

# Talon Marks

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Cerritos College, 11110 E. Alondra Blvd., Norwalk, Calif.

Wednesday, March 6, 1974



## Effects of the crisis

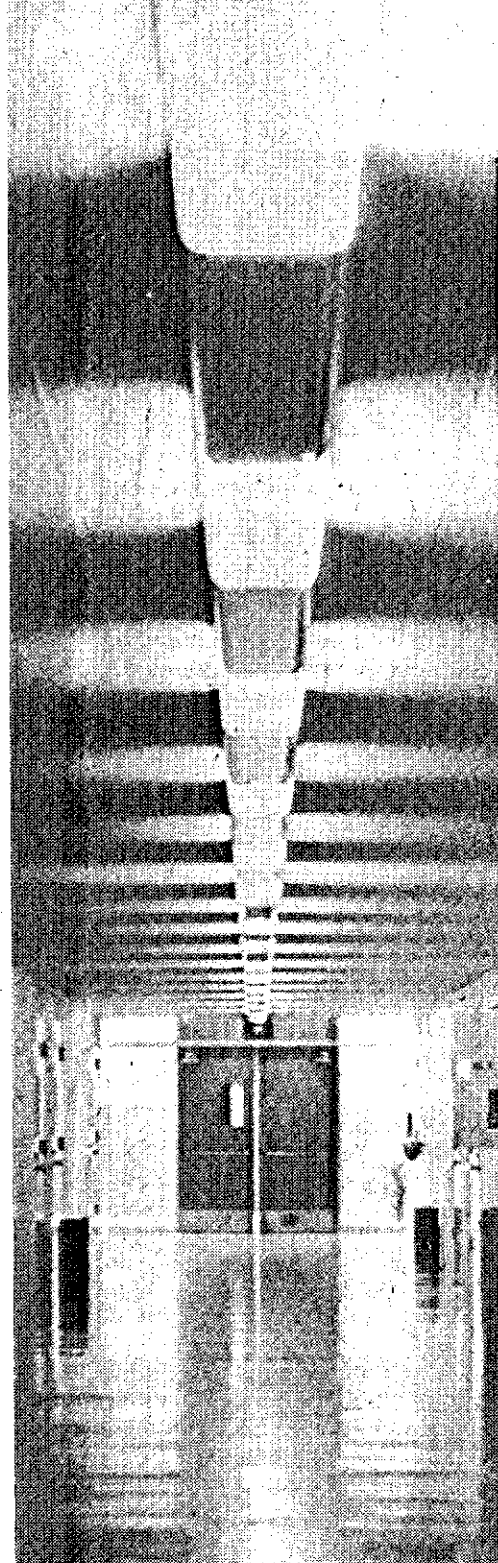
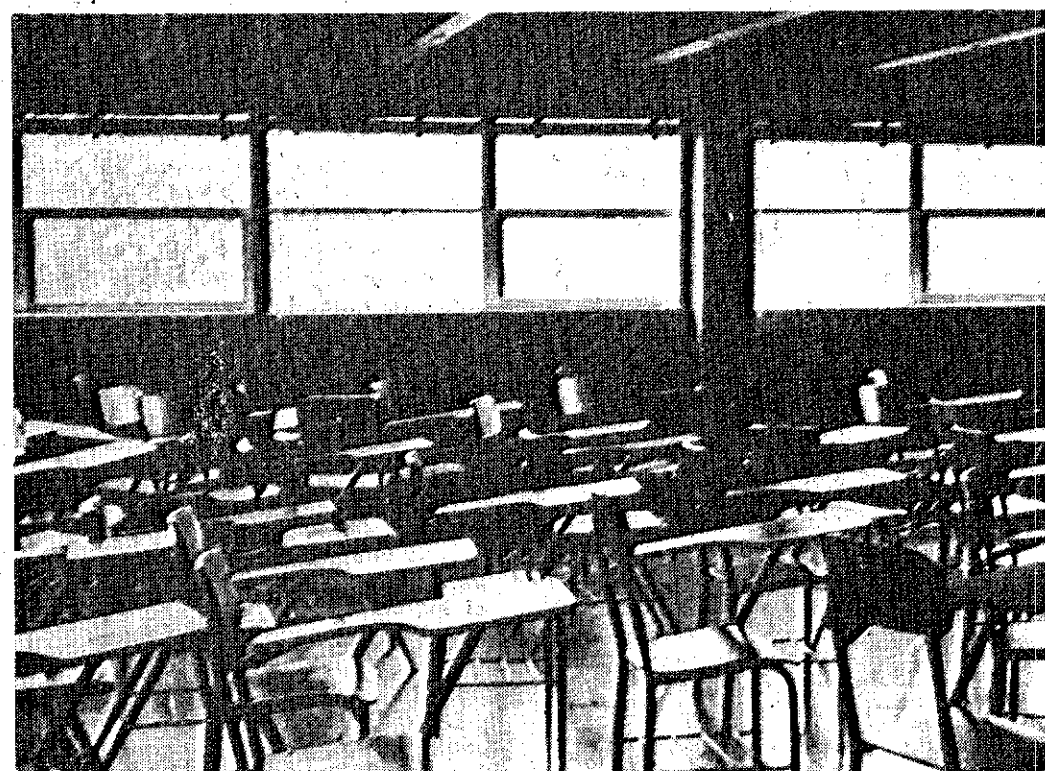
Real or imagined, contrived or not, the energy crisis has become visibly evident on campus.

Lights in hallways are being used on a "staggered" basis, right, while lights in outside corridors, left, are being turned off completely.

Instructors are also being encouraged to turn off lights in classrooms when not in use, resulting in mid-day darkness, below.

As for the students, heavy coats may be more commonly worn in classrooms as a result of lower temperatures.

It's become a little colder in classes, a little darker, hardly enough to notice, but an ever-present reminder of the situation created by the energy crisis.



TM photos by WENDY TANAKA

## Energy needs reduced 12%

*Power-saving measures working, but rates have increased, too*

by PETER CANNON  
TM News Editor

Energy-saving measures which were taken in December have resulted in a 12 per cent reduction in consumption on campus, reports Dr. Walter Magnuson, assistant superintendent of business services.

Voluntary steps which were outlined in a memo by Magnuson in early December such as turning out lights, reducing room temperatures and other measures are the main reason for the significant decrease in demand, he said.

During the same time period, however, power rates have increased. Cerritos College is currently paying more money for using less electricity.

Magnuson has found that Southern California Edison, which supplies Cerritos' electricity, encourages use of more energy because of the cheaper rate issued in proportion for increased use.

"Monetarily," Magnuson said, "we haven't saved that much. They (Edison) may have to change that policy."

"It's kind of discouraging to get charged more for using less," Magnuson said. "But we're just doing our best to conserve energy."

In his original memo, Magnuson urged instructors and administrators to conserve energy by turning off classroom lights when the room is not in use and lowering the thermostat to 68 degrees on a voluntary basis.

Parking lot lights have also been turned off at 11:30 p.m., instead of 1 a.m. to save electricity.

At that time, Magnuson also encouraged the staff and students of Cerritos to use car pools for transportation and observe a 50 mile per hour speed limit.

More recently, Magnuson has instructed members of the maintenance department to provide air circulation for class rooms by vents instead of air conditioners.

The open-air vents would be used if the outside air is cooler than the temperature inside buildings. The vents have been automatically set to trigger when room temperatures exceed 65 degrees, if the outside air is colder.

This particular measure is "fine for this time of the year," Magnuson said, but as the warmer summer weather approaches, the practice will have to be discontinued.

During hotter weather, air conditioners will be activated only after room temperatures have reached 78 degrees, instead of the usual 72.

