

Talon Marks

Vol. XIX, No. 4

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

Wednesday Oct 16, 1974



FRIDAY MINI-CONCERT — The "Hello People" will be among performers in Friday night's mini-concert in Burnight Theatre at 8:15 and 10:30.

Joining the comedy troupe is the song

team of Batdorf & Rodney and singer-guitarist Casey Anderson. Admission is \$2 with ASCC card and \$2.50 otherwise. The two performances are sponsored by the ASCC at the instigation of Coleman Mobley, commissioner of student activities.

News items

Board meeting

The date of the next regular meeting of the Board of Trustees of the Cerritos Community College District has been changed from Oct. 15 to Oct. 22.

The meeting will be held at 7:30 p.m. in the college board room.

'Iceland' film shown

The film "Iceland" will be shown Oct. 24 at 8 p.m. in the Student Center.

A visual record of Harry Reed's study of Iceland, the film contains unique footage of the famous volcanic eruption in Iceland.

Student admission is 50 cents.

"Fat Black Mack" and "Pollyanna" are the two films scheduled for the children's matinee Saturday, October 19, at 10 a.m. to 12 noon in the Cerritos College Board Room. The movies are free.

Transfer applications

Students who intend to transfer to a California State University or College or to the University of California for the 1975 fall semester or quarter must file their applications from Nov. 1 through 30, 1974.

Malnutrition talk tonight by Briggs

The second of a four-part lecture series is scheduled tonight featuring Dr. George Briggs professor of Nutrition at UC Berkeley, whose topic for the evening will be "Causes of Malnutrition".



SPEAKER BRIGGS

A co-discoverer of Vitamin B-12, Dr. Briggs is presently involved in more research about vitamins.

Dr. Briggs was formerly head of the Department of Nutrition at UC Berkeley. He was also president of the American Institute of Nutrition, Chief Nutrition Unit, National Institute of Health, Bethesda, Maryland.

Executive Editor of the "Journal of Nutrition," he has been listed in "Who's Who in America and has co-authored a book of his own, "Nutrition and Physical Fitness."

Dr. Briggs spends time lecturing on such topics as "Nutrition in Society," "Nutrients and What They Do," "Everything You Wanted to Know About Nutrition But Were Afraid to Ask," and "Economic Benefits of Eating Well."

The next scheduled lecture in the series will be Nov. 6 Dr. E. Cheraskin, department chairman of oral medicine at the University of Alabama, will be speaking on "Diet and Disease."

Concluding the series will be Dr. Wallace C. Ellerbrock, surgeon general and psychiatrist. "Language, Thought and Disease" will be his topic on Nov. 20.

With a full house at the last lecture, those interested in attending should pick up tickets in the box office of the Student Lounge as soon as possible a spokesman said.

Court being chosen in today's balloting

Gala activities highlight next week; Homecoming Queen election 29-30

Balloting yesterday and today will decide who the seven finalists are who will make up the homecoming court. Of the seven finalists elected today between 8:30 and 2:30 and 6:30 and 9:30 p.m. one girl will be crowned homecoming queen during halftime of the Cerritos Mt. Sac football game.

The biggest voter turnout of the year is expected in the two day election which began yesterday and will finish tonight at 9:30 p.m. Voting takes place in front of the Student Center and the Social Science building.

Court Activity Week starts Oct. 21 and continues through Oct. 25. Everyday of the week will feature a different activity that involves the seven candidates.

A roller skating contest in the quad is planned for Monday, with the girls competing against each other.

A mock rally, with one man from each club representing a candidate will be held on Tuesday. The men club members will do a parody on homecoming, on the south stage of the student center.

Hula Hooping and bubble blowing contests headline Wednesday's activities. The quad is the setting for the contests.

An activity luncheon is scheduled for the homecoming candidates on Thursday at 12 noon, on the south stage in the student center.

Booths will again be located at the student center and the social science building for the final queen elections on Oct. 29 and 30. A brown ID card is required to vote. Voting will take place from 8:30-2:30 and 6:30 to 9:30 p.m.

A full slate of activities is planned, starting

at 1 p.m. when the judges will be escorted to the float judging. The judges reception will begin at 2:30 on the south stage of the Student Center.

At 7 p.m. preparation will begin for the crowning of the queen, and the half time parade.

At half time of the football game between the Falcons and the Mounties the 1974

homecoming queen will be crowned. A parade of all the floats, including the judged winners will also take place during the half time segment of the game.

After the game, the new queen will accept a football from the team signed by all the players.

An after-game dance will be held at 10 p.m. in the Student Center with a band of the 50's.

Accreditation team studies college picture

By RAUL ACEDO
TM Assoc. News Editor

A team of education experts representing the Accreditation and College Commission for Junior Colleges of the Western Association of Schools is scheduled to visit Cerritos Oct. 22-24.

The evaluating team will point out any notable strengths and weaknesses that could significantly affect the students education program. They will then recommend steps to correct any weaknesses.

"If everything is alright, we won't have another accreditation team on campus for the next ten years; however, we will submit a self-study in five years," said Dr. John D. Randall, vice president of instruction.

Cerritos College has never failed to pass the rigid accreditation requirements.

The evaluation team will be made up of 14 college administrators, instructors and consultants from 12 colleges throughout California.

The visiting group will judge how well overall Cerritos is doing what it claims to be doing, and decide whether or not the college is meeting current college level requirements.

The functions and objectives of the college will be under scrutiny as will academic philosophy and master planning.

The evaluating team will also look into the curriculum development process at Cerritos. Particular interest will be paid to special curricula such as Chicano Studies, classes for the handicapped and remedial courses, officials said.

