CHANCELLOR REYNOLDS TO SPEAK AT 20TH CONVOCATION

Commemorating its 20th anniversary, California State University, San Bernardino will hold a special convocation for the public, alumni, students, and university employees to attend at 3pm, Thursday, Oct 24, in the university gymnasium.

“We are especially honored to have both the chair of the California State University Board of Trustees, Roy T. Brophy, and CSU Chancellor, Dr. W. Ann Reynolds present for this occasion,” said President Anthony Evans.

After greetings from Chancellor Reynolds, Brophy will speak about the future of the CSU and the San Bernardino campus' role in California higher education. Brophy, a Sacramento builder and developer, has been a member of the Board of Trustees for 10 years and is in his second term as chairman. He was first appointed to the board in 1972 by Governor Reagan for an eight-year term and was board chairman in 1977-1979. He began his second term under an appointment by Governor George Deukmejian in 1983 and became chairman this year.

Chancellor Reynolds provides leadership for the CSU, the country's largest system of four-year and graduate level higher education institutions with 19 campuses, over 315,000 students, and 35,000 faculty and staff.

NAVAl WELCOMES TULLIS COLLECTION by Theresa Ross

The collection of Garner Tullis is featured in the first exhibition presented to the Cal State, San Bernardino community by its new art gallery director, John Nava.

Nava, a nationally known artist himself, believes we are very fortunate to be able to exhibit the works of artists who are such valuable contributors to the growing printmaking form of art.

Nava, who came to CSUSB after ten years with the University of Redlands, brings enthusiasm to his new position, and hopes to make the art gallery an integral part of our university education. He hopes to obtain approval for several new ideas that will make the campus art gallery more accessible to evening students as well as San Bernardino area residents.

Nava has extended the gallery viewing hours to enable the evening students to see the eight different exhibits planned for the school year. A color brochure describing the exhibits and artists, as well as illustrating many of the works on display, will be given to students free of charge, if they show their student I.D. cards at the office located inside the gallery.

Tullis, a highlight of the exhibit, is regarded as an innovator in the printmaking art form, due to his use of large scale, industrial type techniques used to produce monotypes. The size of his works have made it necessary for Tullis to develop a method of papermaking that would enable him to make his large "one-of-a-kind" prints.

The exhibit also consists of works by several prominent national and international artists...
Support Budget Approved by Board

A $1,451,963,032 Support Budget request for fiscal 1986-87 was approved by the California State University's Board of Trustees.

About 14 percent larger than the current year's appropriation, the request reflects a desire to address infrastructure needs as well as limited program improvement.

"All of our 19 campuses would take a step forward to recover from the seven financial setbacks of the early 1980's," Chancellor W. Ann Reynolds said. "In addition, the budget would enable us to address critical problems of student access to higher education, to build the scholarship base, to improve programs to train faculty advisors and recruit minority students into teaching, would be expanded.

Other program change proposals would enhance opportunities for faculty to improve their knowledge and teaching skills ($2.5 million); increase supplies, services and equipment ($2.1 million); provide for environmental health and safety ($2.2 million), and special fine line items for art.

The Support Budget is based upon predictions of 244,955 full-time equivalent students next year, representing a 1 percent increase over the current year.

Part of the CSU request implements a new state law (SB 195, Maddy) providing for a maximum 10 percent annual increase in the State University fee.

The Support Budget request will be submitted to Governor Deukmejian and the Legislature for recommended inclusion in the next fiscal year's State Budget.

Among these are plans for a unique joining of forces with the state department of Education to help public schools identify and better prepare future college students. The $4.9 million proposal would include teaching improvement centers in minority high schools. Research and counselor training programs to train faculty advisors and recruit minority students into teaching, would be expanded.

Counseling is free of charge for people experiencing family, job or personal problems by calling the Community Counseling Center at Cal State San Bernardino.

Counseling is available with diverse backgrounds, the center provides counseling for problems caused by divorce, death in the family, loss of a job, change of careers, lack of motivation or relationship problems. Counseling is also available for sexual problems, child rear ing, premarital infection and the elderly.

