

CELEBRATING 80 YEARS

CRITERION

The Student News Magazine of La Sierra University • October 2008 Issue

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LA SIERRA UNIVERSITY
RIVERSIDE, CALIFORNIA

CRITERION

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The photo features La Sierra's
Administration building.

Criterion is a monthly news publication of the Student Association of La Sierra University. The opinions are those of the respective author and do not necessarily represent the opinions of SALSU, La Sierra University, or the Seventh-day Adventist Church. This publication does the utmost to monitor for accuracy. However, please notify us if you note a misprint.

Contact us: critterionlsu@gmail.com
For digital color copies of the Criterion:
salsu.lasierra.edu/publications

note

from the editor

It annoys me to no end when people call the Criterion a newspaper. If you turn back to the cover you'll see it printed in white crisp sans serif letters "The Student News Magazine of La Sierra University." See? Definitely no newspaper to be found there. I suppose I can't be too mad though because we were a newspaper for what seemed like an eternity. We do print in black and white. We also had a lot more text going on than anything else and all of that does seem pretty newspaper-ish to me.

Happily, I think that misconception will change from here on out. We now have a graphic designer, Gretchen Balucanag, who has edged up our layouts and graphics as well as ultimately, I sense, our appeal to you. Full color printing would be a godsend but we're still unable to do that because of costs. Christmas and the Humor issues are occasions where we feel we can make exceptions though. That's when the work our other new photographers and layout staff who have been added into our stable will really be able to shine through. We are settling in nicely with our new writers whose delightful work you will be able to read inside. Of course you have wonderful familiar names that have been reporting and covering your events for the past year to look forward to also.

In other news, it seems like the administration building has mysteriously, officially, turned into "a dead zone." We felt like we owed it to our readers to follow up on last year's Departmental Efficiency and the results were, interesting to say the least. Turn to page 5 for that.

As for now, I am off to see Student Financial Services for the fourth time (and hopefully the last time) this quarter. I had tried emailing and calling but that didn't work. When I got to see the results from the call-back chart, I didn't feel so bad about it anymore. I knew then that it wasn't a personal vendetta, but a trend with basically everyone. No, but really, I have a good feeling about it today. You see, I've blocked off a good two hours to sort out everything. It works out perfect because I don't have class until the afternoon today and while I wait what would be usually a mind-numbing long time for my name to be called I have the perfect reading material: this magazine

Tiffany Ap
Editor-in-Chief

Have an opinion about our articles? Share any of your thoughts by sending a 'Letter to the Editor' to critterionlsu@gmail.com. Appropriate letters will be published with permission.

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masquerade ball

purchase your tickets now at the eaf during lunch and dinner. the mystery begins at 8p on nov 9.

midnite cafe
come to sierra vista chapel after first service for fun and fellowship.

papi's tacos
get your lunch and dinner at papi's tacos. 10 percent will be donated toward your SALSU events.

Have something notable? Send it to us at critionlsu@gmail.com

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fall debate challenge

This year's debate team is shaping up to take on the tough topics.

Jonathan Finau

TWO ISSUES HAVE BEEN ON MY MIND for some time now. First of all, the national election is nearly upon us. It's that time when you and I decide who we want as a leader in the future. Several students from the Speech and Debate team are about to debate tough issues. What did you think of Sarah Palin's performance? Do you think Governor Sarah Palin is qualified to be America's next Vice President? And what about LSU's admission processes? We all spent time readying the SAT, AP, transcripts, you name it to be accepted to school here. So you would be the perfect candidate to ask, should the selection process to be admitted to La Sierra University be more rigorous?

They might seem like loaded questions with a great many complications attached but that's what Angela Patrick, Justin Hutaaruk, Ricky Kim, Myron Lozano, Laura-Shay Adams, Michelle Lumban-Gaol, and Rebecca Barcelo will be helping you to decide. The Speech and Debate team would like to invite all of you to ponder those questions as they take their places in the battle field of Palmer Hall. The event will take place on Monday, October 13, 2008 in Palmer Hall Rm 260 from 7 p.m. to 9 p.m. The judges for that event will be President Wisbey, Student Life Vice President Yami Bazan, and English/Communication

Professor Sari Fordham. Join coach, Dr. Christine Law, members of the team, and your fellow students will discuss these important topics. Don't forget to stick around after the program as refreshments will be served.



From L to R: Myron Lyzano, Justin Hutaaruk, Angela Patrick, Ricky Kim



"Debaters take a break during a workshop prepping for the Fall Debate Challenge."

For more information about the debate, please contact Dr. Christine Law at 951.785.2246 or email: lsuspeechdebate@gmail.com.



convocation

Lauren Gifford

This year's convocation ceremony that was attended by hundreds of members of La Sierra's student body, carried a message that students can carry with them for the rest of their lives. Last Tuesday, in the University Church, President Randal Wisbey and our distinguished faculty took their places of honor at the academic convocation. Dr. Sandra J. Balli, Associate Professor of the School of Education, presented the invocation. It was one full of hope and praise for Dr. Randal Wisbey, and the reflection of his religious conviction on our university.

With moving musical pieces from the organ and the brass ensemble, the convocation invited students to take up their roles and responsibilities in academics, in God's community, and in the world. As Dr. Trenchard stated, "Each of you has an important part in this celebration...a festive start to the academic year," continuing to quote a Bible passage from Proverbs 2:1-10. Dr. Wisbey discussed our shared interests as people immersed in an academic world on campus, saying that all of us will be more effective when we more faithfully reflect this message.

Convocation established a firm connection with the student body by recognizing how we can work with God to become strong students, and strong Christians. President Wisbey said, "We are to be passionate about life and our place in it, even in God's Universe, to infinity and beyond!", referencing Buzz Lightyear's favorite saying. As he stated, seeking truth is something we are all passionate about. Dr. Wisbey highlighted ideas from Ellen G. White's "Education," supporting that God's will for us is higher than any human thought. He added, "We are committed as a campus family to know God beyond ourselves and our human nature, and this is a belief we are called to faithfully uphold." As Dr. Wisbey concluded, "We will serve with our hearts, we will respond with intentionality, and we will never forget that God has a plan for each one of us."

With that thought and the ringing of bells, convocation enthusiastically set the tone for the 08-09 year.

the artists are coming...

Michael Neglia

With a new school year come new attractions to La Sierra Universities' Brandstater Gallery. The Gallery has housed great artists and is home to the annual student art exhibit. Many students visit the gallery on opening night for free food and to welcome the artist. Teachers across the campus often offer extra credit to attend.

Beginning October 13 world wide renowned London artist David Leapman will be exhibiting his show "Half Known-Slow Burnt Offerings." This is a joint effort between the Riverside Art Museum and La Sierra Universities Brandstater gallery. Leapman has been represented around the world in such places as The Drawing Gallery in Wales, and the Two Rooms in Auckland, New Zealand. Recently moving to Riverside with his wife, Leapman is looking to expand his art work in the states. After the show at La Sierra University he will be exhibiting at the famous Victoria and Albert Museum in London.

Mr. Leapman's work is exquisite, with compositions selling for tens of thousands of dollars. He is the recipient of the John Moores Award, Britain's oldest and most prestigious painting prize.

Opening reception will be October 13 from 6p.m.- 8p.m. The Brandstater Gallery is among La Sierra's art department jewels. Many can be educated from the great art here. The gallery is open Monday through Thursday from 10am- 4pm and Sunday 2pm-5pm.



Photo courtesy of LSU PR



RATING

department efficiency

Aline Ueno

IT HAS BEEN A FULL YEAR since the Criterion first introduced one of the most (if not the most) frustrating subjects on campus: customer service for students. Last year one of our writers, Emily Bilha, researched how efficient some of the most sought after departments were. The results were, safe to say, very poor with only three departments caring enough to return a desperate student's phone messages. Now we examine them again, after promises of change and improvement were made to the students. So did they change? We decided to include more departments in this follow-up article to be fair to those who were put on the spot last year. Here are the results:

Overall, individual departments seemed to do well. There were definite signs of improvement since last year. However, things for offices located in the administration building did not look so bright. There was a distinct trend of being unresponsive and the reasons behind that for the time being are unknown. Disturbingly enough, these tend to be the most crucial offices that could make or break a student's college education.

So what should students take from this? Use this as your guide for an estimate of how long you will wait for an answer if you call and leave a message. If the wait time is longer than your due date for an answer you might want to go the department in person. Efficiency and willingness to call back is an indicator of wait times and helpfulness in person so keep that in mind as well.

Students, does this more or less match your experiences with any of these departments/offices listed at the peak start-of-school period? Do you have any departments in mind that you would like us to include in this research? Send us an email at criterionlsu@gmail.com.

Departments	1 Day	2 Days	3 days +
<i>Student Financial Services</i>	No response	No response	Fair
<i>Enrollment Services</i>	No response	No response	No response
<i>Records</i>	No response	No response	No Response
<i>Payroll</i>	No response	No response	No Response
<i>Student Life</i>	No response	Good	
<i>Cashiers/Bursars</i>	Excellent!		
<i>PR</i>	No response	No Response	No Response
<i>Human Resources</i>	No response	No response	No Response
<i>School of Religion</i>	Excellent!		
<i>School of Business</i>	Excellent!		
<i>Physical Plant</i>	No response	No response	No response
<i>Art</i>	Excellent!		
<i>Biology</i>	Excellent!		
<i>Chemistry</i>	Excellent!		
<i>English</i>	Excellent!		
<i>Advising</i>	2217 rang busy all night... phone off the hook?	No response	No response
<i>Admissions</i>	No answering machine available	No response	No response
<i>Health Services</i>	No response	No response	No response
<i>Music</i>	Excellent!		
<i>Learning Support and Testing Center</i>	No response	No response	No response
<i>Bookstore</i>	Excellent!		
<i>IT</i>	No response	No response	No response
<i>Provost</i>	No response	No response	No response

Pastor Sam speaks with the student body



spiritualemphasisweek

Roes Philogene



Photos by Yvette Vargas

BORRRRING! "Do we really have to go to worship this week?", "How long is the speaker going to talk for?", "Is this required!?!", "How is La Sierra's worship going to help me in my life?" These are the questions I often hear among my peers as I make my way down to the La Sierra University Church for worship each week. But little do they know they're in for quite a surprise this week! This particular week marks one of the most uplifting, motivational, exciting times of the quarter, it is Spiritual Emphasis Week.

"Q7" which according to Pastor Sam originated for one simple activity that he did with the student body at the end of spring quarter, involves asking students to write down one question they would like to ask God, after receiving over 300 responses he narrowed them down to the seven most frequently asked questions on students minds. Questions ranging from "Do you still perform miracles?", "Is there a person I'm suppose to marry or be

with?" to "Do you have the power to change a person?" Deep thought out questions that you the student body are struggling with will all be answered this week during Q7.

As Pastor Sam vibrantly started off the week on Monday evening with his message on doubt, it was certain that many were anxious and curious about Pastor Sam's next life altering question.

Day Two of Spiritual Emphasis Week began with a burst of excitement and energy flowing from all around the room. The mob choir as always provided joyous, vibrant, and electrifying music to our ears, there was no doubt that this worship would be inspirational. Pastor Sam posed the life-altering question "What is God's plan for my life?" Tuesday morning to the congregation. He hopes "that by the end of the week that students and staff can be refreshed and renewed by spending time worshipping. Secondly, he wants "to demonstrate that God is

big enough to handle our toughest questions. There are some serious issues that we are all wrestling with. It is good that we spend time reflecting on those."

What a wonderful and caring pastor we are all blessed to have on our campus! It is obvious that he adores and enjoys God's calling for his life. "Doing ministry at LSU is a sweet gift from God. I cherish every moment of it."

With all the liveliness of the praise and worship team, the passion of the special music guest and the love and dedication of Pastor Sam, Spiritual Emphasis Week is that time for you.(yes you), to place your homework aside for a minute and dwell on not only the questions but the answers that God will reveal to you this week through his servant.

Have fun, participate, be refreshed, be renewed!



DEVOTIONAL: no worries, be happy

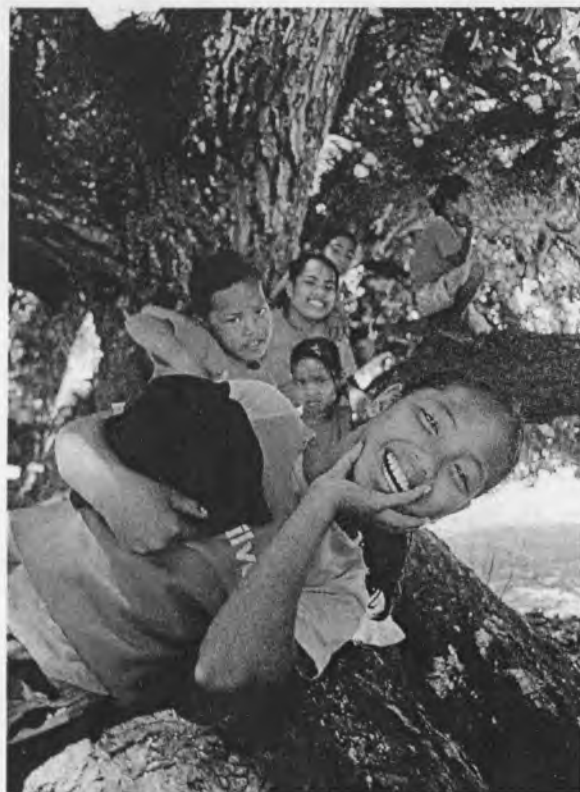
Giana Campos

AT 22 YEARS OLD, I've come to the conclusion that life's not slowing down. I spend my days counting down minutes rather than inhaling the precious moments that we all seem to blow off. Times where I could be relishing the gift of an hour unoccupied, I instead anxiously bounce my knee in anticipation of the coming events. Worrying about where and what we're going to do next has become a shameful pastime. Last time I checked, we were instructed by God Himself not to worry. I believe His exact words were, "Be anxious for nothing..." If this is a command just like the other 10 why have we so eagerly broken it? I am guilty of hypocrisy if I say that anxiety doesn't haunt me constantly. Of course we're not going to know where that road, although bumpy, is going to take us.

It could be an uphill journey with a slope you couldn't have predicted or even a fork in the road which at this point you've no idea which way to go.

Many times, that fork has appeared on the street I currently tread. Whether it's because I've had to make many choices or I have yet to make one choice and it keeps making a re-appearance I haven't figured it out yet, but nonetheless my eyes stay open. I can't say that one road is more appealing than the other, but what I will say is that I worry if it's possible that I may take the wrong one. We all make wrong choices, but there's no doubt in my mind that some of those bad choices have led me to some of the best places (and people) in my life thus far. "All things work for good...", I remind myself. While I remain convinced that no choice is a bad choice, I continue to question the concept of "meant to be". If something is meant to be, does it matter which way you go? It shouldn't really since, well, it's meant to be. But why all these questions? I so often wonder why we, the faulty human race, decide to fix things ourselves when there's a God who is so eager to care for us? To worry is a sin. A sin against the faith we're supposed to have in our Father to guide and protect us. There is no mystery to life, no blindness to love in which He offers only in the purest form.

"Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God." Philippians 4:6



Forks in the road aren't as exciting as spoons. You have no choice but to make a choice.

We want to hear your powerful testimony!
Email [criterionlsu\(at\)gmail.com](mailto:criterionlsu(at)gmail.com).



PROFILE: missionary in the islands

Heather Corona

ROBBY MORGAN is a third year sophomore undecided/pre-seminary student at La Sierra University who just returned from a ten month mission trip to the Marshall Islands, specifically, a small outer island called, Jeh. This was Morgan's first mission trip experience and he ventured on the journey as the only student to represent LSU.

"... all I've got are dreams and hopes that I pray will be shaped by the Father's hands."

Morgan talked with the Missions Director, Linda Biswas, who patiently allowed him to make it into the program. Morgan now works in the missions department with Biswas. Morgan said, "If you are even a teeny bit interested come to the Missions office to the left of Angwin, before you enter the glass doors, or call (951) 785-2090, or e-mail

us at missions@lasierra.edu."

The mission trip was a life changing experience according to Morgan. "I learned about life. I got to learn some cool things like how to: climb coconut trees, husk them, make some herbal tea, fish by hand, use a machete, and basically survive on a deserted island. One of the most amazing things I learned is that there are more important things in life than being happy or feeling okay. I am beginning to grasp the magnitude of the importance of honesty," said Morgan.

Morgan recalls several impacting experiences. "One of them was when an American man living on the island came to see me for the last time. I had given him a book by C.S. Lewis called, *Miracles*. The first time I met this man, he, of his own accord, blatantly told me, "I'm not a believer, okay?" On that last day, he thanked me and said he would probably be finishing this book and was taking notes to take a closer look at the arguments," said Morgan.

Morgan explains how the trip has changed his life. Morgan said, "It makes me think more deeply about...

everything. There is so much more to everything and everyone around us than we really know. I think one of the biggest things it has done is to allow me to realize that there are other, real people all around me with lives of their own. Every choice I make impacts their lives. That is a huge responsibility."

There are a seldom few that have inspired Morgan throughout his lifetime and during his missionary experience. "Christ's embodiment of truth really inspires me. Anyone who is living for and searching for that truth inspires me, especially some of my close friends and my Dad," said Morgan.

When asked if he would go on another mission trip, Morgan did not hesitate to answer with a quick "Yes." Morgan said, "I have no clue... all I've got are dreams and hopes that I pray will be shaped by the Father's hands."

Aside from school and work Morgan also plays guitar, sings, writes, skateboards, and loves to be in nature, especially the ocean. He used some of these talents during his time in the Marshall Islands.

october 2008

10/5	10/6 6am - SALSU Presents: CABL Run 10pm - Towers Dorm Worship 7pm - Women's Volleyball vs. West Coast Baptist	10/7 6am - SALSU Presents: CABL Run 11am - SEW at LSUC 10 pm - Angwin Dorm Worship	10/8 11am - SEW at LSUC 10pm - SALSU Presents: Rendezvous at HMA	10/9 6am - SALSU Presents: CABL Run 11am - SEW at LSUC GET YOUR OCT CRITERION ISSUE!	10/10 2pm - Men's Soccer vs. CSU East Bay 7:45pm - First Service & Midnight Cafe	10/11 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
10/12	10/13 Fall Debate Challenge 6am - SALSU Presents: CABL Run 12pm - Prayer at the Statue 5pm - Club Council at SVC 6pm - Art Gallery: David Leapman 10pm - Towers Dorm Worship	10/14 6am - SALSU Presents: CABL Run 11am - Assemblies by Departments 8pm - Tuesday Tunes 10 pm - Angwin Dorm Worship	10/5 7pm - Women's Volleyball vs San Diego Christian College 10pm - SALSU Presents: Rendezvous at HMA	10/16 6am - SALSU Presents: CABL Run 11am - UW: Breakouts 7:30pm - Women's Volleyball vs Southwestern College 8pm - SALSU Presents: Cosmic Bowling	10/17 3pm - Women's Soccer vs Mills College 7:45pm - First Service	10/18 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 7pm - Men's Soccer vs Academy of Art University 7pm - Women's Volleyball vs Occidental College 8pm - SALSU Presents: Salsa Night
10/19 11am - Women's Soccer vs Academy of Art University 6pm - Men's Soccer vs Soka University Eagle	10/20 6am - SALSU Presents: CABL Run 1pm - Women's Soccer vs CSU East Ba 10pm - Towers Dorm Worship	10/21 6am - SALSU Presents: CABL Run 5pm - Women's Volleyball vs Claremont-Mudd Scripps College 8pm - Tuesday Tunes 10 pm - Angwin Dorm Worship	10/22 10pm - SALSU Presents: Rendezvous at HMA	10/23 6am - SALSU Presents: CABL Run 11am - UW at LSUC 5pm - Women's Soccer vs Chapman University	10/24 7:45pm - First Service & Midnight Cafe	10/25 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
10/26 11am - Women's Soccer vs University of La Verne 1:30pm - Men's Soccer vs CSU East Bay Eagle 7pm - Music Faculty Recital Series	10/27 SALSU Presents: Red Ribbon Week 6am - SALSU Presents: CABL Run 10pm - Towers Dorm Worship	10/28 6am - SALSU Presents: CABL Run 11am - Stahl Center Assembly 8pm - Tuesday Tunes 10 pm - Angwin Dorm Worship	10/29 TBA - Women's Soccer vs Whittier College 10pm - SALSU Presents: Rendezvous at HMA	10/30 6am - SALSU Presents: CABL Run 11am - Breakouts 8pm - SALSU Presents: Costume Skate Night	10/31 7:45pm - First Service	11/1 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 8pm - Men's Soccer vs Chapman University 8pm - SALSU Presents: Table Tennis
11/2 8pm - SALSU Presents: Masquerade Ball	11/3 6am - SALSU Presents: CABL Run 10pm - Towers Dorm Worship	11/4 6am - SALSU Presents: CABL Run 6pm - Women's Basketball vs Pt. Loma Nazarene Univ. 8pm - Tuesday Tunes 10 pm - Angwin Dorm Worship	11/5 10pm - SALSU Presents: Rendezvous at HMA	11/6 6am - SALSU Presents: CABL Run 11am - UW at LSUC GET YOUR NOV CRITERION ISSUE!	11/7 7:45pm - First Service & Midnight Cafe	11/8 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 7pm - Chamber Music Series

CORRECTION:

In the September 2008 issue, on page 5, Michael Malarek's profile was supposed to read: Over in Chemistry, you will now find Assistant Professor Dr. Michael Malarek who teaches general chemistry and introduction to research. This is his first year teaching. Dr. Malarek has an intense research background which extends all around the world. He completed his undergraduate studies in Canada at Brandon University and did his graduate studies in Melbourne, Australia. Dr. Malarek said "I am very excited about coming to La Sierra and believe I can find fulfillment in my job here."

JOIN A LEARNING COMMUNITY THIS FALL (Sponsored by C-SAS)

Midday Learning Community:

All students are welcome! Drop-in basis
Tuesday/Thursday from 2-5pm
Located in Sierra Vista Hall, Room 119
Contact: Jennifer Coplea, [jeoplea\(at\)lasierra.edu](mailto:jeoplea(at)lasierra.edu) x.2459

Evening Learning Community:

All students are welcome! Drop-in basis
Monday/Wednesday from 6-8pm
Located in the Library (lower level)

Contact: Jose G Hernandez, [josehern\(at\)lasierra.edu](mailto:josehern(at)lasierra.edu)

Chemistry Learning Community:

Must be enrolled in CHEM 111 to join.
(Commitment required for the whole quarter)
Tuesday from 7-9pm
Located in Palmer Hall, Room 231
Contact: Dr. Helbley, [jhelbley\(at\)lasierra.edu](mailto:jhelbley(at)lasierra.edu)



Kickin' it with Jesus...

Keith Ybanez

FOR MOST IT WOULD HAVE BEEN ANOTHER CHURCH SOCCER TOURNAMENT, but on that particular night it was different for Junior midfielder Jesus Moreno. He hadn't planned on playing that weekend to spend time with his sick father, but his mom wanted him to go play because it's what his dad would have wanted. Jesus' team would end up winning that weekend, and he dedicated his performance to his dad. A week later, his father Armando Moreno sadly passed away.

Just a couple of months earlier, Jesus had graduated from Norte Vista High School in Riverside, CA after an illustrious 3-year career there where he held down the Center-Mid position. Jesus won the Golden Boot Award his junior year as the top goal scorer for his team. The next year, Jesus would have his best year ever, earning a place on the First-Team All League, team MVP, and All-Team CIF. His high school also went undefeated in their league before losing in a heartbreaking loss in the CIF semi-finals on penalty kicks. Because Jesus also had good grades he received two offers for full scholarships at two universities in Louisiana. However, when his dad got sick his priorities soon changed. Jesus elected to stay close to home and help out his mother and be closer with his 3 younger brothers Jose, a sophomore at LSU, Victor, a freshman at Walla Walla, and the youngest Marco whom Jesus thinks will be the best soccer player out of all of them.

Jesus stayed close to home and went to Riverside Community College for a year, but he didn't play there because his priority was to be there for his family after their dad died. During that year,

LSU soccer coach John Munoz began recruiting him to come play for La Sierra after he and other LSU players saw him play at church tournaments. He eventually agreed to come and enrolled in the fall of

2006, the second year of existence for our soccer program. Although the team wasn't very successful that year, there has been steady improvement in subsequent years and Jesus believes they will finish with their first winning record this year. Along with the continued improvement of the soccer team under the leadership of Captains David Trevino and Sergio Rubio, new arrivals Luis Escamilla and Kenneth Bennett have bolstered their attack as well as the presence of new assistant head coach Jesse Olivas who "brings a new dimension to the team" says Jesus. In addition to the success Jesus has had on the

pitch where he has scored 1 goal and 6 assists so far this season, he has also enjoyed his experience at La Sierra, and looks forward to graduating next school year with a degree in Business:



Photos courtesy of LSU Athletics

Human Resource Management. Although his dad will not be there to watch him receive his degree or enjoy any of he and his brothers' matches, Jesus plays hard in order to honor his memory. He uses his play as a tribute to his parents who got him started playing when he was just 3 years old and who've sacrificed so much to get him to where he and his brothers are today. Even though it's still hard for him to play sometimes because his father is gone, Jesus thanks his mom for her love, his brothers and 4 older half brothers and sister who he's always looked up to, and the friends who have supported him.

LSU MEN'S SOCCER	LSU WOMEN'S SOCCER	LSU WOMEN'S VOLLEYBALL
10/5/08: LSU 0- CalStateSan Marcos 3	9/29/08: LSU 1- Chapman University 0	9/25/08: LSU 0- Chapman University 3
10/3/08: LSU 0- Chapman University 1	9/24/08: LSU 0- Hope International 2	9/23/08: LSU 0- University of Redlands 3
9/26/08: LSU 2- Soka University 0	9/18/08: LSU 2- Master's College 5	9/18/08: LSU 3- Cal Tech 0
9/22/08: LSU 4- San Diego Christian College 3	9/14/08: LSU 4- Webster College 2	9/17/08: LSU 0- Whittier College 3



it
is
easy
being
green
Hailey Wilder

*finding ways to treat the earth right has
never been more convenient.*

KERMIT THE FROG once said, "It isn't easy being green." But Kermit, it is easy, so easy, that everyone is doing it; they are going GREEN! The trend has swept the nation and there is nothing that can stand in the way of that great green wave, as the generation begins to change its ways in favor of cleaner, more natural, and healthier ways to live which in turn will save the world from the negative effects of pollution and ozone degradation.

Even La Sierra students, staff, and faculty are working towards becoming a green campus. Outstanding programs have been implemented throughout the campus to help reduce pollution by recycling. Furthermore, students making a concerted effort to take shorter showers, turn out lights, and unplug anything they are not using that could potential waste energy.

Throughout the campus, there are recycling bins for bottles and there are also recycle dumpsters located around residence halls. Meanwhile, the Biophysics department collects bottles and cans to take into recycling centers and all the proceeds go towards scholarships for students. Also, the Biology

labs have decided to go paperless this year. All of the necessary documents are uploaded instead to D2L.

Furthermore, the Southern California Air Quality Management District recognized La Sierra for surpassing the 1.5 Average Vehicle Rideship (AVR) goal. The AVR determines to what extent someone or some group is at fault for over pollution by vehicle emissions. The Rideshare Program for La Sierra Employees is to a large degree, responsible for our outstanding AVR score. This program allows employees to ride to work together in order to reduce emissions and also provides discounts at over 400 local merchants. New employees are encouraged to join Rideshare with a \$2.00 a day incentive which is paid out in VONS gift certificates.

There is a common misconception that saving the planet requires some expensive investment, like hybrid cars or solar panels, or a major time commitment to help your community become a cleaner and healthier environment; however, the fact is, there are much easier ways to help that will not cost you a fortune and wont take up all of your time!

health nugget

Andrea Schroer

HERE ARE SOME IDEAS TO KEEP GREEN:

- + Instead of throwing away plastic bags, reuse them to line waste paper baskets.
- + Practice turning off the faucet while brushing your teeth and taking 5 minute showers.
- + Eat in the cafeteria so you do not have to use the cardboard and styrofoam containers. This will also improve your social life!
- + If you live near campus, ride your bike or walk to campus, this will create less pollution from exhaust and it's also good exercise.
- + Use cold water when washing clothing so the water heater does not have to heat up the water and thereby use more energy.
- + Switch from regular light bulbs, to fluorescent bulbs. Not only will this save energy, but many fluorescent bulbs last longer than other bulbs so they will save you money.
- + Unplug everything from the outlet when it is not in use because anything that is plugged in is drawing energy.

You don't have to consider yourself an activist to make a difference. You don't have to live in a tree or go to demonstrations to make a positive impact on the environment. The small choices we make every single day make a big impact on the environment; each and every person has the power to change things for the better in their everyday lives. By getting into the habit of making eco-friendly choices, you can become a force of change without even thinking about it and for those of you who have been told that it is too late to make a difference or reverse the damage: It is never too late to start changing things for the better.

STARBUCKS ON STEROIDS

We should have seen it coming. Restaurant chains can't resist the impulse to sell even bigger and more indulgent foods, and Starbucks is no exception. The chain's newest drinks are more like milk shakes than coffee.

Let's all welcome the new Coconut Crème and the Vanilla Crème Frappuccinos- the "coffee free indulgence" you were looking for. Call us crazy, but we suspect that few Starbucks customers are looking for the 870 calories in a venti Coconut Crème Frappuccino. It's 32 grams of fat-19 of them saturated-are just a tad steep for a beverage, don't you think?

The original venti Coffee Frappuccino-a "sweet, creamy coffee blended with ice"-was more than a cup of coffee, but less than a meal. It had 400 calories and 18 teaspoons of sugar (some of it from the milk), but only three grams of saturated fat.

Starbucks quickly rolled out three more flavors. The Caramel, Chocolate Brownie and Mocha Coconut all featured whipped cream on top and more fat and sugar inside. A 20-ounce venti of all but the Caramel supply roughly 600 calories and 23 grams of saturated fat. (The Caramel has "only" 500 calories and nine grams of sat fat.)

Indulgence sounds so good...until you realize that your britches are feeling a little snug. Then you get to indulge in a little Weight Watchers or a new prescription for drugs to lower your cholesterol or blood sugar.

And to think: You could have had a venti Iced Café Latte with skim milk for only 110 calories. Ah, decadence.

(Source: Nutrition Action Newsletter October 2002, pg. 16)

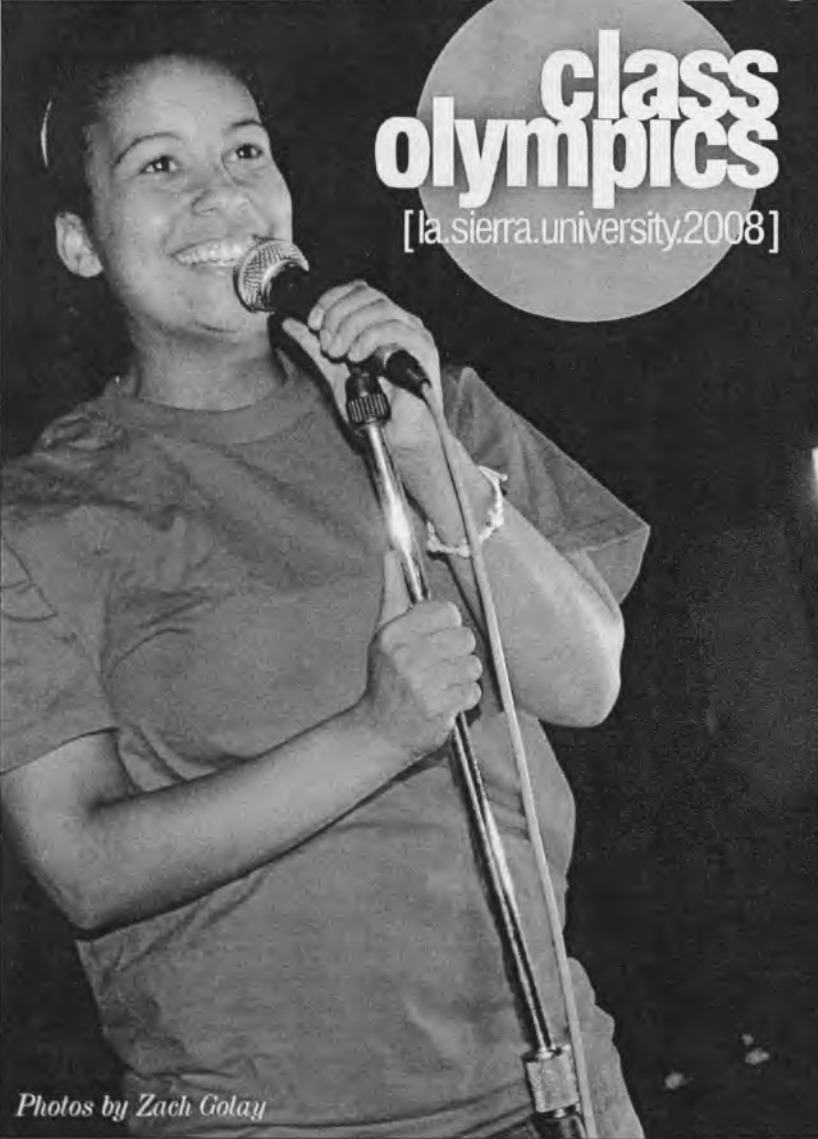
You know you're at LSU when...
**you answer the phone and say "Well, I just
passed South America and now I'm at Africa so
I'll see you at the caf in a few seconds.**

[Contributed by Jed de la Paz]

Be sure to send your best one-liners to
criterionlsu@gmail.com



green efforts



**class
olympics**
[la.sierra.university.2008]



Photos by Zach Gotay



Does My Voice Really Matter?

Israel Carreon

Exploring the mechanics behind the presidential election.

BEFORE THE TIME OF ANY FORM OF HIGH-SPEED COMMUNICATION, our newly formed nation sought a way to collectively select a leader. Our Founding Fathers had set up the system of the Electoral College in order to create a straightforward consensus of the choice of a nominee by electing state electors to report the majority preference of that state's choice for president. The people of a state would vote for their choice of a presidential candidate and cast their vote to the state elector. The candidate who won consent over that state would gain delegates needed to win. Each state holds a different amount of delegates, in other words, the more state delegates a contender has betters the chances of winning. However, over the past few elections, the process of electing our president through Electoral College system have been under place under question whether or not our process of electing our Commander-in-chief has become "outdate."

Probably the strongest reason why there has been a call for a debate is over the fact the some states hold a heavier weight in the amount of delegate number than other states. For example, compared to New York, which has 31 delegates, Utah only has five, creating an unequal voice for votes. There is the possibility of a candidate winning the race by grabbing eleven states: California, New Jersey, Texas, New York, North Carolina, Illinois, Pennsylvania, Ohio, Michigan,

Georgia, and Florida which contain the most delegates. An entrant could ideally only campaign in those "power house" states to bag the election. Many citizens believe that the nation should adopt a "Popular vote," where the nation would vote collectively without the aid of the Electoral College.

There is a drawback by adopting the Popular vote method. The Electoral College was created to hold an equal balance of a federal system of both government and state representation. If the Electoral College were removed, our basis of the nation's configuration would disassemble the very idea of the Constitution. Partition of equivalent powers between the legislative, executive, and judiciary branches could be misplaced. If a President had

"...our country is in the making of history."

the popular majority, the possibility to never lose popularity is a possible scenario that can then override any branch of government, which could lead to a dictatorship.

Nevertheless, there is still the issue of America's youth not becoming engaged election process regardless

of the actual practice of obtaining the President. There is a strong push for the nation's youth to become more involved in the political elections. There are countless television and Internet ads trying to persuade Generation "Y" to vote. Yet there seems to have been little effort of young adults to take the assertiveness to actually make their voice heard.

The Criterion had the opportunity to interview a total of 22 students, 11 male and 11 female, ranging from ages 18 to 21 concerning the voting process and actually planning to vote in this year's election in November. Out of the 22 students registered to vote, the percentage of men registered to vote is high then woman. Only three of the eleven women were registered to vote. Still, male students also had a low count, with five out of the eleven ready to vote. About half of the students thought that the Electoral College was obsolete. The same amount favored the Popular vote over the Electoral College. Almost three-fourths of the pool thought their vote didn't even count. Regardless, our country is in the making of history. Whether it is the first African-American elected in office or the first women to hold a Vice President chair, to be a part of that decision is a tremendous responsibility. No matter what the process, it is important to exercise the right to be heard. One voice could actually make a difference.

the places we know

Denby Rasmussen

Hundreds of students have descended upon our campus once again, and they have brought with them new hopes, new ambitions, and thousands of strains of bacteria. If you haven't already gotten sick, you almost certainly will once the weather changes, but not to worry! This will only happen about four times this year; now, and after Thanksgiving, Christmas and Spring breaks. But regardless of how terrible you may feel and how scrubbed-out you think you look, you know that only one thing matters at this point of the year, and it's certainly not your swollen glands and sweat pants. It's figuring out which new people on campus are totally hot.

Some of you are probably still wondering when you are finally going to catch a glimpse of your next romantic interest (even if that connection only ever really exists in your head). Perhaps the problem thus far has been that you have not yet figured out where to find the scorchin' hotties or sizzlin' studs. Fortunately, you can count on a La Sierra veteran to fill you in on all the hotspots, regardless of your interests.

One of the best kept secrets on the campus social scene is the waiting room of the Financial Aid Department. Everyone is sporting their ultra-cool end of summer tan, getting all frustrated and sitting in relative silence, fidgeting with their fluorescent LSU pens and trying to look like they know what they are doing even though they don't have a clue. With all that awkward energy, the perfect ice breaker could easily place you at the top of the list for that intriguing stranger that will inevitably wind up in your Bible class, while the wrong one could result in EVERY stranger in your Bible class thinking you are crazy. Try not to open with, "So, what is your family's expected annual contribution?" Very un-suave.

Another little known spot to meet some fresh faces is the library. You may think it's difficult to meet people when they are trying to study, but most college students can only focus their attention on studying something for a maximum of ten or fifteen minutes, so a perfectly timed greeting may open up a lane for conversation. Or if the young gal or lad that you have sighted is sitting at one of the tables on the main floor, they are totally asking for it, and you can just go sit across the table from them. Don't lie about your skills in organic chemistry or your grasp of a foreign language; they will find out sooner or later.

