FINANCIAL AID CAL GRANT DEADLINE IS TOMORROW

Students qualifying for Cal. Student Aid Commission grants can expect a little more money next year, and there will be more awards available if financial aid increases proposed in Gov. Deukmejian's 84-85 budget are approved by the State Legislature.

This should be an incentive for students to meet the financial aid application deadline which is just days away—February 9. Financial aid offered by the Cal. Student Aid Commission includes Cal Grants, Bilingual Teacher Grants, and State Graduate Fellowships.

Cal Grants provide tuition/fee assistance to low and middle income undergraduate students, and a living allowance for disadvantaged under graduates. Bilingual Teacher Grants aid students enrolled in approved bilingual teacher training programs. Graduate Fellowships provide assistance for full-time graduate or professional study at either a public or an independent university in California. For any of these grants, students must qualify on the basis of financial need.

The 1984-85 Cal Grant tuition/fee awards, under the Governor's budget, would pay a maximum of $900 at the Cal. State Univ., $972 at the University of Calif., and $3,740 at independent colleges, a 10% increase over the present awards. The Cal Grant B living allowance would be raised from $1,100 to $1,210.

The maximum Bilingual Teacher Grant would be $3,816 and the maximum Graduate Fellowship, $5,830, a 6% increase over the 83-84 awards. The number of new Commission grant awards would increase from

Cal State Chronicle

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Winds Damage Buildings And Private Vehicles

by Dennis Hatchet

Severe Santa Ana winds took their toll on all of Southern California last week, and CSCSB got its share of damage.

According to Campus Police, winds ripped several camper shells from trucks in the school parking lots. Other damage occurred to cars parked at the Physical Plant, where huge sections of roof were torn off by the wind's fury. Windshields were broken and car bodies damaged as gravel and tar paper, driven with shotgun blast force, rained upon the cars from above.

At Psbu Library, a large window panel was blown in on the Northwest corner, and several more windows were cracked. No one was injured by the flying glass, and maintenance crews quickly covered the gaping, ground floor hole with plywood sheets. Bob Lohnes, Assistant Administrative Affairs officer, said the heavy walnut doors at that end of the library were damaged by the flying debris and would have to be replaced. Lohnes estimates the cost of wind damage on campus at $25,000. He said the school was not liable for damage to privately-owned cars, which he estimated to number around 20.

Dr. Ted McDowell, head of the Geography department, regularly keeps record of weather conditions, including wind velocities. He stated that the highest wind velocity recorded at CSCSB was 70-74 mph, with winds typically gusting 30-60 mph.

Major Balsterholt, from the Norton AFB weather station, explained what caused the high Santa Ana winds. "There was a large mass of cold air in the Great Basin, up around Idaho and Nevada. This cold air was a very high pressure mass. We had here, in the South, an area of unusually low pressure. The air pressure had to equalize, so the high pressure air was funneled through the mountain pass, creating the Santa Ana condition."

While the highest recorded wind speed at Norton was 45 mph, Balsterholt said it is common for areas near the pass to experience much higher velocities. Unofficial wind speeds of 90 mph had been reported in the San Bernardino area, but could not be confirmed.

Cindy Rahal and a friend fight against last week's high winds while walking to their classes.

Student Union Offers An Array of Activities

Are you bored on Friday evenings? The Student Union has been open Friday nights since school began in September. The pub is open on a trial basis. The Union is open to student, faculty, staff, club and village use. Events which have been planned are dances, pool tournaments, weekly A.S. videos and more.

This Friday night, Feb. 10, come join us in the Student Union at 4:30 to view an Intramural Basketball game. Also, the video "Coming Home" will be shown at 6:30 in the Pub. As a special event this week Morongo is presenting a semi-formal Valentine's dance sponsored by Serrano Village. The dance will be held in the SUMP from 9-1 a.m.

WEEKLY COFFEE HOUSES

Every Wednesday night at 8 p.m. the Student Union sponsors a Coffee House and Jam Session in the Union lounge or pub. Most Wednesday evenings have proven to be successful with participation from many CSCSB students.

At every Coffee House the Union has provided free refreshments. Come join us on Wednesday nights as a participant or audience. If you are interested in playing contact a night manager or Sherri Deutchman at the continued on page 7

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Conquer Stress Before It Conquers You

by Carol Leach

You realize that you have a test tomorrow in English Lit. and you need to wake up in order to study. You get caffeine from coffee or you may smoke in order to raise your pulse. How can you manage in order to handle school, home, and just plain life without going crazy?

Stress management is for you. Conquer stress instead of letting stress conquer you!

On February 1, at noon and 8 p.m. in the Student Union, Steve Coffee and Veda Hurn, Psychology interns in the Cal State Baha'i College Counseling Center, will discuss "Stress Management." The talk discussed the symptoms of stress, a holistic approach to stress management, ways to cope with stress, how thoughts affect stress and different stress personality type levels.

