

PRIDE

Spring '94 Career Fair Highlights

Page 3

Volume 1, Number 3

A student publication serving California State University, San Marcos

Friday, February 25, 1994

Feb. 26 is Volunteer Day— CSUSM students giving back to the community

In the spirit of community partnership, CSUSM will hold its first Volunteer Day on Saturday, Feb. 26, 1994. Mayor Lee B. Thibadeau, who proclaimed Feb. 26 Volunteer Day in San Marcos, along with Ernest Zomalt, Executive Vice President of CSUSM, will open the event at 9 AM at CSUSM's Dome.

Members of student organizations will donate their time to work on a wide range of community projects. Volunteer activities include:

- accounting students helping low income people with tax preparation;
- history club students preparing an exhibit for the San Marcos Historical Society and Museum;
- three student organizations, along with a Girl Scout troop, sprucing up Discovery Lake Park and creating a nature display;
- 11 associations, plus a multicultural education class, giving campus tours and workshops for invited San Marcos public school students and Boys and Girls Club members, encouraging them to continue their education;
- a club accompanying at-risk youth on a Mt. Woodson hike;
- a club assisting seniors at a social gathering in San Marcos;
- sociology students assisting at the Elder/Adult Care Annual Public Forum at the San Marcos Joslyn Senior Center.

"Volunteer Day provides an opportunity for CSUSM to cooperate with our broader community, to promote civic pride, to encourage volunteerism in our students, and to link, in a substantial way, real life experiences with the academic program. It is a valuable learning experience for both the

COVER STORY

'If We Build It, They Will Come'

CSUSM Makes Room for Recreation



With computer competency requirements and writing requirements, who's got time for recreation? Perhaps that is the very reason for the idea of developing a campus recreation area. It would be a welcome addition to our otherwise busy lives.

Last fall, Larry Cohen, Founding Faculty Member/Professor of Biology and spokesperson for Vigilantes (an open campus group addressing campus issues) initiated an informal survey last fall on the idea of having a campus recreational area. The overwhelming response was positive. Here are some of the comments:

- "A great idea."
- "I'm for it."
- "It's long overdue."
- "If there is money left, yes."
- "We definitely need something like this on campus."

"A place to play, run, throw, kick, catch etc. would be very healthy."

"I would love to have a place to go running at lunch instead of over to Palomar College."

Imagine a field of grass that could be used for golfing practice, noon volleyball, soccer team practice, softball pickup games or challenge matches between students and faculty. Joggers could run the periphery at noon. Tennis players, well, tennis players may have a problem. The field will provide a place for student activities, a reason to relate to this institution aside from academics.

The area in question is the field located just east of the new parking lot (on the right as you enter campus). According to Bernie Hinton, Assistant to the President, the field will be developed as a temporary playing

field. As soon as it is dry enough, the field is scheduled to be leveled and donated soil topping will be added prior to hydroseeding with grass. A fence will be installed to keep people from running into the storm drainage ditch (which goes from the parking lot to a culvert at Twin Oaks). The entire project should be completed in sixty days or sooner, according to Hinton.

The field will be approximately 65 yards by 80 yards.

Special thanks go to President Bill Stacy, Bernie Hinton, and George Carlson, Director of Facilities Services, for their efforts in making this idea a reality, and to Larry Cohen and Tom Weir for their vision and commitment to our campus community.

NEWS

This week...

- Center for Decision Making Page 8
- Hepatitis B Makes a comeback Page 6
- A look back at Black History Month Page 12
- Earth Day T-Shirt Design Contest Page 9

CSUSM's Black Tie Fundraiser Set

Where can you have dinner, dance, buy a car, and support CSUSM all at the same time? The answer is CSUSM's Seventh Annual University Ball. The black-tie dinner-dance and silent auction will be held at the Sheraton Grande Torrey Pines in La Jolla on April 9.

Connie L. Anderson of San Marcos is chair of the event. "The University Ball has been a bright light on the social calendar of North County since 1988, and this year's ball promises to be the most exciting event of the new year," said Anderson. This year's theme is "Building a Dream."

The goal of the event is to raise \$30,000 for the University. Proceeds from the ball go towards supporting CSUSM projects that need additional resources such as scholarships for deserving students, seed money for emerging programs, books for the library, and important community events such as the

American Indian Pow Wow and the International Festival.

"Supporting CSUSM is such a worthy cause. The money raised by the ball provides the University a margin of excellence that cannot otherwise be achieved. Just a few dollars can make a difference in whether a student stays in college or is forced to quit. I am glad to live in a community where people believe in education, and more importantly, believe in helping young people," said Anderson.

Anderson recruited a team of community leaders as the executive committee to coordinate the ball. "The committee is already hard at work seeking donations, expanding the program, and designing decorations. To assist us in defraying expenses of the ball, the committee members are calling on individuals and businesses to provide underwriting,"

said Anderson.

This year, a silent auction will be added to the evening's events. The newly formed CSUSM Alumni Association will be coordinating the auction for the Ball. Provided by Hoehn Motors Inc., the premier auction item will be a 1994 Suzuki Sidekick.

Individual seats are \$150 or \$1,500 for a table of 10. Special "Star" tables are available for \$2,000 for a table of 10.

For information about tickets and donations, call Jane Lynch at 752-4406.

Save a Life with Two Tablespoons of Blood

Every year about 9,000 children and young adults die from leukemia and other fatal blood diseases. For many the only hope for survival is a bone marrow transplant. Nearly 70% cannot find a suitable match within their own families. These patients need to find unrelated donors.

The chance that a patient will find a matching, unrelated donor in the general population is between one in 20,000 to one in a million. Because tissue types are inherited, and different tissue types are found in different ethnic groups, the chances of finding an unrelated donor vary according to the patients' ethnic

and racial background.

By donating two tablespoons of blood for the initial simple blood test, your marrow type will be confidentially listed in the master computer of the National Bone Marrow Program. Patients who need a bone marrow transplant regularly search this list to find a potential match. If you come up as a match, the San Diego Blood Bank will contact you.

A potential bone marrow donor must be between the ages of 18 and 55, healthy with no history of cancer, asthma, serious heart or circulatory disease and within 20 percent of their suggested weight limit.

If you decide to become a donor or need more information, contact the San Diego Blood Bank at 296-6393.

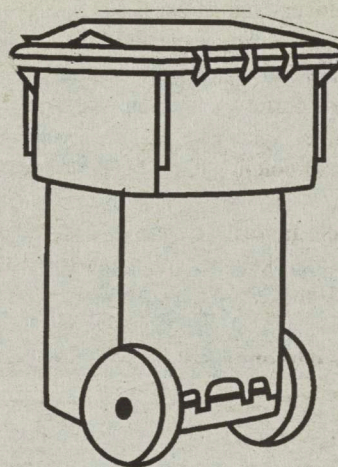
♦ The Writing Center ♦

Avoid the end of the semester crunch. Come to the writing center now and we will help you get an early start on your term papers. We offer assistance during all stages of the writing process: choosing a topic, forming a thesis statement, paragraph organization Remember: Writing a page a day keeps the stress away. The Writing Center is located in ACD 403 (the first hallway nearest the elevator). Tutoring is available on a walk-in basis & by appointment (Feb. 9-May 11).

Times are subject to change!

Writing Center Hours

Mon	9 AM - 7 PM
Tue	9 AM - 6 PM
Wed	10:30 AM - 7 PM
Thu	9 AM - 6 PM
Fri	10 AM - 2 PM



Dive into Recycling

Join us on
Saturday,
March 10th

The Solid Waste Reduction Planning Committee and Mashburn Waste and Recycling Services will be conducting a waste characterization Thursday, March 10, from Noon to 1:30 PM in the upper faculty/staff parking lot.

A waste characterization is part of the campus recycling efforts and is a thorough, comprehensive sorting, categorization and weighing of materials from the disposal and recycling streams. Even though CSUSM has an aggressive

recycling program in place, waste characterizations have to be done periodically to identify additional items which can possibly be diverted from going to the landfill.

A light lunch will be served prior to the waste characterization. In order to plan for the lunch, please call Support Services, extension 4520, by March 4 if you wish to attend and/or participate.

Everyone is invited to participate. Hope to see you at the **Dumpster Dive!**

Protective clothing will be provided.

CSUSM's Writing Requirement— a sound investment

Jeff Keehn
Contributing Writer

Toward the end of the Fall semester, an article appeared in *The Pride* in which a student expressed some dissatisfaction with the CSUSM writing requirement. While students on the fast track to graduation may view the writing requirement as an unnecessary hurdle, is this the case? When we asked two founding faculty members about the reasoning behind the CSUSM writing requirement, here is what they said:

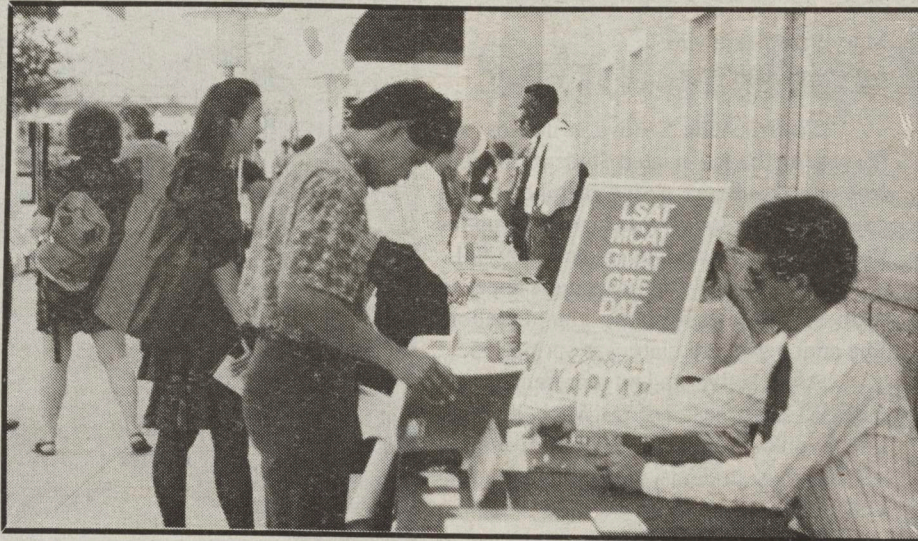
Dr. Larry Cohen, Founding Faculty, Biology: "I wholeheartedly support the writing requirement at CSUSM. To a large degree, we seem to think with words. If a concept is understood, one should be able to describe it to another person. If one cannot explain something, perhaps one does not understand it. The writing requirement at CSUSM fosters improved communication and thinking skills. However, I have never felt that writing across the entire curriculum made sense. For example, large seminars or classes heavily dependent upon symbolic concepts might better be exempted."

Dr. Carolyn Mahoney, Director, Math Program: "As a founding faculty member, I believe very strongly that we should have a writing requirement in all subjects. It exposes students to, and gives them familiarity with the expository and technical writing that is necessary to do good math. In particular, writing helps students process their learning and encourages them to think more clearly about what they do and do not understand. All math faculty incorporate writing in either weekly journals and short papers that reflect a student's understanding of mathematical notions or in term papers which explain and/or extend classroom discussions."

