

the Pride

Volume VI, Number 4

CALIFORNIA STATE UNIVERSITY SAN MARCOS

December 3, 1998

Lack of contract spurs further demonstrations

By Leiana Naholowaa
Pride Staff Writer

CSUSM faculty and supporters joined their colleagues at other CSU campuses throughout the state in informational picketing on Nov. 18. Yellow postcards and purple fliers were passed out between 11 a.m. and 1 p.m. in Founder's Plaza while student groups and vendors sold food and merchandise.

The demonstration was a protest of the lack of a new contract between the CSU system and the California Faculty Association (CFA), the bargaining agent for all CSU faculty members, even those who do not belong to the union.

Adjunct professors, whose jobs are part-time, were particularly upset. "Part-time faculty members are ex-

ploited," charged Nancy Haggard-Gilson, who has been an adjunct political science professor at CSUSM since the fall of 1993.

Gilson received her Ph.D. from UC-Berkeley and taught at an East Coast college for eight years before starting at CSUSM. She said she is so frustrated with her treatment as an adjunct faculty member that she will leave CSUSM at the end of the semester. Faculty members with at least one-year contracts get better pay and health benefits, Gilson said, adding that, like many part-time faculty members, she has been on a class-by-class semester basis with absolutely no job security.

Particularly irritating to Gilson, ironically, was an informational flier passed



Photo courtesy of CFA

California Faculty Association (CFA) members and their supporters march in protest of the lack of a new contract for adjunct as well as part-time professors

out by the demonstrators to encourage an increase in full-time faculty members throughout the CSU system. One section said, "Part-time faculty contribute

less to the overall learning process and quality of the institution than full-time

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Early Learning Center moves forward

By John Cedres
Pride Staff Writer

A bunch of 2-, 3- and 4-year olds are already turning in their applications to attend CSUSM — the Early Learning Center, that is.

The center, sponsored by Association of Students Inc. (ASI), offers childcare to CSUSM students as well as others in the community. And, it's almost a year old.

It first opened on last Jan. 12 of this year on 139 Gosnell Way next to the

San Marcos Post Office. About six months later, a misunderstanding in the facilities lease agreement, along with full financial support from ASI, made it possible to renovate and relocate the center to 233 S. Twin Oaks Valley Road next to Power Surge Cafe.

Earl Hearvey, ASI vice president of finance, says the relocation, which re-

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Photo by John Cedres

The Early Learning Center, spearheaded and funded by ASI, has reopened its doors. Following renovation and relocation, it offers parents an affordable means of child care.

Science fair mirrors future

By Alex Romo
Pride Staff Writer

Saturdays are usually pretty quiet days on the CSUSM campus: typically, a handful of classes, some minor janitorial or maintenance work and mostly empty parking lots,

But Saturday, Nov. 7, was different, thanks to the second annual Spotlight on Science Conference. The campus bubbled with activity

from 8:30 a.m. to 2:35 p.m., as hundreds of scientists, teachers and would-be teachers crowded into the campus for a series of 36 different sessions on new ways to teach science and a variety of hands-on demonstrations.

After participants were welcomed by Richard

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Students take law into own hands

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Smaller payment lines a possibility?

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1001 ways to stay healthy

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News

College students hold book drive for Latino grade schoolers

In defiance of Prop. 227, two CSUSM students are helping poor Latino school children make the most of a difficult situation. However, the growing popularity of their operation demands they supplement their educational resources.

By Alex Woodie
Pride Staff Writer

Two CSUSM students have taken Prop. 227, the law banning Spanish in the classroom that was approved by California voters last June, a little bit personally.

"We saw the injustices coming down from the state and we decided to do something about it," said history senior Ulysses Flores. "We want to get bilingual education back on the state agenda."

So Flores, together with art and education junior Ricardo Favela, started by putting bilingual education at the top of their agendas. The result? A tutoring program in their home to help poor elementary school students, mostly Latinos, do

their homework, which is mostly in English.

The free tutoring program has been a hit. Parents have found out about it by word of mouth, and now there are about 20 children who regularly attend the sessions, which are held three times a week in a Fallbrook mobile home park.

Now Favela and Flores want to do something more for the children.

They want to give them a library full of books, and they're asking CSUSM students and staff for help.

Last week, they started the Books for Children book drive in the commons area on campus.

They've set their sights on collecting a minimum of 100

books.

Don't think the children would want your quantum physics text book? Don't think they'd be interested in 500 pages of macro economics?

"We saw the injustices coming down from the state and we decided to do something about it."

Think again.

"We're taking books on anything," Flores said.

"Maybe if we get books on physics we could get a professor in to talk to the kids." But, he added, children's books, in Spanish or English, and books on Latino history are preferred.

"It sounds like a cliché, but it's for a good cause," said Favela. The tutoring program has its roots in an ESL (English as a Second Language) class Favela and Flores were giving

to adults in the summer of 1996 through the Mexican-American civil rights organization, MUDP (Mexicans Unido en Defensa de Pueblo).

So many parents were bringing their kids to the classes that the two decided to offer child-care as well. When the children started bringing homework, the child-care became tutoring.

Passage of Prop. 227, the so-called English language initiative, makes it illegal to use state funds to teach children in a language other than English for

more than one year. It is the latest in a string of anti-Latino laws in the state, making it all the more urgent to get Latino students assistance quickly, Favela said.