Steve Coffee said that stress means physical response, necessary for life threatening situations, such as being in the street as a spectator and the activity of "fight or flight," which is how your body reacts in order to get out of the situation. According to Steve Coffee, "Chronic stress means stress is caused from things, such as school and midterms."

In stressful situations, Steve Coffee said that the pupils dilate and that the muscles tense up. Adrenaline gives the body more energy. He said, "Sugar and coffee keeps the energy level artificially high," and continued, "If you don't like what you are doing, you get stressed.

A holistic approach to stress is encouraged by Steve Coffee and Veda Hurn. This includes: a balanced diet, relaxation, psychological awareness, exercise and time management. By taking this approach, you will have the skills needed to take personal responsibility and control over how events in life affect you psychologically and physically.

Other ways to cope with stress were also mentioned. Establishing a good support system of friends and family members, accepting what you cannot change; changing your attitude if necessary, planning some free time every day and repeating statements, such as "I like me," or "I'm glad to be me." Following these guidelines will help you put you on your way to conquering and dealing with stress.

How things affect stress goes into: how we perceive an event that has occurred and how we interpret the event. This leads to a reaction of behavior and emotion to what occurred according to Veda Hurn. "Our self talk (interpretation) of an event include some oughts, shoulds, and never. Inaccurate information can lead to an emotional disturbance. She also said that, "according to Albert Ellis, developer of Rational Emotion Therapy, Emotion is the result of self-talk. We make perceptions and interpretations that are real."

"Instead of assuming the worst," according to Ellis, "we should check out the rational thought with an action. An example would be: If your boss is angry at you, you may realize there is nothing wrong at 8 in the morning. With this interpretation of the matter, you would not get emotionally bothered about the matter.

The talk covered the 4 stress personality level types. Where would you classify yourself? 1 is the critical judge, who is a perfectionist with a low self esteem. 2 is the pleaser, who is passive and can't say no and is afraid of being alone. 3 is the sabotour, who is irritable and nasty. 4 is the striver, who you are depends on what you do.

News Briefs

Baha'i Scholarship
Applicants are now being accepted for the 2nd Annual Roy Brooks Memorial Scholarship Award by the Cal State Baha'i College Community. The scholarship, in the amount of one-hundred dollars, is available to any student currently registered as a full-time, undergraduate status.

A essay on the theme "How does one reconcile racial pride with the ideal of human brotherhood" must be submitted no later than February 10 at the Student Union, Room 32. Applications may be picked up there also.

Roy Brooks, long-time resident of Rialto graduated from Cal State in 1980. A community activist, he followed the Baha'i concept of "One Planet, One People, One Religion, One Father," as demonstrated by the many services he gave to individuals and the great San Bernardino area. He was a member of American Legion. Post 710 San Bernardino and served as California Delegate to the Assembly of the Baha'i's of Rialto. The scholarship was initiated last year by the Cal State Baha'i College Club and the San Bernardino Baha'i Community.

The Evening Office, located in Room 323, the Student Union will be open every evening from 5:30 p.m. to 9:00 p.m. except for Wednesday, Feb. 15 from 5:30 p.m. to 8:00 p.m. The evening office is hosting a OPEN HOUSE. It will be held Monday, February 13th and Tuesday, February 14th from 5:30 p.m. to 8:00 p.m. in PL-107, the Evening Office. We will have tree coffee, punch and cookies for you to come and learn what services are available to you at night.

Evening Office offers: drooping courses, adding courses, class schedules, parking decals, GRE/GMAT/CHEST/booklets, information about college regulations, referrals, waivers of college regulations and much more.

GLU Valentine Party and Dance

The Gay and Lesbian Union is sponsoring the third annual Valentine Party and Dance, Saturday February 11. The event will be in the Student Union SUMP from 8 p.m. to 1 a.m. Admission is $3.00 per person and includes free munchies and door prize chances. Entertainment will include a pogo bounce, a disco and a dancing cupid. Everyone is welcome.

German Club

The CSCSB German Club will be sponsoring two events this coming week.

The first will be a slide presentation on the topic, "Survey of German Art from Medieval Times to the Present." Held in PL-211 on Wed., Feb. 8 from 4-6 p.m. The second is a meeting at the home of Ms. Miranda Munson on Saturday, February 11, at 7:30 p.m. A special program on "New Wave-Moderne German Music" will be followed with games, fun, singing and refreshments.

Everyone is welcome at both meetings. For more information, contact Jeff Espinosa at 882-6225, or Ms. Munson at 877-4475.

Winter Enrollment Up

As of the winter quarter census date, 5,144 students were enrolled, which is a 5.37% increase over the same term a year earlier. The winter quarter census of 5,036 from last fall is the second highest enrollment in the college. The college enrollment was only 5.88 % higher than winter 1983, although it is 4.94% below the all-time high of 4,123.7 set in the fall 1983 term.

