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Kazlo elected N.O.W. Pres.

By John Patrick Whitehair

Martha Kazlo, Cal State psychologist and counselor, was recently elected president of the N.O.W. (National Organization for Women). The local 150 member chapter meets every month in Redlands and includes both men and women members.

Kazlo was elected president of the organization in December. She prefers the title coordinator and chaired her first meeting earlier this month. She sees the local organization's purpose as being one of information and referral.

Programs dealing with sexuality, abortion, assertiveness training and ways to avoid limiting role-stereotyping are often discussed at the meetings.

In an interview, Kazlo said it is a fun group. The ages of members range from 16 to 70 and cut across all social lines, including business people, retired persons, teenagers and others.

Currently the group is campaigning for passage of the Equal Rights Amendment, and they are also actively protesting record companies that use images of women suffering sexual and physical violence on their album covers.

“Our group has done fund raising to help get the ERA passed in other states, and everyone in the organization is interested in getting it passed,” she said.

Kazlo said the immediate effects of the passage of the amendment are unknown. However, she believes it would give the average woman more choice in being who she wanted to be.

The ERA amendment was first proposed 92 years ago, and passage will ensure that women won't have to prove they are first-class citizens any more, she said.

Kazlo said that there are still laws on the books that say women cannot own property apart from their husbands, and divorces sometimes need their ex-husbands approval to acquire property.

She believes that opposition to the amendment comes from persons who do not understand the bill and what it can do for women.

“It has nothing to do with men and women using the same bathroom,” she said.

Associate Dean to run for local school board

By Hank White

Cal State's Associate Dean of Special Supportive Services, Dr. Tom Rivera, recently announced his intention to run for a seat on the Colton Joint Unified School Board. He will be running for the Seat in Area 2, Grand Terrace.

Rivera attended Colton schools from kindergarten through high school and feels that “I just know how students feel going through the Colton schools and the various problems that they might encounter.”

Rivera admits that his biggest block may be to upset the incumbent who has maintained the seat for over twenty years.

He feels, however, that his professional experience in education and his familiarity with federal and state education programs can add a new dimension to the Board. His educational experience includes five years as a classroom teacher, two years as a community college counselor, and five years as a college administrator.

Dr. Rivera and his wife, Lydia, reside with their three children in Grand Terrace. He graduated in 1962 at Sonora High School in South America where they were both serving as volunteers in the Peace Corps.

He furthered his education by going on to San Bernardino Valley College, Cal State Los Angeles, and finally received his doctorate in education from UCLA.

Rivera has named Joe Acosta and Arnold as his co-campaign chairman. He is presently interested in meeting students going to Cal State after working hours to discuss with them what they consider important issues in the up coming election.

The group is asking people not to buy record albums manufactured by Electra, Warner and A&M record companies because their album covers picture women being sexually and physically abused, and the implication is that they are enjoying it, she said.

“Our protesting of these images has had an effect on the record companies because they are meeting with N.O.W. representatives in order to solve the problem,” she said.

Dean TOM RIVERA runs for school board in Colton.

Chamber music presentation

“A Program of Chamber Music (Mostly New)” describes a Sunday evening, Jan. 30 concert at Cal State, San Bernardino.

The unusual musical evening begins at 7:30 p.m. in the Lecture Hall of the Physical Sciences Building. The program is free and the public is invited.

The director is Dr. Richard Saylor, Cal State music professor, whose 1976 composition, “Partitions,” will be one of the selections played.

Other new music includes “What Would —” by James Teel of San Bernardino and “Quartet” by Matt Riedel of Fontana. Both are junior music majors at the college.

“Three accompanied poems by e.e. cummings,” a 1972 composition by Louis Ruff, a member of the Cal State studio music faculty, will also be on the program.

“JQLVTXBFDCZR,” pre-composed material with improvisation, will feature Riedel on electric piano; James Teel on synthesizer (synth and moog); Stephen Teel, violin, and Phillip West, synthesizer (Buchla).

Other selections, not composed by Cal State musicians, include Edgar Varese’s “Density 21.5” for unaccompanied flute, which will be performed by Candice Mitchell, sophomore music major; Alan Hovhaness’ “Khaldis, Opus 91,” concerto for trumpets, piano and percussion; and Earle Brown’s two-piano “Cerroboree.”

The mostly new” chamber music concert is the beginning of the winter quarter series of Sunday evening programs.

