Kazlo elected N.O.W. Pres.

By John Patrick Whiteharp
Martha Kazlo, Cal State psychologist and counselor, was recently elected president of the San Bernardino and Riverside chapter of the National Organization for Women (N.O.W.).

The local 150 member chapter meets every month in Redlands and includes both men and women members.

N.O.W.'s purpose is to take action to bring women into full participation in the mainstream of American society, and to share all the privileges and responsibilities in equal partnership with men, she said.

The group is seeking equal rights and responsibilities for women in all aspects of citizenship, public service, employment, education and family life, and also freedom from discrimination because of marital status, parenthood, sexual preference, and past personal history, she said.

Kazlo was elected president of the group 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 to support 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 can not own property apart from their husbands, and divorced women 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.

MARTHA KAZLO, the New NOW president. Photo by Keith Legeret.

The group is asking people not to buy record albums manufactured by Electra, Warner and Asylum 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.

Kazlo would like to see more Cal State students, faculty and staff join the organization.

Future plans call for increased public awareness of the group's programs and projects, and a stronger effort will be made under her leadership to get all members actively involved in the groups functions, she said.

The local chapter meets the first Thursday of each month at 7:30 p.m. in the Redlands YWCA, 16 E. Olive Street, Redlands. Child care is available.

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 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 1927 composition by Louis Ruff, a member of the Cal State studio music faculty, will also be on the program.

"QLVTXBFDCZHK," pre-composed material with improvisation, will feature Riedel on electric piano; James Teel on synthesizer (synth and moog); Stephen Teel on flute; 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' "Khaldi, Opus 91," concertos for trumpets, piano and percussion; and Earle Brown's two-piano "Corroboree."

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; Concert Band, March 6; and Chamber Orchestra, March 13.
Secretary 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 Paw Print. Caroline Rounds is blind. She is the only blind secretary on campus. “I work,” she says. At the office she has her Braille writer for making labels, memos, and phone messages, “I use the Braille writer for making labels, memos, and phone messages,” Caroline said, “and all files are Braille. 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 make 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 divisions she has labeled in Braille so she can see which appointments go on which days. After Brailing an appointment on paper she can fold 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 Paw Print. This closed circuit TV will project on the screen anything it views to the size of an “A” 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 now she knows which phone rings on the office’s four-extension telephone Caroline said that she is not authorized to answer the phone, “I have a heat-detecting gadget that buzzes if held over a flashing extension button. There’s even a gadget now that can be put on the finger for answering telephones this way.”

“A lot of it is a matter of being organized,” she said, “I have a friend who has 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 bushes 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. “I know what it’s like.”

CAROLINE ROUNDS discusses the means by which she is able to do the job of secretary. Photo by Keith Legrate.

Committee discusses goals

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, which 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 the sale of wine also.

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.

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 Fugues was appointed as a new member of the Governance Committee.

Free career guides

The Career Planning and Placement Center 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 your inspection.

Correction

An erroneous statement appeared in the Jan. 18 Paw Print story of the Jan. 12 ASB Senate meeting.

ASB Senate President did not move that the ASB big be raised. He only placed the subject before the senate as a matter for discussion.

What is perhaps the all-time American film comedy classic is scheduled for tomorrow’s offering at 1 p.m. in the Listening Facility on the Library’s fourth floor: “It Happened One Night,” starring Claudette Colbert and Clark Gable.

Students of Americana should put this on their “must see” list. The late, unlamented Literary Digest for March 10, 1934, reviewed the film thusly: “It provided the biggest laugh of the evening...”

And hysterical.

Enjoy a new more relaxing atmosphere.

Spaghetti Mill
236 W. Highland
San Bernardino
**Benchwarmer College cafeteria is game**

**THE BENCHWARMER**

Hi Bob! I went down there and they call the Commons last in. I could see that it was opened and offered his fool head off. I was what to do so I started pounding asked him how he did it and he said that there was some kind of a ball. better get something more to eat. There was this ice cream machine, all you want on a cone for 20 cents. Well, I pilled it up (that's one bargain at the Commons) like you wouldn’t believe. When I got done, my cone looked like candy cotton. This time when I went through the cashier and gave him a number he got real made at me, but not because my cone fell in his cash register.

Wait, I finished what was left of my cone and started asking for someone to exit or enter. When all of sudden the Beef Dip started playing MacArthur and started to return. I soon discovered why they have those restrooms so near the door.

