May 5th 2000

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Cinco De Mayo: The Battle of the Underdog

By Amanda Stanley & Andrea Gonzales

Staff Writers

Today many of you will drink tequila and margaritas, but instead of using Cinco de Mayo as just another excuse to get drunk, why not learn what the holiday is really about.

First things first: Cinco de Mayo is not Mexican Independence Day! Mexico actually declared its independence on September 15, 1810.

However, the fifth of May does have significance. It was the day that 4,000 Mexican soldiers defeated the French and traitor Mexican Army of 8,000 soldiers. This battle of the underdog not only saved Mexico from French invasion, but it also helped expedite the end of the Civil War in America. This battle helped the Union Army in America by prolonging Napoleon III’s supplies from reaching the Confederates.

This week many celebrations took place in honor of Cinco de Mayo. On campus, Tuesday May 2, we had the privilege of Mr. Alfredo Figueroa’s speech on “The Origin of Aztec Tribes in the Colorado River Basin.” Mr. Figueroa has received credit for archaeological discoveries along the Colorado River.

There was also a Ballet Folklorico performance in the Student Union courtyard on Wednesday. The Ballet Folklorico Orgullo Mestizo performed dances from the regions of Mexico including Veracruz, Chipas, and Jalisco. The dances were joined with singing from Mariachi Las Adelitas, who are six beautiful women, not the traditional male performers you might expect with Mariachi music.

Thursday was the popular Mariachi Lucero de La Soria performance, which included seven musicians, dressed in traditional charro suits. The Ballet de Folklorico Alegria de Mexico performed another version of dances from the regions of Jalisco, Zacatecas, and Sinaloa.

Don’t despair though, you can always party it up tonight at the local Guadalhary’s restaurant where they have great Mexican food and dancing open to the public after 9:00 PM.

By Giselle Carrillo

Staff Writer

Sensible Gun Laws, Safe Kids

By Giselle Carrillo

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It’s time for the Million Mom March in Washington D.C. and you may be wondering what it’s all about. It’s an opportunity for mothers and others to remind society that all rights come with responsibilities. It’s moms from all walks of life who are sick of gun violence directed at kids and often by men. The Million Mom March is not only a personal, as well as political matter, and their main reason is keeping our kids safe.

The event in Washington D.C. will hopefully send a strong message to Congress that they must take some responsible action. The Mother’s Day event will focus energies on helping the group grow into a major force on gun control.

The goal of the Million Mom March is to get Congress to pass laws to keep guns out of the wrong hands. The moms are mad and mean business. They want all gun owners to be trained and be licensed.

There is a chartered flight to Washington D.C. being organized to provide low-cost airfare to the march. The flight is scheduled to leave Friday night, May 12 and will return Sunday night, May 14. The cost is $200 round-trip and will include a Saturday night reception hosted by Senator Diane Feinstein. The group will be representing CSUSB and will be marching on Mother’s Day on the National Mall in Washington D.C. to support a common sense gun policy.

If you can’t make it to Washington D.C., don’t worry. There will be a local march in Los Angeles on the same day. There will be a bus trip to Los Angeles costing $5 for more information on both marches, you can contact Kathy Hayes at the Women’s Resource Center here on campus at 880-7203.

~Gun

By Giselle Carrillo

Sensible Gun Laws, Safe Kids

By Giselle Carrillo

Staff Writer

The Chronicle

By Jeremiah Newhouse

Managing Editor

The Learning Center in UH-351 is open for tutoring for the Spring quarter from April 10 until June 9. Tutoring is offered on a first come first served basis.

Open Monday through Thursday 8am until 8pm and Friday until 4:30. For a complete schedule visit the Learning Centers website at http://d-e-r.csusb.edu/LearningCenter/Subjects.html

The Beasts are Back

By Cutler Fetherston

News Editor

The fifth annual Harry Rubeinstein/George Webster Local Historical Lecture will take place on Saturday May 6 from 7:30 to 8:30 on the second floor of the Minn library. This year the guest lecturer will be Kathleen Springer, enlightening those in attendance about the Inland Empire’s lost world fossils of the East Side reservoir in her speech, “The Beasts are Back.”
Cultures Come Together

By Michael Ondieki
Staff Writer

Fifty-nine flags were displayed last Friday evening at the Event Center, representing the different cultures and traditions of the international students studying at Cal State. Despite having different cultures, they could all get to the floor rhythms, most of which were foreign to them. Cal State President, Dr. Albert Karnig, said, "It was wonderful!"

The event, held annually, was organized by the International Students Association (ISA), and featured foods, music and fashion shows from different parts of the world. It attracted hundreds of people, including the top brass from the University administration and American students. "It was a great event. All of us were being exposed to different cultures of the world," said President Karnig. Karnig also told the Chronicle that the University had adopted a deliberate policy of admitting international students in order to compete with other universities.

"We believe that successful universities of the future must have a substantial number of international students. The world is becoming smaller and smaller, thus we have to understand one another. Due to this, we cannot remain behind," he said.

He also said the University administration would continue to support ISAs and strengthen its further to expose people to the outside world.

The Director of International Students Services, who is also the ISA advisor, Elsa Ochoa-Fernandez, commended those who were directly involved to organize the event. "They did a wonderful job within a short period of time. I would like to thank them all for the amount of effort they put to the success of the event," she said. She also said the event gave people with different backgrounds a chance to learn from one another. "Everyone seemed happy with the event, yet they were learning different cultures."

She thanked participants of the event.

