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What's in a name? More than you might think - especially if it's yours.

Names are something our society simply takes for granted - as with night and day, greasy McDonald's hamburgers, and the Angels losing the American League playoffs. And yet, there is such a variety of names that it boggles the mind (and sometimes the eyes).

They can be common, drawn out, classy, dashing, confounding, laughable, or just plain different. In this editor's case, I prefer the term unique. While the first name of Elrond isn't something you casually hear walking down the street, it is a name that not many people forget... once they've figured it out.

And here lies the problem. It takes forever for people to figure out my name (much less pronounce it, much less spell it, etc.). And while I pride myself on being a somewhat patient person (I'll allow a minute for my staff to laugh), it gets quite tiring after the first few screw-ups... and even more so after the first fifteen misspellings - which brings me to the point of all this rambling.

You see, one of journalism's cardinal rules is SPELL NAMES CORRECTLY. People read a newspaper to find names of people they know - or their own names. And when a name isn't spelled right look out. Fire and brimstone were never like this.

So what does this have to do with the last six paragraphs? Simple: I hate seeing my name spelled wrong! Of course I'll understand a few typos... but when it gets to be consistent that's when my eyes turn red and grow brightly. After all, I am quite proud of my name - it's different, unique, and quite memorable.

Of course, I've only felt this way for the last five years or so - fourth through tenth grade were not the easiest years for my moniker. I also like to see my name in print - luckily, the gremlins haven't gotten ahold of that one yet. So what I'm trying to say is take care when you're addressing someone, or writing a letter or card - it may not seem important, but to the person whose name you're mutilating, it means a lot. I don't know about you, but I'm quite proud of the little word that I'll always be associated with.

OK, OK, I can hear it already: you all are saying to yourselves, what's this guy's problem? What's his ego trip? He's writing an entire column about a misspelled name!? Since there's no more point in rambling about it, I'll just show you how bad the constant mutilation of my name has gotten. After all, I don't think anyone else has a top five list of name misspellings - but here we go, anyway, in order of most repeated times:

1.) Elrod
2.) Elron
3.) Elroy
4.) Elmond
5.) El Ron (the Spanish version, I believe)

Wanna talk about my middle name now?
A LIFE STORY
My blood shot eyes are testimony of the rough night that I have had, filled with empty promises and all the drinks I could stand, as I stumble home, in a stupor I supposed if it was really worth it or even apropos.
The story of my life came and went at happy hour, as I stumble home, in a stupor I supposed if it was really worth it or even apropos.

FUTURE NOTE
Why I use to remember a bright sunny up in the sky and trees that grew everywhere,

Is that all there is? Why does it have to be so hard
We forgive and we forget—sometimes

As for "human decency", well it is people like you who screw up the world with guilt by trying to make things so god-awful pious. Where does it stop? Are you going to come into my house some day and stop me from watching the Newlywed Show? Works of literature stand alone. They should not be subject to moral guidelines, they are not mini-bibles, they are slices of life.

Furthermore, this was supposedly the only thing that offended you enough to write, well it also happens to have been the fourth story that I have had published this year. Did these other stories pass your morality test? I hope not.

Sincerely,
J. Dean Grotke

Rebel letter inspires response

A rebuttal to the "Sandinista Rebel", whose letter appeared in the 11-5-86 issue of the Chronicle.

First off my friend if you knew of the struggle the Sandinistas are fighting for you would not use the title so loosely.

Second, as a competent Chicano student on this campus, I do not need any of your one-sided information spoon-fed to me. I have more then enough information already on the racist policies of this campus.

These include the lack of tenure support for minority faculty, the misappropriation of E.O.P. funds by this administration, and their obvious preference of dog over potential minoriy students, to mention just a few.

As for standing up to this administration, that is both stupid and needless. It is harder to assassinate a shadow than someone in the limelight. The administration believes in the family concept. If you attack one, you attack them all. They prefer character assassination and the threats of financial and academic loss rather than negotiations on any issue that might oppose their regime.

But fear not brother Rebel, THE STRUGGLE CONTINUES!
THE MAD MEXICAN

OPINION

PARIS
Laying in the street homeless, reeking of sour wine the city's people...

By John Cloud

UNTITLED
It is in the conclusion of life in which the ends justify the means...

SOUL
I fold my hands and reach to the sky...

I yell within myself knowing destinies courage...

I beg for mercy and a change, hope is my refuge...

I lie awake yearning for treasured moments and miracles

By John Cloud

DELIBE
You... (and what more?) need...
(but what?) love... (but how?) cry...
(but why?)

Does it still hurt?

Is the pain of love a tender or bitter piece of life?

What have we lost that we love so deep

Yet move not deep but shallow within each other's lives?

Can you remember moments of blazing, blinding truth or moments of black, pontentium lies?