## Tilghman, Rew are selected as interns

Cerritos College wrote a new page in community college history books this semester when faculty members from the college were used for the first time as administrative interns.

Charles Tilghman, English department chairman, and Wayne Rew, from the counseling office, have been assigned to work two-fifths of their week under Jack Randall, assistant superintendent and vice president of instruction at Cerritos, in the administrative interns program.

Some community colleges have brought in off-campus interns, but Cerritos is the first college to use the faculty in this capacity, according to Randall.

The purpose of the program is to expose the faculty to administrative problems and procedure and to provide direct experience in administration for the faculty.

Rew will be working part of his week in the admissions and records office and the other part in his regular office in counseling.

"I hope that I get exposed to as many aspects of the admissions office as possible," Rew said.

Although Rew will be spending 16 hours a week learning the procedures, he expects to be

back in counseling after the semester has ended.

"There is no guarantee for a job in admissions and records because of this program," Rew said. "It's designed to give the faculty some experience."

Tilghman, now in his ninth year on the Cerritos campus, is working directly under Randall in the office of instruction. His first assignment as an intern is the preparation of the colleges accreditation report.

"It's an interesting change," Tilghman said about the administrative interns program. "I think I'll go back to the classroom in the fall with a certain amount of freshness."

It is not known at this time whether the interns program will be continued in the fall.

## Can't crack that book?

*New reading program to aid 'slow' students*

Cerritos College will offer a new reading program in March designed for anyone having problems reading or understanding what they read.

The cost free program, beginning March 11 and 12, will stress individualized instruction based on the needs and goals of the student. Areas of weakness will be quickly determined by diagnostic testing taken on the first day of class. The student is then placed in a program to meet that particular need. Students will proceed at their own rate and may move ahead to more advanced material.

The Basic Reading Skills course will cover phonics, word recognition, vocabulary and fundamental comprehension skills.

Beyond that, a Developmental Reading program is available designed to make improvements in comprehension skills, understanding figurative language, following printed direction, making inferences and locating specific information.

Both courses are offered in two nine-week courses for two semester units. Registration may be made in the first class meeting in LC110 in the Library for day courses only. The Basic Reading Classes meet Monday, Wednesday, Friday from 10-11. It will also meet on Tuesday and Thursdays at the same time beginning March 12.

The Developmental Reading Classes meet on Monday, Wednesday, and Friday. There is one class from 10-11 in LC 4, two others from 12-1, and one other from 2-3 in LC 110.

*Leakey recalls excavations*

## Fossil-rich fields found

by FRED DICKINSON  
TM Staff Writer

In a camp called Koobi Fora on the eastern shore of Lake Rudolf, in northern Kenya, 26 people representing 11 different branches of science are changing the established theories of anthropology regarding the age and lineage of man's early ancestors.

Paleontologist Richard Leakey, who heads the expedition, told a Cerritos College audience that the group is digging in what is perhaps the richest fossil field ever found.

He said it has documented evidence in recent finds that two forms of the genus homo Australopithecus and Hominid lived around the shores of Lake Rudolf 2.5 million to 3 million years ago simultaneously, instead of consecutively as Evolutionary theory maintains.

Evolutionary theory has, until Leakey's discoveries, listed Hominid as evolving 1.5 million years ago from Australopithecus.

"Australopithecus," said Leakey, "is not related to modern man. Rather it was a separate species that lived from 3 million years ago until about one million years ago and died out."

The evidence supporting Leakey's theory includes the Hominid skulls found in the same

site, documented as being the same age, or 3 million years to 1 million years old.

Australopithecus and Leakey's Hominid skulls are distinctly different, he explained. The cranial capacity of Australopithecus is about 450 cubic centimeters; Hominid's cranial capacity is 750cm. The 300 cm. difference is seen in the width of the skulls. Australopithecus tapers back from the eyes, while Hominid skulls are fuller, without taper.

The most significant point in the difference of the Hominid skull is that it's different from any other type of prehistoric skulls previously found, Leakey said.

In addition to physical differences, tools and broken animal bones were found in sites with the Hominid skulls, suggesting that they hunted and ate meat. No tools or bones have ever been discovered with an Australopithecus find.

The Rudolf excavation site covers an area of 1,000 square miles. The 3 million-year-old fossils are being found in the stratified layers of sediment at a depth of 1,000 feet. The water level of Lake Rudolf ages ago was some 200 feet higher and connected to the River Nile.

In prehistoric times, however, volcanoes surrounding the lake erupted. The ashes and lava mixed with sand washed into the lake with the rainfall, and the bones surrounding

the area were fossilized.

It is the torrential rains, alternating with the wind, now after millions of years of erosion that is exposing these ancient bones.

When a fragment is discovered, the team digs carefully, with rubber mallets and whisk brooms. All bones and tools are charted in a fashion that the three dimensional aspects of the ancient scene can be visualized on paper.

The number of tools and broken animal prey bones discovered at Hominid skull sites has lead Leakey to believe that Hominid led a more complex life than the nomadic tribes inhabiting the area today, he said.

Because of the alternating torrential rains and drought the constant grazing of herds of cattle driven over the area by nomadic tribes reduced the Rudolf area to a dustbowl.

This dustbowl condition, plus the finding of two extinct species each hippopotami and crocodile has prompted Leakey, from his vantage point of Director of the National Museum of Kenya, to push for and win National Park status for the Lake Rudolf area.



## News items

### Foreign film slated

"Wages of Fear", a French film will be shown twice on Tuesday, March 12. The first showing will be at 2 p.m. in LH 7 and the second showing will be at 7:30 p.m. in BC-17. Admission free for both shows.

### Lecturer set

Irving Bengelsdorf will be lecturing on the Cerritos campus on Wednesday, March 20 at 8 p.m. in the student center.

### 'Arabian Gulf' shown

Thursday, March 7 - "Life in the Arabian Gulf" will be shown in BC 17 from 11 a.m. to noon.

### 'Sawyer,' 'Deserts'

Two films will be shown this Saturday March 9 for the enjoyment of children. "The Adventures of Tom Sawyer" and the "Deserts of California" are to be presented free of charge. "The Adventures of Tom Sawyer" brings Tom, Heck, Becky and Aunt Polly to life in this timeless classic. "Deserts of California" discusses the California deserts, pointing out the importance of their farming areas made possible by irrigation, their mineral resources and their recreation areas.

### Baseball Thursday

Cerritos vs. Santa Ana on Thursday March 6 at 2:30 p.m. The game will be played at Falcon Field. There is no admission charge to the game.

## Preparing —

Larry McKee and Marilee Bridgeman rehearse for the spring play "Black Comedy". Many hours are put into the play by theatre-arts students in hopes that more people will attend.



# Editorials

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## Initiative for initiatives

There is one good thing about democracy in general and California in particular: If you don't like a law, you are free to try and change it.

Proponents of the Voters Choice Initiative are now circulating a petition to change the California election code regarding the number of signatures required to qualify new political parties for the ballot.

The election code now states that a new party to be listed on the ballot must obtain 10 per cent of the total vote at the last gubernatorial election in signatures on petitions. The number of signatures required at this time is 663,340.

The Voters Choice Initiative, if enough signatures are collected, will change the for new political parties to require only one percent of the total vote in the last gubernatorial election.

California election laws prior to 1937 required only one percent of the total vote for governor.

There are two major points the supporters of the initiative are citing. The first is that persons of modest means may not be able to afford the time and effort

required to gather all those signatures that are now required.

Secondly, according to a recent survey (allege advocates of the initiative) 34 percent of the voters now identify themselves as Independents rather than either of the two major parties. The advocates say that the restrictions to the ballot box and campaign funds with this many independents constitutes serious denial of democracy.

A serious denial of democracy is a serious thing, but past performance in the voting booths has shown that a significant number of citizens deny democracy in forgetting to vote.

