

University of San Diego

Digital USD

USD Vista

USD News

2-24-1994

Vista: February 24, 1994

University of San Diego

Follow this and additional works at: <https://digital.sandiego.edu/vista>

Digital USD Citation

University of San Diego, "Vista: February 24, 1994" (1994). *USD Vista*. 102.
<https://digital.sandiego.edu/vista/102>

This Newspaper is brought to you for free and open access by the USD News at Digital USD. It has been accepted for inclusion in USD Vista by an authorized administrator of Digital USD. For more information, please contact digital@sandiego.edu.

Maher's new aroma



Aromas offers a myriad of unique coffee flavors.



Students enjoy the convenience of easy access caffeine that Aromas provides.

Derek Teaney
Staff Writer

Need a little late-night jolt to stay up cramming for that mid-term? Then head on down to Aromas, USD's new coffeehouse on the first floor of Maher Hall.

After being in the works for two or three months, Aromas opened its doors for business on Monday, Feb. 14, 1994. Located in the Maher Dining Room, the coffeeshop occupies an area that in the past had been used very infrequently. Student requests for a coffeehouse, in combination with a search for a better use for the space led to the development of the project.

The response so far has been better than expected, and each day business only gets better. Aromas manager Greg Campbell is pleasantly surprised by this trend because his only form of advertisement thus far has been word of mouth. "People have been waiting for caffeine," Campbell said, "and caffeine is here."

Caffeine certainly is here. With a drink menu featuring single and double cappuccinos, a veritable myriad of specialty teas and the very popular espresso mocha, Aromas offers something to wake up

everyone's tastes. The menu also features everything from chocolate-covered orange peels to pastries to Snapple. And it accepts Cash Plus, making the \$2.35 price on a double espresso mocha easier to bear.

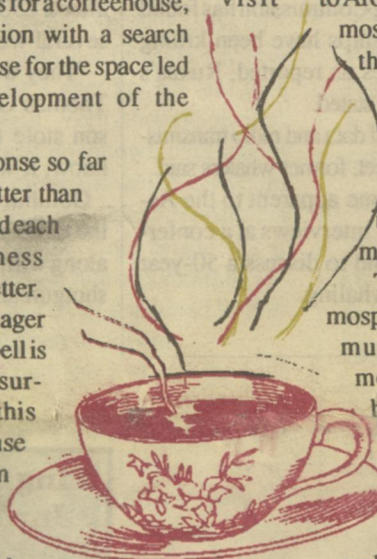
Student reaction to the new coffeehouse has been generally positive. Freshman Ara Anoshiravani summed it up by saying, "It's time USD got a coffeehouse." Most students seemed impressed with the friendly staff. "They are funny, yet helpful," commented freshman Heidi

Ambrose on her first visit to Aromas. She, like most others, was there taking a study break, to wind down and relax before gearing up again for more studies.

The quaint atmosphere and soft music pleased most students, but some found the fluorescent lighting, left on at the request of several students determined to use the shop as a study lounge, a little cold, but the corners offer warmer, softer lighting as well as window views.

Students appear equally satisfied with the quality of the coffees. Davin Heckman, also a freshman, recom-

see BONUS on page 2



First Person: Elena Monica spoke of her personal battle with HIV

Beauty and the beast

Courtney Moon
Staff Writer

An internationally renowned model and actress infected with the HIV virus came to share her story with USD students on Tuesday, Feb. 15, in honor of AIDS Awareness Week.

Elena Monica was diagnosed as HIV-positive in 1991 at the age of 26, having contracted the virus through sexual intercourse with a fellow actor.

Her story began three years ago when she was preparing for her role in a play in Los Angeles. It is there that she met and befriended a young actor with whom she worked, and the two began to date.

A few months into the relationship, after recently testing negative for the HIV virus herself, Monica approached her male companion and asked him to be tested as well. To her relief, her companion responded that he had recently been tested for the virus and claimed the results were negative.

see MODEL on page 3

Homeless in Balboa

Erin K. Quirk
Staff Writer

Because of the overwhelming response to the article we ran last semester about the homeless men and women living in the river bed near Friars Road, have decided to run a second part, detailing the homeless in Balboa Park. In running these articles, we hope to demystify the homeless, return some humanity to them and eradicate some of the existing prejudices between us.

What do you do when you keep all your worldly possessions in a shopping cart and it starts to rain? What do you do when the only shelter you maintain, albeit illegally, is under a tree, and it starts to rain? What do you do if, having lived comfortably for 70 years, you suddenly find yourself on the streets, and it starts to rain?

According to Vern, a soft-spoken 70-year-old, being homeless in Balboa Park is "kinda scary, because I'm not used to it." When it rains, according to Vern, he and his friend Mike, 29, who has been on the streets since he was 7, sleep



Vern (l) and Mike are one of 300 homeless in Balboa Park.

over across the bridge in the Del Prado section of Balboa Park.

It is illegal to be homeless in Balboa Park. Mike, a 13-year veteran of the park, says that

see BALBOA on page 3

VISTA

Index

| SECTION | PAGE | PREVIEW |
|--------------------|------------|------------------------------|
| News..... | 1-3..... | Coffee talk in Maher |
| Opinion..... | 4-5..... | Two part ROTC series begins |
| Social Issues..... | 6-8..... | Self exam tips for women |
| Outlook..... | A-H..... | Allen Ginsberg chats with us |
| Classifieds..... | 9-10..... | Sell your soul or your bike |
| Sports/IM..... | 16-11..... | Mens basketball defeats LMU |



BALBOA

continued from page 1

authorities have opened up gyms to provide alternatives for Balboa Park's "minimum, I mean minimum 300 homeless." But, Mike and Vern both prefer to take their chances with the rain, the theft and danger every night in the park. As Mike puts it, "You get three hundred people who haven't taken their shoes off for a week, sleeping in one room and it gets pretty bad."

Mike, a friendly, outspoken blond-haired Southerner, was taken away from his mother for neglect, when he was two weeks old. He went through two foster homes and ran away from the second after he was tied to a sawhorse and beaten; he's been on the streets ever since. At 7, he was repeatedly picked up by the police for hitchhiking and, while waiting to be seen by welfare services, he would slip out the door. "Every time I get into a situation I don't want to deal with, I run," Mike says.

Mike used to work with terminal AIDS patients until government funding ran out and he no longer was paid. He then turned to male prostitution to survive. Now he collects aluminum cans.

When asked if he wanted to work again he said, "I don't owe nobody nothing. Everything I make is mine. I live by my own rules, and ain't nobody going to tell me what to do now because nobody ever helped me out before."

Vern, on the other hand, has a two-year college education and has lived in San Diego for 37 years. He worked for an insurance company in the 50s and 60s and after that bought and restored old houses with his partner. He's owned expensive cars and lived in

a house in Hillcrest for 15 years. His partner died over three years ago from emphysema and since Vern has had to battle his own alcoholism.

"I was sober for seven months before I became homeless," he said, adding that it's hard to stay sober while living on the streets.

Vern and Mike have known each other for several years. Vern used to bring food and beer to Mike in the park. Vern says he never thought he'd ever be pushing a cart like Mike. Now he's just trying to get by.

Mike and Vern collect cans and bottles around Hillcrest. They get up at the competitive hour of 5:30 each morning and collect cans in the alleys around University Avenue. By 10 they usually make about \$4, which, according to Mike, is good for a 40-ouncer and something to eat. They also collect much of what the Hillcrest community throws out. Last week, Mike and Vern found a set of untouched, boxed up china in the trash. They also find things that are of greater utility to them such as watches, battery-operated radios and blankets.

The two of them insist they will not panhandle for money. According to Vern, "It hurts to ask for money." Mike, raising his voice, says, "Why should I panhandle for a dollar when I can go collect cans for a few hours and get one myself."

Mike concludes that he also no longer cares what people think of him. His reaction to people telling him to get a job is "why don't you try pushing a shopping cart with a 100 pounds of bottles and cans up Washington Hill, and then tell me I don't have a job."

Sometimes Mike pushes his cart from Hillcrest to Mission Beach -12 miles- and back in one day. That averages out to 24 miles for between \$5 and 7.

For all of Balboa Park's good points, however, Mike and Vern guard against visiting it at night. According to Mike, it is the homeless, the ad-

dicts and the prostitutes who run the park at night after the police go home.

"If you aren't known you will get jumped for your wallet by someone who can slip off into the canyons," Mike says.

Much of the theft and violence is motivated by the rampant drug use in the park. Mike says it is well known that San Diego is "the crystal meth capital of the world." It and all other drugs are readily available in the park.

Though the park has a bad reputation for its night activity, Mike insists that it is better than many other places for the homeless in San Diego. He has been to Mission Beach, but he was robbed there and insists "the park is home for me."

Mike has been in the park for 13 years and is very well known. He is known to the locals as "speedy" because, according to him, no one can keep up with him when he pushes his shopping cart full of aluminum cans. Vern concurs and adds, smiling, "But I do a pretty good job."

Both Mike and Vern have a strong faith in God and they believe it helps them survive. Mike says he's content with his lifestyle because it's all he's ever known and he's perfected it. Vern, though, plans to get a room downtown next month with the money he will receive from social security. Vern repeats his dismay at the circumstances that have befallen him and reminds everyone that what happened to him could happen to anyone.

They both say living in the park isn't easy, but they are making the best of it. They encourage young people to stay off drugs, stay in school and to love their parents. Most importantly, though, they ask people who go to the park not to assume the homeless are trash because they are dirty. "You need to judge people by what they are, not just by what you see."

"If you are not doing anything you are counterproductive" stated Monica, advocating that we all hold the responsibility to educate others about the AIDS virus. "One person really can make a difference."

Monica then began, as she called it, "taking lemons and making lemonade," finding out everything she could about HIV and the AIDS virus in order to help spread the word to others about the dangers of AIDS. She quickly became aware that AIDS was, in fact, "an epidemic of pandemic proportions."

The information she found is as follows: 1. Today, 5,000 new cases of HIV are reported daily. 2. In West Hollywood alone, one out of every 40 people are HIV- positive. 3. By the year 2000, the World Health Organization projects that 40 million people will be HIV positive. 4. In men ages 25-44, AIDS is the leading cause of death. 5. In women ages 25-44, AIDS is the leading cause of death in New York City and Newark, N.J.

In an attempt to reach students, the group at highest risk of contracting the AIDS virus, Monica lecturing to colleges and universities.

Monica urges us to learn from her misfortune and take all the necessary precautions to protect ourselves from HIV and the AIDS virus. The first step, she urges, begins with educating ourselves.

she fell victim to an untruthful individual who had no regard for the lives of others. She found herself trusting a deceitful HIV carrier who hid behind a handsome, charming exterior.

For nearly one year Monica lived without exposing her condition with HIV. Ironically, it took the voice of a fellow actress who came dis- she been tive virus to Monica closing that herself had tested posi- for the HIV to make Monica decide to reveal her sickness.

What the woman told Monica was she believed she had been infected through sexual relations with HIV years ago with the same man who infected Monica. At that point, Monica knew she had to "come out of the closet" and spread her message in hopes of protecting other women.

Following this decision Monica decided to devote herself to saving lives. Her first step was to file suit on the grounds of assault against her boyfriend.

NEWS

Public Affairs

If you would like to include your event in this box, send typed information to: USD VISTA; Attn: News Editor; 5998 Alcala Park; San Diego, CA 92110-2492.

Please remember to include time, date, place, purpose, event title and some background on the event. All submissions are due two weeks prior to publication. The USD VISTA reserves the right to deny servicing of press releases.

This Week at USD

Today

"Volcano Night" At Volcano Club "A Night To Raise \$ for the USD SMILE fellowship. We have over \$6,000 in the SMILE fellowship. In April students will be able to apply for the \$1,000 fellowships. The more money we raise the more people we can help. Half of the \$5 cover goes to the fellowship. Directions to the Volcano club: take 5 North to Clairmont Drive, make a right. Volcano club is on 3093 Clairmont Drive behind Blockbuster Video.

Contact: Tom Vertetis nights 260-2799 or 260-4715.

5:00 p.m. - USD Librarian Edward Starkey will discuss "The Year of the Bible" at an informational colloquium at the Ancient, Medieval, and Renaissance Studies Group in the Copley Library Seminar Room. Contact: Edward Starkey, 260-4600, ext 4315.

7:30 p.m. - Scoff Kunkel, Professor of Business Policy, will discuss "Thriving in Chaos: Changes in How Business Is Done" at a Point Loma Invisible University Seminar. Contact: Ann Hoover, 260-4828.

12 noon -1:00 p.m. - "How to Apply for Wutside Scholarships" USD students have recieved over \$540,000 in privatoutside scholarships during 1993/94! This workshop will provide

tips on how you can find outside scholarships that you can use to replace your student loans. Serra Hall Room 211

Friday, February 25

12 noon - Denise Dimon, Associate Professor of Economics, and Joan Anderson, Professor of Economics, will discuss "To Work at Home or Work for Pay: How iImportant is Culture?" at an Irvine Faculty Colloquium in Room 202 of the Manchester Executive Conference Center. Contact: Elaine Elliott, 260-4609.

Saturday, February 26

10:00 a.m. - the third anual Walk On Water Contest, sponsored by the Department of Electrical Engineering, will take place at the USD Sports Center Pool. Contact: Ernie Kim, 260-4609.

Monday, February 28

All Day - "Earthquake Relief" AS will be conducting a collection to help those effected in the earthquake in L.A. Students will be collecting diapers, batteries, Baby Bottles, Baby bottle nipples, folding chairs, baby toys and snack foods. Also there will be sign up sheets if you would like to write off \$2 of your cash plus to help. Contact: Tom Vertetis nights 260-2799 or 260-4715.

Saturday, March 12

Learn adult CPR for free, sponsored by the American Red Cross. The classes are to be held at Kearny Mesa High School. Classes run from 8 a.m. through 2:30 p.m., with five classes conducted between these times. To register, call the American Red Cross at 291-2620 ext. 108 or 134.

MODEL

continued from page 1

The two then began an unprotected sexual relationship.

A few months later, Monica began to suffer from chronic sickness.

She found herself in the hospital., where doctors diagnosed her with spinal meningitis, a severe infection of the layers of her brain and spinal cord. Her family was told she was six hours from death.

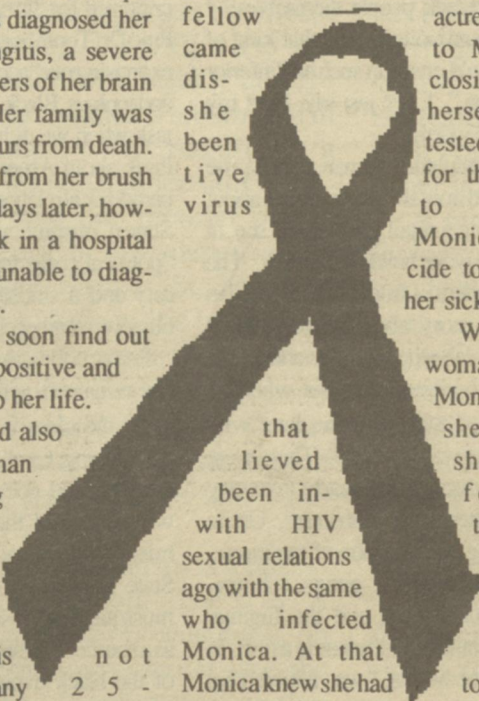
Elena recovered from her brush with death. Three days later, however, she was back in a hospital bed, with doctors unable to diagnose her condition.

Monica would soon find out that she was HIV positive and had six years left to her life.

What she would also learn is that the man she was sleeping with had ...d about his status with the AIDS virus.

Monica's story is not unlike that of many 25 - year-old men and women.

Monica did what she believed any safe, reasonable person would do to protect her health and life. She confronted her potential sexual partner to learn about his health status, and asked him to be tested as she had. Unfortunately,



NROTC: They sink their own ships

In the new navy where cutting away the fat is imperative, the NROTC program is cutting out muscle and leaving fat behind

An Opinion section special: Part one in a two part series

Beginning with this issue and continuing into next week's issue, both Ryan Millay and myself will explore the US Navy's NROTC program here at USD. Through our insight's as midshipmen here at USD, we will give the reader the information necessary to answer the following question: Is the NROTC an equal opportunity program designed to put quality officers into the military or is it a back-door loophole for semi-qualified slackers to receive a commission into the US Navy and Marine Corps? — Chris Marino, Opinion Editor

Ryan Millay Special to the VISTA

Do you know the feeling of working hard toward a lifelong dream, only to have an injustice rendered upon you due to mismanagement and affirmative action? I certainly do. It happened to me in August of 1992 while I was preparing to enter my third year of the Naval Reserve

In next week's issue, Chris Marino warms up the weapons and goes ballistic

All that glitters isn't gold. Next week, read about USD's own midshipmen and how it is possible for some of them to commit felonies such as extortion and driving under the influence, go on to command billion-dollar, nuclear-powered ships and be entrusted with thousands of lives.

Officer Training Corps (NROTC) here at USD. Without warning, or compensation for all of my time and effort I had put in to the NROTC program, I became separated from an identity that I loved dearly and the pursuit of a dream that I had looked forward to for most of my life.

When I entered the NROTC program in the Fall of 1990, I was classified as a college program (non-scholarship) midshipman, subject to an advance standing selection process. This selection process occurs when the navy terminates all but a few aspiring, naval-officer hopefuls in an effort to reduce the personnel size in the navy, as mandated by Congress. Scholarship midshipmen are not subject to this selection process. Most four-year, three-year and two-year NROTC scholarships awarded are heavily-weighted on,

contrary to popular belief, one's race and gender. To prove this fact, I refer to the preparatory school that the US Navy maintains at the Naval Training Center here in San Diego.

This school is the Broadened Opportunity for Officer Selection and Training program (BOOST). The mission of the BOOST program is to take persons from high school and enlisted personnel in the navy and prepare them for college-level academia. These people are those who aren't immediately qualified to receive an NROTC scholarship due to the absence of a solid academic history. Upon completing BOOST, these individuals are awarded full scholarships to the universities that accept them for first-year matriculation. While the BOOST program reflects candidates of all races and both genders, it is clearly an

affirmative action effort by the Navy that discriminates against people of my achievement and caucasian heritage in order to fulfill minority and gender quotas.

After further research into this topic, I have come to discover that many BOOST midshipmen had, in comparison to my personal high school record, significantly lower GPA's and SAT scores, but of course, the right ethnicity or gender. To be objective about this scenario, it is important to note that BOOST has produced, as midshipmen, some fine naval officers who had very distinguished records as enlisted personnel.

My performance as a midshipman was spotless. I received many awards and commendations for my leadership and achievement in academics and athletics. At the same

time, many scholarship midshipmen simply just showed up and performed the minimum that was required to get by. It is midshipmen like these scholarship students that will be little inspiration to their subordinates when they go out to the fleet to serve as officers. After being rejected for advanced standing a second time in March of 1993, I subsequently dropped NROTC from my life, frustrated by the politics of the system and bitterly disgusted at the way I had been treated by an organization that I truly loved.

As a student of the university, I call upon the administration to audit the system by which scholarship students and college program students are measured by the NROTC program. However, I doubt this will happen because I fear that the university is too content with receiving guaranteed money for those midshipmen on full scholarship. A questioning of the navy's policy might, in essence, rock the (relatively-safe) money-laden boat that the university represents. In other words, don't bite the hand....

Turning over a new leaf for intersession—at SDSU

While many of us had the pleasure over Christmas vacation, of frolicking in our native winter wonderlands, I am happy to say that I spent my ever waning collegiate moments cramming credits into my academic record. Although I would have rather been in the

Erin Quirk Staff Writer

mountains over intersession, I learned a few things that are, arguably of course, more important than skiing.

I did not attend USD for intersession. I went to San Diego State. I'll admit the original reason was financial, but also as a lover of new landscapes, I felt that there might be something at State (heaven forbid) that I should check out.