Counseling is administered by psychology students who are working toward a master's degree in counseling, said Dr. Michael Weis, director of the center. Each student undergoes a rigorous acceptance process, and is evaluated on the basis of grades, background and experience, letter of recommendation and interview performance as well as several other variables. The students work under the supervision of counseling and clinical psychologists on the faculty, he said.

Potential clients of the Community Counseling Center may call a 24-hour message phone, (714) 824-7727, to request a call back. Dr. Weis returns the call and conducts the initial interview. Then, he will either direct the client to a counselor based on the particular needs of the client.

Although the Cal State counseling center does not provide services for people who are suicidal, psychotic, addictive, or in need of medical help, Dr. Weis will refer the client to someone who can help them.

Counseling is an ongoing activity. If the center is not limited, clients may continue until June when the center closes for the summer. Many return in September to continue with the same counselor or to be reappointed a new one.

Following the convocation, a reception will be held in the small gymnasium, announced Dr. Judith M. Rynner, executive dean for university relations who is chair of the 25th anniversary convocation committee.

Campus offices are being encouraged to make provisions for following the convocation. "I am德尔 the decision of the individual faculty members.

Intensive Learning Programs Underway

Approximately 80 freshmen are enrolled in new Intensive Learning Experience Programs (ILE) designed to boost their English and math skills to college level competency, according to Milton Clark, program director.

Nearly 145 freshmen will be required to take the program because they scored in the lowest quartile on the SAT, English and math tests. The programs run for three quarters, but students can stay for the full year of the program and enroll in Basic Student Development, remedial education mathematics at any time, Clark said.

The programs feature a reduced class size of 12 students to allow for more interaction," he said. "I'm pleased because the programs represent a commitment by the university to students who need help with basic skills."

Cal State, San Bernardino received $59,300 from the CSU Chancellor's Office to implement the ILE programs. Twelve of the 19 CSU campuses received funding.

Susan Forscher will lead 60 students in some hard driving Aerobics every Tuesday and Thursday at 5:15pm in the SUMP. Everyone is encouraged to join in and get rid of their fat!! Treat some muscles, keep exercising and get energized!!

Halloween Dance

This year's event will be offered from 9:00pm to 1:00am, A.S. Activities will sponsor a Halloween Dance in the Common Area. Costumes will be played. Best costume awarded $50 and 10 California Lottery Tickets will be given away. Don your favorite Halloween ghouls for Halloween tricks or treats! $1.00 CSUSB w/ID, $2.00 CSUSB w/out ID, and $4.00 off-campus.

The price includes round-trip airfare on Qantas Airlines, accommodations at the Sidney Hilton (and Auckland Sheraton), breakfasts daily, city tours, transfers, visits to the theater and natural events.

Stop-overs in Hawaii and Fiji are available at no extra basic airfare cost. University-level credits can be earned through a subject course which will be offered in the subject course.

Further information can be obtained by contacting Study-Travel, California State University, Chico, A.S. 95929-0230, phone 916-895-5001, or Tom S. Reck, English Dept., California State University, Chico, 95929-0830, phone 916-895-0233.
PREPARE YOURSELF FOR FLU SEASON

What is influenza (“flu”)? It is a viral infection of the bronchial tubes and lungs that can make someone of any age ill. Usually the flu occurs in the United States from about November to April.

How Do I Know I Have The Flu? Flu symptoms are usually similar to a cold, only worse. The major differences are that the flu is usually mild and most people recover fully, routine vaccination of healthy children and adults is not emphasized. However, flu vaccine is recommended for people who are more likely to get infections or complications. Included in the “high risk” group are: persons over 65 years of age, people with severe anemia or diseases of the heart, lungs, or kidneys, and diabetics. Remember that even if you are at high risk, you will not be given the flu vaccine if you are ill or have a fever. Also, if you are allergic to eggs, you should not be given the flu shot.

How Could I Avoid Getting The Flu? You may be able to avoid being infected or infecting others with the flu by following these suggestions:

- Avoid spreading your germs by covering your nose and mouth with a disposable tissue. If you don’t have a tissue, use your sleeve or the crook of your arm. Don’t ever sneeze or cough into your hands.

- Avoid unnecessary exposure to large numbers of people and anyone who has flu symptoms.

- Wash your hands regularly.

- Cover sneezes and coughs with a disposable tissue.

- Wash your hands regularly.

