

# Talon Marks

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

Wednesday April 23, 1975

## Women of world—tumbling traditions



SCOUT'S HONOR — Newly elected Board members receive the oath of office from Dr. Wilford Michael, Cerritos College president. From left are Katie Nordbak, reelected president of the board, Lou Banas, three-

time candidate who garnered third highest total, and long-time incumbents Harold Tredway and Leslie Nottingham.

—TM Photo by Jerry Newton

## Newly elected trustees take oath; Nordbak re-elected Board president

By TOM TAIT  
TM Associate Editor

Katie Nordbak was re-elected president of the Cerritos College Trustees at the Board's annual reorganization meeting held last Tuesday night.

Louise Hastings was re-elected Vice-President of the Board while Jan Harris was chosen Secretary of the Board.

Nordbak is the only woman to hold the position of president of the Board in the 20-year history of the college. She was renamed 4-3 in Board balloting over Hastings who nominated her. Hastings was elected unanimously along with Harris.

### Career info day slated for May

Fifty schools and organizations will be on hand for the second annual career day on May 7th. The schools and companies will be here to discuss prerequisites for four year institutions and preparations for employment with companies. Appointments must be made to talk with representatives. The appointments can be made through the job placement office located across from the student lounge.

## Potpourri of attractions highlight carnival plans

The sixth annual ASCC carnival will be held May 8, 9, 10 and 11 on the Cerritos College front parking lot. Featured will be live concerts, along with games, food, rides and other carnival activities.

Clubs on campus will be operating booths for games, and for foods ranging from hot dogs to teriyaki steak.

Rides featured will include the zipper, bumper cars, log rides, as well as other adult and children's rides.

Proceeds from the carnival will go to student aid where they will be distributed in the form of loans, grants, and scholarships. Sponsors hope to net between \$3-4,000 for scholarships this year.

Participating clubs and organizations also earn operating funds through Carnival activities.

The live concerts, which will be free of

charge, include performances by James Lee Reeves on Saturday from 8 to 10 p.m., and Shady Oak on Friday from 8 to 10 p.m. Sunday evening from 8 until 10, Journey will be performing.

Saturday, the Marine Band from El Toro will perform, and on Sunday the Cerritos College stage band will be featured. Both of these groups will play from 1 to 2 in the afternoon.

## Senate kills bill calling for new commissioner

Senate Bill #1297, to appoint a Commissioner of Health, was dropped from the agenda at last week's senate session by Senator Richard De Sisto, author of the bill.

It was pointed out that as outlined in the student government manual, section II, article 2.739, one of the duties of the Commissioner of Student Services is the coordination of Health Services.

Other business covered by the senate was the adoption of senate Bill #1299.

The bill called for grammatical changes to code section III, Elections Code, to help clarify and eliminate ambiguous statements.

Final business of the April 16 senate session was the approval of senate bill #1300.

The bill, initiated by Phil Rodriguez, Coordinator of the Chicano Studies Program, requested \$200 to cover the cost of Leonard Olguin, assistant professor at Cal State Long Beach, as guest speaker for the May 3 Cerritos College Cinco de Mayo program.

## West coast international feminist conference starts

By DEBBIE BOLTON  
TM Editor-in-Chief

Cerritos is hosting the International Women's Year Regional Conference on campus beginning today. On-campus registration will be held in Burnight Center. Pre-registered guests can pick up information packets for the Conference modules and meals there. Persons who desire to register on opening day may do so for those remaining open modules.

"Women Around the World-Tumbling Traditions" is this year's IWY Conference title. Currently over 600 individuals have registered, but more than a 1000 persons a day will be expected to attend, according to Connie Mantz, co-ordinator of the activity.

"There were 9000 forms sent out altogether. With the enthusiastic support and great publicity that has been generated, this will be the biggest conference on the West Coast this year," said Mantz.

Running today through April 26 the conference schedule is set that Wednesday-Friday the events will take place from 8 a.m. - 10 p.m. and Saturday from 8 a.m. - 6 p.m.

Parking lot C-10 will be designated for Conference attendees. There will be adequate room even though they have eliminated the plans to use the Norwalk City Hall parking lot utilizing the Transit System as a shuttle service to the campus.

Buffet luncheons and evening meals will be provided by Cerritos College Food Service Wednesday-Friday, the Norwalk Soroptimist Club and various community organizations.

Donations for each person will be \$2.10 for the lunches and \$1.50 (or more) used towards sponsoring visitors from our sister cities, and also scholarships for returning women students.

Community Services Office staff members have been greatly involved with meeting

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CONNIE MANTZ—co-ordinator

## More student involvement being sought in evaluations

By ESTHER BAUER  
TM Staff Writer

Changes in the current evaluation procedures for the faculty and administrative staff have been proposed by the Committee on Faculty Evaluation, which consists of three

faculty members and three administrators.

If the Faculty Senate and Administration approve the proposed changes, they will be forwarded to the Board of Trustees for approval.

Some of the changes include allowing more faculty input into administrator evaluations, follow-up procedures to be used if faculty or administrator evaluations are unsatisfactory, and the self-evaluation process will require a written summary.

One proposal, if approved will effect a more active participation by students in the student evaluation procedure.

The recommendation states: "Students will conduct the student evaluation of instructors while the instructor is out of the room. The forms will be placed in a sealed envelope by the student."

"Results will then be compiled by Data Processing with copies being sent to the instructor, the division chairman and the instruction office."

Presently the majority of students aren't aware of what the current evaluation policy is, while many think that student evaluations is the primary part of the policy.

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## Evaluation proposal opposed by faculty

The current evaluation procedures for faculty and administrative staffs are currently under study by a committee consisting of three faculty members and three administrators.

