#### Vol. XIX, No. 17

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

Talon Marks

Wednesday, March 19, 1975

### Falcons stun Compton, take 2nd in state

By BILL SCHANIEL TM Associate Sports Editor

The Falcons finally lost a game they were supposed to lose last Saturday night as the Harbor Seahawks downed Cerritos 77-58 in the state championship game at Selland Arena in Fresno.

It just seemed too much to ask after the Falcons had stunned Number one rated Compton 47-45 the previous night and slipped by Santa Rosa 76-75 in the opening game of the tournament in overtime, to win the championship game.

The Seahawks employed a very tenacious man-to-man defense and took advantage of Willie Howard's foul trouble in beating Cerritos, a team which entered the tournament with a state ranking of 25th.

Howard was called for his fourth personal foul in the first 12 seconds of the second half and he did not return to the game until there was only 7:40 left to play in the game. This, according to Falcon head coach Bob Foerster, was a huge factor in the Falcon loss.

Harbor shot very well in the game with 50 per cent from the field. They were led by Gill Hicks and Dennis Johnson who scored 17 and 16 points respectively while doing a respectable job of rebounding. Both Hicks and Johnson also made the All-Tournament team.

"Harbor just Hicks and Johnson also made the All-Tournament team.

"Harbor just plain beat us, but I'm very proud of my men," said Foerster.

The Falcons have nothing to be ashamed of in finishing second in the state, especially after their low ranking before the tournament and the fact that they also knocked off powerful Compton who was favored to win the championship.

"We were very patient against Compton," said Foerster who noted that his team maintained good defense, and a very effective "hoot offense."

Foerster also noted that Cerritos worked very hard in preparing for the teams they figured to meet in the tournament, and it was especially evident against Compton.

The win over Compton, perhaps the biggest pset in the history of the 24th year of the Sunkist California State JC Tournament, was led by Falcon guard Tony Hernandez who scored 16 points while hitting an 18 foot-jumper at the final buzzer to give Cerritos the win. (Continued on Page 4)

CERRITOS PLAYER Tony Hernadez, named the State tourney's most inspirational player receives congratulations for award and for his basket at buzzer which resulted in the surprise upset of Compton Saturday. Ranked last enter-

ing tourney Cerritos finished second after defeating number one Compton. LA Harbor finally spoiled it for the spoilers defeating Cerritos 77-58.

# Faculty members produce books for use in classes

**By DEBBIE BANCROFT** 

-TM Photo

wrote their "Readings in Economics" purely for economical reasons. He explains, "It's a departure form the standard texts. The book includes several readings, practice exercises and comments. This was just a chance to get it all under one cover." Jeppesen further states that it saved time mechanically since handouts are no longer necessary. Donald Desfor designed his tennis book "Love Means Nothing .... " for the structure of

# Curtis Paxman loses and asks for recount Newcomer Lou Banas is

### elected to Board of Trustees

By TOM TAIT TM Associate Editor

Dr. Curtis Paxman said he will call for a recount following routine canvas and certification of vote totals by the Los Angeles County Registrar of Voters,

Veteran incumbent Paxman was apparently defeated in his bid for re-election March 4. Lou Banas, a three-time candidate for the Cerritos College Board of Turstees, won with the third highest total. The three other incumbents won re-election.

Paxman, a Turstee since 1956, lost his post by 76 votes to incumbent Leslie Nottingham, according to uncertified totals compiled by the Registrar. However, in another total compiled by the Office of Publications election night, Paxman lost by only 11 votes.

Paxman said he will call for the recount because of "seeming discrepancies" in the vote totals.

"The order of finishers will probably not change, but at least we will have an accurate count," Paxman said.

According to Paxman, the district will foot the cost of the recount because the difference in vote totals was under 100 votes.

If figures released by the Registrar are accurate, it is unlikely the recount will have any affect on the order of finish.

But if the totals compiled by the Office of Publications prove to be correct, Paxman has a chance to surpass Nottingham.

. It is extremely doubtful that the three other winners will be affected by the recount.

Current Board President Katie Nordbak outpolled nearest competitor Harold Tredway by more than 2,600 votes while newcomer Banas finished a strong third.

Nordbak led all contenders with 9,745 votes. Tredway polled 7,102, with Banas receiving 7.036 and Nottingham getting 6,734.

Early returns showed Nordbak jumping out to a large lead, which she never relinquished As more returns became available, it was evident that only five of the 11 candidates would be serious contenders.

/ who was trailing by 30 votes with all other ballots counted, to catch and surpass Paxman. Only 121/2 per cent of the 107,555 registered voters within the Cerritos College district turned out, according to Dr. Wilford Michael, president of the college.

However, 25 per cent of the registered voters in La Mirada and 36 per cent in Downey went to the polls. This helps explain why Nordbak of La Mirada and Tredway of Downey were the top two vote getters.

Officials close to the campaign said they believed Nordbak did well because she is an incumbent. She and Banas were the only candidates to file a statement of qualifications and she appeared at the candidates forums throughout the district.

Incumbents normally do well in school board elections for a number of reasons. Primarily because they are known but also because of the usual lack of issues, voters believe the incumbents showed they could do the job.

Also, the candidates who oppose the incumbents are generally unknown and are without school board experience, a necessary qualification in the minds of many voters. Banas attributed his success to name identification from running in other Board elections and the issue of long tenure of Paxman and Nottingham.

Banas, along with the three re-elected Trustees, will be seated at the April 15 Board meeting. They join Charles Harris, Jan Harris and Louise Hastings who were elected two years ago.

Board members are elected at large and serve without salary for four years.

An unofficial total at district tallying stations showed Paxman trailing by only 11 votes. The official count from the Registrar will be released 25 days from the date of the election following hand canvassing. However, Paxman has not indicated he will ask for a

### Senate considers killing discount

By JERRY NEWTON TM Assoc. News Editor

A bill eliminating the 50 cent charge to parttime students for all athletic events goes before the ASCC student senate again today.

The bill, #1291, will come up under old business at today's session.

When originally presented to the senate, the bill met with what appeared to be equal opposition and backing, and could go either way in today's voting.

According to Don Hall, director of athletics, approximately \$15,000 a season goes into the student body account from football alone. Hall said he didn't recommend the change, but neither was he against it.

Said Hall, "I can't see any problems with revenue by not charging part-time students a reduced admission fee.'

The budget and finance committee is expected to report its findings today on Senate Bill #1292 to discontinue the 10 percent discount to faculty and staff.

(Continued on Page 1)

TM Staff Writer

If the author's name on a textbook looks familiar, check it against the class instructor listing. The names may very well be the same. Some 30 teachers on campus have written their own books for classroom use, said Dave Nustin, book store manage.

Rustin emphasized that, in comparison to nationally used texts and manuals, those published locally run 20 to 25 per cent lower in price.

Any proposed book used in a course must first be approved by the department, the division, the administration and the Board of Trustees.

There are a variety of reasons a book might be written.

Robin Finley, co-author with Kent Krogue of "Biology Lab Manual," wrote theirs out of necessity. With several manuals on the market, not one met the idividual needs of Cerritos.

According to Finley, they are very satisfied with the manual in its first semester of use. "It took a lot of work, but everyone encouraged us along the way," she said.

