

- ▶ **OPINION**
Opposing views: Same-sex unions **pg. 5**
- ▶ **DETOUR**
Premiere Week on NBC and the Orinda Film Festival **pg. 10**



IN-DEPTH
4 PAGE SPECIAL

THE COLLEGIAN

SAINT MARY'S COLLEGE OF CALIFORNIA

Serving Saint Mary's for over a century

Tuesday, September 23, 2003

smcnet.stmarys-ca.edu/gaelpage

Volume 101, Number 4

Oasis survives another year



A few students pose before and during the first major dance of the year. Courtesy of Anna Gates/COLLEGIAN

Oasis receives mixed sentiments

Despite minor changes, students still attend major event

by Michelle Dalida
Staff Writer

Saint Mary's College partygoers gathered in Ferroggiaro quad Friday night, for one of the two school-wide highlights of the year: the Oasis. The September night air did not stop students from dancing to rap, hip-hop and a sprinkling of punk in a frenzied state, dressed in their Hawaiian best.

The dance, held from 9:00 p.m. to midnight, was changed from the 10:00 p.m. to 1:00 a.m. time span of previous years due to a city and county ordinance that forces party noise to cease by midnight. Although the dance began earlier, students started their stumbling towards

the quad precisely at 9:00 p.m. One predominant presence at the Oasis, other than the number of tropically-clad students, was the security. Public Safety's early patrol of central campus and the townhouse area was focused on making sure all Gaels were safe. "I was really upset with the amount of security and how they treated all the students. We, as students, should receive more respect because it is us who makes the school what it is," said Eric Giannini '07.

The Oasis, like any other school function, has its woes; this year's being security. Yet the increase in security kept student-related incidents down according

to Public Safety officer Matt Bridges. "I think [the Oasis] went as well as it could go. Everyone was well-behaved and all the staff did a really good job of keeping everything under control."

Out of control students, on the other hand, were taken to an on-duty nursing staff to hydrate before being sent home.

Moreover, there were mixed sentiments among upperclassmen on how the Oasis ranked among the others in the past. "I really didn't think the Oasis was that good. The whole time I was trying to find my friends instead of dancing, and I

see OASIS, p2

Living wage policy implemented

by Chris Swain
Managing Editor

A living wage policy has gone into effect at Saint Mary's College for subcontracted employees as part of the 2003-04 budget, said SMC president, Brother Craig Franz.

The policy was implemented for Sodex'ho food service and Able janitorial workers starting July 1, 2003.

The original announcement of the policy came on May 15 in the president's weekly letter to the community, in which he committed to the development and funding of a living wage policy.

"I am committed to funding the new living wage policy," said Franz in the letter.

"Saint Mary's is fully committed to a responsible living wage standard reflecting its Catholic and Lasallian character," said Franz.

The estimated cost of the living wage policy is \$240,000.

Since the budget that was approved by the board of trustees for the current academic year did not include these funds, funding has come through a combination of contingency and discretionary funds.

The current funding of the living wage policy has required that the college not fill some positions, as well as use funding originally budgeted for other things.

A committee is in the process of being formed to look deeper into what a living wage is for

see LIVING WAGE, p2

Prop. 54 prevents gathering of racially-based data

Health care and education affected by new initiative

by A. Camarena & C. Mateo
Editor-in-Chief & News Editor

Proposition 54 is the Classification by Race, Ethnicity, Color, or National Origin (CRECNO) initiative. Scheduled to appear on the same ballot as the California Recall, Prop. 54 bans California public agencies from the collection or use of information about race, ethnicity, color or national origin.

"It's going to affect everyone, especially in health care," said Alejandro Mercado '05. "I'm

against it because there's a necessity towards every race or ethnicity to record this kind of information," said Mercado.

Health statistics rely heavily on gender and ethnic specifications. "White women are at a higher risk for breast cancer and African Americans are more likely to have heart disease than others," continued Mercado.

According to Defeat54.org, "The initiative, sponsored by Ward Connerly [a Sacramento businessman and University of California regent] would bar public agencies from compiling or using information about race or ethnicity. The dramatic impact would virtually eliminate statistical information that health care

see PROP, p3

Warning signs cause campus paranoia

Sodexho provides caution to prevent health problems

by Melissa Stetson
Staff Writer

It seems like everything these days can cause cancer. Does that include those extra-large slices of pizza served at Oliver Hall?

The daunting sign located on the entrance desk seems to imply just that. The sign begins with the word "warning" and is followed by a statement that harmful chemicals may be present in food or beverages served in the establishment. The State of California has found these chemicals have been found to cause such

health problems as, "cancer, birth defects, or other reproductive harm."

The lower portion of the sign goes on to state that fish and seafood commonly have mercury and other chemicals that can cause the same adverse effects.

"I find the sign very disturbing," said Caitlin Hungate '06. "And I would like to know exactly what food the sign is talking about."

Paola Boni, Sodexho staff member, said that a number of inquisitive students have asked

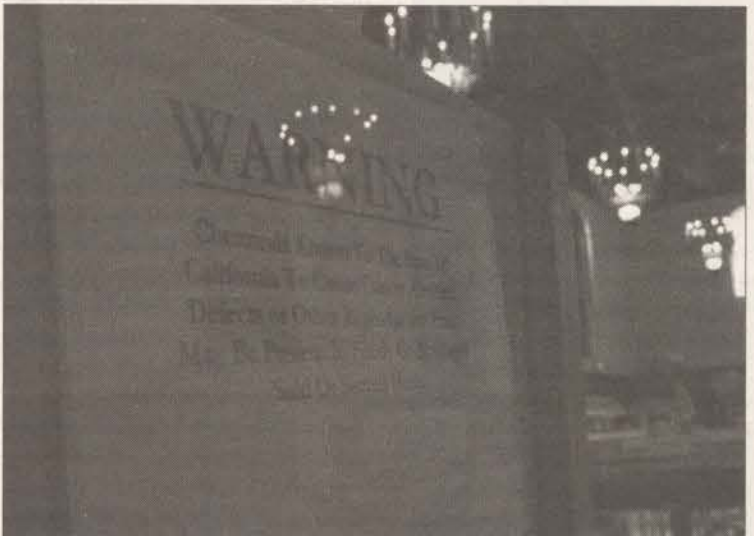
her about the sign and she answered, "Where have you been? You go to Safeway and you find the same sign."

When asked about the meaning of the sign, one of the chefs confessed that he had never even seen it before.

However, all questions were answered after speaking with General Manager Matt Carroll and Kevin Gentry.

"At the end of August, new California State Legislation re-

see SIGNS, p2



Upon entering Oliver Dining Hall, students are warned of health hazards. Chris Moore/COLLEGIAN

Events Listings

"Agamemnon" in America

The Collegiate Seminar Players, directed by Barry Horwitz, will perform an Americanized version of Aeschylus' play, "Agamemnon". Using the translation by David R. Slavitt (Univ/Penn. 1998) this multicultural production presents a contemporary wartime view of the ancient story. The performance will be held from Wednesday, Oct. 1 through Friday, Oct. 3 at 7:30 p.m. in LeFevre Theatre.

Club Meetings

Tuesday, Sept. 23:

APASA - 6:00 p.m. to 7:00 p.m. in Delphine

Wednesday, Sept. 24:

BSU - 6:00 p.m. to 7:00 p.m. in Delphine

Dante - 7:00 p.m. to 8:00 p.m. in Delphine

GALA - 7:30 p.m. to 9:30 p.m. in Hagerty

Thursday, Sept. 25:

Business Club - 7:00 p.m. to 9:00 p.m. in Soda

Meet the Firms

Meet the Firms is a great event to make the contacts and connections you will need when entering into the market. This event is not only for accounting majors, but business and finance majors and minors as well. Bring your resume and dress to impress. Meet the Firms will take place Sept. 25 in the Soda Center from 7:00 p.m. to 9:00 p.m. Questions? Call Jennifer at 381-4221.

Pop Culture Catholicism

Pop Culture Catholicism is a series of events sponsored by Campus Ministry to show the intersection between spirituality and popular culture. The first event will be Karaoke night. This will be held on Wednesday, Sept. 24 at 9:00 p.m. in the Campus Ministry lounge. Talent not required. Costumes are encouraged. For questions, call x4366

SALT Service Plunge

The Social Action Leadership Team (SALT) presents a September plunge opportunity at De Marillac Middle School. A social plunge is an opportunity for a team of students to participate in a one-day service project. Come by CILSA for more info x4975.

Students of Mixed Racial Heritage

Take a break from studying and meet other students of mixed racial heritage in an informal gathering where refreshments will be served on Monday, Oct. 6 from 5:00 p.m. to 6:30 p.m. at the Soda Center. Call Diana Gleason at x4364 to RSVP by Wednesday, Oct. 1.

What's HAPPening?

The Homeless Awareness Project at SMC, or HAP, will have its first meeting in Campus Ministry at 6:30 p.m. on Wednesday, Sept. 24.

Crime Beat

9/13 7:30 p.m.

Incident: Vehicle accident/property damage
Synopsis: Off-campus vehicle collision with kiosk and Public Safety vehicle at front gate; non-alcohol related, referred to business office

9/14 3:20 a.m.

Incident: Vandalism
Synopsis: Profanity written on door in Justin Hall, referred to the Office of Residence Life

9/14 11:30 p.m.

Incident: Possession of alcohol by a minor
Synopsis: Minor/visitor possession of alcohol at Ageno A; referred to student conduct

9/15 12:14 a.m.

Incident: Computer harassment
Synopsis: "F-word" message through computer in Mitty; referred to student conduct

9/15 11:50 a.m.

Incident: Hit and run (non-injury)
Synopsis: Damage to car while parked in Assumption parking lot; case suspended

9/17 2:00 p.m.

Incident: Petty theft
Synopsis: Stolen mobile phone; case suspended

Note: With a congested campus, there has been an increase in speeding, incomplete stops, and wrong turns. The department of Public Safety would like students to be aware of the increase in enforcement to prevent accidents between vehicles and pedestrians. Public Safety would like to encourage the members of the Saint Mary's College community to drive safely.

OASIS: More security, less time

continued from pg 1

couldn't find half of them," commented Dyan Zobrist '05. Similar sentiments applied with Janette Purdy '04, "I think the Oasis sucked because I felt the music wasn't loud enough and I didn't have room to dance, let alone find my friends. Also, the line for the bathroom was long."