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Adult Re-Entry Center Opens

By Karen Paton
Special to the Chronicle

For the last eight years the Adult Re-entry Center has shared the Women's Resource Center in the Student Union Courtyard. Tuesday, May 9 marks the opening of a newly created space to provide a center for resources and contacts especially for Adult Re-entry Students.

This will be a place where students who are returning to school or beginning their college experience after starting their worklife or families will find programs, networking opportunities, and a staff ready to support and assist them.

The First Annual Re-entry Celebration, at 6:00 p.m. on May 9 in Student Union Event Center A, B, and C, will feature Billy Davis Jr. and Marilyn McCoo of the Fifth Dimension. Re-entry students will share their stories and two students will be honored. There will be a light dinner, but the tickets are limited. Some tickets are still available for more information call 909-880-5253.

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News Briefs

Diversity Conference to be Held

By Cutler Fetherston
News Editor

Cal State San Bernardino's third annual Diversity Conference will be held on Wednesday, May 10 from 8:00-4:00 p.m. at the SU Events Center. This year's theme is "Hearts and Minds: Connecting Through Diversity in the New Millennium."

Ted Kennedy Jr. plans visit

By Patrick R. Pittman
Staff Writer

Ted Kennedy Jr., advocate for civil rights of people with disabilities, will be on campus next week. The event is sponsored by CSUSB Assistive Technology & Assistance Program Advisory Committee and the Student Services with Disabilities Advisory Committee.

Kennedy has served as the executive director of Facing the Challenge, a non-profit advocacy and public policy office on disability-related issues. He also frequently lectures on such topics as the civil rights movement from disability perspective, health care reform, and other related topics.

The title of his address here on campus will be "Facing the Challenge." The lecture is scheduled for Friday, May 12, at 9:30 a.m. in the student events Center, and there is no charge.

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Watch Your F##*king Mouth

By Richard Sifuentes
Staff Writer

Everyone keeps telling you that you swear too much. Your friends pretend not to know you, your date's get embarrassed, your mom washes your mouth out with soap. Hell, even your sister is mad at you because your little nephew has started imitating your foul mouth. You've got a f##king problem so bad, even your dad with "mechanic-mouth" gets offended when you talk. OK, so maybe this all doesn't happen to you, maybe this is just my life. So do you really think that you cuss too much? You're damn right you do! Luckily for people like us there is help. James V. O'Connor has written a new book entitled 'Cuss Control: The Complete Book on How to Curb Your Cursing,' offering a solution to people with a profanity problem.

"Swearing is so commonplace, even in public, that many people think it is accepted, but it is only tolerated," says O'Connor, president of a public relations firm, and founder of the Cuss Control Academy. "No one is likely to complain about your use of offensive language, but they will pass judgment on you. Your choice of words determines whether you are viewed as mature, intelligent, polite and pleasant... or rude, crude, insensitive, and abrasive." O'Connor also believes that most people who use bad language know it is often inappropriate, but they do so out of habit, while others need to be made aware of the damage they are doing to themselves and society.

"Cuss Control," available April 11 at a bookstore near you, points out that there are two categories of swearing: casual and causal. According to O'Connor casual swearing is simply lazy language, but it often reflects a negative attitude. However, causal swearing is provoked by an emotion, such as anger, frustration, impatience, or annoyance. Using interviews, anecdotes, and humor, the book examines why people swear, and why they shouldn't, and offers practical solutions and alternatives to swearing, there are OTHER words. Separate chapters in "Cuss Control" focus on breaking the habit of using F*%K, SHIT, and other forms of name-calling.

"It's not just the words, but the attitude or tone behind them that reflects poorly on your personality," continues O'Connor. "It helps to develop a healthy and positive outlook, to stop criticizing and complaining about things you can't change." With exercises and tips, his book contains a lot of practical solutions and alternatives to swearing, there are other words. Separate chapters in "Cuss Control" focus on breaking the habit of using F*%K, SHIT, and other forms of name-calling.

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Continued on page 14

Milk Really Does Do a Body Good

By Amanda Stanley
Staff Writer

"Milk is bad for you, and terrible things are done to the cows." That is PETA's argument. Those of you who read last week's issue and are ready to give up milk will want to read this before you make such a commitment. That information came from an animal rights action group called PETA, and dairy farmers and nutritionists disagree with their stand.

First, we will discuss the treatment of the cows. According to Mike Butler, the Operations Manager of Riverside Dairy, there is no harm done to the cows during the milking process. In no way are the cows hurt, and there can be no traces of blood because they have to make sure it is completely sanitized. Butler also says they don't give the cows drugs to keep them pregnant, and instead put them through a breeding process. The only drugs that go into the cows are under veterinary supervision and only if the cow is sick. Those cows are kept separate from the others.

Also, cows do not stay on concrete floors all the time, as PETA says. The most common place is the outside feeding lot. Then they go to the milk barns for milking. He could not estimate how many times a cow was milked in their life; all he could say was "a lot."

Second, there is the treatment of milk. He says there is no way for any contaminants to get into the milk because after it comes from the cow, it goes straight through the pasteurization process, after which it is bottled. It never sees air until the moment you open the bottle.

Last, there are the reasons you should not give up milk if you are concerned with your health. Milk is the best source of calcium, according to the dietician at St. Bernadine Hospital, who asked that her name not be used.

However, she did say that milk is not good for everyone. Some people are allergic to it. If you are not, she says, there is no harm in drinking it. She actually recommends a minimum of two glasses a day, but make it low-fat or non-fat milk.-Otherwise, too much milk can be bad for you because milk contains a lot of fat.

