Campus Times

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AAUP advises faculty

Jaclyn Roco
LV Life Editor

Marcus Harvey, American Association of University Professors West Coast labor negotiator, met with University of La Verne faculty members recently to offer advice on effective negotiating strategies that the faculty hope will lead to salary increases.

The meeting was called after last year's negotiations with administrators left faculty with a 2.19 percent raise – lower than expected.

Currently, the salaries of ULV professors, excluding those in the College of Law, are below comparison groups, said Richard Gelm, faculty representative for the Board of Trustees and chairman of the history and political science department. Some administrator salaries are above those at comparable colleges, he said.

Comparison groups include private universities of a similar size with similar programs and student populations.

Harvey was in brought following a faculty poll, Gelm said adding that more than half the faculty members who responded to the poll though bringing in a negotiator help them address the salary issue was a good idea.

Prior to the meeting, Harvey was briefed on faculty concerns. His role in the matter was to give an outsider's opinion on how Faculty representatives could best address the issue, Gelm said.

AAUP is a nationwide professional support organization for university professors.

ULV's chapter is now headed by President Claudio Muñoz, associate professor of accounting.

"We are a strong AAUP chapter that remains strongly connected," Gelm said. "Marcus (gave) ideas on how we can be effective as a collaborative unit."

Harvey suggested that to raise awareness when dealing with faculty salaries, faculty members should act as a cohesive group.

"The question is how to

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Fuel cell creates options



Bailey Porter

Bobby Vu is the electrical engineer working with professor of chemistry Iraj Parchamazad and a team of others on fuel cell research at the University of La Verne. A concept model of the entire fuel cell system was recently built to be used for marketing this ground-breaking alternative to fossil fuels. Vu works at La Verne's Campus West, located on Arrow Highway.

Melissa Lau
Managing Editor

With the thought of pending war with the Middle East, the status of one three-letter word concerns many Americans: oil. Oil is vital to the technology of the American lifestyle, and many fear what would happen if the supply were cut off.

Professor of chemistry Iraj Parchamazad predicts that at the rate we are consuming, the world's oil supply will be used up in 20 years. However, a solution to this problem is slowly developing at the University of La Verne.

Parchamazad undertook a project on fuel cells over three years ago. At that time, only one or two universities were involved in what, he calls, the "most important technology of the century."

"A fuel cell is an electrochemical device which converts chemical energy directly to electrical energy. More importantly, it uses hydrogen as a fuel," Parchamazad said.

He said that fuel cells are much more efficient and quieter. Also, they do not emit harmful gases. The only byproduct from using hydrogen is water, which Parchamazad said, is fresh enough to drink.

"Hydrogen is the most abundant element on the earth," he said.

However, this element is not typically found in its pure form, which means it is found in combination with other elements and must be separated to be used.

For example, two hydrogen atoms combine with an oxygen atom to form the element of water. In order for the hydrogen to be used, in this case from water, it must be separated from the oxygen.

One way of doing this, Parchamazad said, is through the use of solar energy. Another way is through the use of propane gas with the water to obtain hydrogen in its pure form.

When Parchamazad initiated this project, he became aware of the opportunity for ULV. He also saw the prestige it would bring to the University in, what he thought, would be less than five years.

"From the beginning, I thought this could change the image of this University rapidly," he said.

Currently, ULV is primarily dependent on tuition for funding. Through an opportunity like this, however, the University can receive funds by means other than tuition.

Part of the project is located on the ULV campus, while another part is located on the Brown Property on Arrow Highway, which is owned by ULV.

The U.S. Department of Defense is particularly interested in this project, not for its environmental impact, but rather for its potential to make the United States less dependent on foreign countries for oil.

Parchamazad said the United States currently imports about 50 percent of its oil.

When a country pays another country, such as Iraq, for oil it funds that other country's projects. The concern of the U.S. Department of Defense is that the money used to purchase the oil will fund the production of harmful weapons to use against the United States.

"This technology is part of the national defense," Parchamazad said.

In addition to the United States, Canada's defense is also interested in affects of fuel cell technology.

"The technology that we have is based on my patent," he said.

Parchamazad submitted six patent requests to the U.S. government. Three of the six were granted; the remaining three patents are pending. Parchamazad said that nobody else, besides ULV, has this technology. With the patents, others who wish to use this technology are required to pay the school. One of the patents now allows the use of propane with the fuel cell.

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210 opens to ease traffic congestion

•Entire freeway to open 2006

Melissa Lau
Managing Editor

Local politicians, Caltrans workers and the public witnessed the opening of the continuation of Interstate 210.

The long awaited opening ceremony was Nov. 24, and entrance to the public was limited.

Tony Harris, chief deputy director, California Department of Transportation, began the ceremony.

The first to speak was Maria Contreras-Sweet, secretary of the Business, Transportation and Housing Agency.

"This is a joyous moment, so we must take a a moment to pause (and) remember the men and women that made this possible," she said.

She said Caltrans understands the needs of the public and that Caltrans developed a freeway that would link cities together.

To counteract noise, she said that sound walls were put up before construction began.

Also, Caltrans constructed a carpool lane to address the issue of pollution.

Contreras-Sweet said the freeway saved one truck driver 20 minutes when traveling in one direction.

She suggested that if drivers are saved 40 minutes in a round trip, the time saved could be used to spend with their family.

"It's exciting to see something brand new that will serve so many people," said Cheryl Donahue, public information officer for San Bernardino Associated Governments (SANBAG).

Other speakers included Dennis Mountjoy, assemblyman of the 59th district, John Longville, assemblyman of the 62nd district, Allan Lawrence, commissioner of the California Transportation Commission, and Bill Alexander, vice-chairman of the board of SANBAG.

Nell Soto, senator for the 32nd district, also spoke.

"To me, this is the biggest thrill I have had," he said.

A ribbon cutting ceremony followed the speeches. Spectators standing on the Monte Vista Bridge above the freeway watched the speakers, councilmen and women drive classic cars on the westbound lanes.

Included in the parade of vehicles was an old fire truck used when La Verne was known as Lordsburg.

The freeway was open to the public that evening.

This is the second of the three parts of the 210.

The first part is a six mile corridor that runs from Sierra Avenue in Fontana to Day Creek Boulevard in Rancho Cucamonga. It was opened in August in 2001.

The second part, which recently opened, runs from Day Creek Boulevard in Rancho Cucamonga to Foothill Boulevard in La Verne.

This stretch runs 14 miles and has three lanes in each direction.

In addition to these lanes, a carpool lane, which is for two or more people per vehicle, was built in each direction as well.

The cost of this portion of the freeway totaled $1.1 billion, Donahue said.

The freeway was constructed with "long-life pavement," which should add an extra 20 years to the average 20-year lifetime of the pavement.

Donahue said that this should make the ride smoother and enjoyable for the amount of drivers expected.

The opening of this section of the freeway is expected to be a congestion relief for Arrow Highway, Foothill Boulevard, Baseline Road and Interstate 10.

According to a press release, the opening of the 210 will relieve traffic on the local streets by removing 43,000 vehicles from them.

So far, University of La Verne students have positive opinions about the 210 freeway's opening.

"I love it. It cuts my time in half, literally," said junior Joy Helou, who commutes from Rancho Cucamonga.

"I go on it (the freeway) for fun," said ULV student Payam Parchamazad.

The third part of the 210 freeway will be an eight-mile stretch through the cities of Rialto and San Bernardino.

Construction for this section of the freeway is expected to begin in May 2003. Completion of this portion is expected to be complete in 2006.

'It's exciting to see something brand new that will serve so many people,'
—Cheryl Donahue, public information officer for San Bernardino Associated Governments



Jennifer Contreras

The ribbon-cutting ceremony of the 210 Freeway extension on Nov. 24 featured keynote speaker Maria Contreras-Sweet, the secretary of business, transportation and housing for California. Contreras-Sweet, the first Hispanic female to hold this position, said the time individuals will save using the new freeway will be used to benefit the community elsewhere.



Jennifer Contreras

Fourteen new miles were added to the 210 Freeway on Sunday, Nov. 24. The freeway, presented by the San Bernardino Associated Governments (SANBAG), formerly ended at Foothill Boulevard and now extends to Rialto. Mayors from SANBAG cities cut the ribbon on the freeway while driving vintage cars. It was reported that at 7:30 a.m. on the day of the opening, the freeway saw its first accident.

New editors bring goals to publications

Rima Thompson
Staff Writer



Bailey Porter

After one semester on the La Verne Magazine staff, Alexis Lahr, left, will be the spring 2003 editor of the magazine. Jaclyn Roco, right, was appointed editor in chief of the Campus Times, which will mark her fourth semester on the staff.

University of La Verne journalism professors Elizabeth Zwerling and George Keeler have announced the new editors-in-chief for the Campus Times and La Verne Magazine for spring 2003.

Senior journalism major Jaclyn Roco will head Campus Times, and senior journalism major Alexis Lahr will serve as La Verne Magazine editor.

"Jacky has proven herself time and time again as a leader," Zwerling said of Roco. "She's a hard worker and very focused. She gets along well with everyone else, and she's a good journalist. I think she is respected by everyone on staff."

"I feel really honored to be editor-in-chief, and it isn't something I will take lightly," Roco said. Roco is currently serving dual roles as the editor for La Verne Magazine, and as the LV Life editor for the Campus Times.

"It's going to be hard to follow a long line of great editors, but I am looking forward to the new semester," Roco said. "(The Campus Times) is going to have a bigger staff next year, so that means we'll have fewer stories to write and more time to focus on the ones we have."

Campus Times sports editor Matthew Paulson said he is looking forward to working with Roco next semester. "She will do an outstanding job as a leader," Paulson said.

Roco said she believes anyone holding an editor position right now for Campus Times could have been chosen for the top job.

"As editor-in-chief my job is to work with each staff member and to oversee the final work before production," Roco said. "We are a team, yet we are so strong that anyone of the editors could fill (this) position."

A perfectionist, Roco is originally from Guam and moved here with her family when she was five years old.

At the age of 16 her mother died of lung cancer, and Roco said that it affected her immensely.

"I've always been responsible, but her death made me try even harder to accomplish my goals," Roco said.

Roco has always known she wanted a career in journalism. She even attended a special high school for journalism enthusiasts. Her hope for the spring semester is that the incoming writers will "be proud of what they write."

As for La Verne Magazine, Keeler said he is confident that Alexis Lahr will be a strong editor.

"Alexis is a superb writer," Keeler said. "She has excellent judgment, and she's honest and straight forward in her dealings with people, which makes her a great leader."

Originally from Colorado, Lahr said she did not contemplate being the editor-in-chief because she has only been on the magazine staff for one semester.

"I was really surprised. It wasn't something that I expected at all," Lahr said. "It will be my second semester, so I know it's going to be a learning experience for everyone."

Lahr thinks she will have an interesting time working side-by-side with Keeler. "He's a funny guy, and I think he likes to push me to my limits, which is good because it helps people to learn and grow," Lahr said.

As for any changes Lahr might make from the way Roco ran things, she said she might make some in the future but as of right now, she does not have any changes planned.

"Jacky is going to be really hard to follow, because I think she did a really great job," Lahr said. "I don't have anything at the moment that I would like to definitely change, but I think she's giving me a really good example to go off of."

A senior this year, Lahr decided upon journalism after going though a spectrum of other majors.

"Writing is just something that I've always liked doing, so I figured I may as well give it a shot," said Lahr.

Her hope is that as editor-in-chief, she will be able to put La Verne Magazine on the map and the consciousness of the community.

"I want to make it a point to make La Verne Magazine known because a lot of people only think of Campus Times," she said. "They forget that we have a magazine too because it doesn't come out as often,"said Lahr.

Keeler said La Verne Magazine is not just a student publication, but also a magazine that is held to high professional level standards.

"I expect no less of Alexis to keep it at that level, and to further us along in the path of excellence," Keeler said.

Domestic violence marked by control, abuse

Rima Thompson
Staff Writer

Domestic violence is defined as battery or assault against an individual by someone close to him or her.

The abuser can be a husband, wife, boyfriend, girlfriend or relative. A Center for Disease Control reported that it occurs every 18 seconds in the United States.

According to the Family Peace and Violence Prevention Web site, "domestic violence is a pattern of behavior, repeated over time, by which one partner controls and harasses the other through fear and the threat or use of violence."

In an article, Domestic Disease, written by Carmen Marcus, domestic violence is referred to as a domestic disease. By recognizing it as a disease, Marcus said, "Local hospitals are identifying and treating domestic abuse as a health care problem, saving thousands of women and, potentially, millions of dollars."

The Family Peace and Violence Prevention website lists the four forms of domestic violence as emotional, sexual, physical and economic abuse.

Emotional abuse is a form of mental or psychological abuse against another person, most often referred to as verbal abuse. It lowers one's self-esteem, and it can involve separating a victim from loved ones.

Physical abuse is physically assaulting an individual with the use of weapons or by hitting, punching, pushing and kicking.

Sexual abuse is any unwanted sexual interaction.

Economic abuse is a form of control in which the abuser restricts the amount of money the abused can have. The abuser has full control over the finances in the relationship. The abuser also has control over the employment of the abused.

Domestic violence is unfolded in three cycles. The first is the tension and threatening cycle. The second is the violent phase where the abuser actually assaults his or her victim. The last cycle is the "honeymoon" phase where the abuser attempts to reconcile with the victim by promising not to harm him or her again and lavishing them with gifts.

Some signs of a violent relationship include pushes, shoves, slaps, kicks, chokes or bites.

Other signs include when someone keeps track of you all the time, locks you out of your home, prevents you from working or going to school, stops you from talking and meeting with friends and family, make fun of you in front of others, listens to your phone calls or prevents you from using the phone, criticizes you for little things, keeps you at home and takes car keys and money from you.

