



On Air with Upward Bound

Leiana Naholowaa
PRIDE STAFF WRITER

CSUSM's Upward Bound (UB) outreach program was highlighted in "North County at Large," a radio program for 92.1 FM (KFSD) and 1450 AM (KSPA), on Sunday, November 14 at 10:00pm. Program Coordinator Marsha Gable, Fallbrook High School student Stephanie Opatik, her parents, and UB alumnus/CSUSM undergraduate student Anthony Lastrape, spoke on behalf of the Upward Bound program for the discussion. Radio host and interviewer Ken Leighton was described by Gable as "very supportive, interested, and excited about the work we do for 55 kids in North County."

Although the UB segment was broadcast on a Sunday, the actual interview was pre-recorded on Thursday night, November 11. Peter Miranda, a student at El Camino High School, arrived too late for the "North County at Large" show but just in time for a spontaneous live broadcast. At 8:00pm, the Upward Bound troupe were recorded live for ten minutes on AM 1000 (KCEO). Gable said she was "nervous," but the experience was "fun and successful." The Upward Bound Program hosted at CSUSM provides outreach and retention services to eight target high schools in

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National Smokeout Day

Leiana Naholowaa
PRIDE EDITOR

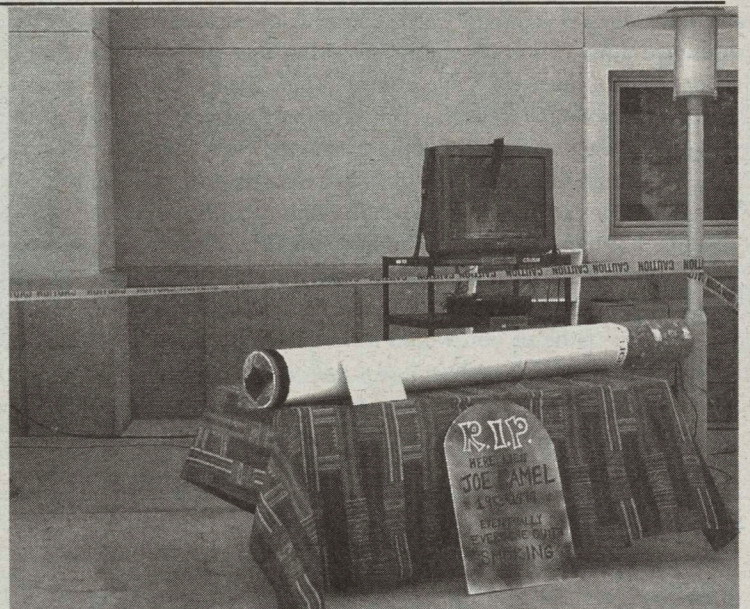
The Great American Smokeout, an event that encourages smokers to quit for the day (and permanently), was celebrated at CSU San Marcos on Thursday, November 18 in Founder's Plaza. Peer Education and Support (PEAS), an official club on campus, had coordinated the event and invited Kaiser Permanente, Palomar Pomerado Hospital, and UCSD to the campus.

The organization of nine students, which includes PEAS Peer Educator Karyn Harmon, oversaw the organization of tables and distribution of information and literature. "We've had a lot of people stop by - a lot of smokers and a few people who have quit for the day," stated Karyn. The American Cancer Society provided pamphlets, flyers, and banners for the Smokeout. Their videotape "Advertising: How Does it

Rate?" played on a television monitor and showed 14 different no smoking commercials and ads that were funded by the state of California.

Although unable to attend the event, UCSD Medical Center supplied CSUSM with "You Can Take Charge" cards that offered a 1-800-NO-BUTTS smoker's helpline. A giant cigarette constructed by the PEAS members blew a stream of smoke to crowds of passing students while smokers and volunteers alike met face to face over help materials. During their free noontime barbecue in front of the Dome, Associated Students, Inc. (ASI) sent students to the Smokeout event by advertising signs for free drinks up at the Smokeout table.

Dr. Michelle Boutté Burke is the advisor for Peer Education and Support, a club affiliated



with Counseling and Psychological Services (CAPS). CAPS provides Boutté Burke with the time to conduct training in health-related issues, fulfill her role as advisor, and teach as an adjunct faculty member for the Department of Psychology.

Dr. Boutté Burke marvelled at the success of the Smokeout event and stated that resources were taken from many different places and tailored to specifically target smokers. The Department of Student and

SMOKEOUT Cont. pg. 3

CSUSM MEChA Holds 2nd High School Conference

By Ricardo Favela for *The Pride*

Under the slogan of, "Continuing the struggle into the 21st century. Hasta la victoria siempre (Until victory, always)," last Saturday, November 13th, CSUSM MEChA held its 2nd High School Youth Conference. Students from San Diego State University and over 50 students from high schools came from all over the North County of San Diego, including San Marcos, Poway, Fallbrook, and Vista.

The conference, first held two years ago, focused on education and political/community activism as a means to motivate students to continue in their studies in the university. This objective was promoted by student speaker Flora Aguina, as well as keynote speaker and community activist, Ismael Avilez, who is currently heading an organization of parents struggling to get a bilingual and adequate education for their children in the school districts.

Along with motivational speakers, the event provided workshops for the students such as "The Chicano Movement" (which covered the Chicano Movement of the past and what it is today); "Raza in college" (a workshop that allowed for the high school students to learn about college life from

See MEChA Pg. 7

Dumpster Diving at CSUSM

Cynthia Woodward
PRIDE STAFF WRITER

CSUSM resurrected its "Dumpster Dive" on Monday, November 11, in honor of the nationally recognized "America Recycles Day." The Dumpster Dive (not really in a Dumpster and not really a "dive") pitted teams of dedicated waste recyclers against each other as they raced through bags of trash, looking for recyclable items. The aim of the event, hosted by Facilities Services, was to make the campus community aware that each day much of what gets thrown away can be recycled for future use.

Within minutes of starting the "dive," recyclers armed in protective goggles and gloves, and carrying long aluminum "trash grabbers," filled color-coded bins to overflowing with recyclable waste. The teams sorted paper goods, recyclable plastics, and aluminum cans into large piles for future recycling. True trash, like "icky" food waste or unrecyclable plastic, was disposed of in trash cans located to the side of the event. For the most part, however, the trash collected from the university was made up of recyclable items. The half-hour long event resulted in a visual reminder to recycle, rather than throw away.

The trash collected for the

Dumpster Dive came from several areas around campus. At least half of the trash was collected from the public areas of the university.

The "student trash," as Facilities worker Carl Hanson called it, was composed of many recyclable items. An abundance of paper products, plastic bottles, and aluminum cans came from the student trash. In contrast, waste collected from classroom and administrative areas of the campus yielded trash composed mainly

of discarded paper. Almost all of the paper was suitable for recycling.

