The Chariot recently sent reporter Robert Walker to San Luis Obis­
po on the Amtrak's Coast-Star-Lite. (No, it wasn't on a one-way ticket.)
But he's the latest in a series of four reports on the train trip and the
pleasures of an old-fashioned rail journey.

By ROBERT WALKER

The train does not bump, thump,
white, or whirl-up the coast.
Rather it jumps, rumbles and leaps with each bend in the track. As
I had once before discounted wind, waves and storms; prior to an
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Opinion

Movie 'Rollover' is a glamorous flop

By J.K. AMANN

ROLLOVER — Two very attractive performer's names draw at the box office star in this glossy film about the big-money world of journalism. But what the makers of the film failed to realize was the brilliance of this star is that he is able to capture the essence of the character he portrays. The performance is a masterclass in acting and it is a shame that the film did not make use of this strength.

In the film, Fonda's character, a hard-nosed editor, is ruthless and callous. She is driven by ambition and a desire for power. Her determination is what makes her such a captivating character. However, the film does not do enough to explore her motivations and back story.

The setting of the film is a busy newspaper office, which serves as a microcosm of the world of journalism. The film does a good job of capturing the hustle and bustle of the newsroom, with the constant stream of phone calls and emails.

A major weakness of the film is its pacing. The plot drags in places and the story does not move forward as quickly as it should. This is particularly evident in the middle of the film, where the plot feels a bit scattered.

The film also fails to make use of its talented cast. The performers, including Fonda, Kristofferson, and Fonda's son, all have the potential to shine, but they are not given enough material to work with.

In conclusion, 'Rollover' is a glossy, glamorous film with a strong cast, but it falls short in terms of pacing, story development, and character exploration. It is a disappointment for fans of the genre and for those looking for a well-crafted film about the world of journalism.

Music story

Errors scored

Editor:

Regarding your Volume XXVII, No. 18, on November 22, 1981, article on Working the Los Angeles Beat, I would like to inform you of the following.

First of all, the article was published on the same day as the election. I believe this was a coincidence, but it makes the article seem more relevant.

Secondly, the article is short and to the point. It does not go into much detail about the Los Angeles Beat.

In answer to your question as to why the article is short, I believe it is because the article only covers the aspects of the Los Angeles Beat that are most important.

I feel the article is not long enough, but it is the best I could do with the limited time I had.

It is also the case that this is the only article on the Los Angeles Beat that I could find in the magazine.

I think the article is important, but it could be improved.

Thank you for your time.
Intertidal fishing: just pok ing along

By J.K. ANTINANN

There's more than one way to fish from the shore in California. But the most visible fisherman is also the hardest to take seriously. He arrives at the beach equipped with supplies, and at the end of his stay he leaves with a bucket of fish. In the meantime, he's acted out a cartoon of eating, drinking, visiting with beach walkers, baiting his hook, adjusting his chair, fiddling with his hat and throwing out and reeling in his line. This may be fishing, but one would hesitate to call it sport.

Much less visible and a great deal more interesting is the method employed by Brian Wiersema (a journalism instructor at Miracosta College). It's called poke pole fishing.

Wiersema's description of a trip through fog and over bulldozers to a remote beach bears out his definition of the method: "It's called poke pole fishing probably was devised by primitive cultures. For simplicity and effectiveness, it puts the typical ocean fisherman with several hundred dollar reel and insignificant catch to shame."

A poke pole is hand made and all business. Wiersema's is constructed from a 33 foot shaft with a cutaneous cane. The butt end is about 17 feet, the top end, a 6 to 8 foot tip. Black electrical tape is wound around the narrow tip of the pole out of sight beneath the surface of the water. Among the crannies of coastal rock formations and hidden in the eddies of tide pools are a few of the best eating fish around. And because they're impossible to reach using traditional methods (a hand line catches lots of seaweed and not much else), these fish are plentiful and unony.

Wiersema speaks of times when he and his poke pole mentor, Norm Ash, caught 18 pounds of fish in an hour, and of one marathon session in Pampa Baja (Baja California) when the two of them caught 32 pounds of seafood and gave a dinner for twenty with the results of a few hours labor. Principle catch that day was eel, a fish known in Spanish as "ugly," with a mouth so big it could swallow its own body, and that is quite a bit in northern California.