How can we get so lost in our each other's shadows...

following, tripping, falling, losing, wasting time...

Is that all there is? Why does it have to be so hard

We forgive and we forget-sometimes but that is not the answer

We make amends and feel "fine" again

but that doesn't cure the fever

I know it still burns-hot, ill

It is a sickness a blight a cancer

By John Cloud

3

Cops too big for their boots?

Letter to the Editor

Here we go again, another chance for the Cal State campus police to put each other on the back and show the world what a great job they're doing fighting crime. At Cal Straight, Drug!

They must be kidding.

Sure, the story was a little dicey at times, but so was Frankenstein, The Fly, and all the rest of what I have found offensive in the Chronicle.

W.A. Novahom

The Writer's Corner works and runs them on a space-available basis

Feathers fly: World not big enough for both of them?

Letter to the Editor

I'm conveying this unpleasant communication to the editors of the Chronicle, not in the interest of promoting censorship in any way, but in the hope of arousing a modicum of human decency and self-restraint in having selected "The Shrinking World" for publication in the Chronicle! (5 November, 1986)

It is a sad commentary on our college community when we limit our intellectual pursuits to sibling rivalry which leads to murder at one extreme and fornication with trees that grew everywhere. I am conveying this unpleasant communication to the editors of the Chronicle, not in the interest of promoting censorship in any way, but in the hope of arousing a modicum of human decency and self-restraint in having selected "The Shrinking World" for publication in the Chronicle! (5 November, 1986)

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By John Cloud

The Chronicle encourage[s] any replies concerning Writer's Corner works and runs them on a space-available basis.

THE DELUGE
Commentary

November 4 was a banner day for "law and order"

by J.P. Neschiah

Tuesday, November 4, 1986

was a banner day for law and order proponents in this state. At last, we the voters were able to show our displeasure with Governor Moonbeam's attempt to politicize the State Supreme Court. The voters of California responded to the pro-criminal Bird Supreme Court by running her and her cohorts out of office. Below are just three case histories which lend justification to the ouster of Rosie and the Supremes.

1. Victim: Robin Samsoe, Age 12, Murdered:
Robin was on her way to a ballet lesson in 1979 when she disappeared. Her decomposed body was found in a remote mountain ravine in L.A. County. Governor Moonbeam's attempt to politicize the State Supreme Court by running her and her cohorts out of office.

2. Victim: Amy Sue Seitz, Age 2, Murdered, Raped, Tortured.
Amy was abducted from outside her Camarillo home by Theodore Frank, age 42. He later raped, and left in a ditch. Pliers which he used to disembowel the body were turned over to the police to seize the diary. Theodore Frank was convicted of torture-murder and robbery-murder and Leach was sentenced to death.

3. Victim: Michael Messer, Age 17, Tortured and Murdered.
17-year-old Michael Messer accompanied an acquaintance, Michael Leach to a remote pig orchard. When they got there, Leach demanded money from Messer. Although Messer gave the money to Leach, then stabbed Messer 48 times with two knives while Messer begged for his life. Leach then cut Messer's throat. A Fresno County jury convicted Leach of torture-murder and robbery-murder and Leach was sentenced to death.

Ruling: Death sentence reversed by Rosie, Grodin, and Reynoso. Reason: Not only because the jury was instructed not to consider sympathy for the killer but also because the court found evidence did not necessarily show that the killer intended to inflict extreme pain. The 48 stab wounds, said

too broad in scope which allowed the police to seize the diary.

Anti-Defamation League sends telegram to Reagan

New York, NY...Baron S. Schnitzer, national chairman of the Anti-Defamation League of B'nai Brith, in a telegram Oct. 27 to President Ronald Reagan urged that our government sever relations with Syria and impose appropriate sanctions against her for attempting to sabotage and EI Ajet with over 200 Americans aboard.

Mr. Schnitzer also commended the President's initial step in recalling the late American ambassador to Syria. The telegram is as follows:

The Anti-Defamation League of B'nai Brith, is pleased that the Administration has recalled its ambassador to Syria in protest against Syria's attempt to sabotage an EI Ajet with over 200 U.S. citizens aboard.

In the wake of the irrefutable evidence of Syrian guilt as well as the decisive action taken by Great Britain, the nation to actively support the U.S. in its raaid against Libya, we believe that the U.S. should take further steps. We urge our government sever relations with Syria and impose appropriate sanctions against her.

Your Administration has admirably led the fight against international terrorism. Now is the opportunity to achieve these steps. We urge you to demonstrate that allied coordination to counter state-sponsored terrorism is feasible, that nations supporting terrorism act with impunity.

