

PRIDE

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International Hall hoped to relieve over-crowding

BY MARJAN NAHAVANDI

Despite its skeletal appearance, that body of metal and cement next to Academic Hall is in perfect shape for its age.

Namely, the International Hall, or "Building 15," as it is sometimes called, is on schedule to be ready for use by next fall.

When completed, the four-story, 150-room building will cover 71,000 square feet. Its construction cost, \$11.2 million, is completely funded by the state.

Project Superintendent Bob Boyles calls it a "smart building" because it is "highly upgraded."

Unless you count the six rattlesnakes that Boyles and his crew have discovered so far, the only construction snag was last year when four times more rocks than anticipated had to be excavated to start the building's foundation. No one has been hurt

on the project so far, even by the rattlesnakes.

Tom Blair, director of Facility Services, was pleased by the on-schedule construction rate. "We are expecting the building to be finished sometime in July of '98 and have it ready before the fall semester of the same year," he said.

That will definitely be a major help next year, when an estimated 533 more students are expected to be enrolled at CSUSM, which is already badly overcrowded. Originally, four new campus buildings were envisioned by next fall. But, because of the failure of a statewide bond referendum in 1994, International Hall is the only one on which ground will be even broken.

This year, there are roughly 4,400 students on campus, including 3,440 full-time equivalents, 300 more than last year.

In order to qualify for state funding, CSU universities need to fulfill an enrollment target mandated by the state. Since CSUSM is only 80 students above its 3,360 target for this fall, Richard Reihl, executive director of Enrollment Services, said "We won't be growing at all next semester because we don't want to over crowd our classrooms too much."

But, he added, "We feel pretty good about our enrollment for the fall."

This year, CSUSM stopped accepting admission applications on June 16.

"We had a higher percentage of continuous students this semester than we had expected," Reihl said, adding that the university also needed to enroll some 300 students who were frozen out when San Diego State University closed its admissions even earlier than CSUSM.

"Predicting students' behavior towards enrollment is particularly difficult in a young institution because you don't have a lot of history to rely on," Reihl said.

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tells his story.

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-NEWS-

Fourteen new scholarships available

-Application deadline Oct. 23-

BY KRISTINA SETH

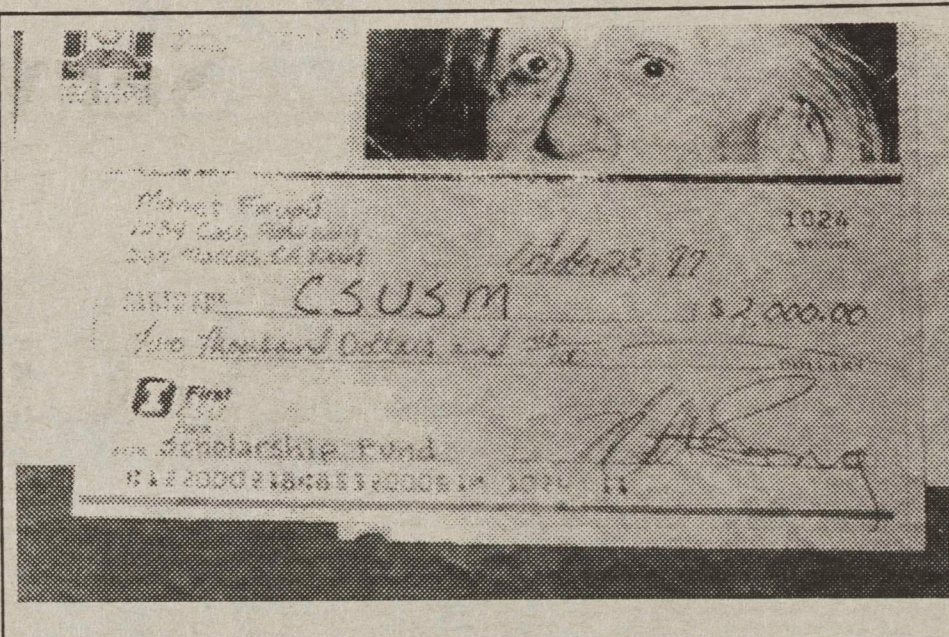
It's no run-of-the-mill, trick-or-treat goody. It's hard cash. And it's waiting for Cal State San Marcos students in the Financial Aid-Scholarship Office.

What's the catch? Students have to need the money to get it. And, they will have to move fast, like by Oct. 23, to take advantage of a new, simplified application process.

There are 14 scholarships available, 12 of them funded by private groups, two by the state.

To be eligible for each, students need to fill out only one application, since CSUSM is one of the few universities to offer the General Scholarship Application. Anyone filling it out automatically will be considered for any scholarship available.

The application itself is simple, but the rest of the process takes a little more work. In addition to submitting a two-page essay describing accomplishments, financial needs and adversities overcome, students



are urged to include up to three letters of recommendation in order to be considered for all available scholarships.

In the past, students applying for schol-

arships had to fill out separate applications for each, plus separate essays. And only original letters of recommendation, rather than copies, would be accepted.

Only a few hundred of the 4,670 CSUSM students have taken advantage of the process so far, according to Kirsti Serafine, CSUSM scholarship coordinator. "Too few students know about the General Scholarship Application," she said. "We try to get the word out with flyers and at orientation. I don't understand why students aren't taking advantage of this great opportunity."

One student said part of the problem is confusion over the definition of financial need. "I don't want to waste my time applying because I got a letter saying I wasn't eligible for grant aid," he added. "This means I'm not eligible for a scholarship, right?"

No, according to Gerrie Hatten, assistant director of financial aid. "Anyone can get a scholarship," she added. "The bulk of our scholarships are need-based, but just because someone isn't awarded grant aid doesn't mean they don't have financial need. The need is still there and they should definitely apply for a scholarship."

see Scholarships page 6

On-campus childcare moves past planning stage

BY HELEN DAHLSTROM

Where oh where is CSUSM's childcare. Where oh where can it be. It's still somewhere out there, but it's getting a lot closer, according to Terra Beauchamp, child care director for Associated Students, Inc. "We are currently investigating the leasing of an existing center near campus," she said, adding that the service could begin by next semester.

CSUSM child care, which has been in the planning stage seemingly since the university was founded eight years ago, is critical to the academic plans for a number of students, some of whom have been told for the last four years that it "is coming."