Clearly, sound reasoning guided the establishment of the CSUSM writing requirement. The requirement was not designed to wreak havoc on our lives or distance us from our families, but to foster the critical thinking skills and analytic agility fundamental to intellectual growth. Most of us entering professional life after graduation will be required to draft reports and resumes for years to come. And our ability to communicate effectively will to a large degree determine our eventual success.

The next issue will present interviews with CSUSM alumni who have already seen their investment in the writing requirement pay off big in career opportunities and graduate school admissions. These CSUSM alumni attribute their post-graduate success to improved communication skills honed through our university's challenging and innovative writing requirement that has and will continue to place CSUSM graduates a step above the rest.

Spring '94 Career Fair March 2 and 3



Cal State University, San Marcos will hold its Career Fair for Spring '94 on Wednesday, March 2 and Thursday, March 3, in the Dome from 10 AM until 1 PM.

Career fairs provide students the opportunity to make contact at one site with employers from a wide geographical area. Although job offers are seldom made during these events, the information exchanged offers students an opportunity to gather information from the companies, government, social service agencies, and school districts in attendance. Use this opportunity to research potential employers and career fields.

- **Bring a resume**, especially if you are available for employment immediately or at the end of the current semester. If you don't have a resume, be sure to get the name, title and address of potential employers and send one.

- **Make a favorable impression.** Neat and clean is the key. Come dressed better than school attire but not as formal as an interview.

- **Make personal contact** with a variety

of employers and be flexible because you may encounter cancellations, crowded conditions and lines to talk to certain employers.

- **Show enthusiasm and interest.** Employers are impressed with a positive attitude. A good handshake and eye contact are essential.

- **Be ready to ask questions.** Employer reps are stuck behind a table. They want to talk with you. Approach them with questions in mind, such as: *What positions do you anticipate having open this year? What types of individuals are successful in your company? What specific skills, education or experience is your company looking for? Where is your company headed in terms of growth given current market conditions?*

- **Follow up.** If you are really interested in a company, agency, or district, get a business card from the recruiter and send a thank you note expressing gratitude for the time and information given to you.

Some employer reps may ask you about the University's accreditation. Yes, we are **accredited as of June 1993!**



TEACHER EDUCATION FAIR March 2, 2-5 PM

will be attended by several schools, including:

Anaheim City Schools
Cajon Valley USD
Chula Vista Elementary
Escondido USD
Fallbrook USD
Lemon Grove SD
Los Angeles Unified SD
Murrieta Valley USD
Oceanside USD
Ramona USD
San Diego USD
Vista USD

GENERAL CAREER FAIR March 3, 10 AM-1 PM

will be attended by numerous businesses, government and social service agencies. A partial list includes:

Bank of America
Brookstone Company
Calderon, Jaham & Osborn,
Public Accounting
California Board of Equalization
Casa de Amparo
Charlotte Russe
Chatfield Dean
City of Escondido
City of San Diego
Community Interface Service
Dimension Cable Service
Farmers Insurance
Federal Bureau of Investigation
GEICO Insurance
McMillan Realty
Mesa Distributing Co.
Headstart
Nordstrom
Palomar College Human
Resources
Palomar Pomerado Health
Service
Peace Corps
Pizza Hut
Pyxis Corp.
Taco Bell
The Broadway
The Prudential
Times Advocate
Tri-City Medical Center
United Parcel Service
Valley Vintners Inc.
Western Financial Services

The Career Center is seeking Career Fair Ambassadors to help with set-up and coordination of the Fairs. Anyone interested should contact the Career Center, Craven Hall 4201, 752-4900, or drop by and sign up!

Volunteers— continued from page 1

students and the community," said Rich Millman, Provost and Vice-President for Academic Affairs.

CSUSM organizations and programs participating in Volunteer Day include: Accounting Society, Alumni Association, Argonaut Society, Associated Students, Association of Business Students, Circle K, Computer Club, Earth Club, El Club de las Americas, Key College Opportunities, Knights of Classic Lore, Latter-Day Saints Student Association, Liberal Studies Student Association, M.E.Ch.A (a Chicano student association), Pan African Student Alliance, SALT (a Christian student organization), Silver Shield, Sociology Club, Student Affirmative Action, Student California Teachers Association, and 3-D (a social organization for women). Also participating will be English language students from Japan and members of education and sociology classes.

Volunteers from the community are welcome to join the activities. Sign up is through Claire Langham, coordinator of the Service-Learning Office, at 752-4057.

Student Survives Fire, in Need of Basics

Recently one of our students, a single mother with an eight-year old boy, lost her home and all of her belongings in a fire. Fortunately, the student and her son were able to escape the fire without injury. However, this loss has left her in dire need of many items. Donations of cash are welcome as all funds earmarked for tuition, etc. were required to replace many of the daily musts. Therefore, if you are able to help with any of the items listed below or monetarily, please drop your donations at the Office of the Associate Dean of Students, Craven Hall 5115 or call 752-4935. There will be a small get-together to give the items to the student on Tuesday, Mar. 1, 5-6:30 PM in Commons 206. Please join us.

The following items are needed:

Women's clothing: pants, skirts, etc. size 16; blouses, coats, sweaters size 18; boy's clothing: shoe size 1; pants and shirts size 8-10; toys, books, puzzles; a desk or small table and chair; lamp, bookcase or shelves or stackable crates for books; dresser, iron and television.

Corrections & Amplifications

The *Pride* erroneously stated in the Feb. 11 issue that Michelle Sadova was leaving the student council. Suzanne Clark is the student resigning the council which has caused the current vacancy.

Associated Student Representative

What's it all about

Mary Szterpakiewicz
Editor-in-Chief

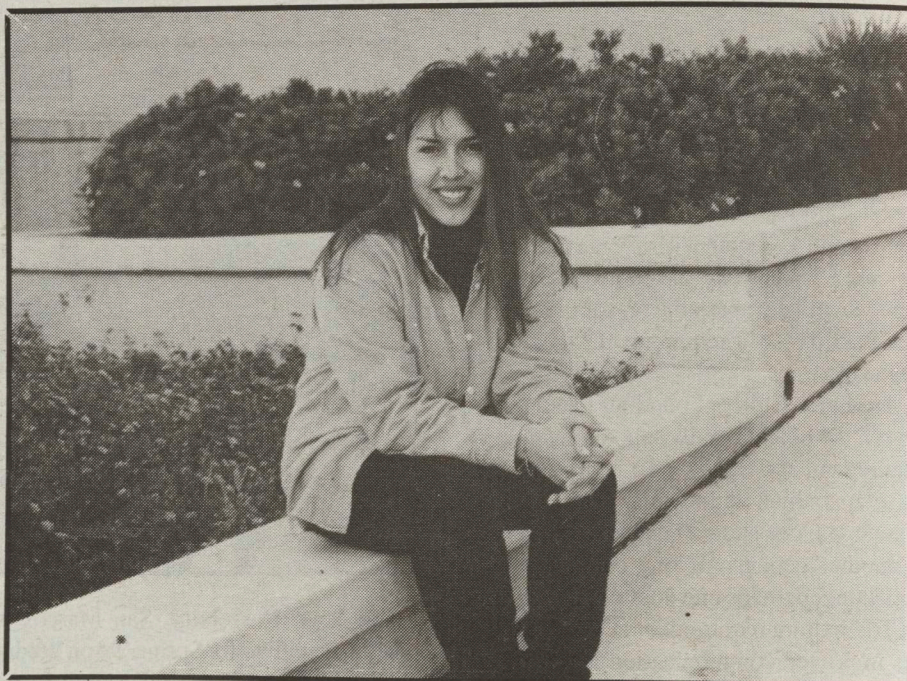
No, Michelle Sadova is not leaving her seat on the Associated Student Council. Not only is she an active member of the council, but Sadova hopes to make a run for President of the student council next fall.

Michelle, an English major, hopes to further her studies in public administration. She anticipates graduating in spring '95.

As an active student representative at CSUSM since the fall of '93, Michelle came into the student council with the philosophy of "serving students currently attending CSUSM."

Last semester, Michelle served as Cal State Student Association (CSSA) representative. As this campus' CSSA representative, Michelle attended monthly meetings held at other CSU campuses throughout the state to discuss matters of importance to all CSU students such as campus base fees, legislation and health issues. The CSSA also reviewed Board of Trustees' mandates and their effects on all CSU campuses.

Michelle was responsible for bringing yoga to campus which led to forming the Recreation Committee this semester. "We're looking to provide a variety of recreational activities at reasonable prices and times convenient for students." The Recreation Committee is hoping to bring other classes and activities such as martial arts, self-defense and aerobics, which is scheduled to



begin next week. One of Michelle's goals is to provide the opportunity for CSUSM students to teach these classes.

Michelle enjoys communicating with students and keeping them informed about current legislation and issues affecting CSU students.

In addition to her studies, and participation on the Associated Students Council, Michelle is actively involved in other campus and community activities. As President of the Earth Club, Michelle and other members of the club are preparing for the Second Annual Earth Day event scheduled for April 21 and April 23.

In addition to Earth Day activities, the Earth Club works on environmental clean-up projects in the community and local beaches.

"We'd like to see hiking and walking trails around campus for students to use and appreciate," says Sadova. Both the AS Recreation Committee and the Earth Club are actively supporting the development of campus hiking trails.

If you have any student or campus concerns or would like to learn more about the Associated Students Council, call 752-4990 or stop in at the AS office in Commons 205.

Associated Students Need Volunteers for Spring '94 Elections

Five volunteers are needed to serve on the Elections Committee for the Associated Students Spring '94 elections. This committee implements and oversees elections for the president and 12 student council representatives; two each from the College of Arts and Sciences, Business Administration, and Education; two Post Baccalaureate; and four undergraduate reps-at-large. Students serving on this committee cannot run for office.

A chairperson, personnel, policy and procedure, publicity, and facilities coordinators serve on the committee. If you have expertise in any of these areas, or are interested in becoming involved in the election proceedings, please advise A.S. president, Richard Molloy, in Commons 205 or call 752-4990.

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What's New

ARTS & SCIENCES DIRECTORY

The College of Arts & Sciences has a Filemaker document that lists Full Time, Part-Time Faculty, Staff, and Administrator names, room numbers and telephone numbers. It also includes faculty teaching schedules and office hours. Follow these simple instructions:

1. Open Filemaker application
2. Choose File Open
3. Click the Network button
4. Highlight "sm_craven6"
5. Double click document "A&S Spring '94 Schedule"
6. No password necessary
7. Document will automatically display info sheet in class order
8. To see/print a phone directory, hit "SCRIPT" in the menu and highlight "phone directory"
9. Call Pam Bell at Ext. 4117 if you have any questions.