German club to meet Friday

The next meeting of the German Club will be Friday, Nov. 14, at 1 p.m. in PL 101. There will also be a German Club field trip on Nov. 16 in L.A. at 7:00 p.m. to see Arthur Schnitzler's play "Professor Bernhardi." Those interested in participating should contact Dr. Johns at the Foreign Language Dept. 7445 by Nov. 14, at 2 p.m.
The Coming Crisis: America’s Troubled Economy

William Proxmire comes to Cal State

“The Coming Crisis: America’s Troubled Economy” is the subject of a talk to be presented by U.S. Senator William Proxmire at 8 p.m., Thursday, Nov. 13 at Cal State, San Bernardino.

Known for his “Golden Fleece” awards for frivolous use of federal funds, the maverick senator from Wisconsin will appear in the university Recital Hall. Tickets are $5 in advance and $6 at the door for general admission; $3 in advance and $4 at the door for students with identification. Information and reservations may be obtained by calling the Cal State Special Events Office at (714) 887-7407.

According to the National Taxpayers Union, Proxmire has the best record in the U.S. Senate for holding down spending during the past four years and the overall best record for the past 13 years since the organization has been keeping records.

Proxmire is also renowned for his attendance at roll call votes. While the average U.S. Senator has missed more than 900 of the 8,800 votes taken since April 1966, Proxmire has answered every one.

The Wisconsin Senator is the author of several books, including “Can Small Business Survive?,” “Report from Wasteland,” “America’s Military-Industrial Complex,” “Uncle Sam, Last of the Big-Time Spenders,” “You Can Do It!” and “The Fleecing of America.”

Farwell named new VP

Effective October 13, Leonard Farwell was named the campus Vice President of Administration of Finance. The move was made in response to the continued increase in enrollment at CSUSB, which at this time, has exceeded 5,000 fulltime equivalent units (FTE) as determined by the Student Census.

Proxmire’s appearance at Cal State is co-sponsored by the Associated Students’ Special Events Committee and the university’s Intellectual Life Committee.

Pre-Law Conference set for November 13, at UCLA

The 17th annual Pacific Pre-Law Conference is scheduled for November 13, at UCLA

The conference is open to students from all California colleges and universities.

The conference will provide students an opportunity to hear a panel of attorneys representing various careers in law share their own experiences and insights about a career in law.

This event is co-sponsored by the UCLA Placement and Career Planning Center, the Pre-Law Society, and the Undergraduate Students Association Council (USAC) 2nd Vice President’s Office.

Pre-Law Conference set for November 13, at UCLA

The 17th annual Pacific Pre-Law Conference is scheduled for November 13, 1986, in the Grand Ballroom, Ackerman Union on the UCLA campus.

Representatives from 60 law schools throughout the United States will provide program literature and information about admission procedures, requirements, and the various programs offered at each school.

Schools attending:

- University of California
- University of Southern California
- University of San Diego
- University of Arizona
- University of Colorado
- University of Nebraska
- University of Minnesota
- University of Iowa
- University of Wisconsin
- University of Chicago
- University of Southern California
- University of Santa Clara
- University of Denver
- University of Oregon
- University of Washington
- University of Hawaii
- University of Arizona

Admissions staff from 60 law schools will answer questions and distribute applications. Students from all Southern California colleges are cordially invited to attend. Don’t miss the information panel scheduled at 1:30 p.m. on the second floor of Ackerman Union.

Date: THURSDAY NOVEMBER 13, 1986
Time: 10:00 A.M. to 3:00 P.M.
Place: ACKERMAN UNION GRAND BALLROOM ON THE UCLA CAMPUS

Fulfillment of prophecy subject of talk

Christ, Abraham, Moses, The Bab, Krishna, Zoraster, Buddha, Mohammed, and Baha’u’llah. If these nine were in the same room and there was only one chair, who would sit in the chair? The answer to this question is the subject of a freindly discussion with Michael Heister, a member of the Association for Bahá’í Studies, Tuesday, November 18, 6:30 p.m. in the comfortable quarters of Student Union Room A.

There is no charge for the event, sponsored by the Cal State Bahá’í Club, and refreshments will be provided.

The Pacific Pre-Law Conference is free!
College radio goes out on a limb

by Kim Schnepf

When was the last time you heard Siouxsie and the Banshees or the Smiths on 99.1? Probably not recently, if ever. College radio stations are playing more of these new bands while commercial radio stations cater to the top 40 audiences. Airplay on college radio gave bands like U2, The Police, and RE/M to their first steps toward the success they profited from today. Commercial stations keep track of groups that become popular on college radio. Some college stations aren't playing any commercial music and some even refuse to play a band once it's signed with a record label. College radio has become such a success that new bands often take their new releases directly to them for airplay. Commercial stations sound different from the rock stations' format. College stations quickly put the music into their programming. Students who work at college stations know what it's like to work in the broadcasting business and yet can play what they choose. Although there is a big difference between college formats and commercial programming, students get hands-on experience. The one thing many students find in working at college stations is that they get spoiled. Having all the freedom they do, makes it hard to get used to working under someone else's "rules" on what to play. However, some students just work as DJ's so they can play the music they like or have fun.

