Campus Times

November 15, 2002 | University of La Verne, La Verne, Calif., 91750 | Vol. 111, No. 10

ULV sold on eBay

Matt Paulson
Sports Editor

Planes, trains and automobiles. No, this is not a John Candy/Steve Martin movie. These are just a few of the items in the 18,000 categories one can find on eBay, the Internet's most successful shopping site.

Founded in 1995 by Pierre Omidyar in his apartment, eBay was originally created to help Omidyar's girlfriend find and trade with fellow Pez dispenser collectors using the website. Omidyar's mission, according to eBay's website, is "to help practically anyone trade practically anything on earth."

Six years later, the site has sprouted into the Internet's top marketplace. In 2001, eBay boasted $9.3 billion worth of exchanges throughout the year.

The eBay community has also blossomed exponentially since Omidyar's girlfriend frantically searched for a Scooby Doo Pez dispenser. Presently, there are 49.7 million registered users.

EBay is not only a successful business venture dedicated solely to raking in the proverbial dough; it is also highly geared toward philanthropy.

In June of 1998, eBay created the eBay Foundation with the donation of 107,250 shares of eBay common stock to the Community Foundation Silicon Valley, a charity focused on promoting charity and building community.

The goal of the eBay Foundation, according to the website, is "to support organizations that apply technology to provide tools, hope and direction to those who seek new skills" and "that have lasting, positive impact, and maximize the ability to do good in the world."

Since 1998, eBay has contributed more than $2.9 million to more than 75 non-profit organizations.

EBay can be a useful tool to college students that are short on money and have things they would like to buy or sell. Many students and faculty at ULV use eBay regularly for a diverse variety of items.

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Cancer walkers brave rain



Bailey Porter

The rain did not discourage participants of the Cancer Walk on Saturday, Nov. 9, which was sponsored by AS F and chaired by ASF senator Wendy Schwartz. Although few ULV students participated in the walk, a group of students from South Hills High School took part, and raised $1,400. The event began after guest speaker Katie Roberts talked about City of Hope and her sown battle with cancer. Andrea Labinger, professor of Spanish, cut the ribbon to signify the start of the walk.

Oscar De León
Staff Writer

The Associated Student Federation Forum hosted a charity walk Saturday to raise money for the City of Hope Comprehensive Cancer Center.

In addition to the short but rigorous walk, participants heard speakers, some of whom spoke about their personal battles with the deadly disease.

"People (donated) $20 and they got breakfast, a T-shirt, and ribbons," said Wendy Schwartz, chairwoman of the cancer walk and ASF senator.

About 30 walkers showed up despite the rain, including students from South Hills High School and the University of La Verne, as well as La Verne residents.

Since November is a "month of giving, we decided to do this event," said ASF spokeswoman Sarah Negréte.

The mile-and-a-half walk covered much of downtown La Verne and the ULV campus.

Among the speakers was Katie Roberts, mother of a ULV student, who is currently in treatment for cancer.

Roberts' own mother won her battle with cancer through treatment at the City of Hope.

"My mother was able to beat (it)," Roberts said.

Roberts' mother died 15 years ago, but cancer had nothing to do with it, she said.

Like her mother, Roberts is being treated at the City of Hope.

"I think that everyone should contribute to places like City of Hope, because no one knows when they are going to need help," Roberts said.

South Hills High School students Aimee Tran and Kim McKay were walking Saturday.

"Our grandfathers had cancer so we wanted to help," Tran said.

Walkers on Saturday raised more than $2,000 for cancer treatment and research.

Donations sought for hurricane victims

Jennifer Dodd
Staff Writer
and
Gloria Diaz
Arts and Entertainment Editor

In September, Mexico's Yucatan Peninsula was devastated by Hurricane Isidore, which destroyed homes, robbed fishermen of their boats, pummelled the region's agricultural livelihood and left more than 30,000 families homeless.

Universidad del Mayab in Merida, Yucatan, is working with other Mexican and U.S. universities to help those hardest hit by Isidore, which was the worst disaster the region has ever experienced.

The University of La Verne Communications Department and the International and Study Abroad Center are collaborating on a donations program for hurricane victims. Jose Soto, visiting professor of communications, has joined forces with Florangely Herrera, Director of Corporative Communication for the University del Mayab. They are asking other universities and organizations to help in any way possible.

"I am in a position to help or to find help and I am going to take advantage of it," Soto said.

International Student Center Director Phil Hofer, who is working with Soto, said he hopes the ULV community will support the cause.

"We wanted to respond to the need, especially because Jose was so motivated," Hofer said.

A group of communications students have already donated a bag of clothes.

Donations of food, clothes, medicine and cash are all needed as are lights and blankets.

Contributions are being accepted in the Arts and Communications Building, the International and Study Abroad Center and the University Chapel.

For more information, call Soto at extension 6049.

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Dean Held honored at reception

Tim Tevault
Editorial Director

A chilly November night was the setting for a warm reception Nov. 6 honoring Kenneth Held, dean of the University of La Verne's College of Law.

About 50 ULV faculty, staff and students attended the event at the Ontario law school campus.

Held, who announced he was stepping down in April, was honored by university President Stephen Morgan.

Trustee Benjamin Harris, Professor Charles Doskow and Ontario Mayor Gary Ovitt also made speeches honoring Held.

Morgan opened the ceremony on a light and fun note.

"A dean in their right mind only serves for three years," he said. "Ken has done it extremely well."

Morgan also gave Held credit for keeping the College of Law open. At one point Morgan was within 72 hours of closing down the College.

However, Morgan said it was Held who came to him with a new financial plan that kept the institution afloat.

"Ken did so well we gave him a second College of Law," Morgan said, referring to the San Fernando campus.

Held was credited for helping move the San Fernando College to several locations, as well as opening the Ontario campus. He was dean for both campuses between 1987 and 1998.

Held said that as dean, he was responsible for starting the American Bar Association accreditation application process, building up a faculty and maintaining the quality of education.

Doskow picked up on the light hearted mood of the evening.

"It occurred to me (Held) hasn't done much," he said. "He's only built up a law school that meets all standards. We're here almost two years now and it still looks brand new."

Doskow also expressed his excitement for the future, adding that Held will return to the faculty next fall.

Harris, representing the board of trustees, also had nothing but good words for Held.

"What a fabulous job he's done for the board and for the University," Harris said. "We're going to miss him."

Finally, Ovitt expressed his appreciation not only for Held, but also for the university's new addition to his city, presenting him with a certificate of achievement.

"(The College of Law is) a real point of pride," he said. "(It is) a fine institution in our city."

Held responded to the praise.

"I'm not retiring; I'm not dead," he said.

"Old deans never die...they lose their faculty," Held added.

Held said he was grateful for the opportunity the University gave him, thanking Morgan and his faculty and staff.

He also thanked Doskow for being his close friend and associate dean Randy Rubin, to whom he attributed a lot of the behind the scenes work.

"They make La Verne a very special place, indeed," he said. "Whatever I accomplished, I owe it to them."

Morgan closed off the ceremony by presenting Held with an engraved clock and gift certificate to Borders.

"The best part is, he's not going anywhere," Morgan said.

When Held returns in August, he will teach torts, a first year, basic required course at the College of Law.

During his sabbatical, Held will take a trip with his wife to New Zealand and Australia.

eBay...

Continued from page 1

ULV freshman Ben de Ayora of Merced, Calif. has made around $500 using the Internet service, he said.

He has also bought many items, including turntables for his computer, a skateboard and four posters.

"It's convenient to have if you're low on money, and you have stuff you don't want," de Ayora said.

"It's like having a garage sale at your fingertips," he said.

Senior John Martin used eBay to buy Ohio State paraphernalia for his dad, an Ohio State alumnus.

"I've never really heard anyone complain about it," Martin said. "You can pretty much get whatever you want."

ULV mail clerk Ernie Granillo does not purchase from eBay; instead, Granillo uses the service to check the value of collectibles.

"It gives me a base of how much the value is of the items that are online," Granillo said. "It's very convenient."

Alan Gonick, Office of Information Technology desktop technician, is a seasoned eBay user.

Gonick has bought around 70 items such as t-shirts, computer components and slot cars, he said.

"So far, I've had no bad transactions whatsoever," Gonick said. "[eBay] provides good protection."

One of the biggest advantages of eBay, said Gonick, is the user's ability to remain anonymous.

There are certain factors to watch out for, though, when using eBay, said Gonick and junior computer science majors Brian Santos and Francis Castillo.

"My biggest warning: Watch out for the people you work with," Santos said.

His advice to prevent any problems was to check out the record of each person with whom one works.

Every sale is recorded, and every user has the chance to evaluate every person with whom he or she works.

If the person has received bad reviews, do not work with him or her, Santos said.

Furthermore, Gonick said that email is a useful tool when working with other users on eBay.

If a user is emailed and does not respond promptly, then that person is probably not dependable enough to work with, he said.

Castillo said that if a person is unable to afford the risk of not receiving the item from the auctioneer, "don't buy it on eBay." He said this is because of the chances of a buyer not receiving a promised item relative to buying from an actual retailer.

Gonick also stated that buying overseas was a red flag in the eBay process because of the excessive currency conversion and shipping charges involved.

Santos said that when auctioning something, the seller must be aware of the charges that he or she receives for advertisement.

EBay charges the auctioneer for each piece of advertisement, whether it be a picture, a description or a bold heading.

Not knowing what one is buying can also be a recipe for disaster, Gonick said.

"Buy what you know," he said. "It's just like anything else. If you go in blind, you could get burned."

Gonick's biggest warning is about using PayPal as an option offered by eBay for payment.

PayPal allows the buyer to use a credit card or bank account to send money to anyone with an email address.

"PayPal is too invasive," Gonick said.

He has seen many websites that warn users about using PayPal because people could easily take advantage of the service to steal from users.

When the proper warnings are heeded, eBay is a safe, convenient service for any college student looking to buy or sell absolutely anything.

For those ULV students who are not eBay users, registration is easy.

It involves a simple, three step process.

First, a short form must be completed, including one's name, address, phone number, email address and chosen password.

