MP3 free for all: popular music service restricted

Jaime Banks
Copy Editor

Korn and Dave Matthews, DMX and Bob Marley are all available with a click of a mouse thanks to MP3 technology and a variety of free online services. One such service, Napster, was blocked on the Mesa State server under the authority of Director of Management Information Services Paul Rowan. The March 17 restriction was imposed after many other institutions experienced severe bandwidth clogs and orders to cease copyright infringement activities.

Some students are very upset. Lee Diskin, a resident of Monument Hall, the only dorm with access to the Mesa's high-speed Internet connection, thinks music files aren't worthy of blockage. "Napster isn't some cheesy socially degrading porn site. If they're going to restrict anything, it should be that crap," he said.

Rowan admitted there is no established bandwidth abuse policy, nor is there quantifiable data in regard to percentage of Napster-related server traffic or to the extent of system slow-down. He said, "This is a proactive approach. We don't want to get stuck in a situation where we have a lot of Napster traffic and have to try to work backwards."

The free service features hundreds of online users at any time with whom you can share MP3 libraries, search for music files and participate in genre-specific chat forums. Its automatic hash resuming feature allows users to complete broken downloads instead of starting over.

The problem is that when a lot of people are (using Napster), it takes away from the legitimate educational purposes of the network," said Technology Council member Dr. Michael Gizzi. Some students agree. "With things like this going on, it slows down the system for everybody else," said Hillary Rudy, a Monument Hall resident assistant.

"It's a matter of volume — we have one TI interface between here and the Internet," Rowan said. "We're pretty jealous of any bandwidth or anything that might take away that bandwidth." Napster's MP3 files average from 3-5 megabytes in size.

Gizzi said the decision is temporary and would be under review by the Technology Council during the month of April. "Management Information Services made a unilateral decision to temporarily block it — it's still very much under review."

Another Monument resident, Kenneth Hogue, feels the decision is unfair to paying residents. "With all the money we shell out we should at least have

Funding roadblock demolished by local construction companies

Jesse Stiles
Staff Writer

It was a lack of funds that put the construction of a new weight room for the Mesa State Athletic Department on hiatus. Now that obstacle has been successfully eliminated. Hopefully the proposed room will cost the college nothing because of an overwhelming response from the community.

Mesa Athletic Director Doug Schakel noticed problems with overcrowding in the current weight room. Its size was not supporting its demands. Schakel then made efforts to inform the community by asking The Daily Sentinel to print an article detailing the weight room problem.

Not long after the article was printed, Terry Fleming, president of B&B Electric called Schakel and explained that, in a joint effort with Francis Construction, the electrical and construction labor for the proposed weight room would be donated. "This will free up one weight room for the general student population and provide a better weight room for Mesa State athletics," Fleming said.

He also said they hope to begin construction by May.

Opinions - Tuition charges unfair to students in special situations, page 2.
MSC summer tuition charges not benefit to all students

Last week, when registering for my internship for the summer term, I stumbled upon some rather troubling information, information that no student likes to hear: I have to pay more money.

I was informed that when I am doing my internship, whether I am taking other classes or not, I still have to pay the full tuition rate. In my case, I will not even be in town, or even in a Mesa State classroom, so why do I still have to pay tuition for it? Why should I have to fork over the extra for services that I am not using? It doesn't seem right for us as students to be required to pay for athletic fees, computer fees, and other costs that are not related to our education. While it is not fair to make up the student fees in addition to our tuition, yes, I am in a sense getting credit for the practical experience that I am gaining while doing my internship, but I will not be needing the services rendered by the tuition and fees budget.

I was attending classes along with doing my practical experience, I would gladly pay for the tuition, as well as the student fees that go along with them.

My eight hour internship will cost $800, in comparison to the $1,089 that full-time students will be charged for the summer term. It sure seems unfair for students to have to pay for going to school when they are not actually attending any classes.

Don't forget that I must pay nearly $500 in student fees as well. My Stafford Loan does have plenty of room for the additional debt, but I'm not willing to increase it for this!

If students are attending actual classes and not doing practical experience for their majors during the summer term, then acquiring them a pay is understandable. But if you can't take advantage of the services that you pay for, what is the point in paying?

It doesn't seem fair to me. Just as students are needing the services rendered by the tuition and fees budget.

GJ decision-making endangering MSC students

At about 10 p.m. Monday night, an officer from the Mesa State Police was called to room 220 of Tolman Hall when a student, whom we'll call J. Doe, was complaining of stomach pains and tingling down one of his legs and into his feet. The student said he had been vomiting earlier, but he had not been consuming any alcoholic beverages. The officer stated that neither of the students who live in the room had been drinking either.

An officer responded to the call for help. The officer realized right away that there was a need to call in a squad from the Grand Junction Rescue Squad. He was concerned about the nature of the stomach area involved in the student's distress. The GJ Rescue Squad didn't even touch the student who was complaining of stomach pains.

You see, they put on their gloves, but then didn't perform any sort of examination; they just talked a few minutes, and walked out after they showed a refusal of examination form into the face of the student's roommate."

I heard that some of the students were shocked that the GJ Rescue Squad didn't do an examination on the student. An officer asked me if I would take the student to the emergency room at St. Mary's Hospital.

I then dropped what I was doing and took the student to the hospital where a doctor made a diagnosis of possible preliminary stages of appendicitis and possible food poisoning from a salmon sandwich that he had eaten a day earlier. The student was treated at St. Mary's and released.

Maybe he was very lucky. Maybe the Lord was watching over him more than the medically trained staff from GJ Rescue!

What is the matter with this picture? First, no one, especially medically trained people, should take on the role of God. No one should assume that someone has simply overdosed themselves with alcohol, especially when the complaining party doesn't even appear to be under the influence or smell of alcohol. No one should over-generalize the possible complications when one is complaining of any sort of stomach or chest pains.

