3-11-1993

March 11th 1993

CSUSB
ASI forms new group, takes students to lobby

by Elizabeth Akins
Chronicle staff writer

The decision reached by the Board of Directors of the Cal State, San Bernardino Associated Students, Inc. (ASI) to withdraw from the California State Student Association (CSSA), was tested this Monday, March 8, as student representatives gathered at the Capitol to lobby state legislators in regard to fee increases, financial aid, and the Master Plan for Higher Education.

In a grassroots effort to better articulate the needs of the students to the State Legislature, CSU campuses San Bernardino, Sacramento, and Stanislaus pulled out of the CSSA (the student lobbying organization intended to represent all 20 of the CSU campuses), to form the Student Advocate Coalition (SAC).

Student representatives from the three “S” campuses attended the first SAC conference from March 6-7. The purpose of the conference was to identify and discuss student needs, and delineate ways in which these needs can be met at a state-wide level.

Information sessions on current higher education lobbying issues were included in the agenda as well as group discussions and role-playing. Keynote speakers were: Scott Plotkin, director of governmental affairs, Bernie Goldstein, faculty trustee, and Barry Munitz, chancellor.

A total of 18 student representatives from Cal State, San Bernardino (CSUSB) voiced concerns at the Capitol regarding the adoption of a fee plan that includes predictability and a financial aid policy that can provide adequate support that is directly proportional to fee increases.

Assemblyman Paul Woodruff, Fred Aguilar, and a staff member representing Assemblyman Joe Baca were lobbied as well as Senators David Kelley, Rubin Ayala, and a staff member representing Senator Bill Leonard.

Overall, students felt that the state legislators were receptive. According to ASI Assistant Legislative Director, Larissa Tompkins, members of the State Legislature were more responsive because students did not put them immediately on the defensive.

Instead of demanding “no fee increases” as was the case with some other CSU campuses, CSUSB students acknowledged the inevitability of fee increases due to the decreased budget, and suggested ways of implementing such fee increases so that the students have at least some choice in the matter.

ASI Board of Directors (BOD) member Susan Rump felt that the Board’s decision to withdraw from the CSSA was an excellent one. Based on her past experiences with the CSSA and reinforced by what she witnessed at the State Capitol of the CSSA’s lobbying tactics on Monday, Rump stated that the pragmatic approach exercised by CSUSB was a much more effective means of making the student voice heard.

The CSSA, now representing 16 of the 20 CSU campuses, conducted a rally outside of the capital at noon to protest against more fee increases. Although no outright attacks were made at CSUSB or any of the other CSU campuses that officially withdrew from the organization, there was an obvious distinction between the two groups.

Students representing the CSSA chanted slogans outside of the Capitol such as; “Recall Pete,” and “Students united, never be divided.” After marching around the capitol, carrying signs of a derogatory nature aimed at Pete Wilson, students invaded the building and continued their demonstration until riot police forced them out. At least one arrest was made.

The decision to withdraw from the CSSA on the part of CSUSB drew the attention of Assemblyman Paul Woodruff, a CSUSB alumnus. Woodruff asked to meet specifically with ASI President Sheri Major to discuss the break with the CSSA.

Woodruff admitted that he shared similar frustrations with the CSSA as those cited by CSU San Bernardino, Sacramento, and Stanislaus during his involvement with the organization. However he questioned the effectiveness of a divided voice and stated that a “state-wide element is crucial” to ensure that the three legs of the Master Plan for Higher Education (Accessibility, Affordability, and Accountability) are preserved.

Referring to CSUSB as part of a “splinter group,” Woodruff warned against turning policy into an “if they’re for it, we’re against it” issue.

Major contended that the objective of the break was to get back to what the CSSA was originally designed to do—provide an effective student voice at the state-wide level.

She mentioned the formation in progress of an Associated Students President’s council similar to that which existed prior to the formal organization of the CSSA. The most important criteria of the council, according to Major is that it would be composed solely of student body presidents.

Assailants elude police in assault and robbery

by Anthony Bruce Gilpin
Chronicle managing editor

Cal State, San Bernardino’s Office of Public Safety is appealing to anyone who might have information about the men who beat and robbed a University employee as he was leaving the Pfau Library building Mar. 1. The assailants eluded a police search of the campus and surrounding area, and are still at large.

Dan Moseley, a media production specialist at University Audio-visual services, was attacked by two or three Latino males, in their late teens to early twenties. The assailants rushed Moseley from behind, clubbed him with a blunt object, possibly a baseball bat, and stole his wallet.