The only thing I can say about the Commons now is, that we should do one of four things with it:

1. Take it out and shoot it.
2. Start writing odes to the food people and the rest of the people that have to eat there.
3. Write Jimmy and ask him to declare it a disaster area and have him send in emergency food relief.
4. The worst of the alternatives, do like many schools in the South are doing, invite MacDonalds on the Commons.

By Kerry Kugelman

**Charlene — another forgettable album**

**By Kerry Kugelman**

With all the success of upper echelon rock stars apparently blinding their good sense, a lot of who will be lost for that with few exceptions, successful careers are brought about through hard work, dedication, and above all, creativity. Charlene is a good (or bad) example of what can happen when an artist is overwhelmed by a lot of good, inventive talent trying to help her out, and forgets to lend any creativity herself, in this case with very negative results.

Sounding like a refugee from the days of bubble-gum pop, this album is all but a lost cause. Though graced with several arrangements by Gene Page, who is well known to Barry White and Elton John fans, and a song written by Stevie Wonder, “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 as 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 expansive touring, she just might have a good shot at selling some records, as well as making a viable musical contribution, too.

By Ron White

**Violinist in Riverside**

Sidney Harth, renowned violin virtuoso, concertmist and author, 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 Christianson conducts the orchestra in two additional numbers, Mozart’s Overture to The Abduction from the Seraglio and Symphony No. 2 by Sibelius.

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), Cherry’s Music, UCR (University of California, Riverside), and at the door.

**By Hank White**

When G. I. Bill, which had an eight percent raise and increased the entitlement from 36 to 45 months, was signed by President Reagan, little did most expect that along with these benefits came a new “get tough” policy towards Veterans using these benefits.

Congress in its rush to do something for the veterans, when 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 withdrew from or received an NC grade in.
2. A Veteran must complete more than half of 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.
3. Add that to the existing rules of VA “standards of progress,” and what you have is a system that is severe, punitive, and offers no assurance of doing what they are intended to do.

The rationale behind these new regulations is that they are needed to prevent overpayment and insure that Veterans are indeed proceeding, as they are supposed to, toward some educational goal.

Yet, the new G. I. Bill will eliminate the system by further reducing the present system, the G. I. Bill checks. Under the new system checks will be mailed at the end of each month. Advance pay is obtained by filling out a certification form in which the veteran will have to demonstrate financial need.

In a matter of speaking there is no real overpayment. In theory, the VA can collect from the Veteran. Also, each year a certain amount of money is budgeted for overpayment; therefore, only one to two percent of all Veterans enrolled under the G. I. Bill were overpaid and the situation resulted in public pressure on Congress and the VA to do something about it.

The new law cannot recover the overpayment just by the old method of only hurting Veterans who need the money for registration, tuition, books, etc. If a change was needed it should have been in the area of collection of the overpayment, not where it hurts needy Veterans.

**News for vets**

Bill gets tight

There are other considerations at stake. Who should be doing 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 schools 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 blanket discrimination. 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. Of course, though, he might still be OK on the college’s standards.

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

The new law may slow down the overpayments, but the damage they may have already caused would be more than any alleged good they offer. What other program has less than a two percent ripoff? What other program has graduated so many College graduates? With the new regs more than a few Veterans will probably be forced out of school. The new regs were not liked or trusted among many Veterans as it is. The new regs will do damage. Bridging this gap between the Federal Government and many Veterans will require some extra efforts.

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Science and Health

Life expectancy changes

By Dr. David Hendrickson

The Roman citizen lived much longer than the male citizen of the Roman Empire. 60 years of age, his life expectancy is significantly shorter, than that of a 60 year old male citizen of the United States today.  How could that be anything but "true"? After all, today we can clean prostate obstruction, surgical pin broken hips, treatment 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 of modern medicine, modern life expectancy has not increased, and scientific facts, 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, a one year old child has a life expectancy of 60 years, while in the Roman Empire, it was only about 24 years. Why the change? 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 40 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 1900 to 1950.

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 healthful life. Proper diet and exercise with doses of moderation and abstinence can increase life expectancy, and at a considerable cost savings to society and yourself, but probably won’t increase life span.

While the decrements in the various human physiologic functions show variation with between individuals, they all show a slow, usually linear, decline beginning about age 30. This loss is thought to be 6.8 to 0.9 per cent per year.