- Wear warm clothing and avoid being exposed to dry cold air.

- Get vaccinated. The vaccine is available in the Health Center right now. Because the flu is usually mild and most people recover fully, routine vaccination of healthy children and adults is not emphasized. However, flu vaccine is recommended for people who are more likely to get infections or complications. Included in the “high risk” group are: persons over 65 years of age, people with severe anemia or diseases of the heart, lungs, or kidneys, and diabetics. Remember that even if you are at high risk, you will not be given the flu vaccine if you are ill or have a fever. Also, if you are allergic to eggs, you should not be given the flu shot.

- Take care of yourself. Stay healthy by getting plenty of rest, drinking plenty of fluids, avoiding cigarette smoke, and avoiding excessively dry air.

The flu vaccine can help prevent illness or lessen your discomfort from symptoms while the flu runs its course.

How Long Does The Flu Last? How quickly you recover will depend upon your age, you general health, and on how closely you follow the prescribed treatment. In most cases symptoms from the flu will begin to improve within 3 to 5 days, but could linger on for 1 to 2 weeks. Remember, an ounce of prevention is the best remedy. However, if you do get the flu or have any questions about the flu vaccine (at no cost to students), contact the Health Center at 887-7644.

**Special Help for Special People**

The Learning Center is bursting forth with a new found energy and vitality. Behind this tide is the Learning Center’s new director, Doctor Marian Talley. Dr. Talley is beginning right away with TLC’s programs. “We don’t favor one type of student over another, we’re here to help.” TLC caters to all types of students. Even if you’re not in the “high risk” group, TL c has something for everyone.

**TLC Has Something For Everyone**

Dr. Talley was born in Memphis, Tennessee. She has an 18 year old daughter who plans to transfer to one of her mom’s schools. Dr. Talley owned and operated a private learning center in Riverside for four years. Her center helped over 200 students per year. Dr. Talley also served as curriculum and instruction coordinator for the Alvord Unified School District.

Her educational career includes a B.A. in Biology and Chemistry from Memphis State University. Dr. Talley then went on to earn a M.A. and Ph.D. from the Claremont Graduate School in educational administration, specializing in curriculum statistics and macrosystems design.
Relocate With The CSU International Programs

Are you bored? Or maybe fed up with a particular class or professor? It just may be that you are plain tired of the San Bernardino scenery and in need of a drastic change. If so, how does relocating overseas sound? Sound pretty good? If not Spain or France, maybe in any of the other 14 countries that the CSU International Programs offers for the 1986-87 academic school year. This program gives students the opportunity to continue their studies overseas and earn resident credit for their work, while at the same time experiencing new cultural surroundings.

The program assists students for their year abroad in the way of visas, housing, transportation, and a Resident Director and/or local staff overseas further assists the students once they have arrived. Each university offers a variety of academic majors such as International Business, Humanities, Social Sciences, and Language so you can pursue your major and have fun at the same time. Another terrific characteristic of the program is the cost, which in comparison to studying at CSUSB can be considerably less. Each participant pays current home campus fees, round-trip transportation, living expenses and other minor expenses. The total costs range from approximately $4,000 to $10,000.

Student eligibility requirements for the CSU International Programs are as follows: 1) Be current CSU students or California Community College students with upper-division or graduate standing by departure; 2) Have an overall G.P.A. average of 2.75 or 3.00 depending on the program; and 3) Have the necessary academic preparation which includes college preparation for foreign language where required.

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Welcome Aboard!!

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The Brothers of the DELTA SIGMA PHI Fraternity

Would like to introduce the Beta Class:

- Shawn Brolles - Mario Ruiz
- Ted McDavitt - Lloyd Foon Hul
- Mike Hendry - Saul Silva

Congressman Brown Speaks at Round Table Series

Congressman George Brown (D-36th District), will be featured in the first of the Faculty Roundtable series from Noon to 1:30 p.m., Monday, Oct. 28 in the Eucalyptus Room in the Lower Commons.

FRED HALL OCTOBER 23 9:00 a.m. to 11:00 p.m. in the PUB

Welcome Aboard!!