If you can't stand either one of these spots (they aren't exactly the "coolest" locations), perhaps you ought to try out the gym. Not only might you get to see what everyone looks like in an athletic get-up, but you might also learn how much they can bench press, if for some reason that is a prerequisite for a potential date. When you enter the gym, I've found that there is a strong likelihood that someone of interest will be on one of the treadmills, with one treadmill open directly next to them. Occupy that treadmill. Best case scenario; you meet the person you will

spend the rest of your life with. Worst case scenario; you never utter a word and end up watching ESPN. This is basically a win/win situation.

If you've tried all of these excellent locations and are still not having any success, perhaps the obvious places like the cafeteria, student center, and everyone's favorite dorm worship "Rendezvous" would make more sense. If you've been to all of those places and still can't seem to find that ultra-hottie, perhaps this is just the universe telling you to seek out a life of solitude. But I imagine it is nothing more than a test of your patience. Good luck!

your words What is your superstition? Natalie Sayegh



"When I go on a plane, I have to wear my lucky underwear."
--MICHELLE VACA
Major: Exercise Science/
Pre-Dent



"I always wear the same pair of Nike socks for good luck."
--DANNY SEPULVEDA
Major: Health Science



"Before a softball game, no one can step on the chalk lines. Or else we'll lose."
--TARA EAGAN
Major: Pre-Dental Hygiene



"I have to use the same pen for every test."
--ISAAC GARBEON
Major: History



"During the playoffs, I don't shave until my team wins or loses."
--J. MURDOCK
Major: Religious Studies



"I hold my breath when I walk over manholes."
--REBECCA HUSSEIN
Major: Communications/
Theater



"I don't step on cracks so that I don't break my mama's back."
--LASHONDRA ELLIS
Major: Biomolecular Cell
Biology



"I don't give shoes as gifts because I think it's as if I'm being stepped on. It has to be an exchange of gifts."
--CHARM TUAZON
Major: Biochemistry/
Pre-Med

CRITERION

The Student News Magazine of La Sierra University • November 2008 Issue



PICTURES!
masquerade,
costume
skate night,
and more!

**women's
volleyball**
CHECK OUT
HOW THEY'RE
DOING...

LSU IDOL

**"THROUGH
THE EYES
OF AN
INTERNATIONAL
STUDENT"**

letter Editor's

WELL, IT SEEMS LIKE WE FINALLY HIT A right nerve. This is the first month in which we actually garnered written responses via Letters to the Editor. Okay, I might have gotten a comment about an article or picture before. But since they are usually from my own friends and it's told to my face it can hardly be anything but praise now can it?

One of the more contentious articles was "Rating Department Efficiency." As mentioned beforehand, we didn't know the reasons behind the subpar customer service. However, Mark Gaspard, director of IT contacted us and shed some light on it. It turns out that there was some faulty programming with the phones at school and messages left would sometimes go to void mailboxes and therefore never checked. Some of them would also ring forever and not transfer into a voice message system. This no doubt factored into

letters to the editor:

Dear Editor,

I read with great interest the article entitled "RATING department efficiency" in a recent issue of the *Criterion*. While some University entities, especially the academic departments, fared well in this follow up check on response times to messages left on voice mail or answering machines, many offices, especially administrative departments, regrettably performed badly. Most did not respond to the inquiries after three days. My colleagues and I in University administration consider this to be unacceptable. We agree with the author, Ms Ueno, that students deserve much better client services from the University, and we pledge to do whatever is necessary to bring about significant improvement in these services in terms of availability, accuracy, efficiency, and timeliness. We are working on ways to keep this message constantly before those who are involved in student services and to provide periodic professional instruction in how to better serve student clients. We welcome further feedback from students on these matters and solicit suggestions on how we may improve.

Warren C. Trenchard
Provost

Dear Editor,

I am writing in response to the article, "It Is Easy Being Green" in last month's *Criterion*. I think the author did a very detailed and thorough job in covering the various topics involved with the green effort. I also commend La Sierra's attempts at trying to make the earth a cleaner and healthier place to live in. I stay just a stone's throw away from campus, and am embarrassed to admit that I drive to school everyday. Reading the article has motivated me to jump on the bandwagon and play my part in caring for the state of the earth. I have since invested in a pair of comfortable walking shoes, and will be walking to school from now on. I believe that every small effort counts and that everyone can do their part to help in keeping the earth clean and green.

Evangeline Sim

the poor results. Additionally, in its accompanying chart, we reported that Advising x2217 was busy all night. Unbeknownst to us and probably a good deal of you too, they have since moved to the Center for Academic Success and are at extension x2452. We tested them by leaving a voicemail this month and we're happy to say that they responded the very next day. Perhaps the picture isn't so bad as we first thought. In any case, whatever state our offices were in, efficient or not, the response in reaction to the article has been unanimous: all departments are determined to serve students better.

I earnestly, genuinely encourage you to write in. You let us know what you think and we let administration know what we think. You might be surprised with where your thought goes.

So then, I look forward to hearing from you next month.

Tiffany Ap
Editor-in-Chief

CRITERION

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Features Yvette Vargas and Darren Goltiao as the Dean Guerpo's at SALSU's Costume Skate Night.

Criterion is a monthly news publication of the Student Association of La Sierra University. The opinions are those of the respective author and do not necessarily represent the opinions of SALSU, La Sierra University, or the Seventh-day Adventist Church. This publication does the utmost to monitor for accuracy. However, please notify us if you note a misprint.

Contact us: criterionlsu@gmail.com
For digital color copies of the *Criterion*:
salsu.lasierra.edu/publications

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SALSU Volleyball and Beach Vespers Nov. 7 at Huntington Beach. More info at salsu.lasierra.edu

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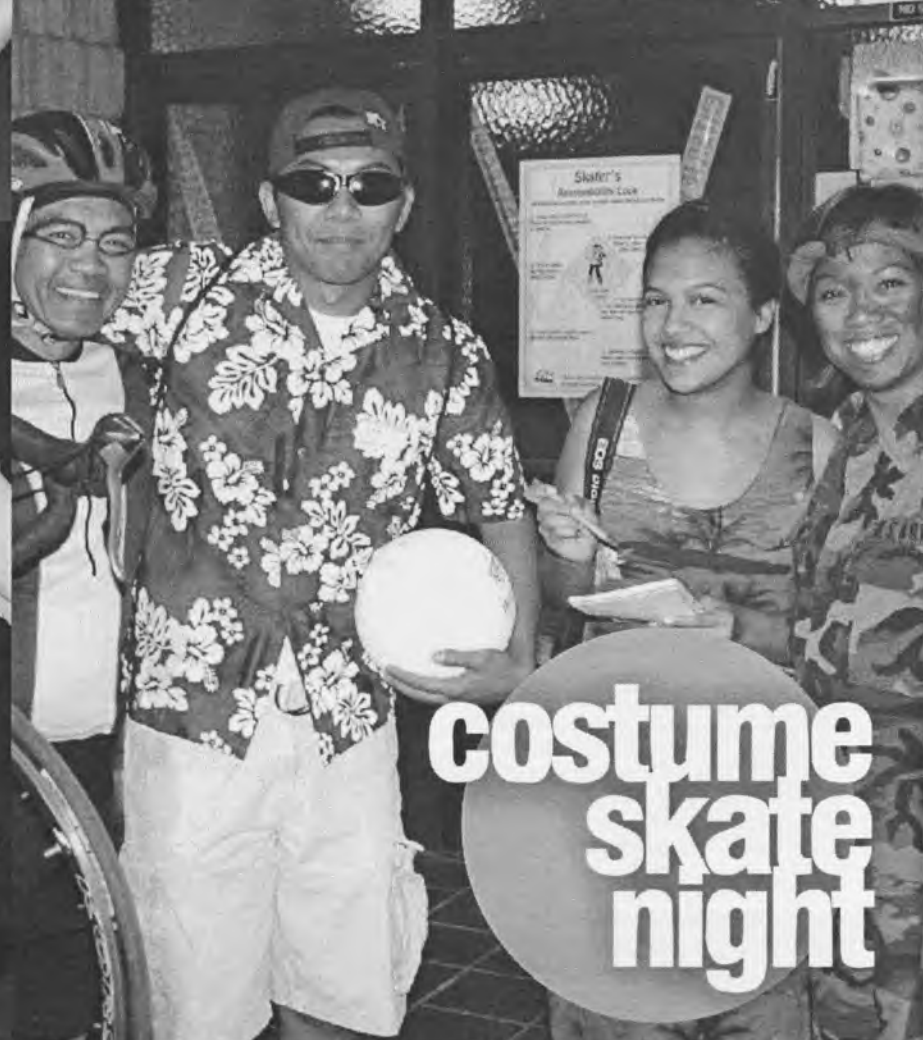
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**costume
skate
night**

cultural salsa nights

Rose Philogene

DANCING WITH THE STARS HAS nothing on La Sierra's Salsa Night! This cultural dance was brought to the La Sierra campus mall on October 18. Many brought out their dancing shoes, came out to brush up on their dancing skills, and some to show off what they got. The night began with teaching the crowd the basic steps of Salsa, once the guys and girls had their separate parts down, it was time for some fun! Surprisingly everyone looked

great; after many stepped on toes and wrong turns and spins, each dancer got their routine down and began to dance the night away. An extra bonus that topped the night off was actual salsa and chips were served to everyone for some socializing and good times.

Some participants of the night voiced their opinion of the night:

"It was a fun experience it was nice to have students involved in a cultured experience" Jeremy Brown.

"The night brought Salsa a new twist and excitement to students..." Nathaniel Sevilla.

"...sophisticated fun!" Delmont Williams.

Salsa night is a new tradition but with the success of the first night I'm sure the next Salsa Night will be also a hit. Keep your calendars open and get your dancing shoes polished and ready for November 15 at 8 pm when SALSU presents Salsa Night once again. Be sure not to miss out. Dress in formal attire.

tuesday tunes

Israel Carreon

AFTER A MYSTERIOUS SABBATICAL, Tuesday Tunes was re-launched with a featured number of promising local artists.

Robbie Morgan opened Tuesday Tunes with a heartfelt and powerful acoustic session. Morgan started with "The Beauty of Love," a song written during his time in the Marshall Islands for a missionary trip. The song expressed the greatness of God's love. "During my time at the Islands, I had some doubts and questions about His [God] love. I soon realized that as long as God is with me I'll be alright," recalls Morgan. "Anguish," was written in response to a documentary "Call + Response." The film brings light to the dark secret of the 27 million people sold into slavery throughout the world. Pulling from Jeremiah 4, Morgan completed the profound song, asking the crowd, "Not to keep in silence."

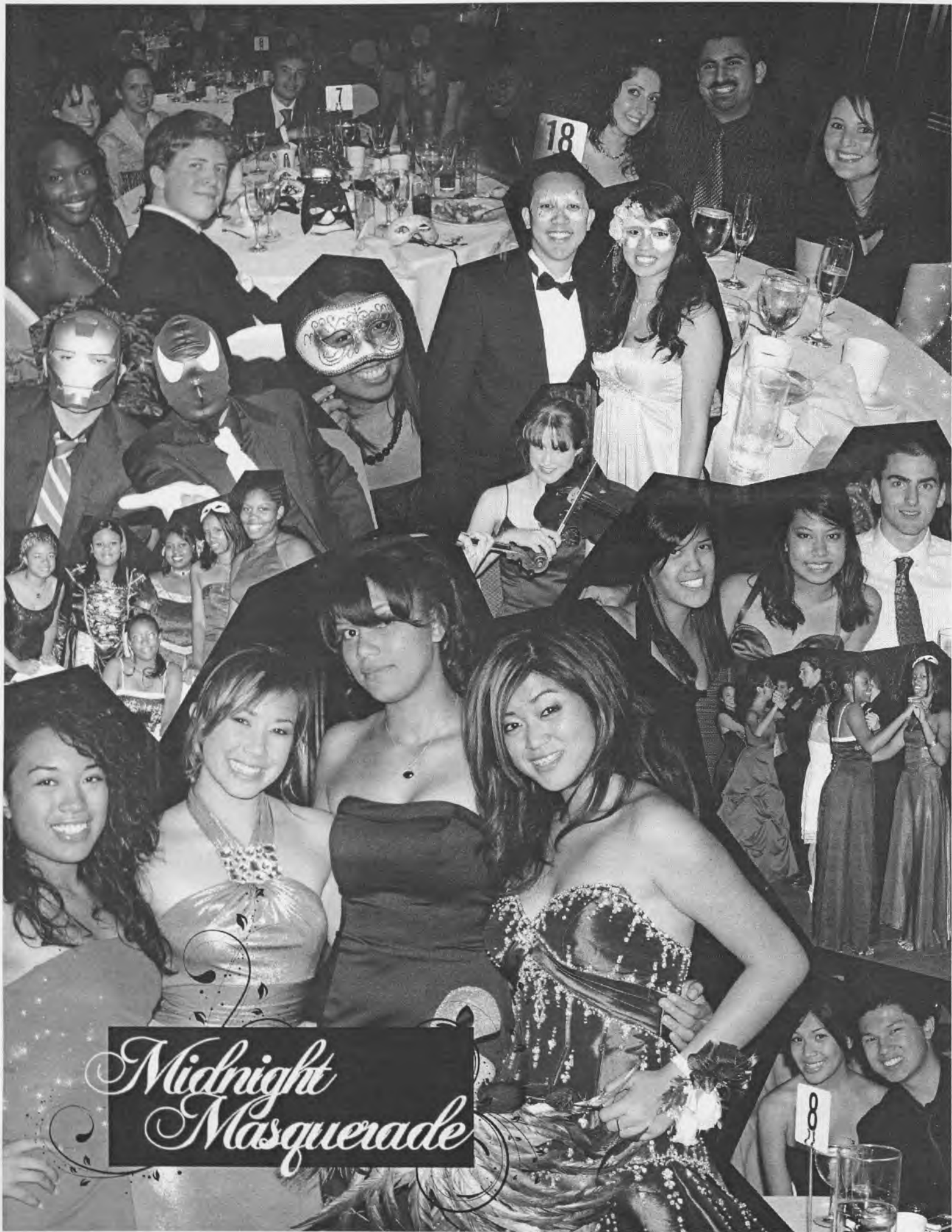
Next to take the stage was

Gabe Orozco, along with Roberto Ayala and Rene Flores who brought a more upbeat, Reggae-Spanish blend of harmony. With Orozco on the guitar, along with Ayala on the bass, Flores kept things fresh staying on beat with bongo drums and a saltshaker. The first number "Love will bring you back," conveyed the message of Jesus' idea of love. Orozco commented, "Jesus' teachings of love is applicable today and forever." Getting personal with "Maybe Tonight?" Orozco sang about a difficult time in his life, giving the audience a moment to connect to humanity's inner-self doubt of identity. Picking up with a lighthearted, topical feel, "He Loves You," talks about God's grace and devotion to humankind. Displaying great vocal range, Orozco amazed listeners with his ability to voice a key for a long period of time.

Last to perform was a local


Riverside band called Vedda. This energetic group brought an indie style sound riddled with amazing guitar solos and superb vocals. Recently formed in August of this year, its members consist of Andrew Keith Cortez, who brought spirit to the band through his guitar and vocals, Christopher Daniel Morgan, intricately showing the complexity of back up guitar, Rick Lucas Baeza coolly bring a steady beat on the bass, and Gilbert Blanket Villegas, calling thunder down with the percussion. Opening with "Forward," showing the crowd the band's atypical fashion of music. "Are You Made of Glass," awed everyone with mind-blowing guitar solos. Masterly composed, "Nice Meeting You," was a moving piece that brought the night to a nice close.

Tuesday Tunes is live every Tuesday from 8 to 10 pm at the Student Center.



*Midnight
Masquerade*

**NOV 11TH @ 9PM
MUSICAL MEETING**



**MUSICAL AUDITIONS
START NOV 17 • HMA**

Interested in Participating in
"A Night Over Broadway"?
 We will be holding a **Pre-Audition Meeting November 11, HMA**
 Sign ups for audition times will be held during the meeting
Auditions will be held November 17, 18, & 19
 We look forward to seeing you there.
 -Xander Nig, & Michelle :-)

blast from the past

Tabitha Bunch

THE COLLEGE CRITERION publications of the 1940s were relatively similar to those printed and distributed in the previous decade. The paper followed the established layout and maintained visual consistency, but the overall content and subject matter of the articles evolved greatly at this time.

The College Criterion of the 1930s typically documented the daily goings on of the student body of Southern California Junior College.

In contrast, the 1940s publications described much more important matters than afternoon teas, surprise parties, and special dinners. While these stories still found a home in the paper, their importance and magnitude dwindled. Instead large sections were dedicated to covering club events, world news, alumni news, poetry, and announcements.

Arguably, one of the most significant additions to the paper was a world news section, entitled "International Jig Saw." This section provided weekly insight into the goings of the world, and in particular the events of WWII.

Throughout the decade, several articles were published that demonstrated the effects that the war had on both the La Sierra College campus and the College Criterion itself. The first of which was published on October 24,

1940; this article reported that all men in the university between the ages of 21-36 were required to register for the draft. During the second semester of the 1940-1941 school year the editor-in-chief of the College Criterion, Fred Hoyt, had to resign from his position in order to fulfill his duties in the radio services of the U.S. Navy. In his absence Barnard Mann took on the editor-in-chief position. Under Mann's direction the paper began to print more photographs a trend that still exists today.

Throughout the rest of the decade the paper remained relatively consistent with the exception of a brief period in between 1945-1946 in which a new layout and design format was utilized. Ultimately the editorial staff decided to return to the traditional layout format that was established in 1929.

religion:

PROFILE // DEVOTIONAL // TESTIMONY



mark cleveland

Keith Ybanez

THIS MONTH'S student missionary is a special piece. Mark Cleveland, religious studies major here at La Sierra, was kind enough to contribute about his

decision to spend this school year as a student missionary. Mark is currently serving in Prague, Czech Republic. He began his term in Prague in late August after spending his summer studying in Greece. Mark is teaching English as well as giving bible studies until he returns. He is presented with the challenge of teaching Christianity to the second most secular country in the world where only 19% of the population believes that there is a God. However, in my opportunities to communicate

"... being a student missionary is one of the best things you can do in life and it will change you so much."

with him I can tell he does not see it so much as a challenge, but as a great opportunity to introduce Jesus to many people who haven't had the chance to study the Bible as closely as we have.

Guess what? Everybody says that being a student missionary is one of the best things you can do in life and it will change you so much (for the better), they are right! In the beginning of my time here in Prague I had to make an important decision about my life. I had signed up to come here of course, but something still wasn't right. In order to make it through this year I had to pick a lifestyle. It was either give myself completely to God for Him to use me, or I could try to be an SM (student missionary) and still kind of do things my way. I wanted more time for myself but soon realized that the life of an active Christian is never boring or idle, there's too much to do! I decided to give everything that was asked of me and to be flexible (two of the most important things in mission) and since this decision, my relationship with God has grown and

changed significantly. I am now thinking about life on a bigger scale, which compared with eternal life with God, makes our time on this planet extremely short. Through all of this, God is helping me realize the person I was born to be, what I was meant to do in life, and it's amazing. I now see the difference between me being in charge of my life and God being in charge. My life is so much better now with Him fully leading. We talk throughout the day, I feel closer to God than ever before because I'm actually giving back to God (however insignificant my efforts are) and most importantly, He is bringing my will in line with His. It's so much easier going through life and accomplishing new challenges when you know you're on the path God has chosen for you. I feel I have a more mature relationship with God, He has proven to be 100% trustworthy in life and in spite of all the doubts Satan tries to throw in between us, I know God's way is far better than anything else and that's where I want to be. God is so great that it seems anything I give of myself comes back to me threefold. His blessings never cease. I know I will be far more successful in life with Him leading, and I want as many people to be in Heaven as possible so I look forward to seeing how God will use me throughout my lifetime; I know it will be a great adventure.

I would encourage everyone to be an SM for a year if you haven't already, at any personal cost. If you are stuck in life and you don't know what to do, be an SM, or at least put yourself in new, challenging and altogether uncomfortable situations that test you and force you to grow. You'll undoubtedly understand more about who you are and where God wants you; and most of all, never stop praying.

a battle not our own *Giana Campos*

AT THE MOST IMPERVIOUS TIMES, A DISASTER THAT seems designed for you comes out of nowhere and no matter how much of a prepared individual you are, it can knock you right off your feet. We are no strangers to unfortunate events and painful indiscretions so I'm assuming we all understand what it's like to bear what feels like the weight of the world on our shoulders. With academic demands, work or the lack of, friendships, and relationships it's as though we are constantly swimming against the current. While our battles can seem repetitious and somehow never ceasing, we add onto them by trying to fix them. By sticking our hands in a

complicated mess, the chances of it getting better are low. Not to mention the fact that frustration can build up and make matters worse for everyone. What I find most interesting, is that there are answers to our questions and although they aren't yelled at us by some mysterious voice, doesn't mean that they are not easily accessible.

I continue to wonder why we chose to squander alone in our battles. No matter how many times a rope is thrown out to save us, we insist on handling it ourselves. Often times we don't see how ill equipped we are until we've dug a deeper hole. So what if we just learned to except that there is Someone who wants to make are load a little lighter? God knows our limitations as human beings and that we are not in any shape to better ourselves alone. In times of trouble, why do we think it's only sink or swim and why is it so hard to just let go and let the One who made us make our wrongs right? The burdens we carry and the battles we fight are all already won. So what are we fighting for?

"The Lord will fight for you. You need only be still."
Exodus 14:14

testimony *Heather Corona*

SENIOR MARKETING MAJOR, MICHAEL LUTTER, gives a testimony on his experience of attending a Seventh-day Adventist Church in Istanbul during his summer trip to Turkey.

"The Adventist church in Turkey was small in size, but was surrounded by a high wall to avoid unwanted witnesses and biased judgment of their Christian belief, since their religion is not recognized by the Turkish government. Doors were always ensured to be closed and all worship services were conducted inside the building.

"There was a significant difference in the routine of worship in the Adventist church in Turkey since it consists of different cultures. There were Turkish, Romanian's, and English speakers there, and everything had to be translated to all these different languages. The amount of Adventists in Istanbul, Turkey is so small that they all have to worship in one location."

"LSU professor of Religion, Dr. Kendra Haloviak, gave the sermon at the Sabbath service. Although I can't seem to remember the message given, I do remember that the sermon was outstanding."

"Most of the church members are from Romania and they're living in Turkey to work and make a living. All the members are very passionate to be at worship. They travel from a far away

distance, including riding a ferry, train, excessive walking just to be at worship on Saturday."

"I found the Baptism, visions, and the food to be the most interesting part of the overall experience. For example, a whole family was baptized during worship and it was conducted inside due to the secrecy of the religion practice. The father and the son were interviewed for their dreams and vision of scenes which include Jesus, heaven, and hell. Think of it as if you were witnessing Ellen G. White revealing her dream, except this was with real people witnessing how God communicates to them. One of the things that I will never forget is when the father was interviewed about his dream and he said that he was taken to hell in his dream and a voice said "you don't belong in here." There was food in the end of the service that I have never tried before, but it was so good and delicious. They had Turkey food, Romanian food, and other food. I was so confused for I didn't know which to try first?"

"The experience was one of a kind! This is one of the reasons why I wanted to go on a tour like this because I will get to see something that you never see here at home. There's a whole world out there to see! The tour had a huge impact on my life. It made me realize how good we have it out here in America compared to the rest of the world. A lot of times we complain about many things here and how one thing is never perfect to our needs and wants, but until you travel out there to these parts of the world then you realize that there are more than just you that lives in it."

"The experience in Turkey will shape my future to surround myself with a positive attitude. With God, everything is possible. Even in a country that has limited freedom in religion, Christians are still able to gather and worship their God and Savior. Every time I feel discouraged or unmotivated about failing to achieve something, I think about these experiences that I witness. I realized that there's always someone out there who has it worse than me, and God will help me to push harder and be stronger within my limits."

"I would like to thank La Sierra University and its staff for promoting programs such as study tour/abroad in education. I think that programs like these specifically allow students to see and retrieve experiences in the world that you can't find in a book, TV, or on the internet. I highly encourage the school to offer more study tour/abroad programs to allow our students to engage with a worldly dynamic and diverse experience. The tour was a learning experience that I will forever treasure throughout my lifetime," said Lutter.

november2008

11/2	11/3 6am - SALSU Presents CABL Run 10pm - Towers Dorm Worship	11/4 Election Day 6am - SALSU Presents CABL Run 6:30pm - Women's Basketball vs. Pt. Loma 10 pm - Angwin Dorm Worship	11/5 10pm - SALSU Presents: Rendezvous at HMA	11/6 6am - SALSU Presents CABL Run 11am - UW at LSUC GET YOUR NOV. CRITERION ISSUE!	11/7 2pm - SALSU Presents Volleyball Tourney & Beach Vespers 7pm - Chamber Music Series 7:45pm - First Service	11/8 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
11/9	11/10 6am - SALSU Presents: CABL Run 12pm - Prayer at the Statue 10pm - Towers Dorm Worship	11/11 6am - SALSU Presents: CABL Run 10 pm - Angwin Dorm Worship	11/12 10pm -SALSU Presents: Rendezvous at HMA	11/13 6am - SALSU Presents: CABL Run 11am - UW: Breakouts	11/14 7:45pm - First Service	11/15 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 7pm - SALSU Presents Salsa Night 7pm - Wind Ensemble
11/16 7pm - Music Orchestra Concert	11/17 6am - SALSU Presents: CABL Run 10pm - Towers Dorm Worship	11/18 6am - SALSU Presents: CABL Run 7:30pm - Men's Basketball vs. La Verne 10 pm - Angwin Dorm Worship	11/19 8pm- SALSU Presents: LSU Idol 10pm - SALSU Presents: Rendezvous at HMA	11/20 6am - SALSU Presents: CABL Run 11am - UW: Breakouts 8pm - SALSU Presents: Fall Feast	11/21 7:45pm - First Service	11/22 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
11/23 Enjoy	11/24 your	11/25 break!	11/26	11/27 Happy Thanksgiving!	11/28	11/29 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
11/30	12/1 SALSU Presents: 5 Days of Wellness 8pm - Residential Life Christmas Party 10pm - Towers Dorm Worship	12/2 6pm - Women's Basketball vs. Claremont 10 pm - Angwin Dorm Worship	12/3 5pm - Christmas Tree Lighting 8pm - The Crucible 10pm - SALSU Presents: Rendezvous at HMA	12/4 11am - UW at LSUC GET YOUR DEC. CRITERION ISSUE! 8pm - SALSU Presents: SALSU To Go 8pm - The Crucible	12/5 7:30pm - Candlelight Concert	12/6 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 8pm - The Crucible

SENATORS

Congratulations to the following elected senators for the 2008-09 school year:

Judicial Committee

Alex Wisbey
Rose Menos
Shaina Holiman
Natalie Sayegh
Justine Le

Emerging Issues Committee

CK Francisco
Andy Lee
Leslie Mutuku
Joal Legaspi

Social Committee

Tritia Simanjuntak
Paulette Serrano
Michelle Zaguirre
Yorlennis Aguirre
John Yousry

Student Wellness Committee

Michelle Antonio
Nathaniel Sevilla
Chelsea Johnson
Gavin Hibbert
Mystere Gibbons

ROOM FOR RENT

Female Roommate Wanted

Adventist/Christian Believer,
non-smoker, quiet and
studious in La Sierra home
of studious family. Clean, no
drama, respectful, and no
loud cellphone conversations.

***\$500 per month with a
small share in utilities***

Email Miss Carol at
ofcgeek@yahoo.com



Photo courtesy of LSU Athletics

woman's volleyball

The La Sierra University women's volleyball team has improved since last year by ending their season with an overall record of 5 wins and 14 losses.

Heather Corona

THE WOMEN'S VOLLEYBALL TEAM HAS improved since last year by ending their season with an overall record of 5 wins and 14 losses.

The Lady Eagles are all returning players except for junior Melissa Fejeran and freshman Neechelle Davis. Having all but two returning players on the team gave the girls an advantage on the volleyball court. "We're mostly all sophomores and we came in at the same time, so we're learning together each year. We hang out off the court too when we get the chance. We're pretty tight," said sophomore Rebecca Barcelo.

The volleyball team was greatly supported this season. The head coach is Kim Elgaricol and the assistant coach is Erin Conley. "As far as team moms or dads, Mrs. Burshkin was one of our faithful fans this year. And then there was Kris Jackson, one of our students, definitely one of our loudest and most faithful cheerleaders. Also, we have our "Super-fan", a member of the community who is an older guy who comes to every single home game and cheers us

on no matter WHAT. Not sure where he came from, but he's amazing, and we really appreciated him," said Barcelo.

School recognition, student involvement and support are what the LSU women's volleyball team aims to achieve in future seasons. Barcelo tries to implement awareness about the factors of volleyball. "There's actually a lot more to volleyball than it seems at first glance, and it's really intriguing once you start playing. It's all about angles, accuracy, control, and lots of strategy. Once you get into the game, you're hooked," said Barcelo.

New Lady Eagle player Davis is eager to explain why she plays volleyball. Davis said, "I love it, the satisfaction of getting a clean hard spike, and being a part of something bigger than you. Everyone on the team is important even on the bench. I also love to see myself grow, I've made such an improvement since the beginning of the year, and I really love watching the change."

While some players enjoy the growth in their game others focus on

self improvement. "I'm personally trying to reach my potential, and I haven't gotten there yet. I have got better this year, but I'm still not satisfied and that drives me to come back better next year," said Barcelo.

Davis explains that teamwork is the most important element in playing volleyball. She said, "You play for the team and not just for yourself." Barcelo concentrates on the physical aspects of playing the game. She said, "Athleticism, plyometrics, weights, and core strength really help for balance, strength, and higher jumps. Also, good team chemistry and communication is essential for volleyball, and a lot of the time it is overlooked. If it's off, even an observant fan can tell," said Barcelo.

The team is going to be having their end of the season dinner in which they will recognize the captain Hallie Burshkin and co-captain Rebecca Barcelo. One player who exceeded in performance will be given the Most Valuable Player award.



criterion

A Day In The Life Of An International Student

Aline Ueno

THROUGH THE EYES OF LEANDER TOMAZELLI, A FRESHMAN AT LSU, WE HAVE THE PRIVILEGE OF FINDING OUT A LITTLE MORE ABOUT THE LIVES OF OUR INTERNATIONAL STUDENTS.



From left: Leander at the fountain by the statue; Marcelo Arrais (freshman), Leander Tomazelli (freshman), and Flavio Schmidt (sophomore) at the campus mall by South America.

FROM THE TIME I WORKED AT Enrollment Services here at La Sierra University I discovered just how difficult the process for attending LSU is. There are several forms and financial battles that they have to endure that we have never been exposed to. This task is especially difficult when translation is needed for all the documentation. After all that trouble what happens once they are here miles and miles away from their families and friends? How do they deal with studying in a language different than they are used to speaking every day? In this article we have the privilege of finding out a little more about the lives of our international students through the eyes of Leander Tomazelli, a freshman at LSU. Leander is originally from Sao Paulo, Brazil. He went to high school at the Instituto Adventista Paranaense (IAP) in the state of Parana and, after graduating, went to the east coast to sell Adventist books.

He decided to come to La Sierra University to pursue a Business Marketing major. He is part of LSU Big Band, Wind Ensemble, and the Saxophone Quartet. He also started playing soccer as a forward/striker for the Golden Eagles as soon as he got here.

Leander has seen some differences with his experiences in the United States. While selling books in Massachusetts he noticed that Brazilian families did not hesitate to invite them in and talk to them. Americans on the other hand were more cautious. It's just a part of the Brazilian culture. The Brazilians have a warmer way of dealing with people. That's an aspect of the Brazilian culture that he wishes could be implemented more in LSU, not that Americans aren't warm people but all cultures differ somewhat in this aspect. Leander faces a busy day just like the rest of us having classes from 10 a.m. to 2 p.m. with soccer practice and more afternoon classes and rehearsals while trying to fit study hours and God in his life. But he doesn't view it that way. "The secret is, I think, not you finding time for God. It's you living for God. It doesn't mean you have to go around preaching but with everything you do honor Him."

What has been the hardest thing for you living so far from your home?

The comfort of having your parents there and the food. It is

nice living with your parents, you eat well; you're at home. I miss that.

How do you deal with learning in a language that is not your primary language?

It's a little hard but it's interesting. I like the challenge. Being in school in another country is a challenge to overcome barriers.

Where do you find comfort here?

Friends and Church.

What keeps your spirits up when you are having a tough day?

Friends and God. Knowing that God has a purpose in our lives and that our time here is temporary.

How often do you speak/visit your parents?

Once a year.

What is your favorite food here? What food do you miss the most from Brazil?

Taco Bell! Tapioca. My mom's food. She cooks really well.

What are your hobbies/interests?

Play soccer and basketball. Play the guitar. Go out with friends. And play the saxophone.

Even coming from completely different places the students at LSU have many things in common. We are all trying to balance our lives as well as we can. We can be thankful for having a campus so open to diversity by turning La Sierra University into a "warmer" campus for all those who are far from home. Whether they are from here or from outside the U.S.

whose verb is it anyway?

Karina Babikian

One way to spend a Saturday night is to attend one of the performances on our campus. The "Whose Verb is it Anyway?" performance that took place on October 18th was one of the funniest that I have ever seen. With some old and new faces on this year's Improv Team, the show was an eclectic mix of sarcastic and "did you really go there?" humor, "Whose Verb is it Anyway?" was most definitely a night to remember. As a bonus to our issue of the Criterion, we've taken a sneak peek to inside the life of one of our players, Beverly Maravilla.

Full Name: Beverly Maravilla // Class Status: Junior // Major: Psychology/Pre-PA // Passion: People and listening to John Mayer

Q: As a member of the Improv team and being part of the Play, what is your interpretation of "Whose Verb Is It Anyway?"

It's a show of the unexpected. Improv is very much like that- it gives you real people with light hearts and a big sense of humor who like to perform and engage in a good laugh with other people.

Q: What is the play all about?

It wasn't really a play. Plays are scripted and they are rehearsed. Improv is theater in the raw! It's on the spot creations of lines, ideas, relationships, characters, and scenes. There was a theme however and it was to "tell a story"! Improv is a series of games that are played that involve both audience and "actor" involvement: the audience is asked for a location or a relationship between two people or even a genre or a simple object and the performers on stage have to form a scene based on what

the suggestion is. You never know where a scene could lead.

Q: As a new member, what is the best part of joining the Improv team and practicing everyday for the play?

Improv is a branch of theatre that I am actually quite familiar with- it was a big thing for me in high school. Joining the Improv team has been a blessing in the way that it's brought me back to a former passion and is simply fun to do. And again, because improv is not something that is scripted- our "rehearsals" consist of playing theatre games and exploring different avenues of what to do on stage- it is a lot harder then it sounds but it is worth all the work!

Q: What would you say to someone who hasn't watch the play or has no clue of it? (I notice that the play was only run through once).

To someone who has not seen or experienced improv I would say that it is something that they really need to put on their list of "things to experience before I die." It's really a fun experience for both the performer and the audience. There were two different featured performances. The first one was actually part of the Friday night 1st Service program and the second was the performance in Matheson Hall (former Matheson Chapel).

performers: Kyle Dever, Angela Pineda, Rebecca Kern, Will Frei, Tina Frei, Wheeler, and Jay Murdock. Nonetheless I love to watch the veterans perform because they are experienced and have that much more to bring to the stage. Inspiration- I would consider the simple ability to be on stage and be a part of what makes people come to life and experience emotion whether it be laughter or tears.

Q: Who is the funniest person you have ever encountered in your life? Why or Why not?

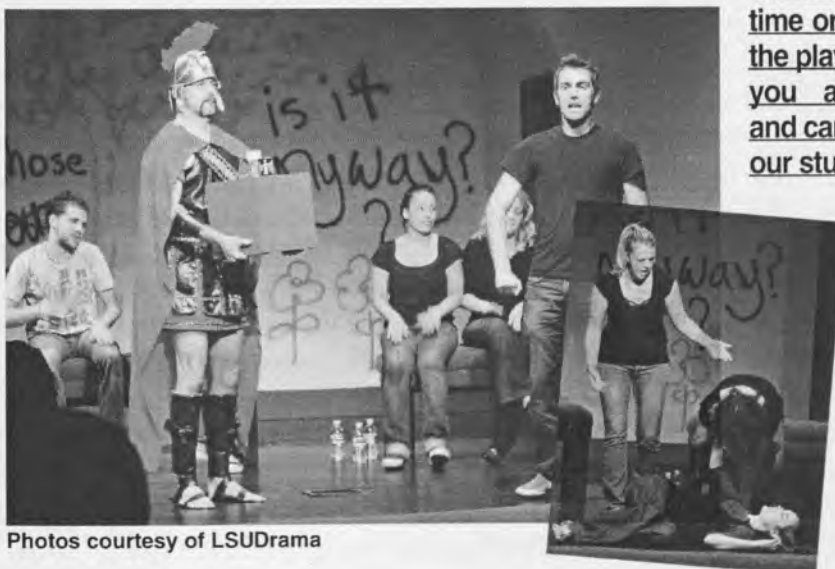
I think that the funniest person would have been a combination of a few people, Steve Hemenway, Donovan Childs, Pastor Sam Leonor, and the newest addition to their circle of fun, Brit Steele. I think that they are all very light-hearted and they draw from life experiences the best. They are all a riot to work and hang out with!

Q: Do you think that this play is just a type of entertainment? Why or Why not?

It can be just for entertainment. Will and Tina Frei- the improv instructors this year are working on opening improv up so that people understand that it can be spiritually connected. I think that God has an amazing sense of humor- when we laugh in joyous emotion, because I really believe God does too. There are lessons to be learned everywhere, we just have to be willing and open to the opportunities to learn from them when they are there.

Q: Was there a specific time or scene during the play you felt gave you an inspiration and can also apply to our students?

This past time I helped in one of the games because the actual improv show featured some of the veteran



Photos courtesy of LSUDrama

LSU Idol

Hailey Wilder

Photos by Hailey Wilder

WE ALL KNOW LA SIERRA IS home to a multitude of talented students in many different genres. On November 19, 2008 students will have a chance to sing their hearts out during the LSU Idol competition. Auditions were held this October and while some are still being accepted as finalists, Sterling, Gabe, Robby, Denby,



performers seen mid November. The finalists will compete with one another and there will be a panel of judges, however, the final decision will be left up to you, the students and faculty members of La Sierra!