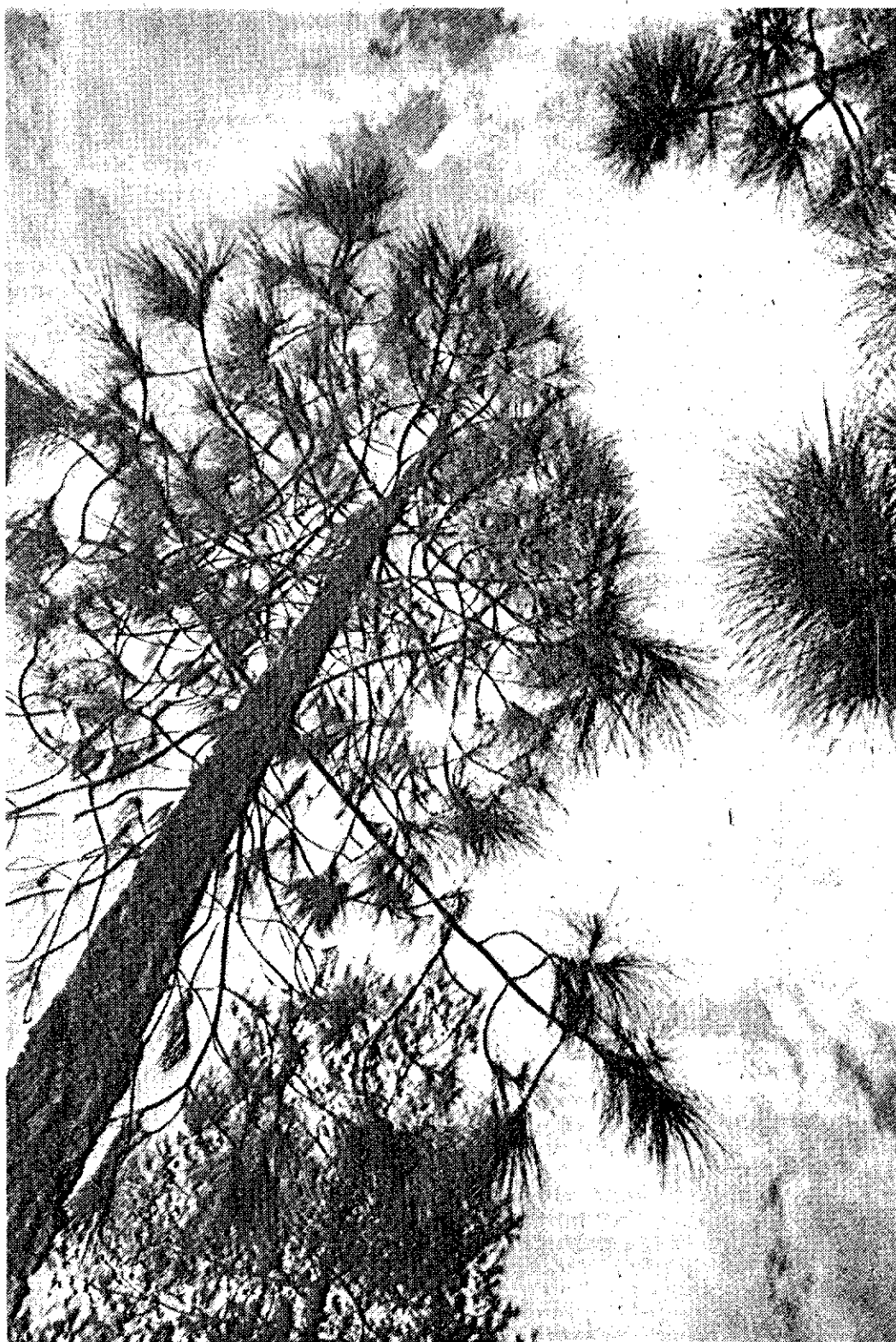
An interim report at the April Board of Trustees' meeting resulted in some discussion of a proposal for more student participation.

The proposal called for students to handle the student evaluation of instructors. The instructor would be out of the room and the forms when completed would be placed in a sealed envelope and taken to Data Processing for compiling.

Howard Taslitz, President of Faculty Senate, presented the faculty senate's objections to the proposal. He stated first of all the idea was probably illegal since a teacher is required to remain in class.

In addition to this Taslitz said, that faculty member would have to be present during the evaluation to clarify points in order to avoid the wrong interpretation of the form. A procedure of this type could easily become a popularity contest, said Taslitz.

Finally, it was felt by the faculty senate that this method impugned an instructor's integrity. While at the same time leaving open the possibility of the student conducting the evaluation to in some way influence the results.



PATCH OF BLUE — Clear skies have been hard-to-come by this spring but occasional breakthroughs of the sun highlight the myriad trees and shrubbery including stately specimens such as the one pictured here. Wings magazine, out this week, has a two-page spread of the abundant flora and fauna around campus.

—TM Photo by Dan Cabe





**FLYING HIGH** — Shades of Evel Knievel... Young moto-cross enthusiasts find a mound behind the Para Medical Building makes a great Hell's Canyon run-way. Airborne



youngsters Tony Rodriguez and Steve Ryan take to the air, left, and then pause to size up another run. —TM Photo by Dan Cabe

## VIA workers —a program of involvement for students

By KAREN ALTMAN  
TM Assoc. Campus Editor

Friends, future, reference, and credit—those are the advantages to volunteer work, according to the Cerritos College Volunteers in Action program.

Headed by Ted Spriggs of Community Services, advisor, and Barry Beavre, student coordinator, the VIA program is a thriving operation at Cerritos.

"We have 55 students working for the VIA program at the present," said Spriggs. "We have contact with 20 agencies and organizations which we refer the students to."

Student volunteers work at such places as the Head Start program, Cerritos Child Care Center, Hawaiian Gardens Youth Center, California Youth Authority, and the Helpline Youth Counseling Clinic.

Students interested in becoming volunteers (you must work at least two hours a week for one semester, according to Spriggs) should go to the Office of Community Services and arrange an interview with coordinator Mary Garrmone.

## Feminist...

(Continued from Page 1)

representatives from other cities and community organizations to gain community-wide involvement as well as keeping the community informed on the progress of the conference.

The conference will be broken down into two hour blocks from which participants can choose from four activities, seminars, panels, films and discussion groups. All will focus on the changing roles of women of every age in the United States and all over the world.

Women and men from professions of business, the media, the arts, government, service agencies, service organizations and clubs as well as visitors from many counties will participate.

Booths and displays will be set up at the conference by groups—social, service, public agencies so they may share their involvement with women.

Child care service and out of town housing will be attempted as best as possible for the persons only who have registered before April 2, to register any later than this would almost certainly disburse facilities.

Child care will be available during the day in the evening and on Saturday. Cost for children limited between the ages of 3-12 is as follows: \$50/child/hour; \$75/two children/hour; \$1/three children/hour.

Some of the important topics to be covered during the four day event are "Breast cancer clinic" with Maria Finkle from Bellflower Health Center, "Issues of the Feminist Movement", Sheila Robinson, Betty Brooks speaking, and "Myth America—How far have you really come?" featuring Rosalie Abrahams, Orange County Feminist Theatre.

Few of the lectures are repeated twice in different time slots for convenience. These are only one day's covering in which the person attending can pick one subject of a two hour session listing. There will be five two hour sessions altogether, broken up only by lunch and dinner, where the visitor will be entertained by Cerritos' Folklorio and Ethnic Dances in the quad area.