I took a class called Black Images in Western Fiction, in the Africana Studies Department. The professor was black or Afro-American, if you prefer, but he himself had little preference. One half of the 14 person class was White and the other half was composed of Blacks and Asians. The class focused on how white writers in America, such as Harriett Beecher Stowe and

Mark Twain, have presented Afro Americans throughout history, and what impression of black life this literature has handed to whites. We then compared this literature to what black authors such as Ralph Ellison, Maya Angelou, and Richard Wright have written about their own race and culture.

I have never considered myself a racist. I consider myself a progressive, liberal minded, tree hugging, Clinton loving, (Marino and Finete that's for you) blossoming intellectual. I found however, through this class, that I maintained various damaging misconceptions of the African culture, based solely on my remarkably limited contact with blacks. That's code for ignorance. This class not only gave me a greater freedom to ask the questions I needed to ask to eradicate such misconceptions, but it also succeeded in demolishing the skewed image I have, in four years of Torero-ism, developed of San Diego State.

What it really comes down to is, one cannot walk down Marian Way without hearing remarks about USD's inherent academic, social, intellectual, economic and political superiority over SDSU. Likewise one can also hear sweeping generalizations made about

...but as a lover of new landscapes, I felt that there might be something at State (heaven forbid) that I should check out.

black gang violence, black athletes and black music. The comments made about these two radically different subjects boil down to the same question: Are we qualified to speak authoritatively on these subjects when many USD students have A. Never set foot on SDSU's campus much less taken a class there or B. Have fewer than two black friends, professors, or have not read a black author lately.

So much of what we believe about San Diego State or the black community for instance, is based not on personal experience but what we've heard from the media, our parents, other students, speculative authors and elitists. I

walked into my class on the first day, excited by the fact that I might finally get the opportunity to read books about the black experience and hear the reactions of black people themselves. I was also anxious to see what kind of class would ensue in such an "inferior institution." Let's just say, I got my money's worth.

The Mulatto woman next to me explained how she worried once about not getting a retail job because she, at the time, wore braids in her hair. The black student in front of her chimed in with his story about working for a research lab one summer and being invited to come back; but when he reappeared two summers later with dreads, he was not hired. There were raucous discussions nearly everyday about interracial marriages, Uncle Tomming, the function of rap music, the word "nigger", gangs, subjugation, black Ph.D.s, and the fugitive slave mentality, just to name a few. In these three weeks, I was allowed for the first time to ask questions and get brutal, sincere, bitter and often angry answers from black men and women, not just from white people who theorize on the black experience.

And where San Diego State is concerned, this same three week period

found me reading over 1500 pages, giving an oral presentation, turning in daily journals taking two tests and writing two essays, in which I was routinely criticized for "laziness." At the same time Dr. Toombs praised us handily for exorcising our "acceptable stereotypes" and took us, Black, Asian and White, to task when we didn't. He forced us to think about American slavery and its paradoxical relationship with the United States Constitution, and we abandoned "political correctness" in lieu of honesty and a sincere desire to educate ourselves and each other.

Perhaps the most crucial things that has remained with me in the month since the class is the importance of questioning. Challenging our own conceptions and questioning authorities, when we find those conceptions remiss. If all we know about San Diego State is what Hostile Man says, we must question Hostile Man's reliability as a source. Likewise if our knowledge of the black experience comes from white authors and television, we must also question their credibility. First hand experience and open dialogue are the best ways to combat prejudice of any sort and I thank San Diego State and Dr. Toombs for reminding me of that.

Women? Equal? When did this happen?

You, me, our sister, mother, daughter, cousin, friend, peers, wife, sister-in-law and every woman that we know will confront the issue of women's rights

Margie Gomez

Staff Writer

in the most personal way. So I would like to offer you a few tidbits, to inform you of the plague that every female around us will face in this lifetime. Suffice it to say that women in this country are not equal.

According to the 1993 US Census Bureau's report, on the average, women were paid 30 percent less than their male counterparts,

doing the same job with the same education. This little fact is seeping into common awareness, but I wonder if we understand the magnitude of this problem. A woman with the same education, doing the same job, is being paid 70 cents for every dollar her male opposite makes, for no other reason than that she is a woman! How can this be?

"OK," you say, "But things are changing." Are they? According to national polls, the proportion of women complaining of discriminatory treatment in business, politics and personal life has climbed more than 10 points since the '70s. In addition, women complaining of unequal barriers to job advancement climbed 15 percent. Your sister, wife, girl-

friend, cousin, daughter and mother will be charged 30 cents on every dollar for being a woman. It gets worse...

Newsweek magazine reports that one in four women are raped. One in four of all the women that we know are raped. According to Susan Faludi, author of "Backlash," women aren't even safe at home (where they shoulder 70 percent of the household duties) because the leading cause of injury to women in the late '80s was domestic violence.

When you or your sister, wife, girlfriend, cousin, daughter or mother face domestic violence, what are their options? One third of women who seek emergency shelter each year can find none. In fact, half of all homeless

women are refugees of domestic violence. Speaking of homeless women, they are the fastest-growing segment of homeless persons. The Statistical Handbook on Women in America reports that of workers below the poverty line, women with families make up 17 percent, while men with families make up only 2.5 percent. Compounding the problem, according to Cerra Whitley, author of "Why Women Pay More," women pay the service industry up to 50 percent more than men do. More women support themselves and their children alone according to The Handbook. Meanwhile, the average amount that a divorced man paid in child support fell in the '80s by 25 percent.

There you have it. A few

samples of how women are not equal, (yet). The problem, patterns and the reasons are ripe for the harvesting. So I will leave you with this: We (men and women) have a problem. Women in this society are discriminated against in almost every facet of life and it is like a cancer to the body of society. Whether we like it or not, we are all stuck here on the Earth together, interdependent on one another and we will never reach our full potential as a body of students, colleagues, friends or Californians. The women of this country will never reach their plateau of equality until they stand up and face the disease of discrimination that plague's society. This disease has a cure and we must find it.

Investigative journalism

Should the VISTA, or shouldn't the VISTA?

What type of role should investigative reporting play in an independent university publication such as the VISTA?

Should editors and writers be responsible for exposing scandals and wrongdoing concerning the University president or someone who serves on the Board of Trustees? Was the only way to expose possible price-gouging in the marketplace last year through the VISTA?

Investigative journalism goes further into a story than who did what where. Investigative reporting exposes the unknown factors as well as the consequences involved in a given issue — but the VISTA's focus is not to provoke gossip.

Many say good reporters are investigative reporters. It is difficult to be a "good" reporter for a weekly college paper when assignments are limited in time and scope. Ben Bagdikian, a prominent journalist, once said, "Trying to be a first-rate reporter on the average American newspaper is like trying to play Bach's 'St. Matthew Passion' on a ukulele; the instrument is too crude for the work, the audience and the performer."

Being a muckraker requires a certain disposition, along with skills such as patience, perseverance and stubbornness.

Investigative journalism is a necessity in our publication. The VISTA should play the role of "watchdog" in the USD community, much like the media are the "fourth estate" within the government. How else will students, faculty and staff become aware of wrongdoing within the confines of our close-knit community?

Members of this community should not be apprehensive in speaking up

VISTA Editorial

about actions that are unlawful or which violate the code of ethics established at our institution.

According to University's mission statement, "[USD] fosters a climate within which all members of the University community have opportunity for free inquiry and expression." In order for this creed to be upheld for its intended purposes, the VISTA needs to make the students, faculty and staff aware of what is occurring behind the scenes.

Given USD's population, in conjunction with the high degree of student interaction that is typical at USD, word of scandals would expectedly spread like wildfire. If so, the VISTA certainly isn't hearing about it. What is the problem? Not everybody in this world is honest. Somewhere out there someone is stealing money, free Xeroxes, gas, even tea bags from the "caf" at USD's expense.

A secretary, clerk, librarian or professor can be a great source of information for investigative stories. But many of these great sources are too worried about putting their job on the line to reveal a story to the press. Ever heard of confidentiality between a journalist and a source? It's more commonly known as deep background (take Woodward and Bernstein and their involvement with Watergate, for example).

Investigative journalism does serve an important role to the USD community. So go ahead, purge yourself of that gnawing emptiness of denial of the truth and seek the higher moral ground of investigative journalism. Make it public that your supervisor, mentor, RA, coach or fellow classmate has committed a crime. Do it for yourself, do it for USD.

OPINION

Letters

Write to us!

The USD VISTA welcomes all types of letters for print. Please keep letters less than one page long. All letters must be signed and must include a phone number for verification purposes but names can be withheld upon request.

Bring your letter to the VISTA office (downstairs in the UC) by Saturday at noon, typed on 8 1/2 X 11 paper or mail it to: USD VISTA; c/o Letter to the Editor; 5998 Alcala Park; San Diego, CA 92110-2492.

The USD VISTA reserves the right to select and edit letters to be published.

Dear Dean Burns:

I am writing this letter to James M. Burns, Dean of the Business School here at USD, to address the issue of the internship program at USD. I feel that internships are a very important contribution to a college student's education. USD has had many articles written on the importance and significance of internships. These have been published in The VISTA and have been displayed in Olin Hall on the internship board. However, it seems that the business school is contradicting itself when one looks at the requirements and guidelines for the internship program.

USD is a liberal arts college, which means that it produces a well-rounded individual. It seems to me that part of this USD philosophy would pertain to students being educated and participating in jobs outside in the real world. The students I have talked to often say they learn much more in these "real life scenarios" than they do in some of their business classes. This is not to put down business classes, however living and experiencing reality is sometimes a much greater learning tool.

My point is that I think the business faculty needs to re-evaluate their position on this

issue. I feel that if I can receive .5 credits for surfing or aerobics, then I should be able to receive some credit for doing something that is contributing to my future. Students should be encouraged to take internships and not feel that the requirements are too time consuming or the money spent for the class is not worthwhile.

Possibly the administrators that are involved in this policy did not grow up with the opportunity to experiencing internships. Therefore, they do not understand the hard work that students go through to get these internships and also the many hours of unpaid labor they accomplish. I understand that these internships are for our own benefit, however, it would be nice to see a school that prides itself in everything it does, not contradict itself in the principles and guidelines it sets for its students.

Name withheld

"Top Seven" Doesn't Rate

I am writing in response to the "Top Seven" section of Sidetrack (Feb. 17). Although I support your freedom to publish what you believe will be of relevance and interest to the USD community, I feel that the list of "Reasons why we fear the effeminate heterosexual male at USD" was inappropriate and printed in incredibly poor taste. I assume you were trying to be funny; however, this type of humor promotes the growth of negative stereotypes at a time when our concern should be in reducing and hopefully eliminating them.

My concern is that impressionable people will read the "Top Seven" and be afraid to wear certain items of clothing for fear that others will think they are not "real men." We do not need this type of segregation in today's society. It can only cause us to regress, when our goal should be advancement. Please think twice before publishing similar pieces in your newspaper.

Susan Downing

SOCIAL ISSUES

Thursday

February 24, 1994

Page 6

Social Trends • Culture • Environment • Current Issues

An ounce of prevention saves lives

■ Family history, diet and exercise reduce the risk of breast cancer

Sandy Lips

Special to the VISTA

Fear. Trauma. Dejection. These are common emotions that 182,000 women in the U.S. experience each year when they are diagnosed with breast cancer.

Some women feel powerless to the onslaught of the disease. What they don't know is that they can take measures to avoid it.

Breast cancer is the most commonly diagnosed cancer in women and the second-leading cause of cancer-related deaths. Although the incidence of breast cancer increases at a two percent rate annually, there are a few clear risk factors which may be avoided, as well as preventative methods known to reduce these risks.

Increased public awareness and education are the most important factors in battling this disease, and have become a national health objective. Included with these measures is the role of diet and nutrition and a strong early detection program.

One of the known risk factors related to breast cancer is family history. Women who have a sister or mother with the disease have

a two to three times higher probability of being stricken themselves.

Other risk factors, such as obesity, older age groups and a late-in-life first pregnancy have also been proven to affect the occurrence of the disease. Stressful life events may also combine with other factors to result in a suppressed immune function, increasing the risk of developing the disease. Yet, these risk factors account for only 50 percent of breast cancer cases. So far, the cause of the other half is unknown.

Since breast cancer is so difficult to predict and many of the risk factors are clearly impossible to change, early detection is essential. Women must overcome their embarrassment and denial surrounding breast cancer in order to recognize changes in their breasts which may indicate cancer.

Methods such as breast self examinations, clinical examinations and mammography are both reliable and necessary on a regular basis. A mammogram is an x-ray exam of the breast to detect tumors. It is usually only used on women over 40 because of an increased occurrence of breast cancer as women get older and the test's sensitivity. Given these measures, any unusual breast lumps can be found and surgically removed before they have

grown or spread.

Proper nutrition also lessens the likelihood of breast cancer. Several studies through the American Dietetic Association indicate a

etables such as carrots, and an excess of alcoholic beverages are also associated with an increased risk. Other behaviors such as regular exercise and breast feeding for longer than six months result in a decreased risk of developing the disease.

While the women who know that they are at risk for breast cancer should follow these preventative measures, it is clearly important that all women become informed about the danger of breast cancer and take the necessary measures to reduce their chances of developing it.

Both men and women must become aware of the fact that breast cancer kills 46,000 women in the U.S. every year, often when it may have been prevented with early

detection. Through this awareness and nutritional and behavioral changes, many women can be spared this devastating disease.



Breast Cancer

■ Breast
self-examination

■ Information box

■ Black History
Month profile

causal relationship between fat intake and breast cancer.

Although much research is still in progress, decreasing dietary fat such as fried foods and increasing natural high-fiber foods such as vegetables, fish and grains is known to reduce the risk of breast cancer.

Low intake of vitamin A, found in veg-

Many options offered in breast cancer treatment

Laurie Kovach

Staff Writer

There is nothing more frightening to a woman than a lump in her breast, which in one out of 11 females turns out to be malignant. Once a woman is diagnosed with breast cancer, she has several options depending on the severity of her case.

To detect breast cancer early enough to cure it, the American Cancer Society recommends that all women have a screening mammogram starting at age 40, then every two years for the next 10 years. After that, the screening should be annual.

Dr. Paul Petelin, a surgeon specializing in breast cancer, said that some women in high-risk groups should undergo routine checkups beginning at age 35 or earlier. Women at high-risk include those with a family history of breast cancer and those who have not had children. In particular, women over age 65 who have not had children have a two to three times higher risk of getting breast cancer.

Petelin said that it varies from case to case, but women should usually wait until their 30s to undergo mammograms.

Unfortunately, mammograms are not always accurate. They are a

tool used to discover tumors, but they are not absolute answers.

"If 100 women who were diagnosed with cancer underwent testing, 10 to 20 percent would have normal mammograms," Petelin said. "It's a picture and so many patients think that mammograms are accurate, but they can be misleading."

Once a lump has been found, regardless of the patient's age, history, or what a doctor thinks it is likely to be, the patient should insist on "tissue diagnosis," or biopsy. Depending on where the lump is situated in the breast, as well as its size, the biopsy can be performed by needling the growth and sucking its contents, which is called fine needle aspiration.

The best result one can get from the biopsy is that the lump is "benign." If the lump is malignant, the patient has several options. A few

years ago, it was common practice to perform a mastectomy, which involves the removal of the entire breast, the glands of the axilla (armpit) and all of the associated muscles and tissues. But specialists reconsidered

moves the breast and the glands in the armpit but leaves the tissues in the chest wall. This operation is less disfiguring, but is still emotionally devastating to patients.

Many women elect to undergo

the lumpectomy procedure, in which the tumor is removed but the rest of the breast is spared. Statistics from thousands of cases indicate that a lumpectomy followed by x-ray treatment of the remaining tissue results in the same survival rate as the more extensive procedures.

After its removal, the cancerous tissue is examined to find out whether its cells "bind" or take up the female hormones progesterone and estrogen.

Then it is decided whether the tumor is positive or negative.

If the cancer is hormone-receptor positive, an anti-estrogen drug called tamoxifen may be prescribed for at least two years. This

may have the side effects of weight gain, clotting disorders of the blood and gynecological tumors. If the cancer spread to the lymph nodes, the patient will also receive chemotherapy.

If the tumor is receptor negative, tamoxifen is not necessary, but the patient should have chemotherapy for at least six months if the glands of the armpit do not have cancer. If the the armpit area does show signs of cancer, the chemotherapy would be administered for a year.

In order to help patients deal with the psychological trauma of breast cancer, major hospitals have set up support groups at a minimal cost. Psychologists, psychiatrists, sociologists, physical therapists, nurses and other patients who have been through the procedure comprise the support groups. The groups have been extremely successful in helping breast cancer patients cope with this emotionally devastating experience.

A woman with a malignant lump should always consult a breast-cancer specialist before deciding how it should be treated. Statistics and recommendations are always changing as more data from ongoing studies become available. Every woman with a malignant tumor should know about the innovations and discuss them with her doctor.



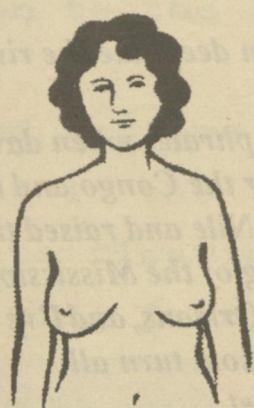
Women should start having mammograms at age 40

Breast Self-Exam

Breast self-exams should be done once a month so you become familiar with the usual appearance and feel of your breasts. Familiarity makes it easier to notice any changes in the breast from one month to another. Early discovery of a change from what is "normal" is the main idea behind BSE. The outlook is much better if you detect cancer in an early stage.

If you menstruate, the best time to do BSE is 2 or 3 days after your period ends, when your breasts are least likely to be tender or swollen. If you no longer menstruate, pick a day such as the first day of the month, to remind yourself it is time to do BSE. Here is one way to do BSE.

Information provided by the American Cancer Society



1.

Stand before a mirror. Inspect both breasts for anything unusual such as any discharge from the nipples or puckering, dimpling, or scaling of the skin.

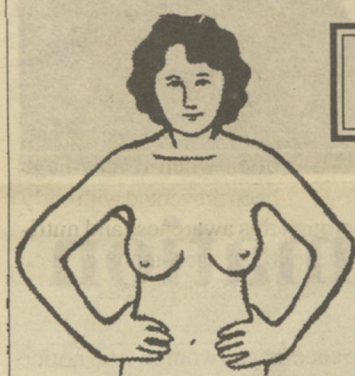
2.

Watching closely in the mirror, clasp your hands behind your head and press your hands forward.



3.

Next, press your hands firmly on your hips and bow slightly toward your mirror as you pull your shoulders and elbows forward.



Some women do the next part of the exam in the shower because fingers glide over soapy skin, making it easy to concentrate on the texture underneath.

4.

Raise your left arm. Use three or four fingers of your right hand to explore your left breast firmly, carefully, and thoroughly. Beginning at the outer edge, press the flat part of your fingers in small circles, moving the circles slowly around the breast. Gradually work toward the nipple. Be sure to cover the entire breast. Pay special attention to the area between the breast and the underarm, including the underarm itself. Feel for any unusual lump or mass under the skin.



6.

Steps 4 and 5 should be repeated lying down.

Lie flat on your back with your left arm over your head and a pillow or folded towel under your left shoulder. This position flattens the breast and makes it easier to examine. Use the same circular motion described earlier. Repeat the exam on your right breast.



5.

Gently squeeze the nipple and look for a discharge. (If you have any discharge during the month — whether or not it is during BSE — see your doctor.) Repeat steps 4 and 5 on your right breast.



Remember, BSE is not a substitute for routine mammograms or regular breast exams by a doctor.

