

THE PRIDE

Volume 3, Number 8

The student newspaper for California State University, San Marcos

Wednesday, Feb. 21, 1996

THIS WEEK



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largest cash
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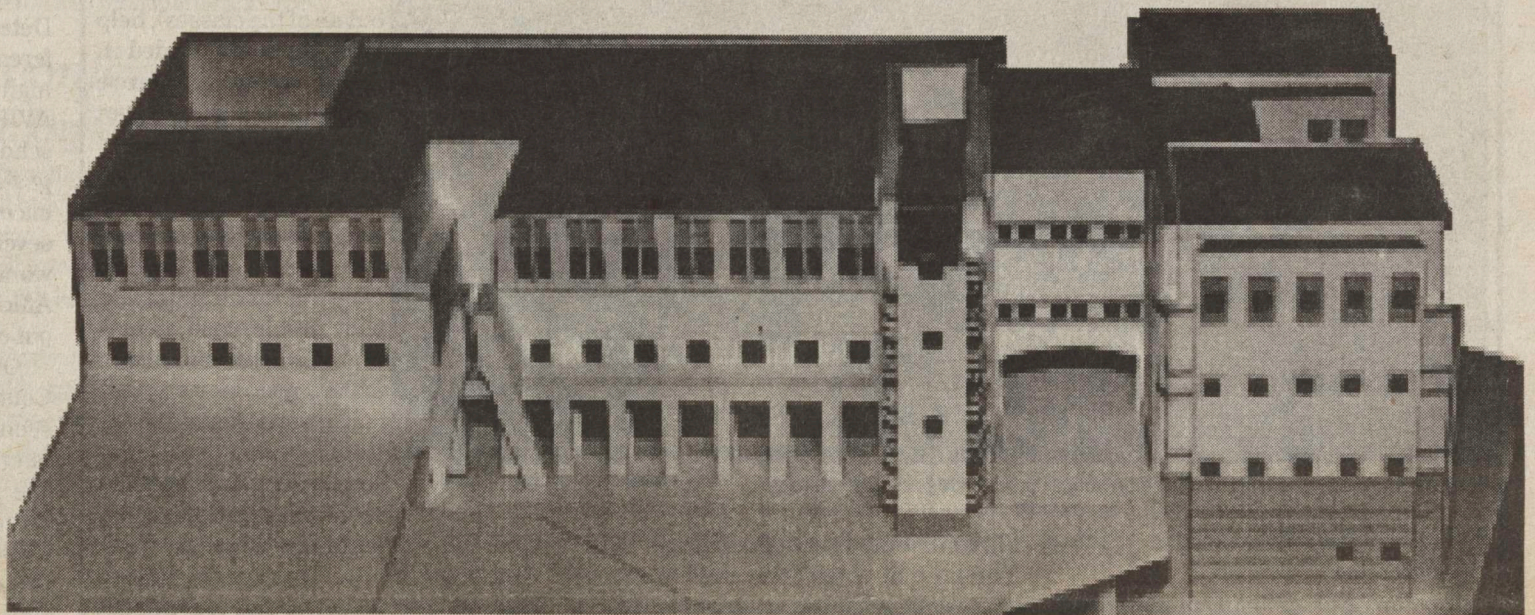


Photo courtesy of Public Affairs

Prop 203 makes building 15 a reality

By Tony Barton
Editor-in-Chief

Construction will begin on a new building at Cal State San Marcos, if proposition 203, a \$3 billion bond measure aimed at California education, is passed by California voters in the March 26 election.

The building, called Building 15, has been designed to accommodate offices, classrooms, and labs, as well as hosting new distance learning technology. Prop 203 provides \$14.5 million for the building's construction and for modifications to the campus utility plant. The following year, it would provide \$1.5 million to equip building 15.

Building would begin October, 1996, if funds are available, and would be completed by June of 1998. It would house labs for Business Administration, Foreign Languages, Literature and Writing, Psychology, Social Sciences, and Education.

On the technological side, video broadcasts will be accessible from each lab and classroom, and 300 stations will be capable of broadcasting as well as receiving.

Plans state that four high end multimedia stations will be contained within the building for the development of digital instruction modules, and each classroom and lab will have network connec-

tion.

Design work on a permanent library for Cal State San Marcos would also be funded with \$1.1 million by Prop. 203.

Even with the addition of Building 15, campus growth would still be behind schedule when compared to the number of new students the University plans to take in each year.

K-12 schools would receive \$2 billion, while \$975 million would be divided among the community colleges, University of California and the California State University campuses.

A similar proposition that would have given birth to Building 15 was

proposed in 1994, but was shot down by voters. Since then, additions have been made in Building 15's telecommunication capabilities, according to Campus Physical Planning Director Russel Decker.

Building 15 is one of two new buildings in the next budget year for the California State University System.

Proposition 203 is supported by the California State University Board of Trustees, University of California Board of Regents, and the California Community Colleges Board of Governors, as well as the California State University Office of the President and Associated Students, Inc.

NEWS

Upward Bound recruits twenty-five



Upward Bound "personal enrichment workshops" provide cross-cultural training. Photo courtesy of Upward Bound

By Charles Stegmiller
Staff Writer

Upward Bound is an infection that every high school student should avoid being vaccinated for. I sat in several classes on Saturday the 17th of February, and caught the "bug." It proliferated in every class. The enthusiasm generated by the Staff of Calvin One Deer Gavin, Director of TRIO Programs; Rudy Rodriguez, Program Coordinator; 15 CSUSM student tutors; and David Favela, (study skills); Alvarado Rongel-Villas Señor, (college going/ready skills); and Jennifer Kissick, (speech communication skills);

all, contributed to an educational "high." The kind of "high" the staff wants all these college bound students to experience.