"With Prop. 227, kids need more help to do well in school," he added. "The school system in the area doesn't give a totally adequate education."

Part of Flores' and Favela's message is getting Latino parents to realize what educational rights their children have.

Prop. 227 bans state-supported bilingual education, but it doesn't prevent individual school districts from starting their own programs.

A Books for the Children booth will be set up in the commons area every Monday from noon to 3 PM. and Wednesday from 11 am. to 2 PM. until the goal is reached, Flores said.

Scholarships awarded

CSUSM is proud to announce its seven new Fenstermaker Foundation scholars for the 1998-99 academic year.

Recipients of the prestigious Fenstermaker scholarships major in biology, chemistry or computer science and must have earned at least a 3.50 grade point average.

The scholarships are for as much as \$7,000 annually and may be renewed.

The 1998-99 new recipients are:

-Danielle Booth, a freshman biology major and 1998 graduate of Orange Glen High School in Escondido, where she earned a 4.10 GPA and placed fifth in her class of 488. She wants to specialize in improving the environment.

-Silvia DeFaria, a junior biology major with a 3.59 cumulative GPA. She graduated from Murrieta High School in 1996 and was fifth in her class of 361. She works full-time for an ice cream retailer.

-Randal Erman, a sopho-

more computer science major and a 1997 graduate of Benicia High School near San Francisco. He has a 3.50 cumulative GPA and hopes to become a programmer and develop software for games. Erman is the web master for four departments at Cal State San Marcos and is active with the Computer Society and the Student Housing Association.

-Masood Faizi, a sophomore biochemistry major with a 3.73 cumulative GPA. He graduated from Rancho Buena Vista High School in 1997. Faizi volunteers at Tn-City Medical Center and plans a career in the medical field.

-Richard Massey, a junior computer science major with a 3.56 cumulative GPA. He transferred from Palomar College in 1997. Massey enjoys programming and would like to work in graphic processing.

-Melissa McKnight, a sophomore biology major with a 3.55 cumulative GPA. She graduated from San Marcos High

School in 1997 and is the first in her family to attend college. McKnight is pursuing a medical career.

-Kai Palenscar, a sophomore biochemistry major with a 3.78 cumulative GPA. He graduated from Carlsbad High School in 1997. Palenscar has a strong interest in the environment. He has worked at the Hubbs-Sea World Research Institute and is now helping the Nature School prepare for the return of steelhead trout to southern California rivers.

There are 16 Fenstermaker scholars at CSUSM under the two-year-old program which began in 1997.

They are funded by Larry and Neva Fenstermaker, who established a foundation with the primary purpose of benefiting CSUSM.

Larry Fenstermaker was a retired printing and publications executive who died at age 91 in 1995.

Neva, his wife of more than 50 years died in 1994.

Proposition 1A a boon for CSUSM development

By Cheryl Kennedy
Pride Staff Writer

CSUSM will double in size over the next two years, thanks to state voters who approved Proposition 1A on Nov. 3.

"I think the passage of Proposition 1A is one of the biggest single events to affect this campus in the last five years," said Carol Bonomo, director of Legislativve and Public Relations for CSUSM.

The university will get \$72 million from the bond issue, the most of any state university, she added. Over the next two years, it will provide the funding for three new buildings.

The first to be built will be an Arts complex, complete with a theater, followed by a Science complex. Work on the two buildings is set to begin in September or October 1999.

After that, construction on a new, stand-alone library will begin, provided the university is able to raise its share of the funding.

Expansion of the campus was stalled in both 1992 and 1994 when statewide bond measures failed. Prop. 1A, though, passed with 62 percent of the vote.

CORRECTION

The October 29th edition of The Pride gave the impression that Mary Lee Huntington was the only Distinguished Teacher in Residence at CSUSM this year. Actually, she is one of three such teachers in residence for 1997-1999. The other two are Sandra Jenkins and Kate Johnson. There are also three distinguished teachers on campus for 1998-2000: David Mackintosh, Michelle Mullen and Vikki Weissman.

Accessibility an issue for many disabled students

By Miguel Reyes
Pride Staff Writer

This semester has not been easy for most students, for various reasons. But, for those with physical disabilities, it has been a particularly trying time.

First, there was the Tuesday when an October brush fire behind the school forced an evacuation of the campus. Then, there was the power outage that left the ACD building powerless for an entire day and most of the night.

Though campus security coped ably with both crises, it left some of the 152 students who are registered with CSUSM's Disabled Student Services (DSS) wondering about the what-ifs.

One of them, Shirley Taylor, who needs a cane to walk and a little car to carry her books, asks, "What do you do when the elevator is out and there is no one to help you reach your class on the third floor? What if the building is on fire? How are the disabled students going to get down if the elevator is out?"

Taylor says she is particularly worried about the elevator. "Last semester, the elevator in ACD building was out for about four days, and I missed my classes because the elevator is the only way I can get to the third floor," she says.

Taylor adds that CSUSM's Disabled Student Services Department does not have sufficient staff to provide escort service to classrooms in times of outages.

John Segoria, coordinator of the Disabled Student Services, says that in a situations where the elevator or the power is out, DSS warns students with classes in that particular building not to come or to go to another classroom if the class has

been moved.

"We video and audio tape classes for students who missed the class. We even turn in some of their homework and assignments," he adds.