Participants in the Dumpster Dive fueled up before the event with a free pizza lunch, provided by Facilities. Other activities that marked the day included a game where participants guessed the weight of bales made from recyclable waste. Prizes, including Edwards Cinema movie tickets, were awarded to the winners.



CSUSM's Dumpster Dive.

Dear Editors:

I’ve held my peace as long as possible. It is time for someone to voice dissatisfaction with the administration of CSUSM, *The Pride*, and the entire Cal State college system. This past Thursday 11-11-99 was Veteran’s Day. There was nothing about it in the newspaper. There were no planned activities by the administration. There wasn’t even an acknowledgment by the school in any way to honor the veterans except for the appearance of a few students wearing items that identified them as veterans. It is disgraceful that the Cal State college system has as its policy one that refuses to acknowledge the most multi-cultural organization in this country - the United States military. This is especially true for CSUSM, which prides itself on being founded on multi-cultural principles. Nowhere in this country is there an organization more integrated in gender, ethnicity, and wide-ranging belief systems. There are three flag poles in front of the campus, two are always flying a flag. The third stands empty the majority of the time. Would it have been a harmful gesture of respect for the administration to have flown a POW-MIA flag from this standard in recognition of the service of veterans? There are a number of veterans at CSUSM who are students. I’m sure there are a number of faculty that are veterans, though for some reason they don’t wish to acknowledge it. While most other groups have their special celebrations and designated awareness days, weeks and months, and the system ensures that these are advertised and supported, the veteran has one day a year designated to honor her/him. It is shameful that the CSUSM administration is so blatantly neglectful. Remember, without the veterans, none of you would have this campus, your educational opportunities, nor your job.

Respectfully,
R. D. Hawkins

Dear Editors:

In response to your Editors’ Response in the last issue of *The Pride*, I believe it is important to clarify some errors that your staff had made while addressing the College Republicans.

1. *The Pride* said: “Contrary to your statement that there has been a problem between *The Pride* and the College Republicans...” My statement never included the word problem as I, like you, do not consider the College Republicans as having a problem with *The Pride* paper. I did say, “I am not happy about the recent happenings that have been taking place...” Happenings do not necessarily equate to problems.

2. *The Pride* said: “you were, until recently, listed as the Membership Chairman of the YAF...”
I was the Membership Director, not Chairman. Minor mistake, but nevertheless could be easily misconstrued as me being the Chairman. Thank you for taking note in that I am no longer a member of YAF.

3. As the Chairman of the College Republicans, I respectfully ask that when *The Pride* Editors are handling disputes in which they have with other student organizations, that they do not attempt to refute their problems in the same Editors’ Response that is directed to the College Republicans. It would be greatly appreciated if you would handle your disputes in separate articles.

Thank you for your time,

Mike Sannella
Chairman
CSUSM College Republicans

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RESPONSE TO THE UNIVERSITY STORE

I was very happy to see the prompt response by the University Store. I think this demonstrates how our administration seems to have a genuine concern about this important issue of labor rights. However, I was hoping that the response would have been more specific.

In order for students to be sure we are not buying sweatshop garments in our bookstore, we need to know what code of conduct is required. Not only do we need the details of that code, but we also need to know who monitors and enforces the code. In addition, we need to know the factory locations of the companies who supply our University Store.

There are good reasons why those last few details are important. First of all, there are companies who create codes of conduct which are not acceptable. In El Salvador, for instance, a one day “living wage” (which determined how much sweatshop employees were going to be paid) was based on calculating half the price of food for one day. That’s it. No clothing. No shelter. No transportation. No toys for kids. No money for educating kids or adults in the family. Just half of the cost of food,

The second reason ‘specifics’ are important is because whoever monitors and enforces the code is very powerful in this industry. Companies who oversee their own codes are not objective. It is too hard for them to see the injustices that they bring upon the laborers. To them it is just business as usual. Also, it is often the case that managers and supervisors are merely doing what they can to keep up with the demands that come down from headquarters in corporate America.

The third request of naming factory locations is important because we need to know which American companies truly do their business in America. Recently, because of pressure being put on by students, companies such as Nike and GAP(Gap, Baby Gap, and Old Navy) have started naming where their factories are located. Of course, most of their manufacturing is done overseas in sweatshops. The millionaire and billionaire managers and owners of these companies gave the excuse that the responsibility was “out of their hands” because they couldn’t be in all places at once to monitor labor conditions. This is no excuse. I can’t believe it is impossible to set up a monitoring system to make sure workers are not suffering and starving in their factories. They just don’t want to ‘waste’ their profits on such a monitoring system.

At the “Students Against Sweatshops” conference, we had women who were former sweatshop employees speak to us. They spent many hard years slaving over clothing made for colleges. When these women tried to organize labor rights movements, they were fired, their families were threatened, and also the women were followed and told they would be killed.

This is why it is important to make sure that we truly are doing all we can to bring about equality. We need to stop the horrible practices of sweatshops by making sure the people in corporate America realize it is of utmost importance to the consumers that they give all laborers a living wage and treat them with dignity.

I am happy that our University Store requires manufacturers to follow a code of conduct. However, I hope that the details of this code are made public so that the students can decide if it is the code that we want our clothing manufacturers to follow.

This is a very complicated issue. However, one detail is very simple: The people who make billions of dollars from sweatshops are going to continue their abusive practices until the consumers demand otherwise.

Michelle Jacob

In regards to Joe’s letter to the editor that appeared in the November 8 issue:

Joe, my gosh you spent a whole semester and a half at CSU San Marcos and just now realizing you’re bored? One would have to question why you didn’t think of this BEFORE you enrolled here. It seems to me there are a ‘cazillion’ colleges you could have picked from. Perhaps you should question why you picked CSU San Marcos to begin with? Was it the price tag? The ease of which you got accepted? Is it possibly the location to your home, etc.? Did your parents have say in the matter? Wow, I could go on. I’m just very curious why you DID choose CSU San Marcos—surely there had to be a good reason for choosing a commuter college. Also you mentioned that the average age of the students here is 28. I’ve been brought up to think that people at any age can enrich and add to an environment, rather than take away from it. You mention a lot of factors that contribute to this school being a bore. If you are so interested in sports, then why didn’t you pick Notre Dame or some other school? If your friends are all “having the time of their lives” living in dorms, then why don’t you change schools so you can be with them? If you choose to stay at CSU San Marcos, then why don’t you try joining one of the many successful clubs on campus, call the Associated Students Office, and just get yourself involved? However, remember that CSU San Marcos has a writing requirement in all classes and that may limit the amount of time you have to party. The bottom line is that you have to decide what is important—a party life or graduating on time, before you become “28” years of age.

G.S.