Though most of the details of the university's arrangement cannot be released until final approval is reached, Beauchamp said the center under consideration, which is within a mile of campus, is currently licensed to house 64 children.

The service, for children aged 2 to 5, would be available from 6 a.m. to 6 p.m. and would include full and part-time care. But no drop-in care would be provided.

Fees would be lower than the "market rate," according to Beauchamp, and would run approximately \$20 a day.

The university's long-term plans call for opening an on-campus facility within the next few years. The site, near the present Public Safety Office, already has been selected.

Associated Students, Inc., will be required to pay the

estimated \$500,000 cost of building a road to the facility, according to Alex Ramirez, the group's vice president for internal affairs.

"We are actively soliciting donors," said Ramirez. A private donor had been lined up to cover that cost but backed out when former President Bill Stacy departed for Tennessee last summer, he added.

But even if private donors can be found to cover the road costs, Ramirez said, the university has not guaranteed funding to build the center.

The need for child care is perhaps more acute at CSUSM than other state universities. According to Carmen Villa at Enrollment Services, the median age for CSUSM students is 28.7, several years higher than at most other CSU campuses. Beauchamp estimates that as many as 160 CSUSM students may need the service.

There is some tangible, immediate relief for students who need the service. Currently, 15 \$500 scholarships are available this semester to qualified students.

Those interested are urged to contact the Financial Aid office as soon as possible, since the application deadline is Nov. 3.

Beauchamp said she also needs volunteers to serve on the committee dealing with child care issues. Anyone interested can phone her at (760) 750-4990, or e-mail her at beauc002@mailhost1.csusm.edu.

Student Center re-vitalized

BY EVELYN CHOROSER

Need a check cashed, a paper faxed, a discount movie ticket, a bus pass or just a stamp? You can get them all at the Associated Students Center (Commons 205).

The center's new executive director, Darlene Willis, said her goal is to provide service to CSUSM students while promoting awareness of campus issues.

"The average age of students here is between 27 and 28, and many work full-time and have families," she said. "We must consider this when setting up programs so we can assist in areas of greatest concern."

Check-cashing is the center's most popular new service. Even though there is an ATM on campus, the minimum withdrawal is \$20. Associated Students, Inc. (ASI), will cash checks for up to \$15 free at the center. All that's needed is a picture I.D. and student card.

Willis says the center's immediate goal is to be recognized as the student voice of the campus. "We want to make the transition into campus life as smooth and successful as possible, and we hope to be a resource center throughout the college careers of our students."

The center also provides 15 child-care scholarships, plus entry to the university's intramural sports program.

The center can provide advice on how to save when buying a computer. Willis says representatives also are talk-

see Student Center page 3

Student Center

Continued from Page 2

ing with local merchants to provide discounts on other merchandise.

The Student Lounge (Commons 201) also may be changed, Willis says. It's now used furnished with a few tables, TV, microwave, and a couple of couches. Willis says the center is looking for suggestions on how to improve both its focus and furnishings.

Associated Students is composed of representatives from every CSUSM college, including graduate studies, who are charged with learning the wants and concerns of students to pass along to the ASI board.

Open-forum sessions for students to voice their views are routinely held at the beginning of ASI meetings every other Friday at 2 p.m. Notice of meetings, agendas and minutes of meetings can be requested by e-mail.

Though the center's hours are 8 a.m. to 5 p.m., night students can set up appointments by calling the center in advance at (760) 750-4990.

"Students are the lifeblood of this university. They pay our salaries and deserve the best we can provide," Willis says.

New programs offer athletic options

By MICHELE CECELSKI

A lot of students don't realize that there is a sports program at CSUSM.

Though there aren't many athletic venues, and though the university doesn't yet compete with other colleges, there are more than enough sports for the average student.

Associated Students has recently hired Andre Craig as CSUSM recreation director. He and his assistant, Waleede DeLawari, have instituted several new programs for students.

Every Tuesday and Thursday, for example, intramural soccer is offered from 4-6 p.m. on CSUSM's lower field. And, this week, intramural basketball will be offered every Monday evening from 6:30-9:30 p.m. in Palomar Community College's gym.

There's even a tennis pro available at Palomar, at 6:30 p.m. Wednesdays, for CSUSM students.

A Tae Kwon Do self-defense course will be offered in the student lounge on from

6:30-7:30 p.m. Wednesdays, taught by the same master who helped DeLawari earn a black belt in the sport. The cost is \$20 for six weeks.

Finally, there will be a low-impact aerobics class Tuesday and Thursday nights, also in the student lounge, from 5:15-6:15, starting Oct. 21, taught by Monique Jaroncyk, a certified instructor.

The cost of the aerobics class has not yet been determined.

Joe Faltaous, Associated Students president, said the university needs a larger student body before entering into athletic competition with other schools.

CSUSM at the moment is large enough to play in the National Collegiate Athletic Association's Division Three.

As soon as the numbers increase enough to qualify CSUSM for Division Two, Craig plans to put together traveling teams.

Meanwhile, sports-minded students

Student Health Services



FLU CLINICS

Tuesday:	October 14	9:00AM-1:00PM
Friday:	October 17	9:00AM-1:00PM
Thursday:	October 16	9:00AM-1:00PM
Monday:	October 20	9:00 AM-1:00PM
Wednesday:	October 22	1:00PM-4:00PM
Friday:	October 24	9:00AM-1:00PM
Tuesday:	October 28	9:00AM-1:00PM
Wednesday:	October 29	1:00PM-4:00PM

FREE TO REGISTERED STUDENTS

Faculty/Staff Days:

**Friday, October 17 and Friday, October 24 ONLY,
9:00AM TO 1:00PM**

There is a \$10.00 fee for faculty and staff.

Student I.D. card worth more than its weight in plastic

By DEBBIE HOLDERBY

It seems everybody loves a starving student, especially local businesses. Tuition and books may take a big bite out of your spending money, but it is possible to bite back. Just use CSUSM's student ID card to get a free taco, save big dollars on software or just save 10 percent on regular purchases at many area establishments.

Many theaters, restaurants and clubs offer student rates or freebies. Darlene Willis of Associated Students suggests that students pick up a Student Guidebook in the Associated Students office in Commons 205.

"There are a lot of coupons in there," said Willis. "Students should come by and see what's offered."

