

Campus streets 'beautified'

The intersection of Ninth and San Carlos streets was beautified during the summer through the construction of wider sidewalks and white traffic barricades.

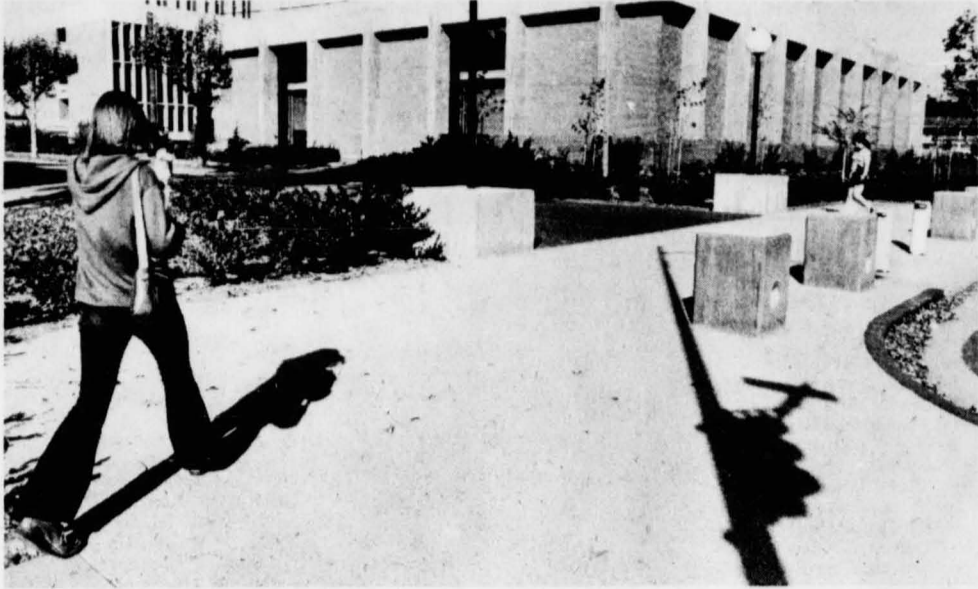
The project is part of a beautification program to re-do all streets passing through the campus.

Robert Bosanko, chief of plant operations, said the Ninth Street beautification was funded from a \$76,000 allocation of the administration's budget advisory committee.

Bosanko said during the summer of the Valley Crest Landscape Co. tore part of sidewalk up, pushed it back from the street and widened it. Afterwards, they placed removable white posts to block traffic from entering.

"Eventually, the effect of a street will be eliminated," he said. "It will be changed to blend into the campus."

Bosanko said the street is planned to have a ser-



Pillars and blocks located at Ninth and San Carlos streets mark the latest effort in campus beautification.

pentine pavement with a large island in the center for plants.

Bosanko said plans for remodeling Seventh Street are presently being for-

mulated. He said the beautification of all the campus streets will take three to five years to complete.

"It's currently estimated at \$250,000 for the whole project," he said. Since it will be worked on in phases during several years that will no doubt

raise the cost due to escalating prices."

He added the project may have setbacks if other programs compete for funds from the outlay fund.

spartaguide

"Saigon: April 1976," a documentary film on the life of the Saigon population one year after the war, will be shown at 8 p.m. today in the S.U. Umunhum Room. Admission is 50 cents.

The Gay Students Union meets at 8 tonight in the S.U. Guadalupe Room.

The Intercultural Steering Committee presents a Halloween potluck supper, followed by games and dances, at 6:30 p.m. tomorrow in Moulder Hall, 385 S. 10th St.

Home Economics Club is sponsoring an historical tour of San Jose from 3 to 5 p.m. Friday. The tour will begin at the San Jose Chamber of Commerce.

The SJSU Ski Club will have a Halloween party at 9 p.m. Saturday at Briner Hall, 272 E. Campbell Ave. Cost is \$2 for members and \$2.50 for non-members with ASB card.

"The Day of the Dead" will be the theme of the performance by Los Lupenos de San Jose at 2 p.m. Sunday at the Montgomery Theatre. Ad-

mission is \$1.50 general and 75 cents for students and children.

The Stars of State Amateur Night will be held at 7:30 tonight in the S.U. Loma Prieta Room.

The Revolutionary Student Brigade will hold an open meeting at 7 tonight in the S.U. Almaden Room. Plans for a rally and wearing arm-bands on Election Day will be discussed.

Free swine flu shots are available for students today and tomorrow from 9 a.m. to 5 p.m. at San Jose Hospital, 75 N. 16th St.

There is an opening for a student assistant in the S.U. equipment rental center. Applications will be taken until 10 a.m. tomorrow at A.S. Leisure

Services in the Student Programs and Services office in the old cafeteria building.

The Reading Lab is now open from 9 a.m. to 6 p.m. Monday through Thursday and from 9 a.m. to 4 p.m. on Fridays.

Dr. Herb Oestreich, chairman of the Human Resource Administration Dept., will be guest speaker of the Human Resource Administration Club at 7:30 p.m. Monday at the Foghorn Restaurant.

Artists and craftspeople interested in selling their work at the "Vantastic 4x4's '77" show at the Santa Clara County Fairgrounds Nov. 12-14 may notify Suella Hanlon at (415) 531-0500.

Orientation held for prep students

Approximately 2,000 students from 105 area high schools are on campus today for College Discovery Day, an orientation to acquaint them with what SJSU has to offer.

They arrived on campus at 8 a.m. today and have a general meeting in the S.U. Ballroom. The students will then tour the campus in academic interest groups.

The students will also have an opportunity to hear a typical classroom lecture.

Dr. Kathleen Cohen will lecture on "20th Century Art in the S.U. Council Chambers; Dr. Howard Shellhammer will speak on "Ecology" in engineering room 154; Dr. Scott Nor-

wood from the School of Business will lecture on "The Age of Super-systems" in the University Theatre; and Dr. Charles Burdick will speak on "Berlin in 1948" in the Morris Dailey Auditorium.

After lunch the students will meet in Student Union and receive information about admissions procedures, financial aid, housing, student government, the Educational Opportunity Program, and career planning.

They will leave campus at 1:30 p.m.

"Liberation Ethics and the American Empire" will be Prof. John M. Swomley's topic at a public meeting 7:30 p.m. Saturday at the First Presbyterian Church, 49 N. Fourth St.

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Cheery Marriotts provides jobs



Desiree Goyette enjoys a conversation with a friend.

Dance company at Flint Center

The Murray Louis Dance Company will open the dance season at Flint Center for the Performing Arts, De Anza College, Cupertino, Saturday at 8:30 p.m.

This troupe consists of six dancers who combine a kind of dramatic mim-like accent with a sudden style of dance. They are noted for their concern with energy, flow and rhythm rather than choreography

placement and structure. Louis is the recipient of two John Simon Guggenheim Memorial Fellowships in Dance and also received five grants from the U.S. National Endowments of the Arts.

Tickets for the performance are \$5, \$6, \$7 and are available at the San Jose Box Office and Peninsula Box Office and other major outlets. For further information, call 257-7555.

By Laurie Slothower

What's it like to work in the freshly-painted, ever-cheery fantasy land of Marriott's Great America?

"It's fun. I enjoy it, and it's a real challenge to try to make people happy," Bruce Lem, industrial engineering major said. His response seems typical of the student employees who work at Santa Clara county's answer to Disneyland.

Lem, 22, got his job through a notice on the Placement Center bulletin board last March when Marriott's recruited on campus.

While exact figures weren't available, Director of Public Affairs John Poiriro estimates 500 SJSU students work at the amusement park. "It's one of our biggest draws," he said.

During its peak months, Marriott's employs 3,000 people, but that number has dwindled to 1500 since it is only open weekends. The park will close for the season the Sunday after Thanksgiving.

Dennis Brown, physical education major, said he enjoys his job as customer service representative because it's an experience in talking to people which will help him when he becomes a teacher.

Brown greets large groups who visit Marriott's and also handles complaints and requests. He said he doesn't get many complaints except from people who want their \$7.95

admission back if it's a rainy day. The one unusual request he remembers was from a woman who needed a place to breastfeed her baby.

"There aren't too many people who enjoy their work like I do," echoes Desiree Goyette, music major. "And they're really willing to work around a school schedule."

Goyette is fortunate enough to have a job directly related to her major; she sings soprano in "Music! America!", one of the five shows which play five times a day for 45 minutes.

Another such employee is Peggy Milovina, art major, who does portraits and profiles of customers.

"I'm really glad I got the job. It's good experience. Portraits aren't fine art, they're very commercial. But I like the work."

Except for the occasional parent who becomes irritated when Milovina's likeness doesn't fit with their ideal, she said she has no problems with the customers.

"It's one of the best jobs I'll ever have," music major Denny Taylor said. Taylor plays trombone in the country-rock band in the park's Farmer's Market. He works three hours and is paid for an eight-hour day for around \$5 an hour.

"Most people I know would rather have another job, but they like working



SJSU art major Peggy Milovina sketches portraits at Marriott's Great America.

Photos by Jim Byous

here," he said.