SUBMIT YOUR LETTERS TO THE EDITORS TO THE PRIDE Letters should be submitted via electronic mail to *The Pride* electronic mail account, rather than the individual editors. Deadline For submissions is noon the Wednesday prior to publication. Letters to the editors should include an address, telephone number, e-mail and identification. Letters may be edited for grammar and length. Author’s name may be withheld upon request at the discretion of the editors. Letters containing profanity or hate speech will not be printed anonymously but will include the authors full name. Editors reserve the right not to publish letters.

The Pride

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Chalk Marks
By Victor Mireles

As the days of optimism fade from view and the cold hard reality of school work finally sets one into a routine of study and sleep, there are some things on campus that remind us that time truly flies while you're alive. There are the leaves that have turned a wonderful shade of brown, the mountain behind the Science Hall that has shrunk to the size of a foothill, and the term papers that seem to come all at one time, even though they were assigned two months ago.

Yet, as I walk the mile from my car to the campus on top of the hill I notice the once proud graffiti of rush week refuses to let go of the year and wash away. Why am I mentioning this to you? The reason is simple. Life moves much too fast for all of us. In a world where news is old in three minutes, every store looks like a box, and houses are made of cheap white stucco, one should take a moment once in a while to look out from on top of the hill on campus.

Look out and see the horizon and notice how at sundown all the colors of nature come out and reveal to all below the beauty of the sky. Take time and notice that many seem locked in a permanent gaze downward, as if in anticipation of the assignment to be soon given by the faculty. Take time and notice that there is more to life than school and work and the daily grind. Notice that we should learn not only from books but also from the world around us. Not even the best machine can produce the good feelings of warmth that the sun gives to all. I thought that before the start of finals week and the ever-present holiday season, that I should share a thought rather than a rant. I hope that, whatever else you do in the next two weeks, that you look around and notice the chalk marks on the street.

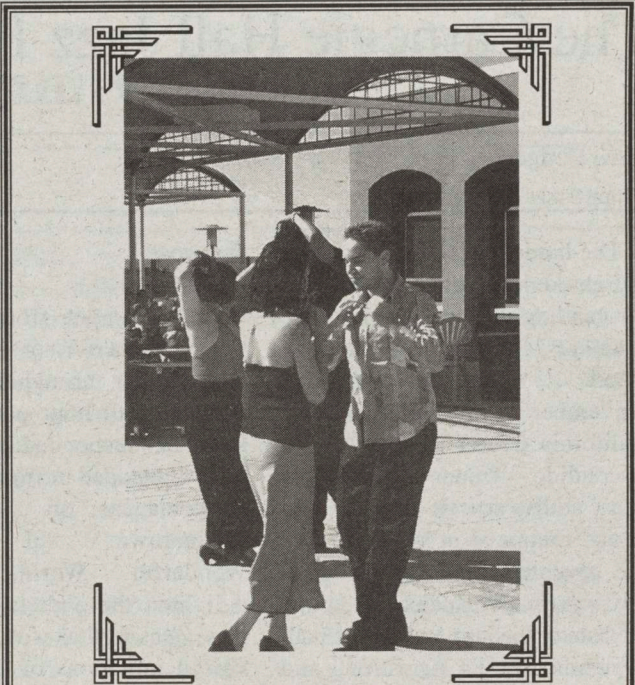
UPWARD BOUND Cont. Pg. 1

the North County San Diego area. It is a federally funded TRIO program for low-income and first-generation high school students who are motivated to attend and succeed in college.

Because the Upward Bound program at CSUSM was rated in the top 2% in the nation, they are currently operating in their "bonus" fifth year (grants are typically funded for 4 years only). Their new grant comes into effect in 2000.



Upward Bound Students interviewed on AM 1000 KCEO



Students dance during ASI's Monthly Free Student Barbecue.

SMOKEOUT Cont. Pg. 1

Residential Life donated the cups for the Smokeout event which volunteers filled with mouthwash breath mints and handed out to students.

Irene Cabral is a Lifestyles Educator who works mainly with stress management at Kaiser Permanente. Cabral stated, "We know it's so hard to quit smoking, so we try to provide different resources." These include helpful hints and information, weight management, group sessions, outreach programs, and preventative work. Kaiser also recommends stress balls, walking, and exercise programs to help kick the habit of smoking.

"Each person is a different learner and may need different

will 'click' to help them quit smoking," Cabral stated.

For many smokers, the immediate incentives are health benefits while for others, it is money. After one year of quitting smoking, the "heart disease death rate is halfway back to that of a nonsmoker" while saving \$1,080, the cost per year for a single pack smoked per day, according to the literature provided.

Helen Lindner, Health Educator for Palomar Pomerado Hospital, noted the combination of pharmacological aids with behavioral modification types of programs. Lindner recognizes the need to match the psychological and physical components of quitting, "The nicotine 'patch' will eventually lessen symptoms of withdrawal. For a lot of people, this can be really helpful."

Amidst the excitement of the life-affirming event was the story of one student who had approached the Peer Educators and Health representatives. The student had quit smoking for good at a Great American Smokeout in 1983.

For more information on Peer Education and Support (PEAS) - contact CAPS at 750-4910.



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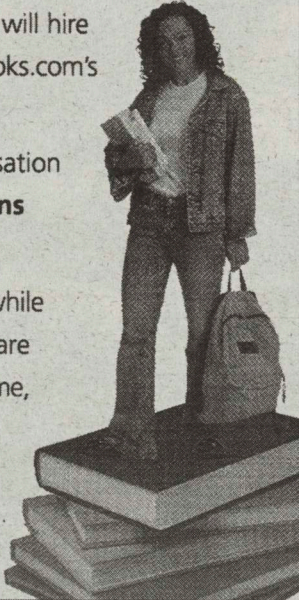
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Words to Live by

June Hodges

A good life is like a good play - it has to have a satisfying and exciting third act.
Ethel Barrymore

The art of being wise is the art of knowing what to overlook.
William James

Next to being shot at and missed, nothing is really quite as satisfying as an income tax refund.
F. J. Raymond

There is one spectacle grander than the sea, that is the sky; there is one spectacle grander than the sky, that is the interior of the soul.
Victor Hugo

The more you say, the less people remember.
Anatole France

The Carnegie Hall Jazz Band

June Hodges

PRIDE STAFF WRITER

Die-hard jazz enthusiasts were delighted and rewarded by the outstanding concert given by the renowned Carnegie Hall Jazz Band Wednesday night, November 17, 1999, at the California Center for the Arts in Escondido. Under the baton of Jon Faddis, artistic director and famed trumpeter in his own right, the seventeen piece group gave the appreciative audience a spirited taste of the jazz stylings of both 'Satchmo' Louis Armstrong and 'Duke' Ellington. Ellington would have celebrated his 100th birthday this year and Armstrong would have celebrated his century mark

next year.

Each trumpet, trombone, and saxophone performer was featured as a soloist throughout the two and one half-hour performance. Listeners responded enthusiastically to blended instruments in the performances of "Stardust," "Chinatown," and "What a Wonderful World." Faddis delighted the audience with his playing as well as with his gravel-voiced imitations of Satchmo in song and humor.

