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QUAKE

Life on the fault line

By Peter Gatlin
Staff Writer

Just how safe is the CSUSB campus? If it was hit by an earthquake the magnitude of the one that recently hit the San Francisco Bay Area, would its buildings remain standing?

The possibility of CSUSB being hit by a major earthquake is a fear that every student must live with. Since an average student spends about one third of their day on campus, the safety of the buildings that students occupy is extremely important.

Many students do not realize just how close the San Andreas Fault runs to CSUSB. At its closest point, the fault is just eight-tenths of a mile from the Pfau Library. The trees that run along the base of the mountain just to the north of campus grow on water brought to the surface by the fault.

In September 1987, an earthquake measuring 6.3 on the Richter scale rocked the Cal State Los Angeles campus. During the tremors, a pre-cast chunk of concrete weighing one ton broke loose from a facade in a parking structure and fell 30 feet, killing Lupe Exposito, a 23-year-old sophomore. The multi-level structure was built in 1967, only three years before the Pfau Library.

Could something similar happen at CSUSB?

William Schum, CSUSB's chief architect, says that this campus is safe. "I think that the collapse at CSULA was due to its open-air construction," Schum said. "Apparently, the pre-cast pieces of concrete were connected to beams by attachments that were vulnerable to corrosion. The open design of the

Please see QUAKE, page 4

Costume shop brings plays to life

By Lori Hansen
Staff Writer

One of the misconceptions about theater is that the actors are the ones who put in the majority of the work. Actors must memorize long scripts and endure rehearsals. But just imagine what the impact on the audience would be if actors doing a play about ancient Romans were dressed in jeans and sweatshirts. It just wouldn't work.

CSUSB's costume shop is one of the best equipped of any in the California State University system, according to shop manager Trudy Storm. "We try to keep up to date equipment that a student would find in a professional costume shop," Storm said. "That way a student can be trained to use what they would use in a professional situation."

Students in the "Art of Theatre" class are given a choice to either work in the costume or scene shop or write a term paper. Only six students can work in the costume shop at a time, however, because of the limited space.

Currently, the costume shop is working on "Lucy's Play," which is set in Rome 389 A.D. The costumes are true to the period with some contemporary pieces added. Each play presents different challenges for the costume shop. For example, some characters require padding to make them appear fatter or taller.

There is an added challenge because CSUSB's theater is so close to the audience. The costumes must adhere to professional standards.

To make the appearance of the show successful, the colors, costumes, lighting and sets all have to harmonize.

"Lucy's Play" begins its run Nov. 10.

Photo by Dianne Graf

Please see ACTION, page 10

Program increases student diversity

By Raj Daniel
Staff Writer

In the past, universities did not have programs that were designed to ensure a diverse student population.

Today, however, most universities — including CSUSB — have such programs.

At CSUSB, it is the Student Affirmation Action Program, which is sometimes also called the Educational Equity Program.

The program, headed by Gilbert Sanchez, director of the Pre-College Outreach Program, is geared toward recruiting and retaining students from under-represented students, such as Hispanics, blacks, native Americans and the disabled.

The California State University system made a commitment five years ago to recruit and retain under-represented students, according to Dr. Sanchez. To meet this goal, universities in the CSU system had to work toward achieving par-

Please see ACTION, page 10
Brief

United Nations—Any future United Nations delegates out there? Whether or not you are a Political Science major, you are eligible to join the Model U.N.

In order to join the Model U.N., applicants must fill out an application, provide a letter of recommendation from a professor and have an interview.

Information: Mrs. Mazza, FO-146.

Calendar—

Ongoing

Basic Communication with Deaf People — Services to students with disabilities offers this free class in American Sign Language on Mondays and Wednesdays from noon to 1 p.m. in PL-287 through Dec. 6. Information: 880-5236.

Women on Welfare — There will be a meeting for this new club today in the Student Union.


Today

Los Amigos — Stella Clark will be the guest speaker of the "Los Amigos" Spanish Club, which meets at 2 p.m. today in PL 212 and at 4 p.m. Thursday in PL 241.