If you do one or more of the following, you may be the abuser: display an unusual amount of jealousy, get violent around other people, play with guns and use them to protect yourself from other people, expect your loved one to spend all his or her free time with you, have a dual personality, temper is frequently lost and gives on a sense of fear when you become angry.

Dr. Tracy Shaw, of the Domestic Violence Institute, said in article, "How to Spot An Abuser", that "the more signs an individual displays, the likelihood of he or she being an abuser increase."

In a survey by the Commonwealth Fund, 31 percent of women in the United States have reported being physically and sexually abused by a loved one.

In another survey by the U.S. Department of Justice, women are victimized by loved ones 5 to 8 times more than men. The same survey reported that two percent of men and 21 percent of women experience violent crimes by the hands of a loved one.

One in five females in high school are said to be physically or sexually abused by someone they date, according to a survey done by the Massachusetts Youth Risk Behavior.

Carol Davis, clinical therapist with the department of Behavioral Health, said, "the most likely victims are teens, because they might not realize that they are being abused."

According to Davis, teenagers need to be educated and need to know what kinds of behavior are not okay. They need to be able to distinguish between "interest and control," Davis said.

A Center for Disease Control report stated that 22 percent of college students account for non-sexual dating violence.

There is help for those who are being abused. First and foremost victims are advised to contact the local police department, save evidence and get away if you feeling in danger.

Andrea Swiestra, a mental health specialist with San Bernardino County, facili-

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University enrolls in SEVIS program

Amber McLaughlin
Staff Writer

The University of La Verne recently enrolled in the Student Exchange Visitor Information System, which tracks all international students and their dependents present in the United States on an F or J visa.

This tracking takes place through an Internet interface among institutions that admit foreign nationals and the U.S. Immigration and Naturalization Service. The U.S. State Department will also have access to the data in SEVIS.

Through SEVIS, many actions of students will be recorded and transferred to the INS.

Philip Hofer, director of the International and Study Abroad Center, said, "This includes the request for the document used to secure a visa to study in the U.S. registration at the University, dropping below full time status, moving residence, extension of a stay in the U.S. and authorization for work through practical training."

ULV prepared for SEVIS by scheduling a meeting of representatives from the International and Study Abroad Center, undergraduate admissions, the registrar's office, graduate admissions and the Office of Information Technology.

"The OIT, through the helpful leadership of Tim Fraser and Joanne Ashcroft, has advised the ISAC on Banner capabilities to meet SEVIS requirements," Hofer said. "And I have attended a number of professional meetings and conferences that included preparatory information related to SEVIS."

Angela Burt joined the ISAC in October and has familiarized herself with SEVIS. Her job consists of day-to-day information gathering.

She is presently working with student assistants in collecting data to be entered into SEVIS.

"The purpose of this is to control foreigners in the U.S. It has been in development for a while, although after the events of Sept. 11 the process was sped up since some attackers were students in flight schools," she said.

ULV met the deadline to register with SEVIS to assure it can continue to host international students after Jan. 30. Registering included a payment of $230 for enrollment and $350 for a site team to visit both the centers where ULV hosts international students, the central campus and the College of Law.

After certification is received, ULV will be notified of the date for an on-site visit by representatives of the INS. Officials will review the campus, inspect the record system, review specific student files and assess the general compliance with SEVIS. ULV will then issue all documents to new students with SEVIS.

After January, both continuing and new students will be entered into SEVIS.

The Department of Justice and the INS published a notice in the Federal Register on Nov. 22 expanding the number of countries subject to special registration procedures.

Willful failure to comply constitutes a failure to maintain non-immigrant status and the individual is subject to deportation as well as being inadmissible in the future.

"The most important thing we are going to have to do is have very accurate and up-to-date records," Burt said. We have more of a responsibility to track students now."

Hofer said that together with their colleagues in OIT they will be evaluating the way Banner meets their needs with regards to SEVIS.

"We are hopeful that Banner will provide what we need in response to this dramatic change in the way our office works with international student records," he said.

Judge speaks at Dean's Distinguished Series

Jennifer Dodd
Staff Writer

The University of La Verne's Ontario College of Law hosted the Dean's Distinguished Speaker Series on Nov. 19, featuring Dorothy Nelson, senior judge of the Ninth Circuit Court of Appeals.

Nelson shared her knowledge and insights on "Alternative Dispute Resolution: Challenges for Legal Education and the Legal Profession."

Nelson has worked in the field of law for 50 years and is an expert on alternative or appropriate dispute resolution. She is currently serving as chair of the Ninth Circuit Standing Committee on the subject.

She has also received numerous awards of distinction, including the American Bar Association Dispute Resolution Section D' Alemberte/ Raven Award in 2000.

Nelson began by describing the appropriate forms of dispute resolution other than trial.

Mediation, where parties come together voluntarily to try to work out their differences with the help of a third party or alone and arbitration, instead of going to court, one to three people are appointed with both parties trust that they will decide.

Nelson shared a story of being in a faculty meeting in the 1950s, and being questioned about what she taught her classes about bringing people together. Her ideas were tossed aside at that time by her colleagues, saying that trying to get everyone to love each other was a "woman's thing."

"Alternative dispute resolution has been the hottest topic in the legal system in the last century and will continue to be in this one as well", said Nelson.

The country has been challenged with a series of problems in the last century, such as racism, poverty, sexism, health care, and the environment. Technology and big business has all added to the need for cooperation and collaboration like never before, said Nelson.

ADR procedures have the potential to significantly reduce the costs and delays associated with traditional court proceedings. Currently, the types of services ADR encompasses are referred to as arbitration, mediation or counseling.

Nelson also stresses the other benefits of ADR, not merely the reduction of court costs. She referred to the time she took a sabbatical in Israel and went to a Greek Orthodox court to observe a wife sue her husband for divorce. Three Orthodox priests presided over the court and the problem was the wife could no longer stand living in the same two story, two room house with her mother in law.

The judge's solution, to get a ladder so the wife would no longer have to deal with the mother in law, while laughably simple, evaded a truly tragic outcome of divorce and the couple left happily holding hands. Nelson acknowledged that a good outcome would probably never have happened in U.S. court and the couple would have most likely been divorced.

Nelson emphasized that she is not against lawyers. Many of the things that occur in the court system simply do not have to be there. Nelson quoted Supreme Court Chief Justice Warren Berger, who in 1984 addressed the American Bar Association. "For some disputes, trials are the only means, but for many claims, trials by adversarial contest must in time go the way of ancient trial of battle and blood. Our system is too painful and inefficient and painful for civilized people".

Nelson went on to say that the adversary system places to low a price on truth telling and too much emphasis on winning. In general, the adversary system supports competitive aggression and brings out the worst in human nature.

In her travels and experience she has seen the need all over the world for the current system to be reexamined.

"Lawyers and other ADR providers need to focus on pretrial mediation; their roles should be that of constructive problem solvers and peacemakers rather than zealous advocates," said Nelson.

The approach in each case should be tailored to the context of the case, paying close attention to the cultural forces at work.

"All law schools, including La Verne, must make advances in incorporating ADR concepts into the curriculum. Law students must learn how to become analysts, counselors, negotiators, planners and problem solvers," said Nelson. Students have to identify the underlying interest of their client and be creative in getting to an effective solution.

Nelson said ADR is a holistic approach to problem solving.

In her experience, most of the time what most people want, is an apology and assurance that it will never happen again.

Of course, Nelson pointed out this is not true for all court cases, but that ADR can help a client to remain in control of their dispute, where it cannot be when it is handed over to a judge to decide.

"Many judges feel ADR will diminish the rule of the law, but I think that is a silly idea when less than five percent of cases ever go to court anyway. ADR has the potential for good social consequences," said Nelson.

Audra Aguilar, a business finance alumni from University of La Verne, said,"This is the first time I have attended the Distinguished Speaker Series. I am interested in law and found Judge Nelson's views very informative and interesting."

Violence...

Continued from page 3

tates a domestic violence counseling group. Swiestra said she counsels her participants on the cycle of violence, the effects of domestic violence on children, escape and resources.

"People who are currently in abusive relationships discuss breaking through the denial and recognizing that the situation will not get any better," Swiestra said. "Many of the victims themselves turn into abusers, they go into other relationships and constantly push as hard as they can to start the behavior all over."

She uses the "Red Flag" video to teach abused individuals the types of behavior associated with domestic violence.

Swiestra then advises her participants to use the information as preventive medicine, similar to a flu shot before getting the flu.

Her sessions usually end with the distribution of a handbook.

Sylvia Solario, intern with the San Bernardino County Department of Behavioral Health, said there are many ways to receive help.

"The victim can usually access domestic violence counseling, while the abuser can access anger management classes," Solario said. "The media has played a big part in making many aware of domestic violence and the resources available to victims."

The counseling will help build the individual's identity, promote self-esteem and give support towards success.

Start with bite size pieces, get the restraining order, get rid of negative messages and start taking baby steps.

For more information, visit these sites: Family Peace and Violence Prevention Center at www.familypeace.net/domesticviolence/default.htm and City of Fullerton Preventing Domestic Abuse at www.ci.fullerton.ca.us/police.tips.domestic.html.

The National Domestic Abuse hotline number is:1-800-799-SAFE (7233).

University of La Verne
Associated Students Federation

Would like to thank the ULV community for raising $1,050.00 for Rollie Dykstra and his family! Thank you for your generous donations, continuous support, and making this holiday season a blessed one for the Dykstra family.

We wish you and your family a safe & happy holiday season.

"Your Student Government Working For You!"

Winter begins extravagantly

•ASF hosts annual event

Alejandra Molina
Assistant Editor

More than 300 University of La Verne students gathered around the Grand Ballroom of the Fairplex Sheraton Suites for the fourth annual Winter Extravaganza on Nov. 22.

Travis Berry, vice president of ASF, believed the formal had a good turnout and said he has received positive feedback.

"It went very well, I got a very positive response," he said. "People enjoyed it in a smaller room."

Other students thought otherwise, though.

"I had fun, the food was good but the dance floor could have been bigger," said sophomore Melissa Castillo.

This was senior Hugo Valencia's fourth year attending the event, and he believed this year was the best.

"I loved it; the meal was splendid and the music was the best part," Valencia said. "The variety of the music was a lot better than other years."

Valencia was surprised of the number of people who attended formal. Also, he found it surprising that a lot of people did not leave until it ended.

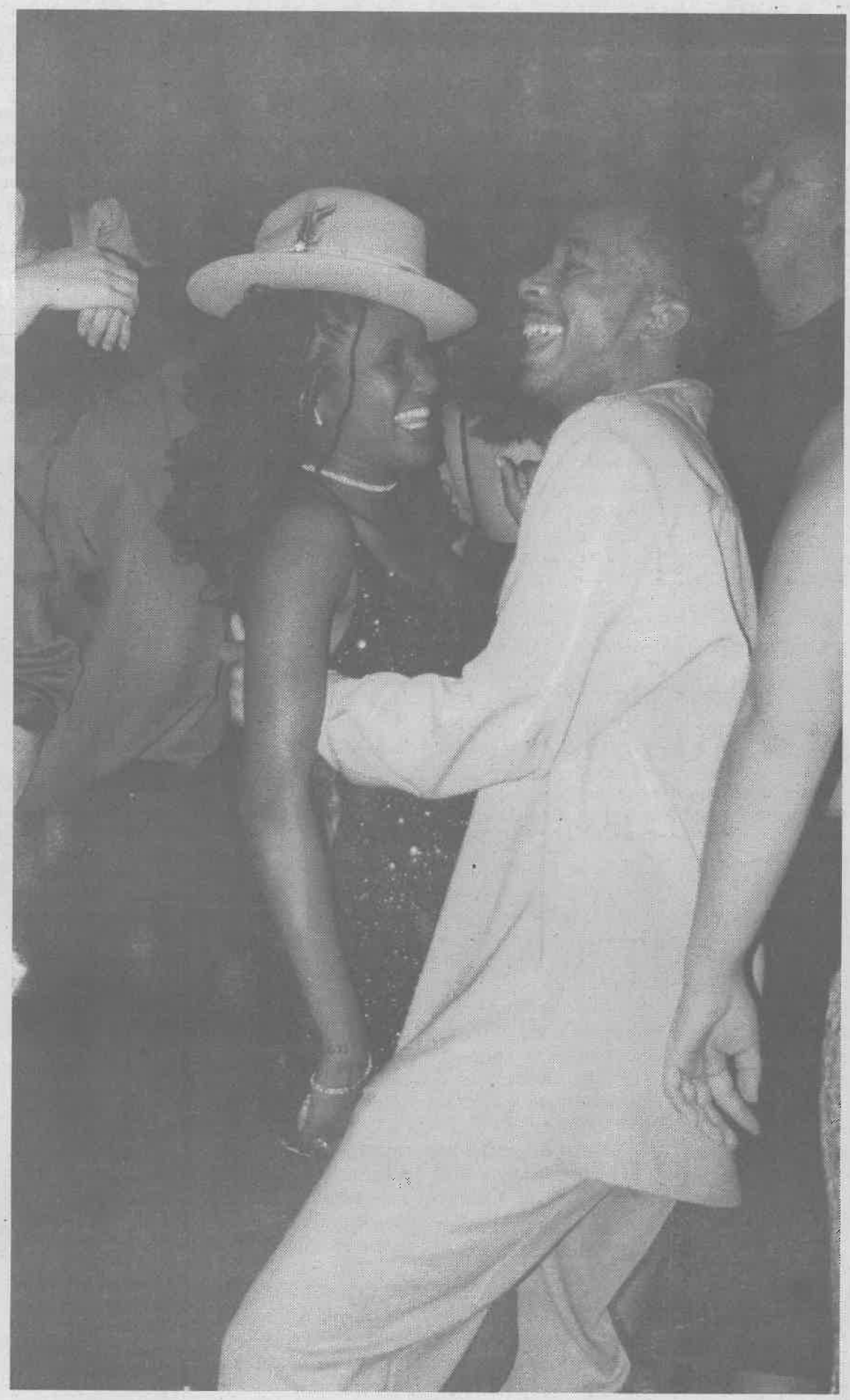
Sophomore Antonette Manabat also enjoyed herself at formal. "Everyone was out there to have fun; everyone was dancing," Manabat said.