The program ended with Ellington's original composition

entitled "Black, Brown, and Beige" which he first performed in Carnegie Hall in 1942. Repeated applause by the enthusiastic listeners resulted in a final musical tribute to Ellington called "Duke Takes the Train."

Local artists in the audience included James Moody and Jimmy and Jeannie Cheatham, who performed at CSUSM's anniversary party. Moody and the Cheathams were called up to the stage to perform. The evening ended much too soon for all those who love and appreciate great jazz.

The World Is Not Enough 007

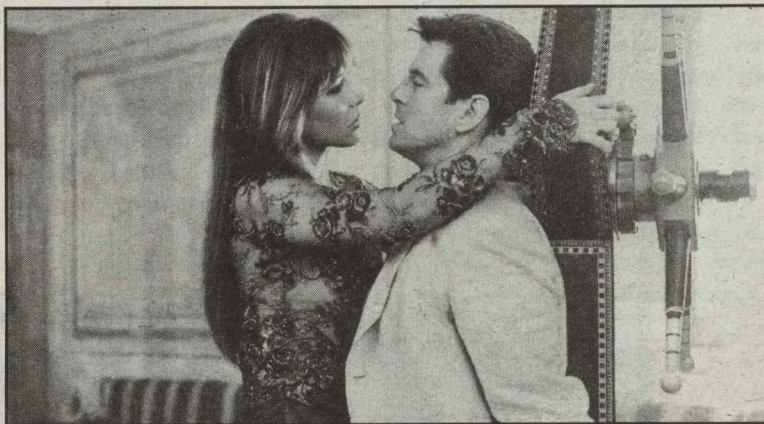
Trevor Knudsen

PRIDE STAFF WRITER

The World Is Not Enough-- the 19th, I think, James Bond film-- lives up to the 007 legacy in a serious way. Supersaturated action, shameless sexual innuendo, most excellent gadgets and vehicles, and an entertaining spy plot pull the movie together.

Pierce Brosnan continues proving he's the best 007 since Connery. He puts in a great performance (The man straightens his tie while speeding underwater in an open topped boat!), as the "decadent agent of a corrupt Western power," although I'm still angry that James Bond does not smoke in the films any more.

Although *The World Is Not Enough* is not as good as *Tomorrow Never Dies* (How



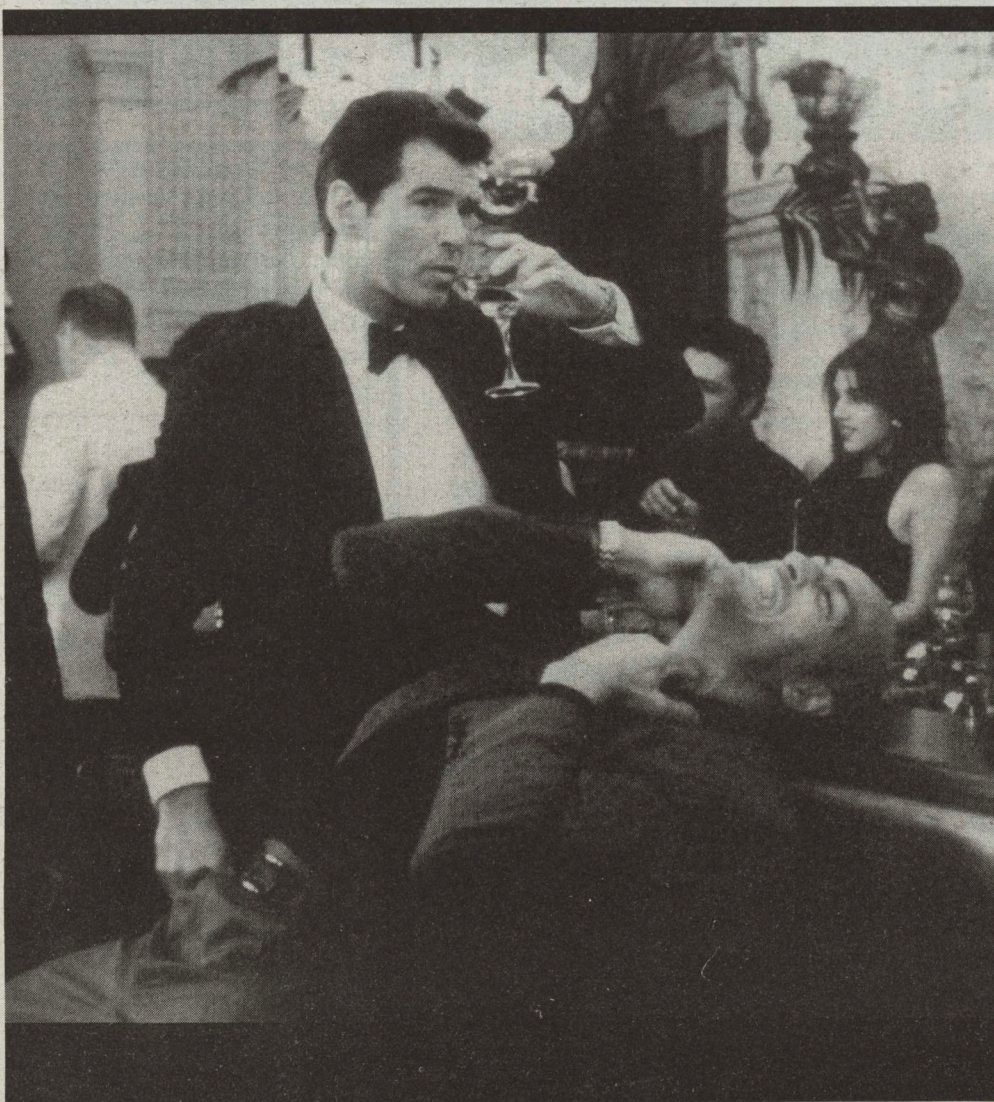
could it be, without Michelle Yeoh?), I thought it was still Bond in full effect.

I won't give it away because it's worth the surprise, but the person Q is grooming as his replacement is an insane choice, but a good one.

I hate Garbage, but they did a

good generic 007 song, "The World Is Not Enough."...

(Whatever happened to SPYGLASS?)



Dogma

Penny Lanese

PRIDE STAFF WRITER

"Dogma-- one of my top 3 favorite movies of all time."

Dogma is a grand satire of the structure and practice of religions. In this case, Catholicism happens to be the example. The movie brings up controversial questions about the interpretation of God and Jesus the Messiah. As an example, Cardinal Glick thinks the crucified Jesus is too "depressing" for people, and resorts to a cartoon-like buddy Jesus giving the thumbs-up sign.