The other concerts are Leslie I. Harris String Quartet, Feb. 6; Jazz Ensemble, Feb. 13, a faculty artist recital by Dr. Loren Filbeck, baritone, Feb. 20; Concert Choir, Feb. 27; and Chamber Orchestra, March 13.

Editorial retraction

In the Jan. 18, 1977 PawPrint, it was reported that grades transferred to another college not using the expanded (plus and minus) grading system, would be transferred by points rather than by letter grades. We have since been informed that the above information is incorrect.

President Pfau has indicated that our transfer grades would be handled by the accepting institution, in whatever manner they use to evaluate their own grades. If the accepting school did not utilize plus and minus designations, a B+ or A- would simply transfer as a B. A.

The PawPrint suggests however, that students considering transfer to another school, particularly those out of state or those using other types of grading systems, check with the admissions office of that school to avoid any possible confusion.
Secretory uses Braille

Caroline Rounds is a clerical assistant for Cal State's Disabled Student Services. She assists the school's disabled student population in their problems and queries on campus. "I put work in Braille for blind students. I'm doing syllabi right now," she told the PawPrint.

Caroline is blind. She is the only blind secretary on campus. "I work," she says. At the time of the interview she was working on a memo on a telephone message. When asked how she manages to do all the typing, filing, and writing her job requires of her, Caroline responded that the key is that "everything is Brailled." "Braille is a system of six raised dots on paper which can be arranged in various combinations to represent words or word forms." To write out a memo or letter Caroline first learns in the information which has been taped on cassette tapes and then she transcribes it in type. If she needs a copy of herself she Brailles one on the Braille writer. "I use the Braille writer for making labels, memos, and phone messages," Caroline said, "and all the files are Brailled. The files have typed headings on them also." Presumably for those blind to braille.

When asked how she makes appointments Caroline said, "I have, instead of a calendar, a Roladex. I made it myself from one a friend gave me that was partially done." What Caroline has done is she has taken a standard mini-file system, a Roladex, and divided it up into months and days of the year. These divisons she has labeled in Braille so she can "see" which appointments go on which days. After Brailing an appointment on paper she puts it into the correct slot for its day and month.

"Anything I need to read I read on my closed circuit TV," Caroline told the PawPrint. This closed circuit TV displays anything it views to the size of an 8" x 10" piece of notebook paper. With this Caroline is able to look up names, addresses, phone numbers, and virtually anything that will project on the screen. "It enlarges and I can adjust the contrast. It gives a negative picture for easy reading," she added. When asked how she knows which phone rings on the office's four-extension telephone Caroline said that she is not authorized to answer the phone, but "I have a heat-detecting gadget that buzzes if held over a flashing extension button. There's even a gadget out now that can be put on the finger for answering telephones this way!"

"A lot of it is a matter of being organized. I have to have things in their right places," she said, "That way I won't put a file memo on a telephone message slip."

Caroline has been working for Disabled Student Services since fall of 1976. "All the jobs I've held have been in the field of medical transcribing," she said, adding, "I like this job because I do a variety of work and meet people.

Caroline's job is funded through the Disabled Student Services budget. "I'm funded through June of this year," she said. "This is the first year of the program and a lot of the funding will depend on how important we are evaluated to be to the school," she added.

Caroline gets around campus with the use of her ears and her cane. She memorizes her walk by "little things," like push buttons on the side. "After walking a certain way two or three times there's no problem," she said. She said the roughest days are windy days. "You can't hear the sound of the cane."

At a young twenty-four, her birthday was on the seventh. Caroline is married to her husband Glenn, a biology major at Riverside City College, and they have a daughter Emily, whom they've enrolled in Cal State's Day Care Center adjacent to the campus.

Caroline is very enthusiastic about her job and being blind makes her extra special. "I attended college for a while and I can empathize with the blind student at Cal State," she said. She said she knows which phone rings on the office's four-extension telephone. She memorizes her walk by "little things," like push buttons on the side. "After walking a certain way two or three times there's no problem," she said. She said the roughest days are windy days. "You can't hear the sound of the cane."

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Committee discusses goals

By Ray Byers
A discussion of priorities for the next sixty days was the main order of business when the Student Union Planning Committee met Jan. 21.

Discussion centered around the need for decisions on the type of drapes, rugs, and furniture for the new student union building, scheduled to open at the beginning of the Fall quarter.