Instructional objectives, the role of the instructor, individualized instruction, tutorial services, class sizes and the balance of full and part-time faculty, will be examined.

Faculty teaching loads will be looked into and teaching performances will be evaluated. In addition student personnel services such as vocational and academic counseling will be investigated as will job placement and intercollegiate athletics.

Accreditation team members will appraise community services, learning resources, facilities and equipment.

The evaluating team will communicate its findings, judgements, and recommendations to the accrediting commission, which will make the actual decision on accreditation. They will also decide whether or not Cerritos has been carrying out the recommendations of previous commissions.

Any student or staff member who wishes to be heard on items regarding the college may approach the evaluation team.



DEAN PAIGE

Cerritos at night; services continue

By BILL SCHANIEL
TM Assist-Sports Editor

"Cerritos College" to a lot of people begins after 4 p.m. and runs nights and weekends. Its students average about 27 years of age and generally carry from 4-6 units.

Charles Paige, dean of extended day, says that roughly 13,000 students go to Cerritos

College at night. Of the some 7,500 students who attend college full time, only about 6,000 are strictly day class types.

Along with regular college faculty members who also teach a night class or two in their schedule, the program includes about 350 part-time teachers. Around 4,000 students attend classes in the Community Services non-credit program.

Classes are not all held on the main campus at the corner of Alondra Blvd. and Studebaker road. Several area schools and other facilities serve as auxiliary campuses for a variety of courses, ranging from academic to vocational.

The Cerritos College Extended Day program is somewhat unique, Paige said, in that all the institution's offerings are under one administration. Many community colleges have a different set of administrators, counselors and other personal for the day and night sessions.

Paige said the one school arrangement has several advantages, including the area of operating costs and finances. Another benefit is seen in the many courses that can be offered to meet growing needs of the community.

Many classes offered in the Extended Day schedule are the same as those in the day program. However, many classes are also designed to meet adult education needs, vocational requirements, and a variety of community service areas.

Paige said, "People who go to school at night after working during the day are usually pretty serious about school."

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Jingling bells ring out 'individuality'

BY TIM LAHR
TM Assist. News Editor

From his waist and down the pants leg hangs a string of bells that cause a ringing clinking twinkling which can be heard from across the quad.

Honk! A bicycle horn is hooked onto an especially sewn loop on the other leg. The pants are patched with a rainbow of colors, stitched together with bright embroidery thread.

The student is Lee Bourdages, who studies art here — and proclaims himself as an "individual".

Humph! You scoff and say there is no such animal. Or, that everyone is an individual. Whatever, Lee's striking appearance sets him aside.

His blown-out brown hair is topped with a hillbilly hat which seems to compliment the fuzzy beard. His sharp green eyes hint of

ambition, while his mind crackles with reality.

With Lee being one of the most noticeable persons on campus, I set forth to talk with him. I tried to center the conversation around non-conformity and individuality.

Our first meeting was held in the main quad among the hussle of students finding their way to classes. I began by asking, "What about individuality?"

Lee blinked and then looked toward a female student passing by. Honk! Went the horn, she turned to see, while at the same time Lee gave her a smile and raised his hat a couple of inches above his head.

"You were about to say something Lee."

"Everyone has their own subjective realities," Lee said. "Some people have the same subjective realities. And those people with the same subjective realities go together."

He started to go on, but a friend sat down next to us and Lee began talking with her.

"Lee," I pleaded, "Can we go on. What is a subjective reality?"

"My whole life changed at this Grateful Dead concert last year and there was something cosmic..."

Lee was interrupted by the girl and as they began talking about various concerts they went to, I tried to piece together that last puzzling statement.

"Hold it," I exclaimed. I soon realized that talking with Lee would be very philosophical, as well as mind-boggling. So we agreed that the surroundings were not conducive to a good interview, and decided on a quiet place with a more suitable atmosphere.

At our next get together, I found out that he has a firm conviction in his philosophy and

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Student's fashion jingles the world



(Continued from Page 1)

way of thinking. During our brief meeting, I tried to reach for a better frame of understanding. But he did most of the talking, presenting somewhat of a picture that makes up him as an individual.

We began where we left off... the Grateful Dead concert that seemed to change his life and put his mind in the perspective it is in today.

"At the Grateful Dead concert, about a year after I got out of the Army, I really got turned around. I was basically pretty frustrated, I was not getting any satisfaction out of anything."

"So I decided, after seeing all these people, 30,000 people partying, they were having one big party, good and hard. And the Grateful Dead were up there playing, playing, and playing. And I thought, 'yea, I have to have more of this enjoying the day routine, so I have to clean up my act.'"

Lee goes on to say that there is definitely something karmaic about the Dead. And he may be inspired by Jerry Garcia, the lead guitarist. "Anytime I have seen a picture of that cat, or seen him live, he is always smiling. He must get so much enjoyment out of each day."

Thus as a result of that Grateful Dead concert a year ago, Lee comprised a set of ten commandments to fit him.

"If there is going to be ten commandments, why not personalize them," says Lee. "Why not have them for myself. They are basic rules for behavior for getting by with other people and getting by with myself."

He came up with a set of simple rules that everyone is taught when growing up. They are written with regards to other people, and interaction with them. The terminology he uses are words that best suit him.

The commandments include: number 3; Thou shalt stimulate and enjoy, number 4; Thou shalt not get bitchy, number 5; Thou shalt try to understand and respect others taste and identities."

Lee says that these commandments are part of him and are part of his way of living and thinking. Everything contributes to his day. He considers his life as a day to day

happening, but each moment is an event. "If it were to be graphed, it would be like a hologram. It is all one event. The English language makes you segregate all your sense perceptions."

