10-13-1982

October 13th 1982

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CSCSB Children’s Center

by Sandra Frey

At the west edge of campus is a small world almost hidden from view, the CSCSB Children’s Center. The concerns of its two to six year-old inhabitants are to them as serious as class deadlines and bills are to us. The children plunge into each day in an atmosphere that fosters learning through play, self-discovery, and relationships with others.

A typical day includes instruction at various levels. The younger set receives help in motor skills. Sounds of our language are illustrated through the Letter of the Week. Last week was “S” Week. Emphasis was placed on the “Sky” and the “Spaghetti” served for lunch. Nature’s wonders are witnessed on a shelf by the window, where plants grow and caterpillars turn into butterflies. Instruction is given in spelling, language, and math is given the older children.

All teaching is done in an open setting. Classrooms are created as needed with movable partitions. At the Children’s Center, organization is balanced with freedom, and discipline with imagination. Arts and crafts, music, physical exercise, and occasional field trips are the creative play projects that offset study times.

This balance is part of a new image that director Pam Dortch has worked for since she took the post last April. Her experience surely has helped her meet this challenge. Ms. Dortch has broadened the Center’s horizons by including parents and the campus community in activities. She believes professionals can learn from the Children’s Center and that it can be enhanced by using campus resources, and she keeps an open door. Parents are required to devote at least one hour a week to volunteering, and they receive gold stars if they do so.

If the CSCSB Children’s Center sounds good to you and you are a student or staff parent, call 887-7724. But plan ahead - there’s a long wait!

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Draft Registration Doesn’t Work

Draft registration isn’t working, according to some of the non-registrants undergoing or awaiting prosecution. “Government…can’t possibly prosecute us all,” said Benjamin H. Sasway of Vista, Calif. Sasway was the first indicted for non-registration, and the second to be prosecuted.

“The trials are just a desperate move to intimidate people into turning themselves in and compromising their moral and religious beliefs,” said Russell Martin, another draft resister, who was registered against his will by a U.S. attorney in Iowa. “A few people are being created by a system that refuses to admit defeat.”

The General Accounting Office’s latest figure shows over 700,000 non-registrants. This is more than 20 times the entire population of Federal prisons. The overall compliance rate with registration is 93 percent, according to Selective Service. This is well below the 98 percent Selective Service officials have said must be reached for the system to be considered fair and effective. Even at the height of the Vietnam war, compliance with draft registration never fell below 98 percent.

The current prosecutions will raise the issue of illegal selective prosecution, said Martin. “I’m going to be prosecuted not because I didn’t register for the draft, but because I publicly pointed out the failure of the program and the aggressive foreign policy behind it,” he said.

Martin was reelected this spring as student body president of the University of Northern Iowa, in Cedar Falls.

(Draft registration) is a political law designed to force people into supporting policies that they would not support otherwise. It has nothing to do with national security, said Martin. “Draft registration forces a debate on foreign policy.”

Other non-registrants agree that the draft, non-registration is an act of conscience. “Draft registration is preparation for war,” said Russell F. Ford, who was imprisoned before his trial when he refused bail.

“I am not willing to sign my life over to the Government that brought us Vietnam, Watergate and the Trident submarine. I am not willing to withhold my protest until the nuclear arms race has reached its logical conclusion in a nuclear holocaust…” I am defending a view that wars, like poverty and prison, are neither necessary nor inevitable. They transgress the human spirit and ought to be abolished,” he said.

In late August, an amendment sponsored by Sen. Hayakawa (R-CA) and Rep. Solomon (R-NY) to the Defense Authorization Bill had passed both houses of Congress, and went before President Reagan. The bill would require male college students applying for grants and loans through the Government to prove that they have registered for the draft.

CSSA Opposes

At the October CSSA meeting, to be held at CSU, Northridge this weekend (Oct. 15-17), Resolution 82/83-7 will be voted on. This resolution supports the CSSA’s continuing opposition to a peaceful registration.