However, there were some satisfied Gaels partying the night away. "The Oasis was all right. It was good to see all my friends out there having a good time. I had a

good time," said Justin Sloane '06. Soccer player Jason Hamdan '05 agreed about the good time, "I thought the Oasis was fun. I didn't stay very long because I had a game the next day, but usually it is the best dance of the year. It's outside and it's cool; other dances held inside get too hot." Freshmen, were also highly impressed about their first major dance of the year. "The girls were hot but the music was hotter," commented Tom Taber '07.

SIGNS: continued from pg 1

Food may cause health problems

quired that all restaurants post this sign," said Carroll.

The warning explicitly refers to fish and seafood that come out of the Bay.

However, Sodex'ho, the company that caters for Oliver Hall, belongs to the Monterey Bay Aquarium Foundation and does not purchase any fish or seafood that contains any harmful chemicals.

Students should not be concerned about the sign posted in

Oliver Hall.

Saint Mary's is just abiding by California State law by putting up the sign.

"See, the State does care about your health," Carroll said.

"And so do we," Gentry added.

For any concerns about the food at Oliver Hall, please contact Matt Carroll at x4378.

LIVING WAGE: task force created to work with issues

continued from pg 1

SMC and how a living wage will be permanently funded.

Financial challenges

"There is a lot of support for the concept of a living wage," said Peter Michell, the college's chief financial officer, shortly after Franz's letter was sent out to the community.

Michell said that a living wage is something definitely embodied in the mission of the college; the challenge was going to be funding it.

"It's a challenge to the budget committee," said Michell.

One of the main challenges was the immediate implementation of the policy, rather than the phasing in over a period of time.

In the past, faculty and staff have used a three-year implementation to raise their salaries to the level of their peers at other institutions.

Michell pointed out that unfortunately, the implementation of the living wage policy just missed the budget planning cycle for the current academic year with that budget being approved by the trustees in Jan. 2003.

The recommendation for a living wage policy came from the living wage work group on April 1, after just over a year's worth of research and work on the topic.

The work group was formed at the request of Franz in Oct. 2002 and included students, faculty and staff. The group was put together by Steve Nygaard, the dean of campus life.

The process the work group recommended to the president on April 1 included four steps:

- The sending of the recommendation to the college's budget committee.

- The discussion by the budget committee of the financial implications of a living wage policy and recommend funding options to the president.

- That the president is the final decision-maker in the process.

- That the implementation of a living wage policy does not need to go before the trustees.

Also, the work group advised that a committee be formed "of faculty, staff and students to implement, monitor and conduct ongoing assessment of a living wage policy."

After the recommendation by the work group to the president, a budget committee meeting was held on May 7 in which a living wage was one of the issues reported on.

Following that meeting, a subgroup was set up in order to look into the living wage work group report and figure out how an ongoing living wage policy would be written.

The subgroup was set up after concerns were voiced that the only benchmark being used in determining a living wage was the Richmond model.

The subgroup reported back to the budget committee in a meeting on May 14 that lasted for two hours or more, according to Roy Allen, dean of the School of Economics and Business Administration.

Living wage task force

Allen will chair the SMC Compensation Task Force into looking at the issue of what is an appropriate SMC living wage. Once the seven-member task force has researched a living wage that is "appropriate to the mission, tradition, and resources of the college" the group will make a recommendation to the college president on or before April 30, 2004.

"I offered to chair a faculty/student task force that would define—over a longer period of time—and find a real living wage for SMC," said Allen.

"In principle, I strongly support living wages," said Allen.

"This is what we should be doing as a Lasallian Catholic institution."

Richmond model

The city of Richmond living wage model is being used as an interim plan, as the new living wage task force seeks to form a unique living wage policy for SMC.

"I think it was pretty evident that the majority of people [at the work group meeting] immediately decided that Richmond made the most sense," said living wage work group faculty mem-

ber Ted Tsukahara, who also is the director of the Northern California Consortium Project.

Tsukahara said that the Richmond model made the most sense because it covers people whose residences are similar in Contra Costa County, much more so than Oakland or San Francisco.

As a faculty part of the work group, Tsukahara sought to make the group aware of the financial implementation of a living wage at SMC.

"It is fundamental to who we are as Catholics," said Tsukahara.

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TIFFANY & Co.

KSMC improvements to attract campus

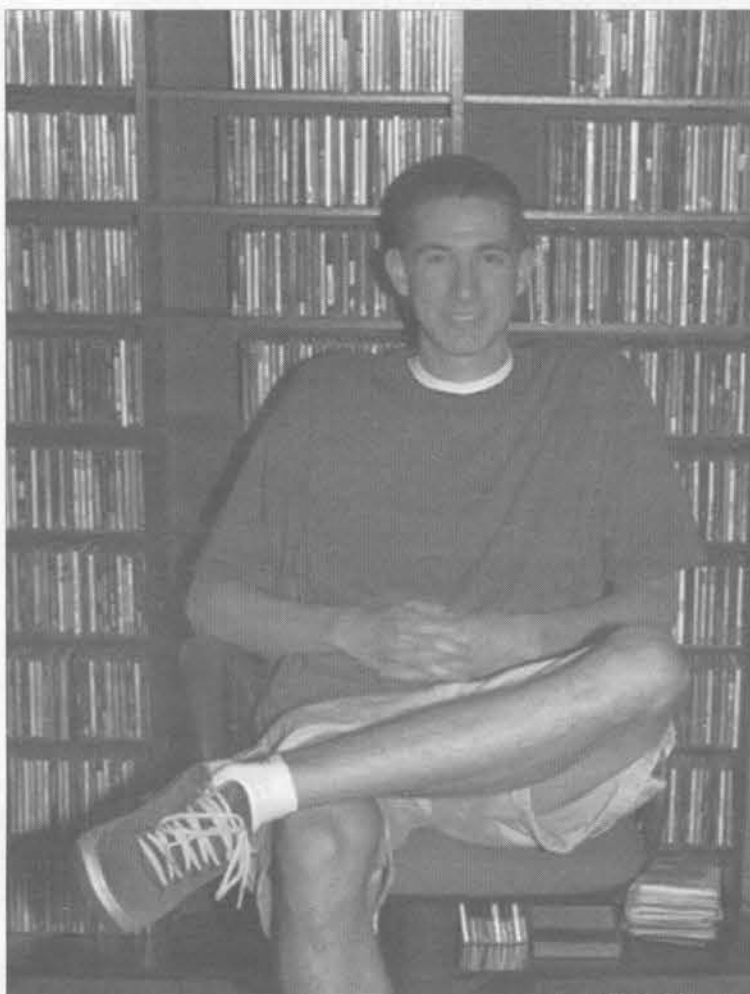
Management and equipment brings out new face of 89.5

by Brent Mills
Staff Writer

The once cluttered and chaotic scene that greeted visitors upon entering the KSMC studio is now gone. Thanks to efforts by Noel Cilker, General Manager and Will McCosker, Program Director, the KSMC radio station has been drastically improved.

The old posters are off of the walls and a fresh coat of paint has been applied. The two sometimes-operable CD players have been trashed and replaced with three new ones. "One night I was here for nineteen hours and went through four vacuum bags just cleaning out the on-air studio," said McCosker '06. Microphones and headphones that seldom worked and were often the main complaint of DJs have been replaced. "People are excited that things will actually be working in the studio," said Cilker. And for the icing on the cake, a new soundboard and transmitter have been ordered.

Cilker, a junior at St. Mary's, said he is "intent on making KSMC all it can be." The new focus will be on quality of programming, according to Cilker. The station was almost shut down in the spring of 2001 due to foul language on the air. To make sure this doesn't happen again, FCC rules will be more strictly fol-



Amy Kelly/COLLEGIAN

General manager Noel Cilker gets comfortable at KSMC.

lowed. Along with enforcing the existing rules, Cilker's goal this year is to make KSMC as visible as possible.

Part of making the radio sta-

tion more visible will be the "Day In The Grove" concert on September 28. The concert will include three bands. Openers will be rock bands Wits End and

Cushion Theory. The headliner is a band called Route 111. "This is something we've been planning for a couple of years," said McCosker. "It's going to be a challenge, but it's going to be really exciting as well."

Clubs and organizations on campus can now have their announcements broadcasted over the air after filling out a public service announcement form on KSMC's Web site.

New and returning DJ's will go through a training program headed by McCosker. There are two sessions that make up the training. The first part covers the technical aspects of the station and the regulations DJ's must follow. Advice on how to put on a good show will be dispensed during the first day as well. The second part is spent recording public service announcements and promotional snippets for the DJ's show. McCosker estimates that there are at least one hundred names of prospective DJ's that he has written down so far.

Reclining in a chair with his feet on the table, McCosker admits, "Noel and I are taking this to a new level of seriousness." And the improvements to the station and policies attest to that loud and clear. Listen to KSMC @

http://smcnet.stmarys-ca.edu/campus_life/ksmc/

PROP: SMC debates racially-based data

continued from pg 1

providers need to ensure quality care to all Californians, prevent disease and save lives."

Mercado's biggest worries include the possible effects this proposition could have on the education system. "We have affirmative action for a reason. It's been shown that minorities are lower in percentage when it comes to SAT scores and exit exams. Based on SAT scores alone, many minorities would not be able to attend college."

Defeat54.org continues, "We will not know whether college admissions practices are fair, or whether all groups of students have access to student services, financial aid, and many other programs in higher education."

Supporters of Connerly's plan say it would take race out of the equation and move us closer to a color-blind society, starting with our government. The idea is to make race irrelevant. According to racialprivacy.org, "As the most ethnically diverse state in the Union, California has the most to gain by compelling its government to treat all citizens equally and without regard to race. The latest U.S. Census divides Americans into 126 different ethnic/racial categories."

Saint Mary's held an open debate and discussion on Monday night in an attempt by the office of student activities to bring the issue to campus.

Come Join KSMC's Biggest Event Yet:

A Day in the Grove

Featuring:
Wit's End

The Cushion Theory
Route 111

When: Sunday September 28,
2003

Noon - 4 p.m at the Redwood
Grove...Behind the Football
Stadium

\$5.00, food and beverage will be provided

Bring extra cash for CD's featuring
KSMC's Benefit CD!

Grab your friends, relax, and
have fun under the sun

? 's x 4252

SNAP SHOT Blue lights not in service



Chris Moore/COLLEGIAN

While Saint Mary's has been graced with new security boxes, these new blue-light towers still remain decorations labeled "not in use." These emergency towers were installed over the summer and, three weeks into the school year, are waiting for service.