The guidebook offers such coupons as 2-

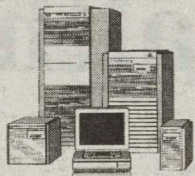
for-1 free lunches at Carl's Jr., KFC, and Rally's. Or a \$1.99 lunch at Subway. Or free popcorn at Pacific Theaters.

In addition, many other local theaters have student rates. Just show your student ID.

For the ultimate relaxation, spend a day at the Wild Animal Park or San Diego Zoo. A student pass is available for \$22 and is good for an entire year.

More goodies are in the works, according to Willis. The Associated Students are looking into half-price discounts from Knotts Berry Farm, Universal Studios, Sea World, Family Fun Centers, Magic Mountain and Disneyland. Many of these will require bulk ticket purchases by the college (25 or more), so Willis suggests students drop by her office to express their interest.

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Cal. State schools among nations leaders in minority degree recipients

CSU NEWS RELEASE

California State University campuses are among the nation's leaders in the number of academic degrees awarded to minorities, according to separate reports in two national publications, *the Hispanic Outlook in Higher Education* and *Black Issues in Higher Education*.

In fact, *Black Issues* found that eight of the nations top 20 universities in number of baccalaureate degrees awarded to minorities are CSU institutions, including CSU Los Angeles, San Jose State, San Francisco State and CSU Long Beach at seven through ten respectively. An additional five were in the top 50. Altogether 14 of CSU's 22 degree-granting campuses were in the top 100 nationwide.

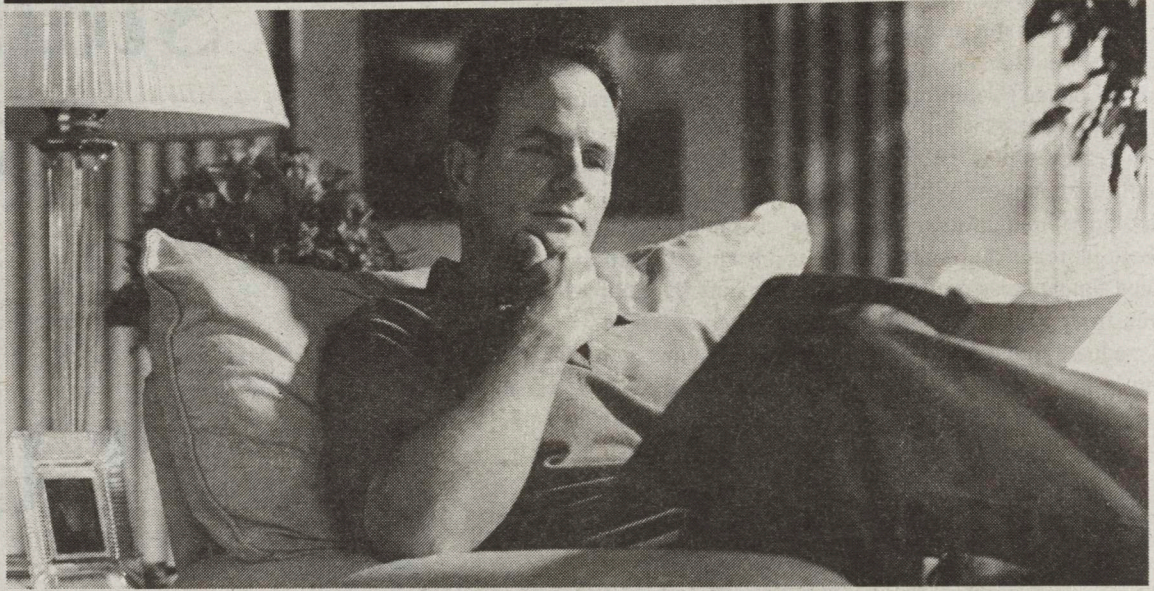
Black Issues also separated the figures by minority groups and found that CSU campuses are also among the leaders in awarding baccalaureate degrees to Asian Americans, with four in the top ten, and nine in the top 25, including San Francisco, San Jose, Cal Poly Pomona and Long Beach at five, seven, nine, and 10, respectively.

Eleven CSU campuses are in the top 50 in awarding baccalaureate degrees to Native Americans, including CSU Sacramento at 13. In awarding bachelor's degrees to African Americans, CSU Dominguez Hills is 14, CSU Hayward is 49, and Long Beach is 55 in the nation among traditionally "White" universities.

Hispanic Outlook reported that eight of the top 25, 13 of the top 50, and 17 of the top 100 universities in awarding bachelor's degrees to Hispanics are CSU campuses, including Los Angeles and San

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Diego at eight and nine respectively. In awarding master's degrees to Hispanics, CSU campuses represent seven of the top 50 and 11 of the top 100. In fact, the top 100 universities in the nation awarded approximately 30,000

bachelor's degrees to Hispanics in 1995-96, and nearly 19 percent of them graduated from a CSU campus. In addition, the top 100 universities nationwide awarded more than 70,000 master's degrees to Hispanics in 1995-96, and nearly 10 percent of them graduated from a CSU campus.

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If you have a comment or suggestion, please feel free to E-mail the Pride at:
pride@mailhost1.csusm.edu
.....

-FEATURES-

An ounce of prevention...

BY V.E. KNOX

The villain enters ever so quietly and so quickly that most people remain oblivious to its presence. Once inside and undetected, it is free to wander to do more damage.

Every year, more than 184,000 women fall victim to breast cancer and approximately 44,300 pay for their ignorance with their lives.

Breast cancer, incidentally, is not a disease afflicting women only: Some 1,400 men are diagnosed with it annually, a low figure, but one that is certainly not inconsequential.

Since October is Breast Cancer Awareness Month, it's timely to remind everyone that self-examination can be critical. Some 90 percent of those diagnosed with the disease in its early stages survive. And, self-examination is not that difficult.

No one is too young to be a victim. The Seattle Breast Cancer Center recommends that every woman have a clinical breast exam starting at age 20. Risk increases dramatically with age: According to the American Cancer Society, a 20-year-old has a probability of 1 in 2,500 of developing breast cancer by age 30; a 30-year-old has a probability of 1 in 233 of developing it by age 40, while those 40 or older have a 10-year probability of 1 in 65.

Researchers in Norway followed the health of 25,000 women over a nine-year period to determine if an active lifestyle helps block breast cancer. The results: Those who exercised at least four hours a week had a 37 percent lower risk than women who didn't exercise. Those who had an active job that included lifting and walking reduced their risk by a further 25 percent.