Second, when one assumes anything, right then, there is a good chance of making an ASS out of U and ME.

Finally, when someone is complaining of chest pains there should be an examination by mashing around on the stomach, putting a blood pressure cuff to work and checking the facial color to see if there may be some tell-tale signs of serious trouble. There should not be a blatant assumption that someone has had too much to drink. Let's get real here people. This student could very well have died if it hadn't have been for a caring officer of the MSC Police, but thank goodness that didn't happen.

Will we have any more incidents that may not end so luckily? Will there be any other future incidents where medically trained professionals will make assumptions that may cause a needless death? Well before you laugh too loudly, remember that Harvard University had several students die as a result of excessive alcohol use and then kept it secret to appease the parents for four months.

I wouldn't want to be in any of their shoes, because how can you justify blatant negligence of things that you know you should bring to light. Likewise, how can anyone justify not taking precautions to prevent possible deaths when they are medically trained to do so!

Dear Lance,

What should I study in university?

Dear University Bound Soon-To-Be Professional,

VT says his ex-wife is a professional, but if I know VT, what she'll do at Harvard (as she's a pro at getting you arrested). So I suggest a more modest career. What to study, hmmm... well, let's see. When I was in... uh college, yeah, college, we studied lots of things, and they all had one thing in common. Books. So I suggest study every book you can get your hands on. Right now I'm studying a book on history. It's by the Rippled Chest Press, and its all about how Raymond swept Amanda off her feet and whisked her away off to Europe. Right now I'm at the part where Raymond gets in a fight with a guy

Love,

Lance
Dear Editor,

I am writing in response to Kim Hendrix's opinion article that appeared in the March 15th issue of the Criterion. While I recognize that this is just one person's expressed opinion, I am significantly concerned by the inaccuracies based on hearsay and the evidence provided in her article.

Kim's claim that Gallagher spent the better part of the week lobbying the RMAC and the presidents' council to have the seating reinstated, without any supporting measures or evidence, is not accurate. The actions were taken in a deliberate and measured way, ultimately leading to the decision to maintain dialogue with the commissioner and other schools in the conference.

I understand the need for the athletic department to come up with a plan to overcome student apathy at the games, and I agree with Kim's suggestion that some students may be more interested in attending games if the seating were reinstated. However, it is important to consider the potential outcomes of such a decision.

For instance, the decision to limit seating could have implications for the media coverage of the games. If the seating were reinstated, it could lead to a decrease in media interest, which could in turn affect the school's ability to generate revenues from game day. Moreover, the decision to limit seating could affect the experience of attending games for students and fans alike.

I hope this explanation addresses the concerns of "compromising" students who are against Kim's viewpoint. Since the college does not make a profit, any funds saved as a result of this change will be redistributed to another area within the college where other costs are increasing faster than revenues or where new services are being developed. The potential savings from this change, for example, could be used to provide up to three additional course alternatives for students.

I hope this explanation addresses the concerns of Kim Hendrix and other students who disagree with her viewpoint. Since the college does not make a profit, any funds saved as a result of this change will be redirected to another area within the college where other costs are increasing faster than revenues or where new services are being developed. The potential savings from this change, for example, could be used to provide up to three additional course alternatives for students.

Sincerely,

Doug Schakel
Director of Athletics
Debate team attends national tournament

Simon Cropp
Staff Writer

The Mesa State Debate Team recently attended the National Parliamentary Debate Association National Tournament in Omaha, Nebraska. The team of Brett Fedderson and William Murphy, both Mesa juniors, ranked 17th out of 230 debate teams after being seeded at 18th.

The competition consisted of eight guaranteed rounds, four pro and four con in regard to topics ranging from the United States’ foreign involvement to restricting violent toys. Each two person team is given their topic 15 minutes before the actual debate and from there they are only allowed access to a dictionary. “It forces you to be a generalist,” Fedderson said of the competition. He added that it only allowed access to a dictionary. After 15 minutes of preparation, two people debate and from there they are only allowed access to a dictionary.

“The training for a competition is intense as well,” Fedderson said. “You read a lot on current events, not just political events, but all kinds,” Casey said. “The practice of guessing what kinds of topics might be chosen in the competition, and debaters even learn how to argue the rules if they need to.”

“I think it’s a real achievement in terms of academic achievement and our students’ involvement,” Casey said.

Fedderson also said heckling is allowed and encouraged during the debates. He said that sometimes the debate is more about how to beat the opponent than factual knowledge.

Dr. Tim Casey, an associate professor of political science, and the Debate Team’s coach, said it is “debateable” whether or not the coach helps his students during the 15 minute prep period in the competition. Casey chooses not to coach his students in those 15 minutes because he feels it better prepares the students for the debate if they have to shape their arguments themselves.

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“Dr. Casey is real demanding that MSC is more demanding that MSC” McCane is more demanding that MSC only inspects schools that award baccalaureate degrees and above.

The nursing program curriculum is “debateable” if they have to. For the $5,000, the school received 10 years of accreditation from the National League of Nurses, or CCNE. Formerly, the program was accredited by the National League of Nurses, Dr. Sandy Forrest, chair of the Department of Nursing and Radiologic Sciences, said, “We chose to change to a more stringent body of accreditation.” It is because CCNE is more demanding that MSC chose to apply for accreditation from the organization. CCNE only inspects schools that award baccalaureate degrees and above.

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For the $5,000, the school received 10 years of accreditation, the most possible. Forrest said five, eight or 10 year endorsements could have been awarded. “This says a lot about our program and is great for our students,” Forrest said.

MSC nursing program receives 10-year accreditation from new, “stringent” group

Leigh Ashman
News Editor

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1. Program growth from the philosophy and mission of MSC.
2. Institutional support of the school in the form of media services and library resources.
3. The nursing program curriculum how it prepares its students to become nurses, based on how well students are prepared for the State Board nursing exam.
4. How successful graduates of the program are at finding jobs.
5. Whether the program, the two nursing educators met and spoke with MSC and nursing school officials about the nursing department.
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News

New labs available
Jaime Banks
Copy Editor

So you've got a paper to print—it's due in five minutes—and the library computer lab is full. Upgrades in a student-funded computer lab will make those last-minute efforts a little easier.

