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Quiet Room Loss
By Doris Bravo
Chronicle Staff Writer

After getting a bite to eat at our own Taco Bell, do you ever find yourself crossing the walkway connecting the Student Union and the ASI building to the former Quiet Room? Yes, you heard right. The Quiet Room has swapped places with the Senate Chambers. Now, the Quiet Room is called the Board Room, and the Senate Chambers has been renamed the Quiet Room.

The Student Union is conducting this trial program to see what best fits the needs of the students. There will be minor room modifications, such as soundproofing in the Quiet Room and vertical blinds in the Board Room. Directional signs will be placed outside of the rooms and suggestion boxes inside. Regular counting of students will be done to monitor the usage of the rooms.

Nothing has been set in stone. The Student Union and ASI boards will have scheduled discussions on this issue. Each will receive reports at the end of the Fall Quarter recapping the data and comments. The goal is to serve the students.

The Spring reports of last school year show that no more than six students at a time used the former Quiet Room. During finals week, the room is more filled with studen-

Coretta Scott King Speaks
By LaKeisha Johnson
Chronicle Staff Writer

"Prejudice does not only hurt African Americans; prejudice does not only hurt Hispanics; prejudice does not only hurt Native Americans; it also hurts Caucasians," Coretta Scott King spoke with a powerful voice on October 12.

The widow of Dr. Martin Luther King Jr. appeared at the San Bernardino Stampede Stadium to a record crowd who came to hear her powerful speech, "A Dream Deferred; Building Coalitions into the New Millennium," which targeted family, community and churches.

A crowd of men and women of all ages came and listened with intent as King spoke her message about young people taking up her husband's challenge. What is that challenge? That challenge is one that lies in the hands of young ambitious people of every origin, religion, and sex. King challenged everyone who could to serve as future leaders for a positive social change. We must provide a voice for the depressed. In order to have cities full of vibrance, we must act as soldiers for human rights, love, and a society where color lines are non-existent.

King's tone was filled with honesty and compassion. She spoke to the crowd with honest directness of her goal to demolish discrimination in employment, education and housing. She reminded the crowd that a non-discriminatory society is not something that is found; we must have the ability and the drive to create it.

Pastor Joshua Beckley from Ecclesia Christian Fellowship opened the ceremony with a word of prayer. Blissful harmony filled the air as the Inland Empire Mass Choir lifted spirits with songs full of inspiration and hope. Cal State University San Bernardino English professor Juan Delgado delivered
To Master the Arts

By Doris Bravo
Chronicle Staff Writer

Like to paint? Draw? Sketch? Enough to make it your major focus as a graduate student? After about 10 years of paper work and a string of approval, CSUSB now has a Master’s Program for Art. Fall quarter enrollment now includes art graduate students hand picked from about 10 applications from the previous spring quarter. Applications are now being accepted for the Winter quarter. The deadline for these applications are Friday, October 31. The deadline for the Spring Quarter is January 30, 1998. For those really interested and miss the deadlines, you may still have a chance if you turn in your applications for the Fall 1998 quarter by April 24, 1998.

Along with the application, students must submit a slide portfolio of their work. Sant Khalsa, Graduate of Arts Coordinator, summed up the type of student the program is looking for as someone who has a strong foundation in studio art and art history. He or she should have a personal sense of artistic direction along with a clear commitment to art. Students should be open to experimentation and growth, as well as learning contemporary art.

Why attend CSUSB for your masters in art? Khalsa commented that the school has one of the best state of the art facilities. Graduate students have the ultimate work environment with the finest equipment, ample space, and up-to-date technology available at their fingertips. In addition, Khalsa mentioned the high level of art faculty and staff. They do one-on-one mentoring and are able to provide guidance as needed. With such support and individual attention available to the graduate students, CSUSB stands apart from the rest of the Master of Arts programs.

Khalsa hopes the program will offer a challenging approach and successful outcome in its first year. What is a successful outcome you may ask? The answer, according to Khalsa, is a production of high quality artists committed to their art and involved with their community. Khalsa’s first year goals include having the first set of students graduate with their masters in art this year, and have their work on display in our own Robert V. Fullerton Art Museum. Dean Julius Kaplan of Graduate Studies has been working on promoting this new master’s program along with other master’s programs all over the world. Information has been sent out to an extensive mailing list of students who previously mentioned their interest in an art master’s program. Packets will also be sent to Kindergarten through twelfth grade art teachers. For the future, a poster will be designed to advertise and sent to all undergraduate art programs in Southern California.

For more information please contact Sant Khal, Art Graduate Coordinator, at 880-5807.
Brazillian Science-Fiction Lecture

By Mary Ellen Abilez
Managing Editor

Novelist, poet and famous Brazillian short story writer Rene Rebetez kicked off the International Lecture and Luncheon series last week at the Student Union Events Center. The author spoke about today’s Latin American cultures and myths surrounding U.S. perceptions about them.

“People believe that America was named for the Italian Explorer, Amerigo Vespucci. The Maya had already named it ‘Amerikia’ which meant ‘Land of the Winds.’ The speaker went on to share the remarkable story of how Vespucci changed his name from Alberigo Vespucci to Amerigo after his visit to the Miskito coast in Nicaragua. It was not far from the Sierra Amerikia where he had been. He supposedly changed his name to honor the new continent that he designed a map for.

Rebetez is considered to be one of the pioneers of science fiction writing and his works have been translated into various languages. He has traveled all over the world from the Amazon, to the mountains of Haiti, and has lived for a time in a Zen Buddhist monastery in China.

Rebetez’ visit was sponsored by the Gamma Lambda chapter of Phi Beta Delta and the international student services department. The next speaker on November 6 will be the Consul of Taiwan, Francis Lee. He will speak on International Trade in China and Hong Kong after 1997. For more information, call 880-5193.

Quiet Room

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American Indian Movement

By Mary Ellen Abilez
Managing Editor

“We would have been better off if Plymouth Rock had landed on the Pilgrims rather than the Pilgrims on Plymouth Rock,” declared Vernon Bellecourt in speaking of the plight of the American Indian. “We have more in prison...[than any other minority],” he added.

Bellecourt is the most powerful Indian leader of the present day, according to Pamalee Bailey-Shimizu, director of the San Bernardino and Cal State American Indian Movement (AIM) chapter. He has served on the International Treaty Council’s Diplomatic Core, and has been at the center of programs aimed at improving the lives of American Indians everywhere.

“So many of our own people have no idea what sovereignty is all about...our programs have made a real difference,” Bellecourt talked about the Opportunities Industrialization Center and his desire to establish one locally. Bailey-Shimizu has a vision for one happening here in the San Bernardino area. Students interested in learning more about the vision for the future can leave a message for Bailey-Shimizu on the board at the Women’s Resource Center.

King
— cont. from page 1 —

poetry filled with life and compassion. Congressman George Brown and Mayor Tom Minor were among the notable people who attended the unforgettable event.

October 12, 1997 was a day that will never be forgotten by the people that came to hear one of the most influential women in the twentieth century.

“King’s presence gave me a chill, because of the history she holds that backs up her powerful speech, that covered everyone. Her presence is one that I will never forget,” stated Frances Williams. King walked with dignity and pride as she greeted the guests who eagerly anticipated meeting her. The day that King shook the hands of the men and women filled with hope, is one that will always be remembered.

Corporate Crowding is Killing Independent Coffee Shop

By Rob Bradfield
Special to the Chronicle

“...my eyes beheld an eerie sight.”

Bobby “Boris Pickett

Something felt weird as I parked my car at the Canyon Crest Towne Center on Thursday. As I turned off the ignition, it hit me—my ritual had been interrupted.

It was eight o’clock at night, and rather than driving around the parking lot in front of the SoCal movie theaters in some vain hope of getting one of the primo places, settling for parking in the no-man’s land behind Ralph’s, I finally had the “holy grail” of parking places. In fact, if I wanted to, I could have double parked, parked diagonally, on the sidewalk in front of the bank—it didn’t matter. The place was dead.

