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Barbour: Peace Week a success

By Brad Johnson

In a gesture aimed at alerting the campus community to the plight of the world’s hungry, an alliance of organization here demonstrated last week that something can be done to help those in need at both a local and international level.

The Associated Students (AS), the Newman Club, and the Coalition for Peaceful Coexistence (CFPC) jointly co-sponsored Peace Week, a four-day string of activities designed to help the hungry both here and abroad through the direct efforts of Cal State students. The film What’s Up, America and a speech by two Maryknoll priests served to depict the ongoing need for assistance in the undeveloped third world nations.

Arranged by the Newman Club, a Catholic group on campus, the film and speech were coupled with a day-long fast sponsored by the CFPC, in which a number of students abstained from eating for a 24 hour period. The purpose of the fast, according to CFPC organizers, was to give the participants first hand experience in going hungry for an extended length of time, and to donate money (which would otherwise have been spent on one day’s worth of food) to Oxfam America, an agency dedicated to poverty and famine relief in underdeveloped countries. As collections were still being taken at pre-stime, final figures on contributions here were unavailable.

In addition to assisting efforts towards eliminating world hunger, Peace Week activities were also geared to helping the needy here in San Bernardino as well. Over three shopping carts full of non-perishable foodstuffs were donated to Cotton House, a shelter for battered women, and the St. Vincent De Paul Center to aid the needy. Peace Week’s final event, the Newman Club’s Thursday night dance, raised $70 which will be used to purchase turkey for Thanksgiving food baskets.

Both AS President Pauline Barbour and Newman Club President Susan Flores labeled Peace Week a “tremendous success.” Barbour felt the contributions and sacrifices made by those involved “emphified the spirit of service that characterizes the AS, the Newman Club, and the CFPC,” and expressed enthusiasm at the prospect of a similar venture in the Spring.

Get ready to dig deep this fall

Fee hike inches closer

The fee increase for the 1982-83 school year is not yet official, but it’s getting there. The trustees of the California State University (CSU) system approved or a $216 increase “for a full-time equivalent student” to meet a mandated five percent, or $50 million, cut in next year’s budget.

One other proposal which was knocked down by the trustees was to tack on $25 in tuition fees. It would have been used to replace a $7.7 million cut eliminating additional faculty.

“Very few (of the 19) presidents were in favor of the tuition idea,” said Cal State President Dr. John Pfau. “I personally am against it.”

The next stop for the fee increases is approval by the California state legislature and Governor Jerry Brown.

The fee increases will bring in an estimated $51 million, with $10 earmarked for assistance to students who will have trouble picking up the increases.

Concerning the fee increases, Pfau has expressed his reservations in the past. About the recent trustee action he said, “I’m in agreement with the fee increase for next year. I’m not happy about the idea, but it’s the only alternative open to us.

“The impact on the quality of education of not increasing the fees would have been worse for the student than the monetary impact of raising them.”

Pfau also noted that of the money the state is cutting, 60 percent of the operating budget cuts are coming from CSU and the University of California systems. He termed this, “not fair at all.”

Other actions taken by the trustees include limits on enrollment and tougher academic requirements for entry into the CSU system. At Cal State, “it’s too early to tell what the impact of limited enrollment will be,” Pfau said.

The tougher requirements proposed include requiring entering freshmen to take four years of college preparatory English and two years of college prep mathematics, to include algebra and geometry, before being admitted from high school. The policy, which requires final action from the trustees, would take effect in the fall of 1984.

Pfau’s comment on tougher requirements? “I support them wholeheartedly.”
Tuition linked to Reagan’s tax cut

By Charles Beckwith

The horror of higher tuition has finally materialized for the California State University system, and all over the state students are looking for some way to protest.

A great number of students have blamed the increases on Governor Jerry Brown, a likely person since he signed the increases into existence. At an anti-nuclear Teach-in at UCLA last Wednesday hundreds of students hooted and booed the governor as he tried to explain tuition increases to a hostile crowd. He explained that increases had to be made, and his office was trying to use the most equitable system to implement increases.

During the Spring quarter of this year many students at Cal State participated in a rally and letter writing campaign in an effort to stop tuition increases. But who is really to blame? Why must tuition be increased?