Most of the employees seem unperturbed by the closing of the park in November.

"I'll live off my earnings," Taylor said.

Located off Highway 101 in Santa Clara, the amusement park opened last March after having Bowers Avenue renamed "Great America Parkway." The

200-acre park has 27 rides, 32 shops and 14 live shows, featuring the theme of American history. The park admitted its two millionth guest in September.

Admission to the park is \$7.95 for adults, and includes the price of all rides. The average guest rides 12 rides and spends a total of \$15.

The one consistent gripe

the employees have against Marriott's are the wages. Most employees earn minimum wage, which until last week was \$2.20 an hour. It is now \$2.50.

"I liked it, but the pay scale is really low. Plus you work six days a week there," Jim Chandler, microbiology major said. Chandler was a ride operator from April to Sep-

tember of this year.

"I like the job but you have to cut your hair and wear a tie. And they don't let you into the park unless you have a name tag," Ruben Romero, business major, added. He summed it up by saying:

"Everybody bitches, but they like it. Or else they quit."

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Lorna Dee Cervantes

Chicano poets focus on pride

By Marion Whittaker
Ethnic pride and suffering were focal points as Chicano poets Gary Soto, Lorna Dee Cervantes, SJSU student and Hopi poet Wendy Rose displayed their talents at the San Jose Museum of Art, 110 S. Market St., Wednesday night.

"Poets in the Gallery," sponsored by the San Jose Fine Arts Commission, San Jose Museum of Art, SJSU English Department and the Mexican-American Graduate Studies Department, was the second event of this year long poetry festival.

The first of the poets, introduced by Dr. Naomi Clark, English professor, was Wendy Rose, author of two published books of poetry.

Rose said one of her poems, "Protecting the Burial Ground," was written while sitting at the site of a land excavation.

"I was one of several there to protest the excavations," Rose said. The site was sacred Indian burial grounds.

In a voice slightly above a whisper, but very clear and controlled, Rose said: *Womb-sopped woman round woman: the sad earth-stained leaves that swallow your buckeye burdens*

Our sterile in grinding-hole bedrock way laid into deep sea-galaxy of obsidian.

Bicentennial Tributes
Some of her readings were tributes to the Bicentennial. At one point Rose said she had just received the agenda of an up and coming American Academy of Poets Bicentennial.

The agenda mentioned a day being set aside to commemorate native Americans.

Rose said instead of inviting one of the many Hopi poets, the commission chose to have a group of Indian dancers participate in the program.

"On this day set aside for native-Americans this is the best they could do," she added.

Mixed Poetry
The second poet, Lorna Dee Cervantes, though small in stature, had the type of dynamic voice that can and did captivate the audience of about 75, which partially filled the First National Bank Room of the museum.

most enjoyable, but it was very effective in that her words appear to come to life.

You were able to feel the sadness, joy and even the realism of her poems.

In her "Self Portrait," she said:

*I melt into the stone
Indian features of
my face
olmec eyes.
I am old brown woman
of the moon.
I am the mild raw
woman side of
ometeotl.*

Or her "Grandma" poem where she said:

*Mi abuela makes
tortillas in the back
room.
Grand Ma. Her
wrinkled brown
hands
pulling weeds before
sunset.
I am mystery to her.*

Cervantes indubitably made an impact on the audience through the deliverance and the naked frankness of her poetry.

Subtle Humor
The last was featured poet Gary Soto of Fresno. Although Soto has edited an

anthology, he will have his first book published sometime in February.

Soto was introduced by William Manning of the Mexican-American Graduate Studies Department.

After Cervantes' poetic hypnotism, Soto's poetry came off a bit quiet, even though he did get a few laughs with his subtle humor.

Soto was good though. One poem that especially stood out was one written to his wife, (when she was just his girlfriend) whose middle name he used to title the poem which, in part, reads:

SODAKO
The day the sparrows

*move South
the wind East.*

*We will not see each
other
field workers gather
like a bush
of fog in the west side
And those sleeping in
the mission
unfold like chairs...*

The third of these poetry sessions will be held 2:30 p.m. Nov. 17 in the Home Economics Building, room 100.

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Cast painter

Broken leg spurs art

By Robyn McGee

English major Robert Barone, 37, has had a few bad breaks in his day. Like the time he ran his motorcycle into the van, broke his leg and was confined to a cast from the hip down.

His leg is still broken but instead of the "institutionalized white plaster," Barone sports a cast which is covered with art work.

"I love it," said Barone, assistant ombudsman. "It makes me feel a little better about my broken leg. People look at it and the first thing they say is, 'Wow, that's fantastic.'"

The "cast artist" is Barone's roommate Carl Cardoza, 34, an artist from Monterey.

"I was looking at Robert's cast and decided to paint it. So there I was, his leg in a hassock and me squatting on the floor painting," Cardoza said.

Since his acrylic drawing of a black man against nature on Barone's cast, many other people with broken arms, legs and even pelvises have commissioned Cardoza.

"I knew this one guy from San Francisco who owned a sex shop. He broke his pelvis, hips and butt and was laid up in the hospital. I charged him \$100 to do all this erotic art on his cast," Cardoza said.

"Now he has private showings of his cast," Barone laughed.

"I also worked on a little boy who had broken his arm. I painted shark jaws above his elbow and he



Carl Cardoza holds one of his latest creations.

really liked it," Cardoza said. "People can interpret his cast art in any way they wish."

Cardoza said he got the idea for Barone's cast one day while stepping off a bus in Monterey.

"I saw this black guy with a huge natural and I walked over to him and said I'm gonna put your hair on my friend's cast. He looked at me kinda funny and then I explained."

Besides painting, Cardoza said he also did some sculpture on casts.

"I took some wood

overlays and built a kind of bridge over this guy's elbow who had a broken arm. Then I painted it, it looked like a rainbow."

According to Cardoza, he knows of no other cast artists in the area, but he added, "There are enough vain people in San Francisco who want this type of thing done."

Barone said after he gets his cast taken off, it will hang as a mounting in Cardoza's room. "I like this type of thing as opposed to people signing their names, but I will be glad to get it off."

Murray's music ideal for Mom

By Valerie Tucker

What could one expect from a former PE teacher turned singer but an album that's as easy listening as any one can get.

Anne Murray's "Keeping In Touch" is the kind of music that one would be proud to take home to mom.

New art display

Paintings, drawings and constructions by artists Robert Partin and Michael Davis will be on display starting Nov. 1 at the S.U. Gallery.

Gallery hours are Monday thru Friday 10:30 a.m. to 4 p.m. and Wednesday and Thursday evenings 6 to 8 p.m. The exhibit will show through Nov. 19. For further information call 277-3221.

From a jazzed-up arrangement of Bobby Darin's 50's hit "Things" to the controversial tale of the evils of show biz in "Sunday School to Broadway," Murray's cute low-keyed voice touches on everything near and dear to the heart.

Although her bluesy love songs which make up all of side two can be quite depressing at times, they also strike a nostalgic note in the memories of long-lost loves.

"Keeping In Touch" is designed for the record buyer who can't decide between the "Best of Theresa Brewer" or "The Carpenters Greatest Hits" — not as old, but not as young either.

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what's happening

Events
"Stars of State," an amateur show sponsored by a Rec. 97 class will be presented at 7:30 tonight in the S.U. Ballroom.
"Thursday Live" will feature Renaissance music at noon today on the upper pad.

the Actors Repertory Theatre, 98 Santa Teresa Blvd.

through Friday.

Films
"Woodstock" will be featured in Friday Flicks tomorrow at 7 and 10 p.m. in Morris Dailey Auditorium. Admission is 50¢.

Theatre
"The Lady's Not for Burning" will be presented at 7:30 tonight in the University Theatre. Admission is \$1.25 for students and \$2.25 general.
"La Ronde," a series of short vignettes will be presented at 8 tonight at

Concerts
John Sebastian and Kenny Rankin will perform at 8 p.m. tomorrow at the San Jose Center for the Performing Arts. Admission is \$4.50, \$5.50 and \$6.50 and are available at all BASS outlets.

Galleries
Paintings by Zapata El Fuego will be exhibited through Nov. 11 in the Main Gallery of the Art Building. Gallery hours are 11 to 4 Monday

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Poise, persistence pay off as stickers sting Hornets

The SJSU women's field hockey team encountered a bruising Sacramento State team Tuesday and came away with a hard fought 2-1 victory over the Hornets.

Despite taking their lumps the Spartans were able to spot Sacramento a 1-0 lead in the first half and come back with a pair of goals in the second half to boost their league record to 4-0.

"Poise and persistence paid off in the second half and I want to commend the team for keeping their cool," head coach Leta Walter said.

Sacramento scored early in the first half on a breakaway goal to take the lead.

"On that play our defense broke down. We missed an interception on one of their passes and then we missed a tackle," Walter said.

A tackle means stealing the ball off the stick of an opposing player.

The stickers tied the game early in the second half when Ann Wriden scored SJSU's first goal on a rush.

A rush is when everyone is going for the ball in front of the goal and in the confusion the ball winds up in the goal.