Perhaps the Voters Choice Initiative, by making the establishment of a political party not an impossible goal, would regenerate an interest in politics, get the citizens involved.

Perhaps the addition of more information to an already long ballot would further turn off an already apathetic public.

The thing to do is try it and see what happens. That's another good thing about democracy-pragmatism.

## From over here

By Fred Dickinson

I don't like standing in line, so I drove past three mobbed service stations scattered in between five others with "no gas" signs displayed.

I felt secure enough with my half filled tank and a 15 miles per gallon average. Suddenly I realized that it was only 10 a.m., Thursday, and it should have been a good time to get gas. I passed four more closed stations, and an open one with lines longer than I had seen, previously. By this time I was glaring wildly about for any line to get into, and almost ran through a red light.

I had resigned myself to turning around, back to one of the crowded stations when I saw it, a gas station with exactly one car at the pumps. The attendant was just starting to fill the car up, I casually drove to the pumps, with some haste, hoping that the scene wasn't a hallucination.

One thing I noticed right away was the way the attendant kept his eye on me; he seemed ready to jump out of the way. I stopped at the premium pump, and since I hadn't checked my tires for about a month (those English Tires always leak) I got out of my car. The attendant already had the hose in his hand: "Fill it?"

"Please," said I. And I went for the air hose. Before I had finished with the right front tire, which needed four pounds pressure, three other cars were at the pumps. I went to the left front tire and a man in a Buick careened from the far right curb side lane across six lanes of street, center divider and all, into the station. I suddenly knew why the attendant was so nervous.

The automatic full shut-off switch chopped short the flow of gas at nine gallons. The attendant was at the other pump though, so I started checking the right rear tire. A fat man in a Chevy, who was two cars behind the Buick, couldn't get off the street. He stuck his head out of his window and bawled: "Hey move it up a bit and we'll all get in!"

The woman behind the Buick tooted her horn; and the Buick moved up. Another attendant ran to direct traffic. The fat man got in off the street, but it didn't matter any more, two cars were behind the fat man already, blocking traffic in good manner.

A cop waiting for the light to change seemed to be very interested in something on the other side of the street.

I finished the right rear tire. The attendant, through with the other side of the island, was holding out his hand. The man in the car

behind me watched with interest; his car torqued up slightly as he slipped it in drive. I gave the attendant my credit card, and hurried around to fill the left rear tire.

It's always sad to see a grown man who can't hold his temper. After all, he had only been waiting behind me about five minutes. I could hear the clunk when he jammed the gear lever back into park.

I looked at the lines behind, stretching into the street, as I put the air hose back. There were 40 cars on the station property. Most of them had their engines running; my eyes were watering from the fumes.

An old man came up to the attendant, who was a telling a customer that he had no small change. The old man obviously was an old, regular customer. The old man said that the station had lost his gas cap the other day when he and the barber from across had been in.

The attendant stopped filling out my charge sheet. He told the old man that while he recognized him as a regular customer he didn't remember filling his car yesterday. He gestured at the nervous, thirsty cloud of iron locusts: "As you can see, I have too many customers to remember one sale. Nobody turned in a gas cap at the office yesterday. Excuse me."

He began writing again. Someone in the street was blasting on their horn. I signed my name. The old man was looking again under his license plate for his gas cap. His hand barely fit between the plate and the bumper because the trailer hitch kept the plate from coming all the way down.

The attendant turned his back on the old man and gave me back my card. He smiled: "Hundreds of customers." He checked his watch "Been open ten minutes." He hurried through the fumes.

I wanted to check my oil and wash my windshield but....

## Letters

THE AMERICAN WAY

Richard M. Nixon has always decreed The American way, is through taxing our breed. So with hands in our pockets, for government dues We stand in a stupor, and sing of the blues.



... AND PLEASE, LET ME MAKE SOMETHING, ANYTHING, PERFECTLY CLEAR!

## The BeeFly

By CHUCK FUENTES



A new fad has swept colleges and universities of late that makes panty raids of old seem like amateurish pranks.

Streaking, the art of dashing about in the nude, has reached new heights across the country as more and more students are "taking it all off."

Reports of streaking have come from such notable institutions as Stanford University, Rice, Texas, Texas A&M, and a dozen other colleges that has administrators and law enforcement officials in a quandry as to what to do.

The most recent escapade was reported by the University of Tennessee, last Saturday night when traffic was blocked for three hours by spectators watching the daring dashes of "wall to wall" streakers.

There were conflicting stories as to how many people took off their clothes and ran around in the nude but one policeman said there were at least 50.

Several thousand students turned out to watch, however, and blocked traffic on a busy street that runs through the university.

Another source said that a bartender offered a free bag of beer to any woman streaker. He said a nude woman soon jumped from a car, dashed for the bar and emerged carrying a bag, presumably containing the beer.

While college officials are debating what to do the fad goes on and the clothes come off.

Streaking started with just a few males jumping out of a car on a traffic-laden street, running down the block to a waiting car, and speeding off.

It has grown in popularity and numbers. The University of Maryland reported over 25 streakers running around the cafeteria, past a co-ed dorm and then vanishing into the night without a trace.

This report would lead one to wonder where they vanished to.

On the local scene things are quiet, as usual, as the big news at Cerritos College varies from the approval of an elevator for an old building to the announcement of a ping pong tourney.

This does not mean that Cerritos College is void of any big excitement. Last Thursday we were visited by Pat Boone's Coogamooa All Stars, with the gala opening of the all new Cerritos College night Club, featuring punch, cookies and good music, slated for this Friday night.

My goodness, I haven't been this excited over one single event since the bowling tournament last semester.

A word of caution to any would-be streakers. The F.B.I. announced that anyone arrested for streaking would certainly have no place in their great organization. So if you aspire to that noble and auspicious agency beware, you never know who is watching you.

All things taken under consideration I feel that streaking is a fad and as such will probably be relegated to the back pages of collegiate history, just as the panty raids and gold fish swallowing of generations past.

But for the present I am told that streaking ala Cerritos College would be a great diversion from the legendary apathy plan.

## Jump Back

By TOM SCHADE  
TM Editorial Editor

As new tales of political chicanery continue to engulf the Washington riff-raff, it's becoming increasingly more difficult for me to take that man in Washington for real.

Can this man, who struts around with his broad, phony smile flashing that even phoner "V" sign be serious? How is it that he can continue to ignore the mountains of evidence piled against him?

Was he joking when he claimed a \$576,000 tax reduction for the "gift" of his vice-presidential papers to the national archives donated after the congressional deadline?

Is this dude for real when he predicts 10 more years of GOP White House Control?

Unfortunately, he is very much for real, as real as the tape gaps, political espionage, and White House Plumbers.

But time and the law may be catching up with Mr. Nixon.

Though he has disputed the testimony of certain individuals before the Senate Watergate Committee, others haven't, and Mr. Nixon is going to have a tough time trying ignore that federal grand jury.

Not only did the jury indict seven of Nixon's closest associates on charges ranging from destruction of evidence to perjury, it also gave Judge John Sirica a secret report accompanied by a briefcase full of evidence said to relate to the President's possible involvement in the Watergate affair.

The issue will climax today when Sirica decides what to do with the evidence, which took 20 months of grand jury investigation to

## Pros and Cons



By GEORGE WELSH

The current energy crisis has given me an edge over my Dad's stories of the hardship-filled days of his youth.

Granted as the years have gone by the hardships have become more arduous with each telling, but all in all, his times were hard times.

And his common day was or is a hardship by today's standards.

Yet his generation thought nothing of walking five miles to school or anywhere else.

But my dad lived in the country and I now live in the city and instead of 1920 it is 1974.