Typical of the classes was a speech communication class, taught by Jennifer Kissick. Practicing what she was "preaching" (good grooming, audience contact) both in her personal dress (very professional appearing in a black and white trimmed suit) and attention holding lecture style, she had students up and at the podium giving short three minute speeches they had five minutes to outline and prepare for.

The lecture outlined of the course,

touching upon expectations, where to access information for speeches, attendance expectations, being on time (this continually stressed through out all of the classes), help if the students needed it. Good examples were given of the various types of speeches to be covered in class from the first one, an Ice Breaker, to the last one, a Final Presentation using all the various skills of speech communication they had learned as part of their Upward Bound experience.

Upward Bound is an intensive, comprehensive academic college preparation program that all

CSUSM Students should be aware of and familiar with. Through this knowledge you just might be able to reach out and direct someone into the Upward Program and change their life in a very positive way.

Please read and understand the following guidelines:

1. Students who come from low income families, (according to federal guidelines) and who are first-generation college bound students.

2. Students who possess the following characteristics: college bound po-

See UPWARD BOUND, page 8

AVID holds motivational conference

By Paul Hilker
Staff Writer

AVID (Advancement Via Individual Determination) held a motivational conference for North County junior high and high school students on February 9th. AVID is a program that helps secondary school students think about educational goals through workshops and conferences. The AVID program, founded seven years ago in San Diego county, worked in conjunction with the Student Affirmative Action (SAA) of CSUSM to put on this special event.

Over 300 students from various North County high schools and junior high schools were presented with numerous interactive workshops organized around the central theme "Empowerment through knowledge." A staff of mostly CSUSM faculty and students was well prepared for the small mass of youngster. Some motivational speakers spoke to the students on issues like goal development, confidence, and self empowerment and advisors and computer lab technicians introduced them to the library and computer resources here on campus.

Steven Jones, the opening speaker, initiated the day by creating an amiable, spontaneous atmosphere. After Jones cited a poem which illustrated the need for human understanding and empathy, the audience was clearly attentive and receptive. Speaking in a language the students could clearly relate with, Jones addressed the importance of self-awareness and self-empowerment through a desire for knowledge. "We all need to be truth seekers," Jones stressed. Among the other motivational speakers were Veronica Woodrow, an Organizational Effectiveness Specialist from San Diego, and CSUSM TRIO Director and motivational trainer Calvin One Deer Gavin.

According to Mary Wardell, the SAA outreach coordinator, the conference was a big success. "The overwhelming positive response from the students let us know that these programs are imperative for high school students under-represented in colleges. They encourage the students to pursue higher education and career goals," said Wardell.

Deciding whether or not to go to college is a tough choice to make, especially

See AVID, page 8

CSUSM receives largest private donation

By Charles Stegmiller
Staff Writer

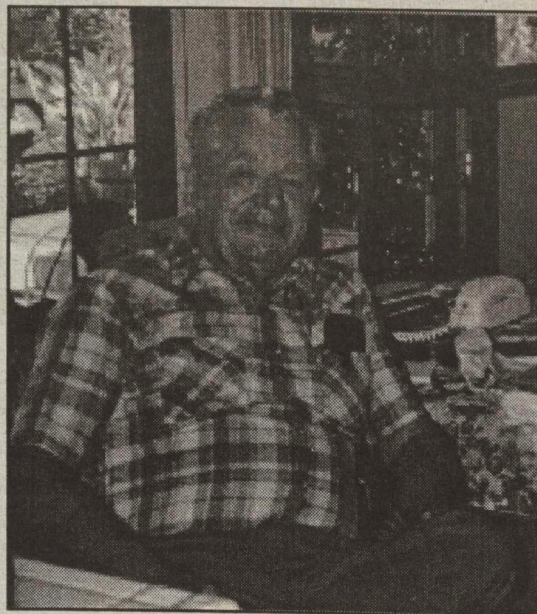
Leonard Evers donated \$341,000 in appreciated stocks to establish the Leonard and Jean Evers Endowed Scholarship. This the largest private cash donation given to CSUSM to date. With an endowed scholarship, only the interest generated by the donation is used while the principal amount remains in perpetuity.

In order to be eligible to apply for this scholarship, students must demonstrate financial need and academic accomplishment, have a grade point

average of at least 3.0, and be a U.S. citizen. The interest earned by the donation should be enough to provide about ten students with scholarships.

Evers felt that through this endowment, he and his wife could help students in their efforts in higher education, an opportunity that they never had. The Evers are childless, but have a keen interest in young people.

Mr. Evers was as reticent to discuss he and his wife's personal accomplishments and life styles as he was generous in his donation to the university. The Evers were long-time residents of North County



CSUSM donor Leonard Evers

WHAT'S NEWS

Black History Panel to be held

The last event to be held by CSUSM in recognition of Black History month, the panel discussion, will be held Thurs., Feb. 22 at noon in ACD 102. CSUSM faculty will provide six different perspectives on Black History.

The panel includes business librarian Joseph Atkinson, sociology professor Sharon Elise, education professor Jennie Spencer-Green, multicultural outreach librarian Gloria L. Rhodes, psychology professor Carlene Smith, and political science professor Ed Thompson.

Admission to the event is free. For more information call 750-4366.