Macintosh* computers have always been easy to use. But they've never been this easy to own. Presenting The Macintosh Sale. Through January 31, you can save hundreds of dollars on a variety of Apple* Macintosh computers and peripherals. So now there's no reason to settle for an ordinary PC. With The Macintosh Sale, you can wind up with much more of a computer. Without spending a lot more money.

ZEKE BERMAN Visiting Artist

Tuesday, November 7, 1989
12 noon - 1 p.m. Visual Arts 110

New York Sculptor/Photographer, Zeke Berman will present a slide lecture on his artworks. Zeke Berman, like a good sculpture, explores the physicality of objects. Textures, shapes, and edges convey traditional aesthetic values. However, unlike sculptures, Berman's objects exist only to be photographed. The sculptures are conceived to be seen from a single point of view, rendered in the monochrome of the photograph.

Zeke Berman comments on his works, "I am interested in how we see, how we apprehend the work through our eyes. I attempt to make photographs that extend my understanding of this process. I originally made sculpture, but became attracted to placing a camera between myself and what I make. The result is a kind of distancing that transformed a physical construction into an optical one. Because photographs look so real, have such an apparent fidelity to their subject, photography has been for me a rich medium in which to test the provisional nature of both pictorial representation and visual experience in general."

Zeke Berman received a NEA Visual Artist Fellowship in 1988 and a Guggenheim Fellowship in 1994. His works have been shown at the Museum of Modern Art, New York; the Metropolitan Museum of Art, New York; and numerous other galleries and museums internationally. He is represented by Lieberman and Saul Galleri in New York and teaches at the School of Visual Arts and Fordham University at Lincoln Center, both in New York City.

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WELCOME BACK
CSUSB
THIS BUD'S FOR YOU.
Students quake over proximity of fault

By Larry Rippee
Special to The Chronicle

If you stand outside of the Pfau Library facing east, you can see — on a smogless day at any rate — the San Bernardino mountains. Running horizontally along the base of the mountains is a thin row of cottonwood trees. Those trees mark the San Andreas Fault.

"It's a natural geological laboratory," said James Mehegan, assistant professor of geology at CSUSB. "You can't ask for a better lab." Indeed, CSUSB students can study a major fault within walking distance of their geology classrooms. However not all students are enamored at the thought of being so close to the San Andreas Fault.

Tom Rey, a CSUSB graduate student, is a little leery of the prospect of a quake occurring near the campus. "I think about it all the time," Rey said. "I think about it almost every time I'm on the fourth floor of the library. I usually think of myself as a calm person, but I'm very paranoid about this." Marguerite Millard, a CSUSB senior, is plagued with similar fears. "It bothers me," she said. "But I can't think about it all the time. I'd have to move away from California to South Carolina or some place — and get hit by a hurricane. I just hope the "big one" doesn't happen when I'm at school.

However, Mehegan is quick to point out that simply staying away from the San Andreas Fault is no assurance of safety. "Just because you're close to a fault doesn't mean you're in the greatest danger," Mehegan said. "You're going to live in a seismically active area in the United States. You're not going to solve the problem by moving to another state.

Infact, both Britt Leatham, head of the Department of Geology, and Mehegan believe CSUSB is probably safer than other areas of San Bernardino. Central San Bernardino is built on a sediment-filled basin of sands, silts and gravels — and during a quake is susceptible to liquefaction. Liquefaction is a process by which the ground turns into a sort of unstable "quicksand." The potential problem of liquefaction during an earthquake is one that San Bernardino shares with such notable earthquakes hot-spots as the Los Angeles basin, San Francisco and Mexico City.

However, Leatham believes that CSUSB is on a somewhat firmer foundation. "The campus is the safest place in northern San Bernardino," Leatham said.

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There are, however, some potential danger areas on campus. The temporary classrooms behind the Pfau Library could be thrown off of their foundations by vertical ground movement because of their light weight.

Other potential danger areas are the Biology and Physical Science buildings. There is a possibility that the large concrete rooms on the second floor of the classrooms windows could break away from the buildings. If this happened, tons of concrete would come crashing down along the sides of the buildings, blocking exits and possibly crushing people trying to use the exits.

The Pfau Library could also be a hazardous area in the event of an earthquake.

Quake—Continued from front page—parking lot allowed the element to weaken the attachments, causing them to break under the strain created by the quake.

