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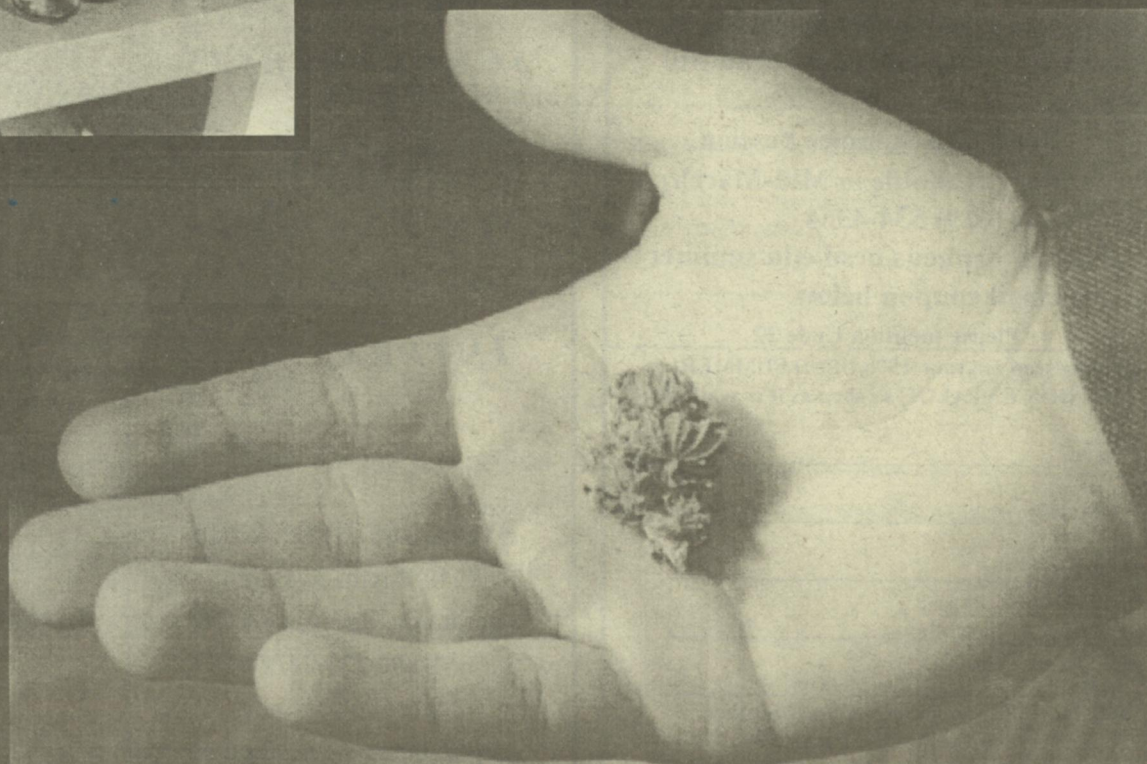
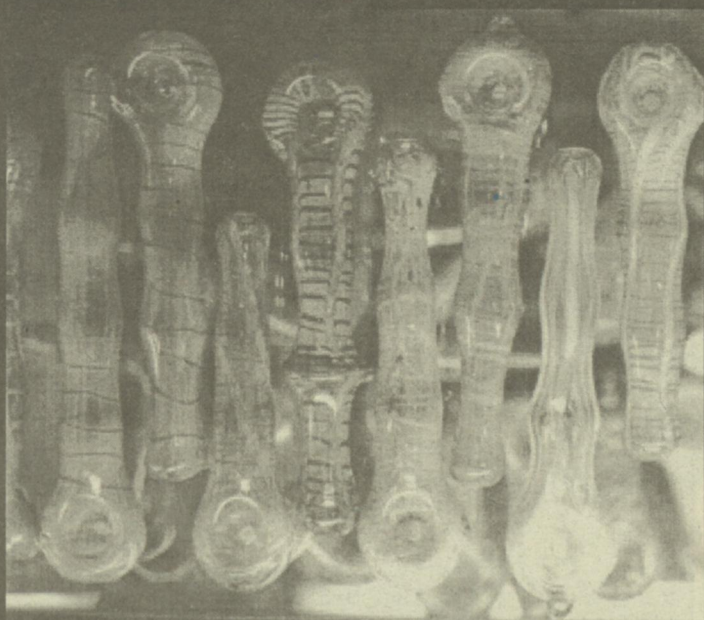
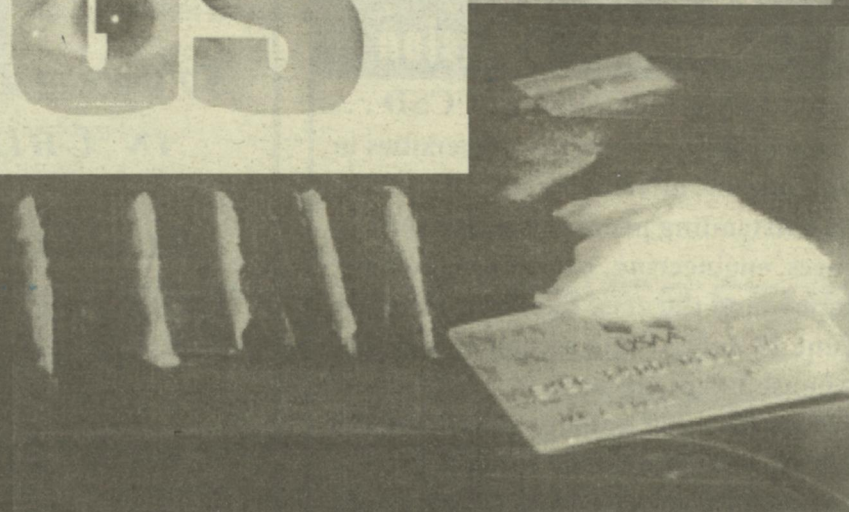
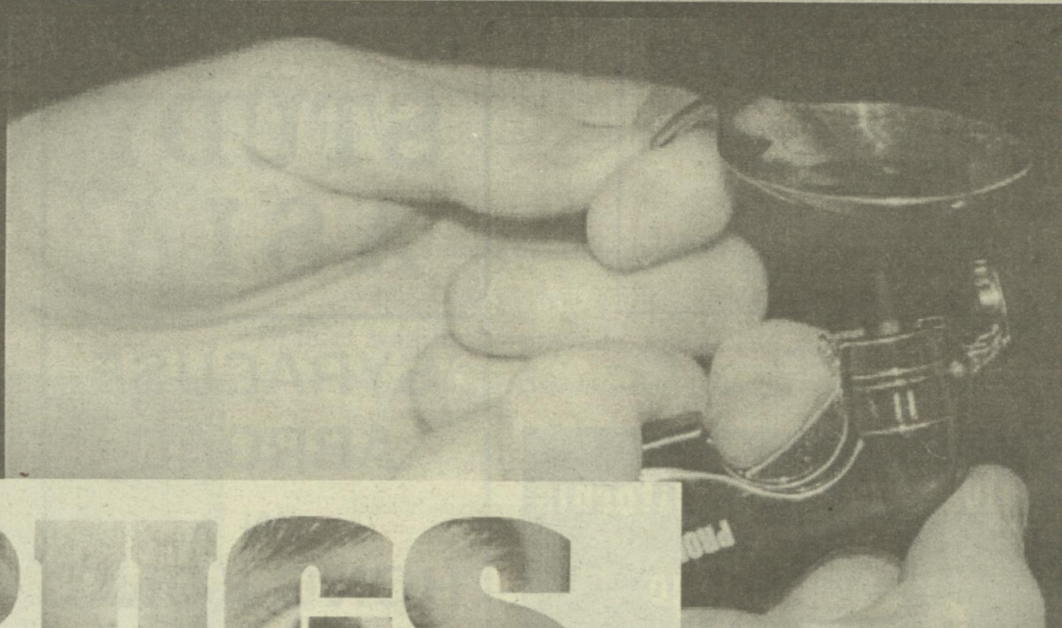
# VISTA

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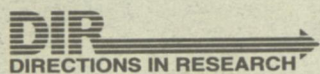
Volume 35 • Number 7

April 2, 1998

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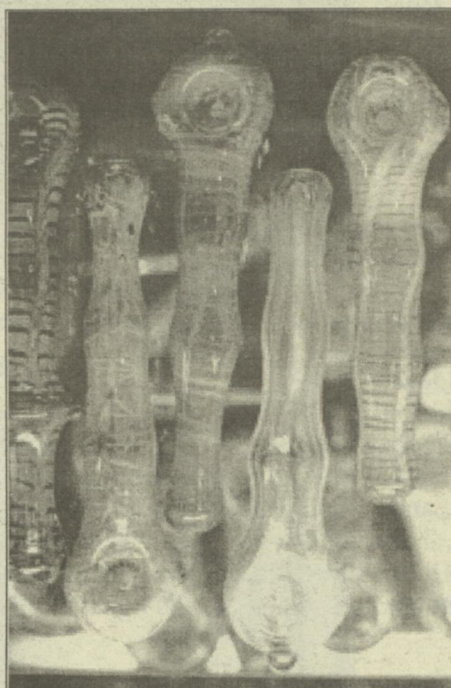
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The VISTA is located in the lower level of the Hahn University Center, in the Publications Office (Rm. 114b). Staff writer meetings are held every Tuesday at noon in the office and all are welcome. Copy, press releases and letters to the Editor are due 5 p.m., the Wednesday prior to the following publication. All general calls and voice mail messages should be directed to the VISTA front desk (use the 260 prefix if calling from off campus), ext. 4584. To reach an editor, call ext. 8754 (Insight), ext. 8756 (Life & Style), ext. 8756 (Leisurepimp), ext. 8754 (News), or ext. 4409 (Sports). Questions regarding advertising should be referred to Dana Schick at ext. 4714.

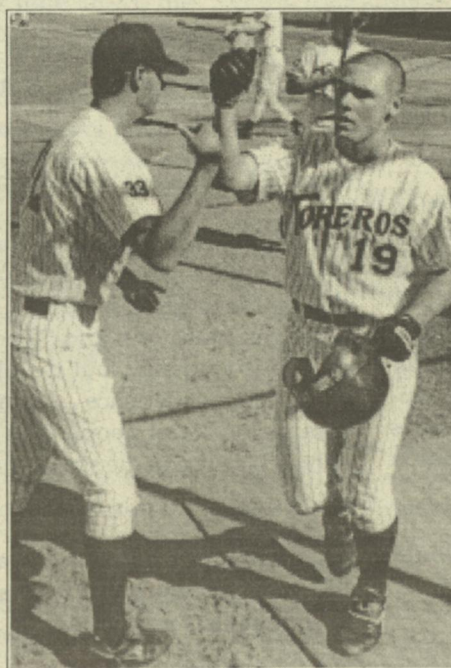
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## Q & A

**Kristen Jones is the new AS President for the 1998-99 school year. Her main goal for next year is to improve communication throughout campus.**

**STIRLING PERRY**  
News Editor

**What are your goals? What do you want to achieve?**

One of my major goals is to encourage communication between all the clubs and organizations on campus ... my other major goal is to help the students feel that AS is their organization and not an elite one; I want to be

open to their opinions and their ideas.

**Is there anything that you want to improve upon?**

The direction that AS has been heading has been a movement from quantity to quality... it's better to have fewer programs that have higher quality than many low-quality programs. AS has been striving for that for the past few years, and I want to continue that. I'd also like to include some more creative publicity ... that is the key to informing people about AS events.

**Are you happy? C'mon, really.**

I would definitely consider myself a happy person, but I am human and I have emotions. I'm in love with life, I'm one of those 'glass is half full' people.' I try to only do things that I enjoy ... I try to look at things positively ... to see things in life as choices and challenges rather than things we have to do. I think things happen for a reason, even bad things.

**What made you decide to run?**

I got involved with AS freshman year ... I've always connected student government with school activities ... I love to do things like that. I see a lot of things from inside and outside that I could do or facilitate. I think that I can personally get a lot out of the experience ... and learn more about myself.

**Is there anything people should know about you?**

I really value communication and openness ... I think it's so important to communicate with people [in AS] and to be open to their ideas.

**What qualities do you think you can offer AS and USD?**

I think that I can offer communication and openness and a fresh kind of leadership ... I've connected to this campus and connected to the students. I think I can work really well with the Administration ... I'm willing to stand up for what I believe ... I feel I can really represent the students and their opinions ... I can work with the administration instead of against them.

**If you were a type of fruit, what would you be and why?**

I think I would be an orange. It's juicy and it's fun. It has a lot of different sections like me... it's refreshing.

**If there is one thing you could imple-**



KRISTINA KIM/VISTA

**If she could be any kind of fruit, Kristen Jones says she would like to be an orange because, "It has a lot of different sections like me..."**

**ment at USD, what would it be?**

Honestly ... (I know not too many professors will be happy with this) I would change the grading system. College is what you make of it and 50 percent of college is academic, but the other half is you social experience ... learning who you are. A lot of people don't get involved because of the stress of academics.

**AS is sometime perceived as an elitist institute. Are you going to do anything to change that perception?**

That will be a goal from the start of my presidency to the end. The attitude of the people in AS is important ... attitudes are contagious ... I'm going to start with

myself and my attitude, and I will encourage others in AS to do the same and to reach out. If AS works with other groups on campus, that will help too.

**If I gave you \$5,000, would you go out with me for a month?**

Would there be a specific reason why? In, 'Can't Buy Me Love,' he did it cause he wanted to be popular ... I wouldn't do it for that reason ... his friends turned against him. If it was for a charity purpose, I might be inclined to do it. If you had a bet with your buddies, then no. If some guy asked me that, I would go out on a date with him, but not take the money.



# NewsinBrief

compiled by Anna Lombardi



## World

### Colombian rebels agree to talk

BOGOTA, COLOMBIA — One of the largest guerrilla forces in Colombia has agreed to open peace talks

to end 34 years of fighting and sabotage of critical oil refineries and pipelines.

Last month the National Liberation Army, known by the acronym ELN, talked in secret with international representatives in Madrid for a national peace convention for the future.

"I would have been a bit more optimistic if we could have kept it secret," said the government's chief peace negotiator, Daniel Garcia Pena.

Negotiators are still hoping to convince another major guerrilla organization, the Revolutionary Armed Forces of Co-

lombia to join the talks as well.

### Lebanese premier rejects Israeli terms for pullout

BEIRUT — For 20 years the governments of the world have been calling for Israel to withdraw troops from southern Lebanon. After much a protracted conflict that has caused a steady stream of casualties among Israeli and Palestinian forces, Prime Minister Benjamin Netanyahu, has decided pull out of Lebanon.

Lebanese Prime Minister Rafik Hariri stated that regain-

ing control of about 10% of its land is not exciting. The reason lies in the fine print attached to Israel's offer in which Netanyahu is insisting that Lebanon agree to "security arrangements" that would follow the withdrawal.

The deal would make Hariri's government formally accountable for any security violations that might later occur along Israel's northern border.

### Protesters Clash With Police; 49 Hurt

SOLO, INDONESIA — In an

illegal march east of Jakarta about 1,000 students clashed with security officials last week.

Students have been protesting the lack of democracy and President Suharto's failure to reverse a devastating currency plunge. Of those injured were 10 officers and 39 protesters.

While the UN said they would send \$56 million in food and medical aid while the government is trying to re-negotiate a \$43 billion international loan that has currently been suspended.



## Nation

### First death under Oregon's new suicide law

SEATTLE, WA — After breast cancer left an elderly

woman immobilized and unable to easily breathe, she swallowed a fatal dose of barbiturates and died in her sleep. She is the first known person to use Oregon's doctor-assisted suicide law, advocates said.

The Los Angeles Times reported the woman as saying, "I am looking forward to it, being that I was always active, and I cannot see myself living a few more days like this."

The woman's name has not been released by her family but her death has ended five months of uncertainty over application of the nation's first law to legalize doctor-assisted suicide.

Barbara Combs Lee, the head of Compassion in Dying Fed-

eration, said, "I think one of the remarkable things about this story is that it's taken us five months to have a confirmed death under the Death Dignity Act."

### Thalidomide re-emerges as potential 'Wonder drug'

Thalidomide, a drug that was infamous for causing thousands of birth defects and infant deaths in the 1950s and early '60s in Canada and Europe is re-emerging.

It is being tested in labs all across the world as a new treatment for many diseases, including leprosy, AIDS symp-

toms, breast cancer, prostate and brain as well as rheumatoid arthritis and complications of tuberculosis.

Dr. Norman Faust, a pediatrician at the University of Wisconsin School of Medicine and director of the medical ethics program there, said "It could be one of the wonder drugs of the 21st century, in terms of the range of diseases it might be effective against."

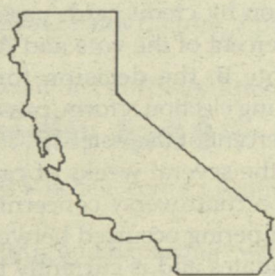
The biggest problem facing physicians, pharmacists and patients is how to prevent another epidemic of birth defects.

### Killer of Malcolm X may run his Mosque

NEW YORK — Louis Farrakhan, the leader of the Nation of Islam, has appointed one of Malcolm X's convicted assassins to head the Harlem mosque that was led by the Malcolm X before his murder.

The Village Voice reported that convicted murderer Muhammad Abdul Aziz would also be appointed by Farrakhan as his chief security official of the East Coast group.

Malcolm X was the head of Mosque number 7 in Harlem before he was gunned down in the Audubon Ballroom in New York on Feb. 21, 1965.



## State

### X Games: a downhill battle

SAN DIEGO — In order to prepare for the X Games

scheduled for June 18-23, the city of San Diego is attempting to relocate the street luge and downhill inline skating contests after contestants gave a thumbs down for the runs offered by Rancho del Oro Drive.

The new run would close down Mission Village Drive to traffic for the X Games. The city and ESPN believe that the new course would offer luge speeds of 60 to 65 mph—about 10 miles faster than Rancho del Oro.

Oceanside will still retain the sky surfing contest, assures X Games honcho Jack Wienert.

### City action on Sea World expansion delayed

SAN DIEGO — The San Di-

ego City Council committee stalled Sea World's request for a 15-year lease extension until more details on the land's worth and what the park would build.

William Davis, Sea World's general manager, wasn't sure how much more information he could give the city.

"I'm not exactly sure certain what they're looking for," Davis said after the committee session. "If they want to see an architect's rendering of a specific exhibit, we don't have it."

Sea World wants to extend its lease by 15 years to add a 16.5 acre, city-owned parcel of the land at the park's eastern end. If the lease is approved, Sea World will then decide what the exhibits will entail.

## Correction

The VISTA apologizes if the headline, "Budget Committee gives tuition money to Phi Kap Spring Ball," seemed biased. Staff Writer Paul Young is not connected in any way to the composition of the title. The headline, in the March 26 issue, presented Young's article in a false light; the article was not about the Phi Kaps but about concerns that were raised regarding the brevity of the Budget Committee. The Phi Kaps are entitled to Budget Committee funds, just as any other club or organization on campus. The VISTA regrets this error.



## Public Safety catches suspected USD thieves

**CHRISTINE HOLMAN**  
Staff Writer

Public safety, with the help of a USD student and the San Diego Police Department, apprehended a thief suspected in stealing car stereos on the USD campus.

"I don't know if this will end car burglaries," said Officer Mike Thaim, "but there hasn't been one reported on campus since."

At 2:09 a.m. on Sunday, March 15, Public Safety dispatcher Arlene Weeks received a call from a student in the Alcala Vista Apartments. He told her that he saw someone suspicious and heard noises that sounded like a car being broken into.

