April 29th 1987

CSUSB
Cinco de Mayo Celebrated Here

by Dennis Nadalin

Over 175 people attended the Hispanic Scholarship Awards Banquet and Dance last Saturday night here at CSUSB.

According to Paul Mata, President of the Latino Business Students Association, the profits of the dinner were over $35.00 per couple banquet and were going toward future scholarships. The $1,400 that was awarded to eight students at the banquet was collected from fund-raisers held earlier this year.

"We Hispanics chose Cinco de Mayo as our celebration because it provided us with symbols that relate to us," Mata continued. "You should know that the Mexican people don't celebrate Cinco de Mayo with the same vigor we do. Why celebrate this day?"

Cinco de Mayo celebrates Mexican independence from the French and Rivera talked about a full-blooded Zapotec Indian named Benito Juarez who has become a symbol of the Chicano.

There was a strong belief in Mexico at that time (in the 1860's) that those who were not European did not have the 'brains' to succeed academically, politically or socially," Rivera said. "Benito Juarez broke all odds and succeeded in becoming an attorney, Senator, Congressman and President of Mexico. Therefore we strongly believe that no matter what your background is - Indian - Spanish - Anglo - you can do it again and again until it was successful."

Currently, they are doing quite well in their studies and it is all because of their hard work. They are also in the process of writing a book which will help them get out of debt.

The presentation ran longer than expected but the 1000 people in attendance didn't seem to mind as they listened enthusiastically to two Americans who gave them a reason to be proud.

When asked if they would do it again, Rutan replied, "It was worth doing and if we would have failed, we'd do it again and again until it was successful."

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Letters

TO ALL STUDENTS AND FACULTY OF CSUSB:

Well, the results are in. The results are also absolutely fantastic. An incredible amount of students turned out to vote, with the magic 900 mark being smashed. The official number to vote was 922, thirteen per-cent of the total student body. When one considers that the state wide average is ten percent, it must mean that we did something right.

This incredible success is due to the massive amount of help contributed by many people. Mary Kehew in the A.S. office, the Student Union and its staff led by Helga Longin, Kathy Beemer in scheduling, Steve Nelson poster maker, Veda Hunz with Housing, the entire Serrano Village, John Tibbals and Pau Library, Al Saavedra and the entire custodial staff, Eldon Lawrence and the Chronical staff, Bill Fennell at Food Service, Randy Harrell and Tami Bakewell in Student Life.

The people who helped man the polling place in 90 degree heat also did a great job. These are: Sharon Stalcup, Karen Henry, Chris Schedt, Tonia Flowers, Bernadette Terry, and Ken Sieffert. The committee which was assembled also played a part in this success. These people are Troy Liggins, and Lori Ellison. They handled themselves well while I was away the week before the election.

Finally, let me congratulate the winners: Steve Hekman, President; Frank Novak, Treasurer. At this time, there will be a run-off between Curtis Bayer and Kaycee Crouse for Vice-President associated.

We've done a great job this year, but we can still improve much more. Who knows? Maybe next year we can all shoot at the average of all campuses in the U.C. system, not just the Cal State system.

Thanks again to everyone. See you next year for an even better turnout. U.C.s, watch out.

Sincerely,

Patrick Lewis
A.S. Election Chair

President's Letter

A.S. Power And Responsibilities

Dear CSUSB Student:

The first letter of information will be on the structure of the Associated Student Government. Before discussing the structure it is important to know the purpose and functions of the Associated Students Government which is to protect and further the welfare of the students body and the University. In doing so the Associated Students' government will be given the powers and responsibilities as follows:

- a. To act as the official voice of the student body.
- b. To raise and allocate funds.
- c. To coordinate and support campus activities.
- d. To serve as liaison between the students, faculty, and administration.

The three governing branches of Associated students consist of the Executive, Legislative, and the Judicial. Each branch will be discussed further.

EXECUTIVE

PRESIDENT—shall be the chief executive officer and official spokesperson for the Associated Students. The President shall have line veto power. The President shall be an ex officio, nonvoting member of the Board of Directors.

VICE-PRESIDENT—shall chair the meetings of the Board of Directors pursuant to the latest edition of "Robert's Rules of Order".

TREASURER—shall assure adherence to the Associated Students fiscal policies and procedures. The Treasurer shall be an ex officio, nonvoting member of the Board of Directors.

LENSITIVE

The Board of Directors consist of one representative from each of the recognized schools (Education, Humanities, Natural Sciences, Public and Business Administration, Social and Behavioral Sciences). One representative from the combination of Interdisciplinary Studies, Special Majors, and Dual Majors. One representative from Undeclared Majors. There may also be one representative of the University President whose status shall be ex officio and one representative from the Faculty Senate whose status shall be ex officio, nonvoting.

JUDICIAL

The Review Board shall be responsible for interpreting the constitution, bylaws, and other governing documents, policies and procedures of the Associated Students, and shall have the power to declare as void acts found to be in violation of or in conflict with the above mentioned documents. The Review Board shall have the power to enforce legislative penalties. A full Review Board shall consist of five students appointed by the President and approved by the Board of Directors. Members shall be appointed for terms of two years and shall be subject to a vote of the Associated Students Government. The President, after receiving an advisory opinion from the Review Board, shall select a Chief Justice from members of the Review Board. The Chief Justice will serve in that capacity for a period of one year.

The President, Vice President and Treasurer shall be voted on by the general student body and shall be elected by a majority of those students voting for each position. All other representatives shall be voted on by those students officially enrolled in each school of major, and shall be elected by a majority of those students voting for each position.

Should any questions concerning the Associated Students Government arise, please do not hesitate to see me during my office hours:

- Mondays- 12:00-4:00 p.m.
- Tuesdays- 4:00-6:00 p.m.
- Wednesdays- 3:00-5:00 p.m.
- Thursdays- 4:00-6:00 p.m.

Sincerely,

EIrond Lawrence
A.S. Election Chair
FMA Electing New Officers

by Paul R. Mata
Tuesday, May 12, 1987

The Financial Management Association will be electing new officers for the 1987-88 year. With the positive changes occurring in the Department of Finance, this year should prove to be an exciting one for the FMA.

The School of Business and Public Administration has plans to organize the members of the Board of Trustees into committees that will reflect a specific discipline. That is, firms that are of financial concern will be grouped together to provide a resource for possible internships, scholarships, and speakers. It will be up to the new officers to establish a relationship with the administration more than the ordinary member. This will make your part of the plan if you eventually approach for recommendations. What better avenue to prove your caliber than in an office of what proves to be one of the most exciting clubs on campus.

Some of the activities that you will be able to help coordinate are the Investment Advisory Committee, the Latino Business Students Association, the Young Bankers' Club, and membership of a sponsored mutual fund. If you are interested in any of the five available positions (President, Vice-President, Treasurer, Secretary, Publicity) contact Michael DeGrasse at (714) 862-3634 or come to one of our meetings. We meet every Thursday at 4 p.m. in the Oak Room (Upper Commons). Nominate yourself or someone you feel demonstrates leadership ability.

