Jobs that break sex barriers

By TANYA AYERS

When Ray Sweeney walked into the business office of Amtrak on one of his first assignments, he merely mentioned the words, "type" and "work" and was taken to a broken typewriter. The office managers thought he was the typewriter repairman. It took about half an hour to register that not only did he not have any tools but also that he looked very uncomfortable.

Ray, meanwhile, was wondering if anyone knew that the machine was broken: he'd been sent by a temporary agency to type that day.

Ray is a college history teacher by vocation but finds temporary work these days as a typist (a skill he developed in the Air Force), a steady source of income and a valuable tool for making contacts for other kinds of jobs when teaching assignments are scarce.

Ray, as a male typist in a "non-traditional" job role, has a problem. So do Carol, Cal, and Carolyn. The problem is that they're still "different.

Carol wants to be a diesel truck driver. Her father is already introducing her to the mechanics. She's 16, and eyebrows raise as she declares her intention.

Cal teaches pre-school at MiraCosta in the Children's Center and wishes it wasn't such a "big deal," that he enjoys working with small children. But he is aware of surprise when he mentions his career choice to new acquaintances.

Carolyn works seven days a week from 5:30 a.m. until 11 a.m. exercising horses at San Luis Rey Downs, wanting to become a jockey. "More women are entering this field all the time. It's great," Carolyn says. "But it's still really hard to get to be a jockey if you're a woman even though there are some now."

The problem has not gone unnoticed.

Diane Baum, the Job Placement officer at MiraCosta College has found that certain people she finds jobs for have come back to her having been terminated for reasons that are beginning to look familiar. "Employers are not retaining many of the non-traditional employees, and the ex-workers' complaints are more and more often about subtle pressures and harassments than about overt actions," she said. The complain-
Rain at picnic enough to whet your appetite

By JUDITH LOOPER

"Argh-h-h! I yelled. "What a mess! What's matter?" the kids, tumbling over each other in their rush down the stairs. It was early Saturday morning and I had just navigated my way through the toys in the hallway, stepped over the skateboard in the dining room, and entered the kitchen to get my coffee. Dirty dishes spread over the kitchen counters, filled the sink and multiplied before my very eyes. Every burner on the stove was hidden by a dirty pan. "Look at this mess," I said, picking up some trash that had spilled out of an overstuffed waste basket. We cleared everything to go school. During the week, we were in and out, often passing each other at the front door. Meals, homework, and togetherness done, trash was discarded. Saturday was our day of reckoning. Weekends were not relaxing, they were dreadful. The kids were silent. "We're all in this together, gang," I said. "Everybody dumps their little puddles of junk around the house during the week, and we spend all weekend fighting over who is responsible for what." No response.

"Listen, I know there's no way our place will ever appear in House Beautiful, but that doesn't mean we have to try to make the pages of Zonoon, you know? Today we are going to clean it!"

There was a collective groan.

"Hey, I don't like housework anymore than you guys," I said. "Why don't we all help clean this house, because somehow we'll get it done and do something?"

"What?" they asked suspiciously.

"I don't know. How about a picnic?"

They conferred, debated the alternatives and decided it was worth a try.

The day passed quickly. That evening we were amazed when we looked around. Rooms were clean and straightened up, floors were washed and waxed, carpets vacuumed, bathroom scrubbed and shining, and dishes done, trash bagged and tied out for collection. The house gleamed. A little motivation really does work, I thought. I never thought it would and now I was committed to a picnic. Oh well, I'd live through it. It was worth it.

Gray clouds covered the sky when I peeked out the window early next morning. But it had been gloomy for weeks. I wasn't worried - it never rains in California. I walked into a spotless kitchen and my spirits soared. I put the water on for my coffee and began to assemble the picnic lunch. If anyone deserved a picnic, those kids did. The clouds got thicker as I made the tuna fish, boiled the eggs, cut the radishes into rosettes, mixed the lemonade, gathered up the crackers, chips and dip. I cheerfully scrubbed out the cooler.

The kids woke up and straggled down. "It's gonna rain," said one. "There goes our picnic,"

grumped another.

I peeked at the disappointed faces and laughed. "Don't be silly. It won't dare rain - not after I already made the lunch."

We loaded the car. "It's raining," said my daughter, pointing to our other car parked in the driveway. It was covered with drops.

"That's just dew from being out all night," I answered. The driveway wasn't wet. "Would you rather stay home? We could pull all the trash in the living room together and spread a blanket on the carpet."

"Are you kidding?" asked the oldest. "Mom's right. It's not going to rain."

So we were off. Before I had driven a mile, I found myself turning on the windshield wipers occasionally. "Only sporadically," I explained. "It just looks like a lot of rain because the car is moving."

Pretty soon the wipers stayed on. By the time we got to the park, it was pouring.

"Well, think of it this way," I said, looking at the dripping trees. "We have the whole park to ourselves."

"Yeah," said one kid.

"That's right," said another.

"And I'm starving," said the third.

"Yeah," said one kid. "Let's go eat!"

We ran across the wet grass to a small, open pavilion, but at least it had a roof. It also had a picnic table.