The winning goal came shortly after that as Barbara Secola scored from the penalty corner.

"This is a set play where the ball is worked around until an open shot is available. We executed it very well," the coach said.

What Sacramento lacked in finesse they made up for in physical play.

"They were a fast team and got to the ball better than we did. Also when we had control of the ball we did not move it fast enough



and we were consequently getting run over by them," Walter said.

The win was the result to a total team effort, according to Walter.

The Spartans will travel to UC Davis on Nov. 6 for

their next league confrontation.

"We've had a fast series of games and the break should help us. We'll be working on our fundamentals for the next 10 days," Walter said.



Espinosa is a study in concentration as she knocks the ball up the field during Tuesday's game with Sacramento.

Coach Leta Walter was pleased with the teamwork displayed by the Spartans. See story at left for details.



Annette Espinosa (l) watches as Helen Varenkamp pushes the ball past onrushing Sacramento State defender. The Spartans were able to come from behind and defeat the Hornets, 2-1, and run their league record to 4-0.

Booters fall on national chart; deadlock Lobos in exhibition

By Jamie Rozzi

The SJSU soccer team has predictably dropped to the 12th spot on the Intercollegiate Soccer Association of America top 20 (ISAA 20) this week.

Head coach Julie Menendez knew his second-in-the-west booters would fall from their sixth position a week ago following their 3-2 loss to UC Santa Barbara Oct. 20.

"We will probably drop out of the top ten, in fact I'm sure we will," Menendez said following the loss to the Gauchos.

The Spartans, as high as fourth on the ISAA 20 four weeks ago following their 1-0 double-overtime upset of defending NCAA champions, University of San Francisco, deflated their season record to 9-2-0 with the loss.

Clemson held on to the post position after defeating 15th ranked St. Louis University and Madison over the weekend.

Hartwick remained in second 21 points behind the 11-0-0 Tigers.

Hayward State, ranked first, ahead of SJSU, in the Far West, have moved from 15th to eighth on the ISAA 20 this week. A 2-0 loss to 14th-ranked USF Tuesday night should drop the Pioneers out of the top 10 on next week's rankings.

SJSU forward Al

Gaspar scored on a solo attempt to force the Spartans into a 1-1 exhibition deadlock with the San Jose Lobos Tuesday night.

The Lobos, first in the Southern Division of the Peninsula Soccer League, scored in the 27th minute of play when Danny Torres took a pass from ex-Spartan all-American John Smillie and drilled it past SJSU back-up goalie Rick Sanchez.

Smillie, a member of the Portland Timbers of the North American Soccer League, was joined by San Jose Earthquakes' Laurie Calloway and Terry Weekes in representing the NASL faction of the Lobos.

Sanchez, who has played in the shadows of the Spartans' first string goalie Sean Keohane all season, pushed away seven Lobo shots in the Municipal Stadium tilt.

Lobo goalies Jim Fox and Rich Madej kept eight Spartan potential scores from penetrating the net.

The Spartans face conference opponents Stanford University in their next season game Friday at 3 p.m. at Harry Maloney field in their third game of the present four game road trip.

The Spartans will wrap up their road work in Hayward Nov. 2 in a 3:30 confrontation with the eighth-ranked Pioneers.

Athletic funds studied

Prof writes on sports promotion

By Theresa Padilla

In order for intercollegiate athletics to survive, public relations, promotions and fund-raising must be well planned and imaginative, according to Dr. Robert Bronzan, SJSU professor of physical education and athletics.

Bronzan shows how athletics programs can be revitalized in what has been called the first book on how to successfully promote athletics programs and raise funds to support them.

"Public Relations, Promotions and Fund Raising for Athletic and Physical Education Programs" was written because he was aware of how important promotions and fund raising is to athletics, Bronzan said.

"To survive, high school and college athletics have to have gate receipts and special fund-raising programs," he said, "but

neither fund-raising or promotions will succeed without good public relations."

The book cites examples of promotion techniques used by universities nationwide. Bronzan said that the University of California at Irvine increased its attendance at basketball games when the university arranged a "trade-out" with a local newspaper.

In exchange for 200 free tickets, the newspaper carried a four-by-eight inch advertisement for 12 days. Names of subscribers which were inserted in the classified advertisement section won the free tickets.

The University of Illinois promoted a "Family Day" where a regular ticket to their football games would entitle the purchase of an adjoining seat for less than one-third the regular price. Princeton University used a similar program in 1973

and 1974 which returned \$8 for every \$1 invested.

Kansas State University sold backrest stadium seats to season ticket holders and Temple University evolved a cooperative ticket sales program with a grocery retail chain. Advertisements stated that the stores would grant a coupon worth \$1 on the purchase of a football ticket.

Bronzan said the book, which will be published in January, will be useful as a textbook for future coaches besides helping high school and college athletic programs solve their financial problems.

Athletics should be subsidized by government funds just as other university programs are, he said, instead of having to make its own way financially.



Dr. Robert Bronzan, professor of physical education and athletics, wrote a soon-to-be-released book about athletic promotion and fund-raising.

Finn gymnasts to perform in Wednesday exhibition

A company of Finnish high school girls will present that country's approach to modern gymnastics in a Bay Area appearance Wed., Nov. 17 at 8 p.m. in the Foothill College Gymnasium.

The tour, "Finn-gymnasts 1976," is being presented by the Consulate General of Finland in San Francisco in conjunction with the Finnish-American Bicentennial Committee of the San Francisco Bay area.

It is part of a West Coast tour celebrating the U.S. Bicentennial Celebration.

The program will present the aims and principles of Finnish physical

education, the combination of gymnastic motion and rhythm with the natural movement of folks dance.

The director of the Finngymnast 1976 team is physical education instructor Tellervo Perttala.

According to Perttala, complete, natural movement is the tradition in Finnish women's gymnastics. It is not what is classified as gymnastics in the USA but uses more natural, self-expressive movements than the rigid exercises usually thought of as gymnastics by Americans.

The girls are required to

take gymnastics throughout school in a required physical education program. After they acquire basic gymnastic skill they are led through more complex movements and use apparatus such as hoops and balls to help choreograph their work.

Each gymnast is given the freedom to move individually, to improve, to feel the pleasure of choosing motions, to use her imagination and explore the possibilities of different movements, Perttala says.

Netters meet Chico

UC Davis is the next opponent for the SJSU women's volleyball team today at Davis. The Spartans are coming off consecutive victories over Chico State and Humboldt State last week.

The women spikers defeated Chico 15-7 and 15-5 and Humboldt 15-3 and 15-6 to run their league record to 3-0.

"Chico stayed right with us in the first game for the first seven points but then we pulled away," assistant coach Marti Brugler said.

"We looked real strong and played better in this match (Humboldt) than we did against Chico, although

Chico is a stronger team," the coach said.

The Spartans have already faced Davis once this year and the results were favorable.

"We beat them 15-6, 15-6 and we should be able to hold them around those scores again even though we will be playing on their home court," she added.

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news summary

Low turnout expected at state polls

SACRAMENTO (AP) — California's turnout for next Tuesday's presidential election is expected to be the lowest percentage since Calvin Coolidge was elected in 1924, the Secretary of State said

Wednesday. March Fong Eu's office reported that nearly 500,000 fewer persons were registered to vote than 1972. The total is 9,976,875, compared to 10,466,215 four years ago. Eu said she expects a 79

per cent turnout, lowest since 73.3 per cent turned out to elect the Republican, Coolidge, over Democrat John Davis and Progressive Robert LaFollette. The California turnout in 1972 was 82 per cent. The

record was 88.38 per cent in 1964. Eu said she was unable to break down the current registration by parties because counties had not supplied all the figures. No great change was

expected from 1972, when there were 5.8 million Democrats and 3.8 million Republicans. Eu said she based her prediction of a 79 per cent turnout on reports from 13 major counties, where speculation ranged from a low of 70 per cent in Sacramento County to a high of 88 per cent in Orange County.

"Factors such as weather, local issues, and the intensity of campaigning during this final week could influence voter turn-out substantially," Ms. Eu said.

"However, fair skies are forecast for California next Tuesday, and we can be confident campaigning will be heavy. So these factors should combine to increase rather than decrease the number of persons who vote Nov. 2."

"Our important finding was negative," Coulehan said. "We were unable to demonstrate significant benefits of Vitamin C."

Doctors refute vitamin C claim

BOSTON (AP) — Researchers who said two years ago Vitamin C might relieve the common cold now conclude the drug does not significantly ease symptoms of the sniffles.

The team of doctors, among the first to confirm the relieving powers of the vitamin, say now their earlier assertions were wrong.

"We do not believe that Vitamin C has widespread

usefulness as a cold remedy," the doctors concluded.

The new study was directed by Dr. John F. Coulehan at the University of Pittsburgh Medical School. It is reported in an issue of the New England Journal of Medicine for publication today.

The virtues of Vitamin C have been debated since Nobel laureate Linus Pauling said in 1970 people who

took large daily doses of the drug would have fewer colds. He also said the colds they did get would be less severe.