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 healthful life. Proper diet and exercise with doses of moderation 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 moot 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 biologists.

In my own defense, however, and by way of conclusion, permit me to quote from 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, as an unusual and useful format. You shay 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..."
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 and para-psychology for more than ten years. After learning about some of Osburn’s experiences in these areas, the PawPrint decided to interview him.

Q: Was your interest in hypnotism what got you started going back to school? (Note: Osburn originally majored in electrical engineering, but decided during halfway through that program that it wasn’t what he wanted.)

A: Yeah. Basically because I could use this tool like I knew it should be used. I want to be a clinical psychologist and I want to be able to use hypnotism as a tool. It’s not a substitute for everything. Some people, you wouldn’t think of using hypnotism. But with a lot of cases, it’s a good tool.

Q: What kind of precautions do you take?

A: Well, you have to be very careful in the way you give suggestions. A person in the hypnotic state or on the first time without some supervision?

A: No, not really. Well, not in this sense — I had studied so many books on inducing the hypnotic state and I had developed such a respect for it. A person’s mind is what you are hypnotic state will often take things quite literally and that may not be the way you intended your instruction at all. I remember one day I was putting on a demonstration at Valley College and I had told the subject that the number five, would no longer be part of her vocabulary. This was a post hypnotic suggestion. I brought her out and asked her to count. She went: 1, 2, 3, 4, 6, 7, 8, 9, 11, 12, 13, 14, 16, etc. You see, I had said the number five but she was very mathematically inclined. To her, if there was no five, there could be no multiples of five. This is an example. But like in a therapy session, you have to be very careful in the way you suggest things. A person in the hypnotic state will often take things quite literally and that may not be the way you intended your instruction at all.

Q: Have you had any situations that have really frightened you?

A: One situation I had was the little frightening, I had regressed 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 something external was there within working the dream. She got talking about this evil presence and I decided that it was time to stop this and brought her back.

I would have liked to have pursued it in more depth and had the time to work through it carefully. It was a little frightening to me, but you have to remain in control of yourself, to be able to bring them out of the trauma or to be able to control the trauma. Like, if you were in a therapy situation, going through the trauma might be exactly what you wanted them to do.

One hypnotherapy treatment method is a systematic desensitization. You have them relive the trauma over and over again and each time you tell them that there will be less emotional involvement on their part each time they experience it. Eventually they reach the point where the trauma doesn’t bother them. It seems to be very effective.

Q: Are there ever any adverse effects to the subject after a particularly heavy session?

A: Sometimes, after a person has been in a hypnotic state, they will come out with a headache, and that’s why you always have to be concerned with them after they come out. If they do have a headache, it’s very simple to put them back in and then you give the proper suggestion to alleviate it.

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 chair, and have several people come up and sit on them. The 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 in the stage shows have no way knowing, bones could be broken all through the body. That’s the potential injury, this is where there is even more danger.

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

You are invited to attend any or all of the individual sessions which will be held in the Learning Center (LC-27, Library Building, Basement) and the Library Conference Room (LC-130, Library Building, First Floor) as scheduled below.

We hope you’ll come and join us!

Book Research: Introduction to Reference Materials
Wednesday, Jan. 26, 3 p.m. • LC-130
Practicum: Reference Materials
Monday, January 31, 3 p.m. • LC-130
Tuesday, Feb. 14, 3 p.m. • LC-130
Wednesday, Feb. 2, 3 p.m. • LC-130
Practicum: Researching Journal Literature
Wednesday, Feb. 9, 3 p.m. • LC-130
Writing and Revising the First Draft
Tuesday, Feb. 14, 3 p.m. • LC-130
Wednesday, Feb. 16, 3 p.m. • LC-130

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disturbances may originate at a subconscious level. Now if they have a person up there in front of the audience saying things that they are being laughed at and all. Now even though the hypnotist usually produces the audience doing ridiculous things the subject has no conscious awareness of their subconscious never forgets. Their subconscious might work and they might say that they were ridiculed and laughed at. With some people, this could really do damage and manifest itself into the conscious state. It’s just not a good idea, to ever have a person laughing at you in the state.

