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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 underdeveloped 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 prerelease, 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 Corner 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 "emphasized 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 $326 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'll 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 mathematics, two years of college prep English, and one year of college prep science. Students who are not at the level 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."

Chorus, band offer light Christmas selections here

The Collegiate Chorus and Collegiate Band will present a concert of light Christmas music here at 8:15 p.m., Dec. 2.

The chorus and band are comprised of musicians from the student body, faculty and staff, people who are not necessarily music majors or professional musicians but who share a common interest in and enjoy "making music."

Selections will include traditional songs such as "Twas The Night Before Christmas" and "Silent Night," as well as modern renditions of holiday music.

Highlighting the evening will be two selections of "solo" music by P.D.Q. Bach, "Throw The Yule Log On, Uncle John!" and "Good King Kong Looked Out," and the Christmas story told through carols performed jointly by the chorus and band.

The concert will be in the Recital Hr-1 of the Creative Arts Building. General admission is $3, students $1.50.

IMPs puts on kiddie show

Cal State's own Imagination Players will enact stories for children at 7 p.m. Tuesday, in the Inland Center Mall.

The free performance will include children's literature pieces staged in Readers Theatre and Story Theatre styles. Few props or costumes will be used, all depends on the imaginations of the audience and the abilities of the performers. The imagination Players is a group of drama students from the Theatre Arts Department.


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Happy Thanksgiving
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 ways 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 thousands of students booted 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 on welfare, workers, and students) and eventually lead to more employment, and higher income for all. But usually what happens when those with a high income get even more money they either continue to spend it in some interest bearing device (buying more stock or bonds) or they would spend it on some luxury good such as a Mercedes or a work of art.

The Reagan tax cut was designed, said Stockman, to lower 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 pair 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 be a 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 of the country, 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 paid by the state for education, allowing the government to get more money on war goods, thereby further increasing the profits of large corporations. Students and other poor people are subsidizing corporate profits and tax cuts for the rich.

Of course some students may have to drop school because they can't afford the increases, but that would be beneficial to Reagan administration policy makers too because "supply side" and "trickle down" make sense to someone with little education.
No nuclear weapons or no survival

By Brad Johnson

"There is no such thing as survival after a nuclear war." It does not take superman insight or access to classified government documents to recognize the sad truth behind this statement, made by Congressman George Brown during a speech here recently. The atrocities committed in Hiroshima and Nagasaki, using only two nuclear bombs of what would now be considered crude technology, should have served to alert us to the inexpressible terrors we face when corporations warehouse weaponry. Unfortunately, rather than shying away from a course that would doom us to repeat the nuclear nightmare of 1945, we have chosen instead to embrace such a course, to increase rather than restrict the possibility that such a horrendous event could ever take place again.

The message of women's rights to reproductive freedom, the same message that has inspired movements around the world over the past century, has been largely ignored in the United States. The government continues to control sex lives, and the public is becoming increasingly discontent with this situation. This month, Congress gathered together some of the old focus of the hearings by the U.S. Government to control sex lives. Convinced Congress yet. This month

The CFPC, then, represents that section of the campus community willing to stand up and say "stop." There is nothing to be gained by sitting idly by, yet there is everything to be lost. The tremendous respect for the worth of mankind compels us to take a stand, and not subject our fates to the capricious whims of transient political leaders.

One aim of the Coalition, an aim shared by a growing number of individuals both in the United States and Europe, is in radically decreasing, and ideally eliminating, the use of nuclear weapons. No benefits from a nuclear war, and common sense dictates that avoiding such a catastrophe is infinitely preferable to courting it. For this reason the Californians for a Bilateral Nuclear Freeze program, Propro are organizing petition drives in order to place on the 1982 state ballot an initiative calling on the U.S. and Soviet Union to engage in..., a verifiable agreement to halt the testing, production, and further deployment of nuclear weapons, missiles and delivery systems. State of Massachusetts recently adopted a similar amendment, adding yet another voice in an alarmed world willing to shout "enough is every.

I should hate to render the impression that the CFPC is a group of young and probably more than paranoid doomsayers. However, if figuratively speaking, this is a world sitting on a pile of dynamite, it doesn't make sense to have someone playing with matches.

The Coalition for Peaceful Alternatives to the Nuclear Bombing of Hiroshima and Nagasaki, using only two nuclear bombs of what would now be considered crude technology, should have served to alert us to the inexpressible terrors we face when corporations warehouse weaponry. Unfortunately, rather than shying away from a course that would doom us to repeat the nuclear nightmare of 1945, we have chosen instead to embrace such a course, to increase rather than restrict the possibility that such a horrendous event could ever take place again.

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Biofeedback: a way to know yourself better

By Sherrie Stearnman

Biofeedback. An effective, proven method for people to learn more 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. Experimenter 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 and more 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 activity when there is no output. physiological responses by making this immediately match the 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.

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.