January 21st 1999

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The Coyote Bookstore Vs. University Book Exchange:
A Knock Down Drag Out...Stale Mate?

By Amber S. Miner
Chronicle Staff Writer

Many students believe that The Coyote Bookstore is overpriced. They grumble that there aren’t enough used books to choose from. Students complain that they don’t get enough return when they resell their books at the end of the quarter. There is another option for students, they can opt to purchase their books off campus, at the University Book Exchange.

I always buy my books at UBE. The school bookstore is way over-priced,” says Nicole McAlpine, a junior at CSUSB. “I feel confident the UBE will give me a better deal and more money for the books I resell at the end of the quarter.”

The off-campus bookstore, or UBE, has lower priced books and, often, more used books to offer. However, the campus bookstore, Coyote Bookstore, while higher priced, does indirectly provide long term services for the students. These long term services happen because Coyote Bookstore is an Auxiliary Program for the Foundation for the California State University, San Bernardino. The purpose of the Foundation is to assist, as well as promote, education, administration, and other services of CSUSB. The Foundation provides grants and contracts, childcare, and scholarships. It also helps with special programs such as workshops, conferences, institutes, fund-raisers, and alumni programs. The Foundation is run as a non-profit organization.

In a price comparison, UBE carried books that were significantly lower in price than they were at the Coyote Bookstore. A marketing book, New Products Management, cost $85.15 at the campus bookstore, and $67.41 at UBE. A chemistry book, Principles of Biochemistry, was $102.00 on campus and $81.32 off campus. A physics book, Fundamentals of Physics: extended, cost $100.00 at the Coyote Bookstore, and $85.00 at the UBE. The off-campus bookstore charged around $20.00 less per book than the campus bookstore.

Kim Ball, Book Department Manager for the Coyote Bookstore, says the Books cost more on-

Former Student Attempts Suicide

By D’Lorah De Barge
Chronicle Staff Writer

In the pre-dawn hours of Dec. 4, 1998, university police received a call that an individual was chasing an employee in the commons area outside University Hall. When university police arrived, the individual had evidently reached the exterior balcony on the second floor.

According to Sgt. Bodily, the former student climbed the railing and elbowed another student, then trans­ferred to the second floor.

Because of the Welfare and In­stitutional Planning Services, the individual was subdued, and placed on a 72-hour hold.

Because of the Welfare and In­stitutional Planning Services, the individual’s hospitalization is also unavailable.

Remembering J.C.Robinson

By Patrick Pittman
Managing Editor

The university lost one of its most positive figures and major advocates for affirmative action, when an automobile accident took the life of J.C. Robinson on December 11. Robinson, associate vice president for academic personnel and professor of history, was serving his twenty-eighth year at Cal State.

A specialist in Latin American issues, Dr. Robinson held the position of associate vice president for academic personnel, in charge of directing recruitment of new faculty and evaluating existing faculty, since 1981. In that role he served as one of the campus officers for affirmative action. He helped to write and oversee the university’s policy on both sexual harassment and affirmative action.

“In many ways he was the epitome of the university. He performed a number of profoundly important roles...” University President Albert Karnig said, “He was the type of person who served as a role model and a mentor.

“He is someone who dedicated his life to the university. He watched it grow from a campus of several hundred students to almost 14,000 and was very vital in helping to recruit faculty.”

“He was about as alive as anyone could be. He had a sharp wit,” Karnig said, “He was irre­verent and direct in terms of what he said, and had a wonderful, wonderful sense of humor.”

Dr. Robinson received a master’s in Latin American history and political science and a doctor­ate in Latin American History, both from Indiana University. He was a member of Latin American Historical Association, American Historical Association, Latin American Faculty Staff Association, and Phi Kappa Phi Honor Society.

His wife Margaret (Peggy) Atwell, an administrator at CSU Fullerton and formerly a member of the College of Education faculty at Cal State San Bernardino, survives him. He has two grown children Lisa and Hilton.

A scholarship honoring Robinson is being established through the Association of Latino Faculty, Staff and Students (ALFSS) of which he was the president elect. Individuals wishing to make contributions can send those to the attention of Mary Moya, president, ALFSS, in the office of University Advancement, Cal State San Bernardino 5500 University Parkway, San Bern­ardino, CA 92407. Checks should be made payable to the CSUSB Foundation.

Memorial services are being planned for mid-February, which will involve the entire Cal State Campus.

The Coyote Bookstore, and $85.00 at the campus bookstore.

...page 8

Art & Entertainment
...page 10

Pacific Underground
“The Maenid”...page 14

And Much More...
campus because "prices are determined by the publisher's net cost to us."

To help students avoid paying top dollar, her first step in ordering books for the next quarter is to obtain as many used copies as possible. How many used books the Coyote Bookstore has each quarter depends on two factors, how soon instructors turn in orders for the books they need, and whether the books they order remain in print. Ball also contacts four or five different wholesalers to find out how many used copies they have available.

If these wholesalers have used copies available, it takes Ball two to three weeks to obtain them. If instructors turn in orders late, they may not get the used copies they want. The other obstacle professors face in offering used books to students depends on whether or not publishers are offering new editions of the books. If so, the Coyote Bookstore cannot sell the former editions.

Students also affect the amount of used copies that will be available for resale the next quarter. According to a pamphlet available at the Coyote Bookstore, the best time to resell textbooks is during finals week, while the bookstore is still buying for next quarters' stock. The students will get more money for their textbooks if instructors turn their next quarters' orders in before finals week. The way that the store staff determines prices, is that if an instructor requests a book for the next quarter, the store will pay the student returning the book 50% of its new book price. If no one requests the book, then the bookstore will determine a fair price to pay for the book, and sell the books back to the vendor. Then, if an instructor requests the same book too late, the bookstore has to pay more to buy them back. This is why it is a good idea to wait at least until finals week to sell back your textbooks, because not only does timing affect the buyback price, but it also affects how many used books will be available next quarter.

John Abdol, owner of the UBE, says that his bookstore pays more for books that will be used the next quarter. He also says that they are able to pay about 20% more when students resell their books, especially if the computer shows that they can use the books at another store for a different campus.

"If the computer tells us to pay $15, but also shows another campus will use it the next quarter, we'll pay the student $30 for that book," says Abdol.

While UBE often seems to have more used copies of books, they also sell new textbooks at a lower price. One reason that Ball offers for this is that the off-campus store doesn't have the responsibility of purchasing all of the books a course requires. If UBE runs out of copies, the students can always find copies at the on-campus store, because the CSU requires all of its campus bookstores to order all of the copies required for every course.

"If I decided to only order a few copies of the books for each course, I would hear from the instructors right away," says Ball, "I am responsible for making sure that each course has enough copies for all of the students enrolled in the course."

Abdol counters that while he receives his information from the Coyote Bookstore as to how many students will be enrolled in the courses and what text books have been requested, the information isn't always accurate. Sometimes, the instructors will take over the course. These changes do not get forwarded to the UBE. This is why the UBE often has less copies of textbooks than the on-campus bookstore.

Ball says ordering all of these books costs more because the publishers often require pre-payment. The UBE may rely on what used books it has, and then only purchase a few copies of the new books. Which does not matter to many students who are only interested in paying less.

We sell our books for less because it is our only way to help the students," says Abdol. I just go to the UBE early enough to get the books I need. I want to save as much money as possible," says Marcus Cardigan, a senior at CSUSB.