Briefly stated, Resolution 82/83-7 states “…that the CSSA reaffirms its commitment to the draft and registration for the draft and alternative service are issues that can constitute the balance of students into supporting the draft.”

Persons wishing to voice their opinions for or against Resolution 82/83-7 are invited to attend the meeting. Remember, the CSSA is your voice in state government.

Budget Cuts Hurt Students

If the proposed cuts in the federal budget in scholarships and loan funds for college and university students are enacted into law, the youth of America will be severely hurt. Many in the lower income families will be prevented from attending any institution of higher education. Even among middle class families, especially those with several children, the financial burden will be too heavy to bear. The contention that the states and private philanthropy will provide funds to replace federal aid is totally misleading. No matter how generous private agencies and contributors may be, their resources are inadequate to offset the reductions in federal aid. It is deceptive, therefore, to assure youth that either alternative source will make up the losses.

A reversal of presently planned reductions in aid will not occur unless students themselves become politically active in the current academic year. In contemplating such action, students should be aware that the executive branch of the government can neither make nor deny the needed appropriations. The legislative branch has this responsibility, and a large percentage of legislators at both the national and state levels must stand for election in the fall of 1982. No time is to be lost if students wish to be politically effective in restoring proposed cuts in aid.

In contemplating action, they should keep several facts of political life in the forefront of their thinking. Of the over 12,000,000 students in institutions of higher education, almost all are of voting age. If, therefore, they form a united front in presenting the case for continued financial aid, they can constitute the balance of power in voting districts to assure the election of a majority of representatives who favor their cause, both at the federal and state levels. The recent reinstatement of some aid programs does not reduce the need for continued expressions of interest in all related legislation.

A depressing feature of the 1980 elections was the failure of many 18 to 21 year old citizens to vote. To assure that this will not happen, students will have to learn how candidates in their districts stand and then vote accordingly.

Support for Proposition 12

The Nuclear Weapons Freeze will appear on the ballot as Proposition 12. The proposition would require the Governor to send the following message to the President, the Secretaries of State and Defense, and members of Congress: “...the people of the State of California...do hereby urge that the government of the United States propose to the Soviet Union that both countries agree to immediately halt production and further development of all nuclear weapons, missiles, and delivery systems in a way that can be checked and verified by both sides.”

California is one of 11 states due to consider the Freeze in some form during this election season. Wisconsin, the first state to vote on the proposal, endorsed it by a 3-1 margin. In the course of the last year nation-wide polls have indicated that 72% of respondents support the principle of a halt to the arms race. In California over 98% of respondents support the Freeze in broad outline.

Pollster LA. Lewis has estimated that the Freeze endorsed by a bare 52% of those “most likely to vote”. Though the Lewis estimate is questionable, it does reflect the fact that supporters of the proposal, form a community not traditionally considered likely to turn out for elections. Thus, while Proposition 12 could win an election without a heavy student turnout, the margin of victory would probably be quite narrow. In sum, a marked increase in the student turnout on November 2nd could contribute to the increased momentum, if not to the very survival, of the Freeze movement. Coincidentally, strong student involvement on the 2nd could contribute to the reestablishment of a serious political power base on the campus.

Casts a Vote for THE HUMAN RACE NOVEMBER 2.

YES! I support the Nuclear Weapons Freeze.

☐ Here is my contribution of $50.00
☐ $25.00
☐ $10.00
☐ $5.00

☐ I will volunteer for the campaign.

☐ Please send me more information.

NAME

ADDRESS

CITY

STATE ZIP

TELEPHONE

OCCUPATION

EMPLOYER

(Required for contributors California election law)

Porter Briggs, Treasurer, FID: #319129

Californians for a Bilateral Freeze Nuclear Weapons Now

Vote Yes on 12.

Freeze Nuclear Weapons Now.
Placement Center Registration

Students who have obtained senior status and have not registered with the Career Planning and Placement Center are encouraged to do so as soon as possible. No charge is assessed for registering, and the process itself is not time consuming. The Placement Center is located in the Student Services Building Room 116. Please schedule an appointment to register with Ms. Becky Westbrook, secretary, or by phone (887-7551).

