

# S.A.D.D. founder visits Wesleyan

By KAROLYN BRAUN

Robert Anastas, founder of S.A.D.D. and "Check In" to a Winning Life, spoke on campus Jan. 17 in a presentation sponsored by BACCHUS.

Anastas is a member of the Board of Directors for the National Commission for the Prevention of Alcoholism and Drug Dependency and the National Commission Against Drunk

Drive. He has written numerous articles and papers on adolescents and is the author of three books, including his latest book, *The Contract for Life*.

Since 1982, Anastas has traveled hundreds of thousands of miles through the United States and Europe delivering his message to high school and college students, educators, and parents.

Among those who went to listen to Anastas were Wesleyan's

athletic teams. All agreed that it sent an influential message that life is worth living.

Anastas told his audience that the four steps to follow in order to live up to your potential to be the best you can be is to run when the other guy walks, sleep while the other guy is out partying, take your weaknesses and make them your strengths, and keep your mind and body drug free.

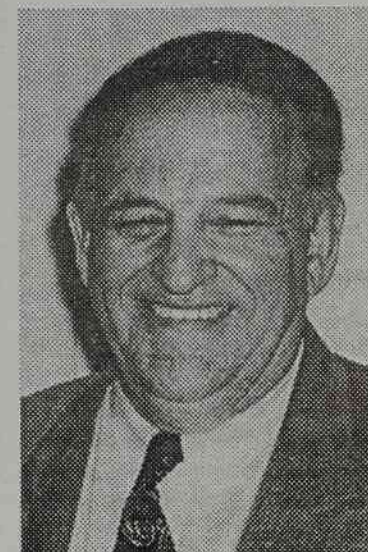
These four steps helped Anastas to receive "All America" honors in both football and hockey at American International College. After graduating he was drafted as a quarterback for the New England Patriots. After play-

ing professionally, he went on to coach high school football and hockey.

Anastas told stories about the athletes he coached and the struggles they went through. All but two of this athletes went on to college.

The two that never made it were both killed, he said. One was driving drunk and the other committed suicide because he felt he had no one in his life to talk to.

Anastas explained that having someone to confide in can relieve the pressures of everyday life. In doing so, he said, students decrease the chance of committing suicide, drinking, or doing drugs.



ROBERT ANASTAS

## Students protest end of affirmative action

After 16 days of no food, drinking only water, Gatorade and little else, student hunger-strikers at the University of California-Irvine campus ended their protest Nov. 1, calling it a moral victory.

The four Hispanic students from University of California-Irvine, along with one student from Claremont College, went on a hunger strike to protest the UC's Regents July 20 decision to dump affirmative action practices from the University of California system.

The students began their strike on Oct. 16. Originally strikers had worked out an agreement with campus officials that allowed them to camp out in tents on campus for 10 days as long as they ended their protest at midnight Oct. 27. The students also consented to be monitored twice daily by student health workers.

A last-minute proposal, drafted by the strikers, to continue the

strike past Oct. 27 was denied by the UC-Irvine Chancellor Laurel Wilkening, who said she was concerned for health of the students.

But student protesters chose to continue their strike anyway, lasting another full five days until finally ending the fast.

During that time, several student groups and strike supporters urged the students to stop the protest. A letter was given to each of the strikers from United Farm Workers of America President Arturo Rodriquez encouraging them to "honor your decision to end the strike on midnight Oct. 27 so that we can struggle together for a future with justice in California."

When the hunger-strikers continued past their deadline, they were arrested for failing to obey a police order. After they were arrested, students ended the strike and were able to leave jail on their own power.

## Study warns safe sex messages not working

A game of sexual Russian Roulette is being played by more heterosexuals, according to a University of California-San Francisco study published in the November *American Journal of Public Health*.

The study surveyed the mating habits of 4,790 heterosexuals ages 18-49 in 23 cities scattered throughout the U.S., and found that the number of people who had multiple sexual partners increased from 15.3 percent in 1990 to 19.3 percent in 1992.

The majority of people with multiple partners did not use a condom on a consistent basis.

According to the survey author, Joseph Catania, the study demonstrates that the safe-sex messages we see and hear in the

media are not being taken seriously.

"The messages are not heard, because people are getting mixed messages," said Catania. "Something like *Cosmo* will come out and say there is no risk for heterosexuals."

The survey also suggests that the dating-phase, adolescence through the late 20s, is a particularly vulnerable time, said Catania.

Before marriage, heterosexuals are more likely to have multiple sex partners and engage in more risky behavior, he said.

So, how do you protect yourself from becoming infected with the HIV virus? If you're going to have sex, Catania said, "condoms are still your best protection."

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