The Coyote Bookstore wants students to stay on-campus to make their purchases because of the bookstore's role as Auxiliary Program for the Foundation for CSUSB. It is the auxiliary programs that support the Foundation. The only other auxiliary program for the Foundation is food services. These two programs provide the funds for all of the other programs that are provided by the Foundation.

This leaves students faced with a decision. They can go to the UBE and possibly save money, or they can go to the Coyote Bookstore and help fund numerous programs, such as scholarships, grants, conferences, and other programs that aid the students overall education.

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BOOKSTORE
Continued from page 1

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Are You "Sue" Happy?

By Elizabeth Gail Folden
Special to the Chronicle

Sue, a Tyrannosaurus rex 45 feet long and 14 feet high, is the "largest and most complete dinosaur fossil ever found," said Stuart Sumida, paleontologist and associate professor of Biology at CSUSB.

Originally from South Dakota, Sue has over 90% of her bones intact and is named after Susan Hendrickson, the paleontologist who discovered her. Sue has the distinction of being the most expensive fossil ever sold at a public auction, commanding a phenomenal 8.3 million at Sotheby's in New York City, after the courts determined she was found on federal land.

Richard Grey, president of the Art Dealers Association, bid on and won Sue on behalf of the Field Museum of Natural History in Chicago. Sue also has a consortium of financial backers: the California State University System, McDonald's, Walt Disney Company, Ronald McDonald House Charities, and unnamed private individuals.

The CSU faculty regents asked Sumida, based upon his scientific background, to act as the manager for a research project on Sue at the McDonald's Fossil Preparatory Laboratory in Chicago.

Four CSUSB students, Bronwyn Weis, Heidi Cruz, James Walliser and John Tometich, accompanied Sumida to Chicago during the summer of 1998 to work as preparers for Sue's unveiling in the year 2000.

Weis, a biology major who will graduate in March 1999, was selected because of her biology course work and diverse research abilities. She prepared herself to work at the museum by investigating volumes of scientific material, examining the history of the excavation site, and familiarizing herself with children's dinosaur literature.

Once they were in Chicago, Weis and Cruz concentrated on the laborious task of designing Sue's web page and piecing together rare fossils of the plant eating dinosaur, the Apatosaurus, from Madagascar.

Walliser and Tometich took turns cleaning and reconnecting Sue with dental utensils and adhesive. Surprisingly, the most common tools they employed in Sue's reconstruction were "mass quantities of crazy glue," said Weis. They also used large sandboxes to house broken halves of bone. During the gluing and stabilizing process, the four students also performed interpretive and docent work for museum patrons throughout their six week project.

Mesmerized patrons got a first-hand glimpse of this prehistoric beauty in her glass case while she was being cleaned, researched and mounted inside the "people aquarium." Some of the engrossed visitors, fascinated by the sheer magnitude of Sue, would unconsciously handle the exhibited specimens, forgetting that they were fragile and priceless. Who could blame them, after all, the scientists in "Jurassic Park" touched them, even when they were alive.

The "Jurassic Park" blockbuster of a few years ago may have been just the spark needed to generate enthusiasm in the field of science and paleontology. For much of the non-science populace, the movie was their first exposure to the exciting world of biological exploration.

The movie also sparked DNA related concerns. While working at the Field Museum, Weis answered countless Jurassic-Park type questions like, "Will dinosaurs be regenerated as a result of these fossil finds?"

Dino DNA has not yet been reproduced like the way it was in the film, but the accuracy of the dinosaur portrayed in the Jurassic Park film was fairly authentic, according to Sumida.

He also went on to add that in comparison, the behavior of the paleontologists was "less realistic than the animals." Bones are not cleaned in the field, rather they are taken to a lab for final clean up," said Sumida.

With all this discourse and excitement over dinosaurs, you've got to wonder, is it possible to create a Jurassic style amusement park?

"Bet on it," Sumida replied. "Trust me. I'm just not allowed to say right now."
Helping Students with Dyslexia

Meeting on January 28th at 7 pm, on how to help students of all ages with dyslexia or learning problems. The workshop will be held at the Riverside County Office of Education Conference Center, 3939-13th Street, (13th & Almond). A nominal $5.00 fee is required for those who wish to take work with their materials home. To register: call Sandy, (909) 686-9837 or (909) 881-1922. The third workshop will be held on March 18, 1999, which includes vocabulary development, compensation strategies, organization strategies, and homework tips.

International Distinction for Accounting Program

Eldon Lewis, dean of the College of Business and Public Administration, announced that Cal State's internal auditing program has been named an Endorsed Internal Auditing Program by the Institute of Internal Auditors (IIA). Only the 32nd university in the world to earn such a distinction, this means great things for business administration majors with an internal auditing track in accounting. Graduates of the Cal State program will receive certificates from the Institute of Internal Auditors and be eligible to earn the Certified Internal Auditor designation once they complete professional experience and character reference requirements, as well as an examination. — Natalie Bohan

Getting Grant Multicultural Undergraduates

The Getty Grant Program will award training and work experience for undergraduates of culturally diverse backgrounds. Those students who are interested will find a variety of internships available that relate to the fields of visual arts and the humanities. The program pays a $3000 stipend for a ten weeks, full time internship. Housing and transportation are not provided. The internships will run from June 21 to August 27th.

Application Deadline: March 1, 1999

— Amber S. Miner

CSU Finalizes Two Technology Agreements

CSU has finalized a four-year licensing agreement with Microsoft Corp. and Wareforce. This agreement will provide 30,000 faculty and staff and 180,000 students with software licenses that would meet existing needs. The software packages include Microsoft Office Professional Edition, Microsoft Visual Studio Professional Edition, Microsoft FrontPage, Microsoft BackOffice Client Access, and both Microsoft Windows and Microsoft Windows NT Workstation. Although this agreement does not require Microsoft exclusivity on CSU campuses, it will likely make Microsoft Office products less expensive.

In addition, a three year contract with CBT Systems will make available about 650 computer-based information technology courses over the next three years, with 300 hundred being available by mid-January. Campuses can also select more than 300 additional courses and revise their choices annually. Courses will be accessible by faculty, students, and staff for training in many different areas and can also be used in academic programs such as computer science, business, and engineering.

— Renee Scherr

— David Cade

Leaving School

C.S.U.S.B. has done some new name calling to reflect the signs of the times. Effective immediately, "school of" will no longer precede the names of the departments. The new term "College of" will be implemented. President Karrig believes the name change, which is practiced across the United States, will show the high level of maturity that the programs have achieved and help represent the mission of each department in a way that is more positive.

Departments reflecting this change are the former School of Humanities, Extended Education, Business and Public Administration, Education, Natural Sciences and Social and Behavioral Sciences. By creating the change, it is hoped that the switch will offer us "...the opportunity to create additional levels of organization as warranted by future university development." — Renee Scherr

— David Cade

Glacier National Park Needs 900 Students

Located in the northwest corner of Montana, Glacier National Park is looking for students to fill summer jobs in all segments of the hotel and hospitality areas. Employees are needed from early June until late September. Glacier Park, Inc., is especially interested in students majoring in hotel/restaurant, culinary arts, travel/tourism, accounting, music, and theatre.

For more information call (602) 207-2620 or visit their Web site at www.gpihr.com.

Four New Police Cars

The University police will be making a high profile on campus from now on. Four new cruisers with traditional black and white markings were put into service before Christmas. Sgt. Brian Bodily said, "The new vehicles have been distinctly marked with Safariland Graphics, a new product, which uses highly reflective graphics. The previous units that were all white, were abandoned in an effort to improve crime prevention and increase visibility, Bodily said. The cars have also been equipped with anti-collision lights and siren system, which uses strobe lights to alert motorists and pedestrians and prevent collisions.