The computer lab located in Houston Hall, room 102, was upgraded in February, a project funded by the student technology fee.

"(The upgrade) was absolutely critical because we had all sorts of courses being held in there and the machines just weren't working," said Dr. Michael Gizzi, a member of the Technology Council.

With improvement costs of $30,000—about $3,100 worth of work for each computer—

ASG: 2000 elections loom

ASG: 2000 elections loom, from page 1

is also a junior in the political science program and serves as the senate leader in ASG.

Lim is junior majoring in computer science and is also active in ASG, serving as the senator of math and science at the senator of math and science. Lancaster is a senior, majoring in history and returning next year to complete his minor in business. He currently serves as the Club Advisory Board (CAB) president.

Elections are scheduled for April 18-20 with a debate to be held April 17.

Ride Lunch Loop

Group ride:
Fridays at 4 p.m.
Meet at the back door to the Outdoor Program, in the College Center parking lot.,

For more information, call Keith Etris 248-1040 or Dan at 248-1428.

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MP3: Napster blocked, from page 1

For the freedom to do what we want with our computers, students should not suffer because the school can't keep up with changing technology," Rowan said. With students making such accusations, Rowan said the Technology Council has considered broadening service. "We've talked about purchasing additional bandwidth for the residence halls and for the modem pool. That will be a decision partly made by the Student Technology Fee Committee—it isn't anything set in stone."

Despite rumors, AOL Instant Messenger and ICQ are not on the list of applications to be possibly blocked, Rowan said. Video conferencing software, however, is under consideration. "Those are real bandwidth hogs," he said. Eventually, "quality of service" programs that prioritize information will be implemented. E-mail will be processed first, followed by file transfers and then video conferencing and streaming.

In June, the Silicon Valley-based corporation plans to replace the current beta version of Napster with software that will help with the bandwidth problems. Ideally, it will first process requests within the local server. If the request cannot be fulfilled, only then will it be forwarded to other locations, thus reducing external traffic. Rowan said the college could be willing to consider the software if copyright issues are resolved.

Napster and MP3.com are under fire from the Recording Industry Association of America (RIAA) for copyright infringement charges, an issue about which college administrators are concerns. "At this point in time we are very sensitive to copyright issues in conjunction with the Digital Millennium Copyright Act," Rowan said. The legislation, enacted Oct. 28, 1998, outlines heightened liability specifications for online copyright infringement.

"Given the uncertainty of Napster, the college could be putting itself in the position of liability," Gizzi said. The RIAA has issued several cease and desist orders to many universities across the country. As Napster essentially transforms each member's computer into a server, the potentially copyright-infringing digital music files are not stored directly on Napster's browser. The RIAA Web site states, "Just because Napster may not host the infringing recordings does not make Napster not guilty of copyright infringement. Copyright Law has long recognized that someone who materially contributes to infringing activity, with knowledge of that activity, is liable for copyright infringement."

RIAA general counsel Cary Sherman told Rolling Stone that the association is "trying to preserve the opportunity for a legitimate marketplace to emerge on the Net." She said, "We can't do that if we're in competition with a beautifully functioning pirate market." Napster's Web site states, "Napster is designed to be a music community—not an MP3 piracy tool."

Stanford University senior David Weekly published a Web tutorial instructing students on how to get around institution-imposed firewalls by accessing the service through a proxy server, an act infuriating the administrations of many institutions. Weekly wrote, "Local network administrators are just that: LOCAL network administrator. Specifically, they only have the power to filter packets that leaves your computer destined for some other specific set of computers. So when they say 'we've blocked Napster,' what they really mean is 'we shut off direct access to the Napster server.'"

Students Against Univerity Censorship has compiled a list of almost 200 colleges that have banned the service, as well as various movements across the country toward its re-instatement, including a successful campaign at the State University of New York.

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**Cultural Diversity Board**

The Cultural Diversity Board (CDB) is seeking applicants for their Executive Board for the 2000-01 school year. CDB is an organization created to promote cultural awareness on the Mesa State College campus. It is the umbrella organization for the

* Black Student Alliance (BSA)
* International Student Union (ISU)
* La Raza
* Native American Council (NAC)
* Ho'olokahi (Polynesian Club)
* People Recognizing the Importance of Diversity and Equality (P.R.I.D.E.)

Its purpose is to offer all students of MSC a better understanding of other cultures and ethnic groups. To offer the opportunity to interact with and learn from other students from different cultures and backgrounds. To promote respect and understanding of other cultures and life-styles, and to promote and assist in the development and implementation of cultural, intercultural, and informational/educational programs for the benefit of the student body, the college, and the local community.

**Director**

- Must have and maintain a 2.5 G.P.A.
- Must be of Junior class standing
- Will serve for one academic year
- Receives a payment equal to 100% tuition

**Assistant Director**

- Must have and maintain a 2.0 G.P.A.
- Must be of sophmore class standing
- Will serve for one academic year
- Receives a payment equal to 75% tuition

**Secretary/Treasurer**

- Must have and maintain a 2.0 G.P.A.
- Must be of sophmore class standing
- Will serve for 1 academic year
- Receives a payment equal to 75% tuition

If interested, applications are available in the Cultural Diversity Center located in the Campbell College Center. Please submit applications by April 15, 2000. For more information about the positions please call 248-1664.
Superstars rise up in MSC theater

Mesa State students Landen Jones, Jesus, Annie Phillips, Mary Magdalene, and Troy Iron Wing, Judas star in the rock opera, Jesus Christ Superstar.