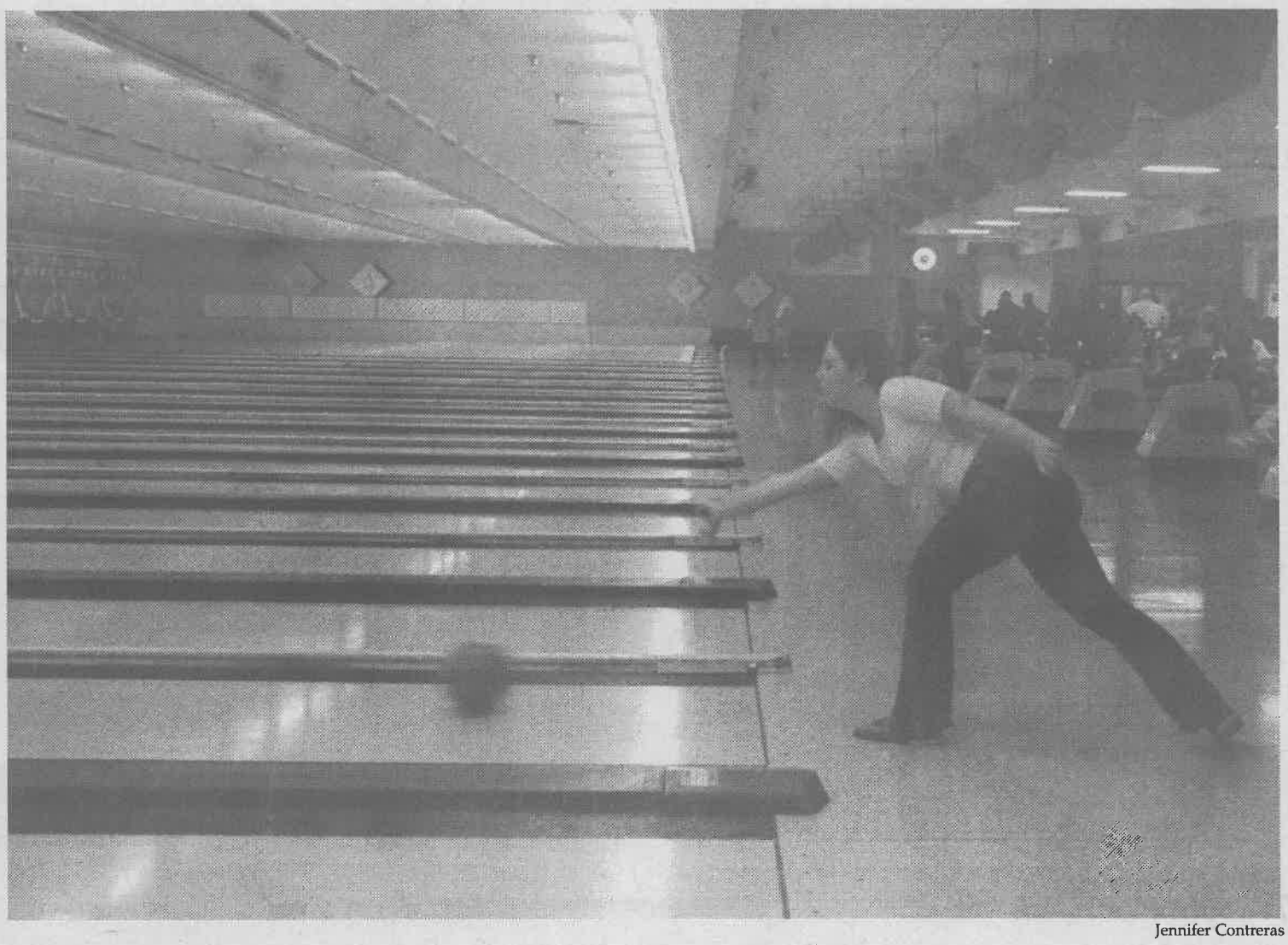
Second, the terms of use must be agreed upon.

Finally, the last step is to check one's email and confirm registration.

Once this five-minute process is completed, the user is free to buy and sell from any of the 49.7 million users on the Internet's largest marketplace.

> 'It's convenient to have if you're low on money, and you have stuff you don't want. It's like having a garage sale at your fingertips.'
> —*Ben de Ayora, freshman*

Bowlers knock down pins for Cystic Fibrosis



Jennifer Contreras

Junior Stacey Corso, a member of Iota Delta, bowled for three hours at the sorority's annual "Bowl for Breath" fundraiser. Held at Chapparal Lanes in San Dimas, the event was a fundrasier for research into cystic fibrosis — the sorority's philanthropic cause. The women raised $850 to donate to research.

New bill affects Ephedrine usage

•Products have adverse effects

Rebecca Cooper
Staff Writer

On Sept. 27, Gov. Gray Davis signed into law a bill that will affect the labeling and sales of diet aids containing the ephedrine alkaloids or steroid hormone precursors, such as androstenedione.

Ephedrine is an amphetamine-like chemical that acts as a stimulant. It increases the heart rate, metabolic rate and blood pressure. It is used in products to treat asthma, colds, allergies, increase energy, weight loss and appetite suppression pills.

"Ephedrine is a drug," said Paul Alvarez, professor of movement and sports science. "It is a very powerful stimulant that is very easily marketable to the average person. The empirical evidence shows that it does not provide a significant improvement in performance, and it's not a very safe thing to be messing around with."

The bill, SB 1884, requires these products to include warning statements regarding content, the adverse effects of using the product and a phone number to report adverse effects.

Ephedrine products have been suspected in a number of deaths of high school, college and professional athletes around the country, Alvarez said.

"It's usually not as big of a problem for the average person who takes it and just sits around, but there's no way of knowing unless they have a congenital condition," he said. "For athletes and active people, though, it artificially jacks up the blood pressure and heart rate that are already significantly increased. This can cause some extreme side effects including stroke or even death."

Alvarez is currently studying the effects of energy drinks, which are thought to contain minor ephedrine, and other supplements containing significant amounts of ephedrine.

"Prior to this, supplements containing ephedrine were not regulated to state percentages of ephedrine or even that they contained ephedrine," Alvarez said. "Because it's a naturally occurring product, as long as they made no medical claims, no one was doing any wrong and no one was monitoring."

It can cause many adverse effects, including rapid heart beat, dizziness, severe headaches, shortness of breath, heart attack, brain hemorrhages, depression, fever, vomiting, coma, convulsions and, in extreme cases, death. The Federal Drug Administration has received reports of 140 deaths and injuries related to ephedrine use, but experts say it is severely under reported.

The bill also makes it a misdemeanor to sell dietary supplements containing ephedrine group alkaloids or steroid hormone precursors to minors.

College students have made ephedrine one of the hottest drug trends. It is easily available at gas stations, drug stores and dietary supplement stores. Students use the drug as a sort of "herbal speed" for pulling all-nighters, to stay awake during classes, to stay out all night partying or as a tool for weight loss or appetite suppressant.

"This is a really popular topic right now, because there are so many questions and some very colored opinions about products containing ephedrine," said Marilyn Oliver, professor of movement and sports science. "Ephedrine products are not regulated by the FDA, and most people are not aware of the side effects or all the products containing ephedrine, including energy drinks, food supplements and various prescription drugs."

ULV receives monetary gifts

Rebecca Cooper
Staff Writer

The University of La Verne recently received the final distributions of two donations totaling over $2 million.

The first gift of about $711,000 was from the estates of Chester and Virginia Poister. The Poisters were long-time citrus ranchers in the Pomona Valley. Virginia was a 1930 graduate of La Verne College.

The Poisters' gifts were unrestricted, which means the board of Trustees will decide the best way to spend the donations. All donations are first sent through University Relations, and later sent to the cashier to be placed in the proper account. After they are placed in the proper account, the Board of Trustees decides how and where the money is spent.

"It's a wonderful expression of the loyalty of these alumni that they made these gifts to ULV," said Jean Bjerke, vice president of University Relations. "It's absolutely critical to the University to receive gifts like these so we can do some very important things that help the University community as a whole."

Adeline Friedman, a 1979 graduate of the College of Law, left ULV about $1.4 million in her estate. The University received the first $600,000 a year ago and the final $800,000 in October.

Friedman died in 1998, but contacted the University prior to her death to inform them of her planned gift.

"We knew she planned giving seminars and she indicated that she had provided to us in her will, but we didn't know how much," Bjerke said. "When we were contacted about the distribution after her death, we were amazed and delighted by the donation."

Friedman's gift is the largest bequest in ULV history. Her gift was placed in the College of Law account to help construct the new Ontario building for the College of Law, where her name is on the grand entry atrium.

"She was a woman who provided for a number of charities," Bjerke said. "She simply wanted to give back to the community and the college she attended."

News Briefs

Winter formal 2002

The Associated Students Federation Forum will present its annual Winner Formal on Friday, Nov. 22, at the Sheraton Suites of Fairplex in the Grand Ballroom.

Dinner will be served from 8:30 p.m. to 10:30 p.m. and dancing begins at 9:30 p.m.

Starting Nov. 18, tickets will be on sale for $15 per person. Tickets will be $20 per person at the door. Tickets are sold at the Student Center Desk.

—Alejandra Molina

KULV gives away tickets to formal

Beginning Nov. 18, KULV will be giving away tickets to ASF's Winter Formal. Listen for the touchtones, and be the designated caller at extension 4777.

—Alejandra Molina

Homeland security

Leadership LA is hosting an event on homeland security, featuring L.A. Chief of Police William Bratton.

The event will cover "Los Angeles and Terrorism: How Prepared are We?" at 8 a.m. on Nov. 20 in the BP Plaza Auditorium, located at 333 South Hope St., Los Angeles. Cost for the event will be $100 for affiliates and $195 for non-affiliates.

Captain Gary Williams will discuss pre/post Sept. 11 and its effects.

—Alejandra Molina

Transitions seminar series

The Transitions will host a seminar series for students in transition. Sessions will be held in the Leadership Center near the front desk of the Student Center.

At 10 a.m. on Nov. 20, the session, "Saving Time with Good Study Skills," will be held. Janis Dietz and Bailey Smith will assist students on how to prepare for finals. Rick Rogers and the Counseling Center staff will present "Going Home for the Holidays" at 2 p.m.

The session is designed to provide students with strategies and support facing changing family dynamics.

For more information, call Brian MorganArmstrong at extension 4510.

—Alejandra Molina

Landis Leadership Scholars

The Leadership Education and Development program announced its third application cycle for the Landis Leadership Scholars.

Students can apply on the Web site, **www.ulv.edu/lead**, or at the Student Center desk for the LLS program.

The students in LLS make up the top one percent of campus student leaders. The LEAD scholarships award between $6,000 and $10,000 per student per year.

Applications are due at 5 p.m. on Feb. 7 at the Student Center desk. The announcement of LLS members for the 2003-2004 academic year will be made next April.

For more information, call Brian MorganArmstrong at extension 4510.

—Alejandra Molina

LVTV wins video awards

At the Alliance for Community Media Western Access Video Excellence awards, ULV filmakers won three first place awards and had five finalists.