The answer lies not only with our state government, but with an administration in Washington whose main goal is to redistribute income from the poor and weaker people to the wealthy and powerful people in our society. Higher tuition is just one of the many negative results of a policy that students, who are mostly poor and politically weak, will have to bear for the foreseeable future.

Last week Budget director David Stockman confirmed what many people already knew about the policies of the Reagan Administration— that “supply side” economic theory is really traditional Republican “trickle down” economics, which purports that monetary gains in the high income sector of the economy (groups such as large corporations, banks, and corporate stockholders, who already enjoy a high income compared to the rest of the population) will eventually “trickle” down to the lower income sectors of the economy (people who already enjoy a low income, eventually leading to more employment, and higher income for all). But usually what happens when those with a high income get even more money they either convert it to some interest bearing device (buying more stock or bonds) or they would spend it on some luxury goods such as a Mercedes or a work of art.

The Reagan tax cut was designed, said Stokman, to push the rate of income tax from 70% to 50%. Add this to tax shelters that the rich already enjoy and there is a substantial tax savings for those with high incomes. For most students, who perhaps have a part time job, the tax cut amounts to a couple of fast food lunches or a couple of jeans; but for those in high income tax brackets, the tax cut will bring in thousands, and in some corporate cases millions, of windfall dollars. The tax cut accomplished very well the goals of the rich.

Along with the tax cut came massive budgetary cuts in social services accompanied by massive increases in military spending. The cuts in social services have had a devastating effect on those in our society who have traditionally had a hard time getting by. People such as the unemployed, minorities, those on welfare, and young unskilled workers will continue to feel the meager existence under these budget cuts. Money that would have gone to help the poor is instead being spent on Trident submarines, bombers, tanks, and other instruments of destruction and war.

Unemployed youths are encouraged through stepped up advertising to join one of the several armed services, and many do join because there are no other jobs for them. Military contracts are made on a “cost plus” basis that guarantees a profit, no matter how inefficient that contractor may be. The first Trident submarine was finally delivered to the Navy last week after three years of delays and cost overruns, eventually costing taxpayers $1.2 billion.

The result of supply-side economics (or Reaganomics) has been the largest redistribution of income from the poor to the rich in our national history, and higher tuition costs are just a small part of that redistribution.

In order to keep tuition costs low, the difference between the tuition paid by students and actual costs have until now been made up mostly by the state. By paying more, students reduce the costs for society, and there is no other way to do it. Military contracts are made on a “cost plus” basis that guarantees a profit, no matter how inefficient that contractor may be. The first Trident submarine was finally delivered to the Navy last week after three years of delays and cost overruns, eventually costing taxpayers $1.2 billion.

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MDA responds to editorial

Keep Climbin’

By Rick Ergang

In response to the two articles that appeared in my column regarding the Muscular Dystrophy Association (MDA) Telethon, the Orange County - Inland Empire Muscular Dystrophy Association told me in a telephone conversation that Reese Robrah, chairperson of the Association for Handicapped and Disabled Persons, later retracted the derogatory statements and claims he made with regards to the Association’s telethon. A spokesperson for the Association said he would send me a copy of Robrah’s statement. At this time I have not received it.

The MDA also sent me a number of their brochures. Based on the brochures I’d like to share some information with you. What does the MDA do, and where does your money go?

The MDA is “the only wide-reaching disease association that established, the number one charity for the victims of muscle-wasting diseases known as Muscular Dystrophy.” Basically, MDA does three things and this is where your money goes. The Association performs basic and applied scientific investigation, comprehensive programs of patient services and care, and widespread professional and public education.

In 1981 MDA allocated $34.6 million for medical services to patients and the community at large, including orthopedic appliances, educational, recreational activities, and physical therapy where prescribed, as well as aid in transportation. And now, here is the clincher; “ALL of the budget cuts, not the lion’s share. And last, but certainly not least, the state’s budget, yet are being slammed with 60 percent of the statewide budget cuts. The reason for this is that 19 percent of the total state budget is used for state operations, which the systems are a part of. Brown has chopped two percent from state operations this year, with another five percent slated for 1982-83. Local assistance monies, which make up 81 percent of the budget, were protected from the budget cuts.