By having their own manual for the course, Finley feels it's easier for the student. Handouts are no longer necessary because everything is in one compact unit.

Donald Erjavec wrote his publication because of the historical perspective. "American Folk and Pop Music - A Syllabus," grew out of a desire for our culture to be studied.

• He stressed the lack of materials that were available from any one source. Erjavec spent three years of writing and research for his book, including studying folk cultures abroad. Jack Jeppesen and co-author Charles Betz (Continued on Page 2)

The contest between the four candidates for the final three seats was back and fourth throughout the night.

It was not determined who would win the final seat until absentee ballots were tallied the day after the election.

Absentee ballots from the ABC and the Downey school districts enabled Nottingham,

These are the latest figures tabulated by the Los Angeles County Registrar of Voters. The (Continued on Page 2)

recount.

Spring vacation Spring vacation week will begin on Friday, March 21. Classes will resume on Monday, March 31.

# RTD promises expanded services for Cerritos College community

By DEBBIE BANCROFT

TM Staff Writer Improved public transit service is on its way to the mid-cities, and students of Cerritos College will benefit greatly by the plan. The Southern California Rapid Transit District has been conducting an in-depth examination of public transportation of a dozen southeastern county mid-cities. These cities include-Artesia, Bellflower,

Cerritos, Downey, Hawailan Gardens, Lakewood, La Mirada, Norwalk, Paramount, Pico Rivera, Santa Fe Springs, and Whittier. The major elements of the transit proposals

call for increased service to the activity generators in the cities, such as Cerritos College.

"With the proposed plan, daily operating miles for the twelve mid-cities will be a 57 per cent average increase," said Art Leahy, RTD representative.

RTD representative, Al Holman, said, "We are focusing on simplifying the bus lines for the casual bus rider. Although the need for public transportation has increased greatly, public transportation service has remained the same. Current bus lines are very old and some are operated by accessors of RTD.

"We are trying to make bus connections as close as possible with a maximum of one transfer for a rider to reach his destination." Holman further stated that the existing service is very inadequate for students at Cerritos. There is only one service loop, with some lines running only once every two to four hours.

"The proposed plan will offer three direct cross-town routes to the college. Direct lines will be on Alondra Blvd., Pioneer Blvd., and Studebaker Rd.

"The Alondra route intercepts eleven RTD transfer points and nine other service routes on the N-S route. These intercepting lines make Cerritos College accessible with a maximum of one transfer," stated Mike Barnes, RTD representative.

Because of poor service to Cerritos College, a student almost must have his own car for transportation. With the proposed plan, one can get to Cerritos from anywhere within the mid-cities area, with a maximum of one transfer.

Holman explained the proposed public transit system is trying to bridge the gaps where a person might have to walk four blocks to one mile to catch a bus line.

RTD's goal, in addition to reducing the waiting time between buses, will be to make it (Continued on Page 2)

Department is one which earns respect in the college." In the evaluation, however, the Board made

three recommendations to improve the They recommended "that the faculty iden-

process and let it be stated in the college publication." Under this evaluation, the catalogue would

more clearly state the objectives of the program and what a graduate nurse can do. The two-year RN Associate Degree requires the student to take one year of pre-nursing subjects such as Microbiology and Anatomy and Physiology, whereas the one and one-half year Licensed Vocational Nursing (LVN) course has no pre-nursing requirements. Also, the

(Continued on Page 1)



DRIVIN' TO US -- Plans formulated by RTD promise to increase the scope of operations and services available to the Cerritos College area. Reducing the number of transfers and in-

creasing the number of routes in the area should help to make the idea of bus transit more attractive to college students. -TM Photo by Rick Ruiz

with favorable accreditation By ESTHER BAUER TM Staff Writer

Nursing program rewarded

Accreditation for the Associate Degree Nursing Program has been continued after undergoing a critical team evaluation by the Board of Registered Nursing last October. At the same time, the entire college was reviewed for reaccreditation by the Western Association of Schools and Colleges.

Without their accreditation a nursing graduate couldn't take the State Board's examination. Without the examination, a graduate couldn't nurse. In short, there wouldn't even be a nursing department on campus.

In their report, the Nursing Board commended the department, saying; "The program is well organized in terms of curricular planning and evaluation. The associate Degree Nursing

department. tifies the desired outcome of the educational



**PROBLEMS RELIEVED** — For students who had put down the wrong ticket number and the instructor didn't have them on the permanent roll, the computer helps. With the punch of one

button the students schedule appears enabling them to see the mistakes made. Here Shirley Balter shows Linda Larsen her schedule.

### - TM Photo by Jerry Newton

Problems got you down? Helpline is there to help.

#### BY ROBIN NEWGENT

TM Managing Editor "Hello, Helpline Can I help you?"

From that first word on, a lonely teenaged girl faced with pregnancy...a frightened boy with a drug problem...a young mother with a sick baby ... a parent wondering about how to handle their son...can all receive counseling over the phone.

With a list of qualified counselors behind them, they attempt to help many people with a wide range of problems.

"We're a broad-based Psychology Institute designed to meet the needs of the youth and the families of the youth in the Cerritos College area" said Mike Wellins, clinic supervisor of the Helpline Youth Counseling Center in Bellflower.

They either give the information needed or refer a caller to the proper authorities if they are not equipped in that particular matter.

Not to be confused with a "hotline," the youth counseling program's goals are to make individuals, couples, and families become more self-sufficient and independent.

They accomplish this with counseling crisis intervention for young adults, families and loneliness related areas,

Their list of referral agencies includes schools, law enforcement, courts and health services. The Helpline staff consists of fulltime counselors, an administrative staff, secretaries and receptionists, and part-time community workers. The counseling staff includes clinicians, marriage-family-child counselors, bi-lingual and bi-cultural counselors.

# Computer deals with official

# program registration problems

#### By JERRY NEWTON

TM Assoc. News Editor Students this semester who attended the wrong class for weeks because of being unable to read clearly the blue copy of their official program were in for a surprise when in desperation they turned to the admissions office for help,

Upon approaching the admissions desk, they were asked their student number. Within seconds their current semester program flashed before them on a small television-like screen, removing all doubt as to who's fault it was that they ended up in the wrong class.

To the average student, registration this semester seemed no different than any other semester, other than the absence of the usual residency card,

But to the people in admissions, there was a definite difference in the increased use of computers, which are now being used for program additions, drops, and corrections.

According to Shirley Balter, admissions clerk, the main cause of students ending up in the wrong class is through their own error.

"Most students," said Balter, "who find themselves in the wrong class are there because they themselves put the wrong ticket number down for the class they wanted. They have the room number, instructor's name, day and time right, but they failed to record the right ticket number, and that ticket number is what we use to record a student's schedule. With the aid of the computer, students can see where the error was and understand more clearly why they ended up in the wrong class."

There are currently four computer terminals, one active enrollment printout screen, and one hard copy printout machine being used in the admissions office.

The hardcopy printout and one terminal are located on the change-of-program desk, and according to Joan Birdsong, operator of the ter-

minal, the system is a real timesaver and aid to the counselors.

The usual digging through files to verify or change a program is now done by typing out the information and waiting for the corrections to appear as official on the computer printout sheet, giving the student a chance to actually see the changes as they are made.