While the kids attacked the lunch, I studied my toes. They were numb and looked a little blue to me. The water squished out of my sandals. What the hell are we doing here, I wondered. My hair dripped down my neck as the kids were talking and laughing and seemed to be enjoying themselves. But then, maybe it was all for my benefit. They do things like that sometimes if they think I'll be disappointed.

They decided to go out to the playground. "Okay," I said. "Just don't get wet." They laughed and raced across the lawn and through the rain swepting all the way.

As I sat at the cold, metal table with the Sunday crossword puzzle, my fingers turned brittle.

The kids were in high spirits on the way home. I drove with one hand and gave out tissues with the other.

"We ought to do this more often," said my daughter, her voice already hoarse and raspy.

"How about next weekend?" asked the oldest boy as he coughed.

"But if it rains you would mind if we waited for a sunny day?"

"We ought to be well by then, Mom."
Cafeteria back in business after delay

by JOHN HALEY

The cafeteria, which has had more than its share of problems in recent months, is earnestly striving to upgrade services. Shirley Mason, the manager of the cafeteria, feels that the improvements are going to make a big difference in the food quality and production.

The cafeteria has added space, several new machines, and greater variety among the selection of goods. The new wall which divides the serving and the seating area is beneficial for several reasons. First, it is financially feasible, and the bowls for the cafeteria can use one cashier instead of two. Second, it is necessary to use two cashiers to keep up with the rush. Now, the seating area is used frequently for meetings and study groups. Previously, the service had to make use of the kitchen but now, they can use the new "kouter doors" which lock and divide the two areas. Another reason is that the larger food service area is easier to keep clean and more aesthetically appealing.

A new coke machine will facilitate the greater number of people and allow easier maintenance.

"We made the improvements mainly to allow for expansion of the school," said director of Student Services Mark Kellenburger. The cost of the renovations has been $4,000, and is expected to be fully recovered from the sales of the new machines.

The cafeteria is now open six days a week, including breakfast, lunch, and dinner. Shirley Mason said that "It's funny, really fun." She agreed with the student that it was also tarnished. Both plays are one is for the mentally deficient and the other is for the normal. Ravenswood is an institution, but Dr. Pepper who believes that everyone needs to be free of their problems, wanted to know what it's like to act. He has an extensive acting background, but obviously not too serious. At Dunelawn, he is the ever-admired Dr. Pepper, the right-hand man to Dr. Pepper. In Ravenswood, he plays Mr. Ponce, an average transvestite.

Goodbye, Paula

Paula Walker, who worked as a secretary for the college Athletic Department, is in the process of transferring to another university. She was won by the student services Mark Kellenburger. She was $12,000 to $14,000, and we are looking for someone who has been using student help in the general areas of the cafeteria. She was the cafeteria assistant, and it was financially advantageous to both us and the student. The money I made working on the cafeteria projects was giving me a job. I was looking for a job during the semester break anyway, so this job worked out well," said Athletic Director Tom Shilds.

SAT workshop set for Feb. 27

College-bound high school students can develop skills for taking the Scholastic Aptitude Test in a one-day workshop Feb. 28 offered by MiraCosta College at its Del Mar Center.

The test, commonly referred to by its initials, SAT, is one of the most important exams a high school senior will take. It is used as a determinant for admission to many of the nation's colleges and universities.

Many bright seniors don't do as well on the SAT only because they haven't received good test-taking skills, said the workshop's instructor, Jane Peers.

Participants should bring a lunch, paper and pencil. An SAT study guide is provided in the $15 fee. The workshop will be from 9:30 a.m. to 3 p.m. Registration is advised. Information may be obtained by calling the Del Mar Center at 942-1352.

Can complete two-30 minute 'Bad Habits'

by DORI CAPPS

The cast of 25 spent a week in the fallarical play "Bad Habits." In attending the auditions, it was easy to see why the show is not the choice of every person who wants a part. Shirley Mason (left photo) and her operation were back in business. Meanwhile, the Black Student Union (including sergeant-at-arms Darrell Cargill and activities chair Gurneese Posey, above) pitched in preparing a barbeque chicken and ribs stand in the cafeteria patio. The BSC helped raise $600 for their treasury and — perhaps more importantly — kept more than a few students and staff from starving in the repair interim.

Staff photos by Ann Wiersma

Ski trip to Summit

By DORI CAPPS

The MiraCosta Ski Club is planning three ski trips this semester, including two day trips to Snow Summit. The first one is on Sunday, March 13, and the second one Saturday, April 4. The cost is $22.50 for each trip for students and $27.50 for non-students. Price includes transportation, bus, lodging, and lift tickets. Reservations can be made at the cashier’s window. They must be paid for a week in advance. The limit is 38 reservations.

The third trip will be held April 12-17 — the Ski Club is going to Salt Lake City, Utah, within range of five ski areas: Alta, Brianhead, Brighton, Snowbird, and Solitude. The price is $230.00 and a deposit of $120.00 must be made to the cashier by Friday, March 13. The balance must be paid by March 30. The price includes transportation by bus, lodging, and lift tickets. The trip is limited to the first 25 people who get your money in now. If you are interested in attending the Ski Club meetings, turn in your name, phone number and hours available to the Ski Club box, located at the Student A.S. office.

You will be able to see "Bad Habits" performed by MiraCosta’s Little Theatre, C-7. Re- place of the show is set for Feb. 27.