The event took more than three months of planning. Berry began planning the event over the summer. In mid-September, Berry along with committee continued with the plans.

Twenty-five thousand dollars was put aside for the expenses, but not all was used.

The total cost for the event was approximately $21,000, Berry said.

This year the Sheraton charged by the number of people who actually attended the event, as opposed to last year, when they charged for the estimated number of people who would attend the formal.



Amy Babin

Christine Lewis and Wilford Claiborn shared a dance and his hat at the University of La Verne's annual Winter Formal, held at the Sheraton Fairplex hotel, Nov. 22.

AAUP...

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exert critical leverage as a group," Harvey said.

ULV's AAUP chapter has taken a first step in the right direction, he said.

Now, the ULV faculty must map out a plan and "escalate" its actions.

"The main purpose was to give ideas on how to set up negotiation strategies," Gelm said. "Even if we are not the ultimate labor union, that doesn't mean we don't have the power."

"A strike would be the ultimate weapon, but we don't want that," he said. "That doesn't mean we're powerless."

So far AAUP and faculty salary committee members have voiced their concerns without being aggressive, said Sharon Davis, co-chairwoman of the faculty salary committee and professor of sociology.

Harvey suggested the groups must persevere toward the goal of parity with comparable colleges.

"My suspicion is that very few are happy with salary," Harvey said.

The wrong way to address low salaries, he said, would be to do nothing.

Harvey suggested that faculty hire a consultant to do an analysis of the situation, independent of the administration.

Faculty should also publish both faculty and administrative salaries, he said.

"The administration is challenging (you) to contest (the low salaries)," Harvey said.

"Escalation is the key to show that the faculty is united," he said.

"One of (AAUP's) strengths is that we are not alone. We are working together for a common goal; we are plugged in with them," Gelm said.

Harvey's advice brought this notion of unity to light for most faculty at his session.

"I felt the existing information could be put to use," Gelm said. "(Harvey) re-emphasized that AAUP is a national professional organization."

Ann Wichman, professor of sociology, said she thought Harvey's talk was very effective.

"I thought that he was low key, reasonable and made an effective contribution to faculty who were trying to improve their salary conditions," she said.

Energy...

Continued from page 1

When Parchamazad first began, only a few people were interested in this technology.

Today, the numbers are growing rapidly.

"Two years ago, when I went to the International Meeting there were, perhaps, 50 people," Parchamazad said.

Last year, the number increased to an estimated 150 people in attendance at the conference.

Last month, Parchamazad attended the 2002 Fuel Cell Seminar in Palm Springs.

This time, the number of attendants multiplied to about 2,500 people.

Eventually fuel cell technology may be a part of people's everyday lives.

Parchamazad said that the fuel cell would be used residentially and, eventually, for transportation.

He said that homes will be able to have a fuel cell in their back yards, which will provide them with electricity.

Parchamazad said that the University has been supportive of the project so far, but he wants to see ULV take advantage of the opportunity it has at its fingertips.

"Everybody could be involved, and everybody could be so active," he said.

This project is not exclusive to the science department. Parchamazad would like to see other departments getting involved.

In addition to the scientific approach, there are political and business issues as well.

Currently, the biology department is involved.

Robert Neher, professor of biology, and Jay Jones, director of the office of instructional technology and research, have supported Parchamazad through difficulties and have helped him make contracts.

In addition, Richard Gelm, associate professor of political science, is working as an adviser for the politics behind the project.

Michael Frantz, professor of mathematics, is also working as the adviser for mathematical modeling for the project.

In addition, in 2001, professor of journalism George Keeler and professor of communications Don Pollock, supported this project by bringing NBC news to ULV for a presentation on the fuel cell.

President Stephen Morgan supported the cause by attending the event.

During this presentation, a fuel cell was used to demonstrate the difference it can make in a recreational vehicle.

Prior to the fuel cell, a common complaint was that RVs are noisy, especially when the air conditioning is on.

Fuel cells, however, are much quieter and efficient.

Parchamazad said he would like others to become involved and work hand-in-hand with each other.

In doing so, he believes that other fields of education in the University will grow.

He believes publicity is needed to help find more investors and donors for the project.

Currently, ULV is receiving funding from a private investor.

"The University should maintain the Brown property for research and development for fuel cell and hydroelectric technology," he said.

LVTV, KULV win awards

At the National Collegiate Broadcasters Incorporated competition in Orlando, Fl., University of La Verne students walked away with six awards.

Among those, top honors went to alumnus James Morrison and Nate Michael, who received the Best Sports Play by Play award for their coverage of the 2001 women's volleyball tournament.

Morrison also won top honors for his sportscasts on "Eye on La Verne."

— Amanda Stutevoss

ULV's financial aid a nightmare

Accepting the fact that private schools cost a pretty penny, one would assume that the financial aid office would handle money matters with care. But think about it, just how many horror stories have you heard or experienced?

The current tuition for the University of La Verne stands at a grand total of $9,750 per semester for undergraduates.

That equals to $19,500 per year. Give or take a few bucks, you could buy a car for every year you attend ULV.

So why is it, then, that our money is handled so carelessly at the financial aid office?

Some students turned in their paperwork at the beginning of August, before the fall semester to find out two days before classes began that they had a balance, and not just a couple of bucks either.

If you cannot relate to that one, try this one. Another student turned in his paperwork ahead of time. He submitted his loan conformation forms early so that he would not have to deal with the hassle later. But financial aid apparently lost his forms.

And yet another student was told that she had an outstanding balance in the four-digit range. This might have been a normal circumstance if the money being asked for had not been money that was supposed to be given to the student as scholarship money.

They told her that ULV had over-awarded money, and that is why they were charging her.

That means that money some students were dependent upon to come here was taken away because, "Oops, we estimated wrong."

And what about those times when students pay in full, only to find out later that they mysteriously have a balance of $125 on their account?

That is a lot of money to many poor college students.

Then there are the Trustees, Founders and 1891 awards to consider. The admissions office sometimes gives prospective students fliers about these awards. The fliers say that the student will receive an award of up to $8,000 based on incoming grade point averages.

Little do the incoming students know that they may receive only a fraction of the amount promised. (There are no fliers, pamphlets or contracts that explain why this is.)

Another interesting thought to ponder is that ambiguous 800 number that students are required to call to get financial aid assistance.

According to some students, when they call the number and then ask to be transferred you to student accounts, they are not.

Why?

To get to the root of some of these serious problems, it would be worth taking a look at the controversial financial aid director situation.

Or, more accurately, interim director.

The last permanent one, Mary Lindsay, stuck around for less than a year.

The Campus Times, in fact, has tried to find out what is going on but our questions were met with, well, little candor.

So, on behalf of the Campus Times and, we believe, much of the student body, we ask for some communication from those whose financial decisions so closely impact our education.

Students are always asked to communicate with their professors or classmates when they have questions.

We suggest the same concept for the departments in Woody Hall.

If Woody Hall administrators could communicate with each other, too, we think that would help.

You work in pretty close quarters, after all.

This way students would not have to run back and forth between financial aid and student accounts to clear things up.

For many of us, financial aid and the amount we receive, actually determines whether or not we can enroll in classes and eventually graduate.

In fact one of the most common reasons students give for leaving before graduation is financial difficulties.

We know that s ne of you working in financial aid understand a: are trying to help.

For that, we thank you and appreciate it.

It is a shame, however, that the mistakes an missteps of a few people can have such serio effects on some student's educational experiences.

Defining sexual harassment

Sexual harassment and sexual assault have been two perpetually heated topics in every facet of education and employment in the United States since 1964, when Congress passed Title VII of the Civil Rights Act.

The Act prohibits discrimination on the basis of race, color, religion, national origin and sex.

Of the intensive studies done in the U.S. collegiate and university community, it has been found that 20 to 30 percent of female undergraduates (1.4 million to 2.1 million women), along with 30 to 40 percent of female graduate students have experienced some form of sexual harassment throughout their collegiate careers.

Sexual assault is another, more serious form of sexual violation that can lead to dire consequences for the victim. While it is possible for men to be victims of sexual assault, but women have been reported to be the majority of victims, especially at the collegiate level.

One in four women in college has experienced sexual assault. What is most disturbing fact, though, is that 90 percent of these women knew their assailant before the attack.

The true tragedy comes when only 27 percent of these women report their incidents. This leaves the guilty party believing that what he or she did was OK; it sets him or her free to do it again.

Some believe that a woman owes a man sex if he spends money on her. Some also believe that women are playing "hard to get" and truly mean "yes" when they say "no."

Another reason that could lead to unreported cases is alcohol. It is a fact that 75 percent of campus sexual assault cases involve alcohol consumption by either or both parties.

A third reason why victims do not report the incidents may be pure naiveté. It is feasible that the students simply do not know that they are being harassed or assaulted.

In that case, it is time for students to know what sexual harassment and assault are so we can begin to stop these incidents and provide for a safer educational institution and campus life.

A simple definition of sexual harassment can be any action that qualifies as "unwanted and unwelcome behavior that interferes with your life. Sexual harassment is not behaviors that you like or want."

The Equal Employment Opportunity Commission, created in 1964 by the Civil Rights Act, provides an extended definition of sexual harassment for the workplace, which can be extended to the campus community.

The EEOC says, "Unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature constitutes sexual harassment when submission to or rejection of this conduct explicitly or implicitly affects an individual's employment, unreasonably interferes with an individual's work performance or creates an intimidating, hostile or offensive work environment.

Sexual harassment can occur in a variety of circumstances, including but not limited to the following:

- The harasser can be the victim's supervisor, an agent of the employer, a supervisor in another area, a co-worker or a non-employee.
- The victim does not have to be the person harassed, but could be anyone affected by the offensive conduct.
- Unlawful sexual harassment may occur without economic injury to or discharge of the victim.

The state of California Fair Employment and Housing Commission regulations include a little detailed description of instances that can be deemed sexual harassment.

The CFEHC Regulations cite these incidents in addition to those laid down by the EEOC: "leering, making sexual gestures, displaying of suggestive objects or pictures, cartoons or posters, making or using derogatory comments, epithets, slurs or jokes, verbal abuse of a sexual nature, graphic verbal commentaries about an individual's body, sexually degrading words used to describe an individual, suggestive or obscene letters, notes or invitations, touching, assault, and impeding or blocking movements."

It is important to note that sexual harassment and sexual assault are two different categories. Sexual assault includes taking sexual harassment one step further.

According to the Wisconsin Coalition Against Sexual Assault, sexual assault is a form of violence where sex is used as the weapon. It is "any act that breaks a person's trust and/or safety and is sexual in nature. Victims of sexual assault are forced, coerced and/or manipulated to participate in unwanted sexual activity."

Instances included in sexual violence/assault are: rape, incest, child sexual assault, ritual abuse, date and acquaintance rape, marital or partner rape, exposure and voyeurism.

Now you know what legally constitutes both sexual harassment and assault. Those who have experienced it, report it. Those who will experience it in the future, report it. It is a detestable, unfortunate part of college life that must be stopped.

It is time to stop the abominations of sexual harassment and assault in their tracks, and it starts at the ground level. It starts with you.

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From the Editor...

Reluctantly moving on



Amanda Stutevoss

There comes a time in every person's life when they reflect. Lately I have been doing a lot of that. With half of my senior year nearly over, I am starting to realize that the idea of commencement is frightening.

Commencement, which is the ending of one thing and the beginning of something new, is a huge adjustment. I can still remember my kindergarten commencement. Then they called it a promotion. If only it were that easy now.

A promotion to grad school would be great.

A guaranteed ticket to my number one choice school, Northwestern University, would put my fears to rest.

No worries that my graduate record examination scores were too low, no pressure to make my entrance essays perfect and no hassles like filling out applications.

Over my four years of college, I have experienced many promotions. Moving up through the ranks from freshman to senior has been an experience in itself.

I came into my freshman year at ULV without knowing a soul. Being from Portland, Ore. I had a lot of adjusting to do. But I took it all in stride. Every day was a new challenge.

Having to balance school, work, playing softball and trying to get to know people was a challenge that I took on openmindedly.

Sure I made mistakes; who doesn't? But looking back, those mistakes helped promote me to a higher level of security with myself.

I have learned that no matter what challenges come my way, I have a strong enough foundation to take on any adversary.

After leaving kindergarten, I can remember thinking that the friends I had made were going to be my friends forever.

These were the people who made tissue paper flowers with me. These were the friends who ate play dough in the corner with me. These were my true friends.

Now I don't remember a single one of their names.

You always hear the saying, "The friends you meet in college will be your friends for life." Never until this year did I think that was true.

As I compare my friends from Kindergarten to my friends at ULV, I began to realize the staggering differences.

The friends I have met while attending ULV are the friends that I know will be around after my time at ULV is through.

It is the times I spent hanging out in the Campus Times room with my other editing peeps, or going back to my home on C-top and hanging with the Crew, or the late night music jam sessions with BF cubed that really make me realize how lucky I am to get to surround myself with these people.

Leaving my kindergarten classroom was not hard. Despite the fact that I loved the artwork that hung on the wall, the smell of construction paper and permanent pen, it was easy to walk away and not look back.