Even though 50 years have passed, last Thursday I found myself in the same mode of transportation that my dad so often used, my two legs.

Having had to stay late last Thursday as part of the television crew which video taped the all-star charity basketball game, I found myself without a ride home.

Since it was so late I couldn't call anyone to come and pick me up, so I decided to walk.

It was about three miles home and averaging about three miles per hour I could be there in about an hour. The night was cool and nice for strolling under a starlit sky, but before I began to fantasize about the leisurely walk home, I realized that one just doesn't walk the streets alone at midnight. Never did I ever want to see a patrol car so much in my life as last Thursday.

But as the old saying goes, "when you want a cop, there never is one, and when you don't want one, there he is right over your shoulder."

The only encounter I had on my journey was a little dog who joined about half way home. He wasn't bad company, but he sure couldn't hold up his side of the conversation. We soon parted company, and there went my excuse that I was just out walking my dog.

Now the houses became farther apart. My steps quickened as any an all cars approached me seemed to transport villains of the night bent upon venting their pent up emotions of hate, frustrations and sadism upon the first likely victim. Those of you who know me are probably saying that I look like a victim, but in the early morning hours I was becoming quite a track star.

Lingering in the light of the lamp post and racing through the darkness to the next ray of artificial light, I must have set some sort of unofficial world record for the three-mile sprint.

The security of my walls at home embraced me as I stood gasping for air inside my locked, bolted and chained front door. And I took relief in knowing that on the next day I would have the semi-luxury of riding my bicycle to school and would not have to repeat the previous night's exploits.

My dad may have had to walk farther than I did, but he didn't have the traumatic imagination that walked each and every step of the way home with me.

All in all, the exercise did me good and perhaps all of us should get out and walk more. For not only is walking good for us, one doesn't have to contribute to air pollution from gas burning cars and needlessly waste precious gas on short hops around town to spots easily reached by foot.

There is just one more thing. I would like to dedicate this column to the "H-%&\*%&%" who stole my bicycle last Friday from in front of the Administration Building.



compile. He can take three courses of action at the open hearing, which was requested by the President's chief Watergate counsel.

He can seal all or part of the information on the grounds that it is irrelevant or lacks corroboration. He can publicly disclose the contents himself, or he can turn the entire mess over to the House Judiciary Committee to be used during impeachment proceedings.

Throughout the entire Watergate storm, Nixon has proclaimed his innocence, choosing instead to concentrate on "more important issues". I suppose these would include our fantastic economic growth, lack of inflation (cough) etc., etc.

And still he goes on.

At a recent Young Republican leadership conference in Washington, Nixon predicted, there would be a Republican in the White House through 1984. That's 1984, just like George Orwell's. A mere decade away.

That statement brought a roar from the cheering crowd of 500. Oh goody. 10 more years of wire taps, lying, cheating, inflation, etc., etc.

Candidates for Chief Cheat include Barry Goldwater and the drug store truck drivin' man himself, Ronald Reagan.

Can these two follow the act of King Richard I? Can they employ a court of fools and jesters? Will they be able to thwart the actions of congress, intimidate the courts, and mislead the public?

It's going to be a tough act to follow, for sure. The office of the President no longer holds the faith or trust of a nation badly in need of honest leadership.

## Talon Marks

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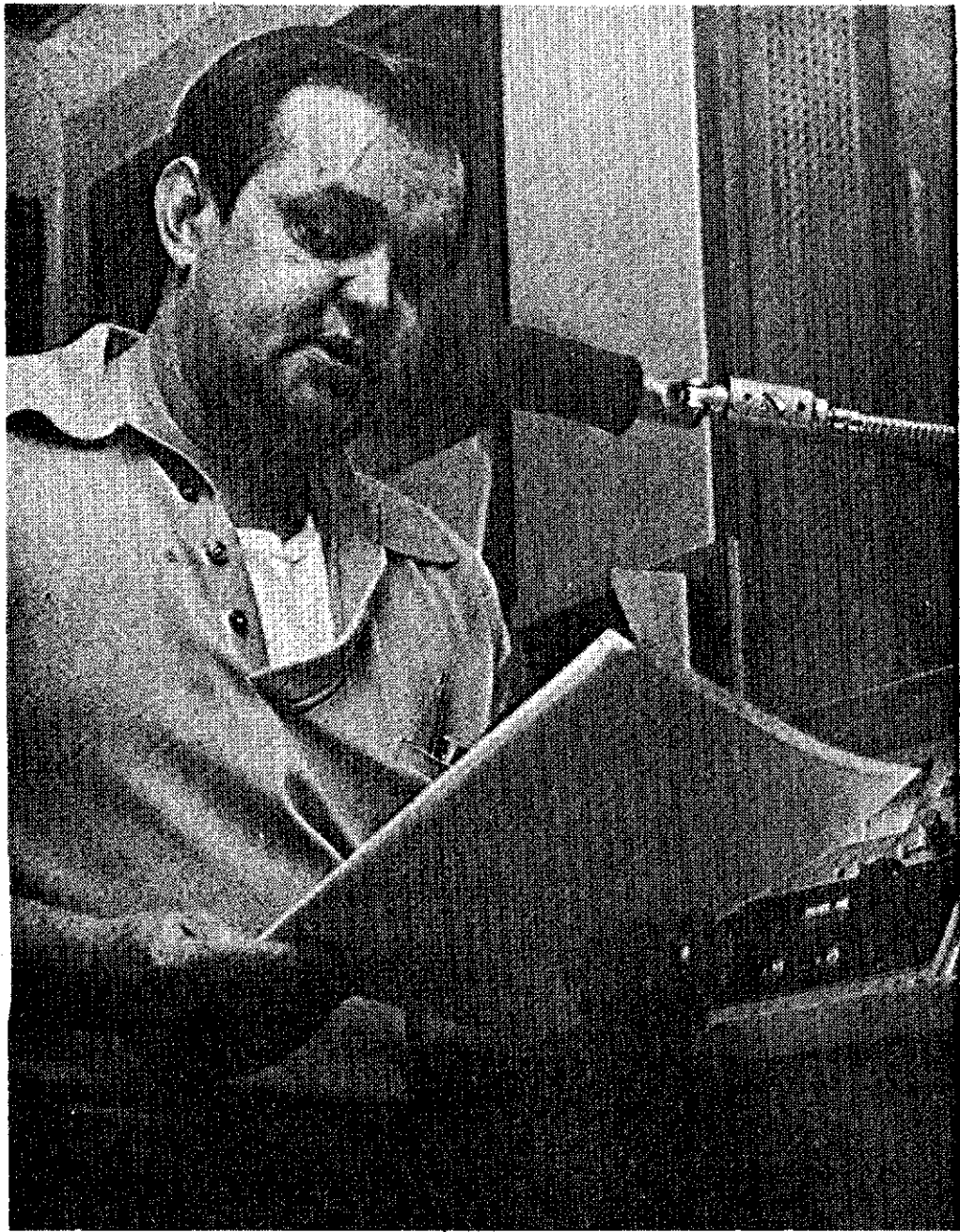
Then jumped in his limo, black, shiny and new With the agents around him, the "V" sign he threw Stating perfectly clear he was pure, without vice And he'd always have gas, from our sacrifice.

What sacrifice? Simple! We'll walk everywhere. We'll learn not to hunger for food that's not there We'll learn that inflation's a thing to embrace And neighbors with paychecks are such a disgrace.

We'll play hide and seek with a smog-hidden sun Having learned that pollution is really quite fun And that big brother Nixon was wrong to delay In teaching us all the American Way!!!!!!

By Tom Gamel, M4107





PAUL WEINER

Disc jockey Gus Wing looks over his program as he prepares to broadcast live over KCCR, Cerritos' first radio station, 830 on the AM dial. The signal can be picked up only on campus.