"For example, I have this piece of tobacco on my tongue and it tastes like hell; it is fairly warm in here, and there is a certain smell here. Now, people will take and isolate each one of these sensory references to the event and think in terms of separate things. But they are all the same."

These same ideas which Lee applies to his day to day, also are presented in his personal appearance. After all, it is his outward appearance that causes people to notice him.

As he noted, "People tend to notice the uncommon. They make a sharper impression than the common."

He considers his appearance, especially his pants, an extension of his personality. "It is an expression of what I feel comfortable, what I feel fit to be seen in public or what I feel looks different enough so that it does not look like it was bought at doughboys." It is a matter of individuality.

Besides the horn and bells, Lee also wears pieces of cork, turkey bones and material put together with macrame. "The only clothes I wear in public," says Lee.

The bells, horn, and everything all come together, they are all related.

"They are being related. Take these bones, they happen to be from the same turkey, last Thanksgiving. A very important meal of my life," adds Lee with a happy sounding belch. "Since I was starving to death at the time."

Starting to ask the questions, he goes on. "So how do you relate starvation to a horn?"

"Good point."

He begins to philosophize. "The whole difference between the Newtonian universe and the Einstein universe is that the same data has just been re-related. The next person will come along and throw all the data in a Shake 'n' Bake bag and then spread it out. He now has a new universe, but is not much different."

"The horn is attached to a part of my pants leg, and the bones are attached to my other pants leg. So turkey bones and horns form just another tiny bit of 'my' universe. They can go together."

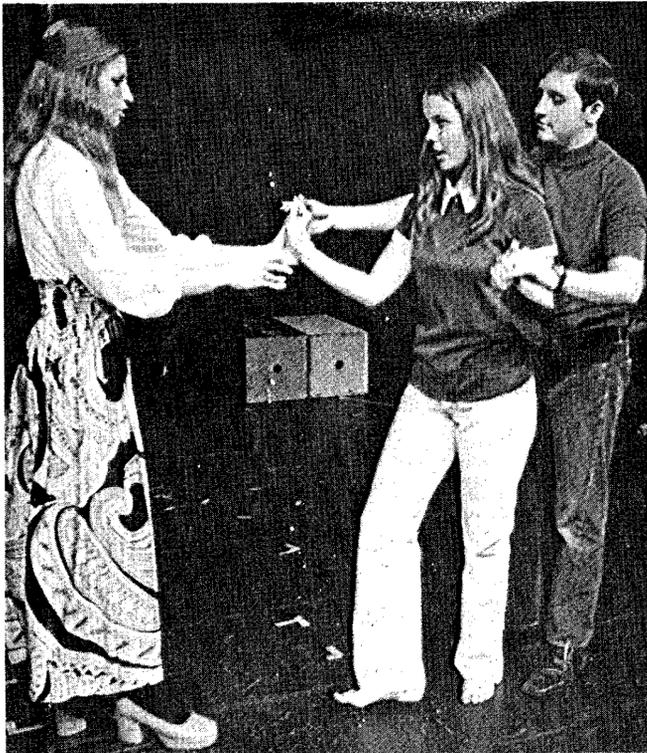
Lee comments about all the things on his body by saying that most of it was donated by friends. And he adds, "If you really want to learn about something, you should wear it for awhile."

He says that all these things are part of him and make up his personality. "I do not do it for my personality," Lee emphasizes. "I do not do it to promote my personality, it just comes out, this way. Later on I can look back and say, well, yeah, that's where my head was at."

Lee is also trying to express himself through his art. In a self-portrait, he put more effort on the pants and patchwork because, "The pants identify me. The face is not as important."

Lee is neither a freak nor just another face in a crowd. He says people may learn from paying attention to him. He is communicating with people by his appearance.

"That is where it is at. You will get more satisfaction by paying more attention. It is like... I think this is far out, and I would like to turn your eyes toward it and see that it is far out too."



DANCE ROUTINE — Choreographer Cynthia Post works on routine with Julie Peterson and James Mann as theatre arts students prepare for the season opener, two

original one-acts. "Dummies," a comedy, and "The Dictionary Show," a musical revue, will be presented Nov. 6-10 at 7:30 p.m. A matinee on Nov. 7 is scheduled for 2 p.m. Lee Korf is directing. — TM Photo by Bob Ott

Burnight scholarship Funds now available

A new scholarship fund has been set up to aid Cerritos College students majoring in the Fine Arts, according to Nello Di Corpo, Dean of Community Services.

The Ralph F. Burnight Scholarship has been established by the Cerritos Fine Arts Associates, a community group interested in the Fine Arts, of which the late Dr. Burnight was a charter member.

The scholarship fund is administered by the fine Arts Associates Scholarship Committee, which is composed of members of the community, college administration and faculty.

The scholarship is now limited to three full-time students who are majoring in the Fine Arts and have completed at least 30 units. The scholarships will be \$100. The recipients will be selected by the division chairman.

Last semester two scholarships were awarded. Judy Halverson, an art student, and James W. Mohler, a music major, both received \$100.

The Ralph F. Burnight Scholarship Fund now contains \$1165 gathered from donations to the Fine Arts Associates. Funds have also

been collected from benefit performances of Cerritos College Story Theater and the Bellflower Symphony as well as a percentage of the proceeds from the Associates' functions.

"As the available funds grow it is hoped that the scholarships can be expanded," Di Corpo said.

"We would like to award scholarships to graduating high school seniors who are coming to Cerritos and to Cerritos students transferring to a four year school as well as the sophomores," Di Corpo said.

Data professor Norman dies

Dave Norman, 40, associate professor of Data Processing at Cerritos College, died last Friday at his home. He had been an instructor here for nine years.

