which prepares the way for a disciplined mind. Through the physical postures, one stretches out tense and tight muscles and nerves. The nerves soon become unrestricted and messages between body and mind travel more freely. With regular practice the body is able to relax more completely and remain calm.

When the body is calm the mind is able to concentrate more effectively. Yogic breathing exercises then begin to bear fruit.

The respiratory system is under both conscious and unconscious control whereas most body functions are under either one or the other, but not both. By consciously breathing in a regular

rhythm the messages are transmitted by the voluntary neuronal pathway. That is the path the brain messages travel from brain to lungs.

If the rhythm is practiced regularly it is picked up by the involuntary pathway and once this gap between voluntary and involuntary is bridged the student eventually develops control of other involuntary functions.

This explains the tremendous control some accomplished yogis have gained over heart rate, circulation and other involuntary functions. While spectacular, this degree of control is not necessary to achieve spiritual experiences.

The Experience

As the mind begins to be able to concentrate more fully, all thoughts are focused on a suitable object. As long as the object is simple and pleasant it really doesn't matter what it is. The important thing is to focus the thoughts so the ordinary mental activity of the intellect is reduced to a minimum.

With practice one can eventually disengage all awareness of the intellect and render the mind still. In this state of meditation the student is much more open to his unconscious mind and the inner teachings that come through it.

Noticeable changes occur in the student within a few weeks of six-day a week practice. The claiming of the mind,

in itself, always seems to produce a sense of happiness.

The meditation practices usually will trigger an altered state of consciousness, but, because this experience is very subjective, its exact nature will vary from one individual to another.

The wide variety of techniques advocated by the different branches of yoga and differing methods among teachers creates even more diversity of experience among students.

Yet while everyone will progress along a different path, the students of yoga, that I talked with, seemed to feel their path was in a positive direction. Most also felt that yoga isn't that hard to get into. And that it is a worthwhile method of spiritual growth.

In conclusion, I wish to say that the techniques put forth by yoga and the discipling of body and mind certainly is an effective means of spiritual experience. However, one must keep in mind that even the total invalid can still achieve all the spirituality of the most accomplished of yogis.

Such is the power of the mind (some would probably interject God here) to discover other paths of enlightenment. Yoga is just a well charted path that helps a lot of people to get where their going, even if their going different places.

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Seals and Crofts Perform Mellow Music

Soft light bathed the center of the darkened stage, as two medieval-looking minstrels appeared from the shadows. They travelled to the pool of light and seated themselves upon stools.

One is seated with a cap drawn so low on his forehead that you can no longer see his eyes. He lightly caressed the acoustic guitar in his lap.

Next to him a shaggy maned fella fondled his mandolin. They exchanged friendly greetings with the audience and began to play.

The mandolin began weaving an intricate tapestry around the guitar patterns. The melody sounded almost baroque and then it started to change.

Everyone smiled some, yet the music fascinated their ears and drew their attention.

Another musician joined them on the stage with a bass. The music now seemed classical, no ... closer to oriental. The music now seemed to possess a spiritual quality, light and uplifting.

Soon the song had changed again. Made you think of the blues with a country flavor. The beat began to pick up, definitely a country music shape now.

Bigger smiles appeared along with foot-tapping.

Another few songs and people witnessed the evidence of jazz. A saxophone now added its buttery notes to the pattern. Next, the situation on the stage became electric.

Everyone seemed to have tasted rock. Some who watched started getting loose. Happy voices were down in the stretched notes of a plugged in mandolin.

Eventually it all came to an end with about ten minutes of foot-stomping fiddle music. Everyone was spent.

On leaving the auditorium, a happy looking guy came across a girl who was all alone except for a smile.

"This sure turned out to be a nice gig," said the guy.

"Sure looks that way," returned the girl.

"Do you know which one of those guys was Seals?" questioned the guy.

"He was the guy with cap and the fiddle," continued the girl, "and Crofts was playing that mandolin."

"I'd sure like to see that again," said the guy.