Taylor also complains that there are only a few spots for disabled students in the nearest staff parking lot. Other lots, she adds, are much further from the class buildings.

According to Segoria, the school has the requisite number of disabled parking spaces required by law, and that not all the 152 disabled students drive a car to school.

Transportation from parking lot to campus is another problem, according to Taylor. "When I made an appointment to get my transportation from my car to my classes, I was informed by Mr. Segoria that CSUSM did not provide any mobility for the disabled students during regular, or any, class time," she adds.

Since CSUSM is not as big as San Diego State University or a community College, Segoria says, DSS is not required to help students with their transportation, nor is it legally responsible to bring people into the campus from the parking lots.

"But as the school continues to grow, we will re-evaluate that," he adds.

Both the overall number of students at CSUSM and the number of those with disabilities are increasing every semester.

Taylor says the university should at least make it easier for disabled students to move within the campus. "The last three semesters have been devastating for me. It affects my schooling and health," she says.



Science Fair

continued from page 1

Karas, vice president of Academic Affairs, Steve Lilly, dean of the College of Education, and Victor Rocha, dean of the College of Arts and Science, they were given a continental breakfast accompanied by a slide show on Southern California habitats and wildlife.

Teachers were invited to an exploratorium in The Dome to see demonstrations by student teachers. They included a "Foamy Soda" demonstration intended to show K-12 students the principles of effervescence in the bubbling of soda pop; a presentation on how to make words magically appear on paper; and a display on the force of gravity on inanimate objects.

Another, the Tornado Tube, which featured two, two-liter bottles joined head to head and filled with colored water, demonstrated the movement of water vortexes in tornadoes, whirlpools and waterspouts. Presenter Shawn Reynante said she was "amazed at the interest and how science can be so much fun."

Other presentations were more technical. One on aerodynamics used Bernoulli's Principle to show how planes take advantage of air pressure to

create lift and how a ping pong ball could be suspended in mid-air by using a blow dryer. Lorin Scott, a student at L.R. Green Elementary School in Escondido, said it was her favorite exhibit, but added that the entire conference was "pretty cool cause we get to see a lot of experiments and how they work."

The exploratorium was followed by teaching sessions for would-be science teachers. In one, on edible tectonics, Milky Way bars were used to show the concept of plate tectonics for K-6 graders. Another, "Making Music with Goblets," explored the concepts of pitch and tone, while "Butterflies/Las Mariposas" showed teachers how to introduce students to insects.

Some CSUSM professors participated in the sessions, including Joe Keating from the College of Education and Graham E. Oberem and Paul G. Jasien from the College of Arts and Sciences. Jasien said he has been involved in K-12 education since 1991-1992.

"K-12 science education is extremely important and a lot of teachers in the College of Arts and Sciences are dedicated

to teacher training," he said, adding that CSUSM students, "whatever basic science they're going to learn, they'll learn in the College of Arts and Sciences and then they'll learn to apply it in the College of Education."

The conference, he added, was a direct result of the cooperation between the two colleges.

But the sessions by no means were limited to CSUSM participants. Lego land representatives invited teachers to take school field trips to the new park in Carlsbad. Sea World officials held a workshop exploring the different species of whales, using an inflatable killer whale.

"I'm impressed with all of the different ideas about how to teach science," said Walt Brame, a student teacher. "As a future teacher, it makes me excited about taking what I've seen in the presentations into the classroom. This is motivating."

Local environmental activist Bob Faught perhaps summed up the conference when he told the aspirants, "There is hope... You're our hope... You have the power to teach children, about the mistakes of the past."