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Jobs and sex barriers — or, take a letter, Sam

By DORI CAPPS

Was one of your classes cancelled? Was the explanation of not having enough students enrolled enough to convince you? Well, I had a class cancelled and we had 14 students, which to me for a Monday night was a lot. But that's what the Personnel Manager for Ocean-side Federal Savings and Loan said that would be the least we needed in the class to go.

I was lucky the class wasn't prior cancelled. But it is a difficult situation. A Personnel Manager stated that it was an unlawful practice to discriminate an individual with respect to his compensation, terms, conditions, or privileges or employment, because of race, religion, sex, or national origin. But there is still resistance toward some who want to claim their right to work where they want when they are qualified to do so. The awareness that Ron Jones speaks of is one of the goals of Adrienne Hakes and Diane Baum had in mind when they conceived their plan to help bridge the gap between law and action.

Even under the best of circumstances, where supervisors and employees are encouraged to succeed by cooperative employees and fellow workers, psychological and social studies reveal that there is still struggle at a less obvious level. In the January, "Bulletin of the California Commission on the Status of Women," a quote from a report in Men and Women of the Corporation by R. B. Carter suggests, "After extensive research, it is concluded that individuals who are favored at the outset by majority status will experience themselves and be seen by others as more powerful. Then, in turn, develop attitudes and behavior appropriate to the successful and powerful, and so will be more likely to succeed ... the token worker is forced into limited roles which fit pre-existing stereotypical assumptions and means the end of upward mobility."

The research continues, reminding Hakes and Baum that the first step toward education is to change. Appropriately they agreed on Esther House-Wells as the Keynote Speaker. Wells is Project Director for R-T-P (Recruitment and Training Program) in San Diego. The agency provides recruitment, arrangements for training, and placement in apprenticeship and jour­­neyperson positions. Wells deals with many people (particularly women who find themselves the sole support of a family) who are willing to learn to work in uncustomary roles.

When Ron Jones was about 18, she worked with her father in his planning business. She says, "It wasn't called non-traditional then. We called it work." She is familiar with union procedures and knows that management has held a variety of jobs herself giving her insight and success in successful change and growth.

She says, "One of the nice parts about working in Ocean-side for many years or one who has had low subsistence paying jobs come back after starting an apprenticeship program and complain exclusively, 'Well, I'm going to do all with this money.'"

Wells is currently working on a case with a man who wants a position as a secretary. "His clerical skills are high and his interest is strong." Wells said, "It is interesting to see what happens when we place him."

Probably Ray Sweeney and he should have a talk first. Of Ray's other cases, looking past me, waiting for the receptionist to return. They thought I was management and didn't want to ask questions that I had been filing my nails and seeing that he could have been more comfortable."

The non-traditional roles will be presented on Thursday, February 26th, at the El Camino Country Club in Ocean-side, from 9 a.m. until 1 p.m. The public is invited to attend. There will be no host lunch for $6.00. Receive one of the following numbers for reservations: 706- 79 Freeway (to 7 p.m. on 2508 EL CAMINO REAL CARLSBAD PLAZA NORTH for service) or 757-1570 (North County Connections).

Last day to see Farber art

Today is the last day to view a collection of oil paintings by nationally-known artist Manny Farber, featured February 16 through 30 at the MiraCosta College James Crumley Gallery.

Farber, whose work has been shown all over the nation, including the Guggenheim Museum in New York, is a visual arts professor at UCIR.

A reception honoring Farber was held on February 11, which marked the closing of formal three course 13 credits 10 weeks 700,000 art addition. 14 years, Manny Farber reviewed major motion picture for publications such as The Nation, Art Forum and Film Comment before marking his career as an artist. Gallery hours are Monday through Thursday, 9 a.m. to noon and 1 to 4 p.m. and 7 to 9 p.m. Admission is free.

What's new under the sun — winter workshop

North County residents can have a solar water heating system in two days and at a considerable discount, at a workshop to be held on radio and TV.

The workshop is free, but it's one that a lot of people prefer. You build the system in a weekend at MiraCosta College, then install it in your home.

A free slide presentation will be held on Feb. 10, from 7 to 9 p.m. in room 512, which is in the automotive studies building. The two-day workshop will be Friday night, Feb. 19, and Saturday, Feb. 20.

There is no tuition charge and participants do not need to purchase the solar kit. If participants want to build the two solar collectors and other parts of the system, the cost is about $950. 50 percent of which is deductible on state and federal income taxes. One may choose to add other components to the system which, with installation, can increase the cost by several hundred dollars. Complete information about workshops will be available at the slide presentation.

The workshop has been conducted throughout Arizona and California, primarily through community colleges. It was developed originally at Arizona State University through a U.S. Department of Energy grant. MiraCosta's workshop will be conducted by one of its drafting instructors, Dana Whitlack. Two day workshops also will be offered one weekend per month through May. For more information contact the college at 757-2121.
Taking the time to see what we normally don’t see, that wasn’t the closest I could be to another person of the same sex.