Through the combined efforts of the Cinco de Mayo Planning Committee, Latino Business Students Association (LBSA), Mexican Estudiantil Chicano de Aztlan (MECHA) and campus related departments, we hope through our effort to have presented the best Cinco de Mayo in the history of CSUSB. We encourage everyone to actively participate in the on going events.

SPECIAL THANKS TO:

Art Department
Associated Students Committee for Clubs
Economics Department
Intellectual Life
Geography Department
Spanish Department
Special Events
Student Life

The Coyote Chronicle

Library Acquires Map Collection

By Marina Parise
This fascinating collection will be kept on the first floor at the south end of the library in the bottom drawer of the file cabinet labeled "monographs on microfilm." The maps may be accessed through the card catalog by looking under "INSURANCE, Students of local history and urban studies will be particularly interested in one of the PuU Library's recent acquisitions. Through the generosity of the Library Associates support group, the library now has five microfilm reels of The Sanborn Fire Insurance Maps collection. Each reel includes maps for several California cities and towns arranged alphabetically and spanning the years 1830 to 1950. The five microfilm boxes are labeled respectively "Colton", "Fontana", "Redlands", "Riverside", and "San Bernardino." The box marked "Riverside" also includes "Fontana", "Redlands", "Riverside", and "San Bernardino."
Pfau Library Offers Computer Research Aids

If you need a bibliography of magazine articles and other sources for term-paper research, the Library's Interlibrary Service of the Pfau Library may be able to help. For a subsidized fee that varies with the complexity of the request and royalties of the particular files, you can obtain a list of circulations and even brief abstracts of research on a topic of choice. The Reference Department of the Library is ready to start when you begin any term-paper, since the people working there can usually suggest helpful strategies. While they can often demonstrate techniques for finding pertinent books and magazine through the normal channels, the staff might also recommend an electronic database search via remote communication. We have access to around 300 databases covering most academic fields. Because the computer’s high-speed power to look for and manipulate data, a custom search strategy can be devised. This strategy may not be lengthy but it can combine and filter concepts and synonyms. A regular manual search through card catalogs or printed indexes can not always provide such logical groupings of material without laborious double- or triple-checking. An automated search can actually eliminate some drudgery work while providing a helpful bibliography on several concepts. Despite the many advantages of database services, some drawbacks exist that prevent their use for all library research. First, the automated bibliographies produced by the service will include only items owned by our library. The online files do not represent an electronic card catalog of our books and periodicals. Whether they should be thought of as world, and particularly American efforts in whatever field. Second, these files do not go back, in most cases, further than the 1960’s in coverage. If you need to do some extensive historical delving, the electronic databases may never reach back far enough to find everything you need. The next problem is somewhat paradoxical: despite the speed of computers, you must have at least ten days or more to wait for the results of an in-depth request. We hope in the near future to answer requests with brief citation lists produced on the same day at the Reference Desk. With more extensive research, however, we need more time to carefully plan a strategy and to schedule the efforts of the staff involved. The installation of a microcomputer and high-speed printer this year should reduce return time to about a week. Eventually, the search is not free and can be expensive. The database utilities charge us for online time, telecommunications, and database descriptions. Regardless of whether you are paying 50¢ of the cost of database searches, but at this time we are paying 50¢ of the cost of student searches. Your share of an average search might cost between $10 and $20 for 25 to 50 citations from perhaps two files. Note that the Library’s budget does not allow us to pay all costs of database searches, but at this time we are paying 50¢ of the cost of student searches. Your share of an average search might cost between $10 and $20 for 25 to 50 citations from perhaps two files. Note that while some services are free, such as that of the Ada bibliographic data service, the Library’s budget does not allow us to pay all costs of database searches, but at this time we are paying 50¢ of the cost of student searches. Your share of an average search might cost between $10 and $20 for 25 to 50 citations from perhaps two files.

CSU Instructional Programs Receive Benefits from Lottery Funds

Most of the approximately $37 million in 1986-87 lottery funds has been allocated and is being used successfully to enhance and supplement CSU instructional programs, according to a report to the Board of Trustees on Wednesday.

Guidelines for the dispersal of lottery funds were developed by the Long Range Financial Committee and approved by the Board of Trustees. According to the criteria, 50% of the Lottery revenue was to be allocated to Systemwide programs.

Discretionary and endowment allocations were budgeted at 15 and 20 percent respectively. After deducting funds for research administration and continuing commitments.

The largest portion of unallocated funds is about $6.4 million, originally budgeted for one systemwide and 19 campus endowment funds. It’s anticipated that they will be established on June 1. "We may not get enough lottery revenue in the third and fourth quarters to fund the full $6.4 million," said CSU acting assistant vice chancellor, management and business analysis, Boyd Horne, but they will be funded to the extent possible.

The endowment accounts were set up to provide a long term, predictable income stream from net interest earnings on the capital. If the full amount is forthcoming, the smallest campus will receive about $190,000 and the largest around half a million dollars.

As far as endowments, 15 other programs received lottery funding this year. They are: master teacher stipends and scholarships, experimental clinical supervision, instructional computing access, instructional computing local time sharing, an interdisciplinary curriculum for educational computing, non-formula based instructional equipment, student access to instructional computing, instructional development and technology, minority/female graduate incentive program, student internships and community service, distinguished faculty endowment, fine arts initiative, educational equity, instructional TV network equipment and discretionary funds.

In addition to presenting the status of the lottery funds this fiscal year, the report also contained a list of recommended actions to improve the process for distributing future lottery dollars. A detailed lottery revenue budget will be presented for adoption by the Board of Trustees at their May 12-13 meeting.

ELM/EPT Requirements in Effect for Fall Registration

by Kim Schnepf

Be honest now, how many of you haven’t taken the ELM or EPT yet? If you’re one of those students who hasn’t signed up yet you should sign up soon before the new requirements are in effect. Effective in the fall of this year students who haven’t taken the ELM/EPT will not be able to register in the CAS system. Incoming freshmen next year will be required to take the tests during the first two quarters. If a student registers for either English 101 or any General Education math courses but has not taken the tests they will automatically be dropped from the course.

Once a student has taken the test he or she does not pass the ELM they will automatically be placed in a math 80 or 90 class if you attempt to take the E.E. courses. You will however be able to drop the lower math course if desired.

During the first two quarters that fall, or students who have tried to sign up for classes which they couldn’t have due to not passing either of the two tests. The English Placement Test (EPT) is to assess the level of reading and writing skills of entering lower-division students so they can be placed in appropriate courses. Students scoring T414 or lower will be required to take English 99, students scoring T424-149 must enroll in English 100. To enroll in English 101, a general education requirement, you must score T150 or greater.

The test itself consists of a 45 minute essay, and three 30 minute multiple choice sections. There is no fee for the EPT.