The weirdness didn’t stop there. One of the movie theater’s two buildings was entirely closed down. Three out of the four remaining screens were occupied, not by current releases, but by early summer blockbusters trying to get another $2 per ticket before being released to video.

Perhaps the biggest shock came when I entered a.k.a. Coffee Roasters (formerly See’s Coffee). I actually got a seat. I guess it was a mixed blessing that I wasn’t there to buy a cup of coffee, but I was there to talk about their corporate problems with Roaster’s manager (and personal friend) Jeremy Tolley.

In fact, maybe I shouldn’t have abbreviated the name. Kenny Rogers might come down on me. That’s what happened to this friendly neighborhood coffee shop after all. Since See’s Candies Inc. wanted to start selling a line of coffees, the corporation sued the shop to change the name.

Later, another big blow came when two shopping centers sprouted up within the span of two years. Both were about two miles north and south of the Towne Center and with better freeway access.

The first blow came to the SoCal cinemas at Canyon Crest Towne Center. The centerpiece of both competing shopping centers is the Cinemastar multiplex. On one hand, more screens should mean more choices for movie-goers, which is a good thing. However, Cinemastar, a chain with larger corporate backing, chose to compete directly with SoCal cinemas by not alternating starting times of films. Grand Opening promotions offered by Cinemastar also lured customers away from the once popular moviethouse.

This indirectly affected “a.k.a.’s” (I’ve decided not to mess with Kenny) customer base. Customers, who often bought coffee and desserts before and after films, were going elsewhere. However, problems are just beginning for a.k.a.

In addition to Cinemastar’s indirect effect on a.k.a.’s business, the independently owned coffee house has had to contend with Starbucks’s new location in the entertainment complexes located about a block south of UCR—another major source of customers.

“It’s the name,” said Tolley; “people go with what they know and they have more exposure.” We both laugh ironically over the fact that it can’t be the coffee. Starbucks’s coffee is as close in taste to a cup of coffee as a Big -- cont. on next page --

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San Bernardino City Mayor: Who Will Be the Big Winner?

By Mary Ellen Ablez
Managing Editor

The mayoral candidates are off and running, each hoping to garner enough voter support to win the November 4 election. Each proclaims to be the best choice ever for the city that was once touted as the city on the move. Whoever does win will have to deal with chickens roosting from past administrations, e.g., the San Bernardino Stadium and the Lake Proposal.

"If you are a marketing or business student perhaps you could get in the ground floor of city government as an intern in some of these projects," stated a faculty member, who declined to be identified. Certainly, students could bring a fresh perspective to a project like the Route 66 Concert held recently that played to a loss of over $300,000. "The acts selected failed to attract a large enough audience, but that was only one of many problems. A new mayor would be wise to look to the reasons why the stadium still has no marketing director. Sources say the reason could be that the hiring offer is so bad that no talented prospect would consider it. Pay and benefits are small, commissions are paid on profits only, and a two-year contract is extended only if the stadium is in the black. A greenhorn who is serious about his or her career wouldn't risk having a failure of that magnitude on a resume. Sociology students could certainly become interested in the San Bernardino Lake Proposal. What it proposes to do, for seemingly sound reasons, is to submerge an entire barrio. If you were a student whose home was on a downsize list, how would you react, or would you? Noted attorney Bill Lemman advises students that college is where networking begins, and that part of the message of going to a university is to get involved. "We’ve abdicated our responsibilities and left it to professionals. Students should get registered and participate in local elections," Lemman stated emphatically.

This year there are six candidates for mayor: Ann Botts, former city councilperson and businesswomen; Judith Valles, SB Community College District Governing Board; David Oberhelman, current city councilperson; John S. Ballard, Journeyman Electrical Worker; Paul W. Sanborn, fire sprinkler contractor; and Timothy P. Prince, attorney-at-law. CSUSB faculty who are running for additional city offices within the San Bernardino area are Elsa O. Valdez, sociology professor, and David Stein, school of education administrator.

Mac is to a hamburger. "One of our big problems is exposure," continued Tolley. Also, the old managerial staff were not the best when it came to promotion. Management was recently overhauled and the new managers just put into place. Competing with Starbucks will not be easy because of the cost of promotions, but Tolley is putting some of the marketing and public relations savvy he picked up from courses here at CSUSB to work. Two-for-one coupons during a.k.a.'s "happy hour" and "dorm-storming" are on the agenda to help bring back college business. Another feature that Tolley is now offering is culture. While Starbucks can only offer extra purchases (like books of maudlin, faux new-age Starbucks and coffee recipe books) a.k.a Coffee Roasters offers something for the soul on the house. Local favorites The Bellrays (a punk/soul fusion combo) play most Sundays, and Thursday is open mic. It's sort of a roulette kind of thing, but most of it is pretty good. Folk and country bands round out the current entertainment roster (call 787-6858 for more info). Hopefully, despite competing against the bigger corporate behemoths, a.k.a. Coffee Roasters will at least get some corner of the market back. It is an alternative to Starbucks, is close to UCR student housing, stays open late, and offers a "coffee house" experience. It does more than try to sell a corporate logo.

Now that the entire scene has shifted to Starbucks's there are plenty of seats at a.k.a.'s and no one gripes at customers who don't order more coffee. It may not be the thing now, but do independently owned coffee shops have to die?

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**NOMINATION FOR THE OUTSTANDING PROFESSOR AWARD. 1997-98**

I wish to nominate the following member of the California State University, San Bernardino faculty for the 1997/98 Outstanding Professor Award.

**Professor** ____________________________________________

**Signature:** __________________________________________

**Name typed or printed:** __________________________________________

**Status**
(Professor, Student, Alumnus)

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What are Your Opinions on Merit Increases?

By LaKeisha Johnson
Chronicle Staff Writer

This issue our roving reporter asked a question which affects the faculty on campus. Since the question is pertinent to them, they are the sources of this week's mini-interviews.

Charles Hoffman
Psychology

“They are completely ineffective in positively influencing faculty production. In fact they work to undermine faculty morale and are extremely divisive. Faculty in the CSU are lagging behind other comparable universities and this negatively affects our ability to attract and keep the best faculty. The PSSI program is a major factor here.”

Margaret Perry
Theater Arts

“It is very problematic, because it sets up a secondary system. We already have the tenure process and promotion which is rigorous, and it does not make sense to have two.”

Thomas Moody
Philosophy

“They’re divisive, bad for faculty morale, and they are perceived as being unfair. When I first got here, we received a decent raise every year. There was no perception of politics and unfairness.”

Patrick
— cont. from page 3 —

Mexico and the United States. With 24 years of experience in the realm of theater, Patrick had directed both university and professional productions. His work includes Much Ado About Nothing at the California Repertory Company and at the Clarence Brown Theatre in Knoxville, Tennessee and The Misanthrope, by Molière in New Orleans. Patrick also spent many years with numerous companies in both stage and film as an actor for Metromedia Studios in Los Angeles, Intiman Theatre, the Clarence Brown Theatre and several others.

For the past three years Patrick had served as chair of the Theatre Arts Department here at Cal State San Bernardino. A special Rosebud Award had been presented to Patrick on the Sunday preceding his trip to France, which honored him for his work in creating the CSU Film Festival. Students submit films for the CSU Film Festival which are then judged. The winning film is awarded the Rosebud Award. Patrick was more than just another professor here on our campus; he touched the lives of all those that met him.

Patrick served on the Board of Directors for the Arts Council for San Bernardino County, the Inland Empire Symphony and the California Alliance for Arts Education. He was active in both international and national societies including the Screen Actors Guild, Phi Beta Delta-Honor Society for International Scholars, the American Federation of Radio and Television, National Association of Schools of Theatre and several others.

In honor of Patrick, a performance was given depicting his life and work on the Cal State University Long Beach campus. The event took place at 4 p.m. on Sunday, October 19 at the Studio Theatre.