Said Birdsong, "I'm so jazzed about these terminals you would think I was selling them."

According to Hal Roach, acting director of data processing, their goal is to eliminate tab card registration by the fall semester.

"With the summer registration to get the bugs out, we hopefully will be on total computer registration by the fall semester," said Roach. "The main advantage to the student is

## expanding ...

#### (Continued from Page 1)

much easier than before to make timely transfers to Long Beach and Orange County buses.

The desired level of service should become more attractive and make public transportation a more practical alternative than it is at the present within the mid-cities area.

Another RTD transportation discussion will be held April 3 at the Norwalk City Hall, 12700 Norwalk Blvd.

These are informal sessions held in the Council Chambers, 1:30-3:00 p.m. and 7:30-9:00 p.m. The public is encouraged to come look at the plans and discuss any changes they would like to see made.

After the council meeting in Norwalk, the proposed changes will be analyzed by the con-

Barbara Keenoy named

### for Community Services

vices.

By DEBBIE BANCROFT TM Staff Writer

Barbara Keenoy, who has worked in the Community Services Office the past seven years, has been named Community Services Assistant .---

She will coordinate activities in the women's programs, senior citizen's activities, Idvon's program and coordinating councils.

**BARBARA KEENOY** 

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Community Services activities for which she is responsible include the Brown Bag Lunch Forum in which information is provided during the noon hour on such subjects as nutrition, budget and creative food preparation.

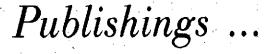
Various other related activities are slated in which several guest speakers are scheduled. Cerritos College offers a wide variety of activities for the senior citizens in the college disthe ease with which we can tell if a particular class is still open. This will also give us a running tally as to how many students are enrolled to date. The only problem I can foresee is that of having enough computer terminals."



sulting firms. All the changes will be included and the plan will once again be brought before the councils for acceptance.

The final plan will be brought to the Rapid Transit District Board of Directors for approval.

According to Holman, it is a good possibility that the new transit service will be in use by late summer or early fall.



(Continued from Page 1)

his class. It provides devices for the student to mark his progress at his own pace. Desfor feels that conventional tennis books did not fill the needs of his class. His book includes all the necessary rules in a simple understandable language, plus his philosophy on life and tennis.

Other instructors on campus are using Desfor's book in their classes.

With instructor's publications, students get up-to-date material, do not have to purchase additional reference material, and book expenses are kept down.

From the Business Department, instructors who have published texts or manuals include John Black, Jon Fults, and Robert Harrington. Margaret Bluske, William Bonnycastle and Oscar Littleton have written their own texts in the Humanities Division.

Others include Edith Cracchiolo from the Psychology Department and Richard McGrath from Social Sciences.

From the Technology Department, Louis

920-1706. In Norwalk it's 864-3722. Accreditation (Continued from Page 1)

The number to call in the Bellflower area is

There is also a Norwalk Helpline located at

12727 Studebaker Road. Both helplines serve

the cities of Artesia, Bellflower, Cerritos,

Downey, Hawaiian Gardens, La Mirada,

any of the referrals will be disclosed.

Lakewood, Norwalk, and Pico Rivera.

LVN student may graduate without receiving an Associate Arts Degree.

Graduate RN's and LVN's then must take the State Board Examination to become registered or licensed as nurses.

"Our course is hard; noway do we want to make it easy. When we're dealing with human lives, we must put out the best nurses we can. We have a fine reputation because our graduates prove themselves," stresses Doris Šanson, division chairman of Health Occupations.

In other evaluations, Mrs. Sanson said the Nursing department had previously considered the team's recommendation of using facilities other than the acute hospital to care for the aged."

The department will use nursing home

facilities in the future to allow students more

The services are free. Appointments can be made ahead of time, or on a drop-in basis. The program is funded through the County of Los Angeles General Revenue Sharing Program, although previously the Helpline had been funded through the California Council on Criminal Justice.

Confidentiality is one of the things that the Helpline prides itself in. Nothing that is said or

### Discounts... (Continued from Page 1)

Since the beginning of the spring semester, the bookstore, which is ASCC owned and operated, has given \$1,370 in discounts to college faculty and staff.

Other action taken by the senate was to allocate the college Forensics team \$916.50 for state and national competition to be held in April.

As outlined in the student senate handbook, any club receiving ASCC funds has to put up an equal amount from the club's own earnings.

concentrated rehabilitation experience with the aged. Mrs. Sanson said, "The students already get experience caring for the aged. Rancho Los Amigos and most of the eight local hospitals we use have many aged patients." Vote count... (Continued from Page 1) Registrar has 25 days from the date of the election to complete its routine canvas and verify the results. The total figures differ significantly from

those compiled by the College Office of Publications, but the results remain the same. Harold Tredway ......7102 Lou Banas ...... 7038 Leslie Nottingham ...... 6734 Hadley Morrison ...... 4651 

### Reader's Theatre places third in festival on Feb. 22

#### BY SUSAN WARD TM Staff Writer

James Dighera, speech department chairman, introduced the Cerritos Eighth Annual Reader's Theatre by explaining, "Interest in reading festivals of this type is growing rapidly and gaining in popularity."

The evening was comprised of four top groups who had competed in an earlier Oral Interpretation and Reading Festival on February 22 with presentations 25 minutes each.

Gregg Leach and Tom Hoopes, two former Cerritos College students now representing California State University Fullerton, replayed their first place interpretation of "Father and Son Relationships."-

Their performance, designed to capture the human essence of father-son relationships, was built on material taken from such songwriters as Harry Chapin and Cat Stevens, along with dialogue from Fred Anderson's "I Never Sang For My Father."

The sometimes spoken, sometimes sung presentation had the effect of a successful drama seeming to purge the emotions of the audience.

"Inner City Mother Goose," presented by the

second place team from Grossmont College, was a take-off on the ghettos in Mother Goose fashion.

Lines like, "Now I lay me down to sleep, I pray the double lock will keep" and other clever Mother Goose-type rhyme produced a satirical image of the inner city.

Daily routines such as getting in and out of subways, playing on the street at night, and waiting in welfare lines were all brought to life - and sometimes death. The ghetto has a lot of funerals, too.

Tying for third was James Thurber's "War of Men and Women," performed by Biola College, and "Los Vendidos," a California State L.A. production.

The four participants in this year's Readers Theatre were absorbing and uncompromising in making their points. As Dighera said "We had our very different concepts." \*\*\*\*\*\*

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trict, according to Keenoy. As a member of the Golden Key Club, one is entitled to student admission to events sponsored through the Office of Community Ser-

Dance lessons and an arts and craft session are offered.

Keenoy is also working on a community chorus of senior citizens for next year.

Cerritos College is starting a Junior Theatre for young people in the area. Plays will be professionally directed and produced in the Burnight Center.

Keenoy said tryouts are open to all interested young performers, third grade' through community college, for more than one of the 40 roles available.

The first play will be a musical version of Sleeping Beauty.

Long active in community services, Keenoy was secretary to Nello Di Corpo, Dean of community services.

She has been a guest speaker at several educational conferences on "The Role of a Secretary." Her main theme was how not to overstep one's authority.