"The student was the key role," said Officer Mike O'Deane. "If it weren't for his observance and updates, the apprehension probably would not have happened."

Public Safety officers Thaim and Scott Shanahan responded to the call within 30 seconds. They drove through the parking lot in the Vistas, but found nobody. They continued to the Mark Twain School on Linda Vista and thought they had gone too

far. While Shanahan looked around the school, Thaim came upon the car that fit the description given by the student.

"I was at the intersection of Via Las Cumbres and Linda Vista when I saw the blue truck with the white camper shell," Thaim said. "I could not have been more lucky."

Thaim pursued the vehicle while Shanahan went back to campus to verify that a crime had been committed.

"I didn't find the car that the student was talking about," Shanahan said, "but I found another one that had been broken into."

Thaim followed the car down Linda Vista Road to Morena Boulevard southbound and onto Interstate 8 eastbound.

"The speed limit on the 8 is 65 and people usually go 75 to 80," Thaim said. "These guys were driving 40 trying to see if I was going to pass."

With the help of the San Diego Police Department, a hot stop was performed on 805 South at El Cajon Boulevard. The passenger ran, but the driver was taken into possession. Police now have the passenger's first name after conducting a third conversation with the driver, whom Thaim said he believes will "roll over on his friend." If he does

not, he is faced with receiving stolen property and being accomplice to the crimes, and may be charged with burglary as well.

"The fact that one thief was caught will itself be a deterrent for anyone coming up here," Thaim said.

There have been five or six break-ins on campus this semester, according to Officer Ken Springer. They began in the parking structure, then moved to the Alcala Vista Apartments. Public Safety

has added extra foot patrol at night, consisting of both officers and students.

"There are three sets of eyes on patrol each night," Thaim said. "Imagine how many people living on campus could add to this by being observant."

Public Safety is also coordinating an alliance with USD TV to use it as a medium to educate students on how to prevent crime.



STEFANA GOMEZ/VISTA

A student's report was essential in helping Public Safety apprehend the suspected thieves.

## Fourteen percent decide fate of all USD undergrads

**CHRIS LOBUS**  
Staff Writer

After two weeks of campaigning and two rounds of elections, the 1998-'99 Associated Students of USD have been selected by the students. The incoming AS President is junior Kristen Jones, who defeated junior Brooks Kochvar for the position.

"I am completely thrilled and excited to serve the student body," Jones said. "My major goal is to have the student body realize AS is open to everyone and that we are there to serve the students."

By replacing current the AS president, senior Mike Corrales, Jones says she will "encourage directors to plan programs that are fun for the students. Also, I believe that communication is the key and something I will work on between clubs, faculty and students."

"I think Kristen is not only capable of doing a good job, but possibly the

best job that USD has ever seen," Corrales said. "I have had the pleasure of working side-by-side with her, and I think she will do a tremendous job."

About 14 percent of USD undergraduates, roughly 635 students (out of 4,500), voted last Wednesday and Thursday at a table of computers in the University Center lobby. A week prior to the general elections, the primary elections were held, eliminating juniors Alex Tiquia and Caridad Sanchez and narrowing down the AS presidential candidates to Jones and Kochvar.

Sophomore Hollee Chapman defeated junior Alan Johannsen to become vice president of Student Issues. Junior Kenji Nishihara was elected over junior Angelique Schultz to head up vice president of AS Student Issues. Receiving the position and solely running for vice president of AS Programming is junior Mike Zilliox.

Facing no opposition as well, junior Bill Quinn will take up the position of vice president of AS Finance and junior Kristen Bell was elected vice president of AS Relations.

Secretary of Athletics will be led by sophomore Jonathan Westerland, and freshman Jessika Osorio will be secretary of Multicultural Programming, both candidates running against no opposition. Junior Kyle Rowen defeated My-Dung Hoang for the position of secretary of Student Organizations.

Juniors Katie Barkley and Andrea Munoz were elected as senior senators, while sophomores Jordan Berg and Cordell Hansen are the 1998-99 junior senators. The students filling both of these senatorial positions were not challenged by any excess candidates.

Freshmen Stephanie King and Chris Lobus defeated Andriana Dunatov for the office of sophomore senator.

With the exception of Chapman, no students are returning to elected positions in the AS office, and according to Corrales, the new AS leadership team has big shoes to fill.

"Overall, I am pleased with the performance of the AS leadership team this year," Corrales said. "We showed that we were not afraid to try new things, worked hard to accomplish our goals

and reached out to students."

Also on the ballot were two advisory votes, which both passed with a majority. Advisory Vote A, the decision to allow students to pay for their tuition by credit card, passed with 74 percent of the vote and Advisory Vote B, the decision for a homecoming election reform, passed with 77 percent of the vote.

During the several weeks of campaigning, a controversy concerning poster tampering occurred between two candidates and is currently being debated in front of the AS Election Committee. These two candidates will debate in a senate hearing being held today. A few other candidates committed poster violations, such as displaying their posters in undesignated spots around campus, but will be fined for their misdemeanors.

Despite those flaws in the campaign process, the new AS leadership team plans to carry the banner of the student body and to do the duty that they were elected to do.



# WeeklyCalendar

Compiled by Stirling Perry

## Thursday, April 2

USD Career Expo '98. Meet alumni, employers, intern sponsors and learn about summer jobs. Refreshments served. 11a.m. to 1:30 p.m. UC Forum AB. Questions: x4654.

St. Vincent De Paul Soup Kitchen, 11:10 a.m. to 1 p.m.

Bible Study, 12:10 p.m. to 12:50 p.m. Contact Father Vince Walsh, x6818.

InterVarsity Christian Fellowship; discovering and growing in our relationship with God. 7p.m., UC 107.

## Friday, April 3

University Ministry Desert Retreat from April 3 until April 5.

Faculty & Staff Prayer Breakfast at 7:30 a.m. in the faculty/staff dining room. Call Sister Cullen for reservations, x2265.

## Saturday, April 4

The USD crew teams are hosting the 20th annual Crew Classic this weekend. AS and the Athletic Department are sponsoring a student party at the event and all USD students are invited. The team will race on Saturday at 7:10, 7:40, 8:50 and 9:45 a.m. Free Subway sandwiches and sodas will be served for all Crew team members and USD student fans at 11 a.m. The Crew Classic will be held at Mission Bay and the student party will take place near the Santa Clara Boat House. For more info call x5916.

Multicultural Career Fair, UC Forum AB.

Multicultural fashion show, contact United Front.

## Sunday, April 5

Mass, 7 p.m. and 9 p.m., Founders Chapel.

## Monday, April 6

Twilight Retreat, 5 p.m., Founders Chapel.

Reconciliation Service. Sacrament of Penance. 7 p.m., The Immaculata.

## Tuesday, April 7

Come play Baseball Bingo at the game when USD takes on UCLA. Have a chance to win free food, great prizes, group parties and YMCA memberships. 2:30 p.m. at the Canyon Baseball field.

United Front Meets Dr. Alice Hayes, 12 to 1:30 p.m. United Front Multicultural Center.

Science and Faith Lecture, 7 p.m., UC Forum A.

St. Vincent de Paul Soup Kitchen, 11:10 a.m. to 1 p.m.

## Wednesday, April 8

Mama's Kitchen, contact Brother Tom Thing, x4897.

"Importing and Exporting" will be the course subject presented by Continuing Education. Manchester Conference Center (fee). Contact Laura McIntosh, x4644.

## Sunday, April 12

Easter Sunday Mass, 9 p.m., Founders Chapel.

## Tuesday, April 14

The USD Blood Drive will be held today and tomorrow in UC Forum A from 10 a.m. to 3 p.m. There will be an information table in front of the UC on April 7, 8 and 13, with a sheet to make an appointment to donate blood. For additional info or appointment, contact Tonis at x4796.

## Wednesday, April 15

Asian Dinner panel featuring Asian-American women in the media. Solomon Hall. Contact United Front.

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ART BY CEDRIC WIDMAR

# Color Lines

compiled by Nicole Kim

## April is Asian-American History Month

Upcoming features for future issues:

The Coalition of Two Ethnic Communities in San Diego and Its Leaders  
Asian-American Myths and Realities  
Asian-American Women and Leadership

Comments or suggestions, anyone? Contact Nicole Kim via e-mail at [nkim@acusd.edu](mailto:nkim@acusd.edu)

## The courage to speak out



COURTESY OF THE WHITE ROSE FOUNDATION

Pictured above are some of the members of the White Rose Resistance Movement, which was prominent during Adolf Hitler's rise and fall in Germany.

Over 200 USD students, faculty and administration came to Serra Hall to participate in a question and answer session facilitated by two former members of the White Rose on Wednesday, March 25. Because of the lack of seats, many spectators stood to hear the stories of Franz Muller and Jurgen Wittenstein, the two surviving mem-

bers of the movement.

In 1942, six German students and a professor formed the White Rose to resist the agenda of Hitler and the National Socialist Party. Seven of the White Rose leaders were executed for their actions, while others were persecuted and imprisoned.

In addition to the session last week, there is an exhibition that is currently on display in Copley Library that features images and words of the White Rose resistance and is on loan from the White Rose Foundation.



## This Week

AS-sponsored events scheduled for April 2 - 16

Junior Class Happy Hour is at Guava Beach tonight at 8 p.m.

AS Directorship applications are due tomorrow at 5 p.m. in the AS Executive Office (UC 225).

The Multicultural Fashion Show is from 6 to 11 p.m. on Saturday in the UC Forum.

A Crew Classic tournament party will be Saturday at 11 a.m. near the Santa Clara Boat House.

Concert: "Pocket Lent" will be performing in front of the UC on Tuesday at noon.

A Job Link to Europe speaker will give a presentation on Tuesday at 7 p.m. in the UC Forum.

An Indian jewelry exhibit will be on display in Aromas at 7 p.m. on Tuesday.

The submission deadline for Asylum, the literary magazine, is Wednesday at 5 p.m. Submissions can be turned in to the AS Executive Office (UC 225), the Asylum Office (UC 114C) or the forward box in Aromas.

Movie: "Fast Times at Ridgemont High" will be shown on Monday, April 13, at 9:30 p.m. in the UC Forum and on Wednesday, April 15, in Mission Beach at 7:30 p.m.

A mandatory senior class meeting will be on Tuesday, April 14, at 11:30 a.m. in Shiley Theatre.

Springfest will be on Thursday, April 16, from 11:15 a.m. to 1 p.m. in front of the UC.

## It's time to go wild at Springfest '98

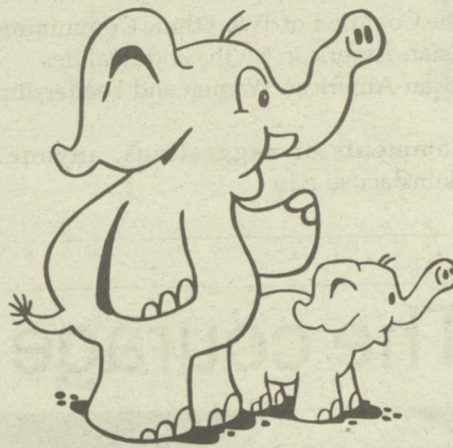
Participants have fun while helping USD students

**ELIZABETH HIMCHAK**  
AS This Week Editor

While there might not be lions, tigers and bears in front of the UC, there will still be plenty of fun, surprises and entertainment as the USD community "goes wild" at Springfest '98.

Springfest, USD's fifth annual carnival, will be on Thursday, April 16 from 11:15 a.m. to 1:15 p.m. in front of the UC. This year's theme is "Go Wild — Jungle Jam '98."

"Springfest is a way to rally up the students of USD and to get them to learn about all the different clubs and organizations here on campus," said John Greco, secretary of Student Organizations and Springfest co-chair. "It is also a way for the student organizations to promote themselves and get recognition for what they do."



According to Greco, about 25 groups will be sponsoring booths and games. A few of the planned activities include a dunk tank, 15-person Twister, spin art and

many food stands.

Greco said the participating clubs will receive money from AS in order to sponsor their activities. While some groups may make money, they are not required to do so. Those who do are asked to donate a portion of their profits to the Students Making It a Little Easier scholarship.

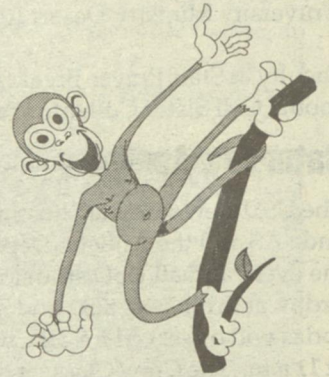
"The clubs choose how much they want to donate to SMILE," said Laura Baggott, director of Special Projects and Springfest co-chair. "It's an open donation."

All money given to the SMILE fund at this and other events throughout the year is returned to continuing students through scholarships.

In order to encourage students to stop by all the booths, a scavenger hunt will be held. Participants will need to find an article that relates to each organization at their respective booths, and in return will receive a raffle ticket.

Greco said the more booths students go to, the better their chances are that they will win a prize.

Greco and Baggott encourage everyone to participate. "It's fun," Greco said. "There will be food, games and a band. I can't think of a better way to spend a sunny afternoon at school."



## Popular multicultural fashion show returns

**JESSICA WINGETT**  
Special to the VISTA

If you are interested in fashion and culture, then here's your chance to experience both.

"Global Explorations" is the theme for this year's International Student Organization-United Front fashion show. It will feature traditional costumes from a variety of cultures as well as multicultural foods and music for students, their families, faculty and staff to experience and enjoy.

In the past, the fashion show was ISO's annual event. But last year the United Front helped coordinate it, which resulted in a larger turnout and many positive comments.

This year's chairs are Isabel Gan, from ISO, and Dung Hoang, from the United Front.

"The fashion show is [an event] where people can meet other students from different countries," Gan said.

While this year's theme conveys an international focus, it is also presenting domestic diversity in order to explore everyone's cultural identities.

"The fashion show is a celebration of [our] domestic and international diversity [showcasing] the many beautiful and different cultures at USD," Hoang said.

The fashion show is this Saturday from 6 to 11 p.m. in UC Forum AB. Tickets are \$6. It is held in conjunction with the United Front's multicultural career fair which will be that morning from 9 to 11:30 a.m. also held in the Forum. The career fair is free.

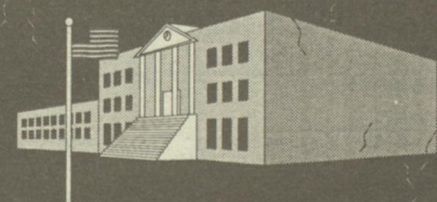
The chairs said both events will be excellent opportunities for networking, learning and fun for the participants.

**Yearbook sales end**

**April 17**

**Cost \$35**

**Reserve yours at the UC Box Office today!**



**YEARBOOK**



# Trustees' rejection of student proposal inconsistent with USD's Catholic mission

SARAH KOLAR  
Staff Writer

The USD Board of Trustees rejected a student proposal to include sexual orientation in the University's non-discrimination clause last month. This is nothing new, because the Trustees have rejected such proposals twice before without comment. But what is new about this latest decision to deny the students' proposal is that the Trustees now offer students a new harassment policy in its stead.

The new harassment policy that was approved by the Board states that "The University is committed to and embraces the doctrine that all men and women are creatures of God. Each and all not only deserve but must be afforded the dignity that necessarily follows from acceptance of that doctrine. Anyone who chooses to become a member of or participate in any way in the University community... is expected to accept this standard of conduct, both in theory and in practice. The University is committed not to tolerate harassment in any form by reason of the race, color, religion, gender, national origin, age, disability, or sexual orientation of any person. Violation of this policy will be dealt with by appropriate sanctions, which may include expulsion, suspension, termination, or exclusion from the campus."

While this new harassment policy appears to be a positive statement of the University's mission to uphold the rights of all "creatures of God," the Trustees' recent decision to write a new policy rather than to simply include sexual orientation in the non-discrimination clause is itself a violation of the doctrine on which the policy is based. Furthermore, the Trustees' decision to write this policy now casts the University's past actions in an ambiguous light.

According to the Merriam-Webster Dictionary, harassment and discrimination are distinct actions. By definition, to harass is "to worry and impede by repeated attacks and to exhaust, fatigue and annoy continually." To discriminate is to "distinguish, differentiate and to make a distinction in favor of or against one person or thing as compared with others." The fundamental difference between these two actions is that the former, harassment, is an aggressive, overt action that is readily apparent because it is negative social behavior. Discrimination, on the other hand, is a decision, that may or may not be evidenced by actions. Discrimination is

more difficult to prove, and more ambiguous because it is not always necessarily wrong.

We must indeed discriminate in our daily lives. For example, we must decide who to live with, be friends with and have relationships with, and we must base these decisions on the personal characteristics of the people around us. When we make these decisions in our personal lives, we have the freedom to choose the criteria upon which we will base these decisions.

When we make these decisions as a group, say as a university community, we bear an added responsibility of ensuring that the criteria upon which we base our decisions are in accordance with the values we have agreed to practice. In the case of the University of San Diego, these values are justice, compassion and "the dignity of all God's creatures." This is precisely why the University has a non-discrimination policy—it is a list of criteria which are unacceptable ones on which to base decisions of admission, promotion and inclusion. Consequently, by electing not to include sexual orientation in its official non-discrimination policy, the Trustees condone discrimination on the basis of sexual orientation. This, in turn, has consequences that detract from the dignity of gay and lesbian members of the community. By extension, this detracts from the dignity of all members of the USD community who are participants in an institution that willingly creates a hostile environment for some of its members.

Gay and lesbian students have testified that they feel uncomfortable asking professors for recommendations because they fear that the professor will evaluate their merit based on their sexual orientation rather than their academic ability. Similarly, a faculty or staff member who is openly gay can be denied a promotion because of sexual orientation. Perhaps the most poignant example of institutional discrimination on the basis of sexual orientation is that the Student Alliance Embracing Sexual Orientation (SAESO), the undergraduate gay and lesbian student group on campus, is a sanctioned club. This means that it is allowed to exist only as long as it does not engage in "political advocacy."

Hence, the University allows SAESO to exist, while effectively silencing and disempowering it. No other club on campus is sanctioned in this manner. This policy is a concrete example of discrimination based on sexual orientation, and its effect is censorship of gay and lesbian voices in the USD community.

These actions are discrimination rather than harassment, so they are not prohibited by the new harassment policy, yet they violate the doctrine on which the policy is based. If "all men and women are creatures of God" and "each and all not only deserve but must be afforded the dignity that necessarily follows from acceptance of that doctrine," then the Trustees is sending a confusing, contradictory message: it is acceptable not to treat gay people with dig-

nity as long as you do not harass them.

Behind this contradiction lie still more troubling messages. By instituting the harassment policy, the Trustees create the impression that this is a new policy, and that prior to the existence of this policy the University tolerated harassment. If this is the

case, then the University's strong reaction to the alleged hate crimes in the School of Law and the undergraduate dormitories last semester appears to be hypocritical, and the University has been negligent by not having such a policy to protect the well-being of its students and faculty members in the past.

If this is not the case and the University already had some sort of policy in place to counteract harassment, then this new policy is not progress at all but an attempt to hide behind semantics and legal rhetoric in order to avoid talking about the issue of discrimination in an open and forthright manner. This is even more troubling because it appears that the Board is going out of its way to allow discrimination based on sexual orientation to continue.

The Trustees' letter of rejection is vague at best. Peter Hughes, the Board chair, wrote that "The subject of discrimination, policy statements concerning the same and various issues that flow from the basic subject are significantly complex. That in part accounts for the difference in the way various universities address the subject."