Registration is in Burnight Center. Visitors can sign for any and/or all four days. A special conference package of \$10 is available (includes the official United Nations 1WY pin), one day-\$3, two days-\$6 and three days-\$9.

## Concert discount

Cerritos students will be given a \$1 discount for the Battle of the Bands, Friday and Saturday, April 25-26. Admission is \$3 with advance registration or \$3.50 at the door. Doors open at 8 p.m. at the Tahitian Village in Downey.

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## Campus

Wednesday, April 23, 1975

"The purpose of the interview is to match a student with a particular organization," Spriggs said. "We relate the work to the student's interest."

For example, someone interested in probation work could volunteer at Los Padrinos Juvenile Hall.

Students can also receive college credit for their volunteer work, Spriggs said.

"Sociology 45—Introduction to Social Service Environment—gives volunteer hours credit," said Spriggs.

"Also, students can enroll in the Directed Studies program, 98.1 and 98.2, and receive one or two units of credit."

An innovation of Spriggs, the VIA program is modeled after Cal State Los Angeles' EPIC (Educational Participation in the Community) program.

Spriggs said he advertises VIA by "instructor contact and announcements at Inter-Club Council meetings" and also does "a lot of legwork."

More students are needed for VIA, Spriggs added. "However, we want quality, not quantity," he cautioned.

"The agencies prefer one dependable student to ten that they can't depend on."

For example, if a student becomes a Big Brother, where he is paired with a young boy, and then stops showing up, the child will lose even more faith in adults. We want good people who are motivated to help."

Spriggs said some students are in their third year of VIA work. "In fact, one woman volunteer in the probation department is practically a staff member," he said.

"Often a volunteer job will lead to a paid one. A person who works as a volunteer opens up the door to employment."

The county keeps permanent records on all volunteers. The agencies often prefer to hire a volunteer whose work they've seen than a person who just walks in and applies."

On the average, a student volunteer works three to six hours a week, according to Spriggs.

"But some people work as many as 25 hours," he added. "Also, many agencies train students for their work."

As for those advantages mentioned earlier—friends, future, reference, and credit—well, none of them measure up to the main advantage expressed by many student volunteers: the satisfaction of helping another human being.

## Spring awards

Nominations forms for the ASCC Spring Awards Banquet will be available April 23. Both full-time and part-time students are eligible for service and leadership awards.

## News items

### 'Tower of Power

The rock group, the "Tower of Power" will be in concert in the Cerritos gym on Friday evening May 16. Tickets for the two hour concert are available through either the student lounge or the student activities offices. The tickets for students are \$2.50 on a first come first serve basis.

### Co-Rec night

Volleyball, basketball, badminton, ping pong, handball, racquetball, door prizes, and free cokes will highlight a co-rec night on Sunday April 27 in the gym. The admission is free and everyone is invited.

### Oregon rep

Erin J. Haynes, an admissions counselor from Oregon State University will be on campus Thursday April 24 from 8:30 a.m. to noon, in the student center.

### Parking lot

The C-2 parking lot in front of the gym to Falcon baseball stadium will be blocked off from Tuesday May 6 until Sunday May 11 because of the carnival. The C-10 lot will be available for parking.

### ASCC carnival

The ASCC is sponsoring a 4 day carnival with proceeds going to clubs on campus. The carnival will be held on May 8-11 in the parking lot. The carnival will include rides, game booths, and food concessions. Pre-ride tickets are on sale from Cerritos club members, and are half price.

### A symposium

"The Individual and the Environment" will be the subject of a talk given by R. Buckminster Fuller and Harold Bloomfield M.D. on May 2 at 7:30. The admission is \$2 for Cerritos students and \$3 for general admission. It is sponsored by the SIMS (Students International Meditation Society).

### Whales, men

Cerritos College's Community Services Office will present "Whales, Dolphins and Men," an exciting nature production that is part of the Documentary Film Series, Wednesday (April 23) at 8 p.m. in Burnight Center Theatre. The film is free of charge.

## Evaluation policy changes now undergoing study...

(Continued from Page 1)

Few realize that the evaluation of certified employees is mandatory under California law every two years.

Under this system half the faculty is evaluated each year by a team of their peers or by an administrator. The other half complete a self-evaluation, which is reviewed by the division chairman of their departments.

The team or administrator evaluation presently includes a review of the student evaluations. One of the proposed changes to the procedure recommends that the self-evaluation by an instructor include a review also.

According to Howard Taslitz, president of the Faculty Senate, "The student evaluation is only one element of the total procedure. The law does not say that students must evaluate the Faculty. This is a policy of the college and not a requirement of law."

"Students have a tendency to overestimate the purpose of student evaluations. The purpose is simply to get feedback from students so that the teacher can evaluate and improve his teaching methods."

However, Taslitz implied, that of the proposals by the Committee, one may appear to impart more importance to the student evaluations than is meant to be. That one is students conducting the student evaluation while the instructor is out of the room.

"This proposal will probably be the most controversial," says Taslitz, "especially since the faculty won't be allowed to see the evaluations before they go to data processing."

He said if this proposal would become procedure, some difficulties may arise, such as, with the instructor out of the room there wouldn't be anyone to answer questions that might arise about the evaluations.

Citing the slowness in which data processing returned last semester's evaluations (as another problem) Taslitz said, "If we're not allowed to see the evaluations before they go to data processing, where's the time to improve our performance?"

But, according to Dr. John Randall, vice president of instruction, the trouble in the past processing of evaluations has been with the machine that reads the mark-sense cards. "If approved by the Board, the proposed policy won't begin until the 1975-76 school year, by then we'll be using a different method of processing."

Randall feels the proposal will make teachers more "cognizant" of what students say since they will be aware someone else is reading the evaluations too. "The goal of evaluations is self-improvement."

"Under the recommended changes, the evaluations would be conducted earlier in the semester. This would allow the administration and the instructor to evaluate his performance more fruitfully," he noted.

Indicating under current student evaluation

procedures, there is always the suspicion by some students that the instructor can tamper with the results, Randall said, "the new proposal would eliminate any of these feelings."

"With the recommended follow-up policy, the instructor is notified if improvement is needed. Then when he is reviewed again and told whether his performance is now satisfactory or if more improvement is needed."

"Evaluations aren't meant to be and shouldn't be considered, punitive," he said.

## Beauty honors

Cosmetology students continue to rack up awards at local and regional contests winning four prizes in two recent competitions.

Students Nancy Vandenberg of Artesia and Mary Luna of Long Beach won two of only six awards presented at the Long Beach Guild Beauty Show held on the Queen Mary.

