

Honorable Mentions

To Be or Not To Be?... That is NOT the Question!

Many ethnic groups at UCR think they are in the minority on campus, but we fail to realize that there are other things that made people different. These once "forgotten" groups are starting to emerge, blind to race and ethnicity. Such crowds include those who are vegans, vegetarians, lactose intolerant, and even have arachnophobia.

A group of six friends were sitting and discussing the situation regarding residence halls and on-campus food available to students who are vegetarians. With the determination to improve the food selection and respect for the vegetarian community, they began the Vegetarian Student Union (VSU).

This newly founded organization on campus is for vegetarians (full- or semi-), vegans, and even non-vegetarians who are interested in learning more about vegetarianism and its benefits. This organization is committed to promoting a more positive, healthy, and accepted image of vegetarianism and to improve the selection of food and health of students in the campus community.

The founders have each taken board positions are working with their current 23 members to form an organization that is genuinely run and designed by the members themselves. Some activities that were proposed to promote vegetarianism are having guest speakers teach about the benefits of vegetarianism, reasons to be a vegetarian, animal rights issues, and other related topics. Also,

VSU is requesting a plot of land on the UCR campus in which to grow a vegetable garden.

Furthermore, VSU not only wants to give vegetarians a place where they can meet others, create a community, and improve their lifestyles, but the members also want to give back to the surrounding community. To do so they are looking to organize community service events, such as "Food, not Bombs," a program through which they will serve the homeless vegetarian food, because they are constantly in need of having volunteers to help their cause. The club will also engage in

beach/street clean-up events and even attend animal rights and vegetarian activism events.

The VSU is a club in which people are able to express themselves and work to improve lives for those who are part of the vegetarian community. Plus, the

club is a great way to learn about the experience and benefits of being vegetarian without the dangers of being forced to "convert." This club is not focused on convincing non-vegetarians to stop meat-eating practices; it is just a place of understanding.

Whether you are or are not vegetarian, vegan, or even semi, you are encouraged to check out the booths that the club is looking to have on campus, or at the flyers, banners, and emails that are drifting around campus. You may even want to experience a lifestyle that you may live by or have barely dreamed that people can live with.

Learn something new by attending a VSU event soon!

Special Points

Of Interest:

- The Vegetarian Student Union
- Summer Plans
- Summer Fun Ideas
- Ask Chuck
- Community Service



What Are Your Summer Plans?

Some UHP Students Share Theirs:

"I will be traveling to Costa Rica to do an environmental conservation project for four weeks. I have not yet received specifics about the work I will be doing, but it ranges from sea turtle conservation to organic farming. This project is sponsored by International Student Volunteers (www.isvonline.com). Before I depart to Costa Rica, I plan to continue researching crop plant genomics with Dr. Timothy J. Close here at U. C. R."

- Eric McCoy, First Year, Undeclared – CNASS

"This summer, I plan to take a few math classes at a junior college and find full-time work to help pay the bills"

- Scott A. Murray, First Year, Electrical Engineering Major

"I will be attending Field Training for Air Force ROTC at Ellsworth Air Force Base in South Dakota from July 29th to August 27th"

- Alexander Hathaway, Second Year, Pre-Business

"I'm planning to help with SUHP."



Then, I'm off to England for about a five week study abroad session (through U. C. Davis). Immediately following, I'm taking a European tour. When I get back, I hope to have some time to chill."

- Cindy Wald, Third Year English Major.

"I will be staying in Riverside and attending summer school. I'll also be involved in research in the biochemistry department."

- Leanna Lee, First Year, Biology Major"

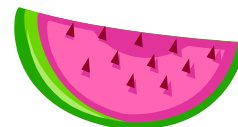
"I will be very busy. I have a family vacation to New Jersey planned for August. I will be working a couple of jobs and doing research with Edna Bonacich on Wal-mart. Hopefully, I can squeeze summer school somewhere in there."

-- Khaleelah Hardie, Second Year, Sociology Major

"I'm living in Chuck's house. HELP!!!!!!"

- Vanessa Faurot, Second Year, Political Science, International Affairs and Creative Writing Double Major.