To test that theory, Coulehan and his associates experimented with students at a Navajo boarding school in Arizona. They concluded in 1974 that students who took Vitamin C had milder colds.

"Our study got a lot of

publicity and was used to argue that Vitamin C was beneficial," Coulehan said in an interview.

"Because of this, we went into a second study that was longer and more controlled."

The second time, the doctors said they watched the health of 868 Navajo children at schools in Steamboat and Lower Greasewood, Ariz. Half took Vitamin C and the rest got fake pills. Over five months, the number and length of colds were almost identical between the two groups, the doctors said.

"Our important finding was negative," Coulehan said. "We were unable to demonstrate significant benefits of Vitamin C."

Area spinach found unsafe by officials

SACRAMENTO (AP) — California officials say a pesticide residue slightly higher than the safe limit has been found in two of 166 lots of fresh produce checked in 16 northern counties.

The Department of Food and Agriculture reported Tuesday that both of the illegal lots consisted of spinach from the same San Jose grower. It said the lots and the unharvested portion of the grower's field were destroyed.

Traces of residue, all within legal limits, were found in 12 lots, but no residue at all was found in 152 lots.

L.A. canyons area may be new county

LOS ANGELES (AP) — The chipping away at the nation's most populous county has begun with a proposal on the Nov. 2 ballot to create the first new county in California in 70 years.

Both principle and economics are involved in the move to create Canyon County, which would slice away nearly one-fourth of Los Angeles County's land and one per cent of its population.

Los Angeles County has about 7 million residents.

Other efforts with similar motivation are in various stages of development in other parts of the big county, including the heavily populated San Fernando and San Gabriel valleys. And county officials, concerned over a dwindling tax base, fear passage of the Canyon County initiative would boost other separatist movements, though no one is talking about its chances for passage.

There have been efforts to slice off a part of the county in the past, but this is the first in years to make it to the ballot. A simple majority of votes would do the job.

The 67,000 residents of the rugged, northerly expanse that forms the proposed county are

Cable car devotees oppose restrictions

SAN FRANCISCO (AP) — Powerful opposition is already forming over consideration of a scheme to fiddle with cable car tradition — an act some citizens would rank with tossing grandma in front of a train.

The brewing trouble lies in a new report that the city Public Utilities Commission is considering outlawing the hazardous but cherished practice of riding the cable car running boards.

The view from there is spectacular as the clattering little relics, stuffed with passengers hanging on for their lives, lurch and stagger up and down the

city's most hair-raising hills.

Along with the view goes considerable danger to the standee, however, because autos often sideswipe the outside planks and break a bone or two, and people sometimes fall off.

"It's a San Francisco tradition," cried Supervisor Dianne Feinstein Tuesday. "The only thing that would make me sit inside would be a snow and 100-mile-an-hour wind."

Mrs. Feinstein has introduced an ordinance that would limit the number of passengers a cable car would carry, but posting the running board off limits was too much for her.

The PUC should compromise, she said, by limiting to four the number of passengers who would be allowed on each side.

Trivia

TRIVIA QUESTION FOR TODAY: Who was Brom Bones, and what was his favorite Halloween story?

YESTERDAY'S ANSWER: Romeo's family name was Montague, and Juliet's was Capulet.

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UFO interest grows, says space scientist

Hairless, chalky-skinned extra-terrestrial aliens with large heads and tear-shaped eyes have been seen on earth, and authorities are investigating such sightings, a local scientist said yesterday.

"I feel the public interest in UFO's is stronger now than ever," said Tom Gates, director of the space science center at Foothill college.

Gates spoke to about 40 students at the SJSU Aeronautics Department, near San Jose Municipal Airport.

"Twenty years ago, the government couldn't even consider sightings involving some sort of humanoid."

"Now investigators actively pursue such sightings. Even the bizarre," Gates said.

He said that sightings

are classified into several different categories. The first category is daylight discs.

"These are vehicles seen that usually take off like a shot out of a gun. These vehicles usually have a magnetic field which helps avoid problems of friction," he said.

"The magnetic fields attract the carbon particles in the atmosphere, leaving

a carbon ring sometimes," Gates said, pointing to slides of the photographed UFO's and rings.

He told of a man who observed an egg-shaped silver vehicle land in a ravine in 1964. The man saw two aliens conducting activities similar to those conducted later by American astronauts collecting rock samples on the moon.

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Ski first, buy later

By Rick Gaunt

The biggest problem that plagues novice skiers is "what equipment should I buy."

First off, the first-time skier should not buy equipment until he has skied several times, taken a lesson or two, and is sure he enjoys the sport.

For these individuals, boots, skis, and poles can be rented for \$6 to \$12 a day.

The decision to buy should be made after the first season and great care should be taken when selecting equipment.

Resorts up fees; skiing still cheap

By Rick Gaunt

What's the first thing that comes to your mind when someone mentions skiing? Snow bunnies? Chains? Broken legs?

Nine times out of ten, it is the question of money.

How many times have you said "can't go, not enough dough"?

This season, money may be even a greater question since ten major ski areas are increasing lift rates; six of them in the \$11 range.

The cost conscious skier can avoid big money pains by simply budgeting each trip "economy" style.

Owning your own equipment will cut costs by 40 per cent each time you ski.

If you must rent, do it before you go on your trip and avoid higher prices and a long wait in line.

Smart skiers can save up to 60 per cent on equipment bought at a ski-swap, pre-season or post season sale, or via the ski package deal offered at most ski shops.

If you're not picky about looks, buy a pair of used or rental skis and really cash in on savings.

There is no reason to keep up with the latest ski fashions, you won't be a social outcast if you wear last year's style.

Basically, a pair of long underwear, jeans, thermal socks, goggles, gloves, sweater, parka, and a can of Scotch-guard are all you need.

Now, let's go skiing.

If you're concerned about lift rates, then ski on a weekday. Many resorts offer a 15 to 25 per cent discount during weekdays, except holidays.

Besides skiing cheaper, you'll avoid those maddening weekend crowds.

Plan on going with two or more people and you'll save on gas as well.

If you plan a day trip (several resorts are within three hours driving distance) take a bag lunch from home. Food for a weekend trip should include donuts, instant soup, hot chocolate, and other "just add boiling water" food products. Most motels provide mini-coffee makers.

Motel reservations for a weekend trip in Tahoe are easily made through any motel information agencies such as Sierra promotions in South Lake Tahoe.

Not only will these agencies find a motel to fit your needs, but also give you a discount rate and discount coupons for clubs and stores in the area.

So be smart and plan ahead for your next ski trip and tap all the resources you have at home.

You and your wallet will be glad you did.

The bargain hunter can usually find good deals on last year's models and used equipment at a ski swap, usually in the fall. Good buys are also available near the end of the season when retailers begin to close-out stock.

The single most important item on the list is boots, and you should expect to pay around \$100 for a good pair.

Most boots are made from polyurethane shells and have a "flow" system of insulation.

Cheaper boots are constructed of thermoplastic, which tends to shrink and become stiff. These should be avoided.

When trying boots on, look first for fit. They should feel comfortable and the foot should not be cramped.

Other items to look for are hinged

Continued on page 10

Lift ticket rates take price hike

Skiers can expect many ski areas to have higher price tags on lift tickets this season.

Top price in the California-Nevada region is \$11 for a weekend or holiday adult ticket.

Six areas charging this new rate are: Alpine Meadows, Squaw Valley, Northstar, Heavenly Valley, June Mountain, and Sugar Bowl.

Eight resorts managed to keep their prices stable for the upcoming ski season.

Mammoth and Bear Valley rates remain \$10; Sierra Ski Ranch and Mt. Rose \$8; Badger Pass and Tahoe Ski Bowl \$7.50, Tahoe Donner \$7, and Lassen, the lowest, \$5.

Slide Mountain actually lowered their rates from \$9 to \$8.

