DEAR MABLE

UTNF OF THE CHINESE STUDENT UNION COLLEGE ORIGIN OF THE YEAR OF THE TIGER.

"PLACE THAT FACE" AND WIN!!!!!!

Pg. 10

"DEAR MABLE"

Pg. 6

Members of the Chinese Student Union celebrate the arrival of the year of the tiger.
Avoiding Acquaintance Rape

"Avoiding Acquaintance Rape" will be the topic of a presentation given on Thursday, Feb. 20, from Noon to 1:00 (in the SU Senate Chambers) by Joan Wals, Associate Director of the S.B. Rape Crisis Agency. This program is sponsored by the Cal State’s Organization for College Women.

The topic is not only one of national interest but also of personal concern to the CSUSB community, as it affects more than 1,000 students by Caminos magazine in an award-winning study. Key facts about acquaintance rape:

- Over 90% of women who are raped have experienced sexual assault.
- More than 90% of the victims of rape or attempted rape have never been attacked before.
- The attacker is often someone the victim knows, such as a friend, classmate, or acquaintance.
- Rape is more likely to happen in settings where alcohol is involved, such as bars, parties, and fraternity/honor house parties.

Some strategies to avoid acquaintance rape include:

1. Be aware of your surroundings.
2. Never drink or use drugs without being aware of all your surroundings.
3. Avoid isolated or poorly lit areas.
4. Trust your instincts.
5. Drink alcohol in moderation.
6. Recognize the signs of an impending attack.
7. Know your limits.
8. Know your rights.
9. Know your responsibilities.
10. Know who can help.

Support Services) was named Bonaventure Hotel in Los Angeles.


gospel Concert Recording

by Eirenn Lawrence

Das Patterson and the West Coast Singers, a well-known San Bernardino gospel group, will perform their annual Christmas program at the methods, including Black History Month at CSUSB. The concert will be held in the Recital Hall.

Selections from the two-hour performance will be included in the group’s forthcoming album “Shout for Jesus.” The concert will feature original songs written by members of the group.

The group received national airplay on radio stations with the release of their first single, “Charity,” six months ago. The 12-member group features five vocalists who have been together since 1982. Das Patterson, from Rialto, is the manager and lead vocalist. He also writes music in addition to playing the first and second trumpet and keyboard. His son, Charles, and daughter, Madilyn Patterson McRae, are also in the group. Betty Carminas, from San Bernardino, is the original member of the group (along with these men identified themselves as rapists. One of the reasons for this is the way we teach our boys and girls to think about themselves and each other.

A shocking fact that Joan Wells has discovered is that the victim LONG BEFORE the victim recognizes her rapist. One of the most powerful techniques used in self-defense instruction is psychological preparedness. ASSERTIVENESS has been found to be an effective deterrent to assault. Learning this form of self-defense, which deals with all aspects of the empowerment of women, is one of the most positive actions a woman can take in countering the fear and reality of rape.

Getting Help In Classes

by Jackie Wilson

Finals are not too far away and some students know they are having academic troubles can go to two sources for help—Professors and the Learning Center. Your professors will be glad to help you if you’re having trouble. Most professors post their office hours in their course syllabi and/or outside their offices. Also they are accessible by appointment. Students should take advantage of these opportunities to receive help. The professors will gladly go over what you need to do, even if you are having trouble. Their assistance can result in better grades on tests, quizzes, midterms, and finals.

A second source of help is the Learning Center. The Learning Center is located in PL-37, in the basement of the library. Their purpose is also to help students in almost any subject, ranging from math to foreign language. They offer help in many subject areas such as study skills, spelling, term-paper writing, etc. Their services are available at any time and it’s free.

The outcome of obtaining help can be better grades and a better understanding of your subject. Even students who are doing well in their classes may find that they may need help from time to time. Please don’t be afraid of getting help. Professors and tutors don’t want to see you fail. The purpose of seeing to it that your grades do not drop into the danger zone (i.e. FAIL). Take advantage!

Anthropology Club Reigns College Bowl

The Anthropology Club (ALPACA) has emerged the victor in College Bowl competition on campus so far this academic year. The club was organized as a result of an impromptu suggestion by Dr. and Mrs. McCarthy.

Dr. and Mrs. McCarthy have been with the university since 1978. He oversees educational support services affecting more than 1,000 students in six programs: Educational Opportunity, Upward Bound, Student Affirmative Action, the Learning Center, and Program Services. Students with Disabilities and the Student Assistance in Learning Program (SAIL).

Workshops On Interviewing

Learn how to put the best foot forward in a job interview through a series of four workshops from 3 to 4:30 p.m., Wednesdays, Feb. 5-26 in the Counseling Center, PS 227. Sponsored by the Career Planning and Placement Center and the Counseling Center, the workshops will videotape mock interview situations to illustrate techniques. Students and alumni are invited to participate in any or all of the sessions. Advance registration is not required.

4th Annual Love Songs for Valentine’s Day Festival

Everyone is welcome to come and listen to the Love Songs for Valentine’s Day Festival. The best voices on campus will run through your favorite love songs. Come by and sing along. See you in the Recital Hall at noon on February 12, 1986.