Empowerment conference provides college information

Feb. 28 is the registration deadline for the African-American Empowerment Conference hosted by CSUSM's African-American Advisory Board. The conference, which is scheduled for 8:30a.m. to 1p.m. on March 15, will provide information on the importance of a college education, while providing specifics on how to obtain resources.

Event speakers will equip attendees with information on application procedures, financial aid, and history of education and the civil rights movement in three workshops which cover the "how" and "why" of a college education.

The conference is free, provides lunch and is open to all North County High School Students. Registration forms can be obtained through designated conference sponsors at each high school. For more information contact Dorinda McCombs at 750-4947.

FAFSA forms due

The FAFSA form priority filing deadline is March 2. Students who apply by the deadline will have funding priority.

March 2 is also the deadline for state Cal Grant programs. FAFSA forms must be complete and mailed by March 2 to be eligible. Only students who will be at the Junior level or below in the 96-97 school year are considered for the grant. More information is available from the financial aid office in Craven Hall 4204, phone #750-4850.

CKI thanks Angels

Circle K International thanks all contributors to December's Angel Tree project. It was a tremendous success. The goal was to reach 100 children. Thanks to wide campus support, contributors touched 140+ lives through CKI's 4th annual Angel Tree project!

In conjunction with Public Safety, CKI added on Adopt-a-Family. In a joint effort, CKI and Inter Varsity Christian Fellowship Christmas carolled for canned foods to give to needy families. The canned goods and items donated for three adopted families were also distributed and joyously received. Items donated include bike helmets and 9 bicycles, canned goods, shoes, warm winter wear, toys, kitchen appliances and dept. store gift certificates. CKI personally delivered the Angel Tree gifts to the children and the donated items to the adopted families on December 18th.

Send us your news

The Pride is looking for news submissions from both campus and off-campus organizations. Please send submissions to our address: The Pride, Cal State San Marcos, San Marcos CA 92096. Submissions can also be e-mailed to student_newspaper@csusm.com, or delivered to our office, ACD-324.

CSUSM offers free film series

By Jodine Hammerand
Staff Writer

The free film series offered by CSUSM in conjunction with the California Center for the Arts in Escondido (CCA) kicked off to a good start last week with its first film. The films are shown at the CCAE location on Wednesday evenings (Feb. 21 & 28, March 27, April 3 & 10) at 6:30 p.m. with previews of each film the previous Friday at CSUSM (ACD 102 noon - 1:00 p.m.).

The films series has two parts, the content of each based on different criteria. The Mexican cinema was chosen as the first topic, as it celebrates its 100th anniversary in 1995.

Last week "Like Water For Chocolate" was shown, a romantic film about two young lovers' determination to marry in spite of the young man's marriage to another woman. The next film on Mexican cinema will be "El Mariachi" based on a young contemporary mariachi wanna-be who finds himself in predicaments that require guns instead of guitars. The third film in the first series is titled "Danzon" and follows the sexual journeys of a woman using dance as a metaphor, as means of multiplying and intensifying meaning ("Danzon" is a highly structured yet demanding form of dance).

The second series was chosen to cover major breakthroughs in experimentation. "Blue Velvet" will start this series, and chronicles the life of a small town, self-satisfied with its white picket

fences and ultra perfect community-minded people, and how they are about to come to terms with its place in the late twentieth century. "Natural Born Killers" will follow "Blue Velvet", concentrating on the hype surrounding two young mass murderers. Concluding the series will be "Pulp Fiction", a story of two partners in crime, one who dies, and one who experiences a spiritual rebirth.

Films were also selected based on the amount of conversational material they possess. Dr. Renee Curry, a literature and writing instructor at the college as well as a film teacher, is hosting the series with discussion and questions before and after the presentation of the films.

"Either shocked by or enamored of and yet having the community get together and discuss these films, we can talk about what is experimental about the films. What do we despise about the films, what pushes our censorship buttons, what makes us want to see these films again?" She said.

According to Dr. Curry, CCAE and the school have been talking for approximately a year about the concept of getting a film series off the ground for the community and the students. Since the series is a pilot program, faculty and staff of both institutions would like to see how successful it is. CSUSM and CCAE want to see what the interests of the people are, and do a variety of things to cater to the community and the students.

Getting the word out to residents of North County that they don't have to drive to SDSU or Hillcrest to get good discussion about important films is the key.

Said Dr. Curry, "It is really vital in that there are film goers who want to have intellectual discussions about the arts. So many people are used to driving the distance to San Diego that they don't even think about looking around their neighborhood, except for popular culture kinds of things."

Dr. Curry feels that with the new CCAE in Escondido, more people in this area will be interested in the arts.

"It will take awhile for the people to get used to the art center being here," she said.

Another objective is to see how many people in the North County are interested in film art. The third objective is to further the linkage between CSUSM and CCAE. This way the students can get used to the idea of going to art centers for cultural performances.

Said Curry, "If we can keep the linkage going back and forth, it breaks down the walls of the classroom." According to Dr. Curry, film and literature is not something a person should seek about in an intellectual way in a classroom only, because films that are out there in the world are worthy of discussion, debate, and questioning.

Dr. Curry is offering extra credit to students in some of her

See FILMS, page 8

Services available at Career Center

Due to budget constraints, there will be no general career fair this spring. But, you can still visit the career center in Craven 4201 to conduct a job search. A variety of workshops are scheduled to prepare seniors for life after college.