Ideal conditions for poke pole fishing are low tide, calm water and daylight. Even when these are present, often it takes a month or a poke pole fisherman is a busy man. Arid surrounding waters. Waves are unpredictable. While probing, climbing, balance maintaining and waiting for a tentative nibble, he's also got to keep his eyes on the sea and the waves. Getting wet is not a problem. He's already wet. Getting swept into the rocks, however, is a constant threat.

With the built-in excitement of battling with the sea and the tides, a plentiful supply of good eating fish and the small investment in equipment, one wonders why poke pole fishing has not become more popular. Wiersema has some explanation: "Nobody ever asks me what I'm doing. I guess I look so dumb and clumsy hauling my pole out there that they just figure I'm making a fool of myself. That's certainly the way I felt when poke pole fishing was first shown to me four or five years ago."

Since then he's studied coastal shelf formations and even gone to Scripps Aquatorium to watch the swimming habits of tide pool fish. "Not very helpful," he says, "because they behave differently in confined spaces."

Though Wiersema has fished quite a bit in northern California (the monkey face eel and in Baja California, he hasn't done much locally. Still to be explored are the intertidal shelves off La Jolla and the waters around the coastal jetties, both of which he thinks will be fascinating - and productive.

The man feeling his way gingerly over the rocks with the strange looking equipment adds the very odd stance is not an optical illusion. There's no reel, no radio, no chair; just a man and his pole. He has to be a shore pole fisherman. His name might even be Brian Wiersema.

Brian Wiersema

"I purchased my first jock-strap when I was twelve. A Bike as I remember. It was quite a big deal to me. Junior High Schoolers; I can't speak for my peers at Magruder G. Krueger, J.H., but I had only recently acquired anything worth supporting. The ear rode up to K-Mart, the standing in the aisle thoughtfully comparing pouch sizes. These memories and others float into my consciousness at strange times. My father patiently standing next to me trying to explain why I shouldn't "buy the Big Wrangler" and holding out "The Little Whipper" as a sad consolation. I had never been in- clined toward athletics, but when I got home and tried on that symbol of masculinity, I felt the need to do push-ups and stretching exercises. It was the first day of Junior High. I put the jock - along with my gym-shorts and over necks - into a Big Bear shopping bag and entered a world about which I know nothing. That tiny symbol of manhood sparked in me a love of sport which, to this day, has not diminished. Today I am a professional athlete. I know it would sound a little strange to say it, but one life - well, maybe not my life but surely my happiness - in that shrimp, browedle, grass ball of cotton and elastic. My Bike. It's stuffed in my helmet during every game I play and when I'm not playing football its place of honor is the rear-view mirror in my 450 SL." Excerpted from "Memories of Equipment"

Getting some support

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Life saving skills taught in courses

Cardiopulmonary resuscitation (CPR) is an emergency life-saving technique that has revolutionized treatment in critical life and death situations. CPR is easily learned, but continued instruction and practice of the technique are necessary to maintain certification of proficiency.

Multimedia Standard First Aid teaches the basics of first aid including airway obstruction, stopping bleeding, bone fractures, scratches, burns and other emergencies. Enrollment in each class is limited to 15 students. Those interested in taking CPR certification for one year and First Aid certification for three years will be issued upon successful completion of each class.

Instruction in CPR and Multimedia Standard First Aid will be offered both at the Miracosta Main Campus and at the Saddleback Shores Campus.

CPR classes (Del Mar Shores Campus) - Feb. 16th and 18th, March 16th and 18th, April 20th and 22nd, May 11th and 13th, June 4th and 6th. All CPR classes at the Del Mar Shores Campus are from 12:00 to 4:00 p.m. and will be held in Room 6.

Multimedia Standard First Aid classes (DMS) - March 23rd and 25th, and May 10th and 20th, 12:00 to 4:00 p.m. in Room 6. For further information contact the course's instructor, Tina Dickman at (714) 757-3260.

Help keep it clean; enter poster contest

California university and college students are invited to submit posters for the second annual Great Californian Rally. The Rally, scheduled for the week of April 19-25, is designed to encourage recycling and environmentally sound waste disposal practices.

Last year's winner was Barbara Runa of Saddleback Community College in Mission Viejo, whose poster, "TRASH," was cited for its use of "clean graphics" and "high impact."
feature

Sprucing up the college landscaping

BY ANITA WILLIAMS

"I used to have a garden from pole to plants," said John Tuomala, Head Gardener, groundskeeper, and manager of MiraCosta College's landscaping department. "I was around again last week on college grounds. It's television and print coverage that inspired me to launch his national series, "Angela's Ashes," for which I have been directing and producing over a decade."

