

Summer TIME

CERRITOS COLLEGE

Summer III
July 14, 1987

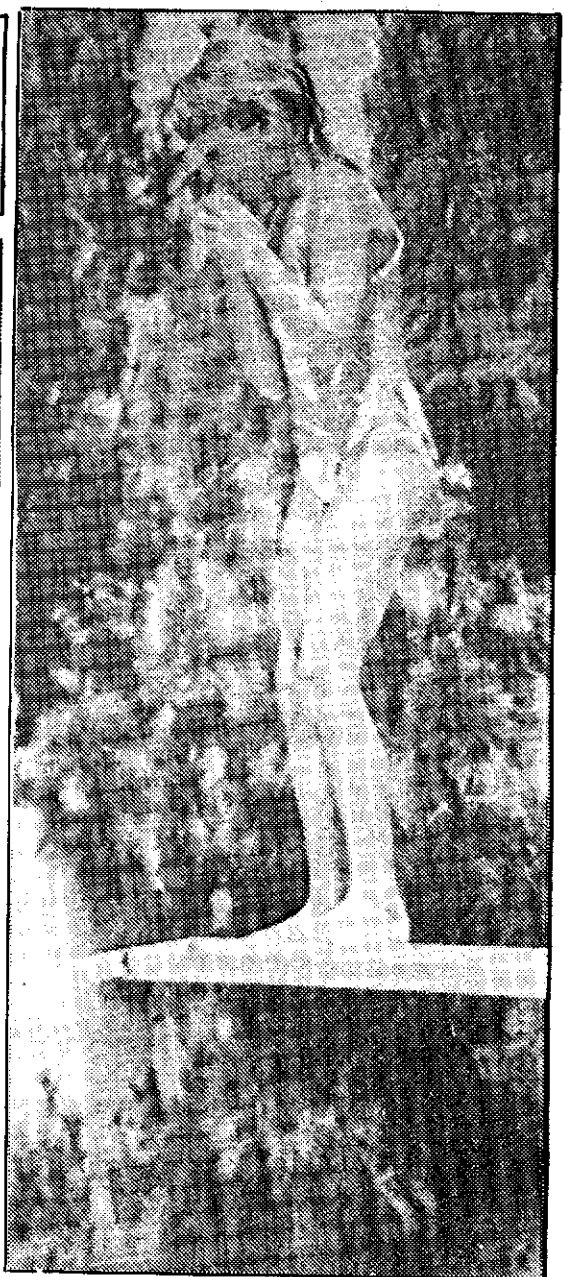
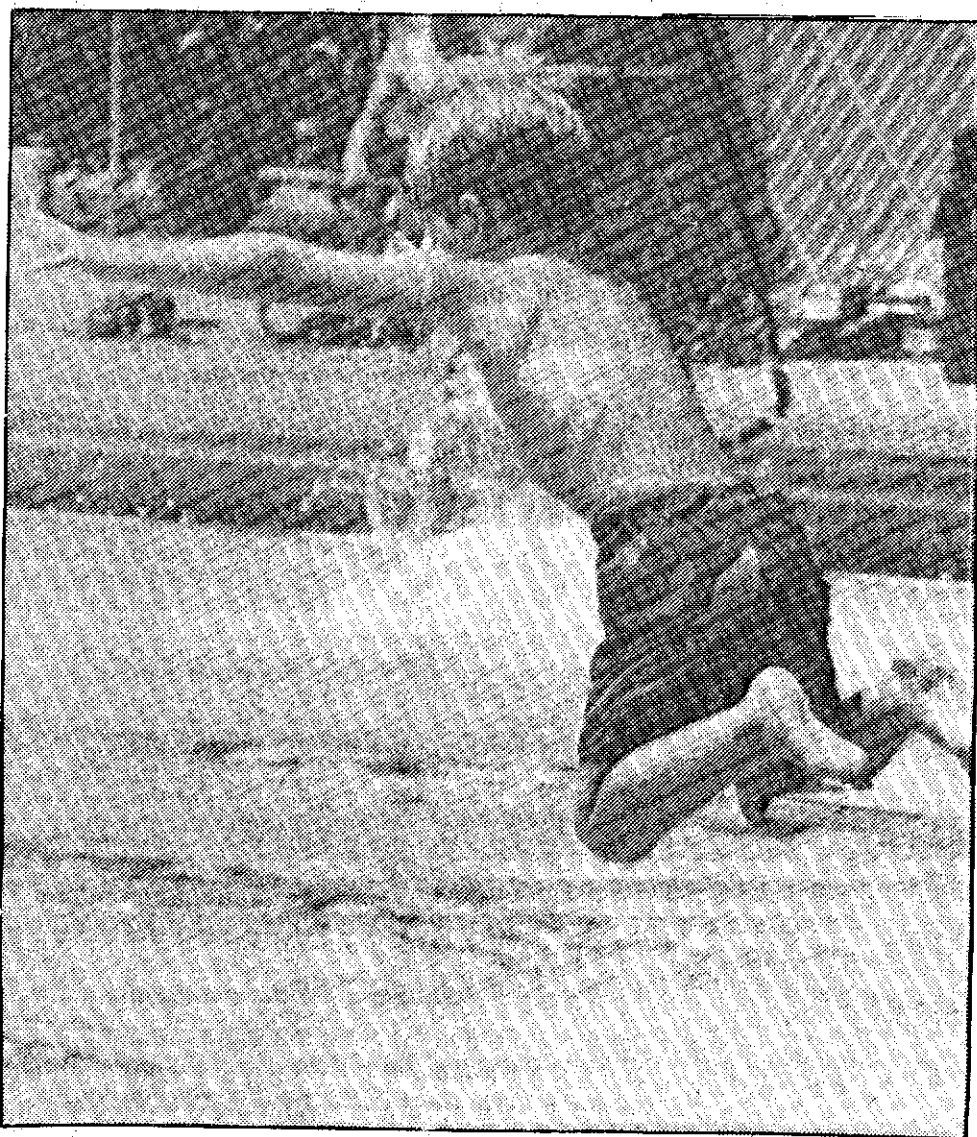
INSIDE