Norman is survived by his wife and two sons, 11 and 13.

Authorities said Norman is believed to have committed suicide.

The family has requested a scholarship be established in David Norman's name. Those interested in contributing to the fund can make contributions to the Student Activities office.

Cerritos

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On the question of night people not getting as involved in campus activities, such as voting in student elections, Paige said that for most it's a matter of time, and other interests.

Statistics show that very few Extended Day people vote in student body elections (Associated Students of Cerritos College), although they pay the same student body fee as regular day students.

Extended Day is simply a continuation of class scheduling, according to Paige. "Classes at Cerritos start at 8 a.m. — some earlier — and are scheduled all the way through to 10 at night," he said.

"We're all Cerritos College. We just go to school at different times," he added.

'Stop Smoking' Clinic

The "Stop Smoking Clinic" will be held for one week from Oct. 28 to Nov. 1 from 7:45 p.m. to 10 p.m. at the Cerritos College Board Room.

The clinic is designed to help smokers "kick" the habit and will feature lectures, films, etc.

Free of charge, no pre-registration is required to attend the clinic.

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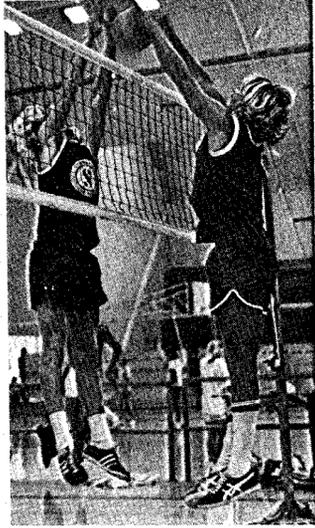
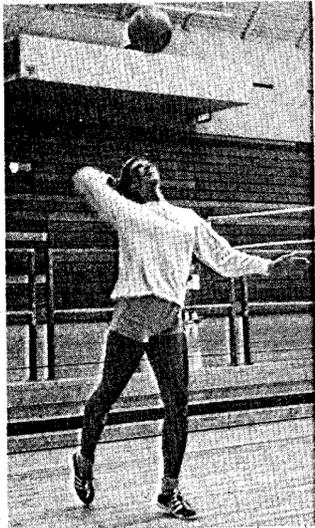
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Metro teams too much for Cerritos



VOLLEYBALL POWER — The volleyball portion of the Cerritos College intramural program is currently underway every Tuesday and Thursday in the gym. Several teams have been formed in the league, but there's still room for more. In top left photo, Smilin' Cathy Kruse gets ready for the over-

hand serve. At top right, Duke Parmelly (left) and Jim Hamilton battle it out at the net, with Hamilton appearing to have the advantage. Sam Bettencourt, bottom, prepares to spike the ball while an unidentified opponent thinks otherwise. —TM Photos by Rick Ruiz

Falcons end pre-season losing to Pasadena, 7-3

By ANDY FURILLO
TM Sports Editor

The Cerritos College football team ended its non-conference season essentially the same way they opened it, losing to a Metropolitan Conference power. The Falcons lost an away game to the Pasadena City College Lancers, 7-3.

Cerritos' record dropped to 2-2 on the season while Pasadena, the third-rated junior college football team in the state, remained undefeated with a 4-0 record.

No game is scheduled for the Falcons this weekend as the entire South Coast Conference will take a week off before moving into regular season play on October 26.

Falcon head football coach Ernie Johnson hopes the leisure time will give his team some time to work on its biggest nemesis — itself. Fumbles and penalties, not to mention Pasadena's sub-10 second runners, prevented Cerritos from upsetting the Lancers.

"We're gonna try like crazy to eliminate these type of things before the conference season opens," Johnson lamented, "otherwise, we won't be able to play anybody."

A fumble inside the Pasadena 10-yard line, another on the Lancer 45 and seven penalties for 55 yards killed the Falcons.

Some of the penalties came at the most inopportune times.

—Pasadena quarterback Jim Lejay threw an interception to Cerritos' Dennis Singleton on the first scrimmage play of the game. Cerritos quarterback Duane Matthews, in business from the Pasadena 38-yard line, went to the air on the first play and hit Don Murvin with an 11-yard pass. Cerritos is rolling, right? Well, they would've been, but an offensive lineman was caught holding on the play. The drive proceeded to choke.

—In the third quarter, Falcon punter Dan Almanza faked a punt and ran for the first down on a fourth-and-one play. He gained five yards, good enough for the first down, but Cerritos was guilty of illegal procedure. The first down was nullified and Cerritos had to punt for real.

—A personal foul call and two offside penalties against Cerritos helped spark Pasadena in the game's only touchdown drive in the third quarter.

Then there's the case of Pasadena's exceptional speed, both offensively and defensively. Quarterback Lejay gained 109 yards in 18 carries to lead Pasadena. He was most effective on rollouts, and his scrambling ability also upset the otherwise superb Cerritos defense.

They held Lejay to only 28 yards in the first half before Pasadena decided to utilize his speed to the utmost in the second half. Lejay was entirely too fast for the Cerritos defensive ends.

Fullback Kessel Thompson, with 74 yards in 13 attempts, established the Lancers' inside running games.

Lejay was hesitant to throw following Singleton's interception, so the Lancers stayed primarily on the ground. They rushed for 275 yards on the way to a 306-yard night in total offense. Cerritos gained 209 yards, 108 on the ground and 101 through the air. Pasadena won in first downs, 14-11.

Highlighting Cerritos' night was the all-around play turned in by the defensive unit. Every pass that Lejay threw was a threat to be intercepted. This was due to the improved play of the Cerritos secondary, and the fact that nearly every pass Lejay threw resembled the Goodyear blimp.