Income Tax Aid Begins

Feb. 7

Free volunteer assistance with income tax forms will be provided by the Advance, Assn. from 4-6 p.m. on Tuesdays and Wednesdays, Feb. 7- March 7. All sessions will be in the Lower Commons except for Wednesday, Feb. 22. The assistance will be in upper Commons Room 219 that afternoon.

The student volunteers from the association who will be providing assistance have completed three training sessions and are all your questions answered by the Cleveland State University in Indiana. Pre-Marital Sex-mindedly.

Are You Thinking About Becoming A Teacher?

Are you interested in finding out more about teaching as a career? Do you have lots of questions about teaching and credentials? Are you confused by the requirements you must meet to enter the credential program? Well, there's good news for those of you that answered yes to any of those questions. The staff of the Career Planning and Placement Center is sponsoring a workshop designed to answer all those questions and more.

"So You Think You Want To Be A Teacher" is a workshop that will be held on Wed., Feb. 15 from 2:45 p.m. in the Student Senate Chambers. There will be faculty and staff from the School of Education as well as a Career Counselor and educational placement advisor from the Career Planning and Placement Center available. Be sure to take advantage of this excellent opportunity to get all your questions answered at once.
CSOWC Concentrates on Women's Issues
by Linda Riddell

...Instead of females attempting to be like males, I contentment with ourselves strive for high positions and these communities to the possibilities open to women.

Overstreet states that the objective of the CSOWC "is to bring the campus community, as well as the outlying communities, closer to Cal State and to awaken these communities to the possibilities open to women."

The focus of the CSOWC as an organization is to become a source of substantial information for the professional organizations.

The organization appears to be extremely serious in their commitment to reach their goals. Discussion topics include "Awareness of Opportunity" and seminars and discussion on "Women and Birth Control." "Sexual Harassment," "Women and Politics," "Health and Beauty" and "Spring Color" presentations

CSOWC strongly urges anyone interested in women's issues, including students, faculty, staff, administrators, and individuals from surrounding communities. Fees are charged in the following categories: Active $3; Associate $15; Benefactor $25; and Golden $50.

Did You Know?
The California State Student Association (CSSA) has been in existence since 1959 and has represented students on hundreds and hundreds of issues. Foreign language requirements, student service fees, and on-campus storage of hazardous wastes are a few of the most recent issues CSSA has dealt with.

Who decides what issues CSSA should consider? Your Associated Students representative has the responsibility. Ultimately this representative has the responsibility to communicate the desires and needs of the student. Disappointingly, student input in the past has been minimal.

CSSA is a vital segment of student life at Cal State. Students with a desire to participate in this way are encouraged to come in to the Activities Office. The California State Student Association is the voice of the students. Make a point of getting involved.

Country Theme Set For Winterfest

There will be an all day party this Friday, February 3, in celebration of the Annual Winterfest. The theme for this year's winterfest is "Country Jamboree," and it is bound to be a rootin', tootin', ho-down.

Behind this year's winterfest are: Sherri Deutchman, Student Union Co-coordinator; Clare Sharafinski, Activities Advisor; and Dexter Wash, A.S. Activities Director. They have worked with the clubs and A.S. to make this year's winterfest one of the best ever.

The entire Student Union has been booked for this celebration and there will be many exciting things going on. "We wanted a theme that everyone could really get into," said Dexter Wash. "Quite a few clubs have already shown their participation by signing up for booths to sell all kinds of foods and goodies."

There will be plenty of activities at winterfest as well. There will be a jail where you can pay to have a friend (or enemy) put behind bars by the winterfest sheriff. There will also be a marriage booth, country store and as an extra added attraction, A.S. is planning on having hay rides.

This year's winterfest is also a celebration of our Student Union's 6th birthday. Sherri Deutchman is planning on having lots of goodies including an 8 foot sandwich to help celebrate.

A.S. invites all campus clubs to participate in the winterfest and birthday celebration. Prizes will be awarded to those club booths which most closely follow the continued on page 9

Cal State Jamboree

Winterfest
Thursday, Feb. 9
11 a.m.-afternoon
Student Union

Club Booths: Food, Games & More!

Sadie Hawkins Dance
February 9
9 p.m.-1 a.m.
SUMP

Girls!
Grab your guys and come on down. W'll have a hoot'n good time!

Students w/ CSCSB
ID 50c Non-CSCSB
$1

FREE
Movie: "Coming Home"

Wednesday & Thursday
10 a.m. Matinee
8 p.m. Showing
SU Pub or Lou
CSMA Takes to the Road

by Greg Timpany

The ultimate goal of most college students is to get a respectable, well-paying job after graduation. Members of the Cal State Marketing Association are no different. Over the weekend of Jan. 26-28 a contingent of seven CSMA members attended the Western Region Student Careers Conference, sponsored by the American Marketing Association (AMA). The conference was held at the Anaheim Marriott, and was hosted by the Collegiate AMA Chapter of the University of Southern California.