"You know, their playing again Saturday night, May 12, over at Cerritos College at 7:30. And the tickets are on sale at the Box Office for \$2.50 if you have a student I.D. and \$3.50 if you can't borrow one."

NEWS BRIEFS

SPRING AWARDS BANQUET tickets are on sale. The banquet will be held on the Princess Louise May 18. Tickets are priced at \$4 per person with ASCC card.

SEALS & CROFTS will appear in concert Saturday, May 12, 7:30 p.m. Admission is \$1.50 with ASCC card.

CERRITOS COLLEGE COMMUNITY SYMPHONY ORCHESTRA will perform in the Student Center, this Thursday, 8 p.m. Program to be announced. Free admission.

"TEATRO MEXICANO" has been cancelled.

"WINNING" the award winning movie starring Paul Newman, Joanne Woodward, and Robert Wagner will be shown in the Burnight Theater on May 3, Thursday at 7:30 and again at 9:45 p.m. Free admission with brown I.D.

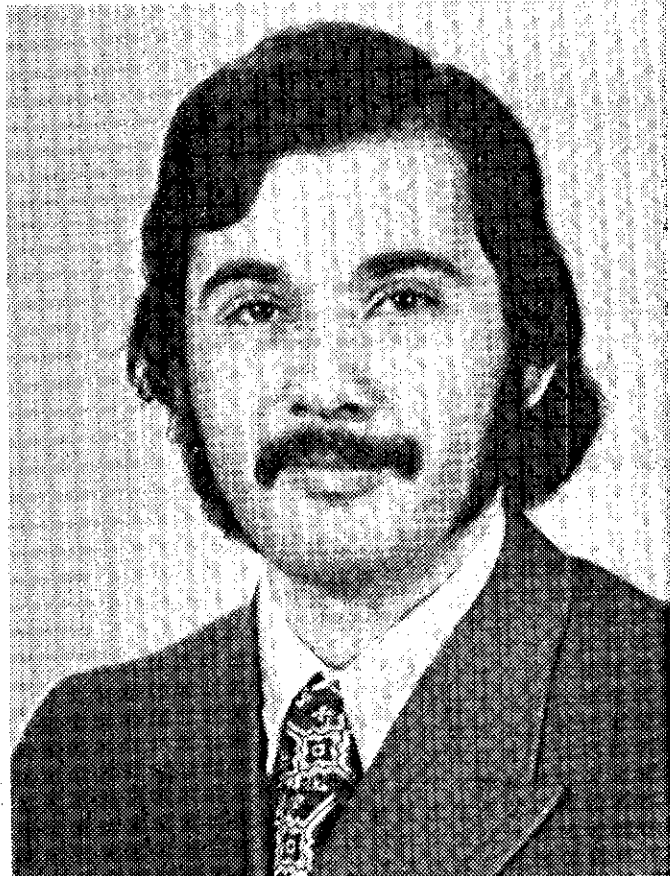
ZERO POPULATION GROWTH will present Dr. Paul Ehrlich, author of "The Population Bomb," a taped lecture, in LH2 on Thursday May 10 at 11 a.m. Free admission.

MEXICAN DINNER to include: tacos, burritos, beans, rice, salad, coffee, tea, punch, will be held on Friday May 11, 5 to 8 p.m. in the Student Center. Donation: \$1.50 adults \$1 children. Proceeds to go to the financial aids.

ASCC SPRING CARNIVAL will take place in the parking lot in front of the gym on May 10, 11, 12 and 13. The carnival includes rides, game booths, food concessions and two dinners: Friday night a Mexican meal sponsored by Circle K, and on Saturday night a spaghetti dinner which is sponsored by L.D.S. Carnival tickets are on sale at half-price if bought before or on Wednesday.

CINCO DE MAYO 1973 is the Mexican independence celebration which will include Mariachi bands, ballet Folkloricos, speaker, theater group and other related events. This program is sponsored by Mexican-American studies and Community Services. It will be held on Saturday, May 5, from 10 a.m. till noon, and from 7 to 8:30 p.m. in the Burnight Theater.