THE COLLEGIAN

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The Collegian is the official newspaper of the Associated Students of Saint Mary's College. The Collegian is published weekly, except during examination periods and academic recesses. The Collegian reserves the right to hold and edit all submitted materials, solicited and unsolicited. The Collegian View is the unsigned opinion of the Collegian Editorial Board. The Collegian Editorial Board is comprised of all oversight staff members.

To place an advertisement or inquire about a subscription, call the Collegian Business Department at 925.631.4279.

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Go Fetch My Funny Bone

Oasis cashed in my reality check

Chris Mateo

According to the *American Heritage College Dictionary*, an Oasis is "a situation or place preserved from surrounding unpleasantness." This past Friday, Saint Mary's College took its students out of their "surrounding unpleasantness" and placed them into an "isolated unpleasantness." Before this weekend, I had never been to the SMC Oasis dance. But I do have a vivid imagination.

My two years at SMC have been filled with experiences of Oasis shared by friends. The following description includes all of the myths, legends and tedious tidbits of information:

First off, I picture the quad area with those metal railings blocking it off. It's dark, but it's not. I'm walking up to a line. This line is long and full of scantily-clad individuals ready to party hard in a Hawaiian-style festival. This festival comes complete with the smell of bitter regret and cold sadness covered by a strong perfume of liquid courage. I get to the table, pay my dues, and take my notepad out of my luau shirt.

My notepad and I observe the students crammed up in this cage of temporary pleasantness. According to my sources, I should be seeing some coconut bras. And there they are. Not only was I told that there would be such outfits at this event, but I was also told that such attire would include contraband. My sources say these tropical tops carry more than just coconut remains and a constant itchy feeling; these bras have been known to store miniature bottles of alcohol!

Being the excellent investigator that I am, I ask around. Being the odd little journalist with a notepad that I am, I get slapped (well, that and asking, "what's in there? It doesn't look like it can store much").

After realizing I left my dignity at the door (along with my car keys), I continue to observe. I see people standing on the balcony of the Delphine Multicultural Lounge. It's a shadowed area, probably with good reason. At least four individuals are standing there, arms crossed, heads moving ever so slightly to glare at the nearby student population. I read my notepad: ADMINISTRATORS MONITOR DANCE. Like a private investigator's hidden camera at your bachelor party, they sit and wait for a mistake. I move on.

After changes in policy, I imagine some extra - yet obscure - security. In this fictional account of Oasis, I see Tahitian fire dancers. Wait, didn't that guy pull me over last week? I knew it. These dancers are undercover cops from Public Safety. Granted, I believe this was an excellent ploy to beef up security at this major event, but I could've done without the flaming albino raccoon (poor little guy).

Since I didn't see any inebriated forest creatures or our beloved mascot break dancing on the main floor, I figured the Oasis wasn't as extreme as I thought it would be. Now, the real Oasis is a different story - one not as entertaining or funny, but still full of bitter regret.

OPINION

Collegian View

There are some issues on this campus that demand more attention than a few hundred words can give.

So this year, we are starting a new section called *In-Depth*.

Each month, we will expose and investigate an issue that we, as students, feel is important to the students of Saint Mary's.

With the beginning of a new school year and a new class of incoming freshmen, we thought it would be appropriate to address an issue that affects so many of us as we are returning back to school and readjusting (or adjusting for the first time) to Saint Mary's life - healthy college living.

What is it about college that makes being healthy so difficult?

Is it the long hours studying, little money, or having no one to cook you a healthy dinner every night?

Can a decent meal really be eaten at Saga, or are we condemned to eat four years of sub-par food?

What is the school doing to help us be healthy at college?

Why do college students suffer from depression and anxiety?

In-Depth is our attempt to answer these questions.

Eight members of the Saint Mary's community gathered to discuss this issue last Tuesday night.

This was an opportunity for students and staff to look for answers to this question.

While there were some disagreements, most of the panelists agreed that college life does contribute to the development of eating disorders.

But perhaps the reason why so many of us are unhappy with ourselves lies in our culture.



Cartoon by Marco Torres/COLLEGIAN

Campus traffic accidents help Public Safety realize their dream job - literally.

We are bombarded with images of what we "should be" daily. Every time we open a magazine, turn on the television or listen to the radio, we are told that we are too fat, our teeth are not white enough, and our friends will not accept us unless we use a certain hair product.

This obsession with perfection and unattainable standards drives us to self-destruction.

According to an on-campus survey, one in ten students at

Saint Mary's has had an eating disorder, and almost 70 percent of students know someone who has had one.

Although we cannot hope to solve these cultural problems and make everyone healthy and happy with themselves, it is our hope that we will make people aware of these issues.

Students should know that these problems do exist, they are on our campus, and they can no longer be ignored.

Community Views

Dear Editor,

Last week, the Student Affairs Office (in partnership with ASSMC) sponsored a "Welcome Reception for Student Leaders." Due to an administrative oversight by the Student Affairs office, not all student leaders were invited to this event.

I apologize to our student leaders who did not receive an invitation to this Welcome Reception and personally assume full responsibility for this oversight. Working with ASSMC, I will make sure that next year's event is inclusive of all of our student leaders.

Sincerely,

Mike Zoll

Vice Provost for Student Affairs

sumptuous, and even cowardly. In short, the rantings of a dangerous mind.

You then received two further letters seeking to engage the problem of our Catholic identity, instead of Mr. Johnson himself—but you declined to publish these. Why is that?

Did you think the *Collegian* exists to silence the likes of Mr. Johnson, but not to provide for a discussion of Catholic education at Saint Mary's? If so, this is a change in editorial policy and should be made public, so that others are not tempted to waste time writing to the *Collegian*.

Wayne Harter

Department of Philosophy

Dr. Harter,

The Collegian policy clearly states that we reserve the right to hold and edit all submitted materials. In addition, it is the *Collegian's* policy to publish letters that respond to specific articles or issues in our newspaper. *The Collegian* does not publish letters that personally attack people rather than issues.

Collegian Editorial Board

Dear Editor,

Oasis 2003 was a wonderful event! There were many people involved in making sure the event was safe and successful. Please join me in thanking the many people who worked with Program Board, Student Activities, Public Safety, Health and Wellness, Residence Life, and GALA to serve others.

Sincerely,

Mike Zoll

Vice Provost for Student Affairs

Letters to the editor may be submitted to the *Collegian* through mail, email, or in person. All letters should be no more than 150 words in length.

The *Collegian* holds the right to edit any submitted material, solicited or unsolicited.

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Submit letters to collegia@stmarys-ca.edu OR

Second floor Ferroggiaro DUE BY FRI. 5:00 p.m.

GAEL POLL

105 SMC students were polled on the subject of same-sex marriages...these are the results

Mike Kaney '07



How do you feel?

"I was raised with strong Catholic values that look down upon it. However, I'm not against it personally, because people can live their own lives."

78% of students surveyed support same sex marriages

Martin Rafosevich '05



Opposing Views: Same sex unions 'Gaylosophy' Not harming anyone

by John Johnson Staff Writer

by Amy Kelly Assistant Photography Editor

My title is a completely fictitious word with an equally erroneous definition; similarly, the word "gay" once had a suitable definition, "queer" as well—not any more. And "marriage," this word also has a great definition, one that's been around much longer than the current connotation of "gay"; but now as well it appears that marriage might soon have a whole new meaning.

California Assembly Bill 205 and others like it around the country are threatening to further soil the sanctity of marriage by granting same-sex partners the same rights as married couples. Alarming, gay marriage in America has cloaked itself behind the guise of civil rights. At first glance, "gay rights" may seem like a noble cause, but when we examine the situation logically and attempt to more clearly define homosexuality, we might be less quick to promote this enigmatic phenomenon. Enigmatic, because very few people seem to know or want to discuss just what homosexuality is; if they did, it would demean the "gay" agenda. First of all homosexuality is a sexual orientation, an aspect of one's life; being "gay" however, is something much more. It embodies a lifestyle based upon one's sexual orientation and, in that, a refractory agenda.

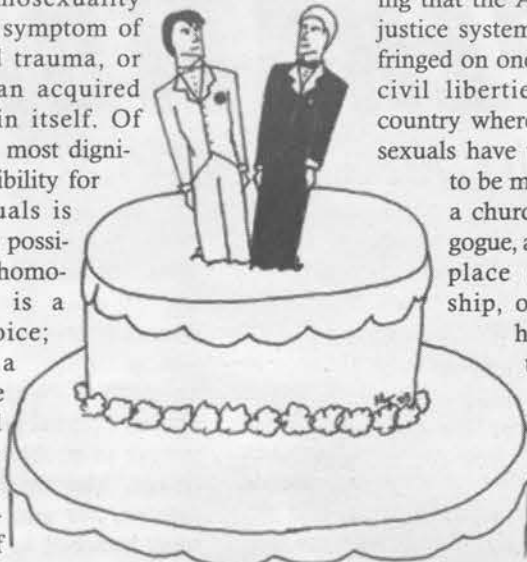
Is it possible that homosexuality can be anything other than natural or healthy as gay activists would like us to believe? Life has been evolving for billions of years with the sole motive of reproduction; homosexuals don't reproduce; ergo, anyone who makes the argument that homosexuals are born as such must also recognize the possibility that homosexuality is a genetic defect. But this wouldn't explain

why more than 35% of all homosexual men are estimated to have been sexually abused as children. If evidence like this is blamed, we must acknowledge that homosexuality may be a symptom of childhood trauma, or possibly an acquired disorder in itself. Of course the most dignifying possibility for homosexuals is simply the possibility that homosexuality is a mere choice; however, a choice should never warrant the changing of American

laws; if women had the choice to be women, the 19th Amendment would not have passed. It seems that in redefining so many words, gay activism has forgotten to define homosexuality itself.

Though we must shrewdly identify homosexuality, we must ultimately love all human beings. In any case, no one can rationally label homosexuality as healthy. Unless it is a choice, homosexual attraction is, unquestionably, a disordered desire. It's time our lawmakers and media begin to reasonably examine this issue. The popular inclination has been to embrace and promote this agenda without questioning or defining its cause; this is not rational. Legal gay marriage desecrates true marriage between man and woman, and is an injustice to any logic and reason remaining in the American legal process.

