All was fair at anniversary fair

It was a great day at the fair.

A fine time was had by all.

There was no room in the budget.

By the end of the day, several thou-

sand people had made their way to

the central quad where artisans, vendors,

exhibitors and entertainers were dis-

playing their varied offerings.

The children were everywhere.

Under the bell tower a clown ap-

plied face make-up to an excited clus-

ter of four-year-olds. Another group
eagerly "helped" fold the gaily colored

parachutes of the jumpers who had

just made pinpoint landings in front of

the library at the stroke of noon. ("Was

it scary?") Miniature horses stoically

suffered the loving attention of their

awestruck admirers.

The south campus

spurs a debate

at board meeting

By Elene Hollyfield

The MCCC board meeting of May 1,

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The MCCC board meeting of May 1,
Suffering stage fright: Foolish fear of friendly faces

by Eileen Holleyfield

Have you ever had stage fright? The kind of stage fright where you can't get your breathing and talking in sync? Where your hands are cold as ice and sweaty at the same time? Where you can't stand still because your knees are shaking so hard? And where you seem to be shrinking yet the slightest slip of the tongue brings a rush of heat and a flow of blood to your face? This is what I call the speaking-in-front-of-the-class syndrome and it almost prevented me from continuing with my higher education.

It all started almost four semesters ago. We had just moved to the area, and the guilt I was experiencing from not being able to find a job forced me into enrolling at Miramar so that I wouldn't waste time on non-productive activities such as watching soap operas.

The week before classes were to begin I panicked. Suddenly one day, the realization hit me that I was (probably) going to have to talk in front of some, if not all, of my classes. Panic in an understatement of what I felt. (I continued to job hunt!)

I almost withdrew before I ever began. However, I had always been in awe of educated people, and I almost felt inferior being a high school dropout so I decided not to think about my fears and take one day at a time. That was the first step in overcoming an almost unbearable fear. Not everyone's easy for me now (especially in Spanish, speaking Spanish), but compared to how I felt initially, it is easy now.

How did I get to this point? First of all, in my philosophy class we sat in a circle. I began observing the people in the circle who were listening while someone was talking. For most people, just people who seemed to listen, reacted and gave feedback almost as if it were a one-to-one conversation. I didn't make any judgments (perhaps about what was being said, but not about the person talking).

People didn't always agree with one another. However, in looking at it as several one-to-one conversations all at once I was able to feel more comfortable. I looked each one in the class and realized I wouldn't be afraid to talk to them individually, so what difference did it make talking to them collectively? None! Looking at it this way made my fears seem a little foolish. Coupled with my observation of how others reacted to a speaker it was my observation of my own judgements. I found I really had no more made a really off-the-wall statement).

I found just listened and reacted to what was said and gave feedback or took issue when I had something to contribute.

In turning the tables, the idea that someone speaking would be afraid to speak in front of me seemed absurd. From the point of view of a speaker, I was just part of several individuals (that's the key here) so what was there to be afraid of? Nothing, really.

Another approach I took was talking about my fear. When you talk about it you release a lot of tension. But even more importantly, you discover that everyone else feels like you do, to varying degrees. Once you realize you're not "in it" alone it's a lot easier to relax.

Also, ask for feedback. If you don't know anyone in the class well enough, go to the instructor and simply ask how you did on a speech, or how you're doing in participation. More often than not, you will get positive reinforcement and this will give you the courage in further speeches or participation.

After my first two or three weeks in English IA with Julie Hatoff I asked to see her after class. I told her I was scared to death to open my mouth and felt foolish when I did, especially in front of all the "kids." (I'm one of Miramar's almost-senior citizens at 41.) She laughed and said "Don't you know the "kids" feel the same way about the older students?" I didn't. She said, "You're doing great!" That was all I needed. So don't be afraid to ask somebody, anybody, everybody.

In classes that involve high participation especially, don't be afraid to jump in first. You'll appear to have confidence and the more often you do, the sooner you'll begin believing that you have confidence. You will also spark others and tend to get the ball rolling, which will serve as another positive reinforcement in and of itself.

It's amazing how making mistakes can actually dissolve your insecurities and give you the confidence to participate more. Also, sit up in front. Don't hide in the back of the room. You'll learn more in front, get more involved and be part of the class instead of creating a feeling of disininterest or separateness (or insecurity).

One last point, in classes that involve actually standing up in front of the room and delivering a speech, report, or other type of presentation volunteer first. Get it out of the way. The more you think about it, reinforce your fears by listening to other people's quivering voices, the more nervous and fearful you will become and the more likely you will be to forget something, misunderstand your notes and just plain subject yourself to a lot of unnecessary stress and strain.

QUESTION: Why did you choose to attend MCC?