This item was referred to the Furnishings Committee along with a request to check the feasibility of contracting with a vendor for pool tables and electronic games for the facility, rather than a cash outlay to buy these items. If it is decided to contract these items, bids will have to be asked for soon so they will be available for the opening.

Discussion on use of the bar in the Student Union led to a tentative decision that a permit to sell beer would be secured on a one day basis, when needed, rather than applying for a yearly permit. The Alcoholic Beverage Committee will attempt to get the board of Trustees policy against wine on campus changed to enable the sale of wine also.

The draft of the proposed Student Union Corporation By-laws was discussed at length, with several changes being suggested. The suggestions were referred to the Governance Committee for discussion and any further recommendations, to be presented to the full Planning committee at its next meeting.

Tracy Fugueroa was appointed as a new member of the Governance Committee.

Free career guides registered with the Placement Office now has available for student use a booklet entitled "Guide for CSCSB Students." This 24-page guide is designed primarily for Seniors and Graduates who are registered with the Placement Office, and are currently or will soon be in the job search. Information on Placement Office policies and services, choosing a career, preparation of resumes and letters of application, and job interview, follow-up letters, and other general information concerning the job search is included.

Students registered with the Placement Office may pick up a copy in SS-122. For students not registered with the Placement Office, a copy of this Guide and other career materials are available in the Career Information Room (SS-117) for year inpection.

Correction

An erroneous statement appeared in the Jan. 18 PawPrint story of the Jan. 12 ASB Senate meeting. ASB Senate President did not move that the "ASB bag be raised. He only placed the subject before the senate as a matter for discussion.

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Benchwarmer
College cafeteria is game

By Hank White

When B-Closed eye for lunch, which had an eight percent raise and increased the entitlement from 36 to 45 months, veterans from San Bernardtno were shocked. The new law did not expect that along with these benefits came a new "get tough" policy towards Veterans using these benefits.

The Congress in its rush to do something for the recently elected veterans of the November elections, quickly passed the Bill without the careful consideration the Bill deserves. In the hands of the VA it has acquired two distinct themes:

1. The Government intends to crack down on Veterans who do not maintain what the VA considers to be a "satisfactory standard of progress".

2. VA payment will be based on the overall pursuit of an academic objective rather than attendance in classes.

In terms of practicality the following are the results:

1. The NC and W regulations require that a Veteran pay back any monies he received during the quarter if he receives a No Credit grade or a Withdrawal. (See last week's article.) This is proportionate to the total number of units he withdrawal from or received an NC grade in.

2. A Veteran must complete more—than two—times the course load attempted in order to make satisfactory progress.

If not, he must receive VA counseling before being allowed to receive further G. I. Bill benefits.

Add that to the existing rules of VA "standards of progress" and what you have is a system that is severe, punitive and offer no assurance of doing what they are intended to do.

The rationale behind these new regulations is that they are needed to reduce overpayment and insure that Veterans are indeed proceeding, as they must receive VA money to be able to attend school.

The new law may slow down the overpayments, but the damage they may do could be more than any alleged good they offer. What other program has less than a two percent ripoff? What other program has produced so many College graduates? With the new regs more than a few Veterans will probably be forced out of school. The VA isn't liked or trusted among many Veterans. As it is, the new regs will do nothing toward the elimination of this gap between the Federal Government and many veterans who are on VA probation. The VA will do nothing toward bridging this gap between the Federal Government and the veterans who are on VA probation.

There are other considerations at stake. Who should do the educating? The VA or the schools? The idea of the VA or any other federal agency coming into schools and dictating the "standards of progress" and forcing this standard on school is an unsettling thought. If it is not an infringement upon academic freedom, it comes close to it— too close.

My main objection to the new Bill is that the new rules on the "standard of progress" are black and white. They are, in effect, forcing Veterans to maintain a much more rigorous academic standard than other students. Veterans must maintain a 2.0 each quarter. If, not, they are on VA probation. The VA doesn't look at the total GPA, etc., they only look at each quarter. It is possible to be on VA probation but have a 3.0 overall GPA. If a Veteran received two quarters of below 2.0 then he must receive VA counseling before receiving further G. I. Bill benefits.

Add to the equation the new regulations and the Veteran might still be OK on the college's standards.

In the logic was that those receiving federal aid and assistance should maintain a higher standard than others, that would be one thing. But come on, it isn't. Recipients of the Basic Educational Opportunity Grant and other federal aids have no other standard than those set by the school.