So you want to get married? If you're a homosexual, this means you'll be faced with not only the prejudice that comes along with the title, but the grief of knowing that the American justice system has infringed on one of your civil liberties. In a country where heterosexuals have the right to be married in a church, synagogue, any other place of worship, or court-



Cartoon by Marco Torres/COLLEGIAN

house, this great country of ours would like to let the influence of

the church make the decision for the state on homosexual unions. While only certain religions condemn homosexuality, to make a law banning homosexual marriage based on "morals" would be a violation of the separation of church and state, and therefore unconstitutional.

While I fully understand the idea of "sanctity of marriage," the entire population doesn't believe that marriage is a religious sacrament. Marriage allows married couples to claim a better tax exemption, health coverage for the other partner, as well as for the couple to be each others legal next of kin. Denying homosexuals the right to marry is a direct violation of their equal rights. Homosexuals have been slowly gaining rights that heterosexuals have been enjoying since the moment they were born. There are no

laws telling us who we can fall in love with or who we are allowed to have sexual encounters with. This is the privileged life heterosexuals lead, the type of life that allows some heterosexuals to deprive a "subculture" of the same rights we are all legally granted. Homosexual unions in no way harm heterosexuals; why should heterosexuals be threatened by homosexuals' ability to marry?

The last time I looked at the Declaration of Independence it read, "...all men are created equal." Society now considers this statement to include women. Therefore, using our dichotomous labeling system of gender, there isn't anyone we left out, right? Wrong. Apparently this line must be amended to say "all heterosexuals are created equal." Women were granted the right to vote with the 19th Amendment, and yet before that time we declared women to be mentally inferior and unable to make important decisions. There is no scientific evidence to prove that being homosexual is a genetic defect, nor that it is a mental disorder. In fact, most openly homosexual people choose to be open with their sexuality; they do not, however, have a definite choice in their sexual preference; it is a hard-wired trait.

After all, why would a person willingly choose to be someone that society is prejudiced against? They wouldn't—in fact, no one would, because homosexuality is not a choice but an innate inclination.

Homosexuals are not second-class citizens. Granting them the right to marry allows them to finally have a relationship that is respected by the law.

Your relationship My opinion

Katie Kimball



Hey everyone! This issue starts my new relationship column. Every few weeks, I'll be answering your questions about guys, girls and dating. I don't have a degree in this or anything, but I can say with confidence that I've been through enough drama to qualify me to give out free advice. Have a question? Shoot me an email at collegia@stmarys-ca.edu I'll keep your name between you and me but expose your problem for the whole campus to read.

Dear Katie,

I've been dating this girl for about three months. She's recently become friendly with my roommate, who I've known for three weeks. He calls her a few times a day, and this really bothers me. She then told me he should take me shopping because I "don't know how to dress." She even went in my closet, took out a shirt of mine she didn't want me to wear, and took it home with her so I couldn't wear it out. She thinks I'm overreacting. Do I have the right to be upset?

In short, yes. While I'll give this girl the benefit of the doubt and say that she and your roommate are most likely not starting a torrid affair behind your back, they are definitely talking about you, at least part of the time. After all, who's a better source of information about you than your roommate? He knows what you do, who you do it with, and what you say about her. To start, you are what they have in common. Discussing you is not meant to be sinister, but it will come up.

Another thing that might have you worried is the fact that you have only known your roommate for about three weeks. This means you don't really know him well enough to trust him with your girlfriend.

He might not make a move on her, but you don't know him well enough to make sure that what he tells her isn't damaging to your relationship. If this was one of your good friends, he would definitely have your back in those conversations and would not cross that line at all if he knew it made you uncomfortable.

As for the shopping thing, your being angry is a totally valid reaction. It's like she's saying you're not good enough the way you are, can't be trusted to make clothing decisions and don't fit her image.

She probably didn't mean to hurt you by saying it, but most people would be upset if someone told them to change something about themselves.

The fact that she went through your closet and took the clothes that didn't suit her out should be a warning to you—it means she is willing to go to great lengths to make sure you don't embarrass her by being yourself.

This girl is beginning to sound like trouble; you should make sure that the drama is worth it, or get out pronto.

Pink diamonds are a girl's best friend Real life and real news take a back seat to Bennifer

by Lara Endreszl

Staff Writer

Pink diamonds, millions of dollars and rear ends aside, I could never be Jennifer Lopez, nor would I ever want to be. Sure, she's got beautiful Ben adorning her arm and hundreds of cameras following her every move, but in reality, who would want pictures of herself on every magazine cover, eating dinner or doing something as mindless as buying tires?

Last week was the two-year anniversary of 9/11 and a much debated stay on the recall of Governor Gray Davis. But over the weekend, all I heard was, "Oh my gosh, did Ben and Jen

really postpone their wedding?" Who cares? Do we really need a detailed account of what they ate the night they were supposed to be hitched? Do we really need reporters to spend time analyzing their every move, camping out in Santa Barbara in the hope that their station could be the first to cover the coveted event? Come on, people—get real.

Weddings usually are worthy of attention. I'll admit I have fantasies about my dream wedding: the guy, the ring, the dress, the excitement—as I'm sure most girls do or did at one point.

But if this spectacular display of Bennifer nuptials ever occurs, (as special a day as this might be),

the coverage of her dress choice will be only the beginning. It will be the start of the countdown. Can she stay married, and can he stay faithful? I bet eight months! The drama never ends. Again, why do we care?

I completely understand the need for entertainment in our society and the guilty pleasure that most of us get out of gossip-laced headlines and scandalous celebrity photos because in our minds, it's not exploiting.

It's finding a flaw that the public wouldn't normally see, so we cherish it.

We've sunk so low that not only are we obsessing about celebrities whose lives we have no im-

pact on whatsoever, but we're also desensitized to our own reality.

The only thing in our little worlds that comes close to reality is finding out which "Paradise Hotel" ex-cast member is coming back to wreak havoc on the hyper-sexual members they left behind.

No matter the amount of coverage it gets, this wedding, if it happens, will do nothing to better our economy.

The job market will still be declining, Saint Mary's tuition will still be rising and our soldiers will still be fighting the war in Iraq. So please, let's all find something else to talk about.

about same-sex marriage?

“They should be able to have the same rights as any other couple and have whatever any other rights a married couple has. If theirs is a loving relationship, it really shouldn't matter.”

60%
of students think the Catholic Church should recognize same sex marriages

Adam Mills '06



“Gay marriage is wrong and should not be allowed.”

37%
of students think same sex unions should not be treated as marriages

IN-DEPTH

Health

Driven to **DESPERATION**

College life, media cause some to develop eating disorders

J. Morales and K. Alpizar

In-Depth Editor and Staff Writer

Be thinner. Be smaller. Be sexier. People, especially young women, are bombarded with these messages everyday. We live in an image-driven society where appearance is everything and first impressions matter. The media-intensified picture of what we should look like permeates every aspect of our lives, and many are driven to desperate measures in their attempts to turn themselves into a fantasy-person.

"The cultural expectation of how women look is impossible for the vast majority of women and has nothing to do with willpower and eating habits," said Health and Wellness Educator Miriam Eisenhardt. "The media is a major factor in perpetuating this."

One major problem that stems from this illusion is a vast increase in the amount of people who have eating disorders. According to Eisenhardt, nationally 5-10% of women have eating disorders and in 1996, 80% of women claimed to be dissatisfied with their bodies. A person develops an eating disorder when their life becomes oriented around food and their weight. The most well-known eating disorder is *anorexia nervosa*, or when a person eats so little that they cannot maintain a healthy body weight. Other eating disorders involve binge eating followed by self-induced vomiting (bulimia), or excessive exercising.

Eisenhardt said that many factors, including depression, anxiety, loneliness, and the transition to college life, contribute to creating a problem. However, many other things can turn a situation from bad to worse.

"I think that that there are both internal causes that are exasperated by external factors," said Eisenhardt, alluding to the media. She

pointed to the fact that we see over 3,000 ads every day, and said "Embodied within that is 'the ideal body image'."

Meals on-the-go, little time between classes, homework, and the threat of the dreaded "freshman-fifteen" make college a perfect environment for an eating disorder to develop. Eisenhardt said that Saint Mary's deals with the same amount of eating disorders as most other schools.

"I wouldn't call it a major problem, but a significant problem. I think a lot of female students feel that they have to be very conscious about their appearance. It's not particular to Saint Mary's."

However, Laura Armstrong, Director of the Women's Resource Center, expressed more concern about the issue as it relates to Saint Mary's.

"I do think it's worse here than at other institutions that I've been at," said Armstrong. "That doesn't mean it didn't exist in other institutions, but I do think that there is more pressure here. I think the amount of wealth, the privileged background people come from and the desire to fit in and to be a certain type is there, and not everyone who comes from that background is here, obviously. It is almost like Saint Mary's is a small high school, so you still have that type of mental-ity driving you."

Armstrong has worked at other campuses, all larger than Saint Mary's, and feels that at other schools students care less about what they look like and who is who.

"You see all these little girls with these really, really short

skirts. Not every body type can wear that and have it be flattering, but if that's what's 'in,' you want to be that," Armstrong said, adding that trying to wear such an outfit is another attempt to control external factors that contribute to problems with body image. The smallness of this campus, she said, makes people more aware of how they look to others, and since chances are you will see the same faces over and over again, making a good impression is important. This pressure can perpetuate and even intensify problems with image and eating disorders.

Diana Bartle, staff psychologist for the Counseling Center, said that although college can intensify the issue, problems usually begin long before college.

"Our society is a breeding ground for eating disorders," said Bartle. Many factors, including family, genetic predisposition, society and gender all interact to create a problem. "The food and the eating is a way to manage, it is an attempted solution to other problems that are going on in the individual's life." Her role as psychologist is to help a student become free of this need to control.

"Helping the individual to heal and to break out of that prison cell is activism, because it's a process of helping people to become free, to let their true self come out," said Bartle.

Eating disorders are about a person's concept of self and how he or she manages his or her emotional world, and Bartle said that Saint Mary's promotes an atmosphere where people feel pres-

sure "to look good despite whether [they're] feeling good or not." She added that problems with eating disorders at Saint Mary's are generally consistent with other campuses she's worked with, but it's difficult to tell exactly how many problems there are, since many students don't seek help.

She divides those with eating disorders into three groups. One-third seek treatment and fully recover, one-third seek treatment and improve, but never get beyond the disorder, and one-third never seek treatment, therefore never overcoming the problem. This does not include the small percentage of people who die as a result of their condition, and this is why she stresses that anybody who thinks they may have a problem should seek help.

