

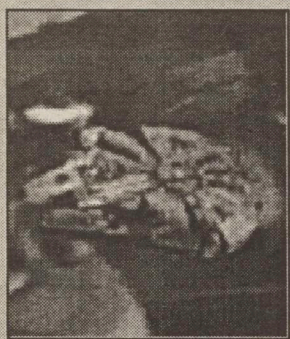
# THE PRIDE

The Student Newspaper for California State University, San Marcos

Volume IV, Number 9

Thursday, February 27, 1997

## This Week



Special edition strikes back with 'Empire'

Page 6



Online paper worth a few laughs

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Stowell chosen as last year's outstanding professor

Page 2

## Book looks at women during revolutionary war

By Michael B. Miller

Pride Staff Writer

Was the Revolutionary War revolutionary for women?

Cal State San Marcos founding faculty member and current history professor, Joan Gundersen, answers this and many other rarely asked questions in her new book. *To Be Useful To The World* tells of the interrelated lives of women in the time of the Revolutionary War and generations past.

White privileged, white indentured, black slave and Native American women are shown to affect each other's cultures and everyday lives.

"Women weren't as restricted as we tend to think" says Gundersen in an interview. During the Revolution woman's roles were perceived using a different ideology.

For example their role in the family was seen as more of an economic activity, than a private, family, nurturing activity. The knitting of a quilt was done for the economic benefit of the family, where as a generation later it was looked upon as a labor of love. In the same time period the home went from public territory to a very private place.

Another scarcely known role that women performed was that of the Women of the Regiment. Both British and American forces employed women in the military during the Revolutionary War. After the war these tasks fell to males members of the infantry.

Gundersen points out that information about the actions of women in history was available to people of the 19th century, it simply had to be reported in a way they would understand it. From the Revolution to the 19th century people saw women as increasingly domestic. Eventually ideas such as women holding a paid position in the military became unthinkable.

Concerning women of the period Gundersen says "there were a few more losers than winners."

Other perceptions we might have of women of that period are also challenged by the relatively high rate of pre-marital sex in 1750's. Sometimes as many as half a communities women were pregnant when married.

Time and population changed the lives of slave women. Gundersen studied one slave woman named Peg. She was born in Africa and, once here, lived among ten other slaves. Soon she was the only woman. This made the family structure different. Being a slave woman classified her as a double minority. A slave culture developed as slave importation increased from 1740-1770. Peg's daughter Amy lived in a community where her mother didn't.

Gundersen writes that the lives of Native American women were directly affected by the actions, assumptions, and pressures of the whites around them. The more land the

See Book, pg. 2

## CSU Chancellor requests letters reviewing Stacy

State University presidents are reviewed by the CSU Trustees every three years. President Bill Stacy will be reviewed this Spring.

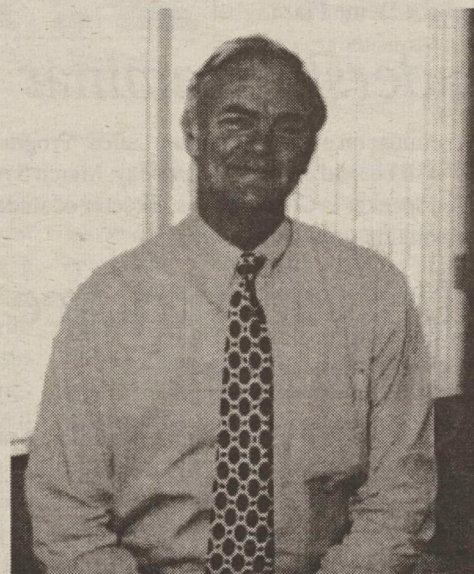
In years past, the Board of Trustees consulted a number of university officers and the heads of prominent campus groups including the Academic Senate, Alumni Association, Associated Students and University Advisory Board. Faculty and staff were randomly contacted.

The remainder of the campus community was left out of the process, until now.

Revisions made in January of 1994 allow anyone in the campus community to submit comments to the Chancellor's office in reference to Stacy's leadership and the current state of affairs at Cal State San Marcos.

Letters must be signed, but authors will be kept confidential. They must be sent by Monday, March 3.

General considered topics include management of human, physical and fiscal resources, working relations and communication with the campus and CSU system, leadership effectiveness,



President Stacy will be reviewed by the CSU Chancellor's office in April. Presidents in the CSU system are reviewed every three years.

community relations, major achievements and person characteristics. Comments should not be limited by the guidelines.

See Stacy, pg. 2

## Professor files suit against mother of former student

By Tony Barton

Editor-in-Chief

The mother of a former Cal State San Marcos student has been charged for repeatedly calling and allegedly verbally harassing a business professor last spring.

Business professor Dick Montanari filed a complaint with the campus police May 17. Campus officials turned the matter over to the Vista District Attorney's office, which then filed a misdemeanor charge of repeated telephone calls to annoy against Rhea Lee, the mother of former student Benjamin Lee. The charge cited recordings of 13 calls made to Montanari's campus voice mail and home answering machine in March and May.

The phone calls stemmed from Benjamin Lee's disagreement with a grade of C he received in Montanari's Business 302 class the previous fall. Despite a settlement of an informal grievance dispute that raised his grade to a B, Benjamin filed a formal grievance with Montanari, hoping to change his grade to an A.

Prior to filing the grievance, Benjamin accepted an extra-credit assignment offered by Montanari, that the professor said could raise his grade to an A.

Lee later recanted on the grounds that the assignment's point value was not sufficient to give him an A.

Instead, Lee pursued the formal grievance

process.

Montanari insists that Lee could have earned an A with the assignment.

In the first three calls, made to Montanari's office, Rhea Lee questioned why her son's grade had not been changed. The recordings showed her also threatening to try to sway local students from attending CSUSM by telling them about the problems between Montanari and her son. In a recent statement, Montanari said he was waiting for Benjamin's assignment to be turned in to give him his final grade, not knowing he had decided against doing it.

