Censorship: How Far Should They Go?

by Kim Schnepp
Chronicle Staff Writer

The re-emergence of controversy surrounding a letter written by University President Anthony Evans (regarding the ability of minorities to handle a college experience) has many students wondering how far a campus paper should go when printing controversial articles.

To what degree should a college newspaper be censored? A lot of deciding what is or isn't censored is up to the editor of the paper. Some college papers are set up to be produced in a lab type setting which is usually directed by the communication department. Other schools have independent newspapers such as The Chronicle here at CSUSB. Much of our funding is through advertising in the paper itself.

Dr. John Kaufman, a communications professor at CSUSB, has worked with both systems. At Cal State Fullerton he was advisor for one year in a lab setting. He has also advised the Chronicle staff which is independent of the communication department.

Regarding the difference between a lab mandated paper and an independent paper, "A lab probably going to be better organized and more professional," Kaufman said. At Cal State Fullerton if something was controversial, the staff would discuss it with the advisor and he would do just that, advise them. "I told them what I would do in the situation but that the decision was up to them; generally they agreed with my advice," Kaufman said.

Kaufman also said the role of an advisor is to be a resource for students when they need one. At Fullerton the staff didn't print some controversial issues. The administration did get upset, sometimes, and let Kaufman know. "I never told them to stop printing any of the articles," Kaufman said.

"In a campus setting an editor has an obligation to have all sides of a story heard," Kaufman said, adding that, "A good professional journalist should look for a balanced approach." Elrod Lawrence, Editor of The Coyote Chronicle, agrees with the need for balance. However, Lawrence feels "We're learning journalism and by censoring us they aren't teaching us."

"You have to learn by living," Lawrence said. He has the final decision on what is printed in The Chronicle and doesn't work with an advisor. "I have more responsibility and know more of what a real editor has to do," he said, adding, "We make our own decisions - experiences are the best teacher."

In October when Lawrence decided to print the letter Evans wrote, he was upset that the administration at CSUSB would react with such a strong response. Lawrence hopes that someday people will see that the letter was not a biased attack, but an attempt to have the paper reflect all sides of an issue.
To the Editor,

In the February 11th, Sunnie Bell wrote an article about the hazards of second hand smoke. I awaited the follow up to the article in the original column. Yet there was nothing in the February 15th or 25th editions. In the typical Cal State “gosh-aren’t-we-cute-hint-at -controversy-without-a-shred-of-actual-commitment“ fashion, there was not as much of a line devoted to the topic in the 18th or 25th issues, neither was there a reply from anyone in the administration as Ms. Bell requested.

In this country we have federal legislation prohibiting suicide. Is this because we don’t have the right to do as we please with our own lives? No. Because methods of suicide often endanger innocent bystanders. Thus we have laws protecting us from those in our society who do not care to protect their own lives. So why is it that I am protected from Aunt Nellie throwing herself off a building and injuring or killing me on the sidewalk below, but Uncle Spike gets to blow smoke in my face in restaurants, queues, malls, parks, and even in the halls at an institution on learning.

There have been countless studies done on the dangers of second hand smoke. The findings have shown that the smoke from the end of the cigarette contains between 2 and 70 times the concentration of cancer causing toxins that the inhaled smoke. There is NO doubt; smoking is hazardous to your (and my) health. But besides the health considerations, sharing smoke is uncomfortable. I don’t appreciate climbing two or three flights of stairs to get a slightly out of breath so I can suck down known carcinogens. I also don’t appreciate coming home from COLLEGE smelling like I’ve been in some disgusting seedy bar.

Smokers who are desperate to find an argument have likened cigarette smoke to exhaling the perfume of others. I sincerely doubt anyone wearing such perfume will give other people cancer. Not only that, but once you leave the area, you don’t smell like it any more. The argument has also been made that I have to complaint since I drink polluted water, eat preservatives, and drink caffeine. If I do this things (of MY choice) or not I can guarantee anyone that I am not forcing them to share my pollutants, preservatives, and caffeine. The same is not true of smokers. They force us to breathe their unfiltered, deadly, smelling smoke. The issue of who is the majority is not even an issue. Everyone has the right to breathe clean, healthy, smelling smoke. The issue is how one reviews their coworkers through their own inconsideration.

The facts are on the table smoking is harmful, second hand smoke is harmful and offensive to non-smokers, smokers can indulging their habit outside the building without denying our rights to clean air. Smoking in the halls should be banned. Anyone in administration listening to this?

-Karen Ellers

Disagrees With Review

This letter is written in response to Mr. Koch’s supposed review of the movie “Platoon”. Mr. Koch, are you reviewing or editorializing? I think the answer is obvious.

A movie review is an unbiased assessment of a movie’s merits or lack thereof. The basis of such an assessment includes such points as acting, directing, story, cinematography, etc. With one exception, where do you address three points? You don’t, and the reason why is obvious. Instead you depart upon an editorial tirade reflecting your view of war in general and involving some sort of half-assed, social-psychological analysis of our society. And this in a “movie review”? You accuse TIME of not reading a book? If you prefer that the “blood and gore” be left out, reducing the movie to the war glamorizing propaganda common before the 1960’s I have yet to hear of a war that did not involve considerable amounts of blood and gore. Kudos to the directors/writers for realism. That, my friend, would be a valid point of assessment for a historical movie. By the way, technically speaking (terrain, costumes, etc.) this is probably the most accurate war movie ever made. Ask any vet of the era.

