## raton Marks

## Runoff election ends tonight



FRED REGAN - " 1 am nọt against fraternities and sororities."


DAVID MITTELMAN - "I am a better negotiator my record stands for itself"

## Candidates battle it out

## By TERRY SPENCER

TM Political Writer
ASCC Presidential hópefuls Fred Regan and David
Mitteman are facing each other in a run-off election
which continues foday.
The polling booths will be open from 8:30 a m. until 2 p.m. and from 6 p.m. until 9 p.m.

The voting is open to all full and part time students who possess a current student body card.

Regan and Mittleman finished one-two in the primary election last week, outdistancing Sammi Ramirez and Craig Browning.

Regan totaled 487 votes, 45 votes shy of the majority Regan to with 295.

See RUNOFF / Page 4

ON THE INSIDE
CAMPUS / Page 2
向 Final Exam schedule
[- Facully senate discussion

## SPORTS / Page 3

- Frye \& Baker on track
$\square$ Woes of a sports writer.



## Campus publicity sought

Faculty Senate calls for PR help

By MELANIE GRAY
TM Staff Writer
Cerritos College needs more
The Faculty Senate passed a motion to recommend the forma tee to facilitate and improve
campus publicity through the Rec ruilment Department and the new publications manager at the meet ing of May 15, 1984
Senator Jerry Shopfner sugges ted, "If we want to get information on a personal basis. Our Speaker

Bureau does not seem to be opera-

## STAFF BURNOUT CLASS

Employee workshop on campus

By GERARD MOYA
IM Campus Éditor In the office and work place of haty, not much but irritation, energy withdrawals and dissatisfaction - a tight jaw whose fearsome muscles can put a squeeze on a good employee.
But Karl Kerr has managed to succesfully present various workshops dealing with employee stress.
Assistant Superintendent Vice President of Business Services Karl Kerr of Keenan and Asso ciates, Torrance, have established a series of four workshops per year dealing with employee bealuh.

Kerr spoke on the subject of 'employee burnout,' May 17-18, on campus, which was the last session of staff in-service workshops "Ther.

The theory is the more employees are aware of health-
well-ness techniques that they can use on a daily basis, it's going to reduce the cost of worker compensation claims," said Kerr.

Physical and mental overload can occur when a person has not paid attention to what is occuring around him/hier. They can become less efficient at work and with personal relationships.
To make your job work, you Go out and recreate this summer Everyday you can recreate your heaith - do it," expressed Kerr.

The subject of healing chemicals in the mind was discussed, relating positive emotions to better heallh.

In a llight response, the brain percejves stress and signals the sympathente branch of the nervous the machinery of the body. The resuit? Rapid heartbeat and breathing and a rush of blood away from skin, hands, feet and digestive organs toward the deep muscle tissue, carrying needed oxygen from the muscles' use in the stressful situation that has arisen.
"Healing chemicals are evident when we are praised," said, Kerr. "Positive emotions will trigger the
brain to release chemicals that help a depressed person recover. a. depressed person rec. Laughter is a geat medicine.
Cerritos College is the firs hold the complete self healh and well-ness program, totaling nine sessions.

- TACKY THURSDAY

The date has been changed to June 7. Nominations will be taken until Friday in the Student Activities Office.

> Kristie's Demo Service
> Demonstrators Enthusiastic, Reliab and someone who enjoys talking with people. Weekend afternoons some Fridays
Call 714 539-8845. call for Kristic.

Whitlock recommended, "Mar- whether the college should retain agement should have the job of the present system or establish a rganizing the effort and deciding rotational system among local the logistics."
clérgy.
In other action Senator The present system of utilizing In other action, Senator faculty members having theologiRichard McGrath and the Student cal training or interests, had been Personnel Committee requested adopted since 1977 , but no specific
the Senate to provide input on the use of sectarian invocations at the rotation system had been estab-
lished. college's commencement exer-: cises. ${ }^{\text {" }}$

Each year's committee simply
The Student Personnel Comr selects its own choice from among mittee did not recommend the the faculty, but using local clergy abandonment of the practice as this would allow those churches which would probably disturb the wishes employ professional, full-time of students and the local commit- clergy, such as Jewish or Róman lee, however, they are conre: : Catholic, to participate.
Correspondent to speak on U.S.--Soviet relations
ing. We have to leave the campus and talk to the people.
In addition to this Senator Tom

Another year of in-serv workshops for employess are now being planned and sctieduled by the Business Services Office.

