

Bizarre imagery - something to remember

by Tina Crinite

Do you have a hard time remembering information for tests? Do you find it difficult to remember names? If so, then something called "bizarre imagery" may help.

Through the studies of two UNLV psychology majors, the use of bizarre images may be helpful in the memorization process. Mike Branson and Hal Bellas are currently conducting a test called "bizarre imagery as an affected mnemonic device." In layman's terms they are testing the success in using out-of-the-ordinary images as a memory aid.

Experimental psychologists have been testing bizarre imagery for about 20 to 30 years. Based on findings of other psychologists, Branson and Bellas have modified the testing slightly and hope to prove that people are more apt to remember information if they form some type of unusual imagery in association with the memory.

Their test consists of 90 subjects composed of students from UNLV varying in ages of 18 to 46. Each person looks at three lists of 20 sentences each with the aid of a machine called a memory drum. They are given eight seconds to view each sentence in which two of the key indicator words are typed in all capital letters.

Between each set of sentences, the subject is made to count backwards from 297 for three minutes. This is used as a distraction task and its purpose is to take the subject's mind off the sentences he or she just finished reading.

Some examples of the type



Illustration by Robert Sundin III

of sentences included in the test are either normal or bizarre. An example of the normal sentence would read, "The lit cigar sat on the edge of the black piano." A bizarre example would be, "The giant cigar played the black piano."

The subjects are then asked to return seven days later and are given a five-minute test to record how much was retained. They see if the sentences composed of the bizarre imagery words were the ones that remained most vivid and memorable in the subject's mind.

With these results, which will be completed mid-April, Branson and Bellas will take their findings to the West Psychological Convention to be held in San Francisco this April. This convention is designed for students, faculty and psychologists to discuss current research and

gives many a chance to "rub elbows" with the big names in the psychology field today.

A major goal of Branson's is being published, and if their research proves to support the theory of bizarre imagery, they will attempt to be published in a psychology journal.

"All studies are based on probability. As many in the sciences know, you can never prove or disprove—only support or detract from a theory," Branson said. "If our theory is proved, we are just two more students who provide information to support this theory, and if we fail we become those who detract from this theory."

Branson and Bellas are still looking for more subjects to participate in their experiment. If you are interested in helping, call the psychology lab at 739-3199.

Life is but a dream

by Rebecca Bostick

Look at the person to your left and right. Are their eyes drooping? Do dark grey circles hide beneath their mascara? Is something nagging at the back of their thoughts, stealing their full concentration? If so it could be a dream.

During a normal night's sleep a person passes through four stages of sleep in successive cycles. Dreaming usually occurs within REM (rapid eye movement) sleep although research has not provided an exact answer to why people dream. Whether your dreams are fantasies come true or of the Nightmare On Elm Street variety, most can be interpreted, and chances are, they all mean something.

Though the study of dreams has no scientific name, psychoanalysts, psychologists and physicians have been observing them for years. From Freud's *The Interpretation of Dreams*, to Zolar, an astrologer, experts and laymen have had something to say about dreams. Perhaps it is time we listened.

No one knows why we dream, but a common theory is that the subconscious is working out problems nestled too deep for the waking mind. Childhood fears and adult inclinations find their way into dreams, possibly to offer solutions. Recurring dreams are often born from a lifelong fear or from an association with a time important to you, a time your subconscious won't forget.

Dreams are also warehouses of images your mind has seen recently; images your waking self cannot recall, but which your subconscious remembers. If you think the answer to your problems lies in your sleep, there are tapes available which claim to send subliminal suggestions to your mind to dream, find solutions, and recall the dream upon waking.

The most important thing when interpreting is not to take dreams too literally. Most subconscious images imply a deeper meaning symbolically, one that takes work to find. Dreams are affected by stress, drugs, foods and caffeine and they may seem distorted when we try to read them.

Books, such as *The Encyclopedia of Dreams* offer vague

explanations for dreams but these are only general, easily applied definitions. For example, a dream about having a dream, which is quite common, indicates things are going your way, while dreaming of a dorm means you're subconsciously mulling over future plans.

Be careful how you view symbols as well. Because to ring a doorbell in your dream may mean you're clear in your mind about decisions, to dream about hearing a doorbell means you should take great care before making any new plans.