Registration began on Thursday night. Jan. 26 and was followed by a career reception. The reception gave students a chance to talk with the companies who would be holding interviews over the course of the weekend. After the reception students ventured out to Orange County nightclubs.

The real action began on Friday morning. The day was started with the usual pep rally by conference officials. The real nitty-gritty began with a move into the concurrent sessions. Topics covered included Sales Management, Advertising and Promotions, Product and Brand Management, Physical Distribution, and Service Marketing. These sessions were led by members of the business and academic communities. There were executives from several Southern California Companies including Carnation, The Broadway, and Security Pacific Bank.

After lunch, concurrent sessions dealing with resumes and interviewing were started. This was followed by a panel discussion featuring recent graduates who had entered the business world. This was followed by a rash of parties and many more excursions into the night. There is one nightclub in Anaheim that everyone should visit. The place is known as Crackers. It is very hard not to have a good time at Crackers, even the CSMAs fearless leader Mitch Slagerman, had a good time, despite his two left feet.

Everyone in attendance at the conference looked a little tired on Saturday morning. After consuming mass quantities of coffee, orange juice, and sweet rolls the conference-goers carried on. Topics on Saturday included “Winning the Salary Game,” “How to Find Jobs When Jobs Are Hard To Find,” and “The Marketing Approach to Job Finding.” After a less than rewarding afternoon session the conference ended with an unappealing banquet. A word to the wise, beware of convention food!

On a whole the conference was viewed as a success by those who attended. The CSMA members who participated were rewarded with an overabundance of pertinent information. A special CSMA thank-you goes out to April Duke who kept the group laughing endlessly with her many off-color jokes. As an ending note, if you are interested in personal and career growth, check out the CSMA.

BMC Hot Dog Sale Successful

by Joe Celentano VP/BMC

The Business Management Club (BMC) had another successful hot dog sale on Jan. 23 in front of the Pfau Library, bringing in almost $75. The cold chill in the air, the aroma of cooking hot dogs and chili, or the "hungries" were the primary ingredients for the sale going so well.

"...the club would like to thank those who helped participate in the eating, munching out, and devouring..."

"Of course there were the 'customers,' the major factor for our success, and the club would like to thank those who helped participate in the eating, munching out, and devouring," stated BMC Vice President Joe Celentano.

Then too there were the club members who donated their time and efforts to make sure it would go well by standing in the cold "hawk ing" the wares of the BMC. Accolades go to Al Knecht, president; Cathy Bright, Mitch Imoto, Dave Tremilolo, Chris Martin, Anthony Lacey, and Shelly Cervantez.

"One more note of thanks should go to those members who worked hard behind-the-scenes. They made the arrangements for permission, location, equipment, purchases, and much of the leg work it takes to set up this type of function." A special thanks also to Anthony Lacey and Shelly Cervantez. Celentano concluded.

BIOLOGICAL/PHYSICAL SCIENCES

Representatives from the Peace Corps will be at the South Entrance of Cal State San Bernardino’s Pfau Library on February 21 and 22. Think about it, YOU can make a difference...by Joining the Peace Corps!

You’re Needed All Over the World.

Ask Peace Corps volunteers why they are using their Science major, minor, or aptitude in health clinics and classrooms in Malaysia. Why did they use them in fish pond culture projects and experimental farms in Western Samoa? They’ll tell you their ingenuity and flexibility are as important as their degrees. Ask them why Peace Corps is the toughest job you’ll ever love.

PEACE CORPS

Show Your Love (or whatever)

With a Valentine Message printed right here in the paper on February 14th.

Just fill in the grid with one letter or space in each box and bring it to us along with 50¢. (exact change only)

MESSAGES WILL BE ACCEPTED:
WEDNESDAY 10-4 at the A.S. OFFICE
THURSDAY 1-5 at the CHRONICLE ROOM
FRIDAY 10-2 at the CHRONICLE ROOM

The Chronicle reserves the right to refuse any ad, so please keep your receipt for a refund if your ad does not appear in the paper.

Flowers by Margaret

We Can Send Flowers Anywhere!

228 E, 40th St. (Next to McDonald’s)
886-7071
8:00 a.m. - 7:00 p.m.
HEALTH CORNER

Home Remedies

by Dorinda Thurman

Have a Heart and Give Blood

The Health Center and Cal State's Organization for College Women will sponsor a Blood Drive on Wednesday, February 15. Local Blood Bank staff will be assisting donors in the waiting room of the Health Center from 10-3 p.m.

Since the purpose of the Blood Drive is to replenish supplies in the campus Blood Reserve Fund, we need your help. This fund was established so that there would always be a supply of blood available for any student, faculty or staff member, and their dependents," said Dr. James Savage.