According to Public Safety Sgt. Nigel Smithers, a co-worker found Moseley lying unconscious near the leading dock exit of the library basement. Moseley was found at about 8:10 p.m.; it is not known how long he had been unconscious.

San Bernardino Fire Department paramedics treated Moseley’s injuries until he was taken by ambulance to San Bernardino Community Hospital, where he was treated and released. CSUSB Public Affairs director Cynthia Pringle told The Chronicle that Moseley, who has worked in Audio Visual for four years, is in good condition, and may be back at work within a week.

University Public Safety officers searched the campus for Moseley’s assailants. The San Bernardino Police assisted, bringing in a patrol helicopter, which probed the campus and surrounding area with its powerful searchlight.

Moseley’s attackers are described as: two or three Latino males, in their late teens to early twenties. One of them wore his hair slicked back, “gang-style,” S. Smithers said.

Police agencies have made no arrests in connection with the assault on Moseley. The Public Safety Office is continuing its investigation into the crime, working on several leads.

Public Safety is enlisting the public’s help in apprehending the suspects. Anyone who witnessed the crime, or who has information about the suspects identities and/or whereabouts, is urged to contact the Public Safety office. All information will be kept strictly confidential.

The founders of the new Student Advocate Coalition: CSU Stanislaus AS President Al McCarty, CSUSB President Sheri Major, Chancellor Barry Munitz, and CSU Sacramento AS President Tina Young.
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<th>Thursday</th>
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<td>March 11</td>
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<td><strong>CLUB TRIUMPH</strong></td>
<td><strong>INTERNATIONAL CLUB</strong></td>
<td><strong>SOFTBALL GAME</strong></td>
<td><strong>INTERNATIONAL BUSINESS ASSOCIATION</strong></td>
<td><strong>FOCUS</strong></td>
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<td>Bible talk in the Pine Room of the Lower Commons at 12 p.m.</td>
<td>There will be a meeting of the International Club meeting in PL 237 from 4 to 6 p.m.</td>
<td>The softball team will be playing Cal State Bakersfield at 12 p.m.</td>
<td>Meeting in UH 262 from 12 to 1 p.m.</td>
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<td>presented by Club Triumph. Come and discuss aspects of the Bible and how they apply to your life. Enjoy the fellowship and join for lunch after the discussion.</td>
<td><strong>BASEBALL GAME</strong></td>
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<td><strong>MULTICULTURAL DIVERSITY</strong></td>
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<td>The Department of Foreign Languages and Literature presents Jacques Benzakein who will be speaking on &quot;Psychobiography - An Existentialist Model.&quot; The presentation will be held in UH 261 from 12 to 1 p.m. For more information, call the Dept. of Foreign Languages at 880-5867 or the Coordinator, M.A. Gallegos-Ruiz at 880-5858.</td>
<td>The Inland Empire Concerts presents the magic of Harry Blackstone as their fourth concert offering for 1993 at the Radisson Hotel. Performances will be held at 7 and 9:30 p.m. For more information, call 800-228-1155. Ticket prices are $18.50 and $25</td>
<td>The CSUSB concert chorale and University cho-</td>
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<td>rale will be performing under the direction of Loren Filbeck. The performance will be held in the Recital Hall. General Admission is $5, students and seniors for $3.</td>
<td><strong>NEW MUSICAL READING</strong></td>
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Editor's swan song: 'Hello, I Must be Going...'

by William Lundquist
Chronicle editor in chief

Unfortunately, financial independ­ence meant turning The Chronicle into the CSUSB pennysaver. Each full-sized newspaper page contained one article, at most, and filled the rest of the space with ads.

The new editor also turned out to be a disappointment, an outsider who knew little about this campus and who didn’t spend enough time here to learn. She managed to alienate her staff three times as quickly as the previous editor. By the end of Fall quarter, 1990, she was gone, and The Chronicle with her.

Nichols, a man with enormous journalistic knowledge, who had devoted countless hours to putting out the paper himself when no one else could, had to take the blame for the debacle. He decided that even writing was unnecessary. We can no longer watch our institution to alienate and other under-represented faculty, students and staff. We demand that these problems be addressed immediately.

A committee must be formed — which represents all segments of the campus — with a response this month from students, staff members, administrators and faculty members. This committee will be necessary in order to develop strategic timetables to achieve our goals: (1) A mandatory General Education Ethnic Studies requirement for every student in every major; (2) More under-represented student recruitment and retention; (3) More under-represented faculty and staff hiring; and (4) The development of new curricula and other programs in the form of interdisciplinary fields of the Ethnic Studies Program in Pan-African, Chicano, Native American, and Asian/Pacific studies, directed by and for these cultural groups.