A member of the college's Technical-Administrative Legal Secretary Advisory Committee, she is currently working on her bachelor of arts degree at CSULB.

Shawyer and Robert Wilmes have published books.

Instructors from the Science Department include Jules Crane, Jr., Joan Huffman, Mary Alice Merrill, Frank Showman, Jr., Wanda Sterner and Marshall Treat.

Instructors with published texts in the Math Department include John Baley, Louis Wilson and Frank Wright.

### AA petition due

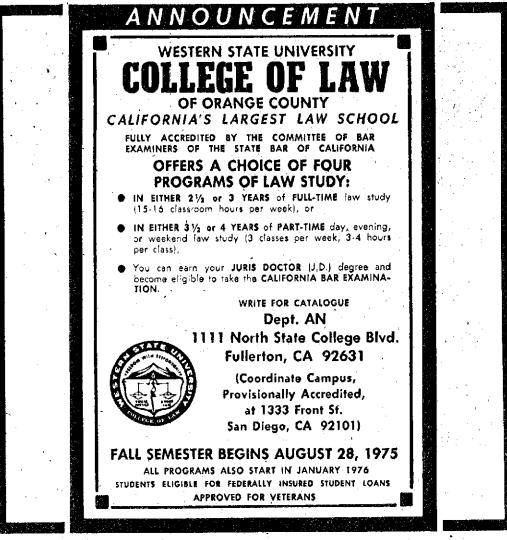
Certificate and AA petitions for graduation are due in the counseling office by April 1, according to Alta Andreason, supervising registrar of the admissions office.

Once the petitions are turned in, they are reviewed by admissions office which decides the eligibility of the applicants. Applicants will be notified of particulars by mail.

The AA degrées and certificates will be given out during graduation ceremonies on June 8, according to Andreason.

### Benefit dance

A Multiple Sclerosis dance will be held May 9-11 in Pasadena. The Circle K club is sponsoring an information meeting on Thursday March 20, in room BS-112 at 7 p.m.





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TRYING TRIALS – Falcon wrestlers (bottom left) Mike Salcido and Mark Baker take time

out in between matches at state trials. Both won three matches (Salcido; upper left and

Don't burn your sweatsocks yet

physical education is still alive

rials. Both Baker; bottom right) to go on to the finals and er left and try for a state title.

te title. —TM Photos by Dan Cabe

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### All-American

Freshman center Willie Howard was voted to the 1975 California Community College All-America basketball team over the weekend as: an honorable mention choice. The Lorder Market

Howard, a freshman who led the Falcons in scoring and rebounding, aided Cerritos to a 1975 South Coast Conference championship and

### Wrestlers place 7th in state By PAUL BRADLEY TM Sports Editor

The Cerritos wrestling squad wound up with a disappointing tie for seventh place in the 1974 California Community College Wrestling Championships two weeks ago when the Falcons hosted the state tournament for the first time in their history.

Opening the championship final matches with two consecutive Cerritos bouts, the Falcon's chances for a high place finish looked good.

But the light soon began to dim as Cerritos' Mark Baker dropped the first at 118-pounds on a 10-3 decision and the second when defending state champion Mike Salcido failed to defend his title at 128-pounds in an 8-4 overtime decision.

Baker, a sophomore, did an excellent job for the Falcons in making it to the finals. After being ranked fourth in his weight class Baker fought his way through three top notched rivals to reach the final match against the tournament favorite Mike Flemming of Fullerton.

Baker decisioned Robert Hill of Monterey College on opening day, 13-0, and followed with a decisive 11-4 win over Robert Smith of Sacramento in the quarter-finals. Baker upset the state's second ranked 118-pounder Curt Kawabata of Chabot, 2-1, to earn his place in the championship bout.

Once there, Baker held his own through the course of the match trailing most of the way at 5-3. But a reversal and near fall in the last few seconds opened the gap that Flemming needed to win.

Salcido, voted Cerritos' freshman athlete of the year in 1973-74, also made his way into the finals by way of three tough matches.

With his first bout ending in a 4-0 blank over Joe Montes of Sierra College, he advanced to a 3-1 decision over third-ranked Ray Yocum of Antelope Valley College. Then a decisive 13-4 win over fourth-ranked Guy Reilly of Lassen College sent him to the finals against secondranked Butch Escelante of Ventura College. Holding the score down to a 4-4 tie in the first three periods of regulation time, Escalante put on some late minute spurts to earn the 4-0 overtime decision to dethrone Salcido.

Cerritos' only other placer was sophomore Spencer Call in the 142-pound class. Spencer was upset by alternate Terry Bautista of Gavilan College in the opening match.

Ranked third in the state, Call bounced back with an 8-4 decision win over Mike peevyhouse of Bakersfield and an 8-3 win over secondranked Melvin Harris of Merced.

Call was dropped into the fifth-place match with a loss to Steve Thompson of Cypress. Call then lost the fifth-place bout to Mike Harr of De Anza, 8-2, giving him a sixth place award. The other three Falcon wrestlers, Gary

By RICK MARTINEZ So t

slow and agonizing one In the late 1960's, legislator Ken Corey introduced a bill that was eventually passed which left enforcement of the rule at the discretion of the individual community colleges. "The story I heard" said Schutz, "was that at one time Corey had a bad experience with a P.E. teacher when he was going to school." That, coupled with urgings from certain students, apparently prompted Corey to introduce the bill. But why has the rule lived on for so long at Cerritos? "The present Board maintained it didn't want to lose ADA (average daily attendance) funds" Schutz stated. "The county counsel said we couldn't keep the age requirement. It was either all the students or none. Since Cerritos lacks the facilities to accommodate all students, the rule was dropped." In order to make the P.E. program more attractive, all half-unit classes will be worth 1. unit and 1 unit classes will be worth 2 units. According to Schutz, the change in unit value is primarily to get students interested in the program and give them an "enjoyable way to" earn 1 or 2 units." The general idea behind mandatory P.E. was to ret the student participating in a physical activity. But if the only exercise a student gets all week is his P.E. class, it seems safe to assume his overall fitness is not going to be drastically improved. Schutz concurs, but adds "It's better than none at all. P.E. should be supplemented by other activity. We try to get the student interested by giving classes with carry over value (sports the student could enjoy outside of the school). She also feels mandatory P.E. served a pur-

So the rule was born. Its death, however, was slow and agonizing one. In the late 1960's, legislator Ken Corey incoduced a bill that was eventually passed

TM Staff Writer

Don't burn your sweatsocks and tennis shoes yet. You may still want to take physical education.

Next fall physical education will no longer be a required class for students under 21 and taking over eight units, as it previously was. It will become an elective course. The decision of whether or not to take a class will be solely the student's own.

According to Joan Schutz, division chairman of Health Physical Education and Recreation at Cerritos, the mandatory P.E. rule for junior colleges came into effect after World War II. At that time inductees were in such poor physical condition it became apparent Americans in general needed some kind of physical education program. California was one of the first states to include the rule in its Education Code.



"But high school programs are improving, just as junior college programs had to improve," said Schutz.

"A student must be introduced to sports," Schutz stated. She recalls one female freshman who tried every way possible to get out of P.E. Left with no other alternatives, she took a figure control class. Toward the end of the semester, she returned to Schutz and told her she had enjoyed the class so much that she had enrolled in four courses for the following semester.

