

Accusations fly at Faculty Senate meeting

by Randy Miller

Accusations of improprieties by the UNLV Foundation were addressed by Lyle Rivera, vice president for Development and University Relations, at a Faculty Senate meeting Tuesday.

With the Tarkanian controversy still alive, Rivera said the UNLV Foundation is trying to keep lines open with the faculty. River said with all the misinformation involved in a controversy it is important not to allow questions to go unanswered.

Some academic faculty have been skeptical of the foundation's motives in generating fundraising dollars. Rivera stressed the foundation has no control over funds.

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the money," he said.

Most of the donations are designated by the donor themselves.

Donors sometimes change their mind about how they want to donate their money. He credited this to a portfolio of programs in need of funding which is available to donors to help them decide where to donate their money.

"Several of our academic gifts start out as athletic gifts," he said.

In the defense of undesignated funds, Rivera said, "Most of the money that has not gone directly to programs has gone into scholarships."

Since 1984 the foundation has raised \$70 million.

"The foundation has raised \$20 million already this year," Rivera said.

With a staff of less than 20, UNLV is successful in fundraising in comparison to other universities. He used Washington University as an example, stating that they have a staff of over 200 and are expecting to raise \$27 million this year.

Music as easy as 1-2-3

Students looking for eclectic and unusual courses will be pleased to find The "World's Music: Live!" being offered again here at UNLV this spring.

Officially designated Music 123, "The World's Music: Live!" it seeks to introduce students to international musical styles first hand, through live performance.

Stephen Caplan, professor of music said, "This course allows students to hear and discuss music of the world with performers of that music."

Students registering for the course in the spring will be treated to music from such exotic places as Bali and the Middle East, as well as performances from virtuoso guitarists Strunz and Farah and The Warburton Family Bluegrass Band, among others. In addition to watching musi-

cians perform in-class, students also get a rare opportunity to meet and ask questions of the performers in person.

"Music 123, "The World's Music: Live!" is for music and non-music majors alike and is recommended for elementary education majors in the current undergraduate catalog. The course is three credits and is being offered from 7 to 9:30 p.m. Music 123 requires no prerequisite, but students will have to pay a \$35.00 special fee on top of the regular per-credit charge.

According to Caplan all performances will also be open to the public as part of the UNLV music department's Kaleidoscope Music Series.

— David Cherry

Home for the holidays: A survival guide

(CPS)—In terms of holiday expectations, families can go from "Joy to the World" to "Grandma Got Run Over By A Reindeer" quickly as tensions new and old surface during a time of theoretical happiness and practical reality.

The holiday period from Thanksgiving to New Year's Day is fraught with unrealistic expectations to which college students are especially prone as they cope with finals, term papers and returning home as an independent being, yet still dependent on family and friends, counselors say.

"We all get let down when we set expectations that this is the perfect Christmas," said Linda Welsh, a psychologist and director of the Agoraphobia and Anxiety Treatment Center in Bala Cynwyd, Pa., near Philadelphia.

While many college students face tensions real and imagined when returning home for the holidays, freshmen can bear the brunt of going to home sweet home and finding not only have they changed, but so has Mom, Dad and friends.

"Communication has been limited. But the same issues are still there, and they can forget that," Welsh said. "Things (at home) always seem like they're better than they are, and they tend to be idealized at school."

Tom Helma, who is coordinator of Michigan State University's employee assistance program and is also a counselor, said both parents and children have gone through profound changes since the students left home.

"The major thing for students is that they have changed. The change in one's life is never greater than from September to January," he said. "You leave a child and come back an alien in the world. It can be a painful time. The child wants to be free and the parent doesn't want to let go. You come back in four

months and look at your room and realize you're not the same person."

Holidays can be stressful times. The image of the fireplace, good food, family and friends can be just that: image. Counselors stress that just because it is a holiday season doesn't mean that problems that exist for 11 months out of the year are going to disappear for one month. They also say that family members can be more on edge as they try to put on a mask to hide whatever is really going on in the family. The same can be applied for friends.

"If there is any kind of dysfunction in the family at all it comes up because they are all together," said Teresa George, a therapist at the University of Dayton's student counseling center in Dayton, Ohio. "All of a sudden they have to be cheerful when they may not feel that way. Maybe they have to work on strategies to work on their feelings."

