The CSHN Times

"Students Serving Students"

Thursday, November 7, 1991



CSUN WANTS YOU!

VACANT SENATE SEATS

- Education
- · Health, Physical Education and Recreation
- Hotel
- Math & Science
- Student Development

AMNESTY INTERNATIONAL

Amnesty International works to protect Human Rights world-wide.

- It Seeks the release of Prisoners of Conscience. These are people detained for their beliefs, color, sex, ethnic origin, language or religion who have not used or advocated violence;
- It opposes the Death Penalty and Torture or other cruel, inhuman or degrading treatment or punishment of All Prisoners without reservation.

If you would like to join us please come to one of our meetings Tuesdays 6:00 p.m. in BEH 542, or contac. Cindy Purvance at 458-0539.

·STAFF -

Joel S. Kostman Director

Assistants Needed 739-3477

The Office of Student Information is the branch of Student Govemment devoted to informing you, the student, of upcoming events and happenings at UNLV. To have something featured on the OSI page, please contact our office at 739-3477.

UNLV/ STUDENT DEVELOPMENT CENTER **DRUG & ALCOHOL AWARENESS PROGRAM**

24 HOUR INFORMATION LINE (Confidential)

Counseling/Referral Information

ALCOHOL

300

315 Drinking and Driving: A Deadly Combination

Alcohol and Drugs Don't Mix 317

What is Alcoholism? 318 Alcohol and Health 319

Alcoholism: A Family Disease 320

Alcoholic Anonymous 321 322 Drinking While Pregnant: Effects on the

Baby

MARIJUANA

Marijuana: Fact and Fiction

129 Is Marijuana Harmful to My Body? 130

Marijuana: The Mental Effects

131 Are There Medical Uses for Marijuana? 132

Marijuana: The High That Lasts Longer Than 133

You Think

COCAINE

134 Facts About Cocaine

135 Crack

Your Money, Your Life: Cocaine Takes Both 136

OTHER DRUGS

313 Anabolic Steroids

305 306

Speed Still Kills
PCP... It Really is THAT Badl

307 Barbiturates and Other Downers

MDMA: A Drug Called *Ecstacy* LSD and Other Hallucinogens

This program was made possible

through donations from: Charter Hospital, CSUN, and Student Development Center

Narcotics and Opiates

Designers Drugs Aren't Fashionable Pregnancy, Drugs and Your Baby 316

Valium, Librium & Sleeping Pills 317

ICE: Smokable Methamphetamine

Stress: What is it?

Stress Management for Adults 333

Exercise: A Stress Control Tool

Hour Mind as a Stress Manager 121

Eating for Less Stress 124 Relaxation Techniques

Finding Time for Fitness

MENTAL HEALTH ISSUES

Co-Dependency: The Dynamics of 339

"Enabling"

334 Depression

Suicide: Facts and Myths 326

330 Suicide and the College Student Rape: The Victim

Date Rape 332

WEIGHT AND NUTRITION

Wise Weight Management

Are You Overweight or Over-Fat? 102

Learning Habits for Lasting Weight Control Preventing Diet Relapse 105

Fast Foods: Consider Your Choices 108

110 Fiber in Your Diet

Anorexia Nervosa



Dietary Management of PMS

113 114 Sports Nutrition: Energy Sources

Nutrition for Athletes

TOBACCO

How to Quit Smoking

Effects of Cigarette Smoke on Non-Smokers 302

Why Should I Quiet Smoking?

Cigarettes, Pipes, Snuff: Its All the Same

A.I.D.S.

What is AIDS?

AIDS: Answers for Teens 141

AIDS and Sexuality

Am I at High Risk for AIDS? 143

What are the Symptom of AIDS?

SEXUALITY

Birth Control: Does It Really Work 201

Pelvic Exam

Pelvic Inflammatory Disease: PID 203 Pregnancy Testing: How, When, Where 204

Sexually Transmitted Disease: STDs 205

Sexually Transmitted Diseases: How to

Protect Yourself

Vaginal Discharge & Infection

PERSONAL GROWTH 210 **Decision Making**

Goal Setting Being a Role Model

INSTRUCTIONS

1. CALL: 597-4679 OR 597-4680

2. At the tone, please press the 3-digit code for the message you wish to hear.

H	NOVEMBER					2
3	4	5	6	SENATE MEETING Call for Time & Location 739-3477	8	UNLV vs. UTAH STATE 1:00 p.m.
10	EXEC. BOARD MEETING Tonopah Hall, Rm 213 at 8:00 am	12	13	SENATE MEETING Call for Time & Location 739-3477	15	VS. NEW MEXICO STATE 1:00 p.m.
17	EXEC. BOARD MEETING Toropan Hall, Rm 213 at 8:00 am	19	DRIVE & CPR CLASS Call Student Health Center for Times & Locations	SENATE MEETING Call for Time & Location 739-3477	22	UNLV vs. PACIFIC 1:00 p.m.
24	EXEC. BOARD MEETING Tonopah Hall, Rm 213 at 8:00 am	26	STUDENT ALUMNI ASSOCIATION MEETING	HAPPY TURKEY DAYI	29	30