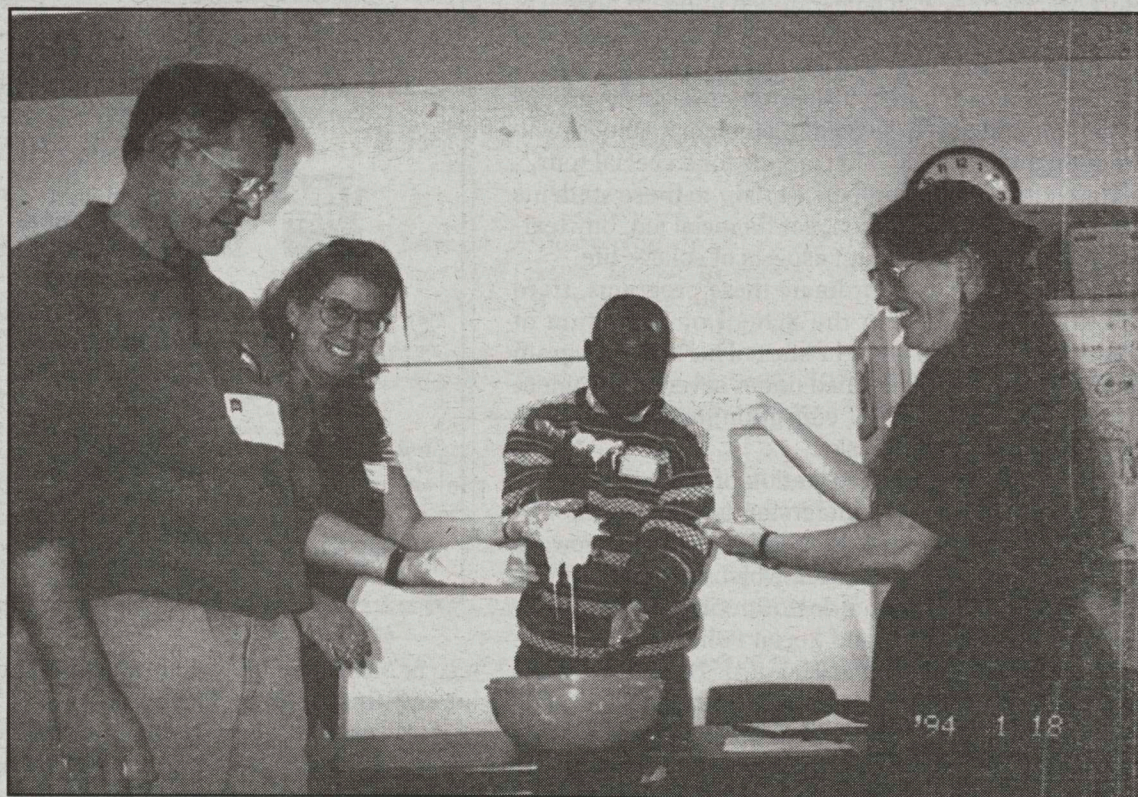


Photo by Alex Romo

Digging right in-Applying scientific principals to the real word can, at times, be messy business. However, for students and educators alike, this year's fair was not only educational, but just good clean fun.

PROFILE

Educator-Administrator helps develop future for CSUSM students

By Jeff Cox
Pride Staff Writer

During the course of his day as an administrator at CSUSM, Silverio Haro takes a close look at how the university is providing learning assistance to its students, tries to develop new ways of helping them, teaches a Chicano Studies class at neighboring Palomar College and, before his evening is complete, writes a few more pages of his dissertation for a doctorate he is completing at Harvard University.

"I only wish I could do more to give back to this community," says Haro, CSUSM's assistant to the vice president for learning assistance programs.

Haro, a product of the CSU system himself, understands the importance of CSUSM's presence in the community and hopes to develop ways to recruit, assist and retain future CSUSM students. His current responsibilities include reviewing programs such as the Writing Center, Math Center, Educational Opportunity Program (EOP), ASPIRE (Achieve Successful Performance Intensify Reliability Effort) and Disabled Student Services in order to develop ways for students to get the most out of the university.

He and a graduate assistant from SDSU are comparing these programs and services to those successfully used in other colleges. "Ultimately, we are trying to determine how we can create a one-stop center where students can come to get any form of assistance they will need along their way to graduation," Haro says.

Haro takes pride in both the Hispanic Faculty and Staff Association, which he founded upon his arrival at CSUSM in 1990, and the "I'm Going to College" program, which was heavily influenced by his own experiences as a fourth grader. The program involves groups of Latino students from local elementary schools who are brought to the CSUSM campus for a special tour.

Haro and other volunteers explain to those students how to apply for admission, get financial aid, buy textbooks and other important aspects of college life.

While working to coordinate these programs, Haro is a student himself in the School of Education at Harvard University. Since he started his Ph.D. program there in 1992, he has studied under several prominent academics in the field of education, including Arthur Levine and Henry Rosovsky.

Haro credits the administration of CSUSM with being very supportive and understanding during the absences he had to incur while completing his coursework at Harvard. Upon graduation, which he hopes will be next June, he will hold a doctorate in Education Administration, Planning and Social Policy.

Throughout his work at Harvard, Haro's focus has been on higher education. His dissertation will provide an analysis of institutional quality for a small, private university in the Mexican state of Zacatecas, La Universidad Autonomia Fresnillo. Rather than comparing it to universities in the United States, Haro says, he is trying to determine how quality is defined within the college itself.

"I spent about six months gathering data at the col-

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	CREF Stock Account Star Rating/ Number of Domestic Equity Accounts Rated	CREF Global Equities Account Star Rating/ Number of International Equity Accounts Rated	CREF Equity Index Account Star Rating/ Number of Domestic Equity Accounts Rated	CREF Growth Account Star Rating/ Number of Domestic Equity Accounts Rated	CREF Bond Market Account Star Rating/ Number of Fixed-Income Accounts Rated	CREF Social Choice Account Star Rating/ Number of Domestic Equity Accounts Rated
3-Year	4/2,120	4/459	5/2,120	5/2,120	4/719	4/2,120
5-Year	4/1,363	5/235	N/A	N/A	4/487	4/1,363
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lege in Mexico and now I am trying to incorporate it into my final analysis," he says.

As a result of his many administrative responsibilities at CSUSM, he finds that his dissertation has to wait until the weekends. "Lately, I have been in my office seven days a week, but I am hoping to be done with the project soon so I can get involved in more community activities," he says.

His time on campus gives him the opportunity to

offer assistance to those students who need it. "I am particularly fond of the students I got to know through the EOP's summer bridge programs," says Haro, "and I like being a mentor for them when they start their education here."

He also works with students in his Chicano Studies class at Palomar. "That's the way it should be," he says. "I believe that giving something back to the community is part of what we are all about."

Business students seek end to long registration payment lines

By Jodine Hammerand

As CSUSM grows in size, so does waiting in line at the Cashiers Office. Students wishing to pay tuition, parking, and financial holds, or to receive emergency loans and paychecks, find the wait long during peak times such as two weeks prior to the start of the semester and two weeks after. Fiscal Operations, part of Student Financial Services, which encompasses Financial Aid Business Operations, Accounts Receivable, and the Cashiers Office, has tried to get the word out to students that some business transactions can be taken care of without waiting in line. They have enlisted the help of four business students to help resolve this customer service problem.