By MARK TODD
Assoc. Campus Editor
Robert Scheer, national correspondent for the Los Angeles Times With Enough Shovels: Reagan Bush, and Nuclear War, will speak on "Reaganism and Communism: U.S.-Soviet Relations in the Nuclear Age" Monday, June at $4 \mathrm{p} . \mathrm{m}$. in Moore Hall at UCLA. The event is free and open to the public.
SPRING SEMESTER 1984
FINAL EXAM SCHEDULE

| Exam time. |  | Movor ${ }^{\text {may }}$ |  | minpli | $\sin _{\text {truntin }}$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 700 F 8.00 N.WF 815 mwF |  |  | B00 <br> 800 WF 800 Mis 000 TwTn - COHTWT $0.30 \mathrm{M4}$ |  | $\mathrm{BOOF}_{8}$ |
|  | 10.00 : 1000 NWF 1000 Dally | 900 k 1000 m 1000 ml | $\begin{gathered} 9009 \\ 99017 \mathrm{Th} \\ 9907 \mathrm{Tm} \end{gathered}$ | 900 w 900 MVt 800 Dall | 9.00 Tin 10.00 Tm 10.00 TH | $\begin{gathered} 900 \mathrm{f} \\ 900 \mathrm{wF} \\ 900 \mathrm{~F} \end{gathered}$ |
| 120m rozem | 11.00 E 11.00 wF 1200 MWF 1200 Tm |  | 1200 T 1215 T 12.15 TTh 12.30 Tth |  |  | , ${ }_{12}^{12000}$ |
| 2FMTOAEM. | $\begin{aligned} & 1: 00 \text { MWF } \\ & 1: 00 \text { DAILY } \\ & 1: 00 \mathrm{~F} \\ & 1: 30 \text { MWF } \end{aligned}$ | $\begin{aligned} & 100 \mathrm{M} \\ & 200 \mathrm{M} \\ & 200 \mathrm{NW} \end{aligned}$ | $100 T$ <br> 1.30 TH <br> 200 TTh 2.00 MTWT <br> 2.06 MTWTM |  |  |  |
| tPM.tosum: | $\begin{aligned} & 30 \text { bany } \\ & 400 \mathrm{DALIY} \\ & 400 \mathrm{MWF} \end{aligned}$ | $3 \cdot 001$ 300 NH 3.00 MWC 300 NTVT, 4.00 NK |  |  |  |  |
| SPM Totem | $\begin{aligned} & 5.00 \mathrm{~F} \\ & 50 \mathrm{~F} \\ & 5.0 \mathrm{WF} \\ & 5.0 \mathrm{wF} \end{aligned}$ | 5.0 m <br> $\substack{53 \mathrm{M} \\ 50 \\ 50 \mathrm{~m} \\ 530 \mathrm{~m} \\ \hline}$ | 5007 5009 530 Tm | $5: 00 \mathrm{~W}$ <br> 500 tan <br> 500 NWWF <br> 5.00 WF 530 W |  |  |
| $\begin{aligned} & \text { EXTENDSODAY } \\ & \text { EINALS } \end{aligned}$ |  |  |  | $\begin{aligned} & \text { WED OTdL } Y \\ & \text { WTt } \\ & \text { W! } \end{aligned}$ | mondr |  |

Scheer joined the Times as a staff writer in 1976 and has long been associated with journalism nd progressive politics. nalist, Scheer has taught economics and politics, at Antioch West and UC Berkeley and eartier this year served as a Regents' Lecturer at UC San Diego.
The lecture is being presented by UCLA Public Lectures. For more information call 825-4401.