TRANSCENDENTAL MEDITATION is the subject of a lecture given by Mike Campbell, regional lecturer, tomorrow at 11 a.m. in BC 53 and at 8 p.m. in BC51. Admission is free and is sponsored by SIM, Student International Meditation Society.



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Four Win At Convention

Talon Marks journalists represented the college at the state junior college journalism convention at the Ambassador Hotel in Los Angeles on April 14 and 15. The convention included on-the-spot competition and several useful workshops, as well as speakers from the field of journalism and government.

The competition began several weeks prior to the convention when the mail-in entries were sent for judging. Cerritos' Talon Marks received two awards in the mail-in. Roy Crane, chief photographer, was awarded a second place trophy for his picture which appeared on the cover of last year's Wings. Larry Baker sports editor, received honorable mention for his sports column.

At the convention, competition in the on-the-spot writing and photography was the center of the first day's activity. Again Cerritos scored wins. Bob Hansen, staff photographer, received a second place trophy for feature photography of an actress in Elizabethan costume.

Mike Stewart, editorial editor, won the first place trophy in the statewide editorial competition.

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OFF AND RUNNING — Falcon Dickie Van Hamersveld races toward the goal of the white-shirted league All-Stars in the 3-2 Cerritos victory on Saturday. Out ahead is Alfredo

Maran. The Falcons play this Saturday at Gahr High School in their Cinco de Mayo Festival.

(TM Photo by Larry Baker)

Falcons Clinch Crown; Number One In State

SPORTS

By **TERRENCE MOSER**

TM Staff Writer

The Falcon baseball team wrapped up first place in the South Coast Conference last week with three wins over Orange Coast and Mt. SAC. Cerritos holds a game lead with only two conference games left in 1973.

It was Cerritos' second baseball championship in a row, third in four years, the seventh in nine years. This year, Cerritos has captured the crown in football, basketball, wrestling, and now baseball.

The Falcons continued their winning ways during the Spring vacation by capturing both the Citrus Civitan and Casey Stengel Tournaments. The Falcons co-hosted the Stengel Tourney, which was their ninth consecutive tournament victory. Jerry Maddox, Rich Thompson, and Mike Pagnotta were the hitting stars in the games with Maddox and Pagnotta each blasting out home runs. Maddox picked up two home runs over the Easter break, one against Riverside, and a grand slammer against Citrus.

Cerritos returned to conference play last week and defeated the Orange Coast Pirates at Orange Coast in 11 innings 4-3. Right hander Rick Bethke (10-0) started the game for the Falcons but was relieved by Tim Matz in the sixth. Matz was pulled in the eleventh for Dan Boone. Matz got the win, giving him a record of 6-2 and Boone got the save, making him 5-1.

Cerritos earned four runs on 10 hits scoring in each the second, seventh, ninth, and eleventh innings.

In the eleventh, Stu Smith led off the inning with a sharp single to right field. Smith moved to second when Coast's catcher attempted to pick him off first base, sending the ball into right field. Maddox followed with a ground ball to the right side of the infield forwarding Smith to third. Ted Fager came to the plate for Cerritos with one out. He failed to get the squeeze bunt down and Coast had Smith in a rundown between third and home. It looked like another scoreless inning for Cerritos, but in the pickle, Coast dropped the ball and Smith scored. In the bottom of the eleventh Cerritos denied Orange Coast from tying the game when Mike Pagnotta made an exceptional throw to Maddox at third nailing a potential run. Maddox and Ken Gaylord each had a double and a single in the game. Andy Pasillas and Mike Casarez each had two hits.

Friday, the Falcons made it two wins in a row over the Orange Coast Pirates. Dan Boone went the distance in this contest, hurling a five hit shutout as the Birds easily downed Coast 3-0. Cerritos picked up their three runs on five hits with runs coming in the third and seventh innings. George Horton and Ken Gaylord were the Falcon hitters, each picking up two, one of Gaylord's a triple in the third inning. Boone fanned eight hitters en route to his sixth win of the season with only one defeat. Boone is also carrying the league's lowest ERA, 0.51. He gave up two walks in Friday's game, his first two of the season.