Donating blood is a very simple process. Anyone who is in good health, who weighs over 110 pounds, and is between the age of 18 and 65, can donate blood. Please do not fast before your donation, and allow about 45 minutes for registration, donating and light refreshments.

Cal State's Organization for College Women will be donating $10 cash prizes to the three lucky donors whose names will be drawn after the Blood Drive. You will also see some of their members with special t-shirts on that day.

They will be encouraging all of you to stop by the Health Center and donate the gift of life. Also, the Intramural Program will be giving a t-shirt to another lucky donor.

The dorm house that donated the most blood will have their name engraved on the Serrano Village Blood Drive Plaque, as Mojave did last year. The Blood Bank will give each donor a free "cool-cane holder." The Blood Bank, 4:00 or 12 mg which is now available without a prescription.

The entire campus community is encouraged to take five minutes out of their day to take advantage of this very special service. It may be the most important five minutes you spend that day.

SPARING FIVE MINUTES MIGHT SAVE YOUR LIFE

Have you ever wondered what your blood pressure was, but felt you didn't have the time to find out? Or perhaps you just have some basic questions about blood pressure in general? Monday, February 13, is your chance to find out. The Health Center has made it convenient for you by arranging to have registered nurses from on and off-campus to take your blood pressure. They will be located in different areas on campus: Cafeteria entrance, 11:30-1:30; Student Union Lounge: 11:30-2:00; Student Services Atrium, 2:00-4:00; South Entrance to Library, 1-3, 4-5.

About one in four Americans has high blood pressure, and more than half of these have high blood pressure that is very serious. This disease is dangerous because it often leads silently, but directly, to conditions that often kill or cripple: heart attack, stroke, or kidney disease.

High blood pressure is especially dangerous because it has no clear signs. A person can have it and not even know that. It's why it is so important for people to get their blood pressure checked regularly.

The entire campus community is encouraged to take five minutes out of their day to take advantage of this very special service. It may be the most important five minutes you spend that day.
RECORD RACK: KANSAS

by Greg Timpany
Album: Drastic Measures by Kansas
This album features a streamlined version of Kansas. Gone are vocalist/violinist Robbie Steinhard along with vocalist Steve Walsh. Despite the loss, Kansas has carried on like a wayward son.

John Elefante has taken over the vocal chores. At these tasks he has performed nothing less than excellently. Along with his brother Dino, they have also taken over a good portion of the writing responsibilities. These changes have worked well for the band, except they no longer have those distinctive vocal harmonies present on the remainder of the new material. Livgren's writing style is very tense and direct. He has a great ability to translate his feelings into powerful music. Songs like "Mainstream," and "End of the Age" are finely crafted both lyrically and instrumentally.

The one thing I really appreciate about Kansas is their ability to mix spirited vocals with technically superior instrumentals. Neither aspect receives too much emphasis. Backing the instrumental mix is the powerful duo of Phil Ehart on drums and percussion, and Dave Hope on bass guitar. On top of the rhythm tracks are the guitar lines of Rich Williams and Kerry Livgren. Neither guitarist owns the spotlight, and they have a habit of trading off guitar lines in a very efficient manner. Keyboard lines are provided by Elefante as well as Livgren.

"Fight Fire With Fire" is a fast paced song dealing with a man who will just not give up and roll over. The video makes this point even clearer. "Everybody's My Friend" is Elefante's look at the astonishing lack of privacy that an entertainer must deal with. "Mainstream" is an excellent look at the overcommercial tendencies of the Music Industry. The solo on this song is probably the best on the album. The side ends with an amusing number entitled "Andi."

"...Kansas mixes superior vocals with burning instrumentals."

A great deal of today's music has very little to say, both musically and lyrically. Kansas music does not fall into this area. They have continually progressed and changed over the years, but they have not sacrificed their musical integrity for a commercial sake.

Take Charge At 22.

In most jobs, at 22 you're near the bottom of the ladder. In the Navy, at 22 you can be a leader. After just 16 weeks of leadership training, you're an officer. You'll have the kind of job your education and training prepared you for, and the decision-making authority you need to make the most of it.

As a college graduate and officer candidate, your Navy training is geared to making you a leader. There is no boot camp. Instead, you receive professional training to help you build the technical and management skills you'll need as a Navy officer.

This training is designed to instill confidence by first-hand experience. You learn by doing. On your first sea tour, you're responsible for managing the work of up to 30 men and the care of sophisticated equipment worth millions of dollars.

It's a bigger challenge and a lot more responsibility than most corporations give you at 22. The rewards are bigger, too. There's a comprehensive package of benefits, including special duty pay. The starting salary is $17,000—more than most companies would pay you right out of college. After four years, with regular promotions and pay increases, your salary will have increased to as much as $31,000.

As a Navy officer, you grow, through new challenges, new tests of your skills, and new opportunities to advance your education, including the possibility of attending graduate school while you're in the Navy.

Don't just take a job. Become a Navy officer, and take charge. Even at 22.