Dr. Rivera Hispanic Educator Of The Year

Dr. Tom Rivera (Educational Support Services) was named Hispanic "Educator of the Year" by Caminos magazine in an award ceremony Saturday, Feb. 1 at the Bonaventure Hotel in Los Angeles. He was presented the award by Lt. Governor Leo McCarthy.

Dr. Rivera has been with the university since 1972. He oversees educational support services affecting more than 1,000 students in six programs: Educational Opportunity, Upward Bound, Student Affirmative Action, the Learning Center, and Program Services. Students with Disabilities and the Student Assistance in Learning Program (SAIL).

Winter quarter enrollment is tabulated at 6361 students as of January 27, which was the smallest drop from fall quarter. That drop from fall was the smallest decrease in the past four years.
Movie Review:

RUNAWAY TRAIN

by John Purcell

Runaway Train is a well-written story about a long-time battle between a hardened criminal and the warden of Stonehaven prison, in Alaska. The film opens with the announcement of a court decision, forcing the warden to release Manny, played by John Voight, from a maximum security cell which has been welded shut for three years.

Manny is a legend to the other inmates in Stonehaven, a maximum security prison where the average sentence is 23 years. Having escaped from prison two previous times, Manny's escape stories are the dream of freedom which is the last hope for all the inmates who have even more reason to be hopeless.

The announcement of Manny's release causes a riot inside the prison as the inmates celebrate the release of their hero. Manny and the Warden share words and the conversation is ended with the threat from the warden that should Manny try to escape, "I'll kill you myself!"

Manny escapes and steals onto a train. He is free until the conductor of the train has a heart attack. The train is off at a breakneck pace, its speed increasing all the way.

Voight is superb as Manny. The character is one of incredible intelligence and depth, yet he is an animal, a being without any concept of the value of life—not even his own. He quotes Nietzsche, yet he is suicidal. Voight conveys all this in what is one of the best performances in recent memory. The rest of the cast is strong. Eric Roberts is the warden who has begun to question the criminal he so detests, Rebecca DeMornay has a minor part as Sara, the continuously pimping secretary.

Runaway Train is a film that shouldn't be missed.

Faculty Displays Begin In Library

A rotating series of displays which highlight faculty professional development activities have been initiated in the Library with an exhibit prepared by Dr. Ellen Kronowitz (English) focusing on her trips to Israel and Egypt.

The double-sided glass case, located near the Library Director's Office, sports photographs and articles from Dr. Kronowitz's travels as a Fulbright scholar recently returned from Israel in summer 1982. She was among 24 teachers from throughout the United States who attended seminars at Hebrew University and visited educational institutions around Israel.

In addition, the display contains memorabilia from her sabbatical last fall. She was invited by the Deputy Director General of the Ministry of Education and Culture in Israel to return and study teacher training projects in an Arab-Jewish coexistence. She also visited a typical Egyptian elementary school, met colleagues from Zagazig University and saw the wonders of Egypt.

The month-long exhibits in the Library are designed to acquaint the university community with faculty professional activities and foster appreciation for their accomplishments.

Forensics Squad Takes First Place Trophies

by Susan E. McClain

The CSUSB Forensics Squad returned from the Governor's Cup Invitational Debate and Speech Tournament in Sacramento with three first place trophies. The tournament was held Jan. 31 through Feb. 2 at Sacramento City College.

Karen Ellers placed first in Open Division Negotiations out of a field of approximately twenty participants.

The team of Bernie Moreno and Matt Webster won first place trophies in the Novice Division of Duo-Interpretation. They received second place trophies in the preliminary rounds with their version of Neil Simon's "God's Favorite." A final round in novice duo-interpretation was not held, unlike the other events, and the winners were chosen from the twenty-four entries and their performance in the preliminary rounds.

The CSUSB Forensics Squad is continuing the winning streak it began on Dec. 14 at the Long Beach Novice Debate Tournament. At that tournament the debate team of John Schafer and Matt Webster received second place. John Schafer also was first best speaker with 159 out of 160 possible speaker points and Matt Webster was second, with 157 speaker points.

The Forensics Squad is planning to attend at least four more tournaments this quarter in Tucson, Las Vegas, Fresno, and Bicta.

TOASTMASTERS REACH OUT FOR SUCCESS

Can you always say what you really mean? Do others find you worth listening to? Are you afraid to speak before a group? Have you always wanted a chance to do something about it? There is a club on campus made up of staff and students just like you—we meet on Mondays at noon until 1:30 p.m. in the Senate Chambers of the Student Union. We are TOASTMASTERS.

"I never had specific opportunities during my formal education to learn communication skills...For me, it took getting into a formal organization—such as Toastmasters—to understand what total communication is all about." (Peter H. Coors, Executive/Spokesman, Adolph Coors Company)

Toastmasters International is the non-profit, educational branch of Toastmasters. Along with providing the enjoyable-yet-totally-professional-educational material, this organization provides up-to-the-minute information through the monthly magazine, THE TOASTMASTER. Specialty seminars in subjects like "How to Run an Effective Meeting", "Effective Listening", or "Parliamentary Procedure" are available to Club members, as well.