Which brings us to another point. You personally attack Mr. Koch, is how one reviews a movie. The word “Platoon” is not the definitive Vietnam story. However, I found the movie to be emotionally stirring, the acting on all counts excellent, the cinematography great, technically accurate and very fast-paced. And that, Mr. Koch, is how one reviews a movie.

-Kim Skjef

Vietnam war history you’ve studied, but there were very few women found slugging it out in a combat zone with the U.S. Army. I fought in both Vietnam and Korea where the combat was much less glamorous. I have read all the studies you refer to, and I do not agree with your point of view. You also do not understand how the war was fought.

To the Editor:

Re: March 4th critique of “Platoon” by Larry Koch

In addition to dying behind barbed wire, I suggest that Mr. Koch is unaware of the following:

1. a) get a shot (c) reality, b) retire from writing and get a job, c) talk to any Vietnam veteran.

Carl Hoberg
Graduate (Sec Ed)
Sgt (US Army Combat Engr)
Vietnam 1967-68
Dancing in the Dark

Bella Lewitsky, former area resident, teaches a master's class for intermediate dancers in the CSUSB Recital Hall last Thursday.

Palm Springs Takes Action to Prevent Last Year's Riots

Youths who visit Palm Springs during Easter break this year will face the city's new "Get Tough" policy aimed at keeping the peace and avoiding the student/police clashes which marred the 1986 holiday.

"Palm Springs is a great place to enjoy the sun and relax, so it's always been popular with the college kids on spring break," said Mayor Frank Bogert. "We're glad to see the well-behaved students, but we're not going to let a few rowdies ruin the peace for everyone else."

Police Chief Tom Kendra said the city will be doubling the number of police officers, plus adding a complement of CHP officers. "Alcohol, drug and overnight camping regulations will be strictly enforced," he said. "We're not going to have a repeat of last Easter." Kendra also said he expects the number of citations to increase substantially over last year.

To make sure students get the word, the city is beginning an intensive public information campaign this month. News releases and a brochure explaining city regulations are being sent to student newspapers, radio stations and on the campuses of major California colleges, universities and high schools.

Cal State Senior Gets Lindbeck Scholarship

Calvena Deloise Malloy, a senior at CSUSB, was named the recipient of the 1986 Lindbeck Memorial Scholarship sponsored by the California Inland Empire Chapter of the Public Relations Society of America. (CIEC—PRSA)

The announcement of the $250 scholarship winner came at the chapter's annual awards dinner held Saturday, Feb. 28, at the Pomona Valley Mining Company restaurant.

Malloy, who is a resident of Moreno Valley, is a public relations major with a minor in education. She maintains a 3.0 GPA and is serving a public relations internship at the Provisional Accelerated Learning Center in San Bernardino. Malloy also is a "chapter supporter" to CIEC—PRSA.

Malloy's immediate plans are to finish her bachelor's degree program and graduate in June '87. Armed with her college education and internship experience, Malloy wants to do freelance work in public relations and possibly enter a master's degree program in communications.

The scholarship program, now in its fourth year, was offered to area students involved in a course of study leading to a career in public relations or a closely related field. Students were eligible to compete if enrolled at a college or university in San Bernardino, Riverside, and Kern counties or at Cal Poly Pomona—the territory serviced by the chapter. Also eligible were part-time student enrolled in the "Professional Designation in Public Relations" certificate program at the University of California, Riverside.

KSSB to Shut Down March 20

KSSB will be shut down the 20th of March 1987, during the week of finals and through spring break. KSSB will begin the new quarter broadcast on April 6, 1987. The new KSSB broadcast schedule will begin on this date. A copy of the new schedule is included.

G&L Union to Meet

The next meeting of the Gay and Lesbian Union will be held on Wednesday, March 18, from noon-1:00 p.m. in Student Services 171. We will have two speakers on the topic of "Spirituality, Religion, and Sexuality" and we will discuss these issues. This is our last meeting for the winter quarter. Our meetings for the spring quarter are: April 15, April 29, May 13, May 27, and June 10. Please note the performance of comedienne Kate Clinton and singer-songwriters Romanovsky and Phillips on Thursday, March 12. Tickets are available at Student Life Office, SS-122, 887-7405. For more information, contact faculty advisor Dr. Craig Henderson, Dean of Student Office, 887-7524

Escape Trip Planned For Mammoth

Are you bummed because of the lack of a local ski season? Not quite ready to hit the beach or Palm Springs? Why not spend your quarter break in Mammoth, on over six feet of snow? The Escalon staff has reservations at the Chateau D'Oex for four nights, March 29—April 1. The world famous Chateau features luxurious accommodations which include: sauna, spa, free firewood, bedding, and complete kitchen facilities. All this can be yours for a mere $65 per person. Transportation and lift tickets are not included. Sign up by March 16th at the Student Union. For more information, contact Joe Long at ext. 7416.