Testing...

## Radio station for campus students

*KCCR recruits disc jockeys to go on live during daytime broadcasting*

by DEBBIE BOLTON  
TM Campus Editor

Radio station KCCR, the "voice of Cerritos College," has grown over the semesters, and has finally bloomed into reality as of a week ago. Students can now listen to KCCR, 830 on the AM dial almost anytime on school days if they are on campus, but it took a lot of hard work and patience from some people to get it where it is today.

Cerritos originally had the equipment to do a radio show; what had to be done was wiring down a console board to put on a program, according to Scott Duncan, chief engineer, who took personal interest in the project and knew what to do with the gear already there.

"The theater arts department only receives \$4,000 a year, which is inadequate. The equipment we have now we've been using for 10 years, and it's used gear to begin with," said Duncan. "It's not the most modern, but it's the best considering our budget."

Since KCCR is now broadcasting live for the first time, the dj's have to get adjusted to speaking on the air, rather than on tapes, which were used last semester and played in the student center.

"I was nervous," said Dean Dirksen about going on the air for the first time, "mainly because of being unprepared. The copy I read was for publication and radio. I should have rewritten it and become more familiar with it before I went on the air."

"I still don't know what I'm doing and it will probably show on the air," said Chris Felsner, another disc jockey. "But I hope my taste of music will penetrate the ears of Cerritos as good music."

The radio station had some trouble getting started but with the help of some people who really wanted to see it go, it got on. Dr. Frank Bock, theater arts instructor, was the only teacher with a personal interest in the radio station, who helped them, according to Duncan.

"When we put up the antenna, we had difficulty with maintenance," said Duncan. "The door to the roof is controlled by maintenance, and when something is connected with them it's a lost cause."

The antenna used now is approximately 300 feet long and stretches the length of Burnight Theater. The signal from the antenna carries a little farther than 200 yards, according to Dave Glenn, program director, and the person who installed the antenna.

"Our antenna sends radio waves horizontally instead of vertically, and most radios have vertical antennas," said Glenn. "We hope to eventually take care of this by putting up an inverted V-shaped antenna, this will increase the power. But first I'm going to experiment with it by adding another 400 feet of antenna in a coil."

Broadcasting over the air is different from making a tape, according to Glenn.

"I enjoy it, because when you go live, it trains you a lot more. You got to do a show, you can't stop the air as you can stop a tape."

The equipment KCCR has to work with is adequate for a training situation, it includes two gateboards, three turntables, four tonearms, and about 100 playable records, according to Glenn.

Possible future plans are being made to erect a tele-communications and video-center in the grassy area behind Burnight center. This would be about 8 to 10 years from now, but if students get interested enough to see that it is built, it would be worth it for future students.

Cerritos now has five students who have a FCC third-class radio license and at least ten more students will be licensed within the year. The station includes news, sports and service announcements. There will also be a variety of music ranging from rock to classical.

Bring a transistor while on campus next time, stand in the middle of the quad, tune in to KCCR and judge for yourself.

## Transcendental Meditation

# Class in relaxation offered

by ANDY FURILLO  
TM Staff Writer

Scientific research has shown that Transcendental Meditation lowers the body metabolism by 20 per cent. But will it raise the grade point average?

That's the question Cerritos students will be asking, as a non-credit course in TM will get under way Wednesday, March 13, under the Community Services program being offered here.

Casey Miller, a Downey homemaker and guru in her own right, will be teaching the course formally known as "An Introduction Into the Science of Creative Intelligence". The course will be offered on Wednesdays from 1-4 p.m. and on Thursday evenings from 7 to 10.

Transcendental Meditation, or TM as it is known to those who enjoy it, has gained a strong foothold in the United States. It is estimated that 300,000 people are now meditating with 30,000 others being initiated into this unique form of relaxation each month.

What is this process that has been incorporated into three state legislatures (Michigan, Illinois, and California), hailed by drug abuse prevention centers, and adopted by famous athletes?

"The technique is such that a person uses a sound (the crux of Transcendental Meditation, a Sanskrit syllable known as the mantra) and using this allows the mind to stay just lively enough so that it will dive down and reach those areas of greater charm. This is the natural tendency of the mind," says Miller.

TM was brought out of India and into the West by a traditional Indian guru, Maharishi Mahesh Yogi. He studied under the tutelage of Jai Gurudev, who told the Maharishi it was to be his destiny in life to formulate a method of meditation that would be easy for Westerners to practice. So the Maharishi devised TM, started teaching it in India, and it wasn't long before a fairly well known rock group, the Beatles, decided that it was for them.

Incidentally, three of the four Beatles are still meditating.

The story was picked up by the Western press, and it wasn't long before thousands of Americans were into meditation. At this stage, Transcendental Meditation was more of a fad than anything else.

Miller substantiates. "Yes, the (Beatle-generated) publicity was adverse, which was very unfortunate, and the movement became dormant for a short time."

During this period of stagnation, the whole public relations approach of TM was revamped. The Maharishi came back to the United States with a more pragmatic method of obtaining new followers.

Instead of using a look-the-Beatles-do-it method to capture the public's eye, the Maharishi pointed to scientific evidence. Two Harvard physiologists, Dr. Robert Keith Wallace and Dr. Herbert Benson discovered that TM was responsible for causing some very profound changes in the body's function.

The breath rate was lowered, the metabolism decreased, the Galvanic Skin Response showed that meditators skin resistance, the body's main line of defense

## New instructors add to faculty

A positive ramification of the increased enrollment has been the addition of four full time instructors to the Cerritos College faculty.

C. Thomas Nelson was hired as chairman of the journalism department and faculty advisor of student publications.

Before he came to Cerritos, the Long Beach State graduate held the aforementioned position at Pepperdine University for 10 years.

In 1972 the three-year Cerritos resident was named Distinguished Advisor by the National Council of College Publication Advisors.

Lillian Escobar joins the health occupations department as an instructor in early childhood education.

The holder of a bachelor of science degree from USC has taught one year at Whittier High School and eight years as a hourly instructor at Long Beach City College.

Steven Vickers joins the theater arts department as a director-instructor.

Before he came to Cerritos, the holder of a master's degree in fine arts from Stanford University taught at Diablo Valley College for a year-and-a-half.

Jeanne Johnston, an hourly employee since 1971 has received full time status.

The state licensed cosmetologist has taught at Los Angeles Trade Tech in addition to teaching in private colleges for six years.

against anxiety, increased markedly. The blood lactate went down, and other physiologically important results were noticed.

Psychological research showed that negative traits such as depression, nervousness, and irritability decreased, while staying power, efficiency, sociability, and self-assuredness increased.

Benson and Wallace demonstrated that meditators were getting in meditation, which is practiced twice daily for twenty minutes a sitting, as much rest as non-meditators were getting in six hours of sleep.

What does all this mean?

It means that meditators, releasing twice as much stress as non-meditators, live with less tension and anxiety. It means that they have more stamina in their daily routines. It means that they relate to others better than before. It means that they use and/or rely on drugs, alcohol, and tobacco less.

Mainly, it means that meditators are blowing their noodles less often than non-meditators, thereby creating less disturbance in a world skyrocketing with tension.

(The actual meditative process requires no concentration, contemplation, or difficult physical postures. One sits comfortably, easily thinking the mantra.)

A 20-year student of metaphysics, Miller didn't stumble into Transcendental Meditation by accident.

"I had been searching for something like this a long, long time, and when I went to the introductory lecture, I said, 'This is it'."

"The beautiful part of it is that I had a tremendous following here, with the study of metaphysics, psychocybernetics and all. Fortunately, I never took them into anything deeper. Practically all of those people are now in TM."

The course is being held in a room holding 40 to 50 people. The class is already full.