SOCIAL ISSUES

Cancer Information sources

Cancer Information Service (CIS)
1-800-4-CANCER

The Cancer Information Service, a program of the National Cancer Institute, provides a nationwide telephone service for cancer patients and their families and friends, the public, and health professional. The staff can answer questions and can send booklets about cancer. They also know about local resources and services. One toll free number, 1-800-4-CANCER (1-800-422-6237), connects callers all over the country to the office that serves their area. Spanish speaking staff members are available.

American Cancer Society (ACS)
1599 Clifton Road, N.E.
Atlanta, Ga. 30329
1-800-ACS-2345

The American Cancer Society is a voluntary organization with a national office and local units all over the country. It supports research, conducts educational programs, and offers many services to patients and their families. It provides free booklets on breast cancer and on sexuality. To obtain booklets or other services and activities in local areas, call the Society's toll-free number (1-800-ACS-2345).

Key terms associated with breast cancer treatment

Cancer

— A general name for more than 100 diseases in which abnormal cells grow out of control. Cancer cells can invade and destroy healthy tissues, and they can spread through the bloodstream and the lymphatic system to other parts of the body.

Fine needle aspiration

— The use of a slender needle to remove fluid from a cyst or cluster of cells from a solid lump.

Benign

— Not cancerous; cannot invade neighboring tissues or spread to other parts of the body.

Biopsy

— The removal of a sample of tissue or cells for examination under a microscope for the purpose of diagnosis.

Malignant

— Cancerous. Can invade surrounding tissues and spread to other parts of the body.

Duct

— A channel that carries body fluids. Breast ducts transport milk from the breast's lobules out to the nipple.

Estrogen

— A female hormone involved in breast development.

Cyst

— Fluid filled sac. Breast cysts are benign.

Carcinoma

— Cancer that begins in the lining or covering of an organ. Most common forms are ductal and lobular.

Poetry in Life

■ Langston Hughes taught pride

Penny Kalargiros
Special to the VISTA

Langston Hughes was a man of words who not only wrote about racism against his color, but swayed his black readers to pride and glory through his literature.

Although there is no official record of his birth, it is known that Hughes was born around the year 1902 in Joplin, Mo. His awareness of racial segregation began in the schools of Kansas in the seventh grade when his teacher placed him along with his fellow black classmates in the same row. Hughes placed signs that said "Jim Crow Row" on each student's desk. Although he was expelled for this "outrageous outburst," Hughes was allowed re-entry by protests.

As an adult, Hughes didn't stay in one place for long. He traveled most of his life, keeping journals which he converted into poetry.

After his high school graduation, Hughes became fluent in Spanish while living in Mexico, and wrote his greatest poem, "The Negro Speaks of Rivers."

He lived in Paris, Africa and Haiti, occasionally returning to the U.S. to attend college and write for various magazines.

His second autobiography, "I Wonder as I Wander," is a collection of his thoughts while "making his travels down the road of his life."

One of the first awakenings to the black cause was prompted by an essay that Hughes composed for the editors of The Nation in 1926. He wrote with pride, enlightening his black readers to live their own lives, not

to compare themselves to white, and above all, to be proud of their race. These words became the motivating cry for black pride for the next 60 years.

Hughes' works were not limited to poetry over the next years. During the course of his life, he wrote two children's books, two autobiographies, a novel, and several plays. He spoke to audiences in Russia, China, England and Germany. His play, "Mulatto," reached Broadway and was the longest running play authored by an African-American in history. Other Broadway successes included "Black Nativity," a gospel play in which Hughes combined the sounds of Harlem with the church music he remembered hearing as a child.

Langston Hughes died of heart failure on May 22, 1967. To publishers, he left behind all his works and letters. To African-Americans, he left behind a voice of pride and poetry in life.

Black History Month Profile

The Negro speaks of rivers

I've known rivers:

I've known rivers ancient as the world and older than the flow of human blood in human veins.

My soul has grown deep like the rivers.

I bathed in the Euphrates when dawns were young.

I built my hut near the Congo and it lulled me to sleep.

I looked upon the Nile and raised the pyramids above it.

I heard the singing of the Mississippi when Abe Lincoln

went down to New Orleans, and I've

seen it's muddy bosom turn all

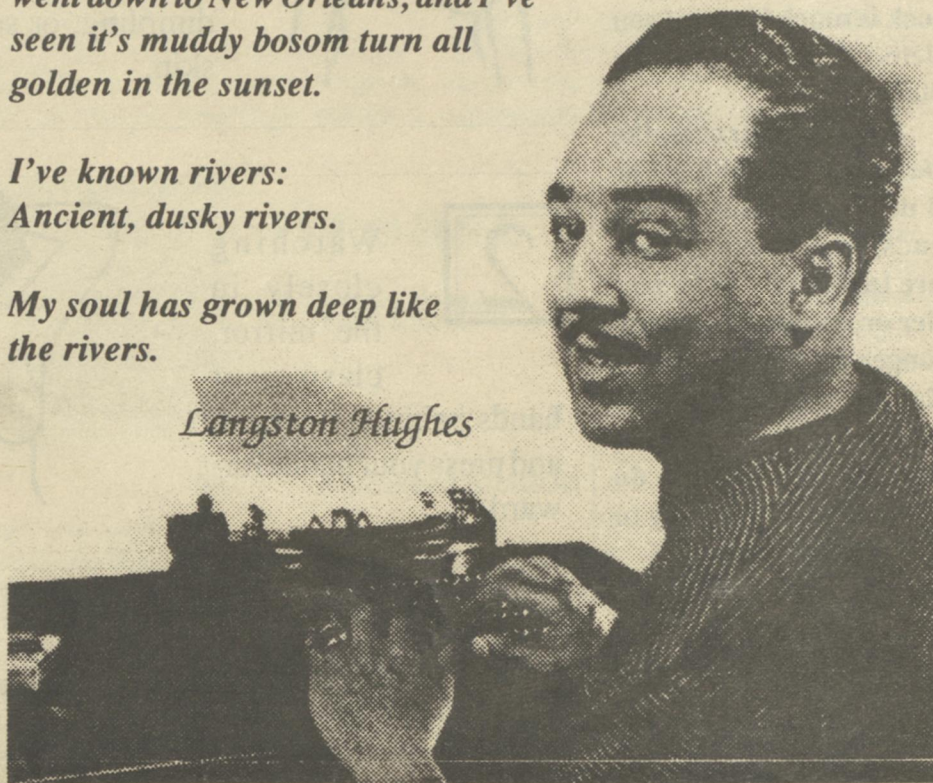
golden in the sunset.

I've known rivers:

Ancient, dusky rivers.

My soul has grown deep like the rivers.

Langston Hughes



A lack of knowledge, a time for information

Jennifer L. Crane
Special to the VISTA

When the topic of breast cancer comes up, the most common reaction for a USD student would be, "Nah, it'll never happen to me. It's something old ladies get." That response may make sense given the abundance of stereotypes about cancer victims are drawn: for young women under age 35, fears of breast cancer are not reality yet.

For women of any age, however, the concerns are real, and will continue to be so. Although two-thirds of the cases of breast cancer occur in older women, the disease does affect younger women.

Breast cancer is the most common type of cancer among women in the United States, according to

the National Cancer Institute. It estimates that 182,000 women learned they have breast cancer in 1993.

The main cause of the misconceptions about breast cancer is a lack of knowledge about what it's all about. As more women are getting the disease, the time for information has come.

Cancer is a group of diseases characterized by abnormal cells in the body dividing continually with no control or order. While healthy cells grow to replace damaged ones then stop, cancer cells do not. The division between healthy and cancer cells results in a buildup of tissues known as a tumor.

Although there are over 100 known types of cancer, lobular and ductal carcinoma are the two major types of breast cancer. Lobular

carcinoma occurs in the lobes, which are sections of the breast. Each lobe includes many smaller lobules, which end in dozens of tiny bulbs that produce milk. The lobes, lobules and bulbs are connected by thin tubes called ducts.

Early detection through regular self-exams has proven to be exceptionally important. If the cancer is left undetected in the beginning stages, the breast must usually be partially or wholly removed to prevent metastasis, which is when malignant cells break away and travel through the body, via the blood stream and lymph nodes.

In the early

stages, however, a woman may not feel any symptoms. According to the Cancer Institute, early breast cancer does not usually cause pain, nor is it accompanied by any symptoms. The symptoms show as the cancer progresses. Symptoms include a lump or thickening in the breast or underarm area; a change in the breast's size or shape; a discharge in from the nipple; and changes in the skin of the breast, areola or nipple. The Cancer Insti-

tute encourages women who notice these changes to consult a doctor.

The Cancer Institute notes that breast cancer is often genetically linked. Women have relative with the disease should be especially aware of preventative measures such as early screening and self-tests. When the disease is detected early, women have many more choices for treatments and their chances for a complete recovery are much higher.

SPECIALISTS IN HAIR COLOR, PERMS & CUTS (Framesi)

Specials

Cut & Style Women
reg. \$21 **\$13**
Men
reg. \$17 **\$9**

***Full Foil Highlighting \$40**

***Full Color \$35**

***Spirals \$50**

(All services include cut & condition - Long hair extra)



***Foil Highlighting**
Touch-up **\$30**

***Color**
Touch-up **\$25**

***Perms \$30**

(All services include cut & condition - Long hair extra)

ELIAS HAIR DESIGN

KEARNY MESA 7608 Linda Vista Rd. (Mesa College Dr. & 163) • 268-8865
Specials good for first-time client. Exp. 3/1/94

Professional Tax Preparation

◆ Affordable ◆ Fast
◆ Personal ◆ Convenient
Electronic Filing Available

Student Discount

Call Today for an Appointment
(Evenings & Weekends Available)

LANG and GUIDI, INC

3910 Chapman St., S.D., CA 92110-5694
(619) 224-1050

ONE STOP TRAVEL STORE
Traveler's Depot
TRAVEL BOOKS
MAPS, BACKPACKS, DAY PACKS
LUGGAGE, NECK PILLOWS & ACCESSORIES

EQUIP YOUR TRIP HERE!
EURAIL SUPPLIES

Travel Packs
by MEI, Eagle Creek,
Outdoor Products, Eastpak
e.g.: Eastpak "Europa"
comp. 148.00
\$99.99



1655 Garnet
Pacific Beach
483-1421
Open 7 days a week



CLASSIFIEDS

Don't waste your time with flyers — Use the **VISTA** classifieds. We **guarantee** a response or you get one extra week ... **FREE!**

Types of Classifieds:

Personals
For Sale
Rentals/Roommates
Employment
Wanted
Services
Announcements
Grievances

Costs: (USD Students, subtract 20%!) 125 characters, 1 week — \$7; 2 weeks — \$10

each additional 20 characters -- \$2
25% off all orders of 6 weeks or longer

* all classifieds due by 5 p.m., Friday prior to print

* purchase at UC ticket window or call 260-4714

* late submissions subject to 40% service charge

EMPLOYMENT

TEACHERS NEEDED Western US. Write Evergreen Ed. Employmnt P.O. Box 8159, Tacoma, WA 98418. 206-572-3719 Fax 206-272-4152.

EARN \$500 OR MORE WEEKLY stuffing envelopes at home. Send long SASE to: Country Living Shoppers, Dept. J27, P.O. Box 1779, Denham Springs, LA 70727.

VISTA is hiring. Applications for all positions are being accepted. Stop by the VISTA office or call x4584.

GREEKS & CLUBS Earn \$50-\$250 for yourself plus up to \$500 for your club! This fundraiser costs nothing and lasts one week. Call now and receive a free gift. 1-800-932-0528, Ext. 65.

FOR SALE

CATCH A WAVE, DUDE 8' Long board, excellent condition, only 2 years old, \$199. Includes free Body Glove full wetsuit! 294-7242.

DATSUN KING CAB for sale by owner. 1981 make, Brown exterior, air conditioning, clean, runs well, includes shell, \$2,500 or best offer, call Calvin at 299-0431.

BASS GUITAR LESSONS: A new approach, Play any style by ear! Private studio 1/4 mile from campus. Best rates, Melanie 573-0462.

SURFBOARD FOR SALE: 6'2" D Casey, tri-fin, good condition, leash included, \$65 or best offer. Call Chris at 220-8430.

SERVICES

PROBLEMS WITH FOOD? Therapist Cindy Ryan, MFCC, specializes in the treatment of EATING DISORDERS. Call 571-1432 for a free initial brief consult.

INCOME TAX PREPARATION, \$10 File early and save! Deductions Exemptions Exclusions? USD Accounting Student. Call 294-7242.

DO YOU NEED HELP IN MATH? Well Brianne has lots of time on her hands. Call her at x8854.

EXCEPTIONAL SUMMER OPPORTUNITY — Camp Wayne Boys/Girls, NE PA (3 hrs/NYC)-Sports oriented. Counselors/Specialists for all Land/Water Sports, Outdoor Rec, Computers, A&C, Video, Radio. Campus interviews on Wednesday, April 6. Call 1-800-509-2267.

PERSONALS

RESIDENT ASSISTANTS Thank you for your assistance and participation at Southern RAP. I appreciate your support. From Larry.

Join

Team VISTA

Come to the **OPEN** staff meeting on Tuesday at Noon in UC 114B and learn what it takes to be on the professional circuit!

GUADALAJARA



USD IN GUADALAJARA

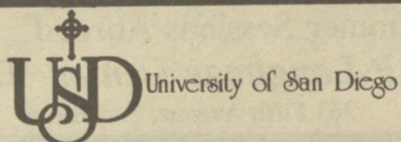
JUNE 24- AUGUST 6

TAKE SPANISH 2 AND 3 AND SPANISH AT ALL LEVELS.

EARN UP TO EIGHT CREDITS.

HISTORY, ART, LITERATURE, ANTHROPOLOGY, MUSIC AND EDUCATION COURSES OFFERED.

Catalog available in Serra Hall, 207—ext 4598



"CREATING HEALTHY LIFESTYLES" 8TH ANNUAL SAN DIEGO AREA INTERCOLLEGIATE ALCOHOL & DRUG PREVENTION FORUM

UNIVERSITY OF SAN DIEGO
UNIVERSITY CENTER FORUM
FRIDAY, FEBRUARY 25, 1994
ALL DAY EVENT

** SPRING BREAK '94 **

** ADDRESS FROM MTV REGARDING FILMING IN SAN DIEGO
** SPRING BREAK FROM THE MEXICAN PERSPECTIVE WITH A PANEL OF TIJUANA OFFICIALS
** A PRESENTATION BY U.S. VICE CONSUL IN TIJUANA

** SEX UNDER THE INFLUENCE **

** HIV/AIDS CONCERNS
** NATIONAL SURVEY RESULTS OF COLLEGE AGE RISK BEHAVIORS
** ALCOHOL ADVERTISING AND "DANGEROUS PROMISES"

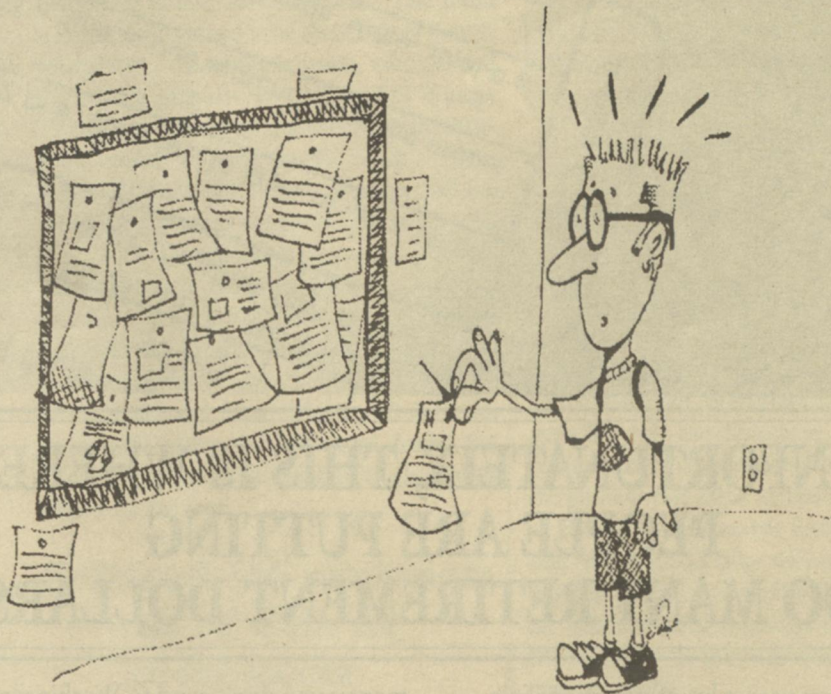
** PREVENTION TOOLS **

** PEER COUNSELING PROSPECTS
** TECHNIQUES IN MEDIA ADVOCACY
** WHAT WORKS IN COLLEGES
** DRUGS 101 - SAN DIEGO POLICE DEPARTMENT
** IMPLEMENTING PREVENTION IN CURRICULUM

REGISTRATION: STUDENTS - \$10 OTHERS - \$20
(INCLUDES CONTINENTAL BREAKFAST & LUNCH)

FOR INFORMATION AND REGISTRATION, PLEASE CONTACT:
THE OFFICE OF ALCOHOL/DRUG EDUCATION, UC221, 260-4618

IS YOUR FLYER GETTING ...



LOST IN THE SHUFFLE?

Don't waste your time with flyers. The VISTA Classified section is the ideal place to advertise on a small budget -- two weeks costs only \$5 for USD students. With a readership of more than 8,000 students and faculty, on and off campus, you can't lose. Try distributing 8,000 flyers for less than \$10!

Your classified is guaranteed to sell or we'll give you two additional weeks **FREE!** Fill out a Classified at the UC ticket window and rest your tired feet -- there are no more reasons to post flyers all over campus. After all, you have the VISTA working for YOU!



FREE Chiropractic Exam (Reg \$75)**David P. Anderson, D.C.****Specializing in...**

- Auto Accidents
- Work Injuries
- Family Care

2820 Camino Del Rio South
Suite 308, San Diego, CA 92108

Are you experiencing...

- Stress?
- Headaches?
- Neck Pain?
- Lower Back Pain?
- Weight Problems?

Exam includes:

- 10-point ortho & neurological check
- Necessary X-rays
- Range of motion tests
- Spinal & posture analysis
- Dietary Analysis & Body Fat Testing
- Private consultation

Most

(619) 293-7373 *Insurances Accepted*



Actress Ana-Alicia, spokeswoman for The Beautiful Choice™ campaign from The Humane Society of the United States, photography by Frederic Orlinger; advertisement by Grant Communications, Inc.

**"SURE, I USE PRODUCTS THAT HELP ME
LOOK MY BEST. THE REAL BEAUTY
IS THAT THEY'RE NOT ANIMAL-TESTED."**



The Humane Society of the United States
Now there's an easy way for
you to identify which products are not. Watch for
The Beautiful Choice™ symbol from The Humane

Everyone can agree with
actress Ana-Alicia — it's
inhumane to test personal
care products on animals.