"I have often remarked that my five-year membership to Toastmasters was the most valuable Club membership...It gave me a unique opportunity to learn how to preside at meetings, to speak in public and to think on my feet—and to do so in a setting where mistakes were not costly." (Charles F. Luie, Chairman of the Board, Consolidated Edicion)

There, and many others, have positions of respect in business, largely due to the skills they began to learn as Toastmasters. Accountants, Attorneys, Counselors, Entertainers, Managers, Presidents of Companies, Speakers, Teachers—All of these professions depend on the ability to communicate effectively. But one extremely valuable aspect of the club on campus is practice. Especially practice for the communication which may be the most important in your career—THE JOB INTERVIEW. Toastmasters meetings include a portion which trains the member in impromptu speaking—and critical listening. As a member, you will have the chance to learn the skills necessary to sell yourself to the interviewer—but the practice is in front of friendly faces! This is a rare opportunity. It is a free chance to make mistakes with no low grade or lost opportunity as a result.

If you are still not sure Toastmasters can help you in YOUR chosen field, feel free to visit on Mondays at noon as a guest. While the campus club meets weekly in the Student Union Senate Chambers room, there are over 4,500 Toastmaster clubs internationally, so one is bound to be convenient for you.

The Club's advisor is Carol Dunlop. You can contact her at the bookstore, extension 7515, or leave a message for the Club's president, Glen Thompson, at (714) 381-3507.
Women learning new job skills

by Midge Thornton

The Women in Management program offered this year by the Office of Extended Education is off to a good start, according to Mandy Warman, program assistant.

"The best thing about the course is that it promotes successful communication," Allison Renck said.

The 10-month program is designed to help women upgrade current job skills, move up on the organizational ladder, re-enter the job market, or change careers. Eighteen women are enrolled in the 17 session course that meets on alternate Saturday mornings from September through June.

Allison Renck, 28, said the course is paying off for her. She is the manager of a small hardware store in Elmonte, and is confident that the course will help her in all areas of her job.

"The best thing about the course is that it promotes successful communication," she said. Role playing gives her the opportunity to practice her communication skills without the worry that usually accompanies a real-life situation.

She recommended the class for women who want to improve all aspects of their lives, especially women who want to be successful.

The cost for the program is $450. Many students are urged to seek financial assistance from their employers.

Certificates of completion can be obtained by attending 12 of the 17 sessions, and Cal State credit can be earned for an additional $70 and the completion of a culminating project.

Less chance of shutdown with new computer system

by Karrl Hawkins

The Prime 9650, a new super mini-computer, will allow for less chance of system failure from external factors at the CSUSB Computer Center.

With the new system, no great time factor improvement is realized, but having the central unit on campus allows for greater control.

Some of the computer systems at CSUSB depend on a central unit in Los Angeles, which means that any kind of interference over the telephone lines could shut the systems down.

When asked if the new system goes down, David Neighbour, instructional computing consultant replied, "Do I trip when I walk? Not usually."

Public admin. prof. likes school board job

by Midge Thornton

Dr. Charles C. Christie of CSUSB is enjoying his new role—...
CSUSB’S First Homecoming
This Weekend

Students will stage the university’s first Homecoming weekend, Friday and Saturday, Feb. 14-15, with a doubleheader basketball game on tap Saturday night.

The weekend will kick-off with a pep rally from 7 to 8 p.m., Friday, Feb. 14 in the Serrano Village Quad. The public will be introduced to the Coyotes men’s and women’s teams, and coaches Jim Ducey and Jo Anne Bly.

A pre-game spaghetti dinner will be held from 4:30 to 5:45 p.m., Saturday, Feb. 15 in the Commons. Hosted by the Cal State Alumni Association, the dinner will be priced at $6 per person. Tickets for the dinner and two games will cost alumni members $7 and non-members $8. Reservations for dinner should be made by sending a check to the Alumni Affairs Office by Thursday, Feb. 13. Reservations will be taken at Esd. 7811 until Friday, Feb. 14, if payment at the door is preferable.

The women’s basketball team, which is ranked sixth in the Western Region, will tip-off at 6 p.m. against UC, San Diego in the gym. The men’s team will host Whittier College at 8 p.m. Admission to the games is $2 for the general public; $1 for alumni members and non-Cal State, San Bernardino students holding an ID; 50 cents for children and no cost to Cal State students with identification. Tickets for the game may be purchased at the door.

Following the games, the Alpha Phi Sorority will sponsor a Homecoming dance in the university Commons from 9 p.m. to 1 a.m.

WRESTLE MANIA

by Matt Burns

Are you turned on the Hulkster? Do the Junkyard Dog and Wendi Richter make your blood boil? If they get you excited, then why not go for the real thing? Come down to the gym, on Thursday, February 20th, at 7:30 p.m., for the annual Intramural "Main Event" Wrestling tournament. Students, faculty and staff may participate, in two or more weight classes. Defending San Bernardino County Intramural (SBCI) Champions Tom Ainsworth (Big Guys) and Mark Seymour (Regular Guys) will be back to take on all comers.