Rhea Lee later made six recorded calls to Montanari's home and four more calls to his office, informing the professor that she planned to file "blackmail" charges against him. She also said she would fax the CSU Chancellor's office materials on Montanari and, citing her 30 years as a health care professional, recommended that he undergo a psychological evaluation.

No action was taken by the Chancellor's office in response to Rhea Lee's fax or to a letter mailed by her in October. The Lees also met with President Stacy, who directed them back to the grievance process.

Recently, Rhea Lee said, "(Montanari) is taking his personal problems out on his students, it's got to end."

Rhea Lee says she called Montanari "in

See Lee, pg. 2



## WHAT'S NEWS

### Student government elections are coming

Associated Students Inc. elections are scheduled for April 15 and 16. Campaign applications, available March 4 in the A.S. office in COM 205, are due March 21 at Student Activities office, COM 203.

A candidate forum is set for 1 to 2 pm on April 8 and 9 in front of the Dome Plaza.

### Leadership seminar

A seminar on event preparation called "Programming from A to Z" will be held at 2 pm Wednesday, March 5 in COM 201. Featured speaker is Cheryl Evans, director of student activities and orientation programs.

### CSU student trustee position open

The California State Student Association is accepting applications for the 1997-1999 CSU student trustee position.

Applicants must be in their junior year or above.

Contact A.S. External Vice President Lisa Lopez: 750-4091, lisa@mailhost1.csusm.edu. The application deadline is 5 pm, March 3.

### Secondary income seminar scheduled

The Van Ness International Institute of Entrepreneurs is having a workshop on creating a secondary income through home based business from 10 am to noon, Saturday March 1, in ACD 102.

Three business opportunities will be discussed. A special section will focus on foreign students studying here and those who plan to study abroad.

### Budget help for students is on-line

Students can find budgeting strategies on a new web site designed created by Financial Aid office intern Carina Lomibao.

The page will calculate interest on student loans and help you develop an itemized budget.

Web address is [http://www.csusm.edu/financial\\_aid/budget](http://www.csusm.edu/financial_aid/budget).

A link is provided through the Financial Aid homepage.

### Calling all collators

Smart Cities needs volunteers to help collate a booklet of internet instructions for children. Stop by CRA 2302 between 9 am and 5 pm Monday through Friday to help.

### Student Union board needs students

Three students are needed to help develop governing policies for the Student Union. Board meetings are every two weeks. Call Gina Forsyth 591-9572.

### Circle K rummage sale

Circle K will be conducting a rummage sale March 8 to help support its community activities.

Boxes for donations will be in the middle hallway of the Academic Hall, Craven Hall lobby and the Dome. The site of the rummage sale will be posted on the collection boxes.

## Stowell named last year's outstanding professor

By Larry Uleman

Pride Staff Writer

Dr. Laurie Stowell, an associate professor in the college of education, has been named the 1996-97 Outstanding Professor. A selection committee, composed of faculty members, administration, and a student representative, selected her because of her outstanding contributions to her students, academic discipline, and the community.

Stowell was chosen from twelve other nominees who all have a superlative teaching record, quality contributions in the areas of research, and service to the campus and community.

It is gratifying to be awarded for something you love to do," said Stowell. "CSUSM is an exciting place to be. It is nice to be in a program which you can help to create."

I know what it takes to get this award, and Stowell certainly stands out from a pool of outstanding candidates to be this year's recipient," said Dr. Wang, last year's winner who was also on this year's selection committee.

Stowell received her bachelor's degree at Capital University in Columbus, Ohio. She received her master's and doctorate degrees at Ohio State University. She began teaching at CSUSM in 1992 as an assistant professor and in 1996 she advanced to associate professor.

She currently teaches introduction to children's literature, Advanced children's literature in the master's program, and language and literacy for credential students. She supervises student teachers and is the co-chairwoman of the CSUSM United Way, chairwoman of the service learning committee, and is involved in the accrediting of other colleges of education on a national level.

Stowell will be the fourth professor to receive this award at CSUSM. Previous winners include Dr. Renee Curry, Dr. Kenneth Mendoza, both professors of literature and writing, and computer science professor Dr. Stanley Wang.

Each winner of this award receives a plaque, and a picture which is placed near the front door of Craven hall. They also receive \$1,000. A campus ceremony is being planned for later in the semester.

## Stacy

from p. 1

A series of interviews will be conducted with individuals and groups by a team from the Chancellor's office, once the letters are received and summarized.

Interview participants will be chosen randomly. A confidential report will be discussed by Stacy and CSU Chancellor Barry Munitz, and presented to the

Board of Trustees in May or July. No commentators will be revealed by name.

The interview team will include a non-CSU executive, a retired CSU executive, a faculty member from another CSU campus and a CSU trustee will visit campus after the comments are compiled.

Send comments to:

Dr. Barry Munitz, Chancellor  
California State University  
400 Golden Shore, Suite 324  
Long Beach, CA 90802-4275

## Book

from p. 1

whites distributed among themselves, the less left for the Native Americans.

Also as white men automatically demanded to talk to "the man in charge" when dealing with Native tribes. Native women were pressured into more socially acceptable, white, roles.

This is not to say that there was no transfer of Native American culture to white culture. Released captives went back into the dominate white culture

with the ways of the Natives within them. The U.S. has taken much from the Native cultures that first inhabited this land.

Gundersen gathered this information through studies of the American Revolution that described women's lives and through diaries, letters, tax records, and other fragmented sources. Her endeavor took years of compiling information and comparing life histories.

She points out that there was no single factor that changed the ways in which people thought of the roles of women. It was many different forces that brought women's status backward and forward, moving up to the present.

## Lee

from p. 1

good faith."

(In the messages) I said 'call me, let's work this out.' Those calls were made in good faith," she Lee said.

Montanari does not share her sentiments.