Singleton, replacing Jim Strickland at strong safety, nearly intercepted another pass and recovered a Pasadena fumble, while both Phil DuBois and Steve Eades came close to intercepting passes for Cerritos.

Up front, Richard Brown was unofficially credited with 10 tackles in the game, while Don Holmes was in on eight. Defensive end Graco Farrell made one of the better defensive plays of the year for Cerritos, getting to Lejay almost as soon as the ball did from the center in second quarter action. Farrell rapped the ball loose from Lejay and pounced on it for the Falcons.

If Farrell were playing for Ohio State, Woody Hayes would've given him a little Buckeye to put on his helmet.

Pasadena's seven points was its scoring output of the season, and the 306 yards was another Lancer low.

Cerritos' only score in the game came on a 35-yard field goal by substitute kicker Tom Zurn, who was replacing the injured Dave

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Carson. The passing and running of Duane Matthews set up the scoring kick.

It appeared that Matthews play calling was a little too conservative in the game, especially in the first half when he threw only six passes. Johnson had a reason for this.

"The Pasadena guys are the kind that can really physically hurt you. We didn't want to expose Duane to any injuries before the conference season opens," Johnson said.

Matthews was sacked three times in the second half, but did manage to finish the game completing 12 of 21 passes for 101 yards. Most of his completions were check-offs to a man coming out of the backfield.

Cerritos' running game never really got started in the game. The reason why was Pasadena's defense, led by middle guard Maylon McKay and linebacker Mike Moore. Football fans will hear more of McKay when he transfers to a four-year school.

Cerritos 0 0 0 3 3

Pasadena 0 0 7 0 7

How they scored:

Pasadena: Lavell Sanders 5-yard run at 8:51 of third quarter. Capped 69-yard drive in nine plays. Key plays: 15-yard personal foul penalty against Cerritos, Thompson 26-yard run. PAT: Don Serrano kick. Score: Pasadena 7, Cerritos 0.

Cerritos: Zurn 35-yard field goal at 0:44 of fourth quarter. Capped 47-yard drive in eight plays. Key plays, Singleton recovery of a Pasadena fumble at Pasadena 47-yard line. Matthews 10-yard run, Matthews 14-yard pass to Bill Vincent. Final Score: Pasadena 7, Cerritos 3.

Tyne expects interesting game with Roadrunners

This Friday afternoon the Cerritos poloists travel to Rio Hondo College for a non-conference match in mid season.

"It should be a very interesting game," said Cerritos coach Pat Tyne about the game with the Roadrunners. Tyne felt that both teams were pretty equal in play, both having beaten Santa Ana College.

Last Friday the Falcons challenged the Orange Coast Pirates and lost 7-11. The game was very close up to the half as the teams left the pool with a score of 4-5, Pirates.

But when the game started again, the score changed dramatically. With the Falcons scoring only one goal, Orange Coast chalked up five in the third period. In that last period Cerritos hit two more goals and Pirates got one, leaving the final score 7-11.

Mike Fewell was the only Falcon to score twice in the game for Cerritos.

Three days earlier, Cerritos met and defeated the Santa Ana Dons in their first South Coast Conference match.

The Falcons dominated throughout the game, opening with a 4-2 lead in the first period. Jack Parmelly was the main reason for Cerritos' quick lead as he made three of the four goals.

Two more points a piece in the second quarter left the half time score at 6-4. Again it was Parmelly keeping the Falcons in front picking up one of Cerritos two goals.

In the third period Cerritos' outscored the Dons again, 3-2, upping the score to 9-6.

In the last quarter the Falcons let loose, blasting Santa Ana out of the water with four more goals and holding them scoreless.

The final score was 13-6 in favor of the Cerritos Falcons.



UNDER PRESSURE — Mike Fewell (28) unloads a shot against Orange Coast in last Friday's water polo game. Fewell scored twice in the game for the Falcons, but it wasn't enough as Cerritos lost the game 11-7.

Cerritos travels to Rio Hondo this Friday for a mid-season non-conference game. The results of yesterday's water polo game against Fullerton were unavailable at press time. — TM photo by Patrick Pregre

Classes offered here

Yoga invades athletic idiom

Reggie Jackson, the Oakland A's all-star right fielder that you've had the pleasure, or displeasure, of watching in the World Series against the Dodgers, has been bothered throughout his career by a series of pulled muscles in his legs.

It's gotten to the point where he spends just as much time in the whirlpool bath as he does in the batting cage, so in the off season, he's planning on taking up a practice nearly as old as man himself.

"I think I'll take up yoga," Jackson was quoted as saying in the paper last week.

If he does, Reggie won't be the only athlete involved in the practice. The football coach at Saddleback College has initiated yogi exercises into his team's conditioning program, and the California Angels take a couple of Long Beach State graduate students with them to Palm Springs every year to help them loosen up.

The two students can also be seen a few hours before most Angel games at Anaheim Stadium leading some of the players, including Nolan Ryan, through some stretching exercises out on the outfield grass.

What Reggie Jackson is planning on, and

the Saddleback College football team and the California Angels are practicing is Hatha yoga, or perfection through control and purification of the physical body.

A Hatha yoga class is currently being taught at Cerritos under the auspices of the physical education department. The instructor is Mrs. Edith Roberts, a 27 year teacher of modern dance.

"I found out through my teaching that the physical aspects of modern dance have their derivations in yoga," Roberts said. "In fact, there is no system of physical culture that doesn't borrow from yoga."

But how would yoga help the football player?