Cerritos officials estimate a 15 percent drop in P.E. enrollment because of the change in rules. Schutz believes the figure is fairly accurate and adds, "We have a good enough program and expect no serious drop in enrollment. We will still draw a majority of the students we have had in the past."

"If the drop is too great," explains Schutz, "the school may put in some P.E. requirement for graduation."

There are many varied reasons that prevent P.E. from becoming a requirement for all students. Should senior citizens have to take them? Would mandatory P.E. create a hardship on students working full time?

The most obvious reason is the lack of facilities at Cerritos. Schutz cites overloaded night classes as an example. She also believes Cerritos could have a good dance and gymnastics program, but there just isn't enough available space.

The fact that enrollment is expected to decrease is not Schutz's main concern. She said "The student who really needs P.E. won't take it. They are the ones who are going to be hurt."

**MULTIPLE SCLEROSIS SOCIETY** 

**Dance Marathon** 

Finals, benefiting the Multiple Sclerosis Society.

include fun and games for all ages will surround the dancers.

in scholarships in the 52-hour marathon.

Sclerosis, the great crippler of young adults.

Contestants from all across the country will be descending on the Pasadena Exhibition Hall on May 9, 10, and 11 for the United States Dance Marathon, National

Dancers, all of whom will receive valuable prizes, will be competing for \$3,000

Last years competition, held at the University of Illinois, brought in over \$63,000 for research and patient services to help the half-million American victims of MS. Live bands will be playing for the dancers, and a carnival atmosphere that will

Everyone is invited to dance and come join the fun while helping fight Multiple

Information and dance sign-up sheets will be available in your Student Activities

**INFORMATION NIGHT, Thursday, March 20** 

7:00 p.m. in Room BS-112

Office of Cerritos College after February 20 or see anyone from Circle K.

state runner-up finish.

Howard becomes the sixth all-state basketball player in the 18-year history of Cerritos College. He was voted the South Coast Conference's Co-Player of the Year.

White, Pat Devine and Foster Harrison, all lost their opening matches.

The only other South Coast Conference team to place ahead of Cerritos in the top ten was Santa Ana College with 48 points. The Falcons finished with 36<sup>1/2</sup> points, tying with Bakersfield and Moorpark.

### OCC gives Cerritos first loss in SCC opener play

#### By DAVE COLEMAN TM Staff Writer

In the South Coast Conference opener last Friday night, the Cerritos track team suffered its first loss to Orange Coast in more than seven years, 86 to 58.

Coach Dave Kamanski praised Orange Coast as having "a fine team." He attributes the loss to the fact that Orange Coast's field squad was much tougher than expected, while the Falcon team just didn't perform as well as hoped.

Highlights for the Cerritos team came from Dave Lizardi who won the 400 with a time of 51.6, took a second in the 220, and ran as anchor on the mile relay team.

Competition in the high jump event was extremely tough. Randy Powell, a freshman, won the event with a jump of 6'8'', while Del Emery went unplaced with a jump of 6'4''.

Gil Acedo won the 880 with a time of 1:56.9, with Carlos Ponce finishing third, and Jeff English tied for first with John Olswane from Orange Coast in the mile run.

Again, Don Foss won the pole vault at a height of 13'0'', and went on to narrowly miss at 14'6''.

Steve "Harpo" Bell took a second in the 440 intermediate hurdles. Dennis Singleton won the high hurdles, breaking the tape in 16.2 followed by Don Foss, who took third. Mike Spann jumped 43'6'4'' for a first place in the triple jump, and took a third place in the long jump. The next outing for the Falcon track squad will be Friday, March 21, when they compete against Santa Ana in the Cerritos Stadium. Also two relay teams from the Cerritos track squad have been asked to participate in the mile relay and the two mile relay in an invitational track meet, Saturday, in the Los Angeles Sports Arena.

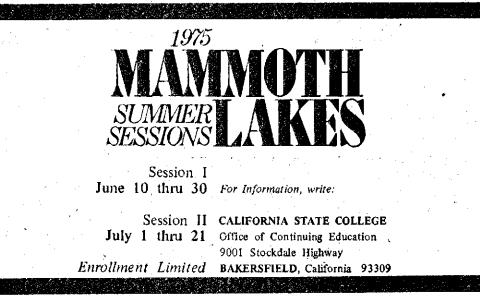
Because of their exceptional performance in the Long Beach Relays, Steve Schindler, Gil Acedo, Carlos Ponce, and Jeff English have been invited to compete in the two mile relay, while Mike Bell, Phil Serna, Dave Lizardi, and Dennis Singleton will run in the mile relay.

This invitational meet will serve as a warmup for the Professional Track Meet which will take place the following day.

Two other Cerritos athletes have also been chosen to compete in the first annual Mt. SAC Decathalon which will take place March 24-25 at Mt. SAC.

Because of their versatility, coach Kamanski has chosen Mike Spann and Don Foss, two Freshmen, to compete in the Decathalon which will prove to be a grueling event, as five events will be run each day.

According to Coach Kamanski, the event will serve as a good learnig experience for the two, bolstering their future careers.



# Underdog Cerritos takes second in seconds



DANCING ON THE COURT - Freshman forward Joe Damm dances around opponent in SCC play. The Falcons winning conference form advanced them to the state play-offs

where they edged their way to the championship berth.

Howard comes to Cerritos,

-TM Photos by Dan Cabe

# Falcon players make play-offs hitting final-second baskets

#### (Continued from Page 1)

Compton entered the game with a 29-2 seasonal record against the Falcons 15-13 mark and that alone has to get some raised eyebrows.

Cerritos slowed down the tempo with their deliberate "hoot offense" which got them good percentage shots from their forwards and Willie Howard. This seemed to throw Compton off its usual fast-paced attack and the Tarters could never really open up a big lead.

Steve Guardian hit two jumpers to bring Cerritos to within one at 27-26 at the end of the first half, and throughout the second half the Tartars could never get their running game untracted causing a slow paced game.

With 3:21 to play in the game, the score was tied to 43-43 and the game continued to sea-saw at 45-45 until Larry Gray missed a free throw with 1:54 to play. Howard grabbed the rebound and the Falcons went into their "hoot offense" in working the clock down to 13 seconds before they called their last time out.

The Falcons' Mike Wysong then inbounded the ball to Hernandez who passed off but quickly got the ball back to take his game winning jumper as time ran out.

"To upset a team like Compton, your team must not only be patient, but they must believe in what they are doing out there. Too many teams say to themselves that they will just go out there and outplay their tougher opponent head-to-head. This is called pride, and it can be a big mistake when taking on a powerhouse," said Foerster.

Foerster was also impressed by Compton coach Jim Newman who congratulated him after the game and wished them continued success. Foerster said it is tough to do that when you're number one in the state and you're upset by a team that has won 12 or 13 games less than you have.

Cerritos opened the tourney against Santa Rosa last Thursday and Tony Hernandez was once again the Falcon hero in the contest.

Hernandez scored three consecutive baskets to erase an eight-point deficit in overlime and he sank the winning free throw with two seconds left to give the Falcons a thrilling win over a shocked Santa Rosa team who undoubtedly felt they had the game iced when they jumped out to a 75-67 lead with 1:29 to play in the game.