"I felt grieved. Mrs. Lee said things about me and to me that are thoroughly untrue, vicious and malicious."

Benjamin's initial problem with Montanari arose when his class point-total was lowered half-a-grade by a low peer evaluation score.

Benjamin, who now attends a UC campus, filed a second grievance over the summer saying that Montanari's peer grading system lacked proper "checks and balances." The grievance was not answered until last week in a letter by Professor Joan

Gundersen, the new chair of the grievance committee.

Gundersen's letter states that under new grievance policies Benjamin has 60 days from this semester's beginning to settle the dispute informally, through the college of business' chain of command.

If good faith efforts by Ben are ignored by the college, the grievance committee will review his claims.

Rhea Lee feels that she and her son have already satisfied the informal grievance process, as they have met with Montanari and the college of business dean, Newton Margulies.

"This seems to prove that student rights are unimportant to the administration," she said.

Rhea Lee's trial is awaiting a date.

New grievance policies will be formally announced this semester, once a few items are ironed out, according to Gundersen. One added feature is a time-line for grievance filing.



# FEATURES

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The Pride, Thursday, February 27

## Dry those sweaty palms at toastmasters

News flash! Age does not necessarily bring wisdom. Chances are if you were a dumb young person, you will be a dumb old person. Don't for a moment believe that a well-cultivated crop of gray hair and deeply etched wrinkles mean wisdom. They don't.

### There's No Beer In Heaven

And Other Annoying News

Val Knox

Wisdom must be learned. So don't believe it's a fact of life just because an older person says it's so. Mull it over first, digest it, discuss it, evaluate it, and then draw your own conclusion.

Because I'm older, I can reflect on my life and ask if I had to do it all over again, what would I do differently to be successful — and could anyone benefit from this advice? Let's give it a try. But remember, this is just some gray hair advice.

The first thing I'd do is have the foresight to choose rich parents. It's not that I don't have a cool set of parents, but rich ones would have helped me avoid life's little hassles.

Second, I would come back as a male. My work experiences dictate it, and yes, I would advise it.

The third thing I would do is to sign up at my local chapter of Toastmasters as soon as possible because Toastmasters is an investment in yourself. Being a member will help you become a successful, confident and respected person.

In addition, Toastmasters will teach you to organize your thoughts and present them clearly, listen to others carefully and critically, think and react quickly and give you the tools to become a leader.

Founded in 1924, Toastmasters has approximately 180,000 members. Many groups meet in North County. The meetings are fun because members are friendly and supportive.

Toastmasters teaches effective communication — and yes, I hear what you're thinking — it's the public speaking cry: "I'd rather die! Yes, indeed, but snap out of it."

I can sum up the reason why you need Toastmasters in two words: Job Interview. It doesn't take a rocket scientist to figure out you have one chance to convince the interviewer that you are the best person for the job.

Forget GPA and graduation ranking; in today's competitive job market, you need to sell yourself.

Picture it: You're sitting across the table from the interviewers for THE company. You know there are two other people who are being considered for this job. One interviewer asks you your name, but you're so nervous you can't even remember it! And are you really wiping your sweaty hands on your good pants?

You stammer and stutter ... You're going to blow your only opportunity with

See Knox pg. 8

## Dealing with stress is dealing with a lifestyle

Stress? OUT!

OK, gang. We're deep into Spring semester now and many of you have started seeing midterm exams, you know, the big ones, not the 10 point quizzes but the ones that really impact your final grade. So for this column we are acknowledging that large scale stress is back in your lives (as though it was ever absent!).

Normally, people in our American culture, or people who have been caught up in certain aspects of this culture, are only interested in a particular approach to problems, including the problem of stress. This approach is characterized by being *reactive* (that is, notice a problem, then do something about it), by being *aggressive* (the problem is often seen as an enemy of some kind), and by being, preferably, *instantaneous* (I want relief NOW!). Our treatment of most medical problems are usually approached this way, most typically with drugs or surgery — the best examples of this approach.

When we are asked to do a workshop on stress, people in the audience ask us for advice along the same lines: I've got a job,

a family, school and now here come exams! I can't deal with it! What can I do?!

Well, there's good news and there's bad news. The bad news is, there aren't good reactive, aggressive, instantaneous solutions to the stress problem. It's true, some things can be helpful. Try to take some time to relax, talk it out, avoid stimulants like caffeine that drive your nervous system into higher gear, even a beer or two brings some relief.

But the better news comes from realizing that stress is not so much an acute problem as a matter of lifestyle, though it feels acute at the times when it is at its most intense. Stress can be significantly reduced by developing a healthy lifestyle. A balanced diet, regular exercise, good, nurturing relationships with people that we love, work that satisfies our cravings to engage the world in meaningful ways. These are *proactive*, *gentle*, and *accumulative*.

There is also significant research that

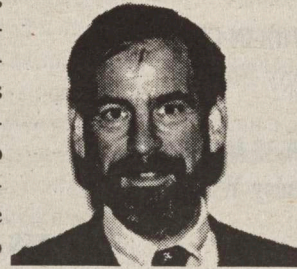
clearly shows that adding some form of regular meditation to our lives has powerful effects on our health and on our ability to manage the tough events and situations that life has in store for us.

When most people think of meditation, they usually think of some exotic swami-type person, sitting uncomfortably on a mountain ledge, perhaps chanting or just looking absurdly blissful. Not necessarily an image that most of us can identify

with!

But no! As a matter of fact, meditation training and classes are increasingly becoming commonplace in medical centers across the country. Such methods of meditation are not anchored in any religious or cult-related belief system. Why in medical centers? Because many of the most lethal health problems that we have are stress related and because medical science is gradu-

See Kreisler, pg. 8



Dr. Fritz Kreisler

## The Onion draws fine line between laughter and tears

If laughter is the best medicine, those of you suffering from post-traumatic, first-midterm stress syndrome may want to check out a particularly whimsical web-site.