Auditions for LSU Idol, were a

C.K., and Izzy will be just a few of the

little slow to begin with, but once students looking the fame of being an Idol contestant started to come, the flow was constant. There is no doubt that the performances will be amazing and the competition stiff in the final round this month. As if these performances are not enough, there will also be two special performances; one by Roland Pendleton and another by the Polynesian Club. So don't miss out on all of the fun and excitement on November 19th in Hole Memorial Auditorium!

Don't miss out on LSU Idol on November 19th!

Fall Wind Ensemble

Lauren Gifford

THURSDAY, NOVEMBER 15 MIGHT be the finest hour of the year for La Sierra's Fall Wind Ensemble, scheduled to perform at Hole Memorial Auditorium. With forty to fifty members, the Wind Ensemble features serious, talented wind musicians who don't mind at least three hours of practice every week. Preparation is integral to this refined group of performers whose pieces include seventeen different wind instruments.

Of all the diverse instruments played, the musical production is so harmonious that quartets (woodwind and flute), are the only emboldening feature of the band's enchanting uniformity. This is the third year for Director Ken Narducci, who was the Music Director at Pacific Union College for 25 years. One song is conducted by graduate student, Nic Coffey called Ever Braver, Ever Stronger. It is one of a few songs which involve musical contribution from community members and graduate students. If you attend the Fall Wind Ensemble's performance,

you can prepare to hear hymn arrangements, popular tunes, and...not a lot of classical!

French horns, trombones, clarinets, piccolo, flutes, oboes, and even the string base (a college rarity) can be heard at this concert. The Ensemble feature one concert every quarter, and they are holding an additional one this weekend at our very own La Sierra University Chapel. Tickets are \$10 for the community's purchase, and \$5 for La Sierra staff and students. Showing support and attending November's concert will brighten your school spirit, and allow you to experience raw talent. For this group, practicing as an ensemble is normal, no matter what quartet you're in, or which wind instrument you play.

Bassoon player Taryn Johnson says she interprets this year's musical themes as a "musical explanation of life."

"It's kind of interesting to see how music speaks to people. It's good to be surrounded by like-minded people and to be sharing part of

yourself to the world, says Taryn.

"Our music this year is something different and really interesting. For example, no one's ever heard of Ascension from Dante's Inferno. It's so random and has different scenes. Full Tilt is another one of our songs which is a popular tune with really cool rhythms."

Each musical piece is about three to ten minutes long, the longest being 15 minutes. As Taryn said, "It's good to see support from the community, and it's good to feel like we make buying tickets worthwhile. We are all solid musicians who can sight-read music. It's a really high level of musicians, you sit with people who grow and work." The Ensemble even attended a band clinic festival to prepare.

The applause will only get louder as La Sierra's Fall Wind Ensemble will leave their audience entranced in their musical harmony. Your music listening enjoyment certainly won't feel like a long-winded event once you hear the talent behind each number.

Art Professors stressing the wonders of their new works.

Jonathan Finau

“WE WANT TO SHOW STUDENTS THAT THERE ARE MORE TO US THAN TEACHING, THESE ARE THE THINGS WE LOVE TO DO AND SHARE WITH THEM.”

ART HAS A LANGUAGE OF ITS OWN AND IT CAN ONLY SPEAK TO both the creator of the piece and the audience. It has an infinite meaning that even the artist themselves have a different explanation from what a viewers perspective is. This is why the Art Department is showcasing their Faculty Exhibition this coming November 10 through December 11 at the Brandstater Gallery. Six art professors will be showing new works of arts as a performance of their contribution as teachers in La Sierra University. The exhibition is held every two years and it is exciting that this year the art department is hosting it again. This year the Art Department has a whole new twist to everything from bringing history to life and addressing everyday life expectancy.

One of the successful alumni of this event is Professor Peter Erhard. He is a retired professor in photography from La Sierra University. In his exhibition, he will show four photographs that breaks two of his most strongly held “rules” and personal preferences for his documentary/fine-art photography. He is known to many art professors for recording and photographing actions, places, and people in Viet Nam. “Although, the exhibition is for La Sierra Art faculty”, Beatriz said, “he is still part of our family of faculty and we admire his works”.

Beatriz Krumpin is the chair of the department and director of the Brandstater Gallery, with her piece of painting she will take on a new phase of art. Beatriz is used to painting on fabrics and papers (all clean and neat type of arts), this year she is focusing more on using both what she has been using in the past together with a taste of soil (putting dirt into action). When asked if she could describe what her work is about, she turned the floor and state that it's really hard because every aspect of the painting has a different meaning to it. Beatriz said during the last few minutes of her interview, “Art is a self portrait. I have a special meaning to it because it brings about struggle and you may have a different interpretation of it”. Beatriz will be presenting 12 exhibits of her paintings and few of them will focus on social issues.

Also, being welcome to the table of faculty for the Art



Department

is Professor Tim Musso. He will be exhibiting a series of woodcut and silkscreen images along with some new explorations in font designs and handmade books. The exciting part about his new work is featuring some of his photographs used as visual references from his 2,100 mile hike on the Pacific Crest Trail and adventurous months spent in Spain. Other professors will be exhibiting some exciting new works of their field of profession like Professor Susan Holler's ceramic figurative series which I doubt you wouldn't want to miss. “We want to show students that there are more to us than teaching, these are the things we love to do and share with them”, Beatriz concluded.

2008: FACULTY SHOW ART DEPARTMENT

PAINTING

Beatriz Mejia-Krumpin

MIXED MEDIA PRINTS

Susan Patt

DESIGN & DRAWING

Terrill Thomas

TYPOGRAPHY & PRINTMAKING

Tim Musso

CERAMIC SCULPTURE

Susan Elizalde-Holler

PHOTOGRAPHY

Peter Erhard

crit
erion

fine arts

haiku you: intro to the syllable

Denby Rasmussen, featuring Lauren Kistler

Many of you are already familiar with the Japanese art of Haiku, but for those of you out there who have yet to be blessed with its simple elegance and stylish balance, allow me to introduce one of my favorite literary formats. Rather than delve into the history of the Haiku, I'd like to present a hands-on lesson in Haiku production, and give you, the reader, a chance to shine.

Haiku poems are rather rigidly constructed. They consist of three lines, the first and last containing five syllables each, and the middle containing seven. Apart from that, the rest is much more fluid and versatile, in that one could put just about anything within that same 5-7-5 format. Here is an example.

My name is Denby (*count them, five*)
I go to La Sierra (*there really are seven, count it*)
and live in the dorm (*and back to five*)

Now watch as we develop this idea into something a little more meaningful (or totally pointless).

Procrastination

I would quit doing it but
I'll wait 'til later

I checked out bowling
A lot of people showed up
More than there were shoes

I just bombed a test.
Now I'll have to drop that class.
Too much Rock Band, man.

If Adventist Health

Is much more superior,
Why does our "meat"
bounce?

New TV season
Too bad I live in the dorm
With no Internet

Hey, who cut my pants?
That wasn't very nice, dude.
Rude awakening.

Fall has now arrived
The weather is getting cold
Put on your real shoes

Four years is lengthy
Make sure you like your major,
You super senior.

Now it's your turn. If you think you have the poetic moxie to create a Haiku worthy of publishing, send it to me at denbyrasmussen@gmail.com and perhaps your dreams will be realized in the next issue. I'll print the three best Haiku poems that I receive. Be clever, harness your creativity, and you may find your name in the Criterion. Good luck!

YOU KNOW YOU'RE AT LSU
WHEN...

*the guys are moving out of the
dorm and into the SIFE huts.*

By Denby Rasmussen

Send your one-liner to criterionlsu@gmail.com

CRITERION

The Student News Magazine of La Sierra University • December 2008 Issue

LSU IDOL WINNERS-JOSH AND DENBY

HOLIDAY ISSUE



different ways to celebrate Christmas

with no gifts?

wish upon a star

at LSU's OBSERVATORY

Thanksgiving
mission trip
PHOTOS

dorms WILL CLOSE
during winter bre

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Have an opinion about our articles? Share any of you thoughts by sending a "Letter to the Editor" to criterionlsu@gmail.com. Appropriate letters will be published with permission.

"SCHOOL HOLIDAYS-I HAVE THE ANSWER!"

BY JONATHAN FINAU

You might be wondering why on a Veterans Day Monday morning you're listening to a class lecture and some of your friends from other colleges are taking a full ten hour sleep or celebrating it with families back home. Well, I have just the answer for you!

Colleges and university follow certain academic years like semesters and quarters. Our school followed an academic year of three quarters (Fall, Winter, and Spring) of ten weeks per quarter. According to Provost Warren Trenchard, there are two reasons, 1) the fact that some holidays are statutory holidays determined by the government and 2) that they effect the ten week quarters academic year for the university.

Statutory holidays are mandated by law to be commemorated and celebrated because they signify a unique contribution to our country. For example, July 4th, the day that we won our independence and gain our own freedom, is an example of a statutory holiday because it contributes to the history of our government and needs to be recognized. Non-statutory holidays commemorated and recognized, but the law does not require them to be celebrated as a national holiday. The only non-statutory holidays that we highlight as a statutory holiday is Martin Luther King's Birthday, Memorial Day, and President's Day; last year we celebrated Memorial Day and Martin Luther's Day as a holiday. As of this year, President's Day was newly introduced as a holiday for our school's academic calendar. For a non-statutory holiday, the decision whether to recognized it as a holiday or not, is decided by the school's executive council. Traditionally, the decision is discussed and passed by the schools academic affair committee first before it reaches the executive committee for verification as an official holiday for our school.

La Sierra follows a three quarter academic year with ten weeks per quarter, and having to celebrate all statutory and non-statutory holidays may crash into the regular academic schedule. Provost Warren Trenchard explained that if you had a class that meets only on Mondays every week and you missed two or three weeks of lecture and class which is possibly 20% of your grade, it gives the professor the right to give the student an F as required by university policy. For graduate students, professors are given authorization to have classes on holidays especially during winter and spring quarter. The bottom line question is whether this decision can be changed? "Yes, it can be changed", said Provost Warren Trenchard. Students have the right to change or add a school holiday but it has to go through the school's academic affair committee and executive council.

I acknowledge the fact that we need to honor those that have fought for our country, but it happens during a short quarter (Fall). Already, we are taking the whole week off for Thanksgiving plus another three weeks of Christmas break. Simply, it's not something the school chooses to observe by closing its offices. ❄

DEBATE DUO WON BRONZE



Angela Patrick (left) and Ariel Loredo (right) excited to be back at LSU with their medals.



(Left to right) Laura-Shay Adams, Ian Wisniewski, Ariel Loredo, and Angela Patrick

IN PARLIAMENTARY

La Sierra University's Speech and Debate Team competitors won bronze medals in novice parliamentary debate at the Griffin Invitational in El Cajon, Calif. Psychology major Angela Patrick and Biology major Ariel Loredo's wins are La Sierra University's first awards in parliamentary debate. Squadmates Ian Wisniewski and Laura-Shay Adams also competed and prepped with Patrick and Loredo at Grossmont College. The November 16 competition included 28 schools, and 123 debate entries from Southern California; seventy-seven of those entries were in the novice division. ❄

Another Way to Celebrate Christmas

BY ISRAEL CARREON

After Thanksgiving, the American public is bombarded by the notion to hurry up and buy gift for loved ones. It is a yearly cycle that is marketed through the media by all sorts of companies nationwide. Although it isn't necessarily wrong to get all the shopping done and out of the way, it is healthy to step out of the "holiday rush" to take perspective of what is really taking place.

Joseph Wasif, an Egyptian student gave the Criterion some insight on how different cultures celebrate Christmas. Wasif described that there are many similarities that both Americans and Egyptians share. "I think the way we celebrate Christmas in Egypt is almost the same as anywhere else. On Christmas Eve we go to church. They always have some play about the birth of Christ and some songs." Wasif also said that many like many American families, it is also common for people in Egypt visit their family or friends on

Christmas day who live near by, "On Christmas day we usually go over to our relatives and friends houses to wish them a Merry Christmas and sit with them for some time."

There are some key differences that Wasif did bring up. "In Egypt, we don't get gifts."

Wasif explained that in Egypt it

"In Egypt, we don't get gifts. We also don't have a Christmas tree. When I first heard of that tradition, I thought it was very strange."

just wasn't a common practice to receive any presents. "We also don't have a Christmas tree. When I first heard of that tradition, I thought it was very strange." Wasif also took notice people during Christmas time, who would travel across the nation for the holidays, which was a major difference in culture to him. "The difference in holidays in Egypt and America is that in the US, the people go to a trip or go somewhere to enjoy, but in Egypt most people don't do that. They just sit home and do what needs to be done at

home."

Overall, Wasif expressed how much he enjoys the holiday season here in America, "I do like receiving gifts." He also said that both cultures could lose sight of what is important. "Christmas wasn't made for getting presents. No, it was made so we can remember the birth of Christ and that he came by a

miracle." It is important to sift through today's media message of "buy, buy, buy" and realize the true meaning of the holidays, the birth of Christ. ❄️



DEVOTIONAL

BY LESLIE ROLLAKANTI

Finals week is a week full of hopes, determination, stress, anguish and prayer. As many students prepare to test their prowess at a particular subject some may feel that there isn't enough time in the day to, while some may think prayer is their last hope for passing. No matter what you think it is safe to assume that the grade at the end is really what matters. I urge you to think otherwise because numbers are funny they can measure your GPA, your absences, your extra curricular activities, and a myriad of other things you fear you are being judged by. To that I say fear not for there is no way that all those numbers combined can measure a persons wants,

This salvation for me is so sweet
Like a starving man finally getting
to eat.

And He did it even if only for me
His arms are open regardless of a fee.

All we need to do is accept.

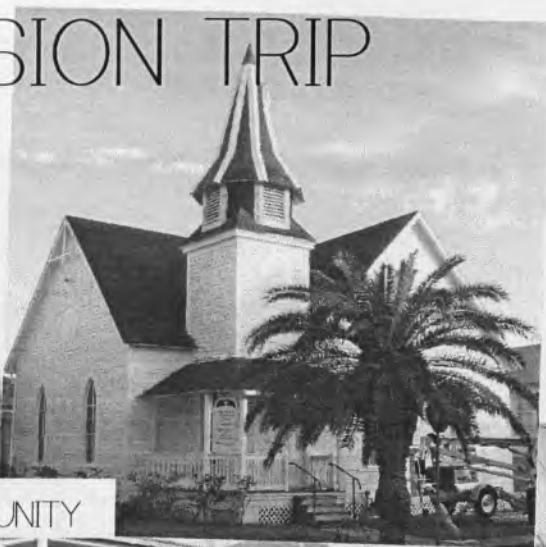
When he died, how many wept.
Salvation granted upon that cross.

Forsake it and you are at a loss.

needs, hopes and more importantly dreams. All of which are far more determinate of an individuals success than any measurements of numbers an ever hope to be. So when you're feeling like this system of numbers has you just remember what Philippians 4:12-13 says "I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength." So take comfort in that God does not use a man-made device to measure you; for you will always be good enough according to Gods criteria. ❄️

THANKSGIVING MISSION TRIP

Galveston, TX—Hurricane IKE Disaster Relief



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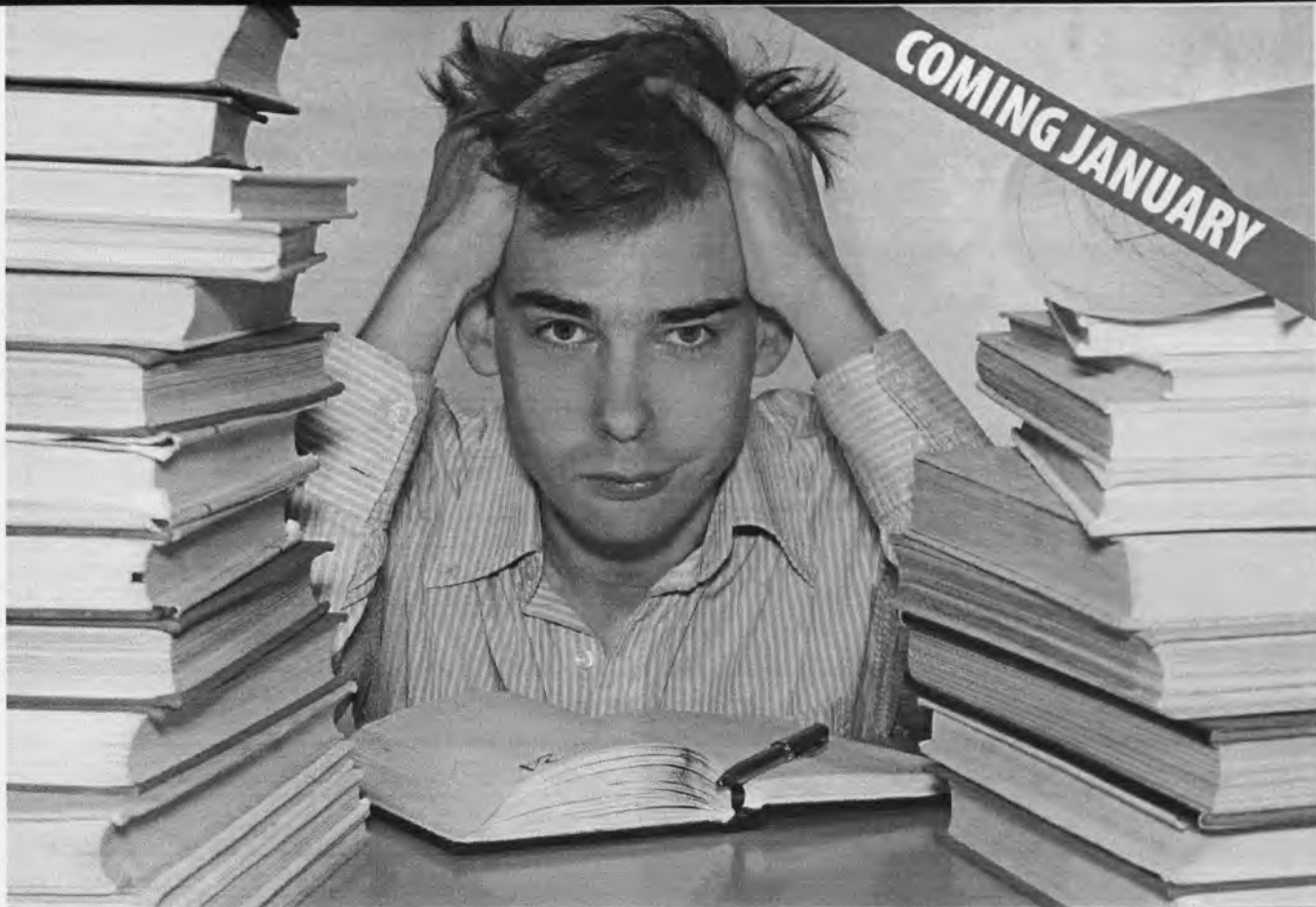
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CANDLELIGHT CONCERT

BY LAUREN GIFFORD



photo courtesy of LSU website

Can anyone imagine how the Christmas season would be without the sounds of at least a couple familiar Christmas carols in December? This year's Candlelight Concert at La Sierra University Church offers everyone the dose of Christmas cheer they need to welcome the Winter season. Starting at 7:30 p.m. on December 5, La Sierra's Music Department will host its annual musical concert. The Candlelight Concert is open to the university, community, and LSUC's church members. All students and faculty in the music department participate, so people who attend will get to hear not only the orchestra, but the band and vocal ensembles as well.

Senior vocalist Michelle Goh comments, "I love Candlelight because it gives musicians a chance to be part of Christmas celebrations- for us to share our music with others who appreciate

it." Michelle also said the concert will feature around 12-15 numbers in selections with orchestra, band, and vocal ensembles. Over 150 people

will be participating, which speaks loudly for La Sierra's musical interest. Some of these ensembles are: piano, brass, strings, woodwinds, voice, and percussion, among others. Some of this year's vocal ensembles are: In the First Light, O Magnum Mysterium, This Little Light of Mine, and All Through the Night.

High skill levels are apparent in that our musicians concentrate on musical harmony rather than casting the limelight on singular performances. Goh emphasizes this by saying, "Showing off our talent doesn't really

happen because we don't compare to others, we just perform for the love of sharing and performing good music." Their desire to produce music featuring

"I love Candlelight because it gives musicians a chance to be part of Christmas celebrations- for us to share our music with others who appreciate it." -Michelle Goh

the best of their repertoire might be what makes the group so musically advanced. La Sierra's musicians emulate the enthusiasm of Christmas spirit year-round, and their talent is something audiences don't get enough of. Their dedication as student musicians is echoed by the fine quality of each piece they perform. Who needs Christmas lights when attending the Candlelight Concert won't cost you anything? ❄️

NOTE TO READERS: CORRECTION to LAST ISSUE

In last month's article entitled "Fall Wind Ensemble", incorrect information was published. The performance was listed as slated for Thursday, Nov. 15, however the date was a Saturday night. In addition, concert tickets for the performance were in fact free. We apologize for any confusion.



La Sierra to stage classic play, "The Crucible"

On Dec. 3, 4, 6 and 7, LSU's drama program will present "The Crucible" by Arthur Miller. The Dec. 3, 4, and 6 shows are fully reserved. However, reserved tickets that have not been paid for will be released for sale at 7:30 pm on the night of a performance. Ticket prices are \$7 General Admission and \$5 for LSU students/faculty/staff. Reserve your tickets today!



photo courtesy of LSU website

THE CRUCIBLE at LSU

BY KARINA BABIKIAN

Known as one of the most controversial plays of its time, *The Crucible*, is one of Arthur Miller's best works and is also this winter's highlight performance here at La Sierra. Criterion's very own Heather Corona is playing the lead role. Based on actual events, the play was written in the early 1950s as a response to McCarthyism. Instigated by Senator Joseph McCarthy, McCarthyism was an era in the United States in which communist paranoia swept the nation. The play meanwhile, is a firsthand account of the Salem witch trials in which local magistrates prosecuted over 150 people accused of witchcraft in colonial Massachusetts. Miller expressed to the 1950s society the similarities between the injustices of the trials and what the U.S. government was doing to alleged "communists" at their specific period in time. The drama team will reenact an interpretation of this well known play on December 3rd, 4th, 6th, and 7th. ❄️

THE OBSERVATORY

BY ISRAEL CARREON

Unaware to most students, behind the Visual Arts Center stands La Sierra's own observatory. Building for the observatory began in April 1969 and was completed quickly in June of that same year. It was dedicated during the Second Annual Physics Symposium on February 28, 1971 in honor of Frances E. Barnard, the mother of Dr. Marion C. Barnard, who donated very generously into the founding of the observatory.

The La Sierra observatory uses a 16-inch Cassegrain reflector telescope. Edward R. Byers, who is known for producing superb drive systems, manufactured the telescope. The telescope is firmly planted to a concrete pier which uses a clock-drive that moves with the rotation of the Earth.

After years of use, the observatory was renovated during 1995. This group included the campus electrician Reggie Ackerman and his wife Crystal Ackerman, Richard Bobst, Al Smith, and Ivan Rouse of the Physics Department also had a hand in the project. With new telescope mirrors & clock drive, paint job, ceiling, an updated lighting system, and an installed drinking fountain the observatory was ready for use once again.

Open every first and third Friday of the month, the observatory is open to all and is free. Doors open at 8:00 p.m. The observatory is a place guaranteed visitors an enjoyable night literally under the stars. ❄️



photo courtesy of LSU website

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THE CRUCIBLE

8

RESIDENCE HALLS TO CLOSE DURING WINTER BREAK



photo courtesy of LSU student life

BY NOELLE MONTGOMERY

Foreign students and out-of-state students better start buying their plane tickets now because for the first time in ten years, all Residence Halls on campus will be closing for the first two weeks of winter break. According to Dean Ken Kurts, Department of Residential Life director, La Sierra University is the only Seventh-day Adventist institution that doesn't close down during holiday breaks. The first time the LSU residence halls were closed during winter break was during the 1999-2000 school year, during the Y2K scare. According to Dean Kurts, the residence halls are closing during winter break due to the lack of need.

"In the past years, we've only had about 15 students stay on campus during winter break," Dean Kurts said, "Since there isn't a lot of need, we've decided to close down this year." Even though the residence halls are closing during the first two weeks of winter break this year, the Residential Life staff hasn't decided if they will close the residence halls from now on.

Students who decide to stay on campus during holiday breaks are charged a fee. Because of this fee, a lot of students decide to go home for the holidays. In addition to lack of need, another reason for the university's decision to close the residence halls during Winter break, is the cost of keeping the residence halls open. By closing the residence halls, the university will be saving money on

electricity, student labor, food, and water. Also, according to Dean Kurts, a lot of the students who decide to stay on campus during Winter break are surprisingly students who live in the Riverside and Redlands area. So what about the foreign and out-of-state students?

Yoonhee "Katie" Lee is a sophomore student, originally from Seoul, South Korea, who has decided to attend LSU this school year. Before coming to LSU, Lee didn't know that the residence halls

"My home is in Korea. It's impossible for me to go to Korea for only 2 weeks." -Yoonhee "Katie" Lee

would be closing during winter break. She had planned to stay on campus during winter break. "My home is in Korea. It's impossible for me to go to Korea for only 2 weeks." Lee said. Even though Lee said that finding a place to stay over the holiday break has caused her and her family stress, she has decided to stay with her cousins in Sacramento, CA for Thanksgiving break and has already bought a plane ticket to Chicago, IL to stay with other family members during winter break. Lee says that she would like to go back to Korea for Thanksgiving break, but feels that it would be pointless because the week after Thanksgiving break is dead week. She also says that a plane ticket to Korea would be very expensive. The residence halls will be opening during the last week of winter break but Lee said that

she would not be returning early. "Plane tickets are expensive," Lee said. "I'd rather just stay [in Chicago] the whole break rather than buying another plane ticket right away."

Germeen Yousry is a freshman at LSU this year who is from Cairo, Egypt. Yousry had also planned to stay in a residence hall during winter break and is not sure where she is going to stay. Yousry says that if she were to stay with someone who lived close to the school, she would come back to campus during

the last week of winter break but if she went to her home in Egypt, she'd stay the full three weeks. Yousry doesn't agree with the choice of closing the residence halls. "I don't think it's a good decision," she said. "Because there are a lot of international students that need a place to stay during the holiday breaks and the school should provide a place."

Dean Kurts said that if there were any students without a place to stay during winter break, the university would find a way to let those students stay on campus. "We will not shut anyone out." Dean Kurts said. If any students stay on campus, the cafeteria will provide food to be kept in residence hall kitchens. ❄️

BLAST FROM THE PAST

CRITERION

BY TABITHA BUNCH

The Criterion of the 1950s was arguably the most well rounded and developed paper that had been produced by the students of La Sierra College thus far. In addition to well written articles, the paper also featured flashy large headlines, pictures, crossword puzzles and even a weekly comic. In this decade, the Criterion developed both personality and style; consequently the student body of LSC began to lovingly refer to the Criterion by a new nickname, "the Critter."

One of the most distinguishing features of "the Critter" was that the paper was printed in newspaper proportions for the first time. This decision was made by the Criterion staff who felt that it was important for the students of La Sierra College

NOWADAYS IT WOULD BE CONSIDERED SEXIST TO CONSIDER SUCH TOPICS STRICTLY FEMALE.

to read a paper that was up to par with other new sources of the time. Collectively the staff felt that if the students of La Sierra were learning how to be professionals then they should read a professional quality paper.

In addition to larger body copy, the paper included more pictures. In the past the Criterion had typically featured only professional level photography which consisted mostly of portraits. Throughout the decade

the paper utilized more and more candid and snapshot photography. This new style of photography made the paper appear more appropriate for its primary audience, the students of LSC.

Some of the most noteworthy

WHILE THE PAPER BLOSSOMED IN CREATIVITY, THE NUMBER OF SUBSCRIBERS DWINDLED.

sections throughout the decade were "Chow's Chatter", "Why I Believe", and "Women". "Chow's Chatter" was a weekly column, written by Alvin Chow, which discussed the random happenings that occurred on campus and more specifically the dorms. This column eventually became a dual column in which Alvin Chow reported happenings in the guys' dormitory and

his partner Lavaun Ward wrote about the girls'. This tradition of a male and female sound off dormitory report was once again transformed into two sections: "Northside Nonsense," by Charma Bourdeau, and another called "Southside Sedition," by Tom Gibson.

"Why I believe" was a weekly column that presented a student's personal testimony regarding that topic. These pieces were very inspiring to read because the students would share their own accounts of what had

led them to choose a moral life and strengthen their belief in God. It was obvious that this piece was the paper's way of actively trying to reach it's primarily SDA audience.

"Women" was one of the most interesting sections of the Criterion

thus far because the authors wrote the piece specifically for the women attending LSC. It was amusing to read because its subject matter was typically about dating, fashion and the social scene on campus. Nowadays it would be considered sexist to consider such topics strictly female, but hey it was the 50s after all.

While the paper blossomed in creativity, the number of subscribers dwindled. Apathy was a school wide issue with participation and interest dropping in many of the school related activities. Due the lack of funding the paper was ultimately forced to become a university managed entity for the first time. This decision meant that the paper would no longer run off of the funds raised by subscriptions and advertising, instead the students were to be charged \$2 a quarter.



LSU Idol



photo courtesy of SALSU online

BY GIANA CAMPOS

MOMENTS LATER, JOSH AND DENBY WERE ANNOUNCED THE WINNERS AS THE FIRST LSU IDOL

Each year brings another season of American Idol, and judges Simon Cowell, Paula Abdul, and Randy Jackson pay long-awaited visits to cities all across America. They come to judge masses of hopeful singers. To say the performers are what

members. Although audition time was slow at first, the hype of becoming LSU's first idol had taken many by storm. So after the long process of elimination and deliberation, finalists were chosen to perform at HMA in front of their judges and peers.

who would be the LSU Idol. While fingers were busy texting their votes in, the audience was entertained by a special performance presented by the Polynesian Club which gave a both entertaining and culturally inspiring show.

At last, the drum roll filled the auditorium announcing the audience had made a decision. Votes were in and the nervous contestants awaited the answer. Moments later, Josh and Denby were announced the winners as the first LSU's Idol! The winners were applauded and the audience pleaded for an encore and and so they played, for the first time, as LSU's Idol.

The opportunity to share your talent and to earn the title of LSU's Idol may come again. Keep an eye out for more upcoing auditions and await the votes of the audience and audacious judges to choose the next LSU's Idol. ❄️

FINGERS WERE BUSY TEXTING THEIR VOTES IN

viewers look forward to most may not be true. Instead, it would come in second to the highly anticipated comments; some being polite compliments and some not so polite criticisms.

American Idol has found a place on LSU's campus, calling itself LSU Idol giving hopeful students the chance to come and subject themselves to the scrutiny of our very own judges and man of their peers. It comes as no surprise that the campus is full of talent, but the decision depended on one text message from each of the audience

The performers spent weeks practicing their pieces to prepare to impress their audience, who would decide their fate. Audiences did not leave disappointed, but instead were well satisfied by not only the performers' energy, but also from the judges constructively critical yet somehow ill-mannered comments.

At the end of what seemed to be music nearly at its best, some of our finalists Izzy, Beverly Maravilla, Gabe Orozco, Denby Rasmussen, and Josh stood on the stage anxious to hear

LIL' CUPS



BY STEVE MEDINA

Sarah Hoffman may look like the typical English grad student, but don't be fooled. At the age of 23, she is actually founder, owner, and operator of a fantastic little dessert company. The idea is almost as brilliant as the names, which is

holds her flare for baking and said there is nothing she enjoys more than the reactions she gets from the people who enjoy her little delights. Lil' Cups came about because one day she just made too many and thought maybe "I could sell them", and sell them she has. She

THE BEST TASTING CUPCAKES AROUND

Lil' Cups. Lil' Cups is a dessert business that although has a focus on cupcakes is looking to branch out into mini-cheesecakes as well as a vast variety of other small cup sized desserts. When asked why she does this Sarah said that she likes baking, even back in the day when it used to just be her stirring in chocolate chips while her grandmother was making cookies. Although she is older, Sarah still

already has a growing clientele that includes the School of Business, the English department and she will be providing refreshments at almost every showing of the Crucible. The website, <http://www.lilcups.com>, features the menu as well as the things one would expect from a company website and a few things one would not. The webpage will feature a Twitter similar to those of Facebook and Myspace

so you'll always know what Lil' Cups is up to, as well as a few fun computer wallpapers available for download. Orders are to be placed by e-mail to the address Sarah@lilcups.com. The desserts can be made to order as well selected from a delicious variety of clever pre-made recipes. She does deliver and if you're around the La Sierra area the delivery is free, which is a deal since for a limited time the desserts are only \$15 for a dozen. So if you're the kind of person who enjoys the finer little treats in life, you'd be hard pressed to find something finer and Lil' anywhere else. ❄



photo courtesy of google.com

SARAH@LILCUPS.COM

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LIL' CUPS

DECEMBER 2008 CALENDAR

11/30	12/1 8pm - Residential Life Christmas Party 10pm - Towers Dorm Worship	12/2 SALSU Presents: 5 Days of Wellness 6pm - Women's Basketball vs. Claremont 10 pm - Angwin Dorm Worship	12/3 5pm - Christmas Tree Lighting 8pm - The Crucible 10pm - SALSU Presents: Rendezvous at HMA	12/4 11am - UW at LSUC GET YOUR DEC. CRITERION ISSUE! 8pm - SALSU Presents: SALSU To Go 8pm - The Crucible	12/5 7:30pm - Candlelight Concert	12/6 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 8pm - The Crucible
12/7	12/8 Fall Quarter Final Exams 11:59pm - Midnight Pancakes in front of the cafeteria	12/9	12/10	12/11	12/12 Angwin & South Halls Close 8pm - First Service	12/13 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
12/14	12/15 Calkins & Sierra Towers Close	12/16	12/17	12/18	12/19 8pm - First Service	12/20 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
11/21	12/22	12/23	12/24 7pm - LSCU Christmas Eve Service	12/25 Merry Christmas!	12/26 8pm - First Service	12/27 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
11/28	12/29 Calkins & Sierra Towers Reopen	12/30	12/31	1/1 Happy New Year!	1/2 8pm - First Service	1/3 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel Angwin & South Halls Reopen
1/4	1/5 Winter Quarter Begins 7:30pm - Men's Basketball vs Claremont-Mudd Scripps College 7:30pm - Women's Basketball vs Occidental College 10pm - Towers Dorm Worship	1/6 10pm - Angwin Dorm Worship	1/7 7pm - Women's Basketball vs Bard College 7:30pm - Men's Basketball vs Pomona Pitzer College 10pm - SALSU Presents: Rendezvous at HMA	1/8 11am - UW at LSUC GET YOUR JAN. CRITERION ISSUE! 12pm - Student Life BBQ TBA - SALSU Presents: Perspectives	1/9 8pm - First Service	1/10 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 7pm - Music Chamber Music Series in HMA 7pm - Women's Basketball vs Southwestern College 8pm - Men's Basketball vs Vassar College

Basketball Game Stats

Results from Last 3 Games

MEN'S BASKETBALL



WOMEN'S BASKETBALL



11/25/08- La Sierra @ University of Redlands (L) 87-68
Leading Scorer: Daniel Noga- 17 points

11/25/08- Whittier College @ La Sierra (L) 82-71
Leading Scorer: Nerida Peever- 21 points

11/24/08- La Sierra @ Cal Baptist University (L) 87-72
Leading Scorer: Daniel Noga- 19 points

11/22/08- La Sierra @ Cal Tech (W) 44-38
Leading Scorer: Audrey Ramos- 14 points

11/22/08- La Sierra @ Cal Lutheran University (L) 76-52
Leading Scorer: Joshua Zonker- 12 points

11/21/08- La Sierra @ Occidental College (L) 62-18
Leading Scorer: Audrey Ramos- 9 points

CHANGE COMES TO GOLDEN EAGLES BASKETBALL

BY KEITH YBANEZ

Every year I look forward to the calendar turning over into the month of November, because not only does it mean that the quarter's almost over, but it also marks the beginning of the collegiate basketball season. As I sat at home over the course of Thanksgiving break and enjoyed a smorgasbord of college basketball, I looked out for what separated the top college programs from everyone else. It was obvious that the nation's best teams had one thing in common, the stability of their programs which originates from having one coach directing

face on the sideline. Coach Joel Haldeman stepped down from his position as coach over the summer and the Golden Eagles are now under the direction of Derek Robbins who is a former coach of Corona High School. In addition to having a new coach, the men's team also finds its roster in serious transition. Only four players (Andrew Allado, Joshua Crouch, Marcus Epps, Andrew Grooms) return from last season's team and the roster is loaded with freshmen and new transfers. For any sports program to be successful the team needs strong leadership and this year

difficult start to the season. After winning their season opener, the Golden Eagles have suffered five straight losses, four of which have come on the road. Fortunately, the team gets to play four of the next six games here at the Alumni Pavilion, a golden opportunity to add some wins to their record. Hopefully, as the season progresses, the team will grow more comfortable playing with one another and the new direction under Coach Robbins will yield some positive result. ❄

FOR ANY SPORTS TEAM TO BE SUCCESSFUL THE TEAM NEEDS STRONG LEADERSHIP.

the program over the course of many years. On our campus, the LSU men's basketball team does not get to enjoy that luxury as they have begun a new season with a different

they will need to lean on the four returning upperclassmen to navigate them through a



photos courtesy of LSU athletes

SALSU PRESENTS LSU IDOL



STUDENTS COMPETE TO BECOME LSU'S FIRST IDOL



SINGING, DANCING, PLAYING INSTRUMENTS



JOSH AND DENBY WIN WITH THEIR AMAZING PERFORMANCE

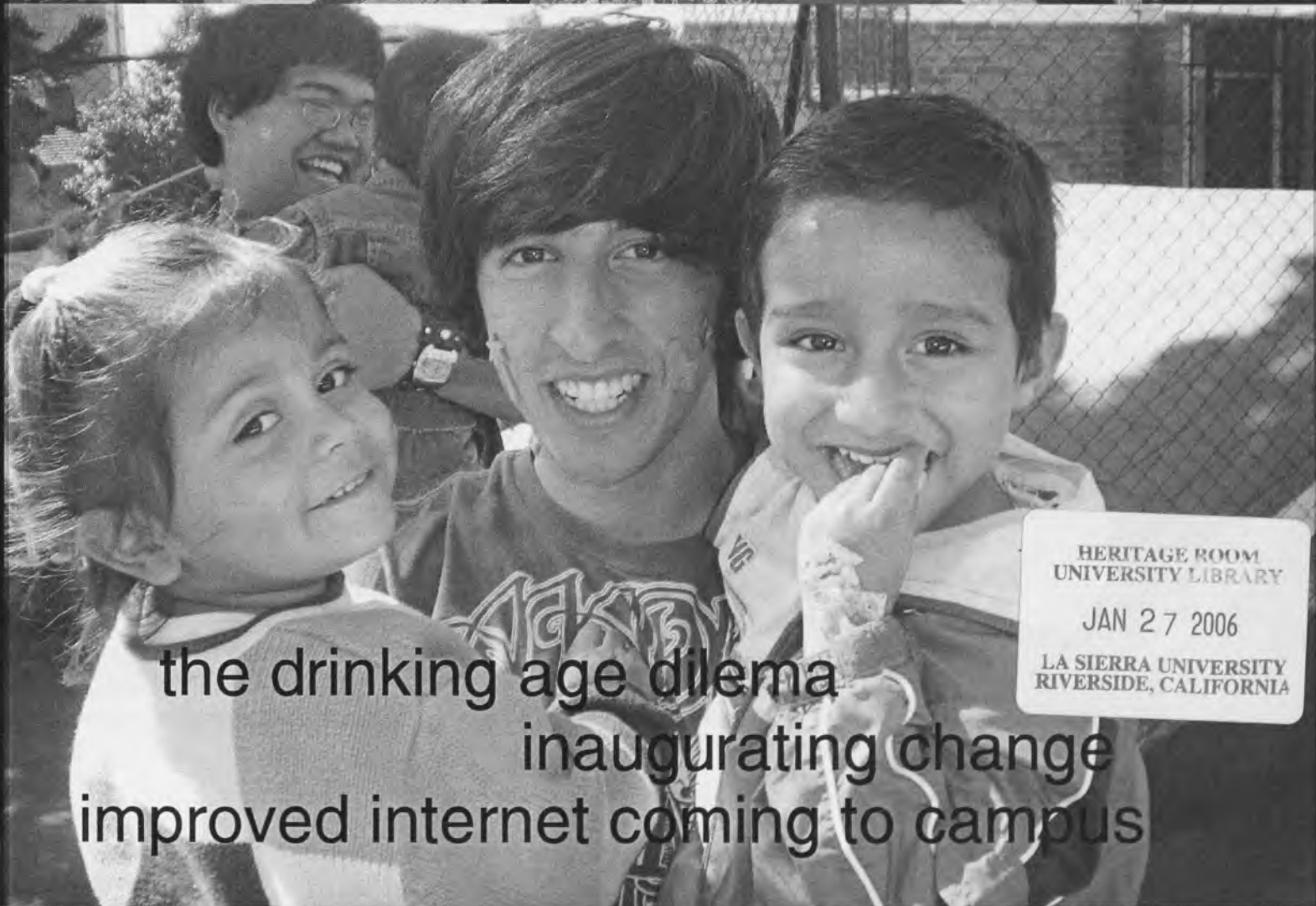


photos courtesy of salsu online

CRITERION



The Student News Magazine of La Sierra University • January 2009 Issue



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RIVERSIDE, CALIFORNIA

the drinking age dilemma
inaugurating change
improved internet coming to campus

The month of January has been traditionally cast as a time for change. It is a longstanding tradition that we begin our new year with hopes of bettering ourselves from the year that has past and for most, this results in a number of "New Year's resolutions." While many try to change themselves physically by vowing to shed those unwelcomed holiday pounds, others try to better themselves spiritually, emotionally, or socially.