However, complexity is not a valid

ground on which to dismiss the student proposal whose fundamental statement is very simple: "We think our university should not discriminate against people based on their sexual orientation."

Similarly, when directly questioned about the Trustees' decision by Kim Farris, the AS vice president of Student Issues who spearheaded the proposal, Hughes said that the Trustees decided not to add additional phrases to the clause that were not required by federal law. He stipulated that the Trustees were concerned that without the backing of federal law, and certain consequences for breaking that law, adding sexual orientation could have uncertain ramifications. However, other institutions such as Santa Clara University, Gonzaga University and Saint Louis University have courageously taken this step. Does the Board condemn their actions as imprudent?

Furthermore, by its actions, the Trustees have suggested that the USD is unwilling to promote social justice if those actions are not required by law or might create backlash.

What kind of message does this send to the men and women whom the University is supposedly training to be future leaders for social change and advocates of social justice?

How can the University encourage its students to stand up for their beliefs even when it is difficult to do so if as an institution it refuses to practice what it preaches?

The students deserve better, and they deserve an explanation.

The Trustees' decision to enact a harassment policy rather than to add sexual orientation to the non-discrimination policy is reactive. It is a decision to do the very minimum rather than to do everything in its power to ensure human dignity.

The timing of the decision is ironic in light of Joan Kroc's recent donation of \$25 million to USD for the establishment of the "Mohandas K. Gandhi Peace and Justice Institute" on campus. How can USD propose to be a leader in fostering and promoting world peace and justice when the most powerful governing body in the University refuses to confront its own unjust behavior?

As a Catholic institution, USD should take steps to address and counteract all sources of injustice in our society. Homophobia is one injustice that causes pain and suffering, and USD has a chance to take a stand against it. Here is a golden opportunity for USD. Rather than reluctantly dragging its feet, it can and should step up and assume a leadership role.

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The Trustee's  
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## LETTERS

The VISTA encourages readers to comment or reply to articles or issues in the paper. All letters must be signed, and include a telephone number and USD ID number for verification purposes. Names may be withheld upon request. Please keep letters less than one page, double-spaced. The VISTA reserves the right to edit for length and clarity.

Letters may be mailed, hand-delivered or sent by e-mail. Address letters to the USD VISTA attn. Letters to the Editor; 5998 Alcala Park; San Diego, CA 92110-2492. Hand-delivered letters should be brought to the VISTA office, located at the University Center, 114b. Send e-mail to [vista@pwa.acusd.edu](mailto:vista@pwa.acusd.edu).

### Hot Sheet Clarification

I was featured in your "Hot Sheet" section in the March 5 issue of the VISTA. I would like to clarify one of the blurbs that appeared in that feature. The tenor of the blurb, which suggests that I do not take Attention Deficit Disorder seriously, does not reflect my views on the subject, which I should have taken care to elaborate more clearly and judiciously. One of my best students at USD had ADD, and performed very well in my classes.

Vali Nasr  
Associate Professor of Political Science

### More Lacrosse coverage

I am writing to express my dissatisfaction with the coverage of men's and women's lacrosse in the Sports section of the VISTA.

The Sports section has ignored scores, highlights and game schedules sent in for two of USD's most successful spring teams: Men's and Women's Lacrosse. Unlike the Rugby Club featured in the VISTA on March 26, the USD men have defeated Arizona State University. In fact, they remain undefeated versus both Division I and Division II opponents, have never relinquished a single lead, and are duly positioned to win the

WCLL Division II championship on April 26.

As the VISTA's article in the March 19th issue pointed out, it is indeed a pity and a shame that attendance at USD sporting events is so low. We should have more support from the student body; and maybe a little support from your fine publication written by the students for the students.

Reed Reppa  
Concerned Lacrosse Representative

## "Titanic": Mediocrity prevails again

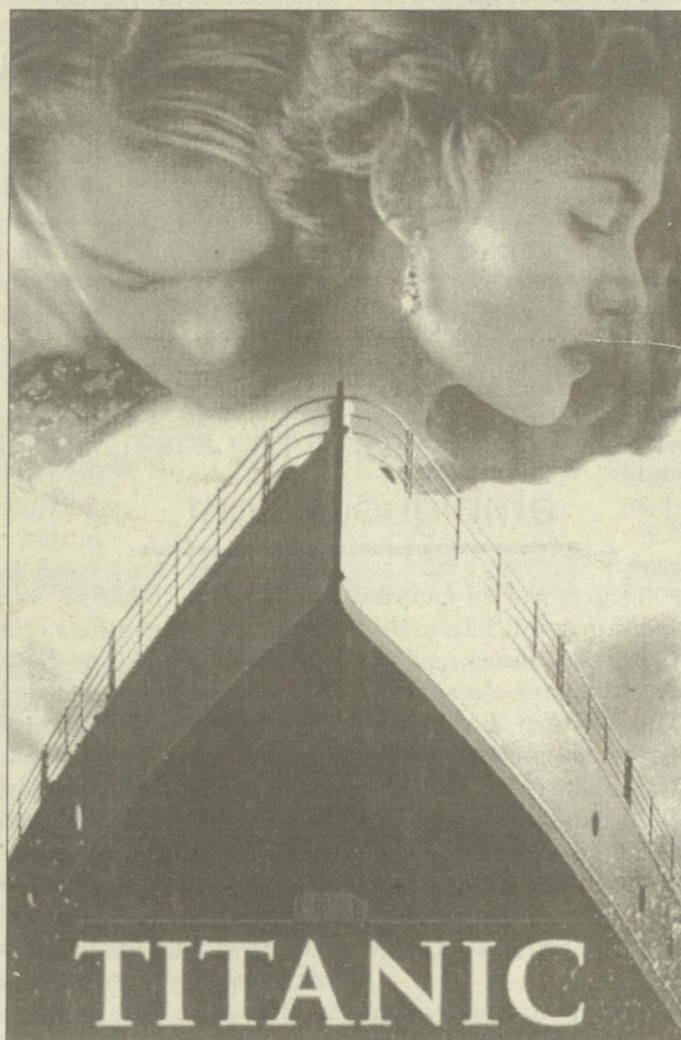
GREG GRASSI

Leisurepimp Editor

When director James Cameron accepted the Academy Award for Best Picture last week, he shouted arrogantly, "I'm the king of the world!" Meanwhile, I sat at home on my couch transfixed on the television in utter disbelief. I slammed my fist into the floor and shouted obscenities in the direction of anyone who cared to listen. Say it ain't so. Someone please tell me that 1997's most expensive and ridiculous movie had not been named Best Picture. Was this some horrible joke? I rubbed my eyes and pinched myself, but to no avail; "Titanic" had indeed been declared the year's best by the Academy of Motion Pictures and Sciences, the organization responsible for judging and perpetuating America's affinity to the medium known as film. After further reflection, it occurred to me that the movie's ludicrous achievement could only be attributed to one sad fact — Americans prefer mediocrity to quality, shallowness to depth, void to substance, passive vegetation to thinking.

Long before I was literally dragged to see "Titanic" by two well-meaning friends, I scoffed at the \$200 million price tag that accompanied this film. I was told that Cameron was forfeiting his share of the pay cut, so that he would not have to deal with rigid budget constraints imposed by those silly executive producer types. This from the man who brought you "Terminator 2." How noble. My friends urged me along saying, "Come on. You can't criticize something you haven't even seen!" They thought that I would instantly be won over by the impressive visual effects (for \$200 million, they better be pretty damn special) and the commitment to "historical accuracy." They were wrong.

First, the fact that "Titanic" won the award for Best Picture strips the Academy Awards of both their purpose and their integrity. To distinguish this film as the year's best is tantamount to spitting on Helen Hunt's much-deserved Best Actress award or dismissing Robin Williams' wonderful performance as luck. To honor "Titanic's" carnival of errors casts a dark shadow of doubt on the value of an Oscar, a little golden statue intended to symbolize excellence. Second, giv-



Titanic Magazine

ing this movie such a high distinction sets a dangerous precedent for future movie-making. Forget quality screenplays, good acting or transcending the norm — go for the big budget!

Where, you may ask, did "Titanic" go wrong? At the beginning of course — the writing. The movie's dialogue is so lackluster and the film's so unnecessarily long that I actually feel asleep during two different intervals. That's right, I fell asleep, woke up, fell asleep again and then awoke again. And the damn thing continued. It seems that Cameron is incapable of understanding that omission in a scene can be more powerful and more effective than dragging a scene out to its unnecessary entirety. For example, that whole sinking thing. Sure, you need to show the boat go down, but did Cameron really need to devote an hour doing it? His end result desensitizes the viewer to the hor-

rors of what actually occurred by providing the audience with lame attempts at suspense (i.e. Leonardo DiCaprio's weak underwater struggle to find the keyhole). Probably as a result of a sub-par script, DiCaprio and his co-star Kate Winslet spit out generic lines like seasoned sitcom professionals. But aside from the actual lines, I am sure that I have seen better chemistry between corpses.

The pathetic thing about these obvious flaws is that the general American public seems unable to detect them. For example, one of my favorite "Titanic" embellishments is that "It has to be good because it is based on a true story." This fallacy also covers the "amazing sense of realism" and "historical relevance" arguments, all of which have yet to convince me of the film's value. I submit that it is not whether or not one chooses to tackle a true story that is noble, but how one decides to cover it. If the unveiling of the truth was indeed Cameron's motive, perhaps he would not have used a fictional West Side Story-esque love story backdrop for his visual effects agenda. Did Steven Spielberg invent a fictional character named Schindler to tell about the atrocities of the Holocaust? No, because he didn't have to; the truth was compelling enough to provide creative vision. Even if one wishes to argue that "Titanic" provides anthropological or historical value, Cameron could have at least been consistent. The Winslet "swimming briskly to dead passenger-with-whistle in sub-zero temperature" scene is an excellent example of this type of inaccuracy, in this case a biological impossibility. In other words, I'm happy that your Anthropology class went to see the movie as a group to discuss the underwater archaeology techniques, but please don't try to tell me that this qualifies it as '97's best film, or even as a good film.

The more I thought about "Titanic," the more I began to think of Ayn Rand's *The Fountainhead*, a novel that defined beauty as the art of not compromising principles to pander to the ignorant general public. In the novel, a character named Ellsworth M. Toohey represents the fickle and manipulative media, whose purpose is to blur the lines between quality and mediocrity to the

see TITANIC on page 21



# A postcard from the edge

**MATT CARMAZZI**  
Managing Editor

*This is a first person account about a good friend who became addicted to drugs. On the condition of remaining anonymous, he would like to tell you about his experience.*

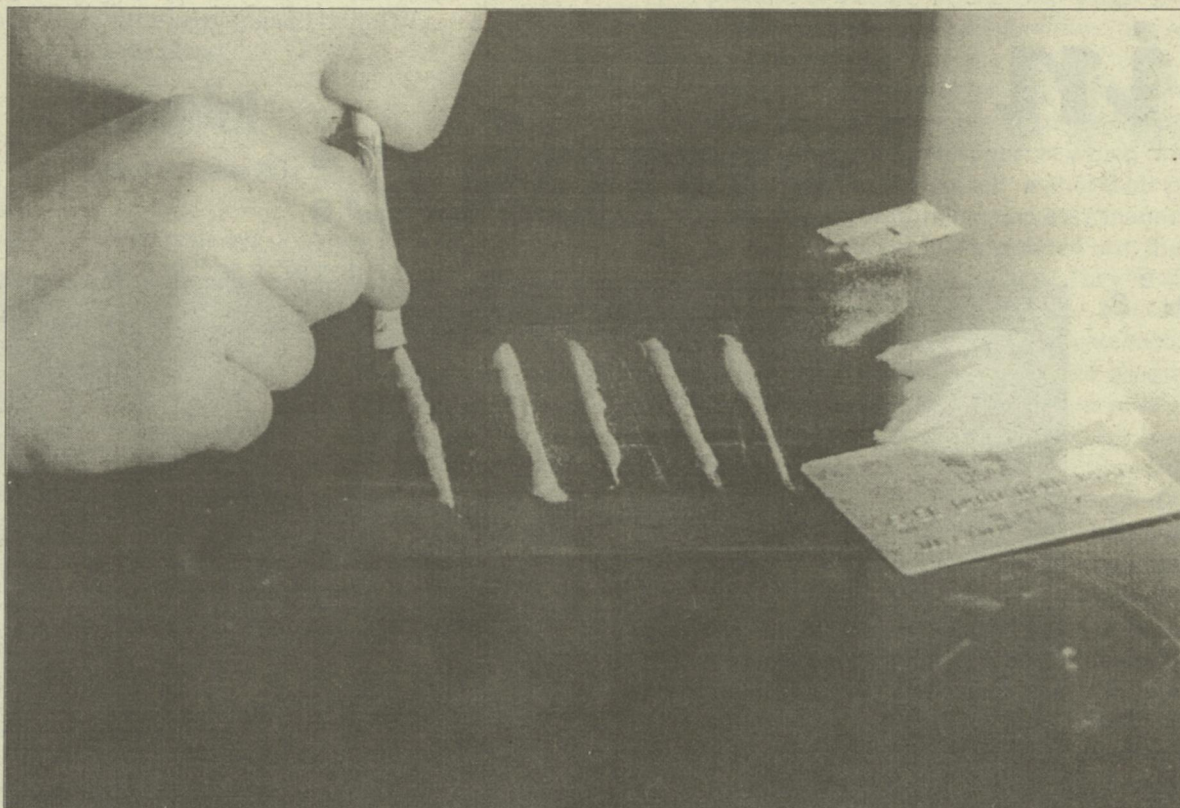
I started doing crank during the second semester of my senior year in high school. I was 18 years old. It was New Year's Eve, and I was out partying with all of my football buddies. A friend of mine wanted to try crank because he had never done it before, and he wanted someone to do it with him. I had never done drugs either so I figured, "What could it hurt?"

Three of us made our way to the bathroom, and we closed the door. The guy with the crank was more or less an acquaintance, but he was the experienced drug user. He pulled out a razor blade from his wallet and began crushing the rock into an off-white powder. After he rolled up a dollar bill, we each snorted a line and went back into the party.

It hit me instantaneously. I was wide awake, all my senses were alert. It was as if I had taken a gallon of caffeine through an IV. It was an intense rush, one that lasted for a solid three hours. I took another hit right before the New Year to see if I could top the last one. It was even better the second time. I was up all night jazzed by the powder. I only slept a couple of hours that night.

The second time, my buddy and I decided to include another friend, a guy that I had known since the 2nd grade. It was two weeks later, and we wanted another go around. This time we all chipped in and bought three grams of crank for 60 bucks. We weren't out to party per say, the focus was on doing the drug. We all did quite a few lines that night. I'm not exactly sure how many, but it was enough to keep the rush going all through the night.

Around this time, a good family friend who was a few years older than me, became our dealer. The crank was now easy to get, and he would front us when we didn't have the cash. From there, our threesome did crank three to four times a month until about March, when it became a whole new



Ted Donovan/VISTA

ball game. We now had the mentality that anything we wanted, or had to do, would be much better if we were high. The feeling was too good, even doing the little things. Going to school, taking a drive with no destination in mind, watching TV — I had to have it. Crank became a necessity, because without it, I had no self-esteem.

At this point, I was doing crank four times a week. My life was becoming a lie. I had to lie to my parents when they caught me sneaking out of the house for a quick fix. I had to lie to my good friends about what I was doing and why I was spending time with all my drug buddies. I even had to lie to my girlfriend. I had to keep up my All-American image. I had to make it seem like everything was OK.

It was in May that I lost absolute control. I was doing crank on a daily basis, while I was taking downers just so I could sleep at night. I was losing weight, and I had pretty much cut off all contact with my true friends.

On graduation night, I left my family at the house and went over to a hotel party to try to score some crank. I was having withdrawals. It was taking a long time, so my girlfriend came over to the hotel to check on me. When she walked in and saw what was going on, she threw her beer can at me and stormed off. I chased her down to the parking lot yelling obscenities at her and her friends. When they tried to leave, I jumped onto the car and started pounding on the windshield. I wasn't even high.

When I went back to the house, my brother con-

fronted me. My girlfriend had told him what had happened, and he just let me have it. He told me I was strung out, out of control, and I needed help. All the while, my parents were standing there in shock, absolutely heartbroken. It got so intense my brother and I started throwing punches at one another.

It took someone that I loved and respected to get me to realize that I needed help.

My parents took me to a narcotics anonymous meeting three days later. I went to the meeting and didn't participate, but merely watched as my peers recounted their experiences. Individuals, in their 20s and 30s, would stand up and vividly tell about where they had

been and what they had been through. Some of them couldn't even hold a thought because their brains were so fried, while others simply stood and wept.

It was here when I realized that I didn't want to end up like these people around me. I was really upset. I couldn't believe what I had done. I told my parents the meeting was all that I needed and, I didn't want to ever go back.

I relapsed twice, doing the drug once in the summer and one more time that following December. But after making it through the withdrawals and the depression, I finally regained control of my life. I have been straight for over three years now.

However, I never could have done it without the love and support from my family, my girlfriend and all of my close friends. I couldn't have done it alone.

I sit here now not wanting to preach an anti-drug forum; rather, I only wish to tell you that it's not worth it. I had to choose between my life long friend and being drug free. It was not an easy decision.

One hit, one rush, one time is enough to grab you. We are not invincible.

Crank took over my life, and it was eating me alive. I never would have imagined that an off-white powder, such as crank, could bring me so close to the brink of extinction. I was there looking over the edge, and I am just thankful that I am here today to talk about it.



# LIFE & Style

## Up in smoke:

ONDY SWEETMAN & ERIN CHRISTIE

*Life & Style Editors*

That oh-so-familiar scent that I can recall seeping through the doors in the dorms, I am now welcomed with as I walk in the door of my own home. My roommates sit intrigued by Jerry Springer and are finishing off their second bag of Doritos. The munchies have taken them over—they are officially stoned. Believe it or not, this is how some USD students spend their leisure time.

Approximately 7.1 million 18 to 24-year-olds—a quarter of those in that age bracket in the United States—are currently enrolled either full-time or part-time in the nation's 3,600 colleges and universities. Institutions of higher education can provide an important setting for reaching young people and reducing health risk behaviors among them. Ironically, the following statistics indicate that a large number of college students are using drugs on a regular basis, and the numbers are rising.

The 1995 National College Health Risk Behavior Survey reports the percentage of drug use among 4,838 students in 136 universities. According to the survey, 35 percent of all students reported current episodic heavy drinking (consuming five or more drinks of alcohol on one occasion). Episodic heavy drinking occurred significantly more among male students than among female students, among students aged 18 to 24 years of age than among older students and among white students than among either black or Hispanic students.

Nearly half of all students (48.7 per-



TED DONOVON/VISTA

cent) have used marijuana during their lifetimes. Current marijuana use occurred significantly more among male students than female students, among students aged 18 to 24 years than among older students, and among white than Hispanic students.

Among all students, 14.4 percent had used cocaine at some time during their lifetimes. Cocaine use occurred more often among students aged 25 years or older than among younger students.

Acquiring illegal drugs on college campus's is extremely easy especially at private universities like USD. There is enough funding for USD students such that most of them can afford to buy drugs along with the average living expenses, such as food, rent, tuition, bills and entertainment.

We decided to take a random sample of USD students to find out how easy it is to get the following drugs: alcohol, pot, acid, mushrooms, cocaine,

speed and ecstasy. According to our survey of students, we found that it took between 30 seconds and 15 minutes for alcohol, five minutes to a day for pot, 25 minutes to three days for acid, 25 minutes to three days for mushrooms, 45 minutes to three days for cocaine, 10 minutes to two days for speed and 15 minutes to three days for ecstasy.