Miss Vandenberg and Sharon Dagles of Downey also won two of the top awards at the California Spring Beauty Show at the Beverly Hilton Hotel. The two students competed against 135 other cosmetologists in the Southern California area.

Michelle Propp, Cindy Burch and Panda Williamson, all students at Cerritos, served as models for the winners.

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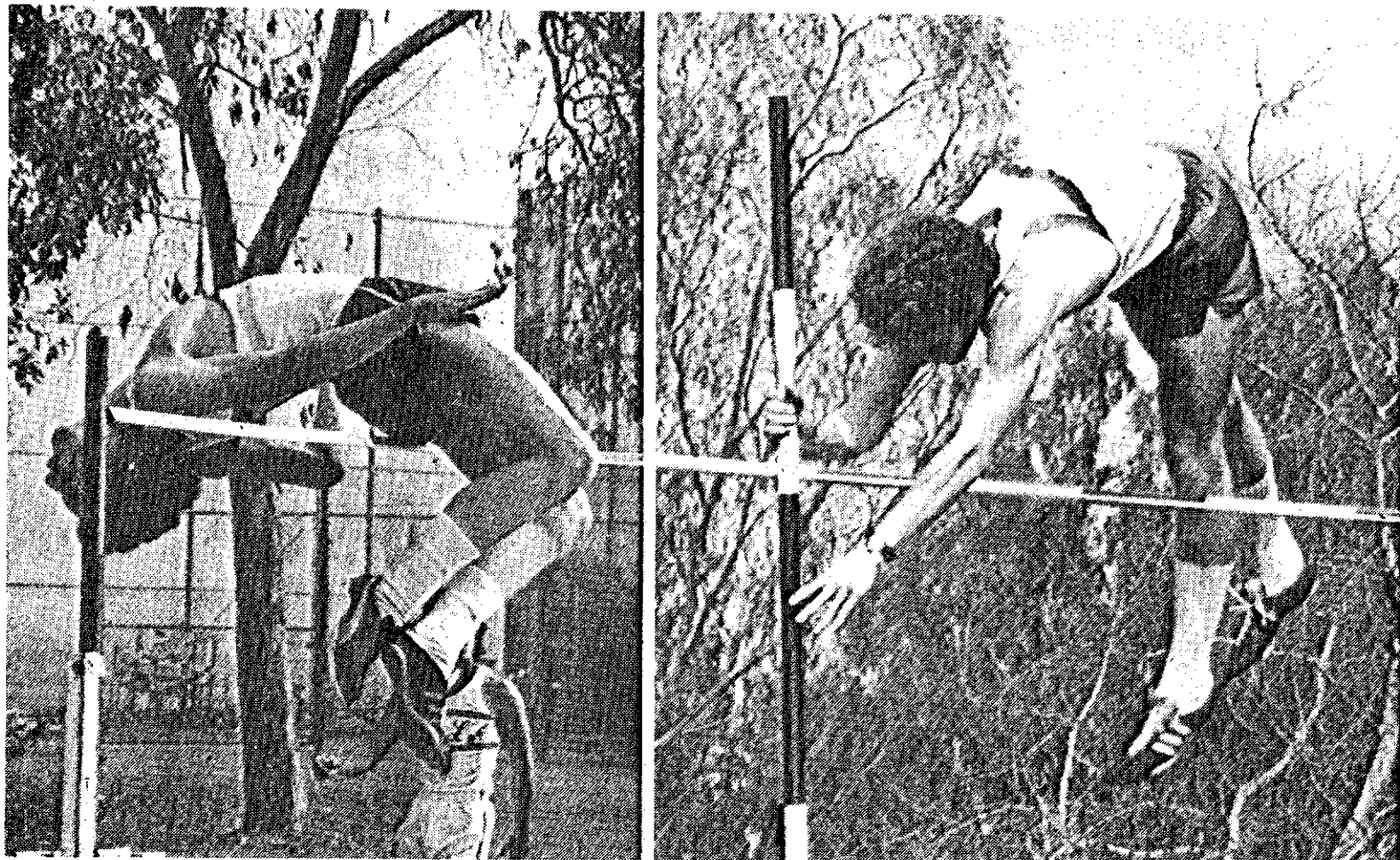
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FALCON FLYERS — Two Cerritos tracksters twist and bend to clear the bar in last Friday's

meet against San Diego Mesa. Randy Powell, at left on the high jump, and Don Foss, releas-

ing pole in the vault, did their best against the Olympians - only to have Cerritos edged out 66-79. —TM Photo by Patrick Pregre

## Falcon lead trimmed to 1½ games in SCC

By RICK MARTINEZ  
TM Staff Writer

With only six South Coast Conference contests left to be played, the Cerritos College baseball team remains on top of the league with a 9-2 record holding a slim 1½ game lead over second place San Diego Mesa (7-3) and Mt. SAC (8-4).

In last week's action the Falcons edged Fullerton College 6-5 on Monday; were rained out of Tuesday's Santa Ana game; hosted and beat Mt. SAC Thursday, 6-4; and traveled to the Mounties home field and lost 3-2, Saturday.

Cerritos continued the quest for its sixth conference championship in the seven year history of the SCC again at Santa Ana and against Orange Coast College.

The Falcons travel to San Diego for a battle with the Olympians tomorrow, then back to Mt. SAC Saturday for a showdown at noon as the top teams wrestle for the paramount position.

In last Saturday's loss to Mt. SAC the Falcons (who are 23-4 on the year) loaded the bases with one out in the first inning. The Mounties attempted a secondbase to firstbase double-play on Doug McCulloch's groundball to shortstop but McCulloch beat out the play to first and Gary Brown scored for Cerritos.

Mt. SAC came back in the bottom of the first inning when Falcon starter Charlie Kretschmar hit the leadoff batter then gave up two singles that gave the Mounties a run and put runners on first and third. The Cerritos infield then turned over a doubleplay that allowed the runner on third to score.

The Mounties added three more runs in the fourth after Kretschmar walked batters and gave up a triple, walked another batter, then had the Mounties sacrifice bunt a run in from third.

Coach Wally Kincaid used three relief pitchers to hold Mt. SAC scoreless for the rest of the game.

In the ninth with two outs, Mountie starter Jim Valone walked Cerritos first baseman Bob McKelvey and designated hitter Tim Welsh. Catcher Dave Crowder followed with a double down the left field line to score McKelvey and put runners on second and third. Valone then got centerfielder Art Harold to ground out to second base for the final out.