A new resource available to students seeking help is the Eating Disorder Management



Lissette Garcia/COLLEGIAN

College's Common Cold

When the best years of our life aren't always the best...

Amy Kelly

Assistant Photo Editor

So, these are the best years of our lives? A college student's life usually consists of attending classes, long hours of studying, working a job (sometimes), and having a social life. At the same time we constantly feel demands on time, finances, parental pressure/conflicts, interpersonal conflicts, managing freedom, and peer and academic pressure, all while transitioning into the college environment. With all of these factors it's no wonder that young adults ages 15-24 are most likely to have major depressive episodes.

The National Mental Health Association reports that in a recent survey 30% of college freshman reported feeling overwhelmed a great deal of the time, which could be why 10% of college students will be diagnosed with depression. Depression is often nicknamed the "common cold" of mental disorders. This cold can affect over 19 million Americans in any given year (NMHA). An amazing 78% of college students will show symptoms of depression. While this statistic only accounts for signs of depression, it does not reflect the number of students that are actually clinically depressed. Yet, at certain times stress, can accumulate and turn into depres-

sion, leaving anyone to feel overwhelmed and exhausted.

Depression is different from having the blues, or feeling sad for a few days. The symptoms of depression are severe and can be disruptive to life. These symptoms can include, but are not limited to: unhappy mood that lasts for most of the day, a loss of enjoyment or interest in things that one used to enjoy; change in weight or appetite; changes in sleeping patterns; feeling tired all of the time, feeling agitated or restless; a change in personality, or drug abuse. According to the SMC Counseling Website, "the ability to recognize these symptoms and patterns in yourself or someone you know can help to

ward off severe depression and possibly even negative events."

Being able to distinguish between depression and the normal part of daily human experience can be difficult. The Saint Mary's College Counseling Center can be a great help in answering questions as well as offering psychological services. The staff in the Counseling Center includes: licensed psychologists and counselors, counseling interns, and a counseling psychiatrist. Services are available to the entire SMC community.

For those who are unaware that we had a counseling center, it is located on the bottom floor of De La Salle Hall, Room 102. They can be reached at (925) 631-4364.

Depression can affect anyone, and helping a friend through depression can be difficult. To help a friend, the best and possibly most helpful thing to do is let them know that you are supportive of him or her. It is also important to be patient, knowing that going through a state of depression interferes with daily life. Allowing a friend to talk about it (even if it becomes redundant) is especially important.

There are so many explanations on what causes depression in college students, including separation from family and academic pressure. Whatever the cause, depression is serious and should not be ignored.



I ma



Amy Kelly/COLLEGIAN

Image

Team, comprised of members of the counseling center, athletics department, and the health center. The team is a collaborative effort that those involved hope will be the most effective way to tackle the issue. Starting Oct. 1, there is also a Body Image and Eating Issues group that will meet Wednesdays from 4 p.m. to 5:20 p.m. It is completely confidential and all they ask is that students who sign up commit to one semester.

"I really encourage people to come in and talk about it even if they are not sure it's a full blown problem," said Bartle. "The sooner that someone seeks treatment or assistance the more likely they are to move out of it and it is totally possible to heal and recover from the eating disorder and to live a life that is self-affirming rather than self-destructive."

In the last 30 days have you:
 Exercised to lose weight: 35%
 Dieted to lose weight: 2.6%
 Vomited or taken laxatives: 11%
 Taken diet pills: 0.7%
 None of the above: 49%
 From a 2000 poll of 400-500 SMC students

Saint Mary's Statistics Where do your numbers fall?



Athletic Dieting Creatine and other drugs not the solution to weight, body problems

Mike Chin
Staff Writer

To an athlete, ten to fifteen pounds can make the difference of whether or not you see time on the field. Day after day, year after year, student athletes at all colleges, at every level, try to gain the edge through dieting, supplements, and weight gaining or decreasing drugs. SMC is no different, where the bar of athletics is pushed high to the sky. The two most common things that will affect the weight of an athlete is his or her diet and the supplements which he or she takes.

One common problem with regard to weight that athletes at SMC suffer from is the food in Oliver Hall. As we all know Oliver Hall, or "Saga" as the students know it, is the healthiest diet which a person can eat, that would be if he or she loves fried foods and cheeseburgers every night, all served with an extra helping of grease. Everyone knows that foods such as these contain little or no nutritional value. When asking student athletes how they cope with this, there were several reactions. One student athlete said, "This is ridiculous. Your telling us we're supposed to train off of Saga. That's a joke." Another student athlete said, "It's worthless to even have a meal plan. What can we eat? No person can just live off of salads and sandwiches for a year." So what is needed? According to training coach Gene Mirra, Oliver Hall could use some leaner meats and more selection in the salad bar. "We do understand that cost is a factor for the Sodexo company, but it would help to have some better food there," he said.

Although Saga poses several problems to the diets of student athletes, a more pertinent issue which faces student athletes, and for that matter all young men, is the use of supplements such as androgene and more importantly, creatine. According to some student athletes, creatine has vastly helped them excel in the weight room and on the field. "My bench went up twenty pounds in six months" said one player. According to Mirra this has been the case, and several SMC athletes have tried creatine and made gains in bench. Furthermore according to the USOC, United States of Collegiate, Athletics creatine is perfectly fine. The one recommendation is that you make sure to hydrate yourself before using it. According to SMC athletic trainer Tim Podesta, "[creatine] is horrible. It's use puts your heart at risk and dehydrates your body. I don't recommend it." The other drug, androgene, is used by big name baseball players such as Sammy Sosa and Mark McGwire. In college athletics, the drug has been banned as research confirms that it contains traces of steroids.

There are many ways to both help and hurt yourself when it comes to your diet. Make the right moves, eat right, and have fun. Don't let body type decide how you do in sports. Let your play reflect how good you are. That's the key to success.

Saint Mary's student drinking habits



Snagging the Sandman: Stress and sleep deprivation

J. Johnson and J. Arquillano
Staff Writers

It's 3:26 in the morning. How do you know that? Because, instead of being submerged in a deep sleep like your snoring roommate, you are staring at the clock completely unable to rest, while your mind races with all the work you still have to get done before your 10 a.m. class. Once again you are losing valuable sleep because you are stressing over numerous obligations. And you're not alone. College students nationwide

face the same dilemma. Whether you're losing sleep because you're stressed or you're stressed because you're losing sleep, the two are closely related. In fact, constant lack of sleep can lead to mental stress and depression.

According to the National Mental Health Association, more than 30% of college freshmen find themselves overwhelmed, causing stress and loss of sleep. Andrea Herman, director of the Better Sleep Council, states, "How well you sleep at night can make all the difference in how productive and stress-free you'll be the next day." Logical enough, but let's face

it, avoiding sleep deprivation and stress isn't so easy. We've all been there; whether it's cramming for that quiz in bio or figuring out how you're going to write one more page for a paper, it's cutting into sleep and piling on the stress.

But good sleep might not be as hard to come by as one may think and experts say there are some easy steps anyone can take to get to know the sandman.

First, regulate your sleep. Adopt a sleep schedule that you can follow on a nightly basis and try to go to bed and wake up at the same time every day. Avoid napping as this may cause

unusual sleep patterns - your body gets the best sleep in the dark.

Next, make sure your bed is used primarily for sleeping; avoid reading or watching TV in bed at all costs. Third, exercise in the morning will help you sleep better during the night, whereas exercising to close to bedtime can make it much harder to fall asleep.

Getting your body relaxed before sleep is important; try some light reading coupled with a hot cup of tea or some warm milk (which contains tryptophan, a natural sedative). Always avoid caffeine in the evening and don't be quick to count on alcohol or sleeping aids to get you to sleep

because they can often cause you to have a disruptive slumber.

Finally, keep your room clean and cool at night. Cool, because your body's temperature drops slightly during sleep - about 70 degrees is ideal - and clean because a tidy room will give you less to worry about. Doctors say that stress of a daily life can have nightly repercussions.

Follow these simple tips and you will be sleeping better in no time. The best way to have a good day is to have a great night of sleep, because as college students, we need to be on top of our game when we're awake. Sweet dreams!

Students, staff speak out on body image and health

Anne Radke, student - I think that the majority of people I know have had some type of eating disorder, something they didn't like with their body. That is due to so many reasons; it's unreal...

Laura Armstrong, Director, Women's Resource Center - It's an attempt to control your surroundings. You can control what you consume, and you can attempt to control what you look at, but then when you look at college students, particularly first year students it's such a feeling of out of control...

Rickie Sniezek, Counseling

Center - A lot of people that are having to deal with planning meals for the first time, especially first year students, being responsible for your own meals can be overwhelming in the sea of everything else being out of control.

Caitlin Hungate, student athlete - There's coaches and there's stereotypes of a mold of what an athlete should look like or what muscle mass or tone they be, and if they don't fit that image, then they're coaxed into...[losing] that five pounds so that you can be faster, you can be stronger...

Ana Montenez, student Peer Educator - I think that being thin and beautiful, especially on this campus, has a lot to do with fitting in, and unless you're thin and you're beautiful or athletic and beautiful, you don't fit in as well...

Matt Carroll, Director, Sodexo Catering - I think it starts in Jr. High and high school, and by the time they get to college it manifests itself...

Laura - It's even before junior high...40% of 10-year-old girls are on some kind of diet. 10-year-old children.



Participants at last Tuesday's round-table discussion

Liz Hearst/COLLEGIAN

Tony Vala-Haynes, student - I think if it begins when you're born. I think if you're not getting the right stuff at home the media will damage you...The media impacts the kids who have a crappy home life.

Laura - I would agree with that, in parts...How many kids do you know get that? But you know the parents are buying into the plastic surgery, the breast implants, the butt implants and all of the crap that goes on. Here, I watch women get dressed, I mean literally dressed up. If you did that [in the Midwest] you'd probably be made fun out of."

Rickie - But definitely in California, you have warmer

weather, you're walking around in bikinis, you're showing your body more.

Peggy Burns, Director, Health and Wellness Center - The consensus seems to be that the perception is out there that this is a white, wealthy, upper-class, it's a magnet for that type of student. But the perception is probably not the reality.

Matt - A lot of students don't care about health issues.

Laura - Well, you're still "invincible" when you're 21.

Last Tuesday, the Collegian held a roundtable discussion on the issue of Health and Body Image.