The student consulting team working with Fiscal Operations is part of the College of Business Administration's Senior Experience program. All undergraduate business students complete this two-semester course graduation requirement. According to Dr. Alan Omens who heads the Senior Experience, the objective of this program is to provide students an opportunity to integrate their classroom knowledge in real-world problem solving situations. Well known organizations such as QUALCOMM, Sony Electronics, Sea World San Diego, Hewlett Packard, LEGOLAND California, and the San Diego Police Department have all had

student consulting teams from CSUSM.

The four students involved in the project began the summer semester by learning that the Mission Statement for Administrative Services reflects that of any business wanting to satisfy its consumers: "Building Excellence in Resource Management and Customer Service." In addition, the Convocation Address by President Gonzalez on August 26 also states that one of the four goals he has set for the university this year involves 'accountability,' wherein the effort to continue customer-centered operations includes developing and implementing a plan to improve awareness and delivery of customer service.

With this in mind, Student Financial Services offers five methods of tuition payment to students: credit card payment using the Smart System; credit card number or check deposited in the on-campus drop box; mail-in check; ATM/debit card payment; and cash payment. The latter two payment options must be done in the Cashiers Office. A significant number of students however, that have credit cards and checking accounts, still stand in line. The consulting team interviewed students standing in line and discovered that some students are not aware of all payment options; others pay in person to obtain a receipt. According to Geri Hilton, an employee of Financial Aid

Business Operations, procrastination is a human trait when it comes to paying bills, therefore requiring a trip to the Cashiers Office. Some students, according to Hilton, are waiting on paychecks, others on money from parents, in order to make payment. Since the reasons for paying in person are diverse, in order to decrease the workload in the Cashiers Office and improve the time students stand in line, many issues were looked at.

The Senior Experience team members benchmarked other college campuses in order to study efficiencies and inefficiencies related to CSUSM Fiscal Operations. Some colleges and universities offer Internet payment with well designed Web pages for easy and quick use as well as up-to-date fee deadline information. Some universities have kiosks for one stop shopping. Palomar College does not allow in-person payments for registration fees at all.

Furthermore, after the start of the semester, Palomar students can make all payments – registration adjustment payments (adding classes), parking, I.D., (including having photo taken) in the Student Union Building. Similarly, Mesa College locates all their student services buildings in one location on campus for student convenience. It is unfortunate that CSUSM students must go to the 5th floor Craven Hall for Ad-

missions and Records, 4th floor Craven Hall for Financial Aid, 3rd floor Craven Hall for Cashiers Office, and drive to the Campus Security building to have their I.D. picture made.

Since CSUSM is a young campus and is experiencing 'growing pains,' now is a good time to work on the problems that will only become larger if awareness and delivery of customer service is ignored. The one thing the consulting students have been impressed with, is how emphatic the Director of Fiscal Operations and the Assistant Director of Student Financial Services are about providing the best possible customer service for the students. This is the reason for submitting this business situation to Senior Experience.

And for the Senior Experience students, it has been a great opportunity to help students and future students to follow. The project allowed them to give something back to the university with the rewards of making the campus a better place to learn.

Any students wishing to attend the thirty-minute presentation on Fiscal Operations are welcome. The presentation is Wednesday December 9, 4:30 p.m. in Commons 206. Contact Dr. Alan Omens by e-mail (aomens@mailhost1.csusm.edu) for dates and times of other Senior Experience presentations.



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Demonstrations

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faculty who also serve as advisors."

"This incredibly insulting sentence just infuriated me," said Gilson. "It was the wrong tone to take," she said. "It is this kind of subtle language that denigrates the contribution that part-time faculty make." "I don't get paid for student advising and committee work. I have just as many office hours as full-time faculty."

Brian Norris, a tenure-track biology professor, received his Ph.D. from Harvard. "A university is a place where new knowledge is generated, not just a

place, like a college, where knowledge is passed on," said Norris, who began his teaching career at CSUSM. "We need a faculty actively engaged in research to really be a university."

Attaining tenure, roughly a six-year process, is important, both Norris and Gilson said, because it basically guarantees freedom of speech.

"Tenure protects academic freedom," said Gilson. "It was especially important during the Vietnam War when faculty members spoke out against the war or even during the McCarthyism period."

The demonstration was sparked, in part, by an article in the Oct. 16 issue of "The Chronicle of Higher Education."

CSU Chancellor Charles Reed in the article suggests that the CSU system be modeled along the lines of the University of Phoenix, a college with satellite campuses across the country.

The University of Phoenix's Northern California campus like many others, hires mostly part-time instructors whom usually also work full-time in the specialized fields that they

teach.

Such institutions fail to encourage intellectual originality, several CSUSM faculty members have argued, adding that if Reed's ideas are implemented, the part-time faculty at CSUSM will increase to a level like that of the University of Phoenix.

But the major issue for the demonstrators was salary. Lionel Maldonado of the Arts and Sciences Department, co-president for the CSUSM CFA, said, "Without the cost of living increases in pay raises, as inflation takes place, you fall

behind the rest of society."

CSU faculty salaries, he added, are 11 percent behind other institutions in an "agreed-upon comparison group."