The Entry Level Mathematics (ELM) is designed to assess the basic skill level of entering students in math fundamentals. The test consists of 65 multiple choice questions. There is a $9.00 fee for the exam.

It is encouraged by Retention Coordinator Marcia Albert of the Advising Center (PL-107), or at the Admissions and Records Office (SS-100), the Advising Center (PL-107), or at the Counseling and Testing center (ps-227).

To be exempt from taking the EPT you must be able to present evidence of one of the following: satisfactory scores on the CSU English Equivalency Examination (EEO). Scores of 3.4, or 5 on the SAT Reading and Composition or a score of 510 or above on the Verbal section of the College SAT-Verbal. A score of 23 or above on the ACT English Achievement Test in English Composition with a grade of ‘C’ of better. To be exempt from taking the ELM you must have received a score of 3 or above on the College Board Achievement test level 2.

Restrictions will be enforced rigidly next year; adding that, "we’re only trying to see that they’re not cheating and are willing to help them pass anyway we can.”

Albert said, "restrictions will be enforced rigidly next year.” adding that, “we’re only trying to see that they’re not cheating and are willing to help them pass anyway we can.”

Letters warning students that they need to take either of these exams will be sent out. Once you’ve taken the exam, a student will be able to clear it through the registration center.

Lottery Funds

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Allergic reactions can strike a susceptible person just about anywhere in the body. We are going to focus, however, on the nose. It's the time of year when tree and grass pollen is occurring: this can wreak havoc with a sensitive nose. Whose nose is sensitive? Well, probably yours! If you aren't allergic, your probably not much interested in the subject. An allergy is not contagious and if you haven't shown signs of it by adulthood, you're probably home free. BUT if you are allergic, short of ripping the nose right off the front of your face, you'd do anything for some relief of that itching, red, dripping, sneezing thing.

Allergies that affect the nose tend to be familial, mostly transmitted genetically through the mother. 87% of children with nasal allergies have relatives who are allergic. 25 million Americans suffer from nasal allergies. 5 million school and work days are lost each year because of it. What's sensitive? Well, probably If you aren't allergic, your probably not much interested in the subject. An allergy is not contagious and if you haven't shown signs of it by adulthood, you're probably home free. BUT if you are allergic, short of ripping the nose right off the front of your face, you'd do anything for some relief of that itching, red, dripping, sneezing thing.

Allergies tend to vary in severity. Some people only sneeze and have a runny nose; others may have more severe reactions that involve swelling, difficulty breathing, or difficulty swallowing. If you're suddenly experiencing these symptoms, please see a health care provider. The sooner you receive care, the better.

An allergic response has a lot in common with other complex immunologic conditions such as arthritis and rejection of transplanted organs. It's the body's attempt to differentiate between what is self and what is not, and sometimes the decision is not in the best interest of the patient. Anything within the body that is not accepted as itself undergoes a form of rejection which can manifest in various ways that may either be systemic (throughout the body) or localized. In the case of nasal allergies, any one of the thousands of airborne antigens (substances that have the potential to create an allergy) may enter the nose and start a miserable localized sensitivity reaction. Although over-the-counter medications to treat the nose allergy are available, proper medical diagnosis and treatment is much more desirable. Allergies can be overlapping, so the best treatment and primary goal is to avoid the antigen. The process of identifying the antigen or antigens is a challenge to you and your doctor; you'll go back and forth covering factors that effect your reactions: the season and time of day in which you are effected, whether it's indoors or outdoors that you feel the worst, what air conditioning does to you, how windy and atmospheric dryness or dampness effect you, and whether being around animals, plants, and certain chemicals makes you worse. Also, the doctor will take a thorough history of your health along with a physical examination. Initial intimacy of exposure is important. Let's say you were lying outside yesterday while the neighbor's oak tree was busy pollinating its surroundings and that oak pollen is an antigen that your body interprets as foreign. Your nasal membranes are now red and swollen; they are thoroughly sensitized. Your neighbor feels really bad about it and takes the tree out. But now it doesn't take such an intimate exposure to keep the reaction going. You come to CSUSB for a class that gets out a ten-thirty. Feeling pretty good on your way in, when you come out, it starts up all over again. What happened? Feeling pretty good on your way in, when you come out, it starts up all over again. What happened? Feeling pretty good on your way in, when you come out, it starts up all over again. What happened? Feeling pretty good on your way in, when you come out, it starts up all over again. What happened? Feeling pretty good on your way in, when you come out, it starts up all over again. What happened? Feeling pretty good on your way in, when you come out, it starts up all over again. What happened? Feeling pretty good on your way in, when you come out, it starts up all over again. What happened?

Allergies can be tricky to diagnose. They can be caused by a variety of substances, including pollen, dust, mold, and animal dander. The symptoms can range from sneezing and a runny nose, to more serious reactions such as asthma and anaphylaxis. An allergy test can be performed to determine what substances you are allergic to. This test involves exposing your skin to a small amount of each substance to see if an allergic reaction occurs.

So, if you're suffering now from an allergy, don't despair. Maybe you just haven't faced the situation squarely yet. Get on in to the Student Health Center and see if you can get your allergy under control before it controls you.

Quiz Yourself and Improve Study Habits and GRADES

When you're up all night cramming for exams, it's easy to down tons of coffee, pig out on junk food and lose a lot of sleep. To become well-informed about the wide range of food, diet and exercise tips for top performance, try our information-packed quiz, developed by Wendy's International.

1. A meal of a regular burger, fries, and a shake supplies approximately what percent of the recommended daily allowance for protein?
2. What is our most important source of energy for sustaining our activities and metabolism?
3. How many servings of breads and cereals are recommended per day?
4. Both the American Heart Association and the U.S. Senate Select Committee on Nutrition and Human Needs suggest that 55-60% of your total calories should come from which group— fats, protein, beef, fish, poultry, or carbohydrates (bread, pasta, potatoes, and rice)?
5. How much fiber do health experts recommend you consume per day?
6. Fruits and vegetables, like those found at a quick-service salad bar, are the main source of what two vitamins?
7. Eating high-fiber foods such as apples, salad, and cereals may help minimize the risk of what type of cancer?
8. How many calories are found in a medium size baked potato topped with a tablespoon of sour cream?
9. Drinking large amounts of coffee can rob your body of which important vitamin?
10. Which has the lowest calories—apple, margarine, or sour cream?

Answers

INLAND AIDS PROJECT
F. O. Box 8330, San Bernardino, CA 92412

INLAND AIDS PROJECT was formed by a group of concerned citizens of the Inland Empire who want to reduce the impact of AIDS on our community and especially on persons with AIDS.

INLAND AIDS PROJECT provides:
- Professional and peer counseling for persons with AIDS
- Confidential referral for HTLV III Antibody test
- Speakers on a variety of subjects relating to AIDS
- Opportunities for citizens to become volunteers

In this health crisis, there are needs for positive social growth. We must give emotional and financial support to those who have or are at risk of AIDS, and foster a community network to provide a supportive atmosphere.