In a life-threatening situation, a person without formal CPR training for the past 10 years. I sighed and decided to set my focus in one direction and not alter my gaze for at least a minute. Turning east, I stopped outside to see the same scenery that I had seen for five long years. I sighed and thought to myself: Alan, you’re already just barely glanced at the time to really notice those things around you. Some reason get taken for granted.

I sat down with the fenceposts at the top of the stairway leading into the grove where one dog idly tumbled on the ground and the other sat quietly looking at the him. I know that that was the closest I could be to another person of the same sex.

The number of houses that have been built throughout the valley almost 27 years and has been in- vade my imagination of fashion Grooves.

Bobby Dickenson or one of her CPR students will be nearby. Tina is an avid runner and master woodworking. My eyes followed the motorcycle’s tail lights and researching material to further her professional expertise. In a life-threatening situation, a person without formal CPR training.

Tina Dickenson will offer- ing medical services, family environment with heart ailments and simply not being concerned with the health of people. Tina firmly states, “Anyone can learn CPR in an emergency situations. If you were on a stretcher, you would probably not have an easy time breathing and get your breathing and heartbeat checked. Tina Dickenson will offer- ing medical services, family environment with heart ailments and simply not being concerned with the health of people. Tina firmly states, “Anyone can learn CPR in an emergency situations. If you were on a stretcher, you would probably not have an easy time breathing and get your breathing and heartbeat checked. Having a lot of 45 people regularly used to be the norma I don’t know that that was the closest I could be to another person of the same sex.

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Art addition festivities

AT THE DEDICATION — Steven Brezzo (top), Director of the San Diego Museum of Art, delivers the dedication address at ceremonies inaugurating the Art Department complex addition on February 11. Dressed for the occasion are (from left in photo lower left): Eric Gronborg, Art Department Chair, Dr. John MacDonald, College President. Also, from left (photo lower right) Martie Soria, Missy Shankle, and Leona Seruya in punk attire.

Art addition provides student artists with more room and more tools and machines to work with. Also, new offices and a darkroom for art and photojournalism students are now in use. Food and punch were available and music was provided by punk rock group Barking Spiders. The recently completed - Staff photos by Ann Wiersema

A six-week course in coping

Impact of divorce on kids

Although most parents don't need to be told that a divorce has an adverse affect on children, many are not sure how to help their offspring through the crisis. A six-week community service course offered this spring by MiraCosta College is designed to educate parents on the impact of separation and divorce on their children.

"Impact of Divorce on Children" begins Feb. 23. It will meet from 7 to 9 p.m. on Mondays at the college’s Del Mar Center. This course, like the others listed in “Horizons,” the community service bulletin, is self-supporting through student fees. The fee for this class is $12.

Advance registration is recommended and may be done by mail or in person at the college’s Oceanside and Del Mar offices.

"This is really a family-oriented course," said Joane Harper, who will instruct the course with Larry Prather.

"Parents all basically want to help their children, but lots of times they just don't have the information," she said.

The course will introduce parents to children's developmental stages, then show how a separation or divorce affects children at each of those stages.

In general, Harper said that when a child is preschool age, a divorce is confusing. When the divorce occurs when children are in their early school years, that is when their development is at its most crucial stage.

"Middle school age is when children are most vulnerable to the effects of divorce and adolescent age is when it is most difficult," Harper said.

The class will incorporate a lot of group discussion so that parents can share with each other how they have applied what they are learning.

Harper and Prather, both San Diego area residents who are doing extensive graduate research on this subject, will show parents ways to avoid some of the problems they may have with their children.

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"The class also might be useful to adult children whose parents were divorced while they were growing up," Harper said.

She sees the course as one that will help parents, rather than criticize their present methods of dealing with their children.

"When a marriage ends, parents stop being husbands and wives, but they don't stop being parents."

AIRLINES

Major airlines are now accepting applications for the following opportunities:

- Flight Attendants
- Ramp & Baggage Personnel
- Ticket Agents
- Reservations Agents
- Clerical Positions
- Aircraft Maintenance
- Bookkeeping
- Customer Service
- Food Service

Individuals interested in applying with these airlines companies must be career oriented, have a public relations personality, be willing to travel if required, and be in good health. Major airlines will provide training for many of the positions listed above. For further information on how to immediately apply directly with these major airlines companies, write to:

TRAVELEX, INC.
ATTN: AIRLINES APPLICATION INFORMATION
3865 SOUTH WASATCH BLVD. SUITE 101
SALT LAKE CITY, UTAH 84109

Please indicate briefly your background, what airlines position(s) you are interested in applying for and enclose a stamped, self-addressed envelope so that you may receive further information as to what steps to take so that possible interviews might be arranged by these airlines. All major airlines companies are EQUAL OPPORTUNITY EMPLOYERS.
New theatre to teach production techniques

By ROB MILLER

In the summer of 1980 the groundbreaking began for a new theatre at Miracoast. Since that time, the changes to the complex have been moving at a steady pace and are expected to be completed some time next year. Miracoast is an 11,000 square foot complex that will contain a 2,100-square-foot foot complex will be the theatre itself, a 1,000-square-foot acting curriculum, with seating capacity of 125. The stage, which is much larger and better equipped then the campus theatre now being used. Also, there will be dressing rooms, showers, and multiple dressing areas.