Thanks for sharing! All of you who are taking summer school or working, we hope you can get some time in there for good old relaxation and fun. Have a safe and happy summer everyone!!!!!!



Summer Fun!

By: Jennie Wu



Summer is approaching, and I'm sure a lot of us are feeling it as this spring quarter winds down. So, to jumpstart the summer season, I've put together a small list of things you can do in California during the summer, or in May, to have fun! I made sure to look for FREE or inexpensive things, that way it won't take too much out of you. The only big factor is probably transportation to these events. Of course there are going to be many other activities which I haven't listed, and are also a lot of fun, so feel free to follow your own personal list or somebody else's as well.

1. California Strawberry Festival-
Sat. & Sun. May 15 & 16, 2004. 10am to 6:30pm, both days.
At the Strawberry Meadows of College Park, 3250 South Rose Avenue, Oxnard, Ca
Toll-free info line: 1-888-288-9242
www.strawberry-fest.org/festival/festival-main.html
It's \$9 for adults, but if you take the FREE Strawberry Express Shuttle into the fair, you receive a \$1 discount off the admission price!
Some events and activities: a shortcake eating contest, arts & crafts, vendors, booths, music concerts, strawberry treats (strawberry pizza, strawberry kabobs, funnel cake).
P.S.- call strawberries "strawbs" while you're at this festival, that term is a hit with the people there.
2. Santa Barbara French Festival-
Sat. & Sun. July 17 & 18, 2004. 11am to 7pm, both days.
At Oak Park in Santa Barbara
24-hr. info line: (805) 564-PARIS
www.frenchfestival.com
FREE admission/parking
Some events/activities: Food (bread, pastries, crepes, quiche, etc) and fine wine/champagne, over 40 acts on 3 stages, films, arts & crafts, raffles to win a FREE trip to France, outdoor vendors, sidewalk cafes, and a poodle parade!
3. Antelope Valley California Poppy Reserve-
Open March to May. Weekends 9am to 5pm, weekdays 9am to 4pm.
1,745 acre State Reserve, in Antelope Buttes, 15 miles west of Lancaster, Ca.
Info line: (661) 724-1180
www.calparks Mojave.com/poppy/
It's \$4 per vehicle, and there are scheduled nature walks. There are 7 miles of trails, which are also wheelchair accessible.
You can go to see the landscape and the display of native wildflowers, such as our state flower, the California poppy. As well as other flowers, like creamcups, lupine, goldfield,



etc.

4. 31st Annual Roots Festival-
Sat. & Sun. May 1 & 2, 2004. 10am to 9pm on Sat. and 10am to 6pm on Sun.
It's on Adams Ave. between 34th and 35th St. in Normal Heights, San Diego.
Info line: (619) 282-7329
<http://normalheights.org/events/roots/festival/2004/>
FREE admission! There are 7 stages with all types of different music concerts, for example, vintage blues, jazz, folk, country, and international music. There are also dance performances, arts & crafts, food, and workshops.
5. In case none of the activities so far have interested you, I found a website online with "101 Things to do on Hwy 101", and I thought that sounded like fun!! The best part is you can do these things whenever you want and you can take your time going through the list as well. It sounded like a good opportunity for plenty of road trips or daytrips with friends and family.
www.theblendmagazine.com/california/101.htm
There are many things you can visit and have adventures at. You can visit beaches, such as, Solana Beach, or Encinitas. If you go to Encinitas, try a small sandwich shop called Swami's. It's really cute and the food is good, I've been there before and the people are really chill there and the atmosphere is very relaxing. There are also a lot of good thrift stores in Encinitas; I got a skirt there for 99 cents and some big yellow sunglasses for 10 cents! Along the 101 hwy, you can also visit many historical sites and museums, lagoons and natural attractions, and outdoor recreational activities, like whale watching. There are also a lot of art galleries along the way, and theaters, shops, farmer's markets, restaurants, and annual events/festivals/shows.
6. And just for extra in case that none of these activities still haven't interested you at all. Whether it is for your own personal reasons, or because you don't feel like moving around too much this summer, and would much rather prefer to stay on the couch and watch TV, I have a suggestion for you! Watch TV marathons because I think it takes a real champion with a lot of stamina to get through those. If you happen to have no patience for commercials, watch those DVD special sets of TV sitcoms and don't leave the couch until you've gotten through the entire box set, which includes the extra footage and clips as well.