BOOKS IS SPANISH—SUMMER WORKSHOPS

The Center for the Study of Books in Spanish for children and adolescents at CSUSM announces five one-week workshops, *Current Issues: Books in Spanish for Young Readers*. Three workshops will be conducted in English on June 27-July 1, July 11-15, July 25-29; and two workshop will be conducted in Spanish on August 8-12, and August 15-19. Workshop sessions will be from 9 AM to 12 Noon and students will be free to use the resources of the center in the afternoon. Enrollment is limited to 20 students per workshop. Early registration is definitely recommended. Noncredit fees are \$60 per workshop. For university credit, the fees are \$100 per workshop. For more information contact **Dr. Isabel Schon**, director of the center, at 752-4070.

LIBRARY INFORMATION DESK

"Where's the reference desk?" is a question that many students ask when entering our library. The answer is: There is none. Instead, we have an Information Desk, Information assistants and a Research Consultation office. This is patterned after a model for providing reference and information services which was pioneered at Brandeis University. Here's how it works—the Information Desk is staffed by friendly folks who handle most quick information and directional questions and refer users to a librarian when necessary. The Information Assistants, who are students, help with using the CD-ROM indexes. The Research Consultation office is staffed by librarians who help with longer and more complex questions and research. This way, the librarians are able to provide more personalized and higher quality service than the traditional reference desk model provides. The following is the hours that the Research Consultation Office is open. If none of these hours fits your schedule, please feel free to set up an individual appointment. Forms are available at the Information Desk or call 752-4348.

"JUST ASK FRED"

Just Ask Fred is a new interactive tool which is now being tested by the Peer Advising staff in the College of Arts and Sciences. The Authorware segment and Schedule Changes stack should be linked by now. The remainder of the semester will be spent working with the program, upgrading and enhancing its capabilities. The next phase will be the pilot phase with student users in the Advising Area, Student Resource Center, and hopefully School Relations. Please come by and take a look. For information, call Lora Coad, Ext. 4098.

PAGEMAKER 5.0 BEST PAGE-DESIGN PROGRAM

MacUser Magazine recently voted on page-design programs. In a strong year for page-design programs, **Aldus Pagemaker 5.0** stands out for adding high-end publishing features to a proven program. In its most sweeping upgrade to date, Aldus added new color controls, enhanced color palette and its enhanced Control palette which lets you change font, type style, leading, kerning, rotation, paragraph style, and more without using the menu bar. Runners-up were Frame Technology's **Framemaker** and **QuarkXPress 3.2**. Source: *MacUser/March 1994*.

Friends of the Library Announce Book Scholarship Winners

Winners of the Friends' Book Scholarship competition have been selected for the spring semester. Twenty-seven CSUSM students participated by writing essays on the subject *How Books Have Influenced My Life*. Each of the three finalists receives \$200 to be used for this semester's books. The University Store contribute \$100 of the \$600 plus an additional 10 percent discount to the winners.

Congratulations to this semester's winners:

• **Melva Dudley**, a Social Science major with an emphasis on Sociology, from Oceanside.

• **Robin Kaiser**, an English/Spanish major planning to teach middle school, from Vista.

• **Mollie Tammone**, a Liberal Arts major with an emphasis on Education, from Fallbrook.

Applications for the Friends's Fall 1994 Book Scholarship will be available to students on campus after February 15. The deadline for completed essays will be April 25, and finalists will be notified in May.

The Friends of the Library, a library volunteer group made up of campus and community volunteers, is also conducting an ongoing mini book sale in the library. It has met with favorable comments from stu-

dents and staff alike.

Coming in March is the semi-annual book sale during the campus Indian Pow Wow. If you would like to donate any books to the sale, please call Cherie Bolling at 471-7442. The question most often asked is "Where does the money from the sale go?" It helps to provide the student book scholarships each semester at the university. Plan to attend the Pow Wow and our book sale on March 19 from 9 AM to 6 PM in the faculty/staff parking lot. We look forward to seeing everyone there!

In addition to library projects, the book scholarships, and book sales, the Friends of the Library also sponsor lectures on a variety of subjects. The Friends recently sponsored a talk given by Bridget Bailey-Meier on medicine in the African-American Community. On March 17, 1994, the Friends will sponsor Dr. Patricia Seleski, Professor of History who will be speaking on peace prospects in Northern Ireland. The third lecture the Friends will sponsor this spring is Dr. Vasanthy Shenoy, Professor of Sociology, who will speak on education for the women of India on April 26.

If you are interested in finding out more about the Friends of the Library or joining their ranks, call Betty Knoff, president of the Friends, at 744-7084.

Huff Awarded Fulbright Scholarship

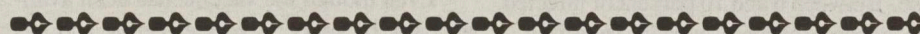
Betty Huff, CSUSM's director of enrollment services was recently awarded a Fulbright Scholarship to study in Germany. Huff is one of 25 recipients from universities across the country who will participate in the Fulbright International Education Seminar for Administrators.

The four-week seminar, held in April and May, introduces university administrators to a variety of academic and governmental institutions. It focuses on current issues in German higher education and international academic exchange. The program is designed for administrators of international services, academic affairs, student affairs, and admissions. It includes visits to universities and cities in Bonn,

Berlin, and the new Eastern states of Germany.

Huff has been with CSUSM for 4 years. Besides admissions, she also is responsible for international student advising and serves on the University Global Affairs Committee.

"This scholarship is an excellent opportunity to gain greater awareness of other cultures. As CSUSM continues to pursue its mission of international focus and global awareness, we will need to develop more programs that assist students in the transition to education in other countries. The Fulbright program was designed to help administrators in this effort," said Huff of the scholarship.



HEALTH WATCH

Students Get Active in Health Education



Left to right: Joel Grinolds, MD, Joseph Vidal, Susan Mendes, Dominique Rousseau, Cathleen Kutzner, Ramona De Sanchez, Jonathan Civita, Bill Beyer. Members not pictured: David McKenzie, Carlos Mariscal, Shauna Oenning, Holly Richmond

The Student Health Advisory Board (S.H.A.B.) is a newly-formed group on campus. The Board consists mainly of students, with one faculty advisor, one staff advisor and one or more medical advisors.

The purpose of the board is to act as patient advocates for the student population, to hear grievances, assess the student needs, and make recommendations regarding services offered and fees that may be charged. Also they will take an active role in promoting health education and participating in activities on campus. Through various fundraising activities, the group hopes to send a representative to the American College Health

Association National Conference in Atlanta, Georgia this spring.

Six S.H.A.B. members will be attending the Intercollegiate Forum for Drug and Alcohol Prevention on February 25, at USD in San Diego.

Upcoming events in March include hosting a non-alcoholic St. Patrick's Day Celebration, and sponsoring a food booth at the Pow-Wow.

Students are encouraged to communicate with the S.H.A.B. members about any concerns which you may have about health care or student health insurance. They are ready to serve you.

Anti-Cellulite Cream —fact or fiction

Amy J. Cubbison
Contributing Writer

What is the big hooplah we keep hearing about a new cream that reduces cellulite? Have we found nirvana? For those of you who know what I am talking about or who care to know, I will attempt to separate the fact from fiction about this new product.

The "fat-destroying" cream is called aminophylline. It has been previously used in the treatment of asthma. The research results are premature although they do look promising.

One of the first studies was presented to the North American Association for the Study of Obesity by endocrinologist Frank Greenway of UCLA and George Bray of Louisiana State University. Twelve women with a large amount of cellulite in the thigh area were selected for the study. They applied aminophylline cream to one thigh each night for six weeks. As a control, they applied a pseudo-cream on the opposite thigh. At the end of six weeks, the thigh treated with the aminophylline cream was significantly smaller by approximately one-half inch in

diameter. The results from this study caused a lot of excitement at the convention.

Aminophylline cream works by blocking the receptor for an enzyme called adenosine. Adenosine prevents cells from burning up stored energy. With adenosine out of the way, cells are able to metabolize more rapidly. If aminophylline is put in a petri dish with adipose tissue, it engulfs the fatty tissue.

As with most things that sound too good to be true, there is a downside. Research indicates that the fat reappears when use is discontinued. At this point, they are not even sure if the cream removes fat or redistributes it elsewhere. There is concern that aminophylline may just dehydrate the thigh which shrinks fat storage.

Many questions remain unanswered because the study of aminophylline cream is so new. The longer the cream is on the market, the more we will ultimately know and will be able to separate hype from reality.

Who needs to be vaccinated against Hepatitis B?

Joel Grinolds, MD, MPH

Or for that matter, what is Hepatitis B? It is an infection of the liver caused by the Hepatitis B virus (HBV). This virus is hardy and highly infectious. About 300,000 new cases are diagnosed each year. It is 100 times more infectious than HIV (Human Immunodeficiency Virus), the virus that causes AIDS. Like AIDS, it has no cure but the good news is that it can be prevented with a vaccine.

Hepatitis B may strike silently and cause unknown damage to one's liver. Symptoms of Hepatitis B can be similar to an intestinal virus and be very mild. Others have more severe symptoms with nausea, loss of appetite, fatigue, dark urine and possibly yellowing of the skin and eyes. Also, some people become very ill and can't work or go to school for weeks or months. Because it is a viral infection there is no antibiotic to reverse its course. Between 6 and 10 percent of infected adults become chronic carriers (possibly a million Americans). Unfortunately, they face

serious complications of chronic liver disease (cirrhosis) and even liver cancer. Moreover, they remain infectious and can spread the disease to others.

Hepatitis B is spread by sexual contact or any contact with infected blood or body fluids. If your partner is infected you may get Hepatitis B from any sex act, but having intercourse without a condom makes it more likely. You also increase your risk with every new sex partner. Also, it is possible to get Hepatitis B if you are exposed to an infected person's blood or rarely, by receiving infected blood products. (All blood is now screened for Hepatitis B.) Most importantly, you can become infected by sharing any type of needle. This would include not just needles for drugs, but also ear piercing, tattooing and steroid injections.

Even though the vaccine has been available for 10 years, is very effective and has only very minor side effects, it hasn't slowed

the progress of Hepatitis B. Cost is one factor. Likewise, targeting only high risk groups such as intravenous drug users, health care workers, sexually active homosexual and bisexual men and recipients of certain blood products seems not to be effective.

Currently, the U.S. Public Health Service and other major health organizations are recommending all infants and probably all children who have not yet been immunized to get the vaccine. With a more universal approach for infants, children and teens, the disease incidence should be decreased. Experts in the college health field recommend that young adult heterosexuals with multiple partners or heterosexuals who have recently acquired another sexually transmitted disease receive the vaccine. This vaccine is just another proactive method of protecting one's health. If you desire further information, contact your health care provider or Student Health Services at 752-4915.

IMPROVE YOUR
LOOKS, HEALTH AND
POPULARITY.



QUIT SMOKING.

Learning Self-Defense

Susan Mendes, LVN
Health Education Assistant

On Thursday evening, February 10, I attended the self-defense class which was sponsored by the Public Safety Department and taught by Officer Mario Sainz.

Since I had never taken a self-defense class before, I didn't know quite what to expect. The instructions said to wear loose, comfortable clothing and socks, as we would practice without shoes. I had decided to take the class after reading about local women who were kidnapped while out shopping, running errands, and minding their own business. This made me realize that crimes can happen anywhere, to anyone.