Topics range from resume writing (and critiquing) to job searching to effective interviewing. In the Career Center you will find

job postings from employers on and off campus. Professional counselors are available by appointment to assist students and alumni in self-assessment, developing career goals, determining methods of attaining those goals and implementing via job search.

Professional counselors are also available on a drop in basis. There is no appointment necessary. On-campus recruiting provides you

with an opportunity to interview for a professional career position on campus.

During March and April, students who graduated in August and December 1995 and those who will be graduating in May 1996 will be eligible to interview with companies, government and nonprofit agencies. Registration is required for participation in interviews.

Call 750-4900 for info.

OPINION

Support education

On the March 27 ballot is Prop 203, a measure that would, if passed, allot \$17 million to Cal

EDITORIAL

State San Marcos over a two-year period. Additional classroom space and labs (in the planned "Building 15") would be spawned from the additional funds as well as plans for a permanent library.

Even with the addition of Building 15, CSUSM would still be behind in it's expansion to compensate for the forecasted rise in number of students in the years to come. What it comes down to is CSUSM plans to accept an additional number of students each year. Two things will happen without the addition of more classroom space. Firstly, not as many new students will be accepted as the University has planned. Secondly, the school's population will still increase to some extent, raising class sizes and making it harder for students to get needed classes

One of the pluses of CSUSM is the small class size. The Pride would like to keep it that way.

The Pride supports Prop. 203, and recognizes that additional funds are a necessity to keep up with the constantly advancing world, as well as to offer higher education to as many as possible, without sacrificing the quality of the education those currently enrolled are experiencing.

Casting a vote for 203 is supporting education. If it fails, those who voted against it have merely taken a step to negate planned growth and advancement, and deny students a superior learning environment.

Students are at CSUSM to experience a superior learning environment, and one not caught in the established bureaucracy of decades past. This university is fresh, new and energized with revolutionary curriculum and technology. For CSUSM to retain it's academic edge, growth through funds provided by Prop. 203 is mandatory.

Letters to the editor are welcome

All letters must be signed by the author and include his or her name, mailing address, major and phone number. Send letters to: The Pride, Cal State San Marcos, San Marcos, Ca, 92069. For information about submission deadlines, call 750-4998.

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PRODUCTION SUPPORT

West Coast Community Newspapers

So sue me already

The attitudes of the Industrial Era are some that most people are not particularly fond of. Child labor and poverty was at it's worst. This was the time of the American Dream. That dream has over time, morphed into welfare checks and college loans.

Most people believe that big business is bad. Punks hold the belief that corporations ruin everyday life. As you read this article, a multi-million dollar company, England based Penguin Books Lmt (publishes self-help books, RAW, Stephen King, and half of your educational literature) is suing my small press comic book company, Penguin Palace (publishes Tori do, Thief, and Avalanche) for \$100,000.

I'm guessing that most of you have never seen \$100,000. I certainly haven't. I'm 17 years old, and a business major at this University. My parents are paying my way through school, not my company or the government. In 1994, Penguin Books made \$75,000,000 while Penguin Palace had \$250 to its name. I do comics because they make people laugh, not because I'm going to buy Lithuania and turn it into a refuge for sun-burnt penguins.

Last fall, Penguin Books saw my WWW page. If you netsearch the word "penguin," Penguin Palace is listed before Penguin Books. They set their New York lawyers after me on trademark violation, which means that I can't use the word "Penguin" or a penguin drawing in the company name or logo. Someone please find me a live penguin who can verbally tell a judge that their identity shouldn't have a trademark on it. How many similar companies have the word "women" in their name, or uses a cat as a symbol?

In the Industrial Era, a large company would find silly reasons to shut down smaller ones, to have a larger slice of the pie. Competition is a large part of business. A lot of times, people who read novels on a frequent basis aren't the same type of people who collect comics. People aren't going to confuse the two companies, Penguin Palace and Penguin Books.



Big companies have an advantage because they have the expensive lawyers on their side. They could be suing me for writing on the wrong side of a sheet of notebook paper, and would still win the case. There are lawyers who offer free legal help, but what happens if you have a case that doesn't qualify?

Why should a multi-million dollar company be afraid of a 17 year old, just because of the person's ability to use a computer? Computers are not that complicated. There are a lot of people younger than me who can code 3D games, viewers, and other useful applications. I don't run linux and I haven't learned HTML yet. Only 2% of the world's population is on the Internet, but Penguin Books seems to think that because of my WWW page and involvement with electronic magazines, that I am a threat to their company.

In the Industrial Era, there was a lack of information and education. Schools are now pushing for computer literacy and higher education. That's scaring corporate businessmen sitting in stuffy conference rooms who can intimidate their competition.

See SUE ME, p.8

The Pride is on-line!

Visit the Pride's web page on the World Wide Web at the following address: <http://www.csusm.edu/pride/pride/html>.

E-mail the Pride with suggestions and letters at student.newspaper.csusm.edu

THE PRIDE

Serving Cal State San Marcos since 1993

The Pride is published every two weeks for the California State University, San Marcos community. It is distributed on campus, as well as at Palomar College, MiraCosta College and local businesses. The Pride is a student-run publication. Any opinion expressed in The Pride does not necessarily reflect the views of CSUSM officials or staff, the Associated Students or any other campus organization. Unsigned editorials represent the views of The Pride. Signed editorials are the opinion of the writer and do not necessarily reflect the views of The Pride editorial staff. The Pride reserves the right to not print submitted letters if they contain lewd or libelous comments or implications. Letters will not be published if their sole purpose is to advertise. The Pride also reserves the right to edit letters for space. Submitted articles by students and contributors are also subject to editing prior to being published. Offices are located on the third floor of the Academic Hall, room 14-308.