"Some of us were ready to throw in the towel at that point, but the guys never quit out there. Tim Fruwith was particularly inspirational in keeping the team up," said Foerster. The Bears trailed by 11 points early in the

second half but they rallied to draw even at 53-53 with 8:35 left to play in regulation. With 32 seconds left Santa Rosa led 65-63 but with ten seconds left on the clock Guardarian sent the game into overtime by hitting a ten foot jumper.

When the Falcons' were down by eight in the overtime it was a couple of nifty steals by the Falcons and some costly Bear turnovers that enabled Cerritos to forge back into the ball game.

And the winning basket by Hernandez was indicative of the Falcons poised play this season.

It was a very successful tournament for the Falcons whose center Howard and guard Hernandez were named to the all-tournament team. Hernandez also received the tournament's most inspirational award and Foerster feels he definitely deserved it.

"Tony is the hardest worker on the ballclub, and it didn't surprise me or coach Bogdanovich to see him be so successful I guess you could say that this was a case of a man merely working very hard and reaping the benefits of his ef-

fort," said Foerster.



had to play with a constantly high degree of intensity,"said Foerster.

"In other words, a good athlete should experience fear when going up against a tough competitor. This way he will know he can't make mistakes, and thus he will probably have to put out 100 per cent every game," added Foerster.

"The reason we were able to upset so many teams this season was because they weren't ready to play basketball against us on many occasions. Teams with spectacular players and intimidating records would play us with a large degree of complacency and our team just continued hustling," said Foerster. Most of the Falcon opponents this season

jumped off to a fast start early in the games, but Cerritos would somehow stay in there and capitalize on opponent's lack of desire: in the late stages of the ball game.

Foerster also credits the increased running drills after practice during the beginning of the conference as a big key in his team's ability to hang in there in excitement paced final minutes of games.

"The turning point this season was probably the win over Mt. SAC when we played them . here at Cerritos. After we won that game, we realized that we could beat exceptional teams. At that point we were 3-1 in the South Coast conference which was an eye-opener for most people . . . except us," said Foerster.

As for individuals performances, Foerster was very pleased with Darrell Lane's improved play and Tony Hernandez vast progress in the backcourt

"Darrell started out the season very sloppy, but he gradually improved and by conference time he was doing things he should do out there while utilizing his abilities," said Foerster.

Foerster will now take a couple of weeks off from the court. In early April, he will begin a program for High School players. Foerster really doesn't stop coaching all year. "After the spring program, we will concentrate this summer on the program at Long Beach State University which is a league for us to evaluate our talent. Foerster who did not elaborate on upcoming Falcon prospects, but only said there are a couple of "good ones" he hopes he can get. The Falcons figure to be very tough next season with the front line of forwards Joe Damm and Lane returning, along with Howard and a very talented Guardarian,

By BILL SCHANIEL TM Assoc. Sports Editor

Probably the best coaching maneuver this season by Cerritos basketball coach Bob Foerster was made last summer when he gave Falcon center Willie Howard a chance to show what he could do on a basketball floor in a summer program at Long Beach State University.

It seems ironic the way most college coaches spend many hours scouting and evaluating players as they keep asking themselves, "Will this guy help our team or not?"

Coaches travel many miles sometimes to see a player perform, and a good percentage of a coach's time is spent scouting rather than coaching and , shill and afri Bargard sure is a

The irony is that the Falcons' star center Willie Howard came to Foerster instead of vice-versa and Foerster has landed nothing short of a basketball "gold" mine in Howard, Many coaches beat their brains out to get a player only to be rewarded with disappointment. Foerster and the Falcons were lucky to get Howard. Howard came to Cerritos last summer with his mother to see Foerster about Willie getting a shot at making the Cerritos basketball team. After getting a little background on Howard,. Fourster said okay to the 6'8" center.

Bogdanovich's help. The added weight should help me hold my own in there, especially on defense," he said.

emerges as center of attention

Howard feels his jumping ability is his biggest asset, and he could be right - he was at the top of South Coast Conference rebounding. He is also a good shooter in and around the perimeter, and he credits Foerster with helping him develop this.

He credits Foerster and Assistant Coach Jack Bogdanovich for having helped him with his confidence, along with his knowledge of knowing what he can or can't do on the court. Howard hopes to be able to dominate a game with his rebounding and shooting talents by next year. Experience is expected to be a mafor factor for him. 111.24

"Mainly, I will have to be consistent in my" game and that applied to tomorrow's game against Santa Rosa," noted Howard. He points out that he must get the ball in good position to the basket while hitting the offensive boards hard for the Falcons to do well in the state championships. Howard said early in the season that for the Falcons to do well, he would need help on the boards. "Joe Damm has really helped me with the rebounds and we have gotten a lot of rebound buckets because of it," said Howard. The game that sticks in his mind most was the Santa Ana game here at Cerritos College when the Falcons won 83-82 in overtime. "I remember that I was very nervous before the game and that throughout the second half, there was excitement all the way," recalled Howard. Howard's 21 points and 11 rebounds averages for the season undoubtedly were the keys to Falcon success.

refers to her as his "coach away from the coach.

His mother attends all of his games, and he admits that she is the one who kept him playing the game when he could have given up.

Pro-basketball is too far-fetched at this time, according to Howard, but he would like to play at a big four-year school while continuing to major in recreation which involves physical education.

Howard said he would even like to be a coach some day.

Earlier this season, Howard felt he and his teammates were being too contained by Foerster's offenses, causing them to feel pressured when they would shoot. "He still is like that," said Willie, "but the man's a winner," so we'll just play ball?" It was very tough for Howard to adjust himself to Foerster's disciplined offense

Howard hadn't played basketball the last two years of high school, but he had played a little for Larry Springer at Harriet Tubman School in Compton.

Foerster knew the competition Howard had faced at Tubman was not that strong, but he recognized Howard's potential and saw to it that he got a good deal of playing time in the summer league.

"Coach Springer helped me a lot with the fundamentals of the game," said Howard who also credits Springer with helping him utilize his jumping ability by developing his coordination.

"The competition in the summer league was good, but I knew that I could play with these

Howard credits his mother with helping him keep his chin up when the going gets tough. He

LED ZEPPELIN

in concert March 24, 25 & 27

ause Willie is a man v enthusiasm, and control is what he needs most. Foerster is the man who can help establish that control along with being a more selfdisciplined player.

It was fortune that brought Howard to Foerster; the combo seems to signal a winning future for the Falcons.

It took a man with some courage and confidence to "walk-on" at Cerritos College and emerge a star in one season.

#### Yell tryout set

High school seniors planning to attend Cerritos or students already enrolled may try out for one of 11 slots open on the Falcons' cheerleading teams beginning at 4:30 p.m. April 10.