She says milk is important because the calcium from green vegetables is not enough. Americans have the highest osteoporosis rates, not because they drink milk, but because they eat too much protein, and they do not balance it with their calcium intake.

To eat the maximum healthy amount of protein per day, says Microbiology Professor Jackie Sullivan, we need half our body's pound total in grams that is, if we weigh 130 pounds, we need 65 protein grams per day. So if we eat one 3-ounce chicken thigh a day, that's 28 grams times three, or 84 grams-more than half 130 pounds.

Milk is "nature's perfect beverage" according to public.surfree.com/ skyskyr, and you need it for healthy teeth and bones. It is natural and people have been drinking it for millions and millions of years. The American Journal of Clinical Nutrition did a study in May 1999 that associates a higher intake of milk during adolescence with a greater total body and spine bone density in adulthood.

So maybe milk is really not as bad as PETA made out to be, especially if you are still in your teens or you are drinking the low-fat kind. So it is up to you to decide if milk is right for you. Apparently it really does do a body good.

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Features
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FreeCondoms.com and You

By Jorge G. Salazar
Features Editor

FreeCondoms.com, a cheap and easy alternative to the awkward, embarrassing and expensive trips to the local drug store, was recently launched by two University of North Carolina at Chapel Hill graduates.

Young people do not practice safer sex for two reasons: Condoms are expensive and are a hassle to buy, say founders Peter Martin and Rob Jewell.

So, to alleviate some of these pressures they started up FreeCondoms.com.

FreeCondoms.com is dedicated to accomplishing three goals:
1. Encourage safer sex by making condoms readily available to everyone.
2. Provide useful information about STDs, condom use, and helpful tips or advice.
3. Host a forum to discuss safe sex through humor, stories and personal accounts.

In their first month of operations they sent out thousands of condoms across the United States.

FreeCondoms.com was able to fund this project through support from advertisers, affiliate programs, and corporate sponsors. Thinkkink.com, Visa, Carprices.com, PhoneHog.com and Status Factory. You can even earn more free Durex condoms by buying from some of their advertisers.

FreeCondoms.com clearly has a younger target audience, and they carry themselves in a like manner, having jokes and funny stories posted, as well as sex quizzes and games in order to get their message across.

"It's a place to buy condoms online that isn't pornographic or charge you an arm and a leg, agree Jewell and Martin. We wanted to make it easy, clean, and entertaining for people to learn a bit about safer sex, have a laugh, and be able to order free condoms shipped right to their door," the site says.

At the website, along with all of the other features you can click on, there is the "Get 'em Free" page. Just fill out a short information page and select what type of Durex condoms you would like to receive. It's that simple. If you do want to order condoms, all you have to pay is the shipping and handling cost. No worry, the condoms arrive at your house in a discreet package.

There are those who say mass condom distribution only encourage promiscuity rather than safer sex habits. Jewell and Martin disagree—they say: "People today are having sex instead of hopelessely promoting abstinence, they should protect the people who choose to have sex by making condoms more accessible." Despite the idea's controversy FreeCondoms.com still plans to distribute one million condoms by the end of the year 2000.

If you want to check out the FreeCondoms.com, simply log on and browse the site. If you feel as if you need added protection from sexually transmitted diseases, Cal State does offer several services to students. You can go to the Student Health Center on campus for a couple of condoms and brochures, or to the pharmacy there that sells condoms well below Seven Eleven or Rite Aid prices.

Whatever you do, remember to be safe out there, and remember keeping one in your wallet isn't always going to save your life.

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Roving Reporter

By Fadhia Marcelin
Staff Writer

1. What is your favorite thing to do during the summer?
2. When dressing up for school, do you take time to pick out what to wear, or do you just throw on anything?
3. What do you usually think about when you have only ten minutes before class ends?
4. What is one thing you wish we could have at this school?

Angel Arratia
Pre-Dentistry
1. My favorite thing to do during the summer is to go out with my friends to clubs and parties.
2. I have time to pick out what I wear.
3. I think what I am going to do after it and why can't the time go faster.
4. A football team and stadium.

Gretchen Goncena
Nursing
1. I like to go to the beach and hang out with my friends.
2. I take the time to pick out what I wear to school.
3. I'm like, "I want to get out of here."
4. I wish that this school had more events, I enjoyed the X-mas Fest.

Brenda Pelascini
Liberal Studies
1. I enjoy hanging out with friends; we usually go to the beach to find guys.
2. I always take my time because I care about my appearance.
3. I'm usually involved in the class, so I make sure I have my notes done.
4. More events, I enjoyed the concert we had in December, X-mas Fest.

DeVonte McDavid
Psychology
1. Competing in judo competitions.
2. I take time.
3. What I have to do first.
4. A football program.

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By Mindy C. Stevenson
Staff Writer

In 1990, Assistant Scout Master James Dale, was kicked out of the Boy Scouts of America (BSA) when the leaders learned he was gay. Now, the BSA may have to fight again for what they believe is morally right. Because the BSA is a private organization, their first amendment rights say they can decide who can and cannot be a member. In their policies, there is nothing that says gay men cannot join, but in the oath they take, they do agree to be "morally straight." The BSA is arguing that homosexuality goes against this oath. With the help of the Lambda Legal Defense and Education Fund, Dale is fighting back. Peg Byron, spokeswoman for LLDEF said, "The Boy Scouts is not an exclusive group. The Boy Scouts, while a private organization, holds itself out to the public, recruiting openly across the nation. Nothing in their policies bans gays, and there is no evidence that proves a homosexual would not be able to live up to the standards...