For many, last year was particularly difficult due to in part to financial hardships resulting from the floundering economy, the loss of one's home, or perhaps personal family crises resulting from the numerous wild fires that reeked havoc all over Southern California. With these occurrences it is undoubtedly refreshing to have the chance to start anew.

In addition to the personal changes that we are undergoing, we are also about to experience one of the most incredible transitions in the history of the United States. As most of you know, President-elect Barack Obama will be sworn into

EDITOR'S NOTE

office on Tuesday, January 20; for some, Obama's election was yet another step in the wrong direction, but for the voting

majority his election is a sign of hope in incredibly troubling times. Regardless of your personal feelings about Obama, the times are a changin'.

Personally, the New Year is symbolic of the coming of my true adulthood. Sure I have been recognized as an adult for almost four years now, but this year I will actually be stepping out of my comfortable collegiate cocoon and out into the "real world" as an alumnus of this learning institution. But before I take this enormous step I am here to serve you, the student body of La Sierra University, as the Editor-in-Chief of your news magazine.

As many of you read in our December issue, former editor Tiffany Ap has graduated and since moved on, leaving gigantic shoes to fill. No worries though, I have been a staff writer for the past two years and have been fortunate enough to learn the ropes from more seasoned members of the staff. As the new Editor-in-Chief I am honored to have the opportunity to present relevant and timely stories that documents our collective journey through college. It is my greatest hope that in this new year I can maintain the quality of journalism that Ms. Ap has established as precedent in her term as Editor-in-Chief.

-Tabitha Bunch, Editor-in-Chief

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Cover Photo: Students build a chicken coop as well as help at an orphanage on the annual mission trip to Guatemala over Christmas break.

Criterion is a monthly news publication of the Student Association of La Sierra University. The opinions are those of the respective author and do not necessarily represent the opinions of SALSU, La Sierra University, or the Seventh-day Adventist Church. This publication does the utmost to monitor for accuracy. However, please notify us if you note a misprint.

For digital color copies of the *Criterion*:
salsu.lasierra.edu/publications

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Have an opinion about our articles? Share any of you thoughts
by sending a "Letter to the Editor" to criterionlsu@gmail.com.
Appropriate letters will be published with permission.

Face it, at the age of 18, most people are not mature enough to understand the consequences of their actions. Some are caught between wanting to hold onto their childlike activities, while attempting to break free from the same ties to adolescence that hold them back. In 1984, the youth of America were taken into consideration when Congress passed the National Minimum Drinking Age Act, which enforced the age of 21 as the minimum age for purchasing or possessing alcohol.

Currently, there is a movement taking over college campuses all over the country. The Amethyst Initiative, an organization of college presidents and chancellors, calls upon people to reconsider the U.S. drinking age laws. College leaders believe that lowering the drinking age could lessen alcohol abuse, as long as adults supervise those consuming

THE DRINKING AGE DILEMA

BY NATALIE SAYEGH

alcohol. The real question comes when we ask ourselves, does age really matter? Does it really make a difference whether the drinking age is 18 or 21? The answer is yes. These three crucial years of mental maturation allow our minds to reach near complete development. These three crucial years grant us time to see how our future could be without the influence of alcohol in our lives.

Naturally, two distinctive positions are taken on this issue. Some argue that it makes no sense that an 18 year old is allowed to vote, to fight and to die for his country, to sign a contract, and to

minimum does not help their efforts to control the abuse of alcohol on their campuses.

Secondly, there are those who truly understand the extent of the danger that a lower drinking age could bring upon our country. Most teenagers do not have adequate self-control. The idea of "drinking responsibly" would probably not be considered if the age barrier was lowered in their favor. Studies have shown that the excessive consumption of alcohol is a great danger to the adolescent and still-developing brain. An individual's brain does not stop developing and maturing until their mid-20s.

Therefore, giving someone in their late-teens the option to drink alcohol only proves to be an irrational decision. Lowering the drinking age will facilitate the exploration and curiosity about alcohol. Alcohol would be made more accessible to kids and they would be more prone to alcoholism at a younger age. Ultimately, the minimum age law saves lives.

As teenagers, we already make too many mistakes to count. Add alcohol into the mix and chaos will erupt upon us. If the drinking age is lowered to 18, who would provide the supervision that advocates of this idea suggest? Certainly not the bar owners who only want to sell as many drinks as possible! Alcohol related deaths are the leading cause of death among young people between the ages of 16 and 24.

My name is Tyler,
and in nine years I'll be an alcoholic.

I'm not drinking in middle school, just at parties.
But my parents won't start talking to me about it until
high school. And by then, I'll already be in some trouble.
The thing is my parents won't even see it coming.

START TALKING BEFORE THEY START DRINKING
Kids who drink before age 15 are 5 times more likely to have alcohol problems when they're adults.
To learn more, go to www.stopkohluse.gov or call 1.800.729.6686

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
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Ad Council

photo courtesy of the ad council

Spiritual Emphasis Week Is Almost Here

BY ALINE UENO

It is that time of the quarter again, when students are pulled from their 11:00 a.m. classes to take a walk down to the La Sierra University Church. For some this is a cause of great pain and boredom, for others it is an excuse to take a break or study for an upcoming quiz or test, but yet for others it is a source of great joy and spiritual growth. As a Seventh-day Adventist university, La Sierra believes in the experience of salvation:

“In infinite love and mercy God made Christ, who knew no sin, to be sin for us, so that in Him we might be made the righteousness of God. Led by the Holy Spirit we sense our need, acknowledge our sinfulness, repent of our transgressions, and exercise faith in Jesus as Lord and Christ, as Substitute and Example. This faith which receives salvation comes through the divine power of the Word and is the gift of God’s grace. Through Christ we are justified, adopted as God’s sons and daughters, and delivered from the lordship of sin. Through the Spirit we are born again and sanctified; the Spirit renews our minds, writes God’s law of love in our hearts, and we are given

the power to live a holy life. Abiding in Him we become partakers of the divine nature and have the assurance of salvation now and in the judgment.” And the growing in Christ:

“By His death on the cross Jesus triumphed over the forces of evil. He who subjugated the demonic spirits during His earthly ministry has broken their power and made certain their ultimate doom. Jesus’ victory gives us victory over the evil forces that still seek to control us, as we walk with Him in peace, joy, and assurance of His love. Now the Holy Spirit dwells within us and empowers us. Continually committed to Jesus as our Saviour and Lord, we are set free from the burden of our past deeds. No longer do we live in the darkness, fear of evil powers, ignorance, and meaninglessness of our former way of life. In this new freedom in Jesus, we are called to grow into the likeness of His character, communing with Him daily in prayer, feeding on His Word, meditating on it and on His providence, singing His praises, gathering together for worship, and participating in the mission of the Church. As we give ourselves in

loving service to those around us and in witnessing to His salvation, His constant presence with us through the Spirit transforms every moment and every task into a spiritual experience.”

These are listed on the general conference website: www.adventist.org. In this New Year challenge yourselves to putting the cell phone and the books away and simply experiencing worship. Try to figure out why this very moment is beneficial to your life. Does it calm you down? Does it give you breathing room in a stressful week of tedious homework and stress? Does it bring you closer to God in your spiritual life? And if it doesn’t benefit you at all be thankful that you are there and alive to not benefit from it. Whatever the benefit or not, the challenge is to see this worship experience in a different light this year. Happy New Year! Spiritual Emphasis Week will be on February 3-5, 2009 at the University Church.

DEVOTIONAL

BY NATALIE SAYEGH

The second quarter of this school year has arrived and with it we are being given an opportunity to better ourselves in our studies and our relationships with others. This new quarter signifies a fresh start and a chance for a clean slate. All that is left is the hard work and devotion required for each of us to get started on the road to success. This road will be filled with moments of triumph and times of disappointment, but the key is to rely on God through thick and thin. 1

Peter 5:7 says “Cast all your anxiety on Him because he cares for you.” God will not abandon his children. His pride and joy comes from seeing us happy.

Don’t you think we owe it to Him to be the best we can be and use all the talents he gave us? If you are faced with a challenge, don’t stumble because of the small bend in the road. Pick yourself up and tread through these uncharted waters. Nothing makes God more proud than seeing his children refuse failure. So, this quarter, don’t give up! If you find yourself struggling, seek comfort in the fact that God will always be there to pick you up.



photo courtesy of google

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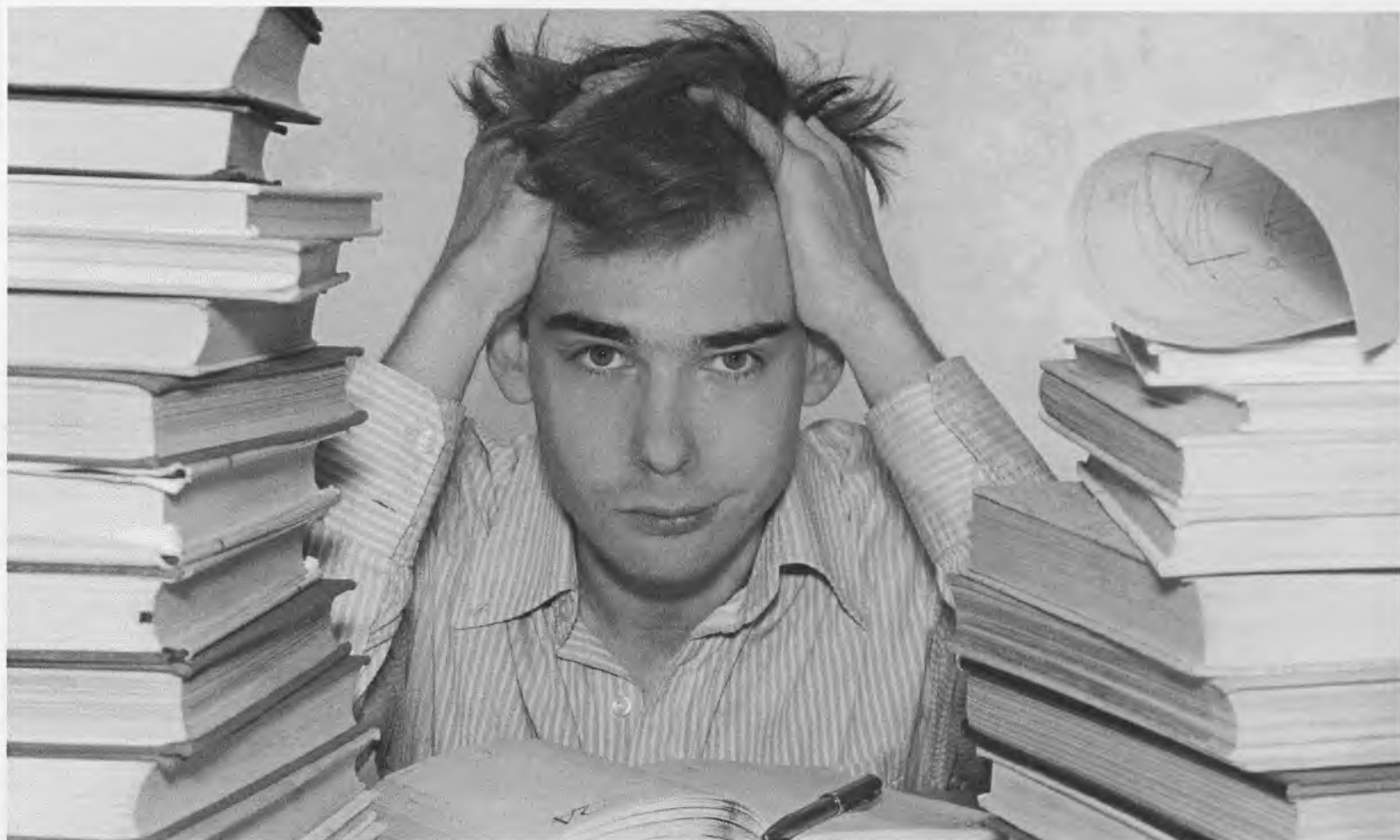
DEVOTIONAL

guatemala mission trip,

december 2008

photos courtesy of jinjuha sipensong





College can be tough. Getting there is easy...and free.

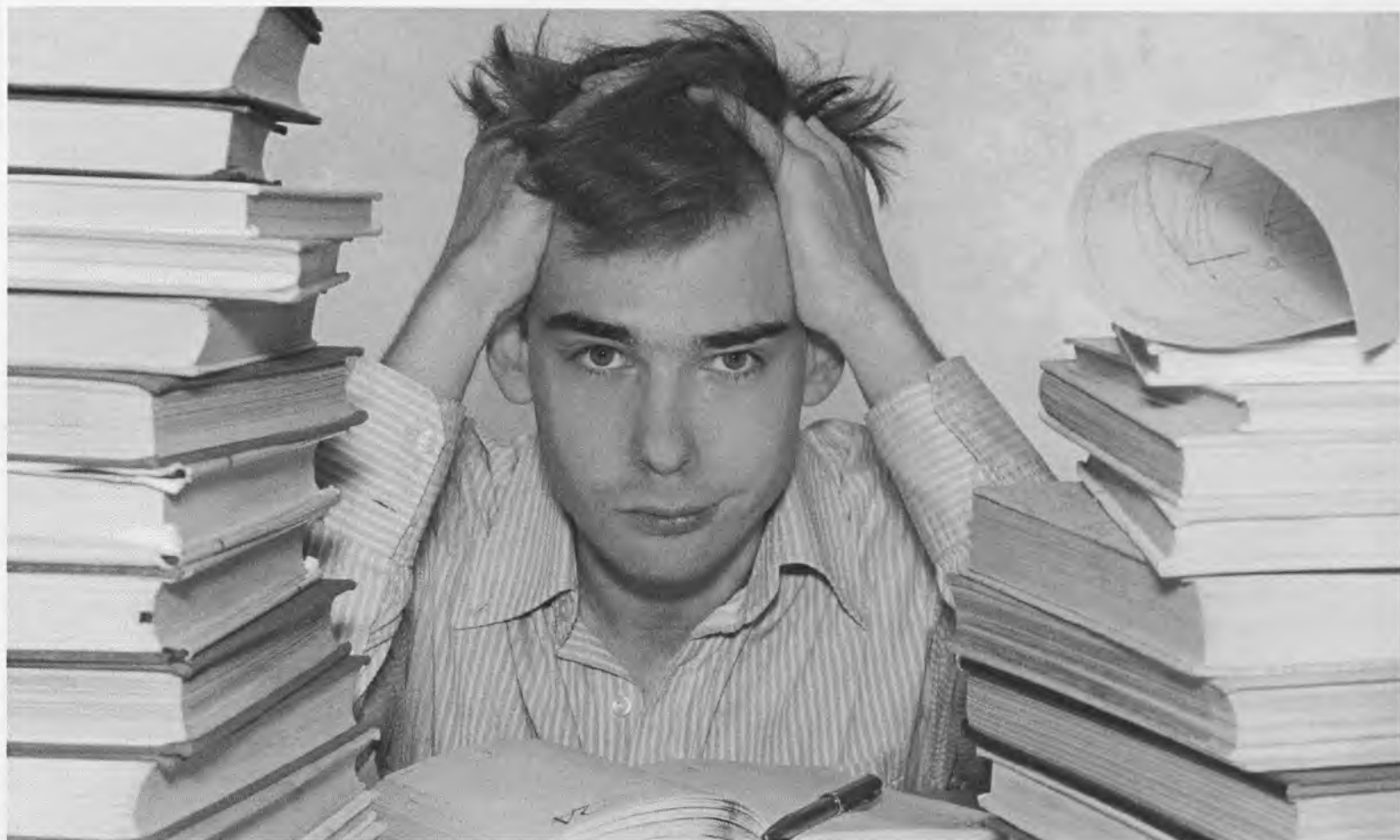
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From iPods to laptops, our lives are increasingly dependent on and intertwined with technology. In classes notes are presented using projectors and other multimedia solutions and even homework is given through online programs such as OWL and MasteringPhysics. The introduction of technology into the lives of students and teachers can offer simplicity and increase the efficiency with which students can learn and teachers can introduce material.

Implementing technology in the classroom is an important part of teaching and technology provides another means by which students can learn. La Sierra offers its students and staff the perfect combination of technology and tradition. A society can be defined by the relationship it has with tools and crafts, and to what extent the environment can be controlled. Technology is about the practical application of knowledge. From music and science to business and religion, there are clubs and activities that encourage students to apply what they learn in class. Not only are students learning about technology in the classroom, but they are also learning from the technology. IT has been working throughout the last quarter and through break to update the wireless system on campus and in the dorms. The old wireless system had a bandwidth of 50 megabytes, but the new system is 120 megabytes, and will be expanded further as needed. The focus this quarter is building up the fundamentals and, as Mark Gaspar stated in an interview, "Break the cycle of doing things poorly." Furthermore, Gaspar elaborated, "We've never really handled the wireless well so we wanted to make sure we did a good job so we could build up later. We want to prevent the system from becoming obsolete and get it out of the 20th century and into the 21st. Once we accomplish that, we want to maintain the system and make sure we have the money to keep it up to date."

Technology is also implemented in many campus locations. Worship each week is organized by the effort of Spiritual Life team who perform tasks including everything



photo courtesy of google

IMPROVED INTERNET coming to campus

BY HAILEY WILDER

form videos and sound operation to website design and maintenance which includes a weekly Podcast. Furthermore, the library provides an online database that includes access to technology resources from various sources including NASA, the New Hacker's Dictionary, and the American Society for Information Science.

Various majors incorporate the increasingly important use of technology within their class requirements, which insures students will be educated in the field of technology and also provides them with the skills necessary to bring technology into the work place and their future communities. Such majors range from music technology to biophysics, each of which introduces technology in a different way to improve the field affected.

Finally, there are opportunities for both students and staff to perform research within their respective fields. Undergraduate students have many opportunities on campus to do research. To find more information on research opportunities, search "research" on the La Sierra website. Also, keep an eye out for Research Emphasis Week in May and find out what assemblies will be offered in your department! Finally, the National Science Foundation website (www.nsf.gov) will provide more information on research opportunities and funding.

Technology is an integral part of today's society and it must be included in a college education in order to prepare students for the work place and create more opportunities for life after college. The fact that technology is used in the classroom, for extracurricular activities, and by research programs, creates opportunities for many students and gives them an advantage after college because they have to experience that many other students do not receive at other schools. IT continues to update the wireless system on campus as well as the connectivity in the dorms and plans to work on updating the technology in classrooms as it has in Cossentine Hall; they want to do wireless well, from testing and replacing old switches and wiring to focusing on classrooms with little technology in order to produce a better learning environment and ensure a technologically influenced education. Learning how to use technology is becoming a learning benchmark. Technology is extremely prevalent in today's world, and thus, once students are out of school it is proportionally important that they know how to use technology, and understand why it is helpful.

TRI-CAMPUS RETREAT IS HERE AGAIN

BY JONATHAN FINAU



photos courtesy of SALSU



For those of you who has never been to or heard of a Tri-Campus Retreat, this is an opportunity for you to experience something special that you might want to mention on your bucket list. A Tri-campus Retreat is a spiritual retreat that involves three campuses: La Sierra University, Loma Linda University, and Pacific Union College. The Tri-Campus Retreat has been a long standing tradition involving all three schools and for the past few years it has taken place at Yosemite National Park.

The purpose of the retreat is to focus on the spiritual needs of students and as Les Rollakanti quoted "provides an outlet for students looking to get away from the college life for the weekend and spend time fellowshiping with peers and God". In addition to the spiritual connections that will be made, the participants will also have the opportunity to enjoy the awe-inspiring scenery that the Yosemite wilderness provides.

The retreat will take place on the weekend of Friday the 16th of January and go on through Monday the 19th; fortunately the trip falls on the Martin Luther King Jr. holiday

weekend. So, if a few weeks from now you're thinking of taking the week off sleeping and watching "The Simpsons" in your room, THINK AGAIN!! The retreat is \$40, and then \$45 for late sign up. The retreat will be hosted in the beautiful park of Yosemite at Camp Wawona. Transportation will be provided departing from our school campus on the 16th of January at 1:00 pm and the maximum amount of people guarantee an opportunity for the retreat is 45 (excluding SALSU officers and drivers).

Les Rollakanti concluded and said, "Do not let this opportunity pass you by to create some new and valuable memories as you continue to study here at LSU. It is one of the highlights of the year so don't miss out and I guarantee that you will have at least have learned something new".



WINTER DEBATE CHALLENGE

BY KARINA BABIKIAN

This year's winter debate challenge is sure to be interesting and eventful. With the United States in an evident recession and transition to a new presidential cabinet, international relations is key to our stability. So, this year's topic is "RESOLVED: The United States Federal Government should substantially increase its constructive engagement with Cuba." It is important for college students nationwide to understand this topic seeing that the economy directly affects us all.

The second portion of the debate

challenge program will be a festival of speeches that students are preparing for the upcoming International Forensics Association competition in Montreal. The speeches will include dramatic monologues, duos, programmed oral interpretations, and persuasive presentations.

As usual, the debate challenge will not only be interesting but also an educational experience for all students so make sure to be in Palmer Hall at 7:00pm on January 26th to be a part of this great event.



HEALTH NUGGET THE BEST & WORST OF POPCORN

BY ANDREA SCHROER

Step #1 Look for "94% Fat-Free" or "light"

Step #2 Look for less sodium

Step #3 Skip the popcorn candy (i.e. Cracker Jacks, Crunch & Munch)

Good picks for a rich movie-theater-like buttery taste:

1. Jolly Time Butter-Licious Light
2. Orville-Redenbacher's Light Movie Theater Butter

If you like your seasoning a little more subtle, pick up:

1. Jolly Time Healthy Pop
2. Orville Redenbacher's Smart Pop
3. Pop-Secret 94% Fat Free or Light

If you like the tastes of plain, unadorned air-popped corn then try:

1. Bearitos
2. Healthy Choice

Brands to Avoid:

- * Newman's Own Butter Boom
- * Newman's Own Organics Butter Pop's Corn

Why is movie theater popcorn so much worse than the supermarket variety?

Because it's usually popped in highly saturated coconut oil, and because the servings are on steroids. The seven cups in a buttered small, for example, have 600 calories and 1 1/2 days' worth of saturated fat. A large (20 cups) with butter has 1,600 calories and nearly four days' sat fat. Some theaters pop in partially hydrogenated vegetable oil, which is better for your heart, and few use non-hydrogenated oil, which is best (though none are good for your waistline).

Health Ratings -

X Rated- AMC, Edwards, Hoyts, Regal, United Artists(Coconut oil)

R Rated- Carmike, CineMark, Cineplex Odeon, Loews, Multiplex, Muvico, Showcase (Partially hydrogenated canola oil)

PG Rated- Century, GKC (Non-hydrogenated canola or sunflower oil)

G Rated- Your Theater (assuming you can sneak some in) (Air-Popped)

Source - <http://www.anderson.edu/wellness/facts.html#movie%20madness>

club spotlight: SIFE

BY ISRAEL CARREON



photo courtesy of SIFE

As always, the Students in Free Enterprise (SIFE) team has their hands full this year. Focusing on outreach in the community, SIFE has a number of programs that will promote self-ethics, global protection, and understanding future finances. Currently underway, these workshops are primarily targeted to both young children and young adults.

“The T.R.U.T.H. about ethics, how to be a cool kid,” is a coloring book that aims to teach younger students basic core moral principles. An acronym for Trust, Respect, Understanding, Thoughtfulness, and Honesty the SIFE team believes that in order to build a proper foundation for a person to grow upon, introduction to these values must be early.

“The Seeds” project narrows in on environmental awareness. Planning to attend elementary and high schools, the SIFE team intends to visit the classrooms two days every other week.

The first day will consist of fundamental goals that will teach students how to become more environmentally friendly such as the “3 R’s” (Reduce, Reuse, and Recycle). There will also be a seed collection drive in each classroom. During the second day, the SIFE team plans to engage in a short math game that will help students to grasp how the market economy can affect the environment depending on the crops that are grown and its cost fluctuation. At the end of the second day, the seeds collected during the seed drive will be sent to SIFE partners around the world where the need is greatly required.

“Get a Clue” seminars will focus for students in high school and college who seek knowledge in better understanding of all of financial matters. Through a 45 minute PowerPoint presentation, SIFE plans to tackle issues such as credit cards, loans, and fraud/identity theft.

New to the SIFE team, Jonathan Correa, is excited to participate in all of the SIFE goals this coming year. “It is a perfect way of showing our society that there are people who truly care about future generations.”

FEMA THEN AND NOW

BY LAUREN GIFFORD

Among all the disasters to be reported as a concern, the California wildfires brought attention to the fire hazards inflicting their destruction on the safety of the state's residents. The Federal Emergency Management Association (FEMA) has facilitated a plan to prevent wildfires, and protect people in the vicinity. To assist California wildfire survivors, federal initiatives include careful measures that will rejoin family members, provide shelter, and integrate interested parties into a recovery effort.

Numerous fires in Southern California have required FEMA to work jointly with state and federal officials. A state declaration of emergency has been issued. Plans for California's maintenance are structured around rebuilding, ensuring personal welfare, and fixing problems of uncontrollable wildfire.

On October 26, 2007, FEMA was blamed for slow responses regarding media coverage. A staged news conference was setup by FEMA that did not host actual Californian reporters because reporters were unable to report at the scene immediately. It wasn't until November 18, when the government actually declared the situation to be an emergency requiring Emergency Federal Aid.

In this case, the dissemination of information was not enough to warrant the false reporting technique. NBC Reporter Kelly O'Donnell writes, "The suggestion is that so many media questions had been coming to FEMA and the briefing was a way to get information out. But instead of transparency, a senior FEMA official appears to have faked it."

FEMA has contacted over 22,000 living in the California region, and has instituted 11 Mobile Disaster Recovery Centers. Since over 100 communities have been harmed by this disaster, residents in any affected areas may apply to be reimbursed for fire emergency services and removal of fire debris.

While considering the cost of damages it is important to note that the losses are not all monetary. The lives of families have been greatly altered by the loss of their homes and belongings; not only were their furnishings destroyed, but pictures, videos, and other memorabilia as well. December was an important month for those who experienced the tragedies of wildfires in Southern California, including students at La Sierra University and their loved ones.

FEMA has disbursed about \$12 million in funds to reach out to those who lost belongings and need housing. If you would like to assist victims of the Southern California wildfire, it's best to confirm the decision directly because of specific, personal necessities. Financial contributions and volunteerism are a few of the fastest ways to progress from this disaster.

For those at La Sierra experiencing unmanageable emotions from the wildfires that devastated so much of Southern California, FEMA is facilitating specialists to help. This is a very individual situation that hurt people and their environment. If you are in spiritual, academic, or emotional jeopardy because of trauma, reaching out to another might ease your feelings. Disaster related stress is not something that should threaten your potential while at La Sierra, or that of your peers.



JANUARY 2009 CALENDAR

1/4	1/5 Winter Quarter Begins 7:30pm - Men's Basketball vs Claremont-Mudd Scripps College 7:30pm - Women's Basketball vs Occidental College 10pm - Towers Dorm Worship	1/6 10pm - Angwin Dorm Worship	1/7 7pm - Women's Basketball vs Bard College 7:30pm - Men's Basketball vs Pomona Pitzer College 10pm - SALSU Presents: Rendezvous at HMA	1/8 11am - UW at LSUC GET YOUR JAN. CRITERION ISSUE! 12pm - Student Life BBQ TBA - SALSU Presents: Pizza Feed	1/9 8pm - First Service	1/10 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 7pm - Music Chamber Music Series in HMA 7pm - Women's Basketball vs Southwestern College 8pm - Men's Basketball vs Vassar College
1/11	1/12 Art Department Book as Sculpture Begins 10pm - Towers Dorm Worship	1/13 Tennis Intramurals Begin 10pm - Angwin Dorm Worship	1/14 Badminton Intramurals Begin 10pm - SALSU Presents: Rendezvous at HMA	1/15 11am - Breakouts 7pm - Men's Basketball vs Chapman University TBA - SALSU Presents: Laser Tag	1/16 Tri-campus Spiritual Retreat until 1/19 8pm - First Service	1/17 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 7pm - Women's Basketball vs Chapman University
1/18	1/19 Martin Luther King Jr. Day Observed 10pm - Towers Dorm Worship	1/20 10pm - Angwin Dorm Worship	1/21 6pm - Residential Life Open House 10pm - SALSU Presents: Rendezvous at HMA	1/22 11am - UW at LSUC TBA - SALSU Presents: Balman, The Dark Knight Movie Night	1/23 8pm - First Service	1/24 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel TBA - SALSU Presents: Volleyball Tournament
1/25 7pm - Music Faculty Recital	1/26 TBA - Winter Debate Challenge 10pm - Towers Dorm Worship	1/27 10pm - Angwin Dorm Worship	1/28 10pm - SALSU Presents: Rendezvous at HMA	1/29 7pm - Men's Basketball vs Chapman University 11am - Breakouts TBA - SALSU Presents: Broomball	1/30 12pm - Men's Baseball vs Occidental College 8pm - First Service	1/31 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel TBA - SALSU Presents: Salsa Night 7:30pm - Women's Basketball vs Chapman University
2/1 12pm - Men's Baseball vs Occidental College 12pm - Women's Softball vs University of La Verne 1pm - Residential Life and SALSU Super Bowl Bash	2/2 10pm - Towers Dorm Worship	2/3 11am - Spiritual Life Spiritual Emphasis Week with LSU Students at LSUC 10pm - Angwin Dorm Worship	2/4 11am - Spiritual Life Spiritual Emphasis Week with LSU Students at LSUC 10pm - SALSU Presents: Rendezvous at HMA	2/5 11am - Spiritual Life Spiritual Emphasis Week with LSU Students at LSUC GET YOUR FEB. CRITERION ISSUE!	2/6 12pm - Men's Baseball vs Cal Lutheran University 1:00 PM - Women's Softball vs Pomona Pitzer College 8pm - First Service	2/7 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel

HAVE A QUESTION FOR PASTOR SAM? SEND IT TO
CRITERIONLSU[AT]GMAIL.COM AND SEE HIS ANSWERS
IN THE FEBRUARY ISSUE

SALSU EVENTS:

PIZZA FEED: THURS., JAN. 8 AT 6PM IN ANGWIN LOBBY.

LASER TAG BENEFIT: THURS., JAN. 15 ON FOUNDER'S GREEN. DONATE FOOD OR CLOTHING AND PLAY FOR JUST \$3. NO DONATION, PLAY FOR \$5.

TRI-CAMPUS SPIRITUAL RETREAT: JAN. 16-19 AT YOSEMITE. SIGN-UP NOW FOR ONLY \$40. LATE SIGN-UPS ARE \$45. START YOUR YEAR REJUVENATED.

2009-2010 OFFICER ELECTIONS: TUES., FEB. 24 AT 11AM IN THE GYM. PICK UP AN APPLICATION IN THE SALSU OFFICE.

CHANGING ECONOMY

BY CARRIE PATRICK



In the past year our economy has reached an all time low. There have even been scares of another stock market crash. If our economy continues to dive the American people will suffer even more then they are now.

Americans everywhere are already paying the price for the low stock market. People who were planning to retire in the next few years have to now work for at least five more years then they were planning because their social security has been used up trying to bail the United States out of this crisis. Our credit has frozen due to lack of confidence of banks unwilling to make new loans. This is keeping American businesses from financing their daily transactions as well as creating uncertainty throughout our economy.

Our parents are suffering the most but are not alone,

as students we are also being affected. With our economy doing so poorly loan companies are becoming very selective about whom they give loans to. And it is not just getting loans that is difficult, it is getting a job to pay off the loans that hurting many of the students here at La Sierra.

Allie Poblete, a junior, has been searching for a job since the end of the last school year. "Every place I have been says they aren't hiring," Poblete says, "Apparently business is slow and they don't need any more employees." With business so slow some places are having to shut down. Everybody is trying to save money so they aren't going out to eat, or buying things for luxury anymore. Every place of business is suffering. This is also an issue for any employee. Lindsay Moore, a freshman at

La Sierra, worked at Partyland in Riverside. In early October she recieved a letter in the mail stating that the store she works at is shutting down. "They had to close due to lack of business," Moore said. Partyland officially shut its doors on the 31st of October. Moore said that she felt bad for the people who really needed the job. "There were people working there that are living from paycheck to paycheck."

These times are obviously hard on every American. The economic status will not get any better until there is change. The new President will have a big issue to deal with once they are sworn in to office. Hopefully he will have a good economic plan that will save us and provide tax relief for all Americans.

GALLERY BEGINS NEW YEAR WITH NEW EXHIBIT

BY KEITH YBANEZ

The Brandstater Gallery will welcome in the new year with the unveiling of the "Book as a Sculpture" exhibit at the opening reception on January 12, 2009 at 6:00 p.m. The exhibit is a collection of 15 different artists whose works have been displayed all around the world and will now call our very own Brandstater Gallery home for the next month. The opening reception as well as the closing reception, on February 9, 2009, will feature some of the artists

on hand to discuss their artwork. The featured works of art all have elements of actual books as the core element of what comprises the final product.

The exhibit ranges from a suspended bridge, columns, an artistic spiral constructed of book pages, and many more that can be seen on our very own campus. For contemporary art aficionados, this exhibit is a wonderful opportunity to check out a unique genre of books as

art that are very different from anything that the Brandstater has exhibited in recent years. In addition to the professional artists' work, a group of La Sierra University students will also have their books as art exhibited alongside the others while the gallery is open. The gallery will only be open for about a month so definitely take some time to check it out and soak in some culture while also supporting the professional and student artists.

MY TOP 10 NEW YEAR'S RESOLUTIONS

BY HEATHER CORONA

Here at LSU, starting the year off on the right foot is essential. These are my simple resolutions that may help me survive the last six months of school.

1. Pay unpaid parking tickets.
2. Start using my daily planner .
3. Stop speeding over the speed bumps.
4. Petition the Cafeteria and Eagle's Nest to take ATM/Debit cards .
5. Attend a SALSU banquet with someone other than my mom or son.
6. Take advantage of LSU facilities such as the post office, Micol lab and the gym .
7. Quit calling everyone "Dude."
8. Start using D2L .
9. Utilize my unlimited text messaging in order to prevent me from going over my cell phone minutes.

CRITERION
CHALLENGE

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choosing p. 7

salsu event
gives back p. 10

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LA SIERRA UNIVERSITY
RIVERSIDE, CALIFORNIA

As you casually leaf through this issue of the Criterion you may realize that the magazine has loosely adopted a Valentine's love theme. As someone that is involved in a four and a half year "mini-marriage" as Pastor Sam would call it, love is something that is very dear to me. While I truly believe that I have found my "soul mate," I realize that this is not the greatest love that I will ever experience; the greatest love that any of us will ever know is the love that God has for us.

Surely, each of you is fully aware that God's greatest gift to us was the sacrifice of his only son and consequently the gifts of grace and salvation. This idea of God's gifts to us reminds me of something that I've learned in my communications courses, which is the concept of reciprocation.