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The New York Times states that Harth is "clearly one of the finest violinists this country has produced." He has been acclaimed by critics as a soloist of extraordinary musicality and technical brilliance and for his maturity, individuality, and imagination.

Tickets at $4.00 (general admission) and $2.50 (students and seniors) are available at Harris’ Riverside and San Bernardino, Chevney’s Music, UCR (University of California, Riverside), and at the door.

Violinist in Riverside

Sidney Harth, renowned violin virtuoso, concertmaster, will appear with the Riverside Symphony Sunday afternoon, Jan. 30 at 3 p.m. at the Municipal Auditorium (7th at Lemon, near the Mission Inn). He will play Beethoven’s Concerto in D for Violin and Orchestra.

Lawrence Christenson conducts the orchestra in two additional numbers, Mozart’s Overture to The Abduction from the Seraglio and Symphony No. 2 by Sibelius.

Charlene — another forgettable album

By Kerry Kugelman

With all the success of upper echelon rock stars apparently blinding their good sense, a lot of would-be stars forget that with few exceptions, successful careers are brought about through hard work, dedication, and above all, creativity. "Charlene," fails miserably in its execution of these contributions. Almost every track sounds like two or three others, and the only song which begins to approach acceptability, "Shake A Hand," has such unexciting lyrics that it makes the Monkees look like a candidate for a Grammy.

All is not bleak as it may seem, though. Charlene (the artist, not the album) is blessed with a good voice, and if she can possibly inject it with enough vim and vigor to inspire her lyricist/composer team to more expressive outpourings, she just might have a good shot at selling some records, as well as making a viable musical contribution, too.
Letters To The Editor

Hatchet job protested

Dear students,

As a result of an editorial published in last week's PawPrint about the new plus-minus grading system, which has been directed by the ASB Executive Cabinet to investigate this issue, ASB government officials are concerned that this system is not working as intended and is not accurately representing the standards of the students. We encourage students to provide formal input into the decisions regarding this grading system.

It was my understanding that last year students were involved in this decision, and if this is not the case, for one would be very upset.

What all the relative merits of this system as opposed to the present system are, I don't know. There are, however, a number of questions I have about the new system. This is an experimental program and I feel that its implementation should be watched carefully by the students of this campus.

If you would like to help provide direction to your government on this issue, please write or call the ASB office (887-7481). We welcome comments and suggestions.

Kevin Gallagher
ASB President

Science and Health

Life expectancy changes

By Dr. David Hendrickson

Today's female citizen of the Roman Empire reached 60 years of age, her life expectancy was significantly shorter, than that of a 60 year old female citizen of the United States today. How could that be anything but "true"? After all, today we can treat prostate, obstruction, surgical pin broken hips, treat infection with antibiotics, place the heart attack victim in a coronary care unit, and treat cancer with surgery, drugs, and radiation. Yet, as you've probably guessed, the answer is "false". Despite the progress biologists and modern medical science has lengthened the life expectancy of society, the average citizen, simply do not support this.

The dramatic change that has occurred in life expectancy is in the early years of life. For example, today in this country, one out of five male child has a life expectancy of early years, while in the Roman Empire, it was one out of five. Thus, while we live longer today, in our society, can expect to live 10 years fewer than females, however some 2000 years ago in Rome, they fared better than females by a couple of years, probably due to the high mortality of childbirth.

As we have seen, the causes of death in the early years have been reduced or eliminated. What would happen if the present first and third leading causes of death heart disease and stroke were eliminated? In that case, approximately 30 years of additional life could be expected. If the second leading cause cancer were eliminated, two more years of life expectancy could be added. Interestingly, this 20 year gain approximately equals that achieved in this country from 1850 to 1950.

The ultimate question in a discussion of this type is to ask the effect on human longevity of all causes of disease and accidental death were eliminated. The answer is that we would live our lives free of the fear of premature death but with the knowledge that our physiologic degeneration would result in death near our 100th birthday.

While the decrements in the various human physiologic functions show variation with and between individuals, they all show a slow, usually linear, decline beginning about age 30. This loss is thought to be 0.8 to 0.9 per cent per year.

Thus the disease oriented approach to medicine can increase life expectancy to some upper limit, but it will not impact on life span. The same can be said for choosing to lead a healthier life. Proper diet and exercise, treatment of diseases and abstinence can increase life expectancy and at a considerable cost savings to society and yourself, but probably won't increase life span.