WE ARE COMMITTED TO MAKING A DIFFERENCE!

For more information call (714) 784-AIDS or 820-AIDS
Yesterday Takes Audiences Back to 1960's

Beatle-like Band Enjoys Young Crowd

by Kathleen Audet
Managing Editor

They were here. Friday night. A packed house. The Ed Sullivan show is announcing them. It seemed the same, yet it was a younger generation dancing and clapping to the sounds of the Beatles.

Yesterday, the group, performed before a crowd at the CSUSB with their show Beatle Nostalgia. The show was billed as a concert and dance.

Don Bellezzo, 27, (John Lennon) explained that the group performs in the school circuit. Peter Baird, 29, (Paul McCartney) says he enjoys the circuit. "It pays well...there no smoked filled rooms, drinks or overtime...Baird likes the younger crowds. He feels they give something back. He says he always brings back and says "Entertain Me," he said. "Younger people will get up and dance and really get involved."

See Band Page 7

Tips on Surviving A Lousy or Mediocre Movie

by Matt Pollack

Three for the road, Blind Date, and Building Mr. Right. Right, are all movies that have come out recently. They are rotten, crowdy, movies, but in terms of Hollywood releases they're actually pretty average. People enjoyed these films. Even the kids enjoyed them. They had smiles on their faces. You may see one and love it, wondering the whole while what 70's teen members Neil Finn and Paul Hester plus bassist Nicolas Seymour, have a Top Ten single and a Top Twenty album. However, their hit "Don't Dream It's Over" does not give an indication to how enjoyable a Crowded House concert is. The trio (along with keyboardist Eddie Raynor, another Split Enz alumnus) entertained an enthusiastic audience for over ninety minutes, combining old hits, like "That's What I Like About You," with some new material, like "This Is Masai." "One Step Ahead," with newer House cuts, such as "World Where You Live" and "1985." They also played "18," the band also played back-up to three girls from the audience that Finn brought onstage, performed a song loudly requested by some fans, and sang an acoustic medley of Buddy Holly's "No Fade Away" and the "Sea Slaters' "Anarchy In The U.K.,"

A Crowded House concert combines two main ingredients: the strong musical performances of Finn, Hester, and Seymour during Finn's cleverly wove tunes and the spice of their impromptu antics throughout the show. Their onstage bantering is amusing; together, the mix yields an extraordinary amount of fun.

(Upcoming acts at the DeAnza Theatre include Dwight Yoakam, Armored Saint, Bad Company, Bob Weir, Wang Chung, Rick Wakeman, and Joan Jet and the Blackhearts. For more information on these groups and other upcoming performances, call (714)788-4026.)

Photograph by MaryAnne Goertheridge

In the first set, which started at 9 p.m., instead of the scheduled 8:30 p.m., the band appeared in the short haircuts and black suits that characterized the Beatles during their early period of 1963-65. Accents that were trademarks of the 1960's. Through three sets of material with two 25 minutes breaks between each, Yesterday presented 46 songs and finished with a sold out version of Let It Be.

Average films hit the theaters in droves. They're hard to rate. Some people love them, others hate them, most enjoy them without thinking much about it. But what do you do when you realize that you can't stand the movie you're watching? You can walk out, but chances are you're not alone. Whoever you wish will not appreciate this. You could sleep through it. Most people, however, appreciate this one either. You could complain about it which will work out real well if your companion(s) hate(s) it too. If they like it though, and just watch them, you'll you're going to become quite unpopular. The fourth and by far the most enjoyable solution is to cope. You probably know at least a few of these coping devices, but some of them might be new to you.

In any case, if you're thinking of seeing one of these films, or any of the other dozens of mediocre movies out there, keep this list in mind, it might be of some use during the long boring reels to come.

Coping Strategies: 1) Do Not Look At Your Watch. Resist the impulse no matter what happens. Knowing how much longer the movie is going to drag on will only make you feel worse.

2) Watch The Clothing. Look at the screen. Write yourself into the characters. Run them over. Put paper in their mouths. It really helps if you find at least one of the characters attractive or intriguing. If you don't, this one is pretty pointless and you should just skip it.

3) Pick Out All The Mistakes. In "Three Fis The Limit," for instance, the characters were constantly trudging through the Louisiana swamps. Not only did they get through them in record time, but there were no leaches, no fish, no birds, crocodiles, flies, snakes, or insects of any kind. The film makers obviously knew nothing about swamps. Picking out mistakes like this makes you feel smart and reaffirms the stupidity of everyone involved in the production of the film.

4) Try And Figure Out The Plot. Imagine everything that's going to happen next. Will the guy get the girl? (Of course he will.) But will the bad guy die or be put in jail? Whatsoever you decide you're probably right. The purpose of this exercise is to make the writer look stupid. If you're afraid this will kill the suspense, stop fooling yourself, there is no suspense.

5) Ask Yourself What sort of lack wrote this movie? Consider his or her mental condition. When you're through dissecting the writer, ask yourself: What idiot agreed to finance it?

6) Rewrite The Story. Make all sorts of dire changes to the script. You can have the characters get eaten by crocodiles, captured and tortured by hipsters, or more of the characters. It really helps if you find at least one of the characters attractive or intriguing. If you don't, this one is pretty pointless and you should just skip it.

7) Fantasize. Fantasize about one or more of the characters. It really helps if you find at least one of the characters attractive or intriguing. If you don't, this one is pretty pointless and you should just skip it.

8) Try and remember every scene you've seen the actors in. Evaluate whether or not their acting has improved.

9) Fantasize about what their mothers think of this film.

10) Eat Lots Of Food. Don't pay attention to the movie. Concentrate on your popcorn, redvines, chocolate bars, and coke.

11) Over React. Pretend you're really scared at only average scary moments. Cry at the sad parts. "Sorry, I'm scared."

The Beatles-like musical quartet Yesterday entertained an intimate crowd of about 250 at the CSUSB Gymnasium last Friday night.

Yesterday, who took their name from the Beatles song by the same name, played three sets of the Fab Four's compositions. During the sets which ran an average 45 minutes each, the group came on to stage in an assortment of clothing and hair styles reminiscent of the different periods of the Beatles. Also present were the Rickenbacker guitar, narrow Fender bass and the English accents that were trademarks of the Beatles.

The group's attire ranged from the Black suits of the Beatles' early days to the four Armenians of Sgt Pepper's Lonely Heart's Club Band to the torn Levi's of the late 1960's. Through three sets of material during past weeks, the groups have for hating these films because of the overblown acting. Some are rotten, crummy average. People enjoyed these films. I saw them. They had smiles and I didn't agree to finance it? The purpose of this exercise is to make the writer look stupid. If you're afraid this will kill the suspense, stop fooling yourself, there is no suspense.