Setum says that the construction design used in the parking lot has not been used anywhere at CSUSB. There are any plans to build a multi-level parking structure on campus.

What about the safety of the buildings at CSUSB?

Schnurmacher said that all structures are built to building code specifications. If an 8.3-magnitude earthquake strikes, CSUSB, Schnurmacher said that the buildings would "sustain some damage but would not fall.

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Freshmen cope with campus life

Richard Kontra
Special to The Chronicle

Let's take a stroll down memory lane.

Do you remember your first day of college? Do you remember your fears and expectations of college life? Do you remember your goals? According to college students, the first day of college is a time to remember.

Freshman Lisa Ormonde, 18, has quickly adjusted to college. While she still has a few complaints, however, "In a school with 11,000 people I'm a number not a face," Ormonde said.

Ormonde expects college life to be easier after two years at CSUSB. "I think it will be easier because I'll know what to expect," she said. Raymond A. Navarro, Jr., assistant director of Advising and Academic Services, said that most freshmen he counsels ask the same question. Navarro said they ask, "What's GE (General Education)?"

"Many students come in undeclared and we tell them to take their general education courses," Navarro said. Navarro added that he has not encountered any unusual cases—yet.

"It's just a part of living in California," Mehegan said. "It bothers me," she said. "But I can't think about it all the time or I'd have to move away from California to South Carolina or some place — and get hit by a hurricane. I just hope the "big one" doesn't happen when I'm at school.

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Fraternity recognized for work

By Toni Calvino-Mellinger
Staff Writer

Sigma Chi knows the secret of success.

At least it did at its national workshop last summer in Wyoming, where the CSUSB chapter brought home two awards presented to it by the fraternity's national president.

"The Peterson Significant Chapter Award recognizes all-around performance and is the highest honor an undergraduate Sigma Chi chapter can receive," Chris Ahearn, CSUSB Sigma Chi president, said of the award.

The CSUSB chapter of the fraternity also received a public relations citation for commendable community service.
Cajon Guest Ranch home to fraternity

By Toni Calvino-Mellinger
Staff Writer

Delta Sig bought a motel. Not exactly. It simply managed to fill a motel's rooms with fraternity members.

Recently, members of Delta Sigma Phi rented every room at The Cajon Ranch Motel on Kendall Drive. The Cajon Ranch Motel recently started renting out its rooms like apartments for extended periods of time. At first, the rooms were mainly used to house jail parolees who were trying to get back into society. This situation, however, didn't provide a sufficient level of occupancy for the motel to make a profit.

So when the fraternity offered to fill the rooms, the motel became home to Delta Sigma Phi. The benefits for fraternity members included lower rent and lodging that was close to CSUSB.

"There's one place to go to see what's happening, plus you're around a bunch of guys that you know," said fraternity member Kevin Kelly.

Enrollment increases system-wide

By Raj Daniel
Staff Writer

CSUSB's official Fall quarter enrollment of 10,886 represents a 12.29 percent increase over last year's Fall quarter enrollment of 9,694, according to CSUSB Registrar Jo Ann Von Wald.

In addition, the full-time equivalent enrollment of 7,617.7 represents a 3.19 percent increase over last fall. This figure also reflects the adjustment in courses that students had to make because of CSUSB's conversion from five-unit to four-unit classes.

Enrollment is expected to rise even further, according to statistics from the California State University chancellor's office.

In the fall of 1960, the enrollment for the entire CSU system was 95,081, compared to 355,106 last year. There were 44,701 undergraduate transfers from California community colleges in 1988 compared to only 9,516 in 1960. The number of bachelor's degrees granted also jumped.

Please see GROWTH, page 10

KSSB to expand format

By Ted Fisher
Staff Writer

CSUSB's student-run radio station, KSSB, is in the process of improving its cablecast signal, according to Rob McKenzie, faculty advisor to KSSB.

The station, which is currently cablecast on Comcast and Chambers Cable Television, has had problems with its Chambers signal. The signal should be cleaned up in a few weeks after Chambers installs a new receiver which will improve signal quality, McKenzie said.

McKenzie, an assistant professor in the Department of Communication, also said KSSB is going to purchase two speaker phones which will allow the station to host talk shows and give disc jockeys more freedom to move around. The station is also looking for a new compact disc player.