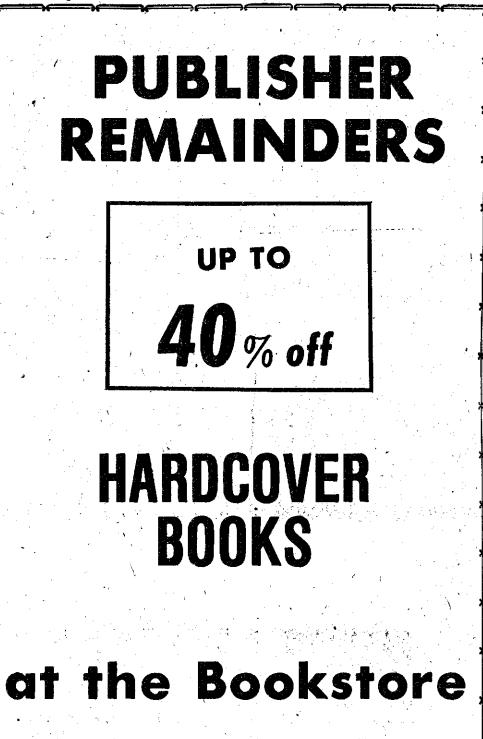
The college will host practice sessions for all interested students beginning Monday at 7 p.m. in thé gymnasium.

One would probably want to know how a team with a 5-11 pre-season record, and a ranking of 25th before a state tournament could come out so successful at the season's end.

"We knew we had good shooters at the beginning of the season, but turnovers were killing us. As soon as we started taking better percentage shots, playing better defense, and playing more under control we started winning," said Foerster, who also noted that his team started winning the close games they were losing at the outset of the season.

"One thing we had going for us all season and in the state tournament was that we knew we were the underdog, and therefore we knew we

It would be tough to duplicate as glorious a season as this one.







Editorials • Letters • Columns • Features • Etc.

Unsigned editorials are the responsibility of the Talon Marks Editorial Board. Other views are solely those of the author of the article and are not to be considered opinions of the Talon Marks staff, the editorial board, the advisor: the Cerritos College administration, or the Board of Trustees.

Wednesday, March 19, 1975 Page 6 **Talon Marks** 

### Part-time events pass...

"Most of the campus activities are day student oriented.'

Not true you say. Many part-time and night school students feel that it is true-and why shouldn't they?

I was a part-time student for a few semesters and I remember the feeling, Evenings on my way to class, I can remember seeing posters telling of yet another noon concert for the day student and of the latest movie being shown at the Burnight center," said one student

Homecoming and most of the activities associated with it are during the day, to name a few. With all these activities and more, there is little for the part-time student. Yet the \$3 student body fee paid by the part-time student makes up the bulk of the ASCC budget.

There is currently a bill before the Student Senate that would benefit the part-time student in a small way. Bill #1291, if passed, would eliminate the reduced admission fee now being charged to part-time students for on-campus athletic events.

Rather than remove the bill entirely, some senators have come up with alternate solutions. One is to give the part-time student the option at registration to buy a full-time student body card.

In answer to this, we suggest that there then be the option for the full-time student to pay only the part-time student fee and give up the right to attend athletic events free.

Contrary to what some of the senators believe, the \$7 paid by full-time students covers more than the right to attend sporting events free.

The event of most concern is football. The football stadium has a 3,000 seat section reserved for Cerritos students. If this section were consistently filled to a maximum capacity, there might be some justification to the 50¢ admission charge for part-time students.

As it is, this section is all but vacant at most games. With student participation being what it is. We can't see any reason for the bill to be vetoed. In addition, there is some question as to whether or not the 50¢ fee even covers the cost of printing special tickets.

Don Hall; director of athletics, foresees onlyone problem. That would be the case of the student who would register for only one unit to gain free-entry to sporting events.

extreme, and I don't think many students would do it,"

> STEPPIN' LIVELY - Senior Citizens "eat, dance and be merry" in the Cerritos College Student Center. The oldsters enjoy punch,

cookies, live music and door prizes at the wellattended dances which are held periodically. The affairs are staged by the Golden Key Club

Golden Key president, Leo Babin (far left), supervises door gifts. -TM photos by Esther Bager

Busy senior citizens are proving life offers plenty after retirement

sàid.

BY ESTHER BAUER TM Staff Writer "I don't want to be young again. I am already young at heart and in thought, besides I'd have to give up all this experience." This is the way Eileen Marks, 67, summed up her feelings about age.

A crafts class is held at the college for

friend" program. A hot lunch is available for istence and enjoying life, according to Leo seniors every Wednesday for \$1 at the Hoxie Babin, chairman of the Golden Key. Center in Norwalk. Preparation and serving is "Until now dances have been the main activity coordinated by the Golden Key, but

done by volunteers. In addition, the Golden Key sponsors an anwe're beginning to expand our activities," he nual party for the handicapped. The third annual Senior Citizen's Day is scheduled for May

Letters It is our belief that a representative Senate can best respond to the needs and desires of the entire student body. As newly elected, totally

independent Senators, we have found a common bond in our wish to determine what the general student body wants from their student government.

Editor:

If you paid a fee when you registered, you belong-and you should have a voice in student government.

Therefore, in order to find out what creative ideas, valid suggestions, or personal opinions are being thought about by students on campus (day/night; full-part time) we are offering several alternatives. In the second S. Greis P

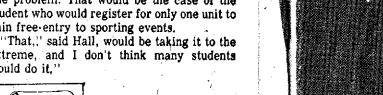
TALK to any of us personally on campus-we will always have time to listen. Write to P. O. Box 646, Norwalk, Ca. 90650, or place any written communication in the mail box of any of the undersigned Senators at the Student Activities Office. Equal attention will be given to all; however, in case there is a need for clarification, or if you would like a personal response-and in some cases to be more effective with the "powers to be," some means of contacting you would be helpful. Name and/or...? It is our intent to direct all opinions, suggestions, complaints, etc. to the proper person, office or committee for attention. And to follow through to find out what action is being taken. We will report back to you through letters to the Editor of Talon Marks. All right now...here is a chance for any and all students to be heard and paid attention toso...don't just grumble or gripe to your friends. Let US work for YOU. Sincerely, Charles Adams B9681, Casey Clarkson H2831,

Due to having a family and carrying 12 units (without career internship), I spend considerable time in the Cerritos College Library and coffee shop studying prior to my evening

classes. By attending class at a junior high school, I have been restricted in the use of the college facilities.

Rumors have it that there are in fact empty classrooms, but the departments which have them will not loan them to other departments. I would like to hear the views of others who are involved with these "great" satellite campuses

Ed Berry Student No. 131718



which is sponsored by Community Services.



Carlos Rodriguez C4726.

#### Editor:

In reference to your front page article of the March 5, 1975 edition of Talon Marks dealing with the lack of classrooms, mention was made that more classes would be assigned to the West Middle School in Downey, one of our "great" satellite campuses.

I attend one evening class there and will make all attempts to avoid enrolling in another

I do not appreciate parking in an area which has no lighting, nor do I appreciate taking a college level class in a junior high school environment.

enrolled in the academic journalism program.

Campus Editor.....Ann Blair

Sports Editor..... Paul Bradley

Feature Editor.....Al Benton

Ruiz, Bill Schaniel, Susan Ward.

publication and academic policy.

Wilford Michael, president.

We're in one of the classes that has been shifted over to Excelsior High School.

In the article about room shortages in the March 5 edition, Dr. Epler stated that he has received few complaints over the transfer of classes to Excelsior.

Thirty-four members of our technical math class sent him a letter of complaint. That is more than a few students that are dissatisfied. Dr. Epler also stated that, "Nearness was the primary factor in using Excelsior's classrooms."