These startling statistics were taken from students living on and off campus. The fact that drugs are illegal makes them available to anyone who is willing to pay for them. It is easier to buy drugs than it is to buy alcohol without an ID. Next to alcohol, pot is the most casual and popular drug of choice on and off our campus. It is not unusual to be at a party and see just us much pot as alcohol. Many pot smokers feel that marijuana is a harmless drug equivalent to smoking a cigarette and as a result should be legalized.

According to one USD student who

prefers to remain anonymous, "You can easily function under the influence of pot and it doesn't lead to harder drugs like people say. I don't see any reason that pot should be illegal. I don't condone all drugs, I just feel that way about pot." Other students who were strongly against the legalization of a drug such as marijuana raised the question of how it would be effectively regulated.

Drug use isn't limited to prestigious college campus's like USD. Students attending academic institutions all over the world are experimenting with drugs. Although movies such as Cheech and Chong's "Up In Smoke," "Dazed and Confused" and "Half-Baked," are considered exaggerated comedies, they reflect drug use on college campuses and in today's popular culture. Overall, when it comes to drug use on campus, a fix is just a phone call away.

Drugs on campus



# hey baby what's your sign?

## Scorpio

(Oct. 23 - Nov. 21)

During a boring day in class, you start to think of the one service that USD really needs to offer. Then you ponder if valet attendants would qualify for federal work-study.

## Sagittarius

(Nov. 22- Dec. 21)

Take the initiative this week. Your love life is sinking faster than the Titanic. Call up that person you have been eyeing—or die and old spinster/bachelor. It's your choice.

## Capricorn

(Dec. 22- Jan.20)

Lately you have been pondering what to do. It is time to just get jiggy with it and get a nightlife.

## Aquarius

(Jan. 21- Feb. 18)

You seem to be a hot commodity this week. I guess if you've got it, flaunt it. There's nothing wrong with that.

## Pisces

(Feb. 19- Mar. 20)

You decide to kiss the ground the parking structure was built on. You can actually park at USD after 8 a.m.!

## Aries

(Mar. 21- Apr. 19)

On the lookout for new dating prospects? This week go somewhere other than a bar. Better yet, try the nearest bowling alley.

## Taurus

(Apr. 20- May 20)

Your life is in the middle of a transitional phase. It's time for you to take a break, relax, go to the beach and drink a Piña Colada. That is if the "little boy" (aka El Niño) doesn't ruin your plans.

## Gemini

(May 21- June 20)

Keep your eye on April 24. The stars are fortelling a pretty hot night. So go out, have fun and don't do anything that your mom wouldn't want to see!

## Cancer

(June 21-July 22)

It's time to get down and dirty. With washing your car that is.

## Leo

(July 23 - Aug. 22)

Precociousness takes over this week and you want to do something bad. You know, the fountain would make a great bubble bath.

## Virgo

(Aug. 23- Sept.22)

You feel like you are being smothered, like you only see the world through tunnel vision and no one seems to understand you. You clearly must identify with Kenny from SouthPark, but one difference is that at least you don't die in every episode.

## Libra

(Sept. 23- Oct. 22)

Your roommates will be of great support to you this week. Because, when everything in your closet is dirty, at least you have theirs to raid.

## free refill

ANDREW MARTIN  
Asst. Life & Style Editor  
andrewm@acusd.edu

This week's column isn't about school and how hard it is. It isn't about drugs and alcohol, the current job market or what our future holds in store. The topic this week can be summed up with one very simple and short word: **SEX**.

Unless you're one of the three people who actually read this column from top to bottom every week, if you've gotten to this point, it was probably because of that three letter word above. It is a word that has become an eye catcher, something which advertisers and the media routinely use to grab a person's attention. In today's world there are orgasmic shampoo commercials, beer ads with half-naked women and pictures or videos of celebrities caught in compromising positions. All of this has turned what I described above as "simple" into something quite complex.

What is it we're truly looking at when we see an advertisement or TV show that uses sex as its catch? One of my professors gave an enlightening lecture last week, part of which concerned condom ads. Advertisers for birth control tell us that their product makes us safe, and it does so in a comfortable and easy manner. But what are the ads truly about? As my professor pointed out, they are about much more than just safe sex and birth control. They're about death.

The point which these ads make, but fail to blatantly spell out, is that if you don't use their product, you could die from an STD. Furthermore, the fact that the use of their product can be completely ineffective against infection, if told to us at all, is included in the extremely small print at the bottom of the page or screen.

Granted, condom companies have no choice but to include sex in their ads (since the livelihood of their industry requires that people have as much sex as possible), but this example still makes a valid point. So many ubiquitous images, words and slogans are presented to us in a way that masks the ugliness which lies behind them. All too many of them use sex to get people to watch, to listen to, to participate in or to buy something they're selling.

The dangers involved exist in how sex is being used, what it promotes and how it is presented. Sex can be used to hide the dangers involved with alcohol, tobacco and even itself. The way this masking occurs depends on how sex is used and presented. "Look at the pretty, half-naked girls holding our product! Buy it and you'll meet women just like this!" What they don't manage to tell you with such vigor and flare, what they hide in small print among all that is visually stimulating, is that their product may cause illnesses, cancer or death.

By using sex as an attention grabber and something that takes that attention away from what is really being said or sold, advertisers, producers and editors do more harm than they may realize. What about the children who see these things as they watch TV after school? What about teenagers who plan a night of excitement after the prom: "Go ahead! Screw around all you want! Just make sure he wears one of our safe, dependable and sensitive products! ps. we hope you don't pay any attention to this part, but even if you wear our product, there's still a chance that you could contract a disease that could end your short, young life in painful agony."

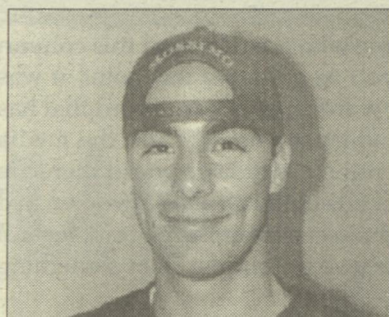
All of this doesn't mean that sex in advertising or promotion shouldn't be used. Given that they will never post the "small print" at the top of the page in big bold letters, it is then up to the reader or viewer, to hunt out the small print, to recognize what is really being sold to them. Those who do must not only record their knowledge in order to caution themselves but must also educate others; most importantly those who can't do so for themselves.

## INTO THE FUTURE:

In two weeks, Life & Style will feature the plans of some USD seniors



## Do you think marijuana should be legalized?



**Matt Anaya, Jr.**  
junior

"No, because I like smuggling it across the border."



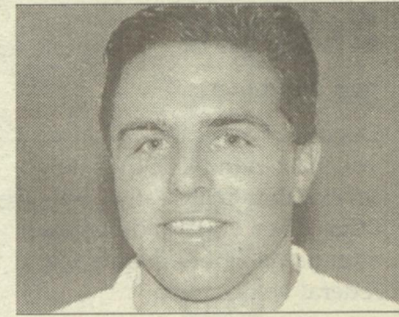
**Tom Hoot**  
freshman

"Yes, I think all illegal money spent on it would go into the economy."



**Michelle Martin**  
sophomore

"No, it will lead to other things being legalized and it will get out of control."



PHOTOS BY TED DONOVAN/VISTA  
**Brooks Kochvar**  
junior

"God no, we have enough problems in America without legalizing it."

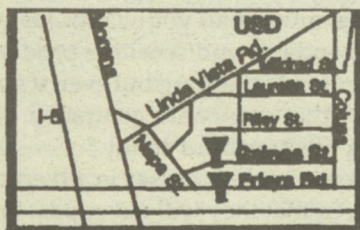
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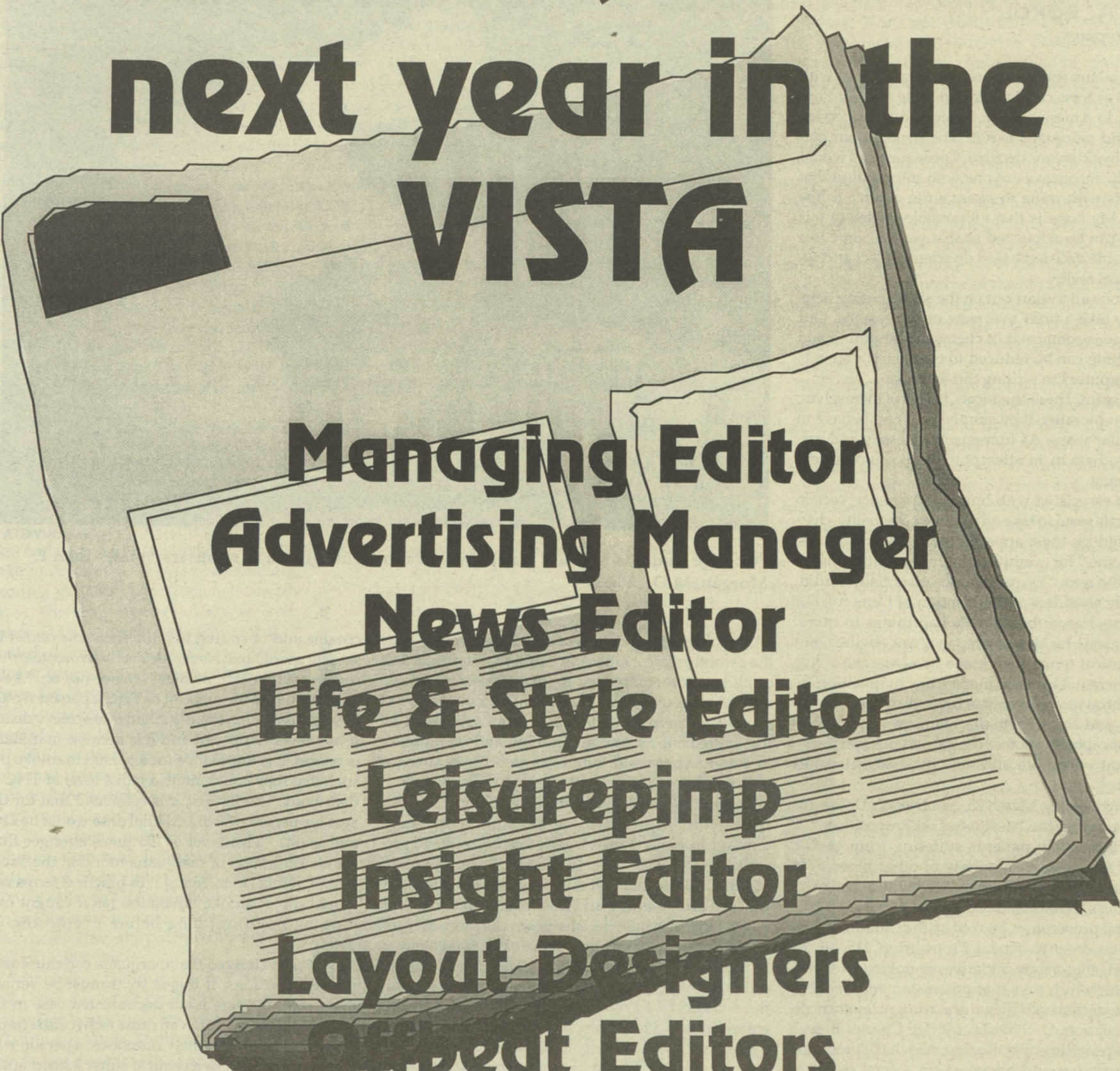
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# THE GREAT BARRIER TO REEFER

## OR HOW I LEARNED TO STOP WORRYIN' AND LOVE DA' BOMB

JAN A. SOKOL  
*Leisurepimp*

Is marijuana the lesser evil when compared with alcohol or tobacco? Is there a double standard operating in America when alcohol and tobacco are legal and marijuana is not? The issue, in our culture, is by no means decided. Consequently, I would strongly encourage anyone with information that conflicts with mine to *please* write a letter to the editor. My hope is that all possible angles of this debate can be exhausted so that we can come to a reasonable decision based on scientific fact and sociological reality.

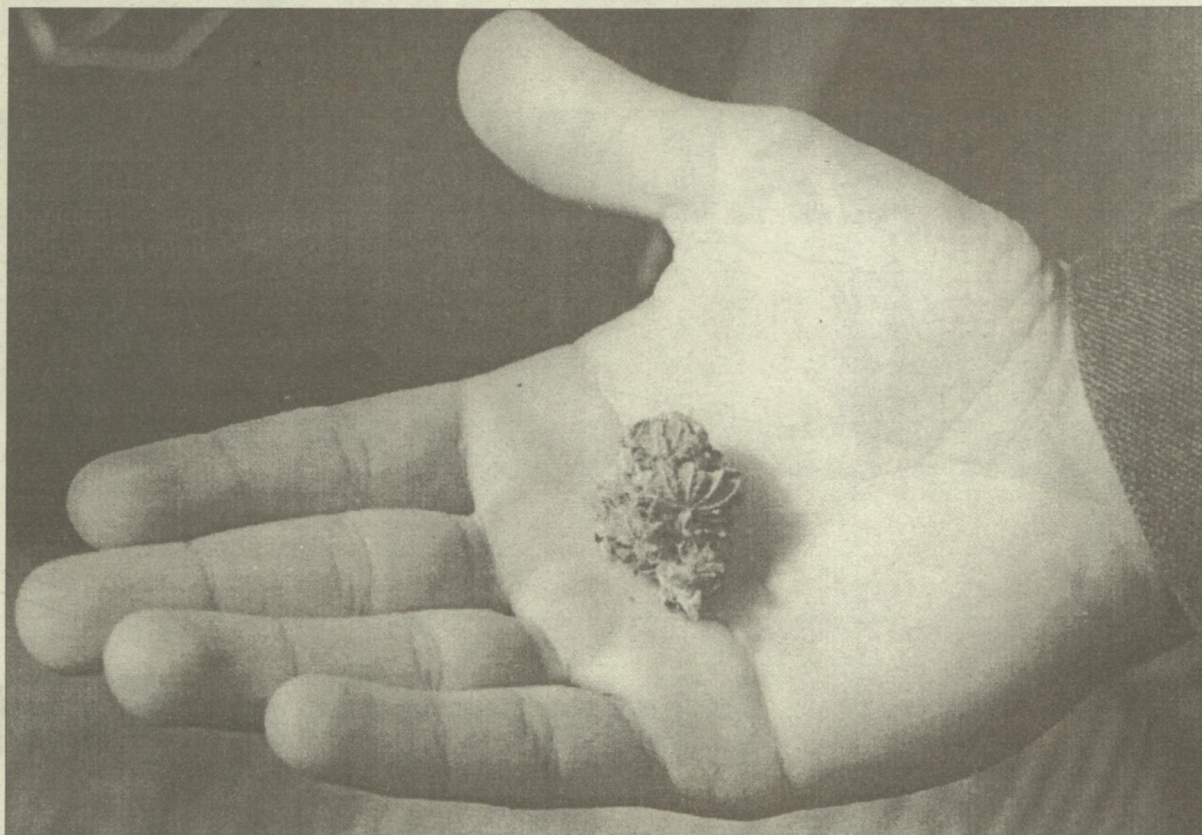
I want us all to start out on the same footing here, so let's take a brief overview of the cosmos. Our universe is composed of chemicals. Anything and everything can be reduced to chemistry: you, me, the computer I'm writing this article on ... etc. etc ... ad nauseam. These chemicals, in and of themselves, have no morality, they simply exist and behave in particular ways. As humans, we classify and categorize them in an attempt to understand our environment.

When associated with human experience, certain chemicals seem to take on a whole personality, characterized by their apparent benefits or hazards. "Medicine," for example, connotes positive images while the term "Drugs" sounds essentially sordid. Nobody shudders at the mention of Demerol, but the term Heroin brings *only* bad things to mind. The reasons for this discrepancy are obvious, but in chemical terms they make no sense; the active ingredient in Demerol, meperidine hydrochloride, is a central nervous system depressant (read: pain-killer) and has a virtually identical action to diacetylmorphine, another central nervous system depressant which we all know by its street name: Heroin.<sup>1</sup>

On Wednesday, March 25, San Diego's Union Tribune reported the latest news on Proposition 215, the bill to allow patients suffering from cancer, AIDS, glaucoma or a variety of other illnesses to possess and grow marijuana for medical use, with a doctor's recommendation.

Federal prosecutors, backed by the Clinton administration, vow to repeal Proposition 215 on the grounds that a state initiative cannot override federal law, which says that possession and distribution of marijuana is illegal and recognizes *no* medical exception. U. S. District Judge Charles Breyer, who is presiding over the case, said that it presented serious issues and he asked for a final round of written arguments due from both sides on April 16. Breyer made a point of a recent Supreme Court ruling which could be interpreted that a person has a constitutional right to be free from pain.<sup>2</sup>

We've talked about medicine regarding Proposition 215, but let's put this issue into a new context. Tobacco has *no* medicinal value. In fact, of all psychoactive substances, *tobacco is the number one killer of human beings in this country* (to say nothing of the rest of the world).<sup>3</sup> It has been estimated that if tobacco smoking were eradicated from our society (a position I am *not* advocating, by the way) approximately one-third of all hospitals in this country would close<sup>4</sup> (it was only in the past five years and for public relations reasons that the American Medical Association sold its tobacco stocks<sup>5</sup>).



TED DONOVAN/VISTA

"College students who use marijuana have the same grades as nonusers," states John P. Morgan, M.D., Ph. D.