My classmates were all women who, like myself, wanted to know what to do in a dangerous situation. Officer Sainz started out by talking about possible dangers on campus, such as deserted stairwells and elevators. What to do if attacked in an elevator? "Push the emergency alarm button!" he advised. "Someone will respond." He also reminded us that Public Safety now operates 24 hours a day to respond to calls for help, and that they are able to provide escorts from campus buildings to the parking areas, which is especially important at night. Sainz pointed out that it is a good idea to locate the silver emergency phones found in the campus buildings before you need one. He explained that the phones on the blue light poles in the parking lot connect directly to dispatch and do not require coins. He said that the officers are glad to help students who lock keys in their car or who need a jump-start.

After discussing how to avoid danger, he began to demonstrate what to do if you are attacked or threatened. Using movements based on Karate principles, we learned how to side-step and use the attacker's momentum to the victim's advantage.

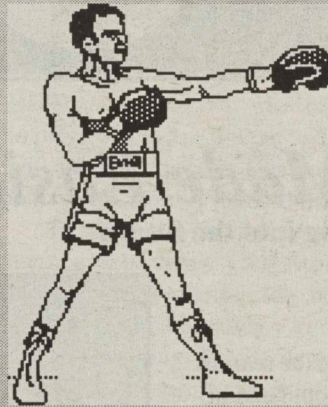
Sainz showed us how to resist a frontal attack and how to escape if attacked from behind. He explained that criminals look for victims, and talked of the importance of assertiveness.

I was surprised by two things that evening. First, that you could learn so much in one class, and second, I was surprised that more students didn't attend. This was one of a series of classes that will be offered on campus free of charge for students or staff members.

It is a wonderful resource, and I would highly recommend that everyone take at least one class, especially if you attend classes at night, shop in the evenings, or even buy gas or run errands after dark. It's easy to go on believing "that it couldn't happen to me." Let's not wait until a crime happens on our quiet campus to become prepared. Upcoming classes will be announced.

In the next issue, I will talk about date rape and sexual assault, including what to do and where to get medical, financial and psychological help if that ever happens to you or someone you know.

Newest Exercise Craze —Boxercize



Amy J. Cubbison
Contributing Writer

Move over Terri Norris and make room for some women in the ring. Boxing is the latest craze to hit the fitness industry. Gyms all over San Diego are adding classes called, "Boxercize." Boxercize is an aerobic exercise utilizing boxing moves to music.

Once limited only to males, now everyone can achieve the awesome body benefits of boxing. Unlike other physical activities, boxing is a total body workout. Many sports and physical activities neglect certain upper

body muscles, but in Boxercize you will discover muscles you never knew existed. The combination of upper body punches and lower body leg shifts provide positive results. A Boxercize workout is challenging yet safe.

Where do you go for Boxercize if you don't belong to a gym or your gym doesn't offer it? The next best thing is a boxing video. There is a terrific video out called *Boxout With Sugar Ray Leonard*. The video features Sugar Ray and Jill Goodacre. It is a comprehensive, low impact workout based on boxing moves. The video is easy to follow yet entertaining while providing a good workout.

Not only is Boxercize fun, but it can help get out aggression and build self-esteem. Many of the moves can be used for self-defense.

So now that you know what the latest fitness trend is, what are you waiting for? Go check out Sugar Ray's video or take a class in Boxercize and box away some of your school stress while getting in shape for the summer!

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IN FOCUS

Decision Making Made Easier

CSUSM's Center for Decision Making moving into the future

Karin Foster
Staff Writer

For the last four years, CSUSM's Len Jessup, Associate Professor of Management Information Systems, and Bernie Hinton, Assistant to the President, have worked hard to create an environment that features the latest in computer and business technology. This February their efforts paid off, and the Center for Decision Making opened with its state-of-the-art computer system on-line and running.

The two men began by submitting a grant proposal to Hewlett Packard that would provide them with the necessary equipment to establish a group computer facility at CSUSM. Hewlett Packard furnished Jessup and Hinton with \$150,000 worth of computer equipment that resulted in 30 computers, a laser printer and computer software. Further work was necessary to locate physical space for the equipment and comply with all the regulations that accompany a project of this size. With the equipment and space secured, the facility became a reality.

Located on the second floor of Craven Hall, the Center for Decision Making appears very similar to corporate board rooms; however, this room includes the addition of computers. The computers are recessed into the table providing a sleek, modern, unobtrusive look. However, it is the software known as Group Support System, or "groupware" that integrates the computers and makes this center different from typical conference rooms. Groupware allows individuals or groups to work together forming decisions. Viewing the same information, members can make comments or suggestions anonymously to the entire group. After suggestions and comments have been entered, the groupware can easily arrange the data and help the members form a consensus.

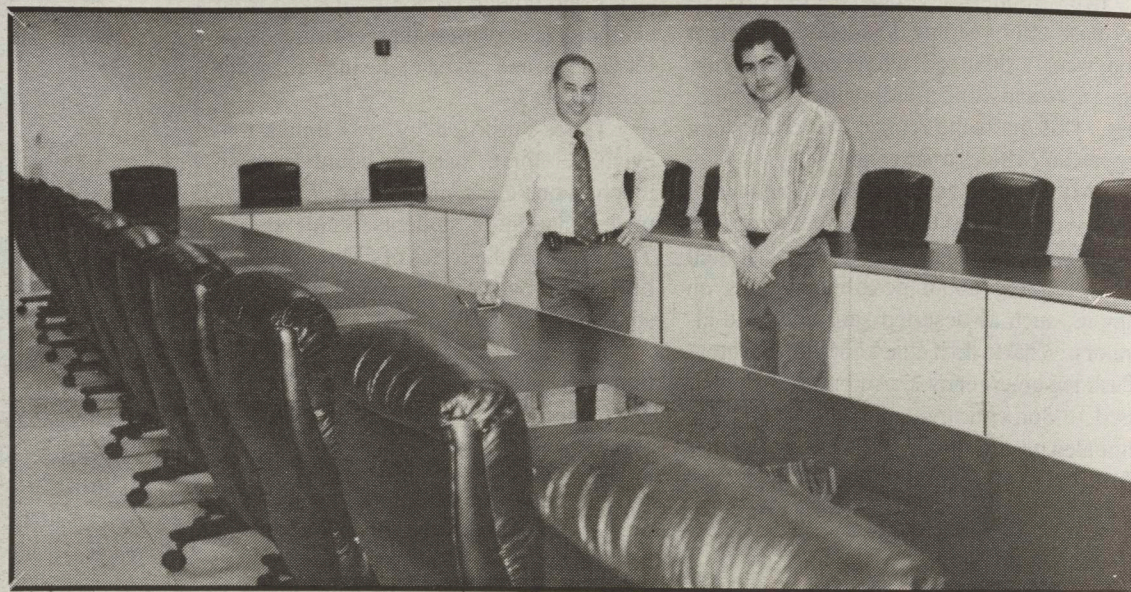
Companies have discovered this new technology has advantages.

Jessup noted, "One of the reasons this has become so popular is being able to do things anonymously. Businesses have found they get a lot more candid free-flowing exchange of ideas and opinions when they use this software, as opposed to the traditional face-to-face meeting environment."

While this software facilitates group meetings at CSUSM, it also expands other options. Members meeting at CSUSM can include groups in other geographical locations. The software links groups from several different businesses or universities, and allow them to form collaborative decisions. Jessup also explained that meetings do not need to occur at the same time but could occur over the course of several weeks. A meeting could be initiated, and members could respond at their convenience. Decisions could be made at a later date based on the received input.

Although the groupware helps groups hold effective meetings, there is the potential to depend too heavily on technology. Business conferences could become too impersonal. Jessup explained that meeting facilitators play an important role in this type of center. Facilitators ensure that groups alternate between software and face-to-face interaction to achieve effective results. Besides understanding group dynamics, the facilitator must know how to use the group support system software. A great deal of the success of this computer center at CSUSM will depend on the skills of the meeting facilitator.

While the center at CSUSM can help groups meet effectively, it can also provide other functions. Jessup explained that the Center can be used for research. Experiments and studies will occur to observe how groups and individuals behave when they use this type



Bernie Hinton and Len Jessup, the masterminds behind the Center for Decision Making

of technology. The findings can then be used to develop software, and help companies implement this type of facility and software into their own businesses. The Center will also be used as a teaching tool. Jessup stated, "We plan to really integrate this within our business courses and within other courses at the campus."


The creation of this center has already been a learning experience for students at CSUSM. The groupware technology has already

been running in the student computer labs, and Jessup has instructed courses in operating this software. During these classes, students have developed marketing projects for this type of center, trained as meeting facilitators for running group sessions, and helped do coding and programming using this innovative software.

Jessup noted that the students have contributed substantially to the Center's development. Design of

the Center's tables and chairs has included the students' involvement.

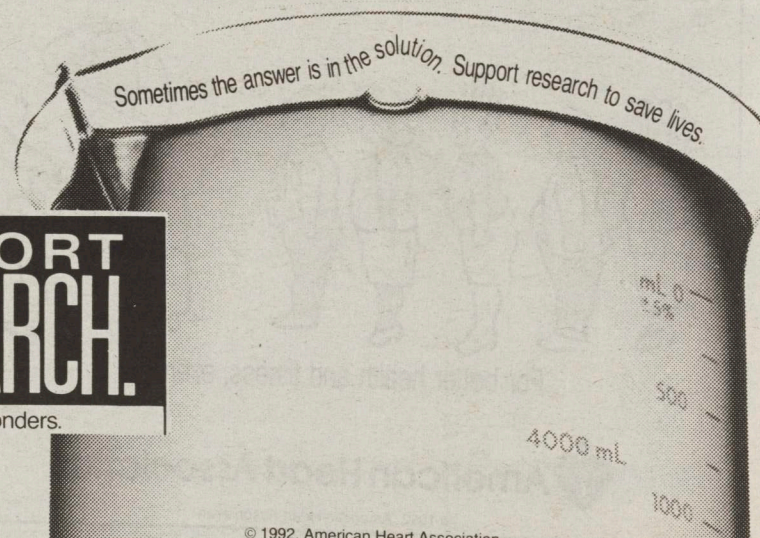
The quality of the Center will encourage businesses to use this facility, thereby providing additional revenue for the university. While businesses will be able to reap benefits from holding effective meetings, students will also have the ability to learn and experience the latest technology of the business world.

American Heart Association 

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Earth Club Plans for Earth Days '94

Roy Latas
Staff Writer

The CSUSM Earth Club and the Associated Students announce the '94 edition of a tradition in the making. The second annual Earth Days 1994 ranks among the most ambitious events held in our campus' history. A benefit concert and Student Information Day are currently planned. In addition, a contest to design a logo for Earth Day T-shirts starts today. The winning



tickets to the concert featuring Asphalt Ballet.

Highlighting Student Information Day on April 21 will be CSUSM's resident band, Chasqui, who will kick off the event followed by a talk by faculty member, Dr. Pierce Flynn, who is also Communications and Planning Di-

rector of Surfrider Foundation. The afternoon will be filled with displays by area

environmental groups and vendors of ecologically oriented items.