In our opinion, other factors should have been taken into consideration, one being the safety of the students.

After three weeks of not having a classroom due to double scheduling shortages, we were moved to Excelsior.

We were only in class a few minutes when a security officer entered and lectured for nearly 20 minutes on the dangers present at Excelsior.

The officer said that due to the presence of rival gangs on the campus, there is a threat of being mugged or sustaining damage to our cars.

Another factor that should have been taken into consideration is the ability of students to concentrate in an environment of clanging bells and street sounds so loud that many times the instructor cannot be heard. Fire safety precautions appear questionable. Extinguishers and hoses are missing from their enclosures.

We feel that values other than nearness are important and resent deeply having been shifted to Excelsior High School after we registered to attend Cerritos College. Rudy L. Burden N4062

Entertainment Editor ...... Lenore Hayes

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Talon Marks

Production and printing of Talon Marks is funded by the Associated Students of Cerritos

College. Facilities and supervision are provided by the College. It is produced by students

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Talon Marks is published weekly except during holidays, examinations and vacations by the

Department of Journalism and Student Publications, C. Thomas Nelson, Chairman. Offices are

located in Arts and Crafts 34, Cerritos College, 11110 Alondra Blvd., Norwalk, CA 90650. Dr.

Telephone (213) 860-2451, Ext. 374, 384. Advertising rates will be sent on request. Talon Marks

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Eileen, like many senior citizens in the area, is proving that retirement offers more to life than TV game shows and pinochle.

President of El Encanto senior citizens club, Eileen said at first she didn't want to join. "I was afraid I'd feel old. I thought these clubs were for old people." But now she says she was wrong-and couldn't "feel more young."

Along with being president of El Encanto, she attends almost all of the events sponsored by the Golden Key Club on the Cerritos College campus, including the dance held at the Student Center recently.

Some 300 seniors like Eileen representing 15 clubs kicked up their heels to the tunes of "Oh Them Golden Slippers" and "Spanish Waltz."

The Golden Key, which consists of representatives from all of the senior citizen groups in the area, serves as coordinator for dances and many other activities. (It lets each club know what's happening in the other clubs.)

Attendance at these dances speaks for itself. According to Barbara Keenoy of the College Community Services Office, seniors begin arriving quite early. "They really look forward to the dances," 3 E 🔉 S

Because of the myriad club activities, 'senior citizens'' like Eileen have become so involved in doing for others and having fun that they don't have time to worry about themselves.

A widow for five years, Eileen has more than enough to keep her occupied. When she's not working with the senior citizens, she babysits her grandchildren. "I love having the children spend the night with me," she said. Eileen has three children, four grandchildren and two great-grandchildren.

As with most seniors, Eileen doesn't want to live with her children. "They have their lives to live and I have mine. We would only cause interference in each others lives," she said. A couple attending the dance was Ray and Elsie Keith, both in their seventies. And they have very active social lives.

Recently wed, they attend dance classes Wednesdays and Fridays at Bellflower and Paramount seniors clubs. Then on Saturday nights, it's off to a major dance attended by all the clubs. It's not unusual for the Keiths to attend 16 dances a month.

Dancers perform intricate "pattern" dances, with some taking dancing quite seriously. For others it's just a lot of fun.

To Mrs. Keith it's not important if seniors come to dance or just to talk. "It's just good to get dressed up," she says.

Some seniors may not dance at all, either because they are unable to or don't care to. "The important thing," she says "is to go out and not be alone."

It's common to see a lot of embracing between the ladies or the ladies and men at any time. "This is an expression of fellowship, We're saying 'glad to see you...so glad we're not alone.'

The activities initiated by the senior citizen clubs make the difference between mere exseniors Monday mornings, dance classes Friday mornings and March 13 will be the first of six "know your community" weekly bus trips. The tours are free for seniors and they will be given college credit. An instructor will act as guide and lecturer to the group. "We will have only one bus and the reservations were filled immediately," said Leo. "The response was tremendous."

Some of the places planned to be toured, according to Leo, are the Getty Museum, the San Onofre Nuclear Plant and the Arboretorium in Arcadia.

Leo has been chairman of the club since it was created by the Department of Community Services two years ago.

"Senior Citizens really straightened me out," he said. "I sat around and felt sorry for myself after my wife died. We were married for 43 years."

Still vigorous at 68, Leo has become totally involved in the seniors program. The word "retired" doesn't apply to him. He carries a notebook bulging with notations of dates and meetings he must attend. "I enjoy myself as much now as I ever did," he says.

According to him, "You can make out of the senior citizen clubs what you want...but you have to do it yourself, no one else can do it for you.''

With so many activities sponsored by the Golden Key, Leo indicated there's no reason for the retired to be idle or lonely.

"We have the Health Fair for seniors yearly, and that has been a big success," he said. The Fair is set for April 19. Last year, over 200 participated. Seniors are given examinations, literature and are shown films courtesy of the paramedical unit.

Leo also named RSVP, (Retired Senior Volunteers Program), as a Golden Key related activity. Volunteers may work at the Norwalk senior citizens referral center, host meals, film lecturers on the Health Fair. The RSVP acts as a coordinating body for the 15 clubs in the area.

Another service of the Golden Key in conjunction with Community Services is to print and distribute flyers for the "lunch with a

One gentleman's problem may not be as ma-

"The problem we men have is women who try to change us," he said. "They treat us like little boys, always criticizing how we dress or how much we drink."

me," he declared.

demonstrating retirement, like anything else, is what you make it.

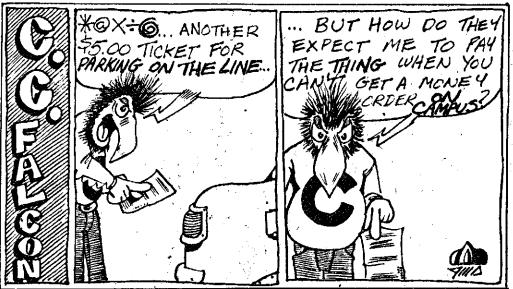
Facilities are available at most clubs for dancing, playing cards, tennis or pool. It's up to the individual to take advantage of the opportunities

The dances provide an excellent opportunity to find companship or a mate. There's no need to remain a wallflower either because it's perfectly acceptable for women to ask the men to dance.

There are always many more women than men, according to one man.

Cost isn't a prohibitory factor for these functions either. For the most part, activities are free or very inexpensive.

As Cleo Jarre, vice president of the Golden Key put it, "With so much to do, I can't understand how anyone could be bored."



There's lots to be done, according to Leo, but "Fun is what it's all about," he says.

The majority of the seniors at the dance have a glow about them. Maybe it's because they feel needed by people of their own age group, or maybe it's because they have the time to be

involved now that they are retired. Whatever the reason, the seniors do seem to be enjoying life.

But there are problems connected with aging.

A major complaint from many women is the loss of a widow's social security benefits if they remarry. Many couples simply do not

marry because they can't afford the loss of benefits. Some do live together as a matter of

economics. However, others forfeit pension and social security benefits by marrying.

jor as economics, but is just as pressing to him.

"After this long, nobody's going to change

The area senior citizen groups are