Alcohol, of all psychoactive chemicals, weighs in as the second greatest killer.<sup>6</sup> In addition, more than half of all hospital emergency room admissions involve alcohol-related accidents or illness.<sup>7</sup> Alcohol also has *no medicinal purpose whatsoever*. It is not used as an active ingredient for any medication, and its presence in cough syrups and liquid-solution medications is only because of its properties as a cheap solvent.<sup>8</sup>

But what about pot, you ask? Proposition 215 aside, the active ingredient in marijuana, delta-9-tetrahydrocannabinol, is legally synthesized and prescribed in this country. It goes by the trade-name Marinol, and is used to combat nausea associated with cancer chemotherapy and anorexia in patients with AIDS. Unfortunately, because it is in pill form, Marinol is mostly metabolized by the liver in what is known as the "first-pass phenomenon." This means that the pill is not very effective. However, and this is really the substance of Prop. 215, when smoked, the drug enters rapidly into the bloodstream via the lungs, thus bypassing the digestive-system, eliminating the "first-pass phenomenon" and proving to be extremely efficacious in stimulating appetite.<sup>9</sup>

The federal government, demonstrating a shocking hypocrisy in keeping medical marijuana illegal to the general public, and in recognizance of the *demonstrated* medicinal uses of marijuana, *since the 1970s*, has established the "compassionate use" program, through which patients, on a case-by-case basis, could obtain marijuana from the government's marijuana farm in Mississippi for conditions such as glaucoma and muscle spasticity in patients with neurological disorders.<sup>10</sup>

The pro-marijuana evidence only gets stronger when we take overdosing into account. An overdose is synonymous with a poisoning. A normal healthy person, for example, can drink enough alcohol in one sitting to cause his or her death. The same can be said for

cocaine and of course, heroin. The same *cannot* be said for marijuana. *No one has died of an overdose from smoking pot*. In fact, medical science has only been able to *estimate* the amount of THC a person would have to *inject intravenously* in order to achieve death. It has never happened and it is because marijuana is *smoked*. It is impossible for a person to smoke pot such that they could attain a lethal level of THC in their body. The figures: it is estimated that for the average person (150 lb.), a lethal dose would be 2100 milligrams. This level is 105 times stronger than the concentration of marijuana found in the strongest of joints (15 to 20 mg.). In practical terms one would die of smoke inhalation (as if caught in a burning building) long before overdosing on THC.<sup>11</sup>

It has been charged that marijuana can cause fatal adverse reactions. If this is so, it must be vanishingly rare, as there is no documented case in the medical literature. THC can cause tachycardia (rapid heartbeat) so in extremely rare cases, a person with a congenital heart defect *might* suffer a heart attack from it. However, *our society does not accept this as an argument against legality*. Examples: (1) the "wonder-drug" penicillin causes allergic reactions and death to an extremely small segment of mankind, literally, one pill can kill these people and there is no way of detecting that such a reaction would occur until the person gets sick, (2) a more famous and analogous example would be the over-the-counter asthma medication Primatene Mist (Epinephrine Inhalation Aerosol Bronchodilator) which also causes tachycardia and *has* caused such deaths (in one case a relatively famous model). Simply put, a person with a pre-existing heart condition takes a normal dose and drops dead. We as a society do not regard these unfortunate but extremely rare cases as substantial enough to forgo the benefits of



certain chemicals. And disregarding medications for a moment, our society would hardly forgo its own pleasure, as in the case of alcohol, out of concern for another's welfare.<sup>12</sup>

As I shift this article's focus from medicine to recreation, it becomes necessary to examine addiction. Medical science defines two types of addiction: physical and psychological, which really are not distinct diseases. Addiction usually presents itself as a combination of the two. The easier to understand is the physical addiction. What this applies to is a dependency *the body* develops on a chemical for it to feel "normal." When introduced with regularity over a period of time, certain chemicals produce a physical dependency in the human body, meaning that if that chemical's presence in the body were stopped, the body would experience "withdrawal," a set of physical symptoms recognized as the manifestation of an addiction. Psychological addiction is less clearly defined. It really is more reflective of the type of circumstances, environment, and personality of an individual. At the risk of sounding reductive, the thinking goes like this: the root of why people take psychoactive chemicals is because they feel "good," those people who tend to feel "not so good," are at a greater risk for use of chemicals to improve their mood. Why, and how the mechanisms of this work, is at the apex of research in addiction medicine. Also, while it is clear that all physically addictive drugs are addictive psychologically as well, the reverse is not always the case.

Alcohol causes both psychological and physical addiction. A chronic alcoholic, upon cessation of ethanol abuse, will experience a host of physical problems ranging from shakiness, general malaise, fever and nausea to an extreme type of vivid hallucination accompanied by severe shaking, known as "Delirium Tremens" (the D. T.'s). This list is not by any means complete and it is significant to note that of *all* physical drug addictions, ethanol dependence takes the body longest to recover from (up to one year).

The two most common psychological and physical addictions are of course, to nicotine and caffeine. Cessation, after physical dependency has developed, of either of these drugs results in headaches and/or relatively mild sickness.

In these cases I really only described the physical aspects of chemical dependency. After the body rights itself and is no longer toxic, and if a psychological desire to use the drug remains, we then say that the chemical has the potential for psychological addiction.

Where does marijuana fit in? This has best been answered by the recent compilation of scientific data on marijuana: "Marijuana Myths Marijuana Facts." This book was reviewed by the Journal of the American Medical Association (JAMA) "as an extraordinarily well-researched and passionately argued book on the biomedical and sociological issues raised in today's debate about marijuana ... [the authors] convincingly demonstrate examples of exaggeration, contradiction, and misinformation in statements by those with a political, moral, or institutional need to portray marijuana as all bad ... it is an important contribution to the marijuana and drug policy literature and deserves a wide audience."<sup>13</sup> Wary of charges that the medical community does not fully understand the sociological implications of psychoactive chemicals, the

book is the result of exhaustive research efforts by both an M.D. / Ph.D. and a Ph.D. of Sociology. John P. Morgan is a physician, Professor of Pharmacology at City University of New York Medical School, and adjunct Professor at Mt. Sinai School of Medicine. His articles have appeared in the most prestigious medical journals, both in the United States and Europe. His co-author, Lynn Zimmer, is an Associate Professor of Sociology at Queens College, City University of New York. Her articles appear in leading sociological and law enforcement journals.

"Marijuana Myths Marijuana Facts" lists 20 of the most salient myths regarding marijuana and goes about debunking them. On the question of marijuana "addiction" they have this to say: "Most people who smoke marijuana smoke it only occasionally. A small minority of Americans—less than 1 percent—smoke marijuana on a daily basis. An even smaller minority develop dependence on marijuana. Some people who smoke marijuana heavily and frequently stop without difficulty. Others seek help from drug treatment professionals. Marijuana *does not* (my italics) cause physical dependence. If people experience withdrawal symptoms at all they are remarkably mild." Compare that 1 percent for daily pot smokers to the 10 percent (at least) of the American population suffering from alcoholism.

By far, the biggest fear people told me they held about marijuana centered on their belief that marijuana is a "gateway" drug, a stepping-stone on the road to the "hard-drugs." I happened to be able to talk with Uwe Simon M.D./Ph.D. about this issue. Simon, a research pharmacologist, is currently working for the World Health Organization. In the

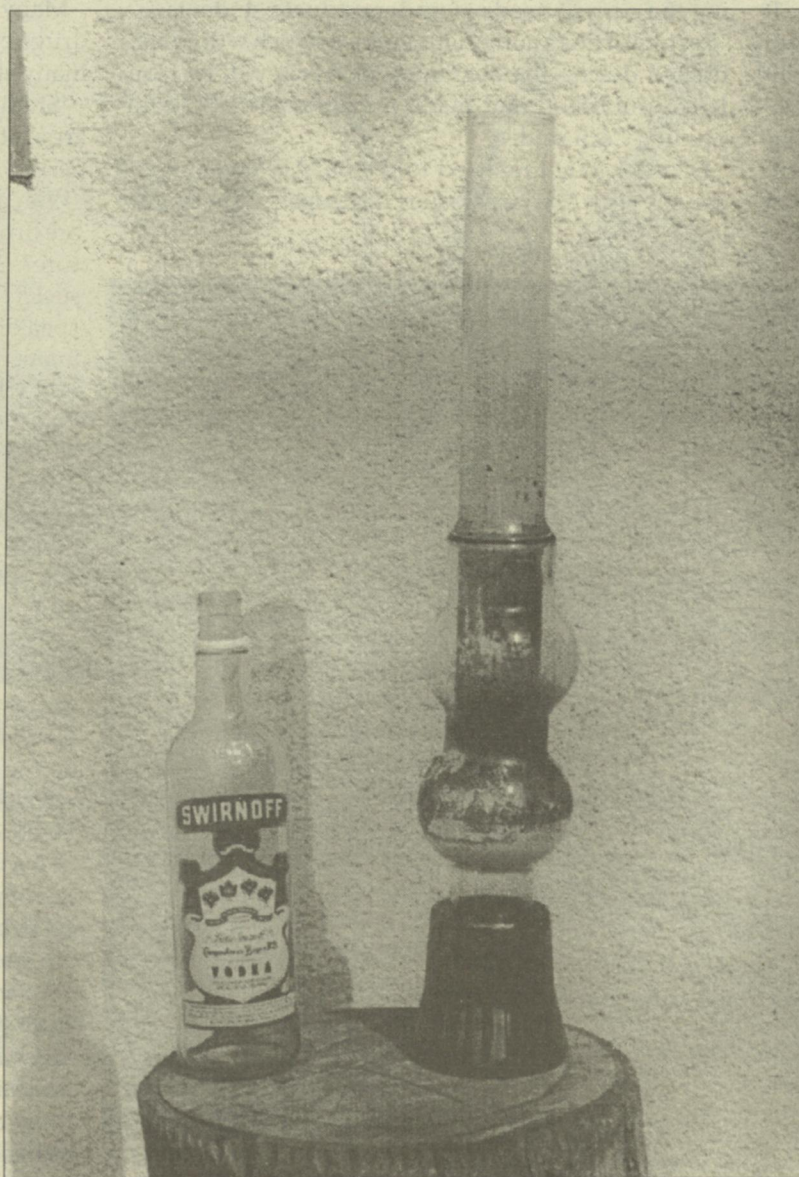
early 1980s he did clinical research which corroborated a well received study from 1979: "The Stepping Stone Hypothesis: A reappraisal, in youth drug abuse programs, issues and treatment," by O'Donnell and Clayton<sup>14</sup> He told me that, "We found the same things they did. If marijuana were a "gateway" drug, we would have found a significant fraction of people who started out smoking a little bit ... a little bit at a time and then eventually went on to cocaine or heroin or whatever. That's not what they found or we found. The people who tried it, tried it. Those who smoked infrequently [one to two times a month] continued to smoke infrequently, those who smoked regularly continued to smoke regularly and so on ... The only group that went on to use hard drugs was the group whose habit it was to smoke up to 20 joints a day and more. Of them we found that 73 percent went on to try cocaine, and of those 73 percent, 33 percent went on to try heroin. What this tells us is basically that drug addicts are drug addicts, whether they smoke pot or use heroin. In fact, if the "gateway hypothesis" had stood up to scientific scrutiny we would have expected a more substantial number of the heavy smokers to become heroin addicts. As the numbers indicate, of that group only 25 percent of the total went on to even *try* heroin. Like I said, some people have a proclivity for addiction."<sup>15</sup>

Here's what Morgan and Zimmer had to say about the "gateway hypothesis" in 1997: "Marijuana does not cause people to use hard drugs. What the gateway theory presents as a causal explanation is a statistical association between common and uncommon drugs, an association that changes over time as different drugs increase and decrease in prevalence. Marijuana is the most popular illegal drug in the United States today. Therefore, people who have used less popular drugs such as heroin, cocaine, and LSD, are likely to have also used marijuana. Most marijuana users never use any other illegal drug. Indeed, for the large majority of people, marijuana is a *terminus* rather than a *gateway* drug."<sup>16</sup>

What about the notion that marijuana induces an amotivational syndrome? For the past 25 years researchers have searched in vain any evidence that marijuana causes amotivational syndrome.<sup>17</sup> The fact is, there is nothing about marijuana specifically that causes people to lose drive or ambition. The association comes from the fact that people who are intoxicated constantly, regardless of the drug, are unlikely to be productive members of society. In laboratory studies, subjects given high doses of marijuana for several days or several weeks exhibit no decrease in work motivation or productivity. Among working adults, marijuana users tend to earn higher wages than nonusers. College students who use marijuana have the same grades as nonusers.<sup>18</sup>

Let's talk crime. Every serious scholar and government commission examining the relationship between marijuana use and crime has reached the same conclusion — marijuana does not cause crime. In addition, marijuana, unlike alcohol, has been shown in both human and animal studies to *decrease* rather than *increase* aggression.<sup>19</sup>

Among today's youth, alcohol-related accidents are, with the exception of AIDS, the major cause of death in this country.<sup>20</sup> Marijuana, at some doses, affects psychomotor performance — changes which could impair driving ability. However, in driving studies,



TED DONOVAN/VISTA

Alcohol vs. Marijuana: the lesser of two evils?

see POT on page 30



# EDUCATION IS THE KEY TO PREVENTION

**JAMIE HEWITT**

*Editor in Chief*

The phrase of the '80s was to "Say No To Drugs." It was beat into our head with commercials, educators and former First Lady Nancy Reagan telling us over and over until they were blue in the face. Drugs were bad, they were used by people who looked shady, they were sold to innocent little kids who had no idea what they were or what harm they could do.

It seemed that you could always tell who was a drug user. From what we were told as kids in national programs like DARE, "druggies" were people who acted erratically, wore strange clothing and had greasy hair. That is all in the perception. Many people are under the impression that they can pick out someone who is a drug user. In reality, drug users hide their habit and have the appearance of a normal life.

An addicted drug user could be sitting right next to you in class. They could be the sorority girl, the Associated student, the star athlete, the student with the 4.0. "Druggies" are no longer scummy. They are college students like you and me.

I have asked people why they use drugs. Answers that I have received include, "It takes my mind off my problems," or "Getting high is the best feeling." Sure, you experience a mild euphoria, lose inhibitions you may have or try to fit in with a certain social group, but with the use of drugs, you lose control of your feelings and your physical being.

It is not just here at USD. Drugs are everywhere. It is impossible to think that we will ever rid the earth of these substances, especially with states like California and Arizona passing Proposition 215, the legalization of marijuana for medical purposes. But, there are ways to educate people our age, so that people who do use illegal substances know what the

are getting themselves into.

Drugs alter perceptions, inhibitions are lost and you are more susceptible to endangering your well being as well as innocent people who happen to cross paths with you. That is a choice that you have to make for yourself. But with education of that choice, it could lead to prevention.

This leads to the questions of what does USD do to help control drugs on this campus? What programs are offered? How does the University handle the USD community in the situation of drugs?

For one thing there is the Office of Drug and Alcohol Education (ODAE). According to Julie Bays and Darren Cecil, Assistant Director and Director of ODAE, the office provides a wide range of services and resources for the USD community who are concerned about their own, a friend's, or a family member's drinking or drug use/abuse.

"Students are referred to our office by Residence Life due to drug use," Bays said. "There are a series of meetings with Darren's staff that are customized to meet the needs of individual students. There are a lot of students in the program this year."

According to Bays, ODAE provides a safe environment to anyone in the USD community to talk about anything, and the office does not turn anyone away.

When asked if ODAE had any recent statistics of drug use, Cecil said that the last survey done was in 1995.

"We don't have any current statistics except for three years ago," Cecil said. "The office is currently conducting a random survey to the USD community about substance abuse issues and if our office is meeting the current needs of undergraduate students."

Results of this anonymous survey, which will be conducted during the beginning of April, will be tabulated, published and made public to the USD community, Cecil said.

In order to get referred to the ODAE, one must be caught with the possession of drugs. This usually

happens if fellow students report it to resident assistants, resident directors or Public Safety.

"We respond quickly by going to the dorm room, talking to the person, getting the story, and most of the time it is obvious that the individual(s) were using pot because you can smell it," said Mike O'Deane, Public Safety officer.

According to O'Deane, Public Safety will confiscate bongos or other drug paraphernalia, write citations and report the findings to Tom Burke, dean of Students. Disciplinary action is taken through Burke, where depending on how many offenses the individual or group has, is referred to the ODAE.

"Calls about drugs range from none to two to three a night," O'Deane said. "It is very sporadic, we could not have calls for weeks, but then have some days where we are called frequently about it."

During the past year, Public Safety has logged 48 incidents where drugs have been confiscated.

Resident assistants and directors are given training to be able to spot students that have drugs in their dorm room or that are trying to hide it.

"I haven't had too much contact with drugs in my hall," said senior Tom Ney, resident assistant to the Alcala Vista Apartments. "Drugs are there, but people are good at hiding it. There are a lot of drugs on campus. It is not so much seeing it, but I have heard a lot of stories about drugs on our campus all the time."

"There is not a lot of drugs on campus but enough that if anyone wanted to get some, they could get it quickly here," said senior Deana Fahy.

Many students feel that the easy accessibility of drugs on campus is due to the money and status of many students on campus.

"Students can afford drugs here, that is why there are a lot of it here on campus," said senior Erika Cooper.

With all that there is to offer education-wise, why are drugs becoming even more prevalent in our culture? With the legalization of medical marijuana, society seems to be becoming more comfortable with speaking out against using drugs, especially marijuana. Frequently, students talk about it in classes and with other students openly. It seems now that hearing about someone smoking marijuana isn't as shocking anymore as more and more people are more free about admitting that they smoke marijuana quite frequently.

What is interesting is that USD has an alcohol policy but not a drug policy. In the Student Handbook that is distributed to the USD community at the beginning of the school year, says, "Violations of these rules and regulations may subject an individual or group to disciplinary action with the use, possession or distribution of controlled substances as well as the presence on campus while under the influence of an illegal substance." A drug policy should be considered to accompany the alcohol policy, or at least be expounded on to what the consequences are of possession and what the University's stand is on drugs.

In addition to that, the ODAE organizes the annual Alcohol and Drug Education Week in October, which is co-sponsored with Campus Connections. The week highlights the effects of alcohol, with drugs almost as a sidebar. Given that drugs are becoming more and more prevalent on college campuses, the education for this week needs to be increased.



TED DONOVAN/VISTA

Regardless of the drug, help is available to all on campus. The Center for Drugs and Alcohol is located upstairs in the University Center, room 221.

see **PREVENTION** on page 30



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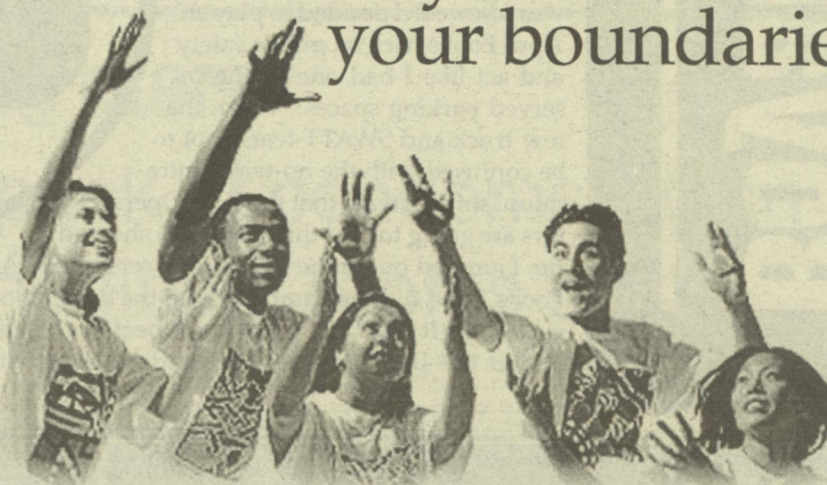
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# OB

## IT'S OFFBEAT

(Not Oscar's Belly, ya ding dong!)

I don't know about this weather. Today, I woke up to the sound of hail the size of bowling balls coming through the roof. I'm sure this little boy could start peeing on some other city, and we all wouldn't mind. He should be sponsored by Huggies or something. (It was that kind of weekend, so I'm going to need a few paragraphs to warm up.)

I went through the drive through at Jack-in-the-Box the other day, and I got combo #4. That's just the background info, but the straw I got with my drink was titanic. I'm talking circumference, not length. Which reminds me of . . . well, never mind. It's like sucking up a beer with PVC piping. One sip and my drink was gone.

OK, this is my last shot. I'm convinced that seagulls are smarter than most humans. For one, they fly around the beach all day long, stopping every once in a while to pick up leftover food. And B, they never miss when they drop a load. We lie there half naked, burning all parts of our bodies, acting like target decoys. Then, all the birds make one big swoop and drop away. What really kills me is that people are so surprised when they get plopped on, like they can't believe one of 4,000 birds that flew by actually hit them. Which leads me to one last point. Where in the hell do sea gulls go when the weather turns bad? It's like they disappear and go to some bird house Hilton.

Alright, I know when I've been beaten, and it's not fun like it is with my gimp. Until next time, because there are only three issues left from this always hilarious — sometimes intoxicated — what is this, velvet? — senior aged — god-like — dynasty, be nice to old people with prosthesis.

## Boyant Ideas

Alright I give up, what the heck (note the censorship here, I would have much rather used the "F" word here, something in a fudge) is that park ranger station thing they built at the west entrance? Is that where you're going to pay your tuition next year? USD has become the first drive through academic institution. Here's the shirt off my back, an arm, and a leg. Thank you, drive though. If you want to super size that, it's only \$1 million more and it comes with a graduate degree and a miniature palm tree. Thanks and enjoy your stay.