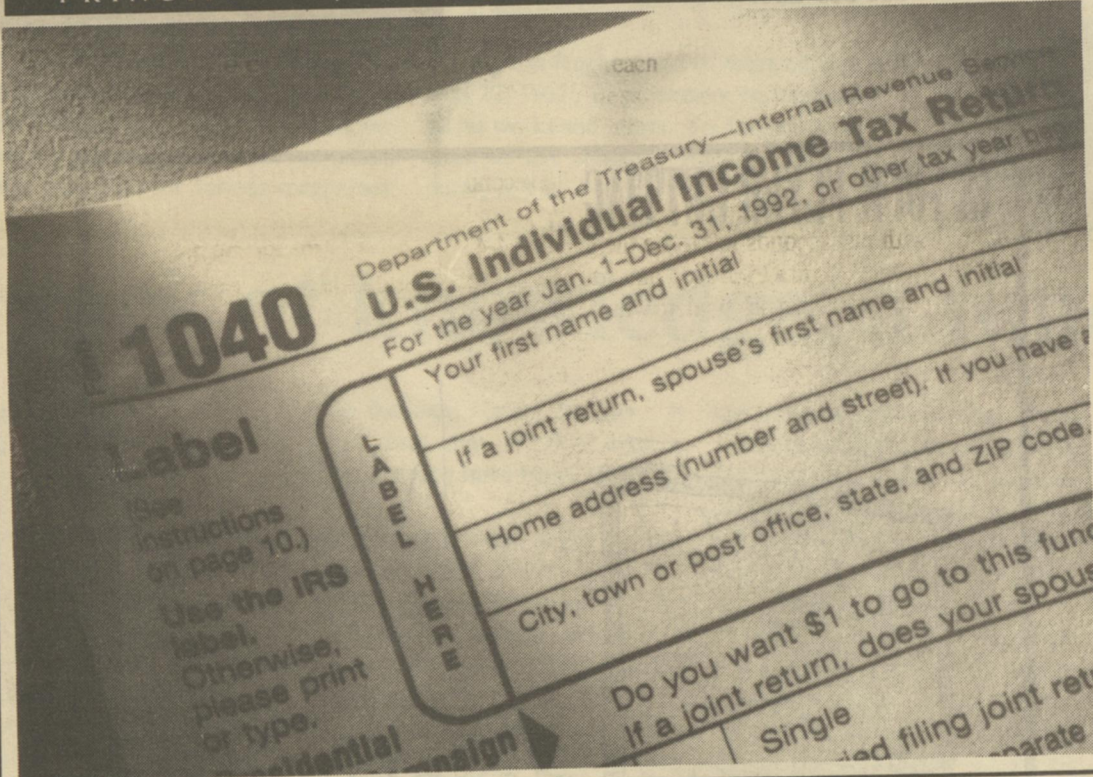
Society of the United States starting in October
and make every choice a beautiful one.

Look for displays with this seal wherever you buy
your personal care products. Or write The Humane
Society of the United States for more information
on this program.

THE HUMANE SOCIETY
OF THE UNITED STATES
2100 L Street, NW
Washington, D.C. 20037

1-800-372-0800
(For membership inquiries and
"Beautiful Choice" campaign information)

© 1990, The Humane Society of the United States. All Rights Reserved.

PRINCIPLES of SOUND RETIREMENT INVESTING

UNFORTUNATELY, THIS IS WHERE PEOPLE ARE PUTTING TOO MANY RETIREMENT DOLLARS.

Every year, a lot of people make a huge mistake on their taxes. They don't take advantage of tax deferral and wind up sending Uncle Sam money they could be saving for retirement.

Fortunately, that's a mistake you can easily avoid with TIAA-CREF SRAs. SRAs not only ease your current tax-bite, they offer a remarkably easy way to build retirement income—especially for the "extras" that your regular pension and Social Security benefits may not cover. Because your contributions are made in before-tax dollars, you pay less taxes now. And since all earnings on your SRA are tax-deferred as well, the

money you don't send to Washington works even harder for you. Down the road, that can make a dramatic difference in your quality of life.

What else makes SRAs so special? A range of allocation choices—from the guaranteed security of TIAA to the diversified investment accounts of CREF's variable annuity—all backed by the nation's number one retirement system.

Why write off the chance for a more rewarding retirement? Call today and learn more about how TIAA-CREF SRAs can help you enjoy many happy returns.

Benefit now from tax deferral. Call our SRA hotline 1 800-842-2733, ext. 8016.



**Ensuring the future
for those who shape it.™**

CREF certificates are distributed by TIAA-CREF Individual and Institutional Services. For more complete information, including charges and expenses, call 1 800-842-2733, ext. 8016 for a prospectus. Read the prospectus carefully before you invest or send money.

**Student Art Exhibition**

open to all USD students

Informational booth:

March 1st in front of UC

from 11:00 - 1:00

WE MAKE LEARNING FUN!

**ITALIAN • FRENCH • SPANISH
CHINESE • GERMAN • RUSSIAN**

- Communicative Approach
- Small Groups, Native Teachers
- \$ 6 Per Hour
- Summer Sessions Abroad

TLP Language Center 232-9065
363 Fifth Avenue, San Diego

**Paris
\$199***

| | |
|-------------|--------|
| Frankfurt | \$225* |
| London | \$215* |
| Madrid | \$295* |
| New York | \$184* |
| Costa Rica | \$233* |
| Mexico City | \$ 66* |

*Above fares are each way based on roundtrip purchase. Fares are from either Los Angeles or San Diego. Taxes not included and restrictions apply.

**Around the world fares
as low as \$1199**

Council Travel

953 Garnet Ave. • San Diego, CA 92109

Open Saturdays 10 am - 2 pm

270-6401

INTRAMURALS

AND RECREATION

Events • Results • Schedules

Sigma Pi looks to repeat

Men's softball action has opened once again and this semester appears to be the most competitive in years. Six teams have a legitimate shot at the cloth and the coveted Silver Spike. It is the job of Brendan Hayes' **Sigma Pi** to defend their honor as reigning champions.

This team relies on its great team speed, timely hitting, solid defense and the strong arm of Lance Brown. The **Pi's** play with more emotion than any other team in the league and it is that desire along with the veteran play of all-stars like Steve Watts, Kyle Douglas and Brad Miller that make the men of purple the favorites this season.

Joe Comins', **Flogging Your Mom**, appears to have the best chance at knocking off the **Pi's**. This team greatly compares to that of the **Pi's** with their defense, pitching, and emotion. Defense more than any other aspect carries the **Floggers**, as the gloves of Mark Daquipa, Sean Nugent, Geoff Schmitt, and Joe Comins are all solid. The **Floggers** will also have revenge as a weapon as they look to avenge last season's championship game defeat.

Frank Knafeltz's, **Men Among Boys** also seems ready to grab the cloth as this team has been put together just to win. It is a team of never-before teammates and one who is full of pure power but poor defense. It must depend on the awesome pitching of Greg Sundberg and the home run power of Sean Parks. It is up in the air as to whether these men can play as a team and capture the championship.

Lost in the shuffle is Rick Salazar's **Candy Coated Clowns** who lost some key players to Knafeltz's stacked team. But one intangible that Sal's team has is veteran leadership and the know how to win. Look for the **Clowns** to be inconsistent; On some days hitting many home runs and on others going scoreless.

The surprise of the young season may be Chad Putnam's, **Balls Out** who beat the freshman **Gas House Gang** 8-7 this past Saturday. **Balls Out** has the secret weapon in Shawn McEachern who loves to hit the long ball. With most of last semester's team playing on the diamond above, **Balls Out** has filled some big holes, most notably, the superstar Anthony Lindsey.

Mo Chavez's **the Beans Are Back** also could turn some heads as they come back with a much more mature and potent line up. Mo, along with Hermann Chavez, could put **The Beans** back on the map, and into the playoffs.

Dan O'Dea's, **I Hate Zingg Too**, last year's biggest play-off disappointment, made a key improvement in acquiring Kip Perry. Despite this improvement, the **Zingers** were shut out by **Sigma Pi** 5-0. O'Dea, Perry, and John Sackett could lead their team throughout the playoff and towards a battle for the shirts.

Pepsi Winners: The winner of this week's case of Pepsi was **Sigma Pi A**. The defending champs took apart **I Hate Zingg Too** as Lance Brown continued his Cy Young ways, pitching a one-hit shut out.

Three teams unbeaten on the soccer field

Still Kicken remained undefeated Saturday by punishing **Phi Alpha Delta** 8-0. **Still Kicken** took the lead early in the game as Ben Miller scored on **Phi Alpha Delta's** goalie Clayton Luke, who was in for a long day. Faith Mallery, Robert Reyes, Cameron Peach, and Vicky Brienza all managed to get the ball by Luke to make the score 7-0 at the half. With the game well in hand, **Still Kicken** played a more conservative second half, and even let goalie Luis Doffo out of the goal box long enough to score the final goal of the game and collect a handful of off-sides penalties.

Phi Alpha Delta was looking for a win in the second game of their doubleheader against **976-SCORE**, but it was not to be. Geoff Gibbs put **976-SCORE** on top with a goal early in the first half. **Phi Alpha Delta** quickly answered with a goal by Kyle Leese to tie the game 1-1. **976-SCORE's** Christi Burchyns had the game winning goal late in the first half of this defensive struggle. The final score was **976-SCORE** 3, the hapless **Phi Alpha Delta** 1.

976-SCORE followed up their earlier win by unloading on **Candiru**. I don't know what the word "**Candiru**" means, but I'm relatively certain it isn't French for defense as this team had none, giving up six unanswered goals in the first half. Sean Ramkaransingen started the scoring for **976-SCORE**, followed rapidly by Andrew Fisher, Barry Zweig, Geoff Gibbs, and Shiela Mahmoodi. Ramkaransingen finished the scoring frenzy with his second goal of the day with less than four minutes left in the first half.

Walking Probable Cause had cause to celebrate as they picked apart **Grace Under Pressure** 2-0. **Walking Probable Cause** took the early lead on a goal by Mike Barmettler. Jim Ballard scored early in the second half icing the game for **Walking Probable Cause**. The team **Grace Under Pressure** must be named for goalie Eric Vila, who's cavalier one-man defense kept this game from being a blow out.

New IM sports: entries due today

Entries for three new IM events are due tonight. Join in on the fun!

Doubles Horseshoes: Men's and co-rec divisions are being offered for this five-week league. A list of your opponents will be posted so you can make your own schedule. This may be your best chance to win a championship t-shirt.

Doubles Table Tennis: Like horseshoes, you will get to make your own schedule for five weeks followed by a single-elimination playoff. Expect the competition to be more serious in IM's first semester of "ping pong".

Singles Ladders: If you prefer individual sports there are ladder tournaments in badminton, handball and table tennis. Sign-up and play as often as you want as this tournament will last until the end of the semester. Climb the ladder and stay at the top to win the t-shirt.

We're Da Shirt got one step closer to taking the shirts home by defeating **Phi Kappa Theta**. Aaron Tudisco scored twice for **We're Da Shirts**, once in the first half and again on a penalty kick late in the game thanks to a slide tackle in the penalty box by a **Phi Kappa Theta** who will remain nameless. The real hero of the game was Molly Kuykendal who proved that **Phi Kappa Theta's** goalie, James Caldera, can't jump when she chipped the ball over his head in the second half to ice the game. Pat Hynes scored a face-saving goal for **Phi Kappa Theta** in the final seconds to make the final score 4-1.

Phi Kappa Theta played much better in their second game of the day against the **Delts**. Hynes scored his second goal of the day to give **Phi Kappa Theta** the lead until the **Delts's** Lori Bowers scored late in the half. Ben Pistorios came alive in the second half for **Phi Kappa Theta** scoring a pair of goals (where was he all day?), but it was the **Delts's** women who came up huge again when Kim Nuccio scored with two minutes left in the game. It looked as if **Phi Kappa Theta** would end up on the losing end for the second time of the day until Casey Charpio scored with just seconds left to tie the game at 4-4.

Delta Sigma Pi proved that you don't have to be good, just physical, to win. **Delta Sigma Pi** took advantage of the fatigued **Delts** in a game that almost hurt to watch. The **Delts** achilles heal proved to be their lack of female substitutes. The **Delt** women, who carried their team offensively against **Phi Kappa Theta**, just ran out of gas and the male **Delts** were unable to pick up the slack. **Delta Sigma Pi's** goalie JD Black put up a wall the **Delts** simply could not penetrate, coming up huge with a number of key saves. On the other side of the ball, Ben Mendoza put on a fine show, but seemed to spend more time on his back than his feet thanks in larger part to the kamikaze-like play of **Delta Sigma Pi's** Chris Ricky and Jenny Martin. Rob Smith managed to score the lone goal during the especially bruising second half to give **Delta Sigma Pi** the win.

Selected IM rankings: as of Feb. 21

CO-REC SOCCER

1. Still Kicken
2. We're Da Shirt
3. Walking Probable Cause
4. Delta Sigma Pi
5. 976-SCORE

MEN'S VOLLEYBALL

1. 4 Extra Larges
2. We Can't Win
3. Perfect Set
4. Disorder on the Court
5. Joe's Team

WOMEN'S VOLLEYBALL

1. Ohh Saki
2. Cactus and Coconuts
3. Whoa
4. Free Agents

WOMEN'S 3x3 BASKETBALL

1. Taps
2. PHInatics
3. Mighty Power Rangers

IM distinctions: best of Feb. 14-20

MEN'S SOFTBALL

Game: Gas House Gang vs. Bells Out
Team: Sigma Pi
Player: Shawn McEachern

MEN'S FLOOR HOCKEY

Game: Hansen's vs. Hosers
Team: Playin' For Stevie
Player: Mike Lowry

CO-REC SOFTBALL

Game: Bats N Balls vs. Doggie Style
Team: Bats N Balls
Male Player: Ryan Stow
Female Player: Nia Spring

MEN'S VOLLEYBALL

Match: 4XXL's vs. Joe's Team
Team: Bark Knot
Player: Tim Durkin

WOMEN'S VOLLEYBALL

Match: Whoa! vs. Ohh Saki
Team: Cactus and Coconuts
Player: Susie Callahan

CO-REC SOCCER

Game: Delts vs. Phi Kappa Theta
Team: 476-SCORE
Male Player: Sean Ramkaransingen
Female Player: Kym Nuccio

WOMEN'S BASKETBALL

Game: Taps vs. PHInatics
Team: Taps
Player: Christie O'Connell

Football goes co-rec

If you enjoyed playing in the men's football league or really loved the Powder Puff Tournament in the fall, then you owe it to yourself to give co-rec football a try. There are a few rule modifications to insure equal competition and safety, but for the most part the game is the same as the one you know.

Entries for the co-rec football league are due March 3 and play will be on Saturday beginning after Spring Break. There will be an informational meeting on Wednesday March 2 at 5:30 p.m. for all free agents and team captains.

Four men and three women play at one time and rosters are limited to 16 players. Start organizing your team now and sign up to play co-rec football.

IM spotlight: 5x5 basketball

Sport: 5x5 Basketball
Info Meeting: March 2 at 5 p.m.
Entries Due: March 3
Playing Days: Mon., Tue. & Wed. 6-10
Faculty/Staff games will be played at 5:15 p.m. if necessary.
Entry Fee: \$25 per term
Divisions: Faculty/Staff, Women's open, Men's A and Men's B

Wellness corner

Gary Becker
IM/Rec Director

Strength and anaerobic conditioning can be just as important as aerobic exercise in your personal fitness program. By ensuring that the muscles of the body maintain balanced strength you reduce the risk of muscle injuries, maintain flexibility, reduce the loss of muscle strength due to aging, and enhance muscle tone. This can be achieved with only 20-30 minutes of exercise two days a week. Our goal here is not to bulk up or make large scale strength gains, but to maintain strength and ensure muscular balance between the antagonistic muscles within the body. To do this, we need to know the types of exercises required, the number or repetitions and sets for each exercise, and the intensity for each exercise. We must also make sure to rest between each exercise and set.

You do not need to use a gym or a weight room to have a good strength program. Many exercises can be done at home and without the aid of machines, free weights, stretch cords and other "as seen on T.V." gimmicks. The body has only two major areas to exercise; the core (midsection) and limbs. The core is the most important and should be the first area to work on. Exercises for the core include:

Stomach - Sit-ups, Leg Lifts
Lower Back - Back Lifts, Toe touches
Upper Back - Pull Ups, Rowing
Chest - Push Ups
Shoulders - Dumbbell Flys (up side, forward, backward)

Exercises for the limbs include:

Legs: Quadriceps - half squats on a box
Hamstrings - curls
Calves - toe lifts
Gluteus - Fencer lunges
Arms: Biceps (Forearm, wrist) - pull ups

Triceps (Forearm, wrist) - chair presses, bar dips

All of these exercises can be done without weights using only body weight for resistance.

Since we are not looking at building bulk, exercise intensity should be at 60-80% of the maximum you can lift one or two times. As an example, if you can lift 100 lbs. then you should exercise with 60-80 lbs. If you are only using body weight you should start out by modifying your exercise to push less body weight.

The number of sets depends on the body area. If you are working core areas then sets should be 3 or 4. If you are working the limbs and already have an aerobic exercise program, you need only do 2 or 3 sets.

Repetition within each set need only be 10-12 reps. The repetitions should be smooth and at moderate speed.

If you have never done an exercise program before it is advisable to begin with very light resistance. This will reduce the soreness from out of shape muscles. You can also concentrate on proper exercise technique. You should loosen up before attempting any type of resistance exercise. A couple minutes of easy aerobic movement of the limbs followed by light stretching should be enough. This will get the muscles warmed up and heart beating faster.

If you wish to pursue a weight room regime then it is advisable to talk with a strength instructor. He or she can help you tailor your program, teach you proper safety/lifting techniques and maximize your results while minimizing your time output.

As a final note, a short cool down should be done at the conclusion of your exercise program. Next week we will discuss this and the importance of stretching. Until then, start out your strength program slowly. After a short period of time you will begin to feel stronger, have better posture and look healthier.

Recreation update

Attention New or Seasoned Triathletes, Runners, Swimmers

Have you ever thought about doing a triathlon, running a 10K, or entering an open water swim but were hesitant (or felt insecure) about it? Are you an experienced triathlete or runner interested in improving your times and/or increasing your distances? Or are you somewhere in between? Well, this may interest you. We are trying to put together a group—or a club—that would cater to the needs of both novice and veteran athletes, joggers, runners, triathletes, swimmers, cyclists or just plain fitness enthusiasts. It would be a place where you can get up to date information on training, racing and nutrition; a place that would provide organized workouts as well as possible training partners and also a place that would serve as a source of race and event information. While our emphasis would be on "cross-training", we welcome all who are interested in achieving and maintaining fitness in either one or several sports. We will be having our first meeting on Tuesday, March 1st at 12:00 noon next to the pool. So give it a try. You really don't have anything to lose. If you cannot make it at that time, or would like more information, contact Gary at x4276 or Alberto at x8709.

CPR First Aid Classes

Do you need to be certified in first aid or CPR for that summer job? If so, the IM/Rec Department is offering two classes to become certified this semester. The first class will be offered Saturday March 21st 8:00

a.m.-5:00 p.m. Our second class will be offered on Thursday evenings in early April. The cost for the class is \$45.00 including your books. Sign up deadline for the first class is March 23rd, but sign up early as class size is limited to the first 12 enrolled. Call 260-4533 to reserve your spot or drop by the IM/Rec office.

Drop in Aerobics

Classes are in full swing. If you haven't signed up as of yet, there is still time to do so. The cost is \$20 per semester. This is a great deal as you can drop into as many classes as you want each week.

USD Night at San Diego Gulls Hockey Game

Mark Saturday, April 9th on your calendar. Come join all of USD at a San Diego Gulls hockey game. We have \$5 discounted tickets to what should be a great night out. Tickets go on sale Monday, March 21st at the IM/Rec office. Lets go have a great time at the San Diego Sports Arena.

Sport Challenge Ladders

The IM/Rec department has set up some singles challenge ladders in the sports of ping pong, badminton, and hand ball. We have started lists up at the IM/Rec office. To join, all you need to do is sign up on the list then challenge in by calling an opponent.

Open Rec Hours

Call 260-4601 for open hours of the pool, gym and weight room

SPRING BREAK ON LAKE HAVASU AT THE NAUTICAL INN

AZZ IZZ BAND

The Largest Spring Destination On the Entire West Coast

Exciting Events on the Beach • Take off with Tiki Terrace Happy Hours • Live Bands • Volleyball & Basketball Tournaments

Plus hot bikini and muscle champ contests
Win a Trip Anywhere in the 7 Seas
Ask about our 20 Houseboat Program

We have the Best prices and we are the only beach front resort in Havasu!