The question here is an interesting one. No one would imagine a group like the BSA would have to deal with a case like this, but because there is no legally binding literature in their oath or policies saying gays are not allowed, they might have to change things. The BSA argues the definition of "morally straight" in the oath that Dale did take, but apparently, many Boy Scouts said they do not care about the sexual orientation of their members or leaders. However, most leaders feel that homosexuals, especially in leadership positions (as Dale was), are a bad example to the younger members and indeed goes directly against their oath.

Foreign Language Banquet

Dr. Jacques Benzakein, who is retiring after many years of fine service here at CSUSB, will be honored at the Annual Foreign Language Banquet. The event will be held in the Upper Commons on May 13 from 6:00 to 11:00 p.m. Tickets for this banquet are $11.50, for more information call the FLAGS office at 880-5850.
"It's messed up."

By Katherina Seigworth, Executive Editor

In Connecticut on Monday morning, two eighth grade boys committed suicide by ramming one boy's father's Ford Bronco into a massive Norwalk Spruce tree. The accident occurred on northbound I-95 near exit 35 in Norwalk, not more than a mile from the school where one of the boys was a student.

The most amazing and disturbing fact, though, is that several of their friends knew about both boys' suicide plans and did not say anything. All of their friends believed that since they promised not to do it then they wouldn't. But none of them realized the depth of the boys' depression or one's desire to be with his older brother again.

Michael Dombroski and Jeffrey Barton died in a fiery crash around 3:30 a.m. on Monday morning outside the First Church of Christ in East Haddam, Connecticut, which is about 20 miles from Hartford. The gas tank had not ruptured but the flames were so intense that state investigators had to use dental record to identify the bodies of both boys. The fire marshals are now investigating if the boys used an accelerant.

The horror that this town has had to deal with in the last six months is incredible. As a small town girl myself, I understand the affect events can have on a small community. Everyone is affected to an extent. No one escapes it. It just hangs over the town.

But the hardest blow to the community and anyone who cares about this situation, is that many of Dombroski and Barton's friends knew that the boys were planning on committing suicide and said almost nothing to the adults of their community. One of the children who was called the night before the accident told her parents, but no one knew right now if any action was taken by the adults.

The boys' friends were called over the course of the night and one girl was called as the Bronco hit the tree. Another major hit that the boys left was on the actual tree. They replaced a wooden angel hanging from the tree in remembrance with a note that said, "We'll see you soon."

But none of their friends stepped forward to tell an adult about it. Why?

The code of silence between friends and classmates. Kids don't want to get their friends in trouble so they won't say anything. Even if their friends are threatening suicide. They really don't believe that they will do it. And the result is that many teens are left with feelings of guilt for not coming forward before and helping to stop it.

As adults, we need to work at creating a relationship with young teenagers that will continue, and make sure that it is a trusting one. Our future is dying too quickly and too tragically. Suicide is on the rise, shootings between teens are on the rise, and many teens are being "left behind" by tragic situations. Depression will continue. But we as adults need to make sure that it is dealt with responsibly.

Make sure your kids really know what to do if their friends are victims of child abuse, physical, emotional or sexual, anorexic, bulimic, or suicidal. Make sure that they trust you or another responsible adult. Work from your homes out to stop the violence and tragedy that is affecting our teenagers today.

Third Party Coalitions Going for the Gold

By Andrea Gonzales, Staff Writer

Paper or Plastic, White or Wheat, Bush or Gore.

There are times in America when there just doesn't seem to be enough variety. In America we seem to be offered more choices at our fast food restaurants than we do for our presidential campaigns. There are people out there who want to give Americans more choices, they are called third party coalitions.

Third party coalitions are the underdog, they are not showered with funding or media time. They spend most of their time trying to get their name in print. If they accomplish this, they can then address the issues that they hold dear to their hearts.

Slowly but surely third parties have been emerging into the American subconsciousness. Most Americans recognize the Reform Party, the Green Party and maybe those who surf the net know about the Natural Law Party. The next issue on the agenda is to let Americans know what such of these parties wants to do for you.

The Reform Party that was led in the 1992 election by Ross Perot, wants to ensure that citizens are heard and not just the voices of special interest parties. The Reform Party is breaking through communications lines by using alternative methods of correspondence with the public. According to the Reform Party website, members were allowed to vote for their nominee through e-mail, mail, or the phone.

They are incorporating the Internet into their nominating process for the 2000 elections. The

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Third party coalitions are heard and not just the voices of special interest parties. The Reform Party is breaking through communications lines by using alternative methods of correspondence with the public. According to the Reform Party website, members were allowed to vote for their nominee through e-mail, mail, or the phone.

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A&E Briefs

Renaissance Prayer Book

By Bill Marchal III
A&E editor

The Getty Museum is exhibiting an illuminated Renaissance prayer book this May 9 through July 30. The manuscript, known as the Guai^lenghi-d'Este, dates from the late 1460s. It was created by Taddeo Crivelli and Guglielmo Giraldi to commemorate the marriage of the children of two prominent Italian families.

The Getty exhibition includes panel paintings, medals, other manuscripts, a terracotta sculpture, and a printed book. The additional items, gathered from contributors in Europe and America, are included to help establish the social and cultural context of the manuscript.