By paying more, students reduce the costs for state operations, not the lion’s share. And last, but certainly not least, drop Brown a line and let him know how you feel. The address is, Governor Edmund G. Brown Jr., State Capitol, Sacramento, CA 95814.
No nuclear weapons or no survival

By Brad Johnson

Once again the boys in Washington are holding discussions regarding what they should do to control women's sex and reproductive lives. They all have many ideas regarding how to go about this. Note that in spite of our recession tightened budget, Congress has approved of funding for a program for chastity centers. Jokes about the program might be amusing if it weren't such a misuse of government monies, and successful family planning programs are being robbed of those funds. Title 10 funds were slashed in half, and now Congress and the President want to reduce the remaining $130 million to $90 million. The program saves the government $2 for every $1 spent.

The continuing antics of the Capitol Hill boys are becoming less and less amusing for more and more American women. The newly released poll by Life magazine showed that 70 percent of women polled resent men legislating what women do with their bodies. The message is clear women want the right to make the choice whether or not to have abortions, whether to use birth control, and what methods to use. The boys on the hill insist on making that choice for women, and women are getting angry.

The message of women's increasing discontent hasn't convinced Congress yet. This month Senator Orrin Hatch (R—UT) has gathered together some of the Capitol Hill boys (including the Roman Catholic Hierarchy) to try and justify their banning of abortions. The present focus of the hearings by the U.S. Senate Judiciary Sub-committee on the Constitution is Hatch's States Rights-Federalist Resolution SJ 110. This resolution would circumvent the 1973 Supreme Court decision on abortion, and allow states as well as Congress to ban abortions, which now law was most restrictive would prevail.

Some of the other anti-choice bills which have caused a rage in women recently include: Senator Jesse Helms' (R—NC) Human Life Amendments SB 158, and Henry J. Hydes' (R—ILL) Human Life Bill HR900. The HLA would bestow citizenship on two cells by Constitutional Amendment, and the HLB would make two cells a person via Congressional declaration. However Americans are not yet so removed from the fact that there are no cells as having the same value as their own lives or the lives of their children. The insulting absurdity of these bills is obvious. Not so obvious is the insidious limiting of our liberties from the anti-choice riders and amendments being tacked onto every appropriations bill being considered by Congress.

Military personnel and their families, Peace Corps workers, and the AID (foreign) program no longer have the choice regarding abortion in their medical plans, and AID is rapidly losing its birth control programs in government agencies. Secretary of Health and Human Services Richard Schweiker has destroyed the program which would have helped prevent unwanted teenage pregnancies. It took many years of struggle to get these birth control and abortion services to the general public, but now even information is being suppressed. The report of Dr. William Cates Jr. of the National Center for Human Reproductive Rights in Atlanta, (which cited benefits of legal abortion for American women,) was ignored and omitted when HHS Secretary Schweiker replaced Cates with another CDC official who gave incomplete testimony before the Judiciary Sub-committee chaired by Senator Hatch.

Since Reagan nominee for Surgeon General C. Everett Koop has been approved by the Senate we can expect his fanatical anti-abortion and birth control views to effect further the restriction on health services in these two areas. Research for both is already being phased out of government programs.

The ramifications on the health of American women and girls if abortion is banned and birth control methods are to be devastated is almost incalculable. Making abortions illegal is unlikely to reduce the large number of abortions but the death and morbidity rate for women will undoubtably soar. In 1965 there were 235 reported deaths of women from abortion, in 1976 there were 2. Thousands of women were injured and maimed yearly when abortion was illegal.

The health of all women of childbearing age will be jeopardized not just those actually seeking abortion. Physicians and health care personnel may be reluctant to give women total medical services for fear of disturbing an undetected pregnancy and being investigated, and/or charged with a crime. Emergency abortion and post abortion care would be jeopardized by involving non-medical officials in health decisions.