The CFA also is contending the cloudy issue of merit pay, a system that, Maldonado said, "has significant flaws." He added, "We are opposed to an additional bureaucratic arrangement that is more cumbersome and has little faculty base."

The current merit pay system implemented in 1995 also lacks an appeal process, he said.

Child Care

continued from page 1

sulted in lower rent, will save \$30,000 from ASI's budget, which consists mostly of fees from CSUSM students' fees.

Linda Conde, program director at the Early Learning Center, said ASI was paying about \$4,500 a month for rent alone at the previous facility. Rent at the new facility is "substantially lower" because of CSUSM's partnership with the city of San Marcos, which owns the building.

The new facility also has bigger rooms, a larger playground and significantly more space than the previous spot, thus creating a "better environment for the kids," Conde says, adding, "More space means more choices."

A total of 65 children are enrolled in the four different sessions currently offered by the center. The sessions, all running Monday through Friday, cost \$15 a day for 8 a.m.-noon; \$17, for 7 a.m.-noon; \$17 for 11:30 a.m.-6 p.m.; and \$21, for 7 a.m.-6:00 p.m. CSUSM students pay \$1 less for any session.

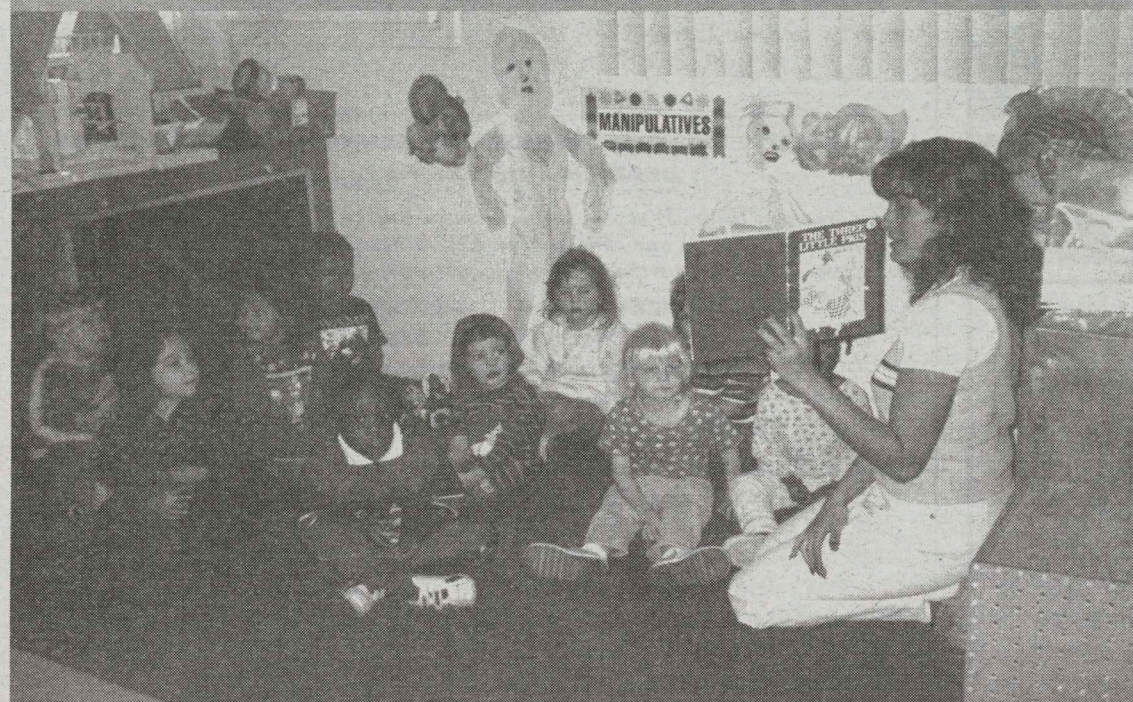
Evening sessions will be available in the spring.

The center aims to offer children an even-balance between indoor learning opportunities and outdoor exploration on the playground with its varying

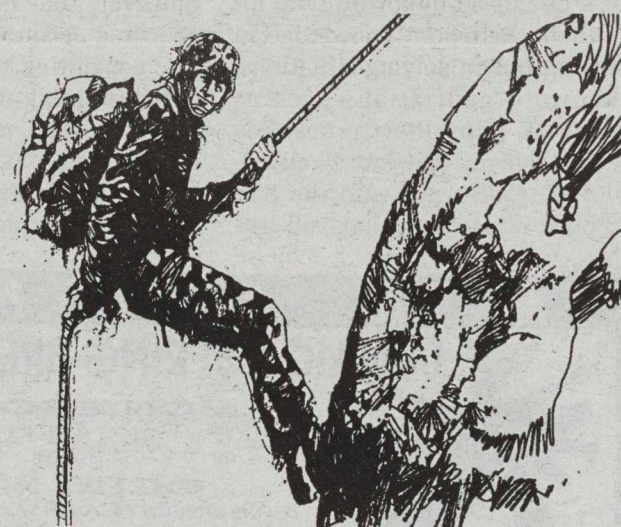
The daily activities focusing on improving the child's abilities to listen, read and interact with other children attracted Angela Jordan, a CSUSM student-parent. "Not only has my child learned to interact well with other children, but the program is conveniently close to campus" she says.