The showing is accompanied by a related exhibition entitled Italian Manuscript Illumination, which features 20 Italian manuscripts, leaves and cuttings from the Getty's permanent collection. These works date from the twelfth through sixteenth centuries.

Looking for Volunteers

The Getty Museum is looking for volunteers to participate in their Docent Program or Visitor Services Program.

Docents conduct tours through the museum's grounds and gardens of as well as lead activities in the Family Art Information Rooms. Participants will also work with the School Group Docent Program.

Docents will receive a four-month training program. Volunteers will work a three-hour weekly shift during the day, or a three-hour shift every other week on weekends and evenings. The application deadline for the docent program is May 15. Call 310-440-7231 to request an application form.

The Visitor Services Program needs volunteers to welcome the public and to assist with questions, as well as participating in other aspects of the Getty Museum. Volunteers will receive ongoing training on a schedule designed to accommodate students with full-time jobs.

The application deadline for the Visitor Services Program is May 31. Call 310-440-7301 to request an application form.

Festival of American Music coming to CSUSB

By Giselle Carrillo
Staff Writer

Hey, all you music fans, are you ready for some live entertainment! Come on down to the first ever Music of the America's Festival. The music department has been working hard to bring you five straight days of music and live performances. There will be a special live performance on the last day, Friday May 19 by Poncho Sanchez and his Latin Jazz Band.

The Music of the America's Festival will take place during the week of May 15, with concerts during the day and evening. Sessions during the day are free and will be held on the mall in front of the library. Evening concerts will be held in the Creative Arts Recital Hall.

The funding for the Music of the America's Festival is coming from grants from the university and the music department. However, there is also some outside community help for the festival. The San Bernardino Sun is advertising the festival, along with a couple local radio stations.

The Music of the America's Festival will kick off on Monday with a performance by the Argentine pianist, Manuel Rego and a reception will immediately follow in the Music Patio of the Creative Arts Building.

There will be a variety of music to fit everyone's taste. Tickets for the evening concerts will go on sale shortly, so make sure to keep your ears open. You don't want to miss the Music of the America's Festival. For more information contact Loren Filbeck, the Chair of the Music Department at 880-5860.

Los Angeles

Aimee Mann
5/18 @ Henry Fonda Theater
Los Angeles

Melvins
5/12 @ Brick by Brick
San Diego

Merl Saunders & His Funky Friends
5/19 @ Cane's
San Diego

Joni Mitchell
5/12 @ Greek Theater
Los Angeles

Los Angeles Concerts

Galactic
5/26 @ Fonda Theater
San Diego

The Smashing Pumpkins
5/20 @ SDSU Open Air Theater
San Diego

311/Incubus
5/23 @ Cox Arena
San Diego

Stereolab
5/19 @ Fonda Theater
San Diego

Wango Tango
5/13 @ Dodger Stadium
Los Angeles

Los Angeles of Blues

Galactic
5/25 @ House of Blues
San Diego

The Smashing Pumpkins
5/20 @ Fonda Theater
San Diego

C & E
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Get up and Dance!

By Mindy C Stevenson
Staff Writer

It's all around you. I know you've seen them: the line dancers at the Branding Iron, the swingers at the Derby, the hip-hoppers at In Kahoots, and those crazy, way-too-into-the-music people at concerts.

They are around us everyday—they are dancers; and there are three basic things that separate dancers from the rest of the world: they are happier, healthier and generally very attractive to the opposite sex. I argue that health, happiness, and attractiveness are things we all want in our lives and being able to move is just a bonus to it all.

How dancing makes you happier is quite simple really. Think about it, what is the first thing you want to do when you finally get home after a long stressful day? Sleep? Veg in front of the TV?

Eat? Sure, all these work, but think about how good it feels to scream, just let it all out, and the way you feel afterwards, like a weight is lifted off your shoulders.

Dance can do the same thing! Take ten or fifteen minutes to dance around. Practice a line dance or that cool move you saw in "Swing Kids" last night. Work on your ballet steps or grab your significant other and waltz for a few minutes. All it takes is a little bit and you'll feel so much better! Your stress is relieved, you learned a little something, and you had fun doing it. What could be better?

Dancing also makes you healthier. If you've ever taken a dance class, you know how you feel at the end. You feel good and happy, but you're also dripping with sweat and dying for a glass of water. All kinds of dancing are a great way to work out. It's an excellent source of exercise, building cardiovascular health and toning muscles.

Now, for some, there is nothing in this world a man can do that is sexier than dancing, and there is nothing more attractive to a guy than a woman who can dance with him. Have you ever seen a guy who can move his hips like a hula dancer? It is very nice to see. And as far as I know, men are attracted to women who can shake it, too.

Dancing also takes confidence, and if everyone danced, we would all build our self-esteem, which makes us more attractive as well. Ladies and gentlemen, I implore you to try it! You don't have to go out in public right away. Lock yourself in your room, turn on your radio and just start to move. You will feel great, I promise! Just try it, and then make everyone else in the world just as happy you are by dancing with them.

Go for it this week-end! Get a bunch of friends together, go to a local club and get your groove on! Once you do, you'll be able to watch your quality of life improve with every day. Get up and dance!
"Black and White"

The Film Spurs Observations on Race Relations Among Students

By Fahdia Marcelin
Staff Writer

How does James Toback's new film, "Black and White," relate to college students? The film is about the influence the black community has on white kids in New York. The white characters want to be a part of hip-hop and black culture. Examples of their attempts to fit in include wearing baggy clothes, embracing hip-hop music, and frequently using the word "nigga" (the use of "a" as opposed to "er" was a big issue in the movie).