If such an increase is desired, and that to me is a most point, research will of necessity have to concentrate on the aging and death of the individual cells composing the organism, rather than disease. That type of research is being conducted by some physiologists and cell biologist.

In my own defense, however, and by way of conclusion, permit me to quote comments by Professor Gerald Newman of Kent State University, "I'm convinced that Revolution and the Revolutionary Ideal really is an extremely good and important book in an unusal and useful format. You esy away, in your very sensible and humane introduction, from rigidly defining the concept of revolution, yet everything that follows the introduction gives proof of the depth and breadth of your interpretation...I admired the ease with which you combined your revision and comparison with an evolutionary and historical approach to the elaboration, over the past two centuries, in so many varied climates, of the concept of revolution. The book is liberally sprinkled with valuable insights into the nature of ideology and glitters with telling images and illustrations...Not only do you show the real nature of ideology, but you combine this with nice touches of political analysis.

ASB wants to help

By Michael S. Messer

Every institution needs a form of government so that it may function in a logical and economical manner. Any college campus is in fact an institution of one form or another, and therefore "good" government is essential. In my opinion, "good government" should consist of the following: (1) communication between students and officials; (2) active participation in ASB government functions; (3) to bring these two entities into light in the near future. Doug Cole and I recently enacted a bill which makes it mandatory for all ASB members to wear their ASB buttons while on our Cal. State Campus. If you have any "blitches," "gripes," suggestions, etc. please contact any one of us and we will do our best to help.

In the very near future there will be suggestion boxes placed in various locations around the campus. Once again drop us a line and let us know how we can serve you, the students, in a better fashion.

STUDENTS

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SCHOOL DINE

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Interview

Hypnotism useful—requires caution

by Sydneyle Moser-James

Mel Osburn is a 38 year old senior majoring in psychology. He is married, has three children, and works full time as a Journey man electrician at Kaiser Steel. Mel is also a hypnotist and has been working and studying in the area of hypnotism all para-psychology for more than ten years. After learning about some of Osburn’s experiences in these areas the PawPrint decided to interview him.

Question: Was your interest in hypnotism what got you started going back to school? (Note: Osburn originally studied to be an electrical engineer, but decided to go back to school for several years; a guy at his former house is a senior majoring in psychology.)

Mel Osburn, resident hypnotist, is on the process of completing a masters project on hypnotism. Photo by Keith Legerat.

A: After I had studied everything I could get my hands on for several years; a guy at the University of California Berkeley. I went ahead and put him under and found that there was nothing to it. It seemed to me after that time that I had grown enough knowledge about the subject that everything just fell into place, like I had been doing it all my life.

Q: How did you actually get started doing hypnosis? Where did you get your training?

A: After I had studied everything I could get my hands on for several years; a guy at the University of California Berkeley. I went ahead and put him under and found that there was nothing to it. It seemed to me after that time that I had grown enough knowledge about the subject that everything just fell into place, like I had been doing it all my life.

Q: That seems a little risky.

A: Well, you have to be very careful just in the way you give suggestions. A person in the hypnotic state will often take things quite literally and that may not be the way you intended your instructions at all. So you have to always be able to bring someone out of the state. It's a little bit shocking when you have a person in the hypnotic state and everything is going along fine, then suddenly the person goes into hysteria. It is something you have to always be careful for. After I have hypnotised someone I always feel very drained. I guess, I'm trying to be so alert and watching their physical reactions, their breathing, pulse rate, and facial changes in addition to observing their emotional state. It leaves me exhausted.

Q: Have you had any situations that have really frightened you? Have you ever been afraid that you wouldn't be able to bring someone out of the state?

A: No, there is no danger of not being able to bring them out. There was one situation I had that was a little frightening. I had hypnotised this girl back to a dream she had and was having her explain the symbology, and it got into some heavy stuff. Some other things were working there that I didn't understand. It was as if some external energy was working there within the dream. She got to talking about this evil presence and I decided that it was time to stop this and bring her back.

Q: Would this headache be from the emotional state they were in or might it be from some physiological cause?

A: I have some personal ideas from what I have seen. A person in the hypnotic state seems to have an increased pulsation in the arteries in the neck. This might indicate that there is an increased blood supply to the brain. It could be that this increased pressure could cause minor headaches in some people.