According to Anne McTiernan, of the Fred Hutchinson Cancer Research Center in Seattle, "We're not sure how much exercise women need to do, but we do know that women who are overweight have an increased risk of breast cancer. Of course, the more you exercise, the better."

Exercise has been proven to help lower blood pressure and reduce the risk of diabetes. So, where breast cancer is concerned, let's face it: It can't hurt.

Knowing ... and following ... a three-step examination is essential to fight breast cancer:

- (1) See your health care provider for a clinical breast exam every three years, starting at age 20.
- (2) Examine your breasts every month, two or three days after your period.
- (3) Get a baseline mammogram at age 40 and have one every year thereafter.

Nobody knows what causes breast cancer or how to prevent it; yet, The American Cancer Society has come up with key factors shown to increase breast cancer risk, including estrogen levels, pregnancy after age 35 or not at all, late menopause, personal and family history, obesity, excessive alcohol use and excessive diet fat. Smoking, miscarriage and hormonal replacement therapy are potential factors still under investigation.

Regardless of the cause, early detection is the best defense. Ask the more than 1.6 million breast cancer survivors.

It's easy to rationalize. You think: it's only a CD. Or a late-night pizza. Or a T-shirt—which, by the way, IS on sale. What harm could it do to charge it or write that check?

Unfortunately, spending on seemingly small purchases, often non-emergency items, can add up quickly and throw budgets into havoc, say debt counselors.

That's why students should get in the habit now of taking steps to cut spending and reduce their debt, says Tess Van Duvall, debt management consultant at Emory University. Laying a foundation for good financial health while in college can make life easier after graduation, she says.

Whether they are 18-year-old freshmen getting their first credit card or among the older students returning to campus, many students in college find themselves facing an array of financial obligations, says Van Duvall.

"Students need to realize that they are entering a time of limited income and maximum expenditures, so cutting costs in lots of areas can only add to their financial well-being," she says.

Van Duvall gives the following tips on how students can better manage their finances and avoid long-term debt during those early career years:

- Eliminate or reduce credit card balances. "As a student with limited income, the last thing you need is to be paying past debts," says Van Duvall.
- If you have a credit card or student loan, learn how to read a credit report. "If there are errors on your credit card report, they need to be corrected, because

it can affect your credit card rating and even keep you from getting lower interest rate loans," says Van Duvall.

Many lending organizations are adopting a practice called "credit scoring," which judges each individual student

borrower, instead of lumping students from one university into the same financial lending category. With credit scoring, says Van Duvall, "one 30-day late payment can make a difference in your interest rate."

• Be aware of credit card annual interest rates, and remember the real cost of using a credit card. "When students are tempted to

make a \$1,000 purchase with a credit card, they should remember that the annual interest on even a 12 percent APR card pushes the price to \$1,120," says Van Duvall. "Always think of the total cost of a purchase and ask, 'Do I still want this?'"

- If you can eat it, wear it or listen to it, it isn't an emergency and shouldn't be put on credit.
- If possible, pay more than the minimum monthly payments to creditors.

Van Duvall also advises students to be budget conscious about little things, such as buying frozen pizza instead of take-out, taking advantage of on-campus and free entertainment, and sending e-mail versus making long-distance calls.

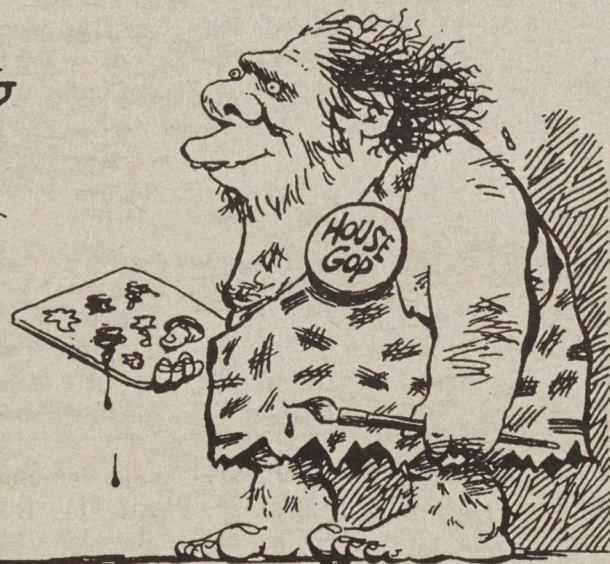
But her No. 1 piece of advice to students is to get a roommate instead of renting alone. A savings of \$300-\$400 a month on rent over a three- or four-year period adds up to big bucks, she says, and can keep you from having to borrow more heavily to make ends meet.

Tips for staying on budget

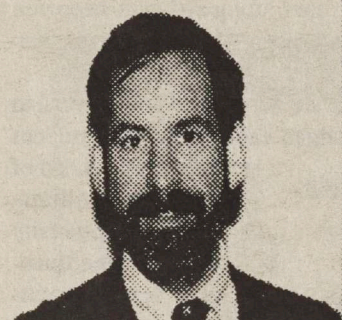
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EXPRESS-NEWS



Dr. Fritz

As you know better than anyone, the semester is far enough along that mid-terms and other exams

are all around us. The pressure is on. Some of these exams contribute a great

deal to the final grade. This is serious!

Naturally, many students associate exams with anxiety. Some may have trouble concentrating or sleeping. Eating habits may be disrupted. Many have nightmares. Can you relate?

First, we all know that some anxiety is normal in situations where important demands are made upon us. Our nervous systems are designed to come to life at these times in ways that prepare us to take on challenges. Heart rates increase, pumping blood to our muscles, diverting blood from our digestive systems

(hence the butterflies in the stomach feeling). Vision and hearing become sharper. We are ready for action. And many experimental studies have shown that some stress is associated with improved performance.

But, not too much stress. High degrees of anxiety actually interfere with performance. Perception narrows too much to process the complicated information typical on exams. Racing thoughts and physical discomfort distract us from the exam items and impair our abilities to recall information. We're in trouble.