STAFF Andrew Bailey, Paul Hilker, Carrie Tyler, Trish Nagy, Joyce Kolb, Donna Gonzales, Jodine Hammerand, Charles Stegmiller, Vanessa Dangerfield,

ADVISORY PANEL Tom Nolan, Erik Bratt, Renee Curry, Ed Thompson, Sophy Chaffee, Richard Serpe, Norma Yuskos, Cheryl Evans

LETTERS TO THE EDITOR

Student aided by Public Safety

Dear Editor,
I wished to applause the fine tracks our campus is laying out for the future. This feeling of good will is directed at our public safety office. Whenever I or a friend has had car trouble at the campus; say a dead battery, or keys locked in the car, the willing and able officers of Public Safety have been ready to jump to the rescue with jumper cables or a slim-jim in hand. It was not until my car had a dead battery at San Diego State University that I realized the uniqueness of even these basic of services.

It was 5 P.M. on Tuesday night, and my car was dead in a parking garage of S.D.S.U. I didn't have jumper cables with me, and I couldn't find anyone else with a set either. Conditions were not right for popping the clutch, so I finally flagged down a S.D.S.U. police car. After hearing my story, I was told that the San Diego State Public Safety office does not offer vehicle jumping services, as they were afraid of shorting out their electrical system. I was then strongly advised to call a tow truck to jump my battery. Thinking that this

was strange, I walked to the Campus Safety office, only to confirm this ill-fated news.

Now, I am a student and like most, a poor one. My only option was to call a tow company to perform a two minute operation at the price of \$40-a good half of my bank account. Luckily it was only 7 P.M. and I was able to call my girlfriend to drive from San Marcos to help me. I am still confused as to why S.D.S.U., who's student government alone operates on 1/2 the money our entire campus operates on, can't even provide the most basic of emergency assistance to the student.

I guess it is hard to miss what you've got until you no longer have it. Thanks C.S.U.S.M., for getting off to a good start.

Brent Rudman,
A.S.I., Representative-at-Large

Women are women, girls are girls

Dear Editor,

As this is an institution of higher learning, I believe that the purpose of the school's paper is to educate and inform about

current issues in our society. To this point I would like to respond to Mr. Tony Vitrano's letter to the editor published in the Nov. 29 issue of *The Pride*. Although I would concede his opinion referring to women as 'girls' is not necessarily sexist, it is undoubtedly patronizing. Until rather recently, African-American men were frequently called "boys" by Caucasian men. Very few, if any, of these Caucasian men were visually impaired, and could thus easily observe these grown men were in no way "boys." So there must be another reason for their use of this term. I submit that it was an attempt to alienate these African-American men, and to "keep them in their place" by refusing to acknowledge their status as adults.

Similarly, when men refer to obviously grown women as "girls," it is a veiled attempt to "keep them in their place," or as Mr. Vitrano suggests, at home watching talk shows. I imagine these African-American men were also filled with negativity because they too were "offended by such meaninglessness." It is one thing to appreciate the differences between men and women, but it is another to point out these differences in a manner that is intended to demean one sex by another.

Mr. Vitrano confessed that my letter was "disturbing" to him. Well, I must admit I was rather "disturbed" by his idea of personal improvement, especially when it appears to consist of women sitting at home watching talk shows, and men referring to every woman they come across as "girl." I suppose his next article

will advocate the use of terms like "chick" and "babe."

I question how my objections about an article that mentions that "girls can play" sports almost as an afterthought, can in any way be compared to a woman objecting to a positive comment made on the radio. (Unless of course the D.J. referred to working women as girls)

For those of you who still do not get it, girls and boys are children, to refer to an adult using these terms is to simply imply that the adult is a child. I thought that was common knowledge, even my computer's grammar program understands that the terms "boys" and "girls" are inappropriate. So, Mr. Vitrano, you just keep that radio cranked up, and let progress continue to whiz right past you.

Christine M.W. Grubbs
literature
and Writing Studies

CSUSM has 'nice people'

To the Editor,

On Nov. 15, in the afternoon, I left my wallet in one of the women's restrooms in the ACD building. The very second I realized I had forgotten it, I panicked! It contained a wad of cash, a paycheck, not to mention my driver's licence, credit card, etc. I began to immediately envision the immense hassle of replacing all I had lost. This was an additional stress I did not need! At my realization, I ran out of class, and proceeded to go directly to the restroom where I knew I had left it. It wasn't there! I ran to every class on the first floor to ask if anyone had seen my wallet. Crazy?

As the classes ended, some of my classmates saw me, and of course wondered what had happened (I looked so distressed). One of the girls said to check the lost and found at student services. She said there were a lot of really nice people on campus and that somebody probably turned it in. I was feeling a little skeptical, but as we walked in the door to student services, there it was! And not a thing was missing!

There are nice people on this

campus! I'd like to say a very special thank-you to the student who returned my wallet untouched! May the favor be returned to you some day!

Ann Thompson
Psych.

San Diego teachers do not care

Dear Editor,

San Diego teachers should be placed on a merit system--period. They should receive merit raises for producing a top notch competitive product. But no--their union tells them to strike, so they go on strike. If their union bosses told them to put their heads between their legs, they'd probably do that too. The few caring teachers who did cross the picket line were jeered at for being traitors.