Meet the Retention Coordinator

A special event will be held in the near future, featuring the CSUSB retention co-ordinator. It is expected to be held in April, in the Lower Commons.
Student Lawsuits Challenge Censorship

Deborah Fleischman, Northern Illinois University

It's sad but true that most people do not concern themselves with an issue unless it directly affects them. This gives those in power the ability to take things into their own hands and manage them in whatever manner they see fit. Freedom of the press is a prime example of such a situation. The media, those directly involved with the First Amendment on a day-to-day basis, long for years fought a continuing battle with public officials over what information the public was exposed to. Media types want to tell all—the good and the bad. The public officials want only good things told to the public. The public seldom gets involved in the situation.

College newspapers are no exceptions to the rule. A recent study of 17 college newspapers in the country revealed that each paper has recently undergone censorship problems, whether it be by the administration, the student government, governing boards, or by individual faculty members.

It is pathetic that 16 out of the 17 newspapers with problems concerning control over editorial content did not publicize their situations—most likely because they were being closely watched by those who were censoring them in the first place.

The one newspaper that did bring the issue to the public was the Northern Star. Soon, the battle between the Star and former NIU President Clyde Wingfield gained national attention. Newspapers and radio and television stations ran stories about Wingfield's alleged attempts to control the content of the Star by riddling the paper of its 16-year advisor, Jerry Thompson.

But the battle is not over. Although the messy situation contributed to Mr. Wingfield's resignation, the long-term effects of the former president's attacks on the Star will linger forever. All reporters aware of the ordeal will keep the situation tucked away in the back of their minds, and will think twice about writing a story that might not agree with the big shots in Lowden Hall.

Student Editors in Court: Seeking First Amendment Protection For Papers

The Student Press Law Center, a nonprofit group that represents student editors in court cases, is currently assisting students in 11 lawsuits on college campuses. The suits challenge university censorship of student newspapers on grounds of First Amendment protection against administrative censorship. Currently against 600,000 of us in at least six currently pending lawsuits.

Among them:

Andrew Rathbone, editor of the Daily Aztec at San Diego State University, filed suit in federal court last month against the California State University system. Rathbone alleged that the system's policy prohibiting student newspapers from endorsing political candidates and ballot questions in unsigned editorials. Rathbone, who served as faculty advisor for the student-run Voice from 1976 to 1980, resigned from his post over what he considered administrative pressure to censor the paper.

"These have been numerous decisions holding that the president is not responsible for the content of the student paper," he says. "The student press differs from the private press in that no one is a state official can extend any pressure to a student newspaper to change its content under the Constitution of the United States."

Hall's statements underline the basis for most of the current lawsuits, including the Humboldt case. Though says that such action trivialized the role of a student paper. "The student press for a long time played a real advocacy role. Then, with the tenor of the times, it changed into a sort of 'bulletin board press': the Delta Phi are having a dance, and so on. "Trust places part of the blame on the one his suit contents, which he describes as basically self-defeating. "The essence of education is to throw back and forth ideas on any number of topics. Why not political?" Hall went on to say.

Other pending censorship suits include a case at Pike's Peak Community College in Colorado, as well as a continuing running of the lot. The case has been to the state supreme court and back to trial, with no decision as yet. The ruling may have set a precedent for private school papers as well. "I would think that the logic easily extends to print media," says Goodman.

A Jan. 20 decision by the U.S. Supreme Court, however, could carry a larger influence than any of these suits, according to Goodman -- even if it deals with a high school paper. The court decided to hear a case next October brought by students from Hardwood High School, near St. Louis, MO. The case is the first Supreme Court case involving a student paper directly related to an institution, and will decide whether or not school officials have editorial control over publications tied to the school curriculum.

"This decision is going to have significant effect on college papers as well," says Goodman. What will a decision in favor of the students mean? "Simply put," says Goodman, "that as long as the paper is set up as a forum for student expression, complete First Amendment protection should apply."

(For more information, contact the Student Press Law Center, 202-466-6312.)

Confrontation Leads to Negotiation at NTU

DEKALB, IL (NSNS) - The Northern Star at Northern Illinois University has a long history of confrontations with administrators. The latest episode began last spring when then-president Clyde Wingfield suspended the student-run daily faculty advisor Jerry Thompson from his post at the Northern Star to another department. The official statement was alleged lax oversight of the paper's finances, but the Star's editors saw it differently. Thompson and the Star's editors filed suit seeking his reinstatement and $1,100,000 in legal fees. Last summer, Wingfield tendered his resignation.

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Health Fair Expo:

Encouraging You to "Know Your Numbers"

by Sunnie Bell

The Health Fair Expo is coming! The Health Fair Expo is coming! You've read about it...you've heard about it...now you want to know what it is! Well, I don't want to tell you...yet! My point is that although you've probably heard of the Health Fair, knowing what it is and what it can do for you, involves a thing or two. In this column you can understand its relationship to you personally. In these columns during the last two quarters, I have repeatedly mentioned something called "personal responsibility" for your own health behavior. The fact that some very energetic people walk together and create a terrific health benefit to the community won't help you unless you are willing to share in what they do. By attending the Health Fair Expo, you could complete a first step in what could be a lifelong process of personal responsibility. In too many cases, the belief in the power to control your own health behavior comes so late in life that years of neglect and abuse have already gone by and, sadly, the damage is done. Then the process is just remedial instead of health promoting. But you have a chance to start now!

