by Andy Mauro

OCEANSIDE — "Tuition is inevitable," said MiraCosta President H. Deon Holt, mirroring what seems to be a growing sentiment among educators throughout the state.

"We're certainly not happy about it. We've opposed tuition all along the way," he said. "But we're reconciled to tuition as the only means of getting funding restored to adequate levels."

The program cutbacks, wage and salary freezes, job insecurity, class cancellations and limits on enrollment have all played a part in gradually eroding traditional resistance to proposals for tuition. We need to stabilize our programs," said Holt. "It's unfortunate, but tuition is probably the only answer now."

The college was forced to cancel about 90 classes this fall, twice as many as in the past, but all were canceled due to lack of necessary enrollment in the classes, said Julie Hauff, vice president of instruction.

"Other colleges throughout the state are canceling full classes due to budget constraints," she said.

The classes canceled at MiraCosta represent about 7 percent of the total number of classes originally scheduled.

Despite the loss of classes without sufficient student enrollment and cutbacks in many programs through the fiscal year, the college says it is not as seriously affected by budget cuts as students at many other colleges in the state, said Holt.

Holt told the MiraCosta Board of Trustees at the Oct. meeting the major impact of the junior college financial crisis would be felt beginning in the 1984-85 school year.

Unless a solution is found soon we will be facing the same problems next year that the less fortunate programs at other colleges are experiencing now," said Holt.

Mental counseling available

by Stephen Blue

Mental Health Check - Lilliana Maestas counsels a student in her office at MiraCosta College.

People need to find out how to deal with the problems that result from our fast lane, complicated Southern California lifestyle, she said.

30 The toll on a person to function in the way society expects are tremendous Maestas said.

There are a number of common emotional problems among students, she said. Anxiety is one about careers, school, or relationships. Anxiety may cause students to have difficulty concentrating, Maestas said.

Depression is another problem, she said. Some people are depressed for so long they believe it is normal. One may even lose interest in life, Maestas said.

Another serious problem, she said, is loneliness. Southern Californians move around so often, it is hard to establish relationships where people really know one another as they did in the past. About loneliness Maestas said, "If you are not sharing your soul in some relationship, growth stops."

So relationships, she said, can also be a source of emotional problems-between husbands and wives, between boy and girl friends.

 Asked why she became a clinical social worker, she said "In a nutshell I started with curiosity (about people) and ended with fascination.

Maestas has been a counselor and a psycho-therapist for 12 years. Her training was thorough - she has a bachelor's and a master's in social work from San Diego State University and two additional years of training and supervision for her license in clinical social work.

For individuals who might be reluctant to seek help Maestas stresses - "It takes a degree of inner strength to admit to yourself: 'I don't have all the answers.'"
Students benefit should help pay school ing fee
by Andy Mauro

I'll grant you that free education for the masses is a laudable goal. So are free food and free shelter for that matter. But the masses insist on voting against these concepts time after time. They cost too much.

It is estimated that the full cost of a college education for the average student is approximately $10,000 per year. This includes tuition, books, fees, room and board, and transportation. This cost is much higher for students living away from home. The state of California has been reducing its support for higher education, and the cost of tuition and fees has increased as a result.

The state of California has been reducing its support for higher education, and the cost of tuition and fees has increased as a result.

Next Forum Topic: The quality (or lack of quality) of CC education. Send us your comments.

Richard Lavers, 25, Business - "I could see him (Watt) becoming a forest ranger or an oil-rig worker. The job would suit him because he always has his foot in his mouth."

Clair Smargiassl, 19, Commercial Art - "I think he (Watt) would make a great concert promoter for the Beach Boys. He could get such good concert dates - the White House - the White House - or he could be a rock star himself."

Dan Verochly, 19, Business - "I think he would make a good public speaker, but that would befacetious. Perhaps some day."

Jerry McArdle, 24, Electrical Engineering - "The answer is cooking hamburgers at McDonald's, of course. It fits his (Watt's) personality. Either that, or drilling oil wells off the coast of Antarctica."
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Fall sports action heating up

by Andy Mauro

OCEANSIDE — “Dynasty” isn’t just another adult “soap” on the tube these days. It’s also an accurate description of what coach Al Gilbert has created over the last few years with the MiraCosta women’s cross country team.

And it looks as if it’s being renewed for another season.

The women’s cross country team, perennial conference champs in recent years, already appears to have a lock on this year’s title. In the three-way meet between MiraCosta, Saddleback and Crossmount, the lady Spartans captured eight of the first twelve places, including top three. Talk about running over your opposition.

Mara Lazdans, second in the state last year as a freshman, paced that race with a 16:49 clocking over the fast three-mile course. Rain caused a switch in courses to the streets around campus, resulting in faster times than those yielded by the usual cross country roads.

Lazdans’ competition came from teammate Montrucchio, Blakeslee and Glynn Watt, who finished second and third in that meet, respectively.

In men’s cross country, Doc Marrin inherited coaching duties after transferring from “Miralista” from Palomar College during a summer shuffling of programs between the two schools.

The women’s cross country team members happily mug for the camera after another strong showing. Pictured: to l., are Glynn Watt, Mara Lazdans, Sandy Blakeslee, Lee Gilbert, Heidi Gartner, Judy Markland, Kim Sterton and Monica Keegan.

Led by Tom Ash and Brian Lucas, the men’s team also has a good chance of making it to the state meet this year.

Cross country competition will come down to the tape in the next few weeks with important races to be run at Guajome Park in Vista, the Spartan home course. (More about this in our next issue.)

Coach Roxanne deMik had great hopes for her women’s volleyball team this year. After all, last year all 12 team members were freshmen.

But after a couple of women got married, a few transferred to four-year colleges, and one had an eligibility problem, deMik was faced with only three veterans from last year and seven newcomers.

Fortunately for the team, Kathy Faumuina, team captain and all around key player, was one of the returnees.

“We’ve had a rough start,” says deMik, “but we have good potential. We’re looking for a strong second half.”

The team is trying not to look past tomorrow’s home game with Saddleback (3:30 p.m. in the gym) but it’s hard to forget next week’s opponent is Palomar.

“Palomar might be ahead of us in ‘setting,’” says deMik, “but we’ve got killers. I’ll go to whoever wants it the most.”

The coaching philosophy of Marrin is quite different than Montrucchio’s.

“My philosophy is to recruit as many good athletes as we can and try to blend area athletes with non area athletes in order to come up with a team that has a lot of depth and good balance,” said Marrin.

Last year, Montrucchio revealed he was more concerned with improving individual marks than with winning meets.

Marrin has high expectations for both his cross country and track and field teams.

“In cross country, we hope to finish at least in the top two in the conference and go to the Southern California meet. In track, we are hoping to win the conference although it’s going to be a tough race. And in both cross country and track we hope to get as many athletes as we can to the state meet,” said Marrin.

As far as his team members go, Marrin expects them to have a keen interest in the sport. But that is not all that he emphasizes.

“I expect my athletes to have a real interest in the sport. But I also want them to get a good insight into life. I’m most interested in improving the individual,” said Marrin.

In terms of goals, Marrin (a former pole-vaulter and sprinter) has only one:

“My goal is to build the North County into a powerful track unit,” said Marrin.