A man who believed in laughter, respect and support to those that needed it will be remembered here at Cal State San Bernardino and abroad. With every memory and kind thought, a new page will be added to Joseph Patrick Watson’s book of life.

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Students Beware: Scholarship Scams
By Laura Hall
Design Editor

Scholarship advertisements abound on college campuses. As the fall quarter begins, these ads are evident as signs on walls, posters on bulletin boards, and flyers under the windshield wipers of our cars. The companies who advertise scholarship "assistance" have been swindling millions of dollars from college students. The companies offer minimal services and advice in exchange for a student fee of $10-$400 for the promised assistance. Usually the information provided could be obtained cheaper at the bookstore or the library.

The Federal Trade Commission (FTC) is pursuing these companies to stop the fraud. Educate yourself on the signs of scholarship scams and avoid them.

Look for these clues to avoid being victimized:
- If an ad states it is "guaranteed or your money back," no one can guarantee you will get a grant or scholarship. Refund guarantees often have strings attached, so the money becomes theirs.
- If it claims "you can't get this information anywhere else," there are many free lists of scholarships. Check the financial aid office or library before you pay for the same information.
- If you are requested to give out your credit card or bank account number on the phone, without information in writing, you may be out of money. An unauthorized withdrawal or charge can be conducted without your approval.
- If it states, "we'll do all the work," be aware that you must fill out and apply for scholarships and grants yourself.
- If a scholarship costs money do not pay. Free money should not cost money.
- If the scholarship says "you have been selected," or "you are a finalist," in a contest you never entered, do not send money. Check it out to be sure the foundation or program is legitimate.
- To find out more about spotting, stopping, or reporting a scam, contact the Federal Trade Commission at (202) 326-3761, (202) 326-3128 or on the web at: http://www.ftc.gov or call the National Fraud Information Center 1-800-876-7060.

CEA Award
By Heather Forester
Chronicle Staff Writer

California State University is the greatest university in California according to Evlyn Wilcox, former mayor of San Bernardino and longtime businesswoman. Wilcox will be the 1997 recipient of Cal State San Bernardino's Arrowhead Distinguished Chief Executive Officer Award. She will receive her award at an Oct. 24 noon luncheon in Cal State's Student Union Events Center.

Wilcox has been a resident of the San Bernardino area since 1955 and currently owns Manpower, Inc. in San Bernardino. Wilcox has been heavily involved in the community's arts, cultural exchanges, youth programs, charities and the chamber of commerce. She's the past president of many organizations including: the San Bernardino Area Chamber Of Commerce, the Arrowhead United Way Campaign, Community Arts Productions, Uptown Business and Professional Women, the Air Force Association, the Volunteer Center of San Bernardino and the Civic Light Opera Association. She's also served as a member of Cal State's Board of Councilors, theYWCA and many more.

When asked to comment on her award Wilcox had this to say, "I'm deeply honored to be receiving this award, looking at those who've preceded me. I'm very humbled by it and I look forward to the time. It's great to be recognized."

Wilcox is the second woman executive to capture the Cal State award. To become a recipient of the award one must exude outstanding business leadership, show exemplary service to educational institutions or other philanthropic organizations, and have an expressed interest in continuing to support Cal State San Bernardino. Obviously Wilcox does this and then some. Congratulations.

Faultline Takes an Extreme View
By Lauren Algallar
Chronicle Staff Writer

Look up...it's a bird, it's a plane...it's a helicopter!
If you were on campus last Thursday around 10:30 a.m., you probably saw or heard a helicopter passing over our campus a few times. Well, that was Faultline Xtreme's, Cory Stone, taking an aerial shot of the campus for Faultline Xtreme's fifth season.

For those of you who don't know what Faultline Xtreme is, it is a TV show, completely produced by the CSUSB students of Comm 444 and advisor Mike Wichman. We do everything from designing and making the set to shooting, editing and delivering the final product to be aired on Channel 3 in San Bernardino.

As one of Faultline Xtreme's producers, I can tell you that this new season promises to be bold, different, fun and still professional. As you may have already noticed, one of the things that is different this season is its name. The show formerly called Faultline is now called Faultline Xtreme. Along with a new name, Faultline Xtreme has all new producers, a whole new look, and a whole new attitude.

In the past four seasons of Faultline we have never produced a special. This season, Faultline Xtreme will do its first Halloween special, which also happens to be the season premiere. In producing the season premiere special, Faultline Xtreme has pulled out all the stops, from creating an elaborate set and developing interesting story lines to composing original music.

Faultline Xtreme will be producing five more shows this season, and all are expected to be fun and interesting with a little attitude. Be sure to watch us on Channel 3 in San Bernardino, or contact your local cable company for air times.
Faculty Member Gains Notoriety in NCPEA

By Heather Foester
Chronicle Staff Writer

The president belongs to Cal State San Bernardino. Cal State has many presidents of many different places could be yours to explore. Not through the internet or national geographic but through our study abroad program. This program offers a student to enhance their education by experiencing new cultures and languages, plus the opportunity to get a new perspective on your studies. This program could also offer new dimensions to your future resume. By incorporating yourself into another culture, you can make yourself more marketable in the U.S.

The International Programs (IP) is the system-wide overseas study program of the California State University system. IP is affiliated with over 70 different distinguished universities in 17 different countries where CSU students can earn credit for their coursework.

IP also keeps costs as low as possible. Financial aid is available, but in order to qualify you must first apply to the program. Current financial aid recipients can apply it to their year abroad. Students pay for their own housing, meals, transportation and incidentals which vary from country to country.

To get more information about the study abroad program seek advice from the foreign language department, or call extension 5193 and ask for Bronwyn.

Being in Your Own Business

By Lauren Algarra
Chronicle Staff Writer

Have you ever wished you could work your own hours, have breaks whenever you want, or have lunch as long as you want? Well, if you have your own business you can do all of those things, but sometimes there just isn’t enough time to do it.

Two of my cousins, a friend, my brother, and I have a silk screen business, and let me tell you from first-hand experience, it is not easy. Unlike most business owners, who spend the week only working for the business, my partners and I spend our days in school, working a second job and running our own business. So you can imagine how often we get to relax and do nothing.

Owning your business is great, but it requires total commitment. It’s been about six months since we opened Whomp! Screening. It was rough the first few months getting things organized—from the bookkeeping, to office procedures, to filing, to job responsibilities, to pricing, to time scheduling, etc. Even now we are still working out some of the kinks, but it’s like that in every company. I suppose that’s all part of the survival and growth of a business.

Most companies don’t have five owners, and far too many companies close due to problems with their partners. It had crossed my mind that working with my family might be risky. All kinds of questions popped into my head, like: “What if we hate doing this? What is it going to be like working with my cousins? What if some of us work more than others?” How is this going to affect the family? What if the business doesn’t survive?” We had a meeting and all of us pretty much had the same concerns about starting a business together. Basically, it boiled down to trust; we had to trust each other to be totally committed to making our business work. Trust in my family is a pretty safe bet.

The past couple of months have been extremely busy, which is great for our business, but tiring for me and my partners. Pending jobs have already required us to expand, and get new equipment. You know the saying “You have to spend money, to make money,” well I sure hope that’s true.

For all the money and time you put into your business, sometimes you have to wonder if it’s worth it. But when I see the appreciation in my client’s face, see someone wearing a shirt we made, and just the way we’ve become closer—all those things make having your own business worth while.
Parking Contradictions are Frustrating

By Jeanette Lee
Production Editor

$**%$%^%¨!" parking! (Fill in your favorite expletive.) I am sure most of us have grumbled this to ourselves or even someone else at some point in time during the week.

In a new amendment, the faculty and staff have been assigned an area for parking in most of the popular parking areas. This new development has a lot of students steamed.

In spite of the new designation, even parking for staff and faculty is no bed of roses. There are days when even those spaces are filled to capacity and they must continue the hunt for spaces elsewhere.

Oh sure the faculty and staff have their own parking lot behind the temporary offices; but this parking lot is inconveniently located. It is only convenient for parking services and security. In addition, the faculty who once had offices there have now been moved to the old visual arts building.