April is Health Fair Month. This is the tenth year that southern California has been host to an organization which provides Health Fairs to local communities; for Cablevision of San Fernando, one of twelve county sites, it is the seventh year. The Health Fair Expo has some widespread sponsors. They include the American Red Cross, KNBC Channel Four, Chevron USA, the Hospital Council of Southern California, plus many local sponsors.

I think you're ready. Now I'll tell you about our Health Fair Expo. On April 5, 1987, from 10 a.m. to 5 p.m. in the Cal State San Fernando Recreation Center, we will provide a range of free services to the Cal State community. These services fall into the categories of Health Screenings and Assessments, Health Teaching, and some Health Treatments. The screening and assessment portion consists of history taking and a physical examination - including height and weight evaluations, vision checks, blood pressure checks, and blood tests for cell counts and anemia checks, plus chemistry panels for important blood constituents such as sugar.

Optional additions will include breast examination and instruction plus osteoporosis (bone weakening due to calcium loss) screening and education for prevention. Many other health interests will be represented, it truly is in the model of a "fair," and you are free to walk about and see what is of particular interest to you. The whole affair will alert you to what kind of knowledge you need and what kinds of additional tests or follow-up you may obtain on your own.

The folks who are responsible for the Health Fair Expo this year are expecting about 1000 participants, but would be pleased to see many more. In the past, most of those who attend health fairs are women of age 55 and over. Now, as I already said, at that point so much living has gone "under the bridge" and "through the lips" and "into the lungs" and "into the skin"...I could go on...How much better to start off young with some good, solid knowledge about your body and what is good for it! There are many years ahead in which your body must serve you. Here's a place to start helping it to help you.

The motto of the Health Fair is "Know Your Numbers." Get to know what is normal for you now, and you'll be able to evaluate and control changes in your test values and body signs at the Health Fair. But you've got to believe that this kind of self-knowledge will help you to live a healthier and longer life. Things we believe can come from within...such as when we experience something that directly affects us...remember the cactus that we experienced something that really experienced it. There's another good way to learn things, though, and it's a lot more comfortable! Identify an authority in whom you have confidence and accept the knowledge that this person gives you through words. We do it all the time in school situations. I hope you have acquired enough confidence in me through these Health Corner columns that you'll believe it when I tell you that you really can positively affect your health (and yourself) by taking steps now. You can prevent future illness by what you learn and do today. Start by going to the Health Fair Expo on April 5th, and look through the Coyote Chronicle for more details. Most importantly, prove these statistic (that show that only older folks go to health fairs) wrong, while you're doing that, you can prove to me that writing this column has positive effects. Thanks! I'll appreciate it.

The first annual "Gribin von Dyl Realators' Bike 4 Life." The Gribin von Dyl Realators' Bike 4 Life is going to the hearts of us who do it just for fun and relaxation," comments Kate. March 11, 1987

The Chronicle
Stress Busting:
Tune-Up Diet and Kick Exercise in Gear

by Heidi Barlow

Dan is a stressed-out college sophomore. He always seems to be in a hurry; walking briskly and talking faster than a Federal Express commercial.

In class, he lacks concentration. His eyes glaze over, his mind wanders off to a tropical beach, and yet he always recalls what the professor said.

While standing in line at the snack bar, he becomes frustrated and impatient.

Two term papers, three finals, and an ex-girlfriend top the list of his worries.

However, Dan's stress is his stress alone. What may cause Dan stress and despair, might motivate another student to greater heights. Stress among college students and the management of it is as individual as the students themselves.

"Each person handles stress in such a different way," said Dr. Martha Kazko, a counselor at Cal State University, San Bernardino, Counseling Center. "Stress can manifest itself as depression in some people or as anxiety and panic in other people, Dr. Kazko said. Other emotional symptoms include irritability, lack of concentration, impatience, and worry.

Stress also takes the form of physical symptoms. Perspiration, ulcers, heart palpitations, headaches, and insomnia can all be caused by stress.

According to Dorinda Thurman, a student at the CSUSB Health Center, flh, sore throats, colds, and fatigue can be brought on by stress.

"We tend to get people who come in and say they are extremely tired," Mrs. Thurman said.

Up to 75 percent of all visits to physicians are made by people with a stress-related problem, Dr. Edward Charlesworth and Dr. Ronald Nathan, authors of "Stress Management," noted.

Stress can be a physical condition, the authors stated. It has been linked with hypertension and coronary heart disease. It causes many skin disorders such as hives, eczema, and dermatitis. It has also been linked with diabetes associated with stomach disorders.

Although every student suffers from stress, what causes that stress varies from one student to the next.