When 4-year-old Kyle McGowen was asked if he enjoyed staying at the center, he nodded and simply answered "Uh-huh."

Darlene Willis, ASI's executive director, says, "ASI's goal is to make things as convenient as possible for the students. We are an organization of the students, by the students and for the students." Though an on-campus child care program is in the university's master plans, child care will have to remain off-campus until proper funding is available.



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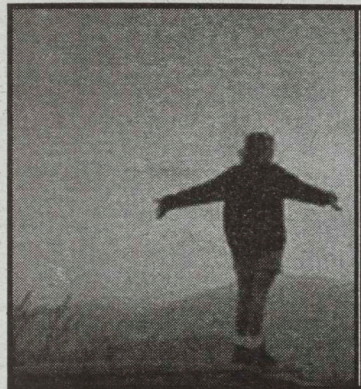
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Health Matters

Tis the season...
Steps to avoid cold and flu

By Jerry Huang
Pride Staff Writer

Just when you've gotten used to the hot, dry desert summer, a subtly chilling autumn arrives and a frosty winter is just around the corner.

Winter in North County can mean temperatures below 70 during the day and almost always below 50 at night. It's a prescription made for a cold or the flu.

But there are some things you can do to reduce the odds of suffering either one. Here are some hints from doctors:

(1) Keep at least three feet away from coughers and sneezers. That's the distance airborne droplets from coughs and sneezes can travel. If a droplet reaches you, you could wake up sick a few days later.

(2) Be careful about prolonged stays in closed-in, crowded spaces. Rooms with no or poor air circulation are the likeliest spots to pick up cold viruses. Avoid them like the plague.

(3) Drink plenty of fluids. Liquids, particularly hot liquids, soothe the throat and help

loosen secretions, relieving nasal congestion. "Clinical studies show that water don't necessarily flush out cold germs, but it moistens your nasal and respiratory membranes, which when dehydrated, can easily invite and retain germs," says Dr. Karen Nicholson, director of CSUSM Health Services. Try for eight glasses of water, fruit juices or other non-caffeinated fluids every day.

(4) Get a good night's sleep. This keeps your immune cells powered up, according to research conducted at the Veterans Administration's San Diego Healthcare System.

(5) Take vitamins C and E. Although there is no conclusive evidence that they can prevent colds, several studies suggest that they may slightly reduce the duration and severity of symptoms. Consult your doctor about how much of either vitamin is best for you.

(6) Exercise. Thirty to 60 minutes of moderate exercise, such as walking, jogging, bicycling or swimming at least three times a week can help build your resistance to colds.

(7) Wash your hands often and avoid touching your face. Most colds are transmitted through indirect physical contact. For instance, a sick person who transfers germs from nose to hands can contaminate any object he touches. Others who handle such an object and then rub their own noses or eyes can get infected.

(8) Have chicken soup for lunch or dinner. Warm fluids are helpful in relieving cold symptoms and can act as expectorants. Chicken soups are rich with protein, vitamins and minerals, all of which are helpful in fighting cold germs.

(9) Keep your stress level down.

(10) Keep your room humidity moderate to high.

(11) Aim for a balanced diet. According to the American College Health Association's publication, "Managing the Common Cold," most cold medications are aimed at symptom relief and immune system support. There is no medicine that directly attacks the cold virus.

But, it adds, every healthy

person has an immune system capable of producing cells specifically able to destroy cold viruses.

If you catch a cold, ACHA suggests the following treatments:

1) Take aspirin, ibuprofen or acetaminophen to ease aches and pains and to lower fever.

3) Inhale warm, moist air to soothe inflamed mucous membranes. You can do this by taking showers, putting a pan of water on your bedroom radiator or by using a cool-mist humidifier.

4) Use disposable tissues instead of handkerchiefs. Research has shown that cold viruses can survive for hours on handkerchiefs.

5) Get plenty of rest. Your body needs the time to allow you to recover.

6) Gargle with salt water every four hours to help reduce swelling in your throat. Use one teaspoon of salt in a large glass of warm water.

7) Don't smoke. That will further irritate your nasal passage.

-Health, Page 8

Library extends hours for finals

By Alex Romo
Pride Staff Writer

It's your typical college scenario: A student returning to her apartment hoping to study for a few hours finds her roommate dancing around the living room to Garth Brooks' "Ain't Going Down till the Sun Comes up."

"Well, so much for studying!" she thinks.

With finals looming, finding a quiet place to study can be a real problem.

Welcome to the CSUSM Library.

It's a quiet spot, loaded with resources and study cubicles, and it will be open even longer and later during the week of Dec. 9-15.

On Wednesday and Thursday, Dec. 9 and 10, it will be open from 8 a.m. to 10 p.m.; on Friday, Dec. 11, from 8 a.m. to 9 p.m.; on Saturday and Sunday, Dec. 12 and 13, 11 a.m. to 5 p.m.; and Monday and Tuesday, Dec. 14 and 15, from 8 a.m. to 10 p.m.

That's an additional three hours of study time a day.

Peggy Lepere, the library's public services supervisor, past surveys have indicated that week is its busiest of the semester. Few students use the library prior to the Wednesday before finals week or after Tuesday during finals week, when "by this time, all of their studying is done."

She concedes that many students would like the library to be open till midnight every night that week, but it just can't be done. Lepere says she hopes the extended hours will be sufficiently helpful.

