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 cannot be raised 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 gotowill@aol.com.
Eating Healthy on the Go

By Mindy Stevenson
Chronicle Staff Writer

People are working longer hours than ever—just to get their jobs done. The 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 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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Voices from the Village

By Mindy Stevenson

The holidays are here and affecting Serrano Village just like everywhere else in the world.

Serrano Village is home to many exchange students as well as many who don’t live close enough to home to make it back for Thanksgiving weekend. Because of this, the housing office is bringing Thanksgiving dinner to Serrano Village. On Thanksgiving Day, Thursday, November 25th, at 5:00 p.m. in the Village Square Serrano Village will be hosting a thanksgiving feast for those who are staying in the village over the Holiday weekend.

This feast isn’t the only way that the residents can enjoy the holidays. Serrano Village is also selling Christmas-grams. For only 50 cents you can send your resident friends and loved ones a candy-gram, which comes with two candy canes and various chocolate candies as well as your personal note. The deadline to buy Christmas-grams is December 2.

In preparing for the New Year, Serrano Village is looking for a talented artist to design the 1999-2000 Serrano Village T-shirt. Entries must include a design for the back and front of the shirt and must be turned into the Village Square no later than midnight December 3. The voting will begin on December 5 in the Village Square. The artist of the winning design will be awarded $50.00 as well as receive a free T-shirt with her/his design. For questions contact Diva at ext.

I wish all of you a Happy Thanksgiving! Eat Hearty!
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. In stature, wearing sneakers and black jeans, her smiling eyes are framed with 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 an historic account of life on the island in the early 1900's. Hatta said that as an Asian filmmaker in the 1990's, she knew she had a clear role.

"I wanted ... to tell the vivid history of Hawaii from a woman's point of view," Hatta explains. "To really tell the story of Hawaii's past and to do it through these immigrant women who not only came to the island when they were very young, but came over under such unusual circumstances."

The world of motion pictures waited many years before the filmmaker found her calling. "I was always into art ... but I didn't really pursue that until I went to college."

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 buxhies 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 Perlman is on sabbatical, contains film festivals 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.

"It's very empowering to be able and just go out and take a video 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."
Wally's World: Who Do Student Athletes Think They Are!

By Chris Walenta
Sports Editor

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 some college athletes would leave after three years of enrollment, now most players are lured into one of the major sports out there 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.

Responses to this article
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### Events Calendar

**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. - 6 P.M.
- **MONDAY NIGHT FOOTBALL**
  - GREENBAY 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

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**November 29 - December 2**

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**Wednesday, 1**
- **CHIL OUT WEEK**
  - *"THE ESSENCE OF RELAXATION"*
  - All Day Long
  - In the Women's Resource Center
  - Noon - 2 P.M.
- **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
  - Noon - 2 P.M.
- **STUDENT UNION BOARD OF DIRECTORS MEETING**
  - General Meeting
  - 10 A.M. - 12 NOON
  - Student Union Board Room
  - x7201

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**FINAL PACKS GIVE-OUT**
- **AT THE CROSS CULTURAL CENTER**
- **x7204**
- **FRIENDS OF BILL W. AA MEETING**
- **5 P.M. - 6 P.M.**
- **STUDENT UNION BOARD ROOM**

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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
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