A variety of services are available to students and Alumni through the Placement Center. The vast majority of services are available to all students, regardless of major or class level. Several of the major services include: job announcement postings (located on our Career Employment Opportunities Board, just outside the Placement Center), assistance in resume writing, advisement on job interview techniques, career counseling and vocational testing, placement file service, and School Grade Reference service. In addition, two vacancy newsletters-Job News (listing vacancies in Business, Industry, Government, Higher Education and Counseling), and the Employment Newsletter (listing vacancies in the teaching profession) are available. Two separate telephone tapes are also available to place employment seekers—one for Business, Industry, Government representatives, and one for educational placement representatives.

The Placement Center also makes arrangements for employers to visit our campus to conduct job interviews. Interview times are available only to students who are registered with the Placement Center and have a final resume on file. Please sign up for an interview time in SS116 at least two days in advance of the scheduled campus visit. All students may visit with those recruiters not requiring individual appointments. Changes in the calendar will be posted as soon as new additions are confirmed. The recruiting calendar for the Fall Quarter is as follows:

**U.S. Marine Corps**
- Library: 10-2
- School of Law: 10-2
- CA School of Professional: 10-2
- Psychology: 9-4
- Franchise Tax Board: Appt.
- Cask & Cleaver: Appt.
- U.S. Marine Corps: 10-2
- U.S. Army Audit Agency: 9-4
- Pepperdine University: 10-2
- School of Law: 9-4

**Lund & Guttry (C.P.A.'s)**
- Library: Appt.
- Appt.
- Appt.
- Appt.

**October**
- (Weds & Thurs) 13-14
- (Fri) 15
- (Tues) 19
- (Wed) 27
- (Thur) 28

**November**
- (Weds) 3
- (Weds & Thurs) 3-4
- (Tues) 9

**December**
- (Fri) 3

Please Contact
Sheryl
758-4347 Riverside

Student Advisor: Students are advised with high school students in the Busn/Coachella Valley avera. Transportation would be furnished. Some students would work Wednesdays and Thursdays all days and some students would work all day Wednesdays. Bilingual students are preferred—especially students with an awareness of diverse student population. Position pays $32/hr. No. 506

HELP WANTED!
The Peaprint needs help persons interested in working for us to acquire advertising accounts. The job is made up of a commission salary and ongoing accounts. Excellent condition. $250.00 or best offer. Cell Charles at 862-2045. 24 hours. We care.

Ride needed Mon. & Thurs., rates: 8:30 a.m. from college to downtown. Will telephone for gas. 884-1596

Minolta SSM SLR cameras with Somm. Rokar x 117 and 135 mm. Rokar x 53 lens $200.00. (714) 781-8298

Riverside.

For Sale: Navy blue, suede shoes. Size 6, with starting silver conchos. Excellent condition. $250.00 or best offer. Cell Charles at 862-2045 or 887-0455.

For Sale: Olds Ambassador Trumpet, Excellent condition, $25.00 or best offer. Cell 887-2742. (Cindy)

Library: 1981 Peugeot 102. 2-Car special. $2,900.00. Call 887-0132 or 863-2186.


Rice needed Mon. & Thurs., rates: 8:30 a.m. from college to downtown. Will telephone for gas. 884-1596

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Riverside.
Alcohol Awareness Quiz

(To fill in the correct set of parentheses.)