EDITOR'S NOTE

Reciprocation is the innate feeling that we have to return acts of kindness. I feel that too many of us are satisfied simply accepting God's love and his gift of grace that we fail to reciprocate in any shape or form. Sure God's love is unconditional, but it is clear that he would prefer that we adopt Christian values and principles as outlined by the Bible.

In my three years of study here at La Sierra University I have come across many people that are satisfied leading lives filled with sin and immorality on the basis that God has promised us grace and acceptance. To me this is the most deplorable thing a Christian can do; God's grace isn't a free pass to do as we choose. It is a gift that shows his great concern and knowledge for the fact that we are humans and far from perfect. I too am far from perfect, but I'm calling upon my fellow students to accept God's love and try to share it with one another.

So remember that this Valentine's Day isn't all about teddies and flowers, it's also about the greatest token of love ever known, the sacrifice of His one and only son and what that gift means to us.

-Tabitha Bunch, Editor-in-Chief

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Cover Photo: Jake Moreno and Tritia Simandjuntak grill up some veggie burgers at the SALSU Super Bowl Tailgate party.

Criterion is a monthly news publication of the Student Association of La Sierra University. The opinions are those of the respective author and do not necessarily represent the opinions of SALSU, La Sierra University, or the Seventh-day Adventist Church. This publication does the utmost to monitor for accuracy. However, please notify us if you note a misprint.

For digital color copies of the Criterion: salsu.lasierra.edu/publications

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Valentine's Teddy Grams

Send your special someone, BFF, or favorite professor a Teddy Gram this Valentine's. Purchase your choice of: card with lollipop; card with Teddy Grahams; or card with teddy bear. Cost is between \$1 and \$5. Grams are on sale by SALSU in the Student Center/cafeteria during lunch and dinner. All proceeds benefit the Malawi school mission project.

Have an opinion about our articles? Share any of your thoughts by sending a "Letter to the Editor" to critterionlsu@gmail.com. Appropriate letters will be published with permission.

letter to the editor

Natalie Sayegh's thought-provoking article "The Drinking Age Dilemma (sic)" in the January issue of *Criterion* made me lament the fact that she didn't have a lab in which to test the efficacy of her conflicting theories about the appropriate minimum age for drinking. If only she had realized that the legal drinking ages in Canada, Japan and most of Europe are significantly lower than in the US. I wonder if knowledge of the fact that those places aren't crawling with the brain-damaged, irrational and irresponsible citizens her preferred theory predicts for them would have solved her dilemma.

Still, the fact that Ms. Sayegh didn't do her homework is the least of my concerns. I am troubled most by sentences like this: "Face it, at the age of 18, most people are not mature enough to understand the consequences of their actions" (one wonders at what age people magically become mature enough to do this, and whether we should refrain from acting until that day arrives); or this: "As teenagers, we already make too many mistakes to count." No doubt this kind of humility (if it is sincere), bordering on self-hatred, garners her many approving pats on the head from parents and teachers, but when I hear a twenty-year-old sounding middle-aged I shudder to think what she is giving up for this approval. To be sure, we all like feeling accepted and validated by authority figures, but parents and teachers can be wrong. During my three years as a faculty member at LSU I was struck by my students' reluctance to challenge authority. I hope future articles in *Criterion* will encourage LSU students both to think more critically about the questions they choose to explore, and of course to do their homework.

Sincerely, Dr. Vadim Serebryany
Music and University Studies Faculty, 2005-2008

Love, Love, Love

BY HEATHER CORONA

Automatically, when I think of the meaning of "Love" I think about 1 Corinthians 13: 4-13.

The very straight-forward verse states: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, and it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away. For we know in part and we prophesy in part, but when perfection comes, the imperfect disappears. When I was a child, I talked like a child; I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. Now we see but a poor reflection as in a mirror; then we shall see face to face. Now I know in

part; then I shall know fully, even as I am fully known. And now these three remain: faith, hope and love. But the greatest of these is love."

Some say that this bible verse describes the meaning of love in a nutshell; however, to me this illustrates a description of a "romantic love" between two people. So what is the meaning of a non-romantic love from Christian perspective?

I'm not an environmentalist, nor am I a "Go Green" extremist, but I do have a certain love for nature. Nature gives life to all living-beings on our planet, which I greatly appreciate. It's easy to get wrapped up in this technological fast-paced way of life, so easy that often times I have forgotten what it is like to immerse myself in nature.

A few days ago, I had a chance to take a nice long walk around campus for the entire day. The experience reminded

me of my childhood, when I use to walk everywhere. Certain smells I experienced along the way, sparked specific memories from my youth. I enjoyed those memories along with the wind caressing my cheeks and flowing through my short, brown-curly hair. I could feel the sun's warm kiss on my forehead and its bright light reflecting off my green eyes. The moment in nature brought forth a certain love, respect and appreciation within me not only for this great Earth but for its creator.

The love between nature and myself is very fulfilling. Nature demonstrates a love for me by giving life and I return the love by spending time in nature. Ultimately, loving nature means experiencing God's great Earth, appreciating those experiences and respecting our planet by taking care of it.

DEVOTIONAL

BY NATALIE SAYEGH

Valentine's Day is only a few days away. The season is one of romance and love for your friends, family, and your significant other. Relationships are constantly tested throughout the years, but when it comes to this day, February 14, nothing can be better than receiving chocolate and roses from the one you love. Or can it? Amid all the spectacles of love unfolding before us, does anybody ever think of the greatest love of all? This greatest love of all is the unconditional love that each of us has been blessed with from the moment we

were born. The amount of love that the Lord has for each and every individual is unfathomable, and that's just it—no matter how hard you try, you'll never be able to grasp how big His love is. His hope for us is that we can love each other as He loves us: faithfully, undoubtedly, and unconditionally. 1 John 4:7-8 says, "Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God. Whoever does not love does not know

God, because God is love." (NIV) God's love for us is more powerful than any of us can imagine, and still, His love is as real as it gets. So, try something new this Valentine's Day. God wants us to accept His love with open arms and hearts, and when we do, we will feel His presence in our lives for every day to come. Instead of searching for someone to spend the day with, spend it with God and thank Him for his great, undying love.



What is the first thing you do when you wake up and the last thing you do before you go to bed?

After wiping the eye boogers from my eyes, I kiss my wife. Next, I know this is terrible, but I check my phone for messages, which right next to me. Right before I go to bed, pray. I'm one of those traditionalists. I think of the day and think for the people who have needs and I pray for them also.

If you were a kitchen appliance what would you be?

I would be the Vitamix (a crazy blender). I like to mix things up.



True or false: Pastor Sam loves SALSU.

I'm fanatical about SALSU. It rocks, especially this year.

What is your favorite Bible verse?

I love Joshua 1:9. I go back to it often. God is telling Joshua "Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the LORD your God will be with you wherever you go." It's not God saying that you won't have bad things happen to you. It won't always be great, but no matter what happens, He promises that He will be with us.

What doe HRH mean? I've heard

people say it's your favorite acronym.

Ha! HRH. If this country were a monarchy, like the British Empire, HRH would be the designation for "Her/His Royal Highness." I have appropriated that title for my wife, not as "Her Royal Highness," but as "Her Royal Hotness."

What do you have planned for Valentine's Day?

It's my anniversary. One day before!

Is that a lot of pressure?

A lot. A lot my friend, but this year it's all prepared. The conditions are going to be perfect.

Do you know her down to a science?

No. What? No. Can you know the deepest secrets that lie hidden in a

I would do with my life when I was in High School, I would have put plumbing, piano tuning, and forestry above ministry. I just didn't think it was a possibility for me.

What are some of the areas of growth here at La Sierra?

I wonder if we're doing a good enough job of making a life devoted to Jesus the Christ an irresistible option for students, faculty and staff. We need to work on making worship experiences a place where students really connect with God. Make those times feel like an oasis in a wilderness of study, work, etc. Can you imagine what it would be like if we all ran to the church, eager to sing, and pray, and hear the word spoken, giving us instruction and

Talking with Pastor Sam Leonor

BY ISRAEL CARREON

woman's heart? No. That's why the call it "Victoria's Secret". Not "Stuff I know About Victoria". Silly. But I have some idea... some.

What inspired you to become a pastor?

When I was getting out of college God made it impossible for me to become anything but a pastor. I couldn't find a job, so a church offered me a position as a "Summer Youth Worker." I planned hikes, picnics, camping trips and stuff like that. I worked there for a few months and while I was working there, I learned what ministry is all about. It's not just planning activities. It's connecting people to each other and to Jesus Christ. This work got so into me and I fell in love with it so much so, I'm still here. I had no idea I would be a pastor. Had you asked me what

hope?

Many people view Adventists view our belief or values are a separate society. How do you think Jesus would attract the youth of today?

I think we're talking about the values of our community, which are necessary; otherwise it doesn't mean anything to belong to this community. Every community has them. Your family, workplace, your professor has her/his classroom. Your girlfriend has them (that's why you can't pick your nose in front of her). The values of our community are not a bad thing, they're important and they serve a purpose. Our values are what make us who we are. What I would hope is that they are really firmly rooted in love. Love for our neighbors, love for our communities, love for the

CONTINUED ON PAGE 14

tri-campus retreat, yosemite

january 2009

photos courtesy of sabu



missionary profile: Janina Irving

BY JONATHAN FINAU

Janina is one of many missionaries from our school making a difference in the lives of young children hungry to know more about God in their early years of growing and adventure. Before she even decided to become a missionary she always knew that she would become one because it wasn't a difficult choice. Her passion for missionary led her to share everything she possibly knew about God with the kids in India. Her family disagreed with her choice to do missionary work because they wanted her to wait until she receives her degree. With Janina furious about her family's reaction, she mentioned that in life we don't have to get a degree in order to tell the world that God loves them and that His son is coming soon. She also noted that a degree doesn't give you a security; this is why we have Adventist institutions in order to prepare ourselves to spread the word of our Lord Jesus Christ who is coming soon. However, she heard God's calling and has sacrificed one year of sharing and experience in India.

When you first arrive at India what was the first thing that went into your mind?

"I'm in INDIA!! Wow it's beautiful".

Janina left for missionary work in India last year and is currently teaching Bible class to 3rd, 4th, 7th, 8th, and 9th grade. On the other side, Janina teaches kindergarteners new songs and takes weekly visits to first graders to do the same thing and also read to them bible stories. Janina's fond of happiness with the children has created a closer relationship with her kids because they come to her for advice on relationships, family problems, comfort, and laughter. "I would've never known that I could come to love so many children so dearly. I've been able to form very close relationship with the older students. I've kind of become an older sister to them.

I love them all so much because now I have finally realized why Jesus loves me the way he does and then there's the love that you feel from all your students" says Janina.

What is one thing that you miss the most about home or let's put it this way La Sierra?

"Food. Don't get me wrong, I get plenty of food here in India, everyone is trying to feed you and tell you to that it doesn't matter if your stomach bursts open but I miss American Food like Fettuccini Alfredo, cookies n cream ice cream, and the Enchiladas that they serve at the cafeteria(do they still serve them on Tuesdays?)."

India is such a great place of experience and according to Janina she has learned two important lessons. 1) God really loves her and her kids. And 2) "Prayer is the answer to everything in life" (quote from E.G.White). Although, Janina knew that she was going to become a missionary there were still questions buzzing in her head. However, the bible classes she has taught to her kids and the relationship she has developed with them made her realize that God works in miraculous ways especially the fact He loves her and the kids very much. "A few weeks back, one of my students came up to me and said that he was praying for me" says Janina.

Do you like jokes? "Yes".

What do you have? "Why was six mad at seven? 'cause seven eight nine".

Janina loves the life in India and hopes that we all do the same when that time comes for God to call us to become His teachers and disciples. She concludes with one of her favorite bible verse is James 1:5, which reads, "If you need wisdom, if you want to know what God wants you to do, ask him and he will tell you. He will not resent your asking."



Name: Janina Dorisa Irving
Major: Undecided (Psychobiology or Psychology)
Year: Senior
Location: India

Every moment of every day you either consciously make a choice or a choice is made for you. The ability to choose is your greatest power.

Life is an adventure into the unknown, and its excitement should leave us exhilarated, in awe of what is to come; but often when I look at the blank faces that pass me on campus, I do not feel that they are filled with excitement. Instead, their eyes are full of fear or anger with a frown or a cringe of contemplation across their faces. I tell myself this isn't how life is meant to be lived, so I resolve to put a smile on my face with hopes that eventually I will my example will change the faces I see around me. All too soon, I find myself falling back into the same routine, walking along deep in thought, smile no where in sight and I tell myself, this is no way to live, put a smile on and change someone's day. Honestly, I don't know if I'm making a difference, but I do know that I am choosing to try and the amazing thing is when I have that smile on my face, it's the only thing I need to keep my spirits up. I have the power to choose how to perceive what is going on in my life in a positive way and that choice, to change my perception, makes everything I see look entirely different.

How would your day look if you knew it was your last day on this earth? How would you spend it? Would you tell someone how much you love them? Would you do something you enjoy doing? Of course you would, so why is today any different than that day?

You may say, well of course it's different. I have responsibilities, like going to school (or work), taking

care of myself, my family, and of course paying for the expenses that life entails (i.e. tuition); not to mention I will have to live with the consequences of the actions I choose. There is no arguing with that logic and of course these are all important aspects of life, but who said that life had to be all work and no play? When did we decide that making money was more important than doing something that we enjoy and that makes our community a better place?

Problems appear, challenges plague us, stressful situations arise and of course we feel pain. Yet every day amazing things happen all around us and we are so caught up in the negative things that we are missing the moments that should be our main concerns. It is a challenge to choose to find the good in the worst of circumstances,

and sometimes feel like giving up. And when they focus on those negative thoughts, an amazing thing happens – they continue to find the negative in life. It's a two sided street, meaning if you find the positive in every situation, good things will become more and more common place!

Try it! Choose to have a great day, put a smile on your face, go out into the world and make the best of the situation you find. Choose to let go of the fear and find the best part of each and every day. Stop worrying – worrying about something has never fixed anything. If a door closes, trust

that another will soon open. You see, it is always

necessary to get rid of the old in order to make room for the new. Have faith that when one door closes, it is for the best and that when the new door opens, it will make your life better.

So what is the best choice? Is it better to sit on the sidelines? Does sitting on the sidelines lift your spirit; free you to be who you are, or allow you to interact with others? No, it does not.

It keeps you stuck, restrained, unconnected, confined, feeling deprived, and possibly feeling unworthy of all good. Instead, grab life by the big figurative horns and change your perspective today. Find what makes your life meaningful and do that. Enjoy every minute of what you have now because

what else is there to do? An exciting life has nothing to do with other people; it only has to do with what you feel, what you do with it, and, in the words of Winston Churchill, the fact that you can "Never, never, never give up." You have a choice. Actually, you have lots of choices, but the first choice you need to make is that making choices makes your life more fulfilling and productive.

Pros & Cons of Choosing

BY HAILEY WILDER

Students Speak

"Life is full of choices. Do this or do that—either one brings wisdom and clarity." --Simon Anthony Romua

"The only things in life you may have absolute control over are your choices. Our choices are God's gift to us." --Isaac Gomez

"I like other people to make choices rather than me because I think it makes them happy to get to choose when they are with me." --Trent Dean

"Just go with the flow. We're young which means we don't have to make any permanent decisions yet because there aren't too many things that we can do now that will really matter in ten or even five years." --Emily Miller

"Choices are hard and they complicate things. Why can't people just be happy with what is happening right now instead of trying to analyze everything all the time?" --Bryce Feigum

but it is also a talent and a skill that serve those who utilize it well. So many good things happen every day but the fact of the matter is that the human mind is conditioned to remember pain much more vividly in order to avoid it as much as possible. Or perhaps people are so wrapped up in the drama of what they perceive that they overlook the true meaning of life, and therefore get bogged down with their thoughts and behavior and simply see themselves as defeated, overwhelmed, struggling, unhappy, stressed,

The Winter Quarter at LSU always sees a flurry of activity and excitement for our Athletic Department. The basketball teams are in the heart of their schedules, and five additional sports began their seasons. Men's Baseball, Women's Softball, Men's Golf, and Men's and Women's Tennis all kick off within weeks after New Year's Day. However, it could have all been in jeopardy with the struggles of the Women's Softball program to put together a whole roster. The first red flag were the signs in the Athletic Department area calling for softball players. Two weeks before their season was scheduled to begin, the softball program only had six girls cleared to play by the NCAA. Even if you don't watch baseball or softball, I think it's safe to say that we're all aware that you need nine to make a team. For whatever reason, the program was short the girls it needed, and this problem posed a much bigger issue that could affect the entire sports program.

The NCAA requires a University trying to gain admission into the league to fulfill provisional years before full acceptance. La Sierra is in the third year of our provisional requirements and any failure to field a competitive team would result in failure of the NCAA requirements. Needless to say this result needed to be avoided at all cost. Interim Athletic Director Brian Murphy in conjunction with the Women's Softball Coach Noleana Woodard have worked tirelessly to preserve our status and find girls to play. When this issue was made aware to the female athletes of our other

Golden Eagles Lend a Helping Hand

BY KEITH YBANEZ

sports, some girls readily agreed to join the team, even if they had limited experience with the sport in order to make sure our entire sports program was protected from failing our provisional requirements. Coaches from the women's basketball team have been gracious enough to lend their players to the softball team along with girls from the soccer team to round out our roster. Because our teams have pulled together, the women's softball program was able to start their season with a doubleheader against Hope International and La Sierra is on our way to fulfilling all of our NCAA requirements.

Success in sports is very difficult to attain without support from others. Coaches preach team-building and dependence on others to achieve goals every day, and it appears that those lessons have been taught well here at La Sierra. It takes a big sacrifice to commit to a sport that you're not here to play in order to protect our program. Playing for one sports team can be difficult enough with the practice time and all the games taking away from the time you have to give to your schoolwork, but for some girls, the sacrifice was worth it, and because of them we'll continue to enjoy our sports teams for the foreseeable future.

The Man from Coma Diary

BY SYLVIE HADER

Sterling Spence is the hidden gem of La Sierra University. I discovered this during an interview with him, at which time, he shared his many life dreams, experiences, and all that makes Sterling Spence who he is.

Sterling Spence, a talented musician who plays the guitar and piano masterfully also writes his own music and heads his own rock band, The Coma Diary, in his hometown Pleasant Hill, California. Spence is a freshman Honors student, double majoring in Religious Studies and Business Management. Spence's journey started with inspiration from his father. Evidently, mom and dad Spence are former hippies gone missionaries. Hence, the result is Sterling's passion for music and religion.

Spence's first experience on stage was in 3rd grade, singing in a children's choir that toured Italy and China. There, he was granted the opportunity to sing in front of heads of state. That, in itself, should have scared him into hiding, but instead, Sterling took the challenge and brilliantly showed

his talent, launching him into a new direction and a life full of excitement.

At La Sierra University, he is the musical coordinator for divine service and Sabbath school. He is also involved in the upcoming musical productions of Sweeney Todd, Moulin Rouge, and the Narcoleptic Argentinean. When asked why he chose La Sierra University to expand his learning, Sterling's response was straight and to the point. He enjoys the camaraderie and empowerment that he receives from his peers. He finds that he enjoys the teamwork that goes into making La Sierra University what it is and the edifying qualities that students have towards each other and supporting each other in bringing out the best in all. You want to know more about Sterling Spence? Check him out at Tuesday Tunes and you will be as impressed as I was about La Sierra's new gem, the man from Coma Diary.

OFF-CAMPUS HOUSING: BUST OR MUST?

BY GIANA CAMPOS

In the late 60's early 70's, Sierra Vista Apartments became a member of the La Sierra University off-campus housing. The building has 34 apartments, with a total of over 20,000 square feet, and is located within walking distance from the campus. While the convenience is impeccable, the question remains: why are there rumors of neglected care and maintenance? I've seen the outside and I was definitely guilty of judging a book by its cover. From the time that I'd arrived there, I had been under the impression that the Sierra Vista Apartments were an undesirable place to live, yet when I recently asked those who lived or visited them, I got quite the opposite response.

I continued my investigation to clear the air of any confusion one may have when it comes to the so-called unkempt apartments and if-so-facto they are in bad condition, why is the waiting list nearly a year long? After an informational question/answer session with my dear friend Leah Macia, I was finally getting some facts. Macia happens to know four people that live in the apartments, all seniors whom have called that home for two years now. So far, the only complaint made was a little wear and tare made on the carpet. Other than that, Macia says, "I've been to a 1 & 3 bedroom apartment. The ones I was in were pretty nice. Very well taken care of. The 3 bedroom had a very nice sized living room and dining room." But Macia is just a visitor. What about those that actually live there?

Again, I passed by the apartments and still, I had remained unconvinced of the impeccable condition that Macia spoke of was inside of that outside. I soon found myself talking to two previous tenants of these apartments. Once again, past theories of negligence were shot down. Immediate attention was provided for every issue. It was then that Physical Plant and Student Housing brought some clarity to the confusion. It appears that Physical Plant and Student Housing are in relation with Sierra Vista Apartments. It turns out that Tracy Tyler, the director of off-campus housing, is in charge of keeping Physical Plant updated on needed maintenance. Whenever a tenant moves out, immediately cleaning is taken place to make the place "rent ready", including any additional care. If this is the case, these apartments should be in tip-top shape despite the so-called "unpleasant" appearance.

Just before the weekend, I went by the complex for



the 3rd time in my 4 years at La Sierra. Perhaps there was something charming in its old setting, not that it couldn't use a little updating, but maybe if students are desperate enough to save that extra couple grand one can save by living off campus, they can hop on the one year wait list or maybe take a walk by Sierra Vista Apartments and find out what's really going on inside instead of judging this book by its cover.

There are other options for living off campus through the university and Tracy Tyler in the AD building on the 2nd floor would be the one to speak with.



SALSU EVENT GIVES BACK

BY REBECCA KERN



On Thursday January 15, SALSU held a Laser Tag night hosted by Laser Tag USA. Nearly one hundred people came to the front lawn, including our very own campus Chaplain, Pastor Sam. Founders Green was full of students running through obstacles taking a break from studies and stress.

This year SALSU did things a little differently and took donations of clothing and food as payment for the activity. This was very successful and we were able to donate a full box of clothing and food to the Arlington Temporary Assistance. They were more than grateful and even recognized La Sierra University's H.O.C. from donating earlier this school year.

The owners of this non-profit organization voiced their concern for their need in this economic downfall. The Arlington Temporary Assistance is in desperate need for children's clothing and canned food to help less fortunate community members. Individuals and families are able to come in, with verification of identity, and are allowed six visits per year. They can take articles of clothing and 3 days worth of canned food per visit.

SALSU plans on holding the next SALSU event, Capture-the-Flag on Thursday February 5, as a benefit event where students can play for free if they bring an item of clean clothing in good condition or canned food for donation. These will be directly donated to the Arlington Temporary Assistance.

HEALTH NUGGET

BY ANDREA SCHROER

Obesity Spreads

Two out of three Americans are now overweight, and one out of three is obese, according to the 1999-2000 National Health and Nutrition Examination Survey. That's a jump since the early 1990s, when "only" one out of four was obese. During the '60s and '70s, it was one out of seven. Roughly 15 percent of school-aged children are now overweight, up from 11 percent in the early 1990s.

What to do: Don't wait around for a new scientific breakthrough to keep (or get) you trim. If you can't find a restaurant that serves half-portions,

make your own (with a doggy bag). Watch out for 600-calorie muffins, 700-calorie tuna sandwiches and 800-calorie Frappuccinos. And get off your you-know-what, preferably for an hour a day. (J. Amer. Med. Assoc. 288: 1723, 1728, 2002.)

See More, Eat More

The larger the serving size, the more you're likely to eat, says a new study from Pennsylvania State University. Researchers told 51 men and women in their 20s to eat as much macaroni and cheese as they wanted at a no-cost lunch. It didn't matter if they were male or female or overweight or trim.

When the portions (either on their plates or on a serving dish) were large (35 ounces), on average they ate about 30 percent more calories than when the portions were smaller (18 ounces). What's more, the people reported feeling no fuller after eating the big portions than the smaller ones.

What to do: If you're trying to cut calories, shrink your servings. Some suggestions: Order a "small," split a dish with someone else, or stash half of what you're served in a doggie bag before you start eating. (Amer. J. Clin. Nutr. 76: 1207, 2002.)

Blast from the Past

BY TABITHA BUNCH

Images of peace rallies, civil rights marches, free love, and innovations in art and music are typically the sorts of things that come to mind when thinking about 1960s America. With that being said, one would have some rather interesting expectations of the wide spectrum of topics that were to be documented in a school newspaper of that time period.

Sadly, this creative culture escaped the Criterion of this seemingly colorful decade. A former Criterion staff member, Lewis Walton, said it best when he wrote that 1961 was a "transition year" for the paper. When compared to the quality of the proceeding forty years, it appears that the entire 1960s could be considered a transition decade.

The paper was so disorganized at this time that they printed a large headline across the front cover and failed to print the accompanying article.

To add insult to injury, stylistically the paper was rather boring. The pages were overwhelmingly text filled, with pictures rarely included past the front page. Altogether there were fewer articles, but the articles that were included would span three or four columns across the page.

The one shinnying light that came out of this time was the inclusion of a section, and occasionally a separate issue, dedicated to documenting the goings on of La Sierra College alumni. Charmingly the title of the piece was titled The La Sierrna. While this was one of the most interesting features of the Criterion, it was actually put together by the Alumni Association of LSC and not by the Criterion staff.

The most significant contribution that the Criterion of the 1960s made was the documentation of the evolution of student government here at the university. The first meeting of the senate (the ASLSC, precursor to SALSU) occurred on October 7, 1960. In the

past La Sierra College had class officers, but this was the first attempt at truly running a student government. The Criterion included articles about elections, activities, as well as, "bugs in the constitution," a problem that was readdressed as recently as last year.

While the Criterion of the 1960s failed to uphold the longstanding tradition of excellence that the proceeding four decades had established, it was actively combating the issue of student apathy. The Criterion of the late 50s mentioned that attendance to school events had dwindled, but this problem appeared to worsen as time went and eventually student apathy was more commonplace than student involvement. It's sad to say, but our modern Criterion is fighting this same issue and consequently suffering from the same ailment.

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FEBRUARY 2009 CALENDAR

2/1 12pm - Men's Baseball vs Occidental College 12pm - Women's Softball vs University of La Verne 1pm - Residential Life and SALSU Super Bowl Bash	2/2 10pm - Towers Dorm Worship	2/3 11am - Spiritual Life Spiritual Emphasis Week with LSU Students at LSUC 10pm - Angwin Dorm Worship	2/4 11am - Spiritual Life Spiritual Emphasis Week with LSU Students at LSUC 10pm - SALSU Presents: Rendezvous at HMA	2/5 11am - Spiritual Life Spiritual Emphasis Week with LSU Students at LSUC GET YOUR FEB. CRITERION ISSUE! 8pm - Capture the Flag Benefit Game	2/6 12pm - Men's Baseball vs Cal Lutheran University 1:00 PM - Women's Softball vs Pomona Pitzer College 8pm - First Service & Midnight Cafe	2/7 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
2/8	2/9 10pm - Towers Dorm Worship	2/10 11am - Diversity Assembly 10pm - Angwin Dorm Worship	2/11 10pm - SALSU Presents: Rendezvous at HMA	2/12 11am - Breakouts 7:30pm - Men's Basketball vs West Coast Baptist College TBA - SALSU Presents: Speed Dating	2/13 12pm - Men's Baseball vs Claremont-Mudd Scripps College 1pm - Women's Softball vs Redland 8pm - First Service	2/14 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 7:30pm - Women's Basketball vs Southwestern College Eagle
2/15 12pm - Men's Baseball vs Cal Tech University Eagle 12pm - Women's Softball vs Whittier	2/16 President's Day Observed	2/17 10pm - Angwin Dorm Worship	2/18 10pm - SALSU Presents: Rendezvous at HMA	2/19 Blood Drive 11am - UW at LSUC TBA - SALSU Presents	2/20 2pm - Women's Softball vs Claremont-Mudd Scripps College 8pm - First Service	2/21 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 7pm - Women's Basketball vs Chapman University
2/22 12pm - Women's Softball vs Cal Lutheran University 7pm - Music Faculty Recital Series	2/23 10pm - Towers Dorm Worship	2/24 11am - SALSU Elections in the Gym 10pm - Angwin Dorm Worship	2/25 10pm - SALSU Presents: Rendezvous at HMA	2/26 11am - Breakouts TBA - SALSU Presents	2/27 1pm - Women's Softball vs Patten University 2pm - Men's Baseball vs San Diego Christian College 7pm - Music Alumni Vespers in HMA 8pm - First Service	2/28 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 8pm - Music Concerto Concert
3/1	3/2 10pm - Towers Dorm Worship	3/3 11am - Assemblies by College and Schools 10pm - Angwin Dorm Worship	3/4 7pm - Chamber Music Concert 8pm - The 2nd Annual Festival of One-Acts 10pm - SALSU Presents: Rendezvous at HMA	3/5 11am - UW at LSUC 8pm - The 2nd Annual Festival of One-Acts, SALSU Presents: Free Theater Night	3/6 12pm - Men's Baseball vs Cal Lutheran University 1:00 PM - Women's Softball vs Pomona Pitzer College 8pm - First Service	3/7 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 8pm - The 2nd Annual Festival of One-Acts
3/8 7pm - Music Faculty Recital Series 8pm - The 2nd Annual Festival of One-Acts	3/9 6pm - Brandstater Gallery Alumni Exhibition 10pm - Towers Dorm Worship	3/10 2pm - Men's Baseball vs San Diego Christian College 10pm - Angwin Dorm Worship	3/11 10pm - SALSU Presents: Rendezvous at HMA	3/12 11am - UW at LSUC GET YOUR MARCH CRITERION! TBA - SALSU Presents	3/13 12pm - Men's Baseball vs California State San Marcos 12pm - Women's Softball vs Wheaton	3/14 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel

ANNOUNCEMENTS:

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*For more information contact,
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SVH 111*

Attention: All Pre-Health Students

Apply Now to the Recommendation Committee!

The application deadline for the La Sierra University Recommendation Committee is March 30. This is a change from the August Deadline of previous years.

In order to meet the October 2009 deadlines of some Medical and Dental schools, the Recommendation Committee will meet during spring quarter to process and review packets.

The 2010 Recommendation packets are available in the Office of Pre-Health Professions. Stop by and pick up your copy today! The Packet is being updated regularly so please stop by the bulletin board right outside our office frequently to check for these updates.

If you have any questions please contact us at the following-- Room: Palmer Hall Suite 263

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Gallery to Showcase Alumni Art

BY HEATHER CORONA

La Sierra University will hold an alumni art exhibit full of works by former student Gabriela Martinez titled: "Historias/Histories" at the Brandstater Gallery.

The exhibit will be open from February 16 until March 9. The gallery will be open Sat. Feb. 28 from 1 - 5 p.m. and Sun. March 1 from 10 a.m. - 5 p.m. The art department will offer a closing reception and artist talk March 9 from 6 to 8 pm.

Martinez graduated with a degree in Fine Arts at LSU in 2000 and

with the M.F.A. in Printmaking at Cal State Long Beach in 2007. Martinez is currently working in the educational department of the Museum of Latin American Art in Long Beach.

Art department chair Beatriz Mejia-Krumbein gives positive comments about her former student. Mejia-Krumbein said, "Gabriela was a very talented and special enthusiastic student who made the time she spent at LSU Art Department special. She has been sharing her art and her experience of her graduate school often with



our students. She has been guest speaker in several art classes during these years."

"The exhibit will be very important for the art department program," said Mejia-Krumbein. A printmaking class will be offered during spring quarter.

The printmaking class entails a series of linoleum prints that involve a demonstration on Martinez' M.F.A. thesis. Printmaking tools and the linoleum blocks used in the exhibit and explain the process, and educational material.

Continued.... Talking with Pastor Sam Leonor

world. Values or standards that aren't rooted in love cause pain, exclusion and division. Our goal, as people of faith, should be to have Jesus and his character so formed in us, that people (young and old) will find a life devoted to Him irresistible.

What has been the most difficult message this year that you have wanted to talk about with the students here?

Oh, man. This is tough. I love... LOVE this student body. It's by far the most awesome campus anywhere. But since you asked:

Civility at worships. I am somewhat discouraged by the way some people act during worships. I have heard all the arguments against worship, believe me. I understand we can't force people to give honor and praise to God. But we can expect students to be civil, respectful and courteous. That's not unreasonable. I really would love some input from students on this. And not just the "you shouldn't make us go" suggestion.

What is the most interesting thing you have eaten?

People. I ate human once. Accidentally. In a human anatomy lab, I know it's really disgusting, but it's true. I used my pencil to poke around a cadaver (because I forgot the appropriate probe) and later in a different class I stuck the pencil in my mouth.

How did it taste like?

I try not to think about it.... a little like bitter eggplant.

VALENTINE'S TRIVIA

BY HAILEY WILDER

Here is the most enjoyable and unbelievable collection of Valentine's Day Facts. Share these fun facts with your friends to amaze them this Valentine Day!

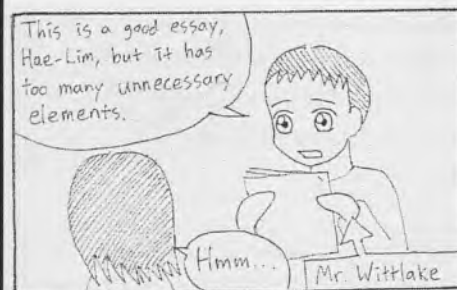
- About 1 billion Valentine's Day cards are exchanged in US each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.
- Women purchase 85% of all valentines.
- In order of popularity, Valentine's Day cards are given to teachers, children, mothers, wives, sweethearts and pets.
- Parents receive 1 out of every 5 valentines.
- About 3% of pet owners will give Valentine's Day gifts to their pets.
- Valentine's Day and Mother's Day are the biggest holidays for giving flowers.
- Worldwide, over 50 million roses are given for Valentine's Day each year.
- California produces 60 percent of American roses, but the vast number sold on Valentine's Day in the United States are imported, mostly from South America. Approximately 110 million roses, the majority red, will be sold and delivered within a three-day time period.
- 73% of people who buy flowers for Valentine's Day are men, while only 27 percent are women.
- Men buy most of the millions of boxes of candy and bouquets of flowers given on Valentines Day.
- In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.
- The Italian city of Verona, where Shakespeare's lovers Romeo and Juliet lived, receives about 1,000 letters addressed to Juliet every Valentine's Day.
- Richard Cadbury invented the first Valentines Day candy box in the late 1800s.
- Alexander Graham Bell applied for his patent on the telephone, an "Improvement in Telegraphy", on Valentine's Day, 1876.

In the January Issue, "My Top 10 New Year's Resolutions" omitted number ten. Here it is: Only log into Myspace and Facebook once a day.

That Crazy Korean Girl

by Hae-Lim Lee

#1 How To Write



CRITERION

The Student News Magazine of La Sierra University • March 2009 Issue

**One Acts, Multiple Laughs:
Drama Review** p. 5

**Debate Team Goes
International** p. 4

**Festival to Raise Funds
for Malamulo College** p. 3

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MAY 05 2009

LA SIERRA UNIVERSITY
RIVERSIDE, CALIFORNIA

Enough already. When is this economy going to turn around? Recent projections estimate that the economy will stabilize in about two years. TWO YEARS! Other scary figures include the expected unemployment rate in California will be somewhere in the ballpark of 9.3%. Think about it, that's almost one in every ten people walking around jobless with no means to support their families.

In December, California's unemployment rate was nearly 1.7 million with approximately 100,000 of those in Riverside County, that's a full 1.1% higher than the state's average.

EDITOR'S NOTE

As a graduating senior about to step out as an "adult" or worker rather, I find this whole economy issue quite terrifying. Call me uneducated, but after following along in the news and reading up about the whole issue, I'm still not sure what's really happening. Why is everyone so scared to spend their money?

I know that currently people are earning a lot less than they're used to, but if no one spends money then no one can make money, right? For me, the solution feels simple: spend in moderation. Don't over spend on your credit card if you don't have the funds to back it. Read the documents that you sign, especially the ones concerning interest rates. Oh, and save money and then buy. Be sure and buy because if you don't the economy will remain stagnant and you or someone you know may lose your job because of it. Sure this is an oversimplification, but the principles are arguably poignant.

So many of us are taught to save for a rainy day, but I'd have to say that the skies appear as if they can't possibly get any blacker and people still aren't spending. All I really know is that in times like these it is incredibly important that we give back to our suffering community and to those who are less fortunate than us. Additionally, we can't rely on our government and its bailout plans to fix everything.

Truly it's time for us to start taking some responsibility for this atrocious mess. In essence we should adopt President John F. Kennedy's proposal and, "Ask not what your country can do for you--ask what you can do for your country?"

-Tabitha Bunch, Editor-in-Chief

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Festival to Raise Funds for Malamulo College

BY NATALIE SAYEGH

The Malawi Benefit Music Festival on March 14 will raise much-needed funds for Project Malawi. In the joint effort of SALSU and Spiritual Life's Tuesdays Tunes, all proceeds from the festival will go directly to renovating Malamulo College in Africa. The musician lineup includes Big Face Grace, Winston and the Telescreen, and

SALSU's Karaoke Night and at the highly successful University Worship where an offering was taken up. In addition, teddy grams have been sold to benefit this cause. Adventist colleges all over North America are supporting the Malawi

with them will be Winston and the Telescreen and a number of local bands. While this list has yet to be finalized, the lineup is impressive and the entertainment will be unbeatable.

Project, with the collective goal of raising \$100,000. These funds will enable Malamulo College to renovate its dorms in order to avoid being closed because of inadequate funding. By attending the Malawi Benefit Festival, each and every one of us can make a difference.

When asked how he would encourage people to attend the festival, Patrick York, director of Tuesday Tunes, said, "By calling it the Malawi Benefit we show that the main focus is to raise money for the Malawi Project and the medical school, and I think by making that our priority, making that our paramount cause, then we can really sell it to people who wouldn't normally come just to see a show for their own entertainment." He continued to say that the event is not only being advertised here at La

Many of the bands have been featured at previous Tuesday Tunes, so if you missed them once, make sure to catch them this time. This grand festival will take place on five different stages on campus. Along with the many musical performances, student and faculty art will be on sale for visitors to purchase. Those who attend may purchase either a \$5 ticket to one stage or a \$10 all-access pass. By making this event so accessible, its coordinators are hoping for an outstanding turnout for this worthy cause.

