ASI Sponsors Band for Lunch Entertainment

ASI put together an informal concert featuring “The Rumble Kings” for the students here at Cal State. In the Student Union Courtyard on Thursday, November 18th, strains of upbeat swing music could be heard by all who walked by. This entertainment was just another way that ASI gives to the students on campus.

Is Marijuana Still Just a “Lightweight” drug? Not Exactly According to Marijuana Anonymous

By Bill Marshall
News Editor

Addiction has many guises. Some addictions - to cocaine, alcohol, heroin - are more high profile, more “glamorous.” But the seriousness and impact of an addiction can’t be rated by the hype surrounding it or the caliber of celebrities who succumb to it. “Marijuana addiction” may sound like a contradiction-in-terms to many who grew up in the post-sixties world, where marijuana has been largely viewed as an innocuous substance in relation to the headline-grabbing crack cocaine and, more recently, heroin use epidemics that have swept America.

But the simple fact is that while marijuana abuse doesn’t appear to cause the acute health and behavioral disintegration that addiction to cocaine, heroin or alcohol does, the chronic abuse of pot can be as debilitating and life-complicating as can the abuse of any substance or activity.

Before 1989, pot smokers found no place that understood the problems that were specific to beating their habit. Traditional twelve-step groups were no haven because the hard-core drug users or alcoholics could not relate to the problems of recovering “stoners” because of marijuana’s reputation as a “lightweight” drug.

In 1989, small, independent groups of recovering marijuana abusers met in Morro Bay, California to establish a unified twelve-step program to help themselves and other stoners to break their cycle of addiction. During that conference, Marijuana Anonymous was born.

Today, Marijuana Anonymous has grown from a couple of hundred members to somewhere in the neighborhood of six thousand. Regular Marijuana Anonymous meetings are held in forty-six US states and seven countries.

Marijuana Anonymous will be welcoming the “Millennium of Hope” at their sixth annual convention at the Santa Clara Biltmore Hotel in Santa Clara, California. The January 14 through 16 event will feature twelve-step meetings, panel discussions, recovery workshops, and courses on Yoga and Meditation, as well as youth-oriented recovery programs.

Addiction to pot and the stoner lifestyle may not garner the publicity that more glamorous substances do, but can still have a devastating effect on those who let their penchant for the high-life roll out of control. Marijuana Anonymous may be able to help potheads who are ready to wipe the red out of their eyes and step back into reality and take control of their lives.

For more information on Marijuana Anonymous call 1-800-766-6779. For information regarding the “Millennium of Hope” convention in Santa Clara, California from January 14-16, call Kevin G. at (408) 249-9865 or Will N. at (831) 684-2461, or email at gottowill@aol.com.
Eating Healthy on the Go

Courtesy of NAPS

People are working longer hours than ever—just to get their jobs done. This frantic schedule leaves little time for leisure, let alone eating right.

Take-outs are one solution to this dietary dilemma of eating satisfying meals while saving time. Eating-out occasions have increased by more than two-thirds over the past two decades, according to the U.S. Department of Agriculture.

Food consultant Dianne Keeler Bruce says the key to eating healthy and fast is balance: “You don’t have to eliminate the conveniences of fast food restaurants to eat right. Instead, make smart choices and practice moderation. If you choose to eat a cheeseburger and fries one day, opt for a low-fat chicken sandwich and veggies the next.”

To help diet-aware fast-food consumers, KFC introduced two new low-fat combinations: the Tender Roast sandwich that features the slow-roasted taste of chicken and that, without sauce, contains 270 calories and 5 grams of fat; and the honey BBQ sandwich, which boasts only 310 calories with 5 grams of fat.

Standard menu items that avoid poundage include corn-on-the-cob (150 calories; 1.5 grams of fat); mashed potatoes and gravy (120 calories; 6 grams of fat); and baked beans (190 calories; 3 grams of fat).

According to Keeler Bruce, healthy food doesn’t have to be a hassle if you eat “S.M.A.R.T.”

* “S” Skip the cheese, mayonnaise and other fat-laden extras.
* “M” Minimize your order; choose a smaller portion.
* “A” Add vegetables as toppings and as side dishes.
* “R” Reduce the fat by choosing low-fat condiments like ketchup, mustard, and barbecue sauce.
* “T” Try it grilled or roasted, like the new Tender Chicken Roast chicken sandwich by KFC.

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Kayo Hatta: Aloha Spirit Visits CSUSB

By Diane Sparacino
Special to the Chronicle.

In person, the down-to-earth, unassuming Hatta makes that world seem distant. Small in stature, wearing sneakers and black jeans, her smiling eyes are framed by wire-rimmed glasses, while wispy strands of black hair peek out from under her Woody-Allen-like fishing hat. Hatta looks every bit the part of independent filmmaker.

"Picture Bride," a visually absorbing, lyrical piece recounting the Japanese immigrant experience on Hawaii, is both a love story and a historic account of life on the island in the early 1900's. Hatta said that as an Asian she had a clear role.