Then there are interracial relationships. The movie portrayed Toback's view, but how do college students see the racial imitation issue? On college campuses you see a great diversity of people interacting, whether as couples, friends, or even people of mixed race. Can any of the black and white students who interact with each other relate to the characters in the movie?

I went to Ontario Mills Mall to observe how many interactions took place between black and white young adults. I saw eight black and white couples, and of the eight, six were of black male and white female. I also observed two people of mixed heritage.

"I think it is whoever you are around the most, you are going to act like. There is no such thing as the better race," said James Donna, a 19-year old college student from Pomona who is black and white. "Sure some people want to be black because of the music and the clothes, but you don't necessarily have to be black to listen to that music or dress a certain way." What is the racial makeup of James' group of friends? "Black," he said, grinning. "I told you, it is all about who you hang around the most."

Regina Divenese, a 20-year old white sophomore at CSUSB, who hangs around mostly black people, laughed and told me, "Watching the movie 'Black and White' was like watching a home video of myself. Yeah, they exaggerated some parts, but most of it is true. I myself like being around black people. Where I grew up, there was nothing but black people, so you gotta adapt ya know? Whover you hang with, is who you are going to be like."

"The black and white issue is cool," said Robert Fiesta, a 24-year old black graduate student from Irvine. "Whether they are friends, dating, or whatever, it's cool. If you are black and act white, or white and act black, handle yours. As long as you know who you are inside and out, then you are good to go."

Rommel Divinagracia, a Filipino student at CSUSB, nonchalantly told me, "Nothing is wrong with [imitating other cultures]. That's how they want to go? Do it! It is good to have diversity. If you keep to just one race what is the point? I mean, you are going to see and talk to people of another race any way, so you might as well mix. If you want to act like another race, and feel confident and comfortable about it, go ahead. We need to see that more on college campuses. You don't necessarily have to act the race you are kicking with, but, more of just the mixing of races period."

So there it is, the issue of black and white from the perspectives of people who experience it every day. What's the verdict? The consensus is that whoever you hang around, you will adapt to, whether it is by choice or just influence.
Baseball Season Coming to an End!

John J. Eddy Special to the Chronicle

Forget about the records. Forget about the standings. Concentrate on the positive and learn from the mistakes. In a year that has been marked by disappointment, injury and defeat, the Cal State ‘Yotes have mustered up a lot of integrity. Never surrender! Never say die, even in the face of disaster! This is the matured call best befitting our hallowed baseball team. These players have sacrificed their afternoons and weekends for the past nine months, running the hill near Fiscalini Field, gasping air between wind sprints, and pushing their bodies to the limit for a chance to compete and attain the glory of the diamond.

Their wins vs. losses no longer matter, their chance at a title was left behind some time ago. They play today for the consequences it no longer matter; their glory the next season. A team that can lose together is better prepared to face a team that has nothing to lose and everything to gain. I predict they will end their season on a strong high note, forging an intense drive towards the hope and establishment of a championship season next year.

Being on the bottom means you can only go up, and when my team finished last back in high school, we returned only to take it all the following year. A team that can lose together is destined to win together. They have had the talent, but now they have the hunger that has driven the worst teams in professional sports to glory the next season. Nothing less than a league championship can satisfy that hunger, and each player, eyes blazing, wants their place at the feast.

The ‘Yotes will end their season this weekend against a school I haven’t the slightest idea how to spell. But does it even matter? Whoever will take the field against the ‘Yotes had better be prepared to face a team that has nothing to lose and everything to gain. I predict they will end their season on a strong high note, forging an intense drive towards the hope and establishment of a championship season next year.

‘Toeing the Challenge”

California State University, San Bernardino
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“Facing the Challenge”

Friday, May 12, 2000
9:30-11:30 a.m.
Student Union Events Center
Free admission

For information: 909-880-5138
Cal State, San Bernardino
5500 University Parkway
San Bernardino, CA 92407
NATIONAL LEAGUE
CENTRAL DIVISION
PREVIEW

By Robert Proffer
Staff Writer

With a division boasting Mark McGwire, Sammy Sosa and now Ken Griffey, Jr., duck for cover. Fans throughout the N.L. Central division will have the opportunity to see Cape Canaveral-like moonshots on a regular basis. With the addition of Ken Griffey, Jr., the N.L. Central will have the top three homerun hitters in recent years and the N.L. Central race promises to be a tight race. Like the N.L. West, I have fearlessly predicted the fate of the N.L. Central.

1. ST. LOUIS CARDINALS - Rebounding off its recent history of Mark McGwire bashing 60+ homeruns and failing to make the playoffs, manager Tony La Russa is determined to fix the Cardinals' recent woes. The crux of La Russa's headaches last season was his pitching staff. The Cardinals' pitchers did not exactly resemble the Braves combination of Maddux, Glavine and Smoltz. However, the off-season acquisitions of Andy Benes, Pat Hentgen and Darryl Kile have solidified the Cardinals rotation. Obviously, the Cardinals have the offense to contend with any team in their division. By combining gritty veterans such as Eric Davis and R a l Lankford with powerhouses Mark McGwire, Fernando Tatís and J.D. Drew, the Cardinals will terrorize pitchers throughout the league. These wholesale changes and veteran leadership put the Cardinals in the cream of the crop in the Central.