Striking teachers should be asking themselves this question: Why should they be rewarded with a raise for producing an inferior product? In the private sector, poor performance gets you fired. In California government schools, it means you deserve a raise. It is obvious that the "victim" mentality has trickled into the ranks of government school teachers--another symptom that government doesn't work.

And why should teachers be rewarded for making threats to California taxpayers--like the Mafia when they don't get what they want? California government schools already produce illiterate kids, unprepared for college or the real world, and for this we should reward them with a raise? Taxpayers are not that naive that they would want to subsidize extortionists or poor performance. If government school teachers are unhappy with their salaries, they should find a job at a private school, or better yet, their own. But when recipients of taxpayer funds threaten to harm the very children of those same taxpayers, it is difficult to find sympathy or compassion for their cause.

Mary Szterpakiewicz
Senior

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The Pride

The student newspaper for Cal State San Marcos.
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FEATURE

It's never too early to begin procrastinating

"waiting....for the miracle...for the miracle to come"

-Leonard Cohen

Spring semester is under way, and many students are beginning to feel the first serious pangs of procrastination-inspired stress as midterm exams loom on the near horizon.

You're feeling the heavy heart, the tightness in the gut, the tense gloom, ruminating on the hopelessness of it all: "I can't believe I let it get out of hand

again! I feel like such an idiot....and I swore this semester would be different. What happened to the first four weeks of school? How could I be this far behind already?

If this is how you are spending your spare time these days, let us offer you some suggestions that you might find helpful.

As you catch yourself going round and round over some unfinished tasks, ask yourself: is this train of thought productive? Am I making a plan, reviewing what actually needs to be done?

Rehearsing some important material I need to learn?

If not, STOP! If you are telling yourself over and over that you messed up, are a failure, feel terrible, will never get it done in time, stop! This is probably not only a waste of time, but can have the consequence of making you less likely to do your best when you do turn to the work at hand.

How to stop? Distract yourself. Find something less destructive to think about, or do something that you can make progress on. These usually result in an enhanced mood and sense of purpose. What you do next will likely be better...

If this doesn't work, you could try a technique called "Thought Stopping": when you are in that negative stream of thought, dwelling repeatedly on the hopelessness and unfairness of it all, suddenly scream "Stop!!" to yourself and perhaps picture a huge red Stop sign in your mind's eye. You will notice that this scream, this image, actually does interrupt the stream of thought momentarily. As it does, and you go blank, take a slow, deep breath, smile a little bit, and redirect your thinking to more pleasant or useful directions.

Break the job down into parts, and focus on doing one part at a time. For many students, procrastination includes the thought of the work to do as immense and overwhelming. Doing the work seems impossible and horrible be-

**DR.
FRITZ
KREISLER**

cause the pile of it seems so big. But when it is broken down into bit by bit, first this, then that, and when we then just deal with the first one, then the second, and so on...we forget the image of immensity, make some progress and feel hopeful and more energized.

After the crunch is over...try another way:

Counseling & Psychological Services (call us CAPS)

is located in 5115 Craven Hall. We have pamphlets, flyers and other materials that can give you lots of ideas about time, stress, and study management. Best of all, we offer workshops, groups, and individual counseling at no charge!

We are open from 8-5 Monday through Friday, and until 6 on Mondays and Wednesdays. If you wish more information about our services, or for an appointment, drop by or call 750-4910.

All appointments are strictly confidential.

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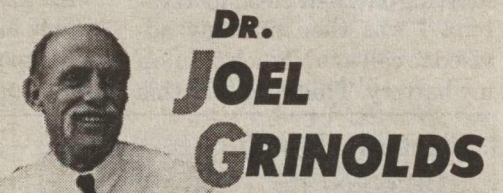
A giant experiment

The melatonin rage continues and some would say it is a giant experiment being conducted on the American public. Melatonin is a hormone secreted by the pineal gland, a very small structure at the center of the brain. It is being sold

as a dietary supplement with no medical claims on its label. Therefore, at this time, the Food and Drug Administration has no jurisdiction. It is being sold primarily at health food stores and at some pharmacies but not as a medication.

Incredible claims are being promised, mostly in the media and in published books, almost all without scientific evidence or any significant studies backing the claims. This new miracle drug (although not considered a drug by the manufacturers) supposedly combats aging, helps jet lag, reduces your risk of chronic disease, lowers your blood pressure and enhances your immune system and your sex life.

Ask yourself if you would take a supplement or medication (in this case a hormone) if the following were true:



**DR.
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GRINOLDS**

1. The therapeutic effects are not clearly known.
2. The purity of the product is not guaranteed.
3. The potency of the product is not guaranteed.
4. Studies have not been finished to determine proper dosage for different therapeutic effects.
5. Interactions with other medications or foods are unstudied.
6. The possible side effects have not been documented in scientific studies.

All of the above are true for melatonin. Anything that is billed as a miracle or wonder drug or supplement has to be taken with a grain of salt. At this time, I don't recommend you take melatonin. If you are having significant distress or symptoms, see your health care provider first.

ENTERTAINMENT

NOFX show fun with punk ideals

Where: Soma

When: Feb. 8

By Joyce Kolb
Staff Writer

If you like the fast, wacky sound of NOFX, mixed with sheep bestiality (check out the cover of their latest album) and five swarming, sweaty mosh pits, you would have had a great time at the Soma show on Feb. 8. If you've heard Blink-182, they sound like NOFX, but NOFX is faster and spontaneous. Their
see NOFX, pg 8

EVENTS

Upcoming bands

Durango, a country music band, will play in front on the **Dome Stage** on Tues., Feb. 27 from 12:00 to 1:00.