The filmmaking bug bit Hatta after she worked with two documentary filmmakers in San Francisco. In the early 80's, the film world was infused with new, original work by independent artists such as Spike Lee.

Ignoring the advice of others, Hatta forged ahead into unknown territory. Industry buddies warned her of the pitfalls of shooting on location in Hawaii. It would be too complex for a first film. Dealing with burning cane fields and child actors was a sure disaster. A subtitled, historical period piece would be much too involved to tackle. But Hatta was unfazed.

After its public debut at Cannes, the independent film managed to capture the attention of critics and studios. Miramax Pictures won distribution rights and funded post production costs. The following year, Hatta won the coveted Audience Award for Best Dramatic Film at the 1995 Sundance Film Festival. Later that summer, Miramax moved the film into mainstream distribution.

Hatta, who is currently teaching at CSUSB while Meryl Streep is on sabatical, continues to work on pending film projects and jury film festivals around the country. In addition, she plans to screen "Picture Bride" at Cal State next quarter. As for the future, Hatta continues to search for projects that reflect her own unique vision.

Although she says that the intense work load has given her a much greater respect for the profession, she is enjoying the process of teaching. Her methods of instruction are enriched by Hatta's real life experiences in the industry.

"Film-making is essentially ignoring the advice of others, understanding the constraints you have in your head and telling your own story," said Ervin. "But I didn't really like film sites. That's the other element that you have to have in your head and tell your own story." Digital film clips on the Internet and indie film sites also give first films, like the recent "Blair Witch Project" a substantial audience by fostering pre-film buzz.

Hatta's advice for young filmmakers? "Don't let the powers that be stop you. You have no excuse now; you have all the tools at your disposal. This is the video generation."

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Marisol: A Contemporary Masterpiece

By Karen Brown
Chronicle Staff Writer

CSUSB's Theatre Arts Department presented a contemporary drama "Marisol" from Nov. 12 through Nov. 21.

The play is based on a young professional woman named Marisol who is in the middle of a war that has erupted in her hometown, Heaven. In this story, Marisol is conflicted with a physical attack on a subway and by angry locals who walked in from the street. Marisol comes to the realization that she must stand up and fight for herself. In the progression of the play, she is faced with the harsh realities of homelessness and the vicious attacks on the urban poor.

"This play is set in the modern day New York," said Kathryn Ervin, director of the modern play. The Latin writer, Jose Rivera, writes it. Now Latin writers' work is being produced more compared to just a few years ago, because of its contemporary themes and subjects.

"There may be some who are uncomfortable with the very strong language in the play and a lot of violence," said Ervin. "And there is a birth."

"Marisol" begins the play as a comfortable young urban professional and ends as a resident of the street surrounded by homeless, burn victims, and threatened by Nazis. This production is not for the faint hearted.

"I hope this play will attract a new theatre audience who will have an opportunity to experience the live theatre," said Ervin. "Film and television takes us to different places and introduce new ideas. The live is an emotional experience as human beings come to understand about large issues in life." The "Marisol" cast includes Alyson Florey, Bridget Eakle, Billy Felt, Jamie Crawford, Angela Bryce, Darrien Acevedo, Chris Bryant, Ricardo Valencia, Fred Vindiola, and Ian Maclead. Florey will have the role of Marisol, but as Ervin notes, "the production requires a really strong ensemble."

"Marisol" was an intriguing piece that reflected the hard work of the actors and the Theatre Arts Department. It was an excellent production and a play that I would recommend anyone to go see.

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Remember a time when young men and women were students who happened to play sports while they attended school? That time has passed. Unfortunately these young people are not students first and then athletes. They are athletes who sometimes have free time for class. Not only do big-time schools have this problem, but it is evident all the way down to the junior colleges.

The usual pattern for most college recruiters is for those individuals to attend games of potential student athletes that would improve the program at that particular college. A college recruiter for the athletic department is usually the head coach of that sport.

When a coach comes to a high school they are hoping to find a young man or woman who plans on attending for four years at their college. It costs a lot of money and takes a great deal of time to determine which athletes to offer scholarships to. These coaches are smart individuals who don't like their time or money wasted.

Student-Athletes used to fulfill their unwritten obligation of attending for four years, however, now they seem content with following the money after a year or two. They never have a second thought about it. This has been a recent trend that has grown in the past five years.

It has now become a roll of the dice for most college coaches. They want to get the best student-athlete but now a thought has to be in the back of their mind as to whether or not the student will bail on their program after only a year or two. It used to be a given that after three years of enrollment, some college athletes would leave or two. It used to be a given that after three years of enrollment, some college athletes would leave after only a year or two and they are lured in by the money.