On April 23, a Lollapalooza-style benefit concert will feature environmental information by local and national groups. Asphalt Ballet and at least two other bands are slated to play. Seating is limited to 5,000. Tickets will be sold through Ticketmaster and the University Store in the middle of March.

To help out with the fun and planning of these events, leave your name and phone number in the Earth Club box inside the Student Activities office.

The winning T-shirt design(s) will be imprinted on shirts made from recycled PET (clear 2-liter soda) beverage bottles. They have the "look and feel" of cotton. The PET T-shirts will be imprinted by the standard silk-screening process with water-based inks.

Good luck and think green!

T-SHIRT DESIGN CONTEST Rules

1. Contest is open to students, faculty, and staff of CSUSM.
 2. Maximum size of the design will be 15" X 15". Up to three colors can be used.
 3. Theme consistent with Earth Day theme (ecology, recycling, conservation, etc.).
 4. Final date for design submission March 25, 1994. Student activities office (COM 203).
 5. Designs judged by committee.
 6. Winning design(s) will become the property of the CSUSM Earth Club.
- Additional copies of the Earth Days T-shirt Contest Rules are available at the Student Activities Office.

Service-Learning Survey Will Determine Interest in Future Coursework

"New and returning students have made a tremendous effort in returning their Student Survey to the Service-Learning Office," offered Dr. John Copeland, Psychology Program and a co-developer of the survey. Besides being distributed at orientation and registration, surveys were mailed to returning students. Approximately 2200 surveys were distributed in all.

Directed at determining the degree of student interest in service-learning

coursework, and the barriers to such opportunities, Copeland is compiling information from CSUSM's student population. A high response rate is invaluable for accurate results and Copeland stated that while the return of these surveys has been satisfactory, he hopes students who haven't yet turned in their surveys will complete them and bring them to his office, Craven 6109, or the Service-Learning Office in Craven 2212.

Do you want published? Here's your chance!

We're looking for comments from students, faculty, and staff to use in upcoming CSUSM catalogs and schedules. If you've got something good to say about a course or a program, let us know! It may be just the inspiration other students need to sign up for classes they NEVER thought they'd enjoy. All you need to do is fill out the bottom portion of this ad and drop it off in the specially marked box in the Dome or in Craven Hall 5210. You may also call us at 752-4325 or mail your comments to CSUSM, Curriculum Services, CRA 5210, San Marcos, CA 92096.

All responses are anonymous! Thank You!

☒ Yes! I'd like to submit the following comment about CSUSM:

(Please respond before March 18.
Use additional paper if necessary)

Profile of a Volunteer

Mercedes Aguilar
Contributing Writer

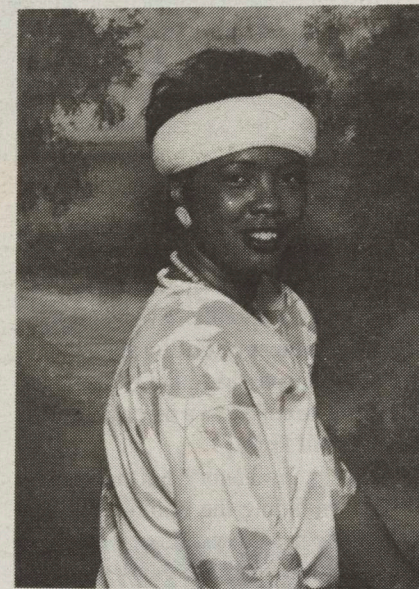
A volunteer is someone who enters a service out of his/her free will. On November 16, 1967, Bertha Walker became an important volunteer when she joined the United States Marine Corps. Impressed by the confidence of the Marine officers at the enlisting office, Bertha decided to join the Marine Corps, and at the age of 18, she left her hometown of Pittsview, Alabama to serve in Okinawa, Japan, and Hawaii.

The initiative which Bertha demonstrated as an 18-year-old further developed in the military as her leadership roles provided her with various responsibilities. Working as the Combined Federal Campaign Coordinator for her unit, she coordinated the collection of charitable contributions, served as a liaison between a Marine and the base, and worked with the Financial Office to resolve pay problems.

While fulfilling her military duties, Bertha continued to pursue her educational goals. Majoring in history and minoring in religion, she received her Associates of General Studies Degree from Chaminade University in Honolulu, Hawaii.

After 23 years of active duty, Bertha retired as a First Sergeant. She sought to complete her education at California State University, San Marcos where she also wanted to get involved in extracurricular activities.

Since spring 1992, Bertha has been a member of the Pan-African Student Alliance, and she has been a member and past director of the History Club. Last spring, Bertha assisted in Student Affirmative Action's Student Leadership Conference. Then, in the fall semester, she served as the stage manager for the African-American students and Pan-Af-



rican Student Alliance's production of the play, "For Colored Girls Who have Considered Suicide When the Rainbow is Enuf."

Bertha Walker's initiative and leadership continue to guide her actions within her community. "I feel that the African-American student should be more visible on campus, and I feel that CSUSM should be visible in the community."

"My participation in Volunteer Day is my way of practicing what I preach." As the Logistics Chairperson for Volunteer Day on February 26, Bertha has been extremely visible throughout the preparatory stages of the event recruiting other volunteers and overseeing security, setting up, parking, registration, greeters/hosts, and tours. As she tries to make sure the participating youth and volunteers experience a smooth day at CSUSM, Bertha Walker will continue to maintain high visibility.

VIEWS

In matters of conscience, the law of the majority has no place.

— Gandhi

Illegal Immigration is not the Problem

By Thomas Lee Huntington
Staff Writer

Last semester, the Political Science Association sponsored a NAFTA debate. It was a well-organized, informative affair, bringing together a labor representative, an economist, an environmentalist and a representative from the San Diego Chamber of Commerce to discuss the virtues or flaws of the hotly debated trade agreement. The participants all gave prepared statements and the floor was then opened up for questions from the audience. A man sitting next to me was the first to shoot up his hand, and it was immediately clear from his body language that he felt very strongly about, well, something. "How can we enter into a trade agreement," he began, his voice shaking, "with a country that doesn't respect the sovereignty of our border!" His voice rose dramatically at the last statement. He had come armed with statistics, pseudo-facts, and anger to spare; his tirade was just getting started. The moderator and the other presenters attempted to steer the debate back towards real trade issues, but this spectator's single-minded determination was unsinkable. Every question became an indictment of California's immigration policy, and passion quickly displaced logic. The debate ended on a precarious note with tempers still flaring.

NAFTA is now history, but the fear and ignorance surrounding the immigration debate in this state has grown. Legislators and "concerned" citizens like the gentleman that graced our campus that fine day continue to propagate the principle that illegal immigration from Mexico is somehow at the root of all our social, cultural and economic problems. We need to beef up the police presence at the border, cut off all government aid to illegal immigrants, even build a wall if necessary. Anything and everything, some immigration "experts" would have us believe, must be done to stop the tidal wave of thieves and freeloaders currently assaulting the shores of our great country.

The problems with this kind of thinking are too numerous to mention here. Suffice it to say the immigration debate has been

blown out of proportion by a group of self-righteous political activists who are motivated by fear and racism, that this is just another example of politicians who are afraid to address real, substantive issues for fear of offending a portion of the voting public jumping on the immigration bandwagon.

Illegal immigration is not threatening the fabric of our society. This is a country that was made great by the hard work and dedication of immigrants from all over the world who were attempting to escape the same kinds of conditions that the Mexicans who cross our border are escaping. Western European immigrants, anyway, have entered into the American folklore as tireless hard workers who helped shape the American dream. Chinese, Russian, Japanese, Korean and Mexican immigrants have always suffered the slings and arrows of a society that saw them as lazy and worthless. The current immigration furor is no exception. Despite the fact that the vast majority of illegal immigrants that come to this country are tireless, dedicated workers who actually contribute a great deal to our ailing economy, we are encouraged to see them as the problem. They are potential scapegoats for everything, and certain legislators would have us believe that all our problems could be solved by simply keeping them out.

On the contrary, we could learn a thing or two by observing and emulating these hard-working, self-sufficient, industrious people that embody the ideals of rugged individualism and self-reliance that Americans once held dear. The problems in California (and there are many) are due to Californians and can be solved only by Californians. Mexico is a convenient scapegoat, but, alas, a false one.

"Good fences make good neighbors," a well-meaning farmer repeats in Robert Frost's poem *The Mending Wall*. Like the farmer, we have taken that phrase to heart despite its obvious irrelevance. By strengthening the fence, we believe we can somehow make our own crops grow faster and stronger.

Letters to the Editor

Catering to Computer Ignorance

Dear Editor:

CSUSM prides itself on its computer literacy requirements, yet caters to computer ignorance. While using Lexis/Nexus I was frustrated by a laser printer that was printing barely readable copies. I asked why we could not use the store-to-disk option. According to a library employee, a student accidentally printed 100 copies of a downloaded document, so the library disabled the Lexis/Nexus store-to-disk option.

I then asked, why not disable the print option instead? Diskettes are re-usable and much less expensive than having a laser printer run all day melting carbon into reams of paper. With all of the computers on campus, it would be no problem for students to incorporate the downloaded file into their document and compose it digitally before printing the final document. For a campus supposedly concerned about the "environment" the library policy is a big joke.

The library employee said that students complained that they didn't have PCs, and so could not print the downloaded files. Sure, the campus is dominated by Macs, but didn't CSUSM students know that simply by running Apple File Exchange before inserting the PC diskette, they could load the file into a Mac? Didn't they know that Word and other Mac word processors will open many PC files? Wasn't MacLink Plus Translators on the network? Apparently not, was the answer.

I was flabbergasted. Cross-platform work is a fact of everyday computer life. Perhaps the computer literacy course should spend less time on programming, which few students will do, and more time learning how to take advantage of some of the many thousands of programs already written.

In reading the Jan. 28 issue, I was shocked to learn that a basic computer class CS 304 was teaching Pascal! Pascal is an archaic language. It would be better to let students experience an interpreted language like Basic, which is enjoying a resurgence, and show them some of the other languages along the way to C and C++. Then they'd appreciate the programs they use.

William T. Holmes

Bovine Tactics Tie Up Elevator Access

Dear Editor:

At this university we have a plethora of elevators to conveniently carry equipment as well as human freight up to the pinnacle as well as down into the bowels of this institution. Some at CSUSM impose upon this convenience to the point of languor.

On my way to class in ACD, I entered on the second level and saw seemingly healthy students, instructors and administrators standing bovine in front of the elevator doors. As I begin my climb to the fourth floor, I wondered how long they stood waiting for that elevator. Those students who rode the elevator arrived several seconds after I reached the top landing.

Elevators are a necessity, but are abused by the lazy. Why should someone who needs to use a wheelchair or deliver a cartload of equipment wait for a load of lethargic individuals to be delivered one floor up?