While York and his fellow organizers have focused their best efforts into crafting an exciting event, its success rests in the hands of La Sierra University and the surrounding community. York concluded by saying, "Not only do we have a great cause to work towards and to raise money for, but we also have the support and generous donation of about one hundred different people, whether they be bands, whether they be in the community or community partners, or just people with vested interests in the Malawi Project. This will be important because all of these people [will] generously donated towards a cause that is well deserving. People will see that it is a cause worth donating towards."

Sierra, but also in the community, Adventist academies, and churches. The hope is that a cause as important as this one will attract hundreds of people to the event.

Patrick York and Jacquie Weischadle have been dedicated to bringing as many bands as possible to the university for this festival. They are in charge of finding musical acts, booking them, and promoting them. Headlining this festival will be Big Face Grace, featuring Pastor Sam Leonor and friends. Along



over ten local bands. The event begins at 7 p.m. and features multiple stages across La Sierra's main campus. Student and faculty art will also be on sale during the festival. All-access passes are \$10; admittance to one stage is \$5.

Throughout the past few weeks, SALSU has held a number of events in order to raise funds for the Malawi Project. In February, hundreds of dollars were raised at

"I'm really excited to have this opportunity to represent La Sierra University at the 19th Annual International Forensics Association Tournament in Montreal, Canada," said sophomore and communications major Rebecca Barcelo. "It's going to be amazing whether our team places or not, but hopefully we will place and are able to put La Sierra on the map."

Students that will be going on the trip include Jonathan Finau, Rebecca Barcelo, Adwoa Asamoah, Michelle Lumban Gaol, Chris Aiken, Ariel Loredo, Laura-Shay Adams, and Ryan Wiggan. The team is scheduled to depart on March 12th and return on March 18th. The team members want to expand the Speech and Debate program; competing in Montreal gives them that opportunity.

New team member, Ariel Loredo, appreciates the chance to experience this international event as this is her first year on the speech and debate team. "As I am new to the speech and debate team, I find this opportunity to travel to Canada exciting. It promises to be an event filled with chances to learn more about debate and experience a new part of the world," said Loredo, freshman and biology major.

Barcelo credits the team's success to the speech and debate team coach and sponsor, Christine Law. "Ms. Law has invested a lot into

Law explains the importance of speech and debate in a college student's education and why it is necessary to make an international trip with restricted funds. Law said, "I think one of the most valuable things about speech and debate



Daniel Skoretz, Laura-Shay Adams, Ariel Loredo, and Ryan Wiggan

Debate Team Goes International

BY HEATHER CORONA; PHOTOS COURTESY OF DEBATE TEAM

this endeavor both financially and time-wise. I really appreciate her because there is no way this could happen without her help. She's awesome," said Barcelo. "Ms. Law helped conduct fundraising opportunities all quarter, for this event. [We did] everything from selling snacks at sports games to sending out letters to more than 200 donors."



Laura-Shay Adams, Jonathan Finau, Isaac Carreon, Rebecca Barcelo, Christopher Aiken, and Adwoa Asamoah

is how it motivates students to have a breadth of knowledge in contemporary and classical plays, current issues, and news events around the world. What better place to do it than out of country? But with the current economic crises, going to Montreal is a bit of a faith journey. We started making arrangements before we had the funds to do so. The Speech & Debate Team officers continue to look for and implement innovative ways to pay our way. I liken the fundraising process to Indiana Jones trying to cross a chasm, with an invisible bridge appearing only after he steps into the unknown."

Law explains how the opportunity to compete internationally presented itself to LSU's speech and debate team. "Because the National Forensics Association National Championship Tournament falls on Sabbath, it disqualifies us from competing at Nationals because one can only compete if one is able to compete the entire tournament. Thus when we discovered that the International Forensics Association had a weekday tournament, we decided to go. Montreal happens to be one of the closest international destinations that IFA has organized," said Law. "Last year, the IFA competition occurred in London. While I don't think we'll compete in an international competition every year, I do hope that we'll be able to do so often and on a regular basis because of the educational opportunities it opens to students and the incentives it gives them to do their best when they see other competitors at the international level."

one acts, multiple laughs

drama review

ARTICLE AND PHOTOS BY
ISRAEL CARREON

For an exclusive four days, LSUDrama presented the 2nd Annual Festival of One Acts at Matheson Hall. Hosted by Marilyn Loveless and Violette Kjeldgaard, a total of five one act plays were performed. A La Sierra student directed each comedy play with screenplays written by a series of talented writers that also included Ms. Kjeldgaard's, technical director, own original work.

"Heaven Cheers" was written by Ms. Kjeldgaard and directed by Rebecca Kern. Heaven Cheers portrays rated "R" material in "G" form scenery. All is not what it seems, as throughout the play angels cheer for the deeply in love couple, while the cherubic commentators follow up every play by play. William Appiah plays the role of "Gabriel," an angel who is hosting the "game" at his house, "I played the angel Gabriel. Everyone was at my house watching the Browns (Married couple)." Events unfold, that led to heaven's cheer when the married couple finally reach a "touchdown" in the bedroom.

The second act was the clever tale of "Two Slatterns and A King", which was written by Edna St. Vincent Milay and directed by Matthew Huston, tells the tale of a King who mistakenly marries "Slob," an unkempt maiden over "Chance" a beautiful, clean woman.

"Surprise", crafted by Mark Harvey Levine and directed by Daniel C. Skoretz, offered laughs amidst an unpleasant event. A man who can see two minutes into the future is undergoing an inevitable breakup with his three-week girlfriend. Blessed with the gift of foresight, Peter finds himself in a dejected situation. Isaac Carreon takes on the role of the meek Peter in the play. "Peter is a nice guy, but desperate."

"CP I Love You" tells the comedic love story between a computer and its user, written by Chris Lavoie. Directed by Adwoa Asamoah-Boadu, it kept the audience laughing with CP's own logical idea of the concept of "love," which stole the show on opening night and on the 5th. Anita Abdul-Karim who took the role as CP, stole the show with her precise mannerism of a robot. Diving into full character, Ms. Abdul-Karim dressed into a full computer wear, along with her face "powdered" sliver. When asked how she got into character Ms. Abdul-Karim listed her technique,

"Prayer, jump around, be it, do it, and love it."

The final show of the One Acts was "The Romancers", written by Edmond Rostand and directed by Kyle Dever. The story is told of a feminine man Percine, played by J. Murdock and his lover Sylvette played by Angela Pineda who find themselves in a planned "forbidden love" set by both of their mothers who fake a family feud. Both mothers hire Straforel, an assassin for hire, played by Kassy Skoretz, to arrange the kidnapping of the fair Sylvette. Percine mustered up the courage to feebly save his true love, daring the fake evildoers. The Romancers took the majority vote on the 8th.

The One Acts amounted a huge amount of success with both the students and faculty. The raw talent of actors and actresses, along with superb stage managers, bring together a sublime work of great playwrights for all to enjoy. Look for Shakespeare's romantic comedy Much Ado About Nothing, which will be due in the spring.



Surprise



Two Slatterns and A King



CP I Love You



Heaven Cheers



The Romancers

Life in India

BY JONATHAN FINAU

Muniz is currently one of La Sierra's missionaries who is serving a year in India teaching the bible and spreading God's love. Muniz is a California girl through and through; some of the greatest things she misses from home are the grilled cheese sandwiches and soup from the caf'. Muniz is a history major and she greatly enjoys sharing her love for the past with the young children she teaches in India. Muniz teaches moral bible course, plans social events, and simply pals around with the local children.

"When you notice that one of your students is listening avidly in class while you discuss some point from the Bible, or when you ask a question and you get a really insightful answer from a student who doesn't usually speak. Some of the students here are far from home and they just need somebody to love them and you can especially see that it makes a difference to them that you are here. I also believe that it is important for people to realize that despite the differences, friendship is still possible, and I feel that us being here is helping to break down the barriers we erect between us, not just helping them to break down these barriers, but definitely helping us as well" says Soleil Amanda Muniz.

On the weekend, she serves as a Sabbath school teacher, and host of Adventist Youth programs. When asked about life in India, Muniz said, "Life here is definitely one of the biggest adventures I will ever have. The people are very friendly, always pleased to greet us and make us feel welcome, and always trying to stuff us full of delicious food."



Another thing that is much appreciated is that they are very eager for us to understand what surrounds us, so I can always ask questions regarding traditions, culture, or even just what film we are watching is about, and the people around me will gladly answer, even if I have a million queries for them," says Amanda.

After completing her service in India, Muniz plans to come back to La Sierra and to finish her Bachelors degree. After hearing the most amazing stories, Amanda was asked about one thing she would never forget about India and she answered, "My kids, and my next door neighbors."

Finally she concludes by saying "You know I've realized that I never really appreciated the freedom college gives you to wake up in the morning and roll over deciding to not go to class for that period, it's a lot different when you know that you're the teacher, there's no rolling over to go back to sleep. I miss that." Amanda also would like to send her love to her brother and hopes that he is doing really well.

SALSU Officers 2009-2010

Congratulations to the elected SALSU officers for next school year. Students cast their vote at the February 24, 2009 SALSU Election Assembly. The Publications Vice President was selected by the Nominating Committee.

Sam Limbong, President
Leslie Mutuku, Executive Vice President
Cindy Sihotang, Financial Vice President
J. Murdock, Religious Vice President
Kendall Hester, Social Vice President
Rebecca Kern, Publications Vice President
Christina Thompson, CABL Director
Alix Lopez, Public Relations Director

Green: To Be Or Not To Be

BY HAILEY WILDER

The term "Going green" has never been on my to-do list, but the term sounds a bit like a "save the earth" pitch which I'm sure many of us would support. While this may be true, I'm one of many students that use "murdered trees" on a daily basis, so I can't say my participation in the green movement is high.

If we took the time to strip away what going green really means we would find that (courtesy of Urban Dictionary), "to adopt an environmentally friendly lifestyle by recycling, buying local, reusing, minimizing driving, etc." The reality is that this is without a doubt a good cause. It all begins with one person to make the change and start a chain reaction.

The benefits of going green are undeniable and while I'm sure everyone would want a little piece of

the other hand, the senior class is planning to be apart of the SIFE team, among other organizations and departments on campus, is currently trying to promote the green movement around campus and in the community.

Brian Kaatz, a member of our SIFE team on campus says, "The SIFE team in specific is looking for ways to not only be more environmentally friendly but also help cut costs where possible for expenses such as energy usage, etc. It sounds nice and everything when an organization 'goes green', but being able to demonstrate the cost efficiency of going green is really the important thing; that is what will motivate the majority to join

improvement, I mean who has extra money to spend on a hybrid? Change your light bulbs, throw cans in a different place... that easy."

There you have it. As college students in a deteriorating world, we are confronted by this reality: should we spend green to save the green earth or should we save our money and just go home?

"If everyone makes a small contribution, I think it would make a significant improvement."

-Stephanie Godinez

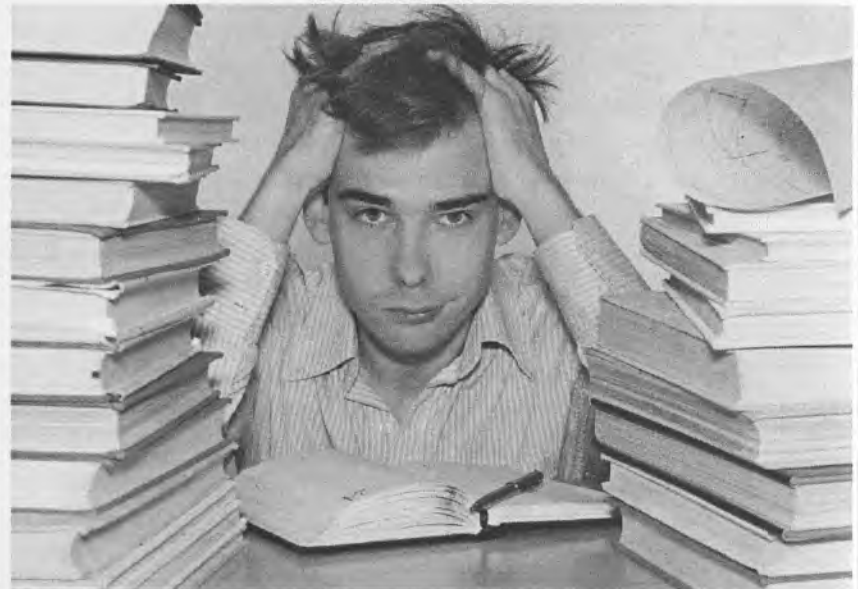
improving the quality of the world around us, one has to stop and ask, what does it cost to bring us to this point? While the economy remains in a state of recession, the likelihood of spending an extra few hundred dollars is very low. So should we fully go green?

After speaking with a couple of students that expressed their interest in preserving the earth, I got a good idea of what's stopping the rest of us college students from contributing 100%. Grace Chipamba, a junior here at La Sierra University stated her reason, "It takes green, to go green." This is absolutely true. On

in on the green movement." It's starting to look like we need to spend money in order to save it. Oh the irony.

Graduating senior Stephanie Godinez sees the green movement this way, "If everyone makes small contributions like recycling, I think it would make a significant

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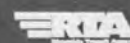


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CONCERTO REVIEW

ARTICLE & PHOTOS BY NOELLE MONTGOMERY

For the 51st time, the annual La Sierra University concerto concert took place, in the Hole Memorial Auditorium on Saturday February 28th. The concerto featured masterful solos from Rrian Patterson, Yijia Zhang, and Jonathan Mamora.

Rrian Patterson, a senior vocal performance major at La Sierra University, has won multiple awards. Her most recent achievement was being selected as a winner of the 51st annual Concerto Competition. Patterson performed her winning piece: 'O zitt're nicht, meine lieber Sohn' and the members of the audience could easily discern why Patterson was chosen as the winner. Patterson's piece ended with thunderous applause and whistle while she accepted a bouquet of flowers.

The second selection, Piano Concerto No. 3 in C Minor Op. 37, opened with a foreboding tone being contrasted by the light notes played by the strings. The piano concerto featured the smooth, fluid solos of Jonathan Mamora.

Mamora is a 13-year-old pianist who has recorded multiple CDs and has appeared on television and radio shows. An 8th grade student at Loma Linda Academy, Mamora is the student conductor of the academy's wind ensemble and is also a percussionist in the jazz band.

Yijia Zhang was the third and last featured soloist of the evening. Zhang performed Violin Concerto in D Major, Op. 35 with the LSU orchestra. Zhang began playing the violin at the age of five and studied in Shanghai, China. He came to the United States in 2007 and began to study with Professor Jason Uyeyama. Zhang was also selected as a winner of the 51st annual Concerto Competition. The beginning of the third selection starts

with a crystal clear solo from Zhang, accompanied by the orchestra string section. Zhang begins playing a series of impossibly high notes and eventually the entire orchestra starts playing a soaring melody. At the end of the piece, the audience gave a standing ovation.

Nancy Blaire, an oboe player in the LSU orchestra, felt that the concert went very well. "Overall, I felt it was really successful," says Blaire, "we practiced a lot and I was very impressed by the soloists."

The 51st annual Concerto Concert was a great program. It showcased music, talent, and the hard work, determination, and effort it takes to become a great musician.



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RATE MY PROFESSOR: ONLINE EVALUATIONS COMING OF AGE

BY NOELLE MONTGOMERY

Administration and faculty members may have used Myspace or Facebook to check up on La Sierra University students from time to time, but now LSU students can return the favor by visiting ratemyprofessors.com. Created in 1999, Rate My Professors offers the largest amount of student-produced ratings of professors on the web. The site features 6.8 million ratings of over 1 million professors from schools in the United States, Canada, Wales, England and Scotland. There are 101 professors from LSU rated on the website.

Professors are rated on a scale of one to five in five different categories: easiness, helpfulness, clarity, rater interest, and textbook use. In addition to these categories, professors can be given a "hot" or "not" appearance rating and there is a text box that students can use to leave anonymous comments about the professor.

Many students use Rate My Professors when deciding whether or not to take a class with a professor. One of the students interviewed said that they regularly checked the ratings of professors before deciding to take a class with them. Another student said that they only checked the rating of a professor if they had never met them.

Although Rate My Professors seems like a very helpful website, how is this site more helpful than hearing about a professor through word-of-mouth? Katie Pershing, a freshman student at LSU, says reading ratings on Rate My Professors is more beneficial than word-of-mouth information because "you get a lot of different peoples perspectives instead of just getting your friends perspective, which tends to be similar to your own."

La Sierra University Perimeter Fence Update

CONTRIBUTED BY SALSU

In late February, SALSU met with Financial Administration VP, David Gerigius, to discuss the status of the perimeter fence that is planned for La Sierra University. Highlights from this meeting about the construction, style, and timeline for the fence are outlined here:

- The fence will form a perimeter around campus and will have one main entrance at the front of campus. All other entrances will be open during normal hours and will be locked as the day comes to an end. By swiping their ID card, students will have full access to all doors, except service gates.
- The main, front entrance will also have a welcome booth where the person in charge can assist guests and direct them to their designated parking spot.

Priscilla Santos, a sophomore student, has a different view and feels that the information she gets from her friends is most beneficial. "Your friends know how you are," says Santos, "they can give you a more personal review and tell you how you would fare in the class."

Both students agree that the website can be used in a positive and negative way. "Sometimes students who are angry at a teacher will leave a negative rating to hurt the teachers reputation," says Pershing, "I look at the majority of the ratings to get an accurate description of the professor's teaching style."

So how do teachers feel about the rating system of ratemyprofessors.com? One instructor, Professor Leslie Martin, head of the Psychology Department, feels that the website can be used in a positive and negative way.

Students agree that the website can be used in a positive and negative way. The ratings students gave her on the website accurately describe her style of teaching and that students' use of Rate My Professors is generally a good thing.

"The positives by far outweigh the negatives," says Professor Martin. Professor Martin mentioned that students sometimes feel apprehensive when completing course evaluations at the end of the quarter, fearing that the instructor will recognize their handwriting or be able to attribute a specific comment to the student that left it. "I think the site can give the students a chance to feel more comfortable about leaving feedback," says Professor Martin, "I might start recommending it to students."

- Any guests on campus must use the front entrance.
- The removal of chain-linked fencing is also in discussion and will provide a more aesthetically pleasing atmosphere.
- The fence will be approximately 6 feet tall and will be made of iron rods, similar to the style of Cal. Baptist.

SALSU is exploring the possibility of incorporating a student representative on the Buildings and Grounds Committee to ensure that the voices of the students are heard. The project is pending approval from the City of Riverside and is estimated to start construction within 3-6 weeks. For any further questions and/or comments, please contact SALSU at x2005.

MARCH 2009 CALENDAR

3/8 7pm - Music Faculty Recital Series 8pm - The 2nd Annual Festival of One-Acts	3/9 6pm - Brandstater Gallery Alumni Exhibition 10pm - Towers Dorm Worship	3/10 2pm - Men's Baseball vs San Diego Christian College 10pm - Angwin Dorm Worship	3/11 10pm - SALSU Presents: Rendezvous at HMA	3/12 11am - UW at LSUC GET YOUR MARCH CRITERION! 6pm - SALSU Presents	3/13 12pm - Men's Baseball vs California State San Marcos 12pm - Women's Softball vs Wheaton 7pm - First Service	3/14 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 7pm - Malawi Benefit Music Festival
3/15 12pm - Men's Baseball vs Keane 7pm - Music Winter Big Band Concert	3/16 Winter Quarter Exams Begin 11:59pm - Student Life Midnight Pancakes	3/17	3/18	3/19	3/20 Spring Break begins 2pm - Angwin & South 8pm - First Service	3/21 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
3/22 12pm - Men's Baseball vs Principia College	3/23	3/24	3/25	3/26	3/27 8pm - First Service	3/28 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
3/22 12pm - Men's Baseball vs Principia College	3/23 Spring Quarter Exams	3/24 7pm - Music April Fools Concert 10pm - Angwin Dorm Worship	3/25 10pm - SALSU Presents: Rendezvous at HMA	3/26 11am - UW at LSUC GET YOUR APRIL CRITERION! 12pm - Student Life BBQ TBA - SALSU Presents	3/27 8pm - First Service	3/28 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel

SPRING BREAK

ANNOUNCEMENTS:

Win a 8GB I-Pod Touch!!

The LSU Biophysics Club will be hosting a raffle for a new Apple 8GB I-Pod Touch during the 2009 Winter Quarter. Each raffle ticket is only \$2.00 and can be purchased in the student center during Lunch and Dinner or in the Physics Department (San Fernando Hall ask for Dr. Crogman). The winner will be announced on March 12, 2009 at the Biophysics Club Barbecue and Flag Football Game. Don't miss out!

Pre-Professional Conference

On behalf of the pre-professional societies on campus, the Pre-Medical Society would like to invite all students considering a career in the health field to attend the annual pre-professional conference occurring Sunday, April 5 at 8:30 am. The event will encompass MCAT, DAT, & PCAT practice tests (On Friday, April 3), mock interviews, a question and answer session with current professional school students, a keynote address, and multiple workshops. The cost of the event is \$20 for those who sign up by Thursday, March 19 or \$25 at the door. Complimentary breakfast and lunch will be served! Please sign up in the biology office located in the Price Science Complex.

Upcoming Senior Class Assembly Dates: April 7 & May 26



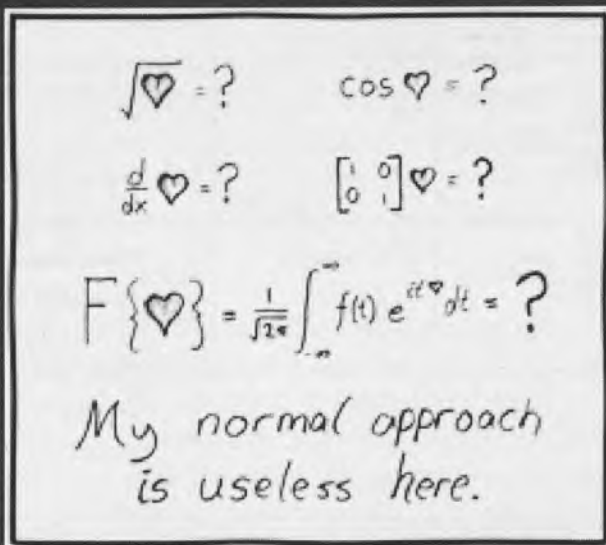
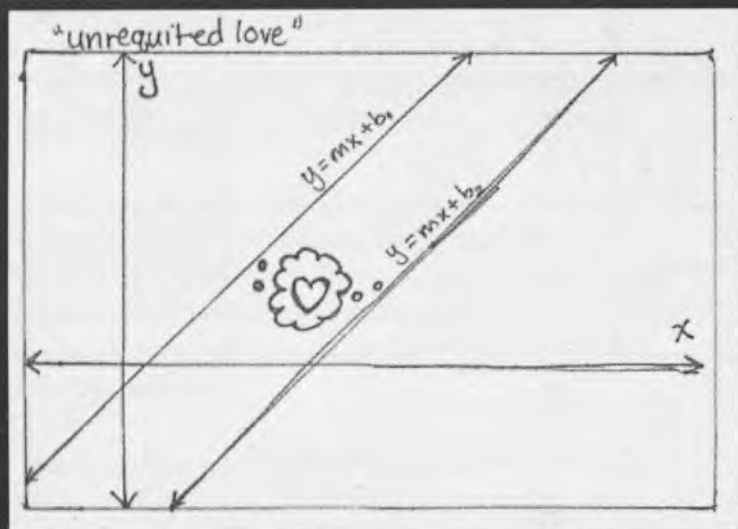
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STUDENT SPEAK

HOW DO YOU FEEL ABOUT MATH?

BY HAILEY WILDER



"Math is really hard!"
Melissa Contreras



"Math is like a wild lion. It's hard to tame but once you do, you have a powerful animal to help you in all aspects of life."
Jason Slater

"I haven't taken math in over a year, so I don't feel."
David Ryan Harris



"Math is challenging and at the same time exciting because it can be used in so many things."
Robbie Walker

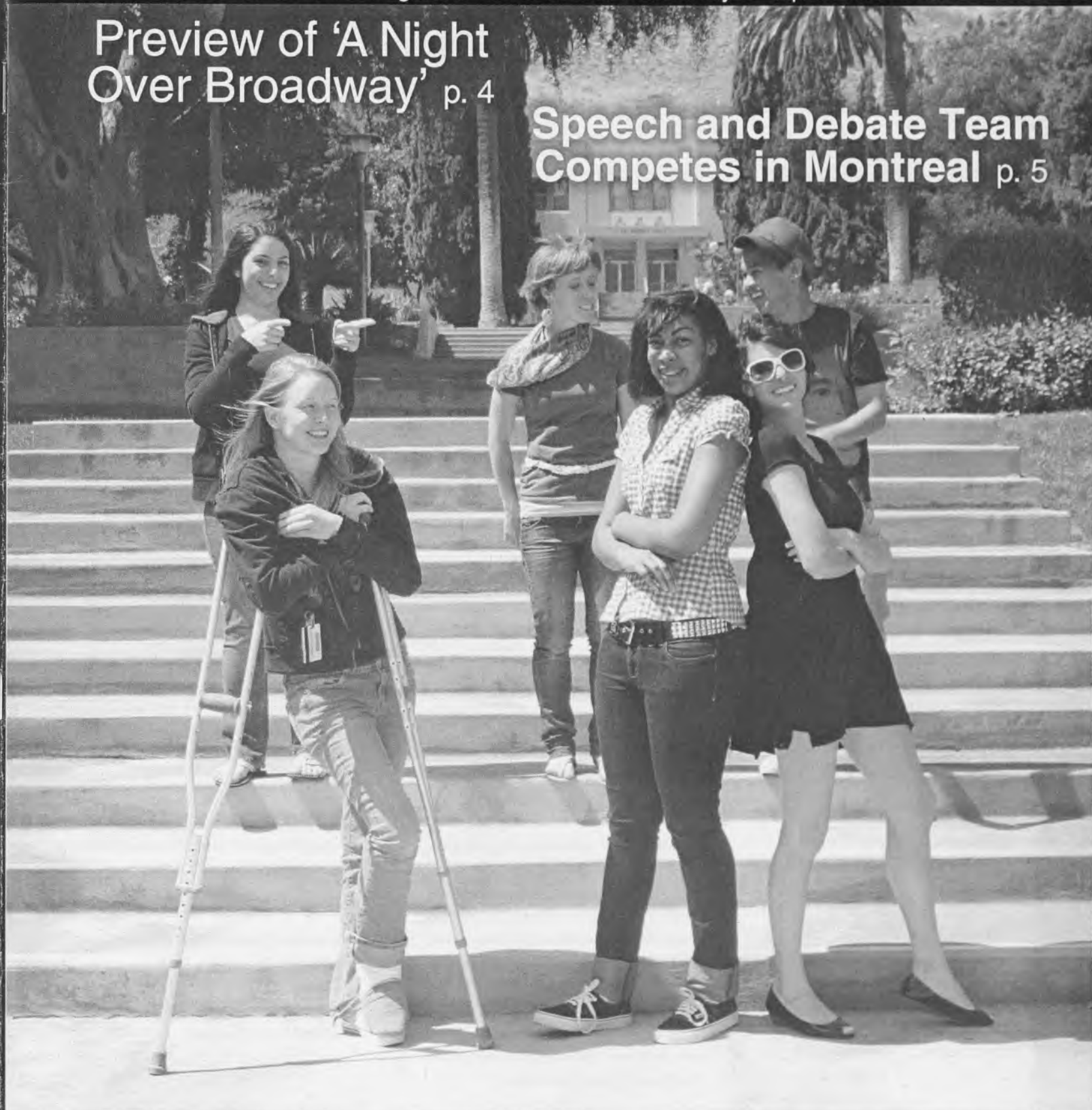
CRITERION



The Student News Magazine of La Sierra University • April 2009 Issue

Preview of 'A Night
Over Broadway' p. 4

Speech and Debate Team
Competes in Montreal p. 5



Amazingly winter quarter just whizzed by! Actually it wasn't really a whizz, it was more like a gigantic snowball that went avalanching down the side of a mountain, building speed, diving off of a cliff, and finally coming to a forced halt when crashing into the earth below. Well, that's how it felt for me anyway.

Last quarter was by far the most difficult obstacle that I have ever had to overcome; between sports, classes, work, family, service learning, and my responsibilities as editor there really wasn't any time left to breathe. With no exaggeration, I literally ran out of air several times over the past eleven weeks.

While the quarter was challenging academically, the real lessons that I learned transcended my classroom experience. Through tears, prayers, meditation, and volunteer work I came to learn a lot about myself, my determination, and my character.

EDITOR'S NOTE

For the first time I learned how far I could actually bend before I'd break; it seems that I'm pretty flexible, but in the end that quality seemed to be more of a negative attribute than a positive one.

While I'm not truly a procrastinator, things seemed to just pile up on me. I had never been the type to not finish an assignment or fulfill a responsibility, but I learned that sometimes you just have to let things go. For me it was a matter of self reflection. I had to reassess my core values and determine what was more important: my GPA, or my sanity. For obvious reasons I choose my sanity.

In order to reconcile that decision, I had to realign my new outlook with my original goals. How was I going to keep my sanity without causing any great detriment to my academic record? The resolution that I came up with was to just do my best and breathe, if I could do those two things, I would make it through the quarter.

The reason that I'm sharing this story is to give hope to anyone that feels like they're up against a brick wall. As cliché as it seems, things will get better, maybe it's a matter of time or personal effort, either way the gigantic snowball will eventually come to rest. For me it was with a bang, but for you it doesn't have to be.

Don't be afraid to look critically at your own life, your values, and your goals from time to time. So many of us plan our futures so narrowly that we don't leave room for any alternatives. In theory we come to this university to broaden our minds, but in practice we seem to just utilize our time here as a channel to some greater future. Collectively, we need to open our minds to the real life lessons that are all around us.

So the next time you're in a jam that seems completely unbearable I want you to do two things. First you should breathe and second you should think of Martha Washington's ever so poignant sentiment, "... the greater part of our happiness or misery depends on our dispositions and not on our circumstances."

-Tabitha Bunch, Editor-in-Chief

CRITERION STAFF LIST

Have an opinion about our articles? Share any of your thoughts by sending a "Letter to the Editor" to criterionlsu@gmail.com. Appropriate letters will be published with permission.

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Criterion is a monthly news publication of the Student Association of La Sierra University. The opinions are those of the respective author and do not necessarily represent the opinions of SALSU, La Sierra University, or the Seventh-day Adventist Church. This publication does the utmost to monitor for accuracy. However, please notify us if you note a misprint.

For digital color copies of the Criterion:
salsu.lasierra.edu/publications

March 2009 Issue Corrections:
The Major Funnies section credited
Hailey Wilder and Cindy Sihotang with
the creation of the comics. These were
in fact drawn by www.xkcd.com

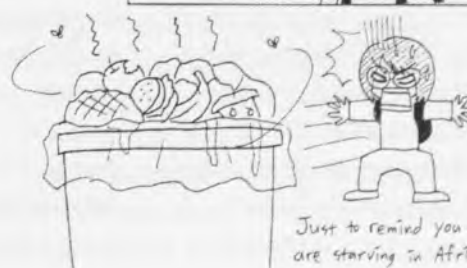
The article, *Green: To Be or Not to Be*,
was written by Natalie Sayegh.

Photos for *One Acts, Multiple Laughs*
were by Heather Corona.

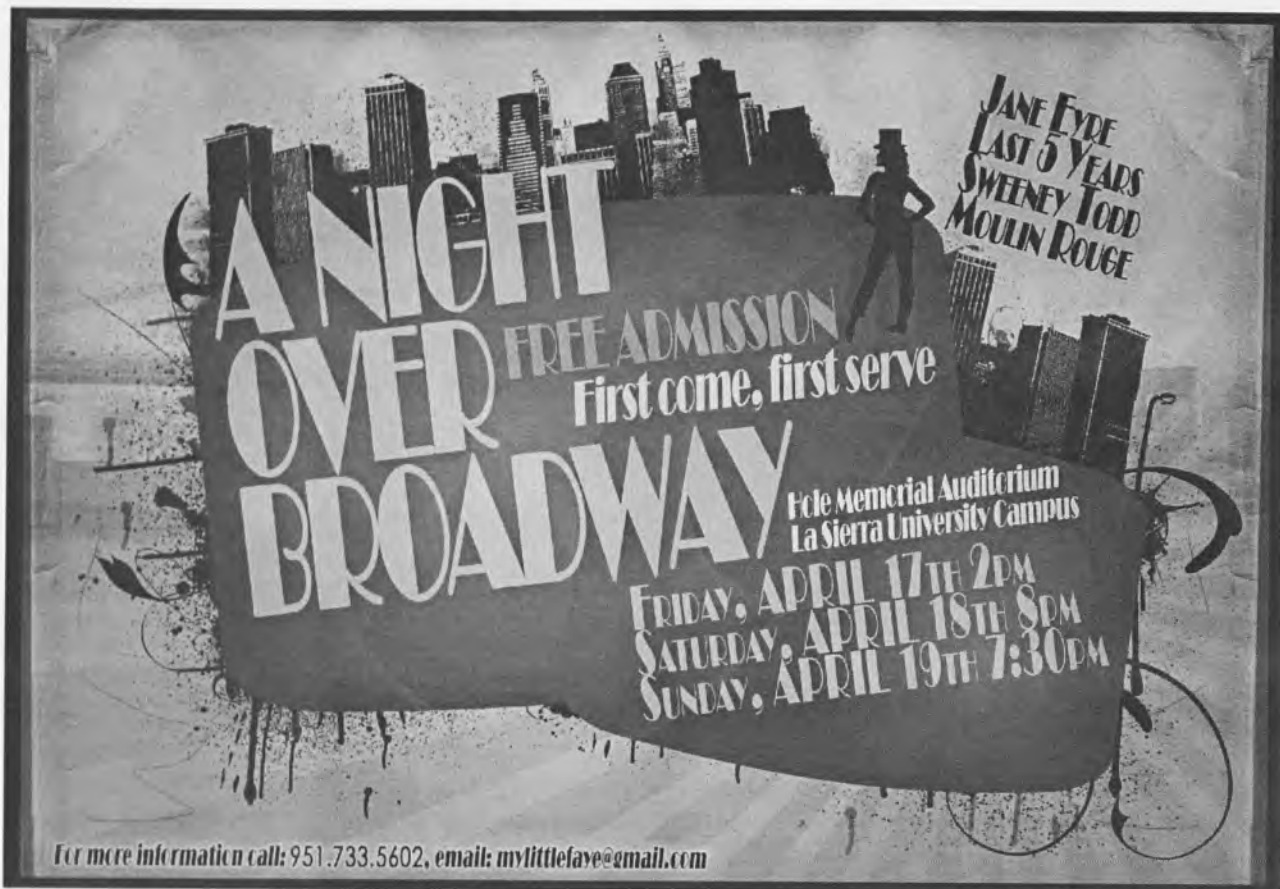
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coming to campus
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That Crazy Korean Girl
by Hae-Lim Lee
#2 Cafeteria Dilemma



Just to remind you - children
are starving in Africa and Asia.



Coming soon to La Sierra University's Hole Memorial Auditorium is A Night Over Broadway! This spring musical will be a conglomeration of four musicals: *Jane Eyre*, *Last 5 Years*, *Sweeney Todd*, and *Moulin Rouge*, with core songs taken from each musical. Songs will be performed as they were on Broadway, and will be backed by

Director/Co-Maestro Xander Legaspi will not be holding anything back since it will be their last time organizing a musical together. Per Xander Legaspi's special request, it must be emphasized that those who attend this musical will witness a very rare event in the history of musicals on La Sierra's campus. Pianist Jed De La Paz will not only be playing, but he will be singing as well. Additionally, actor Kyle Dever will be

the main goals of the musical will be trying to make the audience feel like they are a part of the story.

Legaspi said, "We will break barriers trying to incorporate people into the musical. There will be a lot of symbolism and underlying themes that I hope people will be able to follow." A

Preview of 'A Night Over Broadway'

the university orchestra. A Night Over Broadway will be without a doubt the biggest performance of the year.

A Night Over Broadway will be the last opportunity to see three big names in action on our campus since they are graduating seniors: Producer Michelle Goh, Maestro Nic Coffey, and

making his singing debut in this musical.

Goh, Coffey, and Legaspi arranged all the music and made their own interpretations to each song. Participants in this musical are coming from various departments all over campus, not limited to the drama and music department, but also from the science and athletic departments. The university chorale will be performing with them as well. One of

Night Over Broadway will be performed on April 17-19 and admission is free; keep an eye out for posters with performance times listed. With all the preparation and excitement surrounding this musical, A Night Over Broadway seems promising and is sure to attract many viewers.

BY NATALIE SAYEGH

God in Prague

BY JONATHAN FINAU

For the past several issues the Criterion has featured dedicated missionaries throughout this year from all over the world, more specifically: Malaysia to Pohnpei to India. For this month our very own student missionary, Mark Cleveland, shares his adventure with God from Prague, Czech Republic. Cleveland is currently serving as a student missionary for a year. He considers Prague the "coolest place" he's ever lived.

Cleveland is a 4th year student at La Sierra studying religious Studies and Pre-Seminary. His fondest memories about La Sierra

"Serving God has brought me the most joy and sense of accomplishment while really living life to the fullest."

- Mark Cleveland

are times that he spent "hanging out" with his friends, playing poker, and long-boarding. It wasn't terribly difficult decision for Cleveland with regards to becoming a student missionary. "I wanted to serve God, have an amazing life experience and get to know myself," said Cleveland.

In the beginning of his journey Cleveland was homesick, but after taking time to get to know the beautiful city of Prague, he enjoys every moment he spends there. Cleveland is currently serving as a teacher in MNCiluc Language School teaching both English and Bible courses. When asked about the most difficult part of becoming a Student Missionary, Cleveland answered, "realizing all the things you'll miss out on when you're gone. Life will go on without you, but it will also be there when you get back. It will be much more equipped for you to deal with it."

Cleveland plans to return to La Sierra next year after he finishes serving his full year as a student missionary. So far, Cleveland considers the amazing people and city as the highlight of his journey in Prague.

"It's great for a Student Missionary location, it's not that different from the United States. I will surely miss my students, people, and city of Prague when I come back next year," concluded Cleveland.