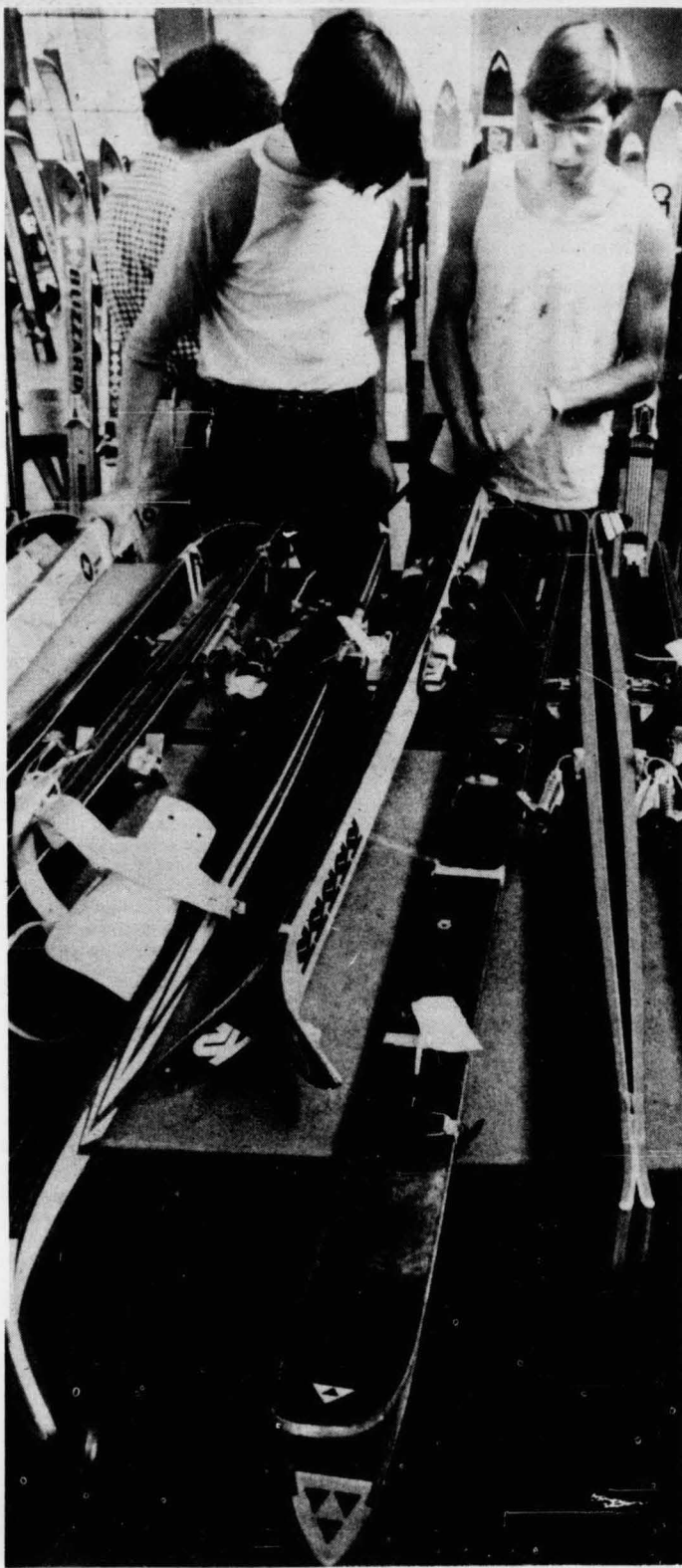
Homewood upped their lift tickets to \$7, while Boreal and Shasta are charging \$8 and Dodge Ridge \$8.50.

The biggest price hike is at Kirkwood, which raised its rates from \$9 to \$10.75.

Only five resorts in the region give special mid-week rates: Boreal, Northstar, and Tahoe Donner offer skiers a \$2 savings, while Dodge saves \$2.25 and Slide \$1.

Forest Service guidelines permit rate increases up to five per cent this year, but the hike is not automatic.

Ski areas must apply for them and show sufficient cost increases to justify a rate hike.



Jim Byous

Dan Vincent (l), freshman biology student and Ron Johnston (r), sophomore business student, inspect the many bargains that ski swaps can offer to skiers.

Ski Happenings

Films

The latest Warren Miller ski movie will be shown at 8 p.m. Nov. 16 at the San Jose Center for the Performing Arts. Tickets are available at Any Mountain Sport Shop, 20630 Valley Green Dr. in Cupertino, for \$3.50 per person.

Miller will narrate the film in person.

SJSU Ski Club will sponsor a film at

8 p.m. Nov. 4 in the S.U. Ballroom. Cost is \$2.00 per person.

Classes

Learn to Ski Clinics will be held at 7:30 p.m. Nov. 3, 10, 17 at Homestead High School, 21370 Homestead Rd., Cupertino. Classes will cover basic instruction, safety and equipment buying.

The clinic is sponsored by Any Mountain. Admission is free.

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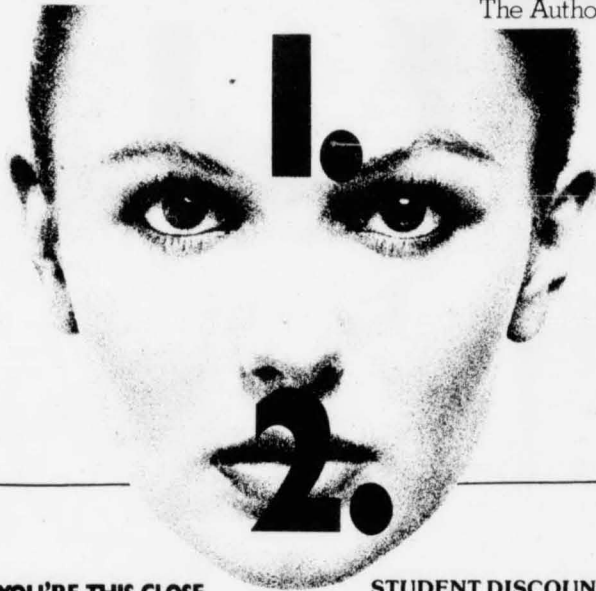
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Backpacking enjoys big boom

By Dave Johnson

The last decade has witnessed a boom in camping, hiking and backpacking which has proven to be more resilient and longer-lasting than most of the temporary crazes which occasionally capture the imagination of large segments of America.

Membership totals in organizations such as the Sierra Club and the Adirondack Mountain Club have climbed during the past several years and it is not only the traditional outdoorsmen, but ecologically-minded urbanites who have swarmed into the forest primeval and often the forest not-so-primeval for a closer glimpse of nature.

The back-to-nature boom has spawned a matrix of interrelated industries producing nearly everything for the would-be naturalist, ranging from lightweight, compressible tents, to freeze-dried Lobster Newburg, to portable chemical latrines.

Recreational demand

Recreational services have also experienced an increased demand during this period, as newly opened campgrounds pepper the map, and travel agents and automobile clubs have taken on the responsibilities of programming wilderness vacations.

Nearly every bookstore worth its salt has a whole section devoted to the outdoors, and the ubiquitous Rand-McNally Campground Guide may be found in department store book departments which don't even contain the top ten best sellers.

Recreation and leisure are big business in the 1970s, and the return to the outdoors doesn't necessarily stop when the frost makes its annual appearance on the pumpkin. Winter hiking, camping, and backpacking are whole new sports which many are discovering and enjoying.

Winter backpacking is different from its summer counterpart in the increased outlay for equipment which most backpackers will find necessary. However, the satisfaction of successfully conquering the winter elements, and the serenity found in the snow-clad Sierra, offer a pleasant contrast with a weekend spent bucking the pre-Christmas crowds at Eastridge, just for instance.

Winter tents

Many summer backpackers forego packing a tent during the warm months, preferring instead to sleep under the stars. For obvious reasons, this is ill-advised in the winter, and may be both an extra expense and an extra item to consider in packing one's pack. However, the nylon tents which have been developed for backpackers in recent years are a boon to the space-conscious; even the heaviest four-person tents weigh less than 10 pounds and compress into packs which measure about 12" by 18".

For winter camping, it is advisable to have a two-piece tent with a waterproof outer fly which loosely covers the main tent. Tents constructed to be used with an outer fly are generally water-repellent, not waterproof. This allows the tent to "breathe," which is not only healthier for its inhabitants, but will prevent excessive condensation on the inside of the tent.

Sleeping bags

Perhaps the most important piece of equipment to be selected by the winter backpacker is the sleeping bag, the

insulating qualities of which may someday be literally life-sustaining to a camper threatened with exposure to the bitter elements.

Fill criterion

Most bags have an outer shell of lightweight, rip-stop nylon, and come in a variety of sizes, shapes and cosmetic differences. However, the "fill" — the type of material used to insulate the bag is really the criterion on which to choose it.

The most common types of material used to insulate sleeping bags are down — goose, duck, or even chicken feathers — and various types of polyester fiberfill, such as Dacron II, Dacron 88, and PolarGuard. Each type of fill has its advantages and disadvantages, and the selection will depend upon the needs of the individual camper.

Down — or more accurately, prime goose down — is considered by many as the elite of insulation materials. Down is rated according to its fineness — the finer the feather, the better the insulation. All things being equal, goose down is a better insulator than duck, which in turn is superior to chicken feathers. However, prime (fine) duck will insulate better than a poorer quality goose down.

Feather best

Most down bags will have a mix of types and/or quality, and even the best down bag will have some quill and feather (heavier, poorer quality insulation) content. By law, the type of down must be printed on the outside of any bag, so the customer should remember to check beforehand to determine what he is buying.

The cost of a down bag is usually commensurate with the quality of the down, and may run from about \$60 to more than \$150.

The main advantage to a down bag, in addition to its superior insulating quality, is its compressibility. Down is by far the most easily compacted type of insulation, and this is an important feature to backpackers with space limitations.

The chief disadvantage of a down bag is that it must be kept completely dry. When down becomes wet, it almost completely loses its ability to insulate, so extra caution must be given to assure that a down bag will remain dry. A wet down sleeping bag on an extended winter backpacking trip can be a killer.