Now with only a little more than six months left, the idea of leaving La Verne puts a frog in my throat. As sad as this may sound, the past four years my life here has been consumed by La Verne and the things that I been involved in here.

When all the stress of final projects is gone and the anxiety about tests disappears, I begin to realize that those are the things that I am going to miss the most. Although, I will say that there are a few things that I will not be so sad to say goodbye to i.e., Davenport food, Woody Hall complications and so on.

I guess you start to realize that as you grow older, change becomes harder to swallow.

Although I welcome change, I also admit that idea is frightening. I guess life would not be so spectacular if we did not have these moments of uncertainty to put us in check.

So I will leave you with one of my favorite quotes to ponder. "We are restless because of incessant change, but we would be frightened if change were stopped."

Ain't that the truth.

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**.

A sister's struggle and concern



Jaclyn Roco

With change there comes a need for adjustment, and boy have I made some pretty drastic adjustments in my life recently.

About three weeks ago I watched my baby brother graduate among a platoon of 300 bald-headed Marines. I had not seen him in three weeks, and to find him so different from what I was used to was a major upset in my mind.

The brother I used to brawl with, scratching and rolling on the second floor of my home down the stairway, was now a grown man whom I hardly recognized.

My baby brother who used to listen to my phone conversations and who even had the audacity to pee on me when I was seven years old (he was four), was now a full-fledged killing machine.

Am I supposed to be proud of the fact that my brother is no longer the happy-go-lucky prankster I once knew? Sure, he is still as dorky as he was, but underneath his mild banter is someone I never expected to find.

Gone are the crinkles behind his smiling brown eyes, and whenever someone mentioned the impending war in front of him, those same eyes would shine bright as though there was a fire within, waiting to burn.

Yes, I can definitely see the changes my brother has gone through. He was never so eager to be away from home before, and he was never so anxious to find out whether he was going to see some action, either.

Action? Please. The only action that he should care about is the fact that he made it through boot camp. Boot camp would be too much action for most people anyway, and this explains the fact why most people never attempt to join the armed forces in the first place.

Although I know his experience did him much good, I still cannot help but wonder whether his joining was necessary.

His first reason for signing up was the appeal of gaining college money. I think this reason is ridiculous, considering the fact that this so-called college money will continue to sit in his bank account until after he serves four more years of active service.

The bonuses the government promised him have been rolling in as well, but according to my brother, most of the money is taken out for taxes.

But there is more to my judgment than my brother not being able to use his money. I am his big sister, and I think that is reason enough to worry.

Perhaps I am being stubborn to think that my brother should not have joined in the first place. I know he will do a great service to this country and to my family name, and still I cannot help but feel a little selfish.

After all, I will not be able to see my brother for another couple of years or so, and there is also the impending doom of whether I will get to see him at all.

But all these thoughts and worries will never reach my brother's eyes or ears because I will never tell him. A sister's grievances must remain inside her heart so that her champion will have the strength to leave home and possibly not come back.

My brother will never know how hard it was for me to come home every weekend knowing that my home would be devoid of life. Since my father is rarely home, I was in a habit of sitting alone in a darkened den for three months before his graduation.

Now I will continue this ritual until I receive hope that my brother will indeed once again return home where he belongs.

Jaclyn Roco, a senior journalism major, is LV Life editor of the Campus Times. *She can be reached by e-mail at* **rocojax@yahoo.com.**

Rethinking holiday consumerism



Jennifer Contreras

Yes, it is too late for "Buy Nothing Day." And, it is too late to remind you all about the privilege of a Thanksgiving feast. However, the topics run rampant this time of year and can be applied any old time — even today.

A week ago my mother, along with thousands of other people, woke up as early as 5:30 in the morning after Thanksgiving to be sure she was at the stores before it was crowded. She joined the others in three-hour lines to purchase gifts for her family and friends.

While there is nothing wrong with giving gifts, just think for a moment what it would be like if everyday was a "buy nothing day" for you — but not because you chose to avoid the malls, but because you were too poor?

"Buy Nothing Day" is observed in more than 40 countries, including the United States. It is celebrated on the day after Thanksgiving, the busiest shopping day of the year. It was started in 1993 by the Adbusters Media Foundation and is meant to serve as a day of observance and liberation — an observance of the impacts of our obscene consumption habits and a liberation from the dependency and addiction of consumerism.

Even though the day has passed, take your own "buy nothing day" and really think about the impact you make every time you swipe your credit card. Think about the amount of waste one person produces in a year — one and a half tons. Think about the amount of money you spend on credit card interest every year — about $1,000. Think about the time and labor spent on producing every item you purchase. Think about the sweat shops in which the people who produce your products cannot afford to give their families the very products they make. I am not saying that you should never buy again, but maybe if you think about these things you will no longer spend so freely.

Over consumption not only occurs in the form of but also in the amount of food we take into our bodies.

The USDA recently reported that between 1996 and 1998, about 10 million American households did not have access to enough food to meet their basic needs. When this dire statistic is placed side by side with the fact that many people see this season as a time to overindulge to a sinful degree, the balance of food distribution seems to be grossly slanted.

Those of us who, by some twist of fate, were given a life that has never denied us access to food and water are truly lucky. I fear that we as a society take this luck for granted and forget about the estimated one billion people who are facing extreme poverty and chronic hunger right now. About 24,000 of those people will die today — 75 percent are children.

Think about all the extra food that you do not need to eat, and all the food you throw away. We are all guilty of this type of overindulgence. But what if we did not have the option of a second helping, or even a first helping for that matter? It is just something to think about during this season of gluttony.

But wait! Why not think about these things at any time of the year? Frankly, we in this society live gluttonous lifestyles, so the reminder of conspicuous consumption applies every day of the year.

I do not mean to be a downer on anyone's holiday spirit, but the knowledge that I have about the effects of my own frivolous consumptions is enough to crush my spirits.

Think about it: maybe we do not need everything we want, and *how much* we want is not *how much* we need.

Happy holidays and peace out!

Jennifer Contreras, a senior photojournalism major, is photography editor of the Campus Times. *She can be reached by e-mail at* **kinipela_peace@yahoo.com.**

Modarres teaches from experience

• Professor has worldly perspective

Rebecca Cooper
Staff Writer

After spending time at colleges and universities around the country, Mohsen Modarres recently joined the University of La Verne faculty to spread his love of education and management.

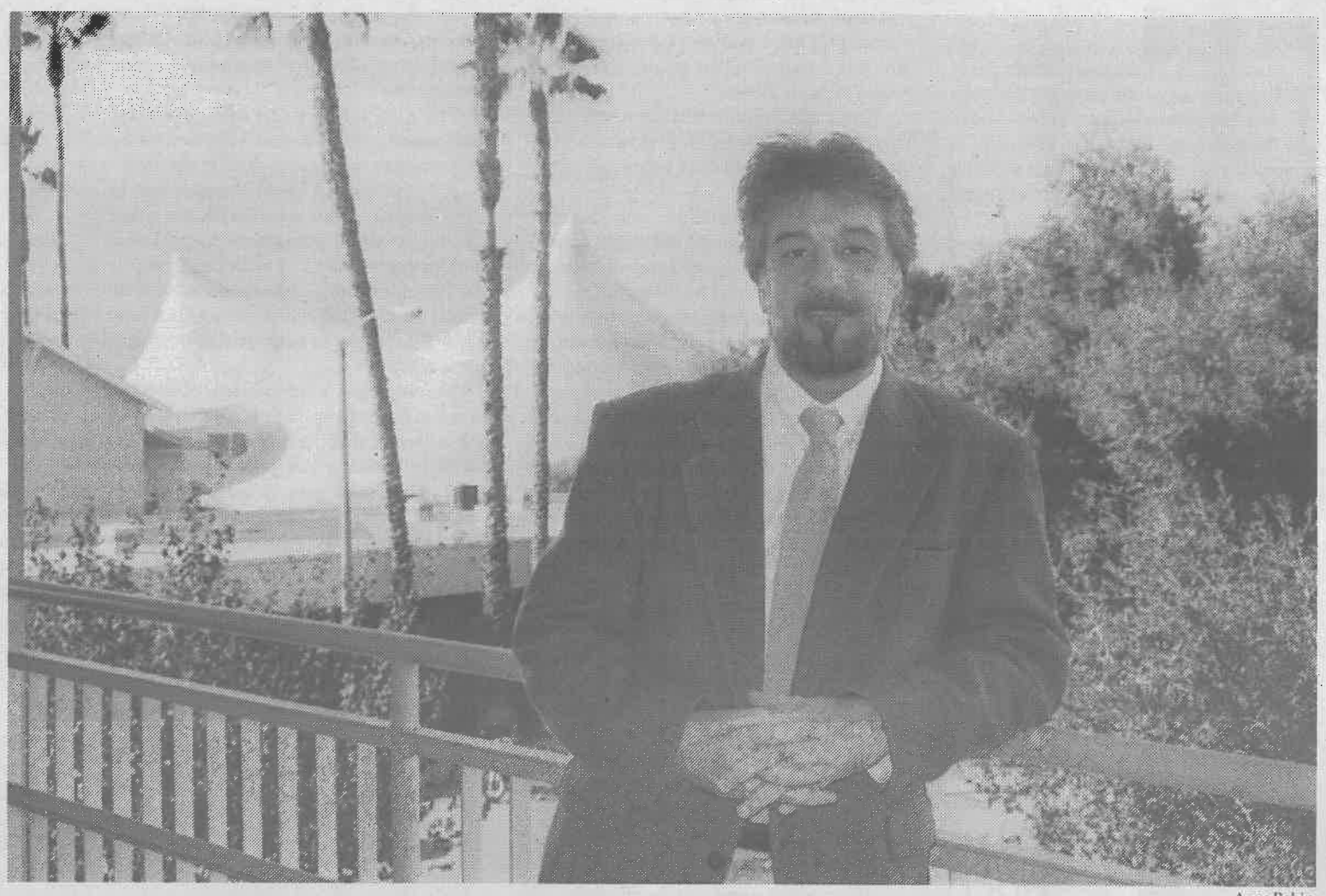
"I started with economics, and then I was basically drawn into the management field after working in the industry," said Modarres, assistant professor of business. "Management has a much greater impact. It helps to set strategies and goals, but also to encourage improvement in the organization as a whole."

Modarres grew up in Iran and received his undergraduate degree in Tehran. After his graduation in 1978, he left Iran and headed to the University of Detroit to continue his education.

"I only lasted one semester there because it was too cold for me," Modarres said. "I then headed to Nebraska and that was cold too. I spent some time on the East Coast and then just kept heading west until I found myself here. I find the weather and the people here wonderful and plan to stay for a while."

Modarres received his master of arts and master of science degrees from the University of Nebraska. He then worked in the economics and business industries for a few years before returning to National University in San Diego for his master of business administration. Afterwards, he headed to Washington State University, where he received his Ph.D.

Prior to teaching at ULV, Modarres taught at the University of Puget Sound, Western Washington University, Eastern Washington University and Washington State University.



Amy Babin

New to the University of La Verne's School of Business and Global Studies is Assistant Professor of Business Administration Mohsen Modarres. Most recently from Seattle, Modarres is originally from the Middle East. He studied at the University of Nebraska, the National University in San Diego and earned his Ph.D. from Washington State University.

While teaching part time at Western Washington, he worked full time at the Technology Consulting Group and for Boeing Commercial Airplane Group in Redmond, Wash.

He helped to improve business processes, information technology and simulation technology.

"Academically and individually, Boeing is like no other place in the world," Modarres said. "Their technology is so advanced, it's amazing. They gave us courses every night to continue our education, because they thought it was important for employees to be educated. But I got bored after working in the industry for four years, so I decided to come back to teach in academia."

Modarres has only been at ULV for six months, but he is still thinking about what he will do in the future.

"Even though I have close connections to the field and would like to go back to consulting eventually, I'm happy I decided that I wanted to do something I really love, which is returning to teaching and research and academia as a main career," he said.

"I find (ULV) a small, nice, cozy and friendly place to teach," Modarres said. "I've only taught MBA students so far, but will teach undergraduate students next semester, and I'm sure it will be just as good an experience."

Education and academia are not Modarres' only passion. He also has a passion for poetry, languages and culture.

"I think that they are beautiful things," he said. "Being able to speak another language and understand another culture is one of the most beautiful and wonderful things a person can do."

Modarres has only been on campus since summer, but he is already actively involved in trying to move the school forward.

"He's a thinker and he brings some good ideas [to ULV]" said David Kung, professor of business administration. "I think he came here with a very good understanding of organization and some good ideas on ways to improve it. I feel that he will do very well within this school."

> 'I'm happy I decided that I wanted to do something I really love, which is returning to teaching and research and academia as a main career.'
> *—Mohsen Modarres, assistant professor of business administration*

ULV sororities give back to the community

Rebecca Cooper
Staff Writer

Many people outside of Greek life perceive it as being a big slumber party every night, just like the MTV show "Sorority Life" — superficial girls who will do anything to get their way.

While sorority life may be that way at some schools and for some sororities, this attitude does not apply to the University of La Verne's own sororities — Iota Delta, Phi Sigma Sigma and Sigma Kappa.

"Many people see sorority girls as being privileged, but not everyone came from a privileged background," said Christy Roberts, secretary of Phi Sigma Sigma. "I think we are all privileged just to be able to attend college, and that privilege lends itself to the need to give back."

Giving back to the community through philanthropy work is one of the main activities of sororities throughout the country and is required by each sorority's national chapter. Each sorority has a national foundation that it supports, but each also participates in local charities and various fund raising activities and campaigns.

One of Phi Sigma Sigma's national foundations is the National Kidney Foundation.