The rock band **Inclined** will perform on Wed., Feb. 28 on the **Dome Stage** from 12:00 to 1:00.

Blood Drive

Watch for the Blood Mobile in the faculty parking lot from 10:00 to 2:00 on March 5.

CSUSM offers seminars

Workshops and panel discussions have been made available by the Office of Student Activities and Orientation Services. Dates and topics through March are as follow:

Feb. 28- "How to Get Your Way in Your Community."

March 13- "How to Run an Effective Meeting!"

March 27- "Ethics! Leadership and Ethical Decision Making."

Narcissism featured at Center for the Arts

By Carrie Tyler
Staff Writer

Artists reflect themselves in Narcissism at California Center for the Arts Escondido. This unique exhibition examines how artists depict themselves and others. Through working in painting, photography, sculpture, and installation, thirty-two local, national, and international artists feature themselves in their work as they explore their "roles as individuals and artists, image makers and storytellers, directors and actors, men and women."

Works include self-portraits by renowned artist Andy Warhol, the redefinition of portraiture pieces of Chuck Close. Recreations of themselves are brought to life by photographers Cindy Sherman and Yasumura as they recreate themselves in various settings and guises in their portrait paintings. Audrey Flack's powerful bronze sculpture portrays woman as goddess and evokes her belief of the power that artists have.

Walking through the museum you can't help but notice some of these magnificent creations. Dennis Oppenheim's "theme for a Major Hit" entertains you with its ten mechanical marionettes that dance to "It ain't what you make, it's what makes you". Tim Hawkinson's "Signature" is a fascinating desk with motors that creates actual signatures. Audrey Flack's statue of "Islandia, Goddess of the Healing Waters" overshadows you with an omnipresent beauty all its own. Bruce Nauman's wax castings of the heads of his studio assistant and friends catches you by surprise as they dangle on strings. Janine Antoni's "Lick and Lather" sculptures of chocolate and soap reference purity, hygiene, and everyday rituals. Kim Dingle invite you into her "Priss Room"

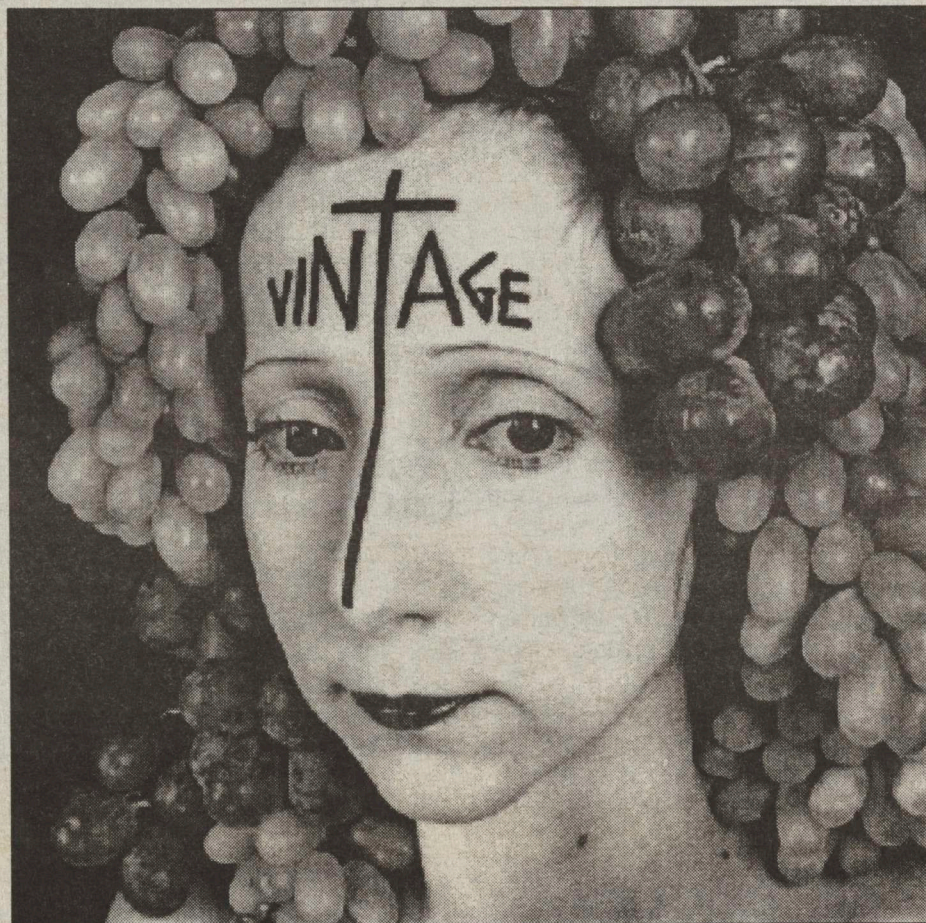


Image created by Rimma Gerlovina & Valerie Gerlovina, Vintage 1990, courtesy of the artists, Robert Koch, & California Center for the Arts

where her realistic doll-like figures evoke the images and emotions of childhood in anyone.

These artists have been brought together to illustrate their different and individualistic techniques to face and represent themselves.

In conjunction with this exhibition John Welchman, Assistant Professor at UCSD, will present a slide lecture on Thursday, February 29, entitled "Faces and Powers". It will be held in the California Center for the Arts Center Theater at 7 p.m. and is free.

Also as part of Narcissism, San Diego artist, David Baze will use the museum as a stage to paint a portrait of himself from March 9 through March 15 in the Museum Gallery during Museum hours.