Cont. on Page 10
"Bad Habits":
Find Humor in Human Weakness

by Anthony Parrish

Do you enjoy laughing at human weaknesses? If so, go see "Bad Habits," which opened Thursday night, in the campus theatre. Although you will not roll in the aisles with laughter, there are many occasions to smile, laugh and reflect as the cast humorously display human foibles. "Bad Habits," by playwright Terence McNally actually consists of two plays. The plays are entitled, "Dunelawn" and "Ravenswood." Both are a satirical observation of people and their unattractive habits. People are born perfect and habits are overcome) these habits is the main thrust of the two plays. The plays are composed of two acts. The plays are composed of two acts. The plays are composed of two acts. The plays are composed of two acts. The plays are composed of two acts.

The second nurse, Nurse Hedges, is played by Annie Wzralinski. Nurse Hedges is the whiny insecure nurse who aspires to be like Nurse Benson, "perfect." However, Bruno (Joshua King), the groundskeeper, gives her what she really needs. Ms. Wzralinski, similarly does her job well. Facial expressions, body movements, and tonal fluctuations are well worth to be noted. The alcoholic, the sadist, and the transvestite are the three patients of Dunelawn and are played by Brad Weisberg, Joseph Traylor and Peter Bryant, respectively. These roles are difficult, in that they sit on stage a long time in straitjackets, in wheelchairs, dragged by Dr. Toonybee's injections. Mr. Traylor is a perfect disappointment. You'll wish he had a bigger part.

Ravenswood is a counseling resort, where couples come to learn how to get along with each other. Keith Heathans plays Dr. Pepper, who is the counselor of the troubled couples. Mr. Heathans is a natural. Dr. Pepper, an invalid, drinks and smokes incessantly, encourages the couples to let it all hang out in order to deal with their problems. Mr. Heathans is a delight. Brad Weisberg (who has a double role) and Lora Benzatyan play the Pitts. The couple is an arrogant, "wannabe" famous actor and actress. Sophistication is the natural style that Mr. Weisberg and Ms. Benzatyan use to play their part well. Actually it is most delightful to see Mr. Weisberg and delightful to see Mr. Weisberg out of the wheelchair and stuper in "Dunelawn" and see what he can really do in "Ravenswood." This couple is attractive and works together well.

Bryan Welker and Kelly Grenard play the Scupps. Bryan Welker is most enjoyable. He is a perfectist that gets upset with his wife because of her not so perfect ways, like putting the toilet paper on the dispenser wrong. Peter Bryant, who also plays a double role and David Pavao, are the third couple. Francis Tear and Hiram Spane. Go and figure this one out for yourself. Hiram Spane is a pleasure to watch he deals with everyone. From his effeminate friend, Francis, to the egotistical Pitts. If you have seen Mr. Pavao before, go and see him now and notice his accomplishments.

Other actors in "Bad Habits" are Phil Wurtzel and Paul Janeway.

Although "Ravenswood" has more substance of a play, "Bad Habits" is well performed by the cast. The Theatre Department has come up with an overall good performance. "Bad Habits" continues this week, Wednesday through Saturday at 8:15 p.m. in the Creative Arts Theatre. Tickets are $2.50 for students. General admission is $5.00.

"Angel Heart" is No Angel

by John Purcell

Believe everything you've heard about Angel Heart, unless you've heard it's a great film. Sick, demented, twisted and garb are the words that best characterize this bloody piece of filmmaking. Dull and boring also fit the movie well.

The part that most set me against this movie was the fact that the viewer is brought to believe the film actually has a plot — only to find during the last five minutes that the resolution of the previous two hours is completely ridiculous.

Most viewers will put up with a few well-paced axe murders and mutilations if there is a killer we feel we want to see punished. In this film we neither see the killer punished, nor do we care what happens to him.

I guess I have to make mention of Lisa Bonet, whose last name these days seem to be "of-the-Cosby Show." You loved her on the Cosby Show, but your image of her will be definitely tarnished if you view this movie.

Bonet looks great on camera. But the part she plays, Epiphany Precious Potter, the of the mysterious Johnny Favorite, is below her talents.

There is a glimmer of hope for her performance in a scene where she participates in a Voodoo ceremony. Sadly, the chicken is in the scene for a shorter time than Bonet.

While Bonet reveals quite a bit of herself in the film, she manages to keep her talents for the most part — hidden.

If there is a film it won't hurt you to miss this year, Angel Heart is the one.

"B" Division Basketball:
Championship Slated Mar. 20

by George Branson

League play for the "B" Division basketball teams has come to an end. Playoffs are scheduled to begin on March 6, 1987 in the CSUSB gymnasium. There were no real surprises in the final standings of either the Monday or Friday divisions. The champions of the Monday division are "Where's the Nef, who The Champion's are definitely tarnished if there is a killer we want to see punished. In this film we neither see the killer punished, nor do we care what happens to him.

Bryan Welker is most enjoyable. He is a perfectist that gets upset with his wife because of her not so perfect ways, like putting the toilet paper on the dispenser wrong. Peter Bryant, who also plays a double role and David Pavao, are the third couple. Francis Tear and Hiram Spane. Go and figure this one out for yourself. Hiram Spane is a pleasure to watch he deals with everyone. From his effeminate friend, Francis, to the egotistical Pitts. If you have seen Mr. Pavao before, go and see him now and notice his accomplishments.