In addition, there must be an oversight committee, responsible for reviewing the progress of these committees. For those depart­ments that successfully promote a diverse studies program, financial rewards must be given.

This would send a very clear message about the values held by this institution. Reluctance to pursue cultural diversity — due to fear of the impact it might have on the status quo — should result in termination. There is no room for neutrality: "Either you are part of the solution, or you are part of the problem." It’s that simple.

President Evans, you must ensure us that in this time of so-called budget cuts, the under-represented faculty and staff will not be laid off. Somehow, it appears that in a time of budget crises on college campuses there is a sense that "it doesn’t matter who was last hired, coloreds are first fired." We intend to make sure this is not the case here.

By Fall 1993, President Evans, you and other top leaders must create and fund structures of support — such as funded mentoring programs, campus scholarships and grants, and professional development opportunities — for faculty students and staff of color.

Besides making Ethnic Studies a requirement, we see an increasing need for a Pan-African Studies program. This will be an interdisciplinary field, which in no way will detract from the existing so-called Ethnic Studies program, but will enhance and put some meat on the anemic bones of the existing program. In addition, it will allow for further depth and analysis into the subjective aspects of Africans, both at home and abroad. This program should also be put into effect by Fall 1993.

It is in no way revolutionary: It is quite common in the California State University system, such as the campuses at Los Angeles, Sacramento, Northridge and Long Beach, as well as other California universities like Berkeley, Stanford and U.C.L.A., to name a few. The program must cover such areas as those of the pre-, post- and contemporary slave, at periods allowing for the culture of the Africans to be experienced in its entirety throughout the Diaspora, as opposed to just our lives from the time we left the shores of Afrika to come to this country.

The Afrikan Student Alliance feels that for this institution to allow its students to leave this institution without the knowledge and the tools of all its cultures is to do a great disservice to this institution, and to society. What appears to be the trend of this society is that many of its institutions would rather patronize its cultures with a few days and a few dollars to help them "celebrate" rather than create long-standing programs that would help implement a real change in this society. To many people in this organization, it appears that the campus preaches multi-culturalism and practices mono-culturalism. Paralleling this to the system of apartheid in Azania, South Afrika, we must at least respect them in that they practice the segregation that they preach. It seems, then, that the least you could do for us here is the same. The only way that this institution can live up to this motto of “unity through cultural diversity,” by making Ethnic Studies a mandatory General Education requirement.

Jenise Earl, president
Wes Henderson vice-president
Afrikan Student Alliance

Letters to The Chronicle

Editor, The Chronicle:

We, the African Student Alliance and other under-represented groups on this college campus refuse to sit quietly any longer and allow this institution to alienate us. We can no longer watch faculty, students and staff disappear at the hands of budget cuts and fee increases, to the added dismay of President Evans. We demand that these problems be addressed immediately.

A committee must be formed — which represents all segments of the campus — with a response this month from students, staff members, administrators and faculty members. This committee will be necessary in order to develop strategic timetables to achieve our goals: (1) A mandatory General Education Ethnic Studies requirement for every student in every major; (2) More under-represented student recruitment and retention; (3) More under-represented faculty and staff hiring; and (4) The development of new curricula and other programs in the form of interdisciplinary fields of the Ethnic Studies Program in Pan-African, Chicano, Native American, and Asian/Pacific studies, directed by and for these cultural groups.

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The International club meets Fridays at 4 p.m. in PL 244. Come find out about participating in Model United Competitions and helping with our high school program.

Apply now for spring quarter classes at Cal State, San Bernardino’s campus in Palm Desert. Courses are available in Business, Education, English, Paralegal Studies and Psychology that lead to bachelor’s or master’s degrees. Certificates and teaching credentials are also available at Cal State’s Coachella Valley Center. Spring Quarter starts March 29. Call (619) 341-2883.

Dean Peter Wilson of the Coachella Valley Center has said that it is critical that the Center’s seat on the Associated Student’s Board of Directors be filled. Any CVC student interested in this post can contact Sheri Major at campus extension 5932.

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STAGE REVIEW

Strong acting in fine short plays

by Robyn Saunders
Chronicle staff writer

Life is full of unusual, ironic twists. The fact that I begged and pleaded for this ticket (when all I really wanted to do was catch some z's) is ironic enough. Directed and performed by students, An Evening of One-Acts proved to be an interesting experience full of paradoxical twists and eerie subplots.

Directed by Marja Slater, Peter Shaffer's White Liar is the story of a fortune teller, two clients, a ghost, and the struggle for truth. Baroness Lemberg, played by Heather Stephens, is the fortune teller approached by Tom and Frank (Marc Shrem and Bill Robertson.) Stephens' energetic performance eclipsed those of the other two. She brought wit and emotion to what was otherwise a dry storyline.