When a student has been away from these tensions and re-enters the atmosphere, it can add fuel to the fire.

"Families try to do a great deal to make the holidays perfect or spectacular," Helma said. "Many times the holiday has us dealing with issues of losses and disappointments and conflicted and empty relationships. It is a time which evokes within us recollections of our childhood for better or worse."

College students have their own set of tensions and priorities that must be dealt with, counselors said. Aside from unrealistic expectations, they may not have much money to buy presents and could have finals to study for and papers to write that are due after the holidays.

If students have school work that they brought home, they must be realistic enough to ask for time to do the work, and then do it.

"Students can feel anxious

about exams, and resentful they can't spend time with family and friends," said George. "They want to do these things, and if they do, can feel guilty."

Welsh said expectations of what the holidays are supposed to be, versus the reality of what they are, are generated partly by the media and businesses that sell the idea of a perfect experience.

"Everything is softened: candlelight, beauty and joy in the richness of clothing and food. Nothing is sharp and painful. It's all colorful," she said. "But tensions can be enhanced by a student coming home. We're sold on that picture and people get into it. It's not realistic. It doesn't happen automatically."

Counselors gave the following tips to make the holiday season more palatable:

- Stress communications before you go home. Since there is only a limited time at home, tell your family about your plans, including family visits, going out with friends and other activities.
- "Repressed anger and disappointments can build up. So communicate," Welsh said. "It's the most important thing you can do. Even when there's a disagreement, at least it's out in the open."
- If your parents are divorced, try to divide time between them.
- Set aside time to study if you have assignments or exams after the holidays. Again, you must tell family and friends that it has to be done.
- Try to set some time just for yourself.
- "People need to step back and define what they're going to do for themselves," Helma said. "Make it an intentional holiday. Do things that are self-caring types of things. Make time to take walk, get a massage, buy a gift for yourself. Get enough sleep. Anything that involves taking time for one's self is self-care."

Buying tips for college students

(CPS)—The holidays are near, you've got finals, a ticket home and \$50 left in your checking account. Presents for friends? Gifts for family members? OK, OK, you can stop laughing now.

Most families don't expect college students to spend lavishly on presents because of the fact they are in school, so don't, suggests William Sauer, director of Susquehanna University's Family Business Center in Selinsgrove, Pa.

Many students are receiving financial aid or have loans, and may work to support their schooling, so buying expensive presents is not realistic, he said.

"College students have expectations for the quality of the gift they buy or the amount they spend. Many may feel they have to buy expensive gifts, but people do not expect it from them," he said. "It's a highly emotional time of the year, and it is easy to get caught up in the commercialization."

Sauer cautions students against using easy-to-get credit cards to charge Christmas presents. While student cards may have a credit limit of \$300 to \$500, paying the balance can be costly, depending on the interest rate the card carries.

Here are some tips on how to control spending:

- Instead of buying presents, volunteer time for baby-sitting or volunteer work at homeless shelters, nursing homes and other places where your free labor would be appreciated. You may also set aside time to take grandparents or other relatives out for an afternoon.
- Plan first how much you want to spend, and for whom. Decide how much you will spend on each person, and what you want to buy.
- Don't be an impulse buyer. Have alternative presents already figured out if the present of your choice isn't available. This will avoid impulse buying.
- Join a Christmas club or a credit union.
- Give inexpensive gifts that you've made yourself: specially flavored oils and vinegars in fancy bottles, dried herbs, polished shells or stone jewelry, needlework, wood or leather products, a painting, sculpture, pottery, a song or a poem.

And finally, the best realistic expectation is to have no expectations. "You may have to work out how things are going to go," Welsh said. "Talk about what went well and what didn't go well. Everybody grows differently at different rates."

certainty together.

"Students are separated from the family but still a part of it," she said. "It can be a difficult. Parents won't see them as different, as being more independent and making their own decisions. There may be conflict with that. Be open and talk to them before you go home. If you don't, you could feel resentment, anger and a distance away from the family system."

George, at the University of Dayton, said college students still have their feet in two worlds: They have the independence that college life offers, but they are still children who need emotional and financial backup. And the holidays can bring all this un-