We have even brought in a celebrity official from the United Wrestling Federation to arbitrate the matches. Be there on the 20th! For more information, contact Joe Long at 7564, or come to room P.E. 124.

STREET HOCKEY NEWS

by Hammond Eggs

With one third of the season completed, it is time for our annual Coyote Hockey League (CHL) predictions. From this corner of the rink, the best team by far is the Charlestown Chiefs, 1985 Champions. Old Time Hockey has a talented squad but is lacking depth, and vice versa for Gretzky’s Puppets. Darkhorse teams include the 12oz. Slammers, The Rowdies, and Old Gold, a team which recently won for the first time in two years. The two expansion franchises, Hackers plus Three and the Badger Oilers, figure to improve by playoff time. Games are played every Friday at the Coyote Ice Palace, just East of the Physical Education Building. For more information, call Joe Long at 7564.

Do you need MONEY for college?

SCHOLARSHIP FINDERS
Can Help!

4 billion $ available every year.
Over 100 million not used.

CALL 881-2269, John Chvilicek

February 12, 1986
Dear Mabel:

I'm a dorm student. Our housing checks were due on Friday. Mine was late due to a glitch in communication with my family. My meals were inactivated over the weekend. I could not pay over the weekend as both the housing office and the Burser were closed. Is there any way of correcting this problem to avoid foregoing meals over the weekend? Being a student here and living on campus, I would think they could give me the benefit of the doubt. I'm not going anywhere.

Sign me-
Hungry in the Village

Dear Hungry:

I addressed your problem to Veda our assistant housing director. She said that prior to stopping meal service you are given a warning. If you feel that you were not given proper warning/note call to the housing office. Maybe they can help you out of this unfortunate situation and insure that it does not happen again.

Mabel

Dear Mabel:

I've been dating a really nice, intelligent, and pretty girl for almost a year now. I have tried to keep our relationship somewhat casual by seeing her only three or four times a week instead of almost every day which she seems to desire. I have told her that she is free to date other guys anytime she wishes; which is what she asked for when we first started dating. But now she declared that she wants more from me, including the title of boyfriend/girlfriend which we really don't use now.

Maybe I'm hesitant about committing myself to that kind of relationship because I don't believe she could be satisfied with only me. Maybe I'm thinking about this Jane when she will graduate, leaving this campus and me. Or maybe I just don't feel the same way for her as she does for me.

My friends, and even my mother, tell me that she is the best thing that has ever happened to me, which could be true. I feel guilty for not giving her more. I feel like a jerk. Tell me, what's my problem?

Sign me-
Baffled and confused

Dear Baffled:

Taking the bull by the horns is sometimes the best way to deal with issues that drag on. Find out how she feels about continuing your relationship after June and what she wants or sees your relationship becoming in the future. A good talk with open communication could really clear the air and help you both decide what you want and expect from one another. But before you take this important step you need to give your own feelings some serious thought. It appears from your letter that you are not sure just how you feel. You said yourself, "or maybe I just don't feel the same way for her as she does for me." You owe it to yourself as well as to her to decide just how you feel about your relationship. It is unfair to force a decision/commitment from her if you are not sure how you feel. A little thought now will save you both a lot of heartache later.

Finally, I would like to point out that it is not your friends or your mother that is involved with you, you are. While their motives may and probably are honorable, only you can make such an important decision. Do what feels right to you, not what they feel should be right for you. Good luck.

Mabel

Dear Mabel:

What is wrong with men? I think Valentine's Day is a nice way to tell your sweetheart that you care for them. But I am a girl and I would bet you that most men do not feel the same way. I really want to do something special for my boyfriend but he will probably forget to do anything for me. Would you please remind all guys (girls too) to remember their sweethearts this Valentine's Day. And would you please give some good suggestions for gifts this year.

Sign me-
Anticipating affection

Dear Anticipating affection:

A reminder for all of you out there in CSUSB, Valentine's Day is Friday, February 14th. Remember the best way to learn is through a good example. If you care enough for him to remember him this year, show him. Most people don't realize how important these small rememberances are to others. Roses are a really nice way to show affection, but they don't last. How about a teddy bear or a plant. Give them something they will remember. A candlelight dinner, a facial, a massage are all experiences to be remembered. That is what Valentine's Day is all about. Happy Valentine's Day everybody.

Mabel

Dear Mabel:

We feel music is a universal language... he says. "We also saw that there were people that needed help. So, a benefit concert just seemed to be in order."

The concert was called "Hunger Sunday; Music With A Purpose". The group is called Native Language, and will be playing in the Cal State, San Bernardino pub tonight.

The musically-inclined group has performed at such dance clubs as Safari Sams in Huntington Beach, and Club Metro in Riverside (site of the "Hunger Sunday" concert).