Birth control is difficult for young girls to obtain now, and it would certainly be more difficult with added restrictions, not to mention if it was banned all together. Maternal death in childbirth is increased as more young girls become pregnant at an earlier age. In this country childbirth is the eleventh leading killer of women in their childbearing years, 14-44 years of age. You can imagine how risky it is to those under 14. Still a judge recently ruled that it wasn't in the best health interest of an 11 year old pregnant rape victim to have an abortion.

Groups such as the National Women's Health Network in Washington D.C. have elaborated much more on their research on the health risks.

I leave to your imagination the extent of detection and types of enforcement and punishment. What is necessary to police all women of childbearing age in this country should abortion be made illegal and the IUD and other birth control methods outlawed. And if it would be the legal charges and the punishments for those caught in the act.

The question raised is this: is government regulation of our sexual lives and the choices in our private lives acceptable to us? Will the silent majority speak out loud, and soon enough to prevent the Capitol Hill boys from preventing us from controlling our private lives? Only you know the answer to that.
Biofeedback: a way to know yourself better

By Sherrie Stearman

Biofeedback. An effective, proven method for people to learn more about their bodies, about themselves, yet many people are unaware of the facilities available to them on campus involving biofeedback.

Biofeedback classes, both to graduate students and undergraduate students, are taught by Dr. Frederick Newton, Cal State’s own psychologist. Equipment is also available to those graduate students and/or psychology majors for experimentation and research work. According to Carl Koolbaugh, president of the psychology majors’ honor club. Psi-Chi, the equipment may be used for experimentation or to deal with a variety of problems. “If a student initiates a study on smoking, or if an experiment is already being conducted in an area that a student shows an interest in, of course they may take part in it. Experimenters and researchers often are in need of subjects.”

To find out what experiments are being conducted and when, individuals may contact either the psychology department or Dr. Newton. Psi-Chi meetings are held at noon on Wednesdays in PS 122, except for the first and last Wednesday of every month.

The Nov. 4 meeting consisted of a mini-seminar on biofeedback and included such things as: using a subject for demonstrative purposes, explaining the basic principles of operating one type of biofeedback machine, and also explaining the basic understanding of how biofeedback works and what its basic components are.

Biofeedback basically works on the principle of operant conditioning, or just conditioning using the feedback the individual receives about his body as the reinforcer. The individual is made aware of his physiological responses and through matching this immediately with his mental state, he learns to control his physiological responses by controlling his mental states. The connection is made through volition or will power. In other words, if a person has recurring migraine headaches, he can learn to relax those muscles that are tensing and causing the headache.

There are many uses for biofeedback, ranging from quitting cigarette smoking to increasing muscle output for paraplegics. The Electromyographic machine (EMG) has also done wonders for helping people reduce spastic muscle activity in overactive muscles and increase activity when there is no output. Temperature control (also useful in headache reduction), used for widening of arteries and for stress management (control of muscle tensions), is becoming more popular in demand as society demands more of us. These are some of the common uses of biofeedback.

Alpha waves (8-13 cycles per second) are correlated with states of relaxation. Many Yogis, for instance, show alpha waves on the EEG when they are in deep meditation. Beta waves are correlated with the state of concentration and cognizance. Biofeedback has been linked to a theory involving these two types of brain waves. It was also the basis of an experiment performed here by Dr. Newton. “It was basically the idea that: If people go into a state of high frequency Beta when they were taking a test, they (with the assumption that they had studied the material) should do somewhat better,” said Koolbaugh. This theory has yet to be proven.

Lie-detectors are probably the most famous use for biofeedback. Although the lie detector or polygraph test has a 75-80 percent accuracy rate, it is not considered reliable evidence in court. One was performed at a session on the subject at the mini-seminar. About 80 percent of the group would have mistakenly convicted the subject of lying, but they weren’t tried in the field, and the test wasn’t performed under “ideal” conditions. Another reason that the polygraph test is considered unreliable by some people is the fact that an individual being tested can think he is telling the truth, or have no guilt about something he’d done, and therefore have no incurring physiological responses to the questions asked.

All in all, biofeedback is becoming more and more important in our society, it’s nice to know that the opportunity for learning about and/or working with biofeedback is available here. Anyone interested in getting involved in this field may attend a Psi-Chi meeting, or contact the Psychology Dept, at 887-7226.

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