The winners included Chris Miyasaki, Chris Villalobos, Don Pollock, Edna Becerra, Agustin Avalos and Enrique Gutierrez. Finalists included Veronica Garcia, Don Pollock, Chris Miyasaki, Johnya Center, Edna Becerra, Agustin Avalos and Enrique Gutierrez.

LVTV-3, La Verne Community Television had more nominations than any other public access station in the six states participating in the Western region of the Alliance for Community Media.

—Alejandra Molina, Melissa Lau

Financial aid workshop

A financial aid workshop will be held on Wednesday from 1 p.m. to 2:30 p.m. and from 5 p.m. to 6p.m. in La Fetra hall. For more information call Leatha Webster at extension 4567.

—Melissa Lau

Canned food drive

ASF, in conjunction with Midnight Mission, is hosting a canned food drive. Midnight Mission helps provide food, clothing and job placement for the homeless on Skid Row.

The drive began Monday, and they will continue to accept donation until Nov. 25. Donations can be placed in the marked boxes around around campus.

—Melissa Lau

Final University hike

Tomorrow, the Natural Sciences department will host the third and final hike of the fall semester.

They will be hiking the Old Baldy Road Trail along the San Antonio Creek and will meet at 8:30 a.m. at the parking lot off of Barrett Stoddard Road.

For more information, call Christine Broussard, assistant professor of biology, at extension 4597.

—Alejandra Molina

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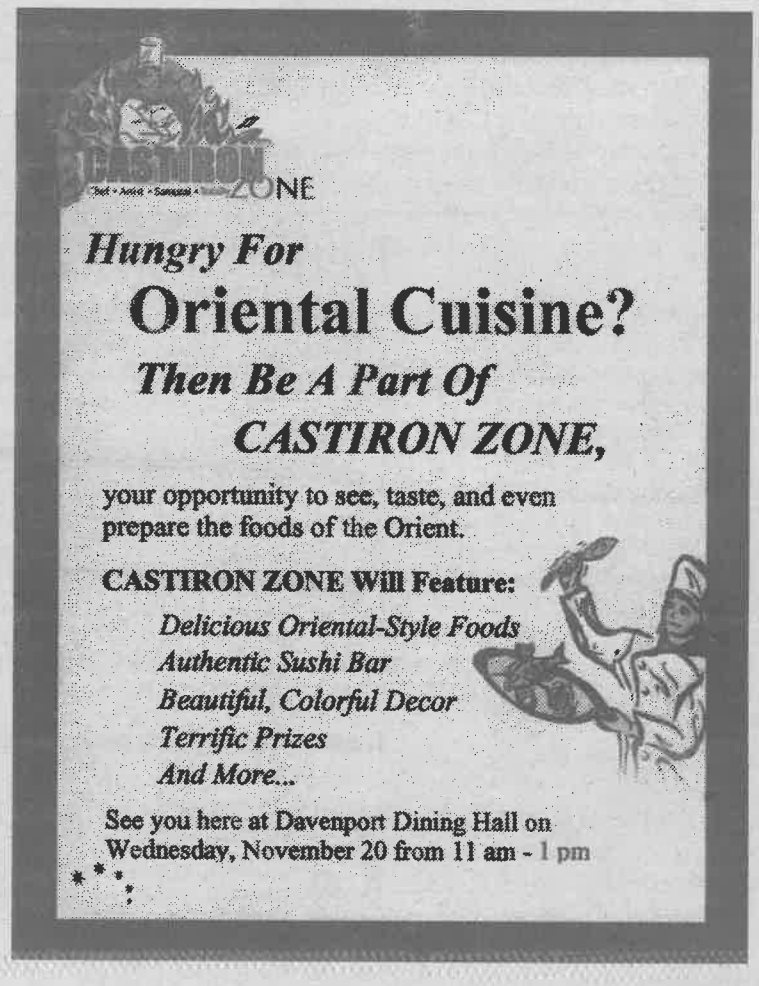


Sadly, the GOP is now in control

The balance of power in the United States has recently shifted in a drastic way. The aftermath of the elections last week left the Republican Party in control of the Senate and the House of Representatives, not to mention the presidency.

With this sweep in Congress, how balanced will the decision making process be with like-minded "representatives" running the show?

With this much power leaning on one side of the political party spectrum, it seems that it will now be easier to have more conservative, right-wing policies pass into law.

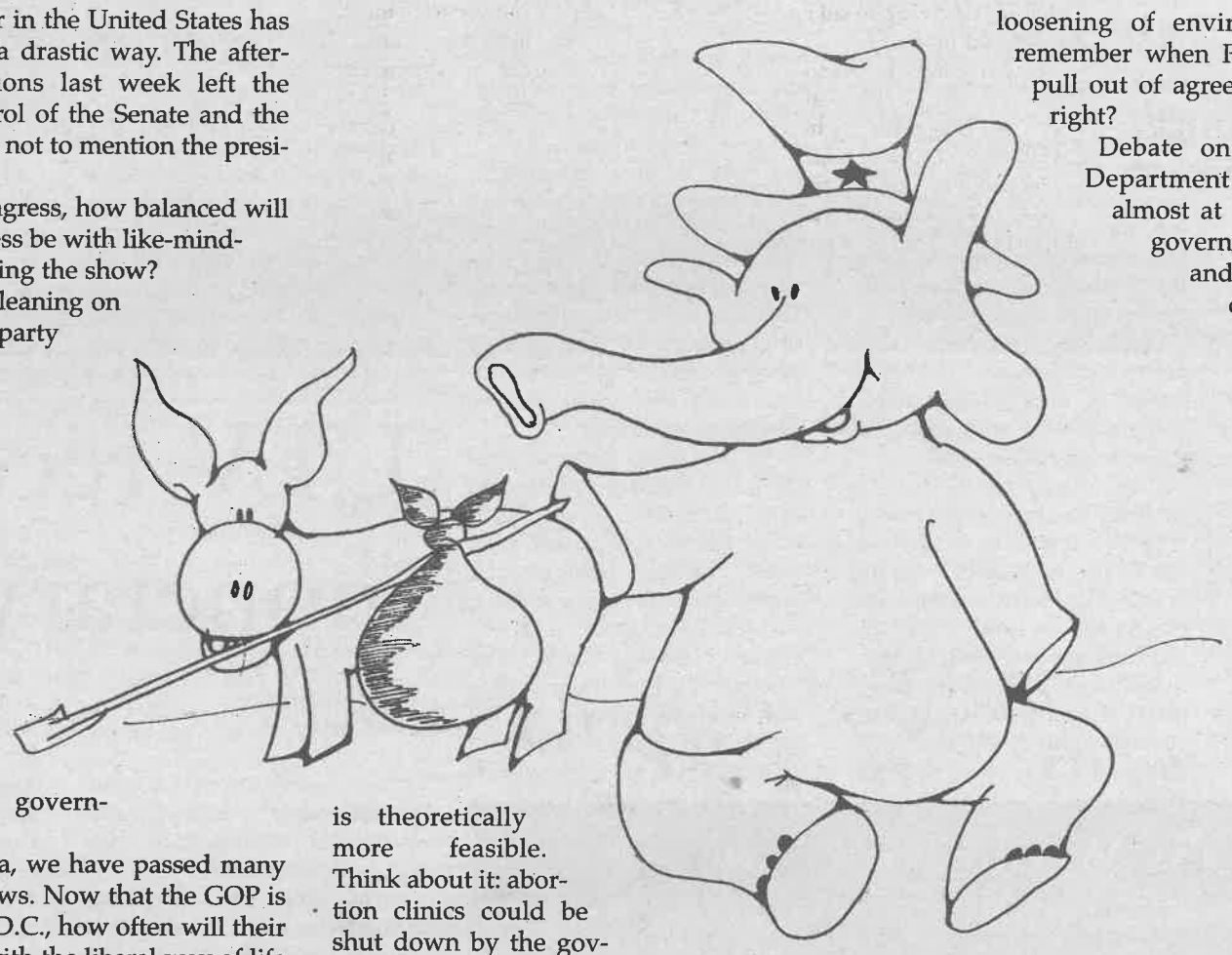
Unfortunately, President Bush now has the majority on his side, which is detrimental to a system that needs checks and balances.

What kind of things can we see happening in the near future with this more slanted-than-ever government?

As citizens of California, we have passed many of the liberal state-level laws. Now that the GOP is in control in Washington, D.C., how often will their conservative ways clash with the liberal way of life in the Golden State?

Controversial political topics are now resurfacing and, once again, are becoming hot agenda items.

Pro-life Republicans now rule Congress, which means that the idea of overturning Roe v. Wade — the Supreme Court case that made abortion legal — is theoretically more feasible. Think about it: abortion clinics could be shut down by the government in the near future.



Congress and the president now have the ability to appoint conservative judges to lifelong posts, which helps keep like-minded ideals intact.

Another controversial topic in the works of being resurrected is the oil drilling in Alaska, and the loosening of environmental policies. We all remember when President Bush attempted to pull out of agreement of the Kyoto Accords, right?

Debate on the implementation of a Department of Homeland Security is almost at its end. Next week the new government sector will be approved and cost the nation a few billion dollars — increasing the deficit. This issue spawned fervent dispute in Congress and all across the nation, and now the majority is ruling in favor of it.

An added agenda item on the list for Republicans is what they are calling a "permanent tax cut" that in all reality hurts more than it helps by benefiting the rich and hurting the poor.

Whether or not one agrees with the Republican agenda or not, it is important to see that this much of a slant on priorities is problematic.

Even though the gap in Congress is not large, majority still rules. In turn, the majority drives the agenda. The agenda will likely go from balancing healthcare and education to proposing tax cuts and military spending. It feels like even though we took a step forward before this November, we are taking a giant step back.

The government needs balance to serve all of its constituents, but with this unfortunate shift in that balance and one party ruling Congress and the Oval Office, we can be sure that things will be changing. And not for the better.

Alley should be closed to traffic

There is only five minutes left for class and you have to run from Davenport to the Barkley Building. Little do you know that as you are making the mad dash to class, there is a car racing out of the Oaks parking lot through the alley between the AAIC and Barkley buildings.

As you are about to cross the alley, the only thing that tells you this car is coming is the loud crash from the car driving over the sewer cover. If not for that cover, the car could have hit you.

This seems to be the problem that many students have when walking to and from the Oaks. Cars drive through the alley as if they were on the 210 Freeway rather than a college campus.

Of course the old rules of looking both ways before crossing the street apply when crossing the alley, but shouldn't drivers also be looking both ways for oncoming foot traffic?

The sad fact is they do not look and they put the lives of pedestrians on the line. As long as drivers get to their destination in 10 minutes or less it is OK for them to go flying down alleys and small streets.