Since their inception in April, the current Native Language line-up consists of:

- Lou "Guido" Denti—Rhythm guitar, main songwriter.
- Shirley "Sonny" Howland—lead vocals, percussion.
- Pat Laverne—Keyboards, vocals, bass.
- Kevin Feldman—drums.
- Skippy Kelsen—bass guitar, vocals.
- Henry Alexander—saxophones, flute, vocals.
- Harold Van Lommel—percussion.

Denti has been in the original music scene for many years, and is captivated by the process of creation with a group. His goal is to take his love of live music and to use it as a vehicle for expression.

So, dance friends, take note—Native Language will be bringing their energetic sound to the pub tonight.

And maybe a little bit more.
FEBRUARY

THURSDAY 13
MEETINGS
- Uni Phi meets from 11am-Noon in the S.U. Senate Chambers
- Cal State Organization for College Women meets from Noon-1pm in the S.U. Senate Chambers
- Latter-Day Saints Student Association meets from 12-1 in room PL 212
- Beta's Club meets from 1-2pm in S.U room "B"
- Young Republicans meet from 7-8pm in the Eucalyptus Room (C-103)

SPORTS/LEISURE
-Woodpusher's Anonymous meets for Chess from 7:30-Midnight in S.U. rooms "A" & "B"

DISCUSSION
-CSUSB's Health Center is having a discussion and video on A.I.O.S. Or. Savage will be leading the discussion. Starts at 12:30pm in the SUMP. Free

FRIDAY 14
MEETINGS
- Committee for Clubs meets from 8:30-10:00am in the S.U. Senate Chambers
- Black Student Union meets in S.U. room "B" from Noon-1pm
- Campus Crusade for Christ meets from 7-8:30pm in CA-139

SPORTS/LEISURE
-Intramural Hockey starts at 2:30pm, outdoor courts
-Intramural Basketball starts at 2:30pm, GYM
-M.E.C.H.A. is sponsoring "The Valentine's Day Dance from 9pm-1am in the SUMP.

SATURDAY 15
SPORTS/LEISURE
- GYM will be open for recreation from 1-5pm
- CSUSB Women's Basketball vs. Whittier College, 8pm, GYM
- Gay & Lesbian Union Dance from 8pm-1am, SUMP

SUNDAY 16
LITURGY
- Newman Club Mass from 11am-Noon in the Pine Room (C-125)

SPORTS/LEISURE
- The GYM will be open for recreation from 1-5pm

MONDAY 17
MEETINGS
- S.U. Board of Directors meets from 3-4pm in the S.U. Senate Chambers
- S.U. Expansion Committee meets from 4-5pm in the S.U. Senate Chambers
- Public Administration Association meets from 5-6pm in S.U. room "A"
- Alpha Phi Pre-Meeting Pizza, 5-7pm in the SUMP
- Sigma Chi Omicron meets from 6-8pm in the S.U. Senate Chambers
- Alpha Phi meets from 7-9pm in the SUMP

SPORTS/LEISURE
- Intramural Basketball starts at 2:30pm, GYM
- Intramural "A" Basketball starts at 8pm, GYM

TUESDAY 18
MEETINGS
- Special Events Committee meets from 8-9pm in the S.U. Senate Chambers
- A.S. Board of Directors meets from 10am-Noon in the S.U. Senate Chambers
- Lambda Sigma & Pre-Professional Health meet at 11:30am in B/B-226

SPORTS/LEISURE
- CSUSB Women's Basketball at Cal Baptist, 6pm

WEDNESDAY 19
MEETINGS
- Information Management Association meets from Noon-1pm in S.U. room "A"
- Psi Chi meets from Noon-1pm in PS-105
- Marketing Association meets from Noon-1pm in S.U. room "A"
- Lambda Sigma & Pre-Professional Health Association meets from 3-4pm in S.U. rooms "A" & "B"
- Newman Club meets from 1-2pm in S.U. room "B"
- M.E.C.H.A. meets from 8-9pm in the SUMP
- Marketing Association meets from Noon-1pm in the S.U. Senate Chambers
- Lambda Sigma & Pre-Professional Health Association meets from 3:30-5:00pm in S.U. rooms "A" & "B"
- M.E.C.H.A. Community Meeting is from 7-9pm in the S.U. Senate Chambers
- Latter-Day Saints Student Association meets from 3-4pm in S.U. room "A"

SPORTS/LEISURE
- Intramural Basketball vs. LaVerne, 10:15am, GYM
- Intramural Badminton starts at 10:15am, GYM
- Intramural "A" Basketball starts at 2:30pm, GYM
- Intramural Basketball starts at 2:30pm, GYM
- Intramural "A" Basketball starts at 8pm, GYM
- Intramural "A" Basketball starts at 8pm, GYM
- Intramural Basketball starts at 2:30pm, GYM
- Entertainment with "Native Language" in the PUB, 9-11pm
Health Corner

CORRECTION

A typing error was made by a Health Center employee that resulted in a crucial error in the article on A.I.D.S. The article read "All donated blood is not screened for the A.I.D.S. antibody and is of minimal risk". The statement should have read, "All donated blood is NOW screened for the A.I.D.S. antibody and is of minimal risk". According to a letter dated May 1, 1985 from Arthur Silvergleid, Medical and Executive Director of the San Bernardino and Riverside Counties Blood Bank, all donor blood is now routinely tested for antibodies to HTLV-III. He also emphasized that you cannot get A.I.D.S. from donating blood. The Health Center expresses their regrets for making this error.