I wonder, with all the parking gripes we have, why the parking staff doesn't do anything about it? Everyone has received or knows someone who has had a parking ticket. Each and everyone of these people must have surely felt that they did not deserve it.

During the previous school year, one student felt very strongly against the ticket she was given. She took parking services to small claims court and won her case.

We all pay more than enough for parking, but a deficiency still remains. People still have to park in the dirt, and then they get ticketed for it. Surely the hundreds of thousands of dollars that we pay in parking fees and tickets could cover the cost for paving the dirt. The extra money could be used to convert the “faculty and staff” parking area for everyone’s use.

When the time comes, when we shall no longer be vultures upon the unwary, we wait and bide our time for when “hell freezes over” and parking becomes a simple task rather than a horrendous chore. We shall continue to hunt the ever more rare empty parking space!

What is the Definition of Art?

By Frances Williams
Chronicle Staff Writer

The Groliers’ encyclopedia tells me that the Latin word Ars, from which the English word Art is derived, was applied to any skill or knowledge that was needed to produce something. In the 1700s a separation was made of the fine arts from the useful arts and technology. By the 19th century the word Art came to denote painting, drawing, sculpture, graphic arts, and decorative arts.

I think that these separations and distinctions move in the wrong direction. My opinion can be summed up in three words: Art is art. I understand that the use of separate terms such as commercial art, fine art, and industrial art might be needed to communicate more information.

But to answer the question “What is art?” the definition of art cannot be limited to one type of art. All art must be considered, and then we have only begun to answer the question.

Why is there art? Why did man create art, and why do we like it? In the culture of all people singers were probably the first artists, as mothers and fathers made sounds we now call lullabies. They tried to replicate soothing sounds, and the first “Artists” were born. After all, we do not need anything but air to make soothing sounds.

From then on there have been people who might be lousy hunters, but who had something inside them that pushed them to be very good singers. I think that something is a gift from the Creator, both the gift to sing and the gift to try harder in everything we do.

To me, art is what there is in the world, and in the imagination of man. It can be called rough art or fine art; it can be as easy to see as Michelangelo’s David, or as difficult to understand as the songs called “rap.” But it is all art in one form or another.

Which brings me back to my original opinion. Art is Art.
Uproar in the Quiet Lounge

By Bernardo Vizcarra
Special to the Chronicle

Today the students are not being heard as a majority. The Student Union, which is supposed to represent the students, has arbitrarily taken away the students’ quiet lounge over the summer, without any sort of political process, which is a form of dictatorship.

The Student Union did offer us their old senate chambers in order to keep the students content, hoping that we as students would accept the change. I am a Political Science major in my senior year. I feel very strongly that the quiet lounge belongs to the students, and is paid for by the students every quarter through our fees. If you have not been heard, please visit your Student Union office and let them know how you feel about the change. Also, if the students are in agreement with the switch of the quiet lounge, please voice your opinion at the Associated Student Union Inc. and Student Union meeting on Tuesday October 21, 1997 at 12 p.m.

We only have one place to study and relax at this school, and that is the quiet lounge. This place becomes especially important when mid terms or finals are here: there comes especially important when the quiet lounge. This place becomes especially important when mid terms or finals are here: therefore, the quiet lounge should be set aside for education. The Student Union needs to reexamine the issues concerning the switch of the students quiet lounge. The switch is supposed to be for the quarter but certainly there is the possibility of this becoming a permanent fixture.

The new quiet lounge is located in a closet across from student life. And if you have ever been in there to study and relax—bring some ear plugs so you do not have to listen to the kitchen, a person calling out a number for someone to pick up their food, or students yelling right outside the door.

The other problem with the new quiet lounge is this: What about the new students who want to receive the best possible education, but do not know anybody. If this person just wants to find a place to sit and read, it may be difficult to walk to an unfamiliar place in order to get away for a little while and relax.

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NCPEA
- cont. from page 8 -

From a woman who began her career as a classroom teacher in Hawaii and then became the president of a national and international organization of educators—she’s extremely optimistic about the future of education. “I’m glad to be a part of the NCPEA; being with Cal State the last eight years and joining the organization is the best thing I’ve done.”

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Calendar

October 23 through November 7

THURSDAY 23

SURVIVORS’ GROUP
7 - 8 P.M.  
Women’s Resource & Adult Re-Entry Center  
x. 7203

CIRCLE K INTERNATIONAL
1 - 2 P.M.  
Student Union Board Room  
x. 7203

FRIENDS OF BILL W.
2 - 3 P.M.  
Student Union Board Room  
x. 7203

"GETTING THE JOB YOU WANT EVERYTIME"  
with: Harold Vollkommer  
2 - 4 P.M.  
Student Union Events Center  
x. 5234

LOAN COUNSELING WORKSHOP
2 P.M.  
Student Union Events Center  
x. 5704

CHRONIC PAIN SUPPORT GROUP
5 - 7 P.M.  
Student Union Board Room  
x. 7203

"THE VALUE OF INFORMATION IN TODAY’S SOCIETY"  
with: Dr. William Aguirre  
9 A.M. - 12 P.M.  
UH 262  
x. 5234

ESCAPE TO THE MUSEUM OF TOLERANCE
9 A.M. - 3 P.M.  
Student Union Events Center  
x. 7203

SUNDAY 22

SURVIVORS’ GROUP
10 A.M. - 12 NOON  
Student Union Board Room  
x. 7203

FRIENDS OF BILL W.
12 NOON - 1 P.M.  
Student Union Board Room  
x. 7203

CHRISTIAN WOMEN DISCIPLES GROUP
5 - 7 P.M.  
Student Union Board Room  
x. 7203

MONDAY 21

PANHellenic Council Meeting
8 - 10 P.M.  
Student Union Board Room  
x. 7203

PEPPER SPRAY CLASS
7 - 9 P.M.  
Women’s Resource & Adult Re-Entry Center  
x. 7203

ALUMNI ARTIST RECITAL
with: Michelle Taguchi & Michael Taguchi  
8:15 P.M.  
CA Recital Hall  
x. 5859

NOON TIME BAND
12 - 2 P.M.  
SU Courtyard  
x. 5943

"CHRONIC PAIN SUPPORT GROUP MEETING"  
with: Barbara Crouch  
10 A.M. - 12 NOON  
Student Union Events Center  
x. 5234

NOON TIME BAND
10 - 12 NOON  
SU Courtyard  
x. 5943

CONCERT
CONDUCTORS: DR. DUNHAM & DR. HARSH  
8:15 P.M.  
CA Recital Hall  
x. 5859

"ROCKY HORROR PICTURE SHOW"
9 P.M.  
CougarLes Arena  
x. 7360

SUNDAY 20

"NOT ANOTHER DUMB LECTURE ON ALCOHOL!"  
7 - 10 P.M.  
Student Union Events Center  
x. 7203

MONDAY 19

AN OPEN FORUM MEETING
with: President Karring  
8 - 9:30 P.M.  
Student Union Board Room  
x. 7203

CHRISTIAN WOMEN DISCIPLES GROUP
1 - 2 P.M.  
Student Union Board Room  
x. 7203

SINGLE AGAIN!
2 - 4 P.M.  
Women’s Resource & Adult Re-Entry Center  
x. 7203

"THE NEW PROFESSIONAL"  
with: Jamison Keller and Cheryl-Marie O’Keefe  
4 - 6 P.M.  
Student Union Events Center  
x. 5234

THURSDAY 16

SELF-Esteem Support Group
11 A.M. - 12 NOON  
Student Union Board Room  
x. 7203

ESCAPe TO THE MUSEUM OF TOLERANCE
9 A.M. - 3 P.M.  
Student Union Events Center  
x. 7203

MONDAY 13

SURVIVORS’ GROUP
10 - 11 A.M.  
Women’s Resource & Adult Re-Entry Center  
x. 7203