The second act of the evening was Leonard Melfi's Birdbath, directed by Wendi Hastings. This play cast Rob Foley as Frankie, an aspiring poet/waiter, and Keri Hostetler as Velma, a poor, completely insecure waitress with a stunning imagination.

I've always found the most honest way to say whether or not a performance is "good" is if you're sympathetic to what the character is feeling. Does your stomach become nervous as she trembles with confusion? Do you feel angry as he swigs martinis until a drunken stupor results? In this case, the answer to these questions is yes. Every action the actors took was extremely real and tangible.

Hostetler gave a remarkable performance as the naive and oppressed Velma. One emotion led to another in a riveting sequence. Foley was seductive, charming, and evil all at the same time. Together, the two created an unforgettable stage presence with overlapping emotions and surprises.
Class creates legislation

by Steve Jennings
Chronicle staff writer

Cal State, San Bernardino, Professor Al Mariam probably teaches the only class on campus in which students play the role of a federal, state or county legislator. And what's more, none of them had any idea that they would be entrusted with responsibility for creating laws when they walked in the door back in January. Each of them would have to learn about the legislative process, and propose either old laws or new ones.

Although the required length of the papers seems excessive, Mariam is quick to point out that the amount of research needed to do a thorough job should easily fill 25 pages or more. Most of Mariam's students agree.

"At first I thought it was overwhelming, but after considering the scope of what the paper required, I found that I had more than 25 pages," said student Greg Fayard, a political science major. "Getting started was the biggest hurdle."

Students of Mariam's Political Science 320 Legislative Process class found that they not only had to learn how the legislative process works, but they also would have to translate their lessons into practical knowledge.

"Working on the paper taught me that the process of getting legislation passed takes a lot of time and requires a great deal of research," said Abeer Khatib, one of Mariam's students who did her proposal on banning smoking in all public buildings and places of business.

"When you're making laws, you've got to know exactly what it is you want to do and how you want it to be done," said Mariam. "Mariam thinks that this is the best way to truly learn the material."

"If you're going to learn about the legislative process, you need to learn about the vehicle by which a solution to a problem becomes law," said Mariam. "Learning about lawmaking is enhanced by attempting to write laws."

According to Mariam, making good laws requires a great deal of study in the subject area. He said that the process involves three steps: identification of the problem area, examination of existing laws and statutes in the subject area with particular attention given to inadequacies, gaps and loopholes, and proposing changes to the existing laws or proposing entirely new ones.

"These steps embody the legislative process," said Mariam. "The key is in the research. Nothing requires the legislature to make good laws and, without diligent, comprehensive research, they probably won't."

Mariam sees an end beyond the classroom for the work done by his students. He said that when he came up with the idea of having students write legislation rather than the typical term paper, he had the ultimate goal of having his students submit their work to real legislators.

"After I hand back the drafts and we come up with a few refinements and all the fine tuning is done, we plan to submit the best proposals to area legislators. Sometimes early next quarter," said Mariam. "This will give students the opportunity to offer their legislative proposals to lawmakers who are sympathetic to their cause."

Although the chances of any student's proposal being enacted into law are slim, Mariam said that legislators could very possibly borrow from the proposals or even initiate a similar proposal based on the student's ideas.

"There are a number of likely results from this exercise," said Mariam. "This gives students a link to the policy-making process, a venue for correspondence with their legislator, possibly an opportunity to testify as to the merits of the proposed legislation, and one of the students could even aspire to elected office as a result of the experience."

Mariam is optimistic about the implications of increasing student involvement with the process of making laws, and with government in general.

"I hope the students take away this very important concept from the class," said Mariam. "The concept is that good ideas about how we can solve society's problems are just that; good ideas. Before the ideas can have a positive impact on society, they have to undergo a set of procedures. Only then can those ideas be put into action for the good of society."
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CORRECTION
Regarding the ASI story in The Chronicle, Feb. 24, Dr. Juan Gutierrez is the faculty representative to the ASI Board of Directors, and Dr. Juan Gonzales is the president’s representative to the ASI B.O.D.
OPINION continued from page 3

out the help of Stacy or new
Managing Editor Anthony Bruce
Gilpin. Nor would the paper look
as good as it does without the
Expert advice of Dr. Webb. Its
relatively healthy financial posi-
tion is due to the efforts of new
Business Manager Elizabeth
Woodworth and Advertising
Manager Todd Spencer.