[^0]


UP, UP AND AWAY place finish with' an 18'10: leap in the Southern California Finals held hiere Friday; (At right) Stephanie Baker broke her own shotput record beating her closest competition by three feet with a toss of $44^{1} 11^{3} 4^{*}$. Six Cerritos track athletes will advance to the State Finals to be held Saturday at Memorial Stadium in Bakersfield.


Slide Into Summer At Our Opening Party WhatiNin喽
the ultimate ultimate. Saturday - June 16th Noon - 3 P.M.
LIVE BAND, CELEBRITY D.J'S IN PERSON
FREE PRIZES, BALLOONS SPEED RACES
FREE PRIZES, BALLOONS, SPEED RACES 10555 E. Firestone Blvad @ 605 Fwy Niorwalk
Limit l coupon per person

## Six qualify for State

## Frye, Baker take first

## By MELANIE GRA

IM Staff Writer Capturing Southern California track and field titles were Stephanie Baker and Shelia Frye as they now lead six. Cerritos Qualifiers into Saturday's' State Bakersfield. Field events begin at 2 Bakersfild Feldenents begin at 2 scheduted for 5 .
Winning the long jump on the strength of her second jump, Frye's
$18^{\prime} 10^{\prime}$ leap was preferred over EI Caminu's Angela McKnight who had the same mark.
According to Coach Gene Martin, Frye stands a good chance to win the State Meet because her strongest competitor from the Cily College, won the Northern Cal Finals with a jump of only $18^{\prime \prime}$.
Baker, a sophomore out of Cerritos High, will lace some twagher competition at State as she earned her trip there by breaking her own school shotput record by tossing it $44^{113^{\prime \prime}}$, beating her closest competitor by over three fiet.

However, Baker will be taking on last yeyar's State Champ, Modesto.s Dorothy Jones, in Saturday's state meet. Jones won it last year with a throw of $51 / 2$ and Cal Finals with a put of $46^{\circ} 1013^{\prime \prime}$, nearly two feet farther than Baker's best
Other Cerritos women making the trip will by Tami Ortiz, Denise
Calling

## By MIKE HEINRICH

How easy can it be to write a $\xrightarrow{3}$ simple sports story?
Throw a few statistics around, toss in a few quotes, add a few lorful adjectives and voila!
$\qquad$ not that easy.
My colleagues and I have not formation for certain stories butalso took a lot of undeserved flak and come up on the short end of cosperation from more than one hot-and-cold party.
Ahhh! But that's the way the
ball bounces.
We would, however, like to apologize to the people who have gone out of their way to help the tion - the true scoop if you will This little outburst is basically directed at the sarcastic know-italls and the inconvenienice-ridden people who put a damper on an

The athletes qualified for State injury in last week's prelims and by having fine showings in last was unable to place in the 100 week's So Cal Prelims. Only the top meter run and refrained participat four linishers in each ruining event ing in the 200.
and the best six of each field event day's finals.

McCoy had the fastest time 10.37) of the nine qualifiers at las week's prelims.
"He's (McCoy) our high point He qualified with a jump' of man, to go the whole year and then $501134^{*}$ something like this happen is very Top Falcon sprinter, Keith disnppointing," said Coach Dave McCoy, suffered a hamstring Kamanski.

'em as we see 'em
otherwise successfil tean it sperience.
oaches is funny how some heir team gets little or no recognition in the school paper - when if they were a little more concerned bout making the information accessible that only they have, then we'd all perhaps be a lot happier. It is the job of the reporter to obtain the facts and any informadiscriminating readers and fors th The end result can be a tory that not only informs the reader but serves as a vital source of publicity for the team as a whole - and the individual stand outs in particular.
Another small, but pesky annoyance we have encountered in ur journalistic endeavors is the elif-appointed rude road blocks hat try to give you a hard time.
ball game earlier in the year, the
coach routinely asked a certain individual to get the stats tha were quickly jotting down.
Not only did this personag bark bitingly at me, as I was shak ing with fright, but he decided not only to put on his toughrguy image but to throw barbs at the No. 1 rag n Southem California
Ater reporting this escapade to horified to hear that he was almos than a duly elected member of the ASCC Senate.
Despite all the heavy problems hat go with the territory, writing sports may not be all that simple, but it sure is an intriguing challenge.
This commentary is not inten ded to bum anyone, but to let people know that you've got to have accurate information - and to help want and need the publicity to show a. better understanding of the demanding field of Joumalism.