<table>
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<th>T or F</th>
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<tbody>
<tr>
<td>1. Alcohol increases sex drive.</td>
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<tr>
<td>2. The effects of alcohol vary with the time of day.</td>
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<tr>
<td>3. Alcoholic beverages do not provide weight increasing calories.</td>
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<tr>
<td>4. Alcohol is not a drug.</td>
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<td>5. A blood alcohol concentration of .1% is the legal definition of alcohol intoxication in California in regards to driving.</td>
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<td>6. Approximately 10% of fatal highway accidents are alcohol related.</td>
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<td>7. Eating while drinking will have no effect on slowing down the absorption of alcohol in the body.</td>
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<tr>
<td>8. A person cannot become an alcoholic by just drinking beer.</td>
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<tr>
<td>9. It takes about as many hours as the number of beers drunk to completely burn up the alcohol ingested.</td>
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<tr>
<td>10. Most alcoholics are middle aged or older.</td>
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<tr>
<td>11. Drinking milk before drinking an alcoholic beverage will slow down the absorption of alcohol into the body because it coats the stomach.</td>
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<tr>
<td>12. A 150-pound person, to keep the blood alcohol concentration below the legally intoxicated level, would have to drink less than 3 beers in one hour.</td>
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Housing Offices Initiate Alcohol Education

The Association of College and University Housing Offices (ACUHOI) is initiating the first Annual Alcohol Education Week, October 10 through 16, 1982.

The focus of this week cannot and should not address itself to the issue of whether or not to drink. Rather, the goal and direction of a college level program should be to encourage responsible drinking behavior. This concept of responsible drinking is non-judgmental and non-moralistic.

Responsible drinking entails a decision-making process which is characterized by an understanding of the reasons and motivations of drinking and the conscious decision-making process which is made out of a concern and respect for oneself and others.

The social situation can either help or hinder responsible decisions about alcohol. Consuming alcohol is not the 'be-all and end-all of an event. It is to add pleasure to an event. Below are some ways of serving alcohol responsibly:

-Providing other activities as a primary focus when alcohol is served
-Respecting an individual's decision about alcohol, if the decision is either to abstain or to drink responsibly
-Recognizing that drunkenness is neither healthy nor safe
-Providing food when alcohol is served

Responsible decision-making requires that the individual understand implications alcohol has for personal health. The following guidelines are suggested:

-Recognizing that alcohol is a drug and understanding its effects
-Choosing to avoid the frequent use of alcohol
-Recognizing that social acceptability should not require drinking
-Drinking slowly, rather than hurriedly; avoid the gulping of a straight drink

Traditional warnings regarding the safety of alcohol must be considered in responsible decision-making. The safe and judicious use of alcohol effects the individual and other members of society as well. The following guidelines for safety are suggested:

-Choosing to avoid performing complex tasks, such as driving a car while under the influence of alcohol, and discouraging him or her from driving
-Choosing to avoid a driver who is under the influence of alcohol, and discouraging him or her from driving

-Recognizing that his behavior and attitudes affect others
-Providing transportation or overnight accommodations for those unable to drive safely, recognizing that the host is just as responsible for preventing drunken driving as his or her guest

-Support your drinking buddy no matter how bad of a buddy, you must know what to do. As students you enjoy partying with your friends, and often that means drinking together. Let's say it's 2 a.m., and you've been drinking with your friend Allen. But he's had a few too many and now you have a drunk on your hands. Would you know how to handle him? The following are do's and don't for the immediate care of a drunk person

IF ALLEN'S CONSCIOUS:

Stay calm. Don't communicate your anxiety to him. Keep your distance. Before approaching or touching him, explain what you intend to do in a clear, calm, reassuring manner. Don't ridicule, provoke, or threaten him. Keep him still and comfortable. DON'T LET HIM DRIVE!

If he vomits, stay with him to prevent suffocation. Remember only time will sober a drunk so don't walk him around, don't give him a cold shower, don't serve him food, drink, or medication (including coffee, aspirin or vitamins).

IF ALLEN'S UNCONSCIOUS:

Check his breathing and pulse. If there's any sign of danger get medical help quickly. Be prepared to give artificial respiration. Don't let him sleep on his back. The safest position is on his side. Place pillows or rolled up blankets behind his back, or prop him up against a wall.