KSSB, which offers a "diversified format" of classic rock, folk, disco and alternative rock music, can be found at 106.3 FM. Of the nearly 50 students who work at the station, 30 are disc jockeys.

McKenzie said that station programming is expanding.

KSSB is expanding its format and adding new disc jockeys. Pictured is David Linden. Photo by Ted Fisher

The Cajon Guest Ranch Motel is closed for business now that members of the Delta Sigma Phi fraternity are occupying its rooms. Photo by Bret Knight
Preparedness key to quake survival

When someone is being dug about disaster to make people talk of any other time besides screaming a message of rise or freeway overpass? It probably won't even take three or four more weeks before they stop talking about it. Some students on this campus are already sick of all the commotion about earthquakes; especially "the big one." Why won't we listen to the doomsayers any other time besides when others are suffering because they were caught unprepared? Are we naturally optimistic, or are we completely blind to the dangers that surround us? Is it sheer stupidity or are we socialized to act this way towards catastrophe? Everyone in aware of the rising crime epidemic, yet most of us have a difficult time leaving our cars for some time without wondering if it will be safe. We worry about someone coming and breaking into or stealing our car, yet we won't do anything to protect ourselves, for the most part, until we become a victim ourselves. More people install a car alarm after they have a car stolen or broken into than those who just want to play it safe.

The residents of San Francisco will keep themselves prepared for an earthquake for the next few years, while the effects are still lingering in their minds. We, on the other hand, will be aware for a scant few months, but will quickly drop back into our old, ignorant way of thinking.

We need to prepare ourselves for the inevitable. Hazards must be located and eliminated, food storages must be updated, and an evacuation/disaster plan must be set up and every student, faculty and staff member of this university should be provided with a copy.

I personally am not aware of any CSUSB disaster plan, and neither are several of my professors. If CSUSB is to have a chance of surviving a major earthquake on the San Andreas, we must feel should be brought to the attention of other students and the administration.

It is the administration of this school's responsibility to make certain that the students are made aware. At present, the administration of this university is falling in its duty. It now falls on the shoulders of the students to voice their concern about this, to make the administration take this situation seriously.

I invite you to use the opinion page of The Chronicle to voice your opinion; not just on the lack of an earthquake disaster plan, but on any matter that you feel should be brought to the attention of other students or the administration.

PREPAREDNESS SURVIVAL

SURVIVAL SUPPLIES

The Chronicle

survival when someone is being dug

The Chronicle

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Pfeiffer jazzes up failing piano act

By Jennifer Fairfield
Staff Writer

In the beginning, there were the Baker boys, and they were...OK...but a two-brother piano act doesn't go far on the lounge circuit anymore. They seek a crooner, a chanteuse, a singer to boost their bookings. They are assaulted by imitation Madonnas and opera washouts. Just when it seems like all hope is lost, she shows up—characteristically late. She doesn't look like much, and she's got a real attitude, but golly Wally, can she sing! In a soft, low voice, like something warmly forbidden. She's sad, but she doesn't care, and she makes it sound attractive somehow.

Susie Diamond (Michelle Pfeiffer) is a jaded veteran of the battles of life. She wants to be every bit as tough as she comes across, but she's always looking for her prince. This prince certainly doesn't appear in the form of Jack (Jeff Bridges), the playboy brother Baker. He and she create sexual tension in the first half of the film and then ruin it by actually having sex.

It wouldn't be so bad if they loved each other or something, but they are so off-handed about the whole act. After one "escapeade," Jack gets out of bed, puts on his pants and goes home.

Jeff Bridges is a good playboy and he charmed the socks off me, but I just couldn't sympathize with his character. Poor Jack, he drinks too much. Poor Jack, he will never realize his dreams because he doesn't want to let his brother down. I'm sorry but he was, well, mean.

Beau Bridges (Frank Baker) I could at least understand. He did what he did because he had a family to raise. He held on to his de-hustions of grandeur because they kept him going. He catered to his brother's whims because it got him to the next gig and paid the bills. Believable.

The film was slow, dark and depressing. It made me very sad. How could anyone be so cruel to another human being? Eek! It drove me nuts!