CREATIVE WORD PROCESSING

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MARTIE SEBER P.O. Box 3756
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WHAT'S IT ALL ABOUT?

WHY DO GUYS KEEP CALLING THIS NUMBER?

(415)976-41WO

ADULTS ONLY

WHAT'S IT ALL ABOUT?

WHY DO GUYS KEEP CALLING THIS NUMBER?

CRASTI DIETS DON'T WORK!!

Millions of people go on and off diets, losing weight, gaining it back, giving up, feeling depressed, and all for no good reason. The quick and easy diets won't keep you thin and they may even be harmful. There are many good reasons why crash diets don't work, and there is something that does work. There are three factors that work against the dieter. One factor is that the body very quickly adapts to a lower food intake by lowering its metabolism and burning off fat. When you restrict your diet and lose 10 pounds, the body becomes used to that restricted diet. Then, if you increase the food intake, even though you are still eating less than before the diet, your body treats the increase as an excess, and you end up gaining weight.

HEALTH QUIZ

How Much Do You Really Know About Genital Herpes?

Herpes, some of us take it for granted. Some of us have it. Many of us don't. The disease can be serious, as you may have learned at your last physical. Surveys indicate that the number of people who have had herpes is over 50%. Ask yourself these questions:

1. Herpes is:
(a) (c) (d) all of the above
(b) false
(c) true

2. The incubation period for herpes varies from:
(a) 4 days
(b) a week
(c) a month
(d) six months

3. Herpes outbreaks tend to recur. On the average, a person with herpes can expect a new attack:
(a) every two-three weeks
(b) several times a year
(c) once a month
(d) six months

4. The best way to find out if you actually have herpes is:
(a) examine yourself for symptoms
(b) go promptly to a physician for testing
(c) wait to see if suspicious symptoms go away on their own
(d) all of the above

5. True or false: There is no effective treatment for genital herpes. (true)

6. Herpes poses special problems for women because:
(a) (c) (d) (a) and "b" only
(b) emotional stress
(c) lack of sleep
(d) genital lesions

7. B. Although theoretically possible, there is little probability that they will be transmitable. There is a possibility that they may have a latent form of the disease, however, there is little probability that they may be transmitted by other means. The possibility that they may be transmitted by other means is remote. The disease, however, is not known to be transmitable by casual contact.

8. True or false: Using a condom guarantees a transmission of disease.
(a) true
(b) false
(c) (a) and "b" only
(d) (b) and "c"

9. What factors play a role in triggering or intensifying outbreaks of genital herpes?
(a) menstruation
(b) emotional stress
(c) lack of sleep
(d) all of the above

10. True or False. Having genital herpes makes a person more vulnerable to other sexually transmitted diseases such as syphilis, gonorrhea and AIDS. (false)

Answers:
1. (b) (false)
2. (a) (true)
3. (b) (false)
4. (b) (false)
5. (a) (true)
6. (b) (true)
7. (b) (false)
8. (b) (false)
9. (b) (false)
10. (b) (true)

A second factor that works against the dieter is the fact that the weight lost in the early part of a strict diet program is not fat, but muscle. Thirdly, if the dieter eats less than 1,200 calories a day, he loses muscle tissue as well as fat. Then, the lower the caloric intake drops below 1,200 a day, the more muscle tissue he loses compared to fat. So, even though there is a weight loss, the dieter is actually fatter than he was before the diet because the percentage of muscle tissue is being reduced down and the percentage of fat goes up. This is definitely not the goal of a good diet, which is to reduce weight without losing much muscle tissue.

The only effective way to get rid of excess fat permanently is to increase caloric intake moderately while still exercising a program at the same time.

You don't have to call home for money, just hurry into In-N-Out Burger and get yourself entered in the 6th Annual In-N-Out Bumbersticker Sweepstakes. We're giving away up to 70 Hawaiian vacations for two, including airfare and hotel accommodations for the week. And if you're a lucky winner, you can use your two tickets to paradise any time in '86. Contest runs from February 5th through March 26th. So unless you'd rather not spend your break sunning, surfing and sipping tropical punches, get your rear into In-N-Out today.

CRASH DIETS DON'T WORK!!

Exercise burns more calories and builds muscle tissue, which ensures that the body's fat-to-muscle ratio will improve. If a dieter exercises regularly and vigorously, caloric intake can actually be increased after awhile without having any weight gain, because the body will burn those extra calories with the new muscles. Then all one needs to do is be consistent in one weight gradually over a period of months.

In the past five years, many new drugs have become available for treating herpes. Although these drugs have not yet been able to "cure" herpes, they can offer some relief from the symptoms. Of the many new drugs available, one of the most promising is Zovirax. Zovirax is taken daily and has been shown to reduce the number and severity of outbreaks and to reduce the number of days that are required to complete an outbreak. The drug is not necessarily effective in treating all types of herpes.