There are over 30 selfless
people who have made me look
some what successful the past ten
weeks, from Production Manager
Michelle Vandrass, to Distribution
Manager Jeff Freeman, to the
many writers, photographers,
and artists listed proudly in our
staff box every week.

My four year on-and-off rela-
tionship with The Chronicle has
been a rollercoaster ride, with
many bitter frustrations and dis-
appointments, but it is the people
that I will remember, the people
who made it so worthwhile.

In the future, when you read
this newspaper, give a thought to
the few that give so much time
and effort to serve so many stu-
dents. I know I will.

And now I must be going.

Defining fitness for a healthy life

by Nikki Williams
Chronicle staff writer

What does it mean to be physi-
cally fit? Not an easy question to
answer, especially for a college
student, who doesn’t have much
time for exercise, or proper nutri-
tion.

William E. Prentice and
Charles A. Bucher in Fitness for
College and Life define physical
fitness as the ability “to engage in
vigorous tasks and leisure activi-
ties.” So basically, being physi-
cially fit means a person’s ability
to meet the demands of daily living.

Being physically fit consists of
five components: muscular
strength, muscular endurance,
cardiovascular endurance, flex-
ibility and body composition. The
combination of these five compo-
nents are the real essentials to be-
ing fit. What a better time to get
fit then now, in the formative years
of college, which are the best years
to establish your path to fitness.

The first component of fit-
ness, muscular strength, refers to
a muscle’s ability to exert maxi-
mum force in a single effort. Strong
muscles provide protection for the
bones and joints resulting in fewer
injuries. Muscular strength helps
maintain proper posture, and provides “greater end-
urance, power, and resistance to
fatigue.” Many students are un-
aware that weak abdo-

nial muscles are pri-
mari cause of lower
back pain and that
by strengthening the
abdominal muscles,
there is less stress placed
on the erector spine of the
vertebrae; thus eliminating the
pain caused by the abnormal arch in
the lower back. Muscular strength also
relates heavily on muscular endur-
ance.

Muscular endurance is the
muscle’s ability to repeat or sustain
a muscle contraction. In all of the
three forms of muscular endurance:
isometric, isokinetic, and isotonic;
there is a constant demand on the
muscle to perform and endure at
various levels of contraction and
velocity. The more muscular
ever, the more fit you are.

Next there is cardiovascular
endurance and the ability to per-
sist in an oxygen demanding physi-
cal activity like aerobics, running
or swimming. The heart, lungs and
blood vessels are essential to the
distribution of oxygen, release of
natural endorphins, and also the
removal of bodily wastes such as
metabolized fats. Conditioning the
heart and blood systems is one of
the most important factors in ob-
taining physical fitness and
wellness. Flexibility is the fourth com-
ponent of fitness, defined as the
freedom of movement and range
of motion allowed by the bod-
y’s joints. Flexibility is helpful
in proper posture and helps to
prevent muscle strain and back-
aches. In every exercise program,
there should be a cool-down con-
sisting of stretching and flexibility
exercises for at least 7 to 8 min-
utes. The final step in achieving
physical fitness is body composi-
tion, which is the entire make-up
of the body: muscles vs. bone vs.
fat. Remember that muscle weighs
more than fat, and may show up on
the scale as unwanted weight, but
is actually desirable and helps
metabolize energy at a higher rate
during the day by supplying suf-
ficient energy to the demand-
ning muscle, as opposed to fat which
is more often stored energy. So
what is a physically fit student? One
that pays extra attention to the
five major components of fitness and
to all realms of fitness like proper
nutrition, rest, regular exercise,
and one that avoids alcohol and
excess behaviors like smoking and
over-eating. A physically fit
person enjoys greater amounts of
"strength, energy and stamina" and
an overall improved sense of well-
becoming. You too can be physically
fit and feel great, if you take con-
trol, set obtainable goals and mo-
tivate yourself to Get Fit.

'Calais Rose' to feature 'The Mikado'

Good feasts are rare and a
good love rarer still. But the "Re-
naissance Banquet" may provide
both this year when the Univer-
sity Chamber Singers present
Gilbert and Sullivan's bone-tick-
ing, melo-romantic opereata,
"The Mikado."

The composition, originally
written in the 1870's, features the
lovestick Nanki-poo (the guy) and
(who more appropriate for an
event where food is found) Yum-
Yum, the object of his desire.

Nanki-poo, the son of the
Mikado, who is emperor of Ja-
pain, spends a good deal of time
hiding from those who would
force him to marry Katisha, a
young maiden of rather "blood-
thirsty" disposition.