\$40

Per Person! And Up
Based on 4 per room/3 Night Minimum

BOOK NOW 1-800-892-2141

The
1994
SUMMER
BULLETIN

will be available in early March. Registration will begin Tuesday, April 5, 1994. For more information, contact the Summer Sessions Office at (619) 260-4800.

Hansen's pull one out

Intramural hockey got off to an explosive start last week, and although Thursday night's games were suspended due to rain, Wednesday night featured three exciting contests.

The first matched two B-league opponents, **Playin' For Stevie** vs. **Lex Talonis**. The only question here was how many goals would **Playin' For Stevie** score. Well "the man that packs a punch," Boake Munsch ignited **Playing for Stevie** with two goals in the first period, while "bring in cavalry" Mike "cha-ching" Lowry scored the hat trick in the second. Jerome Mastero, the freshman "phe-nom" in the net, got the shut out, as **Playin' for Stevie** went on to a 7-0 blow out of **Lex Talonis**.

The second B-league game of the night featured **Jus Prima Nox** vs. **John Bobbit's Stick**. This was a no-brainer. **John Bobbit's Stick** should have been tossed in a field and left to rot. They played like a bunch of guys with their heads cut off! **Just Prima Nox's** Richard "action" Jackson teed off on **John Bobbit's Stick**, scoring the all-mighty hat trick in the second period which started a run of six unanswered goals by **Just Prima Nox**. **John Bobbit's Stick's** only bright spot was when Jason "Free" Baseman scored with 33 ticks left on the game clock. Your final score, **Jus Prima Nox 6, John Bobbit's Stick 1**.

The final game was the inaugural game of the A-league season. Two talented teams in the **Hansen's** and **Hosers** faced off against each other. The action was contained for the first two periods but these teams were saving it for the third. Tim Durkin started the scoring for the **Hoser's** early in the second period, but things calmed back down until everybody's favorite refs Greg Bettinelli and Noah Stanley called two penalties, one for each team, allowing the teams to play only five players each. With less men on the rink, the **Hansen's** took full advantage of the extra space. First, Dave "the jackel" Jackowitz, then Nate "the great" Longenecker scored. Then finally Mike "It's a lot easier to score with no goalie in the way" Christian hit the empty-netter to secure the victory for the **Hansen's**. Three goals in less than two minutes and a 3-1 victory for the **Hansen's**.

Tune in next week to find out how the team with the surge, the team that merged, **The Mauling Vikings** did in their first game.

Gull's Winners: Each week, a player of the week from both A and B-league will be selected. The winners will each receive two tickets to the San Diego Gulls Saturday April 9 game against Peoria. Tickets will be available at the IM office on March 21. Last week's winners were Mike Lowry of **Playin' for Stevie** and the **Hansens'** Paul Smigliani.

Taps dominates women's basketball

Domination continued to be the theme in the women's 3x3 basketball league. **Taps**, the defending champs, played their double-header this week. They took their undefeated record and nine-game winning streak (including last semester) in against their main competition, **PHInatics**. This match was determined by two stars, Christie O'Connell (**Taps**) and Sara Billesdon (**PHInatics**). Despite all of Billesdon's efforts, she just could not guard all three players for **Taps**. **Taps** ended up winning 15-9, 16-14.

Taps' next victim was the **Mighty Power Rangers**. During the whole match, it seemed as if the **Power Rangers** were playing one player short. Still, they were competitive, but they had no one who could stop O'Connell. The final score: 15-9, 15-7.



Hops gave Chad Law his first co-rec volleyball title. Can he do it again? Entries are due March 17.

Volleyball action continues

The first volleyball match last week was between **Y.E.S.** and **Perfect Set**. **Y.E.S.**, once again, had problems generating any offense. **Perfect Set** was able to put together some good stats led by Tim Durkin with four kills and six aces. Even with the stats, **Perfect Set** did not have an easy time with **Y.E.S.** **Perfect Set** finally won 15-7, 12-15, 15-9.

We Can't Win played against **Men In Shorts**. **Men In Shorts**, after much turmoil within the ranks, were able to get their act together for at least one game, but after the first game, **We Can't Win** just dominated to pull victories out of the hat in both games. Talking about pulling things out, John Pacheco seemed to pull the proverbial rabbit out of his... Great job for **We Can't Win** and until next week for **Men In Shorts**. Final score: 15-11, 15-6.

The match of the week came next between **4 XXL's** and **Joe's Team**. The match went back and forth. Both teams were putting the ball away well and siding out. **Joe's Team** took the first game 15-12. **4 XXL's** came back in the second game and won 15-13. Then something happened as **Joe's Team** fell apart and **4 XXL's** won the match by winning the third game, 15-3.

Next came the first match of **Bark Knot's** doubleheader. They first played **Phi Kap A**. **Phi Kap A** came out ready to play. **Bark Knot** did not have much of a chance. **Phi Kap A** finished them easily in two games 15-3, 15-7.

Bark Knot's first match warmed them up for their second one against **Striker's**. **Bark Knot** did not give **Strikers** a chance in the first game, beating them 15-1. **Strikers** then got their act together and won the second game, 15-13. The deciding third game was an interesting one. **Strikers** put all their efforts into this game running everywhere but it was not enough. **Bark Knot** won 15-10.

Cactus and Coconuts played **Oh *#?@** in the first match for the women. **Oh *#?@** played about as well as their name says. **Cactus and Coconuts**, on the other hand, put up some nice stats led by Nen McGuigan with six kills and three aces. **Cactus and Coconuts** won 15-6, 15-0.

The next match was between **Whoa!** and **Ohh Saki**. **Whoa!** played well the first game, but ran out of gas in the second one. **Ohh Saki** just played a consistent average game. **Ohh Saki** won 15-10, 15-3.

Volleyball playoff preview: the latest line as of Feb. 21

Men's League

| Team | Odds | Comment |
|-----------------------|------|-------------------------------|
| XXL | 8-5 | May finally be time |
| We Can't Win | 9-5 | Terminal seconditis |
| Joe's Team | 3-1 | Much better than expected |
| Disorder on the Court | 4-1 | Had win streak snapped |
| Perfect Set | 6-1 | Had easiest of schedules |
| Phi Kappa Theta- A | 8-1 | Only fraternity hope |
| Bark Knot | 20-1 | Got their one win |
| Men In Shorts | 20-1 | Couldn't find the right men |
| Strikers | 50-1 | Probable first round casualty |
| Y.E.S. | 75-1 | Free agents never clicked |
| Phi Kappa Theta- B | 99-1 | Not even in B-league |

Women's League

| Team | Odds | Comment |
|---------------------|------|---------------------------|
| Ohh Saki | 4-5 | Toast the champs |
| Cactus and Coconuts | 6-5 | Can spike top team |
| Whoa! | 15-1 | Not likely to stop anyone |
| Oh *#?@ | 20-1 | Appropriate team name |

Women's basketball preview: the latest line as of Feb. 21

| Team | Odds | Comment |
|----------------------|------|------------------------------|
| Taps | 1-5 | Give them the shirts again |
| PHInatics | 4-1 | Will need their best |
| Mighty Power Rangers | 25-1 | Did not live up to team name |

Bats N Balls continue to roll

Cathy Berguson's, **Bats N Balls**, has taken over the No. 1 ranking (at least in one poll) in co-rec softball, due to their impressive performance against the once-mighty **Doggie Style**, beating them handily 6-2.

It was a complete reversal from **Bats N Balls** performance of a week ago, as it was defense, not offense that carried them to victory. The grounds may have been wet but that fact did not take away from Mark Daquipa's, Greg Bettinelli's and Ryan Stow's stellar play.

It is probably a given that these two teams will meet in April for the championship as one of these days **Doggie Style** is going to erupt and regain its incredible form. **Bats N Balls** will be the first to admit that **Doggie Style** was missing key pieces of their team and know that Kim Brewer and her tribe will be there at the end.

The league's second-ranked team, **Go Deep**, decided to show up and as a result shut out an improved **Meatloaf** 9-0. Chris Bradburn and Alison Warden carried **Go Deep** on their backs as they scored all of their runs in a nine-run fourth inning. Scott Severe and Mike Campbell contributed at the plate for **Meatloaf**, but their teammates could not get the big hits.

Meatloaf rebounded in their second game of the day by dismantling **No Sobriety** 10-0. Chad Czerniak and Kerry Carruthers led the way against the still confused sophomores.

The most competitive action of the day came from the league's less-respected division. It was Dax Villalta's **Who Came First** squeaking out a victory over **The Team** 5-4. The day belonged to Victor Dence who collected three hits and scored three runs for the winning team. Molly Mitchell also contributed on both sides of the ball for the undefeated "quick shots".

Delta Sigma Pi used all sixteen players available and defeated the **Skinny Dippers** 9-5. Gavin "I'm no Delta Sig" Simpson carried the profit mongers with three hits and three runs while Kim Jones scored a couple of runs and played with a strong glove. Jason Buseman led the way for the underclothed **Skinny Dippers**.

IM NOTE: Entries for the co-rec volleyball league are due March 17. The information meeting for captains and free agents is on Wednesday, March 16 at 5 p.m.

Subway IM game of the week

Date: Saturday, Feb. 26
Time: T.B.A.
Sport: Volleyball
Match-up: Women's Championship

There may be more teams in the men's league, but the competition is just as intense when the women take to the court. This Saturday, one volleyball team will prove themselves to be the best. To the winner goes the spoils: a championship t-shirt and the party platter from the Subway on Morena Boulevard.

Last week's Subway IM Game of the Week between the co-rec softball teams, **Bats N Balls** and **Go Deep** was rescheduled to this Sunday at 3 p.m.

Women's lacrosse at USD

Michael Halling
Staff Writer

Imagine a sport in which women battle it out over a single ball, checking each other as they make their way toward the goal. Well, if that's what you want to see, get a ticket to "American Gladiators" because the new women's lacrosse team, started by freshman Missy Dye, is playing a game of control and finesse, violence not included.

For those of you who are unaccustomed to the game of lacrosse, which is played by men and women, here's a little background:

Lacrosse in general can be dated as far back as the middle 1700's when certain tribes of North American Indians invented the game for purposes of battle training as well as recreation. By the middle 1800's Canadians adopted the sport and brought it over to England. While a limited interest had been present in the U.S., the game did not harbor official organization there until the late 1800's. Enter women's lacrosse. After a huge response from English women, the All-England Ladies' Lacrosse Association was formed in 1912, and traveled to America soon after to promote it.

And so this relatively new sport for women, as we know it, was born. And it is making streamline progress. Played now at almost every prep school and college in the East, it has maintained a healthy cultivation, and is rapidly expanding on the West Coast as well. There are teams at schools like Pepperdine, UCLA, Loyola Marymount and USD.

According to Dye, the founder of the team, she "started the team on a whim." After playing and attending camps all her life at and around her home in Washington, D.C., Dye realized an optimal chance to start a squad at USD. "I wanted to be a part of sharing lacrosse with the West Coast. It's such a great sport and I wanted to be a part of the team experience again," she said. And be a part of it she did. Trong Nguyen, assistant director of operations for the UC and former USD soccer player, agreed to be a faculty adviser, which is required because it is a club team, and essentially supported financially by the players themselves. Dye was also lucky in acquiring UCSD lacrosse alumna, Michelle Reiss as coach. Well on her way, Dye held try-outs shortly after and a surprising 24 people turned out.

So, how are they doing? Well, they just played their first game the Saturday before Valentine's Day and they did very well, considering most of their players are rookies and had only been practicing for two weeks, not to mention the fact that their opponent was one of the best in the league, Loyola Marymount. The final score was 12-8, LMU on top. Since

then, they have had several practices in hope of an even stronger showing at this Saturday's game.

In addition to the strong intra-team support, there is also a strong inter-team support between the men and women. "We have been trying to work together when we practice to reinforce each other's confidence. While there is this symbiotic relationship, the games, when looked at closer, are entirely different. Women's lacrosse is non-contact. Checking is eliminated, and contact of stick-on-stick is limited. And the stick, or "crosse" is where the main difference lies. The crosse is about four feet long, and composed of an aluminum or wooden shaft with an upside-down, pear-shaped head where the ball is caught. The head has leather or nylon webbed "mesh. In men's lacrosse, the mesh is stretchable. When the ball hits it a "pocket" is formed, and one can actually hold the stick upright without the ball falling out.

The exact opposite is the basis for women's lacrosse. The mesh is very taut and unyielding to the ball sitting in it. Thus, stick handling is vital to the game. Both men's and women's lacrosse use a technique of keeping the ball in the head, called "cradling." Put simply, it's the motion of moving the stick rapidly across the body with the arms and wrists. It keeps the ball in the pocket. It is important to both games, but more necessary in women's lacrosse, which focuses the attention on passing and running plays rather than brute force and checking.

Consequently there is not only no violence, but also no padding, nor the use of helmets. So the result is a mixture of spontaneous vigor and sheer grace as the players strategically deke and pass, almost dance-like, while heading toward the goal to score.

When asked how they felt about the non-contact facet, the players, who are all freshmen except one, a junior, said it keeps the game interesting. They feel it requires a certain skill, and are enjoying the challenge of learning it. "Any violence is accidental," noted Coach Reiss, who is very excited to be working with the team. "The sport needs to grow. I wanted to be a part of making it grow, and it takes an ambitious person like Missy to get the growing started. I'm glad she went for it!"

Although they do have an impressive roster, the women's lacrosse team is always looking for new players. So, if this unique sport sounds swell to you, go for it! You have nothing to lose. You can contact Missy Dye at x7407, or Coach Michelle Reiss at 286-9940. See you in the cradle, lacrosse buffs!

HOOPS

continued from page 16

missing, as they shot only 35 percent from the floor, including being held to only nine points in the last 10 minutes. Leading scorers Temple and senior center Chris Grant were two of the bright spots for the Toreros, but the game was not an offensive statistician's dream.

USD looks to continue its winning ways at home, where the Toreros are on a four-game winning streak with an overall home record of an impressive 9-1. Their games will not be

easy, as they face the Portland Pilots tonight and the Gonzaga Bulldogs, led by the leading scorer in the conference, Jeff Brown, on Saturday. The Toreros could gain confidence and momentum heading into WCC tournament play, where an invitation to the NCAA tournament is at stake.

A great way to end the men's regular season would be to come cheer them on, and to show your appreciation to seniors Brooks Barnhard, Joe Temple, Chris Grant and Neal Meyer, who will be playing their final collegiate games at the Sports Center this next week. A special ceremony, at the Tuesday game against Sacramento, will be held to honor these seniors for their contributions over the past four years. Come out, try and yell louder than Dodge and give the Toreros the backing they need to propel them to victory.

Jeff's Top 20 Men's Basketball

1. Arkansas
2. North Carolina
3. Kansas
4. Duke
5. UConn
6. Missouri
7. Michigan
8. Kentucky
9. Purdue
10. Temple
11. Indiana
12. Arizona
13. UCLA
14. Louisville
15. St. Louis
16. California
17. UMass
18. Florida
19. Georgetown
20. Minnesota

Be a part of our **tv** audience!

AT A BRAND NEW SPRING BREAK TAPING LOCATION:

MARINER'S POINT AT MISSION BAY, SAN DIEGO

FOR MORE INFORMATION CALL THE

MTV SPRING BREAK HOTLINE#

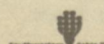
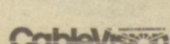
619-682-1030

Taping all-day, every
day Tuesday, March 8
through Monday, March 14

PLEASE BRING CANNED FOOD FOR
THE SAN DIEGO FOOD BANK.

NO GLASS CONTAINERS ON THE
BEACH. NO ALCOHOL.

BROUGHT TO YOU BY MTV AND YOUR SAN DIEGO
CABLE COMPANIES. IF YOU DON'T HAVE CABLE,
CALL YOUR LOCAL CABLE COMPANY AND PLUG IN.



NO PARKING ON SITE. CHECK YOUR LOCAL PAPER FOR SHUTTLE INFORMATION.

© 1994 MTV Networks. All rights reserved.

USD Rugby tackles OMBAC Tourney

Jeff Charles
Sports Editor

The rugby team participated in the 26th Annual OMBAC Tournament this weekend, playing eight shortened games in two days. USD was pooled in the College division with 10 other teams. The first team finished the tournament in fifth place, while the Bulls(second team) ended up at the bottom of the barrel. USD came to Robb Field with the hopes of playing Cal Berkley in the championship game. The Bulls, on the other hand, were pooled with Cal and were looking to improve their skills and gain some game experience.

USD showed up at 6:00a.m. to get ready for their first match against Cal State San Bernadino. Kickoff was at 7:00a.m. and USD was still in bed. CSSB scored first on a 30-yard run by their center. After the wake-up call by San Bernadino, USD began to take over and create scoring opportunities.

Scott "they call me Bruce" Lee scored on a long run of his own. After Lee's successful conversion, USD led 7-5 at half. "We came out a little flat, but we pulled it together when it counted," said Lee.

The second half was dominated by the pplay of USD's pack as they continuously won ball for the backs. William Thompson scored on a quick penalty that gave USD the win 14-5.

USD's second game was at 11:00a.m. against St. Mary's. USD was looking to avenge their loss earlier this semester. From the opening kickoff, both teams knew they were in for a hard-hitting game. Thanks to outstanding play from USD's back row, the Toreros were able to maintain possession of the ball and put pressure on St. Mary's back line. Mike Murphy led the

forwards to an intense and well played first half.

USD struck first and dominated the Gaels in the first half. Kevin Barrett scored on a 20-yard run. Lee missed the conversion but made up for it by scoring USD's next try. USD was up 12-0 at half.

St. Mary's battled back in the second half by scoring on a back row move. A combination of good passing and poor defense allowed the Gaels to rumble in for the try. St. Mary's threatened late in the game but was denied by USD's defense. USD beat St. Mary's for the first time in three meetings, 12-7.

This victory propelled USD to the semifinal against SDSU. USD was looking for their first win against SDSU in over five years. Indeed, USD and SDSU have quite a rivalry between each other that includes a history of fighting and little tricks that go unnoticed by the referee.

USD took the game to State by dominating every phase in the first half. After a try by Lee and a couple of kicks, USD led 10-3 at half. The intensity of the game did not go away in the second half. Both teams battled for the final 25 minutes of the game. USD's inability to kick for touch allowed SDSU to gain possession deep in USD territory. This led to a second penalty kick for SDSU. SDSU then rallied by taking advantage of USD's mistakes. By kicking deep, SDSU grabbed possession at USD's five meter. SDSU then rumbled in for the score.

The game ended with SDSU on top 13-10. "No matter how disappointing the loss was to me and to some of our players," said Head Coach Loc Vetter, "I think that this was the best rugby I have ever been associated with at USD."

Martin Small played an outstand-

ing game at inside center, showing off his experience not his age. Another veteran, Mike Murphy, also played exceptionally as did Derek Brown and Dave Beuther. Lee led all players with 26 points in the tournament.

The final game for USD was on Sunday versus Long Beach State. USD dropped the game 11-0 after two penalty kicks and a try by Long Beach State. USD finished in fifth place behind Cal, SDSU, Irvine, and Long Beach.

The Bulls were unfortunate to be pooled with Cal Berkley and Irvine, but they made the most out of it and showed they can get rough with the big boys. They dropped the first game to UC Irvine 13-0. The second game was against the defending national champions, Cal. Despite being shutout 36-0, the Bulls had a solid drive deep in Cal territory. This drive fired up many of the fans including USD wing Brian "six-pack mac" MacMahon. "Six-pack" was quoted throughout the tournament as saying "bad things are gonna happen". And they did once "six-pack" got his hands on the ball.

The Bulls then lost to SDSU's second team 19-0, and tied Cal State San Bernadino 0-0 on Sunday. The Bulls were scoreless throughout the tournament, but played up to their competition and gained experience that will prepare them for next week.