Julie Williams, 35, Nursing

"They were offering what I needed and it's less crowded. I'd been going to Palomar but I live closer to MCC. Parking's easier, registration's easier - I think MCC is better for academics. I go to PC for some classes and it takes 18 hours to find a parking place."

Mark Smethurst, 19, Airway Sciences

"I had never thought of going to Palomar, but I knew MCC was better for academics. I go to PC for some classes and it takes 18 hours to find a parking place."

Bill Ehlen, 20, General Education

"I thought MCC was better for academics. I go to PC for some classes and it takes 18 hours to find a parking place."

The Chariot

Published bi-weekly during the college year as a teaching device for students enrolled in journalism at MiraCosta College. Offices are located in the Journalism Laboratory, U-13, MiraCosta College, 1 Barnard Drive, Oceanside.

classified Ads:

The Chariot offers free ads to MiraCosta College students. However, please print ads on 3x5 cards and include your name, school and major. Classifieds are available for purchase and advertisement (25 words or less). Drop it off in the Chariot box as you enter. Classifieds are subject to approval. Only one classified ad per person. Advertisers are responsible for proper classification of ad.

PERSONALS


Birth control methods and annual pap smear examinations are now being provided during evening hours at Vista Community Clinic. Vista Community Clinic is a program of Community Health Network, which operates two other non-profit public service agencies.


AWARDS PROGRAM. The National Endowment for the Humanities has announced a grants program for individuals under 21. For guidelines, write Your Younger Scholars Guidelines CN Rm 482, The National Endowment for the Humanities, Washington, 20506.

VOLUNTEERS NEEDED

$100 PER DAY FOR MINIMUM TIME AND EFFORT. VOLUNTEER PROGRAM OFFERS NEW HABEYER AND ALLERGY MEDICATION BEING EVALUATED

If you are male or a non-fertile female with symptoms of sneezing, clear runny nose, nasal congestion and/or post-natal drip.

CALL ALLERGY & IMMUNOLOGY MEDICAL GROUP (941-4444) FOR INFORMATION.
Six teachers honored for teaching excellence

by Sally D. Worth

After years of looking for a way to honor teachers, the instructions department has cited six MiraCosta instructors.

The teachers were nominated by their fellow faculty members to attend the Sixth Annual Conference on Teaching Excellence, to be held this month in Austin, Texas, or the California Great Star Conference in August in Santa Barbara.

The teachers are honored not only to acknowledge the teachers' excellence in teaching and learning, but also their collaborations in support towards achieving teaching excellence.

It will give a chance to participate with other excellent teachers during the seminars and meetings, said Julie Hatof, vice-president of instructions.

These nominations are made by Paul Schoenbeck, reading department; Gloria Flores, English; Lane McDonald, biology; Tom Merkle, library; Joan King, math, and Donna Caudill of the English and Reading departments, although Caudill decided to withdraw her nomination.

Schoenbeck is approaching his 20th year with MiraCosta college this fall. He received his B.A. degree from Warrenburg College in Waverly, Iowa, his master's degree from Iowa State University, and his Ph.D. from United States International University in San Diego.

His early years here were spent helping constitute new courses, all of which became the reading lab, and re-wrote the English department's "lesson plan," said Schoenbeck. He is thrilled about the nomination and feels the students have something to contribute to the teaching area.

Gloria Flores has been a faculty member of the college since 1976. Her college credits include bachelor's and master's from San Diego State University. Her contributions to the college include designing and developing the English 7AB and English 7CPS writing courses, writing in holistic scoring of essays (workshop leader), developing curriculum in English, literature, and rhetoric, and serving as writing lab chairman since 1978. She is now designing a computer-based composition program.

In 1978, her students have been her mentor for "Outstanding Teaching." "I am honored about the nomination," said Flores.

Lane McDonald is spending his third year at the college. He attended the University of Missouri in Ecology and Wildlife Conservation and his graduate years with MiraCosta college this fall. He received his Baja Expedition Program, which he brought here. He developed the field of Marine Biology at MiraCosta, which meets both on campus and at the Oceanside Harbor. "I like MiraCosta because of its location, serving the beach community, and it is the gateway to the Bay Area," said McDonald.

According to McDonald, MiraCosta has many outstanding teachers and they are all contributing to giving the students the best quality of education possible.

Tom Merkle has been with the college for 13 years, eight as a faculty member. He attended MiraCosta, the University of Barcelona in Spain, the University of America in Mexico, University of Santa Clara and California Polytechnic State University. He received his master's degree in Library Science and his doctorate degree from the past two-plus years has been remodeling the library. He helped develop the "on-line catalog," a computerized system in the library. "I enjoy the challenge. It is like taking a wild, uncontrolled project and his reaction to the nomination is I am honored to be with the company of distinguished people," said Hatof. He is one of the first ways the MCC and Palomar theater departments have joined forces.

The teachers were nominated by the MCC and Palomar theater departments. Not all had been here the best quality of education possible.