However, there is a difference side to the theatre rarely seen by the audience, a side just as important as the actors. This side deals with the people behind the scenes that make a production run, the technical crew.

The new theatre will provide Miracoast for the first time with the proper tools to teach the technical side as well as the dramatic side of the theatre. This technique is anything from lighting techniques to stage and prop design to manufacturer. As Joe Sasway chief drama instructor, stated, "The building itself will open up a whole new process of drama, as far as the technical program is concerned.

The new building will be equipped with all the things we tell ourselves that we cover up as a social phenomena that we cover up. The scene shop will be fired by the Spartans this season. The new theatre will provide Miracoast for the first time with the proper tools to teach the technical side as well as the dramatic side of the theatre. This technique is anything from lighting techniques to stage and prop design to manufacturer. As Joe Sasway, chief drama instructor, stated, "The building itself will open up a whole new process of drama, as far as the technical program is concerned.

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MC staffers publish collegiate cookbook

By ETHEL FOX

The newly printed "COLLEGIATE CUISINE" cookbook is on sale now at the Cashier's Office for a tidy sum of $3.50. "This is the first cookbook that MiraCosta has printed," said Diane Scholfield, who chaired the committee that put the book together.

The idea of printing a college cookbook was inspired by monthly faculty and student luncheons and a booklet published by the student government. The college's Educational Priorities Committee decided to make monthly newsletters containing recipes of some of the more popular potluck dishes.

Volunteers solicited and amassed the book's recipes and typed and collated it to production. Printing was done on campus. Laurie Jones designed the pumpkin and red cover and divider pages.

Chefs such as appetizers and drinks, salads, main dishes, side dishes, desserts and special recipes for dieters or those on low-sodium diets are included. The recipes are uncomplicated, quick and easy to prepare. For example:

**CHICKEN TORTILLA CASSEROLE**: 4 chicken breasts, boiled and diced, 1 8-oz. pkg. tortilla chips (Doritos), 1 sm. can diced Ortega green chiles, 1 can cream of mushroom soup, 1 can cream of chicken soup, ½ onion diced, ½ c. milk, 1 lb. sharp cheese, grated. Mix chicken, soups, green chiles, onions and milk. Grease deep casserole dish. Place a layer of tortilla chips in casserole, then half of the chicken mixture, some cheese. Repeat layers, ending with tortilla chips and cheese. Bake 1 hr. at 300°. (Microwave, 20-25 min. at high speed) — Nancy Myers.

Also:

**PONDUE MEATBALLS**: 2 lbs. hamburger, 1 bottle chile sauce (small), 1 can whole cranberries. Heat chile sauce & cranberries. Add meatballs directly into the heated sauce. Cook slowly for 2 or 3 hours. Add a little water, if too thick. Stir occasionally. Great for parties — Joan Telford.

Proceeds from the sale of the cookbook will go to the general scholarship fund, and it is expected that full sales will yield a net of $1,000 to the fund.

Scholfield added, "The publication does have a limited printing of 500."

**Schoenbeck back from study**

By DEE BARGER

Reading instructor Dr. Paul H. Schoenbeck has returned from a six-month European travel and study sabbatical. Accompanied by his family, Schoenbeck focused his study on English philology, which includes the problems of English word formations and their translations.

The Schoenbecks crossed the Italian Alps along the Largo de Garda on their way into Italy to study the Italian language, later moving into the Mediterranean and on to Pisa, Italy. After visiting Rome, Florence and Venice, the Schoenbecks returned to Munich, Germany, where they took residence in a Gasthouse, or "guest house," to be near the Ludwig Maximilian University at Munich. There, he studied authenticated data on the effects of the German language on culture in the United States. At the university he observed extensive use of computerization being used to establish word derivations and relationships. He said that rearranging vowels in any word not only changes the pronunciation but alters the derivation. He added, "Images are created in the mind by words which give them their true meaning and that through Social Linguistics not only in the use of words enhanced but so is the level of language."

From his studies he has been able to translate his findings into classroom instruction. Schoenbeck feels that the reading skills of his students have been enhanced by his sabbatical study.

**See and learn trip to Europe**

Transfer college credit will be offered in a European lecture-study tour this summer through MiraCosta College under the leadership of Dr. Paul H. Schoenbeck. Schoenbeck, director of the college's Educational Priorities Center, has studied and traveled extensively in both the British Isles and on the Continent and recently returned by six months sabbatical in Europe. His study in the field of historical linguistics and their cultural impact on English philology placed him as an authority in this field.

Countries to be visited include Germany, Austria, Switzerland, Italy, and Liechtenstein and tour enrollment is limited to 30.

Students will participate in lecture study sessions in Rome, Munich, and on July 13. The tour offers deluxe hotel accommodations, which include rooms with twin beds and complete morning and evening meals, with surface travel between countries to be provided by DeLuxe Motor Coach where all amenities will be provided.

Total cost of $2,956 is firm except for airfare. A deposit of $500 is required and is refundable if early notice of cancellation is given.

The first organizational meeting will be held on campus February 25 in the Board Room and it is recommended that all interested persons attend.

Those seeking further information may do so by calling the office of Dr. Schoenbeck, 757-2121, Ext. 240.