Kretschmar got the loss for the Falcons giving up 5 runs and 3 hits. The Mounties did not get a hit from any of the three Falcon relievers. Valone went all the way for Mt. SAC grudgingly giving up two runs and only four hits to the usually potent Cerritos offensive attack.

In Thursday's win Rex Ives lead the Cerritos 10 hit attack going 3-3 and driving in three runs. Harold, Welsh and Crowder also picked up one RBI each.

Falcon starting pitcher Walt Bigos threw a shaky two innings up one run and one hit, walking two batters, throwing two wild pitches (one in the first inning that allowed a run to score) and hit a Mountie batter. He was relieved by Steve Hanson who finished the game giving up three runs, 8 hits, striking out two and walking one.

Hanson got a lot of help from an excellent Cerritos infield that came up with four double-plays in the final 7 innings to aid him in his ninth win of the season with no defeats.

Monday's win over Fullerton didn't come easy as the Falcons had to rally in the ninth inning for two runs to tie and pushed across the

## Cerritos loses 8-1, now 1-8 in league

The Cerritos College tennis team suffered back-to-back 8-1 losses in South Coast Conference action last week.

Cerritos, now 1-8 in conference dual match competition, visited Fullerton Wednesday and managed to win only one singles match on the afternoon. Falcon John Humphrey defeated Fullerton's Mike Mistretta, 6-2 and 6-3, in the fifth singles match of the day.

A visit to Orange Coast Thursday proved just as disastrous as the Falcons managed to win only one singles match when Tom Oswalt defeated Jim Small of the Pirates, 6-3 and 7-6.

The Falcons are now 3-13 on the year.

winning run in the tenth when McCulloch singled home Ives.

Kretschmar went all the way for the Falcons allowing 5 runs and scattering 8 hits. His season record now stands at 8-2.



HAVE A BALL — Thirdbaseman John Alvarez reaches out for ball as Mountie runner

approaches in 6-4 win over Mt. SAC on Thursday. The husky Mountie runner lost the race

to the base. —TM Photo by Patrick Pregre

## Cerritos hosts state championship, Falcon archers shoot in top ten

By PAUL BRADLEY  
TM Sports Editor

Cerritos College finished in the top ten last weekend as the hosting school for the 1975 Fourth Annual California State Collegiate Archery Championships.

The two day tournament, held Friday and Saturday on the archery range south of the Falcon pool, attracted some of California's top archers representing 18 different colleges.

With results computed by the Cerritos data processing center for the three different classifications (men's singles, women's singles and mixed competition), Riverside Community College swept the state with two first places and one fourth in team.

San Bernardino Valley College, last year's state champs, followed close behind with one first, a second and a third.

The Cerritos archers finished their shooting Saturday by claiming a tenth place with their men's team (3933 points), an eighth with their women's (3789 points) and another eighth place finish in mixed opposition (5308).

Team points were tallied from the individual scores, using the top four archers in the men's and women's singles and the best two scores from each of those for the mixed team results.

The Falcon's most prominent competitor was Bill Silcocks, scoring 1422 points. Following, in the men's singles, were Ray Renteria (1286), Bob Beurman (125) and Mike Demming (669 - Demming was only able to shoot one day).

San Bernardino's Ron Rabska took the men's competition with his two day total of 1641 points, beating out his own teammate, John Smith, who finished second at 1612.

In the women's category, Marlene Silcock (the Silcock's are a husband and wife team) led Cerritos with a 1387 total. Behind her were Cheryl Nauman (1213) and Judith Downer (1189).

Debbie Green of Riverside City College broke the state tourney record for the NAA 900 round Women's competition on Friday with an 807 to record a 1601 point total and capture first place in the singles.

The Falcons mixed team consisted of both Silcocks, Renteria and Nauman.

The point totals are tallied from two 900 round contests, including three separate trials from 40-50-60 yards using 30 arrows at each distance.

Using a ten point target (the center circle is ten points worth, while each of the other four circles decrease from ten by ones) archers can get up to maximum of 900 per day, 1800 points all together.

With the men's record held at 848 points, and the tournament high being 1641 for the two days, the nearly 120 competitors were of very high calibre.

Yet not all of them will qualify for the 1975 National (U.S.) Collegiate Archery Championships scheduled for May 15-17 at Cerritos.

To qualify for this tournament men must shoot a 760 while women need a 720 points 900 round trials, according to Cerritos coach Joan

## Women athletes in current trend

As part of the 1975 International Women's Year Regional Conference hosted by Cerritos College, a special seminar on "Women in Athletics" is scheduled Wednesday, April 23, at 1 p.m. in the campus bookstore classroom 111.

The class-lecture will cover the current trend of women's athletics and its future. The moderator will be Cerritos College Coordinator of Women's Athletics Rhea Gram and Carole Riker of Cypress College.

# Tracksters lose final, finish 5th

By DAVE COLEMAN  
TM Staff Writer

The Cerritos College track team finished its dual meet season last Friday by losing to San Diego Mesa, 66-79, giving them a South Coast Conference season record of 1-4, placing them fifth in the conference.

During the course of the meet, four dual meet records between the schools were broken, in the 880, the mile run, the mile relay, and the high jump.

Running against the wind, Jeff English finished the mile with a time of 4:17.4, breaking the dual meet record set in 1970 by Mike Bernal of Cerritos which stood at 4:19.3. English also ran for a first place in the three mile, finishing with a time of 15:09.7, with Dave Crockett of Cerritos finishing third.

In the 880 yard event, two runners, one from Mesa and one from Cerritos, broke the dual meet record of 1:55.7. San Diego Mesa runner, Perry took first place with a time of 1:53.8, followed by Gil Acedo of Cerritos finishing second with a time of 1:55.0, his best time of the year.

San Diego Mesa also broke meet records in the high jump and the mile relay.

Gedders of Mesa went 6'8" to break the dual meet of 6'7" set in 1966. Freshman Randy Powell, still suffering the effects of pneumonia, took second place by jumping 6'8". Del Emery, high point man for Cerritos, took third in that event by going 6'4".

Emery also took a first place in the javelin event, throwing for a lifetime best mark of 180'1½", with Dave Mauck of Cerritos taking third. He jumped 21'3¾" for a second place in the long jump, with Larry Anderson taking third.

Henry Homsher threw the discus for a first place, winning with a mark of 136'7".

In the 440 intermediate hurdles, Dennis Singleton finished with a time of 56.4 for the first place, and Don "Harpo" Bell finishing third with a time of 58.0. Singleton also managed to take second place in the 120 yard high hurdle event, finishing with a time of 15.7, with Don Foss finishing third.

Foss also tied for second place in the pole vault event, tying at 13'9". No other Falcon placed in that event.