You probably know at least a few of these coping devices, but some of them might be new to you. In any case, if you're thinking of seeing one of these films, or any of the other dozens of mediocre movies out there, keep this list in mind, it might be of some use during the long boring reels to come.

Coping Strategies: 1) Do Not Look At Your Watch. Resist the impulse no matter what happens. Knowing how much longer the movie is going to drag on will only make you feel worse.

2) Watch The Clothing. Look at the screen. Write yourself into the characters. Run them over. Put paper in their mouths. It really helps if you find at least one of the characters attractive or intriguing. If you don't, this one is pretty pointless and you should just skip it.

3) Pick Out All The Mistakes. In "Three Fis The Limit," for instance, the characters were constantly trudging through the Louisiana swamps. Not only did they get through them in record time, but there were no leaches, no fish, no birds, crocodiles, flies, snakes, or insects of any kind. The film makers obviously knew nothing about swamps. Picking out mistakes like this makes you feel smart and reaffirms the stupidity of everyone involved in the production of the film.

4) Try And Figure Out The Plot. Imagine everything that's going to happen next. Will the guy get the girl? (Of course he will.) But will the bad guy die or be put in jail? Whatsoever you decide you're probably right. The purpose of this exercise is to make the writer look stupid. If you're afraid this will kill the suspense, stop fooling yourself, there is no suspense.

5) Ask Yourself What sort of lack wrote this movie? Consider his or her mental condition. When you're through dissecting the writer, ask yourself: What idiot agreed to finance it? The purpose of this exercise is to make the writer look stupid. If you're afraid this will kill the suspense, stop fooling yourself, there is no suspense.

6) Rewrite The Story. Make all sorts of dire changes to the script. You can have the characters get eaten by crocodiles, captured and tortured by hipsters, or more of the characters. It really helps if you find at least one of the characters attractive or intriguing. If you don't, this one is pretty pointless and you should just skip it.

7) Fantasize. Fantasize about one or more of the characters. It really helps if you find at least one of the characters attractive or intriguing. If you don't, this one is pretty pointless and you should just skip it.

8) Try and remember every scene you've seen the actors in. Evaluate whether or not their acting has improved.

9) Fantasize about what their mothers think of this film.

10) Eat Lots Of Food. Don't pay attention to the movie. Concentrate on your popcorn, redvines, chocolate bars, and coke.

11) Over React. Pretend you're really scared at only average scary moments. Cry at the sad parts. "Sorry, I'm scared."
Band (Cont. from pg 6)
Ivor Francis, 26, (George Harrison) and brother Ken Francis, 18, (Ringo Starr) make up the rest of the group.
Yesterday performs an average of seven shows a month, singing fifty songs a night. The group selects its songs from the Beatles catalog which contains over 220 titles. The band has been together for over a year.

Group Rocks (Cont. from pg 6)
Pepper's album cover, covered Beatles' tunes from 1965's Rubber Soul album through 1967's Sgt. Pepper's. In this set, they played tunes such as Sgt. Pepper's/With a Little Help From My Friends, Lucy In The Sky With Diamonds, Taxman. Yesterday, Nether Man, Drive My Car, A Day In The Life and Day Tripper. The final set of songs featured music from the Beatles (White Album), Hey Jude, Abbey Road and Let It Be. Yesterday opened the set with a rip-roaring version of Back In The U.S.S.R and finished with Hey Jude. In Between, they played tunes such as Birthday, Revolution, Come Together, Something, Get Back and the 'Golden Slumbers Run' from Abbey Road. The group used Let It Be for their encore.

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Lady Coyotes Smash Three Home runs

by Stella Huggins

There was no way anyone could tell than the Lady Coyote softball team was playing without five of their starters when they demolished the Christ College Eagles by a score of 10-4.

It was quite a day for Kim Casey who pitched the entire game while striking out six batters and giving up only four hits. And that wasn't even the most impressive part. During the bottom of the fifth inning, she belted a homerun over the right fielder's head. Casey hasn't been able to get a chance at bat too much this year because she had an operation on her knee. In fact, it was only her 4th hit at bat during the season. The sophomore from Hawthorne High School has been pitching for six years and she is Cal State's main hurler. Many would think that she would feel a lot of pressure about that, but that isn't the case. "I was taught to deal with the pressure because that's a big part of being a pitcher," she said. Casey owns a 2.37 earned run average and a season total of 38 strikeouts. She has also won a record of 12-8.

They were superb on the field while committing only one error. While their gloves were "hot," that was even "hotter." The Coyotes smashed three homeruns and had a total of 12 hits in all. Yokucda Castro, senior, had a homerun and a single. Tammy Sherrer, freshman, also added a homerun and a single. Carella Patti, freshman, and Lorri Castro, junior, added two singles each. Margaret Weaver, Lorraine Hernandez, and Michelle Palivy each had one hit.

CSUSB Women's Softball Team

Coach Jo Anne Bly was especially happy about the win because she had to play without five of her starters who are injured. "Even though we were without those girls, the team pulled together and came out with a real good win," she said, "they rose to the occasion."

And because they rose to the occasion the Coyotes improved their record to 14-8.

During another game prior to that one, the Coyotes improved that one, the Coyotes up short to a tough CSU Dominguez Hills squad by a score of 5-0.

The game was scoreless until the top of the second when one of the Toros stretched a double into a triple and was later able to score on an overthrow to first base.

From then on, neither team was able to score against the two pitchers and against the strong wind until the fifth inning, the first batter for the opponents blasted a triple to left-field and was knocked in two batter later. They scored another run on an error to make the score 3-0, they ended their scoring during the sixth inning with two more unearned runs to make the final score 5-0.

the frustrated Coyotes had opportunities to score but were unable to bring their runners home. They left them on base in the 2nd, 3rd, and 6th innings of the game. "The key reason we didn't win was because we couldn't get those baserunners in. It didn't help being anything to do with the wind because both teams had to play in it," remarked Dennis Akerm, Assistant Coach.

Another reason could be that CSU Dominguez Hills is in Division II while the Coyotes are only in Division II and if the first year Cal State has had a soft ball team.

Cal State's pitcher, Kim Casey, went to entire seven innings during the game. She managed to strikeout three batter against the Toro.

Sophomore, Shelly Paliwy ended up with a triple and a single to bring the season batting average up to .349. Lisa Hibbons, freshman, had one single during the game to make her season average the highest on the team at .429. She also holds the record for the most RBIs with 22. The other hit came from Anne Corduro, junior who boosted her average to .383.

Defensively, the Coyotes performed well. The infield which consisted of Terry Paine at first, Tammy Sherrer at second, Hibbons at shortstop, and Lorraine Hernandez at third was solid throughout the game while only committing one error.

The Lady Coyote softball team will play doubleheaders against their last three opponents. They will wind up their season schedule at home against UC San Diego on Saturday, May 2, at 12:00 p.m.