During Thanksgiving week, the library will close at 7 p.m. on Wednesday, and remain closed until Sunday.

Student Union Board selects new officers

The Student Union Board of Directors has selected new officers for the 1998/99 academic year.

Shelli Douglass, a graduate student in Sociological Practice has been elected Chair of the Board. Seniors Lyuda Litvinets (Business) and Toniesha Taylor (Communication) were elected Vice Chair and Secretary.

In addition to the service provided by the officers, five other students will serve this year: Yolanda Barraza, Frank Fravel, Mark Keubler, Valerie Mitchell and Matthew

Mugglebee. The Board has its full complement of students, faculty and staff and is working to achieve its 98/99 goals and objectives which include: (1) attention to internal structure and enhancing subcommittee participation, (2) continued planning for a Student Union on our campus, and (3) completion of the incorporation process and establishment of CSU auxiliary organization status.

In fall 1992, CSUSM students voted to assess themselves a \$20 fee to support the development of a Student Union.

Funds have been collected since fall 1993 and retained in a trust account at the University.

The Board has recommended expenditure of a portion of these funds to President Gonzalez for Board operations and architectural planning associated with the future Union.

The members of the Board are very excited about the opportunities available to students to get involved in this important effort. All students are invited to come to regular Board meetings. In addition, there are five standing commit-

tees with opportunities for direct student participation. Since student participation is vital to the planning and development of the Union, the Board encourages students to get involved. If you just want to be informed, please look for the Board agendas and minutes posted on the announcement board on the south wall adjacent to the Student Lounge, or visit our future website, which will soon be linked to CSUSM's website, at www.csusm.edu. Please join us in building facilities to meet the needs of our campus community.

Letters to the Editor

Support the quality of education at CSUSM

How much is the quality of your education worth to you?is it worth more to you than your new CSUSM track or your expanded Aztec Shops lunch menu?

If so will you PLEASE join me in writing a letter or an e-mail to CSU Chancellor Charles Reed to request that your instructors get paid more than prison guards!

If this grinch gets his way, class sizes will increase and instructors will get paid 11% less than they would at comparable

institutions.

In addition to this misery, he will get away with not providing health benefits to long term part-time faculty.

Our professors deserve to be treated fairly.

I want my degree from CSUSM to be looked upon with admiration.

This is not possible if the school allows the quality of instruction to plummet due to over-working and underpaying their faculty. The students will end up paying the ultimate

price.

I am a recent alumni of CSUSM. My degree was one of the first nine given in the Communication major.

The only reason I took a risk and chose to go to a school that had a promising, yet un-established existing reputation and gamble with a new degree program, was due to the incredibly high caliber of instruction I knew I would get in small classes, taught by actual Ph.D's.

It is incredibly rare to be taught by a tenured, experi-

enced professor.

At CSUSM you have that luxury.

However, this will all change if these talented individuals are driven away from CSUSM because they are getting paid less than instructors at other CSU's.

The only reason I came and several others come to CSUSM is because of the reputation that these instructors have built.

I want my degree to be recognized as the culmination of knowledge gained under the

tutelage of some of the best scholars in the field of Communication.

I know you want the same. Don't settle for the existing state of affairs! Fight the future! Support your professors by calling Charles Reed, (5620985-2800 or e-mail him at; creed@calstate.edu or mail him snail mail at; CSU, 400 Golden Shore, Long Beach, CA 90802-4275. Feel free to address it; Mr. Grinch!

-Kristina Seth, CSUSM Alum 1998.

Take charge of your financial future

Thanks to Sherrona Hill's timely article on "Your financial future"

Everything she says in the article appears to be accurate.

However, I must take issue with her on her defeatist attitude regarding Social Security.

She states "Social Security won't be around when we retire....etc., etc."

I get very upset when I hear young people with this attitude!!!

If you are so sure about the demise of Social Security why

do you (we) continue to blindly allow our government to take our money from our paychecks for a system that you think is going to fail?

This is a typical 'SAM DONALDSON' effect, i.e. if you talk about it long enough and

hard enough whether it be fact or fiction it will eventually come about.

Revisions or modifications are surely, in order.

But under no circumstances should we allow our elected representatives to tell us in the

future that "Sorry your Social Security money was used for other more important government projects."

It's your money and you are entitled to get some of it (if not all of it) back!!!

-Joseph Jacob

Health

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sages and increase your risk of getting bronchitis or pneumonia.

8) Don't treat your cold with antibiotics. Unless you have a secondary bacterial infection, antibiotics are not only a waste of money but may expose you unnecessarily to the potential side-effects. Don't ask for an antibiotic unless your doctor recommends one.

Colds and several flu strains are often thought to be the same because their symptoms are similar.

But some flu infections can be dangerous and should be checked by doctors, ACHA recommends.

Likewise, a cold can result in

a serious bacterial infection. If your cold doesn't clear up in more than a week, see your doctor, Nicholson advises, adding that any CSUSM student who paid Health Services fees at registration is entitled to visit her office at no charge.

"Prescriptions are also available at low cost if you need one," she adds.

Health Services offers several over-the-counter medications such as Advil, Cold-EEZE, Acetaminophen, Hall-plus cough suppressants, Diphenhise, Ibuprohim (a fever reducer) and Dimetapp for prices ranging from \$1.02 to \$4.21, two or three times less than at supermarkets and drug stores.

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