In the end, Cleveland is one of the many inspiring La Sierra students that are dedicated to serving God all over the world. With 1 John 5: 4- 5 emphasizing that "for everyone born of God overcomes the world. This is the victory that has overcome the world, even our faith. Who is it that overcomes the world? Only he who believes that Jesus is the Son of God."

To all Cleveland's friends and family, he sends his love and hello's and is happy to come back next year.



Devotional

Ecclesiastes 5:19 of the New International Version states: "Moreover, when God gives any man wealth and possessions, and enables him to enjoy them, to accept his lot and be happy in his work—this is a gift of God."

This verse is important to remember as we enter into the final quarter of this academic school year. Jesus Christ lives within us and he has blessed our lives. It is his desire for us to live our lives to the fullest and enjoy them.

A friend of mine reminded me of how happy I was when I first enrolled in school at La Sierra University as a freshman. Even though I am now a graduating senior the same enthusiasm continues to dwell within me.

As students we must realize that we are blessed to be in school.

BY HEATHER CORONA

The Lord has given us this opportunity and it is our responsibility to enjoy our educational journey and be happy with our work. In our current economic crisis, there are many people who are unemployed, deprived and hopeless. We are very fortunate to be going to school during this worrisome time.

There are many people, young and old, that wish they were in our places. We need to be thankful for the opportunity of receiving an education and the process of working toward an academic career. The best way to show our gratitude and appreciation is to "accept our lot in life" and "to be happy in our work."

As we draw near to the end of the 2008/2009 school year we should realize our own personal advantages or "gifts" from God and live happily because of them. Hold tight to what the word says and remember Ecclesiastes 5:19.

Speech and Debate Team Competes in Montreal

BY ISRAEL CARREON

During March 12th through the 18th, La Sierra's Speech & Debate team participated in the 19th Annual International Forensics Association tournament, which was held in Montreal, Canada. Universities across the United States, along with La Sierra, were qualified by taking part in local competitions held by the Pacific Southwest Collegiate Forensics Association.

Christine Law, coach/sponsor, helped her students prepare for the tournament by entering them in local competitions and the Spring Championships at LA Valley. At the Spring Championship they primarily focused on their oral

interpretation and speech competitors. Parliamentary debaters competed at Grossmont College for parliamentary debaters.

Rebecca Barcelo, Debate and Dramatic Interpretation competitor, notes that being in a different country did not shake La Sierra's confidence, "... the fact that we were in Canada and had traveled all that way just made us want to do better. It was exhilarating."

Upon arriving, Law recalls the pleasant atmosphere Canada had right off the plane. "Snow was melting when we arrived in Quebec. Montreal is a bilingual community, English and French. Whenever you walk into a shop, you're greeted with Bonjour!"

On Sabbath, the team was invited to attend LaSalle New Life SDA church. The pastor of the New Life SDA church also set up a lunch at a member's house to refuel students with homemade cooking.

"They were so generous! Pastor Madden arranged for us to go to a church member's home where they fed all nine of us a sumptuous Jamaican meal," said Law.

The team competed in a numerous events throughout the tournament, which consisted of debates, dramatic speech, duo interpretations, and impromptu speeches.



Rebecca Barcelo, Christopher Aiken, Ariel Loreda, Michelle Lumban-Gaol, Jonathan Finau, Laura-Shay Adams, Adwoa Asamoah-Boadu, and Ryan Wiggan in Montreal

BLAST FROM THE PAST: 70'S BY TABITHA BUNCH



The *Criterion* of the 1970s prominently featured the diverse cultural and political tenets of American life in a way that the *Criterion* of the 60s had failed to do. Additionally, the paper was artistic, well crafted, and complete; the problems resulting from the disorganization of the previous decade had been fully mended and nearly every issue was assembled flawlessly.

Each year the paper seemed to chronicle remarkable events that extended beyond the reach of the university. Examples of this is the consistent coverage of the both the Vietnam War and the two Presidential Elections of the decade.

On the front page of the November 3, 1972 issue the headline read "Vote Tuesday" and the accompanying article essentially outlined all of the propositions that were on the ballot so that students and teachers would be familiar with them ahead of time. "Vote Tuesday" was also featured in the November 3, 1976 issue with coverage concerning the Gerald Ford/Jimmy Carter election.

In addition to the articles dedicated to covering the elections there was additional evidence to conclude that the campus had a very political

atmosphere in the 1970s. In fact, the Loma Linda campus received visits from Presidents Nixon and Regan (who was serving as the governor of California at the time), and future presidential candidate Ralph Nader. During Nixon's '71 visit he announced the construction of a \$28.9 million Veterans Administration hospital; while the President was giving his speech 14 anti-war demonstrators were arrested. In contrast, Nader's visit was well received in '73, when he came to the campus to discuss environmental issues.

The paper acted as a political medium itself throughout the decade. Instead of simply providing coverage of worldly event, the paper also included feature stories and opinion pieces about controversial issues such as the Black Power movement.

Two examples stood out with respect to this topic: one was an article entitled "Black Power a positive approach" by Danny Blanchard and the other was an article entitled "Taking the Black out of Black History Week." In his article, Blanchard seemed to advocate the movement when he wrote, "Black Power works toward the day when Black people will control the economic destinies of

their communities." In contrast, the other article seemed to down play the movement by highlighting a group of African American students that actually opposed Black History week by painting their faces white; these students wanted every minority to receive recognition, not just Black Americans.

In addition to stirring the political atmosphere of the university, the *Criterion* regularly challenged the regulations placed upon students by the administration. One such instance chronicled in the Opinion section of the October 6, 1972 issue. The author wrote, "We're back to required Sabbath Schools again. If attendance is the desired result, perhaps we'll make it, worship slips in hand. My personal feeling, and that of every student that I have talked to, is that worship slips are not admission slips to heaven. Unfortunately, some students are tripping over them on the way."

Overall, the *Criterion* of the 1970s can easily be considered the best decade of publication to date. Not only had the paper returned to its longstanding tradition of excellent journalism, it even managed to transcend the quality of earlier papers by pushing boundaries and really letting students have a voice.

Tennis Season Round Up

BY KEITH YBANEZ

The 2008-2009 collegiate tennis season has been an up-and-down one for the La Sierra University men's and women's teams. Although captains Alan Estareja, Brandon McCowan, Vanessa Cerna-Carmona, Rebecca Roquiz, and second-year coach Steve Bergovoy anchored the teams, there were many new faces on the respective squads that needed to be indoctrinated into the high-level collegiate tennis in the Southern California region.

The men's season started off with a tough match against Hope International, the 2008 NCAA National Champions. The #1 doubles team of captains Alan Estareja and Brandon McCowan won their match to start off their doubles campaign on the right foot, unfortunately the Golden Eagles would not come out the victors that day. Other season highlights included a doubles win for Estareja/McCowan as well as singles wins for them against Whittier College, Cal-Tech, and Puget Sound in the most recent match of the season over spring break that were mixed in with tough losses to the University of Redlands which is ranked 10th in the NCAA Division III, Chapman University, and Cal-Poly Pomona.

The women's squad has also had a tough season although they started off strong against Hope International and then locked horns with Cal-Tech in an epic 5 hour showdown in Pasadena that they unfortunately lost 5-4 on Super Bowl Sunday. Although the Lady Golden Eagles were missing captain and #1 player Rebecca Roquiz for the middle portion of the season, they pulled together without her and she returned to win her last home match of the season with ease against Mills College.

Although both squads faced tough competition and adversity throughout the season, they didn't quit and if anything, it strengthened the bonds shared by all the team members. With the season winding down for both squad's, the men have one final match at #3 nationally ranked Claremont Mudd-Scripps on April 5 and the women with two matches against Cal Lutheran and Cal-Tech, the lessons learned over the course of the season are the motivation for the hard work the returning members will put in over the off-season. The men's squad will lose two seniors: Alan Estareja and Andrew Lee, and the women three: Rebecca Roquiz, Vanessa Cerna-Carmona, and Angela Botero, but the future looks bright because both teams are stocked with experienced underclassmen that have a few more years left to make their mark and make the LSU Athletic Program more successful.



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FACULTY CONCERT SERIES COMING TO CAMPUS

BY KEITH YBANEZ

The spring quarter brings back the shorts and flip-flops that are a trademark of Southern California fashion, and the spring will also bring back the Faculty Recital Series at LSU. Dr. Elvin Rodriguez will host his piano concert on April 5, 2009 at Hole Memorial Auditorium at 7:00 p.m. If you've never had the privilege of listening to Dr. Rodriguez on the piano, his concert is an excellent opportunity to be blessed by his immense talent as he is a master of the 88 white and black keys that he controls on one of the Music Department's Steinway grand pianos. Dr. Rodriguez has been a faculty member at LSU

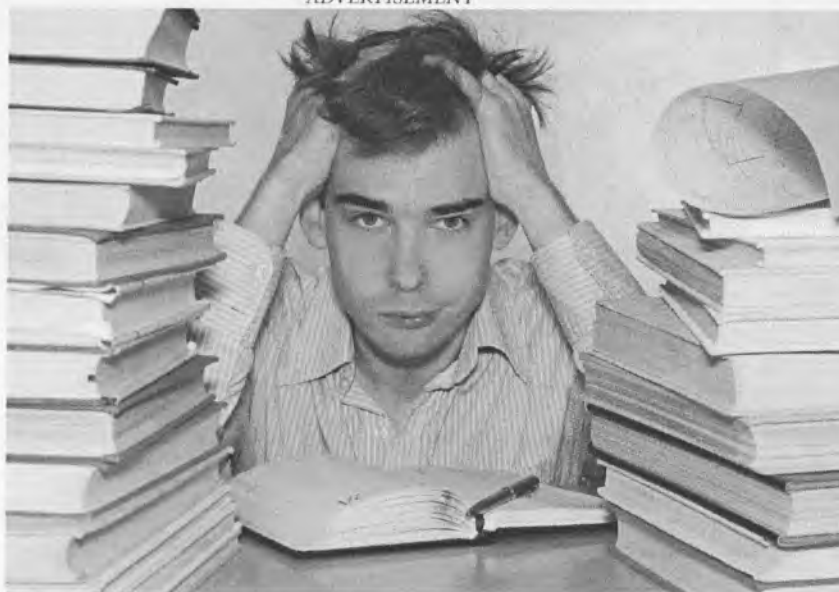
since 1998 when he took over as the Director of Keyboard Studies and Music Technology. Dr. Rodriguez received his degree in piano performance from the Manhattan School of Music and his Doctorate in Music Education from Teachers College at Columbia University.

The second Faculty concert this quarter will be put on by the talented cellist Pin Fei Tang on May 3, 2009 at our very own Hole Memorial Auditorium and will also begin at

7:00 p.m. Professor Tang has been the cello professor at LSU since 1996. She received her Doctoral degree from the University of Maryland where she studied with the Guarneri Quartet. In 1987 she won first prize at the Rolland String Competition, so this is a great opportunity to listen to a prize-winning cellist on campus. Professor Tang's concert will also be the last of the Faculty Recital Series for this

school year so missing her concert will mean a wait until next year to have another chance to listen to our wonderful music faculty demonstrate their skills and showcase some of the world's most beautiful music.

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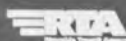


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APRIL 2009 CALENDAR

3/29 12pm - Men's Baseball vs Principia College	3/30 Spring Quarter Begins 10pm - Towers Dorm Worship	3/31 7pm - Music April Fools Concert 10pm - Angwin Dorm Worship	4/1 10pm - SALSU Presents: Rendezvous at HMA	4/2 11am - UW at LSUC GET YOUR APRIL CRITERION! 12pm - Student Life BBQ TBA - SALSU Presents: Pizza Feed	4/3 8pm - First Service	4/4 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
4/5	4/6 10pm - Towers Dorm Worship	4/7 11am - Senior Assembly 10pm - Angwin Dorm Worship	4/8 10pm - SALSU Presents: Rendezvous at HMA	4/9 11am - Breakouts TBA - SALSU Presents: DDR Tourney	4/10 8pm - First Service and Midnight Cafe	4/11 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
4/12	4/13 10pm - Towers Dorm Worship	4/14 6:30am - CABL Swim begins at the pool 11am - SEW at LSUC 10pm - Angwin Dorm Worship	4/15 11am - SEW at LSUC 10pm - SALSU Presents: Rendezvous at HMA	4/16 11am - SEW at LSUC TBA - SALSU Presents	4/17 8pm - First Service	4/18 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
4/19 12pm - Men's Baseball vs Cal Tech Univ. 4pm - Festival of Nations: Celebrating Earth Day	4/20 Softball Intramurals Begin 10pm - Towers Dorm Worship	4/21 11am - Earth Day Assembly 10pm - Angwin Dorm Worship	4/22 10pm - SALSU Presents: Rendezvous at HMA	4/23 11am - Breakouts TBA - SALSU Presents	4/24 8pm - First Service	4/25 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
4/26	4/27 10pm - Towers Dorm Worship	4/28 11am - Women's Resource Center Assembly 10pm - Angwin Dorm Worship	4/29 10pm - SALSU Presents: Rendezvous at HMA	4/30 TBA - SALSU Presents	5/1 8pm - First Service	5/2 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
5/3	5/4 10pm - Towers Dorm Worship	5/5 10pm - Angwin Dorm Worship	5/6 10pm - SALSU Presents: Rendezvous at HMA	5/7 11am - UW at LSUC GET YOUR MAY CRITERION! TBA - SALSU Presents	5/8 8pm - First Service	5/9 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel

ANNOUNCEMENTS:

Upcoming Senior Class Assembly
Dates: April 7 & May 26

Pre-Professional Conference

On behalf of the pre-professional societies on campus, the Pre-Medical Society would like to invite all students considering a career in the health field to attend the annual pre-professional conference occurring Sunday, April 5 at 8:30 am. The event will encompass MCAT, DAT, & PCAT practice tests (On Friday, April 3), mock interviews, a question and answer session with current professional school students, a keynote address, and multiple workshops. The cost of the event is \$25 at the door. Complimentary breakfast and lunch will be served! Please sign up in the biology office located in the Price Science Complex.

MAJOR FUNNIES

chemistry

RULES OF THE LAB

1. If an experiment works, something has gone wrong.
2. Experiments must be reproducible; they should fail the same way each time.
3. First draw your curves, and then plot your data.
4. Experience is directly proportional to equipment ruined.
5. Always keep a record of your data. It indicates that you have been working.
6. To do a lab really well, have your report done well in advance.
7. If you can't get the answer in the usual manner, start at the answer and derive the question.
8. In case of doubt, make it sound convincing.
9. Do not believe in miracles--rely on them.
10. Teamwork is essential; it allows you to blame someone else.
11. No experiment is a complete failure. At least it can serve as a negative example.

Two molecules are walking down the street and they run into each other. One says to the other, "Are you all right?"

"No, I lost an electron!"

"Are you sure?"

"I'm positive!"

Little Johnny took a drink,
Now he shall drink no more.
For what he thought was H₂O,
Was H₂SO₄.

Note: H₂SO₄ (sulfuric acid) is a strong acid; in its concentrated form it is a corrosive liquid.

Courtesy of www.workjoke.com

STUDENT SPEAK

WHAT SHOULD I ASK YOU?

BY SLYVIE
HABER



"What font face am I?"

-Jonathan Balan



"Why are you asking me what you should ask me?"

-Ashlie Marie Henry



"Should I be a tortellini or a ravioli?"

-Natalie Sayegh



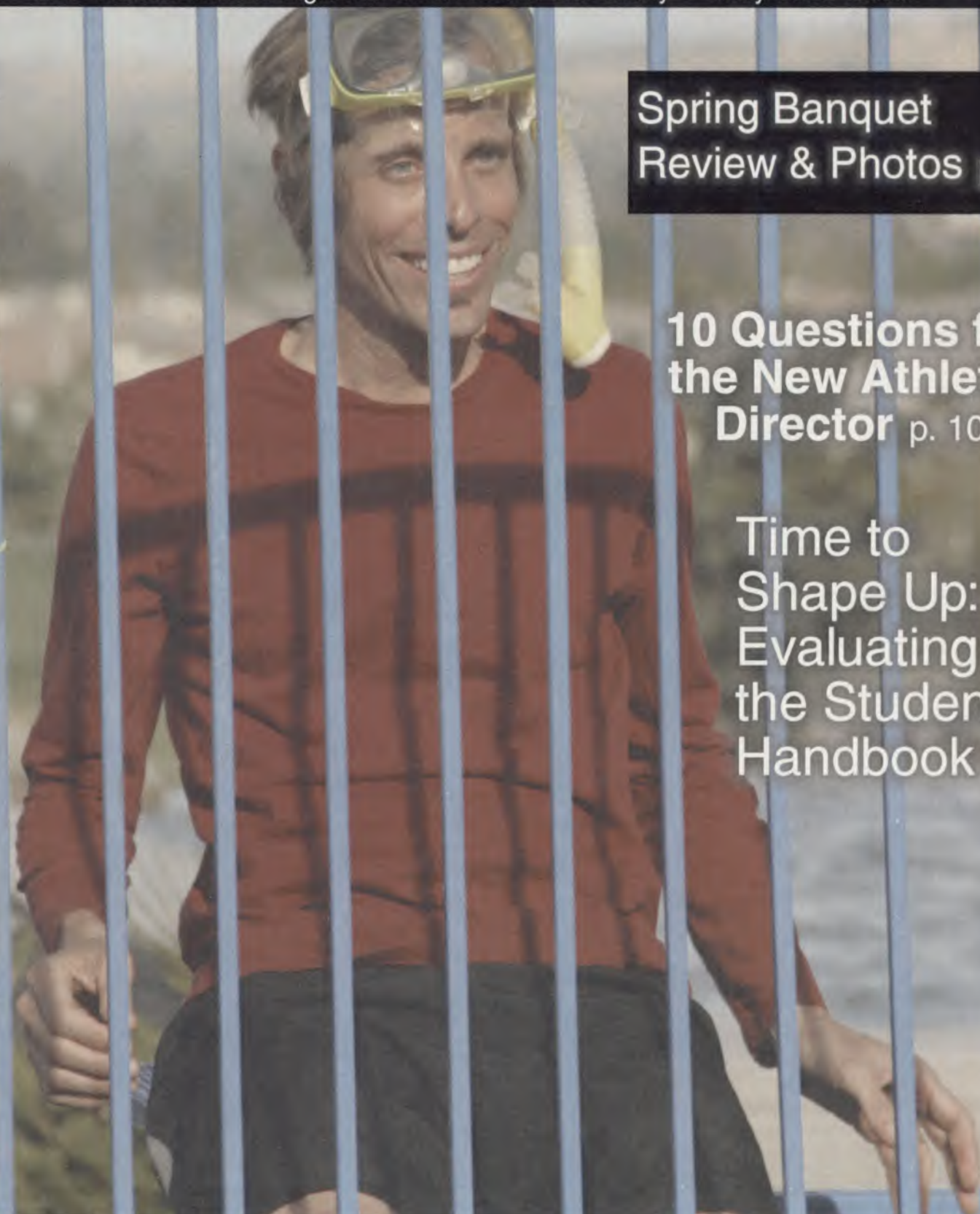
"Do you like me?"

-Chad Chan

CRITERION



The Student News Magazine of La Sierra University • May 2009 Issue



**Spring Banquet
Review & Photos p. 7**

**10 Questions for
the New Athletic
Director p. 10**

**Time to
Shape Up:
Evaluating
the Student
Handbook p. 3**

EDITOR'S NOTE

Have you ever seen the Nationwide Auto Insurance commercial where the husband and wife are driving to some special event? They're all dressed up and buzzing with excitement when out of nowhere a car careens into them. A narrator appears and tells the viewer "Life comes at you fast;" that statement couldn't be truer when it comes to college life.

As I write this second to last editor's note there are less than 40 days left in the school year. I repeat less than forty! With my time here on campus dwindling, I realize that I'm not going to see my friends on a daily basis. That notion is quite terrifying because the people that I choose to associate with have become a true support system. With that in mind I would like to use the remainder of this note to thank a few of the people, on campus, that most influenced my experience here at La Sierra.

Laura-Honestly you amaze me each and everyday I really value your character and feel that it shines through in everything that you do. You are a true friend and I hope that you will always be in my life. Thanks for putting me in my place from time to time.

Jessie-There's no one that can make me feel as comfortable and as happy as you make me feel. I wish that we had more time to spend together, but things (schoolwork mostly) interfered with that. I will always remember the times we spent watching ANTM when we should have been blogging. I hope that we can procrastinate together more in the future!

Allie, Carrie, Smore-No one makes me laugh more than you three!

Christine-You were not only my adviser, you were a friend in every sense of the word. You helped me try to make sense of this world and find my place in it. I appreciate the long talks and guidance.

Jacque-I don't think I could admire anyone as much as I do to you. I love learning so many new things from you. Thank you for encouraging me to join Criterion and to be the editor, the experience has been a roller coaster, but the ride has been a fun one.

Alex and Ricky-I owe so much of my success in art to you guys. Thanks for answering my gazillion questions. Additionally your compassion and will to help others is remarkable.

Terril-By far the most gifted teacher that I have had in my academic career. Thanks so much for your direction.

Soccer girls-You rock! Spending time with you has been so fun. San Francisco was amazing, remember operation Starfish, I know I always will. Kick butt next year!

-Tabitha Bunch, Editor-in-Chief

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Zablon Okari

On the Cover: Pastor Sam Leonor at Festival of Nations, prepaing for his turn in the SALSU Dunk Tank. Courtesy of University Relations.

Contact Us: criterionlsu@gmail.com

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Library BOOK SALE Extravaganza!

The annual Library Book Sale has begun in the library's Lincoln Room!! Although this event will continue throughout spring quarter, plan to come early for the best bargains and selections. An amazing array of books will be available on a wide variety of subjects at Amazon-beating prices. Don't miss this opportunity to pick up some great reads on the cheap!

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Time to Shape Up

BY ISRAEL CARREON JR

I can recall one Saturday morning in the balcony of the La Sierra Church, sitting with my two brothers agonizing over what seemed already like an eternity of a sermon. After a minute, my younger brother throws a red crayon to break the torture of sitting quietly in church. Within the next couple of seconds my brothers and I are engulfed in an intense crayon war. All during the meantime, my mother sat silently. Once we arrived home, my mother practically hurled all three of us at the same time unto the couch. We were quivering with fear when my mother started to yell at us with the fury of a hurricane. "You know the rules! All of you were very disrespectful during church this morning and there are consequences that come along with your actions." While whimpering from my mother's spanking, I realized that the only way for a person to truly learn from their mistakes are to bear the consequences that come along with them.

College, to most students, is a time when they are finally liberated from the iron rule of their parents and enrolled into an everlasting period of freedom. In a college setting, a mother or father won't be there (at least I hope not) to discipline their child if they misbehave. Students enter college with a euphoria feeling that there are free to make their own decision without the lead of a parent. Discussing this notion, Dr. Kenneth Crane, professor of sociology here at La Sierra University elaborates on the freedoms of college on students. "College, for a lot of students, is a time when you get away from your family, not surrounded by those who exert social control over you. There is also a sense of independence that comes along being in college

that is expected to try up new ideas and new ways of thinking. One encounters radically different ideas and ways of thinking for the first time." Dr. Crane explained that student undergo a metamorphosis from dependents into independent citizens, which along with it comes great liberty. There was also the exchange of the idea that these newfound liberties could be abused. "The idea of anomie (social instability resulting from a breakdown of standards and values), one of Émile Durkheim ideas, you go into situations where the social controls are no longer there, thus you have more freedom but you also have this sense of uncertainty and anxiety, which could cause stress." There talk about studies done where the influence of the student life can have the power to impact change with students in the college community. "You might not be a user of marijuana when you get there, but if it's a part of the culture of the student life, then you have all this freedom, you exerting your independence."

No matter where a student decides to attend college, there will always be some kind of communal peer-pressure that has the chance to sway them into a different habit. The freedom that comes along with that could also be a factor in which way a person is influenced. Whether in public or private universities, there are dangerous activities a student can become involved with. Here at La Sierra University, we hold ourselves to higher standards of living, both academics and well-being. When it comes right down to it, most students pay the heavy tuition partly for the environment. Students pay to come here for the excellent Pre-med program or our stellar Business school, but also expect that there is an atmosphere of a healthy living lifestyle. The La Sierra Handbook encourages a learning and living lifestyle with those associated with the Seventh-day Adventist faith. Along with those "encouraged" conduct come rules of decorum that each student must abide by. There are certain consequences that are stated in the Handbook that are very clear if a student is found associated anything to do with drugs or alcohol. Ken Kurts, Dean of

Men, spoke honestly about the some of the procedures that are taken place when a student is caught with any illegal substances. "Generally when someone is caught with alcohol, smoking or any type of drugs can be automatically suspended for three days at that point. Anytime when a student is suspended they are automatically placed on what is called 'Citizen's Probation,' which goes on their permanent record." Mr. Kurts also explained that if the same kind of offense is continued it would be transfer to the Judicial Committee and also to the Dean of Students, Sue Curtis who deals with all disciplinary issues. Mrs. Curtis assured that every offense is "handled" properly. Like Mr. Kurts also explained, Mrs. Curtis brought up the suspension punishment along with the Citizen Probation.

However, it is interesting to know that there is no official policy regarding suspension when a student is tried for misconduct of drugs or alcohol. When asked why the policy of suspension isn't in the Handbook, Mrs. Curtis could not provide an answer. On page 38 in the La Sierra Handbook, under Alcohol/Substance Use and Abuse section, it states, "The Department of Residential Life, La Sierra University Security, Human Resources, and the Office of Student Life will prosecute rigorously all violations of drug policies. Students involved in such violations are subject to expulsion and financial loss of housing tuition, registration and other fees." Again on page 41, it states again under the Drug-free Environment Policy and Procedures section the consequences that are applied if not the disciplinary method is not followed through. It reads, "Failure to comply with this policy will result in discipline up to

Continued on page 14...

Zablon Okari on His Experience in the Philippines

BY JONATHAN FINAU; PHOTOS
COURTESY OF ZABLON OKARI

Name: Zablon Okari

Mission Location: Philippines

Year: Senior

Why did you choose to become a missionary?

I chose to become a missionary because I wanted to see if and how I can help make the world a better place.

Do you think that you have made the world a better place?

I believe I have been inspired to make a difference and I am slowly heading in that direction.

Why the Philippines?

I chose the Philippines because it was different and no one had been there before from LSU as a student missionary. One would say, I wanted to break the grounds.



How is life in the Philippines different from life in California?

Life in the Philippines is a lot more laid back than life here in California but the people are very friendly I find in both places.

What did you do in the Philippines in terms of your missionary work?

I taught chemistry, health, PE, and computer in a high school.

Do you do any fun activities in the Philippines when you are bored and had free times?

I usually played basketball, read, or hang out with my students during my free time.

Worst thing you have ever done in the Philippines?

The worst thing I did was to eat too much good food. I just couldn't say no to any food offerings.

What did you miss the most about the Philippines?

I miss my students most.

What is the biggest lesson that you have learned and will never regret it during your walk with God or with the people in Philippines?

Do everything with love and you will always find fulfillment in it.

Biggest struggle that you think every missionary would face and should watch out for?

Biggest struggle is probably missing family and friends but there are benefits to that because you find yourself making friends and having family over there.



What would you say to students that are thinking but not sure of becoming future missionaries?

I would say to students who are thinking about being missionaries to go for it because you only get one chance to be a student missionary, so seize the day and take your opportunity to make a little ripple in the world.

What has the Philippines taught you that you are ready to bring into your spiritual walk with God and your academic walk at La Sierra?

God loves us all too much and wants us to share that love amongst each other especially those who don't think people care.

GOLF BLOGS

BY HEATHER CORONA

Coach Keith Gustafson:

"I joined the La Sierra University golf program because I love the university and love to teach young men and women about golf and life. I have been playing golf for ten years. I love the kids; they are a great bunch of guys. They are always respectful, coachable and fun to be around. I believe in everything LSU stands for so I am very happy to be apart of the program. This season our overall record is one win and ten losses. In my opinion, this season's best player is Kris Jackson who will be returning next year. If I could change one thing about the program it would be adding a women's golf team."

Senior Art/Pre-Dentistry major Michael Neglia:

"The team is young and its future looks bright. I'm sure the future members of LSU golf will post great wins in the next few years. I had a fun year, it didn't quite go the way I had planned but I gave it my all. Golf is a funny game; one can hate it if he or she is playing poorly but love it every other time. I'm pretty sure all the players on the team would agree. This season was fun and the returning players should look forward for a prosperous season to come."

Sophomore Golf Course Management major Eric Kristopher Jackson II:

"I joined the La Sierra golf team because I really wanted to get into NCAA Golf and La Sierra was a good opportunity for me to get my foot in the door. Everything fell into place for me to come here to La Sierra. My little brother was coming

here for his freshman year, in knew a couple of friends I'd met at Newbold were planning on attending here, and my dad really wanted me to play for La Sierra. He talked with Willie Neal and got him to call and convince me to be an Eagle. In my opinion we had a lot of good players this year that could've gone low any given day. If I had to say someone was the best though id probably have to say Eric Kim. His putting was especially strong this year and he only averaged 29 puts per round, but everyone on the team had their individual strengths. Greg went DEEP off the tee, Mike and Blake had some deadly irons and Heath had a ridiculous short-game. Our record is 1 and 9 with a lot of close matches. We were pretty green in terms of experience and it showed down the stretch in a couple of our matches. Next year looks promising though, we should get most of our core back from this year and there are supposedly a



couple of young studs coming in from La Sierra Academy. I don't think any were given out but if I were in charge there would be a couple no-brainers. Shawn Hanson was the most improved. His attitude throughout the season was an inspiration. This sport can get extremely frustrating, especially when a player is just starting to play. Shawn stuck it out and by the end of the season his game was easily the most improved. Best dressed goes to my man, Greg Provonsha, he definitely kept it fresh on the course for the Eagles. I've been playing golf ever since I was little. My dad would take my little brother and I out twice a year to play. It wasn't until high school that I really started to get serious about my game. I started off as the worst player on the team freshman year but I was really determined to improve, my coaches supported my efforts and after a lot of practice and a lot of getting smacked

around the course by the pros at my home course, COBBLESTONE REPRESENT! My game started to shape up by junior year I was number one on the team. I really like the people at LSU. Our coaches were super chill; they helped keep us calm out there during competition. It's really easy to get down on yourself with golf; there really isn't anyone other than yourself to blame when you screw up. The coaches this year helped us keep everything in perspective. This years coaching staff was great. Keith Ybanez here did a really good as a first year coach in my opinion. So much so that I look forward to returning next year to play for him. I think every athlete dreams for a longer season, and I would have liked to have had

the opportunity to compete in a couple of tournaments as a team, but other than that I can't think of any improvements I would make other than a bigger budget."

Senior Bio-Health/Pre-Dentistry Heath Walker:

"I joined the LSU golf team for the fame, money, and women. Plus, I kind of like playing too. Besides me, I'd say Kris or Eric were the best players of the season. Kris had some monster drives and Eric's short game was awesome. In my opinion, LSU's golf team is about as good as any other La Sierra sports team, which is awesome! I have been playing golf for 4 years. I really like how all the guys on the team are really serious about the game. There were absolutely no joking, laughing, pranks, yelling, or fun on the course, it was all business. If I could change or improve something about the program, I would get caddies for each team member or cheerleaders. My golf nickname is Big D. Dunlop."

MEN'S BASEBALL ENDS SEASON IN SUCCESS

BY HAILEY WILDER

Despite a rough start with the loss of the seasons opening game against Concordia University, the Golden Eagle Men's Baseball team had a strong season, which concluded with a high note when they swept a double header defeating Cal Tech. Led by head coach Lance Hallberg, the team won some games and lost some, but each player had his moments of glory. For example, on April 9, Curtis Mitchell hit a 2-run homer over the left field fence scoring Chris Pope in the game against Westmont College.

Jeremy Hunt was touted as a player who led his team to success "with his glove, speed, and leadership," showing the qualities of LSU students. Not only have these men shown leadership and represented LSU at its best, but they have shown their commitment to the

game by working hard even under high pressure circumstances such as the game against Kean University. The teams played hard in this match; Mike Mitchell had 3 hits, brothers Ricky and Ryan had a combined 4 hits and 2 RBI's. Kenny Curiel drove in an important run and Curtis Mitchell doubled in the ninth inning to drive in 2 runs.

Also this season, on May 28, Junior infielder, Scott Reed from Victorville California, was named the 2008 NCAA Division Three All-Independent Team. LSU's Men's Baseball team shows the qualities of success: team orientation that supports the whole, as well as the individual, determination against all odds, and hard work. Thanks to all of the players for their talents and effort this season and good luck next year!



Coach Lance Hallberg

2008-2009 BASEBALL RESULTS

Date	Opponent	Location	Time	Results
Jan. 23	Concordia University (DH)	Irvine	12:00pm	L 24-2 L 5-0
Jan. 30	Occidental College	Eagle Rock	2:30pm	L 12-8
Feb. 1	Occidental College (DH)	La Sierra	11:00am	L 8-7 L 11-4
Feb. 8	Cal Lutheran (DH)	Thousand Oaks	11:00am	L 15-2 L 27-2
Feb. 11	Cal Lutheran	La Sierra	12:00pm	L 29-8
Feb. 15	Cal Tech	Los Angeles	2:00pm	W 12-5
Feb. 22	Cal State San Marcos (DH)	San Marcos HS	11:00am	L 19-4 L 26-3
Feb 24th	Claremont Mudd College	Claremont	2:30pm	L 33-3
Mar. 10	San Diego Christian College	San Diego	2:00pm	L 27-5
Mar. 12	California State San Marcos	Mission Bay HS	12:00pm	L 7-1
Mar. 13	Kean University	La Sierra	1:00pm	L 13-8
Mar. 15	University of La Verne	La Verne	11:00am	L 22-10
Mar. 22	Principia College (DH)	La Sierra	12:00pm	L 4-3 W 6-4
Apr 7	San Diego Christian College (DH)	La Sierra	12:00pm	L 17-3 L 18-5
Apr. 9	Westmont College	La Sierra	2:00pm	L 20-2
Apr. 21	Concordia University	La Sierra	2:30pm	L 42-4
Apr. 24	California State San Marcos (DH)	La Sierra	12:00pm	L 25-11 L 31-5
Apr. 26	Cal Tech (DH)	La Sierra	12:00pm	W 8-2 W 17-8
	Final Record			4-22



Spring Banquet Creates Enchanting Evening

BY SYLVIE HABER;
PHOTOS BY MARLYN
CUENCA

Sunday, May 3, was an enchanted night at the Mission Inn. La Sierra University students put on their best dresses and suits for an amazing night for SALSU's Spring Banquet, *El Misterio de la Noche*, coordinated by Rebecaa Kern, Social Vice President. The food, the location and the entertainment all tied in created perfection.

Individually, the food was good, the games were probing and intriguing and the Latin dancers were amazing, but the band left much to be desired. At first the band started off with a Spanish feel but ended up playing country songs, which was not part of *El Misterio de la Noche*. But to lighten up the mood, the Drama team performed a hilarious act that had a ironic ending. Also there was the game "How Well Do You Know Your Date?" which consisted of questions on your date and the winners, which were Xander Legaspi and Gabriella Hernandez.

After some fun and dessert, the salsa dancers took the floor. They were the highlight of the night. They tied in the whole Spanish theme. There was also a Flamenco dancer who put us in the middle of Spain. After some amazing dance moves, the dancers brought four volunteers from the audience and started to teach them how to salsa and do Flamenco steps. It was very entertaining to see everyone show off their best dance moves.

Salsa and Flamenco dancing always puts the audience in a joyful mood and these dancers did not fail to do the same. Overall the banquet was better than expected and having it at the beautiful and historic Mission Inn Hotel was the cherry on top of a great banquet.



Festival of Nations Cultivates Campus

BY NOELLE MONTGOMERY

A large crowd of La Sierra University students, faculty, family and friends gathered to celebrate the campus's diversity by attending the Festival of Nations on Sunday April 19th. Every year the clubs and organizations of La Sierra University collaborate to host the festival to honor the various nationalities represented on campus.

The afternoon heat was sweltering so clusters of white tents protected club members and officers from the sun. La Sierra University students milled about between the club booths. Families sat on blankets in the shade, eating snow cones and enjoying the food served by different clubs. Closer to the statue, a dunking cage had been set up. Faculty members sat on top of a platform and students took turns throwing balls at a target, trying to dunk faculty members into the water. On one side, a "jail" had been set up and students could pay to lock their friends behind bars. The Backstreet Boys thumped over the speakers and a microphone was used by club members to frequently announce food price cuts.

According to Fain Nahab, Director of Student Activities, the Festival of Nations exists to express the many different nationalities present on campus and to help clubs raise money for events. The theme of both this years and last years Festival of Nations was Earth Day. Most of the clubs on campus were represented at the Festival of Nations, including the Hispanic Student Association.

The Hispanic Student Association, or the HSA sold vegetarian and sweet tamales along and horchata to help raise club funds.

The HSA formed late fall quarter of the 2008-2009 school year. When Juan Carlos Bordes came to La Sierra University and noticed all of the nationalities present

on campus, he was surprised to discover that there was no club for Hispanic students. "I felt it as an obligation to my school and to my Latino brothers and sisters to start a club," said Bordes, "thus began the vision for the Hispanic Student Association." With the sponsorship of Dr. Lourdes Morales-Gudmundsson, Bordes along with fellow students Israel and Isaac Carreon formed the HSA. Once the three of them decided on basic club guidelines, Bordes was elected club president.

HSA meetings take place twice a month in the upper level of La Sierra Hall. Although HSA membership is growing, an average of 20-25 students show up to club meetings. In order for a student to join, they would need to come to a general meeting. Sign up sheets

are always available. Bordes said that the Festival of Nations helped the HSA raise a decent amount of money that can be used to fund club activities. The HSA will be hosting a few events in May, including a field trip to the Museum of Latin American Art, a car wash, and a bowling night.





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10 Questions for Javier Krumm, Athletic Director

BY KEITH YBANEZ

The biggest addition to the LSU Athletic Department in 2009 won't be a new coach or star recruit, but new Athletic Director Javier Krumm. After nearly a year of searching, LSU finally found their man. Krumm will fill the position. For the past two quarters Head Athletic Trainer Brian Murphy has worked on an interim basis since Joel Haldeman relinquished his duties before the beginning of the school year. Krumm will be leaving Puget Sound Adventist Academy in Washington where he is the current Athletic Director. The following is an interview between Krumm and myself.



