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The Fishbowl- Nov. 30, 1972

Uptown Center Staff

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THE FISHBOWL

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November 30, 1971

For the past few days I have indulged myself in the luxury of the knowledge that I will really finish college. I am thrilled that after all these years, I will finally have the credentials to do what I have been doing all along anyway. On the other hand, is it really as good as it sounds. I have wondered if it has been worth while for myself and others concerned or if maybe I "should-a" stayed at home with the kids? I thought to take a critical look at myself to ascertain whether or not I have learned, changed, or changed anything else. In doing this, I have been remembering our shared experiences here at the Field Center.

After taking classes with Stan, I think that I can never again be surprised by what anyone tells me - nor by the manner in which it is presented. That is of course to my advantage and more importantly it has been to the advantage of those with whom I have and will come in contact. Thereby a communication hang-up on my part has been overcome. I believe that I am better equipped to comprehend others and I know that my head is more open not only to let in some growth but also to help others grow.

I won't mention any names, but our Indian staff person under whom I have had the pleasure to do my field work made me work so hard (and think so hard) that I sometime just wanted to quit and be free. Pain, feelings of incompetency, misery, self-doubt manifested by monumental stupidity, and depression! Also, glorification, aesthetic "highs", self-satisfaction, illustrious group, and hallelugas when I realized that I had had a part in an accomplishment!!! It'll be a long time before I will believe there's something I can't work out (with help of course).

It has been difficult to stand back and take personal assessment. It is embarrassing (because it seems egotistical) for me to look at my "star" qualities, and painful to admit my serious faults. This has been made easier for me through our psychology class experience partially because of the change in terminology to the appraisal of "strengths" and weaknesses". But the major influences have been encouragement, understanding and assistance. With these I have seen that my bad qualities are maybe not as heinous as I had imagined and can be worked out.

Viewing the positive aspect of myself in the "before" department, I had been working hard for quite a few years at doing what I could to help my people. Being very involved, I never had time or even thought of an evaluation of goals for self and others. So, on the other side of the coin, in our community history classes with DeDe, the lightbulb over my head lit up 200 watts worth and I saw that I had viewed the world as Indian and others. was everyone else lumped together and I mostly ignored them. I had expected these others to recognize and respect my peoples' various cultures and differences, but I had not begun by "doing unto others", myself.

I was surprised to find here that many others were actually flesh and

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blood, and compassionate, helpful and needy, human beings.

What has worried me is wondering if another individual could have profited by being here more than I have. But when I put these various components of field experience into perspective, I believe I have grown in ways that I could not have in any other set of circumstances. I believe that our Field Center is growing into a vital part of the Uptown Community and I think that I have been a part of that growth.

In Community Organizing classes and in our Indian student sessions, I began to see how this attitude or lack of deeper understanding works against us all. Associating with, arguing with, working with, and becoming close friends with you people here at the Field Center has been my best educational experience. So, the best thing for me has been all of you. I believe that our relationship will not end here and so has been and will continue to be beneficial to us and our community.

Thank you for happening

.....the graduate

p.s. I would like to mention and thank a "campus" person who has been of great help to the field center and to me individually. He is Ron Glicker in the Office of the Registrar. He has been more than generous of his time and concern for us.

.....

MERRY
CHRISTMAS

from
me

El Cancer y como Tratar de prevenirlo

El temor al cancer es tan grande que a algunas personas prefieren ignorarlo y a veces rehusan conocer unos pocos hechos simples que quizás algun dia puedan salvarles la vida,

Es natural que la humanidad tema casi mas al cancer que a cualquier otra enfermedad ya que muchos han tenido la desgracia de perder algun ser querido, victima de esta enfermedad.

Pero si esos seres hubiesen conocido los primeros sintomas del cancer y hubiesen sido atendidos por un medico pudieran vivir. Ya que muchos canceres pueden ser curados cuando son pequenos por lo tanto es muy importante el consultar a su medico tan pronto observe algun de las senales que puedan indicar la presencia de un cancer.

Esos sintomas o senales son siete muy corrientes y son conocidos como los siete avisos peligrosos del cancer, pero solamente su medico puede determinar si usted tiene cancer o no.

- 1-Perdida anormal de sangre o flujo.
- 2-Un bulto odureza en el pecho u otra parte.
- 3-Una ulcera que no cicatriza.
- 4-Cambios en el ritmo habitual de las eliminaciones intestinales o urinarias.
- 5-Ronquera o tos.
- 6-Indigestion o dificultad al tragar
- 7-Cambios en una verruga o lunar.

Si alguno de estos sintomas dura mas de 14 dias, vaya a su doctor. ya que es lo mas conveniente puesto que no habido ningun remedio casero o alguna de esas cosas secretas que se anuncian a diario que haya curado el cancer.

Por lo tanto, el medio mas seguro de proteccion contra el cancer es que ud. Se haga un examen medico completo por lo menos una vez al ano.

.....Jaime Duraz

"UN VISTAZO A COLUMBIA"

Colombia, pais suramericano es llamado la esquina de sur america. Por su importante ubicacion con todo el resto del continente. La capital es Bogota, el cual es una metropolis, por su adelanto tiene bellos edificios, grandes avenidas con autopistas que conducen a difentes lugares de la ciudad. Bogota es llamada con razon la antena suramericana, las principales ciudades colombianas son, Medellin, Cali, Barranquilla, Carategena, Bucaramanga, y otras mas. Colombia es un gran exportador de cafe, ademas produce bananas, algodón, minerales como el petroleo, y esmeraldas muy finas y costosas.