There is a prescription drug available from a physician called Zovirax (acyclovir). A doctor can advise on the role of this drug in the treatment of genital herpes, as well as offer self-help measures and counseling to help control the disease.

6. E. There is some indication that having herpes might precipitate changes in the cervix, resulting in changes in the birth canal at the time of birth, the newborn may become seriously ill. If you have herpes, it is important to notify your obstetrician so that you may be monitored during the final stages of pregnancy. Should it be determined that herpes poses a risk to your baby, delivery by cesarean section may be recommended.

8. B. Although theoretically there are other possibilities, the experts strongly believe that the only possible transmission of herpes is through sexual relations with an individual who has active lesions.
Love you, Eileen
Shayla: Have a Happy Valentine’s Day!
Jackie: Have a Happy Valentine’s Day
I wuv u, Wcvie! Happy Valentine's Day. Sharon
special Valentine.
Annie: Have a Happy Valentine’s Day.
Gamma Pledge Class to Sigma Chi
serenading sweethearts on Omicron is raising money by
$3.00 or $1.50 for the flower and a message are included, only: only
message alone. 2/12

**COMPUTER FAIR**
February 26, 1986
10 AM to 2 PM
COMMONS BLDG.
EUCALYPTUS ROOM
LOWER LEVEL

**FEATURING:**
- **Z-171** 14 lb. LCD portable, dual 5 1/4” drives, fully PC compatible.
- **Z-200** IBM PC/AT compatible 80286 microprocessor.
- **Z-158** IBM PC/XT compatible, up to 6 open expansion slots. Fast 4-8, MHZ. Clock switch.
- **Z-148** Entry level. PC compatible, 4-8 MHZ switch.
- **Z-138** Transportable, built-in CRT.

For Additional Information
Contact: (213) 540-8362

**ARTISTS**
Best Logo Wins $100 Prize
Attention Cal-State students and artists. The Cal-State Accounting Association is sponsoring a contest for the best Accounting Association logo design. The new emblem will be used on shirts, stationery, etc. sold and used around Cal-State. The winning entry will also be awarded $100 in prize cash.
A winner will be decided by February 20th.

**For Sale:** Refrigerator, excellent condition, $300.00 or best. Computer never used, $200.00. Kitchen sink w/ waterline, $120.00; wedding dress, size 6, $100.00. Call 785-8605. 2/19

**For Hire:** Landscape, rockscape, irrigation design or repair, day or night. Call Joel 887-4917. 2/5

**Math Tutor Needed:** High school level. Must be able to teach calculus and programming. $25/hr. 45hr/week guaranteed. Redlands area. Call Linda 8-4pm 887-7341 other times 824-7409. 2/19

**Athlete’s Foot** specializing in athletic shoes & apparel seeks individuals to fill part & full time positions. Call Bill 295-2964

**For Sale:** all too much? Come to School, Money, Life management skills. Call the student health center for free stress management skills. Call 887-7641 for info.
Intramural basketball season is underway now, with teams playing on Monday nights and in the afternoons on Wednesdays and Fridays. There are several exciting teams involved, but this fearless forecaster will go out on a limb and rate the top ten.

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>The Brothers</td>
<td>2-0</td>
</tr>
<tr>
<td>2</td>
<td>Delta Sigma Phi</td>
<td>2-0</td>
</tr>
<tr>
<td>3</td>
<td>Golden Oldies</td>
<td>1-1</td>
</tr>
<tr>
<td>4</td>
<td>The Originals</td>
<td>2-0</td>
</tr>
<tr>
<td>5</td>
<td>Phi Beta Sigma</td>
<td>1-1</td>
</tr>
<tr>
<td>6</td>
<td>Zoot Suit</td>
<td>0-2</td>
</tr>
<tr>
<td>7</td>
<td>U-Wankers</td>
<td>2-0</td>
</tr>
<tr>
<td>8</td>
<td>All-Stars</td>
<td>1-1</td>
</tr>
<tr>
<td>9</td>
<td>Dirty Dozen</td>
<td>0-2</td>
</tr>
<tr>
<td>10</td>
<td>The Old Timers</td>
<td>0-1</td>
</tr>
</tbody>
</table>

Comments:

RECREATIONAL SPORTS SCHEDULE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Location</th>
<th>Time</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Badminton</td>
<td>Gym</td>
<td>10:15am</td>
<td>12</td>
</tr>
<tr>
<td>&quot;A&quot; Basketball</td>
<td>Gym</td>
<td>2:30pm</td>
<td>12</td>
</tr>
<tr>
<td>&quot;B&quot; Basketball</td>
<td>Gym</td>
<td>2:30pm</td>
<td>14</td>
</tr>
<tr>
<td>Street Hockey</td>
<td>Courts 5 &amp; 6</td>
<td>2:30-5:30pm</td>
<td>14</td>
</tr>
<tr>
<td>Open Recreation</td>
<td>P.E. Building</td>
<td>1:00-3:00pm</td>
<td>15</td>
</tr>
<tr>
<td>Open Recreation</td>
<td>P.E. Building</td>
<td>1:00-5:00pm</td>
<td>16</td>
</tr>
</tbody>
</table>

Name all three individuals pictured and be entered in a drawing for TEN LOTTERY TICKETS! Entries must be received by the chronicle no later than noon Thursday, Feb. 13.