To avoid a fatal accident, the University of La Verne and the city need to work together to close off this alley to pedestrians only. The alley will have to be closed sooner or later because someone will end up getting seriously hurt, and possibly killed, and the last thing this University needs is another tragedy.

The only drawback to closing the alley to automobiles is that there would be no connection to the dorms from D Street. This means that drivers would have to go around to Second Street to get to the Oaks parking lot.

However, allowing only pedestrians to cross this alley would make it a safer trip to class. There would no longer be the threat of getting hit by a car going 25 mph in an alley.

The daunting voyage from Davenport to the Oaks will be a safe one.

Letter to the Editor

Dear Editor,

As a reader of the Campus Times, I often read Amanda Stutevoss' columns and am always refreshed to read her usual introspective spin on things in such a biased newspaper. However, I was outraged at her recent column, "Can these women really rock?" [Nov. 8]. Honestly, I feel that her point in this article has a lot of truth to it. Many artists out there do not get a lot of exposure because they are not as sexually attractive as Christina Aguilera, Britney Spears, Jennifer Lopez and Jennifer Love Hewitt. However, to include Christina in your article without acknowledging her undeniable talent is almost blasphemous. I really feel that she should have done all of her homework on these artists before she grouped them all together as talentless sex kittens. That may be the case for the rest of them, but Christina Aguilera is a three-time Grammy-winning artist whose current release has received as much acclaim as John Mayer's, not to mention the fact that she wrote, arranged and produced the majority of the album. The very magazine, Rolling Stone, that Stutevoss complains about her being on the cover of gave an excellent review of the album which was obviously overlooked.

Also, to say that female artists get all the attention in the music industry is totally untrue — I mean you have to be living in a cave to not have seen all the publicity Eminem receives for his music and current film. Overall, I understand Stutevoss' arguments, but beyond Christina Aguilera's sexy appearance is an amazing talent that should not be overlooked.

Robert McCulley
Sophomore

Letters to the Editor

The *Campus Times* encourages readers to submit letters to the editors regarding topics covered in the paper. Letters should be no more than 400 words in length and are due by Tuesday at 3 p.m. The *Campus Times* reserves the right to edit letters for clarity, space and libel.

Campus Times
Fall 2002

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The *Campus Times* is published weekly by the Communications Department, except during examination and vacation periods, by journalism students of the University of La Verne, 1950 Third Street, La Verne, Calif. 91750. The *Campus Times* is a laboratory publication for Newspaper Production classes, Journalism 220, 320 and Photography 327.

Unsigned editorials represent the opinion of the *Campus Times* editorial board. Signed columns are the opinion of the individuals and do not necessarily reflect the opinion of the *Campus Times*. Letters to the Editor are due by Tuesday at 3 p.m. Letters must be typed, no more than 400 words in length, relate to a topic covered in the *Campus Times*, and are subject to editing for clarity and space.

Letters and comments may be sent via e-mail to ctimes@ulv.edu. The *Campus Times* may also be found online at http://www.ulv.edu/campus-times/. For advertising information, call (909) 392-2712.

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From the Editor...

U.S. needs to keep Megan's Law



Amanda Stutevoss

A week after high-risk sex offender Eric Kristian Rosvold moved back into his girlfriend's Cork Circle home in La Verne, the United States Supreme Court was reviewing questions of constitutional violations surrounding Megan's Law.

For the first time since 1996, the Supreme Court will be hearing challenges to the federal law that requires convicted sex offenders to register with law enforcement authorities and allows communities to know where the sex offenders are living.

Last spring, La Verne was plastered with community warning posters revealing that Rosvold was living on Cork Circle above Baseline, only a few minutes' walk away from Oak Mesa Elementary.

In April, a Marin County judge revised Rosvold's probation so he was prohibited from living within 1,500 feet of a school. Rosvold pleaded with the judge, saying he could not afford to move. Instead, he ended up returning to jail in exchange for a shortened probation.

Now, five months later, he is back in La Verne the same time that the Supreme Court is considering whether Megan's Law goes too far with regard to convicted felons and their privacy rights.

Megan Kanka was a typical seven-year old girl who lived in a suburban area of Trenton, N.J. The streets were always filled with children her age. However, in this community not only families and young children lived here, but also three convicted sex offenders that none of the neighbors knew about.

At that time their criminal histories were concealed by their constitutional right to privacy.

Kanka disappeared on a Friday in 1994. She was lured into her neighbor's house by a puppy and then raped, strangled and suffocated. Her dead body was stuffed into a plastic toy box and then left in a nearby park.

Her killer was a twice-convicted sex-offender.

This case was instrumental in the development of the federal law known as Megan's Law. Under the law in California, convicted sex-offenders must register with law enforcement agencies within five working days of entering the county or city. They must submit fingerprints, photos, blood and saliva samples, among other requirements.

Versions of Megan's Law are being challenged in Connecticut and Alaska. Connecticut defense lawyers say that the law violates the offenders' right to due process. The challenge in Alaska states that the law's enforcement amounts to additional punishment for offenders who have already served their time.

These challenges could potentially affect 25 other states that have similar laws. In California alone there are 95,401 registered sex offenders and only 72 percent of all sex offenders living in California are currently in compliance with these laws.

Megan's Law, which has slightly different modes of enforcement depending on the state, is in place for a good reason. Challenging whether these laws are constitutional is nonsensical. The question of whether Megan's Law is an infringement of these predators' rights to privacy seems hypocritical. What about their victims' rights to privacy? What happened to their constitutional rights and protections?

Isn't protecting the safety of innocent children more important than protecting a sexual predator's rights to privacy? Especially considering the fact that most of those who are prosecuted for such crimes have probably offended before and likely to offend again.

It has been proven that the most reliable prediction of sexual behavior is a past record of this kind of behavior. Released prisoners commit 54 times more violent crime within the first year of their release than average citizens do per year, according to the most recent national study of recidivism in the United States.

So why would discussion even be necessary? Although rehabilitation may be possible, it is not a guarantee. Weakening Megan's Law leaves children unarmed and helpless against sex offenders who decide to sacrifice their constitutional rights when they commit a crime.

I am concerned about children's rights. Not notifying parents and community members of potentially dangerous paroled sex offenders is a risk that should not be toyed with. These sexual predators believe that Megan's Law gives them a negative stigma in the eyes of community members. My question is why were they not concerned with the repercussions before committing such heinous crimes?

Those who commit these types of crimes should be ready to face the consequences of their actions. In the words of Marcus Cicero, "Let the punishment match the offense."

Amanda Stutevoss, a senior broadcasting and journalism major, is editor in chief of the Campus Times. *She can be reached by e-mail at* **astute4@aol.com**.

Something to consider on Turkey Day



Melissa Lau

It is that time of year again when we see the holidays peeking around the corner. The smell of turkey lingers in the air and mixes with the infamous complaints about in-laws. But what is the real meaning behind Thanksgiving?

The traditional story of how the Pilgrims and the Indians shared a meal together has been branded in our minds since childhood. As children, we were taught about the welcoming attitude and trust of the Native Americans toward the Europeans.

Although we still celebrate Thanksgiving today, the meaning has changed.

We typically associate it with family, some whom we love and some we care to do without. Family gatherings are good for the soul, but we should be able to extend that warm fuzzy feeling to those outside of our close circle.

By this, I do not just mean friends. And while getting involved to feed the homeless is a great experience, there is one more group of people worth considering.

The United States is on the brink of war with Iraq and is still trying to recover from the terrorist attacks on Sept. 11. Because of these events, some people have lost trust in others or gained a sense of hostility toward foreigners.

Was it not the natives of this land who welcomed foreigners? Was it not the natives who showed the Pilgrims how to survive? Is the spirit of help, consideration and thanks the theme of the holiday we now degrade by titling it "Turkey Day?"

Remember that everyone, with the exception of Native American descendants, have descended from immigrants.

So why are we so ignorant when we hear the "I" word? Immigrants are the invisible backbone of this country.

During "Wheels," a play about immigrants held at ULV in October, the audience was made aware that immigrants play a key role in the U.S. economy.

Fifty percent of the crops in northern California are maintained by immigrants. The basic truth is that American citizens are not likely to do back-breaking work, such as picking grapes, for such low wages. If U.S. citizens were to do this work, they would receive minimum wages. This would raise the cost of food, such as lettuce.

To us, the word "foreign" often translates to "different." With these differences come stereotypes and generalizations, which have been very evident since Sept. 11.

Sure, it is only human to lose trust in someone after a shocking betrayal or after they hurt you. It takes time to heal.

Stereotyping and racial profiling, however, do not solve anything. In fact, they often times cause paranoia and anxiety. Stereotypes are the result of a lack of understanding.

Without accusing everyone and doing just what I am arguing against, this appears to be one American approach to foreigners. Just recall the Japanese "relocation" camps set up during World War II.

When we generalize, we are not displaying the true American spirit — the spirit the Native Americans showed to the Pilgrims.

When we overcome this, when we learn to accept each other's differences, when we welcome others for their individuality, then we can truly appreciate the meaning of Thanksgiving.

Melissa Lau, a junior journalism and environmental biology major, is managing editor of the Campus Times. *She can be reached by e-mail at* **bitterinque@yahoo.com**.

A cheesy story of happiness



Matt Paulson

My last column in this paper, as you may have seen, had a bit of an angry tone to it. No, no, I admit; I was a tad perturbed. Being that this is my last column of the semester, I thought I would alter my angle.

With that, I began internally painting myself a happy picture, trying to find the words to convey it to you, my loyal La Verne readers. I realize that this may be the first time you have ever read any of my articles or columns, but I am painting a happy picture; in that picture, I have loyal readers. Bear with me here.

Anyway, in my portrait of pure happiness, there is one thing that radiates past the idea of an entire day spent watching one of the four major PGA tournaments or a marathon of "The Family Guy."

This one thing illuminates everything else around it, whether it be chips and salsa in a hot tub or stargazing on a cool, crisp night; this one item sheds nearly divine light on whatever has the benefit of being placed next to it in my "happy place."

Yes, this wonderful item seems to be almost celestial in its quest to satisfy me and bring true happiness to my "happy place." Okay, I know you all are almost jumping out of your respective places of reading in anticipation.

The fulfilling orb of which I am speaking is the Better Cheddar.

For those of you who have not had the experience of Nabisco's finest, give it a whirl. Your taste buds will explode with gratitude; your brain will send endorphins awash over your body, thanking you extensively for your adventurous spirit in trying one of the greatest snacks to ever grace this earth. The perfect combination of saltiness and crispiness will dance in your mouth with each circular morsel. If this somehow gets to the people of Nabisco, I would advertise for Better Cheddars any day without any cost, but a few boxes sent to the Campus Times would be much appreciated. (Hey, it's worth a try.)