Continue to check his breathing and pulse for at least two hours until you're sure he's out of danger. If you have any doubts about his safety, call the Campus Police: 887-7555

Many college campuses today are offering alcohol awareness programs, which promote responsible drinking through student-run task forces. One of the most visible and successful of such programs today is offered under the auspices of a national, non-profit organization called BACCHUS. BACCHUS is an acronym for 'Boost Alcohol Consciousness Concerning the Health of University Students'.

BACCHUS takes a common sense approach. The program encourages moderation in the use of alcohol among students who drink and respect for the choice of students who abhor alcohol.

BACCHUS's chapters are organized by students, with the aid of a faculty administrator who acts as advisor. The chapters are semi-autonomous, planning their own policies.

The key ingredient to this type of project is student participation. When the project's message comes from students; any misperception of its purpose is broken down more quickly.

There are many student alcohol awareness task forces such as BACCHUS in the United States and Canada. If there is any student, faculty or staff interest on this campus to establish an Alcohol Awareness task force please contact Sherri Deutchman, Assistant Director of Housing in the Housing Office: 887-7405.
Exchange Students Arrive

Beginning Oct. 4, students from several countries started to arrive at Cal State, San Bernardino to study English. During their 20 week stay, they will be taking intense courses in reading, writing, and speaking the English language. The students will be living in Serrano Village in Tokay, Waterman, and Badger houses.

Bill Becker was named the International Student assistant, a position established especially for this program. Becker will be helping the students adjust to dorm life and act as a liaison between other residents and their new visitors. These students come from Jordan, Korea, Malaysia, and Saudi Arabia. They are here to study our culture and language, but it is also a chance for us to learn about their ways of life. If you happen to run into one of these students on campus, please and talk to them. You’ll be helping them as well as yourself.

Study Group Seminar

The Learning Center and Housing Office are offering a presentation for dorm students on Wednesday, October 13, in Badger Dormitory concerning “How to Set-up Student Study Groups” and information on support services. Many students in the past have used the study group technique to prepare themselves for specific courses. This has proven to be very successful when used correctly. If you are interested, please come to the demonstration.

If you have any questions, call Sherrye Deutchman (887-7759) or Diana Pelletier (887-7512).

A.P.C. in Action

Phil Buford and Judy Brash, the Village Activity Program Coordinators, are working hard to plan events for everyone’s enjoyment. Here are just a few of the things they are working on: Halloween dinner and carnival; R.A. pizza night; a special Thanksgiving dinner; bowling night; dorm videos; Central City movies; Dorm Feud; and a brand new project called The Village Entertainer which will showcase village talent in a coffee house atmosphere.

They also plan to continue with educational programming such as the Student Service Expo, Rape Prevention, Alcohol Awareness plus much more. Check the dorm exit and entrance doors for upcoming events.

Yearbook begins

Those students who remember last year’s Cal State year book will be pleased to know that plans for an 82-83 yearbook are already underway. It is our hope to make this year’s annual better on all counts with new innovative features as well as repeating favorite features from the 81-82 book such as: Village wills, dorm pictures, Cal State plays, Halloween festivities and intramurals. We also plan to include more of the Cal State campus to make the annual well-rounded. Those interested in working on the yearbook staff should see the Village Activity Program Coordinators, Judy Brash and Phil Buford.

The Body Electric

A movement class offered for all Serrano Village residents last year, will be held again this year. The Bernardino faculty will be held Mondays and Wednesdays from 4:55 p.m. in the Lower Commons. There is no charge for The Body Electric class.

Teaching the class is Wendy S. Jackson. The Body Electric incorporates jazz dance exercise, body awareness and stress reducing techniques. This is the first part of a continuing program designed to enhance mind and body fitness. Later this month, The Body Electric series will hold evening workshops on diet and nutrition and ways in which to improve one’s appearance from hair cutting/styling, conditioning, and make-up.

Come join us in our celebration of mind and body!

Village Council

The first Village Council meeting was held Wednesday, Oct. 6 to elect new officers. The meeting was very productive, with a large turnout and positive attitudes. We hope this continues throughout the year.