A winner will be selected by random drawing and announced in the next issue of The Chronicle.

In the event that there is no perfect identification, a winner will be drawn from those entries with 2 out of 3 correct answers.

Lesions should abstain from sexual activity.

9. E. No one knows precisely what triggers recurrent outbreaks. But all the factors listed may play a role. Tight clothing, for example, can cause heavy friction and irritation to the genital area. In addition, physical conditions such as poor nutrition, menstruation, or a cold or other respiratory infection are associated with recurrences. In some cases, though, episodes appear to be unrelated to any triggering event.

10. B. False. Herpes is unrelated to syphilis, gonorrhea or AIDS and does not lead directly to any of these sexually transmitted diseases. However, risk of multiple infections increases with increasing numbers of sexual partners.
involved with 18 expressions of our own different from a stagnating vat of crystal-dear mountain stream is leaders not as mere latitudes but we must take the words of our toxic waste. Sated by the leaders themselves, is fundamental principles. It means a #mte god of the notations Gorbachev (correct spelling). The offensive in the public relations iioerest wish is that our children lieen granted the stewardship I wcffld at peace. A world peace is establishing the world with unity Mankind. That is, agreement to act which achieves a certain level of peace with each other, if our love and respect the delicate var with Soviet teader Mikhail will not be forced to bear arms against their brothers and sisters, if we love and respect the delicate ecosystems of the planet we have been granted the stewardship of, but we must take the words of our leaders not as mere platitudes but as expressions of our own intentions for a world order as different from our present one as a crystal-clear mountain stream is different from a stagnating vat of toxic waste.

A world at peace is a world which achieves a certain level of harmony. That is, agreement to act in accord with certain common fundamental principles. It means a world with unity of Mankind. Implicit in the achievement of world peace is establishing the means of maintaining that peace. A world government with the powers normally afforded to government is the surest means of maintaining world peace. It should have recognizable law-making, law-executing, and judicial branches, the authority to impress its will upon its member states as the United States may impress its will upon member states, and its formation must be based solidly upon the democratic principle of the participation of the people in the choosing of its legislators. A world commonwealth must also be based on principles which recognize the stations and inherent potential of all peoples and individuals, and seek to exalt that station and clear the way for people to reach their potential. Some of these principles are detailed below.

We must overcome our paralysis of will, that is, the fetish of an idea we have developed that there is a deep-seated quarrelsome in Mankind. If this negative view of human nature did not exist, our world would be at peace today. The benevolent and persistent evil of racism must also be recognized as a barrier to peace, and its abolition must be pursued with vigor and recognized as work in the cause of peace.

The extremes of wealth and poverty which exist today cause untold suffering, stifle an uncountable number of would-be Einsteins and Gandhis, and bear witness to our continued refusal to reorganize and act upon our true nature as human beings. The poor in our world are a time bomb in the face of the rich, a bomb with an ever-shortening fuse.

The equality of women must also be recognized as a step to peace. How can a world in which half of its citizens in most nations are subjected to the slavery of servitude in extreme poverty under backbreaking conditions expect to achieve improvements in the human condition? In subjugating women, men also subjugate themselves. Education must be promoted on a universal level. We're in college, we wouldn't be here if we didn't recognize the importance of education.

Religious strife must be overcome. It is incumbent upon the religious leaders of Mankind to, with an attitude of humility before their Almighty Creator, submerge their theological differences in a spirit of mutual forbearance so they can work together for the advancement of peace.

Unbridled nationalism, which is a perversion of sane and legitimate patriotism, must also be addressed. Planetary loyalty does not negate the love of country, any more than our love of America negates our love for home states and cities. An expansion of our loyalties is in order.

Communication amongst all 4.8 billion of us, who speak thousands of languages developed from 300 different language groups, would be greatly improved by the adoption of a universal auxiliary language which would be taught in addition to the person's native tongue. The inability to communicate is frequently at the heart of other serious problems such as prejudice.

These are but some of the principles we must instill into our collective conscience, into hearts, and act upon as a matter of course.

There is some precedent for this type of attitude toward bringing about world peace, at this stage in the process. Before representatives from the 13 independent states of America met to reconsider the Articles of Confederation, which had left the states more important to govern affairs of common interest than the United Nations has left the planet today, they were tasked by their respective states to modify the Articles. Instead, they returned with a document which ceded more sovereignty than any individual state previously thought itself willing to give. Yet, after the compromise of the first ten amendments was struck, cede that sovereignty they did out of absolute necessity.

We have reached that same point with the insanity on the planet and the important government of the United Nations today. The UN’s performance has been admirable, given its limitations, but it has been constrained from assuming the duties which the nations of the world need an international government to exercise today. When the nations unite under such a system, the well-being of all their peoples, unfettered by artificial security needs and barriers of prejudice will soar to unimaginable new heights.

Michaelt Heitner

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