### Web Stuff

Usefull and useless internet sites

David Johnson

The Onion, located at [www.theonion.com](http://www.theonion.com), is a satirical online newspaper. Its desultory antics will appeal to virtually anyone whose irreverence outweighs their willingness to adhere blindly to the contrived rhetoric of everyday life.

Consisting of ten different sections — Computers/Technology, Consumer News, Editorial, Health, International,

Music, National, News for Kids, Society and Sports — The Onion takes you on a raucous, and even Quixotic tour of a world that has somehow gone awry. And, as you read, you can't help but wonder, through fits of laughter, how far what you have just read has strayed from the truth.

The Onion mimics most daily papers. But, its treatment of topics like "It's Not a Crack House, It's a Crack Home," and "Area Stoners Mistakenly Hold Massive 'Kemp' Rally," help give a whole new meaning to the social, political, and economic air waves that crash into our living rooms every night.

Given our need to know, there will always be a place for news. Without it, we'd be blind in an ever-rising sea of information. Publications like The Onion exist solely to remind us that there is a fine line between laughter and tears.

It just depends on how and where you slice it.

## Award-winning poetry breaks barriers

Barriers. Is poetry like a foreign language to you, one that you never tried to interpret or thought that you could? Poetry needs to be heard to be experienced through the intonation of the written word and the body language and facial expression of the poet.

### Poetry

Sight, Sound and Sense

Irene Warner

On Monday, Feb. 10, Natasha Saje broke the sound barrier at CSUSM with a reading of of her work, followed by a book signing.

Barriers — race, gender, religion,

See Poetry, pg. 8

## African American Family Film Series

"Hoop Dreams," the last film in the African American Film and Family film series will be held at 6 pm Friday in ACD 102. It is rated PG-13.

Political science Professor Dr. Ed Thompson will introduce the film and lead a post-film discussion.

The free event is sponsored by the Californis Council for the Humanities, the Arts and Lectures Series, the Pan-African Student Alliance and the Film Studies Consortium. Call 750-4082.

## Arts & Lectures Series

Quilters and fabric crafters will have an "Art Exhibit Opening & Reception" at 3 pm Friday, March 7 in the Library Courtyard.

Ethan James will lecture on and perform with the 1,000-year-old Hurdy Gurdy instrument at noon, Tuesday, March 11 in ACD 102.

A Latin/ world beat ensemble called "Word of Mouth" will perform

at 6 pm Friday, March 14 in ACD 102. Includes music about history, strong women, struggle and tolerance. Ticketed event.\*

A "French Horn Recital" featuring John Lorge, principal French hornist for the San Diego Opera Orchestra will be held at 3 pm Sunday, March 16 in ACD 102. Ticketed event.\*

\*Tickets are \$3 for students, \$5 for others.



# OPINION

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The Pride, Thursday, February 27, 1996

## THE PRIDE

Serving Cal State San Marcos since 1993

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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, CA 92069. The Pride's mail box is located in The office of Student Activities, Commons 203.

### The Pride is on-line.

The Pride student newspaper has an on-line edition available on the World Wide Web. Readers can call it up by typing the following address:

<http://www.csusm.edu/pride>

E-mail us with your letters and suggestions to:  
[pride@mailhost1.csusm.edu](mailto:pride@mailhost1.csusm.edu)

### Advertising information is available.

Ad rates and deadlines, demographics and production schedule are available upon request. Call The Pride office at 750-4998, or request one using the above e-mail address.

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## Proposed athletic facility should be given a second look

Picture the scene—runners hustling around a polyurthelane stretch; long jumpers leaping into sand-filled pits; pole vaulters vaulting; soccer players dribbling; fans filling the stands.

Cal State San Marcos wouldn't have come to mind a month ago.

Since then, an anonymous \$200,000 donation has put the university on its way to building its first athletic facility—a track and soccer field facility comparable to Chula Vista's U.S. Olympic Training Center.

Critics have already knocked the track idea, saying the donation should go towards expanding academics or dealing with an increasing campus population.

This notion is not compatible with the facts. Should the university refuse a donation, simply because it is specified for an athletic facility? Of course not. The idea is absurd.

Physical fitness, like pursuit of knowledge, is an important aspect of life. It should not be sacrificed in the name of education. Such action is a denial of what medical knowledge has proven to humanity about physique—it promotes mental well-being and strength-

ens the body.

Donors often designate a function for their donated money. It is, after all, their money.

While an academic use for the money may be out of the question, the bigger picture should be examined before the university is entirely committed to the track and field.

### -Editorial-

Why not build a gymnasium instead? Students could shoot hoops rain or

shine. Volleyball, racquetball and even indoor soccer are possibilities.

Showering facilities and lockers could be provided. A gym would serve as a cornerstone for athletic program growth.

A field is limiting, in that poor weather can limit its usability. A gym is usable in the winter's fiercest storm.

More study should be done to weigh the benefits of an athletic field. Funding is scarce these days. Nothing should be rushed into without examining all alternatives—especially when it comes to CSUSM's first and only athletic facility.

Take part in

## President Stacy's Review

Conducted by the CSU

## Board of Trustees

Comments must be mailed by  
Monday, March 3 to:

Dr. Barry Munitz, Chancellor  
California State University  
400 Golden Shore, Suite 324  
Long Beach, CA 90802-4275

For information  
See related story, pg. 1



# LETTERS TO THE EDITOR

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The Pride, Thursday, February 27, 1996

## Computing is doing the best it can

Dear Editor,

In response to last issue's letter on (among other things) the difficulty of getting connected to the CSUSM modem pool, I'd like to note that we are addressing the issue on two fronts. We've been concerned for some time that the demand for dialup access would grow faster than funding for additional dialup lines.