Here are some good reasons to see the movie: Michelle Pfeiffer's singing is great—kudos to her voice coach, Sally Stevens. I recommend that anyone interested in jazz or big band vocalists pick up the soundtrack.

Go for the intrigue, the sexual tension between Jack and Susie, and then leave halfway through.

Jeff Bridges gives the most sensual performance of his movie career. He's like a big, dangerous, sexy cat up on the screen. Go and just look at his face for two hours.

Beau and Jeff Bridges as the Baker boys give us a refreshing look at two brothers who may not always get along, but love each other greatly. They have a tremendous interplay of personalities.

Although the film disappointed me, most of my friends liked it. Who knows? You may like it, too.

When Beau and Jeff Bridges' piano act hits a sour note, Michelle Pfeiffer joins the duo to liven up the act.
Students tune in to TV courses

By Brian Starkey
Special to The Chronicle

Even before television became the great source of entertainment for America, visionaries already envisioned a broader use for this electronic picture box.

Science fiction writers told tales of tomorrow's children learning from television: teachers and computerized classes. As with much science fiction, this dream is rapidly becoming reality.

The demand for higher education is surpassing teachers' ability to provide education for the masses. Enrollment in colleges and universities is increasing far beyond the limits of these institutions. Television is now being looked at as a possible solution for an overburdened education system.

There is a program at CSUSB called instructional Television Fixed Services (ITFS). Through this system, courses are broadcast to CSUSB extensions at Beaumont, Banning, Palm Spring, and Yucaipa. The system allows students in these off-campus sites to take upper-division and graduate courses from CSUSB.

Courses are televised from the basement of the Pfau Library and sent via microwave to several relay stations which transmit the signal to the off-campus extensions. Students in Banning or Palm Desert can view lectures on monitors.

Students at the off-campus sites can respond to instructors at CSUSB as well as with other students at the other off-campus sites. The instructor at CSUSB cannot see the students in the off-campus site, however.

Television courses are limited to upper-division and graduate levels. Students at extension sites often complete their undergraduate level curriculum at area junior colleges or have already completed a degree elsewhere.

"These are state supported programs, those people pay the same fees as these people do here, and they're able to do that without driving all the way to this campus," said Dr. Senour, director of audio visual services at CSUSB.

"The purpose of the program is to make courses available to those who cannot travel to CSUSB. Many of the students who take courses are in other parts of the world or are unable to attend CSUSB because of time constraints. This system allows them to attend CSUSB even though they are far from campus." said Dr. Senour.

Law enforcement has always been the occupation of choice for movie characters. Hollywood has always felt the need to jazz up these characters. We've had Robocops, Russian cops, alien cops, crazy cops, dog cops, zombie cops and Beverly Hills cops. Yet now there is a new cop—a hillbilly cop.

In the movie, "Next of Kin," Patrick Swayze plays Truman Gates, a good Chicago cop from Carbon Glow—a jerkwater, backwoods cowtown that makes Dogpatch look like Manhattan.

Swayze' character gets upset when his little brother (Bill Paxton) joins him in the big city and is brutally killed by the mob. Gates' family is also upset over the murder. In fact, they are so upset that they decide to help find the killers. The family's hunt for the killers is one of the main problems of the film. After

A corny cop film

By Pat Janklevitz
Staff Writer

"Next of Kin"

The family's hunt for the killers is one of the main problems of the film. After the summer following his junior year at CSUSB, Jackson raised $32,000 in Japan as a stint worker and went to Japan on a summer project with Campus Crusade for Christ. His mission was to work on major universities located in Tokyo and share with students how to know God personally.

After returning to the United States, Jackson planned to complete his degree. Again, his plans were interrupted.

"I received a letter from Campus Crusade for Christ requesting his return to Japan as a stint worker (short term intentional) for a 12 to 14 month period. "This project is a way to experience long-term missions without the lifetime commitment," he said.

Jackson raised $32,000 in five months and left for Tokyo. From there he will go to Okinawa and Nagoya.

He says his main purpose there will be to establish a permanent headquarters for Campus Crusade for Christ, expand evangelism teams to universities campuses located outside of Tokyo, and help set up their computer system.

"Jackson is just one of the many students whose life has been positively influenced by Campus Crusade for Christ, part of an international organization located at universities nationwide and throughout the world."