"It's a very, very funny take-
on Japan and England," says
Dr. Loren Filibek (Music). The
opereata, he adds, is not a Rena-
sissance piece as such, but is versa-
tile enough that it can be set in
the 1700s. Fully staged and cos-
tumed, the evening's production
will be conducted by Jean Saladino (Music).

Tickets for the banquet are
$20 per person. Reservations
must be made by March 12. Call
Ext. 8589 for more information.

-The Friday Bulletin

Renaissance Banquet

The Imagination Players will
perform 11 short children's
stories in the Recital Hall Mon.,
March 15. The free show, which
begins at 7 p.m., will last about
90 minutes.

The show is directed by Dr. Sue
dudistill, who encourages
parents to "bring as many children as you can... and be an
enjoyable time." Described
as "a very entertaining per-
formance," the program is
expected to include works such
as "The Three Little Pigs," "Pin-
nochio," "The Little Mermaid,"
"Bambi," and "Chattanooga
Choo Choo."

The show is open to the pub-
lic. It is sponsored by the Uni-
versity College of the Arts.

Tea for Children

The Imagination Players will
perform 11 short children's
stories in the Recital Hall Mon.,
March 15. The free show, which
begins at 7 p.m., will last about
90 minutes.

The show is directed by Dr. Sue
Rudisill, who encourages
parents to "bring as many children as you can... and be an
enjoyable time." Described
as "a very entertaining per-
formance," the program is
expected to include works such
as "The Three Little Pigs," "Pin-
nochio," "The Little Mermaid,"
"Bambi," and "Chattanooga
Choo Choo."

The show is open to the pub-
lic. It is sponsored by the Uni-
versity College of the Arts.

Career Connections

by Patricia Rodgers Gordon, Acting Director CSUSB's Career Center

Blind ambition has been the downfall of many professional
women. In the process of pursuing the perfect career perform-
cance, many people have experienced burnout and fatigue. If you are in
a professional position, take time to inventory your situation.

These warning signs can help you recognize an approaching case
of burnout:

- A drop in activity outside of work
- Trouble staying alert or remembering things on the job
- Losing interest in relationships outside of work
- Sleeping too much or too little
- Gaining or losing weight
- Chronic headaches or depression
- Not knowing "who you are"
- Feeling like giving up; trouble getting up for work
- Thoughts of suicide

There are ways to head into your career with your eyes open,
however, equipping yourself to face work pressure directly and
avoid burnout. It begins with learning basic tips for self-care,
leading a balanced lifestyle, and building a support base.

Protecting yourself from burnout means putting yourself first.
After all, without rest, proper health care, and good nutrition, our
bodies won’t be able to keep up with a pace like that. Build personal
time into your busy schedule. If you enjoy bubble baths or long
evening walks, pencil them in. Creating space for these refresher
is a key to maintaining good mental and physical health.

Putting yourself first, seeking balance, and starting now to
build a solid support base are the three first steps toward never
letting yourself get far enough down the road alone to want to
call it quits. In addition, the following steps can help you prevent
burnout on the job:

1. Place a limit on the number of hours you spend on the job.
2. Organize your work schedule so that similar tasks are
performed at a certain time each day.
3. Talk to your employer about time off to refocus and
recharge.
4. Strive for a steady pace at work.
5. Break larger projects into smaller steps to gain a sense of
accomplishment as you progress toward the finished product.
6. Schedule breaks, a lunch hour, and personal time before and
after work; then stick to your schedule.
7. Remember that there’s more to your life than just your
career.

The results of blindly chasing after the career rainbow while
ignoring other aspects of your life are always detrimental to your
health and sometimes are deadly to your career. When there’s more
to your life than just a career, you’ll begin to feel a sense of
wholeness and balance.

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FRIDAY & SATURDAY
Weekend Blowout Party
Early Bird Drink Specials - Prizes
- No Cover

Page 9 The Chronicle March 16, 1993
Evans announces good, bad news to faculty

by Dehlla Umunna
Chronicle staff writer

While the Physical Education complex will be finished ahead of schedule, the construction on the proposed education building will be delayed a year, Anthony Evans, Cal State, San Bernardino president told the 27th meeting of the Faculty Senate.

The P.E. buildings will be completed in 18 rather than the earlier proposed 24 months. Bids on the extension of the bookstore and the new parking lot located south of the foundation building have been sent out. The bids should be in by March 5th and construction will start as soon as possible.

On a less positive note, the campus did not fare well on the governor’s recommended budget as there is no money for renovating the library or for the construction of the new corporate yard.

“We already have our eyes fixed on the challenges of next year’s budget,” Evans said. “We are going to be as conservative as possible as our goal is to avoid getting into a situation of pink slipping or layoffs.”