Last fall's statistics showed that more than 85% of the student body dialed in for less than 45 minutes per day. Using this figure as the "baseline" amount of access needed by most students, we started enforcing a time limit on 2/17/97. It should be easier to get connected now. Sorry we didn't have that limit in force before the start of the semester. Truth is that we were caught off guard! Usually the beginning of a semester is not a high demand time, dialup wise. See "<http://www.csusm.edu/computing/dialup>" for more detail on limits.

We've started a second modem pool which is partially supported by student contributions. Students who want more hours of access can choose to participate in a paid modem pool (cleverly dubbed the FEE-line). It costs \$40 to join this modem pool for six months or \$70 for an entire year. More info on this can be found at "<http://www.csusm.edu/computing/fee-line>".

In regards to username discontent, assigning "abcde001" as a username wasn't our first choice for a solution. A couple of years ago we had this very cool program that allowed students to select their own usernames. (and we had lots of fun creating the list of usernames which would be disallowed.). The concept didn't work so well in practice - many people were unfamiliar with the idea of a username and password. Others thought up interesting, but unfortunate usernames and then urgently wanted them changed. Eventually we just decided that it wasn't worth the trouble. The current scheme is the best method we could think of that allowed us to automate username assignment. Your username becomes part of your student record and that allows us to give faculty electronic mailing lists for each class along with other similar benefits.

It is difficult to keep informed on topics like this. It is also difficult for us to get information to students. Handouts tend to disappear. Using electronic publications to explain how to access electronic mail? You can see the problems. Nonetheless, there are several handouts in ACD 202 that address general computer resource issues. Many student handouts can be found at "<http://www.csusm.edu/computing/students/handouts>".

People should also monitor the campus newsgroups for current information. Most of the issues I've addressed were discussed in the [csusm.computing](mailto:csusm.computing) newsgroup. We'll try to do a better job of making certain that students receive information at the beginning of each semester by making hard copies available in ACD 202 and by sending out e-mail giving URLs for electronic documents.

Naturally, we think we are responsive to student needs. If you feel differently, please let us know what we can do to make computer facilities more accessible and

minimize problems.

Teresa Macklin  
Director, Academic Computing  
([macklin@csusm.edu](mailto:macklin@csusm.edu))

## Dismayed with student reaction to racist incidents

Dear Editor,

While the racial incidents that occurred last semester and during the first week of the current semester were certainly deplorable, I find myself equally dismayed by the reaction of students (as reported in the February 13, 1997 issue of "The Pride") to these incidents.

Whereas it is not surprising that many white students believe these incidents to be "rare" or perhaps "blown out of proportion," what is truly unsettling is the attitude that CSUSM somehow places "more importance on diversity than education."

Silly me, I thought that learning about the history, accomplishments, and traditions of people from various cultural backgrounds serves not only an educational purpose, but also encourages understanding between people. As such, "global awareness" is an indispensable part of a good liberal arts education. Isn't education the reason we're all here?

Vince Trofimoff  
Adjunct Faculty  
Psychology program

## Volunteer with the humane society

I would like to comment on the article by Val Knox about volunteering. I agree with her that it is a wonderful experience and will look good on a resume or an in interview.

If someone is wondering, "I don't know where I want to volunteer," try the Humane Society if you are an animal lover. I have been volunteering at the San Diego Humane Society now for six years. There are many areas where the shelters needs volunteers.

There is the cattery if you like cats, and taking dogs for walks (the same care for the cats but not the walks!). Also volunteers can talk to prospective adoptees. There is pet assisted therapy which takes small animals (guinea pigs, chinchilla, rabbits, puppies, kittens) to needy people so they can pet them. For instance, rehabilitation hospitals, convalescent homes, juvenile detention center for girls, etc. It is very rewarding to be a volunteer on these visits and see people's reactions to the animals.

Some people do not want to work directly with the animals (they think it is sad that animals get put down but the S.D.H.S. has a 99% adoption rate). There are several areas to work sans animals: there is a gift shop at the center and they need cashiers; there are the fund raisers like the 'Fur Ball' and the 'Doggie Derby.' Every year

the H.S. has a booth at the Del Mar Fair (admission to the fair is free if you volunteer at the booth) and a booth at the annual dog show at the fair grounds that just concluded. It is fun to sit at the booth and answer questions while watching all the different breeds of dogs being judged!

Needless to say, I find it very rewarding to volunteer with the animals. The best part is that the volunteer coordinators are not demanding, and you give whatever time you can. I wanted to volunteer at a homeless shelter at Thanksgiving, but they wanted a year round commitment. With school, I just cannot do that. Every year the S.D.H.S. recognizes their volunteer with a complimentary brunch, always held at an area restaurant.

I just wanted to inform others of my rewarding experience of volunteering. Everyone has a different niche, but the Humane Society is mine.

Jodine Hammerand  
Business major

## Aryan Student Union members express concerns

Dear Pride staff,

I'm writing this letter to you with regrets and some fears. I'm a student at Cal State and the director of a small group that feels we are discriminated against due to our racial and cultural background.

The group I speak of is the Aryan Student Union. I say "regrets and fear" because we are, of course, aware of the "hate" incidents and racial tension that are causing problems on our campus.

Our group, comprised of a fluctuating 10-15, have sought official recognition from the administration, only to be turned down. Speakers we have asked to come to campus have been turned away.

All the while, non-Aryan persons have been allowed, and even greatly encouraged to show pride and solidarity on issues affecting their race and culture. This, we believe, is right. It is right for groups to express their identities left to denigration.

This is why some of our members may have expressed their identities in unacceptable ways. In the same way black people were forced to violate the law in order to win their freedom, a few of the more radical members of our union may have used illegal symbolism to redress our grievances.

We don't condone the actions of those who may be connected to us.

At the same time we see where the frustrations may come from especially in our younger high school associates.

It's the same frustration that comes from when a racial, ethnic or religious group is denied their expression, like whites are at CSUSM. When blacks were oppressed they did sit-ins and riots which are illegal. When Jews were being oppressed in Nazi Germany, they illegally resisted.