Hantavirus can strike close to home

It can affect everyone. The deer mouse, found throughout most of North America, is the reservoir host of the hantavirus pulmonary syndrome.

Now is a chance to learn about it. Mesa State's chapter of Alpha Chi national honor society is sponsoring its annual spring lecture titled "Of Mice and Men: Immun-

Please see VIRUS, page 10

Spring is in the air at MSC

State's chapter of Alpha Chi national honor society is sponsoring its annual spring lecture titled "Of Mice and Men: Immun-

Please see STAR, page 10

Unity Fest: opportunity for everyone

A barbecue, carnival and field games are just the beginning of a week long celebration called Unity Fest. The activities are sponsored by Cultural Diversity Board along with Black Student Alliance, Ho'olokahi, International Student Union, La Raza and Native American Council.

Unity Fest is held at Mesa State every year to promote diversity and awareness on campus.

"Diversity is extremely important to us and to the community. This is a way for us to raise awareness," said Chahunah.

Please see UNITY, page 8

C.A.B. Club Announcements

Accounting Club: Add a member, April 6, 2000! We'll meet at Big Cheese Pizza, 810 North Ave. at 5:30 p.m. Talk to a current member for more information.

Accounting Club: Marcia Armbold, Pam Noonan and Sue Broughton from the Mesa County Finance Office will speak at 5:30 p.m. on April 13, 2000.

Accounting Club: Investment Brokers Lina Evans and Helen Love will be guest speakers on April 20, 2000 at 5:30 p.m. in Krey-Ziegel.

The MSC Juggling Club: Meeting Wednesday at 2 p.m. Come join us! Beginners welcome. We will teach you!

Geology Club: Meeting Tuesday, April 11 in the Bacon Rm at 10 a.m.

Mesa Rugby: Travels to Colorado School of Mines to compete in the Bare-Foot Super Sevens Tournament.

Student Art League: Meeting Wednesday at 5:30 p.m. at Common Grounds. If you have any questions call Susan Padget at 248-1851.

Christian Student Fellowship: Get ready to dance! Swing, East Coast and Country, Friday, April 28 in Laff from 8-12 a.m. Students with ID are $3 single, $5 couple.

Christian Challenge: Meets every Thursday in Weldon Lecture Hall at 7 p.m. Live music and good fellowship are waiting for you! 241-7609 for details.
Pianists raise scholarship funds

Meaghan Blanchard
Aust. Features Editor

The Mesa State College Music department is holding its annual Piano Scholarship Benefit concert Monday. "Proceeds from this concert go towards scholarships for students who want to study piano," said Dr. Michael Baron, pianist and artist-in-residence at Mesa. "We also include envelopes in the program so that people can donate later if they want." Baron will be playing every piece, while a different pianist will join him for each piece. The four different pianists joining Baron are Robert Beberg, Andrea Arese-Elias, David Hawkins and Kathryn Mientka. "I am very happy with the group that I have this year. They are the finest pianists in the area," said Baron. Also joining Baron and Hawkins for Bolling's "Sonata for Two Pianists, Percussion, and String Bass," will be Michael Waldrop, percussion, and Troy Rapier, string bass.

The other three pieces that will be played include Mozart's only piece ever written for two pianos, "Sonata for Two Pianos," Brahms' "Variations on a Theme by Haydn," and "Scaramouche" by Darius Milhaud.

The concert will begin at 7:30 p.m. in the William S. Robinson Theatre. Tickets are $6 for adults and $1 for students. For more information call 248-1788.

UNITY, from page 7

Fontes president of the Cultural Diversity board. "Minority students are very underrepresented at Mesa, and we hope that these events will not only raise awareness, but also serve as a recruitment tool for minorities that may be considering Mesa as a school." The clubs began putting on Unity Fest in order to impact the student body in a positive way. "Not only will they be having fun with games and getting to socialize, but they will be learning about all of the clubs and different cultures in a fun environment," said Stacie Chiba, president of Ho'olokahi. This Sunday, April 9, will be the kickoff event, Unity Carnival 2000, held on the main campus quad from 11 a.m. to 4 p.m., and from 7-9 p.m. there will be a dance and banquet held in Liff Auditorium.

"Come out on Sunday to the quad and enjoy entertainment, food and inflatable games, like Bungee run and "Jump and dunk tanks," Chiba said.

Each club will be hosting a day of activities. "Each club is responsible for their own day. As a club you decide on what activities you want to do for your day," she said. Monday, from 11 a.m. to 3 p.m., Black Student Alliance will be hosting "Roots, Rock and Reggae," a day full of several events including a pie eating contest, a limbo contest and hair-braiding. Tuesday, PRIDE will be hosting "Striving for Diversity," with events in the quad from 12-2 p.m. and an information session on "Gays to becoming Allies" from 7-9 p.m. in Liff.

Wednesday, La Raza will be hosting "Bailadores de Varias Culturas," Events in the quad will run from 11 a.m. to noon, and from 7-9 p.m. they will be hosting singers, a Mariachi band and dancers along with a banquet in Liff.

Thursday, Ho'olokahi will be sponsoring the "Around the World and Rack Beach Bash" with a cultural fashion show from noon to 1 p.m. in the quad and from 9 p.m. to 3:30 a.m. they will be hosting a BYOB (Bring your own Black) party at the Mesa Theatre. Cost is $3 with a Mesa State gold card.

"We decided our performances were getting old and a big celebration would be a lot more fun," Chiba said.

Friday, the Native American Council will host "Rock to traditions," with medicine wheel teachings and traditions from 10 a.m. to noon in the quad.

All of the weeks activities are free, except the BYOB party, and open to the public.

I am really excited and proud about all of the participation that we have been getting this year. We have come so far as a group; We really hope that a lot of people come out and participate and take advantage of the opportunities they have to learn about other cultures," Fontes said.

FREE Resume Workshops

To help students prepare for the employment world, the Job Placement Office is conducting Resume Workshops in the W.W. Campbell College Center.