Q: Earlier you made some comments about people who treat hypnosis as a game. How do you feel about people who do hypnosis for entertainment?

A: You sure hit one of my sore spots there. It shouldn't be allowed. The potential there for injury is terrible. This is my own opinion, but I believe the potential is there for both mental and physical injury. One of the most common physical things they (the hypnotists) do is have a subject lie extended across a couple of chairs, and have several people come up and sit on them. The human mind in this state is unbelievable. The mind will do as directed and keep that body rigid, even to the point of breaking bones. Now if a person happens to have brittle bones, which is something the hypnotists (the hypnotist) do have some personal ideas in or might it be from some physiological cause?

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disturbances may originate at a subconscious level. Now if they have a person up there in front of the audience, telling them what they are being laughed at and all. Now even though the hypnotist usually produces amnesia, which is easy to do, where the subject has no conscious memory of the incident, consciously, some people, this could really do good idea, to ever have a person college. I was going to show the hypnotistic ability the mind has as stale, that I would bring her out, and in exactly five minutes, she would go back into the hypnotic state, without my ever saying a word to her. I brought her out and turned my back to her while I was working with another subject. I knew that in exactly five minutes she would do as directed, and she did. But this struck the audience as funny and they started laughing. I brought both the subjects out immediately and told the audience that there would be no laughing or I would cease the demonstration immediately. You never know how the subject will take that. It's much better to be cautious. Another thing about the stage show bit is that it hinders the use of hypnosis as a therapy at all in the stage. Suddenly, I realized that quite a few people in the audience were visualizing and that one would never get me in a situation to be hypnotized.

Q: I saw one such show in a night club and it left me with a lot of uncomfortable feelings. The hypnotist was aware that he was hypnotizing all of the subjects and putting them under. They were about to go to a place which was amazing, and I was sitting toward the back, paying more attention to the audience than to the stage. Suddenly, I realized that quite a few people in the audience were visualizing and that one would never get me in a situation to be hypnotized.

A: That's exactly it. This is a very valid assumption. When you

Q: There have been suggestions in the past few years that some of the more popular evangelists and religious leaders are actually performing a type of mass hypnosis on their followers. If I think the references are to some of the ministers who elicit tremendous emotional response from the audiences and perform "healings" of the sick and afflicted. Do you think that this is a form of hypnosis?

A: Well, this is like Jung's Collective Unconsciousness. But on individual regression I don't think this is the case. It's too factual. Why would they be able to tap just a selective memory? If it was tied in with a collective unconsciousness, you would not be a selective personality. But in age regression you can go back and pick up that particular personality. No matter how many times you do it, you still get that one personality and past.

Q: There are about six hundred people in the audience, and they are all seated. Suddenly I realized that quite a few people in the audience were visualizing and that one would never get me in a situation to be hypnotized.

A: Yes, this is the only way you could do it. It is strictly a selective personality. But in age regression you can go back and pick up that particular personality. No matter how many times you do it, you still get that one personality and past.

Q: Do you mean that you can only establish factualness by the things that you are getting? Like maybe going back one or two generations? If that is established as valid, then you would assume that the rest was true?

A: Well, this is like Jung's Collective Unconsciousness. But on individual regression I don't think this is the case. It's too factual. Why would they be able to tap just a selective memory? If it was tied in with a collective unconsciousness, you would not be a selective personality. But in age regression you can go back and pick up that particular personality. No matter how many times you do it, you still get that one personality and past.

Q: Do you mean that you can only establish factualness by the things that you are getting? Like maybe going back one or two generations? If that is established as valid, then you would assume that the rest was true?

A: Yes, this is the only way you can really do it. It is strictly assumption.
Ski areas report conditions still good

By John Patrick Whitehair

One of the best reasons for living in the San Bernardino area is the closeness and number of ski resorts in the immediate area.

Within a 30 minute drive from Cal State there are several resorts that rival Mammoth and Lake Tahoe.

The hot dry Santa Ana winds last week did little to improve the ski conditions at the local slopes, however most areas are reporting good to excellent skiing at the higher elevations. And the resorts that make their own snow say the skiing is excellent on a good packed base.

Mountain High Ski Area in Wrightwood is one of the oldest ski areas in southern California and is know as many as Blue Ridge.

Mountain High has two double chairlifts, groomed ski slopes, lots of parking, a lodge, restaurant, bar, ski school and guaranteed snow November through April.