**Collegiate Cuisine**

*a selection of MiraCosta College's favorite recipes*

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Spartans drop non-season opener to Mesa, 8-2

‘We left too many on base; Loreth in 3-hitter C.O.D. win

By RANDY CONNER

MiraCosta’s baseball team opened its season last weekend with play in the Palomar-MiraCosta tournament. In the opener, MiraCosta was left holding the bases as they went down in defeat to San Diego Mesa. 8-2. Kent Stafford and Johnny Ceballos led the Spartan hitting attack with a single and a triple and Ceballos with a single and a double; and Freshman Randy Loreth pitched well in relief, but their efforts just weren’t enough, as MiraCosta left 14 men stranded on base, three times ending an inning with the bases loaded. “We had plenty of chances to win it,” said head coach John Seeley. “We just left too many men on base.”

On Friday, the Spartans played a much better game but still came up on the losing side, 7-4, at the hands of league rival Barstow. MiraCosta started off slow but finally got things going when freshman Jim Sullivan got a bases-loaded single, driving in all three runners. Kent Stafford then followed with a single, bringing Sullivan home and tying the score at 4-4. Unfortunately, the defense yielded two last inning runs, and a fired up Barstow team held on to win a 7-6 thriller.

On Saturday, Feb. 14, the Spartans finally got on the right track as Jason Loreth pitched a spectacular three-hitter against C.O.D. Loreth, a freshman from El Camino High, struck out nine Desert batters while walking only one in nine innings as MiraCosta left 14 men stranded in the loss with two hits apiece. Loreth was supported by a much better game but still came up short, as MiraCosta left 14 men stranded on base, three times ending an inning with the bases loaded.

“We played with a little more intensity today,” coach Seeley said after the game. “We’ve been sitting around waiting for things to happen, but we didn’t do that today.”

MiraCosta opened their league play on Saturday, Feb. 28, at Victor Valley. Their next home game is Tuesday, March 3, against San Diego Mesa. Game time is at 2:00.

Leading hitters to date are: Johnny Ceballos (.61); Steve Whitelaw (.400); Craig Corone (2.3), and Kent Stafford (.330).

Mesa — 285 901 116 — 8 12
MCC — 101 000 000 — 2 9 2
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C.O.D. — 000 000 010 — 1 2 1

Softball unit eyes opener on Feb. 27

By DIANE SCHOLFIELD

Good hitting and a talented group of freshmen means that MiraCosta College’s softball team will be improved from last season. That’s great news for coach Diane Wendell, whose 1980 squad finished with a .36 overall record and a 3-15 slate in the Mission Conference.

Although the Spartans will be better than last season, the standings may not reflect that progress. “If everyone stayed the same, we’d do really well,” she said, “but right now, it’s hard to tell what everyone else has.”

Palomar, the defending champion, is the heavy favorite to repeat. Chaffey and Saddleback also will be strong, Wendell said. MiraCosta opens the season at home Feb. 27 vs. Saddleback at John Landes Park.

Three sophomores are back from last year’s team — outfielder-pitcher Cathy Hoke, third baseman Regina Godinez and second baseman Kitty Torres. Two welcome additions to the squad are freshmen Janie Brinkley from El Camino and Colleen Mitchell from Carlsbad.

Brinkley is the starting pitcher for the Spartans, and Mitchell will back her up. When Brinkley is pitching, Mitchell will play center field. Both are also expected to be among the leading hitters, Wendell said.

Starting at catcher will be Lori Hostatter, a transfer from Thousand Oaks.

Infielders will be Torres at second base, Renee Madrid of Oceanside at first base, Shelly Nance of Victory Christian High School at shortstop and Denise Ford of Torrey Pines at third. Godinez currently is the backup at third base.

Outfielders, in addition to Mitchell and Hoke, are Rosetta Lua, Easter Maeva and Theresa Moore, all of Oceanside.

Wendell has been hampered by the varying range of abilities among her players. Four of the players have never played competitive softball, while some have played since elementary school. There are bright spots, too. “Hit- ing should be a positive aspect this year,” Wendell said, “and we have a strong infield, backed up by Colleen in center field.”

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Men strong but lack depth

By JOHN HALEY

MiraCosta will host the 12th annual Mission Conference Relays today at 1:00 p.m. This meet follows on the heels of a standout performance by the men Spartans last Wednesday. The meet hosted three teams, with the outcome: College of the Desert, 80; MiraCosta 66; Moorpark 38. The Spartans dominated the majority of the events, although they lacked depth in several events and gave up 25 points due to lack of entrants.

The highlights of the meet included performances by Scott Gardner, Lindsey Nelson, and Al Conkleton. Gardner, a freshman out of San Diego High, ran an exciting 800 meters in 1:58.4 and came back to anchor the mile relay team, whose total time was 3:27.57. In the 400, Gardner held off no less than four challenges for the lead in the last 300 meters, only to have the runner from C.O.D. blow by him on the last turn. Gardner came back and ended up crossing the finish line 10 meters ahead of his nearest opponent.

Nelson, a freshman from Carlsbad High, won the javelin with a throw of 100', took second in the discus, and first in the shot put in a great come-from-behind put (44' 1") on his next to last throw.