College radio's influence has been gradual over the past few years. Since it has taken time to catch on, it has stayed new and hasn't become another college fad. If college radio catches on and gains more attention, it may be forced to change. Maybe as college radio station DJ's and directors graduate and continue in the business, they will bring new style to the present format. But for now, people who want reggae, blues, and new music, may have to be satisfied with turning on their local campus stations: stations like the new CSUSB radio station, KSSB. Maybe the next U2 or Police will be discovered right here on our campus.

John Irving to speak at Loyola seminar

Best-selling author John Irving will make a rare West Coast appearance with cartoonist B. Kliban and 30 other successful writers at Loyola Marymount University's annual writing conference Saturday, November 15, and Sunday, November 16. The conference, "Writing for Your Life VII," is a celebration of professional opportunities in writing, including lectures, readings, workshops, screenings, a champagne brunch, and a student writing contest.

John Irving, author of six novels including The World According to Garp, The Hotel New Hampshire and the current best-seller The Cider House Rules, will offer a lecture and attend a special reception and book-signing session for attendees during the conference. B. Kliban's wacky books, such as Never Eat Anything Bigger Than Your Head, and his off-beat, feline-themed T-shirts, calendars, posters, and greeting cards have become a staple of college students and humor-lovers across the country since the mid-1970's. Kliban will share his experiences as a professional cartoonist and humorist in a formal lecture during the conference. Other featured participants sharing their recent works and progress during the LMU conference include "Twilight Zone" story editor Alan Brennert, noted grammarian Richard Mitchell, fantasy writer and president of Science Fiction Writers of America Jane Yolen, and novelist and L.A. Times book reviewer Carolee Sor. Registration fees for the two-day conference (including all meals and materials) is $75 for adults and $20 for students. For additional information on the conference and contest, call (213) 642-3549 or 642-2854.
Althea Waites performed in the Recital Hall during a noon concert put on by the Music Department. (Photo by Mary Anne Getheridge) See Review.

**Waites performs in Recital Hall**

By Seth DeLord

Returning to her old stomping grounds, former CSUSB instructor, Althea Waites, a critically acclaimed solo pianist performed a crystal-clear set of music which included works by J.S. Bach, Franz Liszt, and Florence Price, who was the first black woman to be recognized as a composer of symphonic music. Reflecting the mood of Price's Sonata in E minor, Waites performed in a bright floral gown of African design called an agbada.

Easily the highlight of the performance, which was well received, but unfortunately, poorly attended, Price's work reflected a strong nationalistic flavor in its treatment of Afro-American folk themes and idioms. The E minor Sonata is regarded to be a brilliantly crafted piece, and Waites did it justice, approaching it with the mix of delicacy and aggressiveness that is vital to the piece's effectiveness. "It's plantation music, but you can make it noble," this she said to emphasize it's roots, but noting that it was much more than that.

The strength of the show, however, came out of the nobility that Waites managed to convey during what was, at times, a very moving performance.

"It's communication," Waites said. "All art is communication, and sometimes, music can be the highest form of communication." Waites, who taught at CSUSB from 1979 to 1983 (back when it was CSGSB), returned to Cal State at the behest of Arthur Moorefield, the chair of the music department.
The Chronicle Number 12, 1986

At The Movies...

Review: The Twin Panda

(continued from page 14)

delicacy of sliced morsels of chicken, button mushrooms, snow peas and bamboo shoots.

These luncheon entrees are also offered on the dinner menu. For those who are early diners the Twin Panda serves an Early Bird Special from 3-6:30 p.m. The meals range in price from $5.95 to $7.25. A banquet room which holds 40 is another feature offered by Twin Panda.

A mere five minutes from CSUSB, Twin Panda is located at 4295 North Sierra Way in San Bernardino. Though the ambiance is cool and languid, the service, if you are in a hurry, is deceptively fast. This couple emerged from the booth a scant thirty minutes after being seated for a sumptuous lunch. Overall, the Twin Panda restaurant rates a batch of bear hugs.

NOW SHOWING

Central City 4
381-4461

Rancho Cinemas I-VI
370-2085

At the Movies

Trick or Treat
Children of a Lesser God
Stand By Me

Top Gun
About Last Night
Toum Ran

Ruthless People

Sky Bandits
Korote Kid II

Quilt Cool
Noddy's Fool
The Color of Money

The Coyote Tournament promises a golfing good time to all. Looking to compete against others in a four man select shot tournament. This format insures an equal chance for all teams to win. Of course the tournament's winners will not be the only golfers taking home prizes. Your $75 entry to the Coyote Tournament includes:

Cart and Green Fees
Our Commemorative Golf Shirt
Your "hole-in-one" for a new car
Outstanding Hors d'oeuvres
Terrific Tee Prizes
Even a Closest to the Pin Contest
Super day of GOLFING

To add to the excitement, the CSUSB Athletic Department will sell chances to win a Grand Prize. The winner will be drawn during the awards ceremony in the clubhouse following the tourney.