Tuomala's focus is on the college's landscaping, which is a mix of hard-worked gardeners and the hard-working gardener himself. He is known for his attention to detail and his ability to make the college grounds look their best.

"We have to be creative with our landscaping," Tuomala said. "We have to think outside the box and come up with new ideas to make the college grounds look their best."
Campus News Briefs

Bank awards
Bank of America's 20th annual Community College Awards program for California community college sophomores has entered the first of a two-stage competition leading to eight top cash awards of $2,500 each.

In the spring of 1981, Cinda Hartman, a MiraCosta sophomore, was awarded the $2500 award in the business category. Fredricka Del Carlo, a MiraCosta junior, was announced March 10, 1982. The Community College Awards program is an outgrowth of Bank of America's awards program which began in 1963. Participants in each final competition, first-place winners in each category, will be announced in March. Second- and third-place winners will receive $1,500 and $1,000, respectively, and all others will receive $500. Participants at both levels of competition will be judged by panels of judges consisting of community leaders and chaired by a non-voting educator. Judging will be based upon scholarship, community involvement and performance in the actual competition.

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Registration
Prospective MiraCosta College students are encouraged to register for class. Registration dates are assigned on a first-come, first-served system based on when applications are received. There is no application fee, nor is tuition charged to students who are California residents.

Examples of the types of services provided to handicapped students include help with registration, counseling, advising, transportation, special parking, special equipment loans and student advisors (tutors, readers and interpreters).

Financial aid possible. Hours processing. Duties include staff photographer, logi ng Chariot darkroom, taking assigned ;ournalism supplies. Photo paper, film, and darkroom support (tutors, readers and interpreters). For more information, contact the college Office of Financial Aid.- J.M.K.

Agriculture grant
Agriculture students may pick up applications for a scholarship being offered by the California Association of Nursem en at MiraCosta College's financial aid office. Any California high school senior or college student who is majoring in an agricultural subject and is planning to attend college in 1982-83 is eligible to apply. Applicants will be judged primarily on grades, agricultural activities and letters of recommendation. For more information, please contact the college financial aid office at 757-2112 or 757-5155.

Help wanted
Business manager: Duties influence selling (20% com­ mission paid), general Char­ iot office management, pre­ paring Chariot mailing, fil­ ing, typing, and correspond­ ence. Business skills required. Financial aid possible. Hours 8-14 per week.

Staff photographer: Must be trained in basic photography, including darkroom tech­ niques and general print photo processing. Duties include taking assigned journalism pictures, operating and man­ aging Chariot darkroom, ordering chemicals and sup­ plies. Photo paper, film, and all darkroom materials pro­ vided by The Chariot.

Application for, please call or write; Brian Wiersema, The Chariot, MiraCosta College, 11000 Avenida de Fon­ do, Carlsbad, CA 92056, 757-2112, ext. 254.

Carlsbad film contest scheduled
Carlsbad's annual film contest scheduled for the spring of 1981, Cinda Hartman, a MiraCosta sophomore, was awarded the $2500 award in the business category. Fredricka Del Carlo, a MiraCosta junior, was announced March 10, 1982. The Community College Awards program is an outgrowth of Bank of America awards programs which began in 1963. Participants in each final competition, first-place winners in each category, will be announced in March. Second- and third-place winners will receive $1,500 and $1,000, respectively, and all others will receive $500. Participants at both levels of competition will be judged by panels of judges consisting of community leaders and chaired by a non-voting educator. Judging will be based upon scholarship, community involvement and performance in the actual competition.

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Carlsbad film contest scheduled
Festival coordinator Joe Sky­ ma has announced an open in­ vitation to residents of San Diego county or city to compete for cash prizes and scholarships in the 7th annual Carlsbad Amateur Film Festival Sponsored by the Carlsbad City Library and the Friends of the Library, the contest has generated wide interest as a focus for reviewing the work of serious area amateurs in the art and craft of cinema. The festival adds awards for VHS and Beta amateur productions. "All kinds of films have won in the past," Skyma said, "including documentaries of motoring and skindiving, surfing, social comment, suspense drama, humorous piece, pastiche, ad­ stract film poems, and so on. Top awards have gone to films just a couple of minutes long." He added that winners in the past have been elementary school classes, professional people, uni­ versity students and grandpa­ rents.