The primary cause of this kind of anxiety is, sorry to say, is inadequate preparation. If you are unprepared for the exam, or if all you did was some last minute cramming of five weeks' worth of material in one night, you set yourself up for not only poor performance on the exam, but a great deal of stress as well. You'll be more prone to panic, and your mind will race in a desperate effort to find an-

swers. You'll likely start confusing material that you crammed, because you didn't give yourself the proper time to reflect on and organize your knowledge. And with that confusion usually comes self-condemnation, you mentally call yourself names, ugly ones! furious at yourself (or perhaps, like some people, you externalize this and find others, especially the prof., to blame for the whole disaster).

At the same time, some people who *do* prepare well also become extremely anxious during exams. They've studied well in advance, know the material thoroughly,

perhaps have even helped other students with some of it. Nevertheless, come

exam time, these students start to panic. Maybe they get the test from the professor, take one look at the first item, and go blank, and then start talking to themselves about how none of it makes sense! I can't remember anything! What the heck is going on here? For these students, the hour of the exam becomes a hellish nightmare, a true struggle against the test and themselves. When it's over, and they step outside, correct answers flood their minds as now, with the pressure off, their actual knowledge comes through. They feel just awful, and all

the more frightened of the next exam.

These are the students who could use some assistance in managing their nervousness. Perhaps this involves learning some relaxation strategies. Or some test-taking strategies (such as looking over the whole test first, twice, and then starting with the easiest questions; this builds confidence and also helps pull out memories of material for other items). Or, some careful examination of their attitudes (such as perfectionism, which, in the extreme, makes the possibility of any error terrifying).

Counseling & Psychological Services (CAPS) can be an important source of assistance with anxiety. We can work with students on all these approaches and more, and in a safe and confidential setting. We also can assist with overcoming procrastination, for you crammers out there. Services are free to CSUSM students. For more information or an appointment, drop by 5310 Craven Hall, or call 750-4910. Good luck on your exams!

Midterm exams don't have to mean midterm anxiety

"You'll be more prone to panic, and your mind will race in a desperate effort to find answers."



Do people tell you you are easy to talk to?

Are you good over the phone?



Need extra cash?



Work on the CSUSM Telefund Campaign!

We will be calling alumni, parents and friends to ask for their support.

October 1, 1997 through November 14, 1997

Mondays through Thursdays 5:30-9:00 pm.

You must be available a minimum of 2 nights/week.

To apply, please leave a voicemail message by calling (760) 941-4041 between the hours of 9:00 am and 2:00 pm Monday through Friday.

Callers will be paid \$6.00/hr along with incentive prizes such as free dinners, movies, haircuts, etc.

For more information, call Jamie Nelson, Coordinator for the Telefund in University Advancement - 750-4400.

Scholarships

continued from page 2

Hatten said interested students should fill out a FAFSA (Free Application for Federal Student Aid) as soon as possible. It's the only way eligibility is determined by her office for any form of financial aid, including loans, she added.

The FAFSA application can be filled out any time during the academic year. But the deadline for the General Scholarship Application to be considered for all available scholarships is Oct. 23.

The 14 scholarships offered have some requirements in common, such as a minimum GPA of 2.5, and some financial need, but most of them are tailored to specific student groups. The Burnham Foundation Scholarship is awarding two \$1,000 scholarships to graduate or undergraduate busi-

ness students who are taking at least six credit units. Two \$850 scholarships from the Markstein Beverage Co. are also available to business students enrolled in at least six units at CSUSM. The James S. Copley Foundation is offering two \$1,250 scholarships to female single parents who meet eligibility requirements.

A \$700 Bree Tinney Scholarship is available to Women's Studies majors or minors. A \$600 Carol Cox Re-Entry Scholarship will be awarded to a woman who has re-entered a degree program after age 30. The Jean and Keith Kellogg Scholarship fund will award four \$1,500 scholarships to full-time undergraduate students.

Two state-funded, CSU Graduate Equity Fellowships also are available, one for \$2,000 and the other for \$1,000.

-STUDENT VOICE-

Grampa goes to college

BY WILLIAM VADASY

It all started with my concern for my teenaged grandson. I tried to interest him in taking a more passionate attitude towards school. I remembered how determined I was at his age to go to college, but the call to service after Pearl Harbor ended my dreams. Perhaps if he saw how much an education meant to me, even at this late date, he would change his mind. It was worth a try.

I enrolled as a full time student, a freshman in my late seventies. What a silly fool, I thought, to go to such lengths just to impress a youth who had no interest. I did have the time now and seemed to have enough energy. Why not? I tossed this notion around for an entire summer before I made the decision and then jumped in head first with a full course load.

My first day on the campus was a scary experience. I saw all those teenagers with the Bohemian dress and outlook. Will they laugh at me, will they ridicule this old man? Will I be able to compete with their young minds and stamina, or even endure? Will they think I'm just an old fogey trying to butt into their world? I waited with them in the admission line, until my turn came, then I stepped out and went to the rear again. It was scary! Finally, everyone was gone but me and I reluctantly walked up to the counter and enrolled.

My first class was a mix of students who looked young enough to be starting high school, and I was a senior, - senior, far older than even my teacher. We were asked to

give our names and some background. One student worked at McDonald's, another at Seven-Eleven. In a world of accomplishments, all of them were beginners, working at anything so they could attend school. My turn came. What shall I say? I've made the tour. Will I be too overbearing? Should I minimize my accomplishments? I wanted to fit in, not stand out. I walked to the podium, hiding my quaking knees behind the desk and began reciting. How surprised I was to see everyone so attentive, so interested. So many questions were asked about this and that I could have spent the next class answering. The dark cloud of fear became brighter, I began to feel like their classmate. The students in my other classes were friendly and receptive as well.

With the media focusing on the negative side of our young people, I was both delighted and inspired to find such a mature, sensible group. They were intelligent and down-to-earth and I was glad to know that society of the future would be in good hands. Most of the students I came to know and appreciate are young men and women with standards to be admired.

Do you have any idea how difficult biology is after almost sixty years? Lessons were much simpler back then.

So much more has been added, so much more has been discovered. No one studied D.N.A. or alleles? Back in my school. What I learned was horse-and-buggy compared to the super-jet curriculum of today. I was certain I would flunk every subject, but I wouldn't quit. I gave it my best shot, and I managed to get by?

Material I had difficulty understanding was readily explained by my teachers and also by my fellow classmates; all of who were helpful. Many questioned me about things I had experienced that were helpful in our studies. I became a sort of father figure, especially in history.