FRIENDS OF BILL W.
10 A.M. - 11 A.M.  
Student Union Board Room  
x. 7203

CHRONIC PAIN SUPPORT GROUP
4 - 5 P.M.  
Student Union Board Room  
x. 7203

Poetry in Motion
8 - 9 P.M.  
Student Union Board Room  
x. 7203

FRIDAY 10

SELF-Esteem Support Group
11 A.M. - 12 NOON  
Student Union Board Room  
x. 7203

LATINA WOMEN EMPOWERMENT GROUP
5 - 6 P.M.  
Student Union Board Room  
x. 7203

THE GAY, LESBIAN, BISEXUAL CLUB
6 - 7 P.M.  
Women’s Resource & Adult Re-Entry Center  
x. 7203

TUESDAY 8

CONFERENCE RESOLUTION  
with: Dr. Patricia Rogers-Gordon  
10 A.M. - 12 NOON  
UH 261  
x. 5234

"EVOLUTION OF ART: A WOMAN'S JOURNEY"
12 NOON - 2 P.M.  
Student Union Events Center  
x. 7203

Poetry in Motion
1 - 2 P.M.  
Women’s Resource & Adult Re-Entry Center  
x. 7203

THURSDAY 7

SELF-Esteem Support Group
11 A.M. - 12 NOON  
Student Union Board Room  
x. 7203

FRIENDS OF BILL W.
2 - 3 P.M.  
Women’s Resource & Adult Re-Entry Center  
x. 7203

CHRONIC PAIN SUPPORT GROUP
4 - 5 P.M.  
Women’s Resource & Adult Re-Entry Center  
x. 7203

Poetry in Motion
1 - 2 P.M.  
Women’s Resource & Adult Re-Entry Center  
x. 7203

FRIDAY 6

LECTURE
with: Margaret McCaffary  
8 - 10 P.M.  
Student Union Board Room  
x. 7203

SELF-Esteem Support Group
11 A.M. - 12 NOON  
Student Union Board Room  
x. 7203

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Haiku is a form of poetry which originated in Japan centuries ago but has become very popular in the United States. Although classical Japanese haiku has specific rules about form and uses season words, most American haiku is more flexible. While maintaining the traditional 3-line, 5-7-5 syllable structure, the rules for subject matter and style are less strict. With this in mind, we invite you, our reader, to submit your own haiku for us to publish in our column.

peaceful poetry
slipping, slowly, conscious mind
suddenly...haiku

—Cheri Dixon

haiku! I hate you!
you are way too hard to do!
you must hate me too!

—Rob Bradfield

Calculus
why do you haunt me?
integrals are not too cool
to discuss with friends.

—Brian Morstad

Haiku for Hibiscus
sensual perfume
flower petals, soft and warm
lovely hibiscus

—Cheri Dixon

the sly coyote
slinked across the dry desert
howling at the moon

—Laura Hall

Mid-Terms
sleep deprivation
studying hard for mid-terms
when will I catch up

—Cheri Dixon

In Lecture
sitting in lecture
waiting for relief from this
boredom crushing me

—Toby Gillett

a word suspended
hangs shimmering in discourse
between two people

—Cheri Dixon

a word suspended
hangs shimmering in discourse
between two people

—Cheri Dixon
Give Life, Give Blood

You too can save a life. There will be a campus-wide blood drive on November 5.

The purpose of the blood drive is to replenish the university's blood reserve fund which was established so that there would always be a supply of blood available for students, staff, faculty and their immediate dependents.

Potential donors should be free of illness or infection and weigh at least 110 pounds.

The Blood Bank staff will be on hand to accept donations from 10:30 a.m. to 3:30 p.m. in the Student Union Events Center, rooms A and B. To make an appointment, or for more information, call the Health Center at extension 5241. Donors with appointments will receive priority at registration.

—Jeanette Lee

Halloween Coffee House

Players of the Pear Garden are hosting their free, annual Halloween Party on Saturday, October 25, at the Creative Arts Building at 7 p.m. A costume contest, prizes, food, and of course, an open mike will be part of the program. Share your groovy poem, short story, song or skit. Don't be invisible anymore; see you there!

—Jeanette Lee

Season of Hits

Did you know that Sydney, Australia was once a penal colony?

The exciting new playwright Timberlake Wertenbaker wrote "Our Country's Good." This moving drama has been a hit at regional theater festivals across the country. The play contains nudity and adult language, so be forewarned.

"Our Country's Good" will be showing November 14-16 and 20-23. Showings are at 8:15 p.m. Fridays, Saturdays, and Thursdays, as well as, 2:00 p.m. Sundays.

Upcoming plays through the winter and spring quarters include: "Rumors," "The Learned Ladies," and "The Little Shop Of Horrors." See them all! Indulge yourself in a little culture!

Season tickets are being sold now at only $30 (general), $24 (Senior adults 55 or older, CSUSB faculty and staff, and members of the CSUSB Alumni Association), $12 (students). These are the easiest ticket purchases, since you only have to buy tickets once for the whole season. You'll never have to miss any of the upcoming shows.

—Jeanette Lee

German Club Returns to CSUSB

This year the German club at CSUSB gives an invitation to anyone who would like to join. The goal of the German club is to promote cultural activity, to students who are interested in cultural aspects of Germany. This would also be a good opportunity for German exchange students to interact with the rest of the student body. Those who do not speak German are invited. The club plans field trips, to plays, movies and museums. For more information contact Torun Johns at ext. 5851.

—LaKeisha Johnson

Halloween at the Coussoulis

Halloween promises to be a wild and scary night after 9 p.m. at the Coussoulis Arena. Wear your Rocky Horror outfit or come as you are—you may win a prize anyway! Visit the haunted hallway of doom, eat, drink and be merry, for tomorrow you'll start mid-terms! Students, $6; staff & alumni, $8; general, $10.

—Mary Ellen Abilez

Season tickets are being sold now at only $30 (general), $24 (Senior adults 55 or older, CSUSB faculty and staff, and members of the CSUSB Alumni Association), $12 (students). These are the easiest ticket purchases, since you only have to buy tickets once for the whole season. You'll never have to miss any of the upcoming shows.

—Jeanette Lee

"The Labyrinth"

"The Labyrinth" is being exhibited at the Robert V. Fullerton Art Museum on the Cal State San Bernardino campus.

"The Labyrinth" is a sculpture created by Diana Shui-Tu Wong. In previous showings, music and dance have been part of the exhibition. Her piece first appeared at the Armand Hammer Museum in 1995, Wong's work has been exhibited in galleries in Europe and Asia. She has also had shows in Los Angeles, New York, and San Francisco.

The show will run through November 26. For more information, call the Cal State San Bernardino art department at (909) 880-5802.

—Jeanette Lee

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Issac Zaragoza
Cal State, San Bernardino
Liberal Studies Major

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Crossword by Jeremy Tolley

Across
1. Also Known As
2. Nut of an oak tree
3. One of Jupiter’s moons
4. Poets’ frequent
5. “No __, ands or buts!”
6. Ground beans, hot water
7. Cereal grain
8. “Et ___, Brute?”
9. Trinitrotoluene
10. People who roast stuff
11. Egyptian sun god
12. Spooky
13. Go round and round
14. Use oils, watercolors,
   acrylics, etc.
15. Fluid secreted by the liver
16. Soak up the rays
17. Job or chore
18. “I cannot tell a ____”
19. What your head is on
20. Diesel, unleaded, or natural gas?
21. What your eyes do
22. What a guitar plugs into
23. Gold purity measurement
24. With the most height
25. “I cannot tell a ___”
26. Chemical symbol for silicon
27. To one side
28. Not young
29. Coke, Pepsi, R.C.
30. Maine
31. Civil war gen. Robert E.
32. Maine
33. Allow
34. Chemical used to kill bugs

Down
1. Human creativity
2. Nut of an oak tree
3. “No ___, ands or buts!”
4. Egyptian sun god
5. Spooky
6. Go round and round
7. Ground beans, hot water
8. Cereal grain
9. Spooky
10. What your head is on
11. Egyptian sun god
12. Egyptian sun god
13. Go round and round
14. Use oils, watercolors,
   acrylics, etc.
15. Fluid secreted by the liver
16. Soak up the rays
17. Job or chore
18. Diesel, unleaded, or natural gas?
19. What your eyes do
20. What a guitar plugs into
21. What your head is on
22. What your head is on
23. What a guitar plugs into
24. With the most height
25. “I cannot tell a ___”
26. Chemical symbol for silicon
27. To one side
28. Not young
29. Coke, Pepsi, R.C.
30. Maine
31. Civil war gen. Robert E.
32. Maine
33. Allow
34. Chemical used to kill bugs
Armitage III: Cybermatrix vs. Polymatrix

"Armitage III: Cybermatrix" was subsequently dubbed in English when it was imported for American anime fans.