I do not suggest that the growing bureaucracy at CSUSM should legislate the use of elevators. On the contrary, it seems that educated persons would take an active part (this means climbing the stairs, folks) in their schooling and not neglect their bodies while building their minds. Thoughtful students would reserve the elevator for needy personnel whenever possible rather than waste everyone's time riding up or down a single floor. I'm not talking about climbing from street level to the College of Arts & Sciences in Craven Hall; I am suggesting that there is no reason, other than blatant sloth, for most students to ride up or down a few floors. I do not suggest that the ill, pregnant, elderly, physically impaired, or the delivery personnel should feel compelled to climb the stairs; truly, it is for them that the elevators are available.

I ride the elevator and I am not restricted to the confines of a wheelchair; but, when I ride, it is for distances greater than three floors. It irks me when I have to stop at the fourth floor to pick up a lazy person only for them to exit with me on the fifth.

Garrett Collins

Editor reserves the right to edit Letters to the Editor for length and clarity.

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Reflections on Black History Month

Karin Foster
Staff Writer

All February CSUSM has been honoring the achievements of African-Americans through the observance of Black History Month. The variety of events that have occurred have featured informative lectures, films, and various types of musical formats.

Black History Month initially began in the early 1900's under its founder, Carter G. Woodson. Woodson, an African-American historian, first initiated Negro History Week, which became Negro History Month, and is now recognized as Black History Month. Dr. Thompson, a political science professor explained that Woodson's purpose was to elevate the status and self-esteem of African-Americans. He stated that Black History Month was also "to educate and expose dominant groups, particularly whites, to the rich history, rich culture of African-Americans." During that period of history, African Americans were "subordinated in terms of culture, status, economy and equality." White culture rationalized their oppression of black Americans by claiming the inferiority of their race. The revelation of African-Americans' rich culture and heritage would dispute this myth and could establish the legitimacy of African-American equality.

Thompson explained that the activities scheduled for Black History Month complement the mission statement of the university. CSUSM's mission statement promotes an appreciation for, and study of, diversity in American society. The events were meant to provide an understanding and appreciation for African-American culture.

Students interviewed in Dr. Jill Watts' History 335 class, which studies African-American history, discussed their opinions about the events offered on campus. One student offered, "The events we have here on campus and in the community help to dispel stereotypes." Another student explained that these events "bring together and disband some barriers between cultures when we have Black History Month or other cultural awareness months."

However, not all of the students agreed that the events really promoted understanding between cultures. One student felt that many people regarded Black History Month activities only as entertainment events. The student explained that often the majority of the audience attending black performances are white. She said, "They've always come out to see us perform. That hasn't changed with Black History Month or any other kind of month. The problem is, do they really get something out of it? Are we really giving them what they need to be more educated."

While the students questioned whether Black History Month events should focus more on education rather than entertainment,

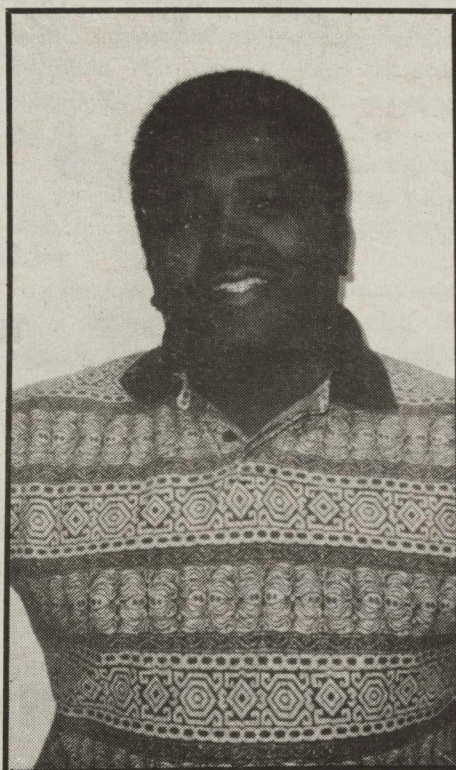
one student explained that personal perspective on these events will probably cause differences of opinion. She explained, "It's a little bit of everything encompassed—education, entertainment. It means something different to everybody. Certainly to me being black is going to be somewhat deeper for me, more of a pride month."

David McKenzie, president of the Pan-African Student Alliance, commented that the goals of his club's involvement with Black History Month have been primarily focused on education. Working with other associations on campus, this club has offered a series of lectures and films that have included professional staff to handle discussions and questions that arise following the lecture or film.

McKenzie stressed the importance of education in the activities that promote Black History Month. "Education helps people understand that there is still a long way to go. There is still basically inequality between African-Americans and the rest of the dominant culture." McKenzie concluded that, "Black History Month was started because there was a failure of our education system to have the history of Black Americans or people of color, in traditional U.S. history books. I would like to see us get to a point where we don't need to do this. Where it (black history) is included in the history with the general population and there's no need to pick one month out of the year to say 'O.K. this is what we've done in history'."



Left to right: Betty Knoff, President of Friends of the Library, Bridget Bailey-Meier, Director of Student Activities, and Ann Williams, Board Member of Friends of the Library. Friends of the Library, a community volunteer group, sponsored Bridget's informative talk on medicine and healthcare in the African-American community



David McKenzie, President of the Pan-African Student Alliance

The Pan African Student Alliance is a student organization founded last year. The club was started by students from Africa, the United States and Caribbean nations. The Pan African Student Alliance also incorporates non-African-American members. Anyone who has an interest in African-American history or progress is welcome to join the club.

Club members keep abreast about issues that concern African-Americans at the local, national and international level. Club president, David McKenzie, also explained that since San Diego's North County lacks areas of concentration of African-Americans, the club serves a social function that allows people to get together.

Club members also participate in the community by mentoring students of color in junior high school, and high school to help these students prepare for the transition to college. The Alliance has also been very active this month with the events that have occurred in honor of Black History Month. Those interested in learning more about his organization should contact David McKenzie in Student Services.

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SHOWCASE

Generation X gets a Bite of Reality

Thomas Lee Huntington
Staff Writer

Reality Bites is a smart, funny, insightful comedy about a group of friends who have no idea what to do with their lives after graduating from college. To label the film, as many critics have, a "Generation X" movie is to marginalize it, to insinuate that the filmmakers were only attempting to jump on the media bandwagon by throwing in as much flannel, cappuccino and slacker angst as possible. Indeed, all these elements are present in *Reality Bites*, but they are present because the movie is an honest account of life in the 90's, not because they are demographically pleasing to any particular focus group. The film transcends trend to speak to larger issues about alienation and the search for love in a meaningless world (issues that are surely not specific to twentynothings) and, judged by that criteria, *Reality Bites* manages to fall somewhere in between the comic and creative brilliance of *The Graduate* and the crass, clichéd commercialism of *St. Elmo's Fire*.

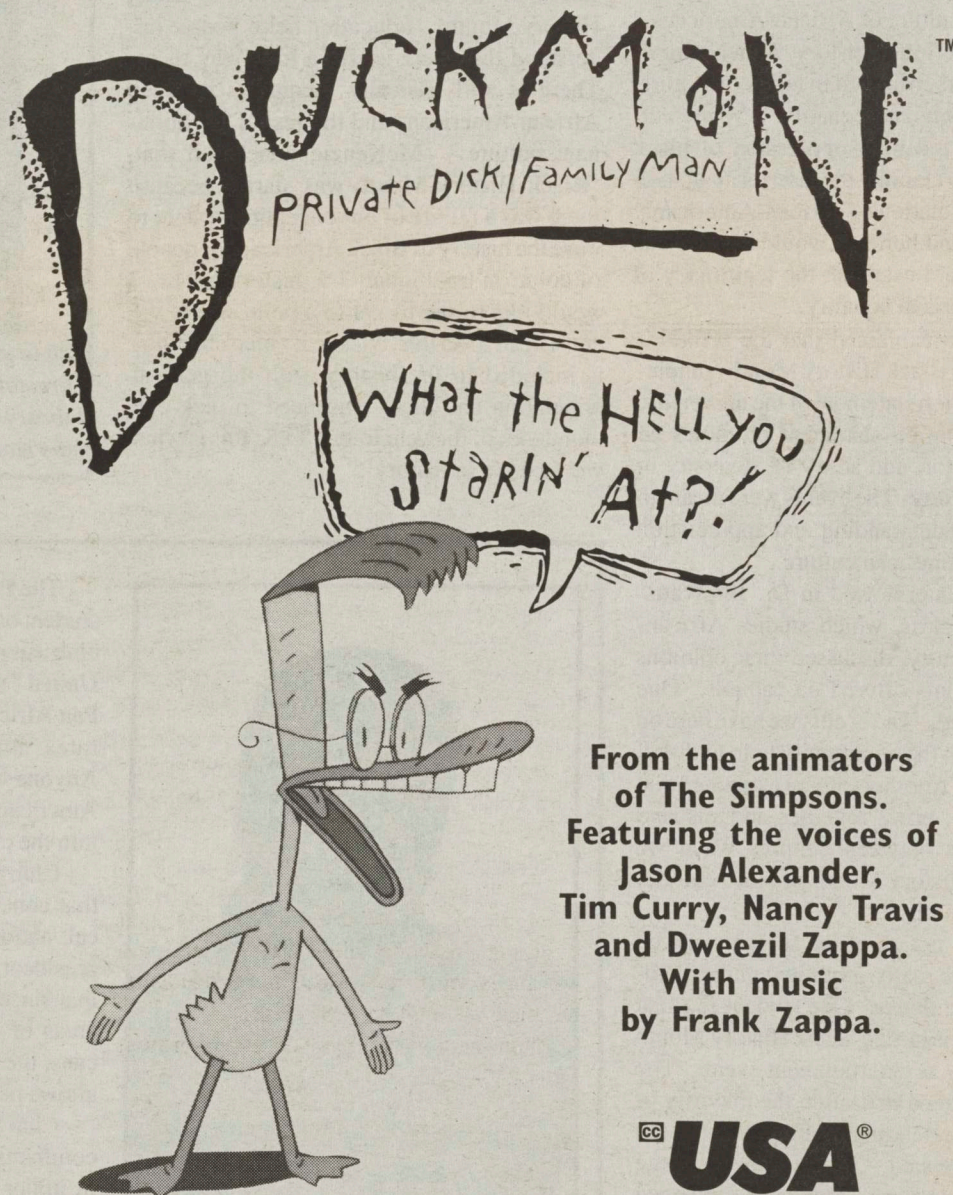
Far and away the film's best feature is the funny, literate script by 23-year old Helen Childress. The dialogue is well-structured, witty and true; full of throwaway references to everything from *Hamlet* to *Three's Company* but not the least bit condescending towards the audience. Childress captures the way that people talk to each other when they're not sure what they really mean, cloaking insecurity in sarcasm and hip bravado. The characters are full-bodied, complex and dimensional; they consistently surprise the audience and each other.

Credit is also due the stellar cast, particularly Ethan Hawke and Janeane Garofalo. Hawke plays the resident cynic Troy, an out of work, out of energy philosophy major who threatens to turn any environment he enters into a "den of slack." Hawke is marvelously appealing; he manages to exude viciousness, vulnerability, intelligence and guilt without ever seeming artificial. Ditto Garofalo, who brings great comic energy and skill to her role. Winona Ryder is charming in the lead role as a highly creative, intelligent college valedictorian who can't get hired at Wiener Schnitzel. There is an obvious mutual attraction between Ryder and Hawke, and their avoidance and verbal sparring seem very realistic. These actors are a perfect match for the smart script, and in the early scenes when they are allowed to explore their characters without the strain of artificially imposed situations, the film is at its best.