— D' Lorah DeBarge

 Getty Grant Multicultural Undergraduates

A $1.01 million grant from the National Science Foundation will help CSUSB computer science faculty establish a Research Career Integration Program designed to help disadvantaged students pursue careers in computer science. Known as the Minority Institutions Infrastructure program, the project will recruit students with a particular emphasis on minorities, women, and the physically challenged. Yasha Karant, associate professor of computer science and director for the university's Institute for Applied Supercomputing, states that the participants will be "recruited with $3,000 stipends to create pipelines with the goal of building a better racially and ethnically balanced technology enterprise for the nation." For more information contact Yasha Karant at (909) 880-5329.

350,000 Strong...and Growing

The California State University system has increased enrollment this year by 2 percent. There are currently 350,254 students enrolled in the system, making this the highest enrollment since 1991. California State University-San Bernardino has also reached its own personal high tallying in with 13,600 students. CSUSB enrollment was only 11,927 in 1990.

"We are now well into Tidal Wave II, and it is important that funding keeps up with enrollment in order to ensure student access to a quality education," said CSU Chancellor Charles B. Reed.

The chancellor is referring to the anticipation that 500,000 students will seek higher education in California during the next decade. The CSU system expects to draw 80,000 to 100,000 of those students.

For more information call (602) 207-2620 or visit their Web site at www.gpihr.com.
Where's the Spirit?

By David Cade
Executive Editor

For some time now there has been a nagging question hovering in the air. You can see it in the vast expanse of our green lawns and paved walkways. You can see it in the classrooms and the hallways of the buildings. It is a question that has either been overlooked or not pursued with much determination: Whatever happened to school spirit?

To some, this question might sound overwhelmingly comical. It might instantaneously conjure horrifying images of pep rallies, where thousands of overly happy students are jumping around chanting, “Cal State, Cal State, Cal State.” This is not what I had in mind.

When I say school spirit, I’m referring to something more along the lines of an overall mood, a vibe, a powerful and contagious vitality in the atmosphere which builds upon itself exponentially.

I know somewhere in the world it exists, thriving, connecting millions of extraordinary people from a wonderful spectrum of diverse cultures, who inevitably find their similarities far surpass their differences. I’ve seen flickers of this phenomenon on our campus from time to time, but somewhat substantial or enduring. I’ve asked myself time and again why? Why, in a school of over 13,000 people, is the appearance of spirit as rare and fleeting as the bloom of an annual flower?

It would be easy to simply dismiss the issue by saying this is just a commuter college, so who cares. Besides detracting from the potential of the college, I think the stigma of “commuter” is being used as a cop-out by many people. I think it’s a way of justifying their apathy so they don’t have to feel guilty about not caring, about not really getting involved or connecting with people around them.

Over the years I’ve had my own struggles with feeling aphantic toward this campus, so I can relate. Sometimes all I wanted was to make it through my classes and get the heck out of Dodge. But there were other times when I really did want to get involved and see what was happening around the campus. It was during these phases when some other problems became apparent. Either there wasn’t really much going on, or I just didn’t know about it because the means of informing everyone was, at best, meager and fragmented.

I suspect the answer is a combination of both.

When I look at other colleges in the area, I hear about annual musical and cultural festivals, symphony performances, quartets, Jazz ensembles, recitals, plays, film festivals, renowned guest speakers and rock concerts. I listen to their radio stations and hear freshening formats that you would never experience on mainstream frequencies—I even hear them broadcast football games and I live at least 30 miles from each of the campuses.

Where’s our football team? Why don’t we have a football stadium behind the school where all those bushes and tumbleweeds mingle in the dirt?

Where’s our radio station? I know it’s in one of the buildings, although I’ve never seen it, much less heard anything.

Why don’t we have an annual spring music and cultural festival on that huge expanse of grass in front of the library?

Why don’t we have huge singles parties at the beginning of each quarter where people can meet and mingle and who knows, maybe even fall in love?

Why isn’t there a village across from the campus on that open plot of dirt, with a coffee shop, a restaurant, and other places for students to hang out?

Why don’t we have more rock concerts in that brand new Acrena we hardly use?

Why don’t we have more art exhibits and more plays?

Why can’t we get Warren Miller to come and show a ski film once in a while?

Why don’t we have any renowned guest speakers or performers, such as human rights activists, writers, film-makers, journalists, comedians, historians, actors, archeologists, astronomers and more?

Now aside from what we aren’t doing, why, why, why don’t more people know what we are doing?

Alright, I’ll admit it. One reason has been the lack of coverage in the Chronicle and we’re going to change this. We want to provide a newspaper which has more depth, more interesting insight and information, more coverage of the on campus events we do have, and some humor thrown in for good measure. But even with the new changes, we still can’t expect everyone is going to read the newspaper and use it as the unifying source of information.

Having the radio station broadcast to more than one room on campus would certainly be an ideal way to keep everyone more informed. Perhaps some kiosks with readily available printouts of events might be something to think about. Maybe the faculty could take five minutes to announce events that may not happen to correspond with their class or field of study. Why couldn’t a geology teacher make an announcement about a basketball game, or at least let a student get up make it? What if departments started sharing bulletin boards, so if I’m a business major way over in Jack Brown Hall, and I didn’t happen to stumble into the Theatre Arts building, I might have a chance to know about a great upcoming production. If nothing else, someone could at least throw some paint at a few windows or even put up some colorful banners in high traffic areas around the campus.

Maybe it’s a crazy notion, but I thought the college years were supposed to be filled with a tremendous wealth of new and fascinating experiences, something that goes beyond reading textbooks and passing exams. It’s not listed in any course catalogue as a capstone or a Major requirement; but wouldn’t it be nice to have something left after graduation besides a diploma and a sizable amount of debt?

Panhandlers: What Can We Do?

By Stacey Hooker
Production Editor

Panhandlers, vagrants, bums, drifters, stragglers, transients—little can be too ugly! Are they lost, broken, desperate people? People—yes. Desperate and broken—possibly. They aren’t really that different. Their needs are simple. On Maslow’s hierarchy, they’re at the bottom trying to fulfill the basic survival and safety needs.

So what can we do—the working people with the loose change?

Shall we annoyingly give up the handful of silver to avoid really dealing with the situation? Even though that would be the most convenient notion, most of us know that half of them would buy either boos or drugs with it, which could very well be the reason why they are in a panhandling predicament. The other half may very well need food, but most could look through the public telephone book to find the nearest shelter for handouts.

To really deal with the problem we need to take the time to care, not merely divvy up insignificant change.

For example, most panhandlers are usually near supermarkets or service stations, waiting to attack when you come in and again when you come back out. At the point they ask you for a personal donation, ask them what they need it for. Usually they will say it’s for food— even if it’s not. Then ask them what they really need it for. Just kidding! You might actually get the truth or worse, you might just make them angry.

But in any case, take the time to care. Invite them inside and have them pick a couple items of their preferred nourishment. Maybe throw in some vitamins, bottled water, or a toothbrush if it is feasible. After your panhandling guest has left the store, ask the clerk not to exchange what you just purchased for any alcoholic beverages and keep the receipt.

If you’re by yourself, however, it would be advisable to consider your own safety first. Take into consideration your surroundings and the time of day.

Now if you’re really game, save a few windows or even put up some colorful banners in high traffic areas around the campus.