In October it held its annual Rock-a-thon to support this cause. The sisters collected money and sent it to the national headquarters, which then sent a large check from the chapters around the country.

The other national foundation it raises funds for is the Phi Sigma Sigma National Foundation. This foundation gives undergraduate and graduate scholarships to members who excel in academics, are founders of new programs, or of certain heritages or religions, Roberts said.

"Included in our mission is to perpetuate the advancement of womanhood and personal advancement of every member," Roberts said. "We want everyone to learn to be charitable and to have an outlet to give back. Whenever a girl comes up with an idea, we try to help that cause as much as possible."

Phi Sigma Sigma is currently collecting used toys for the newly formed Eddie Project.

The Eddie Project is named after Roberts' grandmother, Edwin Roberts, who recently passed away. Edwin spent weekends at thrift stores, garage sales and swap meets collecting used toys to donate to orphanages and children's homes.

"One person can do a lot to help the world, but a whole group can do so much more," Roberts said.

Each year Iota Delta members hosts Bowl for Breath. The bowling raises money for the National Cystic Fibrosis Foundation, which was chosen as the national philanthropy because a brother of one of Iota Delta's founding mothers had cystic fibrosis.

During spring semester Iota Delta will host the campus version of the National Clothesline Project. Clotheslines will be

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Diet ads claim miracles can happen

•Users must read the fine print in ads

Amber McLaughlin
Staff Writer

Almost everyone will try some sort of diet in his or her lifetime. Just about anywhere you turn to — in magazines, on television, on the radio or online—there is sure to be an advertisement for some way to lose weight.

People fall into miracle diet traps because they believe it will not hurt to try them. But potential users often fail to read is the fine print at the bottom of the advertisement: "Use as directed and with a sensible nutrition and exercise program. Results shown may not be typical."

According to experts from www.ephedrine-ephedra.com, ephedra, also known as ephedrine or ma huang, is a botanical plant product that is a source of ephedrine alkaloids, which affect the central nervous system and has sickened or killed roughly 800 users.

"The FDA believes ephedra may be related to more than 50 deaths" and the "most serious injuries involved were high blood pressure that can cause bleeding in the brain, a stroke or a heart attack," the report said.

Barry Church, General Nutrition Center manager in La Verne, said the most popular diet pills claim to burn fat faster and more effectively than many other supplements on the market today. Xenadrine (regular or ephedrine free), Hydroxycut, L-Carnitine and Chromium Picolinate are some of the most popular supplements used.

> 'I have used Xenadrine before to tone up and lose body fat, but once I got the results I stopped using them.'
> —*Barry Church, General Nutrition Center manager*

As the advertisement says, Hydroxycut contains the ingredients known as ECA (ephedrine, caffeine and aspirin) stack. The fat-burner helps prevent the loss of lean muscle tissue while dieting. It contains Hydroxagen, a potent compound shown in scientific studies to help prevent conversion of excess carbohydrates into bodyfat and to naturally help reduce food cravings and hunger.

Another advertisement reads, "Xenadrine EFX (ephedrine free) is the first diet supplement of its kind that's been clinically proven to deliver dramatic results without ephedrine."

At GNC, Hydroxycut costs between $22.99 and $58.99 while Xenadrine EFX costs between $39.99 and $54.99 depending on the number of pills purchased. Just about anywhere you go the price is about the same.

L-Carnitine costs $41.99 for 60 pills, and Chromium Picolinate costs $4.99 for 30 pills. These are the two main ingredients found in diet pills to enhance fat loss.

"When taking these pills you have to be working out and eating right, otherwise they will not work properly," Church said. "I have used Xenadrine before to tone up and lose body fat, but once I got the results I stopped using them."

He said people often buy the Hollywood Celebrity Diet, which is a natural fruit juice designed to help people lose weight, while cleansing the body from toxins in less than two days. There are also fat metabolizers to take with it for even better results. The total price for both the juice and pills is approximately $40.

"People often use this, as well as the Atkins diet as methods for weight loss, but what they don't understand is that it's temporary. They are too lazy to lose the weight in a healthy manner," Church said.

Gina Simpson, a nurse for her husband's practice in Hemet, believes the most popular miracle diets are Atkins and the cabbage soup diet. She said they are a temporary fix, and the only way to successfully lose weight is through exercise and moderate eating habits.

"Diet pills from a doctor can be okay, although from a medical standpoint, any extremes from both sides is unhealthy," she said. "People get depressed from failure, which often leads to more weight gain."

The Atkins diet is an unhealthy high protein plan because it fails to address a

Continued on page 10

Students pack up for upcoming winter holidays

•Local events also offered

Oscar de León
Staff Writer

Christmas is almost here, and everybody is psyched to visit families and friends. The University of La Verne is going to be more-or-less empty during the holidays, but most of the students are going to be having fun with their families.

Andrea Benitez, a junior, said she is going to visit her family in Hesperia.

Benitez is planning to leave Wednesday, but first she is going to stop and visit her sister, who lives in San Luis Obispo.

"Besides meeting with my parents, I am hosting a get together with friends," Benitez said.

Some students are planning to travel for the holidays for different reasons.

Junior Kemmy Adder is going to Canada for the holidays. She is planning to leave on Dec. 23 and come back to ULV at the end of the month. She will meet her family there.

"I am looking forward to getting to see my family and enjoy places like Montreal," Adder said. She will also get a chance to see her grandfather, who lives in Canada.

Although the holidays are meant for students to get away from school, relax and have fun, some students are still going to be working.

Senior Sebastian Lopez will visit some of his family on Christmas. "I plan to visit my father ... and work at the OIT office at the University of La Verne," Lopez said.

Lopez suggested that students check out what is going on in Las Vegas.

"Las Vegas for sure is going to have something special during the holidays," he said. "Everybody should go there."

But not every ULV student is excited about the upcoming holidays.

Senior Franchel Williams is going to spend Christmas at school. "We are not very close family so I will stay here on campus during the holidays," Williams said.

Williams will be working security at the South Pasadena Park.

Among local holiday events is Las Posadas, which will take place during the evenings in Olvera Street in Los Angeles.

The event will go from Dec. 16 through 24. Families will be able to see processions re-enacting the journey of Joseph and Mary to Bethlehem.

The public is encouraged to join the processions. Children will have a chance to play with Candy-filled piñatas. For more information, call (213) 625-5045.

The art exhibit, "A Room of Their Own," will be on through the month.

It is a two-part exhibit of work by contemporary artists such as Rauschenburg, Rothko, Arbus and others. It will take place at the Museum of Contemporary Art, 152 N. Central Ave. in Los Angeles. For more information, call (213) 621-2766, or visit **http://www.moca-la.org.**

Another event is Holiday Heritage, a Southern California Christmas. Square Museums present this special exhibit, which explores the unique ways that Southern Californians celebrate the winter season and its holidays.

Heritage Square Museum, located at 3800 Homer Street in Los Angeles. The event runs on Saturdays and Sundays. For more information, call (626) 449-0193 or visit **www.heritagesquare.org.**

Unwrapping the holidays



Bailey Porter

Although it is difficult to find a lot of Christmas decorations around campus, the Hoover Building is full of holiday cheer. Kim Pomierski, of the Behavioral Science Division, gets into the spirit of Christmas. Also in the building, Liz Sterling and Rebecca Wolfe, administrative assistants for the CAPA program, have hung stockings on the fireplace in their office.

Doctors address throbbing headaches

Rima Thompson
Staff Writer

Millions of Americans experience headaches on a daily basis. For some it can be a debilitating problem that affects not only their personal life, but their professional life as well.

So just what does cause headaches? According to acupuncturist Dr. Ray Chen, of Chen's Acupuncture in Montclair, headaches come from tension in the energy channel between the head and the neck.

"The reason for blockage can be attributed to anything from high cholesterol to blood clots in the veins," Dr. Chen said. "When my patients complain of a headache, I usually advise them to see their medical physician to get a CAT scan. If the tests come back negative, then I know I have to work with relieving the tension between their neck and shoulder area."

Dr. Chen has been successful at using holistic medicine — treatment of the mind and body- to treat headache complaints.

An article written on WebMD **(www.webmd.com.)** by Dr. Deborah F. Rosin, stated that headaches are one of the common causes for patient visits to their doctor. She explained that sometimes a headache is a symptom of sinusitis, which is the swelling of sinuses in the nasal passage.

Dr. Rosin said sinus headaches are rare, and that it is vital for patients to get the right diagnosis of his or her headache because of the various treatments available. She also said other causes for headaches range from allergies to brain tumors.

Junior Amber Evans said she was told her headaches were vision related, and they have since diminished with use of prescription lenses.

In cases of vision related headaches, Dr. Rosin said those people most prone to them are college students, individuals that spend a lot of time in front of a computer and those who drive long distances.

Optometrist Dr. Neil Katz, whose office is in Rancho Cucamonga, said people who do not change their prescription glasses and contacts, or try to get more wear out of their contacts, are more prone to having headaches.

"People need to have yearly visits to the eye doctor," Dr. Katz said.

Marge Tucker, a patient at Kaiser Permanente in Fontana, has been complaining, about living with and receiving treatments for headaches for over 35 years.

While some of her headaches have been due to allergies, they have now been diagnosed as side effects of her numerous medications, she said.

Dr. Hing Kwee, who has a personal medical practice in Upland, said ongoing use of different medications can result in ongoing headaches.

Dr. Kwee uses pharmaceutical medications to treat the headaches of his patients.

He tries to prescribe the least amount of medication possible while prioritizing the best treatment in the interest of the patients' health.

"Sometimes I try giving (patients') different medications because long periods of the same kind can be a factor in why a patient is having headaches," Dr. Chen said.

> 'Sometimes I try giving (patients') different medications because long periods of the same kind can be a factor in why a patient is having headaches.'
> *—Dr. Ray Chen, of Chen's Acupuncture*

High blood pressure is another cause of headaches, he said.

Many students attribute their headaches to hunger pains. They say a busy schedule interferes with proper eating habits.

In another WebMD article, Dr. Jacqueline Brooks stated that less serious headaches could be a result of improper eating habits and tension of the muscles.

However, Dr. Brooks said a physician should address more serious headache complaints.

The more serious types of headache complaints are those associated with migraines, cluster and tension headaches.

Migraines are pains in the vascular muscles of the brain. Someone experiencing this type of headache may exhibit symptoms such as nausea, pain in one or both eyes and low tolerance for noise and light said Kwee.

Cluster headaches are severe pains on one side of the head that happens several times before they stop.

Tension headaches are caused by stress. These are associated with pain on both sides of the head, which typically lasts from a few hours to days.

Senior Roger Garcia and freshman Jenna Campbell both said that stress and an abundance of work cause people to have headaches.

This especially affects college students because of the massive amount of work they usually have to cope with.

Headaches can be treated by prescription medication, alternative medicines, such as holistic, chiropractic treatments, proper diet, exercise and stress reliving therapy or consultation.

Patients should see a qualified physician in relation to their headache complaints.

Winds wreak havoc



Amy Babin

Gusts of wind were recorded at up to 70 mph last Wednesday due to Santa Ana conditions. Gusts caused a tree in the front yard at 2309 Aldon St. in La Verne to collapse.

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Sororities...

Continued from page 8

set up in the quad with shirts and puffy paints hung up to "air out their dirty laundry" about domestic violence.

After the paints dry, the shirts will be taken down, boxed and shipped to the National Clothesline Project to be displayed in Washington D.C.

"Doing philanthropy work is important because it gives us a look at what life is like for other people in the world," said Iota Delta President Ajit Pruall.

Sigma Kappa spends much of their time doing philanthropy work for the Alzheimer's and Gerontology Foundation.

They also work with the Maine Sea Coast Mission to help provide medical aid, food, clothing, toys and other material to families in need.

Each year Sigma Kappa sells lollipops to make money for Alzheimer's. The sorority participates in walks for the cause as well.

They also participate in the Inherit the Earth project with elderly patients from Hillcrest. This year they held a car wash and donated the money to the Maine Sea Coast Mission.

The local philanthropy they focus on is the Kelly Salamone project. Salamone was a ULV Sigma Kappa who died 10 years ago in a drunk driving accident.

Each year Sigma Kappa holds a vigil and participates in alcohol awareness programs around campus.

"Our sorority holds the value of service and citizenship in high regard, and provides us with a venue to be involved with the community," said Elissa Salas, Sigma Kappa philanthropy chair. "It's a very important part of being in a sorority."

Diet ads...

Continued from page 9

fat body image, which will lead to failure in the end. It is dangerous and requires people to give up chocolate cake, spaghetti, French fries, pancakes and potatoes.

A short-term diet, the cabbage soup diet is based on a seven-day plan and is low in fat and high in fiber. Containing a minimum number of calories, it boosts the body's fat burning potential. There is no limit for the amount of servings that can be consumed each day, although there is a minimum of at least one serving for it to work.

Senior Michelle Renteria said she tried it a couple of years ago with her aunt. She was curious and only did it for two days.

"I was starving and wanted more of a variety so I gave up. I will never pay a lot of money or invest time for miracle diets, but if people want to do it and it works, then that's great," she said.

Senior Jennifer Gretel tried thyroid pills from Max Muscle during the summer and said she stopped taking them because they were not working.

"I used them for two months while working out 3-4 days a week and didn't see any results. Now I don't believe all the hype about miracle diets anymore. I think people should accept themselves the way they are," she said.

Other popular miracle diets include Body Solutions, the grapefruit diet, meal replacement bars and various drinks.

There will always be the struggle to look "perfect" like people in advertisements, but there is no reason to think that this look cannot be achieved in a healthy manner. Diets are not made to work without effort.