National headquarters is located at Arrowhead Springs, Campus Crusade for Christ was founded by Dr. Bill Bright at UCLA.

The club's two main purposes are to help students know God and to spread God's word, according to Gary Burger, leader of the CSUSB Campus Crusade for Christ Club.

"We give answers to students who are searching aimlessly for fulfillment in their lives," Burger said.

Club president Lisa Douma said "I am excited to see the new faces in the club this year as they are a result of our prayers." The club meets Wednesdays at 6:15 p.m. in the Lower Commons Eucalyptus Room. Activities involve singing, Bible studies, socials and discussions of such topics as dating, love and sex.

The club is also unique because members can visit other chapters at universities throughout the world. "Being involved brought me a peace not found elsewhere," said Lucy Sanchez, club vice-president. "I met people I could share more deeply with. Too many people stereotype Christians. Campus Crusade for Christ is not boring."
The CSUSB Educational Equity Program is considered to be one of the most sophisticated systems for recruiting students to universities. "CSU’s recruitment system is very sophisticated and computer-oriented, which provides information for recruiters in ways that no other university in California has," Sanchez said.

The film's hillbillies are meant to be funny, happy-go-lucky country people — but they are totally unsympathetic. They're crude, rude, greedy jerks who we're supposed to feel sorry for only because it's in the script. By the end we're so fed up with these morons that we can't wait for them to get blown away. If they were portrayed as salt-of-the-Earth, hard-working hill folk, we could muster some enthusiasm for them. Instead, we don't connect with these characters, and they're the main problem with the film.

While the system was criticized initially for its technical problems, many students benefit from the convenience of televised courses.

"It was a very interesting learning experience," said Marie Hardin, who took a CSUSB course at a Palm Springs extension. "I didn’t have the time to drive here and back."

"I thought it was weird at first," said Annalise Laun- drup, who takes an ITFS course from the CSUSB Barstow areas. "I thought it was even more weird at first," said AnnaLise Laun- drup, who takes an ITFS course from the CSUSB Barstow areas.

HELP WANTED!

Ski Lovers: Ski Masters is looking for student reps. We need enthusiastic, trip, and equipment writers. Call (714) 661-9662.

FEMALE ATTENDANT NEEDED: I'm disabled and require assistance with my daily routine. Can work anywhere from 5 to 40 hours per week. Can usually work hours around school schedule. $4.25 per hour. Contact: Lammie Stemple 880-1875. Car would be helpful.

PERSONALS

Maureen, Do not worry about our problems, that can only get worse. I'm just out that fire and make me a sandwich. I love you. Christy

Jodi & The Cure, Do not go to them, let them come to you. You know it works. Love ya. Kerry

Antoinette, I miss talking to you. We must get together and do lunch sometime in the near future. Kerry

TV - Continued from page 9

ADVANTAGE OF PROGRAM NEED COURSES TO FULFILL REQUIREMENTS

"The courses that are more appealing are education courses," Dr. Senour said. "Many teachers out there need to work on a master’s degree or have had to drive to Riverside or here to take a few courses."

The ITFS system is continuously reaching more students. Enrollment at the extension sites has increased along with the number of courses available.

While the system was critiqued initially for its technical problems, many students benefit from the convenience of televised courses.

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ACTION

Continued from front page, action follows the guidelines of the Educational Equity Report.

"There are basically two functions of the Educational Equity Program," Sanchez said. "The first function is to assess, which is how we find ways to go out and recruit under-represented students.

"Also, it dictates the type of things that are being done to ensure that students do get to CSUSB. The second function is once enrollment is rolled, what programs and services do we have to make sure that these students stay in school and eventually graduate?"

The CSUSB Student Affairs Office works closely with recruiters at community colleges to try and attract students. About three years ago, the CSU system toughened its enrollment standards to require that high school students meet certain academic requirements. Sanchez said that some under-represented students who are not eligible to attend CSUSB after high school to first attend a community college and sign a transfer contract. "By signing this contract the students take the listed courses on the contract and are then automatically admitted to CSUSB as a junior," Sanchez said. "This service is not only for under-represented students, but for anyone who wants to attend CSUSB."