Come on Out and Join in the Fun and Be A Winner!!!

Registration Form

Individual Entry (fill out form below)

Team Entry (fill out form below and list the names and address of the other golfers on the back of this form)

Please enclose payment with entry form and send to:

CSUSB Athletic Department
2300 University Parkway
San Bernardino, CA 92407
Phone (714) 887-7560

California State University, San Bernardino

1986 Coyote Golf Tournament

Sheep Hills Country Club
Wednesday, November 12, 1986
12:30 p.m. Tee-off
(Check-in at 11:00)

Four Man Select Shot

Annual Fundraiser for California State University, San Bernardino Intercollegiate Athletic Program.

I CHECKS PAYABLE TO CSUSB FOUNDATION, THANK YOU.
The Best Of...

Today's

BLOOM COUNTY

by Berke Breathed

Looking over at the head building, a large... Fat, highly person is punished high up on the ledge...

BLOOM COUNTY

by Berke Breathed

WHEN YOU NEED HELP!

IN
LISTENING STORY READING OUTTEACHING WRITING
TIME MANAGEMENT READING NOTE TERM PAPERS
VOCABULARY DATA PROCESS ELA CAN CHEST
ON TUTORING IN ANY SUBJECT....

LEARNING CENTER HOURS

MONDAY - THURSDAY
8:30 AM - 8:30 PM
FRIDAY
8:30 AM - 5:00 PM
The Far Side”

to be in LA

It’s breakfast time in Los Angeles and people who read their newspapers over coffee are reaching for scissors to clip “The Far Side” cartoon by thirty-six year old Gary Larson. But Los Angeles aren’t the only crowds who appreciate the nationally syndicated cartoonist’s macabre sense of humor. Larson’s single-panel work, which focuses largely on scientific subjects, appears in over 400 newspapers across the country and can be found tacked on bulletin boards, taped above water coolers and magnetized on refrigerator doors all over the nation.

What’s behind Gary Larson’s bizarre but popular view of the natural world? When the weather in cloudy Tacoma forced the youthful tadpole collector indoors, he read Kipling and the Tarzan books. That early interest in jungle creatures and ape-men is still apparent in his work. Biological science courses which he enjoyed in high school and college introduced him to the scientific method, evolution, extinction and animal behavior—now frequent subjects of his lampoons. Years of nurturing scaly pets and friendship with the curator of reptiles at the Seattle Zoo may account for the frequent appearances of snakes in his panels. Primarily, “The Far Side” is attributable to Larson’s self-described “active imagination.”

Larson likes the fan mail he gets from scientists. They may occasionally quibble with his habit of putting words in the mouths of cows or attributing contemporary human feelings to dinosaurs, but they find in Larson a kindred spirit who appreciates scientific lore even when he is poking fun at it. Nearly 600 of Larson’s cartoons are included in a special exhibition, “The Far Side of Science,” opening at the Natural History Museum of Los Angeles County on November 15, 1986.

The exhibition contains cartoons dealing with a wide range of natural history topics including evolution, extinction, animal behavior, early man and the scientific method. They cover a range of humor from the hilarious maverick penguin singing “I’ve gotta be me” to the poignancy of the elephant on crutches saying “They did what with my leg?”

The Natural History Museum of Los Angeles County is located at 900 Exposition Boulevard. It is open six days a week, Tuesday through Sunday (closed Mondays) from 10 a.m. to 5 p.m. Parking is available and there is a cafeteria on the premises. For admission price, and more information, please call (213) 744-3411.
New book features life of Castro

Fidel Castro: NOTHING CAN STOP THE COURSE OF HISTORY was published in late September by Pathfinder Press in New York. It is the longest and most wide-ranging interview ever granted to U.S. citizens by Cuban President Fidel Castro.

The interview that produced the book was conducted by Dr. Jeffrey M. Elliot, a professor of political science at North Carolina Central University, and U.S. Congressman Mervyn M. Dymally, to members of the House Foreign Affairs Committee. Their discussions with President Castro in Havana produced over 25 hours of taped conversation. This frank exchange covered dozens of topics.

The topics include - U.S.-Cuban relations, South Africa and apartheid, and Cuban troops in Africa, involvement in drug trafficking, the Olympics, and more. In addition, the book reveals much about the life of Fidel Castro, his relations with the Cuban people, and his views on Cuba itself.

Pathfinder Press has published three collections of Castro’s speeches, a collection of the speeches and writings of Nelson Mandela, and books by Malcolm X and leaders of the Sandinista revolution in Nicaragua.