My efforts were rewarded with A's and B's for three of my classes. (I squeaked by with a passing grade in biology which happened to be the second half of the class instead of the basic—how could I have done that?) Moreover, my appetite for learning is now whet to find

out everything I can about the world around me, the past, the future, all the treasures I am uncovering in my search for knowledge.

Nothing would please me more than to complete my education with the fine young people I encounter and to inspire them as much as they do me.



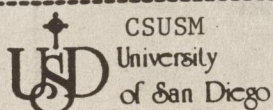
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-ON CAMPUS-

CSUSM's new "Virtual" President

Using *Vxtreme*, the latest in streaming video technology for the World Wide Web (WWW), a whole new avenue of communication has been opened up for the CSUSM campus and perhaps the country. CSUSM's new president, Alexander Gonzalez, recently established a Web site that is one of the first applications of this new technology. The site uses an innovative mix of Internet media that makes a visit to his "Virtual Office" not only informative, but fast, easy, and entertaining.

The president's page features a five-minute video update that uses *Vxtreme*. The plan is to record a new update every two weeks to keep the campus community informed. Most importantly, it can be accessed by personal computers using the popular Windows95 and Macintosh operating systems, although performance requirements do limit its use to newer machines.

CSUSM multimedia specialist Chuck Allen hopes to use streaming web video to provide classes over the WWW. In the past, such videos were too large and time-consuming to download over the web. It just was not a practical application for most computers. Using streaming video, most modern PC's with a 28.8 modem can download videos and other graphics relatively rapidly.

The software also has random access capabilities. So, for example, if someone wants to listen to the portion of the president's presentation on the budget, the viewer can skip to that specific part of the video with the touch of a button.

First-time users must first install a plug-in for the popular Netscape or Internet Explorer web browsers to use the streaming video capability. But the process is simple.

Other information on the president's Web page includes a legislative update with photos of Gonzalez' recent trip to Sacramento. The text of recent speeches to the community is also available. The site was developed as part of the president's goal to improve and clarify communication on the campus.

Vxtreme, Inc. of Sunnyvale, California (www.vxtreme.com), the developer of the Vxtreme product, was recently acquired by Microsoft Corporation and is in the process of moving to their Redmond, Washington site.

Viewers can find Virtual Office, which will be updated regularly, at: <http://www.csusm.edu/President/>

THE FRONT ROW? ARE YOU KIDDING?

Why do you go to class? Hopefully the answer is somewhat obvious. Think through it for a minute though, because the next question may not be quite so easy. Here goes: Why would you care enough to go to class but not sit up front?

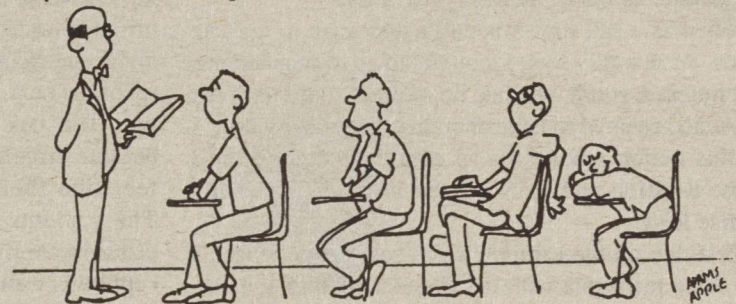
In most college classes you can sit wherever you want, but the perennial location of choice seems to be in the back half of the classroom. If there are five (or fifty) empty seats, they will invariably be in the first few rows, with none open in the rear.

If you care enough to show up, foregoing very meaningful opportunities, such as sleep, why wouldn't you attempt to get the absolute most out of it? If it relates to your "image," give it up. People who get great jobs after graduation are infinitely more "hip" than those asking "would you like to super-size that, sir?" in their first job out of school.

Believe it or not, there is good reason to believe that sitting up front may lead to better career options. There are actual research studies that show that students who sit in front get better grades than students who hug the back wall. They are forced to pay attention, as it is tough to fall asleep if you're 10 feet from the prof. Front row types tend to ask more questions, receiving immediate clarification on points of confusion. And guess what - their professors will recognize them (and know that they regularly come to class) if they go in to negotiate a better grade on a test or assignment.

Sure it may be more difficult to work a crossword puzzle right under a professor's nose, but that's exactly the point. You're not in school to learn the six letter word for "nose hair." You're there to get a practical education that leads to a decent career.

So if you're going to go to class, front and center is the place to be.



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CSUSM names first Fenstermaker scholarships

CSUSM recently named the first nine recipients of the Fenstermaker Foundation's scholarships. Each student received between \$4,400 and \$7,000 for a total of \$55,000. By far the largest scholarships at CSUSM, a highly competitive process was developed to select the best and brightest students. This year's recipients are: Elaine De Los Santos, a junior in computer science from Oceanside

Shannon Halloff, a junior in biology from San Marcos
Trenton Norris, a junior in biology from Vista
Cheyenne Reyes, a freshman in biology from Escondido
Aimee Reynolds, a junior in biology from Camp Pendleton
Tracy Ross, a junior in biology from Bonsall
Joseph Spirito, a freshman in computer science from Oceanside

Roberta Sweeney, a senior in biology from Aliso Viejo
Patricia Wade, a junior in biology from Encinitas

The prestigious scholarships were funded by Larry and Neva Fenstermaker, who established the Foundation with the primary purpose of benefitting CSUSM.

The Fenstermakers were among the first residents of Rancho Bernardo, moving there from Point Loma in 1963. Larry Fenstermaker was a retired printing and publications executive who died at age 91 in 1995. His wife of more than 50 years, Neva, died in 1994. They did not have any children.

Neither Larry nor Neva were able to go to college for financial reasons. They valued education and wanted to

give bright students the opportunities that they did not have. They established the Fenstermaker Foundation to achieve this goal. Each year the interest earned on the money they donated will go to scholarships for needy and deserving students in the areas of biology, chemistry, or computer science.

-CSUSM-

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ARTS & LECTURE SERIES

HATE SPEECH SUBJECT OF TALK AT CSUSM

Prominent critical race theorist Richard Delgado will discuss "Hate Speech and the First Amendment: Expression and Equality on Campus" on Monday, Oct. 20 in Room 102 of Academic Hall at California State University, San Marcos. The public is invited and admission is free.