Dogma exposes other controversial ideas such as God as a female, Jesus not being white, and Mary and Joseph having children after the virgin birth of Jesus. The movie asks the questions: If these were the cases, would the religion change? Would the people take the religion the same way? Would it make any difference to the overall message of the religion?

After a blatant disclaimer to "cover one's ass," *Dogma* opens with the Cardinal Glick (George Carlin) announcing the rededication of his New Jersey church as part of his "Catholicism WOW!" campaign. Meanwhile, in a Wisconsin airport two fallen angels, Loki (Matt Damon) and Bartleby (Ben Affleck), receive an anonymous letter informing them of the rededication and a church decree that anyone who enters the church arches comes out cleaned from sin.

For disobedience, God sent Loki and Bartleby to live with the humans until the end of time. After the end of life, the fallen angels are condemned to sit in front of the gates of heaven. Getting a "clean slate" ensures the fallen angels a way back into heaven, so Loki and Bartleby make their way toward the east coast.

At the same time, Bethany (Lindo Fiorentino), a doubtful Catholic working in an abortion clinic, is visited by the voice of God Metatron (Alan Rickman). Metatron tells Bethany of the news and sends her on a mission to prevent the angels from entering the church. On the way to New Jersey, Bethany teams up with the prophets Jay (Jason Mewes) and Silent Bob (*Dogma* Director Kevin Smith), the 13th apostle Rufus (Chris Rock), and the muse Serendipity (Salma Hayek) to achieve the will of God.

This is a must-see movie for any person not easily offended by the questioning of the structure of religion. The movie is classified as a comedy, but the moments where comedy and theology intertwine may make the deeply devout or narrow minded miss the overall message of the movie: Why do we believe in what to do? Why can't we have ideas instead of believing anything?

The PHANTOM of the OPERA

By Jessica George

"Turn your face away from the garish light of day" and go to the *Phantom of the Opera*.

If you have never been to a theatrical production then the *Phantom of the Opera* is an excellent opportunity to indulge your senses. An elaborate recreation of the Paris Opera House sets the mystical mood for Andrew Lloyd Webber's renowned musical. The plot goes back in time to the Opera House in 1881 and relates the story of Christine Daae, played by Rebecca Pitcher, who struggles with fate, fear, and love. The Phantom, portrayed with emotion by Brad Little, is lustfully entranced with Christine and pushes her career to the top through Opera House hauntings. Fickle Christine is torn between her father's dying words, Raoul (a childhood boyfriend), and the powerful "Angel of Music." Christine eventually chooses Raoul, and enrages the jealous Phantom. The Phantom eventually sees the error of his ways, however, and forever disappears.

This musical is Webber's adaptation of the novel *La Fantome de L'Opera* by Gaston Leroux, and it can still be experienced at the San Diego Civic Theater through November 27th.

For more information about the show and tickets, contact the San Diego Playgoers Administration Office at (619) 231-8995 or visit www.sdplaygoers.com.

Becoming More Aware of AIDS in Our Community

By Chandra Osborn, Peer Educator (CAPS) for *The Pride*

Many people fail to realize the extent to which AIDS thrives within a community. More importantly, they lack the understanding that "it could happen to me."

For many years, we have been fed information on HIV and AIDS. The need for prevention and awareness has literally been shoved down our throats. Information overload may distance ourselves from the disease. Thus, we continually forget how important it is to acknowledge that HIV is still alive; we fail to realize that we are responsible for controlling its spread. More importantly, it is essential that we remind ourselves that HIV can affect our lives, and/or those we love.

Many are unaware that North County is the home for the only

two licensed care facilities for men and women who are living with AIDS in all of San Diego County: Fraternity House, which is located in Escondido, and Michaelle House, which is located in Vista. Recently, another Peer Educator and myself visited Michaelle House to learn more about people who are suffering from AIDS.

Michaelle House has existed for three years and is named after Michaelle Lidell, who was the first woman in San Diego to go public and announce she was living with AIDS. Lidell, who was a strong advocate for AIDS in our community, assisted in the creation of the Women and Children's Center for AIDS in San Diego. She was also a well-known public speaker and activist in the AIDS community. Her legacy lives on at Michaelle

House, where women and men living with AIDS are comforted by her tremendous efforts in making AIDS recognized throughout San Diego.

Currently, Michaelle House is comprised of ten residents (seven men and three women), as well as an energetic and loving licensed staff (cooks, nurses, administrators, etc.). We spoke with a staff member, Jan Mudd (the house cook), about her experience working with the residents. Jan gave us a tour of the house and introduced us to several of the residents. I noticed that each resident's bed was covered with a quilt. When asked, Jan explained, "Every resident's bed contains a quilt made by the Lidell family."

When we asked Jan what motivated her to work at

Michaelle House, she explained "My brother suffered from AIDS, and currently my best friend is living with AIDS - has been for 13 years." She continued by asserting that, "It takes a special person to work with AIDS patients - someone who isn't afraid of people with AIDS."

When we spoke with the Project Director, Frank Wilcox, he explained that "Most volunteers usually bring themselves here as a result of being affected somehow by AIDS. In most cases, friends or family have been infected." Frank encourages people to volunteer at the house. He explained that residents who become healthier are those that have had one-on-one attention from volunteers. He says, "we are in constant need of caring and friendly people who are interested in becoming a 'buddy' to a resident."

Being introduced to residents living with AIDS was an inspiring experience. It was amazing to see those men and women with smiles across their faces, especially when their bodies were so weak and frail. Witnessing residents in wheelchairs, using walkers, or suffering from complications from AIDS, brings a new understanding of the disease. The disease becomes real.

The reality of AIDS is apparent at Michaelle House. However, we must remember that AIDS does not only exist