The Brothers of the DELTA SIGMA PHI Fraternity

Would like to introduce the Beta Class:

- Rhett Latimer - Joel Geeson - Rick Dodd - Keith Fogsett - Bennie Moreno - "Skip" Yourstone - Jeff Lasrenz

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**ALPACA: The New Club on Campus**

by Linda Hadley

A South American beast of burden loose on the Cal State campus? Not quite. ALPACA is the name of the new Anthropology Club recently organized at CSUSB by Lois Aguilar, aided by advisors Jim Pierson and Russell Barber. As an acronym, ALPACA will focus on the fields of Archaeology, Linguistics, Physical Anthropology and Cultural Anthropology.

The club's first meeting was held May 31, to discuss the possibilities of "Life after Graduation for Anthropology Majors." At the October 2 meeting, Dr. Alan Mensing of the Cal State Chemistry Department presented slides of his travels to further investigate cave art in remote regions of Baja, California. ALPACA's next meeting will be October 6, 1985, 6:30p.m, Room 103, Lower Commons. Interesting topics and unique refreshments promised. For further information, contact Linda SS-139, 887-7531 or leave a message in the ALPACA box in the Student Union building.

Left to Right-Louis Aguilar, President, Alan Mensing, Guest Speaker, Nancy Manning, Vice President.

**Committee for Clubs Positions**

The Committee for Clubs is in search of a qualified individual to serve on the Committee's executive board. This position is open to any student who is an active member in any club on campus. As secretary, this individual would be required to attend all regularly scheduled Committee meetings and assist the executive board with decisions involving fund allocations. Any individual interested in this position may obtain an application from Clare Pierson in the Activities Office in SS122. AD applications must be returned to the Committee by November 5, 1985. On that date an election will be held to determine who will fill the position of secretary.

**SIGMA CHI OMICRON**

What do John Wayne, David Letterman, Tom Selleck, and Barry Goldwater, Jr. all have in common? Other than the fact that they are all men, they all belong to Sigma Chi International Fraternity!! Now, Cal-State has the honor of having Sigma Chi Omicron, a local of the 130 year old fraternity, on campus.

Begun last year during Student Senate, the Sigma Chi Fraternity has already grown to 20 members, including pledges. Primarily a social fraternity, the purpose of the group is to promote brotherhood, scholastic, and campus/community awareness. Oh, and yes we party!! Al already we've had an excellent mixer with the girls of Alpha Phi, and the future holds even more activities. Our men have also been active on campus, serving as ushers, along with the Delta Sigma, at George Plimpton.

So, if over this next year you see some guy wearing a white or blue shirt on their shirt, ask them why they are wearing it. They'll all tell you the same thing, "It's a Matter of Pride!!" For info call Mark at 887-9356 or Ash at 887-5353.

**Crusade for Christ Meetings**

Campus Crusade for Christ holds their weekly meetings every Friday from 7:00 to 8:30pm in the Creative Arts Building, Room 139.

**International Club**

The International Club will be holding its first meeting on Friday, October 25, 1985 in the Senate Chambers. All students welcome.

**Newman Club Hosts Biblical Studies Program**

The Cal State University Newman Club announces scheduled time for Sunday Mass, a weekly Bible Study, and a presentation on the Catholic Bishop's letter on Economics. A Bible Study program is meeting on Wednesday evenings at 5pm in Morroco 112. All are welcome. We begin by developing some tools necessary to understand Scripture, then use those tools to discover some deeper meanings behind the words.

Beginning October 27 (this Sunday), the Newman Club celebrates Mass every Sunday in the Lower Commons at 11:00 in the morning. For both students and faculty, this regularly scheduled Mass will continue throughout the school year. Come and join us.

The Catholic Diocese of San Bernardino (through the office of Theological Formation) and the Newman Club are sponsoring a debate on the second draft of the Bishop's Pastoral letter on Economics. This letter deals with the critical issues of poverty, unemployment, and hunger in this country. Last years' presentation on the first draft produced some valuable insights and challenging ideas. Members of CSUSB, faculty, together with Bishop Phillip Strickling shall present their points of view on Wednesday evening, November 6 from 7:00pm until 10:00pm. The discussion will take place at Our Lady of Assumption Church at the crossings of 48th and H streets in San Bernardino.

Many more activities through the Newman Club are happening right now! For more information, see Fr. Chris Potter on campus, or call the office at 882-1248.