While some dreams are remembered instantly, most are lost the moment we hear the alarm clock. We dream an average of five times over an eight hour period, for twenty minutes

each. That's one and a half hours of dreams for every eight hours of sleep. In REM sleep, our bodies are in a lighter stage of sleep, easily agitated and awakened. This could explain why we have physiological dreams, where we incorporate an outside noise into our sleep. The beeps waking you on your alarm may sound like bells in your dream.

Some dreams, such as nightmares, get their messages across clearer than others. On the average, we have one nightmare a week, often of being chased. Surprisingly, most nightmares are psychological terror, rather than graphic horror movies of the mind. Our conscious usually interrupts nightmares with a scream, saving us from the dream.

Staying awake won't keep the dreams away. Sleeplessness lets suppressed dreams intrude into reality in the form of hallucinations and delusions. A very sleepy person is akin to one in the later stages of drunkenness. Perceptions are distorted and judgement is impaired, making tired eyes easy prey for waking nightmares.

Bad dreams can lead to insomnia, night terrors, and night sweats. Students, with their erratic hours and late nights, are prone to sleep disturbances and should take care to catch their Zs. There is truth to the folk tale which suggests warm milk before bedtime, and it helps to relax before trying to sleep. Avoid caffeine two to three hours before nodding off. Even if the drug doesn't keep you awake, it can disturb the winks you do get. All this should send you on your way to a good night of sleep and...sweet dreams.

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Is Mary Jane coming back?

by Terry Stolz

With activists rallying in support for legalization of marijuana, support is also spreading on college campuses across the country. I asked many students attending UNLV this semester if marijuana should be legalized. While some had to take a few moments to answer, others were quite sure about their answers.

Rex Perkins is an alcohol and drug awareness counselor at the Student Development Center located on the second floor of the library. Perkins stated that alcohol abuse is the number one problem on campus and marijuana

It's true that smoking marijuana is generally believed to be harmful to your health. However, some people believe that it does possess some good medical aspects.

Administrative Law Judge Frances L. Young of the U.S. Drug Enforcement Administration held hearings in 1987 and 1988 to determine if marijuana had any good aspects. He stated that in reviewing the testimony "the record clearly shows" marijuana is helpful in the treatment of muscular weakness associated with multiple sclerosis and in reducing chemotherapy related vomiting.

use is the second. Some students were asked how they felt about legalizing marijuana.

"The laws restricting the drug don't work. If it were legal the government could put a tax on it," Mike Glasser said.

"The government could control its use if it were legal by taxing it," Phil Anzalone said. Obviously, some students at UNLV are in favor of legalization.

Others opposed the idea. "Marijuana use is too dangerous. It's a starter drug that can lead to heavier drug use," Scott Coffman said.

A total of 50 students were asked if the drug should be legalized. Of these, 14 replied negatively, 16 were affirmative but only as a prescription drug, and 20 answered affirmatively indicating that it should be legalized like tobacco.

If you are of a definite opinion regarding the legalization of marijuana, drop a line to *The Yellin' Rebel*.

Send opinions to: *The Yellin' Rebel* MSU #302 4505 Maryland Parkway Las Vegas, Nevada 89154

Jewish Community Lecture Series

by Harry L. Goldberg, O.D.

Professor Hymie Gordon, M.D., is the third speaker in the Annual Jewish Community Lecture Series of Las Vegas, Congregation Ner Tamid is this year's facility host. All interested Southern Nevadans are invited to all four lectures.

Dr. Gordon joined the Mayo Clinic in 1969 to develop its program in Medical Genetics, and became the first chair of the Department of Medical Genetics and the first Professor of Medical Genetics in the Mayo School. He retired from clinical practice at the end of 1989, and as Professor Emeritus of Medical Genetics, continued in completing several genetic-research projects and in developing a teaching program in the history of medicine.

Gordon was born in the Union of South Africa and received his medical training there. He then went on to be a medical officer, registrar, research associate in cardiology, physician, instructor, and senior lecturer in South Africa, London and

Johns Hopkins University School of Medicine before joining the Mayo Clinic.