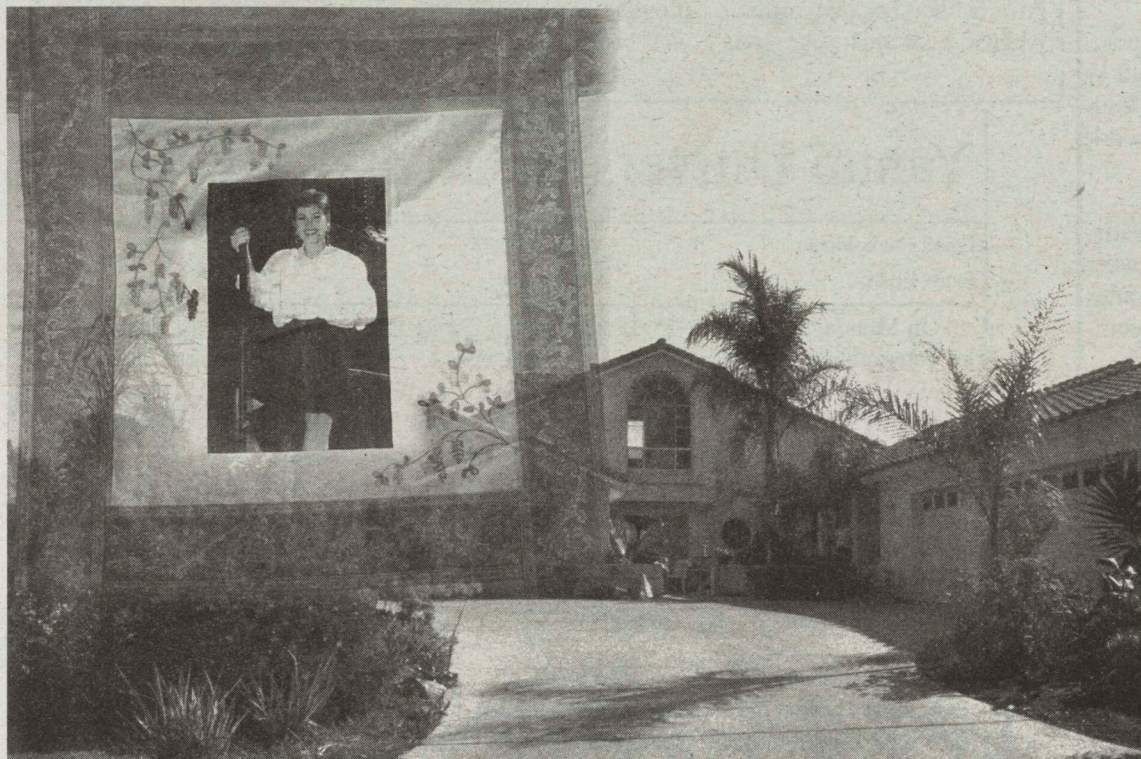
there - it exists everywhere!

As we were leaving the house, I noticed one of the residents sitting in the front yard. He smiled at us and said with passion, "Thirteen years and still going strong!"

My heart was touched by those words of a man who has lived with AIDS for so long. I will never forget those words for as long as I live - they depict the struggle of what it is like to live with AIDS.

The Peer Educators will be celebrating World AIDS Day on December 1, 1999 here on campus. Guest speakers will be presenting from 1:30 - 3:00 in UH 101. Also, the Michaelle Lidell Quilt will be on display, along with a scrapbook illustrating her experience with AIDS and her advocacy in San Diego. Information on HIV and AIDS Prevention will be available and much more! All students are welcome to attend this informative, special event.

Anybody interested in volunteering at Michaelle House may call (760) 758-9165



The Michaelle House

Ergonomics

By Gail Skennion

PRIDE STAFF WRITER

We are all now at that point in the semester when we are counting the days until the semester is over. Our minds are stretched to the limit, and we are begging relief for our poor lil' ol' brains. However, some of us are begging relief from the physical aspects of the semester as well - the long hours at the computer have caused us physical suffering from what I call the "CSU-writing-requirement-syn-drome."

If you are one of those students whose back, neck, wrist, legs, or other body parts cry out loud, then please read on for some helpful hints on how to properly use your equipment to head off injury. Remember, computer users of any age risk injury if they don't pay attention to the equipment they use and the way they use it. The problem occurs when computer users tend to stay in one posture for extended periods of time.

Here are some tips you may want to clip and keep near your computer:

1. The mouse should be right next to the keyboard, so you don't have to reach for it. If you purchase a table with a slide out tray for your keyboard, make sure there is room for the mouse. The newer ergonomically designed keyboards encourage better posture.
2. Adjust your workstation so that the angles of your body are close to 90 degrees, adjust seat so that your thighs are fully supported on your chair, parallel to the floor with 100 to 110 degrees between hip and knees, knees to floor should be at 90 degrees or more.
3. The front of the seat cushion should be rounded off, and feet should be flat on the floor or on a footrest.

4. Seat back should support inward curve of the spine to provide lumbar support.

5. The top of the CRT screen should be even with your forehead.

6. Take breaks every hour, get up and stretch, move around a little so that your legs can get circulation. If all else fails and you're in constant pain, see your doctor, or explain to your professor why you just can't write any more zillion word term papers! And remember, very soon, you'll be doing a lot of sitting when the holidays arrive and the football games keep you glued to your chair. Remember your posture during your R & R times too!

Source: *Riverside Physical Therapy Center and UCSF/UCB Ergonomics Program.*

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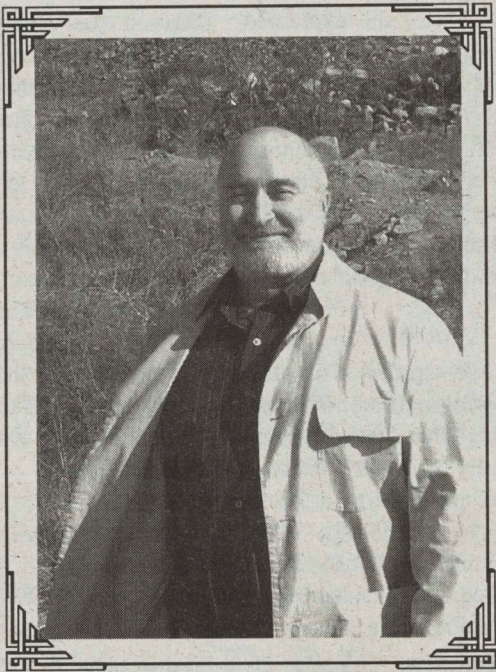
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Visiting Professor Christian Ferrer

Jessica George
PRIDE STAFF WRITER



This year students on our campus are having the pleasure of studying under guest professor Christian Ferrer from the Marne-La-Vallee in Paris, France. Professor Ferrer began teaching in 1968, and has instructed in many schools around the globe. For Ferrer's first visit to the U.S. he chose to take the opportunity to teach at CSUSM.

Ferrer prefers to work wherever he travels, rather than to visit as a tourist. He says, "I learn much more about America at CSUSM than I would at Disneyland." Ferrer is currently teaching two courses here. They are "Death in Contemporary French Literature" and "British Romance Poetry," and work with such authors as Camus, Ionesco, Coleridge, and Shelley.

Professor Ferrer earned his first Masters of English at La Sorbonne Paris, and then continued his education in England at Manchester and Lancaster where he earned his Masters in English Linguistics. Only four years after beginning his career he entered "l'Agregation" in English Linguistics, a competitive "exam" taken by 2,000 candidates, and ranked fifth amongst all.

Unfortunately, Professor Ferrer must depart for France at the end of the semester, but he hopes to soon return. "I am a very, very happy CSUSM teacher . . . and I am hooked on California sunsets."