Monday, April 10, at 10 a.m.
Thursday, April 20, at 1 p.m.
Tuesday, April 25, at 11 a.m.
Monday, May 1, at 2 p.m.

Bring your resume, pen and paper.

Sign up in advance either online or in person with the Job Placement Office.

www2.mesastate.edu/student/services 248-1366

Lectures and Forums Committee

presents

Bob Hempstead
Ice Climber * Iditirod Dog Sled Racer * Mountain Climber

There will be two slide shows about his climbs and dog sled mushing

April 13 7 p.m.
Saccamanno Lecture Hall

One of his goals is to climb the summits of the tallest mountains on every continent and spin a rope trip. He has conquered Mt. Logan in Canada, Kilimanjaro in Africa, Everest, Aconcagua in South America, and Mt. McKinley among others.

Free and Open to the Public

Information: Bruce Bauzele at 245-1684 or Tess Carmichael at 243-0752.
Mavs Mouth Off:
What’s the best April Fool’s Day joke you’ve ever seen pulled off?

Natalie Rockwell-Fr.
“I told my mom I got in a car wreck and wrecked her car. She was pissed.”

Heath Prow-Fr.
“My friends took the wheels off of my car after I got home from work.”

Josh Mc Alister-Sr.
“All of the seniors took all of the desks out of the school plus more, and it took the school a week or more to get it back in order.”

Steve Wilkerson-Ir.
“I put icing on a cake pan for my grandpa’s birthday, and when he cut into the cake, it went, ‘clink.’”

Beth Newberry-Fr.
“Telling my mom that I got suspended from school, and the principal went along with it.”

FEATURES
Southwest Fest 2000
Put on a bib, it’s chili-eating time. The Grand Junction Downtown Association is holding the 17th annual Southwest Fest.
Saturday, April 15, 11 a.m. to 5 p.m. on Main Street, booths will be set up for the Chili Cookoff and Salsa Competition, Micro Brewfest, Homebrew Competition, Jalapeno Eating Contest, Farm and Ranch Days and Touch a Truck. There will also be live entertainment.
Stop by the information booth at 6th Street and Main for taste tickets. Or for more information, call 970-245-2926.

LOSE 20 POUNDS IN TWO WEEKS!
Famous US Women’s Alpine Ski Team Diet

During the non-snow off season, the US Women’s Alpine Ski Team members used the “Ski Team” diet to lose 20 pounds in two weeks. That’s right – 20 pounds in 14 days! The basis of the diet is chemical food action and was devised by a famous Colorado physician especially for the US Ski Team. Normal energy is maintained (very important) while reducing. You keep “full” – no starvation – because the diet is designed that way. It’s a diet that is easy to follow whether you work, travel or stay at home. (For men too!)

This is, honestly, a fantastically successful diet. If it weren’t, the US Women’s Alpine Ski Team wouldn’t be permitted to use it! Right? So, give yourself the same break the US Ski Team gets. Lose weight the scientific, proven way. Even if you’ve tried all the other diets, you owe it to yourself to try the US Women’s Alpine Ski Team Diet. That is, if you really want to lose 20 pounds in two weeks. Order today! Tear this out as a reminder.

Send only $8.95 – add .50 cents RUSH service to:
MIDWEST ASSOCIATES, 3318 S. Glenstone, Suite 308, Springfield, MO 65804. Don’t order unless you expect to lose 20 pounds in two weeks! Because that’s what the Ski Team Diet will do. © 1999

Grand Junction Travel 245-4016
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Shoreline Sugarloaf Resort & Towers
$599 Includes Rio Food & beverage credit

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7 Nights - air out of Denver
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$689

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1-877-hastings (427-8464) Monday-Friday 9am-6pm Central Time.
STAR, from page 7

Mouland is a vocal performance major, and Annie Phillips is a music theatre major.

Dr. Michael Waldrop is the Orchestra director, Brian T. Vernon did the choreography, David M. Cox did the scenography and Heather Waggoner did the costuming.

The play will run Thursday through Sunday and will run again April 20-22. Tickets are $5 for students, $12 for adults and $10 for seniors. This play is rated PG and is not recommended for young children. For more information call the box office at 248-1604.

VIRUS, from page 10

opathogenesis of Hantavirus Pulmonary Syndrome.

Dr. Tony Schountz, assistant professor of biology at Mesa State College, will present the lecture Tuesday, April 11 at 4 p.m. The cost is free.

Reggae on rise

Kim Hendrix
Features Editor

When it comes to Reggae, there are names that come to mind such as Bob Marley. There are many other bands making a name for themselves in the reggae music industry, too. One such group, Zion, will be performing Friday, April 7, at 9 p.m. at Station 234.

Zion, a sextet originally from San Marcos, Texas, has been playing together for six years now. They have one record release out, Reggae RockDown on Noiz Records, and a second on the way. They do more than 100 shows a year.

Frontman Carlton Pride is the son of country-western star Charlie Pride. Growing up surrounded by a variety of music, it only makes sense that it is the career of his choice.

The group has composed many of its own tunes and does a number of reggae covers for six-piece bands. Price does not claim his words, however. Being a spiritual person, he believes they are channeled into him. That same spirituality can be felt from the stage and throughout wherever they are playing, he said.

MBA information night

Anyone interested in a Masters of Business Administration is encouraged to attend a special information night Wednesday, April 5, at 7 p.m. in the Boettcher Room of the College Center.

MBA Director Dr. Tim Hatten will discuss how skills and organizational knowledge can be applied in the new workplace. Dr. Gary Bonvillian, dean of the MSC School of Business and Professional Studies, will also be available to answer questions.

The MBA program is designed for career professionals in private and public sector management and leadership positions.

For further information about the night, call (970) 248-1778.

Congratulations to the 2000 Q Crew!