The various slopes present trails which are gentle enough for beginners and other more gradual inclines perfect for intermediate skiers, still steeper runs for the more skilled skiers and lots of crosscountry area for the more strenuous skiers.

The new chairlift near the top of Mountain High leads to several slopes. Lower slopes are gentle enough for beginners and other more gradual trails. Lower slopes are ideal for beginners and are served by a double chairlift.

Races are held every Friday, Saturday and Sunday strating at 12 noon and are open to all.

Lift tickets are $8.50 on weekdays, $9 for all day, and $5 respectively. Lodging is also available nearby.

Holiday Inn, two miles from the village of Wrightwood, offers beginners, intermediate and advanced skiers slopes to meet their level of proficiency.

At both the top and bottom of 24 mountain are beginner runs; intermediate skiers have a choice of terrain and the experts have Olympic Bowl to challenge.

Daily lift tickets are also available. Daily lift tickets are also available. Daily lift tickets are also available.

Three double chairlifts, two rope tows and a platter pull are in operation all day. Food and instructions are available, and a ski shop is located right on the mountain.

Snow Summit in Big Bear has one of the most extensive snow making facilities of all the local slopes. There are three double chairlifts and a quadreuplet lift serving the Bear Bottom beginner area.

Snow Summit offers night skiing from 4:30 to 10 p.m. on Wednesdays, Fridays and Saturdays. Lines to get on the lifts are smaller at night and dedicated skiers can get in all the runs they want for less cost.

The Summit Inn at the base of the mountain has a bar on Saturday and Sunday afternoons. During Saturday evening, all the other usual resort facilities are available.

Located on Highway 18 near the Big Bear Village, Snow Summit is open seven days a week during the season, lift tickets are sold out early on weekends; long lines also on weekdays.

Goldmine Ski Area, two miles east of the Big Bear Lake Village and north of Snow Summit, has southern California's longest and highest chairlift that raises to 8,600 feet. There are two double chairlifts, rope tows, a poma lift, ski rental and ski instruction, and a ski chalet and restaurant serving cocktails.

Lift tickets for adults are $8.30 for adults and students get a $1.30 discount on weekdays. A beginners package includes one lesson, lift ticket and all equipment for just $18.00.

Snow Valley Ski Area near Running Springs has the only triple chairlift in California. There are 19 ski runs plus variations, 4 percent beginner, 30 percent intermediate and 25 percent expert.

A total of seven chairlifts and three rope tows take skiers to the slopes, and Snow Valley has one of the better beginners slopes in California.

All the usual facilities, a package deal including lift ticket, a lesson and equipment is $18.00. Lift tickets are $9 for all day, and students get a $2 discount on weekdays.

Green Valley Ski Area near Green Valley Lake, north of Running Springs off of Highway 18, has two poma lifts and two rope tows. Located off the beaten track, Green Valley is usually less crowded than other resorts.

Rental lift tickets for the Poma lift and all tours are $6 for the whole day. Equipment rentals and all the usual facilities are available.

Next week: A comparison of local ski shops and prices.

Heart problems

"Heart problems are our number one killer in the United States. Learn to handle chronic stress and tension before it becomes you.

Dr. David Kantorowitz, who gives this warning, will conduct a weekend seminar Jan. 28 and 29 on ways to manage these threats to good health.

The extension course, open to any interested adult, will meet from 9 to 10 p.m., Friday, and 9 a.m. to 4 p.m., Saturday, in Room 209 of the Library Building at California State College, San Bernardino.

Successful behavioral approaches for overcoming the irrational fears, stress and anxieties found in one's daily life will be studied in the course, says Kantorowitz, an assistant professor of psychology at the college.

An independent study format may be arranged with the consent of the instructor.

Cost of the one-unit psychology course, "Management of Anxiety and Stress," is $20. Registration may be arranged in advance through the Cal State Office of Continuing Education.

The Business Management Club invites All Administration faculty and staff, present and prospective members of all administration clubs to The Annual Student/Faculty Volleyball Game

Date: Saturday, Feb. 5
Time: 3 p.m.
Location: Cal State Large Gym
Join us after the game for Dutch treat at the Pizza Chalet
215 E. Highland Avenue
San Bernardino
(across from Baskin & Robbins)
This will be followed by a BYOB gathering at the apartment of Roger & Marilyn (Meyers) Odle
at 7:30 p.m.