Arts & Entertainment

Entertainment Briefs

Choral Concert

The ULV Chorale and Chamber Singers present "Candelight Christmas Celebrate the Season," featuring holiday music to ring in the holiday season. The concert starts at 8 p.m. tonight and tomorrow. General admission is $5, students are free.

Music Charts

Country singer Shania Twain's album "Up" sits atop both The Billboard 200 and the Top Country Albums tally. While, Tim McGraw's album "Tim McGraw and the Dancehall Doctors" sold 602,000 copies, to bring it to No. 2 in both charts, according to **www.billboard.com**. The album also saw its best sales week ever.

Out This Week

The much anticipated comedic pairing of Billy Crystal and Robert De Niro is here in the form of "Analyze That" the sequel to the 1999 hit "Analyze This." The sequel finds De Niro's mobster character faking a psychological illness to get out of prison.

Holiday Movies

The second chapter in the J.R.R. Tolkien series is coming to theaters on Dec. 18. "The Lord of the Rings: The Two Towers" finds the hobbits Frodo and Sam braving dangerous obstacles to have the evil ring destroyed.

"Gangs of New York," directed by Martin Scorsese, is set in 19th Century New York City. The film stars Leonardo DiCaprio as a young man seeking vengeance against Bill "The Butcher" Poole, the man who killed his father. "Gangs" opens on Dec. 20.

— Gloria Diaz

Quartet plays with classical emotion

by Jennifer Dodd

photography by Jennifer Contreras



The Calder Quartet, an ensemble of USC music students, got its name from the American Sculptor Alexander Calder. "We like his mobiles," they said.

Ben Jacobson, violinist, is a music major in the Master's program at USC and has been with the group from the beginning, almost five years ago.

Founders Auditorium was filled with the beautiful sounds of music on Nov. 26, when the Calder String Quartet visited the University of La Verne.

The quartet is comprised of violinists Benjamin Jacobson, Andrew Bulbrook, Jonathan Moerschel and cellist Eric Byers, all 22 years old.

The concert, part of the "Faculty and Friends" fall concert Series, also featured artist-in-residence and member of the adjunct piano faculty, Timothy Durkovic.

The concert consisted of three movements with three different pieces of music composed by Shostakovich, Beethoven and Brahms.

The first movement contained the modern Russian music of Shostakovich, Op. 57 in G minor, which showcased Durkovic's exuberant piano playing and the quintet's lovely violin and cello harmonies.

The music captivated the 65 people in attendance, setting the mood of the evening.

The second movement, sans Durkovic, featured the mesmerizing talent of just the quartet, playing a classic and romantic piece from Beethoven, Op. 18, No. 6.

The emotive piece of music took the audience from quick, energizing tempos, to a more melancholy and melodic state, back to a dramatic, varied and energized conclusion.

In the third and final movement, Durkovic rejoined the musicians to regale the audience with Brahms Op. 34 in F minor.

This classic piano quintet was the perfect finale for the evening, evoking a romantic sense of emotion.

Durkovic's piano playing beautifully accompanied the multiple notes and the thick textures from the string quartet.

Andrea Oleas, a music student at Mt. San Antonio Community College said, "It was a great performance. The music really conveyed a lot of emotion and strength."

Rich Campos, who admitted to never attending a concert like this before, said, "It was cool; I never would normally listen to this kind of music, but I found I really enjoyed the concert."

Timothy Durkovic and the Calder String Quartet are both affiliated with the University of Southern California Thornton School of Music.

Durkovic received his Master's degree from the institution and was honored with both the Keyboard Ensemble Award and the Outstanding Master's Graduate Award.

The Calder String Quartet is the winner of the Thornton School of Music Chamber Music Award.

CBS 'sweeps' NBC under rug for Nov.

Gloria Diaz
Arts & Entertainment Editor

After a heated battle over viewers, CBS has managed to squeeze by NBC to win the most important race of the television season: November sweeps. ABC maintained a strong third place finish.

Numbers released on Nov. 27 by the Associated Press showed CBS squeaking by NBC with an average of 13.35 million viewers, with NBC close behind with 13.20 million viewers.

Throughout the season, "Friends" and "CSI: Crime Scene Investigation" have battled for the top spot in the weekly Nielsen ratings war. "Friends" came out the victor finally knocking "CSI: Crime Scene Investigation" for the first time in a month, according to the Associated Press.

Both CBS and NBC have averaged about the same amount of viewers each week, about 13 million last week, making this the closest race between the two networks in eight years.

For the last week of sweeps, NBC can claim a win as two of its shows, "Friends" and "ER," having 17 million and 16.5 million viewers respectively.

While CBS is the more conservative network, it was able to let its hair down to compete with NBC when it unveiled the "Victoria's Secret Fashion Show" for all to see. There was enough skin in the first 30 seconds of the show to rival NYPD Blue love scenes.

To please its more traditional viewers, the network turned to the Country Music Awards special which showcased some of

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Smith romances ULV with professional talent

• Musician takes ULV by storm

Gloria Diaz
Arts & Entertainment Editor

This fall the University of La Verne welcomed freshman Cody Smith to the music department. And in a few short months he has taken ULV piano performance to a higher level.

Born and raised in Long Beach, Smith was introduced to the piano at 5, by his mother who signed him up for piano lessons with local teacher Becky Mauss. He trained with Mauss until sixth grade when he switched teachers and focus to jazz piano – but Smith said he was not too interested in that.

Smith, 18, has entered some competitions like the Southwestern Youth Music Festival, where he ranked high among other competitors. His other competitions include, a concerto competition at Orange County High School of the Arts.

Since coming to ULV, Smith has only performed in student recitals, but he hopes to compete in the summer.

"I am in awe when I watch him," said Sarah Morales, sophomore, liberal studies major. "He has a really great talent at such a young age."

Last summer Smith competed in an open Chopin concerto contest, where he did not place, but he said he was satisfied with his performance.

To further his knowledge in piano, Smith attended Orange County High School of the Arts, which requires an audition for admission. For the first two years, the program was at Los Alamitos High School, but then it moved to a seven-story Santa Ana building.

Smith said that it "was a unique experience, but it was fun."

While at OCHSA, Smith met Timothy Durkovic, an adjunct professor of music at ULV, who taught chamber music at OCHSA. Smith started taking piano lessons with Durkovic when he was in 11th grade.

"I completely fell in love with him as a teacher," Smith said. "He is so good, and he has helped so much."

Smith said Durkovic was a major influence in his decision to come to ULV. They had discussed other colleges, but ULV seemed like the best choice, he said.

"I didn't feel like I was ready to leave his guidance; I felt I still had more to learn from him," Smith said.

Smith prefers romantic and Twentieth Century music. Romantic music has many different melodies and harmonies to which the audience can listen, and it uses all of the keyboard.

"It's got a very big sound that an orchestra would have; I just love that aspect of romantic music," Smith said.

Twentieth century music, he said, is very rhythmic, which is what he likes and listens for the most.



Christian Velazco

Cody Smith, a freshman at ULV, has been playing piano since he was five years old. Cody has competed successfully in numerous regional piano competitions. His favorite composers include Beethoven, Liszt and Prokofrev.

His favorite composer is Franz Liszt, who is a romantic composer. Smith compares Liszt to a modern day "rock star god." Liszt would perform with 3-4 different pianos in different positions. Liszt would play a different piece on each piano to give the audience various perspectives of his performance.

"His music is very large and hard; it is so beautiful," Smith said. "I just love his music so much."

Smith's musical influences are Beethoven, who Smith considers to be a musical genius, Prokofiev, a 20th century composer that produced percussive rhythmic music, and Chopin, who Smith describes as a standard classical pianist.

'(Beethoven) knew how to create tension, and knew how to release that tension and make it sound good,'

—Cody Smith, freshman

"(Beethoven) knew how to create tension, and he knew how to release that tension and make it sound good," he said.

Upon graduation from ULV, Smith hopes to attend University of Southern California and study with Kevin Fitzgerald, who performed at ULV last month. He is Durkovic's teacher; Durkovic recommended Fitzgerald as a possible teacher in the future.

"At this point I am not sure if I want to continue with performance playing, but I know music is going to play a big part in my life," Smith said.

"When you see him perform you don't see Cody anymore because you feel the music in the way he portrays the piano piece," Dayita Datta, senior music major said. "He expresses the beauty of the piece."

Music Review

'Year of rock' comes to an end

•Top 10 albums of 2002

Taylor Kingsbury
Staff Writer

I am not a big fan of Top-10 lists. However, as this year draws to a close, I find myself locked in the critical custom of reflecting on the musical output of the last 12 months.

2002 has been the year of "ROCK!," with the media and music buying public clamoring over marginal acts like the Hives and Vines, mistaking their mediocrity for brilliance. We have also seen the continual demise of punk rock that reached a low of abysmal proportions.

The apex was this summer's Inland Invasion, where bands like the Sex Pistols and the Vandals celebrated their pioneering punk spirit alongside pop bands like Blink 182 and New Found Glory; meanwhile, shirts for all four bands were on sale for $30 each.

We have also been bludgeoned under the weight of countless Sept. 11 fallout albums, and for the first half of the year, our record companies stopped at nothing to exploit sympathetic dollars from a mourning populous.

Still, there were moments of clarity in the cloudy water of major label music. A handful of records were powerful enough to make all of the terrible crap on the radio seem forgivable. These are the ones that shaped my year, in no particular order, as they pop into my mind.

Thrice — "The Illusion Of Safety". Thrice plays punk rock that is invigorating, intelligent, emotional, and expertly crafted. So in other words, they are nothing like punk. This disc never left my CD changer for more than a few days in 2002.

Foo Fighters — "One by One". Though Dave Grohl spent most of 2002 in court (enough said of that), he found time to scrap an album worth of material and reassemble it into the Foo Fighters' best record. Another step forward for a band that just keeps getting better.

Jucifer — "I Name You Destroyer". I actually do not want anyone else to hear Jucifer, because I love having them to myself. This bands paints dark, fierce, and seductive sonic landscapes, and with their most recent offering, they have constructed a masterpiece.

Sparta — "Wiretap Scars." Three fifths of At The Drive In press onward, showing us that band was far done when they called it quits. Sparta is a more consistent and balanced outfit, integrating melodies less oblique than those produced with their previous incarnation. Emo, or whatever you want to call it, has never sounded better.

Pearl Jam — "Riot Act." Pearl Jam is a band in a class by themselves. Though people who abandoned ship after "Vitalogy" will still hate them, their latest opus combines the familiar dirty rock that we have come to expect with new textures that further expand the boundaries of their seemingly limitless creativity. Familiar, but in the best way.

Queens of the Stone Age — "Songs For the Deaf." A simply breathtaking collection of songs that just rocks hard. Period.

Sonic Youth — "Murray Street." The legendary indie godfather sound as fresh as ever on Murray Street, their most focused collection of tunes in several years. With this record, this band insures us that they will be called Sonic Senior Citizens before they hang up their guitars.

Melvins — "Hostile Ambient Takeover." Ah, the Melvins. Like an old friend that drops by once a year, the Melvins deliver the goods each time out, though you never know just how they are going to go about it. If there is only one band that sounds like themselves, and no one else, it is the Melvins.

Toadies — "Live From Paradise." A stunning live set from a band who deserves to be heard. Most people only know the Toadies as a one-hit wonder, but they are overlooking the two stellar records this band has delivered. Combining the dark eccentricity of Oingo Boingo with the raw crunch of garage rock, the Toadies write tunes that are demented but oh, so much fun.

Audioslave — "Audioslave." Though inconsistent and often over-familiar, this debut definitely adds up to the sum of its parts. The powerhouse duo of "What You Are" and "Like A Stone" gives us an indication of how ample this surface-unusual fit really is. Yes, the name is terrible, but certainly better than Ragegarden.

Those are the best records of the year, to the best of my recollection. On the opposite end of the spectrum, I am proud to bestow the "Worst Album of the Year" honors.

Until a couple of months ago, the prize was practically owned by Bright Eyes, whose "Lifted, Or The Story Is In the Soil, Keep Your Ear To the Ground" is as interminable and pretentious as its title would suggest. Connor Oberst demonstrates a real flair for ambitious composition, but his theatrical pandering and melodramatic singing distract from the tunes. For much of its running time, "Lifted" is just unlistenable.

Then Bright Eyes got let off the hook, courtesy of the Transplants, an indescribably dismal off-shoot band of punk luminaries. Exactly what motivated these guys to pursue a project of migraine-inducing pseudo-rap-metal is unclear. Try not to laugh when the vocalist belches, "not claimin' no set is what I'm all about." To paraphrase my friend Paul, they are called the Transplants because you'll need an ear transplant after hearing them. This may be the worst record I have ever heard.

I recommend any of these titles to soothe the monotony of the post-Christmas months. Have a loud and festive holiday.

Movie Review

'Die' delivers action and Brosnan

Jennifer Dodd
Staff Writer

Forty years after novelist Ian Fleming's 007 made its way to the big screen, it is amazing that audiences are still in anticipation of what the suave and mysterious James Bond has up his sleeve.

"Die Another Day," the twentieth installment in the series delivers the anticipated action-packed punch with that Bond sophistication. Pierce Brosnan, on his fourth go around as the indestructible British spy, glides through the role with confidence, conveying an air of "here we go again."

"Die Another Day", directed by Lee Tamahori "Along Came a Spider" ups the ante this time with major use of digital effects and attempts to keep up with the hip factor, attaining Madonna to sing the theme song and appear in a cameo role in one of the film's lighter scenes.

The first third of the movie, the most interesting portion, finds Bond as a prisoner and torture victim by North Korean captors who are attempting to build a satellite called Icarus, which can blind or burn the Communist enemy.

When he is released after 18 months, in exchange for another prisoner, the British Secret Service shuns Bond, believing he cracked and gave up vital information while being tortured.