The book will be available in local bookstores or by mail from Pathfinder Press, 410 West St., New York, NY 10014.

Excerpts from book.

**Fidel Castro:** Nothing Can Stop the Course of History an interview by Jeffrey M. Elliot and Congressman Mervyn M. Dymally

Apartheid

Professor Jeffrey M. Elliot: In recent months, South Africa’s system of racial apartheid has drawn considerable criticism. Do you envision an end to apartheid?

Fidel Castro: Apartheid is the most shameful, traumatizing, and incomprehensible crime that exists in today’s contemporary world. I can’t think of anything else as serious - from a moral and human standpoint - as apartheid...the survival of apartheid is a disgrace to humanity.

Not a single, effective, practical measure has been adopted against South Africa, really pressuring it to put an end to the apartheid system. The United States has systematically opposed all sanctions against the South African regime.

If, in compliance with the universal condemnation of apartheid, South Africa was effectively isolated, economic sanctions were implemented against it, and everyone were to support them, South Africa’s apartheid system would come to an end.

**Drug Trafficking and Cuba**

Congressman Mervyn M. Dymally: Regan administration officials have testified before Congress that the government has concrete evidence of a Cuban-Cuban drug connection. Is Cuba actively involved in drug trafficking?...So far, the Olympic Games have served to paradize the rich, industrialized countries’ wealth, good, nutritional standards, and excellent technical capacities. How many medals have been won by athletes from the Third World, from those countries that lack sports facilities, physical education and sports instructors, and proper nutrition for the children and young people from whose ranks the athletes must come?...Every four years, the Olympic Games measure the inferiority of the Indians, blacks, yellows, and mestizos and the superiority of white society, even though it is the U.S. Blacks who win most of the medals for the rich, white, industrialized society of the United States.
AIDS is nothing to joke about

Health Corner

by Sunny Bell

Although humor is sometimes used to promote reader interest, it can't be included this time. The subject is deadly. Oh yes, there have been jokes made about AIDS...directed at groups who comprised the majority of cases. But those shortsighted flik who have laughed had better re-evaluate their joke material. U.S. Surgeon General C. Everett Koop reports that... AIDS will probably increase and spread among people who are not homosexual or intravenous drug abusers.

Since AIDS was identified in the U.S. in 1981, the media has carried increasingly detailed information on it, describing what it is and its manifestations. Most people now know that AIDS is an acquired immune deficiency syndrome, meaning that it is a non-genetic collection of infections, cancers, and other maladies which it is not able to resolve. Chronic fatigue is the most frequent and sure method of spread. Dr. Koop states that...absolute certainty (of avoiding AIDS) means that you don't rub your feet together. There hasn't yet been the awareness that is a decision, voluntarily reached by yourself and your partner, has had a mutually faithful monogamous sexual relationship for five years...at least five years. Add in a couple of years of the sexual revolution, this statement is profound. The absolute method of protection for those at risk of AIDS is to avoid casual sex and who have questionably, monogamous partners is unfaithful use of rubber contraceptives, and condom in both hetero, and homosexual relationships. AIDS has been spread by bisexual men into the homosexual population from which it reaches the strictly heterosexual male population. It's not only you who are at risk, but your partner. They were in you all along! !

The second important truth is that this is not a disease which can not be prevented. With AIDS presenting a broad threat, it is critical that thorough knowledge of prevention be presented to everyone. Research has provided much information on the virus itself, its effect on the body, and on preventative measures. However, development in treatment is lagging. New drug therapies such as AZT have serious side effects and unreliable long-term results. The best way to stop AIDS is to control its access to new hosts. This is done through prevention accomplished by education and cooperation of susceptible hosts. Please mail these meetings on campus. Prove announcements of places and time are forthcoming.

Reminder! The relaxation group meets every Tuesday at 1:00 in the Student Health Center. Join then and learn how to get "un-stressed" before final exams. Ciao. Donida in the Health Center if you have any questions. At best appointment is not necessary, drop in, but remember to wear comfortable clothing.

Words of encouragement for women

Health Corner

by Sunny Bell

A syndrome is a range of symptoms that, when viewed together, suggest a specific condition. A mysterious syndrome...experienced only by women...has existed prior to the middle ages. In fact, it's possible that it existed before the days of the Roman Empire. A cure has never been found...not even symptomatic relief. The profound symptoms include: stropping palms, inability to speak coherently, cold feet (literally) and finally knees that shake and are magnetically attracted. The syndrome, variable in duration, is exponentially relative to time spent is a waiting area prior to a gynecological examination, especially the first one.