Thanks for reading my Summer Fun 2004 List and I hope you have a great summer!



ASK CHUCK

And Vira

Hey there everyone. Well it is now spring, and the flowers are blooming, and you have questions to be answered. I have all the answers to life most complex questions.

Dear Chuck

What is the capital of New Guinea?
-Curious

Dear Curious

Old Guinea? Duh

Dear Chuck

Do Slurpees lower your IQ
Brain Freeze

Dear Brain Freeze

Due to the amount of polysaccharides and glucose derivative to the hydrofrostration formation yield, the results conclude that brain functions are affected by a process known as denaturalization of brain wave particles...in other words, yes or just ask Vira.

Dear Chuck

This quarter really sucks. What can I do to make myself happier?
-Unhappy

Go on a date with me ;-).

Dear Chuck

I'm having doubts about my wedding. What should I do? I think the guy is nice, but there is something about him...
-Bride to be

Dear Bride to be

Go on a date with me (that'll prove he's not the right man for you).

Dear Chuck

Will the mullet ever return?
-Joe Dirt

Dear Joe Dirt

Yes. They are necessary in business interviews in different cultures outside the US. I suggest you start early and start growing yours now. Make sure it's cut the right way to keep business relations on good terms.

Dear Chuck

How can I look just as good as Sandy Chansamone? She's hot!
-Wannabe

Just follow her diet of pizza and chips and you should be fine.

Dear Chuck

How can I have the attitude of Mary, the height of Vanessa, the fashion of Jeremy, the relationships of Vira, the bowel regularity of Jennie, the physique of Chuck, the dance moves of Jason, the reserve of Jessica, the sweetness of Cindy, and thriftiness of Kim?
-Trainee

Dear Trainee

We're cool like that. One day, maybe...



UCR Ambassadors

There are many visitors that come to the UCR campus—prospective students, families, and alumni to name a few. To help them see the campus, they rely on the tour guides, known as the UCR Ambassadors. This is one of the many community service opportunities on campus that many students have chosen to fulfill their honors requirements. It is also a great way to meet new people and learn more about UCR.

“I got involved in being a tour guide my freshman year,” says Anna Iokimedes, third year honors student and tour coordinator. “All you have to do to get involved is come by the Tours Office in 1101 Hinderaker Hall and ask for an application.”

The requirements to become a tour guide are minimum. Applicants must be presentable, friendly, show knowledge of the campus, show UCR pride, and be responsible in coming to work on time. Being fluent in other languages is not a requirement, but is beneficial to visitors who have limited knowledge of English. Many of the tour guides work at least two hours a week, giving walking tours that last about 50 minutes. This program, which started in 1994, also helps with special events, such as Discover UCR and Chancellor’s receptions.

“We show what UCR has to offer,” says Guillermo Trabado, third year student and tour coordinator. “We do anything that promotes our school.”

“A campus tour is often the very first impression people get of UCR, so, since first impressions are the most important, you have to give the impression of being friendly and knowledgeable about the school,” says Iokimedes.

Once applicants are hired, they are given a run through of facts about the campus, including the buildings and specific dates. Newly hired tour guides walk with veterans on their tours to see how the process works until they are comfortable in giving one on their own. Communication is the main aspect of being a tour guide, since it is one the ways to increase UCR’s publicity. Tour guides talk to different types of people, but mostly students from kindergarten to high school as well as transfer students.

“I like interacting with people, and that’s exactly what I get to do,” says Iokimedes. “I especially like answering people’s questions...[and] it gives me an opportunity to spend time outside, which is usually a good thing.”

Tour guides can also be promoted to tour coordinators, in which there is a salary \$7.10. Tour coordinators schedule tours and who gives them, answer phone calls, and give tours as well. Tour guides who work on special events are paid; however, being a tour guide is mostly on a voluntary basis.

For more information about the UCR Ambassadors program, contact the Tour Office at (909) 787-5045 or email Vira Pons at vpons001@student.ucr.edu.



This is not John Fischer !!!