Now that Aryans are excluded from all forms of expression on our campus, and even smeared openly, it is no wonder that some of them are doing anti-social activi-

ties. They are effectively excluded from our campus' society.

We simply want to have official recognition from the administration so that we can become like the other groups, and stop having to be an underground group. This cannot be construed as racism, because we want no more than all the other racial organizations now have.

Please publicize this notice so that we can have equal treatment for all racial groups at CSUSM and truly make it a campus dedicated to diversity.

President & Vice President  
Aryan Student Union

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# ENTERTAINMENT

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The Pride, Thursday, February 27, 1997

## 'Empire' is best of the trilogy

By Gabe Lundeen  
Entertainment Editor

The "Star Wars Trilogy: The Special Edition" continues, with a newly remastered version of the saga's second and best film, "The Empire Strikes Back."

"Empire" is the darkest of the three "Star Wars" movies, as it is intensely dramatic. Where "Star Wars" was more of a fairy tale in the tradition of happy endings and heroes in white, "Empire" is more of a morality play, in which the main characters not only have to confront the antagonist, but also themselves.

The movie is very dramatic and melancholy. The movie is shot almost entirely in blues and blacks to suggest a more somber mood. Even the scenes shot in light colors, such as the battle scene on the ice planet of Hoth, are done to the extreme to suggest something in amiss.

Gone is the campiness and "cheese" of "Star Wars," and the main characters have been infused with far more style and personality than their previous incarnations. Luke Skywalker, Han Solo, and Leia have been injected with more character, and rise above their caricatured images.

One of the movie's highlights is Yoda, a gnomish Jedi master who spouts out wise proverbs and Zen-like quotations while training Luke in the ways of the Force. Yoda is the puppet creation of Muppeteer Frank Oz, who also provides his voice. Yoda is not only interesting, but also provides a bit of comic relief in the midst of all the seriousness.

The dominant image in "Empire" is that of Darth Vader, the evil Dark Jedi who truly comes into his own as a character. Throughout the movie he is portrayed as truly evil and magnetic as a villain, and he too becomes his own character, with the revelation that he is Luke's father. In "Star Wars," Vader was more of a novelty than anything else, so it is refreshing to see him as a powerful image.

"Empire" is a wonderful bridge between the fledgling start and gigantic finale of the trilogy. It relies less on action and more on characterization. Instead of Han and Leia fighting stormtroopers, Han and Leia begin an awkward romance and fall in love, with one of the classic lines in recent movie history. As Han is being put into carbonite, Leia says "I love you," to which he replies "I know", in his familiar



The Wampa, a creature not fully shown in the original "The Empire Strikes Back," turns to attack Luke Skywalker (Mark Hamill) in "The Empire Strikes Back: The Special Edition."

confident voice.

Added to "The Special Edition" is about four minutes of footage, and it is a nice addition to the film. We actually get to see the Wampa, the ice creature that attacks Luke, in his entirety, smacking his lips and slurping down some poor dead creature's bones. And on Cloud City, much more of the scenery is shown, so one gets a better feel of the fact that it is actually a city. The computer generated graphics of Cloud City are absolutely stunning.

Directed by Irvin Kershner, "The Empire Strikes Back" gives the "Star Wars" trilogy a base in drama, and gives the already established characters and conflict the epic status it holds today. The majesty of special effects-created technology like the four-legged AT-AT walkers, which were created by some of the greatest stop-motion animation ever done, exceeds that of

the first movie.

Also worthy of mention are the acting performances, which are also the best of the trilogy.

Harrison Ford and Carrie Fisher have a perfect chemistry together, and they steal every scene they have together. Mark Hamill proves to the world that he can act, giving a fine portrayal of the maturing Luke Skywalker. And James Earl Jones, as the voice of Darth Vader, is utterly amazing, and must be heard to be believed.

"Empire" has been criticized for being too glum and not having a neat and tidy ending, but remember that the movie is only a bridge between "Star Wars" and "Return of the Jedi." It serves as a transition, a middle ground between the other action-laden movies. It was truly ahead of its time, and the "Star Wars" trilogy would not be complete without it.



The Millennium Falcon flies into the newly created scenery of Cloud City.

## 'Soldier' is intelligent and poignant action flick

By Jenal Larson  
Pride Staff Writer

Exciting and suspenseful from start to finish, "Soldier of Orange" glorifies the action/adventure genre.

Director Paul Verhoeven, best known in the U.S. for "Robocop" (1987), both wrote and directed the intelligently unpredictable "Soldier." Verhoeven also directed the less intelligent "Showgirls."

Verhoeven's story poignantly cap-

tures the turmoil experienced by six upper-class university students following the 1940 Nazi-invasion of Holland.

The movie particularly dramatizes

### -On Video-

the harrowing adventures of real-life Dutch resistance leader Erik Hazelhoff, portrayed by Rutger Hauer. Hauer's ex-

ceptional acting, indicative of all the entire cast's performance, brought him international acclaim.

Exquisite period detail and atmosphere encourage participative viewing. Likewise, the tale's inherent violence is neither minimized nor sensational.

"Soldier of Orange" is suspenseful and smart, as unformulated in its plot as in its statements about friendship, love, betrayal, integrity and courage.

## Hostility, lack of melody plague Wammo

By Jill Cook  
Pride Staff Writer

Such cynical verse. "There isn't a gob of spit big enough to cover the T.V...". Something out of the "Beavis and

### -Music Review-

Butthead" show?

No, they are lyrics from the "Fat Headed Strange" album, a new and peculiar approach to alternative music. A narrative monologue posing as music has emerged.

The band calls themselves Wammo, and they sing, if you can call it singing, verses like, "It's easy to rationalize when you're drowning in boredom and brewski... not even Batman can save you now."