Dave Lizardi finished behind Cornell of Mesa, in two events. In the 440 dash, he and Phil Serna took respective second and third places, with times of 50.3 and 51.5, while he and Ron Cramer second and third places in the 220 yard dash.

Cramer finished second in the 100 yard dash with a time of 10.3, and Mike Jones finished third.

Mike Spahn and Jim Strickland teamed up to take second and third places in the triple jump. Spahn made a jump of 42'10½" for second place and Strickland went 42'10" for third.

Again, George Beadell placed in the shot put event, taking second with a distance of 43'4", with Grady MacKinick taking a third.

In recapping the track meet last Friday, coach Dave Kamanski says that "there were several places in which we should have won, but we didn't. I had hoped to win at least two or three meets this season, but I guess we just weren't destined to do so."

Last Friday, following the meet with San Diego Mesa, 10 members of the Falcon track team traveled to Bakersfield to compete in the Bakersfield Relays. The most notable performance for the Cerritos squad came when the distance medley team (consisting of Dave Lizardi, Gil Acedo, Carlos Ponce and Jeff English), broke the school record for that event. The old record was set just last year by the same team with the exception of Steve Schindler, running in Acedo's place.

The school record stood at 10:08.8, and was broken this year, with the new school record being 10:06, "an exceptional mark," says Kamanski. Unfortunately, this effort only gained the distance medley team a fourth place finish.

Going into the Mt. SAC relays and the SCC Prelims, which begin next week, coach Kamanski is confident that the distance medley team will be able to break the ten minute mark, and make an even better showing.

As Kamanski had said early in the season, "this year's team is probably the toughest I've ever had... but the SCC is so tight this year." His cautious optimism proved to be well grounded.

When asked about the outcome of this year's track season, coach Kamanski sums it up this way, "We have a good team, but there were just too many events in which we didn't have consistent top marks."

This year's dual meet season did prove to be a gratifying one for this year's Falcon team, despite their SCC record. All in all, the Cerritos team was able to break ten dual meet records and set two new school records.

During the course of the season, Jeff English was able to break four existing dual meet records in the mile run, while Acedo, Lizardi, Ponce, Dave Crockett and Powell, all succeeded in breaking dual meet records in their respective events.

New school records were set by the two mile relay team, which consisted of Ponce, Acedo, Lizardi, and English very early in the season.

This upcoming weekend, the Falcons will run in the Mt. SAC Invitational Relays, which will start Friday and continue through Sunday.

The Mt. SAC relays will serve as preparation for the upcoming South Coast Conference Prelims, which will begin Wednesday, April 30, at Orange Coast College.

According to Kamanski, the finals should consist of only quality athletes.

## Women swingers win another one

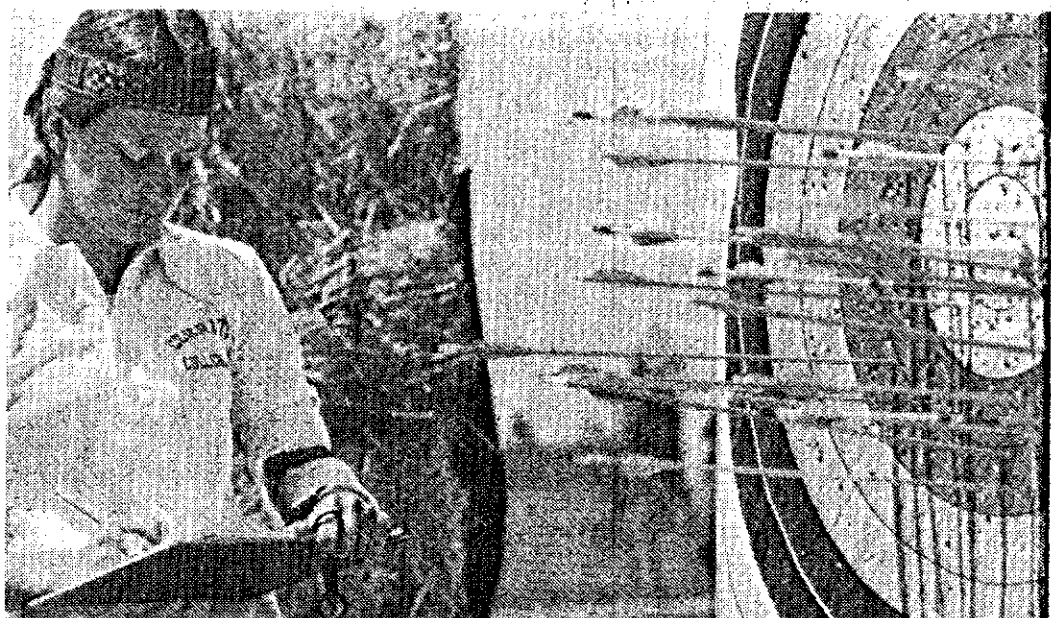
Cerritos Women's tennis team gained another victory last Thursday when they defeated Los Angeles City College, 6-0.

Clearing in both singles and doubles, the team's spirit came through once again.

Standing now with a 5-1 record, the final game for the Central League Tournament will be on Thursday, May 1 at Santa Barbara.

This Thursday, April 24, marks the beginning of another tournament for the team.

Sponsored by the Ojai Valley Tennis Club, the tournament will run from Thursday through Sunday, April 27, in Ventura.



MAKING A POINT — Falcon archer, Marlene Silcock, tallies her score in two day state championships held at Cerritos over the

weekend. Silcock got her point across by leading the Falcon women to an eighth place finish. —TM Photo by Jerry Newton



# Opinion

Editorials • Letters • Columns • Features • Etc.

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## UNICEF is for children

UNICEF is for children, especially those that are hungry.

UNICEF, the United Nations Children's Fund, is working hard to provide both emergency relief and long range solutions to the child hunger problem.

Inflation, population pressures, adverse weather conditions, and shortages of food and other essential commodities are affecting all nations, rich and poor, but it is in the poor, developing nations that the problems of hunger, malnutrition and famine are most pronounced.

India, Bangladesh, Sri Lanka (Ceylon), Ethiopia and West Africa, Somalia and Honduras all faced natural disasters last year, only complicating the existing problems. UNICEF needs your help.

Can you spare a bite to save a life? A contribution of one dollar, the average cost of a hamburger, fries and beverage, will buy a year's supply of multi-vitamins for a child in a disadvantaged nation.

The staff of Talon Marks urges you to help UNICEF save a child.

## Rape — assault or felony?

Rape. The California Penal Code defines it as "an act of sexual intercourse, accomplished with a female not the wife of the perpetrator, under forceful or false pretenses." The key word is sexual.