## EDITORIAL

## Pause and remember

At the end of every May the flag of our Republic flies at half-mast.

To honor those who have fallen in the defense of their country's ideals.

For 364 days of the year we take their sacrifice for granted - yet it was at Concord, Lexington and Bunker Hill that the first of them fell in order to establish a government "of the people, for the people and by the people.

As Americans; we often forget in our daily liyes the great lattitude of freedoms we retain, and despite our grumblings about our government (which, too, is a right we have), without much obligation on our part.

Sure, we may pay taxes, we have jury duty to perform f we are called, and the male population must register for
a now-inactive draft.
A small price to pay for the right to live - within the mores of society - pretty much as we choose.
Memorial Day, too, gives us more advantage than mposition-- it is a federal holiday and schools will close because of it, and most of us will not be working or if so,
will recejve extra pay because of it
What of our obligation to spend a day of remembrance for Americans who gave their lives to preserve our heritage?

We would hope that everyone gives at least a little ime contemplating and honoring them

We really owe thèm that much.
Dance Concert opens May 31
This year's Faculty Dance will be Ray Rodriguez, Darren Concert will be in the Burnight Brown and Alex Patino. Center May 31 through June 2, with all show times at $8 \mathrm{p} . \mathrm{m}$. According to co-choreographer, Virginia Romero, "This concert phomd be very enterain ing, because most of the ro
are 'up, lively and exciting.'

Guest artists rancing to th Michael Jackson Fhriller album


The show has a total of 55 dar90 minut Ticket prices ${ }^{2}$ are; $\$ 3$ for tudents and $\$ 4$ for others.

## Hubbell talks class reality

By GERARD MOYA IM Campus Editor When Professor of Spanish Silvia Hubbell teaches a class, she also brings to her students the understanding of reality as perteived by the Spanish speaker.
Economic disaster, devastating tloods, civil unrest, strikes, bombs, tear gas and watching abandoned
children roaming streets in search of food, have all been part of Protessor Hubbell's experience on her recent visit to South America as part of a sabbatical leave designed to "get in touch with the reality" she wants to put across to her classes. Hubbell claims the trip was a pleasure, despite having her purse stolen. She was able to achieve that important contact with
the people, their culture and the the people, their culture and the
beauty of the unspoiled landscape. beauty of the in Argentina, Hubbell
Bor received a scholarship to study language in France, England, and the United States.

She attended the University of Vermont as an exchange student to study English, where she met her husband, John L. Hubbell. John lived in Ganado, Arizona, on the Hubbell Trading Post, which is one of the oldest trading posts in part of the National Park system.
$\therefore$ "It's funny because he was at one time an exchange student in Argentina She received her MA in English at the University of Vermont then lived in Washington for

a year as the secretary interpreter terrible floods were devastating in to the Argentine delegate at the the northeastern part of Argentina Washican Deference Board It was also a moment of political come to California because of to uncertainty, because they bad a climate teaching at Marshall High military junta that was governing as climate, teaching at Marshall High they were preparing for elections.

There had been a lot of Spanish and also ber MA in guerrilla warfare in the previous MBanish and also received her years and all these young boy California, with her specialty being (college age) were disappeared So there were Latin American Literature and mothers going once a month to the and mohers going once a month to the On her trip to South America, asking about the fate of their Hubbell said, "For one thing, these children."

Prexy runoff continues thirough today



[^0]:    $\because$ ?