I can not imagine anything better than a night spent with my "special someone" watching Kevin Smith movies and "Trading Spaces" on TLC, indulging in box after box of Better Cheddars. The walls would be lined with an endless stack of boxes.

We would not even need to finish a box because there would always be another one waiting, but we would finish them anyway because not finishing a box of Better Cheddars is just plain unacceptable. We would savor each tasty bite until our bodies said stop, and then we would eat some more until we passed out just after the "Ma'am, I don't appreciate your ruse" part in "Clerks."

That, in a nutshell, is a slice of happiness life has offered me, and I have taken it and ran with it.

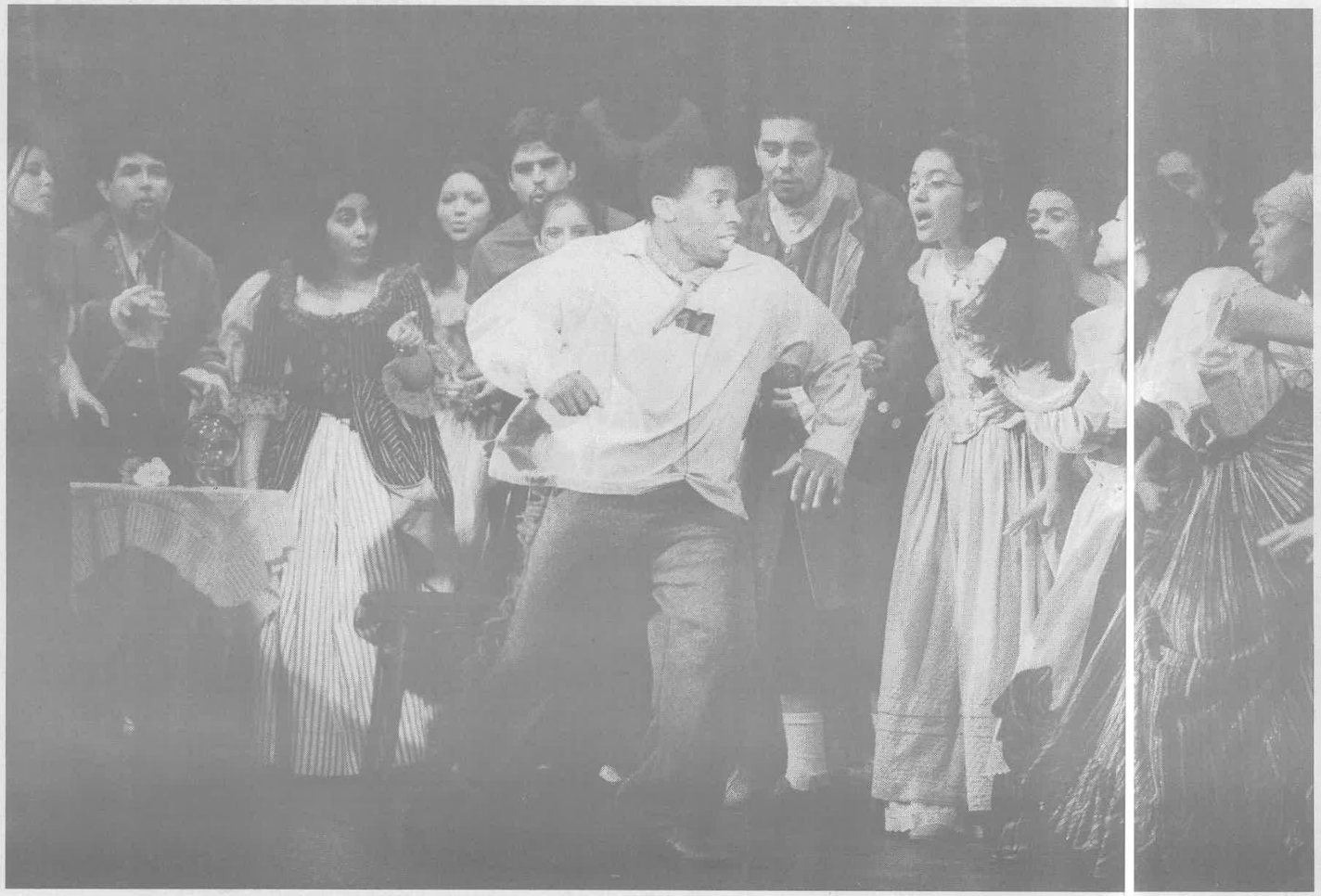
I encourage you to do the same. Happiness can be so many things to so many people. It can be something different to the same person each day. It truly can be anything you make it.

Find yours and cherish it. When you do, wear a content smile and show others what happiness can be if they just take the time to search for and embrace it when they eventually find it. Our world would be a much better place if we all embraced the things that make us truly happy.

Enjoy the things that make you happy this holiday season. I shall see you all next semester. Until then, in the words of Red Green, "Keep your stick on the ice."

Matt Paulson, a sophomore journalism and English major, is sports editor of the Campus Times. *He can be reached by e-mail at* **phil6483@aol.com**.

'Naughty Marietta' debuts in Dailey Theater









Top: Silas Slick is scared off the stage by the ensemble after getting his fortune read in Act 2 of "Naughty Marietta." Slick is portrayed by senior theatre major Nasir Najieb, a transfer student from Portland, Ore. Najieb came to the University of La Verne for the theater program, and also to be closer to Hollywood. Above: David Flaten and Scott Farthing brought together students from the Departments of Music and Theatre to produce the operetta. This is the second collaboration between the two departments. Right: Because the role of Marietta is vocally demanding, the leading roles of "Naughty Marietta" are held by two pairs. Marietta D'Altena and Captain Richard Warrington are portrayed by the duo Kim Reed and Chris Smith (left) and also by Andrea Randall with Nathan Lahr (right).

by Amanda Stutevoss

photography by
Jennifer Contreras

As every evening of rehearsal passed, excitement grew.

As the curtain call approached, the hours became longer for the nearly 50 people involved in the theatre department's production of the operetta Naughty Marietta.

The play is set in Louisiana, 1803. During this period France still controlled the Louisiana territory, and its political stability was precarious.

This production, which opened Thursday in Dailey Theater, marks the second collaboration between the theatre and music department, joining the musical talents of Scott Farthing and the theatrical savvy of David Flaten.

Two days before opening night, the cast gathered around the main stage and listened to the encouraging words that Flaten offered.

"I am really proud of all the stuff that you are all assimilating," he said to them. "This is a play, bring it out and share it."

He then stepped back and began to suggest last minute changes. The cast sat attentively, however an on-looker could see the anxiousness in their bodies.

Theatre is their passion, their love and their devotion.

The cast broke and dis-

Continued on page 12









Top: The scenery reflects the setting of New Orleans in 1803. Theatre major Veronica Estrada was a member of a construction crew of 35 making the scenery for the show. Above: Freshman theater major Whitney Whickham prepares for her scene as a Marionette Dancer. Whickham is just one of the women of "Naughty Marietta" who has multiple costume changes throughout the show. The show had all of the female cast wearing corsets. Altogether the show includes more than 500 pieces of costumes. Top Left: Etienne Grandet and Adah LeClercq share various heated scenes in "Naughty Marietta." The two are portrayed by freshman theatre major James Darrah and choreographer Jessica Wotherspoon. Bottom Left: Out of sight from the audience, deep in the wings of he stage, players are preparing for their next scene and listening for their cues. Marietta (Kim Reed), Casquette girls (Colleen Wilke, Rachel Rousseve and Sarah Morales) and Marionette Dancer (Jonathan Serret) prepare for an entrance during a technical rehearsal.

Arts & Entertainment

Entertainment Briefs

Classical Concert

The music department presents the stylings of pianist Timothy Durkovic, cellist Timothy Landauer and violinist Ana Landauer. The show starts at 8 p.m., Tuesday in Founders Auditorium. General admission is $5 and students are free.

Free Admission

Knott's Berry Farm is holding its 13th annual Veteran's Tribute. The celebration honors the brave men and women who have served in the U.S. military, both past and present, with free admission from Nov. 3 - Nov. 24. For more information, call Knott's information at (714) 220-5200.

Getty Exhibit

Drawn from the J. Paul Getty Museum's permanent collection, "The Medieval Best-seller: Illuminated Books of Hours," will be on display until Jan. 6, 2003. The exhibit features 21 manuscripts from the 12th to the 16th century and were created in Italy, England, France, Flanders and Holland. For more information, call (310) 440-6439.

On the Charts

This week, the "8 Mile" soundtrack holds steady at No. 1, while the solo debut of Justin Timberlake, "Justified," lands at No. 2 for its first week of release. Nick Carter's solo debut "Now or Never" drops from No. 17 to No. 63 in its second week out. For more information, visit www.billboard.com.

Out This Week

"Harry Potter and the Chamber of Secrets" finds Harry and his friends in their second year at wizardry school.

—*Gloria Diaz*

Folk artist showcased in Fall Concert Series

by Jennifer Dodd

photography by Christian Velazco



Greg Greenway, originally from Richmond, Va., moved to Boston for its folk music tradition. He draws inspiration from blues, gospel and rock music. Greenway has four solo releases, "A Road Worth Walking Down," "Singing For the Landlord," "Mussolini's Head" and, most recently, "Something Worth Doing." He performed Friday in Founders Auditorium.

The sounds of Greg Greenway filled Founders Hall Auditorium as he captivated the audience with his energetic stage presence and modern acoustic guitar playing.

Greenway's music is drawn from various genres such as blues, rock and even gospel. His music addressed global events, social justice and the celebrated world leaders who dedicated their lives to peace, which provided the audience with a worthwhile listening experience.

"It was a great show. Greg is such an inspiring performer. I loved the songs," said La Verne resident Stacie Reader.

University of La Verne Assistant Professor of Biology, Christine Broussard had suggested that the music department include Greenway in their fall concert series.

Broussard became aware of Greenway while she lived in Maryland.

"It was a very well attended show; everyone from faculty to students to fans were there," Broussard said. "Greg has a lot of songs that relate to social justice. I thought he would be a great addition to our concert series here."

Greenway, who is originally from Richmond, Va. began writing songs in high school. He turned his attention to music after a visit to Massachusettes during his senior year of college.

After graduating from William & Mary College in Williamsburg, Va., he moved to Massachusetts and formed his first acoustic band. His solo debut was the 1992 "A Road Worth Walking Down," which was nominated for two Boston Music Awards. He is currently touring for his fourth release, "Something Worth Doing."

Music department gets amped, wired

Amber McLaughlin
Staff Writer

The University of La Verne music department is going high tech with the development of the music library and lab.

It has five Macintosh computers with 12 listening stations with compilations of several different sources of music along with a CD burner.