**Baha'i Club Sets Peace Table**

The Cal State Baha'i Club is offering information on the subject of the attainment of world peace Thursday from 10am to 2pm in front of the Plue Library.

"Our quest for peace, while spiritually based, may be more accurately viewed in terms of a local movement," Club president President Michael Heister said.

"World peace is attainable, but we have to work for it. There are thousands of organisations working on attaining peace, including the Baha'i Faith. It is a delicate, complicated process. What we wish to show is the contribution we are offering to this process."
**Thursday, Oct. 24**

**MEETINGS**
- Cal State Organization for College Women, 12-1PM, S.U. Senate Chambers.
- Black Student Union, 1-2PM, S.U. Senate Chambers.
- Latter-Day Saints Student Association, 1-2PM, S.U. Room A.
- Bahá'í Club, 1-2PM, S.U. Room B.

**SPORTS/LEISURE**
- Aerobics, 5:15-6:15PM, SUMP. Call 887-7498 for fee info.
- Volleyball Club, 5:30PM, Gym.
- Woodpushers Anonymous (Chess), 7:30PM-Midnight, S.U. Rooms A and B.

**CONVOCATION**
CSUSB's 20th Anniversary Convocation will be held at 3PM in the Gym; speakers will be Chancellor W. Ann Reynolds and Roy T. Brophy, Chair of the CSU Board of Trustees. Reception following in the small gym from 4-5PM. Admission is free. Students are encouraged to attend!

**Friday, Oct. 25**

**MEETINGS**
- Campus Crusade for Christ, 6-9PM, CA-139.
- English Club, 5PM, PL-241.
- Showing film version of William Faulkner's "Tomorrow."

**SPORTS/LEISURE**
- CSUSB Women's Volleyball at Occidental Tournament-times TBA. Info: 887-7561.
- Intramural Flag Football, coed 2:30PM, Men's 3:45PM, Football Fields, last day to sign up-call 887-7564.
- A.S. Dance, 9PM-IAM, SUMP.

**Saturday, Oct. 26**

**ACTIVITIES**
- Army ROTC is conducting helicopter and rappel training in front of the Pfau Library, 9AM-4PM.
- Gay and Lesbian Union and the San Bernardino/Riverside PAC are sponsoring a Halloween Dance, 8PM-1AM, SUMP. Costumes encouraged-$5.00.
- Canto Bello Chorale, Community Chorus from Colton, 8:15PM, Recital Hall. $5.00.

**WORKSHOP**
Extended education "Helping Your Child Select a Career", 9AM-IPM, Pine Room (C-125). 97757 for fees and info.

**SPORTS/LEISURE**
- CSUSB Men's Soccer at Whittier College, 10AM.
- Cross-Country CSUSB vs. UC San Diego & Cal Lutheran, at Cal Lutheran, 11AM.
- CSUSB Women's Volleyball at Occidental Tournament, times TBA, for info: 887-7561.

**Monday, Oct. 28**

**MEETINGS**
- Sigma Chi Omicron Fraternity, 4-6PM, S.U. Room B.
- Alpha Phi Sorority, 7-9PM, S.U. Rooms A & B.
- Evening Open House, 5:30-8:00PM.

**SPORTS/LEISURE**
- Intramural Basketball, "B" League, 2:30-3:30PM, Gym. Last day to sign up-887-7564.
- CSUSB Men's Soccer at Cal Baptist College, 3PM.
- Film Series: Latin America, "Andean Woman" and "The Double Day", PS-10, 6PM.
CBEST Scores Show Dramatic Increase

Undergraduate students taking CBEST tests in 1984-1985 topped the CSU in passing score percentages, the annual Commission on Teacher Credentialing report revealed this week.

The marked increases in the CBEST (California Basic Educational Skills Test) showed an upturn in test scores at CSUSB, as the campus had rated near the bottom of the CSU list in the initial Fall 1982 round. The scores showed improvements over the last year by as much as 18 percent. The test is required of all persons seeking a teaching credential. It is taken by individuals still enrolled at Cal State, as well as those who have already completed their classroom work.

Dr. Pritchard credits several factors with increasing the scores among enrolled students, including English 495 and a general warning to prepare for the tests. He also believes a major help for the students would be completing the general education requirements earlier in their time here and certainly before undertaking the CBEST. The School of Education now requires prospective teachers to take the CBEST before they are admitted to graduate courses in education.