El clima de Colombia es variado, tenemos partes frias en el interior del pais, primavera en Medellin, y en la costa atlantica la temperatura es caliente donde existe un sol y mar en eterna competencia.

Lugares turisticos: El cerro de Monserrate, La iglesia de sal de zipaquirá, La quinta de san pedro alejandrino donde murio el libertador Simon Bolivar, en la ciudad de Santa Marta.

Colombia es un pais encantador, con mucho que mostrar al turista. Sus fiestas son maravillosas, Cali con su feria del azucar, es estupenda, Manizales y su feria internacional donde las mujeres mas bellas se dan cita para disputate el reinado del cafe, y por ultimo Barranquilla con su alegria bulanguera en los carnavales, con sabor a cumbia esperma y ron la hacen famosa. Cuando ud, quiera gozar plenamente, visite este pais, de grandes recuerdos y maravilloso futuro.

....Blas Arrieta

PSYCHOLOGY CORNER

In his book, Be Glad You're Neurotic, by Louis E. Bisch, M.D., here are some things he said of "normal" persons. First of all, normal and average are identically alike when you're talking about people and the average man is mediocre to begin with as compared to a neurotic. A lot of people are working in our nation with IQ's below 100 and let's not forget that the majority of people who make up a nation are normal

are normal people, though it might be a low normal just a little better than moronity or falling on levels attributed to adolescence, normal people made gunpowder and the atomic bomb because they are always getting themselves into troublesome situations and then moving on to worse ones. Mr. Bisch tells us to pick up a newspaper and read about the antics of normals who indulge in infidelities, divorces, crimes, grafts and other things.

In this world, can be found neurotics even though he may have not done well in school - still he is a thinker and his thinking is different because he can't be a square peg to fit himself into a round standardized hole. A neurotic doesn't feel the same way as others do because he is not coarse and brutal. Unfortunately neurotics have this tendency to copy the worse traits of normal people and to behave like them. People accuse neurotics of reading too many books and making up theories that are impractical utopian ideas to reform the world. They are also said to be too soft and sensitive, too conscientious and sentimental. The neurotic concerns himself too much on morality and that is why he is inhibited and restrained but these traits that neurotics manifest don't give rise to brutality, dishonesty, depravity and murder and that's noted to be good.

If you're normal, then you're average, Bisch asserts, and most often Mr. Average goes to church because of an ingrained habit of fear and the opinions of neighbors - imbued from childhood so that in actuality he is paying "lip service." Mr. Average knows little beyond the stuff he reads in the paper and very few books though he might know current catch words. He hardly knows about his own job and even if he is an expert at what he's doing, he tries to take advantage of you.

Mrs. Average fares no better either. She displays no interest in her job, except the payroll check. If she is pretty she can be conceited and attempt to capitalize on it by being snobbish when a man is in the offing. Besides being gossipy and cattish, she'll evade the truth when cornered. Most of the time spent on talking about men and clothes and believing in all the flattery heaped upon her by men. If she claims to know all about sex and love, how come there are so many divorces?

If you talk to one of these normals on the street for an hour, you couldn't find out the mediocre characteristics because all normals wear a mask when they meet you because they know how to conform or fit in. On the other hand, neurotics don't wear a mask no matter how hard he tries and he is different from the average in that he is easily discernible. There ain't nothing to be bragged about if you're normal or average, because you don't display originality, sparkle, or flare. So hold to the things that you possess that deviates slightly from the norm because people will only notice or talk about you if you are different or not like others.

Man, you can do everything that is expected of you: Be a good son or daughter; get those A's in college; join this or that organization; display civic pride, etc., and when you're six feet under the ground only your relatives will be present at your funeral and nobody else will, because you're a nobody! They'll just lower you into the ground with your virtues being "unwept, unhonored, and unsung," except for the paid obituary in the newspaper.

To justify his stance, Bisch is not trying to prove or suggest that praise-worthy traits are characteristic of neurotics only, or that normals are all bad, even though he emphasizes on the good points of the neurotic and on the bad points of the normal since there also exists neurotics who are sordid and immoral just as there are normals (not characteristic of the majority) who display behavior that is imitable but these shouldn't be construed as the rule. He attacks the normal hard because he feels that the neurotic is not likely to appreciate what

the average normal is like, what kind of make-up the normal possesses that the neurotic would try to imitate.

....Henry Goon

REBUTTAL

This is a rebuttal to a commentary submitted by a staff person in the last issue in which he objected to the deletion of a part stated "dedicated to Stan Newman", and also the fact that poem in question was left off those issues that were sent to Campus. Speaking for myself, the "dedicated to Stan Newman" poem was submitted to me for reading, subsequently I cast a vote since the decision was deadlocked between 2 staff persons of the fishbowl as to whether it should be printed or not. After having read it, I voted against printing it. One of the staff persons objected so vehemently that I decided to compromise. I suggested the dedication be removed and the poem be left off on the issues being sent to Campus. Since that time this has been brought up as censorship. I wish now to lay it on the line to justify what I did, concerning the poem and the actions surrounding the compromise. These are my feelings and in no way did they reflect the print policy of the fishbowl at that time. For what it's worth, I voted for the deletion of the part "dedicated to Stan Newman" because in the past, a lot of things were said about him which I don't know if there was any truth in it or not. At any rate, Stan was somewhat aloof from the students last year as compared to this year to which he is more responsive and receptive to our needs and problems as students. Because of this change, I felt that no more myths or stories should be perpetrated against his character. I think that people have begun to see underneath the surface and expressions to find that he has many good points. I felt that it was not wise to put Stan in this position. I think he's doing a more efficient job as co-coordinator of U.P.-N.I.U. center and I want and hope for him to continue in this position.

....Henry Goon