Music majors can use iTunes, which has music composition software that operates like a word processor.

Another program available for students is "practica musica," which has ear training exercises. It works together with a web site that lets students listen to audio exerts.

"We encourage students to buy CDs for class, but if they can't afford it, the online resources are a great option for them," said ULV music technician Steve Biondo.

The annex, also known as the musical instrument digital interface lab is another important room, where music majors can put together compositions and records, Biondo said.

All students have access to two televisions to view videotapes and DVDs from the archives, which also consists of nearly 200 CDs of ULV concerts and other artists.

Biondo has been working with a recording engineer on staff to record concerts, student recitals and guest artists from the past five years.

This fall several events will be recorded on digital video to improve the quality.

"The more students listen to music, the easier it is to understand, and watching themselves after a performance gives them a chance to improve," said Scott Farthing, music department chairman.

Junior Kendell Smith, a music and English major, said he uses the lab's as much as possible because it is easily accesible. He puts together CDs of his performances to improve his ability to play the guitar and sing.

"It is important to be self-educated to be a music major. You have to know various styles, be good on your instrument and be computer savvy," Smith said. "Everything I take in and am forced to learn will broaden my aspect on things, and give me different things to use."

Renee Soliz, senior and music major uses the lab every day since she is in choir and plays the piano.

"We have access to all the materials, can study for music history and watch performances to see what is going on and to improve," she said.

Founders Hall, room 21 now has a big wide screen television and surround sound that is specialized in music quality. Plans are in the works to have room 22 converted into a high tech music room.

The library/lab is open from 8 a.m. to 5 p.m. Monday through Friday and is located in Founders Hall, room 16. The music library/lab is open to everyone.

Energy drinks drown in sugar, risk

Jaclyn Roco
LV Life Editor

Loaded with sugar, these drinks are guaranteed to keep you up and hopping for a few extra hours or so.

In college circles, the extra pep or boost that today's trendiest energy drinks give is often appreciated, especially during exam time when tensions run high, and energy levels zone to neutral. Athletes also reach for these energy drinks to gain a burst for improved performance.

The most popular energy drink today is Red Bull, which sold approximately a billion cans across 50 countries last year, according to a 2001 BBC News report. Needless to say, Red Bull's Austrian creator, Dieterich Mateschitz, made millions of dollars for being able to give the human body some wings.

But defying the natural body clock has a downside.

In fact, there have been numerous concerns with the high level of sugar and other stimulants in energy drinks like Red Bull and its competitors, which include 180, Whoopass, Adrenaline Rush and Rock Star.

Red Bull is a prime example of an explosion of "boost" in a relatively small serving size of eight ounces. Inside the shiny, blue and white can is a potent mixture of caffeine, vitamins, carbohydrates and taurine, an amino acid that affects the body's metabolism.

In France, Norway, and until recently, Japan, Red Bull has been classified as a medicine, and has in some cases been outlawed. In Sweden, three people were reported to have died after drinking Red Bull.

Nutrition Australia posted a "FAQ on Caffeine and Energy Drinks" article online to address new and increasing concerns about energy drinks' success. According to its Web site, **www.nutrionaustralia.org**, a typical energy drink contains about 80 milligrams of caffeine per can, which is about the same as a cup of coffee, or two cans of cola.



Experts agree that the amount of caffeine — about three to four cans a day — usually consumed by some students, especially those ages 17 and over, is not necessarily dangerous. However, the caffeine, in combination with other stimulants like taurine, ginseng, guarana and ephedrine, often found in energy drinks, can prove unhealthy.

If consumed in relatively large amounts — five cans — side effects may include elevated blood pressure, anxiety, shaking, elevated heart rate and increased urine production, the report found.

The biggest risk involves combining energy drinks with alcohol, a practice common among college students.

Dr. Lewis Dr. Pincus, a CBS medical expert, said that although energy drinks were no more energizing than a cup of coffee, mixing them with alcohol would cause symptoms like " a racing heart beat, elevation of blood pressure and maybe even a heart attack."

Dr. Pincus advised consumers to beware of faulty or misleading advertisements. Red Bull, for example, claimed in its Web site that its product is "an ideal energy drink prior to demanding activities, or in a performance drop during a game" and the "Institute for Legal Medicine of the University of Munich confirms that Red Bull has no effect on the alcohol metabolism," he said.

"An additional worry is that people who ingest a lot of caffeine, a stimulant, along with alcohol, which has a tranquilizing effect, won't realize how intoxicated they really are," Dr. Pincus said. "They may drink more than they would have without the caffeine, and then drive or engage in other activities they can't handle because they are experiencing a false feeling of alertness.

"Athletes, who may be particularly drawn to the advertising claims, and people who mix these drinks with alcohol beverages, should be especially mindful of misleading claims and health risks," Dr. Pincus continued.

Robert Murray, Ph.D. and FACSM director for Gatorade Sports Science Institute, said in his article, Energy Drinks: Risks versus Benefits found at www.sportfuel.com, the real energy of use to athletes come from carbohydrates which can "increase muscle glycogen stores, bolster performance and speed recovery...sound nutrition and hydration programs have a much lower risk to benefit ratio and are a safer and more effective way for athletes to achieve a competitive edge."

A beneficial energy drink should contain vitamins common to carbohydrate-rich foods, instead of stimulants that "pose an unacceptable risk to benefit ratio," Murray said. Most of the ingredients listed on energy drinks' labels are unproven, and may endanger health, he said.

The ingredients listed as most dangerous are the stimulants that include caffeine, guarana, ephedrine, ginseng, gingko biloba and yohimbine or smilax (yohimbe bark).

Murray's study indicated that different energy drinks vary in levels of caffeine and other stimulants. An average dose of 50 grams would be comparable to drinking a serving of regular cola, but a large dose of over 150 grams, which would be compared to a strong cup of coffee, could lead to the "greater risk of diluresis, nervousness and insomnia."

"There is good scientific evidence that caffeine improves endurance — but not high-

Continued on page 10

Students debate mandatory meal plans

Rima Thompson
Staff Writer

One of the hottest topics discussed in the dorms and commuter lounges of the University of Verne is the imposition of mandatory meal plans.

Although current residents may view this mandate as an intrusion to their right to eat on or off campus, historically, meal plans have been a tradition for many universities across the United States.

"In the early days (universities) actually had kitchens and dorm mothers that would prepare the meals for the residents," said Loretta Rahmani, dean of student affairs.

In keeping with this tradition, ULV offers on-campus residents several meal plan choices. Residents can choose from a 12–meal plan with a $100 declining balance, a 14-meal plan with a $75 declining balance and a Gold-meal plan with a $50 declining balance.

The meal plans cover the food purchased at Davenport and certain items at Salsa Rico in The Spot. The declining balance dollars can be used to purchase all other food items at The Spot Restaurants, Salsa Rico and Jazzman's Café, or the Book 'n' Bean in the bookstore.

Rahmani said the reason they offer a variety of meal plans and declining balances is because the University wanted to give students options.

However, students are asking officials for more options.

"More and more people are asking about having a 10-meal plan for resident hall students, and we (school officials) are thinking of offering that, but there are no guarantees," Rahmani said.

Currently only residents in the Sheraton Hotel have the 10-meal plan option, while off-campus students can voluntarily purchase a meal plan or cash cards.

Unfortunately, not liking the food at Davenport or wanting to save money are not valid reasons for getting rid of a meal plan according to school officials.

Students who cannot eat the food that is prepared at Davenport because of health issues must provide a doctor's note and a copy of the prescribed diet.

The copy of the diet will then be taken to the general food manager, Aaron Neilson, to see if special accommodations can be made to suit the required diet.

In Rahmani's 13 years of working at the University, there have only been four exceptions to the meal plans, she said.

"Usually the food service can match almost any dietary restrictions," Rahmani said.

Neilson added that they bring in a nutritionist to help develop a plan for the student.

"We'll sit down with the student personally, and see what we can come up with to help them," said Neilson.

Not allowing residents to cook in their dorm rooms is a health and safety issue; resident hall occupants are not allowed to use microwaves, hot plates or any other cooking equipment in their rooms.

"You can't have over 100 residents cooking each day and storing food. That would be over-using the kitchen facilities, and the electrical jacks in the rooms aren't wired to handle equipments like microwaves or hot plates," Rahmani said.

Additionally, the plumbing fixtures in the halls are not made to handle food thrown down the drain by residents. The University is also concerned about residents getting a well-balanced diet.

"People think they can eat well balanced meals, but when they are on their own and going for cheap, they can't. This is another reason why we have meal plans," Rahmani said

The benefit of living in a resident hall is that "you have convenience, efficiency and nutritional support," Rahmani said.

While students have accepted the meal plan mandates, as well as the fact that exceptions to meal plans are rarely given, they question why they cannot get money back from any unused meals.

"I think it's ridiculous. We should be charged on an individual basis for the actual meals we eat, not on what the average person of a specific meal plan eats," said sophomore Mary Kazichain.

The University gives an answer that is quite simple.

Continued on page 10

Workshop opens doors in America

• International students learn how to succeed

Alejandra Molina
Assistant Editor

Success in the American Workplace: A Workshop for International Students, provided the needed information for international students planning to work in the United States after graduation.

The Career and Placement Center and the International and Study Abroad Center collaborated to put forth this workshop.

International students must go through a detailed process to find a job in the United States.

In the workshop, Immigration Attorney Adam Green explained the numerous steps international students must go through.

Green talked about visas and green cards for international students and scholars.

When international students graduate from the University of La Verne, they qualify for Occupational Practical Training, which is a full-time job.

They are allowed to stay in that job for one year, Green said.

International students must get a job with a company willing to sponsor them to stay with that job.

They must not only hire the international student, but also provide a sponsor, said Phil Hofer, director of the International and Study Abroad Center, who was also a speaker. The student must apply for a temporary visa as well.

Each year, the U.S. government has a quota for the number of people who can get the visa status, Hofer said.

"It's not difficult to get if they meet all the requirements," he added.

Hofer also stated that the company must pay them a prevaling wage, that is, the same amount of money a citizen of the United States is getting paid. If not, the international worker would not be eligible for the visa.

Hofer believes the United States is a stable place for international students to work.

"The U.S. economy has been a vibrant and active one," Hofer said. "It is a good economy for international students to work in."

The workshop was specifically designed for international students and about 35 attended.

"I was very pleased with the turn out," Hofer said.

Not every international student wants to work in the United States, but many plan to do so, Hofer said.

"We want to let them know how they can do that legally," Hofer said.

Most international students attending ULV are here for their graduate or master's degree. About 20 international students at ULV are undergraduates.

A question that arose in the workshop was whether the United States was closing its borders to international students.