On the issue of layoffs “I will be a bit surprised if we resort to that, but if we have to do it, it will have to be in the area of non-faculty positions,” said Evans.

While he advised everyone not to panic, he also admitted that they might resort to pink slipping at a later date after due faculty consultation.

On the issue of layoffs “I will be a bit surprised if we resort to that, but if we have to do it, it will have to be in the area of non-faculty positions,” said Evans.

The president said he is also very worried about a possible fee increase which might come up later in the 1993-94 fiscal year.

While not rejecting the idea of contracting buildings and/or programs to Japanese investors, Evans said that they have been discussing such a move for extended education classrooms for three years, and such a deal was concluded three weeks ago. For the first phase of the project, the investors have donated $1 million.

“With the campus not fairing well on the governor’s recommended budget, it seems that changes are necessary,” Evans said. “We are going to be as conservative as possible as our goal is to avoid getting into a situation of pink slipping or layoffs.”

On the issue of layoffs “I will be a bit surprised if we resort to that, but if we have to do it, it will have to be in the area of non-faculty positions,” said Evans.

Sherri Major briefed the senate on current A.S.I. activities and on CSUSB’s withdrawal from CSSA. On the forthcoming spring elections, there are now new requirements for all interested candidates.

Senator E. Diaz resigned from the executive committee of the senate and Senator C. Wagoner from the faculty senate. They were replaced by Senators Billie Blair and Randi Miller respectively.

The summary of the final report of the ad hoc committee headed by Russell Barber, Anthropology professor to study the conversion to the semester system is now available in the faculty senate office for review.

On the issue of layoffs “I will be a bit surprised if we resort to that, but if we have to do it, it will have to be in the area of non-faculty positions,” said Evans.

Other matters discussed include the resolution on the “Composition of departmental evaluation and performance review.”

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Student profile

Rugby president competitive in life

by Nikki Williams
Chronicle staff writer

Paul Medure used to live for the day he was grown up, but he never had any plans for when he got there.

But now, he, like many other Cal State, San Bernardino students is planning for his future. He is also trying to manage a busy schedule of work, sports, and school in order to make that future bright.

Medure attends three colleges prior to coming to CSUSB. After graduating from Notre Dame Catholic School, he attended Riverside Community College, Cal Poly Pomona, and San Diego State.

He admits that at these colleges, he partied too much and did not concentrate on school enough.

So, he decided to settle down here. Now more focused, is working on a degree in finance and hopes to continue in school to get his M.B.A.

A more mature person now, he recognizes that “school is beneficial because it builds character and prepares you for the real world.”

He recognizes involvement as the reason he is so busy.

“Get involved with campus clubs and other organizations,” he said. But not just for the social aspects. They “enhance your school career.”

An environmental column

Greening your campus

by Bronwyn Wells
Chronicle staff writer

Polsyrene foam has been the main focus of environmental groups in correlation to public action because of its high circulation and recognition to the people. However, recent studies indicate a wider spread (more evident) ozone-depleting factor—is the methane gas cows exhale in their flatulence.

Scientists Ralph Laby and Ruth Ellis, of the Australian Commonwealth Institute and Research Organisation, claim that Australia’s cows contribute to global heating the equivalent of burning thirteen million tons of black coal per year.

So, the real question is, “foam cups or cows?” Shall we expect to find Al Gore ripping up cow photographs proclaiming, “Fight the real enemy” or merely prosecution of cows for refusal to comply with the Clean Air Act? The question is sticky but does stir some interest.

On a brighter note, steps are being made to harness the methane gas the cows emit. Laby and Ellis estimate two cows alone can produce enough methane to provide energy and heat for one house. Cows harnessed twenty-four hours a day to neighborhood houses is hardly likely, but certain businesses have found ways to make cow manure a lucrative business.

Kimko Industries of San Bernardino is making plans to build a $120 million plant in Chino that will convert cow and chicken manure, surplus citrus products, and chicken parts, as well as other products. Kimko Industries surmises that the manure could power a 50-megawatt turbine that could provide electricity to 18,000 homes. A positive externality of the plant is the up to 100 people it will employ when it debuts in 1996. In addition, they believe it is a practically pollution-free method of recycling material that would otherwise be unusable.

If cows are able to justify their destruction of the environment, what about plastic foam? The average student doesn’t blink twice what about plastic foam? The average student doesn’t blink twice before they toss that third cup of coffee in the trash while mingling in the pub, but there are ways to avoid personal consumption:

• Buy a durable plastic mug.