Navy Officers Get Responsibility Fast.
"The Woolgatherer" To Be Presented

The story of a young, naive recluse and the impact of a fast-talking truck driver entering into her life will be presented Feb. 9 through 12 at Cal State, San Bernardino.

"The Woolgatherer" is the story of Rose, an innocent young woman whose life is centered around reveries and daydreams, and her relationship with the rough and witty truck driver, Cliff. The student-produced play opens at 8:15 p.m. Thursday, Feb. 9 in the Drama Lab.

Amber Talvi, a senior theatre arts major, will portray Rose. A Riverside Poly High School graduate, she was named best supporting actress in the 1983 Redlands Theatre Festival.

Clayton Martinez, a freshman theatre arts major, portrays Cliff. He is a Ramona High School graduate and has attended Riverside City College. Both are Riverside residents.

Senior theatre arts major Mary Manthis of Highland will direct the production with Mark Duncan, of San Bernardino, a freshman majoring in theatre arts, will be stage manager.

Mark Peters, a senior theatre arts major of Alta Loma, is in charge of costumes and graphic design. Set and lighting design is by Pat Hadock, of the theatre arts department staff.

Performances will continue Friday and Saturday, Feb. 10 and 11, at 8:15 p.m.

Student Union--

There's a lot More Than You May Know

continued from page 1

Student Union desk or show up Wednesday evening with your favorite instrument.

LIVING AND LEARNING SERIES

Faculty, staff and students and the community have been invited to participate in the series. The series attempts to provide mini-seminars which address current needs and issues. The next seminar will be Wednesday, Feb. 8 at 6:30 in the SUMP, where Martha Kazlo, a counselor in the Student Counseling Center will facilitate the third living-learning series, "How compatible are you?" This program will be a fun evening to discover if you will get along together as a couple, as roommates, as friends.

DODGERS ESCAPE

Come join the fans and get a sneak preview of the L.A. Dodgers. The work out is free to the public. Watch a drill and batting practice along with a game. Gates open at 11:30. The game begins at 1 p.m.

ATTENTION!

AVAILABLE NOW!

APPLICATIONS FOR
FINANCIAL AID

CAL GRANT DEADLINE-
FEBRUARY 3, 1984

PRIORITY DEADLINE
FOR FINANCIAL AID-
MARCH 1, 1984

APPLY NOW!
In Trouble? Counseling Center Ready To Help

by Emily Hamisko

"The students should make use of us. I don't think a lot of them even know we are here," commented Dr. Martha Kazlo on the Counseling Office in the Physical Science Building: Room 227. Dr. Kazlo is a full-time psychologist at the center. For nine years she's worked with the students on this campus in her office that, she commented, "is sometimes called the broom closet because there are no windows." I asked her about the rest of the counselors at the center. John Hattom is the full-time director and counselor while at the same time Associate Dean of Student Development. Ms. Jane Russell is a part-time counselor who not only helps out on campus but has a private practice. Mr. Donald Woods is the International Student Advisor who is also in charge of administering tests like the California Basic Educational Skills Test (CBEST) and the Graduation Record Exam (GRE) among others that the center offers.

Steve Coffey, who has been a student here for four years, also works at the center. He has achieved his Bachelor's Degree in Psychology and is continuing to get his Master's Degree in Counseling Psychology. He and Ms. Veta Hunn are two graduate students interning in the school's counseling office. When asked what made him decide counseling was his field he replied that it is one of the many jobs one could do while sitting (years ago, an accident confined him to a wheelchair) and he enjoys working with people.

Steve also commented on the need for we students to understand that the service is available. There is no charge because the money was paid at registration when we dished out the cash for fees. I asked if there were any common problems that students had and Steve shook his head right away. "Each person has problems or situations that are as individual as they are. Some people come in quicker than others."

"When do I know it's time to come get help?" I asked. "When you realize you can't handle a certain situation by yourself anymore. Some problems are easy to solve such as midterm stress-overload or just being a new student on campus, being far from home. This isn't like a garage where someone goes and says, 'Here, this is broken, please fix it.' Sometimes it takes more than one visit. It isn't necessary to push yourself to the limit (in marital, family, personal problems) especially when the help is close and free."

"We're paid to help you get through school..."

"We may not even be the ones to help solve your problem," Dr. Kazlo added, "but we can at least steer you in the right direction. We offer a one-to-one basis in problem solving. You might be having a hard time with time management or just low self-esteem; you know, like the mornings you don't feel like crawling out of bed even though you've just had a full twelve hours sleep (and you know it's not the flu). We have groups in assertiveness training, stress reduction and management, job interview techniques and more."

The hours the office is open are as follows: Monday and Wednesday from 9-6:30 p.m. and Tuesday, Thursday and Friday from 9:45 a.m. to 3 p.m. The office is usually not very busy but you may need to call or drop by and make an appointment.