Since the bombings that took place in the early '90s and after the Sept. 11 attacks on the World Trade Center, the United States has passed very strict laws regarding foreigners coming to the country.

Laura Kiralla, director of the Career Development and Placement Center, and Jill Bergman, assistant director, also made presentations at the workshop.

Bergman said the workshop was an excellent resource for international students seeking work in the United States.

"The job search process and interviewing is different here in America compared to other countries," Bergman said.

Bergman and Kiralla spoke about business etiquette, including manners, dress appearance and how students should approach a professional.

They stated how resumes and business letters are composed in a different way than in other countries.

"Some countries require photos and personal information on resumes," Bergman said. "There is equal opportunity in America and we don't do that.The workshop was a great way to get them together as a group. It helped us reach a lot more students in one day."

Energy...

Continued from page 9

intensity — exercise performance when ingested in doses equivalent to three cups of coffee or five-to six cans of cola," Murray reported.

Faisal Javad, a junior at the University of La Verne, said he used to drink different brands of energy drinks to gain a boost when taking long drives and attending track meets for ULV.

"I would drink (energy drinks) to stay awake for long drives home to San Francisco and used them during track meets," Javad said. "I took them to run fast. They did work and gave me a quick burst of energy, but all of a sudden you're struggling."

Although Javad said he no longer drinks Red Bull or other brands of energy drinks, he admitted he joined the trend of drinking them when they first became popular three years ago.

"I don't drink them right now because I don't need them," Javad said. "They all taste like crap and are way over-priced. You're really taking a bunch of caffeine pills. They're bad for you because they bring you up really quick, and then they wear off, and you crash. It's like 200 percent caffeine."

To compensate for the bad taste, Javad said he experimented with mixing Red Bull with vodka.

Although the taste was no longer unsavory, Javad said the effects left him feeling jittery afterward. As an athlete, Javad said he does not recommend energy drinks to others in need of extra endurance during sporting events.

"It's better to drink lots of (coffee) than crash (with energy drinks)," he said. "It doesn't work. You get a quick burst, then it wears off."

Murray recommends athletes instead to drink those energy drinks containing carbohydrates in the form of high-fructose corn syrup, sucrose and maltodextrin.

Gatorade, for example, is listed as an energy drink with 78 grams of carbohydrate, three antioxidants, five B-complex vitamins, no caffeine and no untested ingredients. Red Bull, on the other hand, has only 28 grams of carbohydrate, high levels of caffeine, taurine, glucoronolactone, a detoxifier and one B-complex vitamin.

"Because of their high carbohydrate content, energy drinks should not be ingested immediately before or during exercise because gastric emptying and intestinal fluid absorption will be delayed," Murray said.

"Some energy drinks with high carbohydrate content (50 grams per serving) are suitable for providing carbohydrate after training and competition to quickly replenish muscle glycogen stores," he said.

Energy drinks "should not be consumed during exercise because the caffeine and high sugar concentration slows the body's ability to absorb water," said University of California sports nutritionist Liz Applegate to Dr. Pincus on a 2001 CBS report.

Alex Lopez, a physical trainer for 24 Hour Fitness USA in Los Angeles, said he recommends those in training to drink lots of water and some forms of sugar laden drinks or products to help keep energy levels up.

Gatorade is a good form of sugar because it has water and no caffeine, he said.

Some athletes have even opted to suck on lollipops while pumping iron. Although lollipops are odd to be seen while working out, Lopez said they are still preferred to energy drinks.

The International Olympic Committee banned certain levels of caffeine, as detected in an athlete's urine, because of proof regarding the energy drinks' ability to act as a physical and cognitive performance aid while it stimulates cardiac output and the central nervous system, reported Nutrition Australia.

"The IOC considers caffeine a controlled substance, meaning that athletes found with higher-than allowable levels in their urine are disqualified," Murray said.

Disqualification from a sporting event, heart attack risks and a false sense of alertness should cause people to think twice before drinking energy drinks. The price to pay for one's health is much more than the amount of money invested in buying just one can.

> 'They all taste like crap and are way over-priced. You're really taking a bunch of caffeine pills. They're bad for you because they bring you up really quick, and then they wear off, and you crash. It's like 200 percent caffeine.'
>
> —*Faisal Javad, junior*

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Meal plans...

Continued from page 9

What most people do not know is that the pricing for meal plans are based on a missed meal factor. That is, the vendor knows how many meals will be eaten out of the number of meals a student chooses.

For example, the 12-meal plan is the most frequently used plan. Based on research done by the food vendor, it is estimated that out of 12 meals, a student might miss four. The student is then only being charged for eight meals.

"The prices for meal plans would be much higher if students were charged for every meal in their plan," Rahmani said.

After 14 years of using Aramark as its main food vendor supplier, the University looked at bids from four other food providers.

Each vendor had to show what types of meals they would offer as well as address any health and safety issues.Students and faculty took part in the selection process. Bidders were required to host two catering events so the University could see their hosting abilities. Surprise visits were made to the accounts of the vendors to see how they functioned on a daily basis.

The vendors were given a month to collect data on ULV. Some chose to do student focus groups while others did surveys to collect their data. The University eventually chose to go with Sodexho.

Overall, the changes have been meet with various reactions.

"I think (The Spot) should include food from other cultures as well," said sophomore Sarah Lesniak. "They used to have snacks in there for a quick bite, and I'd like to see that in there again."

Junior Eric Thomas disagreed, "I don't think the lack of variety is a problem. The food being overpriced is what concerns me."

Rahmani said the cost to renovate Davenport and The Spot was $500,000 total.

There was supposed to be a charbroiled grill in The Spot, but during the renovation, it was discovered that the roof in The Spot was not compliant with the specifications needed for the grill. To fix the problem it would have cost the school an additional $500,000.

"We are working on how we can get variety in The Spot, because we know that is an issue, "said Rahmani.

ULV drops dog-fight to Air Force

•Leos enter SCIAC No. 2 in nation

Chrissy Zehrbach
Assistant Editor

The University of La Verne men's water polo team went 1-1 for the weekend, gaining a Southern California Intercollegiate Athletic Conference win over Pomona-Pitzer Saturday and falling to the Air Force Academy Sunday.

The Air Force Falcons made their presence known Sunday, putting a goal on the board less than 30 seconds into the game. La Verne rallied back and scored two goals, contributed by sophomore Mike Saldana and junior Robert Casillas.

Midway through the first period, the Falcons slipped another goal past freshman goalie Ian Thorburn to make the score 2-2 for the remainder of the period.

Thorburn recorded 11 saves in the game, but it was not enough to stop the Air Force from scoring.

The Falcons added two more goals to the score in the second, as La Verne could only manage one. Saldana scored once again for the Leopards, swimming in close for an uncontested goal, making the halftime score 3-4.

"We really needed some of our players to step it up, and Mike Saldana stepped it up," senior co-captain Alex La said.

The Leopards never did recover from the point deficit in the game, however. The Falcons dominated the second half with three goals in the third quarter and two in the fourth, while the Leopards only scored one goal in each, resulting in a final score of 5-9.

"We played well," La said. "We brought it to a level where we have to play."

The non-conference game against the Division I Air Force Academy was a chance for the Leopards to gain experience as playoffs draw closer.

"Because we compete in the WWPA (Western Water Polo Association), this is somebody we could possibly face in the playoffs," head coach Tim Hugar said.

Hugar added that the team did a good job creating scoring opportunities against the Falcons, but simply could not execute. The Leopards were outshot by a narrow margin of 16-18 in the game.

The Leopards took on Pomona-Pitzer in the rain the previous morning, securing their second-place SCIAC standing with an 8-5 win.

Competition was close in the first period as the Sagehens matched the Leopards with two goals apiece.

La Verne increased its lead quickly, scoring three goals in the second period and allowing the Sagehens only one.

The Leopards would continue to score and never look back. In the third period, Casillas fended off two Pomona-Pitzer defenders, sinking a goal just before the shot clock expired to bring the score to 6-3.

The Sagehens responded with a goal in both the third and fourth periods, but a goal from La, and a last minute goal from Casillas in the fourth quarter, increased La Verne's lead to 8-5, not allowing Pomona-Pitzer enough time to retaliate.

"I thought we did some real nice things," Hugar said. "We outplayed them by running good defense and offense."

Excellent defense was provided by Thorburn, who tallied 13 saves in front of the net.

Casillas led in scoring for the Leopards with five goals. La contributed two, and Saldana scored one.

This weekend the Leopards will take part in the SCIAC Championship Tournament, hosted by current conference leaders Redlands. The seven conference teams will face off in head to head competition for the conference title.

As teams win, they will advance toward the finals.

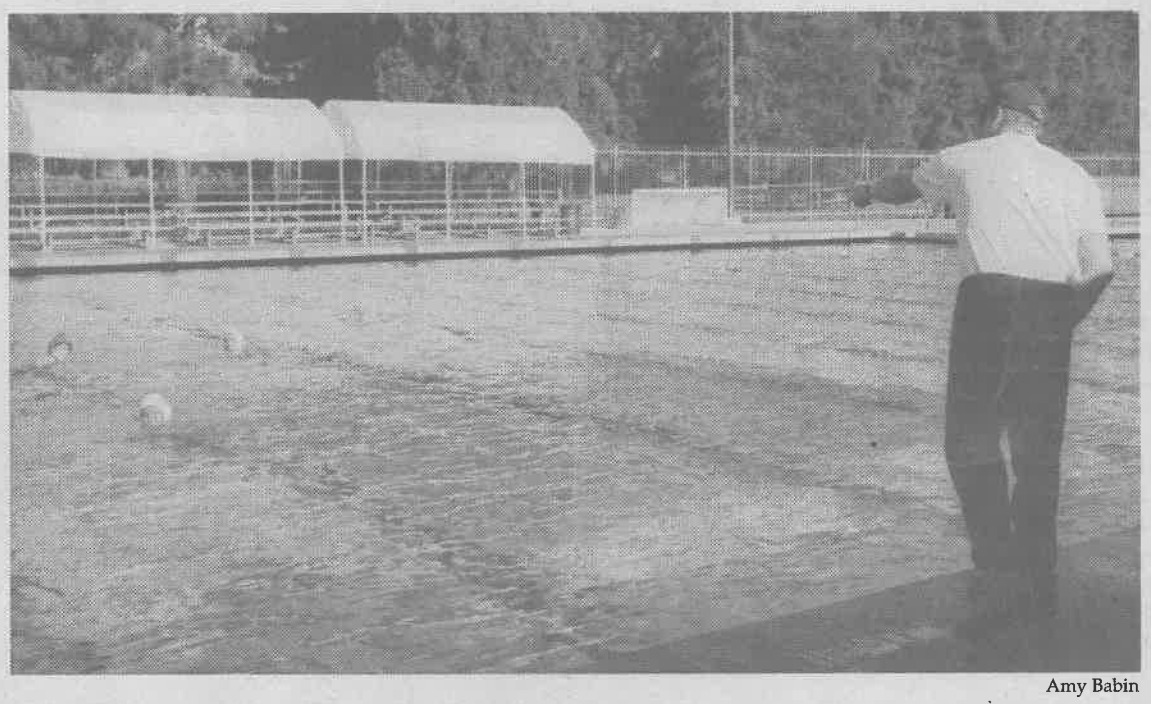
"You advance when you win; you can't win (the title) if you lose early," junior co-captain Jason Walters said. "But we're going to win."