In 1961 he visited Israel for the first time, and met the great biblical archaeologist Yigael Yadin. Before then, when he became interested in the origins of Western civilization, he visited and studied classical sites in Rome, the Greek mainland, Crete and other Aegean islands, and Turkey.

Yadin took Gordon to excavations in the Galilee and on a preliminary survey of Masada. Since then and especially after the liberation of Jerusalem in 1967, he has been to Israel almost every year—as recently as the summer of 1990.

During these visits he has combined his medical-professional responsibilities with his biblical-archaeological interests by lecturing at the medical schools and visiting many of the current excavations of prehistoric and historic sites.

Gordon brings his sizable collection of slides to a 9 by 12 foot screen to lecture on "Biblical and Post-Biblical Archaeology of Jerusalem—Illustrated."

Student Spotlight Theodore Samuel of D.O.S.

By: Gabriel Campisi

When Theodore Samuel received his first drum set at the age of 3, he knew perfectly well what his date with destiny would someday be.

The 22-year-old UNLV junior is part of a local pop group, D.O.S., which consists of himself and partner Aric Devone. Devone is a former student of UNLV.

The duo has recently produced, written, arranged and performed their debut single, "Love Haz No Guarantee," which can be currently heard on local and select radio stations across the country. The upbeat pop song, with its rhythmic bass line and keyboard samples, is reminiscent of music by Stevie-B and Dino. "We're currently working on a record-contract deal with EastWest Records," Samuel said. "Hopefully we'll release the song across the country before the summer."

Samuel met Devone about three years ago, and realized they mutually shared the same dreams and enthusiasm for music. They formed their group, originally calling themselves Citizen Bravo, and set out to accomplish their goals

together. "We knew it wouldn't be easy," Samuel continued. "But we were determined to give it everything we had, and it's obviously paying off."

Samuel is a self-taught musician whose life has always revolved around music. At 16, he turned his attention away from his drum set to focus more on the magic of the piano. He was director of his youth choir in church and the drum leader of his band when he attended Eldorado High School.

The duo spent more than \$3,000 from their own pockets to produce and release their debut single, maximizing more than one credit card in the process. They did their actual recording at Hot Trax Studios in Pomona, Calif.

"We did everything ourselves to produce the song," Samuel said, indicating they had a manager at one time. "The manager wasn't doing anything for us we weren't already doing ourselves. My partner met with him one day, discussed a few issues, and terminated the contract. For now, we're on our own."

The lack of a manager, however, doesn't seem to be a problem. Last February, D.O.S.

opened for the Mellow Man Ace and Kid Frost Concert at the Thomas & Mack Center. They have opened for rap star Tone Loc, and performed at several Cashman Field Power Dances among other appearances.

Samuel and Devone are already hard at work on another single that they plan to release in the near future. They are also planning a music video for their first song.

"Right now, one of my first priorities is to finish college. By majoring in marketing, I'll be able to use that knowledge for sales and marketing strategies," Samuel said. "As well as demographic studies for the releases of our music."

D.O.S. will perform Saturday, March 23, at the Dream Come True Concert sponsored by Street-Wise Alive. The concert will be held at the Cashman Field Theater and is intended to raise money for the construction of a youth social club.

"Love Haz No Guarantee" can be heard locally on KVRK FM 97.1 and KLUC FM 98.5. Copies can be purchased at Odyssey Records or Tower Records.

Get a piece of the floor

by Tina Crinite

Maybe you weren't lucky enough to get tickets to the Final Four Championship to possibly see the Runnin' Rebels take the NCAA Championship for the second year in a row.

If you're one of those fans who will do anything to get a moment of your favorite sports star—a piece of a shirt, a basketball, a lock of hair—you are in luck.

Now you can get your very own piece of the sacred floor where Stacey Augmon and Larry Johnson dribbled and slung-dunked their way to victory.

How? It's easy to get a piece of the floor.

Iowa Sports Marketing, Inc. has now contracted to purchase the basketball court floor upon which the 1991 NCAA Final Four men's college basketball semifinal and final games will be played.

The court floor, installed for the climax of the 1991 championship tournament, will be cut into uniform segments of 5 inches by 6 and a half inches out of the Indianapolis Hoosier Dome, immediately following the championship game.