The CSU Educational Equity Program is considered to be one of the most sophisticated systems for recruiting students to universities. "CSU’s recruitment system is very sophisticated and computer-oriented, which provides information for recruiters in ways that no other university in California has," Sanchez said.

TYPING


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FOR SALE


MISCELLANEOUS

Desperately need good homes for 12-wk. old kitten "Himalayan" look and adult 6-mo. old "Sybeester" look cat. Call 653-0633 after 5 p.m.
Injuries. They are less severe for runners on the cross-country teams. Cross-country runners often suffer from sore muscles and knees. Their feet and hips are also under great deal of stress with approximately three times the body weight being placed on the feet with every stride.

The friction in running shoes can also cause blisters and the loss of toenails. Many injuries occur because the athlete is not in shape. During the "weekend athlete" and the collegiate athlete who is not yet in shape, are vulnerable to injury.

Muscles that are overexerted are vulnerable to pulls and tears. Sprained ankles are common among athletes who play basketball or volleyball only on weekends and don't exercise during the week.

The ankle is easily injured because unlike other joints that have a combination of bone, muscle or ligaments, the ankle is supported solely by ligament. When athletes jump, their ankle turns in slightly and points down, creating the possibility of an injury. There are some basic methods care for injuries.

The most widely used is the R.I.C.E. (rest, ice compression, elevation) method. Most injuries respond to such treatment within the first 24 hours. The simplest method is to stretch and warm up the muscle before an activity. For collegiate athletes, stretching exercises precede every workout. Trainers also tape muscles and ankles to help prevent injuries.

Whether you exercise once a day or once a month, it's important to know your body's limitations. Knowing that can help reduce your chances of being injured.

Injury Prevention:

- Early stretching exercises precede every workout.
- Warm up muscles before an activity.
- Stretch and cool down after a workout.
- Learn to recognize the signs of an injury.
- Wear proper footwear to support the ankle.
- Use ice to reduce swelling.
- Use elevation to help reduce swelling.
- Use compression to reduce swelling.
- Use rest to allow the body to heal.

Injuries can happen at any time and place. It is important to be aware of the signs and symptoms of an injury and seek medical attention if necessary. The best way to prevent injuries is by staying active and maintaining a healthy lifestyle.

CSUSB is not the only school that faces the challenge of injury prevention. Many universities across the country work to provide athletes with the best possible care and support to help them recover and return to the field.

Todd Mapes comes from a tradition of excellence at CSUSB. He has six assists this season, "I try to play defense as well, I also like to assist. To me an assist is the same thing as a goal."

"If I scored 20-25 goals in a season, the only thing that would matter would be if the team did well. I would rather not score at all and have the team go all the way (to the nationals)."

While the Coyotes have a slim chances of advancing to the playoffs this season, Mapes is optimistic about next season.

"We are looking forward to next year," Mapes said. "We are a really young team. With no injuries, next year we should go far. We just need to work for next year."

After playing at CSUSB for three years, Mapes has no regrets that he had to make the team as a "walk-on" player.

"I'm glad that I decided to come here," he said. "I really like the laid-back atmosphere. It's my type of school."

Intramural Football Results

Eastern Conference

- Goats 65, TKE-2 12
- 12oz. Slammers 37, Agent Orange 6
- Cobras 12, TKE 8

Central Conference

- Delta Sig "A" 2, Triggerfish 0
- Repeat 18, Sigma Chi Gold 8

Western Conference

- Bucs 42, Renegades 12
- Hindu Neandretaths 6, DSP 0

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**Sports**

**Mapes gets kicks in soccer**

By Jeff Zelenksi  
Staff Writer

After graduating from high school, Todd Mapes didn't have a place to play soccer. The All-CIF soccer player from North High in Riverside had to prove to CSUSB men's soccer Coach Carlos Juarez that he could make the jump from high school to college.

"I knew that he had some good statistics out of high school, but I never saw him play," Juarez said. "His high school coach had told me that he could play."

At North High, Mapes set a school record of 66 career goals and lead his team to a 20-4 record during his senior year. Despite these accomplishments, the soccer-hungry senior was only recruited by one school.