Narcissism started on February 4 and ends May 26 with the museum's hours Tuesday through Saturday 10 am to 5 p.m., Sundays 12 to 5 p.m., and closed on Mondays and major holidays. For more information on exhibitions call 738-4120. The museums store offers catalogues.

Bands, albums reviewed

By Joyce Kolb
Staff Writer

Limblifter

Limblifter CD (Mercury Records)

The 50's style cover art and the Seattle-punkish sound reminds me of Weezer. This Canadian band isn't as cheerful as Weezer; each song sounds as if it was done by another band. They follow through on their promise to "provide an outstanding listening experience to all music lovers." They draw the listener into the song and provide enough variance to entertain for hours on end. Their self titled album is in stores now.

Home Grown

That's Business (Liberation Records)

They rule. This is an indie pop-punk band with catchy, uplifting lyrics. The first two songs, "Get a Job" and "The Hearing Song," are hilarious. They're anti-lamer and anti-jock, but wonder about things like love, meaning, and friends. They don't sound like Blink or Buck O Nine, but if you like those bands, you'll probably drool over southern California's own Home Grown.

Dishwalla

Pet Your Friends LP (A&M)

Imagine Eddie Vedder jamming with the guitars from U2, but a lot better. (I don't like Pearl Jam or U2, but I like Dishwalla). The songs start really slow and leap into a steady rhythm. The vocals are clear and the lyrics tend to deal with daily frustrations. They were pretty cool and are worth checking out.

Meices

Dirty Bird (London Records)

Until I saw this tape in the "Used Punk" section of Music Trader, I wasn't sure what to classify them as. They claim to be punk, but tour with Green Day and the Offspring. They're shooting for MTV and

See BANDS, p.8

Bands

Continued from page 7

are leaving for a club/theater tour. They're too pop-happy and organized to be considered punk.

Paw

"Hope I Die Tonight"

Death to Traitors CD (A&M)

Contradicting the title of the song, Paw sings about happiness and how death will make it forever. The song is catchy and the group sounds like Gin Blossoms.

Salt

Bluster EP (Island Records)

This group is your basic alternative band with a chick singer. The band is from Sweden, touring to dispel the myth that all Swedish bands are pop. Their debut full length album, "Auscultate," will be released on March 6. Unfortunately, their songs lack any features that make them stand out. "Frust...." sounds like it should be the background music for some cheesy crime flick. It's about sodomy and the singer is telling the guy to back off. Think Cranberries singing while the Breeders supply guitar.

Wicker Man

Wicker Man (Hollywood Records)

If you like White Zombie, check out Wicker Man. The bassist is the lead singer

of this dementedly cool group. The cover art of the tape is great- sort of abstract, bloody, and gross. Screaming, defiant, and distorted, like White Zombie. They're another mind thrashing, social bashing stoner band. (Did i mention that they sounded like white zombie?)

AVID

Continued from page 2

for high school students who are ethnically underrepresented in United States universities. The decision is one that every student has had or will have to face. Many decisions and responsibilities in life beyond high school may seem intimidating, but with programs like AVID, younger generations will learn to rise to the occasion.

Sue Me

Continued from page 5

It is really hard for a small company succeed in the nineties. How can you believe in the American Dream of success at all when everyone just wants to sue each other? Will the dream of running your own business be limited to those who have had thousand dollar trademarks since 1952, or can it be open to anyone, regardless of age, race, social status, or gender?

-Joyce Kolb is a Pride Staff Writer

NOFX

Continued from page 7

songs start out at a medium pace and explode into insanity. The pits turn into a frenzy of fiery bodies. The singer, Fat Mike, joked around at the audience while they threw shows and water bottle caps at him (all in good fun). He was sober for this show, but remarked that it was still fun. (More stuff thrown).

NOFX is a band on the Epitath label and is growing in popularity. Regardless of this, NOFX holds true punk ideals. They screamed to the audience that they didn't want radio stations like Rock 102 playing their songs to the extent of overkill. They're extremely anti-corporate and daring in their opinions. Who else could play in front of a poster of a guy making out with a barnyard animal?

Also playing the same night were bands Snuff, Bracket and Pulley. Snuff is an awesome punk/ska band. They stood out because the singer was also drumming as if his hands were on fire. They have real talent and were fun to watch. Bracket was a generic punk band; bearable but dull. I came late and missed Pulley, but heard that they had an all-star lineup with members from Face to Face and 10 Foot Pole.

The energy and excitement of the audience sparked through the air. Keep an eye out for shows with Pulley and Snuff. This show was definitely worth the time and distance to attend.

Films

Continued from page 3

classes because the series goes along with the curriculum.

At the "Like Water For Chocolate" showing, Dr. Curry began with a background of the artistic devices of this particular film (magical realism). She talked about the history of Mexican cinema that leads up to the 1993 film by Alfonso Arau.

Students can pick up flyers advertising the events in the campus library.

It should be noted that the films are of adult subject matter and language. Anyone under 18 should not attend.

Upward Bound

Continued from page 2

and motivation.

3. Students must be enrolled in the following high Schools: Escondido, Orange Glen, Fallbrook, Oceanside, El Camino, San Marcos, San Pasqual, and Rancho Buena Vista.

4. 9th or 10th grade only.

More information is available at CRA 5201. Phone: 750-4885. Fax: 750-4030.

There are 61 students in the Program. With a budget for the next 4 years of slightly over one million dollars, this is a serious academic program, and one deserving the attention of the CSUSM Community.

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