- 'Body Parts'/2 ●
- AIDS opinion/3 ●
- No drop fee/3 ●
- CC Falcon/4 ●
- Paint shots/3 ●



The big jump...

The myriad swimming classes at the Cerritos pool this summer offer something for everyone — even those who have never made the big plunge before. Summer swim, or summer school, it's practically over after the first splash. Fall starts Aug. 17.



Photos by KEVIN LINDSEY



Don't try the triathlon unless you want to get hung up on a three-way trip

By ROBERTA JOHANSEN

"You ride a bike, run and swim all those miles just to win a race? No way!" I told my friend, emphasizing my point with "You're crazy!"

I admit, I am somewhat an athletic type. I have fun with aerobics, I grew up playing softball, and I don't mind jumping in the pool at summer time.

But participating in a triathlon...that's masochistic.

I have quite a few friends who are triathletes and they spend so much of their spare time training that social hour is running laps around the city.

My friend kept encouraging me. He made it sound like a chocolate éclair.

Inflicting pain upon body like that is not my kind of fun, I explained.

He went into describing how a triathlon is more of a social function than a death penalty.

"A bunch of people get together for the same reason, to have fun doing what they all like to do," he said.

The bottom line is that I started working out with my friend. He showed me the ropes. I did have a lot

of fun and met a few people, and this was just the beginning.

Then there was a race date set for me.

I immediately thought of Hawaii.

"No, no," he said, "We're going to do a mini-triathlon. This one is a 5 K run, 200 meter swim and a 10 K bike."

That sounded reasonable, considering I was already running 20 miles, swimming 600 meters, and bicycling 30 miles a week.

I couldn't wait for race day.

During the race I could feel my heart pumping, my feet pounding and my watch ticking. It seemed that each minute grew longer as the length between me and the finish became closer.

I finished the race in a time that surprised both me and my friend.

I had one heck of a fun time doing it too.

I can't wait for my next race, and now my friend is my coach.

It's catching. And it's certainly as crazy as it first sounded to me.

'Take Charge of Your Future' seminar free

By NANCY BALLARD
STM Editor-in-Chief

The Cerritos College Re-Entry Resource Center will be presenting a free mini-workshop entitled, "Taking Charge of Your Future."

The workshop will be held on Wednesday, August 5. Two times are scheduled with the first session at 1 p.m. and the second at 7 p.m. Each session will last approximately 2 hours.

The workshop is directed toward the student who is returning to school for new job skills, career development or increasing their earning power.

Topics include, discovering new directions and making yourself more employable and also strategies for success in college.