Such cynical verses could emanate from just about any alternative vocalist today—pitiful lamentations from bitter youth trying to express themselves through music. Yet usually the tune and beat override the depressing self-hate lyrics and provide a positive rhythmic vibe that listeners are drawn to. As a result, listeners can comfortably identify with the singer's emotive manifestation.

But in Wammo's case, everything but melody exists to offset the irate saga of this band's lead singer. "Fat Headed Stranger" sounds almost like an autobiography on tape. The vocalist, a small town Texan plagued with pessimism, spews out abstract accounts of his seemingly miserable life in an attempted form of musical score.

Only one song on the album even remotely resembles the kind of melody that one can sing along to. Even this song called "Salty" suffers in its ability to seize an alternative music lover's ear.

The instrumental collage of sound accompanying this monologue consists of a sparse combination of electric guitar, occasional twangy acoustic guitar solos, harmonica, saxophone, and of course a drum beat consistent with the spoken lyrics. The music takes on a country Western—bar room brawl connotation with added background sound effects of desert winds in a few of the songs.

That, combined with an embellished Southern drawl of the vocalist creates a dreary, futile monotone (like the singer's voice) that just doesn't add up to much entertainment value.

The cover of "Fat Headed Stranger" represents the lead singer Ed Hammel's strong fixation with the superhero Batman. He claims in one song that Astroboy, Speed Racer, the Wolfman, Spider-Man and Casper all pale in comparison to Batman.

The cover shows a young boy dressed in a Batman costume with an image of a furious and scowling face planted on his

See Wammo, pg. 7



# Literal in-your-face cooking

By Suzanne Chitwood  
Pride Staff Writer

Have you ever had an overwhelming urge to see what the chef at the restaurant where you eat looked like?

Well, now you can do just that—at least at The Great Wok in the Oceanside Plaza Shopping Center—where everything is prepared right in front of you. No more getting food you didn't order trundled out from a far and distant kitchen!

The Great Wok is a Mongolian Barbecue restaurant, modeled after the traditional Mongolian Barbecue originating in the 1300s.

From a food bar in the center of the restaurant you have a choice of a variety of vegetables, five types of meat and 11 types of sauces. And, you can go back as often as you like.

There are waiters and waitresses in the event you need more rice or drinks, but other than that, you're on your own.

Prices range from \$6.95 for lunch to \$8.95 for dinner. The house soup and fried won tons are \$2 more and a veggie meal can be ordered for about \$2 less.

If you're a light eater and don't like

## -Restaurant Review-

all-you-can-eat deals, don't worry. You can order a one-bowl, one-serving meat for \$6.95.

The meat—beef, chicken, turkey, pork, and lamb—is thinly sliced, the vegetables are fresh and the sauces range from mild to light-you-up. And, in case you wouldn't

realize that, say, "Dragon oil" is hot, there are warning signs above it.

Once you have everything that you can fit in the bowl and all the necessary sauces you are permitted to step up to the Great Wok. A word of caution, if you haven't used enough sauce, you may be sent back to the food bar, so don't be shy. Load it up.

And forget the restaurant's list recommending what sauces to use. Live a little and create your own combination!

The cook will take your bowl from you and dump it on the grill and continue to toss your creation until it reaches perfection.

At the Great Wok, you get dinner and an experience that you can tell your friends about. If you go on the weekend, expect a wait of about 30 minutes and, remember, it's a help-yourself restaurant that takes pride in its food and style, not its waiters.

# Dogma feeds the future

By Jill Cook  
Pride Staff Writer

Is anything or anyone feeding the future? What information is being programmed into the minds of tomorrow's

## -Music Review-

society?

These questions could have inspired the new band Dogma to name its album, "Feeding the Future."

The album's lyrics not only raise issues that pertain to our changing and often unjust world, but they also meld well with the forceful nature of the music.

Spread sporadically throughout "Feeding the Future" are erratic excerpts from various TV shows or news reports. These nonsense blurbs represent all the diverse information that is distributed to the public by the media.

Dogma's underlying message proclaims that the media, with its great power to influence, is what feeds the future. But the band also branches off from this concept of an evolving society through lyrics that discuss present social problems. The song, "He Knows," for example, starts out with the lamentation, "Passed a man on the corner on the way to my new job. Hey man, can you help me, you know times are hard. I thought to myself too many people are on the street; I just kept on walking and stared at my feet."

Harsh reality closes in when the vocalist sings that he didn't get the new job because there were "too many people" and the positions were filled.

Dogma also integrates all kinds of other issues besides homelessness into the album, all of which combine to stimulate awareness in listeners.

In addition to, and perhaps subordinate to, providing thought-provoking points about our world and societal situations, "Feeding the Future" is effective in dazzling listeners musically.

Dogma sounds very similar to the band Soundgarden, with its heavy guitar riffs and powerful rhythm created via the vigorous drum beat. The group's lead singer even sounds a lot like Soundgarden's lead vocalist, at times reaching higher pitches that merge almost coincidentally with the deep baritone of his voice, producing an exceptional collaboration of sound that works well with the music.

If you are drawn towards bands like Soundgarden, you will most likely find Dogma's tunes catchy and alluring. Because the group tends to be on the harder side of alternative music, this album probably wouldn't be a good gift for Grandma.

# Forget the tests, homework while picnicking at Orfila Vineyards

By Suzanne Chitwood  
Pride Staff Writer

Now that you can see the strings stitching your wallet together, thanks to that semester ritual of paying for tuition, books and parking, you might feel that your potential for a social life has come to a screeching halt.

Well, stop whining and think wineries!

Close by, in Escondido, there's an award-winning vineyard and winery known as the Orfila Vineyards.

It has received more than 80 gold, silver and bronze medals since 1994, when Orfila bought the property from Thomas Jaeger Winery.

Tasting the Orfila wines is testimony to the wine maker's excellence, not to mention the 200 years that grapes have been grown on the land.

If you're not a wine connoisseur, don't be intimidated. Orfila offers a casual

tasting room, knowledgeable and courteous hosts and detailed descriptions of the wines available for tasting. This provides an excellent way to learn!