The first two weeks of the course will serve as the equivalent of an introductory lecture. Initiations, or the stage when a person gets his mantra and actually becomes a meditator, will be offered at this point.

The next five weeks will consist of expanded knowledge of Transcendental Meditation.

## Campus

3 TALON MARKS

Wednesday, March 6, 1974

## Plastic classes hold future career

Introductory courses are now available at Cerritos to train students as plastics industry technicians, metallurgy and materials science workers. Courses are offered both day and evenings, with some running a full semester and other evening courses run nine weeks.

"The injection mold making class considers the construction of molds which makes the plastic products," said Allen Frankly, technology coordinator.

"This is the highest level of mold making and requires the most skill. After three to eight years of experience on the job, a student may earn as much as \$20,000 a year."

There are many jobs available to women and men in both metallurgy, plastics and materials science, according to Frankly, who said these courses have provided a lot of opportunities and good pay for women because not too many go into this field.

Metallurgy is another field in which there is a great demand. Cerritos offers various courses in the study of ferrous and non-ferrous metals. An extension of this also includes materials science, which deals with study and working with non-metals.

"Ceramics and plastics are a big part of materials science. There is also a great dependence on the welding industry," said Frankly.

"It will double from 15 to 30 million in the coming years and is going to require people who have the skill and knowledge in metallurgy to inspect and assure what is coming out is proper quality."

The type of inspection and assurance of proper quality is known as quality assurance. It tries to assure quality of products by tests and researching material, before it's used, according to Frankly. Some courses in quality assurance can be taken at Cerritos, and students may go on to a four-year option at Cal State Long Beach.

"Cerritos offers the finest metallurgy facilities probably in Southern California."

said Frankly. "A student can really take advantage of all our equipment."

A fiberglass technology course will be offered during the summer, a course designed to teach students to make everything from salad bowls to auto parts, according to Frankly.

"The only difficulty is, we don't have a spray booth, which is a room used to spray the fiberglass coating on an object the student is working on. It's possible to do this outside, but weather conditions wouldn't permit much."

The equipment Cerritos has now will take care of all the introductory courses to fiberglass and Frankly is hopeful of acquiring funds for a spray booth next fall.

"These fields have lots of opportunities and good pay to students with a two-year education," Frankly stressed.

## U. of Pacific reps here tomorrow

A representative from the University of California, San Diego, Educational Opportunity Program (EOP) office will be on the campus in the counseling office Thursday, March 7, from 10 a.m. until 2 p.m. to speak with students interested in applying for the EOP program. Although this program is mainly for minority or financially needy students, he will also have information for all students interested in attending UCSD. Veterans are welcome.

University of the Pacific representatives, Mr. Marks and Mr. McCargo will be on the campus Thursday March 21 from 8:30 a.m. until 3 p.m. at the student center. University of Pacific includes four-year liberal arts colleges and professional schools of music, education, pharmacy, and engineering. They also sponsor a school of dentistry in San Francisco and a school of law in Sacramento.

## AGS seeks new scholar members

Alpha Gamma Sigma, Cerritos honor society, awarded six \$50 scholarships and presented seven service awards at its first meeting this semester.

About 125 attended Gamma Omicron's initial session in Burnight Center as the campus chapter renewed activities after being dormant several semesters.

President Jesse Segura stressed the need to create student awareness of the club which recognizes and encourages excellence in academics.

Scholarships went to James Hancock II, John Smith, Hilda Ortiz, William Klein, Rufugio Carmarena and Stace Nunez. Awards were given for outstanding and dedicated service to Carmen Lazalde, Stace Nunez, Sylvia Tomoyo, Rufugio Carmarena, Hilda Ortiz, Karen Bartel and Roger Hansen.

Other officers of the group are Jon Anderson, vice-president; Matt Leonard, secretary; Pam Calkins, treasurer; Lyn Castorina, publicity and ICC delegate Jim Hancock.

Qualifications for membership include:

A) Completed 12 semester (or quarter equivalent) units in a maximum of three

semester or five quarters at any recognized institute of higher education and has

B) A cumulative grade point average of 3.0.

For continuing membership a person has to achieve for the previous semester or quarter not less than a 3.0 GPA in courses of recognized college standing.

B) Or maintaining a cumulative GPA of 3.0 or better in courses of recognized college standing.

C) Continuing members will receive one semester or quarter's grace for every semester or quarter of earned continuing membership.

If the continuing members GPA falls below 3.0 but remains above 2.5 (either per semester or cumulative), he or she may apply one semester or quarter's grace earned to maintain continuing membership for the semester or quarter the earned GPA would apply. There shall be no two consecutive grace periods.

AGS will meet every second and fourth Tuesday of each month in LH-5. All interested persons are invited. The potential membership list contains 3000.



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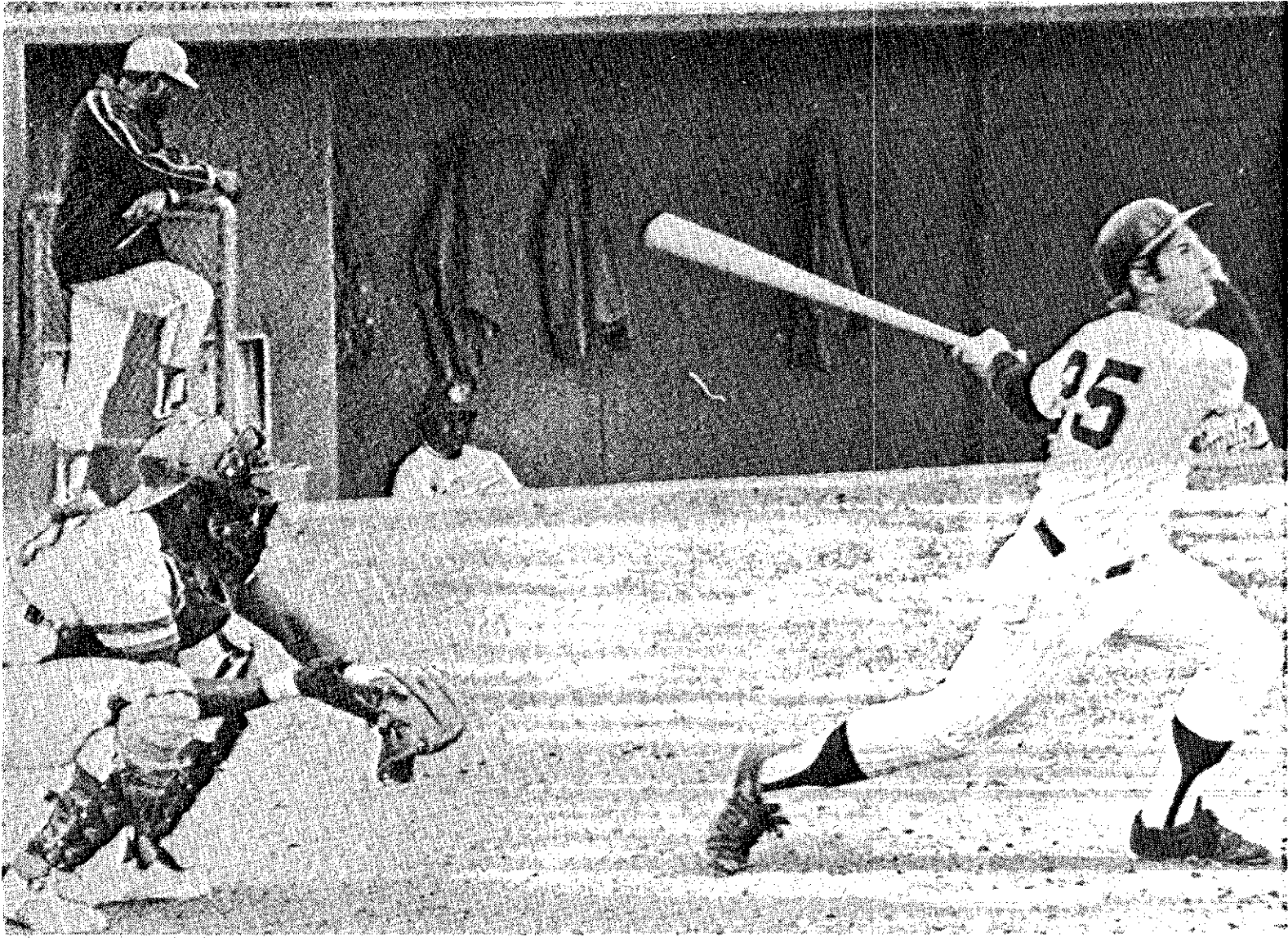
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## CONNECTION!