Dr. Kazlo summed up the office in a few words, "We're paid to help you get through school and help you let your mind concentrate on your subjects. Concentrate may sound easy but we all know sometimes it's not. 'I've always thought,' she continued, 'that when a person gets through registration and the quarter they should get an 'A' for survival.'"

Help Available for the Procrastinator

by Carol Leish

You realize that your twenty page term paper for English needs to be grammatically correct before you turn it in next week. You desperately need to find someone to help you before you panic.

Dr. Dianne Irwin, director, says, "The Learning Center does offer assistance in most academic areas. Tapes of lectures, for most large classes, are available. Jim Kwasa, an undeclared graduate student, said, "I appreciate being on my own schedule in my self-paced History of World Religions class. I am able to do things at my own leisure." For self-paced classes, the center provides video and audio cassettes and administers testing.

Nelda Smith, a graduate student in business, says she has found it helpful to work with an accounting tutor. She said, "I am really surprised more people do not use the Learning Center throughout the quarter. A lot if offered here."

Students can receive tutoring; at the present time, in English, biology, chemistry, physics, geometry, trigonometry, algebra, and calculus.

Jim Gratz, a graduate student in computer science, comes to the center to study. He said, "If I have a problem, I can usually find a tutor to help me. I like the conducive study environment offered here."

Tutors, who are available according to a posted schedule, have a least a 3.0 overall GPA and at least a 3.0 GPA in the subject that they are tutoring. They also have received recommendations from faculty members.

Besides tutoring, seminars are offered through the Learning Center. Diane Paletir, advisor at the center, offers seminars in writing research papers, improving awareness and understanding, and analyzing poetry.

The Learning Center is located in Pfau Library 37. It is open Monday through Thursday; 8:30 to 8:30; Friday, 8:30 to 4, and Saturday, 12 to 3. Students can call 887-7612 for more information.

Irwin said, "After visiting the Learning Center once, students usually come back."
Winterfest
cont. from page 3

"This is an excellent opportunity for clubs to recruit new members or otherwise promote your organization on campus."

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Winterfest

HOCKEY

Gretzky's Puppies Prevail

by Al Kadempoulu

In a battle of unbeaten teams Saturday, Gretzky's Puppies prevailed over Holiday on Ice by a score of 3-2.

After a scoreless first period, Holiday's John Toscano took the puck and drove it past Gretzky's goalie Mike Haller to give Holiday a 1-0 lead. Seconds later, Gretzky's Jay Alverson tipped in a deflection to tie the score at 1-1. Alverson scored again just before the end of the second period to give Gretzky's a 2-1 lead.

In the third period, it was Alverson getting the hat trick giving Gretzky's a 3-1 lead. With less than two minutes left, Holiday pulled goalie Jim Smolich for an extra attacker. Gretzky's defense remained tenacious and goalie Haller turned away shot after shot. With seconds remaining, Holiday's Bob Johnson scored to bring the final score to 3-2.

Gretzky's remains unbeaten at 34 while Holiday falls to 0-1.

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"Privilege" Being Lost to Off-Campus Visitors

With every quarter is necessary for Cal State students to shell out an additional $15 for a parking permit. This sticker is supposed to guarantee adequate parking, and usually it does even if it means waiting a long time. However, pow and again, campus facilities are used by off-campus organizations. When this happens, it is virtually impossible to find a parking space. The student finds himself tempted to park illegally rather than drive around looking for a single empty slot.

It seems unfair that after paying for the "privilege" to park, there are no available spaces due to non-paying visitors. Although this is a temporary problem, how long will it be before this becomes a daily occurrence? Ever increasing enrollment, as well as Cal State being a community-involved campus, necessitates that some solutions to the problem be considered—before it becomes an everyday happening.

The Right of Choice

January 21 marked the eleventh anniversary of the legalization of abortion by the supreme court. In 1973 just over one million abortions were estimated to have occurred annually. That number has increased half again annually today. Abortions have become an everyday part of the human existence. The supreme court recognized this, as well as the inalienable right of women who feel they have no other choice, turn to refuse to print ads and copy submitted after the deadline. That date appears in the paper on a space available basis.

Evidently after eleven years the so-called Right to Life groups and President Reagan have still not accepted this. They seemingly would rather see the human existence. The supreme court decision should be protected.

Guest Analysis

Andropov, Soviet Policy and the Succession Crisis: Staying the Course

by P.A. DeBiaso
Pol. Sci. Instructor
This is the second half of this series.

The political and strategic gains yielded by the Soviet invasion of Afghanistan outweigh the risks and costs incurred so far. The 100,000 troops in Afghanistan represent less than 2% of Soviet Armed Forces strength. They lost most of the subjugating this territory is nominal when one considers the Russian geo-strategic interest in Afghanistan for over 150 years. With a fraction of their Armed Forces, the Soviets have acquired another satellite; expanded further in the developing world, and after warm water outlet to the Indian Ocean; advanced their capability to project military power to the critical Straits of Hormuz in the Persian Gulf; and depicted a major threat to the stability of the peace along the border of America’s staunch ally in South Asia, Pakistan.