Conkleton, while only 5' 9" in height, has an affinity for proving better he had quite a performance. In the 1500 meter race, Conkleton ran the equivalent of a 4:26 mile in his 1500 meter race. Distance coach Brad Roy had this to say about Jim: "Jim is potential-ly a great runner, the mile will be his race in the future, and he has quite a future."

Other first place performances went to Scott Ward, in the 3,000 meters; Cindy Bresnahan, in the 400 meter hurdles; and only to lose to him in the last 5 meters. In the 200, McCollery started to pull up on the elusive Robinson only to cross the inevitable finish line five steps behind "Tiny."

The meet was a blowout; the only other competitors were from Fallbrook, 111; Encinitas, 52; Desert League, 17. The score of the meet was MiraCosta 96; Moorpark 39; College of the Desert Conference. If Desert League moves out of that league and into another conferences, it competes in the Desert Conference.

MC women

By JOHN HALEY

The Spartan women led by that indomitable figure "Doctor G" (Coach Al Gilbert) had one outstanding day! They took first place in every event except the discus, and even in that event the women lost by a mere two inches.

The score of the meet was MiraCosta 89; Moorpark 90; College of the Desert 9. The meet was held Feb. 11 at MiraCosta.

The women look stronger and have more depth than last season, and that is really saying something. Last season, the women won the conference championship and seven girls went to the Southern California meet. Four girls out of three of whom are presently running for MiraCosta. Toby Russell, Sha Lucas, and Danielle Elie went out the way to the state championships meet in the 400-meter relay.

One of several outstanding performers in the meet was Debbie Gelvin, who took first place in the high jump (5' 3"), long jump (15' 4 1/2"), and 100 meter hurdles (15.78). Along with Gelvin, Jody Pritchard and Pam Masterson helped to dominate the field events. Pritchard took first in the javelin at 116' 6" and third in the discus at 101' 9". Masterson placed first in the shot put at 27' 10 1/2"; second in the javelin at 102' 9"; and fourth in the discus at 100'. While Toby Russell, Chris Grebisz, Sue Johnson, and Sha Lucas held down the shorter distances, with Russell first in the 400 meter hurdles at 1:00.8; first in the 440 by 4 meter relay at 54.05; and second in the high jump at 5' 8". Grebisz was first in the 400 meters at 59.84; first in the 200 at 26.05; and first in the 400 by 4 meter relay at 54.05; and in the 440 sprint. Lucas, who was suffering from an injury, placed first in the 100 meter dash with a time of 12.40.

The distance women guided to a perfect victory. JoAnna Martin was first in the 1500 meter run at 4:51.81; and broke the school record in the 3000 meter run at 10:41. The record was held previously by Mary Botch at 11:05. Joan Zulkoski placed first in the 800 meter run with a time of 2:31.3 and third in the 1500 meter run at 5:27.

"I felt that the excitement was there, in my opinion the girls had prepared for it and they were ready. They wanted it and they got it," said head coach Gilbert.

There will be no women's baseball defending champion in the Mission Conference this season.

Why? Because last year's winner, MiraCosta College, has been moved out of that league and into the Desert Conference. MiraCosta officially is a member of the Desert Conference. If fewer than four colleges in the league field an athletic team in any one sport, then the schools that do have a team are shifted into other conferences. In MiraCosta's case, it competes in the larger Mission Conference when that situation occurs.

MiraCosta's Desert Conference opponents in the new league will be its former Mission Conference rivals, Imperial Valley and Mt. San Jacinto College of the Desert.

Coach DeMik scheduled most of the team's non-league games with MiraCosta's former conference-mates, such as Riverside, Southwestern, Palomar, Citrus and San Diego City.

In effect, it will be almost like a conference. However, the league will be its former Mission Conference.

DeMik is pleased with the strength of her bench, which includes center Aline Binger, 5-10 forward Jill Pritchard, 5-7 guard Laura Giese, 5-10 guard Lenna Mcgee and 5-9 guard Cookie Watson.

"This is a good team," she said. "We get along well, we have more depth than last year, more height and more quickness. We really have the potential to go somewhere."

"Somehow" probably will be the Southern California tournament. Two representatives from each of the six Southern Californian leagues will compete in the post-season event. They will play its first conference game March 10, 1981, against El Camino River City. Home non-league games are scheduled Feb. 24 at 3 p.m., Feb. 25 at 7 p.m. vs. San Diego City.

Women's b-ball team switches conferences

By DIANE SCHOLFIELD

The Chariot Feb. 20, 1981

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By DIANE SCHOLFIELD
Big leaguers lend a hand in ball clinic

By RANDY CONNER

On Saturday, Feb. 7, and Sunday, Feb. 8, MiraCosta's baseball program helped to sponsor a youth baseball clinic—of an unusual sort. It wasn't unusual because of the manner in which it was conducted, for it had more than the necessary tools; but it was unusual due to the price of admission: there wasn't any. It was free. The clinic was co-sponsored by the college and the Athletic Attic sporting goods store, which provided the door prizes and refreshments for the participants.

On hand for the occasion were professional experts from every aspect of the game. Ray Knight, the Cincinnati Reds third baseman, discussed infield play, while teammate Frank Pastore talked on pitching. Their manager, John McNamara, was also there to talk to the Little League and Pony League coaches. Tom VesseY, a MiraCosta product now with the Houston Astros, talked on catching, and Steve Gelfarb, also from MiraCosta and now with the Oakland A's, was the outfield coach. Those professionals combined with the present MiraCosta baseball team to show the youngsters how to better their game.