For those keeping track, "the shab" was shut down at the tournament and failed to score. The Vista will be keeping track on how many tries "the shab" scores throughout the semester, he currently has two.

USD will play at Pepperdine on Saturday at 1:00p.m. The next home game will be against UCSD on March 5 at 1:00p.m. The game will be played at the West Point Rugby Pitch, across from Copley Library.

SPORTS

Results

If you would like to include your event in this box, send typed information to: USD VISTA; c/o Sports Editor; 5998 Alcala Park; San Diego, CA 92110-2492.

Please remember to include time, date, place, purpose, the event title and some background of the event. All submissions are due two weeks prior to publication. The USD VISTA reserves the right to deny servicing of press releases.

Men's Golf

The USD men's golf team lost its first match of the season to SDSU, 393-407, on Feb. 15. Senior Steve Brown tied for medalists honors with a 77, and three other USD players turned in scores of 82 — senior Larry Petryk, sophomore Jerramy Hainline and freshman Hec

Men's Tennis

The USD men's tennis team, ranked no. 23 in the nation, will host a doubleheader this Saturday, Feb. 26, when they host Fresno State (10 a.m.) and Loyola Marymount (2 p.m.). Both matches will be played at USD's west courts. The Toreros (4-4) lost a 7-0 decision to no. 6 UCLA on Feb. 15, lost to the University of Arizona on Feb. 19, 2-5, and beat Washinton, 5-2, on the 20th. Sophomore Emmanuel Udozorh and freshman Bobby Hrdina both won their singles matches against Arizona and Washington. Udozorh and Hrdina lead the Toreros with 13-7 and 12-9 overall records, respectively. Other leaders include grad student Philippe Hofmann (11-7) and senior Fredrik Axsater (10-8).

Softball

The USD softball team (3-1) travels to Azusa Pacific to meet them for a doubleheader beginning at 1 p.m. this Saturday, Feb. 26. After being rained out of the Cal State-San Bernadino "Spring Swing" Tournament this past weekend, the Toreros will be rested up for the APU contest. After four games, senior infielder Melissa Reinard leads the team in batting (.500), home runs (one) and RBIs. Sophomore pitcher Andrea Marino leads USD with a 3-0 record and a 1.18 ERA to go with her two complete games.

Women's Tennis

The USD women's tennis team, ranked no. 23 in the nation, won both of its matches last week as it beat Loyola Marymount (9-0) and Oklahoma State (5-1). Players winning their singles matches in both contests included sophomore Kristine Smith, freshman Yvonne Doyle, senior Kara Brady and freshman Julie Baird. USD currently has three players ranked nationally. They are senior Laura Richards (no. 23), Kristine Smith (no. 45) and senior Julie McKeon (no. 55). On Feb. 12, McKeon defeated Cal's Jennifer Poulos (no. 5 in nation), 6-2, 6-4. Also, the doubles team of McKeon and Richards is ranked no. 21. The Toreros look ahead to a March 1 match against no. 20 San Diego State. The contest is at SDSU and begins at 2 p.m.

Women's Hoops

The USD women's basketball team (11-2, 6-5 WCC) is looking to gain a WCC Postseason Tournament bid as the Toreros play at Portland tonight and travel to Gonzaga for a Saturday night game. Both of these WCC contests start at 7:05. In this past week, the team split its pair of WCC games, beating Loyola Marymount, 74-62, on Feb. 17, and losing to Pepperdine on Feb. 19, 71-51. The Toreros need to win two of their last three games to ensure a berth in the WCC Tourney, which will feature the conference's top four teams.

The "Shab" Watch

(this box will be keeping track of how many tries USD rugby player Pat Ioele a.k.a. "the shab" scores)

last week

0

total

2

PRESIDIO LIQUOR

5139 Linda Vista Rd.
San Diego, CA. 92110

COORS, MILLER, or BUD Bottles

Lite or Regular

\$5.99 per 12 pack

Limit 2 per coupon

Expires 3/17/94

SPECIAL COUPON OFFER

\$5.00 OFF

ANY KEG BEER

Expires 3/17/94

Summer Employment

USD SPORTS CAMP

Resident Counselors

When: Summer 1994 June - Aug
application Deadline March 6, 1994

• Become a camp counselor to kids ages 6 - teens

Where: USD

Housing/Room & Board + Base Salary \$200

For Job Requirements & Applications,
contact USD Sports Camp Office
or Call 260-4593 for more information.

Torero bats remain hot

Matt Simons
Staff Writer

In another exciting week of baseball, USD finished up winning three out of five games. The Toreros lost to UC Riverside, 7-8, swept Air Force Academy in a three-game series and lost to the University of Washington 6-4. USD improved its record to an impressive (8-3), and will begin league play on March 4 against St. Mary's at home.

The Toreros traveled to Riverside on Tuesday and lost a close one. Travis Burgus, a junior, was the starting pitcher. He gave up eight hits and seven runs in five innings. Senior Chris Collins relieved Burgus in the fifth inning, lasting until the bottom of the ninth when Mike Freehill got the last out.

Once again, the Torero's offense was strong and kept the game close. Senior Charlie Setzler had three hits, junior Brady Clark added two more, while Eric Morton went 2-4 with three RBIs. Josh Stepner had two hits and chalked up another RBI.

The game that was scheduled for Thursday against Pt. Loma was rained out, giving the Toreros a chance to get some rest before the weekend games. This game is rescheduled for April 13 at Pt. Loma.

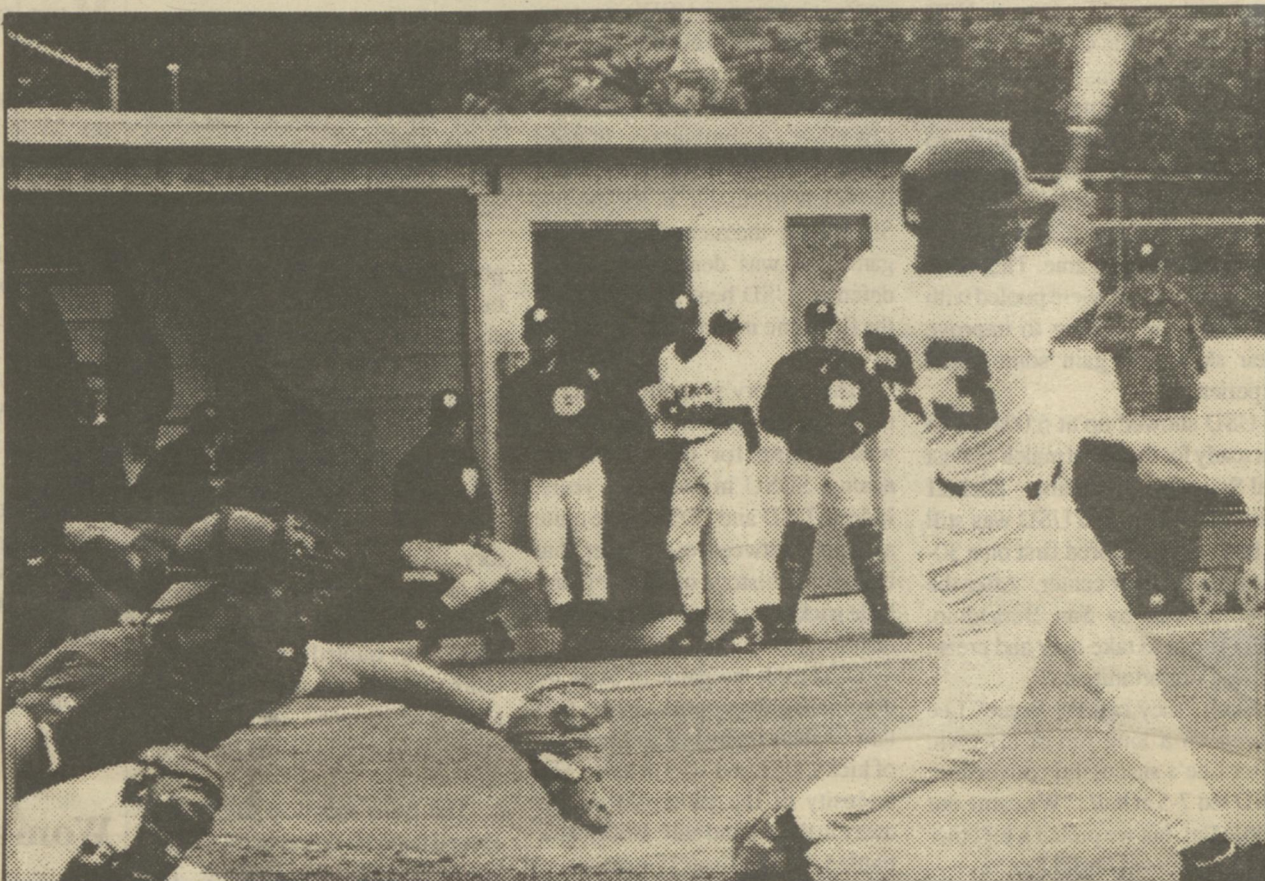
USD hosted the Air Force Academy for a three-game series on Saturday and Sunday. The toreros swept the series, winning the games, 6-2, 7-4 and 7-0 respectively.

In the first game, ace Mike Saipe (4-0) took control of the mound. Saipe went the distance in this game and picked up his fourth victory of the season.

Morton led the offense, posting two hits in three at bats, including a triple and two RBIs. Freshman Matt Kuseski had his best game of his young USD career going 2-4 with two RBIs.

On Sunday, the weather wasn't the best for a baseball game, let alone a double header. It was cold and raining, but the games were played anyway. USD won both of these games, 7-4 and 7-0.

The first game of the double header featured junior Pat James as the starter. James only lasted two and one-third innings, giving up two hits and four runs. Collins came in relief and got the win with only giving up four hits and no runs. Junior reliever Matt La Belle pitched the last one third



Josh Stepner (23) and the rest of the Torero bats have been hot so far.

of the ninth.

Larry Williams once again led the offense. He had one hit in two at bats, driving in two runs. Kuseski again came up big going two for three with one RBI.

The second game of the double header was a very exciting game as Travis Burgus picked up an impressive win 7-0. Burgus was incredible on the mound, only giving up one hit and recording the shutout.

Junior shortstop Dave Romero hit his second homer of the year to lead the offense. Williams went two for four with a double and two RBIs. Stepner had a triple and drove in two runs to help the Toreros' offense.

After playing four games in seven days, USD had to play one more game on Monday before finally getting time to rest. The Toreros hosted the University of Washington on a nice sunny day with Freehill getting the start. After four and one third innings, Freehill who allowed eight hits and six

runs, gave way to Freshman pitcher Trevor Leppard. In his second appearance, Leppard pitched an outstanding game. He pitched four and two-third innings not giving up a single hit.

Although the pitching was good, the Toreros failed to come up with enough offense to take the victory. Williams and Romero each had a double in the effort, while Slania, Morton, and Stepner all drove in a run.

USD finished the week winning three out of five tough games. They get to rest until this weekend, when they will travel to Fullerton to play in the Anaheim Hilton Classic. The Toreros will face #3 Cal State Fullerton on Friday, #1 Georgia Tech on Saturday, and Oklahoma on Sunday. This is an important weekend for the Toreros. A win could give them a national ranking. "We have nothing to lose," says Slania, "hopefully we can earn national respect this weekend." For ticket information, contact the USD Sports Center.

Men's hoops split two on the road

Mike Tanghe
Co-Editor

The USD men's basketball team split a pair on the road this past weekend, beating Loyola Marymount, 89-82, Friday night and then dropping a tough one to Pepperdine, 76-57, late Saturday afternoon.

The Torero's stayed at an even 6-6 in the conference, with two WCC games remaining. USD is tied with Pepperdine for third place, trailing San Francisco by one and behind WCC conference champion Gonzaga by five games.

The Toreros host Portland tonight and Gonzaga on Saturday night. They close out the regular season against Sacramento State on Tuesday night, March 2. The Portland and Gonzaga games start at 7 and the Sacramento State game's

tip-off is at 7:30.

On Friday night, USD had the scoring touch, with three Toreros scoring over 20 points. They were led by senior forward Joe Temple with 24, senior forward Brooks Barnhard with 23 and sophomore guard David Fizedale with 20 points. USD led the entire game, although the Lions made it interesting at the end. They cut USD's lead to one with just under two minutes remaining, but the Toreros made eight out of their last 10 free throws to ice the game.

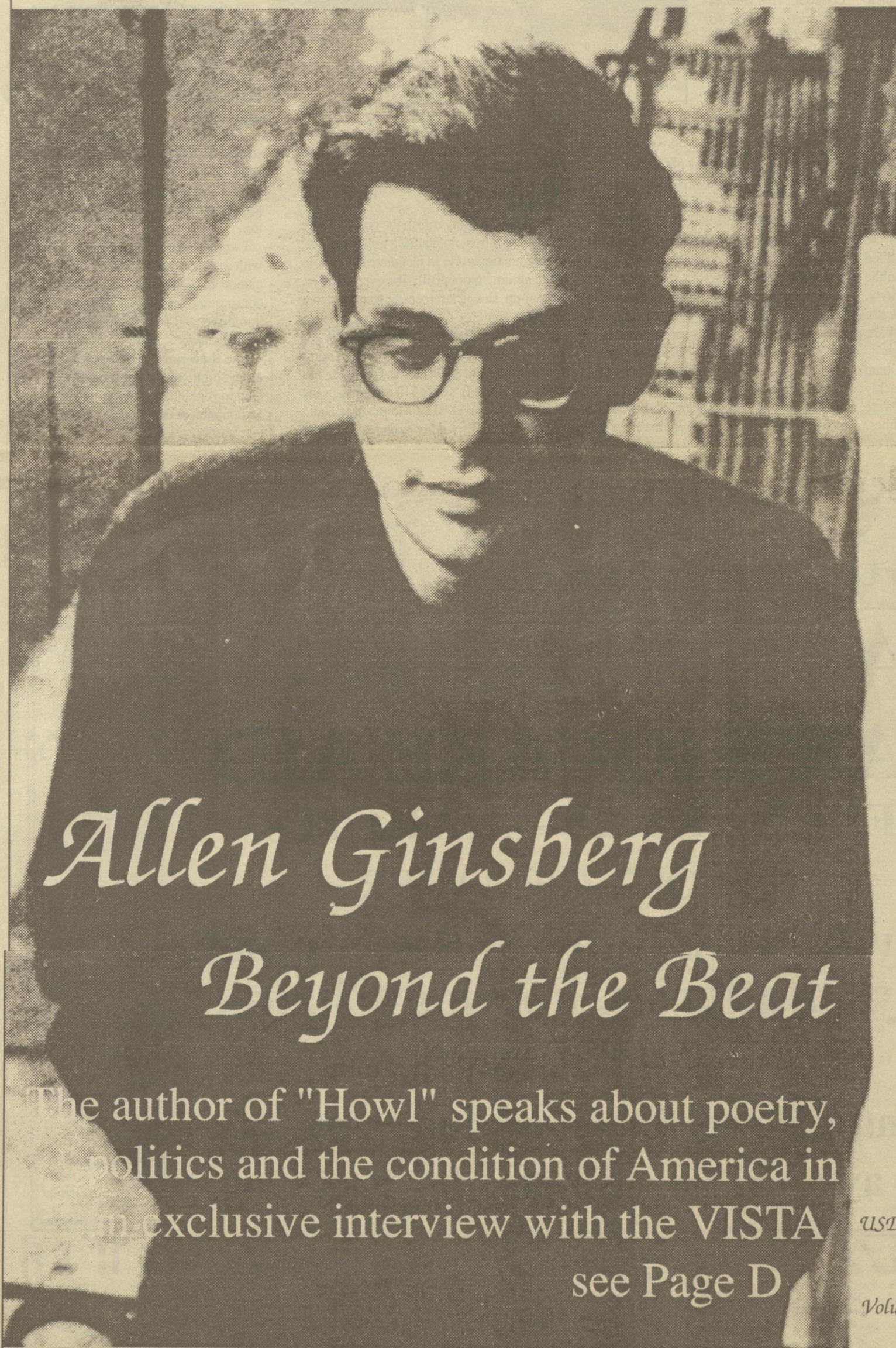
Playing with less than a day's rest, USD lost a tough one to Pepperdine. The Toreros never really got on track. The excellent shooting that was with them the night before was

see HOOPS on page 14



Brooks Barnhard (23) has been a key factor to USD's success this season.

I saw the best minds of my generation destroyed by
madness, starving, hysterical, mystical, naked,
dragging themselves through the negro streets at dawn
looking for an angry fix,
angelheaded hipsters burning for the ancient heavenly
connection to the starry dynamo in the machinery
of night,
who poverty and tatters and hollow-eyed and high sat
up smoking in the supernatural darkness of cold-
water flats floating across the tops of cities
contemplating jazz,



Allen Ginsberg

Beyond the Beat

The author of "Howl" speaks about poetry,
politics and the condition of America in
an exclusive interview with the VISTA
see Page D

O
U
T
L
O
O
K

USD's Weekly Guide
to Really Cool Stuff

Volume V • Issue IV

H I G H L I G H T S

A little green

Green Day
Friday, Friday 25
SDSU Montezuma Hall
\$9 Student Admission
\$10 Public Admission

Tom Demko
News Co-Editor

1983. Berkeley, California. Two 11-year-old dorks, Billie Joe and Mike Dirnt, want to learn guitar, be a band. They call themselves Sweet Children; sets were composed of lame heavy-metal tunes, with Mike on Bass and Billy Joe singing and playing guitar.

In 1989 they changed the band name to Green Day (after one of their song titles) and began looking for a record deal. They found Lookout records.

Lawrence Livermore, president of Lookout, agreed to listen to them only if they made a 200-mile drive to Mendocino County to audition for him. Upon arriving they were greeted with the news that the owner of the shack they were supposed to audition in bailed out. In the pouring rain, they broke into the shack to find it had no roof and no electricity. Livermore went home, grabbed a generator and the band played in the rain for 12 kids. Livermore signed them immediately.

39/*Smooth* was Green Day's first album with Lookout. Its pop-punk sound quickly sponged up national attention and they were off to tour the U.S. and Europe several times. *Kerplunk* was Green Day's second album on

Lookout and featured a new drummer, Tre Cool. Tre's tight drumming polished up the pop-punk sound. Two albums and growing masses of Green Day fans addicted to an ornate stage show concretized Green Day on the independent label scene.

Kerplunk was Green Day's third album with Lookout. This 1992 effort was recorded for only \$1000, yet broke sales records for Lookout all over the country. By 1993 it was time for Green Day to move on to a major label, bigger tours and more record sales. Warner Bros was the label. *Dookie* was the album.

Produced by Rob Cavallo with Green Day, *Dookie* goes off. All of the band's strengths have appreciated into an album that, fluid with Green Day's previous sound, fuses punk rhythms with pop melodies. This shredded wheat approach, sugary on one side, rough on the other, comes together once again. The 14-song album is only 39 minutes long, with no song breaking the 180-second barrier.