"I believe so much in the value of flexibility as far as the human body is concerned," Roberts says. "When the body is fluid rather than muscle bound, it's easier on the body. What yoga does for the knees, for example, is fantastic."

Be it football, basketball, baseball or hockey, the knees are the most abused portion of the body in sports. Just ask Joe Namath, Willis Reed, Willie McCovey, or Phil Esposito.

Under the established training methods, all

muscles are made as bulky as possible. In the joints, this can be extremely uncomfortable when the blitzing linebacker applies a shoulder while running at top speed. The knee tissue then takes on the appearance of a Harpo Marx hairdo, hence, the need for the Robert Kerlands and Frank Jobses of the world.

A half-hour of Hatha yoga a day could provide a remarkable remedy to this situation. Body postures called Asanas smoothen out the muscles, making them more flexible when external stress is applied.

"The Asanas are designed specifically to stimulate and strengthen the inner organs and nerve centers and to quiet the body and achieve total relaxation," Roberts reports.

"Instead of tiring repetitions of violent exercises as in calisthenics, the postures are held in complete stillness. The muscles are gradually stretched, causing circulation to flow easily through the muscles. There is no exhaustion following the practice, in fact, the body is recharged with vitality."

Roberts is now in her second year of teaching yoga at Cerritos, and like almost every other college campus in the country where yoga is being taught, it is extremely popular.

"Yes, the classes are growing in numbers," Roberts substantiates, "but they're really too large. There should be more classes so we can reduce the class sizes."

"Yoga is an individual thing and there are different levels of progress. People should be worked with more on a one-to-one basis."

One of the biggest problems her classes are encountering, Roberts says, is finding a quiet place to meet. They are currently assigned to the gym, which she likens to Gran Central Station. Due to the bustling atmosphere, the class usually meets outside on the grass.

"Then people walking by wonder what we're doing," Roberts said, and sometimes some naive remarks are directed towards the class. "We learn to put up with it, though," she says.

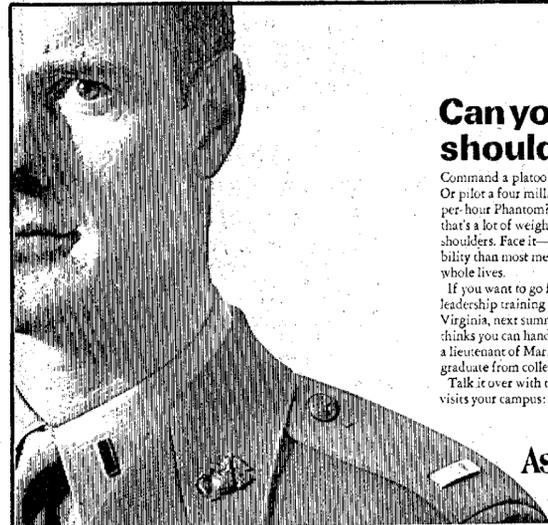
While yoga may prove to be a valuable warm-up technique for athletes, it is directed primarily at the individual seeking relief from the high pace of life that is demanded in our society.

"People want to conserve their energy and learn how to relax," Roberts says.

"Also, its popularity stems from a great interest in seeking the purpose of life."

For the contemplative individual, Hatha is just the first step. Then, it's on to Raja yoga, which deals in controlling the inner self through more dedicated practice.

That's for the coaches.



Can you shoulder it?

Command a platoon of 46 Marines? Or pilot a four million dollar, 1400 mile-per-hour Phantom? At the age of 22 or 23, that's a lot of weight on any pair of shoulders. Face it—it's more responsibility than most men will know in their whole lives.

If you want to go for it, you can begin leadership training at Quantico, Virginia, next summer. And if the Corps thinks you can handle the job, you'll be a lieutenant of Marines the day you graduate from college.

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Aska Marine

CONTACT YOUR CAMPUS REPRESENTATIVE, LT. CHRIS CORTEZ or GYSgt RAY WITT for more information on 21 and 22 OCTOBER 1974 in the STUDENT CENTER between the hours of 9 A.M. and 3 P.M.

Opinion

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.

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Wednesday Oct. 16, 1974

Open a forum . . .

A recent edition of Contra Costa College's newspaper, The Advocate, reported the weekly Senate meeting which was conducted outside with a live mike that allowed the student body at large to express opinions about matters before the elected representatives.

This strikes us as one good way to help solve the constant problem of student apathy.

Most campus politicians claim that there is not enough interest in student government. This might help generate an increased awareness which would hopefully result in corresponding interest and activity — and support.

All the meetings are already open to anyone interested now, but there have not been that many observers or interested parties in attendance.

Having an occasional meeting outside — say, once or twice a month — should help to break the ice and lessen the almost ominous feeling of intrusion by non-government members. By encouraging more outsiders to speak at these meetings, more opinions would be reflected in the decision making process — that of the students and not just the senators.

Providing a good channel for comment by interested observers would hopefully make possible a clearer view of what the student body wants.

At least the easy opportunity would be provided, and criticism about the system not being responsive would be answered.

This would also help answer some criticism that there is a tendency toward "clique-

ishness" within student government circles.

Whether the clique orientation develops before or after a politician becomes a senator or a commissioner is immaterial, but there may be too much of a tendency toward self perpetuation.

An example of the problem can be noted in a recent appointment to a salaried position where the major qualification mentioned at the time appeared to be the fact that the appointee was a friend and belonged to the same social group as one of the commissioners.

If the idea of holding an occasional meeting outside — or somewhere besides the Board Room — is not acceptable, perhaps they should consider adding a spot on the agenda where the public could speak.

Most governmental bodies have a "public communications" or a "forum" item on the agenda.