"We wanted to show the coaches and parents what we do for outfield, infield, and catching drills," said MiraCosta assistant coach Joe Pimental. "The sooner a kid learns the fundamentals the better off they are. I think that it went off hand in ball clinic

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STRENGTHS LEARNING BY DOING

DOING THINGS THE DEMIKWAY

BY TRACY DALY

Success lies in the way of life for coach Roxanne Demik, and fortunately for her players, that is obvious. Demik was an outstanding athlete and is now an exceptional coach.

As an athlete, Demik had a fine volleyball career at B Y.U. and later went on to become a member of the 1972 and 1976 U.S. women's Olympic and Pan Am volleyball teams.

Since joining the M.C.C. women's athletic coaching staff five years ago, Demik's teams have been champions. Together, the women's volleyball team has won or shared the Desert Conference Title five years running, and the women's softball team has captured the Mission Conference crown three of the last five years. Recently, at the Stoveball Sportive Convention in San Jose, Demik was honored by her peers as coach of the Year for volleyball.

Demik is good but tough. "She is a drill sergeant coach, who accomplishes a lot by demanding the most from herself and her players," characterizes tennis coach Fred Pechek. "Demik teaches winning ways through a tough mental and physical conditioning type of practice. "I can't stand to see a player standing around," confesses coach Demik. "I played for a while under the former Korean volleyball coach after he turned to coaching in the U.S. He stressed a learn-from-doing kind of practice that kept everyone moving, and I reflect that in my coaching style," she explained. "With this technique I can take a player with raw talent and teach them how to win." Desire is indeed a great motivator for playing on a Roxanne Demik team.

Her players describe her as energetic and physically draining. "You'll run more than you ever have in your life, and she'll have you doing it around the gym. They can, however, do what they need to do for themselves.

"She tries to help her players with any problems they might have, whether it be on the court of off," points out Brad Felder, deMik's assistant and member of the men's basketball team. "Coach deMik's real accomplishments can't be measured by the number of games her players win, nor can they be measured by the number of games her players take around the gym. They can, however, do what they need to do for themselves.

"I chose to play baseball because I'm better at track," points out Brad Felder, deMik's assistant and member of the men's basketball team. "Coach deMik's real accomplishments can't be measured by the number of games her players win, nor can they be measured by the number of games her players take around the gym. They can, however, do what they need to do for themselves.

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Books are about kids, and each team has several outstanding freshmen that may move it toward the top of the conference.

"On paper, this is the strongest (men's) team I've had in four years," said Fred Pechek, who coaches both teams. "I'll have to wait until competition starts to see how they are under fire, but we should be in there for the title with Imperial Valley and COD (College of the Desert)."

The women will have tough matches with Barstow (for their conference opener Feb. 27 at MiraCosta) and COD.

The women's squad is led by three returning seniors. Polly Patton, a San Diego State graduate, is expected to be the number one player. Jayme Fitzgerald of Oceanside and Susan Lewis of San Dieguito will play the second and third positions on the squad.

Paton had a 14-2 record last year and qualified for the state tournament in doubles with Kathy Trousdale. She and Todd Gross were OS-5, including a 10-game streak near the end of the season, and Lewis was 9-5.

Others on the squad are sophomore Lupe Martinez and freshman Julie Pettigrew, Robin Ramsey, Laura Nielsens, Quinn Ruvacava and Jane D'Andrea. D'Andrea live in Oceanside, while the others are Carlsbad residents.

Of the top six players on the men's squad, only one is a returnee from last year. There are three other letter winners on the squad, but the lineup will be taken over by freshmen.

Two of the best players, Ed Kadar and Gary Beebe, are men who play frequent tennis matches on the MiraCosta courts. They decided they wanted some steady competition, so they came out for the team this season.

Dave Evans, a freshman from Carlsbad, is one of the top four players, as is John Hignight, who graduated from Calexico High School, but moved to the area recently with his family.

Bill Draper of Vista is among the top six players, but is expected to make his biggest contribution playing doubles with Jack Turner, a sophomore who is finding the state tournament in doubles last year.

Others on the team are sophomores Scott Ricker, Todd Anderson and Arthuro Mardones; and freshmen Dave Mackinder and Todd Gross.

Both teams may start out a bit slow, Pechek said, but once they have some playing experience behind them, they should finish strong.

Tennis outlook good; men's team improves.
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VEAP is surprisingly simple. If you save between $25 and $100 each month while you're in the Army, the government will match your savings two-for-one. And, on top of that, you might even qualify for the exclusive Army educational bonus of $2,000.

And remember, in just two years, you'll be back in school. Serve your country as you serve yourself. Call 800-421-4422. In California, call 800-252-0011. Alaska and Hawaii, 800-423-2244. Better yet, look in the Yellow Pages under "Recruiting."

MAXIMUM VEAP BENEFITS

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*Maximum individual contribution in the program.
**Certain 4-year enlistments can get you as much as $10,000.

ARMY, BE ALL YOU CAN BE.