Cerritos hitter takes healthy cut in recent action. Batting power is one of the keys to the Falcons No. 1 ranking in California community college baseball. Their major concern now is defending their conference crown in the rugged South Coast Conference.

## Falcons hit by injuries, lose 68-36

Swimming without the services of Brian Harvey and Ron Arendas, the Cerritos Falcon swimming team went down to defeat in one of the most toughly fought meets of the season, in the first south coast conference meet against the number-three team from last year Orange Coast 68-36.

Pat Tyne's water polo and swimming teams have always had the reputation of being notoriously deadly to their opponents, but the situation has changed recently. The Cerritos College aquatics coach has run into some extreme difficulty in fielding a strong team, especially in swimming.

Pat Tyne attributes this to the fact that there is only two high-schools that are providing the best swimmers, Downey and Warren High.

The last Friday afternoon's meet showed great hopes for the next meets with Mike Fewell, Roy Chapman and, Denis Morales.

Mike Fewell with a wrist injury and almost no practicing time last week won the individual Medley Relay in 2:13, and the 200 backstroke in 2:21.

Roy Chapman took the first place in the 200 yard butterfly in 2:14.2.

Other top finishers for the Falcons were Denis Morales finishing second in the 500 yard free style and Rick Back placing second in the 200 backstroke.

To notice too, a remarkable and hard finishing for Glen Meyer with a twisted ankle in the 1000 yard free style.

The Cerritos swimmers were victorious in the 4 x 100 free style with Morales, Chapman and Blair.

Cerritos Falcons will meet at El Camino College in a non-conference meet against El Camino Friday, March 5 at 3:30, March 6 they will join a host of talented swimmers in the Southern California Relays at Pasadena.

# Sports

1 TALON MARKS

Wednesday, March 6, 1974

## SPORTS SCENE

by BOB RAMIREZ  
TM Sports Editor

### Heavy action on tap

#### USC-UCLA TO MEET IN "BIG GAME"

As you all know, on Saturday night, (March 9), crosstown rivals USC and UCLA will meet for the Pacific 8 basketball championship. Both teams are 11-2 in conference play and 22-3 overall. Both teams won by narrow margins last Saturday (March 2) to set up the confrontation. UCLA has the edge on the front line with All-Americans Bill Walton, and Keith Wilkes. USC has the better pair of guards in Dan Anderson and Gus Williams. The Bruins of UCLA won the first game this year between the two teams. This Saturday's game will be played at the Sports Arena. USC has a fine team, but will be up against the magic, (and talent) of the Bruins.

#### WEEKLY ARCHERY TOURNAMENTS ON TAP

The Archery squad of Cerritos College will be entered in tournaments every week for the next two months. Cerritos will compete against four-year as well as community colleges. There will be a conference championship in April. Joan Schutz, division chairman of Health, Physical Education and Recreation, is the archery team coach. Schutz says the toughest competition for the Falcons will be San Bernardino College. Cerritos will meet San Bernardino on March 22-23. Cerritos along with other schools will be co-hosting the state archery championships.

#### STUDENT'S FAVOR PHYSICAL EDUCATION

A study regarding mandatory Physical Education revealed that an overwhelming majority of students would take P.E. whether it was required or not and whether it was worth one or one-half unit.

#### KINCAID SEEKS 500TH CAREER WIN

Cerritos baseball coach Wally Kincaid entered this year with 493 career wins, needing only 17 to reach the coveted 500 mark. Kincaid's overall coaching record entering this season was 493 wins, and 113 losses for a sparkling 31% winning record. The Falcons will be trying for their fourth state title under the direction of Kincaid, whose teams have averaged 30 wins a year.

## Salcido wins State crown

The South Coast Wrestling Championships last Saturday (March 2) produced many surprises. Cerritos came up with one individual champion, one heartbreak defeat, and a sixth place finish as a team.

Santa Ana, the perennial nemesis of the Falcon's once again finished on top of the field. The Dons came up with 76½ points to take the championship.

Bakersfield took a distant second with 70½. They were followed by Chabot, Diablo Valley, Modesto Valley, and Cerritos with 37.

Cerritos has been in the top 6 in California for the past ten years. Their sixth place finish was quite an accomplishment when weighed against the fact that 63 teams were competing in the championship.

The South Coast Conference had 10 wrestlers competing in the finals. This speaks well for a conference that has been on top of the community college wrestling circuit for some time. The South Coast Conference had both the Regional and State Champion in Santa Ana.

Individually, the bright spot for Cerritos was freshman Mike Salcido. Salcido (unbeaten since Jan. 4) captured the state title in the 126 pound class. Salcido came up with his best matches when they were needed most.

Don Wakefield, the consensus pick to repeat as champion in the 177 pound class was the victim of an upset. Wakefield entered his final match against Diablo's Rick Hale. The previous year Wakefield defeated Hale for the title. This time Hale turned things around by defeating Wakefield 2-1 in an overtime thriller.

Despite his loss, Wakefield's name is assured of a place in the annals of great names in Falcon wrestling history. An all-state wrestler in each of his two years at Cerritos, Wakefield was the captain and leader of this year's squad.

Coach Hal Simonek won the South Coast Conference this year with the conference's youngest squad. This young talent is reason to expect even better things from the team next year.

## Cerritos baseballers prepare to defend conference crown

By Andy Furillo  
TM Staff Writer

The Cerritos Falcons', No. 1 rated baseball team in the state, wound up their pre-season unscratched, beating Compton 11-3 in a game played last Thursday. Other games against Pasadena City and Bakersfield were canceled due to inclement weather.

The Compton game extended the Falcon winning streak to 28 games and pushed their season mark up to 8-0.

The Tartars had plenty of offensive punch, cracking out 12 hits for three runs. But the name of the game is still pitching, and Compton just didn't have it.

Alvin Strickland started the game for Compton, mixing his speedless fastball with a hanging curve. The Falcons got to him for four runs in four innings as Strickland gave up four hits, three walks, and hit two batsmen.

Cerritos stole nine bases in the game. Two double steals were pulled off, including one in the seventh inning that led to a run.

Dave Shinholster started for Cerritos and gave up all three Compton runs. He got off to a shaky start, giving up four hits and a run in the first two innings.

Shinholster settled down through the middle innings to retire nine straight batters before wobbling again in the sixth. Compton got to him for five more hits in the sixth and seventh, and Steve Hansen had to be called in to finish up the game.

It was Hansen's fourth save of the year.

Shinholster's performance against Compton and Dan Boone's 10-hit outing against L.A. Valley earlier could cause some concern about the Falcons pitching staff, but coach Wally Kincaid only shrugged.

"The Compton hitters were very aggressive, while I thought Boone's performance against Valley was his best of the year."

"He threw only 110 pitches in the game, and our fielders made some errors behind him. Also, their park was a hitter's field. The infield grass was very fast."