The elected officers are: President—Terry Ayers; Co­-President—Jackie Lee and Tina Hornbeck; Treasurer—Ali Katenopoulos; Secretary—Keller Luppelatz.

The Housing Office and all of Serrano Village wish to extend a very special “thank you” to the Associated Students Activities coordinator, Sharon Saka. She has done her best, in a job that can be at times a thankless one. She has created enjoyable activities for all segments of our college community.

The PawPrintOctober 13, 1982

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The escape program has planned a trip to the Santa Anita Horse Races for your enjoyment. Enjoy the fun and excitement of the Great Oaktree Racing Autumn Classic from the vantage point of Clocker’s Corner. You can cheer your favorite horses or jockey on to victory. The deadline for sign-ups is Oct. 22 at the Student Union desk. The price is only $7.50 per person, which includes admission and transportation. A chartered bus will depart on Sunday, Oct. 24 at 10:45 a.m.

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Cover Your Assets

by Quentin Moses

The Department of Public Safety (Campus Police) welcomes all new and returning students, staff, and faculty. We are here to assist you and make your experience at Cal State, San Bernardino as pleasant as possible.

The College Department of Public Safety is staffed by State Peace Officers, Investigators, Parking Officers, Public Safety Dispatchers, and Community Service Aides. As a team, personnel from all classifications provide full range of protective and service functions to the college community. The Department is operational 24 hours a day, 7 days a week.

Since the new academic year began, the campus has experienced a high rate of vehicle hit and run as well as book thefts.

California Vehicle Code Section 20006a requires the driver of any vehicle involved in an accident to file a damage to any property, including vehicles, to attempt to notify the owner. If the owner is not available, a note should be left in a conspicuous place. If you witness a hit and run on campus, note a description of the driver, the automobile and the licence number. Then call 887-7555.

Book thefts can occur anywhere on campus. To help prevent theft of your books, mark your books with permanent ink; keep your books close to you—don’t leave them unattended; do not set books on top of your car and drive away; and keep a listing of text books that you have purchased. If you should lose your books, check with our Lost and Found in Building HA-3, or by phone at 887-7555. Most books are an investment. Safeguard them as you would any other valuables.

Philip Morris Inc. Offers Competition

Philip Morris Incorporated has announced its Fourteenth Annual Marketing/Communications Competition for Students. The competition provides an opportunity for students, nationwide, to sharpen their marketing and communications skills.

A first place award of $2,000, a second place award of $1,000, and a third place award of $500 will be presented to the winning teams in both the graduate and undergraduate categories.

Students are invited to develop marketing/communications projects related to Philip Morris Incorporated or any of its non-tobacco products and operations. A committee of marketing communications experts will judge selected entries.

The competition is divided into graduate and undergraduate categories, and is open to students currently enrolled in any accredited college or university. Undergraduate students must work in groups of three or more, and graduate students in groups of two or more, both under the counsel of a faculty member or a recognized campus professional. The deadline is January 14, 1983.

For additional information, please contact the Competition Coordinator, Philip Morris Incorporated, 120 Park Avenue, New York, New York, 10017, (212) 679-1800.
Tom Hauser's Missing

During the early 1970's, the United States pursued a three-year, multimillion dollar policy of undermining and destroying the existing regime in the South American nation of Chile. These efforts climaxed in the September 1973 right-wing military coup that toppled the Marxist rule of Salvador Allende Gossens, the world's first democratically elected Marxist president.

Missing is the real-life story of Charles Horman, a young American free-lance writer and resident of Santiago, Chile, who was caught up in the events of 1973. Six days after the takeover, Horman disappeared from his home in the Chilean capital, later to be found murdered. Author Thomas Hauser traces the search for Charles Horman by his father and wife and their frustrated attempts to discover the truth surrounding his disappearance and death. Not only did the United States play a key role in the coup itself, alleges Hauser, but also did nothing to locate the missing American citizen, or help his relatives in their desperate search for information. Most serious is Hauser's contention that the United States may have actually been responsible for the assassination of Charles Horman in order to cover up its involvement in the overthrow of Allende Gossens.