The very nature of the crime makes it difficult to prosecute. The act of sex is an essential element of the crime of rape. Despite what new morality advances we have made, sex is still an emotional subject—especially in a cold, impersonal courtroom.

The National Organization of Women (NOW) is attempting to change the rape laws by classifying rape as assault.

One spokesperson explains that she feels rape is not a sexual crime, but rather an "attack upon my body."

The main reason for the change in legal classification, however, is in the number of convictions.

The FBI estimates that only one-sixth of all rapes (by a man other than the victim's husband or when the victim is not a prostitute) are reported, that only a fraction of these result in arrests, and that about one-tenth of the arrested end in convictions.

Women fail to report rape for a variety of reasons. Andra Medea and Kathleen Thompson in "Against Rape" point out that an interview with an unsympathetic male policeman can be almost as bad as the rape. A medical examination, especially in a lower-class neighborhood hospital, can be a brutalizing experience.

If and when a trial results, the woman must relate in detail all the circumstances of the incident. Until a recent bill was passed to stop it, a woman's past sexual history could be brought up indiscriminately, while the defendant's past, even if he was accused of previous rapes, could not.

By changing rape to assault, this problem of proving sexual violation will be eliminated. Sexual penetration is not necessary to prove the crime of assault. Women will feel freer to report the incidents, trials will not be so brutalizing, and in the long run, convictions will be easier to obtain.

The Talon Marks supports the proposals that have been introduced toward this end, and hopes that with increased convictions, the incidence of rape will lessen and eventually disappear.

## To have and have not

### Tumbling womens image

By DEBBIE BOLTON  
TM Editor-in-Chief

In hopes of not sounding too oppressed, I'm tired of being laughed at and mocked when I say or write chairperson, councilperson or policeperson; at being sneered at when I ask someone to refer to me as Ms. or hearing a woman is not qualified for a job because it's mans work.

Women are finally being noticed for what they can do, and they can do it just as good if not better than a man.

They are becoming more career-oriented instead of becoming adapted to their stereotyped role as a housemaid/mother with a husband who is out "making" a living.

As Loretta Lynn sings: "You've kept me barefoot and pregnant all these years while you've been slippin' around. Now you straighten out or I'll start, now that I have the pill."

Not all women could feel this way, and sometimes I'm not even sure I believe in being "liberated" in all respects, but the International Womens Year Regional Conference hosted by Cerritos April 23-26 will help explain some of the myths and facts that concern women now and in the future.

"Women Around the World-Tumbling Traditions" is this year's subject and should prove interesting to women and men in seeing what changes have and are being made to adjust a woman to today's world.

Being one of the biggest events on the west coast this year, I would advise every person to register for at least one day and sit in on the seminars, films and discussion groups. If not satisfied at least you'll leave

with a good lunch in your stomach, prepared at the school cafeteria.

Seriously, a better experience such as this, thrown in your very lap at your own school, cannot be compared to any amount of luck.

Speakers featured will be Jessica Walters, Caroline Bird, Adela Rogers St. John and various instructors on campus and from other communities and countries.

The conference is designated to celebrate 1975 as International Women's year as proposed by the United Nations, the U.S.A. and the California Assembly.

Registration will begin April 23, Wednesday at 8 a.m. in Burnight Center. Packets will be passed out concerning the modules plus lunch and dinner information for the four day events.

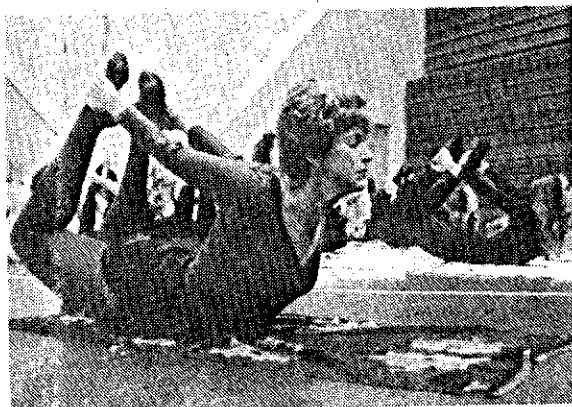
Housing for out of state or county visitors will be furnished if the individual has registered before April 2. Hotels and/or private homes will be offered according to which the individual desires.

Child care is also available, but doubtful unless the individual registered before and requested April 2. Rates will vary according to how many children there are.

This conference, based on women changing roles in life should not be mistakenly judged for women only.

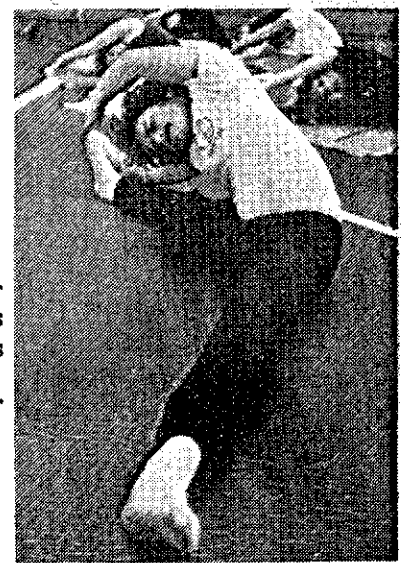
It's made in the interest that both women and men will be informed. The topics covered will be oriented to men and women both, with discussion groups as part of the modules to clarify how both sexes feel on a given subject.

Even though I don't think husbands keep their wives barefoot and for that matter pregnant anymore in California, maybe the conference will better help understand why.



**BEND AND STRETCH** — Students and teachers, young and old alike, bend and stretch their bodies into the various yoga positions in order to tone their muscles and ease their minds. Yoga instructor Mrs. Edith Roberts (top left) demonstrates one of the various positions for her class.

— TM Photos by Glenn Luekar



## Supple body yields agile mind — Yoga will help to develop both

By SUSAN WARD  
TM Staff Writer

"Go sit in the corner and concentrate on bettering yourself!"

Once this sort of thing was done as a punishment, maybe it still is at times. The actual position may resemble the "Lotus," one of 84 body positions used in exercising Yoga—and it can be done for college credit.

"A few years back Yoga was thought of as something only kookie people did," said Edith Roberts, who teaches Yoga classes at Cerritos, "but now it's really changing."

Since the first Yoga program started three years ago, a new class has been added each consecutive year. Currently 195 people in the Cerritos College area are taking a T.V. Yoga class being offered through Community Services.

But what is Yoga? Where did it come from? And what does it do for Yogis and Yoginis (women practicing Yoga)?