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Thailand: "Land of the Smiling People"

Symbols of Buddhist religion lie all over Bangkok.

Besides visiting Hong Kong and the People's Republic of China over New Year's, I also had the chance to visit Bangkok, Thailand. During my brief stay there, I found Bangkok to be a city very much influenced by the Buddhist religion—there were Buddhist temples (wats) on every street corner—but also a city of contrasting lifestyles.

I arrived in Bangkok on January 5, 1987 and found it very hot, 94 degrees fahrenheit, and very humid. The humidity was caused by the fact that Bangkok is situated alongside the Chaophraya River. This is the longest river in Thailand and connects Bangkok with the ocean.

From Bangkok's international airport, my tour group took a long drive through the city. The thing that left the biggest impression on me from this ride was seeing the many Buddhist temples that marked the city streets. In the city of nearly six million people which houses many Chinese and refugees from neighboring countries such as Laos, Kampuchea (Cambodia) and Vietnam along with the Thais, there are a great number of Buddhist temples.

Buddhism is the religion of 95% of the people of Thailand. More Buddhists live in Thailand (a country of 5 million people) than in any other country in the world. The religion deeply affects the Thai life. Young men are expected to become Buddhist monks for at least three months of their lives. Of the remainder of the population, 4.5% are Muslim and 0.5% are Christian.

As for the Buddhist religion, I was amazed to see how much money is spent in the decor and maintenance of the Buddhist temples. The temples are layered with gold and jewelry (precious emeralds) and their exteriors are kept immaculate. The five Buddha pavillions (located on the grounds of the Imperial Palace) that extend into the sky were a breath-taking sight when the afternoon sun of Bangkok glimmered off of their layers of gold and jewelry. This proved to me the dominance of Buddhism in Thai life.

Thailand, with the dominance of Buddhism, is known as the 'land of the smiling people.' It is also known as the "land of the free" and the Thai people take great pride in this fact. Thailand's freedom is threatened by neighboring countries Laos, Kampuchea, and Vietnam. While we were there, the Thai military destroyed a few Vietnamese military installations that had moved into Thailand.

The Thai government and the king, Bhumibol Adulyadej, are located in Bangkok. Although the government has been marked in recent years by a number of military coups, the royal crown has remained in the same hands—the king is very much loved and respected in Thailand. While we were in Bangkok, we viewed many of the royal thrones from the past.

Besides visiting the Royal Palace, we also took a boattride through the Klongs (river canals) of the Chaophraya River. The canals of the Chaophraya (meaning river of kings) are vast agricultural, economic and transportation centers of Bangkok.

As for transportation, the river is the sight of many small boats. Some carry fruits for sale, while others are used for transportation into the city (Bangkok). Because of the many uses of the canal, there are often "traffic jams" in the presence of many people. Another aspect of Bangkok are the restaurants. Along with having McDonald's, Bangkok has many Thai restaurants. We visited a few of these restaurants and ate Thai food during our stay in Bangkok. The Thai food is very spicy. Curries and pepper sauces are both staples of the spicy foods. Rice is the main staple of the Thai diet which includes vegetables, fruits, eggs, fish, and meats.

As for the farming in this area, the farmers own the land. The average parcel of land is about ten acres. The houses that the farmers live in are located on the river. Some homes have just the porches on top of the water while others may extend further into the water.

Economically, there are shops and floating markets located on the river. We stopped at a large set of floating markets and bought many items. In order to get a good price on things though, we had to bargain with the salespeople.
Rice is the number two commodity of Thailand, which is the world's fifth largest rice producer. Seventy-six percent of the people are employed in farming in this country which also produces sugarcane, corn, and tapioca. Nineteen percent of the people are employed in the industrial sector, where Thailand is involved in mining, agricultural processing, textiles, and producing cement, wood, and tin. Thailand is the world's second largest producer of tin, but the country's top commodity is textiles.

Thailand's average income is $680 per year, but there is a great fluctuation in the actual incomes of the people. Because of this, 20% of the population lives in total poverty. We saw some of the poverty-stricken areas of the city, but we also saw an area where there were a good number of large, lavish homes.

Along with wealth comes education in Thailand. After one to three years in Kindergarten, Thai children are required to finish six years of primary school. However, the child's parents must pay for the six years of school and this can be quite costly. Although parents must pay for their children's schooling, the literacy rate of Thailand is 86%—highest in Southeast Asia.

Those who can afford it go on to secondary schools and high schools. Here, students learn foreign languages such as Japanese, French and German (Thai is the primary language and English is the secondary language). These schools also prepare students for studying at the university level.

Seventy-five percent of the high school graduates in Thailand attend one of country's 30 universities. There are 18 universities in Bangkok and 16 of them are run by the government.

Another facet of Thailand is its different modes of transportation. Besides the boats in the water canals of Bangkok, there is also a great deal of paved road to travel on. The majority of the people ride on buses, taxis and samlors (three-wheeled taxis which are quite unsafe). Only one percent of the people own automobiles. The automobiles owned in Bangkok are made in Japan and Europe.