Intramurals - What's Up?

by James Tidgen

This is one of the few articles this year about intramural sports. There just aren't enough writers to cover this, so I decided to see what I could do to get some coverage. Now, maybe the intramural sports have been more interesting to some, but to those who participate, intramural sports can be a heckuva lot more fun. Last quarter, a five-year rivalry in street hockey between the Charleston Chiefs and Gretzy's Puppies produced one of the best games in any sport at any level. The teams had off a furious comeback by the Puppies. In basketball, the "B" league Sigma's, who lost to the Beasie Boys twice and finished second to them in the regular season, defeated them in the finals. "A" league basketball showed off all the wanna-be Magics and S

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Sports

Competing With The Young

By C.E. Thompson

At fifty two, Laverne Edeline is the oldest member of the women's tennis team at CSUSB. At face value, that's not especially old, but it is when one considers that college teams are made up almost exclusively of young players. She didn't have any trouble fitting in with a young team though.

"I find the kids on the team just amazing. It's an odd situation for them. It's well when you walk up to a group of kids, they stop talking if you're older, but not these kids. They have accepted me from the very beginning. They say, "We're your biggest fans.""

Visiting teams often underestimate her because she is older. They think she can't play as well on account of her age. They're unaccustomed to seeing older athletes compete. Her opponents often try to run her back and forth, thinking that because she's older it will wear her out. "They're in trouble when they think that."

Ms. Edeline said laughing. She does twentyfive pushups a day and runs for miles every day. Running back and forth all over the court doesn't bother her a bit.

Ms. Edeline only started tennis ten years ago. "I went through a long period of my life when I didn't have any interest in sports." She started playing tennis when her husband needed to take up a sport for health reasons.

She fell in love with tennis and has been playing ever since. Playing number three at CSUSB, she previously played the number one position at Barstow Community College, where she qualified two years in a row for regionals.

Born and raised in Texas, Ms. Edeline wasn't interested in sports, school, or college, when she was younger. "When I was a teenager, all I wanted was good time. I just got by, I couldn't take the discipline." Tennis has helped strengthen that discipline. It also brought out a competitive edge which she extends to her schoolwork. Grades and doing well is school matter more than they did before. "Tennis has made me see a lot of things because of my desire to win. I didn't want to be just a weekend tennis player. When you play a recreational tennis, that's all it is, and I like the competing part of it. I guess I've always been competitive, but it just never came out, because I never was competing in anything."

A Junior working on an English degree, Ms. Edeline says that the education is more important to her than the degree. Her husband wants her to get the degree more than she does. "Bill is just determined I'm going to get that degree. He won't let me say I can't do it because of this or that."

When asked the usual question of what she plans to do with her degree, she replied, "It's all kinds of things, now I say, 'just nothing', but that isn't true. What she wants to do is get into the Masters program at the University of Arizona at Tucson. Her goal is to become a professional writer and create works of fiction dealing with Texas and the South.

Ms. Edeline is an excellent example of the wide diversity of ages and interests represented at CSUSB. Sports though, is one of the few areas where that diversity is not well represented. The teams are still dominated by young players. "We're not used to an older person competing in sports, I'd like to see that change."

and though there's a lot of support between the teams there's not much support from the students, body for sports. "I'd like to see Cal State have a lot of pride in their sports. The kids work very hard out there."

It's Time For Men's Softball

by Jim Tihden

OK, so we found out who the Dan Marino's were in the fall quarter and Wayne Gretzky's and Larry Birds in the winter quarter. Now we'll see who the Don Mattingleys, Mike Schmidt's, and Ozzie Smith's are. Yes it's time for Men's softball again. There is a total of 16 teams right now, and there are only five games of playing so far. In the second week there were only five games played. They all had their moments, but in the 2:45 league, where only one game was played, US II defeated Kats 19-8. US II has taken last year's remnants of the US team out of the 3rd inning with the Meat Hitmen's 5 for 5 hitting, including a triple, a home run, and four runs scored, and the Osborne's and Tom West's combination 7 for 9 hitting that included two doubles, a triple, and a home run. US II totaled 26 hits in 41 "official" at-bats, and held Kats to 11 hits (nine of which were singles). Bill Gropp provided most of Kats' offensive with a 3 for 4 day including a home run. He also made some excellent plays at third base.

In the second week of play, there were seven games; four at 4:15. One of the 4:15 games involved a Meat Puppets and last year's champion, the Hitmen. This game ended 6-1 in favor of the Hitmen, as they provided the Meat Puppets' offenders with all the fly balls they could handle. Last year the Hitmen usually scored at least ten runs, and often twenty or more. But in this, their first game of the year, they could not sustain a rally. After being held scoreless in the 1st inning, the Hitmen sent six men to the plate in the 2nd. The highlight of the inning when with 2 and 2 runners on base, Dave Noble dove in both runners with a liner to the 3rd baseman. In the 3rd inning with the Meat Puppets at bat, one run in, and two runners on base, Hugo Bustamante, playing 1st base for the Hitmen, dove to snag a line drive, then doubled up the runner at 1st to end the Meat Puppets' scoring cage. Though the Meat Puppets did not send more than 3 batters to the plate in any inning.

Water, a rare commodity in the group camps here available at both the Buttercup and Juniper Springs Group Camps. While each is accessed by less than 3 miles of accessible by less than 3 miles of legal zones for hunting and wilderness. And, it's within the Rim of the World Highway is professional writer and create works of fiction dealing with Texas and the South.

These camps cost $25 nightly, and can be reserved up to 3 months in advance. In all, more than 20 group camps are available in the San Bernardino Mountains, and a great variety exist between many of them.

Arrowhead District's Shady Cove and San Gorgonio District's Lobo and Oso can accommodate 75-100. Naturally they are more expensive than the others. In contrast, Arrowhead District sports Fisherman's Camp and Big Bear offers Sibbinka Chat, both free hike-in.

Of greater importance to small groups destined for an RV vacation is that at least half of the group camps found throughout the three Ranger Districts are suitable.

Whether your group be involved in family, few forms of sports Fisherman's Camp and Big Bear offers Sibbinka Chat, both free hike-in.

The highway, Council offers water and comfortable campsite amenities. Close at hand are Jenks Lake and the South Fork of the Santa Anna River, both stocked with pan-sized rainbows. Just up the highway, two popular nature trails entice travelers to stroll along their paths, each marked along the way with signs describing native flora and fauna.

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Dr. Bruins: An Asset to National Security Dept.

by Matt Pollick

He is a man whose gray hair and silver-rimmed glasses make you sense his intelligence. His soft pauses briefly to say something to the student and then returns to talking about his cat.

His name is Dr. Derk Bruins, and he is a new, tenured professor in the National Security Master's program at Cal State San Bernardino. Bruins and his wife of 23 years, Bright, do not have any children but are the proud owners of their three-year-old domestic short-haired housecat Ivan. The Terrier. Bruins said that he and his wife considered giving the cat a name meaning "small heart," but settled on Ivan the Terrible because of his bad behavior.