Well, my "fellow" women, after all these centuries, we will at last search out a cure for Gynecological Examination Paranoia, heretofore called GEP. This shall be accomplished through revealing a sequence of truths. The first and most important one is that all women have felt the same way you do. There hasn't yet been the individual who cruised complacent into a clinic and leaned into position without agonizing over whether or not it would look stupid to leave rocks on her bloodied feet. In fact, I have one colleague who, come to a comfortable resolution on this issue myself...I leave them on, but that is a decision unholyly reached after many years of GEP and the births of two children.

The second important truth is that it is important to become acquainted with and personally responsible for your own body. At the Student Health Center, you participate in your own examination...actively learning techniques of both visual and palpated (felt by the hands) self-breast examination. In fact a general head to toe physical precedes the actual gynecological exam. Through participation and learning from the beginning, by the time the pelvic portion begins, it is likely that you will be surprisingly at ease. True, knee magnets will probably still be there, but this is recognized and easily managed by the doctor or nurse who does your exam. For your comfort, maintain awareness that this is not different for these medical people than examining your ears...they're looking for physiologic indicators. This leads to the third important truth: you don't have to do it! There is simply a common event to those who work in a medical office. The person who examines you will gently insert a speculum...a device to look at a view of the cervix (the bottom part of the uterus). Through the speculum a painless removal of a few cervical cells (the Pap smear) will be done for microscopic examination at a laboratory. Then a manual exam of the vagina will be done with both hands of the examiner on the lower abdomen feeling the outlines of the uterus and ovaries. Sometimes a rectal exam is done at this time too, depending on your age and the indications. The pelvic exam takes only about five minutes. Have a healthy working up a big GEP sweat.

An increasing number of abnormal Pap tests are being found in younger women...those in their teens and twenties. It's so important to find problems early...many times small cellular abnormalities can be taken care of right in the office. And as you know, early detection of a serious problem, yes cancer, is usually an indicator of a successful cure.

Since the GYN exam is something that must be faced again and again throughout a woman's life, you should know the fourth and final truth. It actually does get easier with time.

One more word about you part...be sure to talk. A big portion of the whole process is education, and without your questions and input, it's hard for the person examining you to realize your needs. Also as you learn more about your body, what to expect from it and the best way to treat it, you will gain confidence and security. Also, I believe we've discovered the antioxidants for GEP-confidence and security.

They were in you all along! So pull on those woolen socks and get yourself over to the Student Health Center. You'll be glad you did.

Shots now required at CSU

by Heidi Barlow

Measles and rubella immunizations are now a necessity for California State University students, according to Dr. James Savage, Health Center director. Students not providing verification by February 6 will be required to provide proof of measles and rubella immunizations or receive documented proof of live virus. Such a vaccine has only been available since 1969.

The following students are required to provide proof of measles and rubella immunizations:

- New students born after January 1, 1957.
- Students born after January 1, 1957, who are applying for readmission.
- Students who live in dormitories.
- Students whose primary or secondary education was obtained outside of the United States.
- Students who are participating in detective, medical technology, nursing, or physics therapy.
- Students who are participating in student teaching, field work involving preschool and school-age children, or any practicum which takes place in a health care setting.

The Health Center will immunize students free of charge. Immunization hours are 9-12 weekdays, with no appointment necessary.

Student health Services must receive documented proof of measles-rubella immunization from students by February 6, 1987.

This verification must show that the vaccine used was manufactured from live virus. Such a vaccine has only been available since 1969.

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Soccer finishes strong, shuts out Long Beach

By Matt Polkak

As the CSUSB Coyote Soccer team was putting the finishing touches on a 5-0 victory over Cal-State Long Beach, the 1986 soccer season was coming to a close. For the Coyotes and coach Carlos Juarez, the victory marked the end of an impressive season in which they defeated three NCAA Division I schools while posting a record of 12 wins and 7 losses.

Though the Coyotes were not selected as one of the four teams to go up to the NCAA Division III Women's Regional Playoffs, they did record some impressive numbers this season. Along with the statistics, CSUSB displayed an exciting style of play.

"We had an outstanding season considering the fact that we had a tough schedule," coach Juarez said. The Coyotes defeated three of the NCAA Division I teams they faced this year, which Juarez called "very encouraging." He also stated that he plans to schedule games with four or five Division I teams next year.

Juarez said that his team had one of the toughest schedules in Division III, in the United States, however, they missed being selected for the Regional Playoffs. The top four ranked teams in the region were selected while CSUSB finished fifth.

Even with the difficult schedule, the Coyotes managed to record 11 shutouts in their 12 victories. This included a span of six consecutive shutout victories, encompassing a total of more than 540 minutes without allowing opponents to score a single goal. Moreover, the season goal average against the Coyotes was less than one goal per game.

"That was due to the total team defense that we played," Juarez said. He credited junior goalies Randy Green as the major reason for the defensive success. "He's a leader by respect. Everybody really trusts him," the coach added.