Again, Soviet policy toward Poland remains remarkably consistent under Andropov. This is so despite the impression conveyed that every challenge presents a great embarrassment to the Soviet Union and a direct challenge to its authority in East Europe. What Poland illustrates is the increasing Soviet policy to influence events in satellite regimes with a minimum of perceptible physical intervention. The Soviet strategy of indirect intervention in Poland, unlike the type of force employed in Hungary (1956) and Czechoslovakia (1968), demonstrates that the Kremlin is now more adept at controlling the internal affairs of these countries with a nominal expenditure of Soviet resources.

The leadership in Moscow is undoubtedly pleased with the dramatic extension of its influence in the Third World through force of arms. Under Brezhnev this engendered an increase in the number of Soviet sponsored communist regimes. Throughout the 1970's, no less than 8 Marxist-Leninist parties seized government power with the aid of either Soviet arms, troops or proxy forces. The Soviet Union under Mr. Andropov, perceiving its past successes, is preparing for a more full-fledged role in the Western revolution.

During Andropov's tenure the Soviets have sought detente with the U.S. as assiduously as they have in the past. It is the U.S. that has become frustrated with an era of detente most notably characterized by a massive Soviet arms buildup, violation of arms control treaties and increasing exportation of anti-Western revolution. However, the U.S. desired self-concerning the anticipated benefits of detente. The Soviet approach to detente was never at variance with its assessment of international relations as being characterized by competing and adversarial political-economic systems. The American approach to detente was clearly defined in accordance with that view. Moscow sought a relaxation of tension in order to obtain needed Western credits, loans, high technology and the continuing political and military cooperation necessary to permit a major rearmament program.

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LETTERS TO THE EDITOR

Advertiseing Policy Is Questioned

Dear Ms. Yount:

On January 11, 1984 the Cal State Chronicle submitted a request to the Cal State Chronicle to advertise financial aid deadlines for the 1983-1984 academic year. We asked that this announcement continue to be run on the front page of the January 25 issue of the Chronicle. Our concern is not that you did not use our exact advertisement, but that the announcement was tied to an advertisement for a computer financial aid search program. The implication that one draws is that the advertisements for computer financial aid are recommended by the Financial Aid Office. To the contrary, we would suggest that the student save his/her money. Better results can probably be obtained by reading the CSCSB Financial Aid Brochure and spending an hour of research in the library browsing through books on scholarships, loans and work programs.

Editor's Response

Dear Mr. Krug,

Ordinarily the Cal State Chronicle asks campus offices to disseminate information to students through our publication. Because financial aid deadlines are critical to many students, I felt an exception should be made, and a display ad, rather than a news release, would be more appropriate. However, because the Chronicle requires the support of community advertisers in order to remain operating and enable us to pay our bills, paid ads are understandably given priority. The information concerning the use of financial aid service was included in the financial aid options article because it is one option; it may not be the best option, but it is, nonetheless, one option. Omitting options that the newspaper is familiar with would be a disservice to our readers.

The Chronicle will continue to inform students about financial aid deadlines providing that there is space available and the information is timely. The Chronicle will also continue giving priority to paid advertisements; if we did otherwise, we would not be able to continue publishing until the end of the year, and I would consider that to be a greater disservice to our readers.

Ted Krug
Director of Financial Aid

More Thoughts on the Record Rack

Michael Jackson and Cole Porter hail from there, as well as the fact that many other artists are not from the Midwest, including Prince who hails from Minnesota. But, like Greg Timpany, Ms. Correll, you have missed the point of my letter. In reference to the Midwest, I was speaking about "good of" Midwestern rock and roll; a generalization coined by Greg Timpany not me. More specifically, I was speaking about a prevalent attitude in the Midwest and not about the coverage of popular music. I have yet to see any reviews of Duran-Duran, Men Without Hats or Rickie Lee Jones in Billboard Magazine. It is the music industry's most widespread and respected publication. It contains information on every aspect of popular music including the best information on who to listen to. As far as I am aware of the Arbitron radio surveys, which have consistently shown that the largest percentage of the AOR radio format audience, which is the format that plays the most Heavy Metal, is the Anglo male. Better yet, look at the popularity charts. If you feel offended by my use of the W.A.S.P. label, I will gladly cease and desist with its use whenever Anglo Americans are not playing other racial and ethnic groups. Maybe you now know how they feel.

Sincerely yours,

Chris Ellis
Canada's Bear of Beers is here!

Down from the North Woods of Canada comes Grizzly Beer. Not just another Canadian beer, but a rare breed of brew. An authentic Canadian lager—naturally aged, so it's remarkably smooth. With a flavor no other Canadian beer can stand up to. The bear of beers is here!

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