Eventually, "Armitage III" was re-edited and remixed to be released as a feature film in Japan. It was decided that the dialogue would be dubbed over in English and subtitled in Japanese to generate the feel of a foreign film. The film was well received in Japan and has been released in America under the title "Armitage III: Polymatrix."

The plots of both versions are identical. In the future, humans have colonized Mars using humanoid robots. Now that most of the colonization has been completed, there is a backlash against robot technology. Crimes against robots are increasing and the Martian Police seem unable to stop them, especially after a series of third-type murders. Third-types are robots that are so humanoid, it is virtually impossible to distinguish them from real humans. Naomi Armitage is the only officer who is both able and willing to do anything about the killings.

Having seen both Polymatrix (on the Sci-Fi channel) and Cybermatrix (dubbed), it must be said that while the two are almost identical, there are some differences. The most noticeable difference is the voice acting. The title character, Armitage, is voiced by Elizabeth Berkeley (Saved By the Bell and Showgirls) and her partner Ross Sylibus is voiced by Kiefer Sutherland (Plateliners). Initially I had doubts about Elizabeth Berkeley as Armitage, but they were unfounded. Berkeley does a good job of bringing the character to life. She has a grasp on Armitage both as a street-wise cop and in the more emotional scenes. This isn’t to suggest that the voice talents from Cybermatrix were bad, but simply that the Polymatrix ones are better. (Note: Astute viewers may notice some of the voice talents from "Teknomancer" and the dubbed version of "Street Fighter II V" are used in Polymatrix.)

On the other hand, the story is much easier to follow in Cybermatrix. The feature film version aired on Sci-Fi cut quite a few scenes, most likely to fit in an approximately two-hour block.

While these scenes are not absolutely vital to the film, they do provide viewers with a better understanding of what is happening. These scenes also provide a more believable time-frame of events.

For those who have seen Cybermatrix, the final scene was cut from the Polymatrix release. Although the implications are echoed in an earlier scene through some dialogue changes, it doesn’t have the same impact or sense of closure.

All in all, "Armitage III: Polymatrix" is a great film, but there is something to be said for the original OVAs too.

"Armitage III: Polymatrix" airs as part of the Sci-Fi channel’s Saturday Anime, Saturday mornings at 6 a.m. "Armitage III: Cybermatrix" can be purchased at Suncoast, Best Buy or other anime retailers. Both versions are distributed by Pioneer.

Fruit of Loom Country Comfort

By Abe Sanchez
Chronicle Staff Writer

One day I was sitting at a bar talking to someone about music. I mentioned to the person that I liked every type of music except country. Well Garth Brooks was playing on the juke box; I forget what song, and I said, “Like this song.”

The person turned around and said, “You know that everybody at some point of their life will like country music.” I was speechless. The person than said, “See, you have already started to like country music.”

I feel compelled to attend a country show...so I finally did. Last weekend I went to my first country show, and it was a good one. The Fruit of Loom Country Comfort Tour came to town on Saturday, October 11. According to the people next to me this was the best line-up to go on tour. Jo Dee Messina was the opener followed by The Charlie Daniel’s Band, Travis Tritt, and headlining was Hank Williams Jr.

I have had the good fortune to attend a number of concerts in the past few years, but mostly rock shows. Country Comfort tour combined the glamour of a rock show with the intimate odyssey of the audience. I would have to say that this concert ranks as being one of the top shows I have ever seen.

The artists made the audience be part of the show by singing along with the artist.

Each member of the Charlie Daniel’s band demonstrated their talents by playing solo numbers. These boys showed off their talents, and gave good old Charlie a breather, or so you think. After everyone had completed their solo act, Charlie busted out with the fiddle and kicked ass. The entire set was packed with intense music that would compete against any rock show.

Travis Tritt followed and perhaps took the show from Hank. The response for Travis was huge to say the least. I’m not sure but Travis must hate Billy Ray Cyrus, for his first cut made Cyrus look like a complete fool for his hit “Achy Breaky Heart.” I guess if you are a country fan you might know about the feud.

And then there was Hank. Talk about a rock and roll entrance, all that was needed was the fire and explosions to make it a full blown rock fest. Hank started fast but blew by playing solo with some sad old songs. It was a surprise when the band started to play ZZ Top and Aerosmith cuts. But here is the shocker—Hank started to rap. Hey Hank, go ahead and play classic rock but stay away from the rap.

One would have to understand why Hank was rapping and playing rock. No matter what anybody says, all three genres: country, rock, and rap share the same musical background, which is the jazz/blues family. What Hank illustrated was the point that the most popular music we listen to shares the same roots. Perhaps Hank was trying to get all of us just a little closer.
Fashion Doctor
By LaKeisha Williams
Chronicle Staff Writer

This season signals a seismic shift in fashion, with the many possibilities that top designers have offered for the Fall of 1997. The look this season may vary from shorter lengths paired with coats short and long, to rich leathers, and suits in black or charcoal grays. First impression is everything, and the way that you dress says a lot about your character.

In college, opportunity is always knocking. If you're dressed in rags you will bore it to death and it will pass you by. In order to prevent this devastating tragedy The Chronicle's fashion doctor LaKeisha Denise Johnson is here to help you.

Fashion concept of the month: Never confuse sexy with skimpy.
Fashion color of the month: Charcoal gray

Fashion Hits

1. Knee length Skirts
2. Single-breasted pantsuits
3. Wool turtlenecks and pants
4. Cashmere sweaters
5. Mini skirts paired with knee-length boots
6. Long slinky skirts
7. Tunic worn over slim-leg pants
8. Leather pants or jackets
9. Suede pants and jacket
10. Scarves around the neck

Fashion Misses

1. Bell Bottoms
2. Clunky shoes of any kind
3. Animal Prints
4. Lots of gold chains around the neck (The Mr. T faze is long gone)
5. Loud colors, such as neon green (Summer's over, sweeties)
6. Big earrings
7. Stirrup pants with karate shoes (Yuk!)
8. Baggy jeans (Let's leave that to the fellas)
9. Big loop skirts
10. Bras worn as outer wear (Invest in a shirt)
Aerosmith Rocks Blockbuster Pavilion

Christina Olney
Chronicle Staff Writer

Aerosmith came to Blockbuster Pavilion to support its latest album, Nine Lives, on Saturday, October 18. Fans from all age groups came to enjoy the performance. Many parents came with their teen and pre-teen children.

18-year-old blues musician Johnny Lange, the opening act, could have easily stolen the show from the more mature rockers. Lange's voice was strong and his guitar riffs were stronger. His stage presence was remarkable for such a young performer.

But Aerosmith fans need not fear. With the lively antics and trademark screaming of singer Steven Tyler, the staunch musical support of the other band members, and years of touring experience-Aerosmith was a resounding success.

Aerosmith opened its three-hour set with curtains hiding the stage and Indian music filtering through the speakers. One by one the audience could see band members' shadows as they took their places in front of the crowd. The curtains dropped and we caught a view of Tyler in a flamboyant orange outfit and king cobra statues behind the rest of the band.