Super 8 or 16 mm films and 1/2 videocassettes may be sound or si­ lent, may try any subject at any length, though videocassettes are limited to 20 minute lengths per entry. Judging, by a panel of individuals knowledgeable in mu­ sion picture and video arts, will be based on creativity, originality, photographic technique, editing and audience appeal. Final­ izations must be completed since January 1, 1981.

Deadlines for entering the 7th annual Carlsbad Film Festival is Wednesday, February 3. Films may be brought or sent to Carlsbad City Library, 125 Elm Ave­ nue, Carlsbad, CA 92008. A fee of $5 per entry is payable to the Carl­ sbad Friends of the Library. The library, audiovisual department may be called at 438-5614 for details or to secure an en­ try form. Winning films will be screened and awards presented on Thursday, February 11 at 8 p.m. in the library.

Strictly Personal(s)

Nick Danger: Come collect your ball. A thoughtful fellow re­ turns each of our plastic pheonipe. Don't mention it. Warmest regards, Biff Knockwurst.

William Bailey: Won't you please come home? All is forgiven, Mom.

Tina, the wedding's off - Eddie W.C., thanks.

Tracy— I'm sorry we couldn't talk longer at the Hilton. After the banquet, Izzy and I discussed your profile of Iam King. We both agreed that you're a fine, powerful writer with the potential to achieve great things. Yours in Christ, Bob Greene.

Wont: Bnt 4 lq bs ovlg watr mast bt bts , nd b h 4 rt . F1 km prz. No wtds or drgs. No smk. No cts or dgs alwd. Rl 6 $25 pr mth , ½ uts and prgb. Cl. Anthony Adam Smythe-Dickerson at 4 4. 1 23.

Jim— So sorry to hear about your arm. Better find a girlfriend — Benny

To the blonde who eats in the cafeteria everyday, I love you. Signed Bo.

To lovers everywhere, Mantovani — "Styler" — T.D. — To Barbara B. — Dot's enough.

"One of these days, Alice," signed Ralph.

To Tom Duke: I thoroughly enjoyed your cocaine article; however, there are a couple of lines that I would like to go over with you. Your friend, Bazz.

To T.D. and W.H.: This must stop immediately. Your lives.

To the Charriot staff: We just had to write and tell you how much we enjoyed the newspaper. And those of our customers. All the gang at Joe's Fresh Fish Palace.

To Michelle from Martinique, who speaks French: If you are interested in tutoring, or just having a little French conversation with my two girls (age 11 and 12), please contact me at the Chariot office. A.M.W.
Photos by Thomas Soto

Sand patterns from receding tides

By THOMAS SOTO

Our Southern California coastline offers some of the most beautiful beaches in the world, and throughout the temperate year thousands visit our shores daily. But most miss finding what Mother Nature creates in what might be called “sand painting.” Black and white sand, shifted by the tides daily, change its patterns and often the result is life-like designs which can be discovered and photographed as “photo-equivalents.” Living a block from the beach in Cardiff, I have often seen such nature-created designs and I have photographed some. The “Sand Man” (lower left) was taken with a Nikon F2 with a 50mm lens. Film used was Tri-X “pushed” to 800 ASA to gain more contrast. Its actual size was 1½ x 3½ feet. The flying gull (lower right) has wings which appear in motion and was taken with a 28mm lens. Film and processing was the same for all three photos. The gull’s size was 2½-feet long and one-foot tall. The picture above, Morning Sunrise, (which may appear like a mini-forest to some) won an honorable mention at the 1981 Southern California Exposition. In all cases, the sand was undisturbed by man and captured as it was created by nature.
January 15, 1982

sports

**MAK E $12,200 FOR COLLEGE WHILE YOU'RE GOING TO COLLEGE.**

Want a part-time job that doesn't hurt your grades? Or campus life? Give your local Army Reserve unit a weekend a month and a couple of summers during college, and they'll give you over $12,000 for college.

Up to $4,000 in college aid is yours just for joining most units. Another $6,000 for four years of monthly weekends and two-week summer stints. Plus over $2,200 that you'll earn during two summer training periods. All while you're getting the most out of college. And doing the most you can part-time job in town.

Interested? Call your local Army Reserve recruiter. For the number, call toll free 800-423-2244. In California, 800-252-0011. In Alaska or Hawaii, 800-423-2244.