On offense, the Coyotes were led by Jerry O'Hara's 13 goals while Mark Tenter and Trevor Coleman finished second with six tallies. "We had a pretty balanced attack," Juarez stated.

The coach credited halfbacks Bill Alsop, Trevor Coleman, Kiko Montes and Van Sirsack with controlling the pace of the game for CSUSB.

"They did a good job for us in stabilizing our attack and controlling defense for us," Juarez states. By this, he meant that the halfbacks kept the ball away from the opponents and createdpossibilities on offense for the Coyotes.

Juarez said that his team has already begun training for the 1987 season. "During our offseason, we'll try to keep the team together; try to get them stronger and faster by training with weights," he said.

Looking forward to 1987 Juarez said, "Our goal for next year is to make the playoffs." He added that after this season's success, he hopes to see more people attending the Coyote's games in 1987.
Budget Gourmet
Twin Panda worth the time, and the money

By John and Tammy Horton

If you’re into exquisite Chinese cuisine costing a mere pittance, try a special lunch at Twin Panda.

With a maximum of kudos already awarded by a major newspaper critic and the Southern California Restaurant Writers, the Twin Panda needs nothing more to prove. Except, that is, by your own taste buds.

Entering the large wooden double doors which face Sierra Way, a sparkling rock-rimmed pool greets you immediately on your left. Ushered from the plush foyer into the large primary dining room, you may have your choice of one of eight booths or nine tables.

Your formally attired waiter presents you with multipaged menu. The inside first page reveals a confident, subtle expression in art of the restaurant’s theme: two panda bears frolicking amid a forest of pastel blue.

Indeed nothing about the languid appearance of Twin Panda— in either decor or service—preparers a patron for the already acclaimed five star service and Sze-Chuan delicacies offered.

While Twin Panda sports some 16 luncheon specials, eight are $3.50, ridiculously low for a high restaurant so highly touted. Of these eight, you may have your choice between four chicken, two pork, two combination entree lunches, and one with beef.

Though all special lunches include the same side dishes, the preparation of entrees—each in the Sze-Chuan tradition—is distinctly different.

The Sweet and Sour Pork lunch served at one’s table initially is a visual study in culinary contrasts. A candy-apple red sauce bathes golden brown, puffy deep-fried batter encased pork chunks. In the middle of this delectable sight is a generous amount of stir fried green pepper wedges, white onion pieces, and carrot slices. Arranged neatly in the center of this colorful entree rests a smattering of tiny golden pineapple wedges.

In our opinion, it is the crafty arrangement of these tart vegetables and honey-like pineapple on the oval platter that provide the intermingling of subtle sweet and sour flavor. The sauce, though attractive and tasty, appears more a visual condiment and less an integral part of the actual flavor.

A generous mound of delicate rice, enhanced with egg, two small fried wontons, and one plump four-inch-long Shanghai egg roll—complete with red pepper and yellow mustard dipping sauce—complements the sweet and sour pork lunch, and others. Of course, the obligatory—and tasty—egg flower soup, Chinese tea, and fortune cookies are also served.

Equally as attractive a dish, the Almond Chicken is served with whole button mushrooms, sliced mushrooms, crisp pieces of carrot, celery and water chestnuts, and one-inch chunks of chicken. It has a delicately flavored sauce which enhances this combination of foods.

Another entree to consider is their Moo Goo Gai Pan, a stir-fried (continued on Page 8)
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**Staff positions now available:**

**Layout Artist**

$4.05/ an hour

**Staff Writers**
If you know your buns, you could put them on this baby.

Win a Honda Elite™ 150 Deluxe Scooter from In-N-Out Burger.

Introducing the absolute easiest quiz you’ll take all year. And the only one that gives you a chance to win a totally cool, red Honda Elite 150 Deluxe Scooter for getting the right answer.

So think hard! How many sesame seeds on an In-N-Out Double Double bun?

If you don’t know, feel free to cheat. (Grammar is allowed at any In-N-Out Burger location.) Just put your answer on the entry form below (or print all the info on a plain piece of paper) and drop it off at any In-N-Out Burger before midnight, November 17.

You can enter as often as you like but there’s just one prize per person. And you don’t even have to buy anything, although your stomach will be very happy if you do. Then, on Friday, November 21, we’ll draw 6 winning entries from among all the entries with the right answer to our question. And those 6 incredibly lucky college types will be cruising through the In-N-Out DriveThru on their very own red Honda Elite 150 Deluxe Scooter.

Outrageousness!

Win your very own red Honda Elite™ 150 Deluxe Scooter!

There are ______ sesame seeds on an In-N-Out Double Double bun.

Name
Street
City State Zip
Phone

Mail or fax a completed entry form or list of info to the In-N-Out Burger DriveThru nearest you. Decision of the judges is final.

Maximum load capacity 250 lbs. Always wear a helmet and use proper safety gear.

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