You'll also learn about student services available to everyone and have a chance to meet faculty, staff and other re-entry students.

Find out how you can make your life better.

The "Taking Charge of Your Future" workshop

Cancer warnings issued to students; screenings offered

The American Cancer Society of the Long Beach — Harbor — Southeast Unit has kicked off a skin cancer prevention campaign with free health screenings at the beach.

According to the American Cancer Society one in seven Americans will contact skin cancer at least once in his or her life.

Some easy ways to combat the sun's rays that the American Cancer Society recommends are:

1. Stay out of the sun between 10 and 3.
2. Cover yourself up with pants and long sleeved shirts.
3. Apply a sunscreen with a "Skin Protection Factor" of at least 15.

Over 500,000 cases are detected annually.

Though nearly 95 percent are curable, an estimated 7,800 people will die each year. Exposure to the sun is the major cause of skin cancer.

SURPRISINGLY DELIGHTFUL

'Body Parts' gets it all together for good

By KARLA HUFENBACH
STM Staff Writer

"Body Parts" is a lively musical revue of songs ranging from "Raindrops Keep Falling On My Head" to "Footloose."

The musical numbers are linked together with brief non-musical skits featuring "Dr. Doctor", "Nurse Lucretia" and "Nimnode" collecting parts to build a body.

The singing and dancing, however, is the highlight of the evening.

The lively tunes set toes tapping — and the unique presentations tickle the funny bone.

The Original Theatre Works production is a showcase for some excellent local talent and was enjoyed by an enthusiastic audience.

It's Wacky!

It's Witty!

And...it's lots of fun.

"Body Parts" return to the Burnight Studio Theatre July 25 at 8 p.m. and July 26 at 2:30 p.m., after a run at Cal State Dominguez Hills from July 9-19.

"Irresistible Impulse," the Lee Korf playwright award winner, is also running this month. It's an original murder mystery.

Show times include July 16-19 and 23-24.

ASCC Coffee Night on tap

A social evening courtesy of the Associated Student Body will be held on Wednesday, July 15.

The Coffee Night located near the Social Science Walkway will be from 6 to 9 p.m.

Free refreshments and drinks will be available.

UP THERE WITH THE BEST OF THE BEST.



Showing Here
WED., JULY 22

7 p.m. in Burnight Theatre

Admission free to holders of
Associated Student Body Cards
and faculty and staff
(Free refreshments)

will meet in the Cerritos College Board Room and is free of charge.

Maureen May, Re-entry Resource Center Specialist, may be reached at Ext. 530 for further information.

One-woman musical 'Ships' opens at Studio Theatre

By KARLA HUFENBACH
STM Staff Writer

"When My Ship Comes In" a one woman show performed by soprano Ann Greshman, opens at Burnight Studio Theatre on July 31.

The show written and performed by Ms. Greshman features selections of Kurt Weill's music as well as images of his time through slides and film.

Ms. Greshman's operatic experience includes over 25 roles and she has appeared as soloist with numerous orchestras and chamber ensembles.

The show runs through August 8. General admission \$5, students and seniors \$4.

Transfer Center schedules school reps; CSULA July 15

The California State University, Los Angeles will be on campus, tomorrow, Wednesday, July 15 to answer any questions regarding transferring to their school.

The representative will be located in the Admissions building at the Transfer Center.

Hours will be from 10 a.m. to 2 p.m.

Cal State Fullerton will be available for evaluation of your individual status on Thursday, July 16 from 9 a.m. to 12:30 p.m.

U.C. Riverside's team will meet on Tuesday, July 21, from 1:30 p.m. to 3:30 p.m. and CSU Dominguez Hills' date is Tuesday, July 28, from 9 a.m. to 1 p.m.

The Transfer Center, located in the Administration building is open Monday through Thursday from 8 a.m. to 9 p.m. and Friday's from 8 a.m. to 4:30 p.m.

CAMPUS OPINION: What kind of effect has AIDS had on people's sexual relationships?



CHRISTOPHER PORRAS

Business Administration
"It isn't worth running the risk. I think that, whether they're gay or straight, the AIDS question is going to pop into their minds."



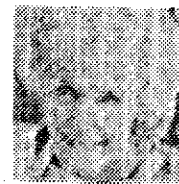
JERRELL WADDELL

Lab Technology
"I think that AIDS is really making people think twice about their sexual activities. Better safe than sorry."