As the film progresses, though, a romantic triangle develops between Ryder, Hawke, and a well-meaning yuppie played by Ben Stiller (who also directs). Stiller is a highly skilled comical actor, and he manages to do extremely well with an endearingly inarticulate character that could easily have been turned into a stereotype. But the last 20 minutes of the film buy into conventional romantic movie sentiment, and in so doing loses the character-driven charm of the movie's first half.

Reality Bites is at its best when it allows itself to be about nothing. It is a rare delight to see intelligent, imperfect humans struggling with the mysteries of life and each other. This film speaks to the concerns of its audience without trivializing them, and for that it should be treasured.

Premieres March 5th



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PUBLIC SAFETY NEWS

PARKING LOT EMERGENCY PHONES

The emergency phones in the parking lots (the ones with the blue lights on top of them) are directly connected to Public Safety. The phones are monitored 24 hours a day 7 days a week. If you have a problem or just need assistance ie: jump starts, lockouts etc. push the button and wait for the dispatcher. If an emergency arises and you can't stay near the phone just push the button and go. Besides the blue light flashing on top of the phone the dispatcher is also aware of what phone

has been activated and can send assistance immediately. The phone line is left open and the dispatcher can hear sounds from a good distance around the phone.

EYES AND EARS

The best way for public safety to find out if something is broken, a health hazard or something just needs attention is to ask the people that use it or see it. If you see a problem let us know and we will contact the right person to take care of the problem.

If you would like any information about Public Safety Services or our role within the CSU system and California State University San Marcos, or if you have a special issue or problem, please feel free to contact Public Safety for assistance.

We welcome all comments, and questions any readers may have concerning Public Safety. Please call 752-4562 and/or leave a note at our front desk or at *The Pride* newspaper office located in ACD 208. Address all correspondence to: ASK DAVE AND DORA.

Red Cross Offers Free CPR Classes

One of the recommended steps in a family disaster plan is learning important lifesaving skills such as CPR (cardiopulmonary resuscitation). In honor of Red Cross Month, the San Diego/Imperial Counties Chapter of the American Red Cross will once again help the community to "Keep the Beat" and be disaster-ready by offering **FREE** classes in adult CPR on Saturday, Mar. 12. The third annual "CPR Saturday" will be held at Kearny High School, 7651 Wellington Street in San Diego.

Red Cross adult CPR classes taught by certified instructors will be offered at 8 AM, 9:30 AM, 11 AM, 1 PM and 2:30 PM. Each class lasts about three hours, includes lecture information, practice sessions and testing of skills and knowledge. Participants who successfully complete this course will receive a certificate that can be renewed after one year.

Last year, more than 1,000 participants enrolled in "CPR Saturday." To register, call the American Red Cross at 291-2620, ext. 108 or 134 from Feb. 28 to Mar. 10, Monday through Friday, 9 AM to 1 PM. Walk-in registration is also available on the day of the event, however early registration is advised as each session is limited to 400 students.

Join others in "Keeping the Beat," the next life you save could be the one of someone you love!

Free Study Available for Alzheimer's Disease

Patients with Alzheimer's disease may be eligible to take part in a Feighner Research Institute study of a medication for the treatment of this disease.

To be eligible, patients must be at least 50 years old and in good health except for the symptoms of Alzheimer's disease: gradually worsening memory, judgment, or attention span.

The study requires the participation of a family member or other regular caregiver who will be interviewed periodically about the patient's progress. Qualified participants will receive neurological testing, lab work, EKGs and study medications, all at no cost. A small travel payment will be provided.

The study will last 30 weeks and requires an office visit by the patient and the caregiver approximately every six weeks. Appropriate patients will then be eligible to receive the study medication for two more years.

For information, please call the Feighner Research Institute, 5375 Mira Sorrento Place, Suite, San Diego, California 92121, (619) 554-0500.

Presidential Youth Service Awards

Know of any young people volunteering in the community? There are thousands of youths who donate their time and effort to make North County a better place and CSUSM is seeking nominations for the President's Youth Service Awards to recognize their efforts.

The President's Youth Service Awards were created by the White House Office of National Service and the Corporation of National and Community Service. Because of CSUSM's commitment to community service, the university was authorized to assist in identifying those young people whose volunteer efforts are a model for all. Each year CSUSM honors young people, ages 5-22, with the President's Awards or the National Award to recognize meaningful service to the community.

To allow young people with different skill levels to compete fairly, the awards are presented in four age categories, 5-8 years, 9-13 years, 14-17 years, and 18-22 years.

The awards are given for individual achievement, however, individuals who per-


form community service as part of a group are eligible. The awards are designed to recognize voluntary, non-paid, community service and to recognize hands-on service; all fundraising activities are excluded from consideration. This year, the awards will recognize youths who show leadership in projects that focus on helping others to learn.

We also understand that community service extends past the age of 22. Therefore, we are including CSUSM students in this recognition.

Criteria are: exemplary achievement, ongoing involvement, community need, and building a service ethic. To be eligible, nominees must be North County residents, but they need not be U.S. citizens.

Nominations are being accepted through Feb. 28. Your participation can help us to applaud the community work of our students. All nominees will be honored in a recognition ceremony at the university to be held Apr. 19, 6:30-8 PM.

If you have any questions, contact Gabriela Sonntag at 752-4356.



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Duplication Services— Not Your Typical Copy Shop

Amy Glaspey
Staff Writer

Susan Brown, the Brownster, Susan de la Susan, sitting by the copier making copies. Not exactly. Susan Brown is too busy overseeing a binding project or making sure direct mail brochures get out on time.

Brown runs the Duplication Services Department at CSUSM. You may have seen her when you've stopped by Science Hall 209 to feed nickels into the self-serve copier when the copier in the Library was tied up and you wanted to save five cents per page.

The Duplication Services Department is a full-service operation designed to meet the needs of CSUSM faculty and staff (and when there is time, students).

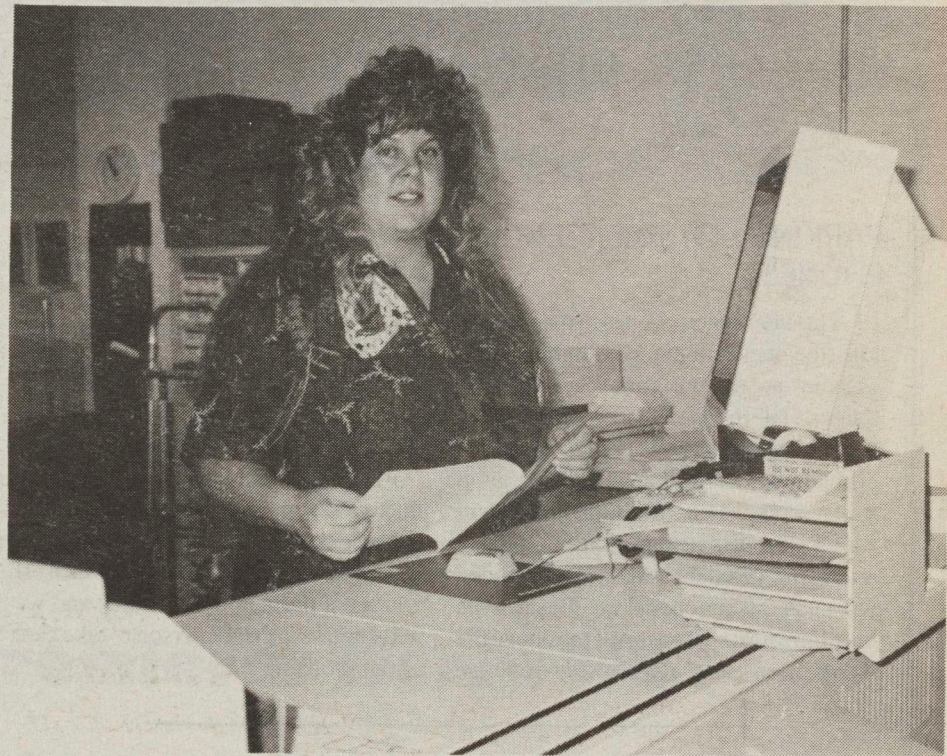
Students sometimes lose their patience at the self-serve copier while listening to the Duplication Services copiers complete 500-page documents while they are still manually lifting the lid in between each of their 25

pages of class notes.

Susan Brown feels the students' pain. Her staff is instructed to help students whenever time permits. They will help create transparencies for class presentations and fasten business presentations in a thermal tape or spiral binding.

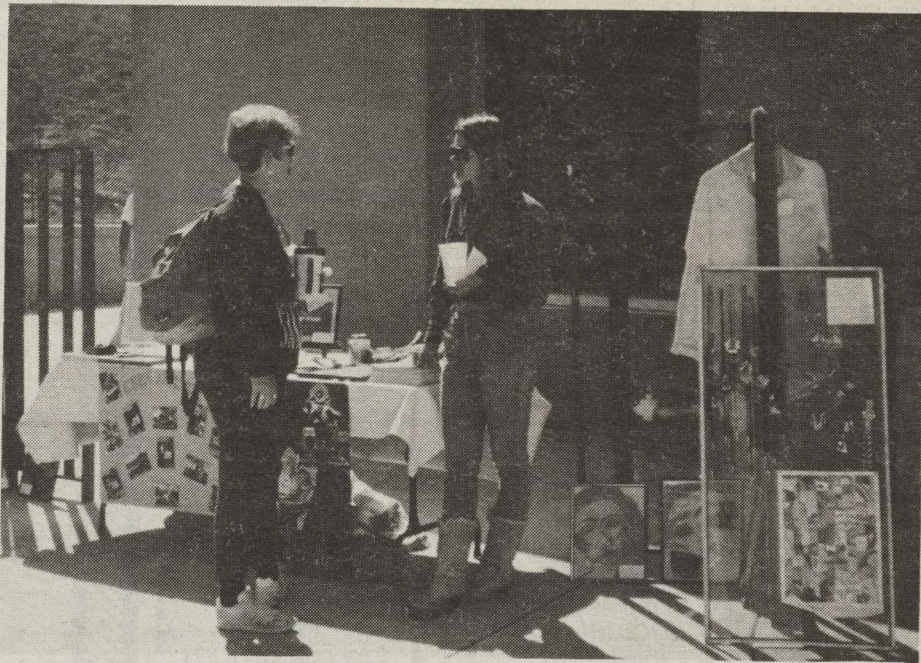
One of the main reasons Duplication Services can't meet all students' needs is time, Brown says. Students generally need their copies right away. The Duplication Department has a 48-hour turn-around policy designed to account for equipment failure and staffing.

Despite the 48 hour policy, if you need a transparency, the department can generally finish it while you wait. Next time you're in the neighborhood have the time, stop by and say hello to Susan and her hard-working staff.



Catching Susan in the act of another busy day in Duplication Services.