And, frankly, some of them open the door for a lot of soap-boxing and bother. However, it is the democratic way — and everybody who might speak would not be some kind of a nut. Many a responsible citizen has used this method to communicate to his duly elected representatives.

An open forum — wherever — would allow more students to be more aware of the needs and workings of student government, and widen the numbers who are involved in worthwhile student government activities.

Doubtless the suggestion is not new. But is there such a ready outlet for student feedback?

EARTH BLOOD

Whose land is it?

Pikes Peak and Mount Shasta sold for copper mines — Mineral King bought for 'fairyland' — Mount Baldy sold for rock quarry.

Impossible? No. These mythical headlines could become a reality if the self-serving, short-sighted, everyone else be damned special interests that are loose in Washington, D.C. prevail and gain the passage of H.R. 16676, the Public Land Policy and Management Act of 1974.

This bill affects 600 million acres of public land, 450 million acres administered by the Bureau of Land Management (BLM) and 150 million acres administered by the National Forest Service (NFS) as National Forests.

This measure has been added to a sound bill passed by the Senate. There are five provisions that must be amended or the entire bill must be killed.

1) This bill repeals the only authority under which mining can be banned by the Secretary of the Interior. In its place is set up a cumbersome permit withdrawal system which gives mining interests more influence. The present system should be retained.

2) This bill puts National Forest lands up for sale to private interests with the loggers, miners and stockmen who own adjacent lands given first preference. This provision will

undermine the progressive forest practices set up by the Forest and Rangelands Management Act. This is a massive rip-off of public lands. The National Forests should be left out of this bill entirely. 3) This bill allows unlimited transfer of public lands to state and local governments, with no stipulation on uses after transfer. There should be reasonable limits to these recreation land giveaways.

4) H.R. 16675 reverses a provision of the Endangered Species Act that protects these species by granting them preference in land use considerations. This bill only gives the endangered species equal consideration.

5) This bill grants a statutory guarantee that livestock grazing privileges will be automatically renewed, indefinitely. It also states that half of the grazing fees collected for use of public lands will be used to improve the range, to the sole benefit of the livestock industry.

This measure is an attempt to return to the 19th century mentality of special interest exploitation without regard to the public interest.

This will have a major impact on the people of the L.A. basin. There are 3 1/2 million acres of BLM controlled desert and five National Forests, all rich in timber, grass and minerals, within 300 miles of downtown Los Angeles.

These are prime recreation lands that serve more than 10 million people, providing them with year around activities, of all types, reasonably close to home.

These lands are prime targets in this massive land swindle scheme. If H.R. 16676 passes, these priceless lands will be out of the public's control and closed to their use, left defenseless to the then inevitable onslaught of exploitation and destruction by the corporate robber barons.

Stop the rip-off. Stop H.R. 16676. Write to your congressman or to the House Committee on Interior and Insular Affairs and strongly urge them to amend or kill this bill.

All this will cost you is about a minute and a dime stamp. You could loose much, much more.

PITCH IN!

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 enrolled in the academic journalism program.

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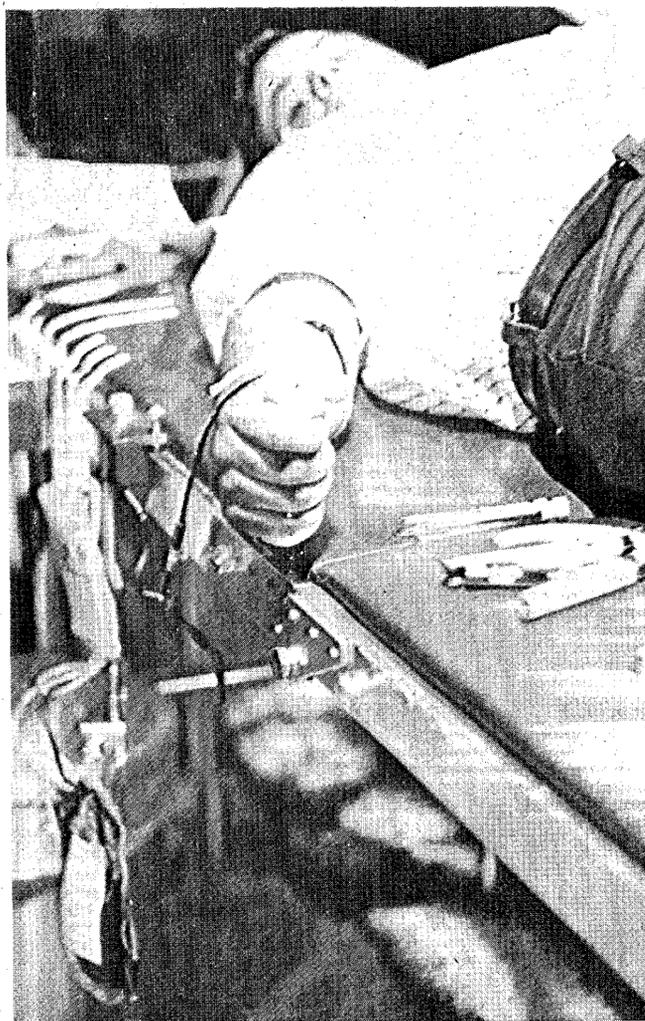
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Talon Marks is published weekly except during holidays, examinations and vacations by the Department of Journalism and Student Publications, C. Thomas Nelson, chairman. Offices are located in Arts and Crafts 34, Cerritos College, 11110 Alondra Blvd., Norwalk, CA 90650. Dr. Wilford Michael, president.

Telephone (213) 860-2451, Ext. 374, 384. Advertising rates will be sent on request. Talon Marks reserves the right to refuse any advertising or editorial matter in accordance with student publication and academic policy.