The set included all the hits off the band's latest album, as well as two songs that have yet to be released from Nine Lives. The band also played numerous older hits from "Dream On" to the hit single "Cryin'" off the Get a Grip album. Tyler seemed impressed that fans enjoyed the songs from the 1970s.

The show encouraged loud audience participation. The audience knew all the lyrics and sang along to every song. Lighters flamed as ballads played and several people left their seats to dance. We all laughed at Tyler's ribald jokes and gestures and a good time was had by all.
What do you use the Internet for?

By Cherl Dixon
Executive Editor

Students are using the Internet more than ever this quarter. The reasons for people using the Internet could be: to enhance academic studies, to just have fun exploring new sites, or to do a mixture of both. The following interviews show what some people are doing online.

Edward Szumski
Freshman, Computer Science

Edward said, "My favorite website is "Microsoft's web site. I like it. It's very nice. It has a lot of links to software and upgrades that I'd like to have on my computer."

Hiroshi Oishi
Sophomore, Japanese Exchange Student

“My favorite websites are car sites. I look for car parts. Sometimes I can find the things I need. It depends. Sometimes I can find the parts I need easily, close to me," said Hiroshi. Those that aren't available close to me, I look for on the Internet. "I look for all kinds of spare parts like lights, car doors, door handles, things like that. Volkswagen, because my car's a volkswagen."

Hiroshi added, "I like to use the Internet, because I'm from Japan, and it's easy for me to communicate with my friends without being there. It doesn't cost any money. The Internet is free; that's why I like it."

Jill Bekar
Junior, Environmental Studies & Geography

"I use the Internet mostly for research, for classes, for papers and to email to my family," said Jill. "My brothers and my dad are up in Canada. I'm from Canada. I just got hooked up here at the beginning of the quarter, but my family's hooked up at home, and I used it at home."

"I really don't have time to play around and discover cool web sites," added Jill, "basically, just when I'm researching for classes. There's one I'm doing right now (for one of my classes) that's got a lot of stuff on it—the Ice Age...the last Ice Age. The Ice Age has a lot of stuff on it," Jill continued. "Everything I've researched has a lot of stuff on it, here, and good ideas."

Donald Gillespie
Senior, Psychology

“My favorite website is just: NFL.com, which is just the National Football league," said Edward. He uses the NFL website for getting updates and information, checking for player injuries, etc.

"Me and a bunch of friends, we like, we have a lot of bets going on, and a lot of times you won't get some of the information from the regular news (t.v.). And a lot of times we can go in there [NFL web-site] and look up injuries, and make sure everyone's playing—stuff like that," said Edward. He added, "Usually, [I look it up] whenever I have time during school—like in between classes, whenever I don't have to go to work...about once a week."

What else does he use the internet for? "I check my email," said Edward. "I have an email account, and I go in there and chat with my friends, you know. I have a couple of friends up north. I'm a transfer student, so once a week, I kind of give them their weekly message."

Edward also communicates via the internet with professors. "Some teachers, instead of you coming in to speak with them, like writing a journal or something—they give you their email address, and you can just email them," said Edward. "I have an English professor where he wants us weekly to: either to come in to the office to speak with him, write a journal, or just write an email about what we think of the assignment or class. Basically, he just wants to hear from us."
Eat for Yourself, Use Common Sense and Stop the Insanity

By Amy Wohr
Chronicle Staff Writer

Our society is diet crazy. The evidence is everywhere. Magazines and books that feature weight loss plans are top sellers in any store. In the grocery store there are gazillion different kinds of diet food. There are even “magical” pills, and lotions that promise to erase pounds from our bodies. In the grocery store there are even “magical” pills, and lotions that promise to erase pounds from our bodies. Magazines and books that feature weight loss plans are top sellers in any store. In the grocery store there are gazillion different kinds of diet food. There are even “magical” pills, and lotions that promise to erase pounds from our bodies.

Every year over two billion dollars are spent on dieting products. Of all the time and money spent on weight loss in this country, precious little is actually effective on a long-term basis. Approximately 95 percent of people who lose weight regain it within two years. More often than not, dieters will lose weight, regain it, then go on another diet and lose the weight, only to regain it. It is literally a vicious cycle. Yo-yo dieting is one of the most destructive habits, not only for one’s body, but for self-esteem.

Philosophically, I have many problems with weight-los diet. I have seen very few diets that taught a person to eat in moderate manner. Sure, you can drink nothing but pre-fab shakes, or eat a mere 1200 calories (barely enough to support basal metabolism!), or exercise compulsively in a gym for hours on end and lose a ton of weight, but why would you want to?

I understand the desire to be thin and good-looking. I have been on countless diets, lost lots of weight, gained lots of weight, and made myself miserable in the process. Life on a diet just isn’t. You miss so much of life when you focus on how you look rather than who you are. Trust me, I know.

Dieting teaches us not to trust our bodies. Dieting enforces the idea that our bodies are to be hated and starved into uniformity. Dieting makes one feel that they are somehow not good enough at the size they are, and that something must be wrong with them—rather than the society that judges people for their appearance (size, shape, color, clothing, etc.), rather than their personality.

I am not going to bitch about the media, about the diet industry, or society’s unrealistic standards of beauty; you have heard that number before. I would rather take a proactive approach to this problem by encouraging people to appreciate themselves for who they are, and not what they look like.

Every body is different. That’s what is so wonderful about humanity. So what if you are bigger than Claudia Schiffer is? You are as beautiful, just as worthy as she is—regardless of the shape or size of your body. Being a larger woman, I feel the pressures to be thin, but I am not. It’s neither a good nor a bad thing. It just is. I am who I am, not what I look like. I am proud of me—I do the best I can to love me. It’s not always easy but it’s worth it in the long run.

Love your body for what it can do for you. It’s an amazing machine. It’s a wonderful vehicle with which to see the world! It’s the home of your heart, your soul, and your mind. Regardless of the size of your body, it deserves your appreciation, your respect, and most importantly: your love.

Love your body now—don’t wait until you are a size eight, or until you can fit into your old jeans. Don’t put prerequisites on the love you have for yourself; accept yourself as you are. Self-love leads to self-care, which in turn leads to true health, regardless of what size you are.
Lady Coyotes Roll Over Grand Canyon

By Dale Walsh
Chronicle Staff Writer

The women's soccer team scored an impressive victory over the Grand Canyon Lady Antelopes by a score of 5-3 running their record to (5-7-0 overall, 2-3-0 CCAA).

The Coyotes continued to keep the Lady Antelopes in a tailspin sending them to their 10th straight defeat.

The offensive outburst was spearheaded by senior forward Jamie Caffery and freshman forward Samantha Bloomfield. Caffery had a goal and an assist while the offensive star of the game, Bloomfield, lit up the Grand Canyon defense for 2 goals and an assist. "We put forth a strong effort, and everything meshed together; it was a good win," said sophomore midfielder Kellie Riley.

The scoring started early for the Coyotes when junior midfielder Kelly Goeres scored a goal at 6:12 of the first half to give the Coyotes the early lead. Assisting on the goal was senior midfielder Tara Fontana.

The Lady Antelopes struck right back getting two goals in the 14th and 15th minutes of the game by midfielder Cindy Hallas to put them up 2-1.

The Coyotes battled back in the 32nd minute with a goal by Bloomfield and an assist to Caffery to gain the 2-2 tie at intermission. The Coyotes drew first blood in the second half after a defensive battle for the first 30 minutes of the half when freshman forward Carly Dunn scored with the assist on the goal going to sophomore defender Michelle Thompson to give the Coyotes a slim 3-2 lead.

Grand Canyon roared back two minutes later with a goal by Lisa D'Agostin to tie up the affair at 3-3. The Coyotes put it away when Caffery notched her first goal of the game on an assist from Bloomfield to make the score 4-3 in the 79th minute. At the 87th minute mark, Bloomfield fired for her second tally of the game giving the Coyotes a little insurance that capped off the game with the Coyotes on the winning side 5-3.