2. CINCINNATI REDS - It doesn't take a genius to realize the Reds acquisition of Ken Griffey, Jr., was the steal of the century. Unfortunately for you Reds fans, one play at a time and an insurance policy haven't been enough to put them back on top. While the Reds replaced the offensive losses of Greg Vaughn (Tampa Bay) and Mike Cameron (Seattle), they are still lacking sufficient starting pitching to contend in the dog days of summer. The Reds should still boast the best bullpen in the majors, however, look for manager Jack McKeon to rely heavily on his young pen. Nonetheless, Junior will hit his usual 50 homeruns and make it look disgustingly easy as the Reds fall short to the Cardinals.

3. HOUSTON ASTROS - The defending division winners have an uphill climb to repeat as N.L. Central winners. This climb began early in the off-season when the Astros traded Cy Young runner-up Mike Hampton to the Mets. The loss of the staff's ace and an aging, injury-prone offense can make this a very long season in Houston. If Ken Caminiti and Moises Alou can't avoid the injury bug (and they won't) look for the Astros offense to sputter. After sizing up the competition in the Central Division, the Astros are no better than a third place team.

4. PITTSBURGH PIRATES - Unlike other teams in the National League, the Pirates have exceptional starting pitching, you just don't know it yet. Look for Jason Schmidt, Todd Ritchie (acquired from Minnesota) and 1996 first-round draft pick Kris Benson to anchor this youthful staff and make names for themselves in 2000. Now the downside: aside from Brian Giles (39 Homeruns & 115 RBI), the likes of Jason Kendall and Will Cordero don't exactly strike fear in opposing pitchers. Combine a sub-par offense with a woeful defense and you have the fourth place team in the N.L. Central.

5. MILWAUKEE BREWERS - New manager Davey Lopes has some serious work to do this season. The Brewers replaced fan favorites third baseman Jeff Cirillo (Colorado) and second baseman Fernando Vina (St. Louis) with Jose Hernandez and Ron Belliard. These types of moves don't win championships. Not to mention their staff ace is Steve Woodard, not exactly a household name. While Lopes is excited about managing the Brewers, unfortunately, he is probably the most notable name on the roster. Much like the Padres, the Brewers should be happy with 70 wins.

-NL Central

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Wally’s World

Baseball Fantasy Part Two

By Chris Walenta
Sports Editor

Well, gang, I guess not all 12 events fit in last week, so I thought that I would continue with the remaining six greatest events that a baseball fan could possibly attend. So, here we go:

Cuba vs. Team U.S.A.: Cuba usually kicks our butts, but we are improving. U.S.A. will play exhibition games throughout the year against Cuba, but it gets really exciting come Olympic time. Oh, wait. The Olympics are around again this year. Mark Sept. 15 for the 100,000 or so days.Cuba vs. Venezuela: What is the worst thing that can happen to you when you are playing baseball? Strike-out, get hit by a pitch or slide wrong. In Venezuela they throw ice at you if you suck. Baseball fans down there love their team, but hate them just as much. If you want to get wild with the Venezuelan team, show up next winter for some league games between Caracas and Magallanes. Oh yeah, don’t worry about the beer, they keep it on ice.

Arkansas Travelers Twinbill: In 1932 Ray Winder Field was built, and as far as minor league baseball goes, you can’t possibly find a better venue to watch a game at. Besides the old time feel of the ballpark and its antique organ, they keep a baseball tradition alive with their Saturday doubleheaders. Every Saturday home game throughout the season, the Arkansas Travelers “play two.”

Baseball Around the Clock: Well, if you decide to go Wichita in August of this year for this historic event, don’t forget to bring your sleeping bag and some fresh underwear, cause you are going to need it. Basically in early August (8/4-6) at Lawrence-Dumont Stadium, Wichita hosts its annual Baseball Around the Clock weekend. The event starts on Friday evening and lasts until late Sunday. During that time, 17 games take place. The kicker is they don’t stop for you to go home and catch a quick catnap. You have to stay for every game, and at the beginning of each game somebody rings a bell signaling that you need to check in. If you check in for all 17 games, then you are introduced on the field ad given a prize for your efforts.

Hall of Fame Induction Ceremonies: Now I have been to the Baseball Hall of Fame in Cooperstown, New York. I went on a very normal day and I was in utter awe. I can’t even imagine what it is like to be there in late July (7/22-24). If you are a true baseball fan, then you have to get to Cooperstown one day. And if you want the event of your lifetime, then you need to be there for the introduc-

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The Rest of the Story
May 5, 2000
Page 14

Continued from page 2
To become involved in the San Bernardino group, contact Joanne Singer at 909-798-2754. If you would like to help organize a CSUSB group, contact Chani Beeman at 909-880-5075 or Doris Selvapanagan at 909-880-3034.

Or you can donate money to sponsor a CSUSB student’s travel expenses to the Washington D.C. march by contacting Chani Beeman. Another helpful way to be involved is to circulate petitions of support for the march. And last but not least, you can attend the march in Los Angeles or Washington D.C. yourself.

The Million Mom March, Mother’s Day 2000 is dedicated to the mission of educating our children and our country about the life-threatening danger of guns. The Million Mom March, a www.immmommarch.org, wants you to come out and "join the mothers, grandmothers, stepmothers, future mothers, and all other willing to be honorary mothers, as we march in Washington D.C. on Mother’s Day, May 14, 2000, to demand strong gun safety legislation."

-Culture
Continued from page 3
for maintaining peace throughout the event. "They indeed proved the belief that international students are well behaved and carry themselves with respect," she said.