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THE COYOTIAN

The Coyotian, the first hard-bound CSUSB yearbook, arrived on campus last week from Josten’s printers.

In addition to covering campus history, current activities, students and faculty, the book devotes twelve pages to the first year of intercollegiate sports competition. Team pictures and action shots are included in the coverage.

Pictures of the June 1985 commencement are a highlight of the 82 page book which was edited by Sheryl Hammer with a student staff.

Only 250 copies of The Coyotian, first named The Windjammer, were printed. Pre-sale copies are being distributed from the Associated Students office. The remaining copies may be purchased at the AS office for $20. Call 887-7494 for information.

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FINAL DEADLINE: FEBRUARY 1.
LADY COYOTES POST TWO WINS

Soroptimist Club Volleyball* achieved two "firsts" Saturday Oct.12 as it hosted its first tournament, the CSUSB--Soroptimist Club Volleyball Invitational, which it won.

In the championship match, the Coyotes defeated Master's College three games to one (14-16, 15-13, 15-6, 15-11). Third place was won by Whittier College which beat Cal Baptist 15-9, 15-5, 15-2.

Six players were named to the all-tournament team. They included Linda McDonald and Laura Isbell from Cal State, Michelle Carter and Shelmarie Teun from Master's College, Lambeu Lien from Whittier College and Stacy Pincock from Cal Baptist.

McDonald and Isbell have been strong, steady performers at the hitter position for the Coyotes.

McDonald is a 5'7" sophomore from Redlands and Isbell, also a sophomore, is from Culver City.

*Calling the tournament "outstanding", Coach Naomi Ruderman said, "The teams were very evenly matched and anyone could have won. I'm glad that we didn't have the tournament would not have been possible without the support and help from our co-sponsor, the Soroptimist Club. We are looking forward to an even bigger and better tournament next year," she added.

Cross Country Takes First

After a fairly easy week, Cal State, San Bernardino's undefeated cross country teams will face stiffer competition when they host a triangular meet with Whittier College and Cal Tech at 10 a.m., Saturday, Oct. 19.

The men's latest victory was a 17-38 decision over Christ College. The women's team, which does not have a team, earned fifth and sixth place.

Eric Rigney and Jeff Carter shared first place honors for Cal State with identical times of 33:04. Rigney, a freshman out of Riverside's Rubidoux HS, was a CIF qualifier in cross country while running for Rubidoux HS. Carter, a junior from San Bernardino ran cross-country at San Bernardino Valley College before transferring to Cal State.

Carlos Gallegos, a sophomore from Oxnard's Rio Mesa, finished in third place with a time of 31:23. Kevin Hasson and David Pette earned fifth and sixth place respectively with times of 33:04 and 33:13. Hasson, a Norco resident, is a senior at Cal State while Pette is a junior from Riverside.

"It was a fun day and a very good workout," said Coach Tom Burleson.

How To: INTRAMURAL

Intramurals range from traditional sports (flag football, softball, volleyball and basketball) to unique one day sports (5K run, soccer race, home-run derby and Midnight). Sign Ups: Sign-ups for intramural events are taken at the bulletin board in the P.E. building, which is located opposite the entry to the locker rooms. There is a mandatory team captains' meeting in the P.E. building. Late entries will only be accepted if there is space available and the scheduling process has not begun.

How To Get On A Team: If you are new to the program and wish to join a team sport, you should sign-up on the free agent list, which is also posted on the Intramural Board in the P.E. building. If someone needs a player, you may be called, however it is best to come to one of the mandatory meetings and let the director know you are interested in playing. Call all team captains and ask if they need a player, and if so, tell the director what week of play, see who appears to be short-handed and ask to join, form your own team, using other free agents, or become an intramural official.

Each team wishing to participate in an intramural event must have a representative in attendance at the team captain's meeting. Failure to comply will result in exclusion from participation. Rosters are collected. Administrative policies and rules are discussed. Scheduling problems are rectified and logistics of the program are covered in detail.

Past experience has proven that these meetings are vital, therefore the mandatory attendance is expected. Team captains' are expected to relay all information, especially the rules, to their respective players.