California State University San Marcos final draft, 11/15/99

VALUES

California State University San Marcos is an academic community dedicated to the values of:

- Intellectual Engagement:** learning, teaching, discovery, and application of knowledge
- Community:** shared commitments to service, teamwork, and partnership
- Integrity:** respect, honesty, trust, fairness, academic freedom and responsibility
- Innovation:** creativity, openness to change, flexibility, responsiveness, and future focus
- Inclusiveness:** individual and cultural diversity, and multiple perspectives

MISSION

California State University San Marcos focuses on the student as an active participant in the learning process. The university's rigorous academic programs, exemplary teaching, and responsive services assure student access to an excellent and affordable education. Our programs promote lifelong learning and enrich the intellectual, civic, economic, and cultural life of our region and state.

VISION

California State University San Marcos will become a distinctive public university of the twenty-first century dedicated to fostering student learning through innovative programs and teaching delivered by a community of active scholars. We will be renowned for using state-of-the-art technologies and for capitalizing on our diversity to cultivate the knowledge, skills, competencies, and experiences needed to flourish in a global society. Our curriculum will emphasize the liberal arts and sciences as a strong foundation for specialized programs that respond to the needs of the region and state.

Collaborating Services for Students, HCDS

Mike Spangler
PRIDE STAFF WRITER

The recently formed Health, Counseling and Disability Services (HCDS) publicized their first newsletter, *The Mind Body Connection*, last week to introduce themselves to the campus community. The publication is the first in a planned series of four for the academic year, and is funded by a grant from the State Lottery Commission, the California Lottery.

The first issue of *The Mind Body Connection* highlights information and services relevant to the concerns of students, including those with immunization holds, signs of stress, or those in need of special testing accommodations.

HCDS is a division of Student Affairs formed during the restructuring of Student Affairs that became official August 1 of this year. It is

made up of Student Health Services (SHS), Counseling and Psychological Services (CAPS), and Disabled Student Services (DSS), and was designed "to provide a user-friendly means of accessing our [SHS, CAPS, and DSS] services" said Karen Nicholson, M.D. and Director of SHS. The publication states "these three units have maintained separate leadership, organizations and locations" and the HCDS helps to identify and promote collaborative efforts between the organizations, and shows the organizations are not mutually exclusive.

The official mission of HCDS, as stated in their newsletter, "Is to help students obtain their educational goals by providing services and accommodations which promote mental and physical well-being."

One example of collaboration under the HCDS banner was the "Great American Smoke Out" display in Founder's Plaza on Thursday, November 18. Peer facilitators from CAPS and the Student Health Advisory Board members joined forces to promote a smoke-free day and lifestyle. HCDS has also finalized plans to promote "HIV/AIDS Awareness Day" on December 1, and has tentative plans for a pre-holiday "Alcohol Awareness Day," said Nicholson.

The publication is dedicated to the late Sandra R. Kuchler, who is noted as "one of the pioneers of CSUSM's student services programs."

Students who would like a copy of *The Mind Body Connection* should contact Student Affairs located on the 5th floor of Craven Hall.

Yantai University Greets CSUSM

Leiana Naholowaa
PRIDE EDITOR

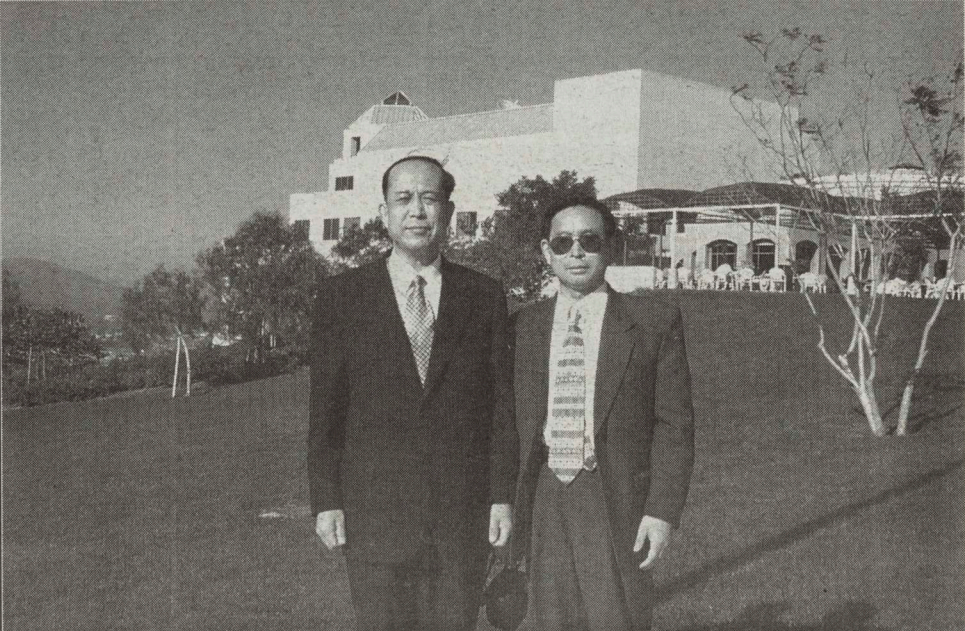
On Monday, November 15, President Sun Zhong Qing and Zhang Ting Guo, Director of International Relations, made a special visit to Cal State San Marcos on behalf of Yantai University in the People's Republic of China. The distinguished guests were welcomed by the President's Cabinet, given a tour of the campus with Russ Decker, spoke with Chinese students, and met with various department faculties.

Yantai's enrollment of 6,700 full-time and 3,000 part-time students make it very similar to CSUSM, although their university is several years older. Zhang noted the many fields of study that are offered at Yantai which include science, engineering, literature, art, international business, and marine studies.

At the moment, CSUSM and Yantai University are in the planning process of furthering contact between the two campuses. Some projects in the works include the possibility of Yantai sending over a faculty member for training in Computer Science and CSUSM B.A.'s and M.A.'s teaching English in China for a year.

Yantai University President Sun and International Relations Director Zhang conversed with Colleges of Business, Language, and Literature faculty. Literature and Writing Studies department chair Dr. Yuan noted that currently there is no Chinese Studies program at CSUSM, but there may be the possibility of a cultural immersion program with universities like Yantai in the future.

Dr. Yuan had visited Yantai University with Peter Zwick, Sheldon Lou, and President Bill Stacy in October of 1996. Located in the Shandong Province of China, Dr. Yuan states that Yantai University is at "at the edge of the sea" and describes it as "very pretty and right near the beach." Since the signing of a formal agreement at the initial meeting of the two universities, two CSUSM students have traveled to Yantai University to teach English between 1996-1998.



LEIANA NAHLOWAA/The Pride

Aztec Shops

Imani Rupert
PRIDE STAFF WRITER

Have you ever wondered why the words “Aztec Shops” are stuck on the back of our textbooks?

Aztec Shops has been providing services in the San Diego area since 1932. Aztec Shops is responsible for the University Store, Cougar Corner, and the Dome here on campus. The corporation has “shops” at Cal State San Marcos, Imperial Valley Community College, San Diego State University campus, and SDSU Calexico.