Liz Hearst/COLLEGIAN

Trying to survive in a Barbie World

Why the reflection we see in the mirror is always flawed

Anna Gates
Staff Writer

I think my boobs are too small. My nose is much too large for my face, my height is border-line midget, and no matter how many sit-ups I do, I can't seem to get rid of that little bulge of fat that hangs over my jeans.

Sound familiar? Like many other women my age, the issue of body image plays a big role in my life.

I see what the world wants me to be in every Victoria's Secret catalog, every "Man Show" juggy, and every Coors Light twin. The standard to which I'll be judged has been set by my television screen. As a result, I have been conditioned to believe that like many successful, nearly-anorexic stars (Calista Flockhart, Kate Moss) I too need to be thin and beautiful to do well in life.

Now you may think that the media doesn't affect you. Anyways, you tune out all those annoying advertisements—right? But when 80% of American women are dissatisfied with their bodies, something more than coincidence is at hand.

The truth is that the media has imbedded a Barbie/Playboy icon into the minds of the public. This image of the way a "real" woman should be has become the societal norm. We are surrounded by it, and ironically enough, we accept it.

We diet, dye our hair, wear make-up, and obsess over our wardrobe. And for what, you ask? The answer, simply put, is to become the super model that the world tells us we should be.

It is a dangerous ideal to live up to. The number of girls with eating disorders, such as anorexia and bulimia, has skyrocketed in the U.S. Over 7 million women have been diagnosed with some form of an eating disorder. It is an epidemic that is wounding the women in our society. Yet we continue to tolerate it.

Think about it; how many things do you hate about your body? Maybe it's your abs (or lack thereof), your huge hips, or maybe your unruly hair. The truth is that no one is perfect. It is impossible to be perfect. And yet we continue to pace in front of the mirror, picking out all the ways in which we are flawed. But to whose standards are we judging ourselves? And in whose eyes are we "imperfect"?

Perfection is relative. Don't let some Barbie on television tell you its definition.

Close to home: Two writers share experiences with eating disorders

I've never considered myself to be one of those girls who's always whining, "Omgod, I'm totally fat." I always made fun of them and swore I would never be one of them. In fact, I never even considered myself overweight. As a 5'7" twelve year old who barely weighed a hundred pounds, I was built like a boy. I ate whatever I wanted and never saw any change.

I grew up in a house where eating Lucky Charms was taboo, milk was served with dinner, and red meat was never on the menu. So when I came to college, I was in heaven. Not only could I eat fast food whenever I wanted (and I did), but Safeway had all the junk food my heart desired. After all, I couldn't gain weight, right? Wrong.

After living off Easy Mac for two months, a funny thing happened: I gained some weight. I didn't have time to eat well, let alone work out. I began to look in the mirror and hate the body that looked back at me. For the first time in my life I didn't have

the body of the models I envied, and I couldn't wear the clothes I wanted to buy. I know it sounds shallow, but my obsession with my weight began to conflict with my daily routine. I sat in my room sobbing and refusing to go to class because I thought people would notice my clothes were too tight. I skipped class to go shopping when none of my jeans would fit. Many nights I didn't go out because I felt huge. I missed out on a lot because I hated my body.

Roommates aside, I kept my obsession a secret. I would avoid eating all day, and then just break down and inhale the contents of the fridge at night. I would eat healthy for a few days, get frustrated, and give up. The low point was getting a dozen donuts at Krispy Kreme and eating them before I made it home. When I left school in May, I was disgusted with myself.

Summer only made things worse. I worked so much it became easy to avoid food altogether. I started taking the diet pill Phentermine every day to keep

my energy high without eating. I replaced meals with cigarettes. I was jeopardizing my health because my entire happiness was based on how I looked in a bikini. But people commented on how great I looked, so I stayed with it. As long as I wasn't throwing up, I didn't have an eating disorder, right?

Then it hit me. I was turning into one of those girls that I had sworn I would never become. I was hating my body, and slowly destroying it. It was then that I decided I was done playing the weight game. Was a few extra pounds a valid reason to miss out on enjoying life?

I stopped fighting this war against myself. Now back at school, I make healthier choices. I eat well most of the time because I like feeling healthy and having energy. I don't ever starve myself or deny myself a cheeseburger if I really want one. I am done playing the game. If anyone else doesn't like it, too bad. I am finally starting to like myself the way I am.

The look in her eyes showed longing for something, but nothing else was there - the distance permeated my soul. She smiled; yet her smile broke my heart. Here, in the pictures I looked at, was my best friend. But at the same time it wasn't. How could this be the tomboy I grew up with?

My best friend played baseball with me, creamed me in our one-on-one basketball games, and caught blue-belly lizards.

The girl in the pictures, however, I could barely recognize. The girl I knew didn't have a sick, grey complexion. She didn't have a feeding tube taped to her face. Her 5'6" frame didn't weigh 95 pounds. She wasn't in a hospital receiving treatment for her anorexia.

But everything I didn't want to believe about her was true. This was no nightmare.

How did it happen? I honestly don't know. I knew some things had changed, but after all, we were two thirteen year old

I WILL SURVIVE

katie kimball

Dorm cooking for the creative (and broke)

You're hungry. Saga doesn't sound appealing, your RA confiscated your George Foreman Grill and you can't afford to go out. So what can you do? If you're creative enough, you can push the limits of dorm room cuisine. Here are a few ideas to get you started. For your convenience, I've rated them on a difficulty scale from one to five.

Pasta - If you have an electric kettle, you can make pasta. I recommend bow-tie, ziti, or macaroni noodles. Simply fill the kettle half way with water, bring to boil, and add noodles. Cook for ten minutes, stirring occasionally. Pour out water, add some marinara sauce and enjoy! *Difficulty level - 4.*

Grilled cheese - All you need is an iron, bread, cheese, and wax paper. Put cheese between bread, and iron over wax paper. For most irons, I recommend the high/cotton setting, but don't use steam. Apply heat until cheese melts. *Difficulty level - 5.*

Tuna melt - Mix one can of tuna with one tablespoon of mayonnaise. Toast two slices of bread, and top one slice with cheese. Microwave this slice on high for 20-30 seconds. Assemble and eat. Tip: place all tuna cans, lids, and leftovers in a ziplock bag before throwing them away. If you don't, your room will smell like the bottom of the ocean within twenty minutes. *Difficulty level - 3.*

Hot dogs - Place a hot dog on a paper towel. Microwave on high for 30 seconds. Remove, wrap in bun or piece of bread. Add ketchup, mustard, and relish! *Difficulty level - 1.*

Salad - Feeling healthy? Try salad in a bag. Just grab a salad kit and a big bowl, and go to town.

Note: The Collegian is not responsible for any culinary mishaps, fires, scalds, burns, food poisoning, or write-ups. That said, good luck!

girls growing up.

But other things changed that I knew were abnormal for her. She would spend two to three hours getting ready every day - before, she would spend five minutes. She started to wear make-up, colored contacts and began to slather on so much "tan in a bottle," she turned orange. Boys and looks were her main focus.

Things got harder for me when she kept losing weight. She couldn't do the things she used to. Finally, her health hit rock bottom and she had to be sent to a treatment center in Arizona.

We wrote, or at least tried to. When she came back, an inexplicable tension lay between us. We couldn't talk and when we tried to hang out, the weirdest silence surrounded us.

To this day, seven years later, there is still that weirdness between us. I'm not sure why. She still struggles with her anorexia today. Even though she's almost healed, there are times it still haunts her. It haunts me too.

Working with what you've got: eating at Saga

Jessica McClennan
Staff Writer

Saga. The one place everyone loves to hate and loves to talk smack about. Many students say Saga is just all-around disgusting. Others have said that Saga has no healthy options and that the food is sprayed with starch and fat. And then there are the few that really don't care what Saga has to offer, just as long as it is food.

But much to the dismay of many students out there, I am not going to bash Saga. I'm here to tell you how to eat at Saga, and eat healthy.

Now I'm no expert on nutrition, but I've done my research and here are some tips on what to eat and what not to eat.

Eat well-balanced meals and exercise. Sure, your mother could have told you that, but have you ever implemented it? Probably not. Exercise is more important than you think. At college it is so easy to live a sedentary lifestyle because of all the "studying" we do. Weight is gained and stress goes through the roof. Exercise can help to reduce that stress - and help you sleep better.

So here's the scoop on eating healthy in Saga. Start off with either a fruit or vegetable at every meal, as you need 2-3 servings of fruit a day and a bunch of vegetables. Just make sure that when you get your fruit, you aren't pigging out on the fruit cocktail mixes or drenching your salad in dressing - both are great ways to screw up a good thing.

Watch your intake of carbohydrates. (For the uninformed, carbs are the sugar source found



in potatoes, bread, and even fruits and vegetables). Now carbs aren't all that bad. They are a quick source of energy and are also key to a healthy diet, but an overdose of simple carbs over a long period of time can result in diabetes. When eating carbs, make sure you are getting the majority of them through complex carbs like whole grains, instead of potatoes and fries. You need some sort of carb at every meal, so just make

smart choices.

The proteins you consume can come in many different packages, from steak to fish, legumes and nuts, to eggs and poultry. According to the new food pyramid, red meats should be eaten sparingly, while up to two servings of fish, poultry, and eggs are recommended, as well as 1-3 servings of nuts and legumes. So, you can have an egg for breakfast, tuna for lunch, and red meat for dinner, and you are set.

As far as dairy goes, only 1-2 servings are recommended, so breakfast and lunch or dinner are covered.

Also, keep variety as part of your diet. Instead of eating cereal every morning with your orange juice, how about trying a yogurt with fresh fruit and a toast? If you had red meat for lunch, opt for the chicken for dinner. Not only will variety keep you more healthy and give you more vitamins, you won't binge on the bad stuff because your body is getting what it needs.

It is possible to eat healthy at Saga. Just make smart choices and exercise and you won't have to suffer from the "freshman fifteen."



Lissette Garcia/COLLEGIAN

Groceries for all appetites

Michelle Dalida
Staff Writer

There comes a point when one realizes that Saga cannot fulfill the nutritional gamut, so other dietary supplements must be purchased at a grocery store. Although conveniently located on Moraga Way and affordable, Safeway does have it down-sides. Since it is one of two stores open 24 hours a day (other than 7-11), and it caters to the whole town of Moraga, selection is limited. However, consumers can buck up because there is another handy-dandy Safeway located down the hill in Lafayette and one in the town of Orinda. However for the quick grocery run, these locations are out of the way and cumbersome due to midday and evening traffic jams on Moraga Road. Yet Safeway wins out as a practical, diverse, and reliable grocery store, carrying most brand names and owning a decent generic brand.