"Basically, I was only recruited by one school — Cal Baptist, a small NAIA school in Riverside," Mapes said. "I didn't want to go to a small religious school, but I didn't want to go to a school close to home.

"At first I was disappointed not getting any scholarship offers out of high school. But I almost expected it because the inland empire doesn't get any recognition for its soccer."

**Vaillancourt learns to play in pain**

By Jeff Zelenksi  
Staff Writer

When the pain gets unbearable, Tinette Vaillancourt keeps playing.

That slogan could be used to describe the dedicated captain of CSUSB's volleyball team. Vaillancourt, who has tendinitis in both knees, plays through pain because of her love for volleyball.

"They (her knees) really hurt, but I just play through it," Vaillancourt said. "Sometimes, it's unbearable, but I just stick it out because I want to play really bad.

"It's really hard to describe (the pain). I fight it every day and every night."

Vaillancourt is the only returning player from last year's team that qualified for the Western Regional playoffs. This season, the 5-foot, 10-inch Vaillancourt helped the Coyotes post a 16-17 record through Oct. 24.

Vaillancourt considered having surgery on her knees, but has opted instead to undergo strenuous physical therapy the past few summers.

"I did therapy all last summer to try and ease some of the pain, but it still hurts just as much," Vaillancourt said.

Vaillancourt and her doctors have tentatively planned for surgery to be performed during the offseason, but she has mixed feelings about it.

"I hoped to be relieved after the surgery, but they still don't know what's wrong for sure until they go in and find out," she said. "I don't know if it will be completely cleared up after the surgery. I'm just hoping that it will be."

Volleyball Coach Naomi Ruderman expects the surgery will help Vaillancourt.

"I think that she'll be a lot better after the surgery this summer," Ruderman said. "After it is corrected she won't have to play with pain anymore. She will be up to par."

"Right now her knees are affecting her lateral movement and her endurance in terms of jumping."

Ruderman has been optimistic about the whole situation so far.

"We were hoping that it (surgery) would have been taken care of last summer," Ruderman said. "Right now she is in a lot of pain. I try to rest her as much as possible. I try to pull her out of the games whenever I can."

Although she has played in pain the last three years, Vaillancourt has managed to make her stand at CSUSB. She started her freshman season on the junior varsity team but quickly advanced to the varsity squad.

She started with the varsity as a sophomore and Vaillancourt is the team captain this season. Currently, she ranks among the top three blockers in the nation and is a dedicated team player.

"She excels in blocking," Ruderman said. "Last I heard she was second or third in the nation. Because of that she has a very good chance of making All-Western region (team)."

"She is a perfect example of a leader for her teammates and that's why she is the team captain. She is dedicated, she has high standards and she is extremely hard working and a pleasure to be around."

Vaillancourt was recruited by CSUSB because of her performance at Norco High School. In high school, she lettered in volleyball, basketball and track and she was an All-CIF first-team selection in both basketball and volleyball.

"When I came to CSUSB my first goal was to make the team, which I did," Vaillancourt said. "My second was to start, which I did my sophomore year. And my third was to make it to the Western Regional playoffs, which we have done the last three years."

"Now my goal is to make it to the nationals," said Vaillancourt.

A West Coast career comes to an end, Vaillancourt, who is also a good student, would like to continue his education and further his volleyball career.

**Injuries a threat in sports**

By Orin Smith  
Staff Writer

Nobody likes to be injured. Unfortunately, at one time or another, many of us will get hurt during a period of physical activity. Such injuries could range from a broken neck sustained in a football game to a jammed thumb in a basketball game. Regardless of the injury, it will be painful.

In athletics, the threat of injury is always there. As an athletic trainer at CSUSB, Laura Held is used to dealing with a variety of sports-related injuries.

Soccer-related injuries are most common at CSUSB. Soccer players have two practices daily at the beginning of the season to get into shape. The strenuous workouts often cause muscle strains and muscle fatigue. Soccer players also frequently sprain ankles and bruise shins.

In water polo, the severity of injuries is not as high as soccer. The water helps to prevent muscle and soft tissue injuries. However, there are bruises, lacerations and broken fingers from high-velocity balls and rough underwater contact.

Photo by Bill Lafayette

Maria Preston protects the ball from a Westmont defender. Cal State won in overtime, 2-1.