The pub originally purchased the reusable mugs last March with “an environmental interest as well as publicity for Foundation Food Services,” explains Keith Ernst, food services director. The rationale supporting the blue and white mugs is to reduce the use of polystyrene foam and paper cups. Neither are currently recycled in the Pub.

• Plastic foam recycling is an alternative, but a costly one that the Foundation is not prepared to absorb currently. There are two sizes of mugs available: a 12-ounce for $2.00 and a 20-ounce for $2.50.

When you ride drunk, one more for the road can have an entirely different meaning.

Alcohol quickly affects your judgment, balance, coordination. Don’t drink and ride. Or your last drink might be your last drink.

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Coyotes beat L.A. 4-2; defense key to victory

by Patrick Egle
Chronicle staff writer

The Coyote men’s baseball team was 3-6 going into the Mar. 4 game against the Cal State L.A. Golden Eagles, and definitely had something to prove as they won their fourth game of the year beating the Golden Eagles 4-2.

Going into the bottom of the second, Coyote Damian Contreras stepped up to the plate and brought in two more runs with a double making it 3-0 Coyotes. But that was all she wrote.

In the top of the third, Cal State L.A. retaliated with Golden Eagles Solar and Stevens each driving in a run making it 3-2 Coyotes, but that was all she wrote.

The key to the Coyotes’ victory was definitely their pitching and defense but the weakness that has been plaguing this Coyote team all year long is definitely team speed. The Coyotes were thrown out four times in the game, and too many singles could have been doubles with a little more hustle.

In the top of the ninth inning, the Eagles had a golden opportunity to break the game wide open as they had the bases loaded with only one out. Coyote Coach Don Parnell decided to make Smith out and put David Ayala in as pitcher. Ayala came in the game throwing smoke, striking out two consecutive batters to end the game with an exclamation point.

The season has come to a screeching halt for the Coyote Women’s basketball team, who were on the road to the CCAA regional finals. Thursday the Coyotes won against UC Riverside, but fell off the path Saturday with a loss against top-ranked Cal Poly Pomona with a final score of 80-72.

The Coyote Women triumped over second ranked UC Riverside last Thursday with a final score of 74-72, shutting down the Highlanders with a strong defense. The Highlanders led the game, with the Coyotes falling behind as much as 63-54 in the second half.

UC Riverside had their chance at the game but lost it to three points with 14 seconds on the clock. Kym Sherman snagged a pass from Kim Young, and sent a 3-pointer flying like a rocket into the basket, putting the game into a 70-70 tie.

The OT points were scored by Kim Hansen, and Cherry Il Few who tossed in a five-footer, and a layup shot. The Highlanders had only scored two points in over-time, and attempted to tie up the score in the final two seconds of the game. But Kim Young stole the ball from the Highlanders, sealing the game with a two point lead.

The women had defeated the second ranked team in the CCAA conference championships, and were then on the road to the regionals with a game against Pomona.

Unfortunately the women lost to Pomona with a final score of 80-72, trailing by eight points despite the atrocious officiating that left the Coyotes suffering due to the referees’ ignorance.

The Coyotes had 15 fouls over Pomona that gave Pomona the free throw line 41 times, as opposed to Coyotes going up to the line 27 times. The Coyote women that fouled out included center Kelly O’Brien, guard Kim Young, guard Tammy Booker, guard Lynn Sherman, and guard forward Shandell Steen.

The officiating was so bad that even the Commissioner of Referral reprimanded the officials for losing control of the game.

The Coyotes shot 43% from the floor, and Pomona shot 47%. The Coyotes were led in the game against Pomona by Kim Young who scored 20 points. The Coyotes seemed to lag behind Pomona most of the game with a half-time score of 35-30 Pomona leading, and second half points of 45-42 Pomona.

The loss against Cal Poly Pomona gave Pomona the title as one of the four teams to play in the Regional championships. The four teams that are chosen for the regional championships come from the top teams in the southern, northern, and central California conferences.

The fourth game against the Golden Eagles 4-2. The Golden Eagles. and definitely had

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next best team out of the entire state of California. UC Riverside was the winner of the fourth position in the regional championships despite the fact that the Women Coyotes had beat them twice, and had a better overall record than UCR.

Riverside is 17-10 overall; Cal State Is 18-10. But the Highlanders are now second in the regular season, and the Coyotes are still third.

The Highlanders will play Pomona(25-2) in the first round of the West Region on Friday night.

The other semifinalists in the Northern California Athletic Conference tournament champions are UC Davis (19-6) against Portland State (20-7). The winners meet Saturday to advance to the top eight. All West Region games will be at Pomona.