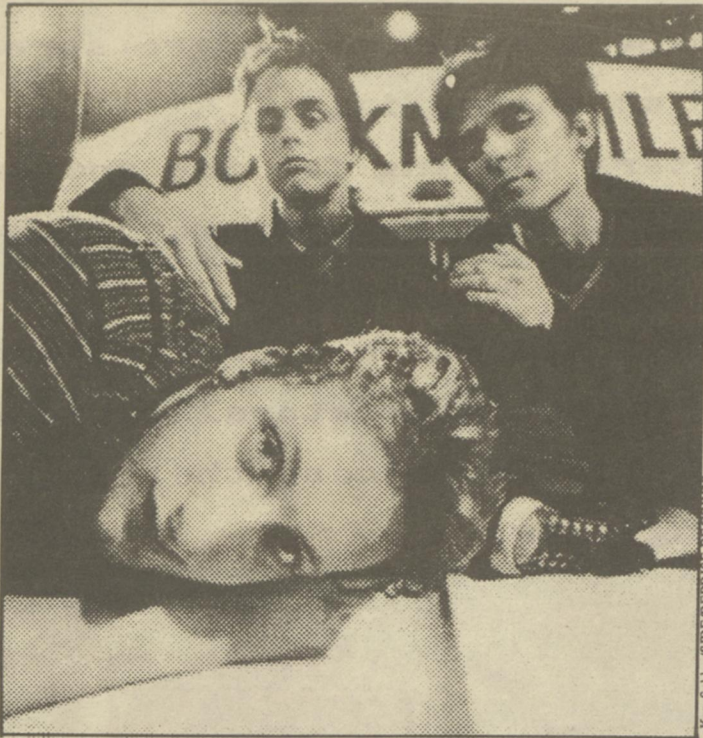
The pop lyrics mostly investigate post-high school insecurities. There are no long moral lectures, gone are the depressing screams of contrived anger. Rather, songs look at topics such as joblessness (in "Longview": "My mother says to get a job/

But she don't like the one she's got"); girls ("She"); and general late-teen muck ("Coming Clean": "Seventeen and strung out on confusion").

The punk riffs stay true to the genre. There are no long intros, no glamag guitar heroics, no arduous fret work. In fact there isn't a solo on the album. Nope, Billy Joe even plays on the beat-up, shwag stratocaster he played that one rainy night for Lookout records in 1989.

If you missed Green Day a few months ago opening for Bad Religion at Iguana's, don't blow it twice and miss Green Day with Tilt tomorrow night. It's only \$10 and perhaps the last show ever at SDSU's Montezuma Hall.

Green Day is simply going to ruin the place.



GREEN DAY

Renegade Sluts on Bikes
Currently running through March 5
Saturdays at 11 p.m.
Lyceum's Underground Stage
\$5 donation

Darcie McIntire
Staff Writer

Okay, all you theater connoisseurs, it's "West Side Story" meets "Grease" although you can't directly compare "Renegade Sluts On Bikes: The Family Biker Musical of the '90s" to anything.

"It's derivative of everything and points to nothing," says Dan Kerness, musical and artistic director of this B-movie version of every '50s musical ever made.

The play stars 14 lovable sluts and is set in Slutville, USA. It centers around the youth of Slutville High School and stars characters such as Boom-Boom, Dildohead, Trixie, Otto and Bubbles, to name a few.

Writer and lyricist Lisa Mulcahy directed the 1987 world premiere of Renegade Biker Sluts at Brandeis University as well as the show's smash run at the Provincetown Repertory Theater of Boston.

I would recommend this play to anyone with a good sense of humor and an appreciation of weirdness. The cast, although composed of amateurs, was energetic and humorous and stayed in character on and off the stage.

The show runs until March 5 every Saturday night at 11 P.M. at the Lyceum Underground Stage downtown. There is a \$5 donation at the door, \$4 if you're wearing leather. For more information call 542-5504.

ASSOCIATED STUDENTS EARTHQUAKE AID FEBRUARY 28 - MARCH 4

IN FRONT OF MAHER

**Baby Bottles, Baby Bottle Nipples,
Toys, Batteries, Folding Chairs,
and Snack Foods.**

**Signup Sheets for on-campus students
Sign away \$2.00 cash plus for Red Cross**

COLLEGE LIFE

Semester at sea

Christine E. Naugle
College Life Editor

Semester at Sea, administered by the Institute for Shipboard Education and academically sponsored by the University of Pittsburgh, is a program that takes 400 to 500 students from colleges and universities across the United States and abroad around the world each Fall and Spring semester.

Students can choose from 50 lower- and upper-division courses in a variety of disciplines. Courses offered are accredited by the University of Pittsburgh and are fully transferable to the student's home institution. Classes meet daily while the ship is at sea. The faculty are visiting professors from institutions across the U.S. and abroad.

All of the faculty have had extensive resident international experience, which serves to integrate course content with countries on



USD student Julie Otero

Activities in port can include homestays with families in the countries; visits to universities; travel to places of historic, cultural and religious significance; or simply free travel to experience life in the cities and rural areas. Stays in port range from three to seven days.

Semester at Sea uses the S.S. Universe, an 18,000-ton converted cargo ship that has been equipped as a floating university. It includes classrooms with closed-circuit television capabilities, a library, theater, student union and cafeteria. It also includes a swimming pool, basketball and volleyball court and a weight room, providing a campus atmosphere for participating students. A student-life staff provide activities programming for the periods of time at sea.

The Spring 1994 voyage will visit Nassau, Bahamas and sail for Venezuela, Brazil, South Africa, Kenya, India, Malaysia, China, the Philippines, Japan and Hong Kong. The S.S. Universe will undergo a scheduled inspection in Hong Kong, students on this voyage will fly home.

Spring voyages typically end in Seattle.

The Fall 1994 voyage will depart Vancouver on Sept. 14, for Japan, Taiwan, Hong Kong, Philippines, Singapore, Malaysia, India, Egypt, Israel, Ukraine, Turkey, Greece and Morocco, returning to Fort Lauderdale, Fla., on Dec. 23.

The cost of the program is \$11,695 for standard accommodations, and includes tuition, room, board and passage fare. Additional information may be obtained by writing to: Semester At Sea, University of Pittsburgh, 811 William Pitt Union, Pittsburgh PA 15260, or by calling 800-854-0195.



Students experience S.A.S

USD students who are currently participating on the Spring 1994 voyage of Semester At Sea are Kelly Heap, Julie Otero, Elizabeth Hartman, Cambra Laverty, Gretchen Head, Shalla Levra, Cindy Anderson, Allison Riley and Tracey Groenke.

The College Republicans

Fiona Chaney
Staff Writer

The College Republicans are in their second year of political activism. As the second largest Republican volunteer organization in the state, the College Republicans have been called on to help elect party candidates into office this election year.

The USD chapter has pledged its support in electing Congressman, Michael Huffington, to the U.S. Senate and re-electing Gov. Pete Wilson.

Some upcoming events include the State Party Convention on Feb. 25, 26, and 27 in Burlingame. This semester the USD CR's will hear Angela Buvhanan, former Treasury Secretary under Ronald Reagan, speak on issues of women in politics and the future of the GOP.

College Republican President Noli Zosa encourages students who are interested in getting involved in the political process and in finding internships to please attend bi-weekly meetings. The College Republicans meet in Maher 209 at 12:15. For more information contact Noli Zosa at 294-4460.

AS Gripe Box

Dear Student Issues Board,

I go to the mail center of the bookstore at least two times a day. I have a class in Loma and I usually stop to check my mail or get a snack at the convenience store before my class. Often, I want to call my roommate in the Vistas or somewhere else on campus and there is no on-campus phone. I don't want to pay 20 cents just to make an on-campus call. Why aren't there more on-campus phones?

—Vista Resident

Dear Vista Resident,

I am also a resident in the Vistas and have had the same frustrations. Many other students share your complaint. There's an on-campus phone in Copley Library and one behind

the info desk in the UC. As sophomore senator I sit on the Student Issues Board. We meet every Tuesday at 11:15 a.m. in UC 107.

I addressed the problem of not having enough on-campus phones and have found a solution. Telecommunications agreed that the bookstore/mail center area has enough traffic that would make another phone useful to students. I am happy to report that a new on-campus phone will be installed in the bookstore/mail center in the near future. No longer will you need to get stressed out when you want to mail a letter and forget the address. You can use the on-campus phone to call your roommate and have them look it up for you. Ah... convenience!

Sincerely,

Alicia Kemmitt
Sophomore Senator

OUTLOOK

Events

If you would like to include your event in this box, send typed information to: USD VISTA; c/o Outlook Editor; 5998 Alcalá Park; San Diego, CA 92110-2492.

Please remember to include time, date, place, purpose, the event title and some background on the event. All submissions are due two weeks prior to publication. The USD VISTA reserves the right to deny servicing of press releases.

compiled by Chris Woo

THURSDAY

"The Island": Common Ground Theatre's first play of the 1994 Season. Opens today and runs through March 6. Lyceum Stage in Horton Plaza, \$7/\$10, call 235-8025.

For Love Not Lisa w/ Dirt Clod Fight: Casbah, 8:30 p.m., \$5, call 232-4355.

Janet Jackson w/ Tony, Toni, Tone: San Diego Sports Arena, 8 p.m., call 278-TIXS.

The Sleeping Beauty, Presented by Charlotte Chorpennig, Cajon Park School, 10300 N. Magnolia Santee, Open Feb. 25, call for prices and dates, call 488-5673

SATURDAY

Meices w/ Sun-60 and Archers of Loaf: Next big Chapel Hill thing is Archers of Loaf. Casbah, 8:30 p.m., \$7, call 232-4355.

"Walk On Water" contest: Engineers and engineering students are invited to test their skills of walking on water. USD Sports Center, 10 a.m. to 4 p.m., call 260-4682.

rust w/ The Lonely Souls and Shiva: rust was featured in Outlook two weeks ago and are awesome live. The Soul Kitchen, Main Street, El Cajon, \$3.

SUNDAY

Library tour: Also includes computer catalog demo. San Diego Public Library, 1:15-2 p.m., free, call 236-5800.

Rocket From the Crypt w/ 68 Comeback: San Diego's favorite local band returns from a national tour. They were recently featured on MTV's 120 Minutes and are ready for major success. The World Beat Center, Midtown, 8 P.M., \$9.

MONDAY

Andres Vollenweider: Recently releasing the album *Eolian Minstrel* which features songs with lyrics for the first time. Eliza Gilkyson is the featured collaborator on most tracks.

Copley Symphony Hall, 8 p.m., \$23/\$18, 8 p.m., call 278-TIXS.

"The Icicle Thief": Movie directed by Maurizio Nichetti in Italy, 1989. San Diego Public Library, 6 p.m., free, call 236-5800.

TUESDAY

Ethyl Meatplow w/ Glue: Casbah, 8:30 p.m., \$7, call 232-4355 or 278-TIXS.

United Front Open House: Events will be held throughout the day at the UC center representing the six member organizations of the United Front. Their will be entertainment, food and information about our organization. Everyone is invited.

WEDNESDAY

MTV Free Your Mind Spoken Word Tour featuring John S. Hill, Maggie Estep and Gill Scott Heron: The Belly-up Tavern, 8 P.M.



JANET JACKSON

Art Alive: An annual fundraiser which blends the splendor of nature with the inspirational beauty of art. San Diego Museum of Art, March 24-27, reservations required, \$25 each for most events, call 232-7931.

Boomers, Presented by Vanda Eggington and Kerry Meads, Hahn Cosmopolitan Theatre, 444 Fourth Street, call for times and prices, call 474-4542

FRIDAY

Green Day w/ Tilt and Well Strung To Hang: Berkley skate rock. Montezuma Hall SDSU, 8 p.m., \$12/\$10.50 advance, call 278-TIXS.

"Nosferatu: A Symphony of Horrors": The Dracula myth will come to life when the San Diego Symphony plays alongside a bloodmobile. Copley Symphony Hall, 2 p.m., \$33 and up, call 699-4205 or 278-TIXS.

The palace of wisdom

All articles by
S. Bryan Dobson
Editor-in-Chief

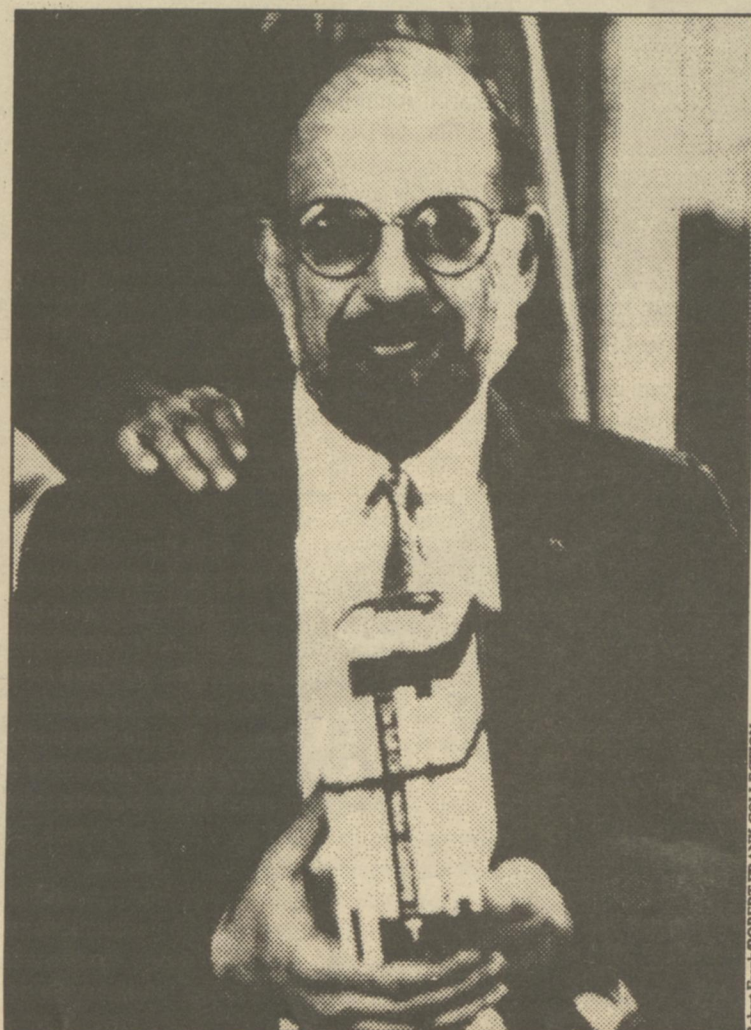
Allen Ginsberg is a survivor. He has been the voice of American counter-culture for over 30 years. His rejection of materialism and protest of shallow American culture has forced me to search for depth and candor in my own life. In my struggle to understand history, literature, America and my relationship to them, Ginsberg has provided a some of the answers — or at least asked the same questions. Ginsberg has exposed the soul of America through his writing. He has presented a reflection of society that is candid and sincere. His perpetual seeking of enlightenment has inspired me in my own acquisition of knowledge. By transcending convention and speaking from his heart, Ginsberg has found immortality not only as a poet but also as a human being. He is, undeniably, one of the greatest American poets of the 20th century. This interview began with a phone call to his New York apartment and concluded on a ride from the San Diego airport to the Museum of Contemporary Art in La Jolla.

OUTLOOK — Despite high interests among students, beat literature, for the most part, is not respected as an academic discipline.

Ginsberg — The literature is relevant today more than ever. But very few beat writers have been accepted by the academy. I am defining the academy as the anthologies made by professors for study in colleges and high schools. Only myself, Gary Snyder, and sometimes Michael McClure are printed in anthologies of American poets. For some reason Kerouac has been ignored by the academy, even though he has probably influenced every subsequent American novelist. He is appreciated in China. In Chinese anthologies of American literature Kerouac has more space than any other American author including Norman Mailer, John Updike and everybody.

Really, the problem goes beyond academic rejection. Censorship on American radio and television keeps people from being exposed to the literature. Most of beat literature could not be vocalized on American television or radio from six a.m. to eight p.m. Consequently, it must be read. That says a lot about American culture.

OL — Several critics in the 1950s declared beat writers incompetent and the writing with out merit. I would say that history has proved them wrong because beat literature still resonates. Why do you think it remains so meaningful today?



ALLEN GINSBERG

Ginsberg — Because it is a voice of authentic individual experience not the canned voice of the media, not the consistently manipulating voice of advertising or of government. The purpose of advertising is to manipulate your mind, arouse your desires and empty your wallet. And the purpose of government is to deceive and lie and to bring you along. We have had vast scandals like J. Edgar Hoover turning out to be gay, the mistake of the Vietnam war and the lying that went around that — trying to suppress the Pentagon papers, CIA involvement with heroine dealings in South East Asia to support off the shelf operations. Also, the trading of guns for drugs with the contras and using the drug money to support CIA Chief Casey's of the shelf operations. I new Noriega was involved with drugs, as the head of the CIA, Bush must have known. This is all to merely say that the Government is full of lies.

So we are going to look for somebody to tell the truth of what he really thinks. Now what he thinks may not be correct or true but at least he can tell you truthfully what he thinks.

For some authentic individual standard of candor you have to go to art. Particularly candor on drugs, candor on sex, candor on political correctness of either the left or the right, you have to go to the individual poet.

OL — The literature and lifestyles of the beats were highly influential in the hippie movement? However, it seems

The life of Allen Ginsberg

Allen Ginsberg was born on June 3, 1926, in Newark, N.J. He was raised in a turbulent family of Jewish intellectuals. At 17, Ginsberg left high school to attend Columbia University. While studying at Columbia, he met friends who would change his life. Among them were Jack Kerouac, Gregory Corso, Neal Cassady and William Burroughs.

The group became the nucleus of the beat movement. Their intrepid search for enlightenment led them on marijuana- and Benzedrine-induced conversations that lasted for days. In this heightened state of mind they discussed literature, religion and the nature of existence.

These conversations revealed their common beliefs about the material culture of the 1950s. They had a mutual disgust in shallow consumer society and corrupt government. — These friendships would provide the material and the inspiration for a library of literature to follow.

After being dismissed from Columbia in 1945, Ginsberg was readmitted and graduated with a bachelors degree in 1948. During the next two years Ginsberg experienced a series of mystic visions of William Blake. After moving back home and working as an book reviewer for Newsweek, Ginsberg traveled around Mexico and Cuba and eventually settled in San Francisco in 1955.

In San Francisco, Ginsberg found his poetic voice. Inspired by fellow poet Kenneth Rexroth and the spontaneous prose writing of Kerouac, Ginsberg experimented with a style that was free from the bounds of conventional poetry and reflected the free flow of the mind. Influenced by the improvisational rhythms of jazz music and the enhanced sensitivity produced by drugs, Ginsberg began writing his way into immortality as a poet. This new way of writing would influence literature around the world.

to me that much of the inspiration was misunderstood.

Ginsberg — Well, yes, the literature was made into a political ideology and it lost its spiritual breath. Originally the inspiration was change of consciousness, spiritual consciousness, new consciousness. Those are the phrases Kerouac and I used way back in 1945. So it was an attempt to alter the texture of consciousness and change awareness rather than try to go out and change external forms. One thing literature can do is deal with awareness and information. Self knowledge, the arts can do that or as Pythagoras said, "When the mode of the music changes the walls of the city shake." This is proved by the development of the revolution in Prague and the fact that really the Communist was

In San Francisco, Ginsberg completed his most famous poem "Howl." This poem, along with Kerouac's "On The Road" and Burroughs "Naked Lunch" became epic beat texts. They accurately depicted the alienated feelings of America's youth.

Ginsberg read "Howl" publicly for the first time on October 13, 1955 at the Six Gallery in San Francisco. The beat generation found its voice. "Howl" was published in 1957 by City Lights Books. An obscenity trial ensued. The owner of City Lights Books, poet Lawrence Ferlinghetti, was prosecuted for selling the book. Ferlinghetti won a landmark censorship decision and "Howl" became one of the most widely read American poems of the 20th century.

Ginsberg continued to travel and published other books of poetry including, "Empty Mirror," "Reality Sandwiches," and "Kaddish." Because of his condemnation of mechanization and bureaucracy, Ginsberg became a hero to the hippies of the '60s.

He became a voice against the establishment heard around the world. In 1965, Ginsberg was declared "King of May" by Czechoslovakian students in Prague.

Ginsberg remained politically active and was arrested for engaging in "passive resistance" and anti-nuclear demonstrations.

Ginsberg has been a professor of literature at Brooklyn College for the last six years. "He is a symbol of free speech. He is a symbol of America," said Ann Charters, beat scholar and Kerouac's biographer.