Note: If you, as a team captain, or one of your players cannot attend, make sure there is someone else, even another team representative, at the meeting to represent your interests.

Rosters: Preliminary rosters are due at the team captain's meeting for each respective event. Additions may be made until 5pm the school day following a team's third league game, providing the individual(s) being added has not previously played for another team during the season.

Participation in a forfeited game, on either side, does not count as playing, although individuals involved are credited for intramural participation.

Teams which feel they need more players than the maximum allowed on a roster may expand their roster, subject to the following: If they win the championship, they will only be awarded the number of T-shirts indicating games in which individuals participated. Blank forms are available at the Intramural Office, P.E. 124 or in the envelope on the Intramural Board. Equipment: The Intramural Department provides most of the equipment for games and events. Items which must be provided or checked out by individuals include warm-up bells, racquets, basketball jerseys, softball gloves and sticks. A large inventory of equipment is available for unstructured informal recreational use. Inquire at the Equipment Issue Room in the P.E. building.

Awards: The most significant awards for active participation and success in the intramural program are not necessarily for the team winner. hose who participate a tangible remembrance, especially designed intramural T-shirts may be awarded at the completion of a season or by winning an event.

Intramural Coyote T-Shirt: Earned by participating in at least (30) times in (10) different events during the Academic Year. Also awarded to all champions in events in which at least four teams or five individuals participate. One must participate in at least one half of the team's contests in order to qualify for a T-shirt. Only two T-shirts per person, per year, shirts earned or won must be claimed on or before the Friday following graduation.

Intramural Ace T-Shirt: Earned by winning five different intramural events. In more than three wins can be in any one sport category. Decisions made by the Recreational Sports Director are final. Baseball bats are awarded to the team with the best sportsmanship G.P.A. each quarter.

Skill Level For Team Sports: Normally, all teams compete in the same (open) division. In baseball, however, a team may petition for "B" classification. The purpose of a "B" division is to allow teams with less skill to play in a league which is recreationally competitive. Justification for "A" league might be because of desire to play "just for fun", or lack of skill. The team's record from the previous year will also be taken into consideration. Teams which win "B" league must move to "A", or "B" division -- Highly skilled and competitive. "B" Division -- Strictly recreational, with play-offs, but no T-shirt awards.
Choosing a long distance company is a lot like choosing a roommate.

It's better to know what they're like before you move in.

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The right choice.
Counselors Help You Cope

by Jerry Nye

Depression and anxiety cloud your life. What do you do? Where do you go? Who can you turn to when you need a friend? If you're a student at Cal State, San Bernardino, the answer is simple and free—the Counseling Center.

Located in the Physical Sciences building, room 227, is a staff of three psychologists and three interns, headed by John M. Hatton, who has been with the college since 1967. He and his staff, including the other two psychologists, Patricia and Don Woods, are well-prepared to handle your situation, whatever it may be.

The Counseling Center's hours are from 8:00am to 4:30pm Monday-Friday, and on Monday and Tuesday evening until about 7. Students are welcome to walk in for a session or to set up an appointment, by calling them at extension 7437. The evening sessions are by appointment only.

There are three types of counseling available to students: personal, educational, and for couples.

Personal counseling covers just about anything you can think of. The major concerns, as Dr. Hatton states, are with suicide contemplation and substance abuse; anything that may affect you emotionally. It's well-being can be discussed with the staff. He emphasizes that it is important to discuss a problem before it gets out of hand, before it seriously interferes with your life. The emphasis is on short-term therapy. They are not geared for long-term psychotherapy or personality adjustment.

He also points out that it is not necessary to be certifiable before you seek help. The trick is to work it out before it can get to that point.

The educational or vocational counseling available is generally designed to define the nature of the problem only. Once that is done, the student is generally referred to another department.

Counseling for couples is not restricted to married couples. Married or dating couples frequently need assistance in resolving problems concerning their relationships. Counseling is available if one member of the couple is a student here.

Dr. Hatton explains that they are really in the education business. The basic goals of the program are to:

**Deal with the short-term problem first.**

**Once that is done, they will focus on the learning of coping skills for an entire lifetime. This will hopefully enable the student to deal with similar problems in the future, should they come up.**

The center also provides from time to time various small-group education dealing with such themes as stress management, and assertiveness training. A bulletin will be made available to students when they visit the center.