"We are beginning to ask about free speech: Who benefits?" he writes in a recent essay. "And we are beginning to raise the possibility that scoundrels and bigots are hiding under its mantle. We are questioning whether the much-discussed continuum of high-value and low value speech may not be all there is. Could there be no-value speech, or speech that has negative value?"

Delgado is the Charles Inglis Thomson Professor of Law at the University of Colorado School of Law in Boulder. He is also the author of numerous articles and essays as well as several books including, *The Price We Pay: The Case Against Racist Speech, Hate Propaganda, and Pornography* (Farrar, Straus & Giroux, 1995).

Delgado's presentation is co-sponsored by the Arts & Lectures Series with the Achieving Excellence Through Diversity committee of the Office of Institutional Diversity and Equal Opportunity at CSUSM. The campus is located off Twin Oaks Valley Road south of Highway 78. For more information, contact the Arts & Lectures Series at (760) 750-4366.

-csusm-

The Office of Admissions will be hosting "Admissions Day '97" on Saturday, November 8, 1997, from 10:00am to 2:00pm in the Dome Cafe. This Admissions Day will be for all students interested in attending the Fall 1998 term.

This event was very successful the past two years, and again this year, we are anticipating over 500 students, parents, and guests to turn out. So come early, and enjoy the day. All eligible students will receive an admission letter on-the-spot. Admission Day '97 will consist of Campus Tours, Information Tables, and Academic Departmental Advisors. If you plan to apply for

instant admissions for Fall 1998 you will need to bring:

1. A completed CSU application, with test scores;
2. Unofficial transcripts from your high school/community college(s) and other universities;
3. Check or money order for \$55.00 payable to CSUSM (fee waiver available if applicable)
4. Parent or spousal signature required on the fee waiver form, if applicable.

For an appointment time or for further information, or questions please contact the Office of Admissions, California State University, San Marcos at (760) 750-4848.

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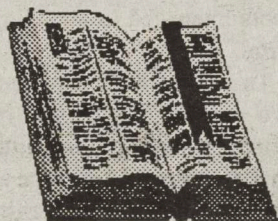
The Information Literacy Program (ILP) of the Library and Information Services (LIS) offers workshops on Lexis-Nexis and new electronic information resources in the library. These one-hour workshops cover database overview, search techniques, locating full-text articles and hands-on experience on the databases. All will be held in the Library Instruction room (CRA3202). No reservations needed. Please contact Rochelle Amores via e-mail at amores@mailhost1.csusm.edu or at ext. 4365 for more information.

Date	Day	Time	
10/15	Wed	11:30	Electronic Resources
10/17	Fri	10	Lexis-Nexis
10/17	Fri	11	Electronic resources
10/20	Mon	1	Lexis-Nexis
10/21	Tues	1	Electronic resources
10/22	Wed	11:30	Electronic resources
10/27	Mon	1	Lexis-Nexis
10/29	Wed	11:30	Electronic resources
10/31	Fri	10	Lexis-Nexis
10/31	Fri	11	Electronic resources
11/3	Mon	1	Lexis-Nexis
11/4	Tues	10	Electronic resources
11/5	Wed	2	Electronic resources
11/7	Fri	10	Lexis-nexis
11/10	Mon	1	Lexis-Nexis
11/11	Tues	10	Electronic resources
11/12	Wed	2	Electronic resources
11/14	Fri	10	Lexis-Nexis
11/17	Mon	1	Lexis-nexis
11/18	Tues	10	Electronic resources
11/19	Wed	2	Electronic resources
11/21	Fri	10	Lexis-Nexis

-ENTERTAINMENT-

Sweet success for author of *Bitter Grounds*

BY JOHN RODRIGUEZ



Hemingway told us we can't go home again. Yet, for Sandra Benitez, doing just that was crucial to her success as a novelist.

"At age 39, I decided that this is what I wanted to do," she said recently at a local book signing for her new novel, "*Bitter Grounds*."

"I wanted to write. I started turning to Latino stories, of my Mexico, of my El Salvador. I finally reclaimed my Latina heritage which I had hidden when I first came to Uniontown, Mo., as a young girl to attend school."

Bitter Grounds is the second novel for Benitez, who won the Minnesota Book Award in 1994 for her first, *A Place Where the Sea Remembers*.

One of the fastest rising Latina authors, she has received critical acclaim from fellow authors Tim O'Brien, Isabel Allende, Denise Chavez and Demetria Martinez.

Benitez, who has been profiled in *The New York Times* and *The Boston Globe*, was in Southern California last month for an interview with *The Los Angeles Times*.

But life didn't always flow so smoothly for the Salvadoran native. As a young girl, her middle-class family sent her to the United States to further her education.

"As a child, I left San Salvador to go school in Missouri and live on a dairy farm," she said. "It was very different from what I was used to. I was the only Latina in a town of 2,000. Not only was I Latina, but I was Catholic, which was considered very strange in a state that was predominantly Protestant and Baptist."

After school, Benitez continued living in the United States, teaching Spanish and English at both high school and university levels. She also worked as a translator for a training company in Minnesota that required extensive travel to Latin America. Burn-out ensued.

"I got very tired and sort of stressed out, so I decided to take a writing class," she said. "We met every Tuesday and I started to write little vignettes. After about a year of writing these vignettes, I started to write my first novel. You know, why not? So I jumped right into it."

"When I started to write, it was when the bug hit me. I grew up loving stories, loving books, having a book in my hands and watching my parents' love for literature."

Her first attempt at writing was a self-confessed flop. "My first novel was a murder mystery," she said. "It took me three years to write and it ended up underneath my bed. I think that was a proper burial because the book was pretty awful."

"It was a terrible thing to learn that you just couldn't write about anything."

After the initial disappointment of that effort, Benitez discovered an important truth to success. "I certainly set out with great ambition," she confessed. "What I finally discovered was that spending time writing that book was something that didn't really come from my heart. I finally decided to start writing about things that mattered to me and turned to write about El Salvador. Then things changed dramatically."

Benitez's enthusiasm at this revelation was apparent as her eyes flashed and the tempo of her voice quickened.

"I grew up in El Salvador during the '50s. In my house, there were servants, all women. Women who had left their families, who had left their children, who had left their villages to come to the capital (San Salvador) to work for people like us."

"These women were illiterate. They would receive letters from home and would want to write letters back. So they would ask la nina Sandy to help write them. I would sit down at the kitchen table and take their stories down, stories to send back to their families."