I remember one demonstration that I was doing at another college. I was going to show the fantastic ability the mind has as far as recording time. I had told the subject while in the hypnotic state, 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 hypnotic stage show bit is that it hinders the use of hypnosis as a therapy at all in the state. People watching these shows and watch people being made points of ridicule, and they say if someone were to ever get me in a situation where they 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 hypnotic stage show bit is that it hinders the use of hypnosis as a therapy at all in the state. People watching these shows and watch people being made points of ridicule, and they say if someone were to ever get me in a situation where they 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 hypnotic stage show bit is that it hinders the use of hypnosis as a therapy at all in the state. People watching these shows and watch people being made points of ridicule, and they say if someone were to ever get me in a situation where they 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 hypnotic stage show bit is that it hinders the use of hypnosis as a therapy at all in the state. People watching these shows and watch people being made points of ridicule, and they say if someone were to ever get me in a situation where they 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 hypnotic stage show bit is that it hinders the use of hypnosis as a therapy at all in the state. People watching these shows and watch people being made points of ridicule, and they say if someone were to ever get me in a situation where they 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.

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

Foreign study forms available

The International Programs, which is responsible for sending approximately 360 students from the entire California State University and College (CSUC) system to foreign countries this academic year (1976-77) is now accepting applications for the next academic year (1977-78). This year three students from CSUB are studying in a foreign country as the result of the International Programs. So far, five CSUB students have applied for next year. The deadline for applications is Feb. 11; however, applications will be accepted after that date under mitigating circumstances.

The International Programs are sending students to the following countries: Denmark, France, Germany, Italy, Japan, Mexico, Republic of China, Spain, Sweden and United Kingdom.

The basic requirements that the student be a junior, senior or graduate, attain an overall GPA of 2.5 , 1.0 for Israel New Zealand and United Kingdom) and a certain foreign language proficiency where required.

Expenses such as tuition and other instructional expenses are paid for by the State of California up to approximately what the State pays for a student's education within the CSUC system. Overseas students must be prepared to pay for room and board, home campus fees, books, etc. Various financial aid programs, except work-study, are available.

Applications are first processed through International Programs' Campus Representative Mireille G. Rydell (U-231). The application and all evaluation sheet filled out by the campus representative is forwarded to the Academic Standards Committee of the Faculty Senate. Their decision is based on the application, evaluation sheet and the student's transcripts.

Final decision is rendered by the International Programs in Louisville, Kentucky.

IOWA Wild South

BUDDY REED &
THE BLUE ROCKETS
KANTUCKY

FRI, FEB 4th @ 7:30 PM
upscale at
THE FOOD TIME MARKET
1601 CENTER STREET
KENTUCKY

A Riverside psychologist was telling me recently about something he had read involving hypnosis. There was a case where they had progressed a subject into the future, one hundred years and they did the same thing. They became another personality in the future.

Q: Wow, that certainly has some interesting implications.

A: Yeah. I think that's something you would have to handle a little more carefully than you would regression. I think there's ways you could do it so that you could see an event in their future life, such as their own death, and they would not be overly involved.

Q: You used the term "factual" a minute ago. How would you substantiate the factualness of something that occurred at the time of Atlantis?

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 out that particular personality. No matter how many times you do it, you still get that one personality and past.

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

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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 the 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 not do a whole lot 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 to many as Blue Ridge.

Mountain High has two double chairlifts, groomed ski slopes, lots of parking, a lodge, restaurant, bar, ski school and Daezimmered 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 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.

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-credit psychology course, "Management of Anxiety and Stress," is $25. Registration may be arranged in advance through the Cal State Office of Continuing Education.

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 quadraple 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 $8.50 for adults and students get a $1.50 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 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.

Ski rental and ski instruction, 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 6 to 10 p.m., Friday, and 9 a.m. to 1 p.m., Saturday, in Room 240 of the Library Building at California State College, San Bernardino.

SUCCESSFUL behavioural 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.

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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 & Maria (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.
Activities

Intramurals

By Laria Dieffenbachia

Basketball

This quarter's big intramural sporting 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 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, pick your league, and get out to the gym for a little b'ball.

Women's League

On Mondays from 2 to 5 p.m. will be the growing phenomenon of women's basketball. The games will consist of two 20-minute halves.

For more information, contact Joe Long or J. C. Wright in PE-124.

always freckled and burned in the sun?
Can't keep your balls in the court?

We'll keep our eyes on the prize.

Basketball.

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Table Tennis

Is this how you "match up" or tennis whites?
Your never looked good in tennis whites?

You never scored in a love match?

By Laria Dieffenbachia

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