**Women cagers looking for league title**

By VERN ALEXANDER

WANTED: Women basketball players. If you think that you might be interested in this fun-filled, fast-paced sport, please contact Roxanne deMik. She is the fun loving coach of the women's basketball team who has guided them to four conference titles in the last six years, and she would like any of you female types to become part of this winning tradition.

The Spartans have three returning players this year in Mervi Madrid, Arlene Ringer, and Angel Hinkle. "We have a very new, inexperienced team this year. We will be a fast break team because of our advantage in quickness and our lack of size," explained deMik. Some of the freshmen who are expected to do well this year are Karen Godinet, Mavis Fasanunala, and Stephanie Sonna.

The Spartan cagers could be facing some fierce conference competition this season. "Imperial Valley has improved a lot. They have a new coach. And College of the Desert is always tough and competitive," commented deMik.

**You and your $5 health fee**

(Continued from page 5)

There will be a blood drive in the Student Center on March 17, and at Del Mar Shores there will be another drive on March 19. Be on the look out for publicity on upcoming health programs.

Health Services is located in T-4 north of the Student Center, and is available for confidential services on an appointment or drop-in basis from 8:30 a.m. to 3:30 p.m. Monday through Thursday; 8:30 a.m.-3:00 p.m. Friday.

The real truth

Did you see the poke pole (fishing) article on page 3? Just in case you didn't, it profiles a Miracosta College instructor who goes to the sea and fishes with a long pole hook tied to the tip.

Well, here's the real skinny behind the story as smoked out by Chariot investigative reporters. It's a good technique for the intertidal zones in Baja and up in Northern and Central California. It works best for large, heavy and large fish. But as for local county fishing, well, you might forget it. Said instructor Brian Wiersema: "We tried it at La Jolla last weekend during the afternoon low tides." He caught two small (very) eelgrass and an undersized lobster (which he returned to the sea).

"La Jolla's fished out," he offered. "I'm going to try the area rock jetty next."

If no luck, maybe it's back to Northern California.

---

**Spartans face Cerro Coso in league game**

By TRACY DALY

The time has come for this year's Miracosta basketball team.

With league play upon them, the hoopsters must decide whether or not they are going to become one of the conference's best teams or simply another talented squad that did not quite make it.

Yes, it's time for the real Spartan basketball squad to stand up, because next time the Miracosta cagers lace up their Nikes and take to the hardwood, they'll be playing for keeps.

No, it won't be pre-season any more, and when the Spartans begin their three game road trip, which consists of 7:30 p.m. contests against Cerro Coso Saturday, Imperial Valley Wednesday (Jan. 20) and College of the Desert Saturday the 22nd, they'll be starting the race for the Foot hills crown.

And that's what it's all about.

"Everything up until now has been preparatory," explains coach Clete Adelman. "How we do Saturday is what counts. This is it." The Spartans have indeed been preparing for league play as evidenced by their tough pre-season schedule, which included games against five of the top ten ranked state junior colleges.

And despite a 7-9 record, they go into the road trip with much optimism.

"We've been through a lot of learning experiences, says Adelman. "Now it's just a matter of starting to reach our potential. We're playing really good defense, and we're starting to do some of the things on offense real-ly well, if we shoot better we'll definitely win."

The start of the new year is any indication of how well the Miracosta hoopers will be performing, it appears that the preparations Adelman put his team through are going to pay off.

The Spartan squad started '82 with two wins. On Jan. 3, 52 ' 50 a tough Grossmont team, 62-57 and the following Saturday the Spartans followed the win up with a brutal 126-55 pounding over the Southern California College JV team.

However, what the Miracosta cagers did before, good or bad, doesn't count in the league win-loss columns, and Adelman feels from now on the Spartans must draw from their early experiences if they are to remain in the league title race. After all, they're playing for all the marbles now.

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**MIRACOSTA'S JEFF CHASKA ON DEFENSE AGAINST SOUTHERN CALIFORNIA COLLEGE JV**

U.S. Army Recruiting Station
1231 S. Hill Street, Oceanside
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By VERN ALEXANDER

The Spartan cagers could be facing some fierce conference competition this season. "Imperial Valley has improved a lot. They have a new coach. And College of the Desert is always tough and competitive," commented deMik.

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**College while you're getting the most out of college. And doing the most you can part-time Job in town.**

**The time has come for this year's Miracosta basketball team.**

With league play upon them, the hoopsters must decide whether or not they are going to become one of the conference's best teams or simply another talented squad that did not quite make it.