Many others can travel to different large cities by train and air travel is also available.

During my short stay in Bangkok, I also took notice of the modernization of the city. There are many shops and department stores and across from our hotel was a five-floor shopping mall. The shops in this mall included: clothing, sports, shoes, electronics (computers), home entertainment (stereos and VCR's), health food and records. Incidentally, records in Bangkok cost $6 while cassettes cost $3.50.

Along with westernization in the forms commerce comes other forms as well. One of Bangkok's biggest problems is drugs. People are able to obtain drugs over-the-counter in Bangkok that you need a prescription for in the United States. The big problem, however, is with substances such as marijuana, heroin, and morphine-crack hasn't been popularized in Thailand yet. The penalty for possession of heroin in Thailand is imprisonment, whereas in neighboring Malaysia, the penalty for possession of 15 grams of heroin is death by firing squad.

As can be seen, Bangkok is a collection of many different cultures mixed together. The Buddhist religion, though, seems to be the most dominant part of life in this city as well as in the country of Thailand. It seems to bind all of the different lifestyles together in this Southeast Asian country.

The intricate handiwork on the building took many years to finish.
Mistakenly, it is often believed that misbehavior is merely the act of not approving. However, many believe that acting otherwise can be misbehavior as well. Part of being human is misbehaving occasionally. So can you. Misbehavin' might just be behavior that you don't approve of. Right on.

by Emery Brewer

 Been misbehavin' lately? I've been but not that good. Remember, when you criticize someone's misbehavin', one man's treasure is another man's trash.

Misbehavin' might just be behavior that you don't approve of. I like to misbehave occasionally and I do and so can you. Right on.

Stress Busting: Continued From Page 6

For some people, having a job, in addition to going to school can increase stress because of the added responsibility. Yet, for other students, being employed decreases stress, Dr. Kazlo said. Having a job can help with financial problems, thereby decreasing stress.

In addition, students who live home "face very different stress" from dorm residents, Dr. Kazlo said. Those students who live with their parents may encounter demands such as babysitting on their sons and daughters that they may not have time for because of homework.

The obligations to a spouse and/or children also can cause stress for students who live off-campus.

Dorm residents, on the other hand, are faced with the stress of leaving home and becoming independent decision makers.

Other causes of stress include divorce, death, pregnancy, outstanding personal achievement, and troubles with the boss at work.

"Just living is stressful," Dr. Kazlo added.

Other causes of stress include divorce, death, pregnancy, outstanding personal achievement, and troubles with the boss at work.

Because stress can turn a student's life upside down, stress management is important. However, stress management techniques are as individual as the causes and symptoms of stress. What may work for one student, may not appropriate for the next.

A fundamental approach to the relief of tension caused by stress is relaxation therapy.

One form of relaxation therapy called progressive relaxation involves separately tensing individual muscle groups such as those in the head, neck, shoulders, stomach, and legs. The tension is held for five seconds, and then released slowly.

Many people who faithfully carry out relaxation exercises report an increased feeling of well-being, a greater release of creative energy, and an increased ability to cope with stress," according to Donald Norfolk author of "The Stress Factor."

Another relaxation technique uses mental imagery to relax the mind. The goals of imagery training are to reduce and control mental anxiety, Dr. Charlesworth and Dr. Nathan said.

One form of mental imagery involves visualizing and hearing a pleasant scene in the mind. Other senses such as smell, touch, and taste can be incorporated into the scene.

Other students may need assertiveness training. Assertive behavior means standing up for personal rights in such a way that the rights of others are not violated.

"If we fail to assert ourselves, we can stockpile anger and find ourselves mentally and physically uptight," Dr. Charlesworth and Dr. Nathan explained.

Assertiveness training includes a wide range of exercises and skills. Practicing saying "no" to various demands in front of a mirror is one such exercise. Another is to visualize better ways of handling problems, such as test taking.

Time management training is useful for those students who tend to procrastinate or who try to do "6,000 things in one day," Dr. Kazlo said.

An analysis of time wasters helps to build a solid foundation for good time management.

Also, setting goals and objectives and prioritizing them according to importance and deadlines can help in managing homework and job obligations.

In addition, diet and exercise can play a role in relieving stress. Dr. Kazlo takes long walks in the woods to help relieve her stress.

"People who exercise regularly and eat properly feel good about themselves," Dr. Charlesworth and Dr. Nathan said. "When your self-esteem is high, other parts of your life seem less stressful because you view the world through the eyes of a winner."

Stress can lead to overeating, undereating, excessive drinking, and excessive smoking. But, proper nutrition can help students cope with stress. The CSUSB Health Center can help students set up an appropriate diet to help lessen the effects of stress.

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The Chronicle  March 11, 1987

Features

The best of...

BLOOM COUNTY

by Berke Breathed

BLOOM COUNTY

by Berke Breathed

When you open the door to the unknown, there's no telling who will drop in... or who will drop dead.