The release of the film version of Missing provoked an official statement from the U.S. State Department, a highly irregular action. The State Department objected to the film's allegation that the United States had any advanced notice of or complicity in the execution of Horman, as well as the overt impression left by the film that the U.S. played a large role in the Chilean coup of 1973. Hauser points out, however, that the statement avoids any reference to a central claim of both book and film—that the U.S. willfully withheld information concerning Charles Horman's death from his family.

Thomas Hauser is a lawyer-turned-author who had met Charles Horman and his wife two years prior to the Chilean incident at their home in Berkeley, California.
Alcohol Awareness Quiz Answers

1. Alcohol increases sex drive. FALSE
   Alcohol can increase sexually aggressive behavior, because it releases inhibition and restraint. Alcohol acts to interfere with coticus.

2. The effects of alcohol vary with the time of day. TRUE
   Susceptibility to alcohol is higher in the morning and early afternoon than in the evening because of the difference in the level of liver enzymes that breakdown alcohol, and because there is usually less food in the stomach for absorption.

3. Alcoholic beverages do not provide weight Increasing calories. FALSE
   You can gain weight from alcohol. Alcohol is a food because it contains calories.
   Alcohol is higher in calories than sugars and starches, although lower than fats. The calories in alcohol can contribute to weight.

4. Alcohol is not a drug. FALSE
   This is one of the most common myths about alcohol. Alcohol is a special type of drug. It affects the nervous system after it reaches the brain.

5. A blood alcohol concentration of .1% is the legal definition of alcohol intoxication in California in regards to driving. TRUE
   This is true in most states, including California.

6. Approximately 10% of fatal highway accidents are alcohol related. FALSE
   The current estimate is that about half of all fatal highway accidents are alcohol related, and a much higher percent of non-fatal accidents are related to alcohol use.

7. Eating while drinking will have no effect on slowing down the absorption of alcohol in the body. FALSE
   Some alcohol is absorbed in the stomach, but most is in the small intestine. The degree of absorption thus depends on the time it takes the stomach to empty into the small intestine. Thus the food in the stomach tends to slow down the absorption and effects of alcohol on the body.

8. A person cannot become an alcoholic just by drinking beer. FALSE
   The type of alcohol consumed makes no difference in becoming an alcoholic.

9. It takes about as many hours as the number of drinks drunk to completely burn up the alcohol ingested. TRUE
   The body burns up alcohol through the process of oxidation—a series of chemical changes that enables food to release energy. Oxidation takes place mostly in the liver, which needs about one hour to burn up one half an ounce of alcohol. Meanwhile, the unoxidized alcohol remains in the blood stream and continues to have an effect on the brain.

10. Most alcoholics are middle aged or older. FALSE
   A University of California research team has found that the highest proportion of drinking problems is among men in their early twenties. The second highest incidence occurs among men in their forties and fifties.

11. Drinking milk before drinking an alcoholic beverage will slow down the absorption of alcohol into the body because it coats the stomach. FALSE
   Drinking milk will slow down the absorption of alcohol—but not by coating the stomach. Almost any non-carbonated milk, or any food, will act to dilute alcohol and will slow down the absorption of the alcohol.

12. A 150-pound person to keep the blood alcohol concentration below the legally intoxicated level, would have to drink less than 3 beers in one hour. TRUE
   Because the body can only oxidize alcohol at a fixed rate, three 12-oz. beers (or 3-4 oz. glasses or 3-1 oz. shots of liquor) would raise the 150 pound person's blood alcohol content above .1%—the legally intoxicated level.

13. Responsible drinking can result in relaxation, enhanced social interaction and a feeling of well being. TRUE
   When used in responsible and moderate amounts, alcohol can be complimentary to individual and group activities.