Fiberfill adequate

Most of the polyester fiberfill bags will give adequate insulation for the winter temperatures found in this part of California and up to elevations of about 5000 feet. The chief disadvantages of the fiberfill bags, vis-a-vis down bags are a shorter comfort range, and the bulk, or poor compressibility.

The shorter comfort range means that, while the bag may be comfortable when the night temperature drops to 10 degrees, the bag may feel too warm when the thermometer rises to 60. Down bags usually have a longer comfort range.

Some backpackers believe that the Fortrel PolarGuard type of polyester fiberfill is the most versatile, and hence a good compromise. It is almost as warm for its weight as down, and although somewhat bulkier, it does not lose its insulating ability if it gets wet.

Continued on page 11



Catalina Guevara

"Is that all there is to it," Donna Gresso, SJSU nursing major, seems to be thinking to herself during a SJSU ice skating class at Eastridge Ice Arena.

Ice skating cheap fun, draws kids of all ages

Ice skating is an inexpensive and popular sport in San Jose.

At the Eastridge Ice Arena, the majority of the customers are children from eight to 15 years of age.

"We get a few older kids on Friday and Saturday nights," said Rene Tanguay, the assistant manager.

"On Saturday and Sunday, this place is wall to wall kids. We have monitors who try to keep the rate of the skater's speed low."

The secret to learning to ice skate is to get a pair of skates that fit well.

"This strong ankle bit is a misleading theory. With a good fitting pair of skates, you learn to skate fast. I advise people to take lessons first.

"Kids usually pick it up fast. Adults take a little longer," Tanguay said.

"Skating is an individual sensation. Just you, the skates, and the ice. The reason I like it is you can get a good workout. You can skate for pleasure or to gain skills.

"Skating can become very technical

with a high intensity of skills," Tanguay said.

He suggests that beginners take lessons first. If they like skating, then they should go out and get their own skates.

Some of the other activities at the Eastridge Arena are figure skating, hockey, broom ball (played with broomsticks and a volleyball), ice shows, and competition skating.

"We even had a wedding in here last Saturday," Tanguay said.

The Arena is open 11:30 a.m. to 5:30 p.m. daily. Monday through Thursday they have public sessions from 7:30 p.m. to 9:30 p.m.

Friday night there is a session from 7:30 p.m. to 10 p.m., and an Owl session from 10:30 p.m. to 12:30 a.m. Saturday night, there is a session from 8 p.m. to 10:30 p.m.

Children 11 years and under are admitted for \$1.25. People 12 and older pay \$1.50 for a session. Skate rental fee is 75 cents.

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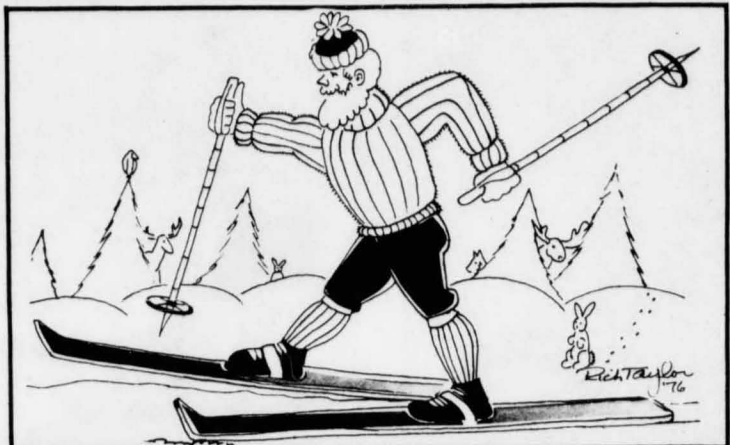
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Cross country skiers can sail through forests and fresh air

By Randy Brown

Before snow buggys came into existence, the Nordic people used snowshoes to travel through the virgin white snow. These snowshoes did not resemble the tennis-rackets we use today for snowshoes; instead, they were a lot like what we know today as cross country skis.

Cross country skiing is not new. But as the downhill ski areas become denser and denser with people many are switching to this less congested type of skiing.

The advantages of cross country skiing, or "ski touring," are many. For one, the equipment is cheaper than for downhill skiing.

An average price for a combination

of cross country skis, boots and poles could cost \$120. This is cheap considering it could cost \$120 just for a good pair of Alpine skis.

The cross country ski is longer and thinner than a downhill, or Alpine, ski. Also, the front of the ski tips up more than other skis. This raising of the tip makes it easier to glide along without something coming out of the snow and stopping the low riding ski.

Cross-country skis are lighter and easier for lifting and moving on level terrain and uphill grades.

A world of difference lies in cross country ski boots as compared to downhill ski boots.

A regular ski boot will rise well beyond the ankle, while a cross country ski boot is more like a street shoe in height.

Cross country boots are made of soft leather, much like a regular hiking boot. An extended sole on the toes holds the boot in the binding.

Poles for cross country skiing are both lighter and longer than Alpine poles. The actual pole is usually made of bamboo instead of aluminum.

The height of the pole should be high enough to reach the skier's armpit. With this height, the skier can push himself further with less effort.

Most of the time, cross country skiing is a lot like walking with two long sticks under your feet. The skier puts one foot down, lets it glide along the ground as he picks the other foot up and moves it ahead.

Since you do have some extra weight strapped on to your feet, the use of the

Continued on page 11

Wheelch

By Myke Feinman

Grinding, churning, silver-chariots spun and swirled around court.

These chariots, unlike the drawn variety of ancient Roman wheelchairs operated by paralytic basketball players.


Wheelchair basketball, a therapeutic sport for the players.



Disabled Vietnam war veteran on wheelchair, a game that allows

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Capital cagers build self-confidence

"A superb athlete in wheelchair basketball is a guy who spends a lot of hours making himself and the chair unified as one," said Jesse Moore, manager of San Jose's Golden State 76ers.

Mobility taught

"Wheelchair basketball is the only sport that keeps a guy in a wheelchair active," said Gary Correl, who started

playing in March.

Correl was paralyzed by a shot in the back by a high powered rifle. Correl is attending San Jose City College to earn a contractor's license.

"When I first started, I had a heck of a time learning how to be mobile in the chair," he said. "It toughens you up. It helps prevent pressure sores."

Pressure sores come from having no circulation and sitting down too long.

"You're always moving up and down and traveling fast," he added.

Rod Williams, who plays for the Peninsula Spokes, can do the 100 yard dash in 17 seconds, according to Moore.

Wives proud

"I've always been interested in sports," said Martin Anderson, a disabled veteran and two-year member of the team.

"Playing wheelchair basketball is the only way I feel I could compete with other people on my own level."

The game also makes the wives proud of their husbands.

Pat Lopez, wife of Greg Lopez, who started playing in 1973, said it is exhaustive just to watch them play.

"When he first started playing, I really wanted to protect him from the other guys," she said.

"But now I just root for him."

Others recruited

Most of the players are now recruiting other players. They consider it their responsibility to recruit them.

"A lot of the guys that would like to play don't know enough about it. A lot of guys confined to wheelchairs won't even get out of their home," Correl said.

"The game is really good," said Joshua "J.J." Jackson, a player who has played for two years. He became paralyzed from the waist down when he was in an elevator crash.

"We need good officials. They could really be improved. They don't know enough about the game."

Support needed

The biggest problem is financial support. The 76ers have 10 players, three scorekeepers, three video crewmen, two first aid people and one manager, all of whom are volunteering their time and energy.

"When we travel to away games, we have to go as far as Santa Rosa and Fresno," Moore said. The team needs money for gas and lodging.

"Most of the companies I ask to sponsor say, 'We'll let you know' and they never say yes or no. They just

leave you hanging," he added.

"The tragedy of the whole thing is we can't even get the Mercury-News to carry the League standings," Moore said.

Games spectacular

Moore, who studied public relations at SJSU, tries to get more than just wives and friends to attend the games.

"I try to do the spectacular," he said. "Once I had a 150-piece band exploding from all sides of the gym. I have fire-eaters, fire-throwers, or a full dance team on the floor during half-times.

The opening game on Nov. 6, to be played at the San Jose Civic Auditorium, will have the 12th U.S. Naval District Band, 800 Boy Scouts carrying the flag of their troop and the cartoon characters from Marriott's Great America.

San Jose will play the Capital Cagers from Sacramento.

250 teams

Wheelchair basketball is sponsored by the California Wheelchair Athletic Association, Inc.

There are 250 teams nationally, according to Jesse Moore, the manager of San Jose's Golden State 76ers.

There are 20 conferences. In each conference, there are a minimum of four teams who compete, and a maximum of eight.

The Golden State 76ers ended up third in the Northern California conference last year.