Okay, so we were talking about... oh yeah, my April Fool's Day. This is the day when people pinch you if you forget to where clothes or have a green bruise. Either way I was screwed. I decided to play an April Fool's trick on public safety and act like I had one of the reserved parking spaces. When the tow truck and SWATT team (not to be confused with the no-talent intramural softball team that the Kool Operators are going to beat this weekend) showed up, I jumped out of the bushes and screamed "April Fool's," and did the Lambada with the bumper of the closest Volvo. It was then when I was beaten and gagged.

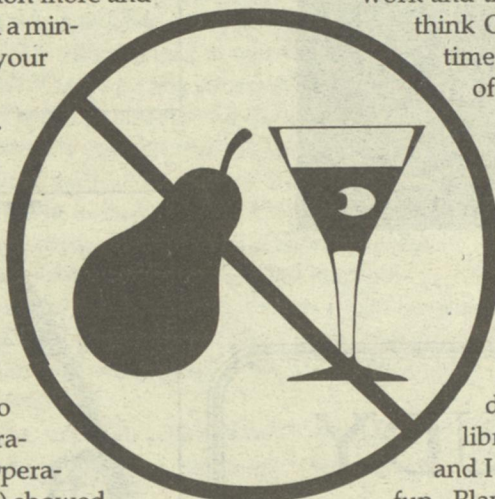
After this little episode, I proceeded to the bathroom to

freshen up a bit before I went to the Deli at 11:05am to make sure I got a seat near "the aisle" so I could chat with all of my friends and gnaw on a carrot stick while I- oh, sorry. Yeah, so I was in the bathroom, I couldn't help but be perturbed (yep, using the big words—this one was on sale for five cents) by the thought that we still don't have bathroom attendants. What am I supposed to do, wash my own hands, I mean come on I don't even know how those faucets work and that crazy soap dispenser thing? Forget about it. I think Oscar could probably fill this position in his spare time. "How ya' doin" in there chief? Smells like some of the goodies."

Then for some added April Fool's cheer, I bought a heaping teriyaki bowl with the juice dripping off the side. I went with it up to the reference desk of the library and asked if what I had was included on the "No Food or Drink" sign and if I could get one of those safety beeper things so I could look cool, all the while dripping on the SALLY computer. As the guy's head exploded with rage, I told him that I was sorry but I was told that if it doesn't get all over the place, it doesn't belong in the library. Well I better go, I left my cell phone in my bug and I think the alarm is going off. Remember, bowling is fun. Play it, live it.

PS There's no place like home. Whoops, sorry folks, I guess I had too much coffee. What I meant to say was: If your gonna stay home from school today, you can help me shave my armpits.

BY ALLYN BOYANCE.



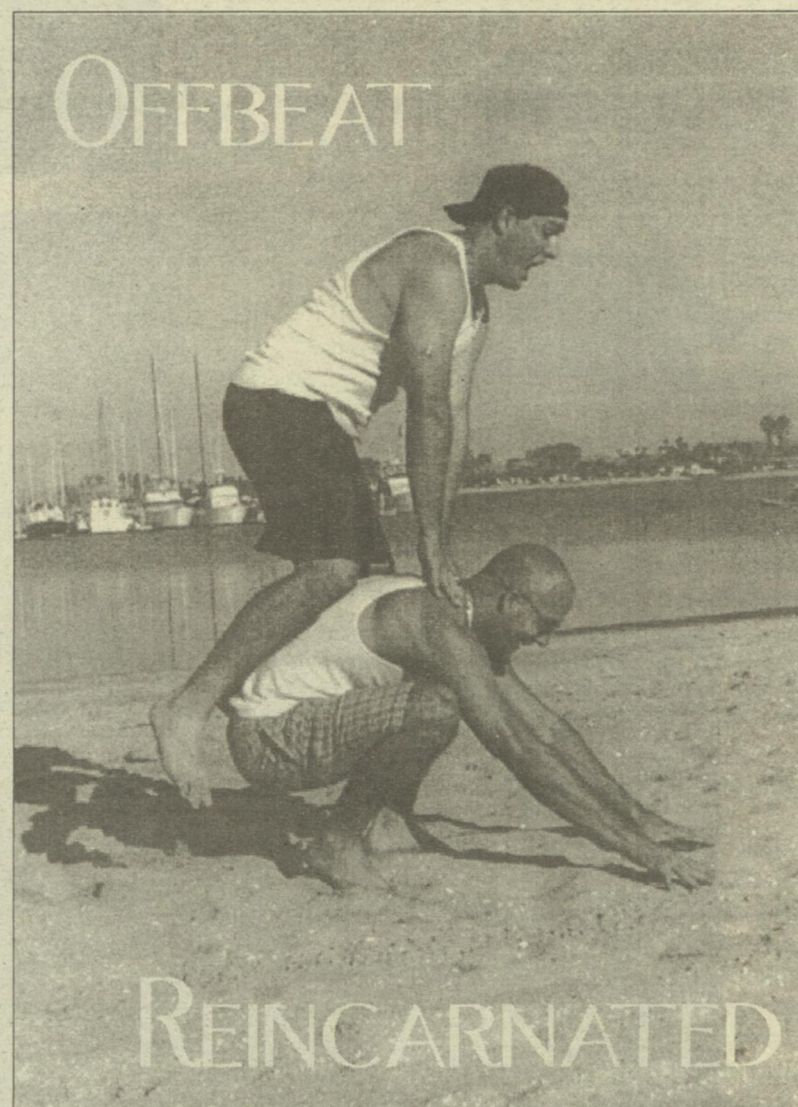
## Winners of the 1998 National Transvestite Pageant:

They couldn't find  
real dates so they  
manufactured their  
own lovin', Eddie  
Murphy style.



## Top 7 ways a USD fraternity's 1,000 dol- lars could have been spent

- 7) Buy the services of five call girls for unlimited lap dances and "sex on the beach" in a Las Vegas hotel
- 6) Instead of the Immaculata bell tower music, pay Quasimodo to sing his rendition of the Spice Girls in D-minor
- 5) Put a bronze statue of Oscar in the Caf, or a marble bust of Anne Nicole Smith's bust in the Deli
- 4) Install hydros on the tram and a bumpin' system to boot (one that would make Vanilla Ice proud)
- 3) Purchase hair plugs for Matt (the good ones, like from a horse's mane instead of its ass)
- 2) Install a tank that pumps "Old E" 24-seven in the fountain (cups not included, limit 20)
- 1) Add it to Joan Kroc's 25 million so the secretaries can have upgraded versions of solitaire on their PC's in the Ghandi Peace and Justice Institute



## Quote Overheard in the drug store

"(A guy in line buying a pack of condoms) Can you show me where the fitting rooms are?"

### TITANIC

continued from page 10

point that the average person can no longer distinguish between the two. This is precisely the case with "Titanic." People have heard so many times how marvelous the film is that by the time they actually go to see the movie, they have already been brainwashed to "think" that the film represents quality filmmaking. Or, upon seeing the movie and not understanding what was so outstanding, an individual might just agree that it was indeed a great film, all the while wishing to understand the profound message that he or she must have missed. This same person keeps the cycle going by joining in on a "Titanic" conversation with the same trite comments of his or her peers: "The movie was very well done" or "The special effects were incredible."

Of course, like all real-life tragedies, the sinking of the Titanic should have taught us some valuable lessons. And the film did touch on some of these lessons as well as the historical tension of the time period. Unfortunately, the film only danced around the big ones. For example, the conflict between man versus nature, the limitations of tech-

nology and the poor historical foresight of mankind. The only theme that "Titanic" adequately developed was the social class segregation that led a disproportionate number of poor people to their watery death. Even this class struggle was portrayed with incredible banality. The rich and the poor in the movie were portrayed as polar opposites, and nothing new was added or suggested to the age-old discussion of classism. Instead, Cameron and company were busy making sure that DiCaprio's tuxedo was indicative of the period and that the dishes served in dinner scenes were not anachronisms. Attention to detail yes, but to the wrong details.

My favorite part of "Titanic's" winning the "Best Picture" award has to be the absolute irony that Cameron's "king of the world" speech displayed. In a sense, the Titanic taught us that man must respect nature's force and that we must not step outside the boundaries of our own technological limitations and be consumed by greed and classism. The Titanic's failure reinforces these notions. Yet, the success of the movie "Titanic" suggests that greed and superfluous technology will be rewarded. By bringing back the "Titanic" as a rousing success, and this time it succeeds, Cameron undermines the historical lesson and

promotes greed, if not for money for pure grandiosity.

If I were giving out the awards this year, Robert Duvall's "The Apostle" would be have been crowned Best Picture. But, as a measly college student, I was forced to watch mediocrity prevail once again from the comforts of my home. I have come to terms with the idea that most Americans cannot handle controversy or depth of subject matter. Call me a skeptic if you will, but I will not fall victim to the movie that has made Celine Dion a household name and made millions of 14-year-old girls cry, even if they are not quite sure why. To me, "Titanic" as Best Picture certainly seems like a sign of the apocalypse. Think of a world where Danielle Steele wins the Nobel Prize for Literature and Hanson is crowned with the Grammy for Best New Artist. Laugh if you must, but with "Titanic" as evidence, such a world is not far away. I realize that some people want to come home from a long day at work to watch an entertaining movie like "Titanic" without the pressure of a film that makes you think. But shouldn't we honor the ones that do?





# Leisurepimp

Peddling arts, music and entertainment

## BOOGALOO MUSIC



GREYBOY RECORDS

What is "boogaloo music," asks Karl Denson of The Greyboy Allstars. "It's a mixture of things. It's our foundation, early funk, late rock where James Brown came from."

**JESSE SHAMSHOIAN**  
Staff Writer

As I sat early Friday morning in the warm and friendly confines of the VISTA, happily sinking deeply into the famous blue loveseat, I anticipated my long awaited phone interview with San Diego funk and jazz legend The Greyboy Allstars. So I waited, without a ring of the telephone. I twiddled my thumbs then amused myself by reading back issues of Offbeat. In preparation, I began to listen to the latest accomplishment by The Greyboy Allstars, entitled *A Town Called Earth*. By the time the second song began, I was captivated by the sultry grooves of this remarkable new album from one of San Diego's favorite acts. The James Brown and Lou Donaldson influenced-Allstars present an unmatched blend of classic funk, jazz and boogaloo. They have this smooth concoction perfected. The

album is an eclectic piece with songs such as the authentic sounding track "Quantico, VA." This track will forcibly move any audience to its feet with Zak Najor's solid drum beats combined with Robert Walter's inspired piano effort and Elgin Park's whining funk guitar. The 15-minute title track of the album radiates with a mixture of Chris Stillwell's resonant bass and frontman Karl Denson's stirring saxophone solos. As I tapped my feet and bobbed my head accordingly through the final tracks of the album, the phone finally rang and my interview with front man Karl Denson began.

The Greyboy Allstars have been dazzling diverse audiences around the country and, more specifically, in San Diego for the past four years. The band was the brainchild of revered sax player Karl Denson (who backed Lenny Kravitz for four years) and well-known San Diegan DJ Greyboy. Hence the name, Karl mentioned that, "The band is named after DJ Greyboy and

his label Greyboy Records. We took his name because the band's his idea."

This "idea" of DJ Greyboy's has blown up in the past year and The Greyboy Allstars are finally receiving the recognition that they definitely deserve. I inquired how this new found success has affected the band, "We feel the same as we felt before. We're gradually climbing the ladder at the right speed because we want to do things the right way." The band's latest release *A Town Called Earth*, has been well-received by listeners and critics alike. In fact, the band's music has spread so quickly that the group was asked to produce the soundtrack for the recent film "Zero Effect," which stars Bill Pullman and Ben Stiller. Because creating a soundtrack is a rare honor, I asked Karl how the band got the job.

see **BOOGALOO** on page 23



# Black Pearls: The Poetry of Maya Angelou

**KRISTINA KIM**  
Staff Writer/Photographer

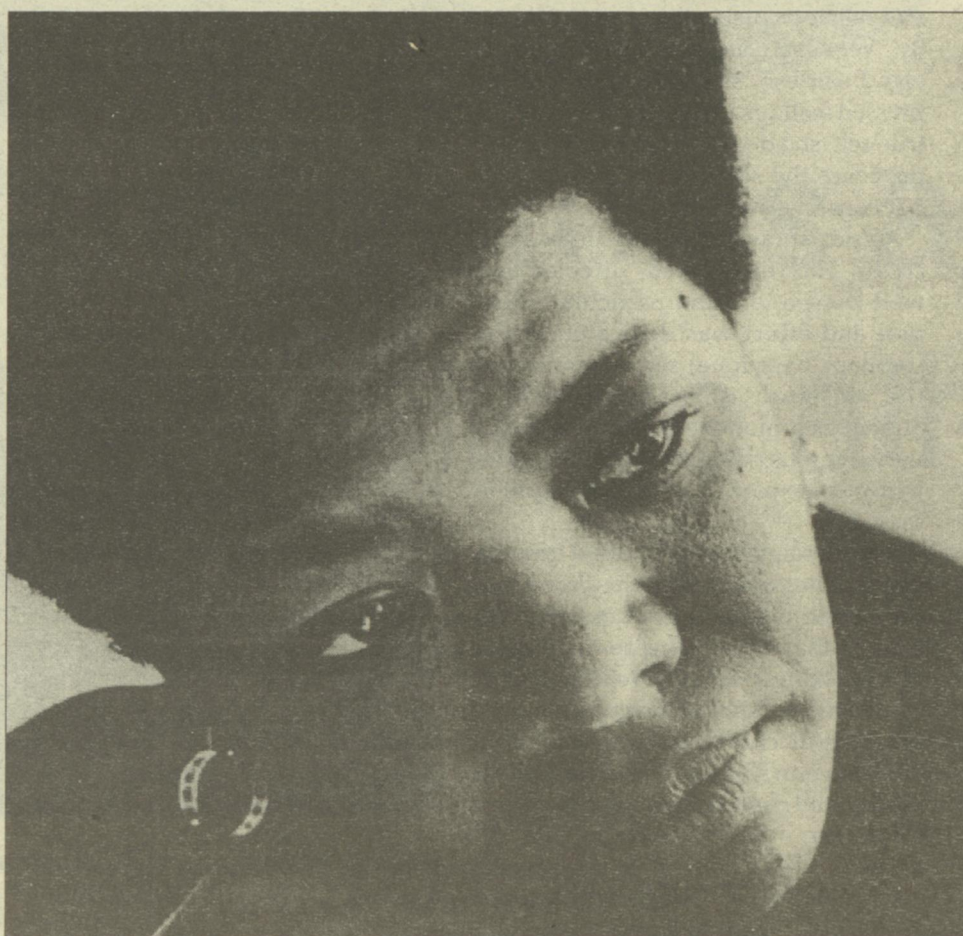
There is no other poet who can exude raw emotion the way leading author, performer and civil rights activist Maya Angelou can. *Black Pearls: The Poetry of Maya Angelou* is a testament of that.

This latest Rhino Records release showcases Angelou recordings that were originally featured on the 1969 album *The Poetry of Maya Angelou*, which has been out-of-print for several decades.

This renowned poetry collection from one of America's pre-eminent contemporary writers includes 33 inspiring poems offset by five jazz interludes. These poems detail Angelou's thoughts and observations during her turbulent childhood in the South, where she was sent to live with relatives following her parents' divorce.

From "The Calling of Names" to "Song of Insecurity," Angelou wastes no time with any formalities. She gets down to the nitty-gritty. She does not try to soften or dilute the pain and sorrow she feels. But despite all her hardships and struggles, Angelou's poems can make others smile. That's what so captivating about Angelou — she is so frank.

In "The Calling of Names," Angelou writes, "He went from being called a colored man after answering to 'Hey



GWP RECORDS/RHINO ENTERTAINMENT COMPANY

Angelo's collection of poems is emotional and inspirational.

Nigger"/Now that's a big jump anyway you figure/From colored man to Negro, with the "N" in caps/Was like saying Japanese instead of Japs."

Angelou writes in "Sepia Fashion Show," "I'd see them in hell before they'd sell me one thing they're wear-

ing, clothes-wise."

Her creativity is showcased in "Tears," when she says, "Tears, the crystal rags/Viscous tatters of a worn-through soul."

I have found no other poet that has filled my eyes and imagination with awe as Angelou does with her poems. Her po-

ems contain a certain sense of beauty and understanding of the typical life of an African American woman, in the past, present and future.

Clearly, her poems touch the reader's inner core. Although she speaks very conspicuously as an African American, surely her raw pain, hope and observations about life are universal in their meaning and spirit. Without a doubt, Angelou speaks for and represents everyone.

These poems, which reflect the core of her tempestuous life, allow people of all cultures to understand the rage and suppression possessed by those who are oppressed.

It pays to listen to *Black Pearls* because Angelou has true command of the English language. In fact, when other poets would probably recite their poems in bland monotony, Angelou makes her words sing and dance with rhythm. As you take in what she says on this CD, you walk away having learned something uplifting and inspirational.

Many of you have probably read her classic novel *I Know Why The Caged Bird Sings*. Well, give this CD a chance. You can experience Maya Angelou at her best just by listening to her in your car or while you study. Her work is the embodiment of the human soul.

## STONES

continued from page 22

defining one's being, it also provides a strong and interesting philosophical subtext.

The film vacillates, however, between brief moments of brilliant use of sacred imagery in the somewhat smart, intelligent dialogue and a weak, sometimes boring narrative. What seemed at first like a very promising plot quickly runs out of steam, losing all its initial appeal as the story wanders aimlessly. In this sense, the movie fails to convey a truly powerful and compelling tale in which the viewer can fully involve himself.

"A Price Above Rubies" is not a bad film. As a matter of fact, it contains enough deserving aspects that make it worth seeing. But sadly enough, due mainly to its lack of assertiveness in the delivery of the story, I was not moved by the troubled lives of the characters on screen and remained indifferent to the outcome of their seemingly deep emotional struggle.

  
 our  
 environment.  
 Recycle  
 your  
 VISTA.

**Leisurepimp  
Next Week**

**Ben Harper  
and  
UCSD's  
Rimac Arena**



# Precious stones are not refreshing

**VARTAN P. MESSIER**  
Staff Writer  
vmessier@acusd.edu

When one feels oppressed, unable to express his or her feelings and emotions, a great sense of anxiety and restlessness can result. This causes a tremendous amount of pain and despair not only to that person, but also to their loved ones. This is especially true when that person finds himself or herself entrapped in a strong tight-knit mold of a community, with very little space to breathe.

"A Price Above Rubies" is the new feature film from writer/director Boaz Yakin (Fresh), starring Renee Zellweger (Jerry McGuire) as Sonia, a young woman in search of her own identity, driven to rebellion by the insatiable fire burning inside her.

For Sonia, a marriage to a young scholar and holy man means a new set of responsibilities: a baby, a house and confinement to a strict set of rules of conduct to abide in an Orthodox Jewish community in New York. Unfortunately for this young woman de-

voured by a fiery passion, domesticity and religious piety are not attained easily. Very soon, as she revels in the jewelry business, she unleashes her repressed feelings. While discovering her true self, she deceives her husband and provokes the scorn of the members of her conservative community.

"A Price Above Rubies" deserves some credit. The film is well-directed and well-interpreted, and particular attention and effort was dedicated to the (perhaps overdone) representation of the close-knit Jewish community. Shown as a model of spiritual life, the very rigorous community integrates religion at the core of all levels of human existence.