The two Vice Presidents of Cal State and their wives attended the event. The President of ISA, Tina Lau, said such events by her organization had improved a relationship with the hosts as well as they educated them about different cultures first hand.

"We need to do more to have the Americans know more about our cultures and backgrounds," she said.

She urged students interested in joining the club to contact her in UH-235 call 909-880-5193.

-Language
Continued from page 4
program for easing us off guttural talk involves both the expansions of our working vocabulary as well as lessening our tendency to see the world as a hostile and frustrating place.

O’Connor doesn’t moralize or preach, nor does he call for the total elimination of cursing. He acknowledges that swearing is one of the ways people communicate and express themselves. Instead, O’Connor’s objective is to help people control when and where they swear, even chronic cursers can at least reduce their use of profanity. "The goal should not be to become a person who doesn’t swear, but a person who doesn’t need to swear."

O’Connor began his crusade against profanity in August 1998 when he formed the Cuss Control Academy. He has shared his message on the Oprah Winfrey Show, over 300 radio shows and 25 TV news programs, and articles have been written about him in newspapers and magazines across the country. For information about O’Connor, the Cuss Control Academy, or the book itself, you can go to www.cusscontrol.com.

-Gold
Continued from page 7
Reform Party is now on the ballot in all 50 states and is eligible for federal funds.

The Green Party is another third party coalition that is ready to save the world if you would only vote for Ralph Nader and give it a chance. The Green Party wants you to understand that we are not on top of nature -- we are a part of it. This is becoming a key issue in the new millennium. They want to stop violence and promote community-based economies by including those who are not generally included in the formal monetary economy we have constructed. The Green Party also wants to convert current military dependent industries to economically and ecologically-sound civilian production, which is outlined in the conversion plan on the Green Party’s web page.

The Green Party encompasses some of the goals of the next party third party in the running, The Natural Law Party. The Natural Law Party believes in unity, order and the destiny of our universe. They feel that everybody will turn out beautifully for man if we just look to nature within and without ourselves for inspiration. The party feels that our current methods of deterring criminals and saving our planet are not working. The party wants to try new approaches such as Transcendental Meditation. Transcendental Meditation is a way of keeping body chemicals balanced which in turn will keep criminals sane and away from crimes. If you feel that this captures your interest vote for John Hagelin who is on the Natural Laws Party’s 2000 ticket.

The ideas that third parties have may seem a bit radical. However there was also a time in this country when another third party, the Republican Party, had the radical notion that they were time to end slavery. Who knows what the future might hold for politics?

-AL Central
Continued from page 12
6. CHICAGO CUBS
- After yet another dismal season for the Wrigley faithful, the Cubs dismissed manager Jim Riggleman and hired former Rockies manager Don Baylor. How can a team with Sammy Sosa, Mark Grace and Henry Rodriguez hitting third, fourth and fifth have such a dismal season? The answer is simple: pitching. With phenom Kerry Wood on the shelf until at least June (recovering from elbow surgery), the Cubs staff is anything but daunting withchina doll Ismael Valdes as their ace. Look for the Cubs bullpen to put up more fires than the Chicago Fire Department. The Cubs might light up the scoreboard, but so will the competition. Don Baylor is a stickler for discipline, which he will need to sit through a season at the Cub’s helm.

-Horse Program Staff Wanted
Resident Camp for children with cancer seeks to fill Wrangler positions for summer horse program. For more info, call Lisa at 310-268-8488 today!

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Events Calendar

Thursday, 4
CINCO DE MAYO 11 A.M. - 2 P.M.
STUDENT UNION COURTYARD X 7204
LEADERSHIP DEVELOPMENT SERIES SPEAKER: TIM RUGGIERI
"UP CLOSE AND PERSONAL"
7:00 P.M.
STUDENT UNION EVENTS CENTER A X 5943
COYOTE CARAOKE NIGHT 7:00 P.M.
STUDENT UNION PAVILION X 5943
AFRIKAN STUDENT ALLIANCE CLUB MEETING 7:00 P.M.
STUDENT UNION BOARD ROOM X 7204
POLICE BRUTALITY SEMINAR 7:00 P.M.
STUDENT UNION EVENTS CENTER C X 7204
ZETA PHI BETA INFORMATIONAL 7:00 P.M.
STUDENT UNION FIREPLACE LOUNGE X 5943

Friday, 5
CINCO DE MAYO 11 A.M. - 2 P.M.
STUDENT UNION COURTYARD X 7204
HIP HOP SPRING JAM EVENING ENTERTAINMENT 9:00 P.M.
STUDENT UNION EVENTS CENTER B & C X 7204

To place an event in the Calendar, please bring information to Student Union Graphics, room SU 112, or call x3942.
The Coyote Chronicle announces

Comic Competition 2000

Deadline for all entries: May 26th

Winner will be Announced: Last Issue of the Quarter

Winner will receive: A contract for their comic to run for one school year.

Rules:
The competition is open to all Juniors and below (sorry seniors). All decisions are final. All entries become property of the Coyote Chronicle, sorry no entries will be returned. All entries must be a final copy, please no rough drafts. Comics can be either humorous or political, but please show good taste. Comics must be a consecutive concept, so that it will be able to continue through the three quarters. Limit entries to no more than 5 consecutive comics, but if possible give a few choices to judge. Entries can be any shape, but limit the panels to no more than half a page. Winner will receive a contract for their comic to run consecutively through Fall 2000 to Spring 2001. Please only serious entries.

Submit all entries to the Chronicle at our office located in University Hall room 037.

If you have any questions call (909) 880-5289.