Allen Ginsberg has been a powerful force in American poetics and culture for over 40 years. His intelligence and insight has provided him with a clear lens with which to view the world. He conveys this view like an archer with the language. His words, like arrows, pierce through bureaucracy, bigotry, and censorship to reveal essential truths of human existence.

undermined as much lifestyle change, sexual revolution, drugs, popular music — rock and roll, and African-American rhythms than it was by all the cold war ideology of the Hoover institute.

The new left of the 60s had a much more limited scope when it first opposed, for instance, LSD. Though later on when the new left did start dropping LSD they went a little bit nuts on it — projected into super-revolution violence rather than for examining their own consciousness and then examining the texture of the phenomenal world.

I think the anti-war movement was very much catalyzed by acid in the mid 60s. To that extent it was good. But to the extent that the left had not

cleaned its own heart or head, you had aggressive, angry, war protests like bring the war back home, waving Vietnamese flag, and kill your parents which sabotaged the anti-war movement because that digression was a block to middle class acceptance of the anti-war movement.

OL — In viewing the evolution of America, especially from the 1950's to the present, what are your perceptions of America today?

Ginsberg — Well, the ecology arises from a blueprint in our mind and is carried out. Destruction of the ecological balance is a by product of imagining hyper mechanization, hyper industrialization and hyper technology. Ecology is one of the original themes that was introduced into poetry and continued with the beat writers. But hyper nationalistic hypertechological alteration of nature has continued recklessly. So were in a big hole and it's not likely we'll get out of it. Before you can act you must conceive. We have conceived the world as it is today.

OL — So what does this mean?

Ginsberg — It could be another hundred years or couple hundred years until we reach a total gridlock. Every move we make destroys more. The only way out would be to get rid of fossil fuel, adopting some really serious population reduction methods and getting the monkey of fundamentalism off our backs. But with this new information superhighway, that means everything will be under the control of a few bureaucrats and they're dominated by petrol chemicals. There is no way out if they get control of the toll barriers on the super highway.

OL — You were highly influential in virtually defining a generation. What can you say to myself and the members of my generation which is still trying to find itself?

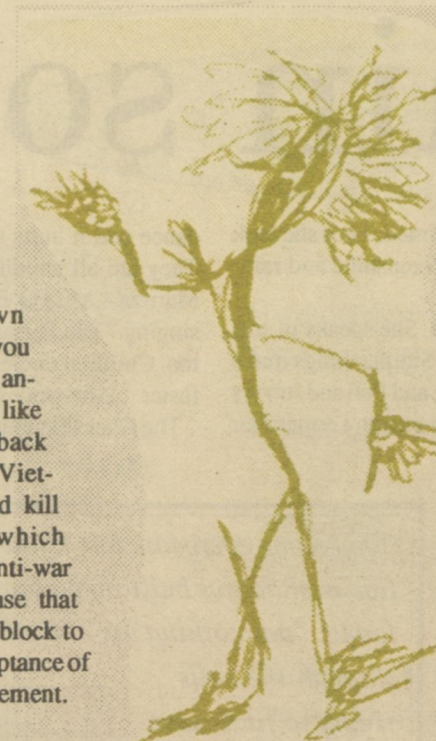
Ginsberg — We were not trying to define anything. Kerouac didn't mean to name it he meant to unname it. We were just trying to figure out the world around us. We knew what we loved. We knew what was plastic. We didn't get caught up in the naive American money hysteria. We knew what we liked and disliked. Specifically what we liked was Eros. We found Eros very interesting, African-American music was interesting, Dostoyevsky was interesting.

OL — I read that in your appreciation of William Blake you were highly influenced by the phrase, "The road of excess leads to the palace of wisdom."

Ginsberg — No, I would not say I was highly influenced by that quote. I like it, but there are others I like better.

OL — What are they?

Ginsberg — "Prudence is a rich ugly old maid quartered by incapacity." Another one is, "He that binds himself a joy, does the winged life destroy. He that kisses a joy as it flies, lives in eternity's sunrise." Actually, all of Blake's "Proverbs of Hell" I like very much.



Not Yet a Corpse

■ Ginsberg performs in La Jolla

Poet Quincy Troupe, guitarist Phil Upchurch, and Beat poet Allen Ginsberg appeared Thursday in Artists on the Cutting Edge II: Cross-Fertilizations, a series of seven literary and musical evenings taking place at the Museum of Contemporary Art in La Jolla.

The event was sold out weeks before the performance. Consequently, few students were able to attend. Sherwood auditorium was inundated with museum patrons and aristocratic pseudo-intellectuals buying up Ginsberg's autographed books of poetry.

It was an interesting audience considering Ginsberg's opposition to bureaucracy and rejection of materialism. Paradox permeated the air of the auditorium like expensive perfume.

Troupe, a professor of literature at UCSD, is a local favorite. He began the evening with a reading of the introduction to his most recent novel followed by poems from his latest book of poetry, "Weather Reports."

Troupe was joined by guitarist Upchurch. Upchurch played a blues rhythm while Troupe shouted his poetry. The result was poetic blues that was pushed along by the consistent rhythm of the guitar. Upchurch, a virtuoso, also played three of his own songs.

After an intermission, Ginsberg took the stage. To begin, Ginsberg invoked "the spirit of poetry" by singing William Blake's "The Tyger" while playing the harmonium.

"This is my contribution to the war on drugs," Ginsberg said in introducing his next poem. Keeping the beat with two wooden sticks, he chanted "Don't smoke, don't smoke, don't smoke."

Within these repetitive phrases he declared cigarettes to be the "original dope." Although it was a playful chant, Ginsberg employed facts to reveal the hypocrisy of a government that spends millions to fight the war on drugs while subsidizing tobacco farmers.

"Twenty thousand die of coke, or illegal speed each year. Four hundred thousand cigarette deaths that's the drug to fear. Don't smoke, don't smoke."

Ginsberg followed these songs with readings from his new book of poetry, "Cosmopolitan Greetings: Poems from 1986-92." Ginsberg, 68, was full of energy. He shouted the poem, "Home Bomb," using short phrases, questions and answers to trace paranoia through a bureaucracy that justified the need for an atomic bomb.

Ginsberg maintained his notorious anti-establishment credo, but he also revealed humorous insights into growing old. In these new poems, he mocked the maintenance and deterioration that accompanies growing old.

Ginsberg captivated the audience. The audience laughed at his mockery of the inefficiencies of government and squirmed at candid poems about homosexual experiences.

"Happy, not yet to be a corpse," Ginsberg said. Ginsberg asserted his awareness of the inevitability of his own death, but the audience left assured of his immortality as a poet.

The beaten path

A history of the Beat Generation

— compiled by Joey Santos

•1790 — William Blake writes "The Marriage of Heaven and Hell."

•1914 — William Burroughs is born in St. Louis, Mo., the grandson of the inventor of the Burroughs adding machine.

•1926 — Allen Ginsberg is born in Newark, N.J.



Ginsberg Family 1940

•1945 — World War II ends. The Cold War looms.

•1948 — The term "Beat Generation" is coined by Jack Kerouac in a conversation with fellow writer John Cullon Holmes.

•1953 — "Junk," Burroughs' first work is published.



William Burroughs 1953

•1954 — San Francisco becomes the new beat Mecca with the arrival of Ginsberg.

•1955 — "Howl" is read for the first time at the Six Gallery in San Francisco.

•1957 — Lawrence Ferlinghetti is arrested for publishing and soliciting the book, "Howl and Other Poems."



Kerouac and Cassady 1949

•1957 — "On The Road," Kerouac's semi-auto-biographical novel centering around Neil Cassady, is published.

•1959 — "Naked Lunch" is published. Burroughs succeeds in defining the new American drug culture.

•1974 — "The Fall of America," a Ginsberg volume of poetry, receives the National Book Award.



Allen Ginsberg 1953

•1991 — David Cronenberg brings "Naked Lunch" to the big screen.

•1993 — Nirvana's Kurt Cobain records an album with William Burroughs.

And twisting thoughts that spin around my head ... how quickly a sun can drop away...

The clouds rolled across the sky and covered the sun softly, gently. i sat in class listening to distant voices speaking of transcendentalism and William Wordsworth and nature. my mind floated out the window and into a raindrop, a storm cloud. i was no longer "in class" at USD, but i was in a memory, in a day-dream with Thel.

The first night we were together, we talked of life. i spoke of my history of isolation, from the time i was a child through my adolescence. my childhood was a far cry from the norm. i was somewhat of a prodigy - i had the uncanny ability to absorb knowledge, and furthermore, understand. my mother used to call me a "little man." i was years ahead of my peers on an intellectual level, and therefore had difficulty finding friends.

This problem has followed me ever since. No one seems to understand what i say. Trying to hold conversations with people about love, life and art is really difficult. my understanding of these truths extends far beyond normal human perceptions. It's almost as if i speak in an alien tongue.

If i were to say to you, love is the universal truth, the creative impetus behind madmen and that poetry was the secret of life and i spoke with storm clouds in my eyes and thunder in my voice, you'd turn away. Everyone turns away.

But Thel didn't. That night, our first night together, she smiled and listened. She made me laugh and forget who i was, where i was. She made me feel human ... for once in my life, i felt human and loved. Thel didn't turn away from my raging mental tempest, she held and braved until

Rain song

the sea within my eyes calmed. Then she took my hand and led me into sunshine and rainbows.

Thel is a child of light. She speaks in soft tones and sings sweetly. Simple things make her happy: a smile, music and Ben and Jerry's Heath Toffee Crunch ice cream. i remember staying up all night with her and watching "The Princess Bride." We recited dialogue together and wished real life could be so simple.

"Life is pain, Highness. Anyone who tells you different is selling something."

The rain begins to fall harder outside Camino-Founders. i drift into and out of reality and the professor's revelations

about the trans-human state of Wordsworth in his poetry begins to make sense. my eyes are weak, tears well up and surround my pupils - my black eyes strain to hold on to The Concrete, but i slip again into The Abstract.

i'm standing on top of a crest of the Wave. The moon is sinking into the Pacific and i'm trying to race into Thel's heart. Sharks swim around me and their song hurts my ears. The Storm furiously grows. i dive into the black waters of the cerebral sea and search for her.

Beyond the surface of the water, there is a playground. Children swing and sing and

dance and it hurts my heart to see such joy. They are all childhood friends. Janet, Rick, Maritza - Miss O'Brien's kindergarten class singing "The Farmer in the Dell." i'm there, too. Children circle around me, faster, faster, faster ... the waves, my thoughts.

The Cheese stands alone, the Cheese stands

You see me everyday, but know not who i am. i live in shadows built by ignorance and fear. i am lowly. i am nothing yet everything. i wander through the halls trying to find meaning in the meaning less. i am an anomaly and do not fit in.

anomaly

beyond the Storm. i race to grasp her hand, but i'm trapped below the surface of the water. Thel's sunlight looks murky and her rainbow is clouded by the tempestuous sea. The Storm rages in my heart and i realize i was looking for Thel in the wrong place - i should have stayed above the water.

The Child is gone. He is safe. i drown, like Ophelia, in bleak, cruel silence.

The Abstract shatters and class is over. My mind settles and returns to The Concrete. i leave the classroom in a daze and walk outside.

People rush to and fro, trying to escape the rain. i walk slowly back to my room, recovering from my excursion into the recesses of my mind. The water feels good against my chest and mixes freely with my tears.

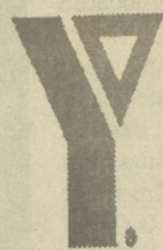
my room was empty when i came back from class. i slipped Led Zeppelin's "The Rain Song" into my CD player and turned the volume up. i took off my shirt and shoes and stood outside my door, feeling the rain against my heart. my daydream returns - Thel plays with the Child beyond the clouds while i'm trapped in a neverending Storm. This is the Winter of my Disillusionment, Thel is the Springtime of Emotion.

The Wind howls, and i howl too. i've seen the best minds of my generation destroyed by madness, and i am about to join them, screaming and naked, dragging myself through darkened streets. The clouds cover the sun, the rain is cruel and i am laughing and crying simultaneously.

There will always be the calm after the Storm, but the Storm never ends. Rainbows always appear after the rain, but always disappear. The sun rises, but it always sets.

The only constants are memories and the Ocean.

Hold on to the thread...



Mission Valley YMCA Student Memberships Now Available

Facilities

- Heated Outdoor Jr. Olympic-Size Pool (25 meters)
- Four Lighted Tennis Courts
- Fitness and Gymnastic Center at Gaines St.
- Locker and Shower Rooms
- Indoor Soccer Field With Natural Grass Turf
- Carpeted and Mirrored Aerobic Room
- Two Grass Volleyball Courts
- *State-of-the-Art Cross Training Center
- 9,000 Square Foot Gymnasium for Ages 6-17
- Wood Cusioned & Mirrored Multipurpose Room
- Outside Playground for Babysitting Participants
- New Outdoor Jacuzzi
- Conference Room for Member Programs

*Cross Training Center Features

- 12 Lifecircuit Stations
- Nautilus Equipment
- Polaris Equipment
- 12 Lifecycles
- 8 Recumbent Lifecycles
- 10 Lifesteps
- 4 Stairmasters
- Free Weight Area
- 2 Liferowers
- 4 Treadmills

**Fall
Student
Membership
4 Months
\$85**

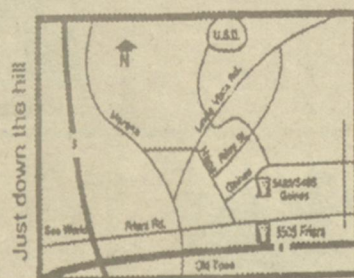
Free Guest Pass



For Two

\$20 Value

Mission Valley YMCA
5505 Friars Road 5485 Gaines St.
298-3576 296-8411



Must present this pass. Good for one or two people, limited to one visit only.

ORIENTATION TEAM APPLICATIONS

are available

TODAY!

Get your application for Orientation Team 1994 in
U.C. room 232 through March 23.

Ask anyone. . . it is an experience you'll never forget!

Hardin's Heavenly Sense

Help! Hardin,

I need advise and I have nowhere to turn! My trouble started on Valentine's Day when my girlfriend and I were frolicking amongst a bushel of rose petals. Things began to "blossom" when suddenly Cupid's misguided arrow struck my girlfriend below the garter belt. Forget the killer bees, my girlfriend got a case of the hives that made my stinger go limp. She itched all over, but I wasn't scratching. At first I thought her rash was the result of the chocolates that I'd given her this Valentine's but bought last Cinco de Mayo in Tijuana. Then I thought that it might have been the scratch'n sniff Fabio pop-up Valentine card that I left under her pillow. Her doctor told her that this was the worst rash he'd seen since veterinarian school. Immensely distraught, my girlfriend dropped me like a dirty diaper.

Now I'm a lonely, sniveling, banjo-playing, Bobbitt-like emotional wasteland. I'm writing in the desperate hope that you can somehow resurrect what was once a cornucopia of prosperous passion. Please help me. Oh and by the way if you know anything about a rash called *lovlious eradictous*, please let me know so I can contact my insurance company, Scripps Research Institute, and the San Diego Animal Shelter.

Sincerely,

Wilting William

Dearest Wilting Willy,

How I feel for you. If you confessed about the chocolates — I'd drop you too. But if your thoughtful gifts were from the heart, perhaps your "rose" ought to give you another chance. I suggest she check out an allergist. I vaguely recall a case of *lovlious eradictous* back in an '87 *Home Remedies from Heloise*. I believe the victim targeted a batch of Gardenias Petals to be the source for this curable, yet rather irritating, rash! Until she seeks proper treatment, I believe you need to send her a years supply of Calodryl and offer to apply it every 1-2 hours. If anything, this daily application could heal your broken heart as well as your weeping/wilting willy.

Assifieds

FOR SALE

One Dancing Cage, slightly used by your mother, will throw in go-go boots for free! \$75.00 or best offer

One prophylactic, used only once, original owner, call Hardin, x6969

Complete list of USD professors' home addresses, perfect for gift giving or harrassment, call Chubby x7757

Inflatable woman, patched in places, a real fixer-upper, complete with pump, call Phil 488-3483

One pair of black mini-shorts torn during The Grind try-outs, nothing a little thread can't fix, call Bambi x2606

Two front row tickets to the

Harding/Kerrigan Terror on Ice. Two girls enter, one girl leaves!

Drugs, call Bobo x9112

SERVICES

Waxing — MTV spring break is two weeks away. Fast and Honest. Come in for a free consultation. We'll tell you where you need it the most.

Floating Lessons — located at Lake Havasu. Learn to float inebriated and unconscious

Valet parking at the USD Deli. We'll take your car during the lunch rush. Afterall, we live up to our motto: "Money talks, State walks"

Synchronized swimming lessons — We start off in the baby pool so

as to build your confidence. Water wings available upon request no matter what your age or level.

PERSONALS

Happy Birthday Jane, Honey Chile, Weenie & Mama Cone

"Johnny" Please return my phone calls; I have your glo-n-the-dark skivvies. Love "Oh! Baby"

I kissed the Managing Editor— WOO! WOO!

Dear Cujo, You consume all of my thoughts. Love S.J.

Zip Code, I spend all my time "Luc"ing at you. Love, Joseph

Nick Faldo — I want some private love lessons. Call Cougar

Where are They Now?

GARFIELD



- 1986- Quits strip to get out of public eye; is replaced unnoticed by an out of work Heathcliff who gains thirty pounds to take the job
- 1987- Gets spayed
- 1990- Swears off lasagna after eighth heart attack
- 1991- Opens up trendy restaurant Planet Hollywood with Arnold Schwarzenegger, Sylvester Stalone and Bruce Willis and Odie

CALVIN



- 1990- Sells Hobbes to Mary Kay for laboratory testing
- 1991- Changes name to Macaulay Culkin
- 1992- At age eleven, currently negotiating \$17 million/ three picture deal for Twentieth Century Fox

By Ben Caplen

Top Seven

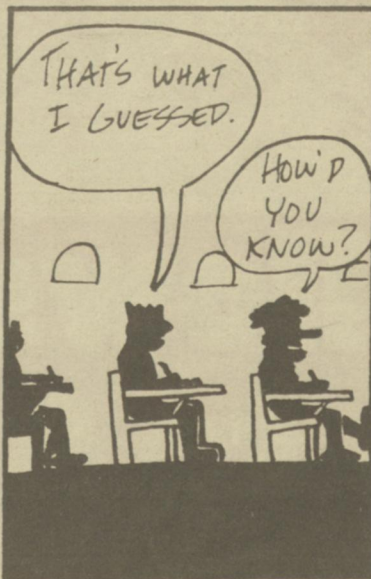
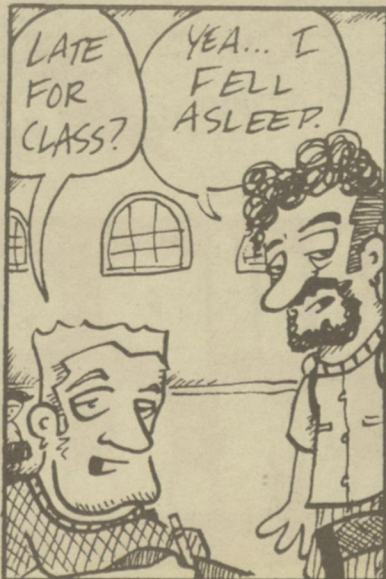
Sports you won't See at the Winter Olympics in Lillehammer

- 7) Pin the Tail on the Norwegian
- 6) Nude Luge
- 5) Midget Speed Skating
- 4) Cliff Diving
- 3) Ice Pick Juggling
- 2) Bobbing for Frozen Apples
- 1) Lead Pipe Leg Clubbing

By Matt Heinze & John Lambert

Pancho and Luke

by Esteban del Rio





**COME DANCE AND
SUPPORT THE
SMILE FELLOWSHIP!!**

VOLCANO NIGHT

FEB. 24

9PM - 1AM

AT THE

VOLCANO CLUB

**The Fellowship cover
goes to S.M.I.L.E.**