Camille Williams
Jamille Williams
Andrea Price
Melissa Reavis
Melany Crews
Cathy Hooper
Julie Lay
Tiffany Hegg

Kristina Spriggs
Eliza Smith
Natalie Rockwell
Courtney Rappe
Sara Marie Prow
Valerie Antonette
Glenn Boyd

MBA LEVELING

Talents of the area classes in your studies!

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- Geology
- History
- Human Performance & Wellness
- MBA Leveling
- Marketing
- Management
- Mathematics
- Speech
- Statistics
- Theatre

Summer Classes Will Also Be Held

JUNE 12 — JULY 6
JUNE 12 — AUGUST 3
JULY 11 — AUGUST 3

Register online at www.mesastate.edu

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SUMMER SCHOOL 2000

Get ahead with our new MAY SESSION

May 15 — June 8

TAKEN ADVANTAGE OF THE MAY SUMMER CLASSES AND GET AHEAD IN YOUR STUDIES!

Register Now
Lady Mavs split with Kearney

Ryan Keim
Asst. Sports Editor

The Mesa State softball team heads to Fort Hays State this weekend on a roll, winning eight of its last 11 games, including capturing two from Rocky Mountain Athletic Conference leader Nebraska-Kearney on Saturday, April 1.

The Lady Mavs started Saturday's doubleheader off by taking a 4-0 lead after the fourth inning on home runs by junior third baseman Lindsay Noble and senior shortstop Kristi Wheeler. Kearney got its first two runs across in the bottom of the fifth inning, but the Lady Mavs answered with three runs in the top of the sixth and handed Kearney's Amanda Kelly her first loss since 1998 (34 games) with a 7-6 victory.

“We hit her and we hit her hard. We had off her rise ball very well,” coach Kris Mort said of the Lady Mavs’ performance against Kelly.

In the second game, Mesa State jumped out to a quick 5-1 lead after three innings. Senior pitcher Heather Hatzenbeller gave up only one run through five innings, but was roughed up for five runs on six hits in the bottom of the sixth inning and the Lopers swept.

Please see SPLIT, page 13

Mavericks just keep on cruisin’

John Trumble
Staff Writer

Twelve homers, 33 runs and 25 strikeouts on the weekend set the Mavericks atop the Rocky Mountain Athletic Conference standings.

“I thought the weekend went well. We played without fear of failure and great enthusiasm,” said senior right fielder Rennie Leiman. The senior outfielder hit two home runs on the weekend, one of which started the rally cry for the Mavs in the bottom of the seventh inning as they came back to win the third game of the series.

After Brian’s Homer to lead off the inning, junior left fielder Brandon Berkley doubled to center field. With Berkley in scoring position, junior catcher Rion Sundloff came to the plate but was intentionally walked. When Nebraska-Kearney’s pitcher attempted to pick off Berkley, who pinch ran for Sundloff, madness ensued. Berkley took off on a dead sprint for second, but was cut off by the throw and as he planted and changed direction, Berkley stole third.

Meantime, Breeding, who was still caught in the rundown, saw an open first base and split for the bag. An errant throw from Kearney’s pitcher allowed Berkley to cross home plate for the seventh and winning run.

The other three games, while not as gut-wrenching, saw the Mavs combine timely hitting with precise pitching on their way to a four-game series sweep of Kearney. Junior pitcher T. Jay Gilpatrick had five strikeouts as the Mavs went on to win, 6-3.

Game two action had all the makings of a good one, with three home runs by the Maverick bats and solid pitching from pitcher Mike Homan. The junior pitcher went the full seven innings, finishing with six strikeouts.

The series, “It was a good series and we improved our conference record to 7-1, the offense knew it would have to take matters into its own hands. That is exactly what they did, scoring at least one run in every inning. Dropping six monster bombs off Loper pitching in the game, the Mavs doubled Kearney 12-1 for the win and the series sweep.”

“We had been hitting the ball well all day; I just felt confident,” said sophomore catcher Anthony Banaquista, who had a pinch-hit home run in the bottom of the sixth inning.

The Mavs will continue their attack on the RMAC this weekend as they play host to the University of Southern Colorado. “It should be a tough fought series,” said coach Chris Hanks.

Action kicks off on Friday with the opener at 6 p.m. and continues on Saturday at 1 p.m. and Sunday at noon.

RMAC Softball Standings

<table>
<thead>
<tr>
<th>Team</th>
<th>Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neb.-Kearney</td>
<td>16-3</td>
</tr>
<tr>
<td>Mesa State</td>
<td>14-6</td>
</tr>
<tr>
<td>N.M. Highlands</td>
<td>9-5</td>
</tr>
<tr>
<td>Southern Colo.</td>
<td>7-5</td>
</tr>
<tr>
<td>Fort Hays State</td>
<td>9-8</td>
</tr>
<tr>
<td>Regis Univ.</td>
<td>6-6</td>
</tr>
<tr>
<td>Colorado Mines</td>
<td>6-8</td>
</tr>
<tr>
<td>CU-Colo. Springs</td>
<td>6-8</td>
</tr>
<tr>
<td>Adams State</td>
<td>4-12</td>
</tr>
<tr>
<td>Fort Lewis</td>
<td>0-16</td>
</tr>
</tbody>
</table>

RMAC Baseball Standings

<table>
<thead>
<tr>
<th>Team</th>
<th>Record</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mesa State</td>
<td>7-1</td>
</tr>
<tr>
<td>Fort Hays State</td>
<td>6-2</td>
</tr>
<tr>
<td>N.M. Highlands</td>
<td>4-3</td>
</tr>
<tr>
<td>Metro State</td>
<td>2-2</td>
</tr>
<tr>
<td>Neb.-Kearney</td>
<td>4-4</td>
</tr>
<tr>
<td>Southern Colo.</td>
<td>2-5</td>
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<tr>
<td>Regis</td>
<td>2-6</td>
</tr>
<tr>
<td>Colorado Mines</td>
<td>0-4</td>
</tr>
</tbody>
</table>
Grand Valley is a motocross paradise

Brendan Enstrom
Staff Writer

Believe it or not, there is more to do in the desert than party for a half-hour before the cops come. On any afternoon, after work or classes get out, the desert is flooded by dozens of pickups filled with motorcycles, and quite a few of the bikes belong to students here at Mesa State College. If you are wondering how to spot a motocross rider, the patented Fox hat is a definite sign to look for.