Recycle life's blood

Blood is life, spread it around.

The American Red Cross has asked Cerritos College to help alleviate the acute shortage of blood in this country.

Blood donated by volunteers is desperately needed.

The high incidence of hepatitis in commercially solicited blood makes this source undesirable. There is a test to detect hepatitis in blood, but it has only 60 per cent accuracy, leaving recipients with a 40 per cent chance of contracting the disease.

The Red Cross needs good clean blood. So far 275 students, certified and non-certified

employees have signed up to give their blood. This is an increase from last year's 158 actual donors, but only 70 to 80 per cent are expected to donate.

The blood drive continues today.

If you are one of Monday's no-shows, or if you are not signed up, go over and give. It won't take long and it's really not painful.

An added bonus to you is that you will learn your blood type and your blood pressure both could save your life.

Recycle life; donate blood. The life you save may be your own.

—TM Photo by Wendy Tanaka

Your ASCC fee monies at work

By WENDY TANAKA
TM Chief Photographer

Do you know where the new student lounge is located?

If not, it might be wise for you to find it because there will soon be a new addition.

The Associated Students of Cerritos College Senate recently passed a bill, #1256 authorizing that a new color television set be installed inside the student lounge.

The T.V. will be purchased with either the Cerritos College District money or with the money in the Undistributed Reserve Account of the Associated Student Body.

The student lounge is supposedly a place you can go for social encounter, but how can you

'Parenting' class

"Effective Parenting" will be offered every Tuesday through Dec. 17 from 7-10 p.m. in the Bookstore Room 112. The course began yesterday.

Instructed by Brian Couron, the course discusses some of the more effective methods of parenting, such as ways to improve parent-child communication.

The course is free and no pre-registration is required.

expect to encounter someone with a T.V. going and people staring at it's stomach.

I'm sure that all those students in there could think of better things to do!

It would seem that getting the T.V. will be more trouble than it's worth. I can see it now. On unveiling day, the student lounge will be packed full with people — that is, those who know where the student lounge is — coming to see the 25" T.V.

No one will be able to see it any further than 20 feet away, and they will be trying to work their way up closer to the front while the people in the back are yelling, "Turn it up, I can't hear, I can't see."

How can they? — With a roomful of people gabbing and milling around. The only ones who will be able to see and hear will be the

Blood flows freely in Burnight Center

BY TOM WRIGHT
TM Feature Editor

On Monday at 10 a.m. I was assaulted by the editor-in-chief of Talon Marks who thought it would be a great idea to have a story about the blood drive written from a first person experience.

He volunteered me mainly because I'm tall and he is short; and while I can forgive him for being short, he is unable to forgive me for being tall.

Since no man wants to be seen crying and screaming especially by women, I was forced to undergo the ritual. While it is not painful, it hardly is a good way to spend a morning. So I am going to explain the best way to go about doing this with the least stress.

First of all, eat breakfast. Odds are, something on your stomach will lessen the chances of your fainting.

Don't put it off, thinking about it only enhances the pain, since it is mainly imagination.

Don't look at what is being done to you or to anyone else. This will heighten the apprehension.

When they tell you to lie down on the table, pick a spot on the ceiling and memorize it. If after you have given the blood, you're curious about what is done, you can observe while drinking orange juice and eating cookies.

Pay attention to what you are told. I have only seen two guys faint in the five times I have given blood. Both times they thought they were John Wayne and ended up flat on their back.

I could cite things like civic duty and responsibility in attempting to get volunteers out to donate. But I won't. The needle can be frightening, and it is not my place to make judgements. The line of the propaganda film encouraging blood donation does put the point across Blood is Life — pass it around.

Fall graduates need petition

Students who expect to graduate this fall are reminded to file a petition for an Associate in Arts degree by Nov. according to Alta Anderson, supervising registrar.

To qualify for the AA degree, a total of 64 units plus all course requirements must be completed with a "C" (2.00) GPA. Requirements are prescribed by the State Department of Education and the Cerritos Board of Trustees.

Of the 64 units required 18 course requirement units are to be filled out on the petition by the students' counselor. The remainder of the checking is done by the office of admissions.

Cerritos College only orders diplomas once a year for graduation, so students are urged to submit petitions by Nov. 1 for the Fall semester graduation and April 1 for the spring semester graduation.

Doctors degree to Bloomfield

Edward Bloomfield, an assistant professor of philosophy has earned his Doctor of Philosophy degree at the Claremont Graduate School.

Dr. Bloomfield, who teaches a variety of classes in the philosophy department, has been a faculty member of the college since 1969. Prior to Cerritos, he taught for two years in the history department at the University of California at Riverside.

In 1963 he graduated with honors from the Harvard University Divinity School and in 1968 completed his Master's Degree at Claremont.

His doctorate thesis, "The Opposition to the English Non-conformists: 1570-1625," has been recommended for publication in England. England is also where he intends to do some post doctorate work.

In addition to teaching, Dr. Bloomfield is also a member of the board of directors of the Chile Guidance Institute, a member of the American Academy of Religion, and a member of the American Philosophical Association.

'Pre-retirement'

"Pre-retirement for School Employees" is the title of a community education course beginning tonight from 7-10 p.m. and continuing until November 20.

Taught by Ted Spriggs, the class will be held in the Cerritos College Bookstore Room 112. The class is free and no pre-registration is required.

'Hints for Botanists'

"Handy Hints for Home Botanists" will be offered Oct. 17 and 24, 7:30 p.m. to 9 p.m. in the Cerritos College Bookstore Building.

Edson Pollett is the guest speaker for the free course which requires no pre-registration.

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