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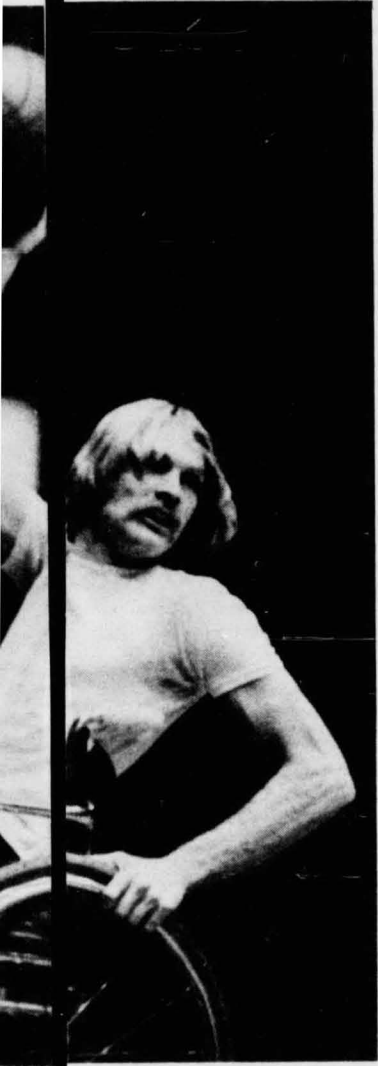
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Catalina Guevara

Martin Anderson demonstrates his athletic skill in wheelchair basketball. He competes with others on his level.

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Racquetball requires quickness, agility

By Steve Forsythe

This sport takes the catlike agility and quick reactions needed in tennis. It requires the sharp eyesight of a baseball player following a pitched ball. And it takes the strategic knowledge of a basketball coach.

The sport is racquetball and the combination of the above qualifications has helped to make it one of the most popular new sporting activities in the country.

Since its invention in the late 1960's, the sport has blossomed from a leisure activity in Southern California to a nationwide craze that has become a million dollar business.

Long way

Racquetball has come a long way since its humble beginning down in San Diego. A group of handball players, disenchanted with the many clubs and their various restrictions according to sex, race and strangers in general, started a new activity to pass the time.

Taking the tennis racquet, they cut the handle in half, making the instrument a shorter, but much more controllable item. They then went inside, onto the handball courts, taking with them a ball resembling a handball, but a little larger and lighter.

What they got was a game that was a little faster than handball, gave the opportunity to have much longer rallies and didn't limit player participation because of a lack of ability.

The clubs which had handball courts generally tended to be tight groups, cliques if you will, that looked down upon newcomers, women and those blessed with little handball ability, but much desire to play.

It isn't very hard for a group of men to control a handball court. Generally, that is what happened with the outsiders merely looking helplessly on.

Change came

But the time for change came and racquetball was born.

Probably the most pleasing aspect of racquetball is the fact that it is much easier to play than handball. A person being introduced to the game can usually start to play fairly competitively after a couple of sessions on the court. This makes the game more fun for both the teacher and the student.

Also, there is not as much physical abuse heaped upon the body besides just plain old good exhaustion. The sore hands, which sometimes can be a bruise deep under the skin and last for weeks, cannot occur with racquetball.

The racquet is a handy instrument which can only hurt if some overzealous player happens to overswing and hits himself in the shin or forearm.

But while the sport is made a little easier to play because of the racquet, it also requires a great amount of strength to compensate for the long rallies.

Long rallies

In handball, the time from serve to the end of a play can last just a few seconds. Long, drawnout rallies requiring stamina to continue and great concentration just don't happen that often.

Having the racquet gives the player an extension of his own arm. Balls that would usually get by a handball player or that are out of reach where only a token effort can be given, may be

within the area of a racquetball player.

It makes for some spectacular dives and breathtaking saves that can keep rallies alive — that is, if the player can drag himself off the ground in time to return his opponent's shot.

Women's sport

Another reason for racquetball becoming so popular is the fact that women can play. This has given the sport a whole part of society that has been excluded from handball.

Men have always dominated, and liked it that way, the sport of handball. A court was a place to prove manly skills and women didn't belong there. Besides handball made men sweat, and women are not supposed to sweat.

This was true for all men, except those who started racquetball. The presence of a woman can only make things more pleasant. And besides, there are some pretty good women players out there on the courts that could give a lot of the men a run for their money.

The sport is relatively inexpensive, and cheap entertainment is hard to find these days.

In addition to some sort of admission fee to the courts, an amount which all racquetball facilities charge, the player needs only the aforementioned racquet and ball as well as a pair of shorts, a tee shirt, socks (usually two) and a pair of tennis shoes.

The owning of a racquet isn't really mandatory either because most sporting organizations where racquetball is played have racquets to rent.

Good shoes

Since most people generally own the tee shirt, socks and shorts, the tennis shoes are probably going to be the most expensive investment. And they truly are an investment!

A good pair of athletic shoes is not only good because they won't scratch up the court floor, but they also will aid in keeping blisters at a minimum. Racquetball is impossible to play with a bunch of welts inside those hot, sweaty shoes.

In the Bay Area, there are many clubs and organizations which offer racquetball courts. The two most popular are "The Supreme Court and "Wallbangers." Both have many locations in the area and have future plans for expansion.

The two organizations both offer buildings with many courts ready to be used. This aids in keeping the waiting time for a court short. This problem of a lack of court space and a long waiting list is one which plagues the smaller places which also offer racquetball.

Private clubs

Athletic clubs, such as Bob's Athletic Club in Fremont and the YMCA, have begun to accept racquetball and courts are being built at these facilities to handle both racquetball and handball.

The YMCA has long been a handball stronghold, but the times they are a'changin'.

Some clubs have opened which offer extensive and plush areas for playing racquetball and handball. Places such as the Bayside Racquet Club and the San Francisco Racquet Club have combined the sports with weight rooms, pro shops, saunas, and even restaurants.



Richard Green

SJSU junior Barbara Cottrel gets in her three-hour-a-day badminton practice session. She is ranked second in women's singles in Northern California.

'Wimp tennis' is hard

By Laurie Slothower

The first serve swats the bird high into the air over the backcourt, where it hangs suspended, and wafting like a small white dove before falling with a sharp trajectory. It will be hit back over the net a dozen times, each time giving the players barely a second to get into the position, until finally a misplaced smash rockets into the net. Total time of round: three minutes.

It's badminton, one of the quickest, most furious and little-known indoor racquet sports around.

Estimates of how many people play badminton vary, but maybe 200 people play tournament badminton — a game ranked behind only jai-alai for strenuousness — in Northern California, according to the Foothill Badminton Club.

The reasons given are that there's no money in professional badminton and thus no media coverage. Also, badminton is thought of as "wimp tennis," which it's not; it's much faster than tennis and uses more parts of your body, according to Roger Wedge, coordinator of the Foothill Badminton Club.

Harder than tennis

"It's much harder than tennis," Wedge, SJSU graduate student, said. "You can't have three hour badminton matches like tennis; you'd die."

In addition, he said, there's less time to get into position than in tennis and you hit the bird just as hard. A smash can get up to 50 mph and a game is like running four miles in short steps.

The equipment for badminton is relatively cheap. A good racquet starts at about \$20 although the more expensive Japanese models or Carltons run for \$40. Whether the racquet is made of metal or wood is not so important as the balance of the racquet.

Lighter racquets have a whiplike action favorable to players with a less flexible wrist. The strings are also important, and should be strung tight.

The shuttlecocks or "birds" are the most expensive item in badminton for advanced players. Novice players like this reporter are probably accustomed to the plastic birds used in school; these

cost about 60 cents each. However, the goosefeather birds cost \$1 to \$1.50 and have to be replaced as soon as a feather is broken, often after one game. The feather birds consist of 16 goosefeathers and weigh about 16 grains. They decelerate differently than plastic birds and make tight net shots harder.

Few clubs

There aren't many badminton clubs around and competitive players say they see the same people at the courts. The Foothill Badminton Club, alias the Peninsula Badminton Club, meets in the Foothill College Gym, 12345 El Monte Road in Los Altos, on Saturdays from 1:30 to 4:30, and also Monday nights from 7 to 10. These are mostly tournament players and charge 75 cents per person to use the courts.

One person who frequents the Foothill Badminton Club is Barbara Cottrel, SJSU physical education junior and holder of the second-place position for women's singles in Northern California.

Cottrel has been playing competitively for four years and plays three hours a day to keep in practice.

"You have to have a strong will to play in badminton, because there's no money in it," she said.

The 5'2" co-ed said her height has been a disadvantage and that she has to take more steps to compensate.

Cottrel plays badminton for the same reason everyone else plays this unpopular sport — it's more satisfying and more fun than any other sport they've found.

Scrounge courts

The Sunnyvale Badminton Club meets at the Sunnyvale Community Center, 550 Remington, on Thursdays from 9:30 to 11 p.m. The players there are less polished and also smaller in number.

Similarly, there are places to play badminton every night of the week but you have to scrounge around.

On Monday through Friday evenings excluding Thursday, the SJSU Co-Rec has nets up.

On Monday nights from 7 to 10, the Cubberley High School Gym, 4000 Middlefield Road in Palo Alto, is open.

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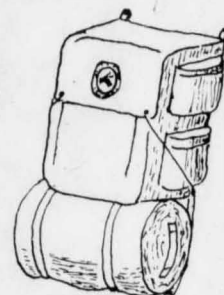
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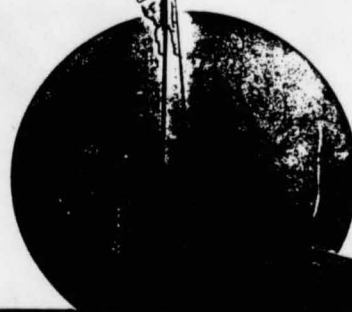
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Discover skiing before buying

Continued from page 3

shells, minimum forward lean, and a good flex.