Riding in the desert is a good way to spend a couple of hours recovering from classes. Most of the riders enjoy just riding over the ridges of the desert and going over an occasional jump, but there are also motocross and supercross style tracks only five minutes from the college. These tracks are free to ride on unlike the tracks toward Denver.

The desert has also been host to several races over the years. There are endurance races where the riders try to get from point A to point B as fast as possible, and there were the motocross races where the riders have to ride several laps around a planned course full of obstacles and jumps.

Grand Junction is home to several of Colorado’s professional riders as well as hundreds of riders at other levels.

Regardless of what their level, the riders are always ready to go for a joy ride at the drop of a hat.

If you are a rider and are looking for a person to go riding with, or are just interested in getting started, don’t be afraid to talk to any of the motocross riders. They are always willing to answer any questions, or just talk your ear off.

The desert is nationally recognized as one of the best places in the country to ride, and was even featured in one of the infamous Crusty videos featuring the lifestyles of riders. Western Colorado has the most famous hill climbing ridge in the country located near the airport. It is called Skinny Ridge, and has caused numerous broken bones and even claimed lives.

Any kind of dirt bike from a fully modified race bike to the garage sale special will work. Find some boots, a helmet, and a pair of gloves and you are in business. Whatever kind of riding you enjoy, the desert offers it, so enjoy what Western Colorado has in its own backyard.

The O.P. is hiring!
Contact Joshua at 248-1670

- Tonight! "Top of Americas"
  Free slideshow, 7:30 p.m., College Center Cafe
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  Women's Backpacking Trip
- Monday
  Ropes Course Training

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SPLIT, from page 11

took the lead, 6-5. The Lady Mavs responded once with two runs in the top of the seventh and won by the same 7-6 count.

Kearney's two losses marked only the second time an RMAC team has swept a doubleheader on the Lopers' home field. Mesa State accomplished the feat during the 1998 season.

"I felt a different sense of confidence and desire to beat Kearney this year than I've ever felt out of my players, due to health concerns from Heather's cardiologist," Mort said.

Sunday brought a little change in momentum for the Lady Mavs because junior pitcher Melanie Meuchel (8-3, 2.09 ERA) was unable to attend the games due to health concerns from her cardiologist.

"Mort said," Meuchel's return, but if she is not allowed to play, Mort said, "We'll go in with the same game plan, hoping that Heather's healthy enough to go again."

The Lady Mavs are anxious for Meuchel's return, but if she is not allowed to play, Mort said, "We'll go in with the same game plan, hoping that Heather's healthy enough to go again."

BLEACHERS, from page 11

"There is a Grand Junction city ordinance that does not permit alcohol in the baseball park," Schakel said.

"I'm still monitoring," he continued. "I'll continue to monitor as well."

If you are concerned about losing fat weight, you should be aware that diet in combination with exercise is the most effective method of fat control. To lose fat weight, energy input must be less than energy output.

EXERCISE & HEALTHY HEARTS

THE ONLY WAYS TO loose FAT

Reduce your caloric intake below daily requirements

Maintain regular activity, thereby increasing daily energy requirements

Combine both by decreasing daily food intake and increasing daily energy expenditure

Dieting alone for fat loss can be effective if done properly; however, long-term fat control through dietary restriction alone is less than 20% effective. The disadvantages of dieting in the absence of exercise include loss of lean body mass and large amounts of water, plus increased lethargy, metabolic stress and decreased resting energy expenditure. This causes your diet to be less effective.

Exercise alone can also be used as an effective tool for fat loss; however, combinations of moderate exercise and diet offer the most flexible and realistic approach to fat control. As an example, one pound of fat has 3500 calories of energy associated with it. You may "burn" or expend approximately 350 calories per one half-hour of moderate exercise depending on your fitness level, body size and form of exercise.

If you exercised for a half-hour 3 days a week, you would burn 1050 calories above your normal expenditure. Consequently, weekly caloric intake would have to be reduced by only 2450 calories (instead of 3500 calories) to lose one pound of fat. That amount to 350 calories per day—the elimination of a candy bar and a Coke. Most "dieters" can eat their calories by 800-1000 per day, which is very difficult to maintain for any length of time.

To continue our example, if the number of exercise days is increased from 3 to 5, food intake need only be restricted by 1750 calories per week (or 250 calories per day—1 less 8-oz. yoga). Increasing duration of the exercise to an hour per day results in no need to decrease caloric intake to lose a pound of fat per week.

The American College of Sports Medicine recommends that your diet and exercise program should produce a fat loss of 1-2 pounds per week. This approach helps avoid the effects of severe caloric restriction. Exercise improves fitness levels, enhances the mobilization and utilization of fat for energy production, and facilitates fat loss while preventing the loss of lean body mass (muscle). The final result of a lifetime commitment to proper eating habits and regular physical activity is improved physical appearance, cardiovascular fitness and overall health, and most importantly, improved quality of life.

This article is not intended to give medical advice which should be obtained directly from your doctor.

ULTIMATE FRISBEE is played every Wednesday at 3 p.m. on Bergman Field (by the tennis courts) and is open to any student or staff to drop in and play.