Joining the Lafayette Safeway in the same complex is Albertson's, another run-of-the-mill commercial supermarket. However, the selection of merchandise is limited and it's located in the corner, so it often goes overlooked. Comparing these two grocery store chains, Safeway has better selection, a better deli, offers a good selection of alcohol sales, and has better hours. Albertson's may be slightly cheaper, but if you are looking for specific items, it would be easier to go to Safeway.

If you want a classier edge to your grocery shopping needs, Trader Joe's can fit the bill. Located on Mount Diablo Boule-

vard in Lafayette, this store caters to the preppy side of the grocery consumer. One laud of Trader Joe's is their commitment to specialty organic foods, such as vegetables, dairy products, and breads. Their name brand food is comparable to any food you can buy at the grocery store, and they carry a broad, ethnic array of quality frozen foods, as well as exotic and gourmet food at reasonable prices.

For the grocery elite, Walnut Creek is the place to be. Home to Andronico's and Whole Foods, Walnut Creek surpasses all grocery buyers' dreams. Andronico's boasts a European-style market offering quality wines, cheese, buffets, and eatery kiosks, which make gourmet sandwiches, noodles, and salads. Their vegetable variety is immaculate, and they offer rare brands of foods from all over the world. Whole Foods, the first national certified organic grocer, is the Mecca of grocery shopping. Whole Foods carries its own deli, butcher, bakery, salad bar, sandwich bar, pizzeria, and cheese monger. Most of the brands are foreign to most regular grocery shoppers, but the food, when experimented, is often glorious. If you want something for one night, they offer Whole Food meal packages on the go as well as all the take-out possibilities listed above.

Whatever your taste may be, from commercial grocer to elite market, there is a wide array to suite any shopper's needs. The only limiting factors are the location, need, and palate.

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READ

The book "Gunslinger" is the first in a series of seven books comprising the "Dark Tower" series by Stephen King. In a barren, apocalyptic world, the main character Roland of Gilead is the last gunslinger. His world is much like the one we'd picture if we thought of a spaghetti-Western movie. A loner searching for the mysterious "man in black," Roland encounters many obstacles in his quest for the elusive "Dark Tower." Unlike many of King's other stories, this is an epic tale in the same vein as the "Lord of the Rings" trilogy. If you enjoy westerns and tales of down on their luck heroes, I'd recommend you read "Gunslinger."

-Brent Mills

WATCH

Since leaving SNL in 2002, the Saturday night skits have never been the same. Luckily, for all those Will Ferrell addicts out there, "SNL: The Best of Will Ferrell" is now out on DVD. The compilation disc features all your favorite Ferrell characters, including the Spartan cheerleader, Robert Goulet, James Lipton, and, yes, "Celebrity Jeopardy." It also spotlights Ferrell in the classic Roxbury skits with Chris Kattan, and the infamous "Lovah" scene with Rachel Drach. The only drawback to this hilarious DVD is its length. At a short 72 minutes, "The Best of Will Ferrell" leaves you wanting more Will and, no doubt, "more cowbell."

-Anna Gates

LISTEN

Beginning innocuously enough, *The New Romance* by Pretty Girls Makes Graves starts kicking in teeth at around the 1:30 mark of the first track, "Something Bigger, Something Brighter." Math rock guitars smash out beautiful and complementing lines uncannily in their sophomore full-length album. The real standout tracks are the techno blip infused "Mr. Club" and the track it melts into, "All Medicated Geniuses." The latter is by far the best rock song I've heard this year. Obviously capable musicians, Pretty Girls Make Graves haven't abandoned the technical prowess that made their debut album, *Good Health* a welcome change of pace from the sludge rock peddled around these days. Go forth and listen!

-Brent Mills

DANCE

Standing in line waiting to get in, all you notice are the abnormally hot guys waiting to get into Badlands, a video dance club/bar located in the Castro District. As soon as you step in, you're forced to make your way to the dance floor. Passing a rest area and a bar, you reach the uniquely sexy circular dance floor with a disco ball that must have been 4 feet in diameter. Although it was crowded, the drinks were tasty, the guys were so cute it hurt, and the music kept the crowd happy until they closed shop.

-Manuel Murillo

letting you know how it is in a 100 words or less

DETOUR

a look at the

By Amy Kelly
Assistant Photo Editor

ORINDA FILM FESTIVAL

If you missed this weekend's Orinda Film Festival, you missed the best films shown this fall. There were almost 50 programs scheduled over the weekend, with some including more than one feature film. The festival encourages young film artists to create pictures that evoke a range of human emotion, from film shorts to make you laugh, cry, and look at our reality from the other side. Among the favorites were "Swing," directed by Martin Guigui, on opening night, which was obviously about -- what else -- swing dancing and pursuing a dream. In the film, a young man struggles to find a balance between music and family. This movie is sure to be a great hit among all independent films. Following the opening act was the premiere after-party; open to the public the party included some of the directors of the films as well as the Jellyroll Big Band.

People packed Theatre Square on Thursday night to enjoy the music, food and wine. On Friday afternoon, director David E. Simpson presented the 54-minute film "Refrigerator Mothers." The movie told the wrenching story of mothers who were blamed for their autistic children. The mothers survived the trauma and accusations and were able to raise their autistic children. What was most amazing about this film was the medical blame that forced its way into thousands of American homes almost destroying them altogether. In remembrance of September 11, director Mike Lennon of the New York Fire Department tells his grieving story on film of when he first arrived on the scene at the World Trade Center. He had scoured for two weeks for survivors when he finally

began to interview every fire department that had lost men. "Brothers...On Holy Ground" reveals what lies behind every firehouse in New York City. Perhaps the most thought-provoking and twisted movie was "The Beat," which uncured the life of young male rappers. Discouraged by a tragic event, a newcomer to the screen, Rahman Jamaal (Flip), has to choose between pursuing a dream in music and living up to his father's expectations. He plays a duplicate role in which the screen shows the two lives simultaneously, as they would have turned out if he had made either choice. With a complete twist in the ending director Brandon Soinner may well have an award winner in his first film. The Pixar animation studio program was among the most widely attended program. The program allowed the audience to ask questions to Pixar Artistic Director Tia Wallace-Kratter. Wallace explained how Pixar makes features such as "Monsters, Inc." and how these films make it from merely ideas to the animation studio to the big screen. There were documentary style films as well, including "Undesirables" and "When the Storm Came." "Undesirables" portrayed the Moscow streets in 1998 when the government deported individuals they believed to be undesirable. "When the Storm Came" depicts the truth behind the legacy of military rape and exposes its use as a war tactic. Both of these documentaries, among a handful of others, were pervasive enough to stay with you for a while.

The festival was a great way for up-and-coming filmmakers to make their mark on the big screen. Hopefully, we will be seeing these film titles on marquees everywhere.



PREMIERE WEEK ON NBC

By ANNA GATES, Staff Writer

What you'll be watching this week when you're supposed to be doing something else.

Here it is. The week that all you television junkies have been waiting for. It's premiere week on NBC.

This season's lineup includes an array of programs, consisting of risqué comedies, old favorites, and titillating dramas that are sure to keep unwanted homework at bay.

Ever wonder who's really watching you when you go to Vegas? Well, the new NBC drama "Las Vegas," starring Oscar and Golden Globe nominee James Caan, solves that very question. The show, which premiered Monday, delves into the lives of a surveillance team for the Montecito Resort and Casino, revealing the thrills and danger that occur behind the scenes in Vegas. Other stars include Josh Duhamel and Molly Sims, who are sure to leave the episode thoroughly steamy.

If you're looking for something a little lighter, try out Whoopi Goldberg's new show, "Whoopi." Yes, that's right, Whoopi has a new show...and no, there will be no games involving squares or Hollywood. Whoopi plays a former singing diva turned hotel owner, Mavis Rae, who has to deal with her jobless brother, a white girl that

thinks she's black, and an over-eager concierge. The show premieres tonight at 8 p.m.

And then there's Friends. The legacy that to must come to an end (...sigh). After 11 amazing seasons, the sitcom will begin its final season Thursday at 8 p.m. And although the end is inevitable, all is not lost because this season is sure to be the most riveting yet. With promises of babies for Monica and Chandler, a proposal for Phoebe, and love for Joey and Rachel, the end will not leave us empty-handed. And though we may miss our six "Must See" friends, there surely will be plenty of re-runs to dry our tears. Another outlet that may help with the ending of an era, is NBC's new comedy, "Coupling." The show's cast, which includes 6 close companions, eerily resembles the structure of Friends. Coupling, however, takes a slightly more provocative spin to the relationships between adults. All 6 characters either has been, are, or are trying to get into one another's pants. This combination ensures a frisky time. Coupling premieres on Thursday at 9:30 p.m.

And finally, the new drama starring Alicia Silverstone, "Miss Match," premieres this Friday at



Your favorite friends return for their final season; five frisky new friends invade NBC with "Coupling;" Alicia Silverstone stars in "Miss Match."

8pm. Alicia plays the sharp divorce attorney, Kate Fox, who ironically has an incredible gift for matchmaking, (despite her day job). Kate's propensity for finding love sets her on the quest to solve the love problems of clueless residents in Los Angeles. Kate is determined to prove that romance

still exists, if only people will take the time to stop and look.

Well here they are...a little preview into the world of television this season. Some you will love, others hate. But all will surely give us procrastinators another reason not to do what we really should be doing.

Courtesy of Kim Dao, Anna Gates, Kate Harden and Katie Kimball

oasis photospecial



oasis. something providing relief from boring or dreary routine

Make a home run into McCovey's

By Karen Britten
Staff Writer

Walk through the doors of McCovey's in Walnut Creek and the baseball fan inside of you will leap for joy. An enormous "44" graces the gigantic ceiling honoring the restaurant's founder, Willie McCovey. Walls are lined with quotes uttered by baseball legends such as Pete Rose and Casey Stengel. Thousands of autographed baseballs adorn the walls. Jerseys and bats surround you as you dine at tables named after Willie's favorite ballplayers. It doesn't take long to realize that this isn't your typical "sports bar," it's a place that pays homage to our great pastime.

The atmosphere is perhaps the best part of this restaurant, founded by the great ex-Giant outfielder. It features a diverse menu that ranges from hot dogs and fries to rib eye steak. Food portions are moderate for the less expensive dishes like the hotdogs, but the burgers are big and the main entrees are filling.