"You can say that you acquired a us about a year ago when we were living in Portland," Bruins said with a smile. "He is this stray that just came in and kind of took over the house."

"And you can break him of his bad behavior has been a real exercise for us," Bruins said. "We have rules in our house, we know them, and we follow them. Ivan, I could say that he has taught us."

The easy-going, cat-loving Bruins was once a defense weapons specialist for the United States Navy where he often traveled on mine sweepers and shot at enemy airplanes. After retiring from the Navy in 1973, he went back to college and earned a Ph.D. in Political Science from Columbia University in New York.

Shortly after receiving his Ph.D., Bruins began teaching. His first experience as a professor was at Occidental College in Los Angeles where he replaced a resident scholar for the Central Intelligence Agency. After two years there, Bruins took over for a promotorial for arms control and disarmament at Cal State Fullerton.

In 1983, the position for a professor in the National Security Studies Master's Program at CSUSB opened up and Bruins was hired. According to Dr. Richard Ackley, director of the National Security Studies Program at CSUSB, Bruins was the exact type of person that the department was looking for.

"He had all the experience in the field. He was a Navy officer, received his doctorate degree from Columbia University in New York City, and did his dissertation on "Weapons," Ackley said. The fact that Bruins had taught defense strategy courses at Occidental and Cal State Fullerton were also big positives, according to Ackley.

Ackley felt that the department was very fortunate to find Bruins because there are not so many people that have the experience that Bruins has.

"There are three courses in strategy, and Bruins is qualified to teach them all," Ackley stated. The director added that working with Bruins has been a rewarding experience. "He is an individual that is certainly a pleasure to have around," he noted.

Likewise, Bruins has also enjoyed his brief stay at Cal State San Bernardino. Bruins, who began as a part-time instructor during the 1986 winter quarter, explained that there is a great deal of freedom at CSUSB. "You get the opportunity to do what you want in the classroom," Bruins said. He thinks the campus is "very enjoyable. The informality and the open space are very nice."

He also stated that receiving the chance to make decisions in the Political Science department has made him feel very comfortable.

In preparation for the Winter quarter, Bruins and his wife recently moved to the High Desert area. He is teaching three courses at George Air Force Base, which is near his new home in Victorville.

The National Security Studies program has an agreement with the military to teach a number of courses in the program at GAFB. One of the courses Bruins teaches is Alliance, Strategy and Regional Systems. He said that this class deals with American alliance systems and focuses primarily on NATO (North Atlantic Treaty Organization).

He also teaches Arms Control and Security Police, as well as American Foreign Policy.

Dr. Dirk Bruins

Dr. Dirk Bruins is looking forward to teaching Soviet Foreign Policy and Comparative Community Political Systems in the spring.

Please See Page 15

OK to Say No to Sex

by Janice Young

With the scare of AIDS and its rapidly rising epidemic, it is no surprise that sex education in public schools is making alarming changes. The need to teach about AIDS and contraception has led to the creation of separate, mandatory sex education courses in some schools.

Many think it is an important part of the public school's curriculum. But how far is "this education" willing to go? Does a 9 year old child need to be handed a condom from some "authority" on a school campus to facilitate sex education, and perhaps attempt to ensure "safe sex"? Is this the solution to sexually transmitted diseases, or is it simply causing sexual promiscuity among children?

In recent months, a new type of advertising for the use of condoms has come into existence. Advertisements not of the traditional consumer's commercials. Instead, prominent television personalities have come out and encouraged the public and prompted kids to say "No" to drugs, alcohol, and even smoking. The similar approach should be taken now. Rather than assuming that all teenagers are

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Editing and layout by Janice Young

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Editing and layout by Janice Young

DO Trade Schools Offer A Brighter Job Future?

by Sue Barcus

Are trade schools the Lee Iacocca of higher education or is the sheppink still the way to the boss's job? As Iacocca saved Chrysler Corporation from financial ruin, do trade schools offer a brighter job future to potential undergraduates at four-year colleges?

Certainly many believe that college is crucial. Accordingly, the U.S. Bureau of Census survey shows that 55 percent of the population from Fall of 1973 to Fall of 1983 increased 12.5 million—an increase of about 30 percent. "A college degree offers assurance to an employer that you are capable of higher level thinking—able to look at a problem and come up with solutions, devise new programs, do studies of effectiveness and assume leadership," says Jack Dexter, job developer for the Career Planning and Placement Center at Cal State San Bernardino.

On the other hand, will this "insurance" pay the bills and put food on the table if someone from a technical trade school beats a recent college grad out for a job because they have the necessary skills to get their foot in the door? Technical trade schools, such as the National Business Institute (NBI) and the National Education Center, Skadron Campus, offer technical skills that are immediately marketable after graduation.

As a result, the question arises whether traditional college students are turning to trade schools for undergraduate training because of a very competitive job market. Many findings from a freshmen survey by the Council of American Education show that the difficult economic upheavals of the last decade have had a serious impact on the families of today's students.

"A college degree is no longer perceived to be a sure ticket to a good job and a sound tomorrow," observed Kenneth C. Green, researcher for the Cooperative Institutional Research Program at UCLA. Competition is stiff, and often a college education takes no precedence when it comes to seeking a job.

Noella Mermon-Buchanan, a human resources representative with Southern California Edison (SCE) says, "No matter what the background is, we offer all people an entry level position and give encouragement of those who have degrees, that by their own tenacy of continuing in their own education, they will probably be able to promote faster; however, a degree does not guarantee that."

Moreover, college education itself is perhaps not as Lightly looked upon as it used to be.

"Why train someone for something they are never going to use out there in the working world?" she adds.
have the intellectual ability to succeed.

"Juarez represents the idea that democracy is the best system to achieve equality. He believed in the sovereignty of the Mexican people. Hispanics need to develop their own solution to their problems and issues. Hispanics can succeed regardless of poverty and social condition one there is a belief in success."

Rivera encouraged the members of audience to succeed academically and become "the next President of the University of California, the next community college president, the next doctor, attorney, teacher or city councilman."

Hispanic Scholarship Award Winners $200 scholarships went to L to R Robert Carrillo, Rosemary Soldivari. $100 scholarships went to Elsa Garcia and Claudia Hurtado, and the following each received $200, Josephine Wong, Sharon Martinez-Headrick, Catherine Mele, and Josue Miranda.

Dr. Manuel Rivera, President of San Bernardino Valley College, was the honored guest speaker at the Hispanic Scholarship Awards Banquet last Saturday night.
Attention Writers:

We are running out of stuff to print. Do you have anything you'd like to see in the paper? If so, drop it off at the Chronicle's office located in the Student Union. We accept poetry and short stories.

Satirical Lyricals
by James Raven

Ronnie's the pied piper
It's really plain to me
And all of those who followed him
Have been led into the sea

From Contra aid
To Granada's raid
They've never been afraid

Now on the brink
They've had to think
There may have been a link

In bombs and guns
For hostages
With Khomenei in Iran
Which made Ronnie's Foreign Policy
Look like one big sham

So now in doubt
They cast about
And wonder what to do

But have no fear
Two lame duck years
And Ronnie will be through.