ANTHONIO VIDRIO
Architecture

"It's not the way it used to be. People are more cautious now."



CYNTHIA HATCH
Business Management

"I don't think that celibacy will be the new way, because of the younger generation and the sexual revolution. I don't see how they can deny themselves anything. Let alone sex."



KAROL DOWNS
Physical Therapy

"I think that it has hindered people from having open relationships. They are being more selective about who they are having sex with."



SHERRY GOODWIN
Pharmacy

"I think that people are being a lot more careful now, and that they are having more monogamous relationships."



SUZY DIAZ
Hospital Administration

"I think that it's put a great fear into people in general, especially the single or the more promiscuous population. They've had to recheck their morals as well as the risk involved with being sexually active."



SHERRY POWELL
Art

"It seemed like people were being a lot more promiscuous, but I think that they are being careful now."



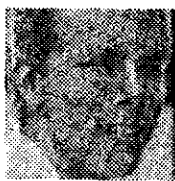
JOSEPH SANTANA
Music Education

"It complicates people's relationships and love. I think that some people will be very concerned about it, but others won't care."



BILL MOSIELLO
Physical Education

"I know that people are using safe sex and things to prevent it. But I don't know that it has really changed much."



MATT KELLER
Commercial Art

"I think it's caused them to be more cautious about relationships."



SHELI BROWN
Undeclared

"I don't think it has had much of an effect yet."

Interviews by MARK HEUSTIS; Photos by SYLVIA VELA

NEWS BRIEFS

● Five-week session opens

Both the Summer School five-week session and the eight-week intrasession end Aug. 14.

Regular Fall semester classes getting under way the very next Monday, Aug. 17.

The second summer period opened July 13, with registration closing July 14. At press time, no plans called for extending the sign-up time.

Last day to drop a class without penalty is Aug. 6, for the five-week schedule. Aug. 3, is the withdrawal deadline for the intrasession.

● Drop fee to be dropped

The fee for dropping classes throughout the semester will no longer be charged, beginning this Fall.

College officials say they don't expect to see a marked difference in drops.

● Fall sign-ups open Aug. 4.

Appointment card registration for Fall open Aug. 4. Regular open sign-ups begin Aug. 13 in the Student Center where registration is held.

Disabled and disadvantaged students may start registering Aug. 3.

The last day to register is scheduled for Monday, Aug. 24.

Fall semester ends Dec. 18. A variety of holidays during the Fall include Labor Day, Monday, Sept. 7; Veteran's Day, Wednesday, Nov. 11; and Thanksgiving, Thursday and Friday, Nov. 26-28, plus Saturday classes.

● No interim Board head

Vice-President Barbara Hayden will chair the Board of Trustee meetings until a seventh member is chosen in November elections.

The spot left vacant by Dale Hardeman will not be filled until election time. Hardeman was in his second one-year term as president.

A CASE FOR NOT ESTIVATING

Keeping cool between school and school

By MARK HEUSTIS

The first six weeks session is over and it's five free weeks before regular fall.

What to do with all that spare time...

Blistering heat and drying winds combined with T.V. reruns have thus far made summer nearly unbearable.

There's no point in changing our behavior just 'cause we're out of school.

Don't just curl up like some estivating animal and sleep through it. That would be too easy.

As you know anything that gets you out of an air-conditioned house is bad. Try at all costs to stay inside close to an open refrigerator.

If you have to dash for the car—which hopefully is also air-conditioned—it's best to do it early the day, before the ground heats up.

Don't even consider going to the beach.

Remember that no tan is a good tan, and that nowadays you can get skin cancer from an incandescent light bulb.

Let's not even mention the ever-present schools of shark and the enormous blood-sucking sand fleas.

Besides who wants to go someplace where the ground is completely covered by dirt, and an endless body of water is close enough to wash you away forever.

The only safe thing to do would be sign up for some more summer school.

There's nothing like languishing in a cool comfortable classroom all summer long.

Come to think of it you might still talk your way into the last session.

Now if there was only some way to avoid that long hot dash from the parking lot.

Where GPA honor is due

Work hard and make the grades.

Get good marks and get a high GPA.

Earn a 3.5 or better and make the Dean's List.

Prestigious academic recognition.

Not only do you have to do well, but you have to be full-time to get any special recognition for your academic prowess.

Part-times — whose who take less than 12 units — need a little attention called to their

classroom success, too.