So, if you need someone to talk to, for any reason, now you know where to go. The services are free to students and completely confidential. It's the place to go if you need a friend.

El Chicano Collection Available Soon

by Susan Mc Clita

California State University, San Bernardino, will house all of the back issues of El Chicano, a local Hispanic community newspaper. The issues were donated recently to the Print Library by publisher Gloria Macias Harrison and her sister, Marta Macias McQueen, who were co-founder, and editor of the early issues.

The complete collection of El Chicano issues, including almost two decades of local history, will be available to interested students and researchers.

According to Ms. Harrison, the papers are being gathered together to be appraised by someone independent of the paper.

Ms. McQueen said it is appropriate for Cal State to receive the collection because the campus has an established communications department, which includes a Hispanic media emphasis.

Ms. Harrison and Mrs. McQueen both have strong ties to CSUSB. Mrs. McQueen graduated in 1970, and was involved in the development of the M.C.A.A. chapter on campus. Ms. Harrison, who graduated from UCR, is a member of the president's advisory board at Cal State.

Once the collection is available, it will be in restricted circulation and students will need to make a formal request to examine issues of the paper.

The library staff hopes to put the collection in microform, according to Arthur Nelson, director of the Print Library.

El Chicano published a "sensitive political cartoon". The response to the cartoon prompted UCR to stop funding the publication. When that happened, the two sisters assumed the responsibilities of editing and publishing the paper, obtaining funds through advertising sales.

El Chicano was later moved into a formal office, transforming the paper into a community project into an actual business. Today's El Chicano is a community press reporting the news and raising issues.
Overcoming the Walsh Syndrome

by Elrod Lawrence

"I can't complain, but sometimes I still do." Joe Walsh

Complaints, complaints, complaints. Isn't that all we ever seem to hear? Quotes like "Oh, my class is so-so boring," or, "Is this food still alive?" as well as, "God, this school has no social life," seem to infest every other sentence in CSUSB student conversations.

Well, what can be done to solve the problem? If you think about it, Cal State has roughly 60 organizations—in the forms of clubs, committees, and even fraternities—who are more than willing to "create" an exciting social life on our beloved campus. So it seems we have made an effort, and we do have resources to draw upon. Then what are we lacking? What could be that vital ingredient we need to spark some interest and get the ball rolling? Quite simply, it can be said in one word: ENTHUSIASM! That's right, kids—can you say enthusiasm? I knew you could!

You see, what good is there in having clubs if hardly anyone joins? What good is there in having events when everyone seems uninterested? And what good is there in having a sports program when only a hundred or so people show up to root for our Coyotes? The answer to all these problems is no good whatsoever. To have a social life, there has to be a crowd to socialize with.

So what could be the cause for this outbreak of apathy? The most likely answers would be 1) class overload, 2) shyness, and 3) it's not someone's "thing".

Let's face it, folks, there just isn't anyone out there who is that studious. And for those who aren't all that "outgoing", the best way to overcome shyness is to get as extroverted as possible. And finally, to those who think Cal State events aren't the "cup of tea", let me ask this: How do you know something isn't your thing until you've experienced it? It seems hard to believe that out of the wide variety of offerings on campus, there wouldn't be even one thing to fit a student's taste. No one person is that picky—or are they?

Before you answer that, let me move on with this little pep talk. You might be wondering what the point is of having a "school spirit" in an institution of higher learning. Well, put simply, it gives you a buffer—something you can fall back on when things are getting you down. It gives you that charge to get out of those schoolwork doldrums. It allows you to meet a greater variety of people, which can only put a little more color in this experience we call life. And if nothing else, some school spirit can keep you from getting bored.

Hopefully, some of that school spirit is materializing in you now, and you're beginning to feel the charge that goes with it. Now, quick! Before it goes away, do something about it! Run to the Student Services 122, and see what there is you can get involved with! Or run to the Student Union desk, or the Associated Students Office, and see what's cooking! Just run! Take some of that newfound energy and use it! Remember, you can lead a horse to water, but you can't make it drink. So let's get drunk on a little school spirit, for a change. And let's stay thirsty!!!

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