Orfila currently offers a variety of 11 wines to taste, ranging from lighter

## -Restaurant Review-

chardonnays to rich, velvety ports. Each visitor can sample up to two wines for free. For \$3, you can sample six wines. So, for \$6 two people can get samples of all 11 wines and share.

The winery also offers an informative tour at 2 p.m. daily in which the elaborate art and traditions of wine-making are explained.

Set high in the hills overlooking San Pasqual Valley, the winery offers a place

where you can forget all about tests, homework or job and picnic under an attractive grape arbor or just take a nap on the expansive lawn.

You can even bring your own food. But, Orfila also offers just about everything you'll need for a picnic, plus a gift shop featuring wine-related items.

Orfila has facilities that can accommodate up to 500 people for special events, birthdays, Greek exchanges and weddings. Catering is also available.

Additionally, the winery personalizes wine bottles as a special memento of the event.

Whether you drink or not, Orfila is not only a reputable winery, but also a beautiful place to relax.

Orfila Vineyards is located at 13455 San Pasqual Rd, Escondido. Call (800) 868-WINE

The vineyard is open 10am-6pm daily.

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## Wammo

from p. 6

stomach. The image is of Hammel himself and seems to symbolize his unquenchable anger that can easily be concealed within the bounds of a cape, but that still thrives inside and needs to be expressed. Hammel displays the exterior of his favorite superhero, but in reality he holds a rebellious contempt for the world and what he calls "Generation X."

So, unless it is hostile pessimism and

monotonous soliloquies that you're looking for, Wammo's album is definitely not one to run out and buy. A poetry reading would provide the same effect as this album, but would provoke a much more stimulating, coffee drinking and entertaining environment.



## Kreisler

from p. 3

ally accepting the truth of the lifestyle approach to stress prevention — which includes meditation.

So how do you meditate? In a nutshell, meditation consists of the following simple ingredients. First, find some part of the day where you can regularly be alone, safe from interruption, especially from the phone and other people.

Many people find that early morning is ideal, and it's even better if you can find both a morning and an evening time. Find some regular time that works for you, about 20 minutes per session being quite adequate, though less is fine at the beginning.

Second, make yourself comfortable, but not so comfortable that you are likely to fall asleep! Most meditators find it difficult to meditate lying down in bed for

this reason. You may sit cross-legged on the floor, or on a chair. It really doesn't matter as long as you are comfortable, yet alert.

Third, pick something to concentrate on. It can be a candle, a sound (*a mantra*) that is soothing or of some simple spiritual significance to you, or, most simply, your own breathing. You will concentrate gently on this for the whole period, and as your mind wanders, as it constantly will, you will bring it back to the thing you are trying to stay with.

One author likens this to training a puppy that you have great affection for: you put it on the newspaper to "go," and it wanders off. You gently pick it up and put it back on the paper a thousand times, until it stays. Breathe easily from the diaphragm, not forcing it. Deeply and fully. Attend to the rising and falling of your abdomen, or to the air going in and out of your nostrils.

Fourth, and perhaps most important, you will do this with a special state of

mind that is alert yet passive, nonjudgmental, permissive and gentle with yourself and whatever may come and go through the mind.

This is the part that will be cultivated through the regular practice of meditation. Learning to try not to try. To be accepting and less caught up in whatever comes your way. To put a little space between impulses and actions. This is the part that generalizes to the rest of your life.

Counseling & Psychological Services has lots of information on stress and meditation,

some excellent books to refer to you and audiotapes that are helpful (and don't forget, the "egg" relaxation room is available for mini-vacations here on campus). Give us a call at 750-4910 or better yet, make an appointment or stop by for a chat at 5310 Craven Hall. Good luck on your exams, and remember...spring break is just around the corner

Fritz Kreisler is the coordinator of Counseling and Psychological Services.

## Poetry

from p. 3

ethnicity, nationality, even names — separate us from each other. All ethnicities are bound by the color of our blood, or "The Red Under Our Skin," the title of Saje's first book of poetry.

For Saje, born of a Serbian father and Bosnian mother, poetry is about breaking down barriers and understanding that we all have the same emotions, and passions; we simply experience them differently. This is all that is needed to help us resolve misunderstandings and validate each other's existence.

Saje has been writing blank verse poetry since she was in the seventh grade. Metrically rhymed verse is too constricting and self-limiting, she feels. Her style

reflects her artistic and emotional temperament.

She has received awards including The Bannister Poet-in-Residence at Sweet Briar College in 1995, the Agnes Lynch Starrett Prize, 1993, and the 1995 Towson State Prize in Literature. Since 1989, she has been a Maryland Poet-in-the-Schools.

The recipe for awakening creativity and perfecting craft includes extensive journal reading in such publications as Poetry, The Formalist, The Sewanee Review, The Hudson Review, and Verse, according to Saje. Wide reading stimulates thought and encourages written response, she says.

Saje recommends reading Poetry and Writers Magazine as a good starting point for those interested in publishing their own work. Submitting work to contemporary journals, such as the above mentioned, is also a good start.

## Knox

from p. 3

this wimpy impression.

However, the miracle of miracles happens. You take a deep breath and, like an incredible journey out of the sewer system, Toastmasters comes to the rescue. You exude confidence, leadership, poise and grace as you answer questions intelligently. Yes, of course you have job experience, you volunteered a semester, and it was a very rewarding experience. Come back for a second interview? You'd be delighted!

I tell it like it is: Toastmasters will give you an edge over other job applicants. If you are interested in knowing more about this organization, call (714) 858-8255 and talk with J. McCann, executive director.

There won't be

a time in your life when your Toastmasters experience won't come in handy — at a job interview, presentation at work or maybe just expressing yourself at a staff meeting. Toastmaster will give you the confidence you need, the presence to make people listen.

But then again, it's only my gray hair advice.

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