Updated Ladies Soccer Scores for this week:

The Lady Coyotes came up on the short end of a 0-3 loss to the CSU Chico Lady Wildcats, leaving the Lady Coyotes' record at (5-8-0 overall, 2-4-0 CCAA). "I think we may have been a little tired playing back-to-back days," said senior forward Jamie Caffery. "We didn't seem to be attacking offensively like we did against Grand Canyon; we seemed content on playing tough defense," she added.

The Lady Coyotes found themselves in another defensive tussle this time with the Cal Poly Pomona Lady Broncos, but again came up short in the win column with a heartbreaking 0-1 defeat, running their record to (5-9-0 overall, 2-5-0 CCAA). "It was a defensive battle from the outset, and the game could have went either way," said Caffery. "Our defense is playing well, but we aren't attacking enough up field on offense," she added.

Coyotes Stun Defending Soccer Champions

By Dale Walsh
Chronicle Staff Writer

The Coyotes took it to the Grand Canyon University Antelopes, who are the defending Division II Soccer Champions, and currently ranked No. 13 in the Division II soccer polls by the score of 4-0 running their record to (4-9-0 overall, 2-3-0 CCAA).

Leading the Coyotes' attack offensively was sophomore forward Danny Flanigan, who tallied two scores and an assist. Adding to the barrage were junior defenders Joe Sandoval and senior forward Alex Wuenie, who both chipped in with a goal apiece.

The Coyotes smothered the Antelopes with a stifling defensive effort in recording the shutout.

After a slow start the Coyotes jumped out to a 1-0 lead in the 36th minute of the first half on a goal by Flanigan with an assist from junior midfielder Shawn McConnell.

Sandoval's goal came seven minutes later on an assist from Flanigan to give the Coyotes a commanding 2-0 at the intermission.

Wuenie scored his goal at the 61 minute mark of the second half with the assist coming off the foot of sophomore midfielder Jesse Gonzalez to run the score to 3-0 with the Coyotes in command.

Flanigan tallied his second goal of the game with an assist from senior midfielder Craig Dean in the 65th minute to close out the scoring for the Coyotes.

Updated Men's Soccer Scores

Coyotes 0 CSU Chico 3 (4-10-0 overall, 2-4-0 CCAA)
Coyotes 1 Cal Poly Pomona 0 (5-10-0 overall, 3-4-0 CCAA)

senior Craig Dean scores winning goal!
Women's Cross Country is Back

By Laura Hall
Design Editor

Women's Cross Country "has a winning tradition on campus...and these girls have picked up where they left off," exclaimed head coach Tom Burleson. Women's Cross Country was added to the teams that Cal State participates in this year, after being without a program for over five years. This season the ladies won the Riverside Invitational held on Sept 27, continuing the high quality of athletic excellence attributed to Women's Cross Country from our Cal State university.

The goals for starting a new running program are "to be successful and be competitive...We have exceeded our expectations," stated Burleson. The goals for next season include continued success and a doubling of the team size. Expanding the number of runners would allow for an A and B teams to compete.

The ladies train six days a week, logging 45-50 miles. They have morning jogs and afternoon workouts. With this commitment and dedication to "prove that we deserve a team," commented Susan Seigal, it is no wonder the lady coyotes have done so well their first season back. As CCAA Championships near, Cal State wishes these runners a strong finish to a great season.

Grand Win for Women's Volleyball

By Dennis Egizi
Distribution Manager

The Cal State women's volleyball team got an excited and much needed win last Friday. The Coyotes defeated Grand Canyon University in a hard fought match. After winning the first two games, the team faltered in the next two games. They pulled out the victory in an exciting fifth game. They improved their overall record to 15-5 and their CCAA record to 2-3.

The women's volleyball team had a tough battle with Grand Canyon and will have a tough battle for the rest of the season. "The CCAA conference is our biggest challenge," said women's volleyball head coach, Kim Chemiss. Five of the eight remaining matches the Coyotes have are away matches and they are all conference matches.

The CCAA is the elite conference in the country. The three losses the team suffered has been against conference opponents that are ranked in the national top 20. "There is no easy opponent. We are beating a lot of very good teams," Chemiss added.

The team is lead by senior setter Shawna Hardwick. "She provides our team with tremendous leadership and experience," said Chemiss. Hardwick has been the spark in the area the team needs most— experience. The team is a very young team. There are six freshman, four sophomores, one junior, and one senior. With Hardwick being the only senior, the team looks for all the young players to mature quickly. "We match up physically with the other teams, but we are much younger," said coach Chemiss. "We had a great recruiting year, and we are a much better team," she added.

The women's volleyball team has eight matches remaining. They are at home against UC Riverside on October 29. Come out and support the Coyotes as they reach for the post-season victory.

Leadership Development Series

The brochures are in! To get your copy come to Student Leadership & Development, SU 119. The series starts on Oct. 20 and ends Nov. 20.

- Register early, seating is limited -

LET THE JOURNEY BEGIN

Be a Writer for the Chronicle

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**Student Union Life**

*October 23 through November 7*

**The Student Union Program Board & Cosussis Arena Present**

**The Rocky Horror Picture Show & Halloween Haunt**

October 31, 1997
Starting at 9:00 p.m.
in Cosussis Arena, CSUSB

**FREE PARKING!**

Wanna' be part of the show? The Student Union Program Board is looking for 30 people to help with the Halloween Haunt on Friday, October 31 before the Rocky Horror Show.

If you're interested, come and sign up at the Student Union Program Board office located next to the ATM machine in the Student Union Fireplaces Lounge. We will accept all interested parties on a first come, first serve basis.

The Student Union Program Board is looking for people interested in helping in other events as well.

For more info, call x 5943

**Computer Basics Open Forum**

Fridays 10 - 12 p.m.
Women's Resource & Adult Re-Entry Center

Bring your computer questions!

Personalized assistance with computer concerns including:

- Basic Computer Use
- Word Processing
- And More

**ALSO:**

**COMPUTER NOW AVAILABLE** in the Women's Resource & Adult Re-Entry Center:

Pentium computer available for word processing using WordPerfect, Windows 95 and printer.

**--ADDITIONAL SOFTWARE IS ON ITS WAY--**

**COMING SOON:**

- Connection to the World Wide Web
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**NOTARY PUBLIC SERVICE**

Free to currently enrolled students; $10 charge for faculty and staff.

For appointment call the notary, Margaret DeGroff, at x7201, or stop by the Student Union Administrative Office, room 202 (next to the Pub).

**MONDAY NIGHT FOOTBALL WITH THE STUDENT UNION PROGRAM BOARD**

October 27; November 3, 10, 17, 24; December 1
5 - 10 p.m. in the Student Union Pub

**NOON TIME BANDS**

October 19; November 5, 12, 19, 26; December 3
12 - 2 p.m. in the Student Union Courtyard

**Escape...**

**To the Museum of Tolerance**

"The Museum of Tolerance is a high tech, hands-on experiential museum that focuses on two themes through unique interactive exhibits: the dynamics of racism and prejudice in America and the history of the Holocaust - the ultimate example of man's inhumanity to man."

- The Museum of Tolerance Website
  [http://www.wiesenthal.com](http://www.wiesenthal.com)

Sunday, October 26, 1997
9 a.m. - 3 p.m.

$7 Students
$10 Non-Students
(Includes Transportation)
Tickets available on day of event.
Sign up in the Multi-Cultural Center or call x7204 for more information.

Participants will meet in front of CSUSB on the morning of the excursion.

Sponsored by the Multicultural Center.

**Prepared courtesy of the Student Union Graphic Arts**

**Sponsored by the Student Union**

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**Are you Technical?**

Do you know what a Mixing Board is?
Are Lights in your Future?

If so, then here's a job for you!

The Student Union is looking for experienced students to work as Audio/Visual Technicians. Come by the Main Desk to pick up an application or call x5940.

**The Student Union Program Board is looking for a volunteer student that is highly motivated, very well organized, and capable of handling multiple tasks. If interested, please contact Chiteka at the SUPB office at x5943 or come by and pick up an application.**