AIDS AWARENESS DURING NATIONAL CONDOM WEEK



Students and vendors exchanging information on Aids during National Condom week recently held on campus.

If you like to write prose or poetry, and would like to get your work published, let us hear from you. You can drop off submissions to *The Pride* office at ACD 208. Slip it under the door if no one is at home.

No Cover!

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Those Invisible People of the Streets

Julie Chase
Contributing Writer

The Union-Tribune 10K should be coming up again soon. I went last year—walked the 5K course. Luckily, my knee held out that time. I figure any race where my knee is still supporting me in a standing position at the end is a good one. But the experience I had after the race left me with a not-so-good feeling in my heart.

At the end of the race, everyone gathers around and collects their freebies. This time there were granola bars, chips, cheesecake and coffee, among many other things that I can't (or won't eat after exercising. Anyway, this race was supposedly held to benefit the Council for Literacy, but unfortunately, after the race, most everyone gathered for free food instead of lining up to find out how to become a volunteer tutor. I guess that shouldn't surprise me by now. But it does. At the time, I was kind of nervous about meeting with my learner for the first time on the day after the race, but I still felt good that I was finally able to help someone learn to read. I had wanted to for so long. The lack of interest at the literacy booth was only my first disappointment of the day.

As I sat on the rocks in Embarcadero Park, sipping my free sample of Starbucks coffee and watching crabs playing on the rocks, I realized that I was glad my walking

partners had canceled and that I had decided to be there myself instead. It was the most peaceful, relaxing thing I have done for myself in a long, long time. To my left were the shipyards, with the old, rusted ships waiting for repairs. To my right was Coronado, with its beaches and ferry dock. And straight ahead, I could look out into the nothingness of the fog on the other side of the Coronado bridge and imagine what was out there. I was really feeling wonderful—at peace with nature—when I noticed the few homeless who

*As far as I could tell,
I was the only one
who even looked at
them. It was like they
were invisible.*

had dared to remain in the park with such a major event going on. I watched as one man cruised the booths, looking for empty aluminum cans. No one spoke to him. No one offered him their empties. I saw one man just standing on the edge of the crowd, watching and smoking a cigarette quietly, and another sifting through the trash cans, occasionally

pulling out someone else's leftovers before the seagulls could get to them. All around, people in bike shorts and 10L T-shirts were eating their free food, drinking their free drinks, and chatting about the race or anything else they happened to think about. Yet no one, not a single person, offered anything to these homeless men. No one said a word to any of them. As far as I could tell, I was the only one who even looked at them. It was like they were invisible. If we ignore them, then they're not really there. I began to think I was the only one who could see them.

The food booths have a system, where they mark off your race number to ensure that no one gets more than one of each item. I hadn't taken anything but the coffee, since the samples they were giving were definitely not health food! I changed my mind. I went back and hit every single booth. Then I found the man who had been searching through the garbage cans and said "Hello." His smile lit up his sun-beaten face like nothing I've ever seen before. He seemed so happy just to have someone to talk to for a minute. I asked if he wanted some cheesecake. I told him I couldn't handle all that sugar. He accepted it right away. Then I offered him the rest of what was in my bag. He said he would take anything I was willing to give him. I gladly gave him everything. The smile didn't leave his face, or mine.

Since I have to leave to catch the bus, I wished him the best and told him to have a good day. It seemed like an old friend to him, a phrase he once knew well, but hadn't heard in a very long time. I'll never forget the look on his face as he said "Yeah, you too!" and walked through the park with his bag of goodies once reserved for those you paid the entry fee.

As I headed back toward the finish line and the bus stop, I passed another man standing at the front of the park with his bag of cans in his hand and a wistful, longing look in his eyes. He didn't say anything to anyone, and no one said anything to him. I walked past him about 50 feet, but couldn't get the look on his face out of my mind. I turned to go back, but as I watched him stare blankly into the crowd, I realized I had nothing left to give him. There was nothing more I could do today. I turned, sick with the knowledge that I had been there for an hour and I was the only one who seemed to notice or care about these men. If there was nothing more I could do today, it seemed more than likely that nothing else would be done. I wiped my tears from my eyes as I boarded the bus for my ride back to the Horton Plaza parking garage and my sheltered middle class life. I was lucky, I was going home, where I didn't have to remember the people I had seen. But I'll always remember that some people didn't go home that day—they had no home to go to.

CLASSIFIEDS

FOR SALE

100% IBM Compatible 386 PC w/color monitor, mouse, 40 MB HD (64 MB with dblspace), 4 MB RAM, dual high density drives, inc. Windows. \$500. Bob 737-5144.

BICYCLE for sale. 54 cm road bike, Miele. Shimano 105 comps. Excellent condition. Would like to keep pedals. \$250. 632-7305

IN-LINE ICE SKATES. Mens sz. 8/ womens sz. 10. Like new. Paid \$120. Must sacrifice for \$50 or best offer. 789-9142.

RING. Oval cut blue topaz in 10K gold setting. Sz. 7. Make offer. 789-9142.

LOST & FOUND

LOST or misplaced miniature of USNA class ring (1961) with clear stone. \$50 reward. Also lost blue CSUSM Tukut folder with personal papers. Call Anita 752-4998.

ROOMMATE

ROOMMATE wanted. Private room and bath plus spare room in huge 4-BR home in Encinitas. \$300/month + utils. Month-to-month. HURRY! 634-0646.

SERVICES

MACINTOSH Mouse not working? Call The Mouse Doctor. 972-8569.

NUMEROLOGY Chart. Learn the secrets of your name. 5-7 page report includes 1994 daily forecast chart. \$10. 432-8032.

WANTED

FITNESS INSTRUCTORS. Prefer certified/experienced. New fitness studio in Ramona. 788-1007 or leave message

ECONOMICS Major needed as tutor for intermediate microeconomics. Will pay. Kevin 728-4539.

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For students only—25 words or less. Each additional word, 50 cents.

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Deadline for next issue:
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For more information,
contact Sheryl Greenblatt at
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Calendar

On-Campus Events:

Thursday, Feb. 10 - Friday, Apr. 8

Art Installation. "Temporary Alternatives" by North County artist, Patsy Babcock. CSUSM Library, Craven 3rd Floor. The exhibit depicts the artist's ongoing struggle to find the "perfect" exhibit or studio space.

Friday, Feb. 25

Resume Writing Workshop. 9-10 AM, Craven 4201.

Job Search Strategies. 10-11 AM, Craven 4201.

Effective Interviewing/Career Fair. 11 AM - 12:30 PM, Craven 4201.

BLACK HISTORY MONTH FILM SERIES. Spike Lee's "Do the Right Thing." Introduction and lecture by CSUSM Sociology Professor, Dr. Sharon Elise. 7 PM, ACD 102.

Saturday, Feb. 26

VOLUNTEER DAY. Campus Rally and Volunteer Services, 8 AM to Noon. Join us on the Plaza. For more information, contact Service-Learning, Ext. 4057, Associated Students, Ext. 4990, or Office of Student Activities, Ext. 4970.

Sunday, Feb. 27

Student Presentation in honor of Black History Month; potpourri of monologue and poetry on the African-American experience, including excerpts from last semester's student production "For Colored Girls..." directed by Arajeje. 3-6 PM, ACD 102.

Monday, Feb. 28

Introduction to Computer Assisted Study Skills Instruction Workshop, 12 Noon, Craven 5205.

Tuesday, Mar. 1

Stress Management Workshop. 1:30 PM, Craven 5205.

How to Reduce Procrastination Workshop, 4:30 PM, Craven 5205.

"Frida Kahlo's Paintings: Rebellion, Magic and Pain." A multi-media presentation by Dr. Stella Clark. 7 PM, ACD 305.

Wednesday, Mar. 2

SPRING '94 CAREER DAYS. Teacher Education Career Fair. 2-5 PM.

Thursday, Mar. 3

Goal Setting and Time Management Workshop. 12 Noon, Craven 5205.

SPRING '94 CAREER DAYS. General Career Fair. 10 AM to 1 PM. Last semester 50+ employers were represented!

Friday, Mar. 4

Inter-Club Council (ICC) regular meeting. 2 PM, Commons 206.

FRIDAY FOREIGN FILM SERIES. "Black Narcissus" British nuns open a school and hospital in remote Hindustan. Britain. 7 PM, ACD 103. Ticketed Event.

Sunday, Mar. 6

Bank of America Piano Series present Cynthia Darby. This versatile pianist will perform works by Beethoven, Martin, Debussy, and 19th Century women composers. 3 PM, ACD 102. Ticketed Event.

Monday, Mar. 7

"Contemporary Lesbian and Gay Literature." Bonnie Zimmerman, professor of Women's Studies at SDSU and author of *The Safe Sea of Women: Lesbian Fiction 1969-1989*, and Terry Allison, lecturer in Women's Studies at CSUSM, will discuss contemporary works and trends. 12 Noon, Commons 206.

Tuesday, Mar. 8

Reducing Test Anxiety Workshop. 4:30 PM, Craven 5205.

Thursday, Mar. 10

Four Women Only. An all-woman mainstream jazz quartet led by internationally known flutist Holly Hoffman. 12:15 PM, ACD 102.

ANNOUNCEMENTS

Spring 1994 Support Groups

Come join us . . . as students we can provide support for each other concerning a variety of issues

Mondays	11 AM - 12 PM	Parenting Support
Tuesdays	11 AM - 12 PM	General Support
	4 PM - 5 PM	General Support
Thursdays	12 PM - 1 PM	Military Spouse Support

*Groups are held at the Student Resource Center,
Craven Hall 5205*

Therapy Group

Thursdays 12 PM - 1 PM
facilitated by Dr. Darlene Pina

*Students are requested to sign
up for this group in
Craven Hall 5115*

**Counseling and Psychological
Services**
or call 752-4910

CALENDAR - continued

Friday, Mar. 11

El Club de las Americas. General Meeting. 12 Noon, Dome.

Argonaut Society, in honor of Women's History Month, Professor Elmwood will show the film "Angel at My Table." 6 PM, ACD 102.

Sunday, Mar. 13

"Nostalgia Maldita: 1-900-Mexico." Yareli Arizmendi, "Like Water for Chocolate" star, in a one-woman performance piece, explores bi-national issues. 3 PM, ACD 102. Ticketed Event.

Thursday, Mar. 17

Friends of the Library Speakers Series. Dr. Patty Seleski: "Resolving the Conflict: Prospects for Peace in Northern Ireland." 12:15 PM, ACD 104.

Friday, Mar. 18 - Saturday, Mar. 19

Annual American Indian Pow-Wow. Sponsored by Nordstrom. Traditional Indian dance, regalia, crafts, and foods. Friday: 4PM - midnight. Saturday: 9 AM - midnight. CSUSM Staff Parking Lot.

TICKETS FOR TICKETED EVENTS MAY BE PURCHASED AT THE UNIVERSITY STORE OR AT THE DOOR. Concerts: \$3 for CSUSM students, \$5 General Admission. Film Festival: \$1 for CSUSM students, \$2 General Admission. For more information, call the University Store at 752-4730.