Saturday afternoon the Falcons ventured into Pomona to challenge MSAC. Cerritos emerged victorious, giving the Mounties a 7-5 beating. Bethke went all the way for the Falcons, upping his record to 11-0. The sophomore left-hander struck out nine, but gave up eleven MSAC hits, the most ever against Bethke. Cerritos had eleven hits in the game with Stu Smith, Jerry Maddox, Mike Pagnotta, and Ken Gaylord punching two apiece. Saturday's game was Coach Wally Kincaid's 475th win in his 13 years as the Cerritos coach.

Coach Kincaid and the Cerritos batsmen earned still another honor last week when the California Baseball Coaches Association rated Cerritos the number one J.C. team in the state. The Falcons with a record of 28-4 are ranked above Sacramento City (20-1), San Mateo (18-7), Long Beach (20-8), Cosumnes River (18-4), LA Valley (21-7), Citrus (18-6), Fresno (19-8), San Bernardino Valley (18-8), and Fullerton (19-7).

Tuesday Cerritos traveled to San Diego Mesa to do battle with the Olympians. Results were not available at press time. Friday the Falcons will play Fullerton at Cerritos beginning at 2:30.

Baseball Standings

South Coast Conference

	W	L	GBL
Cerritos	15	3	
San Diego Mesa	11	7	4
Fullerton	10	8	5
MSAC	7	11	7
Orange Coast	6	12	9
Santa Ana	5	13	10

Maddox Blasts 'Longest Home Run Ever'; Former Falcon Fopma Picked In NBA Draft

By **LARRY BAKER**
TM Sports Editor

Falcon third baseman Jerry Maddox hit what veteran observers here called "the longest ball ever hit at Cerritos" against Citrus College in the opening round of the Casey Stengel Tournament over the holidays. A grand slammer, it easily cleared the center field wall in the Falcons' 12-8 win.

Many balls have been hit over the 12-foot wall, but never has one gone over in straightaway center, where winds usually kill the long shots.

Following the towering homer, which has been estimated at 460 feet, Maddox was presented with the ball by coach Wally Kincaid, a rare gesture by the Falcon mentor.

Former Falcon cage great Everett Fopma was chosen on the ninth round of last week's National Basketball Association annual draft by the Golden State Warriors out of Oakland. Fopma, who transferred to Idaho State under former Cerritos coach Jim Killingsworth was the State Player of the Year for the Falcons in 1971. He is the all-time leading scorer for Cerritos.

The Falcon soccer team defeated the league All-Stars 3-2 last Saturday on the Cerritos field in a warmup for their up-coming head-to-head confrontations with first round co-champs E. Mansford, Evans and Glendale.

"We played very well, particularly in the first half," said coach Jim West. "I really didn't expect to win." The Falcons scored all three of their goals in the first half, two by Cerritos captain Diego Lopez and one by Refugio Camarena. One of Lopez's goals came on a penalty shot.

The Falcons played without the services of ace forward Mike Elsayed, who is out with a dislocated shoulder. Adding to the Cerritos handicaps were knee injuries to Lopez and David Carson and Alfredo Maran, who, as a result of an automobile accident two days earlier, played with his arm in a sling and with limited vision.

Cerritos plays in the Cinco de Mayo Festival at Gahr High School this Saturday at 4:30 p.m. against an as-yet unnamed opponent.

FALCON 34 — GAME STATISTICS

Batter	G	AB	R	H	2B	3B	HR	SB	RBI	AVG
Maddox	34	121	36	49	8	2	2	5	24	.405
Thompson	17	50	10	19	7	2	0	0	10	.380
Gaylord	22	57	7	21	2	0	0	0	12	.368
Pagnotta	34	127	21	42	10	0	3	5	29	.351
Horton	31	104	23	32	9	2	0	1	18	.327
Davidson	34	121	22	38	7	1	0	0	9	.314
Pasillas	26	76	5	19	2	1	0	1	23	.288
Cazares	31	119	25	33	2	0	0	4	14	.277
Crowder	11	30	6	7	0	1	1	2	6	.233
Smith	34	138	27	32	6	2	0	10	9	.232
Pinocchio	15	36	6	8	3	0	1	1	4	.222