The privilege of having this distinction on a transcript or resume should not be the exclusive territory of full-timers.

How about some kind of an "honors" list for those who have to, by reason of work or other consideration, take only a class or two along as they add up degree unit totals.

Night students, part-timers — students all...but who ever knows about all those hard-earned A's.

Is real Ollie for real?

Those who would like to spend their home hours studying are instead building up some small frustrations with Ollie North.

Fact is, it's far more exciting than the soaps everybody watches instead of studying anyhow.

What with hosiery shop visits for kiddie leotards to

suicide pills to avoid torture if captured, real life is stranger than any fiction of soap opera or study.

It's scary how real it all sounds, but what's really scary is apparently it's all real.

Wonder how long the Senate will hang on to the tiger's tail?



Life in the eat-and-run lane is a fast-food balancing act

By BARBARA BOWMAN

Talk about your food to go, I'm an expert on it.

I go to Cerritos College.

Lots of times I don't have time to eat before class.

So, I eat going.

And, naturally, I eat food to go (while I'm) going.

It's easy.

You just gotta know what you're doing. And you gotta do a Joe Friday number of checking out the best places and best ways.

If your food going in the a.m. is donuts, you've got two problems — handling the donuts and managing the coffee.

Nothing quite like hot sloshing coffee or crumbly donut particles for an energy picker-upper...or something to mess up your clothes.

Get yourself a reasonably cheap and effective spill-free mug, and keep the donuts plain. Or lean way over.

Personally, I favor the arches type stuff for a fast food run, whether its early or later. Stuff is fairly neat and tidy and the food doesn't seem to attract clothing.

There's also those handy little trays

that keep goodies from flying during stop-and-go traffic.

I really like those hash browns, with their own little holder. They're a real treat for an in-car, moving-car eater.

For dinner with more than a burger, there are some pretty good buys around. Check out the trays to make sure they fit in your car seat so you don't lose too much \$\$\$ if you're rear ended.

One place in particular, named after some country boy's son, that has spuds which could be a meal in themselves. They call 'em a side order, but they take some handling.

To each his own special way of driving and eating at the same time. And there are a lot of us who do it, each with his own special little tricks.

You don't have to rely only on easy-fingering French fries. But you do need a system to keep safe and alert for class.

After all, if we're gonna have to eat while we drive, we might as well enjoy ourselves.

I've got the basics down. Now I'm working on chocolate sundaes with nuts.



i.e.

C.C. Falcon

Where smoke gets in your eyes and chokes

PAINTING UP THE HILLS — What's this I hear about war game exercises somewhere up in them thar hills around Corona?

Apparently some fairly well-known college-related organization is planning an excursion for some time early in September.

Guess it's time to "cry havoc and let slip the falcons of war," so to speak.

TGIT — For those of us who did only the first six weeks classroom thing and are not around for thrills with you five-weekers, thank God it's no more praying for Thursdays.

TIMBER! — What's befalling so many of the trees around the campus forest lands?

Of course, we have lots of shade around, but there still seems something amiss when a tree turns up missing.

FLUSH — Cough! Cough! We all know that smokers have rights — even in the bathroom.

But do we non-smokers have to choke on smoke?

Couldn't they exercise their smoking privileges outside in the "fresh air"

instead of in the close, enclosed confines of the restrooms?

Makes me wheeze just to think on it.

CLOCKWORK CONFUSION — Campus clocks have been out of tick these past few days what with something about a lot of rewiring going on all over.

Understand we'll have time back on our hands any minute now....

CLOUDED SUMMER — Is this really summer?

With all the clouds these days, how can we tell?

Remember when summer used to be sun fun tanning at the beach, and enjoying the A/C inside?

Cal weather has always been kinda confusing and indifferent, but these days you have to look at the calendar to make sure when it is.

FEE DROPPED — The drop fee has been dropped for dropping classes come this fall.

The state big guys decided we don't have to pay to drop.

Of course, we still have to fork over a few bucks to sign up.

DRINK DEARTH — Think I'm going cuckoo for cocoa.

You really have to be an early bird if you want a sip of cocoa at the Elbow Room.

After getting out of my first class, I hurry over and guess what? It's usually all gone.

What's a college person to do? Settle for dry donuts and hot water with coffee in it?

HANG IN THERE, OLLIE — "All My Cover-ups" and "As The Hearings Turn" are better than anything fiction-wise the soap scripters could come up with.

Summer Time

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