As the Falcons move into conference play, Coach Kincaid realizes that the South Coast Conference will be no pushover for his charges.

There are five teams in this conference who could win it. Mt. SAC will be tough, San Diego Mesa has a good hitting club, while both Fullerton and Santa Ana will be contenders.

Here's a position by position appraisal on what to look for those interested in getting out to Falcon Field to see their number one rated baseball team:

**FIRST BASE:** Ken Gaylord. Seems to get a hit at the right time. Lots of RBI's. Good power to right, but can hit to all fields. Good glove.

**SECOND BASE:** Mark Pedersen. "Biggest surprise of the season," says Kincaid about him. Went seven-for-eleven in L.A. Collegiate Tournament. Mental alertness in field a big plus.

**THIRD BASE:** Jack Ramirez. Looks like Brooks when he goes for the back-hander behind the bag. Quick hands and a good arm made his transition from second base to third a successful one. Leads off in the line-up, uses a diversity of ways to reach first. Good speed, but hitting should improve.

**SHORTSTOP:** Mike Casarez. A Leo Cardenas-type shortstop. Only fair range, but what an arm! Makes the play that a good shortstop must—the long throw from the hole.

Bats ninth in the line-up, but this is misleading. He's got plenty of hits and leads the team with two triples.

**LEFT FIELD:** John Durnal. Covers an awful lot of ground out there. Has made several spectacular catches. Crowds the plate on offense and pays for it with pitches in the kidneys. Good against right handed pitching but must improve against southpaws.

**CENTER FIELD:** Dennis Scoggins. Dispelled good-glove no-hit label with three singles against Compton. Any offense that goes along with his excellent fielding will be a plus.

**RIGHT FIELD:** Rich Thompson. Strikes out a lot at the plate, but when he connects, watch out. Four doubles so far and he should clear the fence once or twice before the season ends. Strong arm and good range in the outfield.

**CATCHER:** Andy Pasillas. Completes Cerritos' up the middle strength with a shotgun for an arm. Only one base stolen by the opposition thus far and that was the pitcher's fault. Currently in a semi-slump, but he should snap out of it.

**DESIGNATED HITTER:** Gary Brown. Hit the Falcons first homer vs. LACC. Powerfully built, always makes contact with the ball. Good speed on the bases. Might lead the team with stolen bases this year.

**PITCHING:** The club's strongest point. Dan Boone, Dave Shinholster, Butch Black, and Charlie Kretschmar are the stingy starters. Steve Hansen is the fireman.

## Golfers off to fast start

Is this year's Cerritos golf team the best in the history of the school? In spite of the present 3-2 record, there are indications that this year's team is the best.

With the golf season just under way, the team needs only two more victories to match the best season total wins of five. Never in the history of the school has a golf team recorded more than five wins in a season.

Marv Grim, Cerritos golf coach, attributes the poor records of the past to the lack of any substantial golf programs in the district high schools. Only a couple of high schools in the district have golf teams. Grim also pointed out that the district does not have the abundance of golf facilities such as San Diego or Santa Ana.

"When asked to explain this year's success Grim said, 'It's our depth. In the past we had only one or two good golfers and in golf team play you have seven very respectable golfers and our fourth, fifth and sixth men are scoring some points.'"

"This year the team is working harder. Now they know they can win and this is very important," Grim added.

In pre-season matches, the Falcons have split with the Rio Hondo Roadrunners and Los Angeles Pierce College. In their most recent match they defeated Grossmont College.

Cerritos may not win the conference crown this year, but this year's team is going to be competitive according to Coach Grim.

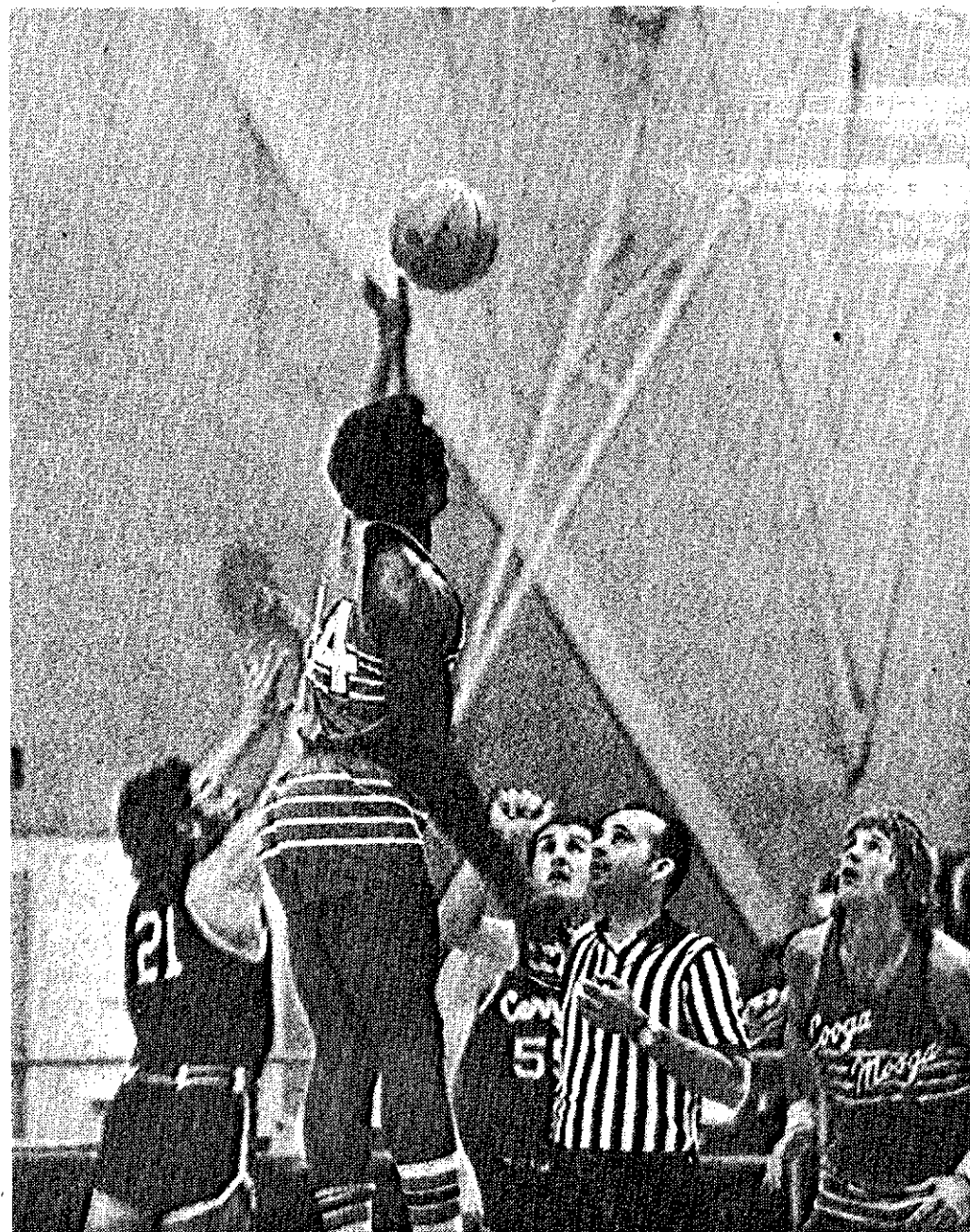
Members of the Falcon golf team are: Mark Carey, Dean LeCour, Mike Manfred, Dale Morrison, Randy Mortimer, Kerry Mundt and Jeff Myers.

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PATRICK PREGRE

Cerritos "All-Star" Dr. Jack Randall, vice president for instruction, (center), gets set for action in recent fund-raising clash with visiting celebrity team, the Cooga Mooga five.

Loose ball!