(Based on 30 or more at bats)

Pitcher	IP	H	BB	SO	W	L	R	ER	ERA
Boone	71	38	5	59	6	1	5	3	0.36
Bethke	102	75	36	90	11	0	22	15	1.32
Shinholster	49	40	18	33	6	0	25	11	2.04
Black	13	14	2	12	1	1	3	3	2.07
Matz	66	63	14	36	6	2	22	16	2.17

(Based on one or more decisions)

Sports Briefs

Golf

The Falcon golf team lost Monday to the Orange Coast Pirates in their SCC finale 35-19. Freshman Dale Morrison picked up 18 points for Cerritos with a low score of 71.

The Falcons earlier met the Santa Ana Dons, the conference's finest team, and shot the lowest scores of their season but lost, 54-0.

In a match with Mt. San Antonio, the Mt. SAC golfers made use of a home course advantage. The course is a tight, narrow course and the Cerritos team never managed to get used to the narrow fairways. Although the Falcons beat Mt. SAC soundly when it played host, they went down to defeat on the Mounties course, 32-22.

Fullerton is another of the real powers

in the conference and the Falcons had more than they could handle in a 43-11 loss to the Hornets.

Tennis

Cerritos' tennis squad dropped their final South Coast Conference matches losing to Fullerton and Mt. San Antonio last week. Mt. SAC defeated the Falcons, 9-0 while the Hornets dropped Cerritos 8-1 as Al Eberhart and Len Phillips won in the third doubles to prevent the shutout.

The Falcons finished out conference play with a 5-5 record and are 7-11 overall.

Swimming

Ron Parks and Brian Harvey qualified for the state meet as a result of the Southern California Championships held last week. Falcon relay teams also qualified for the tournament to be held at Foothill College beginning tomorrow.

Parks finished fourth in the 100 yard butterfly in 55.4 his lifetime best. He was also the consolation champion in the 200 meter butterfly in 2:09.2.

Harvey, in the 100 yard freestyle, turned a time of 50.9 which was, in fact the third best time of the day, but was good only for the consolation championship. He was also eighth in the 50 yard freestyle.

Track

The Cerritos track squad, in preparation for the South Coast Conference Championships beginning today, travelled to the Mt. San Antonio Relays Friday and Saturday.

The sprint medley team finished second with a mark of 3:30.9 Brad Williams, Ron Strait, George Shubin and Bob Guerin ran it with Guerin turning in a 1:55.6 880 leg. The Falcons ran a 3:25.6 mile relay with Bob Jordan, George Shaw, Williams and Guerin. Williams, in both races, ran a 49:2.440.

Mark Spoolstra finished sixth in the javelin with a throw of 193' 10". Bob Johnson was sixth in the discus with a mark of 144' and the Falcons had many marks that were lifetime bests.

The conference prelims are at Cerritos today at 2:30 with the finals here Saturday night.



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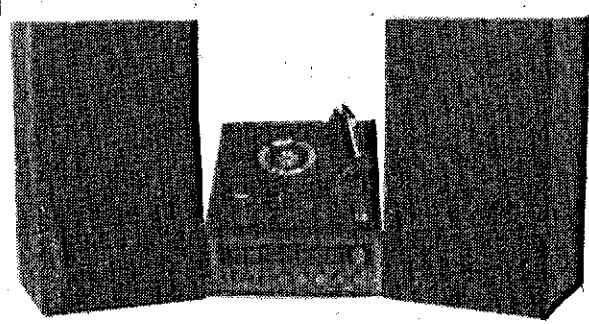


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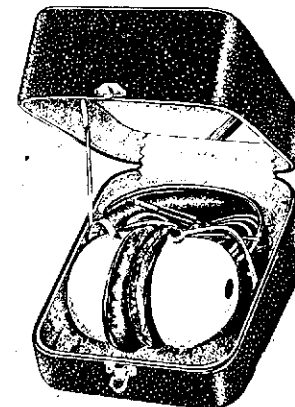
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