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“I have a Dream”

by Martin Luther King

[Delivered on the steps at the Lincoln Memorial in Washington D.C. on August 28, 1963]

Source: Martin Luther King, Jr: The Peaceful Warrior, Pocket Books, NY 1968

Five score years ago, a great American, in whose symbolic shadow westand signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of captivity.

But one hundred years later, we must face the tragic fact that this nation is still not free. One hundred years later, the life of the Negro is still badly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of American prosperity. One hundred years later, the Negro is still languishing in the corners of American society and is still exiled from the American dream.

In a sense we have come to our nation’s capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men would be guaranteed the inalienable rights of life, liberty, and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check which has come back marked “insufficient funds.” But we refuse to believe that the bank of justice is bankrupt.

We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. So we have come to cash this check — a check that will give us upon demand the riches of freedom and the security of justice. We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism.

Now is the time to open the doors of opportunity to all of God’s children. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood.

It would be fatal for the nation to overlook the urgency of the moment and to underestimate the determination of the Negro. This summer of the Negro’s legitimate discontent will not pass until there is an invigorating autumn of freedom and equality.

Nineteen sixty-three is not an end, but a beginning. Those who hope that the Negro needed to blow off steam and will now be satisfied as long as a Negro in Mississippi is now allocated his check will be disappointed if the nation returns to business as usual.

There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

We must forever conduct our struggle with dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again we must rise to the majestic heights of meeting physical force with soul force.

Martin Luther King Jr. Day

January 18th, 1999

Features

The Coyote Chronicle

January 21, 1999

Q: How can I write for The Coyote Chronicle if I don’t have a lot of time to commit?

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suffering is redemptive. Go back to Mississippi, go back to Alabama, go back to Louisiana, go back to the slums and ghettos of our northern cities, knowing that somehow this situation can and will be changed. Let us not wallow in the valley of despair. I say to you today, my friends, that in spite of the difficulties and frustrations of the moment, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal."

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slaveowners will be able to sit down together at a table of brotherhood.

I have a dream that one day, even the state of Mississippi, a desert state, sweltering with the heat of injustice and oppression, will be transformed into an oasis of freedom and justice.

I have a dream that my four children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.

I have a dream today.

I have a dream that one day the state of Alabama, whose governor's lips are presently dripping with the words of interposition and nullification, will be transformed into a situation where little black boys and black girls will be able to join hands with little white boys and white girls and walk together as sisters and brothers.

I have a dream today.

I have a dream that one day every valley shall be exalted, every hill and mountain shall be made low, the rough places will be made plain, and the crooked places will be made straight, and the glory of the Lord shall be revealed, and all flesh shall see it together.

This is our hope. This is the faith with which I return to the South. With this faith we will be able to hew out of the mountain of despair a stone of hope. With this faith we will be able to transform the jangling discords of our nation into a beautiful symphony of brotherhood. With this faith we will be able to work together, to pray together, to struggle together, to go to jail, to stand up for freedom together, knowing that we will be free one day.

This will be the day when all of God's children will be able to sing with a new meaning, "My country, 'tis of thee, sweet land of liberty, of thee I sing. Land where my fathers died, land of the pilgrim's pride, from every mountainside, let freedom ring."

And if America is to be a great nation this must become true. So let freedom ring from the prodigious hilltops of New Hampshire.

Let freedom ring from the mighty mountains of New York. Let freedom ring from the heightening Alleghenies of Pennsylvania!

Let freedom ring from the snowcapped Rockies of Colorado! Let freedom ring from the curvaceous peaks of California!

But not only that; let freedom ring from Stone Mountain of Georgia!

Let freedom ring from Lookout Mountain of Tennessee!

Let freedom ring from every hill and every molehill of Mississippi. From every mountainside, let freedom ring.

When we let freedom ring, when we let it ring from every village and every hamlet, from every state and every city, we will be able to speed up that day when all of God's children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old Negro spiritual, "Free at last! free at last! thank God Almighty, we are free at last!"

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Features

January 21, 1999

The Coyote Chronicle

Page 7

Congratulations Amy Hopkins

Paulie Kimball
Staff Writer

CSUSB selected Amy Hopkins as Outstanding Student Assistant, for Student Affairs, Fall Quarter 1998. The announcement was made at the Division's holiday luncheon on December 10th. Receiving a standing ovation from all those present.

Hopkins works in the Services to Students with Disabilities Office. Her supervisor, Christine Hansen states: "Amy has worked in the SSD office for almost two years. She has come to know virtually all aspects of the SSD office, although she is only required to serve as the receptionist. Amy helps students on a daily basis. She also has a general knowledge of the inner-workings of the campus, and when students are lost or misdirected, she professionally and cheerfully redirects them. Her conduct is always professional, cooperative and dependable. Because of her knowledge, attitude, and willingness to serve students, she is often able to head off potential problems without staff consultation, at times running the front office alone. As you can tell, I am a believer in Amy Tompkins."

Keep up the good work Amy.

Faculty Corner

Coming Soon...
To delight, inspire, and enlighten!
Rainforests: On the Endangered List

by Dan Farmer
Executive Editor

I'd like to share an historical moment with you from October 28, 1492. It was then that a young explorer named Christopher Columbus reported to King Ferdinand and Queen Isabella what he had seen on his excursion. Columbus said, "Never have I beheld so fair a thing: trees beautiful and green, and different from ours, with flowers and fruits each according to their kind; many birds, and little birds that sing sweetly." Columbus thought that he had found the Garden of Eden. What he had stumbled on was a tropical rainforest, and his quote was one of the world's first definitions of a rainforest.

The actual definition differs slightly and is much less romantic - a dense evergreen forest in a tropical region with annual rainfall of at least 100 inches.

Now I know that you've all heard about the rainforests being in trouble, but today I'd like to paint for you a more vivid picture of these regions that hang preciously in the balance of nature. Rainforest population is in a downward spiral. Third world countries are destroying these lands at an alarming rate. Why do these countries do such horrible acts?

I'm sure our early settlers would be quite an authority on this, as we Americans have wiped out over 2/3rds of the forests of our own country for development and continue to do so. Now other countries want to be like us; a nation thriving off of the rape of the land for industry and commerce. They have adopted such popular tactics as industrial logging and a technique called slash and burn.

Slash and burn is a forest removal technique in which all trees and ground cover are burned and plowed for agricultural purposes. Unfortunately, these areas are not conducive for growing farms, and are soon abandoned for richer soil. These unprotected lands are then more susceptible to soil erosion. This phenomenon prevents any regrowth of the trees and surrounding vegetation that once inhabited the area. Slashing and burning has other damaging effects to the environment.

Burning such lands releases carbon dioxide (CO2) into the atmosphere. This is a bigger deal than you might think, because the amount of CO2 in the air has a direct effect on the temperature of our planet. CO2 acts as a shield over the earth. It allows radiation in from the sun, and blocks the escape of it. It creates a microwave type environment that is predicted to raise global temperatures by some 4 - 11 degrees Fahrenheit early this next century unless the pace of rainforest destruction is slowed and finally stopped.