"These are the questions students usually wish to answer when they sign up for a Yoga class," said Roberts, "but mostly they want to improve their bodies, mentally and physically. That's what Yoga is all about."

Yoga is the age-old science of self-development and the oldest form of physical culture known to man. The word "Yoga" itself is a Sanskrit term meaning to yoke or to join.

Ideally, all the powers which the human individual possesses, physically, mentally and spiritually are united with the supreme or universal consciousness.

Divested of the superstition and myth that surround many religions, Yoga contains nothing that could be abhorrent to any faith or creed.

Instead Yoga has many facets, each reflecting a portion of its goal for total self-development.

Hatha Yoga, that facet which seeks perfection through control and purification of the body through physical exercises, is a prelude to all other forms of Yoga.

"Before training oneself in other areas, the body must be in shape, the spine in condition," said Roberts.

It is virtually impossible for one's mind to be at rest—relaxed, uncluttered—when one's body is tense and taut, its nerves bunched and constricted.

Hatha Yoga is a savior for many busy people who feel a sense of pressure, hurry, and worry. Relaxation provides a conservation of energy and affords a greater chance of improved concentration and work production as well as retarding fatigue.

One Yoga student explained, "Even though some of the Yoga positions are painful, straining my arms and legs and making me feel and look like a pretzel, when I let go after each exercise (the rest position or Dead Man's Pose), I really feel relaxed—so relaxed that I once feel asleep between poses."

In terms of relaxation and the slowing of body processes, Yoga is capable of bringing one's basal metabolic rate to a level not usually

reached," said Roberts, "not even in deep sleep."

Physical exercise is aimed at reaching muscles, organ fibers and nerves.

When a person jogs he exercises seven per cent of his body. If he bicycle rides 12 per cent, and if he plays handball a greater percentage yet, but if he is practicing Yoga he will eventually reach all 100 per cent.

Reaching 100 per cent of the body is achieved by deep breathing and exercises which produce smooth, relaxed muscles.

Emphasizing the principle of the sustained stretch, Roberts explained that, "The difference between Yoga and other forms of physical exercise (including calisthenics) is that Yoga postures are held in complete stillness."

Slowness of movement and depth in breathing are the distinguishing characteristics of Hatha Yoga.

"Yoga leaves a person refreshed and relaxed," said Roberts. "Instead of drained and sore, as in the case of other physical exercises and 'warm-ups', the individual completing an Asana (Yoga posture) is usually invigorated."

There are no sudden motions or jerks in Yoga, and hence no exhaustion. There is a gradual toning of the muscles. They become smooth, while the spine remains supple.

Suppleness, muscle toning, and relaxation are not only vital boosts to body health but also to youthfulness. Age is often associated with deterioration of quick minds and agile bodies, but much can be done to retard or delay this process.

As a result of its promise for youth and relaxation, schools are not the only places where the art of Yoga is being taught.

Downtown office groups are attending Yoga sessions nearly everyday. Empty offices serve as gyms and the approach has improved outlooks and production to the degree that management is picking up the bill for many of these "coffee-break Yoga sessions."

Yoga is said to have something for everybody—the body as well as the mind. It's a matter of toning.

## EARTHBLOOD

### The road we must take

By AL BENTON  
TM Feature Editor

Whatever happened to Earth Day '75.

The spirit of the earth re-born, of the spirit of life re-born in springtime seems to have lost its luster and charm.

Earth Day '75, scheduled for the first day of spring, passed by with nary a sound, unnoticed by most.

With the deflation or whatever the present state of the economic structure is called, it is hard for any of us to rationalize environmental restraint.

One positive aspect of the current economic difficulties is that it is forcing us as a country and as a people to choose the path we will take.

The choice is ours. Will it be a return to the 19th century mentality of exploitation and destruction still prevalent today, or will we take a step forward and choose the path of a continually expanding 'Land Ethic'?

The following excerpt from comments made by Russell W. Peterson, Chairman of the Council of Environmental Quality, American Association for the Advancement of Science, explores some of the problems and the barriers faced in the development of the 'Land Ethic'.

"Ecology, I'm afraid, is in danger of becoming synonymous with a soft-headed desire to repeal technology and reinvent the Garden of Eden. When ecological concerns come into conflict with other social needs or appetites, as they increasingly do these days, policy-makers in industry and government tend to regard ecology as a desirable but dispensable extra.

"On the contrary. Our biosphere, the subject which ecologists study, is the meat and potatoes of human life. It is the other things, the supposedly 'fundamental' and 'practical'

concerns of society, which are society's dessert—the extras made possible by man's primeval success at securing, through the good luck of evolution, the most favorable niche in the chain of life.

"The general impression seems to be that in 10 or 15 years our energy crisis will be over and we can relax and resume our comfortable rate of economic growth, our American standard of living.

"On the contrary, I think our past patterns of exploitation of the earth's resources, coupled with the deeper political significance of the Arab's quadrupling world prices on oil, confront us with the necessity of altering our conceptions of growth.

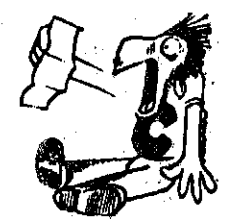
"Far from being a doomsday ecologist, a limits-of-growth man, I favor continued growth—but only after we have sorted out in our minds the difference between growth and consumption.

"All of us have opted for environmental damage, albeit unwittingly, by voting for convenience with our dollars. And we will all have to change our ways—either unwillingly in response to one shortage after another, or willingly in response to the twin perceptions that everything affects everything else and that we are spending not only our dollars, but our earth."

My thanks to the "Conservation News" for the use of the above quote. It is the work of groups such as the National Wildlife Federation, which publishes "Conservation News," that will eventually inform and educate us all to accept the "Land Ethic" as a way of life.

PITCH IN!

## Letters



Editor:

It is my considered opinion that the recent student senate action regarding the Cerritos College employee discount at the bookstore was well intended although misguided. The bill submitted should have eliminated the ten per cent discount altogether.

I can appreciate the attitude of the 774 classified and certificated employees of this school, the attitude that the discount is just one of the benefits of employment here, much as a vacation is. However, the bookstore is ostensibly operated by and for the benefit of the students, not the employees.

It seems ironic that the only school employees who do not qualify for the discount are the student workers who earn the enormous wage of \$1.99 an hour. In any case, what student makes the equivalent salary of a school employee?

It's my understanding that the bookstore is operated by the student body for the benefit of the student body. If so, I can't fathom why it should allow a discount to those who need it least. If the discount can't be extended to everyone, it shouldn't be extended to anyone.

Michael Reiley B9697

## Talon Marks

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