By addressing the virtue of sin through one's expression of his or her inner self, the movie offers a very controversial context that provokes a compelling, if not shocking reaction. Moreover, with a good assessment of the importance of freedom of choice and expression in defining one's being, it also provides a strong and interesting philosophical

see **STONES** on page 24

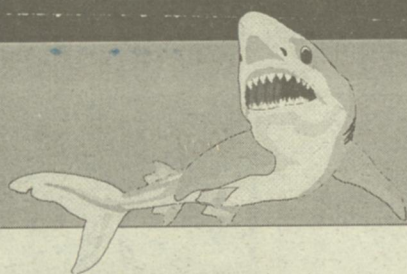


MIRAMAX FILMS

Renee Zellweger and Christopher Eccleston in a scene from Boaz Yakin's "A Price Above Rubies."

## VIDEO PICK: SWIMMING

with



## SHARKS

Kevin Spacey stars as Buddy Ackerman, a corporate cutthroat who reigns over an entry level job anyone would kill for. The catch is that Buddy is the "Boss from Hell."

Ask poor Guy (Frank Whaley), Buddy's personal assistant, who is eager to climb the corporate ladder. On his first day, Guy quickly learns that no opportunity this promising comes without a cost. He soon finds himself ducking everything from insults to paperweights as he tries to satisfy Buddy's needs. But when those "needs" involve Guy's girlfriend, he snaps.

In a wicked twist on personnel payback, Guy gladly takes Buddy as his "personal hostage" for a hilarious executive suite revenge that is every abused employee's dream come true...and any boss from Hell's worst nightmare.

Writer/Director: George Huang  
Actors: Kevin Spacey, Frank Whaley, Michelle Forbes, Benicio del Toro, Jerry Levine, T.E. Russell and Roy Dotrice.  
USA 1995

## BOOGALOO

continued from page 22

"Some heads up in Los Angeles were into us for awhile and through a couple of connections, we were asked to do it."

At the time of our conversation, The Allstars were preparing for a gig on the Midwestern leg of their tour. All of the members of the band, excluding Karl who is an Orange County product but now resides in San Diego, are San Diego natives. "It's nice to be away at times, but everyone lives in San Diego so we like to come back home," Karl said. In the first year following the band's inception, The Allstars could be seen playing just about every night of the weekend in various clubs around the city. This feverish pace has since slowed down and the band is literally expanding its horizons, playing in venues all over the nation. Denson recalls, "The old days were crazy. We played constantly here [San Diego] for the first year and I think people got a little burnt. Now we're touring around more and that has stabilized things. We play San Diego less, but when we do, we play for packed houses and people are into it. It keeps it fresh." These days San Diegans get fewer chances to see the band, they no longer take the local boys for granted and turn out for shows in huge numbers.

Though the band is presently on the road, they will return home to play two dates at The Catamaran as well as The Belly Up Tavern, promoting their new release *A Town Called Earth*. When I asked Karl the difference between the present album and the last album *West Coast Boogaloo*, he said, "This album is more of a band effort, it's more interesting and it sounds better." San Diego awaits the arrival of the hometown favorites and because of the acclaim the band has received, tickets will most certainly go quickly. The Greyboy Allstars are not a band to be missed because their live performances are full of funk and energy. What does the future hold for this up-and-coming quintet? Karl replied, "We're working on a new record deal with some majors. We're just trying to stay busy and stay close to home."

## SHOW INFO

FRIDAY, APRIL 3  
THE BELLY UP TAVERN  
&  
SATURDAY, APRIL 4  
THE CATAMARAN IN  
PACIFIC BEACH





# SPORTS



## Drugs and steroids are corrupting college athletics

**CHRIS WEERTS**  
Sports Editor

Drug, and steroid abuse have been the subject of many problems in college athletics recently. Many college athletes have been caught under the influence of or using drugs, alcohol or steroids. A large part of the problem is that their predecessors in college athletics and role models in professional sports are doing the same thing. This makes these athlete feel that it is not that bad to break the law.

People like Warren Sapp, Brian Bosworth and Jaland McCoy have set a precedent for the current college athletes to follow. Sapp, formerly of The University of Miami and currently a member of the Tampa Bay Buccaneers, tested positive for marijuana or cocaine on seven different occasions during his senior year at Miami. The Head Coach claimed that he had no knowledge of the infractions. He was not suspended or benched at any time for these infractions. He was then rewarded by receiving a multi-million dollar contract when he entered the NFL.

Bosworth, formerly of the University of Oklahoma, and the Seattle Seahawks, had a similar situation but he was actually suspended for Oklahoma's Orange Bowl game in his final seasons as a college athlete. He was suspended on the grounds of steroid use. He later admitted that the coaching staff had full knowledge of his steroid use during his college career. "This sends the wrong message to college athletes" said USD football player Kerry Peoples. Bosworth was rewarded by the NFL with the largest contract ever given to any player the following spring when he was drafted by the Seattle Seahawks.

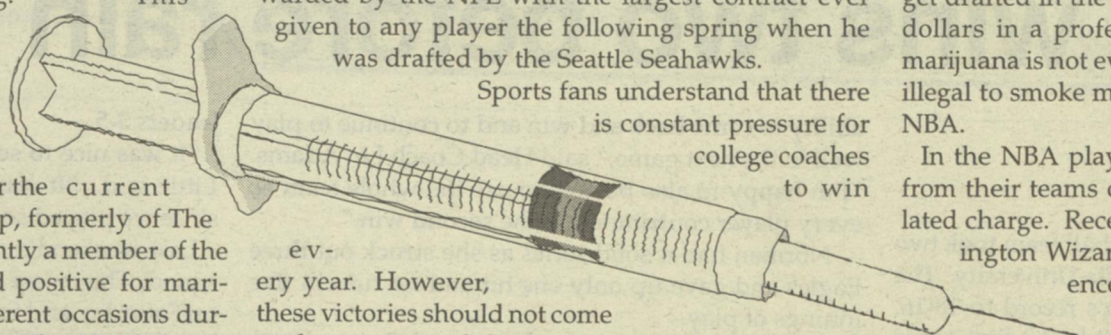
Sports fans understand that there is constant pressure for college coaches to win

every year. However, these victories should not come at the expense of the law. If a coach has any knowledge that a player is violating any NCAA rules it is their obligation to suspend that player. In their defense, many coaches are not aware that their players are involved with these things; however, that is their own fault because they should know what is

going on with their players.

McCoy, a former San Diego high school basketball standout was suspended from the UCLA basketball team at the beginning of the season. Allegedly, the suspension was for violating the team's drug policy. This is a situation where the right thing was done by the coaching staff: they were aware of an infraction, and they acted accordingly. The problem with this situation is that this summer McCoy will likely get drafted in the NBA and be making millions of dollars in a professional league where smoking marijuana is not even part of their drug policy. It is illegal to smoke marijuana in the US but not in the NBA.

In the NBA players do not even get suspended from their teams or fined as a result of a drug related charge. Recently, Chris Webber of the Washington Wizards was caught under the influence of and in possession of marijuana, on his way to practice at 9:00am, no less. He was not suspended and he played in the NBA All-Star Game a few weeks later. The message that this sends to our college athletes is that they are protected from being held accountable for their actions because they are athletes.



## Women's lacrosse is back on track

**JAIME KRUPNICK**  
Staff writer

The women's lacrosse team traveled up north this past weekend to Loyola Marymount University for a tournament. But the weather allowed the women to play one game, yet it was a successful one. They played LMU and defeated them 13-5. This was an important win because LMU defeated USD the weekend before.

"This game really put them back in their place behind us," said senior goalie Cynthia Shafto. "we played great."

The women's lacrosse team rolled along on their unde-

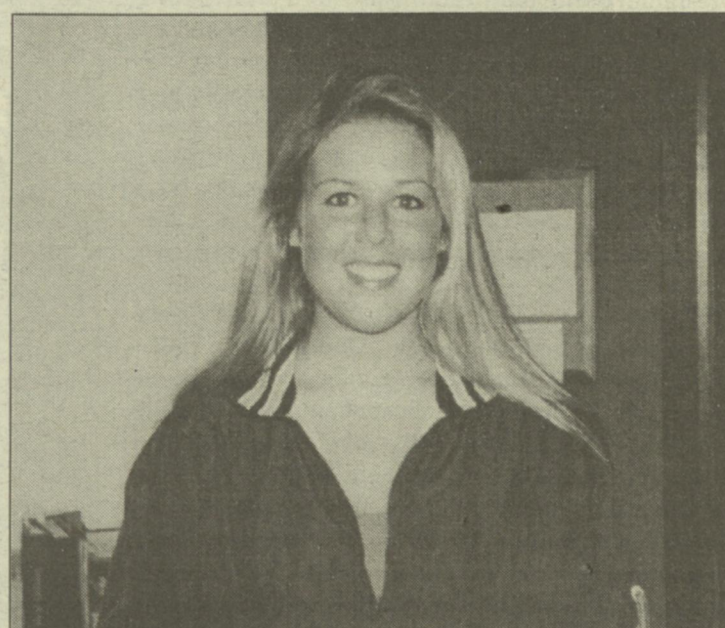
feated season until they ran into Loyola Marymount's team two weeks ago. They surprisingly lost the game 8-9, given that they won their game the day before against Whittier 14-9. "We were tired on Saturday after playing so hard on Friday", Shafto said. "Unfortunately we didn't play as well as we should have, but we learned from our mistakes."

The team consists primarily of freshmen and sophomores. This young but talented team does have two seniors to lead the way. "The team's biggest advantage is that they have been practicing since October and they are very familiar with each other's style," said Coach Jessica Cogan. "They are great athletes with a lot of potential".

The women have a full season ahead of them to display that potential. When asked if they were nervous this past weekend due to the last loss, Shafto replied, "No, we're not nervous at all. I have the utmost confidence in everyone on the team".

Shafto and Cogan said they feel that the toughest opponent this season will be Cal-Poly San Luis Obispo. This team is not in the same division, but they will definitely be a tough test. "There is a lot of talent and an abundance of team unity this season," Shafto said. "I'm sure it will pay off."

The next game will take place at home against UCSD on April 1, and the Cal-Poly game will also be at home on April 18.

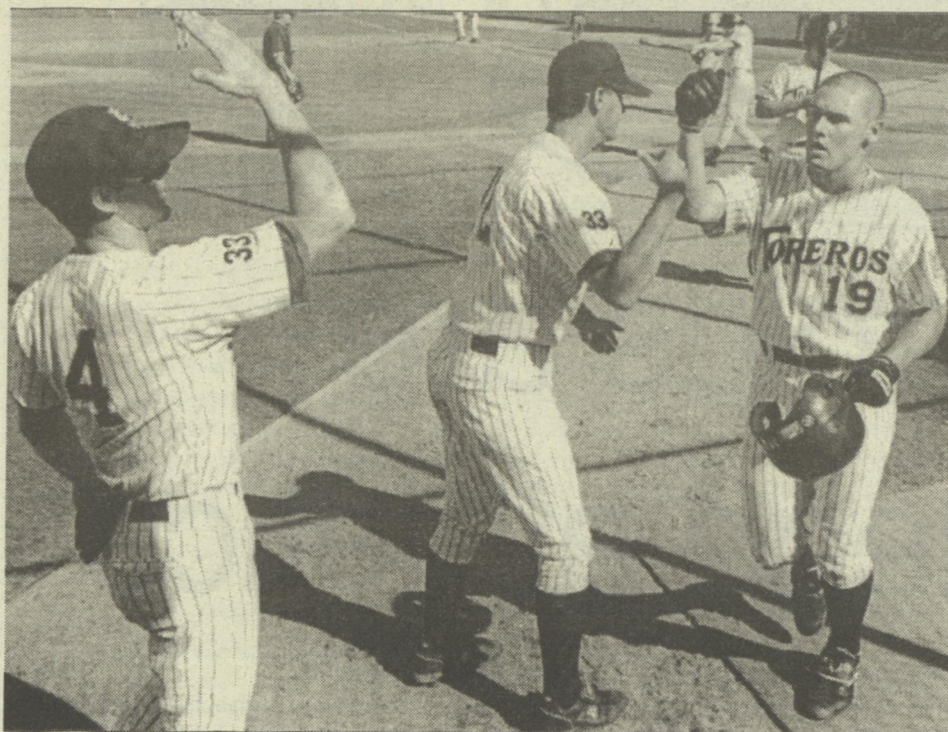


TED DONOVAN/VISTA

Cynthia Shafto provides senior leadership and experience as the goalie for the women's lacrosse team.



# Baseball takes two out of three at LMU



TED DONOVAN/VISTA

**Kevin Reese's fifth home run of the season helped lead the Toreros to a 13-9 victory over LMU.**

**GENO VILLANUEVA**  
Staff Writer

Bat happy was one way to describe the weekend as the Toreros got away from the San Diego rain and visited the Loyola Marymount Lions for a three game series.

In the first game, senior Brian Mazone took the mound for USD. Surrendering eight runs to LMU would usually spell trouble for a team, but USD was on an offensive rampage led by junior Juan Garcia and sophomore Tony LoPresti. Garcia and LoPresti combined for five runs batted in to lift USD to a 13-9 victory. Sophomore Kevin Reese hit a solo home run — his fifth of the season. Mazone tallied his sixth win of the season and Brian Bealer recorded his first save of the season.

In the second game of the series, Mazone contributed on the offensive side for USD. He went three for five including his first home run of the season, knocking in four runs. Senior Jeff

Powers also added three RBI's, going two for four. Sophomore outfielder David Wright connected for his fifth home run of the season. LMU had an offensive threat in the sixth inning with four runs, but the Toreros quickly answered back in the seventh inning with two runs to win the game 12-11. Junior pitcher Dan Giese came on in relief for his second win of the season.

The second game of the double header and the third game of the series had LMU jumping out with two big innings, scoring six runs in the third inning and seven runs in the seventh. The Lions had a record five home runs in the game, lifting LMU to an 18-6 victory over USD. Wright swung big once again for the Toreros, connecting for his sixth home run of the season and knocked in a total of three runs. Bealer suffered his second loss on the year.

The fourth place Toreros are 7-5 in the West Coast Conference and 17-19 overall. They will be facing the Gonzaga Bulldogs at home this weekend for a three game series.

## Softball wins two before rain sets in

**KATY CARNES**  
Staff Writer

Before the rain hit, the Torero softball team took two games from the Eagles of Concordia University. The wins on Friday improve the team's record to 18-16. USD battled back from a 4-1 deficit in the first game last Tuesday evening to win the game 5-4 in the seventh inning. The second game was a 8-6 victory for the Toreros.

At the close of the first inning of the first game, the score was tight at 2-1 in favor of the Eagles. But, by the middle of the fourth, the score was 4-1 Eagles. Senior pitcher Colleen Norman stepped in to shut down Concordia. In the seventh inning, USD rallied to score four runs to end the game with a 5-4 score.

Freshman outfielder Brandi Sails started the inning off with a walk. The Toreros strung together singles from sophomore infielder Vanessa Leyvas, sophomore outfielder Katy Carnes and Norman to score Sails and start off the rally. Leyvas then scored on a sophomore infielder Kylee Hobb hit. Senior outfielder Jeanne Beauchamp scored Carnes on a suicide squeeze bunt and moved Norman to third. Norman then scored on a game winning single from sophomore catcher Shaunna Collo.

USD started the second game strongly with eight runs scored in the first inning. Doubles from freshman infielder Trisha Tucker, Collo, sophomore infielder Lindsay Little and Beauchamp and a triple from Tucker helped to start the game with a 8-0 lead for the Toreros. The Toreros held off the Eagles for the remaining innings to end with an 8-6 score.

"Winning in the bottom of the seventh was exciting in the first game," said junior outfielder Kit Barmann. "Shauna's game winning hit really pumped us up. In the second game we showed Concordia we were ready to play from the beginning."

"The team showed that they are growing in their

ability to come back and win and to continue to play well in the next game," said Head Coach Lin Adams. "I'm happy to also be able to use the whole team as every player contributed to the second win."

Norman had a solid series as she struck out three Eagles and gave up only one hit and no runs in five innings of play.

The Toreros' bats came alive last week to put up 22 hits in the two games. Collo finished the series 3-6, Beauchamp went 4-6 and Carnes rounded out the

leaders 3-5.

"It was nice to see us work together at the plate," Little said. "It was disappointing to get rained out, since we played so well against Concordia."

Last weekend's rain brought two rainouts for the squad. They were scheduled to play Pacific Christian on Saturday and Sant Clara on Sunday, but were unable to play the games. USD had games against Point Loma Nazarene yesterday and will play Saturday against Saint Mary's at 1p.m. and 3p.m..



TED DONOVAN/VISTA

**Trisha Tucker helped the Toreros get out to an 8-0 lead in game two against Concordia.**



# Lacrosse falters at Claremont

*First loss of the season  
ends undefeated run*

**CHRIS WEERTS**  
Sports Editor

The USD men's lacrosse team had been running over opponents so far this season. They have dominated them by a combined score of 46-25. On Saturday the team arrived at Claremont for the game an hour and 55 minutes late. They were without a coach. They were also missing midfielders Mark Hoffmeister, Keith Brown and defensemen Casey Tackleberry and Kevin Hannaraha.

These setbacks, along with the potent offense of Claremont, were too much for the Toreros to overcome. They lost their first game of the year 17-14. They trailed the entire game and, despite a comeback run late in the fourth quarter, were never able to come closer than three points behind Claremont.

The Toreros showed that they were able to bounce back from this loss by easily beating Occidental on Sunday by a score of 12-3. The team captain Tim Kelly lead the way with four goals and two assists. USD will host SDSU on Saturday April 4 at 1:00p.m. and Occidental on Sunday at 1:00p.m.. These will be the last two games before the playoffs which begin on April 18.

## UPCOMING GAMES

### Baseball

Gonzaga*	April 3	2pm
Gonzaga*(2)	April 4	11am
UCLA*	April 7	2:30pm
St. Mary's*	April 8	2:30pm
St. Mary's*(2)	April 9	12pm
Cal St. Fullerton	April 15	7pm

### Softball

St. Mary's*	April 4	1pm
Pacific Christian	April 7	1pm
UCSD Tournament	April 9-11	TBA
UCSD	April 15	5pm

### Women's Tennis

Tulsa*	April 4	10am
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### Men's Tennis

Fresno St.	April 3	1:30pm	*denotes home game
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Santa Clara	April 4	11am
UC Santa Barbara	April 11	12pm
SDSU	April 15	1:30pm

### Lacrosse

SDSU	April 4	1pm
Occidental	April 5	1pm

### Crew

San Diego Crew Classic	April 4-5	TBA
San Diego City Championships	April 11	TBA

### Golf

Grand Canyon/Thunderbird Invitational	April 13-14
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## LAST WEEK'S SCORES

### Baseball

Loyola Marymount	W 13-9
Loyola Marymount	W 12-11

### Softball

Concordia	W 5-4
Concordia	W 8-6

### Lacrosse

Claremont	L 14-17
-----------	---------

Today is the last day of the Lottery...  
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in  
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- Pay your deposit at the Cashier's Office before 4 p.m. today.
- Come to the Housing Department located in Mission Crossroads before 5 p.m. to draw a number.
- Housing sign-ups are this weekend, April 4th and 5th.

If you need more information, call us at 260-4622.