Here are a few statistics of the effects of deforestation:

- 80 acres of tropical rainforest destroyed every minute
- Every year we lose an area the size of Florida.
- Every hour four more species become extinct
- At this rate, we might be the next of these species to become extinct

Fortunately there are many associations in existence whose mission statement is to protect these very lands. You see, they see more in these lands than just lumber and land for farming and cattle. They see rainforests as a source of medicines and other products. Over 25% of pharmaceuticals prescribed in the US are derived from rainforest plants. On a similar note, the Rainforest Alliance has determined that 70% of plants identified as having anti-cancer properties were found in rainforests. A study by Dr. Charles Peters, of the Institute of Economic Botany in New York, claims that fruits and latex represent more than 90% of the total market value of the Amazonian forest. Another member, Dr. Collins, states, "The results from our study clearly demonstrate the importance of non-wood forest products."

It sickens me to no end the things that we, as a human race, do to the earth. You can't bite the hand that feeds you. We live in a greed filled and polluting society that will willingly damage the environment to turn a profit, but we don't have to sit there and take it.

We can make a difference and help reverse the direction that our world is heading.

There are many charity organizations like the Rainforest Alliance, The Nature Conservancy, and the World Wildlife Fund that fight political and international leaders every day and prevent them from destroying our planet. They need our help. Many of these organizations survive solely on donations from concerned Americans. Let's reverse the damage done to Mother Earth. It's your earth.

Contact these environmental organizations to see what you can do to help:

The Nature Conservancy - www.tnc-washington.org
The Rainforest Alliance - www.rainforestalliance.org
World Wildlife Fund - www.worldwildlife.org
On the Corner
By Jason Lazar
Special to the Chronicle

Miles Davis is the most recognized name in jazz. Go to any record store and you will find that his section is by far the largest. What makes Miles unique in jazz is that he constantly pushed the envelope of what people considered jazz. Unlike many of his contemporaries, Miles was not afraid to embrace new technological developments and incorporate them into his music. His most famous breakthrough album, Bitches Brew, is credited with ushering the advent of jazz fusion. But what did Miles do after that? I would like to introduce the reader, who is interested in exploring Miles post Bitches Brew era, to a recording called On The Corner.

In 1972, when On The Corner was made, Miles wanted to "get my music over to young black people." In the early 70's, James Brown, Sly Stone and Jimi Hendrix ruled the sound waves of the inner city. Inspired by these grooves, Miles went into the studio and recorded a blend of funk, African rhythms, and free-form improvisation (no tonal center). If you want a soothing record don't buy On The Corner. From beginning to end, Miles comes at you like a musical freight-train and doesn't let up until the end.

Music for Airports
By D.C. SPIN
Chronicle Staff Writer

In the late seventies/early eighties, Music for Airports cracked a new door in the possibilities of what music could be. It was mesmerizing, peaceful, dreamy and intense all at once. It soon defined what is known as Ambient music and became, in my opinion, the quintessential classic. For those who don’t know, Ambient music is a somewhere between the muzak of elevators and the concert hall. It creates an environment of sound wherever it is played and serves, essentially, as a vehicle that can transport the listener into a landscape of their own thoughts and emotions.

In 1998, the Bang on a Can All-Stars, a collection of accomplished musicians, arranged and performed Brian Eno’s classic album. The songs are every bit as good as the original compositions, so there’s no need to worry about any re-release mutations—a trend you may have heard recently with albums such as the Depeche Mode tribute album.

"Providence" provides
Jayse Schaffer
Chronicle Staff Writer

NBC more than doubled its normal Friday night audience with the premiere of the family drama "Providence," proving that this major network still has drawing power when it provides quality programming. According to the A.C. Nielsen Ratings, network viewing diminished to an all-time low this season. In this age of cable, Internet, and other entertainment options, networks are looking to anything but practice to move back home and offer the viewers are searching for quality. "Providence" has proved that viewers are searching for quality. "Providence" stars Melissa Kendall, who plays Dr. Sydney Hansen, a Los Angeles plastic surgeon who gives up her practice to move back home and work in a low-income clinic, following the death of her mother. Moving from the fast-paced atmosphere of L.A. to the quiet New England city presents many challenges for Sydney. She is aided however, by the appearance of her mother’s ghost, portrayed by Concetta Tomei, who delivers an extraordinary performance. Returning to her hometown is somewhat of a return to innocence for Sydney, who has just ended a relationship, and is looking to start a new life, or at least recapture her old life. "Providence" is uplifting, emotional, and humorous—all qualities that make a fine drama. "Providence" is truly different from other offerings on television, and that is a good thing.

If you haven’t been to "Providence" yet, it airs Fridays at 8 p.m, (so set your VCR’s) on NBC.
Save Ferris Rocks X-Mas Fest

By Crystal D. Chatham
Advertising Manager

Christmas came a few weeks early to hundreds of local radio station listeners as they piled into Club Midnight on December 11 for a free concert by Save Ferris. Inland empire radio giants KCXX (103.9) hosted their annual “X-Mas Fest” at San Bernardino’s Midnight Rodeo, which was dubbed “Club Midnight” for the evening’s festivities. As tradition dictated, the station DJs gave away pairs of tickets to the show on the air and during promotional events in early December.

East coast swingsters Dem Brooklyn Burns kicked off the show playing tracks from their debut album Where Goes The Neighborhood. More and more ticket winners filed into the club as middle act Freakdaddy took the stage before the high energy performance of Orange County’s own Save Ferris. Body surfers floated across the crowded while others took to skanking and swinging as the ska band played their hits “The World is New,” “Spam,” “Under 21,” “Come on Eileen,” and other hits from their major label debut on Sony Records entitled “It Means Everything.”

Buffy the Vampire Slayer- Return to Chaos:
Friend or Foe?
Buffy Must Decide

By Jennifer Lynn Thierry
Managing Editor

Buffy Summers has faced many evils in her young life, but nothing as menacing as the new evil that threatens to end the world. Buffy has before had unlikely allies, such as Angel, her undead ex-boyfriend, but when modern day Druids appear and claim they can stop the coming doom, Buffy must decide if they are friend or foe.

Just as Buffy begins to accept her “nightly” rituals she must perform, the Druids say if they can perform their ritual then all of the Evil will leave Sunnydale. She will no longer be needed. What does a Slayer do if there is nothing to Slay? Where does a Slayer go if there is no more evil? Buffy can’t ponder on this for long because the new evil is stalking her friends, Cordelia, Xander, Oz and ultimately Willow. She must stop this evil and figure out if the group of young Druids will help her or hurt her.

“Buffy the Vampire Slayer: Return to Chaos” by Craig Shaw Gardner is available through Pocket Books. For the Buffy fan this all new chapter in the on going Buffy saga is must see. I recommend it to anyone who is “thirsty” for a bit more of Buffy and her Hellmouth world.

Johnny Lang
Wander This World
A & M Records

Johnny Lang’s sophomore album, Wander This World, on A&M Records is a solid follow-up to his debut album Lie To Me which boasted a hit with it’s title track. Wander This World is a wonderful marriage of philosophical lyrics and sultry blues that one has come to expect from the 21-year old Lang. Album highlights include the first cut entitled “Still Rainin’” and the ballad “Leaving To Stay.” Heavier blues tracks such as “Cherry Red Wine” boast much more rigid vocals like those of blues legend B.B. King with whom Lang has toured. Wander This World is a must for any alternative or blues fan.

“tune in” by Crystal D. Chatham
Men Defeat Lewis & Clark, 72-66

By Crystal D. Chatham
Advertising Manager

The men's basketball team improved their record to 6-4 after a tight game against Idaho's Lewis and Clark State College on December 28.

Blame it on an eight day holiday break between games that led the Coyotes to a slow start, but the team found their game with an explosive series of runs early in the second half to overcome the 15 point deficit at halftime.