Come to have some fun and socialize with us! Sign up with Jennifer in Ad-140 and pick up a map to the party.

Juggle the books. Set fire to the factory. Supply women for the clients. Harry Stoner will do anything to get one more season.

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Next week: A comparison of local ski shops and prices.
**Intramurals**

By Laria Dieffenbachia

**Basketball**

This quarter's big intramural sport event is 5-person basketball. The games will consist of two 30-minute halves. These games will be played on

- **Wednesday, 2 to 6 p.m.** ("A" League) and on
- **Fridays, 2 to 6 p.m.** ("B" League).

A big plus in this year's play is the fact that in addition to playing in their own Monday league, there will be women on some of the "B" league teams.

The "A" league players will tend to be the more "highly skilled" while the "B" league will be "low key" competition or fun. So come on out and get involved.

Any questions — contact J. C. Wright, Joe Long or Sandy Carter.

Challenge: Who wants a little sporting "intellectual stimulation"? Here's your chance! Sign up for the intramural chess tourney.

**Volleyball**

6-person volleyball has begun. It is being played on Mondays from 4 to 6 p.m. There is both power, or "A" league, volleyball and social, or fun, volleyball. See you there Monday!

**Table Tennis**

Is this how you "match up" or tennis whites? Never looked good in tennis whites? You never scored in a love match?

**Women's League**

On Mondays from 2 to 5 p.m. will be the growing phenomenon of women's basketball. On this campus, as all over the world, women are becoming much more involved in this one time all male sport.

The area is still in need of players to form more teams as well as to fill out existing ones. So come on out and get involved.

**Attention CSCCB Women**

We are presently recruiting women 18 or older to play Rugby Football. We need strong-willed and/or strong-bodied athletic women who like contact sports, competition, travel and teamwork. We are the sister-club to Riverside College and most members are currently members of CSCCB campus.

Our schedule takes us to UCLA, UC San Diego, Bakersfield, UC Santa Barbara, Belmont Shores, and other established Rugby Clubs. We just competed at a large tournament in San Diego where we enjoyed the fellowship of other male and female "Ruggers," free beer, parties and lots of Rugby. The season peaks in beautiful Santa Barbara in the spring where over 100 men's teams participate as well as women's competition — with more of the aforementioned as "fringe benefits."

If you're interested, we want you! Please call Joy Kimball 875-9550 (leave message) or 874-0755 (after 8 p.m.).

**Reminder**

Students are reminded that tomorrow is the last day to drop classes. Students are also urged to check their Student Assignments at the Information Counter at the Admissions Office.

**Campus Calendar**

**Tuesday, Jan. 25**

- **ASB Senate**, 7 a.m., C-219.
- **Business Management Club meeting**, 11 a.m., LC-287.
- Gay Students Union meeting, 12 noon, PS-105.
- **Christian Life Club meeting**, 12 noon, C-125.
- **MECHA Club meeting**, 1 p.m., LC-245.
- **Inter-Organizational Council meeting**, 3 p.m., C-219.
- **ASB Activities Committee meeting**, 3 p.m., ASB Trailer.
- **Serrano Village Council meeting**, 6 p.m., C-219.
- **ASB Executive Cabinet meeting**, 8 p.m., SS-171.

**Wednesday, Jan. 26**

- **External Assessment**, 8 a.m. - 6 p.m., LC-500.
- **LDSSA**, 8 a.m., C-219.
- **Early Childhood Club meeting**, 12 noon, C-219.
- **Newman Club**, 12 noon, C-125.
- **Faculty Development Panel Discussion**, 2 p.m., C-104.
- **International Club meeting**, 3 p.m., C-219.
- **Young Libertarian Alliance**, 8 p.m., PS-105.

**Thursday, Jan. 27**

- **CSEA meeting**, 12 noon, C-219.
- **Sociology Club meeting**, 12 noon, LC-287.
- **Woodpushers Anonymous**, 7 p.m. - midnight, SS-Atrium.
- **Friday, Jan. 28**
  - Film: "Save the Tiger," Rated R, 6 p.m., 8:30 p.m., PS-10.

**Sunday, Jan. 30**
- **Chamber Music Concert**, 7:30 p.m., PS-10.

**Monday, Jan. 31**
- **LDSSA**, 8 a.m., C-219.

**"What is a Ruggard?"**

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