Each segment of the floor will be permanently "laser-etched" with the firm's trademark symbol: "The Championship Floor. TM"

It will also include the names of all four semi-finalist schools, and the final score of the championship game played on Monday, April 1. It will come with a certificate of authenticity and an

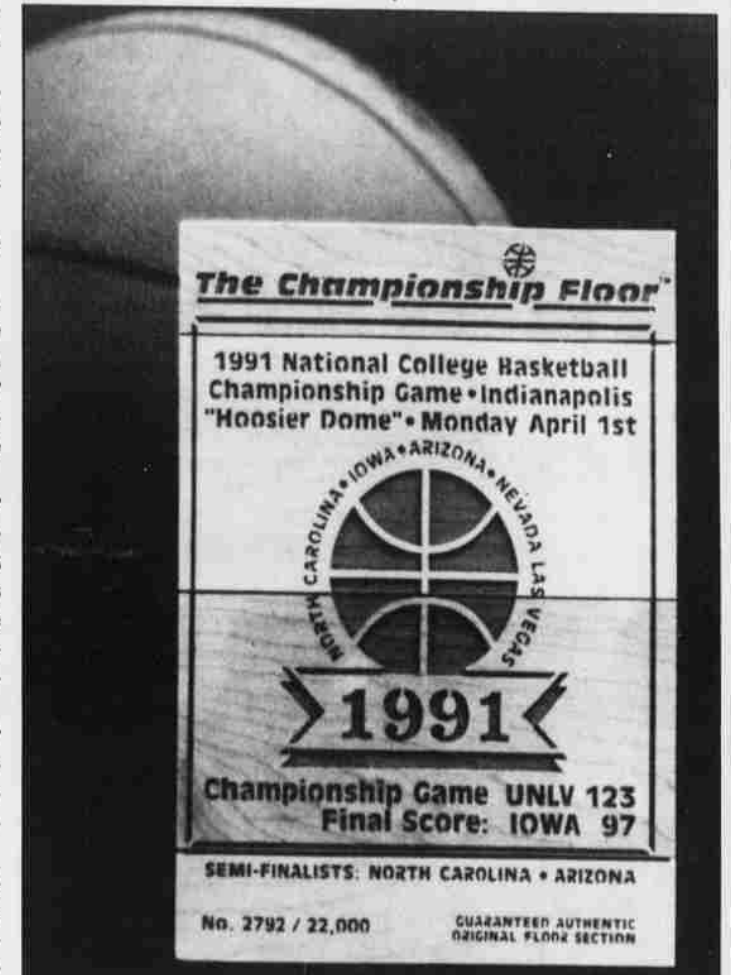
individual serial number.

"To the best of our knowledge, this is the first time the championship tournament court floor has been offered for sale to fans as a memento," said Iowa Sports President Jim Gardner.

"We've worked hard to find a supplier who could cut and etch the floor segments and turn them into attractive, lasting mementos

of the championships tournament. And we believe there will be enough dedicated fans to sell out the entire floor, which should produce around 20,000 to 25,000 segments."

To get your own piece of the floor for \$24.95, watch for the ad to appear in *The Yellin' Rebel* April 2.



Each piece of the floor is laser etched with the firm's trademark symbol - The Championship Floor™

A SAMPLE OF THE 20 MOST COMMON DREAMS OF COLLEGE STUDENTS

Type of Dream	Percentage of Students
Falling	83
Being attacked or pursued	77
Trying repeatedly to do something	71
School, teachers, studying	71
Sexual Experiences	66
Arriving too late	64
Eating	62
Being frozen with fright	58
A loved person is dead	57
Being locked up	56
Finding money	56
Swimming	52
Snakes	49
Being dressed inappropriately	46
Being smothered	44
Being nude in public	43
Fire	41
Failing an examination	39
Flying	34
Seeing self as dead	33

Source: From Griffith, Miyago, & Tago, 1958. (Found in *Psychology: Science, Behavior, and Life* by Robert L. Crooks and Jean Stein.)



D.O.S. - Theodore Samuel, UNLV marketing major (upper right) and Aric Devone, former UNLV student, will perform on March 23.