I ordered the ballpark hot dog with and cheese, and a side of garlic fries (included with the hotdog). It only set me back \$6.50 and allowed me to partake in a sampling of their delicious cheesecake, which was among the best I have ever had. And while the fries were a bit lackluster, and the hot dog not nearly comparable to ballpark dogs, it was more than tolerable and still cheaper than the dogs and fries at the ballpark.

The service was another highlight at McCovey's. Servers wore jerseys with the number 44 on their backs, and were very timely and gracious. As an apology for a slow kitchen, my table received two free salads and a pizza. McCovey's still offers good food and great service for an average price (I spent a total of \$13.00 for an entrée, soda, shared dessert, and tip). It was a very enjoyable experience and I will definitely be returning. If see what it has in store for you, you should slide into 1444 N. California Blvd. in Walnut Creek.



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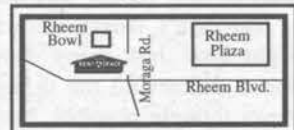
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SPORTS



Blackjack; the house wins

Soccer teams blow leads to No. 21 ranked Cal and USC

by S. Adams & M. Chin
Sports Editor & Staff Writer

There is no question that the West Coast Conference women's soccer league is one of the toughest divisions in the nation, and the Gael's non-conference schedule isn't helping them out either. Friday they traveled to play the USC Trojans and lost a heartbreaker, 3-2.

Although the Trojans are No. 21 in the nation, the Gaels felt they matched up well. They took the lead on Sarah Burgess' first goal of the season thanks to a Lu Crenshaw assist. Crenshaw leads the team with six goals.

USC came back at 29:56 on a

free kick from freshman Rosa Anna Tantillo. On the very next shot and only 15 seconds later, junior Kelly Blais scored to give USC the lead.

"It was going to be a challenge," said sophomore Allison Kop, "USC played well, but I think we didn't execute."

"Possession was the key, we had to keep the ball and play hard for 90 minutes."

Tina Tutorius scored a goal in the second half to give USC the lead for good. Chelsea Montero chipped a shot over the keeper to make the score 3-2, but the Gaels couldn't muster up any more offense.

Sunday the Gaels took on their second ranked team. Playing No. 22 Dayton Flyers, the Gaels went ahead early, scoring three goals in the first half en route to a 3-1 victory.

The Flyers had only given up three goals all season, ranking them fourth in defense this year.

The Gaels doubled that number on goals by Jenny Barbera, Chelsea Montero, and McKenna Belzer.

The Men's team had a late 1-0 lead over the No. 21 ranked Cal Bears, but allowed two unanswered goals late in the second half resulting in a tough 2-1 loss.



Lissette Garcia/COLLEGIAN
Sarah Takekawa runs the field.

The Gaels started the scoring with an Anthony Butler goal at 43:39, his first game as a Gael.

The Bears waited until late in the second half to respond. Noah Merl beat keeper Kellan Wilson in the 65th minute to tie the score.

Carl Acosta capped the scoring for the day with a goal assisted by Merl three minutes later.

The Gaels were unable to capitalize on excellent scoring chances in the second half, hitting the post twice.

Upcoming Games:

Women: Saturday, Sept. 27
VS. Stanford @ SMC

Men: Friday, Saturday, and Sunday - SMC tournament

Players of the Week

andrew parsel

Parsel ran the 8k at the UC Riverside Invitational, finishing 38th with a time of 25:33. Although the team finished 21st in a 30 team race, Parsel not only set a personal best, but tied a school record set by Enrique Henriquez in 2000.

sarah burgess

The women's soccer team was unable to defeat No. 21 USC on Friday, despite an early lead initiated by Burgess. Burgess took an assist by Lu Crenshaw off the right side on a breakaway to give the Gaels a 1-0 lead 9:30 into the game.

-Sam Adams



Lissette Garcia/COLLEGIAN

Score Card

Football (0-3)

(Bye Week)

Leaders:

- P. Mangum - 39-74, 349 yds, 9 INT
- C. Wilson - 221 yds, 5.1-carry, TD
- S. Ratliff - 15 catches, 114 yds
- R. Mike - 2 INT, 1 TD
- H. Villarreal - 31 tackles, 18 solo, 2 tackles for loss
- A. Woodards - 4 tackles for loss

Women's Soccer (3-4)

	1	2	Final
Saint Mary's	1	1	2
(21) USC	2	1	3

- A. Artuso - 3 saves
- C. Montero - goal (2)
- S. Burgess - goal (1)

	1	2	Final
Saint Mary's	3	0	3
(22) Dayton	0	1	1

- C. Montero - goal (3)
- J. Barbera - goal (2)
- M. Belzer - goal (3)

Volleyball (8-3)

(Bye Week)

Leaders:

- J. Parmele - 175 kills, 4.38/gm
- M. Bible - 482 assists

Men's Soccer (1-6)

	1	2	Final
Saint Mary's	1	0	1
UC Berkeley	0	2	2

- A. Butler - goal
- K. Wilson - 6 saves

	1	2	Final
Saint Mary's	0	3	3
CS Monterey Bay	1	0	1



Lissette Garcia/COLLEGIAN
Jenny Barbera scored a goal against Dayton.

Tune in those radio dials

SMC radio gets a boost

by Karen Britten
Staff Writer

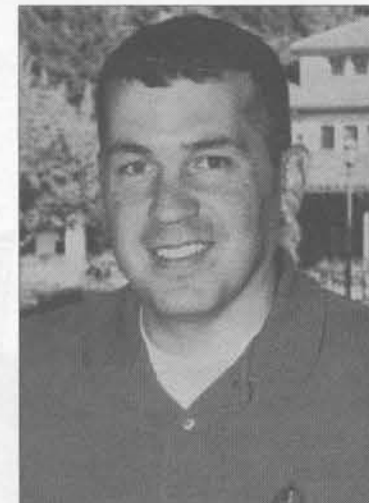
No longer will Saint Mary's basketball games only be heard within a ten mile radius. The athletics program at SMC received a dose of the big-time with the announcement that 1640 AM and announcer Mike Bouve will be airing every game of the 2003-2004 season on their station. The games will now be heard throughout the Bay Area, including the counties of Contra Costa, Alameda, Napa, Marin, and San Francisco.

"It's going to be great," says Mike DeBaringer, a Saint Mary's alumni and basketball fan now living in Walnut Creek. "If I can't attend a game, I'll at least be able to hear it on the radio. I'm glad to have that luxury back."

The last time SMC sports were broadcast on a station other than 89.5 FM was the 1999-2000 season. Ex-Gaels can remember being able to hear Steve McElroy on the air broadcasting football and basketball games.

Now current students will be able to tune in and listen. It is also a step for the athletics program at Saint Mary's.

While our athletic program does play Division I teams, the



Chris Moore/COLLEGIAN

Broadcaster Mike Bouve will add a little experience to the booth.

program is not nearly as big and marketable as other school's programs, like Stanford and UCLA. Having a professional broadcaster do play-by-play on a 10,000-watt station is a step towards being in the same league as other, larger programs.

The experience of announcer Mike Bouve is worth noting too. Fans can no longer expect to hear SMC students broadcasting on 89.5, they can now turn the radio to 1640AM and hear a more experienced and trained announcer. Bouve has worked as the announcer for Sacramento State's football and men's basketball teams.

He was also a co-host and producer for an Oakland Raiders pre- and post-game show in Sacramento.

Big day for CC

5 cross country runners set career highs, Parsel ties record

by Sam Adams
Sports Editor

Saturday, the cross-country teams partook in the UC Riverside Invitational along with 30 other schools. UC Santa Barbara finished first in both competitions, men and women's. The Gaels' men's team ran a good 8k, finishing 21st while the women ran the 5k and placed 12th.

But that isn't the big story. Transfer student Andrew Parsel, finished in 38th place, with a time of 25:33 and tied Enrique Henriquez's school record set back in 2000.

Three other men set their own personal best times, with Travis Biziorek finishing with the time of 28:10, Peter Stemp coming in at 28:29, and Gabe Ramos posting a 29:24 time.

For the women, senior Allegra Porter took 34th place with a time of 19:06 in the 5k. Teammate Ashley Veins finished right behind her, placing 67th with a personal best 20:12.

The Gaels return to the track next Saturday, September 27 at the Stanford Invitational.

ARMCHAIR MANAGER

sam adams

Enjoy your favorites while you can - you never know when they'll be gone

I was sitting in front of the tube last weekend watching the big 49ers-Rams game. Midway through the first quarter, the game, just as exciting as advertised, was tied 7-7.



I got up off the couch to grab a drink. As I walked across the living room I saw Aeneas Williams hit Terrell Owens, giving him a slight concussion. I passed out in the middle of the living room.

When I awoke, I was back in high school, sitting on my mom's couch watching Monday Night Football. Steve Young drops back to pass, the Arizona Cardinals blitz, and Young gets the throw off right before - you guessed it - Aeneas Williams gets by the non-blocking, dress wearing Lawrence Philips and levels Young. He layed on the ground for several minutes, like a newborn baby taking a nap in his crib.

Steve Young, my favorite football player when I grew up, would never throw another pass for the 49ers ever again. No more frantic dashes down field or fake pumping that left arm with no helmet on. The only time I ever see Young anymore is on Toyota commercials.

I awoke in the present, sprawled out on my living room floor with a bloody nose and orange juice spilled on my chest. I sat up to see Owens had been joined by Jeff Garcia on the sidelines, hurt, and I remembered my simple rule when watching sports - enjoy these athletes and their achievements while you can.

Right now Bay Area sports fans are spoiled. Of the six major teams in the Bay Area, four have made the playoffs, and two of them played for a world championship (the Giants and Raiders).

We also have great players to watch - Barry Bonds, Miguel Tejada, Owens, Garcia, Jerry Rice, Tim Brown, and Rich Gannon, and the big three, Mark Mulder, Tim Hudson and Barry Zito, among others. Three of them (Bonds, Tejada, and Gannon) were MVPs last year. But it won't be like this for much longer. Bonds, Rice, Brown and Gannon are all aging and could be done at any moment, no matter how much it seems like they can play forever. Owens and Tejada are going to be free agents, and their cheap owners aren't making much of an effort to keep them around. And who knows, Eric Chavez and the big three may be next on the way out.

But don't worry about that right now. Just enjoy watching these athletes do the things you never thought possible. Just keep in mind that the next long homerun or big touchdown catch may be their last one you'll see.