In order to clear his name and stop the madman Col. Moon, Bond heads to Cuba to stop Zao, an evil Korean killer and Col. Moon's son, stopping him from acquiring a DNA transplant to change his identity.

Enter Halle Berry's Jinx, a goddess rising from the ocean, paying homage to Ursula Andress in "Dr. No" circa 1962. Together they take down the DNA facility, making Jinx more Bond's equal.

From there, the plot takes us to London, where an engrossing fencing duel ensues and gadget master Q (played by John Cleese) pops up in an abandoned underground station. It is here that the anticipated "Bond car" is revealed, this time an Aston Martin with invisible capabilities. This is where the non-stop action takes over, featuring magnificent locations and the expected over the top stunts.

Icarus is revealed in Iceland, amid a gigantic ice hotel perched on a frozen lake, where hand-to-hand combat follows between Bond and a Maori henchman. Zao's Jaguar chases Bond's Aston Martin atop the frozen lake and throughout the ice palace all while the ice is melting with Jinx trapped inside.

"Die Another Day" delivers what it promises as far as Bond movies go, with the expected overproduced and fairly weak-plotted structure.

"Die" gives us a bit more coldness and realism than the previous three Bond films featuring Brosnan, but the inside jokes and double entrendres still hold true to the franchises form, guaranteeing the viewer over two hours of decadent, almost campy entertainment.

Television...

Continued from page 11

country's biggest name like Faith Hill and Shania Twain.

NBC made several sweeps attempts to make sure that it would at least win the eyes and ears of the 18-39 age group. Audiences tuned in to watch the wedding on "Will & Grace," between Grace and a doctor (Harry Connick Jr.) in the show's 100th episode, which also brought "ER" high ratings.

There were some misses that NBC tried as it revisited the classic hit horror film of Stephen King's "Carrie," which tanked in the ratings.

Although much of the attention surrounds NBC and CBS, the other networks who also tried their best to lure viewers into their television realm must not be forgotten.

ABC brought out another season of "The Bachelor" which gained third place in the Nielsen ratings for Nov. 18-24. It helped gain high numbers for the "George Lopez Show," which saw its highest ratings yet.

Another attempt by ABC was the real- life based movie of the nine Pennsylvania coal miners who were trapped in a mine for three days.

Fox saw high numbers with the late season premiere of "The Simpsons," as it had its highest ratings since March 2001, according to the Los Angeles Times. But viewership did drop sharply for "King of the Hill" and "Malcolm in the Middle."

To win sweeps, CBS finally appealed to the viewers it has been trying to get for years; the 18-49 age group with the "Victoria Secret Fashion Show." Although "The Bachelor" was able to trounce the fashion show to get the No. 3 spot, according to the Associated Press.

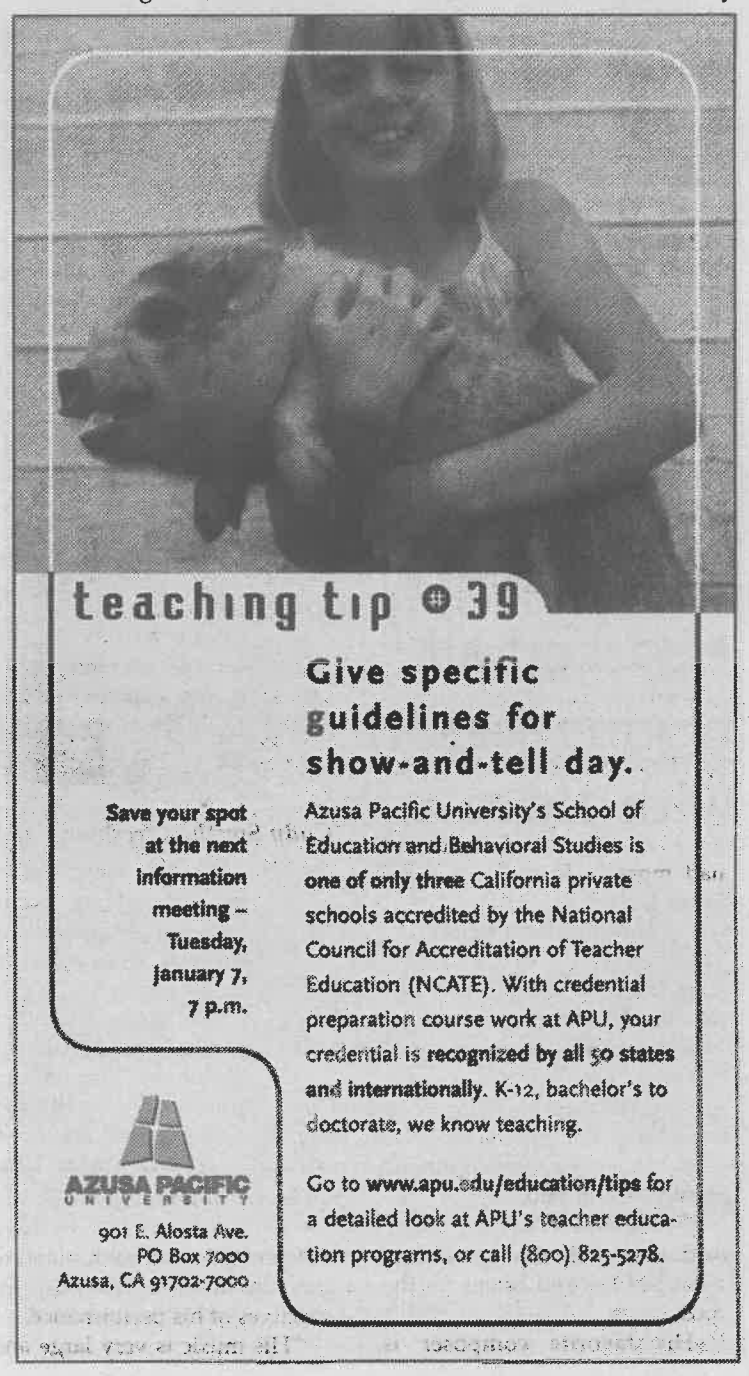
There were no specials that the networks pulled out, they relied on their regular series' to get them the ratings they needed.

But there were some music specials from famous names like Faith Hill, Tim McGraw, U2, Paul McCartney and the late Elvis over Thanksgiving weekend, that led to one last hoorah from the networks.

The highest rated show in that fight was Faith Hill "When the Lights Go Down" and Elvis "Elvis Lives" both on NBC, with 11 million viewers each, according to Access Hollywood.

For the week of Nov. 18-24, NBC dominated the top ten shows in the Nielsen's. Six of its shows were on that list, CBS had only two.

Sweeps brought some enjoyable viewing experiences along with some spice in its long running shows to keep viewers watching.



Lujan prepares at LV for life's blitzes

Chrissy Zehrbach
Assistant Editor



Christian Velazco

Gabe Lujan, a senior business administration major, has played quarterback the last two seasons for the University of La Verne. While a senior quarterback at Castle Park High School in Chula Vista, Lujan was named Offensive Player of the Year for San Diego County. Lujan wrapped up his career at ULV by leading the Leopards to two consecutive victories.

A strong player on the field and a strong person off the field, senior Gabe Lujan has been a leading contributor to the University of La Verne football team.

Originally from San Diego, Lujan attended Castle Park High School, where he played not only football, but baseball and basketball as well.

"At a very early age, I just started playing sports all around," he said.

He started playing football at age 10 and gives his two older brothers credit for influencing him to start playing. Their examples encouraged him to continue to play in college as well.

After high school, Lujan went to Palomar junior college in San Diego. He transferred to Florida A&M the following year before ending up at ULV.

"He's had a long road to get here, but he's worked hard to get here and done a nice job in school," said head football coach Don Morel.

Lujan is working toward a degree in business administration. He would like to go into real estate, either lending or selling. He has many options open for him.

"Gabe is one of the most conscientious players we've had at La Verne," Morel said. "He is kind and considerate, and I think he really takes into account the feelings of others more than your average college male."

Lujan has been a starting quarterback with the Leopard squad and been a great contribution to the team since he transferred in his junior year,.

"Gabe has helped us by fully adjusting to our system, and I do believe Gabe is capable of throwing for 2,000 yards in a season or running for 1,000 yards if we were that type of offense," Morel said.

In eight games this season, Lujan rushed for a total of 208 yards. In the season opener against Pomona-Pitzer on Sept. 7, he had a 43-yard dash for a touchdown. The Leopards won that game 17-16.

Lujan completed 47 passes this season, totaling 601 yards. Even though the Leopards do not have a passing offense, Lujan averaged 13 yards per completion.

Morel said that, based on Lujan's statistics, he contributed about one third of the total offense when he was in the game with an average of 84 total yards per game, including rushing and passing.

Lujan believes the team's biggest accomplishment this year was winning its last two games of the season.

The Leopards defeated Chapman 29-21 on Nov. 9 in Orange and Occidental 24-22 on Nov. 16 at home to close the season.

Lujan said the team was not sure if they would continue playing games to finish the year after Rollie Dykstra was seriously injured in the Homecoming game on Oct. 19.

"Rollie was not only an inspiration for me toward the end of the year, but who he was as a person made an impact on me. He'll be a part of me for the rest of my life," he said.

The team was able to overcome the challenges of the season, however, and end the year on a high note.

The Leopards finished the season 3-5 overall with a 1-4 Southern California Intercollegiate Athletic Conference record.

"This year's team was more hardworking than last year's. We were more resilient," Lujan said. "There were a lot more obstacles this year than last."

Lujan admits the season was tough, but looking back, he says, with all said and done, it was worth the challenge.

"It feels good to look back through all that went on, and we still made it through," Lujan said.

Morel describes Lujan as a leader, who leads by example, and a competitive player who takes direction and criticism well.

"He really did a super job for us, doing whatever he could to help the team win," Morel said.

"I don't think about it a lot," Lujan said about being a team leader.

"I know I'm in a position where people look to me for what to do next; I try to work hard and lend help when needed.

"I let my actions speak for themselves. I think other guys pick up on that," he added.

Lujan has enjoyed his time at La Verne playing football.

"I like the players; we have a lot of good guys," he said. "They get along really well, and its a good environment."

"At La Verne, he really saw the big picture in terms of football being a part of his life," Morel said. "I know we're going to miss him a ton next year."

Lujan said it is nice to look back on his college experience and have so many memories.

"Overall it's been a great experience. Sometimes you take for granted the fact that you're one of the guys who gets to play college football," Lujan said. "I'm thankful I was able to play four years of college ball."

LV men start out season by grounding Eagles

• Basketball begins season with three wins

Gloria Diaz
Arts & Entertainment Editor

As the 2002-2003 season gets underway, the University of La Verne men's basketball team is looking to improve on last season's standings.

After ending the 2001- 02 season in fifth place, the men's basketball team hopes to keep the momentum it currently holds with a 3-0 record.

The Leopard men traveled to Riverside to go up against La Sierra University on Nov. 26.

La Sierra led 31-25 at half but ULV would surpass the Golden Eagles. In a second half spurt the Leopards scored 52 points whereas La Sierra only scored 20.

La Verne shot 50 percent in the second half while La Sierra maintained 23 percent shooting.

ULV would go on to beat the Golden Eagles with a score of 83-45.

Guards Marc McCoy and Steve Rugg led the pack by scoring 15 points each. Forward Joe Bolander added 13 points to the total, while achieving seven rebounds on the night.

On Nov. 22 and 23, the Leopards opened their 2002- 2003 season at the Chapman Invitational Tournament, where they faced off against Cal Maritime Academy and Southwestern University.

Against CMA, ULV shot 41 percent from the field and 69 percent from the free-throw line as the Leopards held the lead at halftime.

Junior Steve Reese was able to score 18 points and had eight rebounds.

Rugg and McCoy scored 13 and 10 points, respectively, helping to beat CMA by a score of 81-72.

On the second day of the tournament, ULV managed a 31-point win over Southwestern by a score of 96-65. McCoy once again showed that he is worthy of the First Team All-SCIAC selection from a year ago, as he scored 24 points.

Although this is the beginning of the season, head coach Terry Boesel is happy with the current standings the team holds and hopes the team will continue to play hard with stability.

"We need to continue to play a hard 40 minutes and not have so many ups and downs," he said.

Boesel sees a challenge coming from Cal Lutheran, which has many of last year's players returning to the team and Occidental College, who has acquired some good transfers.

"We (want) to try and disrupt what they want to do offensively and get our guys to play harder," he said.

Right now, the team has its sights set on attaining the conference championship. Sophomore forward Shawn Lokar believes that the team's cohesive play will improve its chances of going to playoffs.

"The style of play is better among the team; we play at a faster pace, and we have a better defense," Reese said.

Reese sees this improvement as something that can help them make it to the playoffs.

In its upcoming game against La Sierra, Boesel would like to see the team play consistently throughout the game, "rather than a good second half and a bad first half," he said.

ULV will face La Sierra again at 7:30 p.m. tomorrow; it will be the second time these teams have met.

Next week, the Leopards will host Vanguard on Saturday at 7:30 p.m. and Notre Dame on Sunday at 7:30 p.m in the Supertents.

Lupu leaves with positive outlook

Tim Tevault
Editorial Director



Christian Velazco

University of La Verne senior Stacey Lupu, middle blocker for the women's volleyball team, has been playing volleyball since her first year of high school. Lupu was awarded All-West Region and First Team All-SCIAC honors this last season. A liberal studies major, she plans to teach second or third grade after graduating from college.

How does it feel to travel around the country, trampling those with whom you come in contact? Just ask Stacey Lupu.

The University of La Verne senior was part of last year's national title-clinching women's volleyball team and is wrapping up her volleyball career as First Team All-Southern California Intercollegiate Athletic Conference and First Team All-West Region.