**2x2 Basketball  
This Friday!**



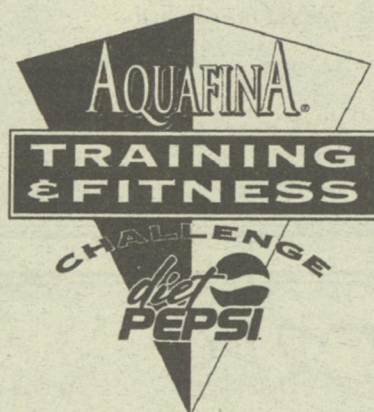
# IM/REC

<http://sa.acusd.edu/imrec/>

Soccer schedules have been modified! Please check with your captain to get your gametime.



## Aquafina/Diet Pepsi Fitness Challenge



This Saturday April 4, the IM/Recreation Department in conjunction with Aquafina/Diet Pepsi will sponsor a fitness challenge. The challenge is designed for teams of two men and two women to compete in six events. The events include a tug o' war, 4x200yd relay run, obstacle course in the gym, vertical jump contest, timed sit-ups for 30 seconds, and bench press repetition contest. Teams will be scored and the winning team will have the opportunity to represent USD at the Swoosh Regional Challenge April 25th at USC. Other USD teams may also attend the Swoosh challenge, but the IM/Recreation

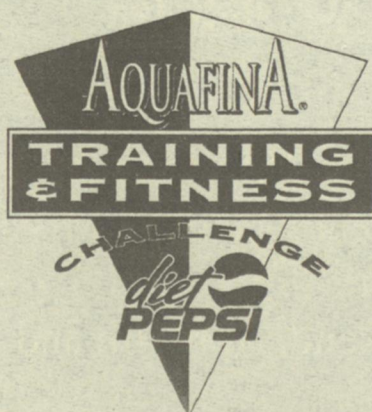
department will pay gas and entry fee expenses to this event for the top team. Top three teams at our challenge will also receive IM Championship t-shirts. The top team at the USC Regional will receive an all expense paid trip to the National Championship.

This event is not only for the fitness maniacs, but all fitness levels of participants are encouraged to come join in on the fun. The competition begins at 10am in the gym and weight room. The tug o' war and 4x200yd relay run will be from 12noon to 2pm at the West Point Field/Track. Sign-ups are being taken at the IM/Recreation office all week long. Teams should check in at 9:45am on Saturday to confirm their position in this special event.

## Aquafina/Diet Pepsi Fitness Fest A Week of Fitness Information

If you did not have a chance to drop by the Sports Center last week the Aquafina Fitness Fest was in full swing. Many promotional items were given away and many fitness challenges were completed. On Monday a timed push up contest was held for both men and women with the men's winners being Brooks Dagman and Neil Lugo and the women's winners being Deana Bretz and Marya Young. On Tuesday there was a speed jump rope contest. The Assistant Basketball coaches dominated this challenge with Cheryl Getz and Marty Wilson winning easily. Other winners included Chris Del Santo (leg squat) and Frank Patty (sit-ups). The big winner of the week was Young. She competed in all the events winning the push-ups, sit-ups, bar dips and leg squat competition. All winners received a prize for their efforts (either a Aquafina fitness bag, or t-shirt), while all participants received Aquafina towels.

Even if you did not compete in any of the challenges our Sports Center front gate had a number of interesting informational items on fitness and wellness. Not to mention an enormous amount of Free Aquafina/Diet Pepsi Samples. Remember, it is never to late to start your own fitness plan!



## HOCKEY

KEVIN MALADY  
USD IMs Hockey Supervisor

### Hockey Goes Primetime

The hockey season opened last Thursday night with a great match-up between the **Volcom Posers** and **Wu on Ice**. Both teams are filled with Canadiens- or that's the rumor. Jeff Daly scored the first goal of the season for the Wu, but Posers quickly struck back. M. Kelly shot a rocket towards the great goalie Phil Fong, and as it was headed for Fong, Noah "Ehh" Stanley went down to block it. The ball hit his foot and went over the goal line, or did it? The fans wanted a replay. Dande esta Brian Tontz? John Cella, one of the men touring with Wu On Ice, then put the orange puck into the net, or basket, or whatever eh, to give Wu a 2-1 lead. Again, Volcom quickly answered with a goal by Greg Granito. So at the end of 2 periods it was all tied 2-2.

Third period was all Wu on Ice. John and Jeff each scored another goal, and with some great defense from Damir Vranjes and Noah, the Volcom Posers did not score. Just in case you were wondering, that was Paul Kariya playing for Wu On Ice. He goes by the name Brian Rosario during school. Wu won 4-2, and there were no appearances by the man named Tontz. Sorry fans, maybe next time.

## Fitness Corner

STEVE BROWN, M.S. C.S.C.S.  
USD Strength and Conditioning Coach



### Strength Training For Runners

Many distance runners do not do any weight training in the belief that it will not improve their performance or may even negatively affect their running ability. In a recent study published in the *Journal of Strength and Conditioning Research*, Johnston and colleagues showed that 10 weeks of weight training may help distance running ability (Johnston R.E. et al. Strength Training in Female Distance Runners: Impact on Running Economy. 11(4):224-229, 1997).

In this study, trained female distance runners weight trained 3 days per week for 10 weeks in addition to their normal run training. The weight training program consisted of performing one of two separate routines on a alternating basis. Each routine was comprised of seven exercises. One routine consisted of the parallel squat, knee flexion, straight leg heel raise, seated press, rear lat-pulldown, hammer curl and weighted sit-up. The second routine consisted of the lunge, knee extension, bent-leg heel raise, bench press, seated row, front lat-pulldown and abdominal curl. The number of sets and repetitions ranged from 3 sets of 6 reps to 2 sets of 20 reps depending on the exercise.

On average, the strength training program increased upper body strength 24% and lower body strength 34%. The addition of the weight training program did not change the runners maximal oxygen consumption (VO<sub>2</sub> max) or their body composition. It did however, significantly improve running economy, or mechanical efficiency, compared to a control group that continued only to run train during the 10 week study period. Johnston and his co-workers concluded that the improvement in running economy would be significant for a competitive distance runner. It could shave vital seconds off her time and may well determine a runner's place in a race.



# Basketball: The Playoff Begin



The five week regular season has come to an end and playoffs are about to begin. Congratulations to all those who participated in this year's intramural basketball and best of luck to those who have made the playoff rounds. It has been an excellent season packed with great teams and great games. I hope that everyone involved found the experience to be enjoyable.

To recap week five, Monday night began with **En Fuego** and **G-United** battling to a 52-52 tie ballgame. With playoff spots on the line, nobody wanted to lose this one. The result is that both these teams are playoff bound. Kevin Krystofiak and Matt Schrek had 14 apiece for En Fuego. John Cella played huge and ended the game with 19 for G-United. The **Cry Babies** beat a strong **Turkish Prison Guards** team 58-53 in a game of four-on-four. Buddha had 12 points and 12 boards for the Babies and was on fire from the outside. Antonio Hyde was virtually unstoppable for his team, scoring 26 points and pulling down 16 rebounds. **With Themselves** came from behind to take out **4th West Lives** 50-46. Matt "Can Not" led his team with 14 scores and Dan Belajic was the high man for 4th West with 18 and 8. The **Eurojohnnies** found their way past the **49ers** and into the playoffs by winning 51-45. Jason McKenna was the star for the johnnies with his 12 points and 12 boards while Dominic Fouts led his team with 14 tallies. The **Big Ballers** beat a favored team **Chiquita** by two, 37-35. Tom Jackson continued to lead his team as he has done all season by scoring 14. Matt Getzke was an offensive powerhouse for Chiquita. He had 22. **Poo-Poo Pants** took down the **Naker Luts** 37-33; however, it looks as though an unfortunate earlier forfeit by Poo-Poo Pants will keep them home at playoff time while sending the winless Naker Luts into the post-season. Jon Westerlund and Mehren each had 12 for their respective teams. **Northern Lights** and **Boodissy**, both of whom are playoff bound, rounded out the night with a 45-45 tie. Bryan Argentino had 13 points to lead his Northern Lights team, while Jeff Wagner carried the load for Boodissy by scoring 17. It was an intense game and both teams

can be proud of their performance.

Regular season play continued on Tuesday night with the **San Luis Swingers** spanking **Los Chingones** 59-33. Pat Bradley was impressive with 21 while Roman Aja led his team with eight. The **Strikers** came through with the game of a lifetime to defeat the talented **Westside Connection** 51-46. Chris Bernards managed 17 in the upset, bad back and all. Brian Hearn had 18 for the team chillin' on the west-si-ee-da. **Satan's Sons** had their season ended by the 5-0 **Lazlos**, 50-33. Aleksander Sarac, who has serious skills, scored 20 points and grabbed 17 boards for the Lazlos. Sebastian had eight in the loss. I expect the Lazlos to go far in the B-League playoffs, but not without a fight. The **Runners** gave the **5 Heartbeats** a run for their money, enough to get those 5 heartbeats racing, but didn't have it at the end as they fell 63-57 to an enormously talented team. Troy scored 23 for the 5 Heartbeats while Brevin had 14 for the Runners. In the battle of the winless, **Nani Juice** emerged on top of **Holmes' Team** by winning 55-47. Frank Brown had 26 points in the win and should be commended on a great season. Crampton led his team with 14. Finally, **Five and O** finished the season at 3 and 2 by beating the **Swiss Army** 67-33. Although a forfeit almost kept this team out of the playoffs, they could be the sleeper to put your money on. Mark Hanna again led his team with some unique and creative penetration moves that earned him 22 points. Chris Burr had 16 for the Swiss Army who look more like Swiss Cheese without their big center Quinn Closson.

Good luck in the playoffs!

More Stories (including women's and co-rec basketball) and Rankings Online at:

<http://sa.acusd.edu/imrec/>

## IM/REC

## Sign-Up Now!



Domino's Special Events Presents!

## 2x2 B-BALL

All you b-ballers get ready for our 2x2 Basketball tournament coming this Friday, April 3rd! The entry fee is only \$2 per team and it includes entry into the tournament, **free pizza** and drinks! You can only have two players, no subs. It will be a one day tournament and play will continue until we have a champion. The rules will be explained at the courts (the IM floor hockey rink). Entry forms are available at the IM Office or in front of the UC today during lunch. There are two divisions- **Women's** and **Men's**. Again, do the math if two players pay a dollar each to play, that means you're paying **one dollar for pizza and drinks!** What a deal! Don't miss out on this **Domino's Special Event!**



## ONLINE MADNESS!

More stories and rankings are available on the Web every week! This week we have features on Basketball, Wiffle Ball, Tennis, Inner-tube Water Polo and Soccer. Don't forget about the cool pictures of our Domino's Wiffle Ball Champions, **Ben Erickson's Team!** Each week we'll update our stories and rankings, so if you don't see it here, go on-line to the USD IM/Rec homepage!

## VOLLEYBALL

BEN POWERS  
Volleyball Supervisor

## Gamma Phi Beta Proves To Be No Fluke!

With a bye, a forfeit by **AVP Gold**, and a rescheduled game in the men's league, only two womens games were played last week. **Gamma Phi Beta** (3-0) showed everyone that they are for real and the best Gamma Phi intramural team of all time with a win over the **Flyin Hawaiians** 15-2, 15-6. Aces were all around for Gamma Phi as Kelcie Legler and Kellie Hallinan each had 5 aces. Meghan McDonald led in kills with 3. This game put the Gammies in first place over the Hawaiians. In the other game of the night, the **Forfeits** again showed up with only 3 girls. The Forfeits have yet to put a full team on the court but have managed to win both games they showed up to. Last week they beat the **Atomic Chickens** 16-14, 15-6. Briley Brown (3 aces, 6 kills), Annie Attal (6 aces, 3 kills, 2 blocks), and Suzanne OConnor (3 aces, 4 kills) all played extremely well for the Forfeits who moved in the playoff picture. Heidi Knuff had three aces for the Chickens.

Tonights games wrap up the league schedule and are the final games before playoffs. In the men's games, look for the **Sheep Lovers** to lose to both the **Salty Dogs** and the **Wedding Singers** and for a close one between **Aphrodisiacs** and **AVP Gold**. In women's action, look for the **Atomic Chickens** to win over the **Randoms** and a great game between the **Forfeits** and **Gamma Phi Beta**.

## Subway

Game of the Week

sandwiches



This week's match-up features the sport of Co-Rec Soccer. This league is inconsistent at best with all the rain we have had, but the following teams have made it to at least one of their games and showed the commitment to making the league the best it can be. This week's match features **Chronix** and **Foreign Freaks!** Remember female goals are worth two points and there is absolutely no slide tackling! The winner of the game receives a fabulous Subway Platter. The loser, well they'll probably head down to Subway for some sandwiches, chips, cookies and more at a great price!

Two weeks ago **Wu On Ice** opened their hockey season with a 4-2 victory over **Volcom Posers**. Both teams showed a lot of desire, but lack of any hockey skill. This should make for an exciting hockey season. In co-rec basketball **Broncos** stayed undefeated with a victory over **Fatty Lumpkins**.

## Chronix vs Foreign Freaks

Saturday 12 pm @ the Canyon Field



## POT

continued from page 17

marijuana does not produce any significant car-handling impairment — less impairment than produced by many legal medications and certainly less impairment than that produced by even a low dose of alcohol.<sup>21</sup> Also in contrast to alcohol, which tends to make people's driving practices more risky, marijuana tends to *increase* caution among tested subjects.<sup>22</sup> Researchers state in a recent study by the Department of Transportation that "of the many psychoactive drugs, licit and illicit, that are available and used by people who subsequently drive, marijuana may well be among the least harmful."<sup>23</sup>

Compare again to alcohol: epidemiological surveys have consistently found that one-half or more drivers in fatal crashes recently consumed alcohol to the point of inebriation (Blood Alcohol Level of 0.1 percent).<sup>24</sup>

Another myth exposed by Morgan and Zimmer is the notion that marijuana has become more potent over the years. This is simply not true. In the early 1970s a small number of low-level THC marijuana samples were seized by the Drug Enforcement Administration and used to calculate a dramatic increase in marijuana's THC levels. This obviously biased, pseudo-science does not withstand scrutiny and the fact is, reliable measurements made by the Potency Monitoring Project at the University of Mississippi, available since the 1980s, have shown no significant increase in potency levels of marijuana.<sup>25</sup>

And what about the notion that if marijuana were legalized, the country would experience an explosion in marijuana use? There are two examples which indicate that this is merely false

prophecy. The first is of course the Netherlands, a country whose drug policy is substantially more nonpunitive than our own. For more than twenty years, Dutch citizens over the age of 18 have been permitted to buy and use both marijuana and hashish (a concentrated form of THC from the marijuana plant). This policy *has not* resulted in dramatically escalating marijuana use. Rates of marijuana use in the Netherlands are similar to those in the United States excepting those of young adults and teenagers, who in the Netherlands smoke *less* than the same age group in this country.

The Dutch system has tried to *normalize* marijuana in the hopes of avoiding extreme messages and scare tactics which, in the United States, have ironically, served to *provoke* interest in drugs. Dutch officials, displaying a remarkably lucid pragmatism, have recognized and accepted that criminal law has done little to eradicate marijuana use. They believe that arrest and punishment for marijuana users serves only to alienate them from mainstream society and its values.<sup>26</sup> In the famous Amsterdam "coffee-shops," users are advised to be "sensible and responsible," much like our attitudes here in the States towards drinking and driving.<sup>27</sup>

The other piece of evidence that legalization would not cause a dramatic increase in marijuana use can be found in this country. In many states, including California, marijuana offenses related to personal use have been *decriminalized*.

This does not mean that marijuana has become legal, only that offenses such as possession of less than an ounce (on average) are now civil offenses, like parking violations. The penalties have either been eliminated or downgraded from jail time to a fine. In these

states, marijuana is reported to be *no more prevalent* than in areas that have stricter penalties.<sup>28</sup>

As I researched this article, I searched in vain for truly convincing positions against the use of marijuana which could not also be applied, in even harsher terms, to alcohol. In fact, I consistently found that anti-marijuana activists held extremely contradictory beliefs in light of alcohol's legality.

One, which I found tremendously amusing, came from former Drug Tzar William Bennett, a man not known for his sympathy in drug matters. In 1989, he told the Associated Press that though marijuana was no more dangerous than alcohol, he was against legalization.<sup>29</sup> The only prohibitive position that is arguable, from a logical standpoint, would be those who believe that *any and all* psychoactive chemicals used for human pleasure should be illegal. I have found no such people.

And finally, to those who would play some Orwellian version of Big Brother over their neighbor, even for the most compassionate of reasons, I would quote Gandhi: "Silence of the sewn-up lips is no silence. One may achieve the same result by chopping off one's tongue, but that too would not be silence. He is silent who, having the capacity to speak, utters no idle word."<sup>30</sup>

(Primary sources: "Marijuana Myths Marijuana Facts," by Lynn Zimmer Ph.D. and John P. Morgan M.D., "Marijuana: Its Effects on Mind & Body," by William J. Hermes and Anne Galperin, the 1998 edition of the "Physicians Desk Reference," Karen J. Rodgers M.D., Myrto M. Schaffer M.D.,

Thomas S. Jensen M.D. and Uwe S. Simon M.D./Ph.D.. See complete list of references at the VISTA website: [vista.acusd.edu](http://vista.acusd.edu))

## PREVENTION

continued from page 18

Granted you cannot shove information and education down the throats of people who don't listen or care, but there must be a way to attract the USD community to learn about what the effects of drugs have on you and the people around you.

Drugs are a choice. That is the plain and simple truth. If it is your choice to do drugs, at least educate yourself as to what the effects are and how it could impact someone else's life. We are all self-ish human beings; it is human nature. We think that the choices we make only affect one person — ourselves. What you do not realize is that it does affect others. The key to prevention is having the education. Knowing what you get yourself into might make you think twice.

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2/98

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**Student Special**  
June, July & August  
**\$29.00 Per Month**

OR

**Only \$97.00 total cost**  
**For 3 Months**

Storage USA  
3883 Sherman Street  
San Diego, CA. 92110  
(619)-297-3502

## El Tecolote Bar

**MONDAYS**  
Domestic Bottles \$ 2.00  
Bean & Cheese  
Burritos \$ 1.50

**TUESDAYS**  
Domestic Drafts \$ 1.00  
Tacos \$ 1.00

**WEDNESDAYS**  
Micro-Brews \$ 2.00  
Bean Tostadas \$ 1.25

**THURSDAY IS  
COLLEGE NIGHT**  
\$ 1.00 Drafts \$ 4.00 Pitchers  
\$ 1.75 Wells

**SATURDAYS**  
All Wells  
are \$ 1.50

**SUNDAYS**  
Micro-Brews \$ 2.00  
Bean Tostadas \$ 1.25

Just down the Hill at 6110 Friars Rd.  
across Del Mesa Liquor.

START PLANNING NOW FOR YOUR TRIP TO FAR AWAY PLACES

## GREAT DISCOUNTS

INTERNAL FRAME BACK PACKS,  
by MEI, Eagle Creek & Outdoor Products

**OUTDOOR PRODUCTS**  
Road Tripper  
Carry-On **\$84.99**

Comp. \$120.00

SAVE  
**\$35**

**EURAIL SUPPLIES**

Inflatable Neck Pillows, Sleep Sheets, Cable Locks,  
Toiletry Organizers, Money Converters,  
Money Belts, Neck Wallets and much more!!!

**SALE! TEVA  
Sport  
Sandals**

**Traveler's Depot**  
TRAVEL BOOKS, MAPS, LUGGAGE,  
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1655 Garnet Ave.,  
Pacific Beach  
**483-1421**

HOURS: Mon-Fri 10-6, Sat 10-5, Sun 12-5