The non-conference game was decided with two minutes to play as the Coyotes trailed until junior guard Micah Langston scored his only points of the game on a fast break layup to put Cal State on top, 60-59. The ensuing 10-2 run and a combination of free throws locked up the 72-66 victory.

A team high 19 points is only one indication of the huge game played by Cal State's Jimmy Alapag. The junior guard scored on four shots from three-point country, and connected on 7-of-10 free throws. Alapag also had a game high of six assists.

Senior center Eric Maye dazzled the 407 fans at the Coussoulis Arena with four slam dunks to score eight of his 13 points. Maye had a team high of eight rebounds, six of which were defensive.

Most recently, the Coyotes returned to California Collegiate Athletic Association play and improved their conference record to 5-5 and 9-6 overall with a victory over Chico State on January 16 in front of 651 fans at the Coussoulis Arena.

Cal State's Scott Duffy goes above Lewis & Clark forward Chris Harrison during the second half. Duffy contributed six points to the Coyote victory.
**Sports**

January 21, 1999

**Coyotes Blow Out Argonauts, 82-43**

By Crystal D. Chatham
Advertising Manager

The women's basketball team had a field day playing the College of Notre Dame Argonauts at home on December 29. In fact, playing the second half seemed to be a mere formality - something for the books.

The 82-43 rout of the Argonauts showcased strong first and second halves by the Coyotes who improved their overall record to 5-7 in front of 218 fans at the Coussoulis Arena.

The College of Notre Dame team had only one player in double digits with ten points from forward Sharee Robinson. 28 turnovers by the Argonauts put the ball in Coyote fingers more times than not leading to endless break away scoring opportunities for Cal State.

Big games came from most of the Coyote squad. Cal State forward Blanca Loza scored a game high 17 points and blocked a game high of two shots. Center Becky Vail grabbed five offensive and nine defensive rebounds for a game high 14 boards and quick thinking Coyote guard Karen Maines hustled for a game high five steals.

At present, the Coyotes are 5-10 overall and 1-8 in the CCAA.

**PLAYER PROFILE**

**#44 Becky Vail, Forward**

- **Year:** Senior
- **Major:** Kinesiology
- **1998/99:** Becky Vail (pictured above) is averaging 10.8 points and 5.5 rebounds per game. She leads the team in blocked shots with 11. Becky has started in all but one game this season.
- **1997/98:** Becky played 29 games and averaged 6.2 points and 3.4 rebounds per game.
- **Before Cal State:** Becky played one season at Santa Clara University before transferring to Butte Junior College where she received All-State and League MVP honors. She was also named to the All-Academic Team.

**High School:** She played four years of tennis and basketball at Mercy High School. Becky was awarded All-League and MVP honors in basketball as well as a sectional doubles championship in tennis.

**Women's Basketball Schedule**

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time</th>
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<tbody>
<tr>
<td>January 23 (S)</td>
<td>UC Riverside</td>
<td>5:45 p.m.</td>
</tr>
<tr>
<td>January 26 (T)</td>
<td>Christian Heritage</td>
<td>7:00 p.m.</td>
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<tr>
<td>January 30 (S)</td>
<td>Cal State Stanislaus</td>
<td>5:45 p.m.</td>
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<tr>
<td>February 5 (F)</td>
<td>@ Cal Poly Pomona</td>
<td>5:45 p.m.</td>
</tr>
<tr>
<td>February 6 (S)</td>
<td>@ Grand Canyon University</td>
<td>5:45 p.m.</td>
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</tbody>
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Women's Water Polo team is seeking players. For more information call Coach Danielle Altman at (909) 880-7307. Season opener is February 6.

Photo by Crystal Chatham
The Maenid: A Love Story

By Gary Ledford
Special to the Chronicle

A dimly lit local pub.
The middle of happy hour.

Cupid straightened his jacket and walked into the bar. The first thing he noticed was that the crowd was young, more like a club, he thought, with both dance floor and a stage. This was a place where college students drank the rest of their meager loan checks. They would sit in small clusters and talk about school, politics, movies, and sex; after tuition and books were paid for. Sometimes before. He found a spot at the bar that was close to the door, and provided a good view of the entire room. He then ordered an expensive Martini and tipped the bartender ten dollars. All of it went on his Mt. Olympus Visa-Godhood has its privileges.

Martini in hand, he turned to watch the people as they came in the door. Tonight, he was sure, they would come. And they did. A slow trickle became a steady stream, as the people began to fill the smoky taproom. They crowded at the bar and sat around tables. Talking and waiting, they kept track of the hour by cigarette butts and empty glasses.

It was Valentine’s Day, and like every Valentine’s day before, since the founding of the holiday, Cupid was out and about. Except for on certain sunny June afternoons, when the wedding season was in full swing, it was the one day of the year when Cupid was remembered. He was able to once again shoot his “arrows” of love into the hearts of mortals on those special days. They could ignite passion between people who just met, or rekindle love and desire in people who had let those fires flicker and dim.

It was that way with the old gods. Even if they weren’t “worshipped” any longer, their form and their influence in the human world depended on how they were acknowledged. His current manifestation reflected this. He appeared as a handsome man in his late thirties. Both his hair and eyes were dark, and he wore a t-shirt and slacks, both black, with a charcoal grey jacket.

But regardless of his form he was still the messenger of love. And tonight was his night. . . .

At a corner table in the same pub,
Twenty minutes later.

“What I’m saying is that maybe you should move on; try to live your own life again,” said Tom.

He took off the high-length leather coat he was wearing over his black jeans and button-down shirt. It was getting warmer, he noticed, as the pub started to fill up. He also noticed that many of the groups arriving were made up of all women.

Attractive women. Too bad. That meant happy hour was over and he had to go soon. Blonde law students with long, firm legs and pouty lips didn’t like to be kept waiting, and he wasn’t planning on spending Valentine’s Day alone.

Across from him sat his best friend, John, drinking a Sam Adams and looking as annoyed as always by Tom’s “concern.”

“And that means what? Thinking with my dick all the time, like you? Just because I’m not living your life doesn’t mean I’m not living”

“But you’re never going to be able to move on until you let go.”

“I have let go,” John argued.

“Gimme a break, John. You haven’t even gotten rid of her clothes. It’s been two years!”

John took a drink of his beer and countered. “So what, just because I haven’t sent all of her shit to Goodwill doesn’t mean that I’m attached to it, like some sort of fetish. I don’t sleep in her nightgowns, or anything like that.”

“It’s not her clothes that you need to let go of, it’s the guilt. You’re never going to get over her if you don’t stop blaming yourself.”

“I don’t blame myself. I know that her death was an accident.”

“But you blame yourself for her life; for the fact that you never loved her the way she loved you.”

Tom set his beer down and pushed his glasses up on his nose. “She knew that when you married her. I was there when she asked you, remember?”

He looked up as two women walked past, admiring the way the shadows, cast by the dim track lights, settled in the hollows that their tight-fitting t-shirts formed. As he was pondering on what his date for the evening might be wearing, he noticed a guy sitting at the bar watching him and John.

He lifted his glass, took another sip, and continued in a softer voice. “She knew you weren’t in love with her, John. She told me that herself. And that was okay...
"C'mon man, it's time you get back in the game. You haven't so much as looked at a woman in two years. Now would be a good time to start. I'm tired of seeing you stuck in this..." he struggled for a term; "emotional torpor."

Great, another one of Tom's Scrabble words. "What the fuck is a torpor," John asked from inside his glass. "It's when an animal's body shuts down and it goes to sleep, because it gets too cold. It ceases to function."