Yes, it's time for the real Spartan basketball squad to stand up, because next time the Miracosta cagers lace up their Nikes and take to the hardwood, they'll be playing for keeps.

No, it won't be pre-season any more, and when the Spartans begin their three game road trip, which consists of 7:30 p.m. contests against Cerro Coso Saturday, Imperial Valley Wednesday (Jan. 20) and College of the Desert Saturday the 22nd, they'll be starting the race for the Foot hills crown.

And that's what it's all about.

"Everything up until now has been preparatory," explains coach Clete Adelman. "How we do Saturday is what counts. This is it." The Spartans have indeed been preparing for league play as evidenced by their tough pre-season schedule, which included games against five of the top ten ranked state junior colleges. And despite a 7-9 record, they go into the road trip with much optimism.

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**The real truth**

Did you see the poke pole (fishing) article on page 3? Just in case you didn't, it profiles a Miracosta College instructor who goes to the sea and fishes with a long pole hook tied to the tip.

Well, here's the real skinny behind the story as smoked out by Chariot investigative reporters. It's a good technique for the intertidal zones in Baja and up in Northern and Central California. It works best for large, heavy and large fish. But as for local county fishing, well, you might forget it. Said instructor Brian Wiersema: "We tried it at La Jolla last weekend during the afternoon low tides." He caught two small (very) eelgrass and an undersized lobster (which he returned to the sea).

"La Jolla's fished out," he offered. "I'm going to try the area rock jetty next."

If no luck, maybe it's back to Northern California.
Underwood and Haley make all-state team

Three MiraCosta football players received "most valuable" honors recently at the annual football awards banquet.

Team awards, as well as Foothill Conference honors were announced. The Spartans tied for the conference title this year with a 6-1-1 record.

Freshman running back Dan Gaston and sophomore defensive lineman John Underwood were chosen as the conference's offensive and defensive players of the year. They headed a list of seven Spartans who made the all-conference team. Underwood also made the Division II all-state team on defense.

Chosen by his teammates as the most valuable MiraCosta player was sophomore defensive back and linebacker Mike Kartz.

Kartz narrowly missed making the all-conference team, but received honorable mention.

Kevin Reece on offense and defense and Keith Bingham on defense. All are sophomores except Reece.

Those given honorable mention all-conference honors, in addition to Kartz, were Richardson, Craig Bingham, Pete Alleri, Mark Williamson and Pat Senteno. All are sophomores except Richardson and Williamson.

San Bernardino Valley College, which finished in third place, led the conference team with eight players. Antelope Valley, which tied for first with MiraCosta, had six players. Mt. San Jacinto had five and Imperial Valley had two.

By VERN ALEXANDER

In the last two years of their existence, the MiraCosta women's track team has earned two state titles, and Coach Al Gilbert and his girls will be looking to do it again this year.

The Spartans have four returners this season in Pam Masterson, Sue Johnson, Mary Olexa, and Debbie Gelvin. "Having only four returners doesn't give us a large nucleus but it is a good nucleus to work from. They are all good athletes and they will have a good time and be successful this year," expressed Gilbert.

Masterson, who hails from Carlsbad High, took first place last year in the state finals (Div. II) in the javelin throw and earned third place in division one (large schools). Sue Johnson took a second place last year for the mile relay in Div. I, she is also a real prospect to win the 800 m. this year. Sue graduated from Torrey Pines High School. Mary Olexa, who was the Spartans no. 1 cross country runner last year, was hurt last season but is expected to run strong in the 1500 or 3000 m. Mary is from Fallbrook High.

Debbie Gelvin, from Ventura High School was the Mission Conference champ last year in the 100m hurdles, the high jump, and the State Pentathlon in which she established a new junior college record.

Among the freshmen are distance runner Laura Mercer from San Dieguito middle distance runner Julie Hawkes, also from SDHS; Jenny Schwartz, who will be running sprints, hurdles, and the high jump, also from SDHS; Rhonda Whitlow of Vista High will be competing in the hurdles, the long jump, and the high jump. Genese Simunek also from Vista will be running sprints, hurdles, and relays. Gina Thompson from Ramona High School will be a distance runner. While Kris Willis and Kristie Hyatt will be throwing in the field events.

"Right now we have 13 women training but any women who are interested in running track are invited to come out. This is an individualized sport so you can work at your own level," said Gilbert.