There is also an Aztec store located at the Fashion Valley mall.

Aztec Shops’ name represents the mascot of another university. Their main office is located on the SDSU campus. There has been the misunderstanding that money from CSUSM is given to SDSU. Laura Gropen, Manager of Marketing and Public Relations of Aztec Shops, declared these rumors false and stated, “A portion of this money is allocated back to CSUSM.”

Aztec Shops does more than elicit controversy and provide books and food. Gropen also said, “our mission is to serve the students, faculty, and staff, and to promote the academic mission.” Aztec Shops works directly with ASI and donates money back to CSUSM. They also receive feedback from student,s faculty, and staff by doing focus groups and samples.

Cross-Country Team Featured on ESPN

Imani Rupert
PRIDE STAFF WRITER

If you were watching ESPN on Tuesday, you may have gotten a warm feeling after seeing your school on television. Cal State San Marcos was broadcast on television last Tuesday, November 16. Steve Scott, the head coach for the cross-country team, commented on Arturo Barrio’s Invitational in Chula Vista. During a brief hiatus between the races, Steve Scott was interviewed and a few runners of the cross-country team were shown. When asked about his first time as a coach, Scott informed ESPN viewers that since his retirement, it is the second most amazing thing in his life (the first being the marriage to his wife). Also, if you missed it last week, the runners left for Kenosha, Wisconsin, on Thursday, November 18 to compete in Nationals and the team will return to California on Sunday. Steve Scott and CSUSM’s cross-country team can be seen again on Thursday, November 25, at 1:00am on ESPN.

New Biotech Certificate Offered at CSUSM

By Joni Miller
PRIDE STAFF WRITER

A new certificate program will be offered at CSUSM in February 2000 to provide practical, hands-on training in Biotechnology. Ten courses offered in the spring will focus on ensuring marketable skills in the biotech field.

Loan programs are available. Each course carries 1.5 continuing education units. Successful completion of six of the courses is required to qualify for the certificate. The five-week classes are open to anyone, and are priced at \$325.00 each.

In response to a growing need for workers ready for employment, the program will enhance the skills and knowledge of science students. Craig Halverson, Director of Regulatory Affairs with Gen-Probe, Inc. helped plan the idea and will be an instructor of the program. “There are not enough candidates applying for jobs that support laboratory research - jobs that are ancillary to the laboratories,” Halverson said.

For more information contact the offices of CSUSM Extended Studies at (760) 750-4020.

MEChA Cont. From Pg. 1

Chicano CSUSM students themselves); “Viva la Mujer” (a workshop concerning the issues Chicanas face in the movement and in Mexican culture); “Zapatistas” (an introduction to the current social and revolutionary movement that exists in Mexico today); “UFW” (which was an introduction to the UFW); “Police Brutality;” “Identity;” “Chicano Art;” and many more.

It was a day full of energy, empowerment, knowledge, spirituality, motivation and unity. Students from different high schools were able to meet and talk to each other about organizing events together. The first high school conference was dedicated to the memory of Cesar Chavez. This year’s conference was dedicated to the memory of Ernesto “Che” Guevara whose banner was defaced last month.

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CSU SAN MARCOS CALENDAR OF EVENTS

| | | | |
|---------------------------|---|--|---|
| Monday, November 22, 1999 | What should you do with all of it now? This workshop extends the Part I research workshop held on November 11 by helping you determine which research materials will best serve your project. You will also learn how to integrate your sources. <i>Presenter:</i> Cindy Woodward, GEW Instructor 3:00pm - 4:00pm ACD 410 | degree of interaction, so come prepared to have some fun! <i>Presenter:</i> Jobbethem Tahapary, Assistant Director for High School Relations 10:00am - 11:00am CRA 4201 | available. The Michaelle Lidell Quilt will be on display with a scrapbook illustrating her experience with AIDS and her advocacy in San Diego. The Michaelle House is a licensed care facility in Vista. CSUSM Peer Educators invite all students to attend the events. Guest Speakers 1:30pm - 3:00pm UH 101 |
| | | Thursday, November 25, 1999 | |
| | | Anime Showing 4:30pm - 10:00pm UH 373 | |
| | Tuesday, November 23, 1999 | | |
| | Teamwork/Team-building <i>Description:</i> As a student leader, how can I develop an effective team? How can I keep my organization/club members motivated and committed? How can I attract more members? Learn team-building exercises and ice-breakers and gain insight into what motivates individuals to be with groups. Explore ways to "retain" enthusiasm and commitment. This requires a high | Monday, November, 29, 1999 | |
| | | German Club Film Screening: Maenner Famous comedy in German with English subtitles. Free. 6:00pm UH 371 | |
| | | Wednesday, December 1, 1999 | |
| | | World AIDS Day Information on HIV and AIDS Prevention will be | |

CSUSM Technology Fair
The Tech Fair is open to the public. Light refreshments will be served. Faculty members will be showing off how they use the Internet to supplement their teaching efforts with web pages, email, chat rooms, streaming media and other innovative techniques. Also demonstrated are digital cameras, or videoconferencing, and Geographical Information Systems (GIS). If you have some application of technology that you think would be useful for others to see, please contact Chuck Allen at 750-4783. 11:00am – 2:00pm Commons 206.

Putting Together a Research Paper Part II
Description: You've collected much of the research you might need for your writing project.

Bree Tinney Auction Items Needed

The Bree Tinney Memorial Electronic Auction is right around the corner! We need donated items for the auction, which will take place December 6 through 16th. Past auction items have included crafts, lessons, art, books, food, poetry, and baby-sitting.

How to donate auction items:

ONE Fill out the form at "http://www.csusm.edu/auction." This will post the information about your donation. Describe your donated item or service (a couple of sentences highlighting what is unique or valuable about your item will increase the bidding interest.). If you prefer, you may e-mail the information to Eugenia Villamarin rather than filling out the form.

TWO Bring Eugenia Villamarin your auction item(s); a photo of the item will appear on the web page. If you wish to donate a service, Eugenia will design an appropriate certificate. You can reach Eugenia at CRA 1222, x 4826, or eugenia@mailhost1.csusm.edu

How the auction works:

The auction is conducted via the web (http://www.csusm.edu/auction). The auction items will be on display both on the web page and in the Library. The web page will accept bids beginning Monday December 6 at NOON, and bidding will be frozen on Thursday December 16th at NOON.



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General

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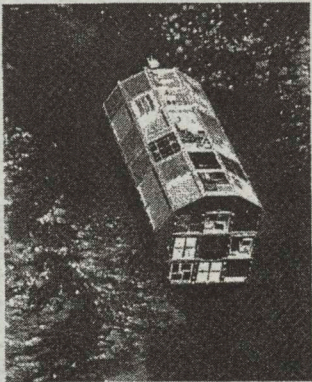
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