John set down his glass and took a deep breath. That's what I get for drinking with a biologist, he thought. "I'll show you torpor, let's see if this ice cold beer can freeze your head." Of course, he added mentally, I'd have to dump it on your crotch to affect your brain.

"Easy, killer. I'm just being honest." Tom held up his hands in mock defense. John sighed. "You know me better than that; that would be alcohol abuse. Besides, I'd have to get your jacket cleaned."

Tom gave an inward wince at the dry humor. Oh well, he thought, if bad jokes are his only defense mechanism, at least he can't kill anyone. Then again, he thought, remembering John's capacity for bland humor, I could end up in a padded cell if this keeps up. "That's the old John," he announced. "He walks softly..."

"But carries a quick wit," John finished, with much less enthusiasm. He took a pack of reds out of his shirt pocket, and felt around for a light. "Damm-it, I hate those things," Tom groaned, waving the air in front of him to disperse the smoke that wasn't there yet. The truth was that John didn't like them all that much either. They gave him something to do with his hands, to occupy his subconscious while he was drinking. For him, it was like a ritual of penance. He didn't quite smoke enough to get used to it, so it always made him cough. And he hated that smell that followed you home in your clothes.

"Well, amigo," Tom announced, "I gotta take off. I've got a date." And tonight's my night, he thought, as he stood up to put on his jacket. "Do me a favor, don't sit here and mope all night, okay?"

"I promise I'll check the self pity meter every hour," he replied, looking around for someone with a lite. "Okay, smart ass. I'll see you later."

"Later," John replied with his head turned. As Tom left, he walked up to the bar. "You got a lite?" he asked a man in a gray jacket holding a Martini. "Sure pal," Cupid responded, producing a gold Zippo with a heart engraved on it. "You here to meet someone?" the god asked, as he handed over the lighter.

"Not tonight," John answered, with a puff of smoke as the cherry flared on his cigarette. He gave the lighter back. "Thanks."

Cupid watched him walk away, as he made his way through the crowd; back to his table, back to his beer, and back to his memories.

*Gary Ledford is a senior at CSUSB, majoring in environmental studies, as well as pursuing a certificate in creative writing.

Invites students of Cal State to submit their masterpieces of fiction. Please try to limit your stories to five pages or less. Send your work via email to sbchron@acme.csush.edu.

Please specify for the Pacific Underground.
Carrots: The King of the Vegetables

by Stacey Hooker
Production Editor

The next time you visit your usual grocery store take a good look down the isles of endless canned, freeze-dried and over processed goods. There is something wrong with the variety of FDA (Food and Drug Administration) approved edibles—they are all dead! Everything in cans, jars, tins and plastic are nothing but dead atoms. This may come as quite a surprise, but they have to be dead for it to pass inspection by the FDA, otherwise, the food would spoil. The problem is our bodies are made up of live atoms and that is exactly what we need. Fresh fruits and vegetables, whole grains and legumes have so many natural elements that our bodies crave.

Some nutritionists say that natural, organic fruit and vegetable juices can be healing in various ways. For instance, the carrot is considered the king of the vegetables because of the many elements it contains. What it can do to maintain within the human body and the various conditions it can prevent might amaze you.

Originally, the carrot comes from the Umbelliferae family and is recognized by the feather leaves as a relative of parsley, dill, fennel, celery and the wildflower Queen Anne’s Lace. The carrot is also at the top of the nutritional tree as far as its food value. The juice of the carrot has the fundamentally richest source of natural nonsynthetic vitamin A, plus an ample supply of vitamins B, C, D, E, G and K. It is rich with Calcium, Magnesium, Iron, Phosphorus, organic Sulfur and Silicon Chloride. It has more constructive values than twenty-five pounds of Calcium tablets. Although the carrot contains all of the forementioned elements, the realistic question is what can these things do for the human system? Basically, they can normalize the entire human body.

Specifically, it maintains and protects the digestive system and the nervous system. It is an effective cleanser for the liver and colon. Within the Calcium it contains, it is available aid in the improvement. It maintains the bone structure of your teeth. It replenishes and rebuilds body cells and tissues because the carrot juice molecule is exactly analogous to the blood molecule.

To combat colds, sinus and other skin ailments, it provides essential elements not found in other wildflowers, which is an effective means for discoloring the skin. This is also true for all the impurities in the liver, the urine and the entire respiratory system. In some cases it has been found to curtail asthma and allergies. It is also a parasitic, which is good for human and domestic pets. For nursing mothers, it can reduce the risk of Puerperal Sepsis, which can occur after they have given birth. An ample supply has sometimes overcome sterility. It can both prevent and work as a natural solvent for ulcers and cancerous conditions, but only if every amount of concentrated sugar, starch and flour of every kind is eliminated from the diet.

While so many benefits can result from the carrot, there are, however, some minor precautions that need to be noted. It is necessary to be aware that the carrot has the highest concentration of fructose, so diabetics should be cautious. There is also due concern of an overdose of vitamin A. An overdose of synthetic vitamin A, which is extracted from fish and then processed into a pill, can cause serious detrimental effects.

The natural form of vitamin A found in the carrot, however, will not in any way harm the body. If you want to consume carrots, the most beneficial way to do it is juicing. A juice extractor provides the best means for retaining many fruit and vegetable juices and should be a necessary appliance in every household. It works as an external stomach so that all the vitamins and minerals of the juice can be digested straight away without the stomach having to do so much work.

There is also the rumor that eating too many carrots has the effect of discoloring the skin, giving it an orange tone. Yes, it is a true possibility, but the rumor has not been fully explained. As the carrot is a cleanser for the liver, it is possible that, once an individual starts consuming the carrot (especially carrot juice), there is a filtration of the skin. This is due to the impurities in the skin and filter out through the pores. The digestive and urinary tracts are unable to deal with the impurities that are now filtered, they are deposited into the lymph glands and filter out through the pores of the skin. So this discoloration is not a result of too much Beta Carotin or the pigment of the carrot itself. It is basically a sign that your liver is getting the filtering that it needs and the orange discoloration of the skin will soon fade.

There are so many beneficial elements the carrot has for the human body, many things it can maintain and prevent, and sorted rumors about some of the effects of carrots that have been dispelled. With all these qualities that one vegetable alone contains, the question of adhering to the alternative natural nutritional lifestyle should be chosen.

What's the Kick behind Kick Boxing?

by Stacey Hooker
Production Editor

Sparing and grappling (ground fighting skills at zero distance) can also be part of the fun. Kick boxing as a martial art is less aerobic yet teaches self - defense tactics at a more intensive level. This is a combination of traditional martial arts which equates for other versions of Kick Boxing. Whether it be San Shou (Chinese Kick Boxing), Bando (Burmes Kicking) Muay Thai (Thai Kick Boxing), Japanese or Korean, those types of Kick Boxing are considered to be martial science with a disciplinary focus.

"People can learn to control a perpetrator without doing harmful damage. If you can out think your opponent, it is just like a chess game to see how many can you maneuver," says Charlene Combs an instructor who has been training for more than fifteen years, specializing in the various fields of boxing. Tae Kwon Do, Judo, Aikido, Wrestling, Gymnastics, Dynamic Yoga, Tai Chi, Jujitsu, and Aerobic Kick Boxing. With a 2nd degree black belt, Combs continually trains at the Combined Martial Arts dojo in Chino. What are the appeal and benefit of the martial arts, formal and/or informal?