Although her team did not cap off the year with the strong performance it exhibited in 2001 — the Leopards were defeated in the second round of regionals last month — Lupu believes the team was still strong and united.

"We didn't step up as a team. (However) I believe we were the better team out there," she said. "Sometimes you lose some. It's unfortunate that it had to be in the second round of regionals."

Lupu admitted to some personal weaknesses that also could have helped her team.

"I think I got down a little bit on myself," she said. "And when I get down on myself, I kind of take myself out of the game a little bit and I'm not as confident in playing.

"Overall, if I could have had a few more blocks or a few more kills, maybe it would have changed the game around."

Despite this, Lupu is still proud to have made it as far as she did this season. Her road to success has been paved with both recognition and injury.

Lupu played volleyball all four years at Charter Oak High School in San Dimas as a middle blocker—the same position she played throughout college. During her sophomore and junior years at Charter Oak, she was named to the first team all-league, but a shoulder injury and surgery plagued her senior year.

The resulting eight-month recovery period put a damper on Lupu's abilities until her career at ULV.

"My freshman year here, I didn't come back as strong," she said. "By my sophomore year, I was 100 percent."

During her run at ULV, Lupu racked up a slew of honors, including Second Team All-SCIAC her sophomore year, and First Team All-Region and second team All-American her junior year, in addition to winning the national title with the rest of her teammates last year.

"She brought competence, her skills and overall leadership to the court," said senior Meredith Zembal, who also just completed her run on the team. "She made our incoming freshman middle (Mandy Sedia) practice hard and get better."

This season, Lupu recruited her younger sister, Sarah, onto the team. Lupu says that Sarah has always been into volleyball, and is now able to show off her skills at the college level.

"She went to a JC last year, and I asked her to come over here and play with me in my final year," she said. "She's doing really well; every year I see more and more improvement."

Zembal agreed, saying that Sarah is a positive link to next year's team.

"Stacey and Sarah balance each other out," she said. "Sarah is very strong and vocally pushes all of us to be better. [She] is a good mental player for the team."

Lupu said that next year's team has the chance to be as big as it was last season.

"They have an extraordinary amount of talent on their team coming back," she said, pointing out that, in addition to herself and Zembal, the team will also be losing senior Kelsey Kennedy this year.

Now that the volleyball season has ended, Lupu is focusing her time on her academics and graduating on time. The liberal studies major holds a 3.4 GPA, still has some general education classes left to take and will finally be ready to take on the world of teaching second or third grade.

"I'm not sure if I'm going to do the intern credential or stick with school first," Lupu said. "It depends on if there's a job opening or not."

For now, Lupu plans to start her credential in the fall. She is currently working through work study at ULV.

Overall, Lupu believes her time spent at ULV has been beneficial. She said that even if volleyball were out of the picture, she would still have attended ULV.

"I talked to my friends that graduated two years before me, and they're still trying to find classes," she said. "(ULV) couldn't have been a better choice."

Durant pushes athletes

Chrissy Zehrbach
Assistant Editor

The University of La Verne athletic department has developed a new strength and conditioning program under the direction of Matt Durant.

Durant, a 1999 graduate of ULV, is also the wide receiving coach for the football team. He was offered the coaching position last December and agreed to come to ULV this fall.

It was after he started coaching football that the idea of the new program arose.

"I watched what he was doing, and we talked over the possibilities," athletic director Jim Paschal said. "We needed someone to do the job, and under the circumstances, he's the guy we needed."

Durant has been working this semester at establishing the new program. In correlation he also manages the weight room, which is located inside the Supertents.

"He knows what he's doing; he's responsible, and he works with lots of people," Paschal said. "He has taken a lot of pressure off others."

This is the first year ULV has offered a strength and conditioning program. Paschal said that it is also the first time ULV has had someone who has a strong interest in being a strength and conditioning coach.

"Students in the past have lifted here," Durant said, "but not what I deem college level."

Durant brings with him years of experience with

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LV ousts CMA with last-second goal

Matt Paulson
Sports Editor

The University of La Verne men's water polo team capped off a successful 2002 season, finishing sixth at the Western Water Polo Association Championship with a 1-2 record at the University of California San Diego on Nov. 22-23.

The WWPA Championship, an eight-team tournament with participants reaching as Far West as Hawaii, hosted only two Division III schools—ULV and the University of Redlands.

Going into the WWPA Tournament, ULV occupied the eighth seed, while Redlands captured one spot higher at seventh seed as the Southern California Intercollegiate Athletic Conference champion.

ULV's final match of the tournament was played on Saturday, Nov. 23. In a rematch of last year's consolation game, which the Aggies of UC Davis won, the Leopards mounted a valiant effort against the sixth seed in this year's consolation game, sticking with the Aggies throughout the contest for an 8-6 loss.

Jason Kidwell led the Leopards in scoring in the match, accumulating a hat trick.

To get to the consolation match, ULV had to face fifth-seeded Chaminade at 5 p.m. on Friday.

The last match-up between these two squads this season was on Sept. 15 and ended in a one-sided 17-7 Leopard loss.

Friday's match was a much closer battle, as the first half scoreboard showed a 5-3 ULV lead.

By the end of the fourth quarter, the Silverswords had overcome the deficit and tied the game at nine.

With only a few ticks remaining on the game clock, junior Jason Walters took the ball just outside the Silversword goal and blasted a behind-the-back shot past Chaminade goalie Chris Howard to score the last-second, go-ahead goal—Walters' fourth of the game— and send ULV to the consolation bracket final.

"I just tried to get it towards the goal;" Walters said. "I didn't even know it went in until afterwards."

Because the Leopards held the bottom seed in the tournament, they were forced to face top-seeded UCSD in their first-round match, played on Nov. 22.

> 'We played better than most people expected.'
> —*Owen Barrett, sophomore*

After the first half of the UCSD match, the score was 5-2 in favor of UCSD. Even though UCSD boasted a three-goal lead, ULV was far from being eliminated from the contest.

"For the first half, we stuck with them," sophomore Owen Barrett said.

But two goals in the final quarter were not enough for the Leopards, though, as UCSD rode its surplus of substitutions to a 9-4 victory.

Barrett, who tallied one goal in the match, said the Leopards had "no chance" in the second half because of UCSD's abundance of substitutes.

"They had a line change whenever they wanted," Barrett said.

The Leopards' loss to UCSD was definitely not something to hang their heads about, though, as the Tritons eventually went on to defeat Loyola Marymount by a score of 5-4 in the championship match; this pairing was a rematch of last year's championship, which Loyola won, 4-2.

Overall, the sixth-place finish in the tournament was two spots above the Leopards' seed entering the weekend. It also earned ULV SCIAC and Division III bragging rights as the Leopard squad finished one slot above Redlands in the tournament.

"We played better than most people expected," Barrett said.

The Leopards still expressed some disappointment in their performance at the tournament, as their goal was to finish one spot better, Walters said.

"We would have liked to beat Davis, but we were happy," Walters said.

"I think we could have done better," Barrett said. "It could have gone either way in most of the games we played."

Junior Robert Casillas led the Leopards in scoring throughout the tournament, accumulating six of the Leopards' 20 goals. Casillas was honored with second team all-tournament for his performance.

The WWPA Tournament wraps up the Leopard season, in which ULV obtained an overall record of 19-10 and a second-place SCIAC finish.

"We didn't do what we wanted [this season]," Walters said, "but we did better than people thought we would."

Men's volleyball seeks title

•Leos look to improve No. 2 finish

Amanda Stutevoss
Editor in Chief

After a disappointing loss in the final game of the Molten Men's Volleyball Championship tournament last year hosted by New York University, the University of La Verne men's volleyball team is preparing to vie for the title again.

Graduating four outstanding Leopard players last year, including the two-time American Volleyball Coaches Association player of the week and arguably the best division III volleyball player in the nation Nate Michael, it would seem that ULV would have some talent to replace.

But associate head coach Morgan Coberly says that talent is not what this young team is lacking.

"It is a loss of leadership," Coberly said. "I think that is a bigger loss than losing talent."

The talent on this team should turn heads this season. With five returning seniors and one transfer senior, experience will serve as the Leopards' backbone.

Senior middle-blocker Nate Silva is returning for a fourth year as a starter. Joining him in the middle will be senior Dave Engle.

Silva ended the season with a hitting percentage of .338 and averaged 1.31 kills per game. Engle finished with the highest hitting percentage on the team at .388 and averaged 2.10 kills per game.

"These two guys give us a lot of experience and provide leadership," Coberly said. "There will not be another team in the nation that will be as good as us in the middle."

Returning senior setter Scott Alley, who received all tournament honors in New York, will also contribute greatly to the team.

"Scott naturally brings leadership and focus to our team as well as a lot of skill," Silva said. "He is a really smart player and a very valuable asset."

A new addition to the ULV team is senior outside hitter Brad Evans. Evans, a transfer from William Woods College in Iowa, was a part of the National Association of Intercollegiate Athletic National Championship team last year and will be a big asset to the Leopard team.

"Brad gives us a lot of offense," Coberly said. "He is a good passer and a strong defensive player."

Senior Josh Miller, who got the most playing time at libero last year, is being looked at all around the court.

Coberly said that Miller's defensive skills and versatility will help anywhere on the court.

The Leopards are returning three sophomores from last year's runner-up team. Mark Mimms, a 6'5" outside hitter/libero serves as the team's motivator.

"Mark has shown a lot of passion for the game," Coberly said. "He is the motivator for the team; he is not afraid to yell."

Mimms' resounding voice will serve early this season to be his main contribution to ULV volleyball as he was diagnosed with a torn meniscus Wednesday night when the results of a previous MRI came in.

Coberly hopes that, if required, Mimms is able to get surgery as soon as possible and be back playing by the end of January.

Mimms is a staple in the Leopard defense as well as the offense as he is among the top three on the team in ball control and passing, Coberly said.

Sophomore Dwayne Wibeto is expected to contribute greatly. The 6'5" sophomore played behind Michael last year and has big shoes to fill.

"Dwayne has really improved from last year and is getting better every day," said Coberly. "He will really help us at opposite."

Elliot Naito, will also see some playing time this year. Naito, who Coberly said is the best athlete on the team, has improved greatly from last year. Coberly said that Naito saw limited playing time last year because he lacked ball control, which Naito is working to improve.

The Leopard team will also receive help from 6'5" freshman Matt Cornell. Cornell, who was the CIF City Section Player of the Year, will be an asset on the court.

"Matt is really versatile," Coberly said. "He brings a lot of athleticism to the court."

The men's volleyball team hopes to continue the winning tradition again this season.

After losing game five to Springfield College in the National Championship tournament by a score of 15-11, the Leopards know they have a title to reclaim. ULV won the championship in 1999.

A controversial decision in 2001 handed UC Santa Cruz the bid to the tournament rather than ULV, after the Leopards were ranked No. 1 in the AVCA polls all year.

Last year's loss was unexpected. Once again, the Leopards held the No. 1 ranking throughout the season but failed to execute in the final match of the tournament.

"We hadn't played in two weeks prior to the national tournament, and that hurt us as bad as anything," Coberly said.

"We do expect to get back [to the national championship] again, " Silva said. "This year we have to rely on hard work and focus rather than just pure talent."

Durant...

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weight lifting. Influenced by his father, he developed an early interest in the application.

"From a time I can remember, I've been watching guys power clean; it's become a second nature," he said. "I learned to power clean in seventh grade."

Most recently, Durant worked at Wingate University in Charlotte, NC as the strength and conditioning coach.

He worked the same program at the College of the Canyons in Santa Clarita.

Durant's focus is explosive training. To achieve this, he teaches proper techniques in such skills as power cleans, jerks and squats, among others.

He prefers to use free weights and olympic bars with weight as opposed to weight-lifting machines for strengthening exercises because "the degree of difficulty rises, and you have to work harder." This technique of lifting weights also helps to increase balance and control.

He believes that footwork and agility are also important because they provide a good base to start with and continue to build on throughout an athlete's collegiate sports career.

Durant says the program also promotes fitness as a better part of life and attempts to strengthen and prevent injuries during the athletic season by building strong muscles.

Paschal said the strength and conditioning program "helps to serve athletes, teams and the university better." The focus of the program is for ULV's sports teams.

"I'd be willing to bet a lot of teams aren't doing anything like this right now," Durant said. "I want our teams to keep up with everyone in [the Southern California Intercollegiate Athletic Conference]. I want to blow them out of the water."

Durant is willing to work with anyone and works with each group differently.

"I don't want people to walk by the weight room and think it is just for athletes," Durant said. "I try to help anyone who is interested as much as possible; anyone is welcome."

Many ULV coaches have sent their students to establish a strength and conditioning workout routine and schedule with Durant. Paschal said this is effective because coaches are not always specialists in this area, but a strength and conditioning coach is.

"I'd love to have coaches tell their teams to show up; all I need is people to show up," Durant said. "I don't see every athlete, but I've seen a lot of them. I'd love to work with everyone and get them to a certain level."

"You can't make someone lift weights; you just hope every athlete wants to get better and reach their potential," he added. "In my opinion, once you settle, you're done."

He is a firm believer that once an athlete accomplishes something in the weight room, they can accomplish anything on the field.

Durant is looking forward to his second semester at ULV. He has plans to purchase new equipment and rearrange the weight room so that there is more space for people to work out in different ways.

The number of weightlifting classes Durant is teaching will also increase next semester. He is currently teaching only one but plans for seven in the Spring.

The strength and conditioning program has been successful thus far and should continue to grow with time and Durant's dedication.

"He's doing a great job," Paschal said. "He demands discipline and requires focus. We're extremely happy to have him here in this position."