Emphasize bindings

Bindings and skis should be bought at the same time with special emphasis on the bindings.

Usually the best price deal is offered in a ski package which most ski shops put together regularly for around \$135.

There are two types of bindings available, both effective but offering different characteristics.

Expect to pay \$45 to \$90 for bindings.

Toe and heel piece bindings are generally more expensive and place heavy emphasis on maximum retention, or the ability to remain in the binding.

Skis vary

Plate bindings are constructed to maximize release from the bindings.

The choice should be made depending on how hard or how demanding a skier you are.

There are three major types of skis: Slalom, compact, and short.

Slalom skis are for advanced skiers and are usually narrow and very long.

Short skis are very wide and short. They offer slower speeds and easy turning and are recommended for the person who skis only two or three times a year.

Resistance necessary

Compact skis are in between slalom and short skis. They are faster than shorts and require more turning technique, but are not as demanding a ski as



Jim Byous

Flex and resistance of skis are two very important conditions to consider when purchasing a pair. Here, Don Telaro, business senior, tests the give of these ski tips at the SJSU Ski Swap that was held October 16 and 17.

the slalom types.

You should look for a ski that has a soft longitudinal flex and a high boot to ski response.

Novice skiers should avoid solid wood core skis which are very stiff and also segmented edges.

Your ski should also have a high torsional flex or the ability to hold when on edge and the resistance to bend sideways.

On the average, skis will cost between \$85 and \$130, but be aware of what you're buying.

Poles unimportant

Best prices again are with a package deal, but be sure the bindings and skis are compatible.

Poles are the least expensive item and are usually made of aluminum, fiberglass, or epoxy. Prices start at

around \$8 and go as high as \$30. The type of pole is unimportant, but avoid plastic straps as they tend to be stiff and break.

Also in your purchasing plan, you might include a good pair of leather gloves and thermal socks. Be careful when buying gloves, as some are of poor grade leather or imitation leather which tend to harden and crack, or give insufficient insulation.

A good pointer when shopping for equipment is to visit many different shops, look at all equipment lines, and get the best deal to suit your ability and pocketbook.

Try to go early in the day so salespeople can have plenty of time to rap about prices, details, features, and deals.

Country clubs still exclusive?

By Myke Feinman

Many people may wonder if country clubs are still as exclusive as they used to be. They are.

The San Jose Country Club in the East Foothills near James Lick High School is asking \$3,500 for the initiation fee. The monthly dues are \$80 and the quarterly food and beverage fee is \$75. If you don't eat enough food and drink enough to chalk up a bill of \$75, you have to pay the quarterly fee anyway.

The services offered are a swimming pool which is only open during the summer months, and a golf course.

Members of the club are usually independent businessmen, doctors, lawyers, judges and other people who could afford such a membership.

The Almaden Valley Golf and Country Club has a 400 membership maximum.

The member buys stock in the club which costs \$4,500. Plus, of course, there is an \$80 monthly dues fee. The quarterly food and beverage minimum is only \$60.

The membership is 400 maximum and at present there are no vacancies. A member can sell his stock for \$4,600

through the club office, who keeps 20 per cent for transfer fees.

The club has tennis courts, a swimming pool and a golf course.

More suitable to a student's income are places like Wallbanger's, 577 Salamar in Campbell, and the San Jose Swim and Racquet club, at 1170 Pedro.

Individual membership at Wallbanger's is \$50 for individuals and \$75 for families. The fee gives them towels, lockers and reservation rights up to a week in advance for courts.

There are ten courts for racquetball and handball, locker rooms for men and women and showers.

Courts can be rented for \$2.50 an hour. There are student rates of \$1.75 from 7 a.m. to 11 a.m. and 1 p.m. to 4 p.m. Monday through Friday.

The student rate applies all day Saturday and Sunday.

The San Jose Swim and Racquet club offers seven tennis courts, an olympic-size swimming pool, a spa, a sauna, ping pong, locker rooms, barbecue facilities, and picnic areas.

The cost is \$35 for families and \$25 for individual monthly dues. Membership fees are \$375.



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Hikers face gear galore

Continued from page 4

In addition to the two main necessities — tent and bedding — a few important items should be on all backpackers' lists, apart from personal needs and tastes.

Foul-weather gear

Foul-weather gear — a good quality rain poncho which is designed to accommodate the backpack as well as the backpacker — may keep that down bag from getting soaked.

An adequate first-aid kit should be in every pack. To this should be added a bottle of aspirin, and perhaps a sinus analgesic for those with a sinus condition, or for anybody who is planning an outing at very high elevations.

Tools are usually kept to a minimum because of weight and space constraints, but a pocket knife is indispensable. Some packers may find a small hand or finger saw useful in cutting small pieces of firewood, or even in erecting a temporary wood shelter.

Freeze-dried convenience

A word about food: I suppose we have NASA to thank for the blooming industry which now freeze-dries anything from coffee to Mexican omelettes for the camper. These products are convenient — just add any one of them to boiling water and serve — but their quality is uneven, and their price tag is high.

The selection is really quite good, and no backpacker who tires easily of a constant fare need ever repeat a meal on a two-week journey. Depending upon the store in which one buys freeze-dried foods, he may see a variety of stews, vegetables, and complete meals such as spaghetti, chili macaroni, scrambled eggs, or even Shrimp Creole. Also available are freeze-dried desserts, including fruits, pies, puddings, jellies, and applesauce.

However, if the selection of freeze-dried foods is adequate, the prices are above and beyond that. A backpacker who plans a full week's menu of these

processed victuals might take that tab and enjoy an epicurean feast at The Blue Fox.

Dry staples

A more sensible way to go, for the economy-minded backpacker, is to pack large quantities of dry staples — such as rice or pasta — which can be cooked easily in boiling water. Rice, macaroni, and noodles are relatively inexpensive — certainly much more so than freeze-dried foods — and a lot of food value can be put in a pretty small volume.

Other staples which can be carried with ease are liquid margarine and bouillon cubes, an easy way to add flavor to boiled rice. And don't forget the salt and pepper.

Since economy is usually foremost in the minds of most students, those interested in getting started in camping/backpacking who would like to economize might look into the possibility of assembling their tents, sleeping bags, or parkas from a kit.

Frostline Kits, a Colorado-based outfit with an outlet in San Jose is one kit manufacturer who specializes in outdoor equipment, including backpacks, bike bags, sleeping bags, parkas, vests, rain gear, and thermal foot gear. All materials are provided, but the person who wants to assemble the kit must have a sewing machine to do the job.

Kit saves

According to Carron Floyd, a spokeswoman for Frostline Kits of San Jose, a person who assembles his gear from a kit may save from 30 to 50 per cent off the competitive retail price of a similar finished item.

The writer has not made a detailed, complete price comparison between the kits and comparable finished items, and so cannot completely vouch for these figures. However, it does appear that most of the kit prices are somewhat below their finished-item counterparts.

Cross country ski enthusiasts leave crowds and long lines

Continued from page 6

arms becomes a very important instrument.

In the process of skiing, the skier, if right-handed, will swing the left arm forward while the right ski is being pushed back and the left ski glides forward.

A skier will know he has the cross country skiing process down pat when the rhythm is smooth and the skier keeps balanced.

The only other major difference between walking and cross country skiing is that the skier must have his knees slightly bent at all times while moving. This gives the skier more power and allows for long glides.

A big advantage in cross country skiing as opposed to downhill skiing is in turning. Because of the build of the cross country skis, it is just like turning while you are walking.

Cross country skiing is much more flexible than downhill skiing in that one can do it wherever there is snow. The cross country skier is not confined to areas where ski lifts obstruct one's view.

He or she does not have to pay for a lift ticket or stand in a long line in order to go up a mountain.

For beginners at cross country skiing a good way of getting expert

instruction and help is by going on a planned, day long trek. Such organized treks can be found for reasonable prices in such ski areas as Squaw Valley, Kirkwood and Boreal.

To Brian Kost, corrective therapy major junior and an employee at Earth Toys in the lower level of the Student Union, cross country skiing is a very involving sport.

"It's good because skiing cross country really gets you in shape" Kost said. "Plus you're breathing fresh air and there's lots of beautiful country to see."


One of Kost's fellow employees, Bill Brent, recreation senior, started cross country skiing three years ago. Both a downhill and a cross country skier, Brent sees the two types of skiing as two different worlds.

"You get jazzed and hot in downhill," Brent said. "There's lots of pleasure drive. In cross country you get to view more of the tranquil aspects of the world. It's much slower paced."

One of the most pleasant aspects of cross country skiing is not ruining any natural habitat.

When the snow covers a plant, it acts as a protecting device. Riding over the snow doesn't destroy the plants that are normally stepped on in the summer.


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