Those stories would later lay the foundation for *Bitter Grounds*.

"I set out to write this book before I began to write *A Place Where the Sea Remembers*," she said. "I got about 600 pages into this manuscript when I needed to go back to El Salvador for more research. But I couldn't go back because the war was really in full swing and it was very dangerous."

"So then I started to write *A Place Where the Sea Remembers*, finished it and wonderful things happened with that book."

Those wonderful things included serious attention from New York-based Hyperion

Press, which recognized a golden opportunity in Benitez for an entry into the multicultural genre.

"Hyperion heard that I was writing a book about El Salvador and bought the publishing rights," Benitez said matter-of-factly. Then she demurred. "when they said to me, 'Sandy, we've sold the book,' I thought, 'No problem, because I already have 600 pages written.' But I didn't realize that I had written a book that was three or four years old, was no longer relevant and the manuscript needed to be changed."

"So what I had to do was take the darn manuscript back, sit across from the publishing staff that was staring at me, and tell them that it had to be rewritten."

From that moment, *Bitter Grounds* truly became a testament to Benitez' perseverance. The rewriting was by no means a minor undertaking.

"I rewrote the entire book. I had the characters. I had the stories. I had the story lines. But the actual writing still had to be done. That was a difficult task. It was very tiresome because in doing so I revisited all of those stories of all those women and revisited also the lives of all the characters." The stories of those women, which

see *Bitter Grounds* page 11

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Bitter Grounds

Benitez first heard as a child at her family's kitchen table, form the basic plot for *Bitter Grounds*.

"This is the story of six women, two families, three generations. It spans from 1932 to 1977, 45 years. One family is poor and one family is rich. The poor family works for the rich family. It explores how the lives of these women are interconnected, How they are different and how they are alike."

"When we look at El Salvador and we think of all the headlines that tell of El Salvador during the war, it had to do with what was behind those headlines. What are the stories behind those people who lived that life, who lived that war?" *Bitter Grounds* does not include that war, ending in 1977.

"So though the reader has been faced with the reality that all of these things

Continued from Page 10

that happen in those 45 years, that is still not the worst that could have happened," Benitez said. "The worst is yet to come."

In describing the evolution of her writing style, Benitez is quick to credit her favorite author, Gabriel Garcia Marquez. "He has always been my hero," she said. "What I admire about Marquez is his complexity where Hemingway is very spare and very lean."

In a somewhat surprising revelation, she added, "When I write these books, all of the characters are living their lives in Spanish and I write in English. So how does that work? Well, it's a problem because you have to sort of go through Spanish and come out in English."

"But it does come out in English. I could never write in Spanish. My vocabulary is not good enough."

Soul Food is more than a meal

By JENIFER JAFFE

When was the last time you bellied up to the dinner table with your family, said a prayer or two and chowed down on some real home cooking? You know, the cholesterol-laden stuff that sticks to your ribs: fried fish, combread, egg pie, the stuff your nutritionist warns you about.

Well, this kind of food is the life-blood of the family depicted in *Soul Food*, the film written and directed by George Tillman.

It's the story of a black Chicago family's struggle to stay together during both the best and worst of times. It's the food that has brought everyone together every Sunday for the past 40 years, and the conversation during the meals has kept everyone in everyone else's business for that time. (in a healthy, tightly knit family sort of way.)

The peacekeeping, wisecracking grandma, whom everyone refers to simply as "Big Mama," (Irma P. Hall), is the source of all of these meals. She is the traditional mom/grandma you've either had or have wished for. She smooths over would-be arguments with finesse, using knee-slapping jokes or clever allegories.

The story is freshly told through the eyes and voice of the son/grandson/nephew, Ahmad, the kind of kid who helps grandma in the kitchen, dances with his mother and even

see *Soul Food* page 12



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Use Your Head

Soul Food

continued
from page 11

respects all the hot-tempered adults in his family.

He's just a good kid all around. Despite his pre-adolescent age, he's more level-headed than any of the adults in his family. During the sometimes-comical turbulence, Ahmad's maturity keeps you empathetic; his narrative voice is a constant reminder that he's not immune to pain.

The point of view is cleverly shifted throughout, maintaining both Ahmad's innocence and a level of necessary reality, such as bits of "behind-the-scenes" sex and violence.

The way the characters fit loosely into stereotypical family roles provides for a point of reference that just about anyone can relate to. You've got the sibling rivalry going in a big way.

Teri (Vanessa L. Williams), the oldest sister, is a successful lawyer but a flop at relationships. Maxine (Vivica A. Fox), the middle child, is a happy wife and mother, albeit less educationally and financially endowed. The two are quick to point out what the other lacks, whether it's over the dinner table or over grandma's hospital bed.

You've also got the well-meaning-but air-headed baby sister (Nia Long), nicknamed 'Bird.' No sooner does Bird turn around in her trendy hair salon, but her unsolicited favors backfire in her face. Among other things, with one of these favors, she inadvertently questions the manliness of her bad-boy-turned-good-husband.

Then, of course, what family would be complete without the sleazy relative (in this case a cousin) who ducks in and out of the city just long enough to borrow some money and/or destroy a few marriages.

It soon becomes clear this family is anything but typical as one by one the characters break out of their stereotypical shells. The passionate, opinionated people differ from most in that they don't bite tongues.

The dramatics begin in the hilarious opening scene with Big Mama's remedy to prevent her newly wedded son-in-law from dancing with his scantily clad ex.

Ironically, the same fried food that binds this tumultuous bunch provokes an illness in Big Mama, scattering the relatives into immediate family chaos. The family is then put to the test, but, try as they may, Big Mama's peacekeeping antics just aren't as easy to pull off.

The film borders on cornball with the inclusion of a 'hidden fortune' cliché, but it's easily overlooked with the characters and their dialogue.

The film's also got a great soundtrack, with lots of Babyface, some Boyz II Men,

Tony Toni Tone, Puff Daddy, and L'il Kim. Probably the best feature of the film, and the source of our greatest empathy and understanding, arises from the alternating omniscient/Ahmad's point of view.

So tell your nutritionist to lay off for awhile. Ditch those nasty rice cakes and

protein shakes you've been trying to convince yourself you like, and get on down to see some the film. After all, they don't call it *Soul Food* for nothing.

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