The Leopards will first face Cal Tech at 8:45 a.m tomorrow. The team recently defeated the Beavers 14-5 on Nov. 6 and are looking forward to a repeat victory.

"We're going in seeded second, and I think we did well this weekend," Hugar said. "We've got a good balance with a lot of different strengths; I'm confident we'll do well."

La Verne stands 16-7 overall with a 5-1 SCIAC record. The Leopards' winning record has earned them a No. 2 ranking in the Collegiate Water Polo Association's Division III Top 10 Poll. ULV is second only to the Redlands Bulldogs

The Bulldogs handed ULV its only conference loss of this year on Oct. 30.



Amy Babin

Tim Hugar, head coach of the University of La Verne men's water polo team (16-6, 5-1), prepares the team to compete in the SCIAC Championship Tournament this weekend at the University of Redlands. The Leopards will face Cal Tech at 8:45 a.m. tomorrow.

Leopards emerge as kings of Saturday mud pit

•Football earns second win of 2002 season

Matt Paulson
Sports Editor

The University of La Verne football team halted a five-game losing streak Saturday in a 29-21 triumph over Chapman University in Orange.

The non-Southern California Intercollegiate Athletic Conference win over the Panthers marks the first time in which the Leopards have been victorious this year since their season-opener against Pomona-Pitzer at home on Sept. 7.

Head coach Don Morel was pleased with the Leopard performance in the victory, which ended a two-month drought.

"Overall, we played a very good football game," he said.

ULV scored first on a quick, two-play drive with freshman running back Justin Wolchief finishing it off on a 13-yard run for the touchdown.

The Leopards tried for the two-point conversion but failed.

Eight seconds later, ULV got the ball back on a Panther turnover for another offensive opportunity.

The Leopards ate 3:28 off the game clock as they traveled 16 yards in eight plays, capping off the drive with a 31-yard Ian Britt field goal to take a 9-0 lead.

The beginning of the second quarter was painted orange and green as ULV scored 13 more points on a Gabe Lujan two-yard run and a 67-yard Lujan-Dionte Holloway touchdown strike to take a commanding 22-0 lead.

The Panthers were able to answer back in the first half with two big plays from both sides of the line of scrimmage.

An 85-yard toss from sophomore quarterback Patrick Josten to junior wide receiver Lorenza Wilson opened up the Panther scoring. With a successful extra point, Chapman narrowed the gap to 22-7 with 3:20 remaining in the second half.

> 'We have one more game left, and we're looking forward to playing it.'
>
> *—Don Morel, head coach*

Just more than one minute later, on the ensuing Leopard drive, Panther freshman defensive back Randell Hill intercepted the Lujan pass, taking it back 60 yards for the defensive touchdown.

Chapman's two-point conversion was successful, narrowing the Leopard lead to 22-15 at the half.

Chapman came out from the locker room blazing in the second half as the Panthers put together a five-play, 61-yard scoring drive, which was accentuated by a 34-yard scoring jaunt by Josten. After a failed extra point, Chapman pulled within one point of ULV, 22-21.

But the Panther flame eventually burned out as La Verne managed to finish the game's scoring the way it started: with a touchdown run by Wolchief. Wolchief's second touchdown of the evening gave the Leopards a seven-point lead. After a Britt extra point, the lead was stretched to eight at 29-21, and this is where it finished.

The win brought the Leopards' overall record to 2-5 and dropped the Panthers to 3-6 on the season.

One of the biggest factors in the Leopard win was ULV's ability to rush the ball. As a team, the Leopards accumulated 241 total rushing yards in the contest.

Wolchief, who was named Male SCIAC Athlete of the Week for his efforts Saturday, led the charge with 148 yards on 29 attempts, averaging 5.1 yards per carry.

"Wolchief continues to improve every game," Morel said.

Senior running back Travis Lerma also contributed to the Leopard victory with 73 yards on 18 carries.

"Lerma had an excellent game in the back," Morel said. Lerma contributed on both sides of the ball for ULV as he also played defense in the game.

Morel also acknowledged the Leopard offensive line as a huge part of the rushing success in Saturday's victory as it allowed no quarterback sacks in the contest.

ULV had not been able to score early in some of the previous games this season, leading to insurmountable early deficits. This was not the case Saturday.

Morel ultimately attributed the Leopard early performance to one thing: "Intensity."

"We capitalized on big plays early, and we played with the same amount of intensity throughout the game," he said.

Another problem that haunted the Leopards earlier in the season was their inability to put together an entire game of play. In earlier contests, ULV played well for a half; Saturday, the Leopards performed for the whole contest.

"We just had guys playing well for all four quarters," Morel said. "We finally put a complete game together."

Throughout the game, ULV decided not to throw many passes as Lujan accumulated 76 yards in the air with two completions on five attempts.

Morel said that the Leopard lack of aerial assault was due to the muddy, wet and windy weather, making it difficult for the Leopards to establish any consistency in their passing game.

Even Chapman, a team who averages around 400 total yards per game, had a tough time throwing the ball, barely over 200 yards passing with two interceptions.

Overall, Morel said that the Leopards are coming nearer to the light at the end

Continued on page 12

Kratochvil continues ULV 'Winn'ing tradition

Matt Paulson
Sports Editor

University of La Verne sophomore Amy Kratochvil has been named Southern California Intercollegiate Athletic Conference Athlete of the Year for the 2002 season after her performance for the ULV women's volleyball team.

This year, Kratochvil helped lead the Leopards to a perfect 14-0 conference record and a third straight SCIAC title.

Last season, Kratochvil was awarded 2001 West Region Freshman of the Year along with a spot in Sport's Illustrated's Faces in the Crowd after her contribution to the National Champion Leopard squad.

Early this year, Kratochvil continued her dominating ways as she was honored with the first Female SCIAC Athlete of the Week award of the season on Sept. 10.

Kratochvil leads the Leopards in both kills and digs this season. So far this year, Kratochvil has accumulated 263 kills for a hitting percentage of .246 and an average of 3.21 per game. Her defensive prowess also beamed as she has tallied 350 digs for an average of 4.27 per game.

Kratochvil, a 5-foot-9-inch sophomore from Arcadia, follows in the footsteps of ULV volleyball alumna Ryan Winn.

Last season, Winn was awarded SCIAC Athlete of the Year on ULV's march to the National Championship in Whitewater, Wisc.

This weekend the women's volleyball team is in Spokane, Wash., at Whitworth College for the West Region Tournament.

ULV must play regional-rival Cal State Hayward to make it out of the regional playoffs and into the National Tournament.

Hayward is No. 1 in the nation and has defeated the Leopards twice this season in as many contests by scores of 3-0 and 3-2.

The Leopards faced off against St. Joseph's College yesterday and will face Whitworth on the Pirates' home court tonight.

A victory tonight will send the Leopards to the Regional Championship.



Bailey Porter

Sophomore volleyball player Amy Kratochvil was named the SCIAC Female Athlete of the Year for 2002-2003 because of her outstanding performance in conference play this season. Kratochvil comes from Arcadia, Calif., where she became interested in volleyball four years ago. She is currently a liberal studies major and plans to teach the third grade.

Football...

Continued from page 11

of the tunnel in the program with the improvement of his young squad.

"We're a very young team. We seem to be getting better every week," Morel said. "We're seeing some of the fruits of our labor."

At 1 p.m. tomorrow, the Leopards return home to Ortmayer Stadium to host the Occidental Tigers for the Leopards' last game of the season.

The Tigers are 5-3 overall this season with a conference record of 1-3.

ULV has not played a game in the stadium since its Homecoming contest against Redlands was cut short following the traumatic head injury to senior Rollie Dykstra.

Dykstra was transferred Tuesday from Pomona Valley Hospital Medical Center to Loma Linda University Medical Center, where he remains in serious condition.

"I think [to move him] was the plan. It just took a while for him to stabilize," said Kathy Roche with Pomona Valley media relations.

Morel said that the Leopards are ready to play despite remembrances of the Homecoming game on Oct. 19.

"Our guys are dealing with it, and we continue to play for Rollie every day," Morel said. "We have one game left, and we're looking forward to playing it."

'Naughty'...

Continued from page 7

persed backstage, preparing for a three-hour dress rehearsal.

Backstage they overflowed with exuberance. A costume rack lined the back wall. The cast gathered around it receiving last minute alterations and changes.

Actors danced around the backstage area, singing the words of various songs in the operetta.

The operetta, which has nearly 40 actors, is double cast. The casts will switch off from night to night.

Kim Reed, who is sharing the role of Marietta with Andrea Randall, said the amount of time that has gone into this production is inconceivable for someone outside the theatre department.

"This play has become my life," she said as she sat reviewing her lines. "I have lived in here for the past month."

The rehearsal pressed on. Some lines were forgotten, words fumbled. Singers voices occasionally missed a note. But the energy that radiated off the stage was electric.

Never once was character broken.

Naughty Marietta, written by Victor Herbert, was originally presented in 1910 at the New York Theatre and is considered a classic among American musicals.

The play starts at 8 p.m. tonight and Saturday, with a Sunday matinee at 2 p.m. It also runs at 8 p.m., Nov. 21, 22 and 23 with a 2 p.m. matinee on the 23.

Leopard Scoreboard

At the Buzzer

Water polo vs. Pitzer, Nov. 9

La Verne	**8**
Pomona-Pitzer	5

Football vs. Chapman, Nov. 9

La Verne	**29**
Chapman	21

Schedule

Tomorrow

Men's cross country 9 a.m. @ Prado Park

Women's cross country 10 a.m. @ Prado Park

Football vs. Occidental 1 p.m. @ Ortmayer Stadium

Men's water polo vs. Cal Tech 8:45 a.m. @ Redlands

Did You Know?

Freshman University of La Verne football player Justin Wolchief was awarded Male Southern California Intercollegiate Athletic Conference Athlete of the Week honor on Nov. 10. This marks the first time a ULV football player has received the title since Sept. 24, 2000.