Please call 248-1591 for more information.
Cultural Diversity Board
Unity Fest 2000
April 9-14

Sponsored by
Cultural Diversity Board
and the following:
Black Student Alliance (BSA)
Ho'olokahi (Polynesian Club)
International Student Union
La Raza of Mesa State
Native American Council (NAC)
People Recognizing the
Importance of Diversity & Equality (P.R.I.D.E)
Mesa State College Activities Council
Coca-Cola

Unity Fest Events:

Sun., April 9
11 a.m. - 4 p.m. | Unity Carnival 2000
Carnival Games, Barbecue, Field Games - Quad
Dance & Barbecue - Lif! Auditorium

* Free Soda
* Cotton Candy
* Bump and Jump Castle
* Bungee Run
* Obstacle Course

Mon., April 10
11 a.m. - 3 p.m.
Roots, Rock, and Reggae
John Bayley, Dancing, Singing, Limbo Contest,
Pie Eating Contest, Hairbraiding - Quad

Tues., April 11
12 noon - 3 p.m.
Striving for Diversity 2000
Karen Capaldi & Music - Quad
Clues to Becoming Allies with Social Following -
Liff Auditorium

Wed., April 12
11 a.m. - 2 p.m.
Bailadores de Varias Culturas
Dancers, Folklorico Dancing, Singing, Mariachi
Band, Music - Quad

Thurs., April 13
12 p.m. - 1 p.m.
Around the World and Back
Beach Bash Thursday
Cultural Fashion Show - Quad
BYOB Party (Bring Your Own Bikini) - Mesa Theatre ($3 w/Gold Card)

Fri., April 14
10 a.m. - 12 noon
Back to Traditions
Medicine Wheel Teachings & Traditions - Quad

All events on MSC campus are free and open to the public!
Come and join a week of Unity at Mesa State College.

For more information call CDB at 248-1664.
Help Wanted

Help wanted: MSC Grounds Maintenance Dept. is now accepting applications for summer employment. Apply at Facilities Services, MCC, Room 244.

Help wanted: A personal trainer for the high school championship basketball team. Must have experience. Apply at 257-0610 or email: Yadira@rmhmu.uri.

Walking: The RMHMO is looking for 50 serious people to lose weight. Fast and safe. 100% natural. Please call: 243-6006, ext. 7839 or ask for Shawn, Erica or Tony.

Classified advertisements are free to students for the first 25 words! Stop by the Crite office in the College Center.
Is someone you know trying to get an education without breaking the bank? We have the perfect solution!

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**Prize:** One-year tuition and fees for the 2000-2001 academic year for any returning student of or any new student already accepted to Mesa State College, as designated by the ticket holder.

**Price:** $5.00 per ticket

**Drawing Date:** April 29, 2000

**Place:** MDC Alumni/Foundation Office

**Time:** 9:00 a.m.

**License:** None

Tickets may be purchased by anyone 18 years of age and older. Prize money will be paid directly to Mesa State College Business Office and will be deposited into the student’s account. Please contact the Foundation at 248-1295 or the Alumni Association at 248-1215 with any questions.

Tickets will be on sale in the Student Center on March 30, April 6, April 14, April 21, and April 25, from 11 a.m. to 1 p.m.

To purchase tickets, please detach and return with check to:

Mesa State College Foundation
P.O. Box 3692
Grand Junction, CO 81502

or you may purchase tickets at the Foundation/Alumni Association Office at 1041 Mesa Ave.

Please send me:

Raffle Tickets @ $5/each = ________ (total due)

I have enclosed my check in the amount of $________

Please provide the following information for your ticket stubs:

Name:__________________________

Address:________________________

City/State/Zip:__________________

Phone Number:__________________

Name of Student:________________

Tickets will be mailed upon receipt of payment.

**Tuition Raffle**

**Station 234**

**Jazz • Rock • R&B • Blues**

4/5 Wed. - Open Mic Night with featured guest 9 p.m.
4/6 Thurs. - Bobby Walker & Friends 9 p.m. No Cover
4/7 Fri. - Zion 9 p.m. $5 Cover
4/8 Sat. - Phoebe Legere 9 p.m. $5 Cover
4/9 Sun. - SPORTS! Enjoy drink specials $1 Bratwurst, $2 Bloody Marys, off all drinks
4/10 Mon. - Pool Tournament 7:30 p.m. $5 Entry Fee
4/11 Tues. - Gracious Grooves 9 p.m. $5 Cover

**Grand Junction, CO 81502**

**www.station234.com**

**Hantavirus**

Learn more about Hantavirus from our faculty expert!

**Alpha Chi Spring Lecture**

Dr. Tony Schountz
Of Mice and Men: Immunopathogenesis of Hantavirus Pulmonary Syndrome

Tuesday, April 11, 2000 at 4 p.m.
in Krey-Zeigel Room

Learn more about Hantavirus from our faculty expert!

**Tuition Raffle**

Is someone you know trying to get an education without breaking the bank? We have the perfect solution!

The Mesa State College Foundation & The Alumni Association present a Tuition Raffle

**Prize:** One-year tuition and fees for the 2000-2001 academic year for any returning student of or any new student already accepted to Mesa State College, as designated by the ticket holder.

**Price:** $5.00 per ticket

**Drawing Date:** April 29, 2000

**Place:** MDC Alumni/Foundation Office

**Time:** 9:00 a.m.

**License:** None

Tickets may be purchased by anyone 18 years of age and older. Prize money will be paid directly to Mesa State College Business Office and will be deposited into the student’s account. Please contact the Foundation at 248-1295 or the Alumni Association at 248-1215 with any questions.

Tickets will be on sale in the Student Center on March 30, April 6, April 14, April 21, and April 25, from 11 a.m. to 1 p.m.

To purchase tickets, please detach and return with check to:

Mesa State College Foundation
P.O. Box 3692
Grand Junction, CO 81502

or you may purchase tickets at the Foundation/Alumni Association Office at 1041 Mesa Ave.

Please send me:

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Address:________________________

City/State/Zip:__________________

Phone Number:__________________

Name of Student:________________

Tickets will be mailed upon receipt of payment.

This is your chance to win tuition and fees for the 2000-2001 academic year.