14. In California you can be convicted of drunken driving without driving irrationality. TRUE
   While under court test currently, even if a person has not driven in any problem way, if requested to take a blood alcohol test and the person fails, he or she can be convicted of drunken driving.

15. Few women become alcoholics. TRUE
   In the 1950's there were 5 or 6 alcoholic men to every woman. Now the ratio is about 3 to 1.

16. Liquor taken straight will affect you faster than liquor mixed with water. TRUE
   Straight liquor reaches the brain faster because it is absorbed into the blood stream faster than liquor which is diluted. But when liquor is diluted, what you use as a mixer has an influence on absorption of alcohol. Alcohol in liquor diluted with water is absorbed most slowly; the alcohol in liquor diluted with soda is absorbed somewhat faster, and the alcohol in straight liquor is absorbed fastest of all.

17. The most commonly drunk alcoholic beverages in the U.S. are distilled liquors (whiskey, gin, vodka), FALSE
   Beer is by far the most commonly drunk alcohol in the U.S.

18. To prevent getting a hangover one should sip one's drink slowly, drink and eat at the same time, space drinks over a period of time, and don't drink your limit. TRUE
   This is the best formula to prevent a hangover besides abstinence. Drinking slowly doesn't cause a huge dose of alcohol in the system, eating provides dilution of the alcohol to slow down the alcohol absorption, pacing drinks again allows the body to oxidize alcohol at its constant rate, and not drinking more than your body can tolerate is all good ways to avoid a hangover.

19. Moderate consumption of alcoholic beverages is generally not harmful to the body. TRUE
   Few harmful side effects have been found to the moderate use of alcohol. In the system, eating provides dilution of the alcohol to slow down the alcohol absorption, pacing drinks again allows the body to oxidize alcohol at its constant rate, and not drinking more than your body can tolerate is all good ways to avoid a hangover.

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21. Liquor mixed with soda pop will affect you faster than liquor drunk straight. FALSE
   This is false, but close to being true. What you use as a mixer has an influence on absorption of the alcohol. The carbonation in soda or ginger ale will speed the passage of the alcohol through the stomach.

22. Alcohol will keep you warm in cold weather. FALSE
   Alcohol causes vasodilation-widening of the blood vessels. So when you feel warm when drinking, your body is not getting warmer but is actually losing heat. Further, alcohol depresses the temperature regulation centers in the brain causing heat loss.

23. Drinking coffee or taking a cold shower can be an effective way of sobering up. FALSE
   Nothing can speed the sobering-up process because your body oxidizes alcohol at a steady rate. Coffee can help keep you awake, a shower will make you clean, but neither will improve your judgement or sharpen your reactions.

24. Alcohol is usually classified as a stimulant. FALSE
   Alcohol is generally a depressant, not a stimulant but sometimes a drinker imagines that he/she is being peped up. This is why: alcohol's first effect on the brain is to slow down the brain area that controls judgment and thought. In slowing down this area, alcohol releases the drinker's inhibitions which usually guard his/her behavior. Alcohol also tends to slow down the brain area that controls muscular coordination. Thus, alcohol may also interfere with a person's normal ability to do certain physical tasks.

IRP Board Meeting Agenda

At the first Instructionally Related Programs (IRP) Board meeting for Fall Quarter, the following actions were taken:

- Consideration of August 6, 1982 request from the School of Administration for Marketing Competition funding for 1982-83.
- Consideration of August 6, 1982 request from the School of Administration for use of carry-over money.
- Consideration of August 31, 1982 request from School of Humanities for an allocation of $500.00 for the Family Performance Series.
- Consideration of September 16, 1982 request from the Theatre Arts Department for use of carry-over money.
THE LEADER IN SPORTS

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Games #1, #2, and #3 — Oct. 12, 13, & 15 at 5:00 p.m.
Game #4, Oct. 16 at 9:30 a.m., Game #5 Oct. 17 at 1:00 p.m.

PLAY BALL!

666 N. Kendall Drive, San Bernardino
886-4701