Coaches don't have to only worry about whether or not their players will leave for the professional level; they have to worry about whether or not they will be forced to leave because of their actions. Many athletes today have taken on the form of hoodlums. Many people perceive athletes as rich crybabies who are always getting into trouble. This does not start just when they become professionals; it begins at the college ranks and sometimes earlier than that.

In recent years student-athletes have been more publicized for their off the field activities rather than their accomplishments on the field. It is hard for coaches to be able to recognize this trait if it has not been documented prior to that student-athlete attending that particular college.

This is a problem that needs to be addressed so that the college is covered. The people that run the colleges have limited budgets that they allocate towards athletic scholarships. When students decide to break the trust of their coaches by leaving after only a year they are only setting trends for the rest of their life. There should be some sort of consequences for these people who are breaking their word.

I believe that if a student accepts a scholarship to a school that they should be committed to stay for at least three years if not the full four years. If they decide to break that agreement they should be billed the full amount of money that they received and the amount of money the school was charged for the time they attended the school. Perhaps, then, they would be willing to stick to what initially agreed to and it would set them on the right path throughout their life.

The Coyotes Squeak by in Season Opener

By Karen Brown
Chronicle Staff Writer

Cal State, San Bernardino hosted Christian Heritage on Friday night in their home opener. The Hawks were a tough opening opposition and gave Cal State a run for their money. The Coyotes lived and died by the 3-point shot. In attempting 25 three pointers, they shot 8 and made only seven of them.

Jimmie Alapag made strong passes to other players (eight assists) while also pacing the team with 13 points and 11 rebounds.

With the score 65-59, in favor of the Hawks with 46.4 seconds left, there were chants from Hawk fans stating that the game was over. Then the Coyote defense tightened and forced some turnovers. With 1:9 seconds left, Robert Banks tossed up a 3-pointer that put a dagger through the heart of Hawks players.

A few tense moments in overtime delayed the final outcome but the stellar free-throw shooting proved to be the difference between victory and defeat. The score was knotted up at halftime (34-34) and the score at the end of regulation time was 67-67.

The Coyotes play next in the Westmont Tournament over the Thanksgiving break. Then on December 3, the Coyotes host CSU Stanislaus in their conference opener. Slated starting time is 8 p.m. Tickets are available by calling (909) 880-5049 or by going to the Cassoulis Arena boxoffice.
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## Events Calendar

### November 29 - December 2

**Monday, 29**
- **CHILL OUT WEEK**
  - All Day Long
  - In the Women's Resource Center
- **PALS MEETING**
  - Student Union Board Room
  - 2:30 P.M. - 4 P.M.
- **WOMEN’S EMPOWERMENT GROUP**
  - General Meeting
  - Sponsored by the Women's Resource Center
  - 4 P.M. - 5:30 P.M.
- **MONDAY NIGHT FOOTBALL**
  - Green Bay vs. San Francisco
  - Last Game This Quarter!!
  - 6 P.M.
  - The Pub

**Tuesday, 30**
- **ASI FINANCE BOARD MEETING**
  - General Meeting
  - 10 A.M. - Noon
  - Student Union Board Room
  - x5932
- **ASI BOARD OF DIRECTORS**
  - General Meeting
  - Noon - 2 P.M.
  - Student Union Board Room

**Wednesday, 1**
- **WOMEN’S RESOURCE CENTER AND ADULT RE-ENTRY CENTER**
  - General Meeting
  - Noon - 1 P.M.
  - Student Union Board Room
- **MAPS MEETING**
  - Club Meeting
  - 1:30 P.M. - 2:30 P.M.
  - Student Union Board Room

**Thursday, 2**
- **CHILL OUT WEEK**
  - "The Essence of Relaxation"
  - All Day Long
  - In the Women’s Resource Center
  - x7203
- **STUDENT UNION BOARD OF DIRECTORS MEETING**
  - General Meeting
  - 10 A.M. - 12 Noon
  - Student Union Board Room
  - x7201
- **FRIENDS OF BILL W.**
  - AA MEETING
  - 5 P.M. - 6 P.M.
  - Student Union Board Room

### FLAT PACKS GIVE-OUT
- At the Cross Cultural Center
  - x7204

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Thanksgiving Day Games

November 24, 1999

1. What you eat off of
2. People close to you
3. Bill Cosby’s favorite dessert toppings
4. I’m going to make _______ out of you.
5. _______ chandelier
6. If you eat too much you’ll get _______.
7. Sliver of wood used after eating
8. Mayflower Passengers
9. The people that were here first
10. Round pie
11. What is said before eating dinner
12. What does a cartoon turkey say
13. The cloth on the table
14. What will rot in your fridge forever
15. What goes inside the turkey
16. A holiday sauce
17. Poured on mashed potatoes

Ballons
Blessing
Corn
Cranberry
Dressing
Floats
Football
Gobble
Gravy
Ham

Indians
Nap
Parade
Pie
Pilgrim
Pumpkin
Rolls
Stuffing
Sweet Potatoes
Turkey
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