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Outrageous Fortune  Light of Day

The Bedroom Window

WITCHBOARD

Covered creep and a PARAGON AFFAIR INTERNATIONAL PREMIERE at INLAND CENTER for TODD AVERY, BARRY N. BERN, STEPHEN NICOLOS, C. STEPHEN TANNER, and BURKE BYRNES with Special Appearance by ROSE MARIE. Executive Producer: VALERIE TAYLOR. (c) 1987 REMARKABLE PRODUCTIONS INC. All rights reserved. Distributed by ARTbler.
A.S. Elections: Important to All

The Associated Students election process is underway and is one of the issues a student newspaper can deal with in a professional way, said President Evans. The Chronicle, like any editor might be faced with, is trying to keep in touch with the students in their schools in a number of ways, personal contact, visits to clubs within their school, keeping communications open with the school Dean and faculty, etc. In this way, one student can bring to the Board some idea of what the students are thinking in that school, what services they need, how A.S. can provide services for them, etc.

The members of the Board of Directors are important to how A.S. functions. They can do the minimum or they can do a lot and truly help the students from their school. If you are thinking about running for office you need a 2.0 GPA going in and you need to maintain that each quarter. Elections Chair Patrick Lewis has plenty of election packets at the Student Union desk for your study, and any of us in the A.S. office are ready to try to answer your questions. The list of current B.O.D. members is on a notice board near the copying machine in the Union. We can tell you how to contact your current rep if you would like to ask him/her questions.

Within the last year, all of the positions for B.O.D. have had to be filled by app't by the V.P. With the coming election, we really hope to see students with a year-long commitment in mind run for their offices.

Cordially,
Steve Hekman, Vice President

Censorship: Continued From Page One

Dr. Kaufman feels that The Chronicle didn’t accomplish anything by printing the article. "Generally in the United States the theory of the press is it should be socially responsible. Try to raise conflict to a plane of discussion. If it does that in a professional way, e.g., but just to be controversial doesn’t serve a purpose," he said.

President Evans recalls his time as president at a university in Michigan where the student body was 20,000 and the student paper was published three times per week. In his seven and a half years there, he couldn’t recall a time when administration ever intervened in a matter.

"A student newspaper has an absolute monopoly on the campus and should bend over to give a balance every issue," Evans said.

Regarding the printing of the letter he said "it is incumbent on a paper to print newsworthy concern."

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Leaders Workshop Planned

by Matt Pollack
Chronicle Staff Writer

CSUSB has planned its second leadership workshop for Saturday, April 11, 1987 at 8:30 a.m. in the Lower Commons. The cost is five dollars (tentatively). It may be reduced and includes a leadership kit and brunch. More information may be obtained by contacting Tamara Bakewell in Student Services, 887-7407.

The April 11 workshop will be held in January. The leadership workshop, which was considered by many to be a success, was planned as a follow-up to the January event.

Ms. Bakewell stated that the April 11 workshop will follow-up on how to recruit members to organizations, discuss club liabilities, clubs' legal guidelines, and will explain how to run good events. She noted that the latter two have been scheduled tentatively and are subject to reviws and changes.

The objective of the workshop is to bring the university's social organizations together in hopes of planning bigger and better social events. Ms. Bakewell explained that having a number of groups work together on sponsoring and arranging a single event will make the event that much more successful.

"This (the workshop) will be an excellent time (for club leaders) to exchange ideas with other club leaders in an informal way," Ms. Bakewell said.

The workshop is being planned by a seven member committee, which consists of students from different social organizations on campus. Anyone interested in being a member of the planning committee or in obtaining a brochure about the leadership workshop should contact Ms. Bakewell at 887-7407.

Cont. from Page 6

Exercise helps people cope with stress for five main reasons, author Donald Norfield said:

• It reduces anxiety levels.
• It provides a socially acceptable form of letting off steam.
• It builds stamina.
• It counteracts the biochemical effects of stress.
• It reduces the risk of psychological illness.

Dr. Charlesworth and Dr. Nathan recommend 30 minutes of exercise, three times a week, on alternating days. The CSUSB Physical Education Department offers a wide variety of physical education classes that fulfill these recommendations.

The CSUSB Counseling Center can help students find out which stress management techniques will work for them. All services are free of charge to CSUSB students. The center is located in the Physical Science Building, Room 227.

Stress, like hunger and thirst, is an inescapable part of student life, with midterms, finals, and holidays being the peak stressful periods. And, although stress affects each student differently, all students who are winners in the stress battle have a game plan.

“Stress is an integral and inescapable feature of human existence,” author Donald Norfield said, “Handle it wisely and it will enrich your life. Allow it to run amuck, and it will cause needless anxiety, sickness, fatigue, and even premature death. The choice is yours.”

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The Coyote Chronicle Survey

The Coyote Chronicle Staff would like you to take 5 minutes to fill out this survey. This will enable us to give you more of what you want to read in your campus newspaper.

Did you like this issue of the Coyote Chronicle? Yes No

What is your most favorite feature? Why?

What is your least favorite feature? Why?

What issues that interest you would you like to read about regularly?

Comments/Questions/Statements:

Thank You for your participation!!

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