"The discipline required in the practice of martial arts has helped me with other aspects of my life." Combs also described how amazing it is to see children from the ages of six to ten years effectively maneuvering someone older and larger in size. As a traveling instructor Combs teaches these vital, intensive defense skills at Community Centers, Private Schools, and Daycare centers. She instructs a wide range of people, but insists that the children are the most interesting to witness their practicing defense skills in motion.

Whether Kick Boxing as a sport or a martial science is more appealing, this fad has many beneficial aspects in lieu. The initial attraction is the fun of music and movement. The lasting results are trained defense techniques which could prove to be invaluable.
A Greek History Lesson...

By Cheri Dixon
Design Editor

Alpha, Beta, Delta, Gamma, Kappa, Omega, Phi, Pi, Sigma, Tau, and Zeta are more than just Greek letters. They are the beginning names of some of the Greek organizations at CSUSB.

Fraternities and sororities have been a thread in the collegiate fabric since before our great-grandparents wore store-bought clothing. But what started them?

Actually, the first college societies were formed in the 1700’s, when colleges and universities were very restrictive. The organizations were formed to provide an avenue for discussion, thought and social activities.

The very first secret college society was the Flat Hat Club. Thomas Jefferson was one of the members, and the club existed from 1750-1772.

The first group to use the letters of their motto for their name was the P.D.A. Society. Their purpose was social, rather than academic, and they refused to admit anyone who resembled a “Greek” scholar. In response, some offended “Hellenists” proceeded to organize their own secret society. This started the trend for Greek-lettered organizations, which were strongly influenced by Masonic rituals and secrets.

Phi Beta Kappa was the first Greek-lettered organization. It was established in 1776 at the College of William and Mary in Williamsburg, Virginia and was composed of both men and women. In 1831 the Harvard Chapter disclosed their ritual due to pressure from an anti-secret society movement of the time. Their orientation also changed and they became a prestigious honor society.

Delta Sigma Chi is the oldest of the Greek organizations present at CSUSB. The original chapter was established in 1855 by seven men, six of whom were former members of Delta Kappa Epsilon.

Many Greeks go back 100 years. Sigma Nu was founded in 1869. The original chapters of both Tau Kappa Epsilon and Delta Sigma Phi were formed in 1899. Sigma Phi Epsilon was founded in 1901 in Richmond, Virginia.

Delta Sigma Chi is one of the newest Greek organizations at CSUSB. The very first chapter was formed at CSU Long Beach in 1987. But this newcomer is very active. The multi-cultural and co-educational group has a growing and dynamic membership.

Many Greek organizations have their own websites, which speak of their own particular history as well as their own philosophy and any upcoming activities. Try http://greeknet.hypermart.net/ or http://enrollment.csusb.edu/greek.html to see if your club is listed.

Although some of the Greek organizations may have changed their organizational structure of fine-tuned their focus over the years, the Greeks are alive and well at CSUSB.
A hearty thanks to Parking Services for having the ability to bend in a situation that could have become ugly. After a situation with unpaid parking tickets and a bright orange boot placed on my back tire, I wanted to say “Thank you” for all the help given. With all the slack they get form students, I thought a note of thanks might be a welcome change.

Sincerely,
Jeepers

**Why is it**

that in the campus bookstore shoppers are required to leave their bags in the designated “cubby holes” that are so conveniently located next to the exit? Yet the bookstore will claim no responsibility what-so-ever for missing or damaged goods! Another Catch 22 at CSUSB. Will there ever be a resolution to this paradox??

Ta Bomb

**How come**

we can only recycle cans on campus? Certainly it’s not because plastic and glass do not command as high a price as aluminum. Surely we recycle to preserve the environment, not to fatten our pocketbooks.

**Cross Cultural Center Calendar**

*Courtesy of John Puch, Coordinator*

The Center now has 1 Macintosh and 4 IBM compatible computers available for the students use. The students can check their email and use the internet. The computers have either Corel or Microsoft Word. With the convenience, the students will be able to use the Center for their educational needs as well as a social aspect. We have also increased the number of books in our library and will continue to seek donated books from the community.

During the Winter Quarter '99, we will be presenting Richard Santana, who is a former “homeboy” who went from gangbanging to a Masters in Education. We will be inviting the area high schools to this engagement and hope to make arrangements for Mr. Santana to lecture a couple of classes. This event will take place in the Center on Feb. 2, 1999 from 4pm-6pm.

There will also be another museum trip sponsored by the Cross-Cultural Center this quarter. This trip will take place on Feb. 6, 1999. The bus will be leaving at 8:15 am. Call the Center for more details.

There will be a celebration of the Asian New Year with an event that has been planned by program assistant, Aijie Zhou. Many of the Asian clubs on campus will be participating. The program will feature lectures on many of the Asian countries and also include samples of food from various Asian cultures. This will be the first event of its kind presented by the Center. This event will take place on Feb. 15, 1999 from 6:00pm to 9:15pm.

Black History Month in February will feature Lena Walton in "The Truth of the Matter". This will be a conventional re-enactment of Sojourner Truth, a former slave, abolitionist, and a women's rights activist of the 1800's who was introduced by Frederick Douglass, also an abolitionist. This event will take place on Feb. 17, 1999 at 12pm.

As we continue to develop programs that will bring about understanding and acceptance in diversity, we expect the program attendance to increase. With this increase in event attendance, the Center will be closer to fulfilling the goal of greater cultural awareness throughout the campus of California State University, San Bernardino.

Please call the Center with any questions regarding the events at 880-7204.

**Did you know**

that Syquest (removable hard drive storage) has decided to close its doors and quite the business? Now would be the time to buy extreidisks.

Did you know that the Apple’s new IMAC computer is the fastest selling computer in the U.S.? They now come in 5 colors. Did you know that you can order any IRS forms you might need for your taxes? Check out the IRS website at: http://www.irs.ustrears.gov/prod/cover.html

**Did you know**

that there is a great web site where you can get great information about PC computing? http://www.computeredge.com/sandiego

Did you know that there is a web site where you can access all of the medical information you could ever want from John’s Hopkins University Medical Center? Look up a disease, medication or advice. http://www.intellihealth.com

Wendy Quezada took advantage of the NSE program by going to the University of Hawaii during the Fall '98 semester. She paid in-state tuition while completing CSUSB requirements. She took field trips, saw the volcano, went hiking, snorkeling, and made new friends. What a semester! . . . Now it is your turn!

"NSE has made it possible for me to live in paradise for four months in Hilo, Hawaii!"

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Now it is your turn!
**Join our Team**

The Chronicle is looking for creative individuals to fill various staff openings for the Winter quarter. For more information, please call our office at (909) 880-5289.

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**Roommates**

**ROOMMATE WANTED** - Student to share home near CSUSB. Private room & bath, full house privileges, $325.00 a month plus utilities. Call (909) 887-6627.

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MAC LC color, internet ready. Claris Works, Power Point, Word, Excel, Quicken, many games, utilities, Photoshop, Illustrator, Director, Quark, Style writer printer. $200 obo - will separate. Call Dan (909) 883-9150.

**Help Wanted**

WINTER QUARTER openings on The Chronicle staff. Paid and non-paid course credit positions open. Call (909) 880-5289.

COACHELLA VALLEY bureau representatives needed to write stories for The Chronicle. Interested parties should call (909) 880-5289 for more information or to arrange an interview.

FLEXIBLE SCHEDULE - Cal State students wanted to sell advertising for The Chronicle. Work your own hours in your own region. Commission based sales. Call (909) 880-5297 for interview.

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