Me
I weep,
Remembering,
And that's what,
Love will do.

Celebration
High, sunlit lacy strands ascend.
Splendor bearing as they bend
And bob 'mongst dappled hills.
So as Man 'midst all his ills.

In bombs and guns
For hostages
With Khomenei in Iran
Which made Ronnie's Foreign Policy
Look like one big sham

So now in doubt
They cast about
And wonder what to do

But have no fear
Two lame duck years
And Ronnie will be through.

The Student Union of California State University, San Bernardino, would like to sponsor an annual Spring Quarter Market Day, the first of which will be held on May 12, 1987, from 10:00 a.m. to 3:00 p.m. on the grass area between the Student Union and Creative Arts Buildings.

Booths and/or tables can be set up for off-campus as well as on-campus groups to display their goods. These might include such items as men's and women's shoes, clothing, exercise wear, jewelry, custom tee shirts, and accessories, as well as a number of food, drink and information booths. On-campus groups would not be charged a fee to participate in this event. However, a registration fee of $20.00 per off-campus vendor would be levied; the resulting revenue would be used to improve future "Market Days." Permission to sell food and beverages would be restricted to on-campus organizations only.

Because of the great popularity of swap meets in the San Bernardino area, we feel that this type of event would draw a large portion of the surrounding community's population and would help make those who attend more familiar with our campus and its facilities. "Market Day" can also serve as an informational as well as fund-raising event for on-campus organizations. "Market Days" on other CSU campuses have become very successful, highly anticipated traditions.

Please complete and return the attached form to the Student Union as soon as possible. Thank you!

MARKET DAY REGISTRATION FORM

NAME:

BUSINESS OR ORGANIZATION:

TELEPHONE: (business) TELEPHONE: (home)

MERCHANDISE:

Off-campus vendors or organizations please enclose a check or money order in the amount of $20.00.
Commandments of the Job Search for Graduating Seniors

Do not lead with a resume. Resumes cause screen out. They should only be used after face to face meetings that develop opportunities. Do them once a time. Say as little as possible.

Operate from a written list of questions. How did you find your way here? What is this industry really like? (and always) If you were me who else would you talk with? (Can I use you name as a referral?)

Real practice makes perfect. The more people you contact and talk with the better at it you will get.

Start with alumni. Your roommate's father, a professor's brother, anyone. Discipline yourself to make phone calls and set up meetings. Everyone of them will have a skill building benefit and an often unexpected piece of information.

Stay away from interviews. You don't want to be an applicant. You don't want to get in the pile to be evaluated and screened out. You want to meet key people, listen to them, let them like you eventually give them a chance to fit you into their organization.

The most powerful words in the language are Thank You. Spend your money on high quality personal stationery. You must become a master at the three sentence one paragraph thank you note. Thank everyone for everything, in writing and within one business day. Each time you thank a referral copy the person who gave you the name (with a marginal additional thank you).

Life is a treasure hunt. You can't expect to find out what you want to do or be unless you go out and see what is out there. If you want to be a fireman, go visit the firehouse. There is no other way. If you don't like the firemen you meet that is a clue that firefighting might not be for you. Walk the ground. It's the only way to know what you might want.

Begin building a career network. The people that you meet and contact are not one shot experiences. Your objective is not to get a job but to build up a group of potential career advisors. You can pick the best ones and stay in touch for years. Your initial substantial work investment can have long term paybacks.

Careers and mosaics, not blueprints. Structured linear career progressions are a myth. Your first job is not the first step, it is the first piece of the picture. Beware of the extended training program. Go for something that gets you involved with real work as soon as possible. (This may be substituted for any of the first ten or can be kept as a bonus no. 11).

Look for your first boss not your first job. Who you work for and with personally is the single most important factor in a first job. Don't accept a position for assignment to someone at a later date. Personal chemistry will always be critical.

These are the new rules of career dynamics in today's different job environment. Many college seniors from this year's graduating class will have five or six different careers over their lifetimes. Learning to make career transitions beginning with the first one must a professional skill developed by each graduate.

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APRIL 15 - APRIL 30.

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**Con't. From Page 5**

**Answers:**

1. 42%—Ample amounts of protein can be found in hamburgers and chicken and fish filet sandwiches.

2. Carbohydrates.

3. 4. Baked potatoes and Kaiser buns are excellent sources of this group. Also, carbohydrates aren’t all that fattening and contain important nutrients such as B vitamins.

5. 25-35 grams. It’s easy to get some of the fiber you need at your local quick-service salad bar if it contains an array of fresh vegetables and fruits. For example, a salad consisting of 2 cups lettuce, 1/2 cup green peas, 1/4 cup kidney beans, 1/2 cup garbanzo beans, 1/2 cup broccoli, 1/2 cup cauliflower, and 1/2 cup pineapple chunks provides 4.2 grams of crude fiber.

6. A and C. For example, Wendy’s Garden Spot salad bar contains good sources of vitamins A or C. While some items vary, the Garden Spot usually contains carrots, grapefruit, oranges, strawberries, and lettuce. Vitamin A is essential for preventing "night blindness" and helps keep the outer layers of tissue and organs healthy. Vitamin C is necessary for proper growth and repair of important body tissue, teeth, gums and blood vessels. It is also needed in high quantities when under stress.

7. Colon cancer. The National Cancer Institute has found that people with high fiber diets have a much less risk of cancer of the colon.

8. A mere 275 calories.

9. B-complex vitamins. Pay close attention to the number of cups of coffee you consume during exams. Coffee robs the body of key B-vitamins necessary for energy. To get more B-vitamins, eat a baked potato, or raisins and sunflower seeds.

10. Sour cream—25 vs. 100 per tablespoon of butter or margarine.
Trade Schools: The Future of Education?

By Jennifer Andre

Trade schools believe that knowledge must translate into background and education are practical and less expensive," said S. A. Andre, director for E.F. Hutton Insurance, manager for Homeowners Insurance, and in most departments her company is directly related to effort, attendance and achievement in institution. Students come to trade schools as an alternative because their grades don't qualify for college, and are finding it to be more practical and less expensive," said M. Andre.

For example, the cost of trade schools, such as NBI or Skadron, for a nine month course ranges from $3,000 to $4,500 and up to $7,500. Because of increased costs, trade schools, like colleges, provide assistance in various forms of financial aid made available to meet the needs of students. The programs presently utilized include Pell Grant, Supplemental Education Opportunity Grants, National Direct Student Loans, Guaranteed Student Loans JTPA, Rehabilitation and Veterans Benefits.

"Students don't want to set anybody up for failure," said Judy Murakami, director of education for NBI. "Students come to trade schools as an alternative because their grades don't qualify for college, and are finding it to be more practical and less expensive," said M. Andre.

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Joan Ikeda

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