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**Tracksters set new league marks**

by Andy Mauro

OCEANSIDE — MiraCosta breezed to the Pacific Coast Conference women's track and field championship on its home oval last Saturday, easily outdistancing runner-up San Diego City College, 181 to 83.

But the Spartan men were narrowly edged for the team title by Saddleback College, 133 to 129.5, when a MiraCosta runner was disqualified for "un-sportsmanlike conduct" en route to winning the 200-meter sprint.

Officially, both the Spartan men's and women's teams had earlier been declared conference champions by virtue of their undefeated dual meet records. Last weekend's conference meet served as qualification for the SoCal Preliminaries to be run this weekend at Cerritos College. The top four finishers in each event last weekend advanced to the SoCal meet. The ultimate goal is the State Championship meet in late May.

Steve Luke, a 21-year-old freshman at MiraCosta, set a new conference record in the men's 400-meter race with a clocking of 47.81. Racing with a record in the men's 400-meter race and pointed his finger in victory as he served as qualification for the SoCal meet. The top four finishers in each event last weekend advanced to the SoCal meet. The ultimate goal is the State Championship meet in late May.

Luke had never participated in four of the seven events of the heptathlon prior to this year, but still managed to qualify for the state meet with a strong showing at the BakersField Relays last month.

"It's all about having confidence," said Rachael Davis.

**SPORTS RESUMES**

May 10, 1984

**Men's... Sign up for a course in basic citizenship**

There's no homework — no quizzes — just a lot of credit.

When you register with Selective Service, you're fulfilling a very important obligation to the USA...making yourself a part of our nation's preparedness.

And it only takes a few minutes of your time.

So if you've been putting off Selective Service registration, go the post office now and fill out the form.

It's Quick. It's Easy. And it's the Law.

MiraCosta's Steve Faust prepares to throw the javelin in last Saturday's Conference Championships. (Photo by Robert Faaborg)

**Spartan sports update**

WOMEN'S BASKETBALL — The women's basketball season, a study in frustration dramatically punctuated by two lopsided victories over rival Palomar College, is over.

"I knew we wouldn't win a lot of games but I wanted the kids to improve," said assistant coach John Kentera. "I was really happy with the team. Several players were singled out by Kentera as having had fine seasons.

Linda Binder, who averaged 16.8 points per game, was named to the Pacific Conference all-conference team. Freshman Kim Allen, honorary mention to the All PCC, was the fourth-leading rebounder in Southern California, pulling down an average of 7.4 boards per game.

"With an off-season program to improve her jumping, she could average 25 points per game next year," said Kentera.

Becky Curl was the Spartan's leading scorer with a 16.6-point average. Curl, Binder and Allen were the 13th, 14th, and 16th-ranked scorers in Southern California.

Freshman Theresa Lander was the conference leader in assists, dishing out an average of 8.3 per game. Terrie Plevay was named the team's most improved player.

BASEBALL — The Spartans are struggling to reach the Shaugnessy playoffs. Their chances were greatly improved when they knocked off league powerhouse Saddleback College, 6-5, during last Saturday's 50th Anniversary celebration on campus.

The Spartans are in fifth place going into the last two weeks of the season. The top four teams reach the playoffs.

The pitching staff has been particularly effective this season. The staff has a team ERA of 4.57 which leads the Pacific Coast Conference. Individually, Scott Schultz has a 3.54 ERA, Craig Chapin stands at 3.66 and Pete Roberts allows 3.98 earned runs per nine innings.

Bashful, the team has been disappointing. In conference play they are averaging 4.7 runs per outing while giving up six runs. Jerry Clements is the club's leading hitter with a .343 average. Also noteworthy are Nate Pearman (.390), Lou Deiley (.323) and Matt Tinney (.318).

Eddie Anzotin is the Spartan's top power hitter. He is batting .373 with a team-high 3 home runs and nine RBIs, despite having missed four weeks of the season with an injury.

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**Men's Tennis** — Two weeks ago coach Fred Pechek took four of his women players to the Ojai State Tournament. Angie Ruden and Val Alvord were entered in singles, Holly and Dian Draper were entered in doubles.

But the two men's doubles teams were eliminated. Draper was eliminated in the first round, primarily because she drew the number-one seeded player as her opponent. The Drapers, like Ruden, also won their first two matches before going down in the third match.

Going into last weekend's conference finals, Ruden (singles) and the Drapers (doubles) were given good chances to qualify for the regional tournament at Rio Hondo.

BUCHANAN TOURNAMENT — The Willie Buchanan Celebrity Golf Tournament held last week at Whispering Pines Golf Course was a big success, despite gusty winds, according to athletic director Tom Shields.

A total of 68 golfers paid $110 apiece to join 20 celebrity golfers in a fundraiser to benefit the Spartan Sports Foundation. Over 100 individuals attended and "awarded" ceremony.