1. *Where are you from and what led you to have a career in Education and Athletics?*

From an early age I have been involved in physical education and sports activities. I grew up in a sports related environment where there was a high level of sport and athletic competitions.

I was born in Argentina, and I have worked in Athletics and Education in 3 different countries. I received my BA in Physical Education and later completed postgraduate studies in Fitness and Health, as well as Theology, and a Masters in Outdoor Education. I believe that Athletics covers an integral role in the education of a student (Physical, Mental, Social, and Spiritual).

2. *What made you want to come to La Sierra?*

I love to push myself in competition as well as in my job field. I felt the need for a new challenge and Athletic Administration is one of my passions. I previously worked in a university and I love the environment, so I felt that LSU would be a good fit for me and I was ready for a new start.

3. *What was the interview process like and what was your reaction when you found out you were being offered the position?*

The interview process was very long. I had 12 short and long interviews, with many different people and departments, but somehow I felt very confident and comfortable with what my strengths were, and what I could offer LSU in terms of my experience. When the position was offered to me I felt a number of emotions (the normal emotions you would feel moving to a new place), happiness was one of them.

4. *What's the most exciting thing about moving to Southern California?*

There are so many exciting and wonder things. I would have to say the top three would have to be; I have friends in Southern CA, -the weather is awesome; -and LSU is a beautiful university.

5. *What are your immediate goals for the Athletic Department?*

I want to improve the communication between all parts of the athletic program. This would include coaches, recruiters, athletes, and administration.

6. *What are the key challenges facing LSU Athletics?*

It is hard to say from an outside view of the program but spending a week and speaking with new colleagues, I believe one of the key challenges is to have everybody united working towards the same goal.

7. *What will it take for La Sierra's sports programs to be more successful?*

It will take time, patience, commitment from everyone, and lot of hard work. I believe the LSU Athletics' program has the potential to be very successful.

8. *What was your favorite sport growing up and who was your favorite team?*

I have played most sports at one time or another during my life but soccer has always been my favorite. My heart will always be with River Plate my soccer club in Argentina.

9. *What will be the biggest adjustment in managing a High School Athletic Program to a University Athletic Program?*

The goals of education are similar at all ages, but the competition is higher at a university level. Therefore, the leadership of an AD is different at the university level than high school.

10. *What message would you like to tell the students and athletes of La Sierra?*

I will have an open door policy. I am always open to listening to what people have to say and feedback is always welcome. I love Athletic Administration. I am committed to doing the best job that I can. I want to enhance and hopefully bring new ideas and unified commitment to La Sierra University's Athletic Program.

MAY 2009 CALENDAR

5/3	5/4 10pm - Towers Dorm Worship	5/5 6:30pm - CABL Swim 10pm - Angwin Dorm Worship	5/6 10pm - SALSU Presents: Rendezvous at HMA	5/7 6:30pm - CABL Swim 11am - UW at LSUC GET YOUR MAY CRITERION! TBA - SALSU Presents: Midnight Madness	5/8 8pm - First Service 9pm - SALSU Presents: Agape Feast	5/9 9:30am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
5/10	5/11 10pm - Towers Dorm Worship	5/12 6:30pm - CABL Swim 10pm - Angwin Dorm Worship	5/13 8pm - Much Ado About Nothing 10pm - SALSU Presents: Rendezvous at HMA	5/14 6:30pm - CABL Swim 11am - Breakouts 8pm - Much Ado About Nothing TBA - SALSU Presents: Free Theatre	5/15 8pm - First Service	5/16 9:30am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 8pm - Much Ado About Nothing
5/17 8pm - Much Ado About Nothing	5/18 10pm - Towers Dorm Worship	5/19 6:30pm - CABL Swim 11am - Awards Assembly 10pm - Angwin Dorm Worship	5/20 10pm - SALSU Presents: Rendezvous at HMA	5/21 6:30pm - CABL Swim 11am - UW at LSUC 12pm - SALSU Presents: Blood Drive TBA - SALSU Presents: Spring Talent Show & Tentative Yearbook Launch	5/22 8pm - First Service	5/23 10am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
5/24	5/25 10pm - Towers Dorm Worship	5/26 6:30pm - CABL Swim 11am - Senior Class Assembly 10pm - Angwin Dorm Worship	5/27 10pm - SALSU Presents: Rendezvous at HMA	5/28 6:30pm - CABL Swim 11am - Breakouts TBA - SALSU Presents: End of Year Bash	5/29 8pm - First Service	5/30 9:30am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 8pm - SALSU Presents: Salsa Night 8pm - The 2nd Annual Festival of Original Student Works
5/31 10am - SALSU Presents: Locks of Love 8pm - The 2nd Annual Festival of Original Student Works	6/1 10pm - Towers Dorm Worship	6/2 SALSU Presents: CABL Breakfast 10pm - Angwin Dorm Worship	6/3 SALSU Presents: CABL Breakfast 10pm - SALSU Presents: Rendezvous at HMA	6/4 SALSU Presents: CABL Breakfast 11am - UW at LSUC GET YOUR JUNE CRITERION! TBA - SALSU Presents: SALSU To Go	6/5 8pm - First Service	6/6 9:30am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
6/7	6/8 Spring Quarter Exams Begin 11:59pm - Student Life Midnight Pancakes at the Cafeteria	6/9	6/10	6/11 Spring Quarter Ends	6/12 8pm - Consecration Service at LSUC	6/13 9:30am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 10:50am - Commencement Sabbath Worship at LSUC

Perseverance in the Face of Challenges

BY NATALIE SAYEGH

Hebrews 10:36 says, "You need to persevere so that when you have done the will of God, you will receive what He has promised." God has promised each one of us the gift of eternal life if we stay strong and commit to doing His will. Regardless of the trying circumstances we may face, through steadfast determination we must always aim to do God's will. As believers, by patience and endurance, we should establish God's will as the rule of life under all conditions. Only then will we be in the state that would prepare us for God's Kingdom.

The Apostle James said that the testing of our faith produces patience. Thus, if our faith does not stand the

test, we are not prepared for the Kingdom. Essentially, Hebrews 10:36 is giving us the encouragement to continue living for the Lord. When facing challenges, trust that God will give you the strength to face it all. No matter how hard it may seem, do not give up. During these last five weeks of Spring Quarter, give it all you have. Finish strong and keep in mind that God wants the best for each of His children. The satisfaction of succeeding will be worth the momentary struggles. In the same way, when you fulfill God's will, the greatest gift of all will be receiving the gift of eternal life in the Kingdom of God.

STUDENTS ILLUMINATE TALENT AT BRANDSTATER GALLERY

BY JONATHAN FINAU

La Sierra University is a small community but what is unique about our school are the talents and creativity of the students. The Art Department proved this uniqueness by showcasing best drawings, graphic design, photography, printmaking, collages, ceramics, handmade books and Web design of students at the Brandstater Gallery last April (April 13-30).

Visiting the gallery to see the exhibits of students was more than just enjoying it, it included significance and appreciation of arts. Part of appreciating the works of art was an interview with one of the students that showcased three of her exhibits.

Ciara Talbot is a senior from Bermuda and loves the inspiration art has given her.

Explain to me your piece of work?

Hopkins White Clay. White circle slip design with Celadon Glaze. Set consisting of bowl and a cup.

What inspired your piece?

This work was the result of the final project to design a set consisting of a plate, bowl, and a cup.

What do you think is the message of your piece to other people?

Art can be used for utilitarian purposes as well as non-utilitarian purposes and still accomplish the same goal of conveying a concept.



How did you manage to put all your ideas together and produced the piece?

Before the initiation of the final project, Ms. Holler demonstrated some interesting surface techniques such as the slip technique that could be used to raise the surface of the ceramic body as well as to further emphasize the whiteness of the clay. I used this technique to create polka dots on the external surfaces with celadon glaze to generate the present aesthetic of the piece.

Do you think that art has a language of itself that cannot be interpreted? Why or Why not?

The language of art can be interpreted with significant effort and willingness. Many may think that the language of art cannot be interpreted because they just see something that is unknown to them rather than investing time to understand it.

Earth Day Program Causes Awareness

ARTICLE AND PHOTO BY GIANA CAMPOS

Earth Day. A day dedicated to just its existence, yet many times this is the only time we give thought to its purity of resources. Appreciation is key to getting the most out of the world God has given us, but even more so to replenishing it. A group from John Perumal and Leslie Martin's NSCI 404 class called Humans and the Environment hosted Earth Day; along with a few other students that offered to be involved. Fellow students all promoted health habits and gave the audience a new motivation to care for our earth through a series of creative skits.

Amy Kohatsu, a member and class officer, has had an active hand in not only the "Go Green" changes, but also in this past Earth day's activities. With the help of the Environmental Club and Biology Club, the senior class handed out 400 free "Go Green!" bags donated by the City of Riverside



Public Utilities. Inside the green bags were brochures explaining in more detail what exactly the senior class project is all about. This is the whole idea of Earth Day. In order to raise awareness, the students should know about the green projects happening amongst the student and faculty body.

In the assembly, Kohatsu explained one project that set the theme of Earth Day.

She stated "The senior class, with help of anyone interested, is raising money by selling bricks that will eventually make a brick pathway at the Hamilton Terrace by HMA. The money raised will pay for motion light sensors to be installed throughout the campus and will ultimately save the university thousands of dollars." She proceeded to explain that the Biology Club and Environmental Club had proposed what they called the

"Truth Campaign". In this campaign, the clubs placed posters with environmental facts all over the campus and even displays to bring awareness of how much of the resources we consume and waste. One of them includes a pile of water bottles with a sign that states: 8 out of 10 plastic bottles end up as landfill waste. The clubs hope to bring attention to these issues to the students on our campus.

Miscellaneous activities announced included, beach-clean ups followed by vespers. That being said, the Biophysics Club, Revolve, Biology Club (Tri-Beta), Environmental Club, and SALSU brought Earth Day/Week to an end by having a beach clean up and vespers at Corona Del Mar. The turnout was a remarkably over 100 people. Can just one day make this much of a difference? Perhaps. Although there may be just one day set aside for Earth awareness, this won't negate the fact that we can make a world of difference everyday!

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treatment will help even toughest skin get back on track. Machine is used designed to your needs.

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- * Full arm \$20.00 ea.
- * Half arm \$15.00ea.
- * Full leg \$25.00ea.
- * Half leg \$20.00ea.

- * Full Body \$150.00

Color

- * Full \$50.00+
- * Re touch \$45.00+ (includes color, cut, and fully styled)

Highlights

- * Mohawk \$60.00
- * Partial \$75.00
- * Full \$85.00

Manicure & Pedicure

- * Manicure \$10.00+
- * Pedicure \$16.00+

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MAJOR FUNNIES

business



Courtesy of Alex Eben Meyer

Work versus Prison:

IN PRISON... you spend the majority of your time in an 8X10 cell.

AT WORK... you spend the majority of your time in a 6X8 cubicle.

IN PRISON... you get three meals a day.

AT WORK... you only get a break for one meal and you have to pay for it.

IN PRISON... you get time off for good behavior.

AT WORK... you get more work for good behavior.

IN PRISON... the guard locks and unlocks all the doors for you.

AT WORK... you must carry around a security card and open all the doors for yourself.

Continued from page 3. *TIME TO SHAPE UP*

and including expulsion or termination and, if appropriate, a referral to law enforcement agencies for prosecution.”

When asked why these actual procedures are not practiced, again Mrs. Curtis had no definite answer as to why they were not followed. What seems to make matters worse, is that the supposed punishment isn't taken very seriously. A student who was caught under the influence of alcohol who wished to stay anonymous was interviewed about the whole experience. “They ‘suspended’ me for the weekend from school, but I still came and went whenever I wanted. The people who were supposed to keep track of me never did.” It would seem

that even the applied penalty isn't even followed thoroughly.

If the university's own set guidelines are not followed through meticulously, how is the institution supposed to expect its students to live by those set principles established by the school itself? There is also the concern of safety. The actual code of procedures isn't practiced there is the risk of the students' safety. There is always the possibility that an idle joint could catch a room on fire or the chance of a fight instigated by someone had a little too much to drink.

The Ten Commandments of Business

1. If it rings, put it on hold.
2. If it clunks, call the repairman.
3. If it whistles, ignore it.
4. If it's a friend, stop work and chat.
5. If it's the boss, look busy.
6. If it talks, take notes.
7. If it's handwritten, type it.
8. If it's typed, copy it.
9. If it's copied, file it.
10. If it's Friday, forget it!

Courtesy of www.digitaldreamdoor.nutsie.com

IN PRISON... you can watch TV and play games.

AT WORK... you get fired for watching TV and playing games.

IN PRISON... you get your own toilet.

AT WORK... you have to share with some idiot who pees on the seat.

IN PRISON...they allow your family and friends to visit.

AT WORK...you can't even speak to your family.

IN PRISON... all expenses are paid by the taxpayers with no work required

AT WORK... you get to pay all the expenses to go to work and then they deduct taxes from your salary to pay for prisoners.

The fact of the matter is that there are inconsistencies in the way they “handle” things here at La Sierra University, which need to be addressed immediately. College is a time for freedom, but along with that freedom comes responsibility from two parties, the student and the school. At this point it seems the latter isn't meeting up to par with that responsibility and for that, maybe its the university that needs a “spanking” in order rectify their fallacies.

festival of nations

Photos courtesy of University Relations



CRITERION



The Student News Magazine of La Sierra University • June 2009 Issue

Modern Much Ado
Proves to Be
Theatrical Success

**SPORT
REVIEW**
glancing back at
the year in sports

'09 Congratulations
to the
graduating
class!

spring quarter photos

End of the Year Bash,
LSU's Got Talent and more!

editor's note

making plans

What else is there left to say really? The final days of the school year are almost here and I'm just as excited and nervous as every other graduating senior. Do I have any big plans for the future?

Yeah, I plan to get a plan.

During this final quarter, I have had the privilege of taking Dr. Melissa Brotton's, from the English and Communication Department, Senior Capstone class. The focus of Dr. Brotton's class has been helping her students define, redefine, and examine their own vocation and calling.

Vocation, in this sense, is not merely one's career, but rather the color that one chooses to paint his or her life with. It can be said that vocation is not necessarily defined by what you do; instead, it can be thought of as who you are at the core, as well as, what you love.

For me, the quest for personal vocation was really an opportunity to dissect my life entirely and to discern what components truly matter to me.

So after nine weeks of investigation have I defined my vocation or calling? In short, the answer is no. It seems that these questions are too immense to fully work out in one quarter. In fact, this quest has actually left me with even more questions.

So that brings me to what I've learned from this quarter's Senior Capstone class and more importantly what I've learned from experience, both on and off of this campus. All in all, the sum of my learning can be broken down into three life lessons:

- 1) Family comes first-I have learned that for me family (which includes one's closest friends) matters most. At the heart of that sentiment, is the fact that love is truly what matters most.
- 2) Humility is golden-I have also learned the humility is probably one of the most honorable traits that any human can possess. While I have yet to embrace full humility I have seen it in my wisest peers and professors; this is a quality that is necessary for anyone that is considered to have good character.
- 3) Time waits for no one-More than ever I have realized that time goes by quickly. I'm not talking about the time between lunch and your second class, but years of your life. While you shouldn't let that fact scare you, you need to be aware that every minute is precious and fleeting.

I will leave you now with those tokens of "wisdom," for they are my most precious gift from this undergraduate experience. I guess my plan for now is to utilize those lessons to help color my life. I want to live a vivid, full color existence. That seems like a good plan, right?

- Tabitha Bunch

Have an opinion about our articles? Share any of your thoughts by sending a "Letter to the Editor" to criterionlsu@gmail.com. Appropriate letters will be published with permission.

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On the Cover: Graduating seniors lounge on Founder's Green, showing of the 2009 pride.

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incoming editor's note

Inheriting a news production is very much like having a new girlfriend. At first, it can be a bit awkward. Learning what she likes or dislikes or knowing what makes her upset or what fills her with the utmost joy. In comparison, taking charge of *The Criterion* will be an intimidating experience at best. I'll be honest; I'm completely petrified in taking the Editor-in-Chief position. Just like having a new girlfriend, taking over a media production is going to be a daunting task at best. Learning what works and what doesn't is all a part of the job in becoming an Editor. I'm a strong believer in reporting the truth, no matter how painful or raw it may be. It will be my goal for my staff of writers and I to reach a new level of journalistic integrity here on this campus. It'll be a working process, in which takes hard work, vision, and most of all confidence to lucratively reach this new plateau of reporting.

I would just like to thank Jacquie Weischadle and Tabitha Bunch for introducing me to the beautiful *Criterion*. Without their guidance and faith in me as the new editor I would not have had the self-assurance I needed to accept this position. I would also like to give a shout out to all of my friends who have so willingly acknowledged their obligation in becoming a staff writer for next year. (Sorry guys, you pretty much had no say in the matter) Finally, but most importantly, I would like to thank, you, the reader, for following along this year. You give us writer nerds a reason to get out of bed in the morning.

As we come to the close of the school year, looking toward the horizon of summer days, I plead with you to continue to follow *The Criterion* once the new school year starts, just as you have been doing all along. There are going to be some changes around here, I can promise you that. Positive changes.

As for me, I'll be working hard all summer long to find ways to in which to please my new woman, looking for ways to make her better than all the rest. Other colleges will be jealous of who I have around my arm. I'm practically going to be married to this thing of a beast, but that's ok, I was the one who asked for her number.

- Israel J. Carreon Jr.

Modern Much Ado Proves To Be Theatrical Success

BY ISRAEL CARREON JR; PHOTOS COURTESY OF UNIVERSITY RELATIONS

Directed by Marilyn Loveless, the LSU Drama department presented their final play of the year, *Much Ado About Nothing*. Showings took place May 13, 14, 16, and 17 at Matheson Hall. With a brilliant cast of stars such as, William Appiah, Violette Kjeldgaard, Patrick Garrett York, and Anita Abdul-Karim carried the presented storyline in a setting of a modern Baghdad, Iraq while still holding to the original language of the script.

Although still holding true to the general story, Dr. Loveless took some liberties while recreating the script; with the most apparent example being the creative scenery of the play. Skillfully creating a setting in a modern Middle East made it easier for a contemporary crowd to follow along more acutely. There were also some major differences in the story as well. In contrast to Shakespeare's version, the heroine Hero was not a virgin, adding a new twist the play.

Presented by a wonderful cast of the university's own actors, the play was brought to life due to the great chemistry shared on the stage. Playing the part of Don Pedro, Appiah excellently stepped into character as the strong, yet caring leader of the Iraqi Soldiers. Kjeldgaard did a superb job in displaying a woman denying love as sassy Beatrice. Additionally, York did an amazing job as the character of Benedick, molding the individual of the play with certain mannerism of his actual self, masking his true feeling for Beatrice with humor.

Abdul-Karim took on the role of one of the antagonists, Conradia, and proved that she has truly blossomed into a passionate actress. Her performance in the play revealed that she is capable of taking on an array of character traits.

Heather Corona did an outstanding job directing the choreography, especially with regards to the opening sequences of the play. The costume and makeup crew, which consisted of Arianne Brandt, Carla Friday, Victoria Magana, Rose Menos truly helped in creating a natural setting of Middle Eastern cultures.

Upon entering the theater stood American soldiers guarding the entrance, which right away brought the audience straight into a battlefield site.

Director Loveless also revealed her theory of the true authorship of *Much Ado About Nothing*, along with other works currently credited to William Shakespeare. Loveless believes these plays are actually written by Shakespeare's wife. According the program that was distributed during the play, Mrs. Loveless expressed her hypothesis in her doctoral dissertation back in 2004. Explaining the plausible notion, Mrs. Loveless said that Mrs. Shakespeare could have "...acquired the necessary education, experience and access to right circles that would enable her to write the works attributed to her husband."

Overall, the play outshined every other drama produced this year. The actors, production crew, and director did an amazing job in creating a true to life venue of a Baghdad we know today. *Much Ado* was one of the best productions of this year, no exaggeration.



Goodbye, La Sierra University!

our seniors say goodbye and pass on words of wisdom

Wow, four years went by so fast! It seems like just yesterday I started my college experience as a 24 year-old freshman. Saying "I'm going to miss La Sierra," is an understatement. Although, I am graduating I don't know if I can leave. This school has so much to offer like: a fabulous education, inspiring worship, meaningful friendships, fun social events, active clubs and supportive faculty and staff. I want to thank everyone who had a good and positive impact on my son Samuel's life. You made college a great experience not only for me but for him as well. I can honestly say that he is looking forward to going to college when he grows up! The only advice I have for all you returning students is "GET INVOLVED." College goes by so fast and you're only going to experience it once in your life. You have the rest of your life to work. Make the most of this time because you will never get it back. There are so many ways you can get involved but whatever you choose make sure it's for you. Lastly, I want specifically thank Michael Neglia for everything. You have been an amazing person in both my life and Sammy's and I couldn't have completed college without you. I love you Neg Neg! - Heather Corona

I'm not one of those seniors that are walking around like these are that last days I'll ever step foot on this campus. I appreciate all of the wonderful gifts that La Sierra has bestowed upon me and I recognize that while I will not be here physically next year, much of my heart will still be. While I'm as ready as I can be for the "real world," I'm going to miss this warm, safe, undergraduate cocoon that I've been growing in. I'm going to miss seeing my classmates and closest friends each and everyday. I'm going to miss my teammates; it hardly seems fair to go off into the world by myself when I've grown up here with 15 other girls. I will also miss my staff. I am so very proud of you guys, we managed to not only get this publication printed on time every month, but we've propelled our magazine to an all new level. Thank you to everyone who has helped me get to this stage in life, you know who you are and you know that you're my greatest blessings. Good luck to everyone, and God bless! - Tabitha Bunch

This year has been an amazing one. For the first time that I can remember, our campus has been consistent with hosting events on campus. It is my hope that this continues to grow. I would like to thank SALSU for their hard work this year, as well as Fain Nahab, our SALSU sponsor, Student Life, and everyone who has helped this campus grow!. Everything we have been able to accomplish is because we all worked together as a team. Thank you so much! God Bless! - Marlyn Cuenca

What an incredible experience college has been. I cannot imagine that I would love it so much. And now it's already time to leave. It has yet to hit me that I'm actually done. Finished. Moving on. I only hope the rest of my life includes such amazing experiences and equally inspiring people. Thank you to all who made this the most fantastic four years I could have dreamt of! My only advice to pass on would be to take advantage of every opportunity. Classes alone only go so far to bringing you closer to your dreams. Get involved, become a leader, go to that event on Thursday night, eat at the caf by yourself. Don't miss out on what these precious four years have to offer. Thanks again to everyone, I will miss you all! - Jacquelyn Weischadle

When people say time flies, they're not joking. I can't believe four years has gone by so fast. There will be many things that I will miss about La Sierra and probably an equal amount of things that I won't miss. I can honestly say its been one crazy roller coaster ride. To all my friends who I won't see for a long time, good luck in the future, I know you will all succeed beyond your wildest dreams. I'd like to say farewell to my roommates, Dason, Jason, and Shawn, I'll never forget all the crazy adventures we have had. For all other LSU students, I would like to pass down a few words of advice- don't be afraid to speak up, and always take the initiative to seize the day. I'd like to say thank you to all my Professors for your patience with me and for educating me so I may be a success in the future. Lastly I want Heather Corona to know that I will always love her and that she will always be my baby. Thank you Heather for you love, support, and patience you have entrusted in me. Farewell La Sierra University. - Mike Neglia

RECOGNIZING ACHIEVEMENT at CAS Assembly

BY NATALIE SAYEGH

Well, seniors, there's nothing better than an assembly in your honor to acknowledge all the hard work you have done throughout the past four years. The year is at its end and the few "outstanding seniors" were selected by their professors and recognized at the College of Arts and Sciences Senior Awards Assembly on May 12, 2009.

Students were welcomed into Hole Memorial Auditorium by Dr. James Beach, Dean of the College of Arts and Sciences, who would also be presenting the awards along with the respective Department Chairs. A group of 55 students were

recognized as "Who's Who Among Students in American Universities and Colleges" for being academically excellent and well rounded students. Among them were our very own Criterion Editor-in-Chief, Tabitha Bunch, and Sports Editor, Keith Ybanez.

Next the Dean's Award went to Music/Pre-Dentistry major, Julia Park. The Alumni Award and Outstanding Performer of the Year Award were given to Jennifer Hernandez and Bobbi Michaelson.

The Godfrey T. Anderson Award was unique because its recipient was chosen by the students who had voted for their favorite teacher. This year the award was given to Anatomy and Physiology professor, Dr. Eugene Joseph. Outstanding Senior

Awardees were selected from the various departments on campus. The Department Chairs individually presented the students with their award and said a few words about why they were deserving of the honor. Eighteen members of the senior class were presented with the Outstanding Senior Award. Finally, to conclude the assembly, Julia Park gave a rousing performance on the piano. The Awards Assembly was a great way to honor the achievements of the graduating class of 2009.

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As the 2008-2009 school year rapidly comes to a close, lets take a walk down memory lane and look back on the events that formed the athletic season for LSU. The school year started out with the news that Joel Haldeman was relinquishing his role as Athletic Director and Men's Head Basketball Coach. With the surprise vacancy at the top of the Athletic Department, Head Athletic Trainer Brian Murphy agreed to fill in as the interim Athletic Director until a replacement could be found, that replacement will be Javier Krumm from Washington and he will start in the Fall of 2009.

Meanwhile, the men and women's soccer teams were tearing up the pitch, with the ladies finishing with a (9-8) record and the distinction of being the only LSU program to finish the year with a winning season. Some of their notable victories were a 7-0 drubbing of Mills College on October 17, a 1-0 win over Chapman University on September 29, and two wins to close out the season against La Verne and Whittier. Four of the women's soccer players, Starlena Murray, Shannon Seibert, Georgia Anagnos, and Jessica Calderon, were also honored as members of the 2008 All-Independent Women's Soccer Team. The men's soccer team also picked up some post-season hardware as Kenneth Bennett was voted as an honorable mention All-American by the Division 3 member's schools. The men were

able to enjoy some riveting wins this season which included a tense 4-3 victory over San Diego Christian College on September 22, and a 5-0 victory against Southwestern College to kick off their season.

Moving from the soccer pitch to the hard-courts, another LSU program that got underway before the start of the school year were the women's volleyball team. In late August, they traveled to Las Vegas, Nevada to kick off their season at the Las Vegas Blast Tournament. Although they had uneven results there, it helped them prepare for a tough season that featured victories against West Coast Baptist College and Cal Tech. The volleyball team though has a bright future, as they are fortunate enough to only lose one senior player but return a core comprised mostly of Freshmen and Sophomores. The end of the volleyball season marked the beginning of the basketball seasons. The women's team was able to participate in their first NCAA Division III playoff berth where they were eliminated by UC-Santa Cruz, however star forward Marvsharicka Quinn was named to the All-Tournament team as well as earning a spot on the All-Independents Basketball team. In addition to that tournament, the Lady Golden Eagles also took part in the Occidental/Cal-Tech Classic, the La Sierra University Holiday Classic, and the UC-Santa Cruz Tournament.

The men's basketball team started their season with a victory in Pasadena against Cal-Tech before an unfortunate string of losses until they broke through with a victory against the University of Dallas at the UC-Santa Cruz tournament. The Golden Eagles finished the season playing strong basketball as they picked up victories in two of the next three games before they dropped the season finale in a tightly contested thriller against UC-Santa Cruz 106-97 during the NCAA Round Robin Tournament hosted at La Sierra. Senior forward Joshua Crouch was named to the All-Tournament team at that event.

The winter and spring quarters also featured the work of the LSU tennis, golf, softball, and baseball teams. The men's tennis team had a rough season but they also played well against some of their toughest opponents. The #1 Doubles team of Alan Estareja and Brandon McCowan were able to knock off the #1 Doubles of Hope International, the NAIA National Champions last year. That same combination were also able to pick up victories against Whittier College, Cal Lutheran, Cal-Tech, Biola, and Puget Sound. Senior Captain Alan Estareja was invited to compete in the Ojai Valley West Regional Tennis Tournament which features the 56 best players in the West region. Estareja breezed through the first round with a win over Aaron Ouye by the score of 6-4,6-1 before he fell in 3 sets to Lawrence Wang, the #2



Back at the Year in Sports

BY KEITH YBANEZ



ranked player in the nation and the eventual winner of the tournament. Wang's toughest opponent in the tournament came against LSU's own Estareja as he was the only person at the tournament to take a set off of Wang. The women's tennis season featured some very intense matches, especially the season opener in Pasadena at Caltech that lasted for over 5 hours, that marathon included wins by Niiang Mung, Vanessa-Cerna Carmona, and Denise Marquez. That exciting start created positive momentum for the rest of the season and they were able to beat Caltech 9-0 at home later in the season. The men's golf team had a shorter season in comparison to the other athletic programs, but they were able to collect a victory against the USC club team with an aggregate score of 364-368. They also came close in competitions against Whittier and

Chapman a number of times over the season. The golf team will have a new look next season as they will lose 6 seniors to graduation.

The women's softball team was able to put together a couple of wins even though they were unsure how many players they would have at the beginning of the season. Comprised of extra players from the various women's sports teams of La Sierra as well as the core group of girls brought to LSU to play softball, they were able to earn victories against Patten University and Carleton College. At the end of the season, Ace Pitcher Amanda Mesa was named to the Division III All-American squad after she posted an ERA of 3.27. The men's baseball team had an up-and-down season as well, falling victim to some lopsided scores but they did defeat Caltech and Principia College, closing their season with two wins in a doubleheader. Congratulations are also in order as Senior Chris Pope and Sophomore Kenny Curiel were able to pick up some postseason accolades when they were named to the NCAA D-3 All independent squad.

Although La Sierra doesn't experience the same level of success across the board as some of our counterparts, the athletes represented their University well and gave their best effort. As the lights were turned out on the fields and in the gyms and another year of sports were in the books, there can only be excitement for the athletic program as a new Athletic Director arrives to take the department in a new direction.



inspiration to create



At La Sierra University, talent is no stranger. From all departments, it is obvious to see the students shine with present promise and bright futures. One of these talented individuals goes by the name of Amy Cronk. Cronk is a graduating senior this year with a major in Art and contagious inspiration. Since she comes from a home with creative parents, there is no surprise as to where her encouragement was conceived.

Most recently, Cronk had an exhibition called "Image" all consisting of 18 pieces that use a variety of media. She says to have favored oil painting and sculptural pieces, but for this show specifically, she worked with oil painting on a wood panel in attempts to create a three-dimensional feel. While Cronk focuses on creating appealing images, the inspiration comes from somewhere

deeper than just oil paints and wooden panels. When she was asked what her images represent, she simply said, "For me personally, art has played a major role in the discovery process. I believe that we realize who we are not only from emotional and environmental factors but also physical factors. As a human being with Crohn's Disease, I have come to that, while this does not define me, it helps me to understand who I am in this world."

As art remained an inspirational outlet, Cronk had never considered Art as a career until she was accepted to Loma Linda University's Doctorate of Physical therapy program. One might think that the acceptance would confirm the possibility of a successful future, but instead, she realized that her passion for art burned too strong. After seeking

out career options for an art major, Art Therapy became an open door. Without further hesitation, she began her career as an artist.

Although Cronk is walking across the stage in just a couple of weeks, the ambition to succeed does not stop here. She will soon be attending the prestigious Art Institute of Chicago for a Masters in Art Therapy in hopes of sharing the concept of therapeutic qualities of art with others.

After viewing some of her pieces at the exhibition, there is no question as to what passion can do for anyone. Her inspiration and fervor seeps through her work and reaches the viewer in a very special place perhaps planting a seed of enthusiasm to pursue even our wildest dreams.

BY GIANA CAMPOS; PHOTO COURTESY OF UNIVERSITY RELATIONS

Art is a Treasure

BY JONATHAN FINAU; PHOTO COURTESY OF UNIVERSITY RELATIONS

a flashback of an amazing year in fine arts



It took me three quarters to gather my knowledge together and finally realize that above all things in art, music, and theatre there is a treasure; a treasure that was hidden to my conscious but well performed and founded by the hands and feet of the artists, actors, and musicians of La Sierra University. This treasure, however, was the potential to fully appreciate the arts as a language that speaks on its own. Honestly, I never appreciated arts as a language of its own, I used to think of it as a piece of invention that is purposed just for entertainment of the senses, but after learning the different aspects of how art can be a discovered and interpretive treasure, its more than the result of an invention, its an invention with a rich experience.

The Fine Arts section of the Criterion has covered stories and upcoming dates of theatre, music, and art. This year's Fine Arts have set a remarkable year from covering stories of breathtaking theatre shows to recitals and art exhibits.

Drama Department: The drama department has showcased outstanding theatre performances this year and Biology major, Christine said, "it is by far the best year of theatre in my second year of education at La Sierra University". After asking a group of students about the best drama play this school year, it was a debate between "The Crucible" and the "2nd Annual Festival of One Acts". In the end, both plays and other plays this year have been outstanding. Last weekend the Drama department ended the year with original works directed and written by students. Adowa Asamoah-Boadu, a junior and one of the directors of the plays, quoted that "the best part about the plays is actually writing it" and the 2nd Annual Festival of Original Works featured its theme around global warming. After an amazing night of performance, LSU Drama Director, Marilynn Loveless, said that the best part of the drama program this year was, "Watching the laughter, smiles, and tears of the audience".

Music Department: The Music Department has been amazing ever since the beginning of the school year from concert series to recitals. They have done an ecstatic performance in proving talents of students and professors on our campus. While sitting down with a group of students to discuss the highlights of the events happening around the Music Department, there wasn't a debate like that of the topic regarding drama because the Broadway Musical

and the Wind Ensemble various concerts rocked the night for all of them. A few weeks ago, the music department hosted its Opera Music Series and despite the occurrences occurred during the performances, it was a breathtaking performance of talents by the students and support by family and friends. As the quarter near the ends of the school year, recitals are also taking place as graduating musicians showcase their skills in learning the beauty of music like the breathtaking reviews from the audience that attended the Music Recital of Michelle Goh. Flashbacking to last quarter during the Candlelight concert, Michelle Goh quoted, "I love concert because it gives us musicians a chance to share our music with other who appreciate it", Michelle delivered the night with tears and applauses from an audience that she hope will appreciate art.

Art Department: The Art department have become the creative ambassador of our school due to the diverse extension of the Brandstater gallery in promoting and exhibiting works of artists on and off campus. One of the arts department greatest works as voted by a group of students is the exhibition of world renowned London artists David Leapmen and the Annual exhibition of Student Works. The exhibition of Students Works was the major highlights of this quarter not because it was required by the professors for a project but because it opened our eyes to see the originality and creativity of our students. "This year was more global and creative than last year because I got to hear about the exhibits dates through criterion and I was able to see the creative side of my friends and students in class" says Jonathan, Business student.

So before you hit the road and fly the air back home for summer break or for some of us Californians, before we leap into the waves at Laguna Beach with a nice burning tan - Fine arts would like to leave you with a "thank you" sensation of how amazing this year has been with the contribution of plays, exhibits, and recitals for this years fine arts section. Especially to department chairs and directors, thank you for a supportive year. To the graduating actors, actresses, musicians, and artists you have fought a good fight and today you have won the fight and we thank you for a creative year - congratulations in completing a year of experience to the fine arts section. As I grow to learn art as a treasure that can speak on its own, I'm sure Beatriz Mejia-Krumbein (Art Department Chair) would agree when she quoted that "Art is a special portrait. I have a special meaning to it and you might too".

JUNE 2009 CALENDAR

sunday	monday	tuesday	wednesday	thursday	friday	saturday
5/31 10am - SALSU Presents: Locks of Love 8pm - The 2nd Annual Festival of Original Student Works	6/1 10pm - Towers Dorm Worship	6/2 SALSU Presents: CABL Breakfast 10pm - Angwin Dorm Worship	6/3 SALSU Presents: CABL Breakfast 10pm - SALSU Presents: Rendezvous at HMA	6/4 SALSU Presents: CABL Breakfast 11am - UW at LSUC GET YOUR JUNE CRITERION! TBA - SALSU Presents: SALSU To Go	6/5 8pm - First Service	6/6 9:30am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel
6/7	6/8 Spring Quarter Exams Begin 11:59pm - Student Life Midnight Pancakes at the Cafeteria	6/9	6/10	6/11 Spring Quarter Ends	6/12 8pm - Consecration Service at LSUC	6/13 9:30am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel 10:50am - Commencement Sabbath Worship at LSUC
6/14 8am - Conferring of Degrees on Founder's Green CONGRATS GRADUATES!	6/8 Summer Break Begins	6/9	6/10	6/11	6/12 8pm - First Service	6/13 9:30am - Sabbath School B&B at Sierra Vista Sierra Vista Chapel

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SIFE SECOND-RUNNER UP AT NATIONALS

BY DARLA MARTIN TUCKER; PHOTO COURTESY OF UNIVERSITY RELATIONS

La Sierra University's Students In Free Enterprise (SIFE) team finished as second-runner up at the 2009 SIFE USA National Exposition finals held in Philadelphia, Penn. May 10-12. SIFE leaders announced Flagler College the champions, and La Sierra the third place finisher, during an awards ceremony that concluded the three-day event. Drury University took second.

La Sierra competed against Flagler College, St. Augustine, Fla., Drury University, Springfield, Mo., and John Brown University in Siloam Springs, Ark. in the final round. Teams from 137 colleges and universities qualified to compete in the four-year division at the U.S. championship event during a series of 16 regional competitions held throughout the United States in the spring. More than 640 colleges and universities in the United States sponsored SIFE teams this year.

"I wasn't sure what was more nerve-racking, being up there [in final competitions] or waiting for the results," Daniel Chinchay, one of La Sierra's five presentation team members said after the team received its second-runner-up trophy. "It was definitely a good experience. Third out of 640 is not bad."

Chinchay and La Sierra SIFE students Robert Anguiano, Kimberly Miller, Valerie Smith and Louia McDonald gave it their all through two days of opening round, semi-final and final competitions. They delivered a memorized presentation choreographed with a video backdrop to panels of senior level corporate executives who served as judges during SIFE nationals. The judges asked questions of the presenters following each competitive event.

Following the final awards ceremony, the SIFE team celebrated at a restaurant in

downtown Philadelphia. John Thomas, dean of La Sierra's business school and a key founder of the LSU SIFE team, congratulated the students on a job well done in placing among the top four teams in the United States. "I believe every one of you is a true champion. Every one of you kids has a goal to reach and we'll help you get there," Thomas said. "You're fantastic. We love you guys. We're so proud of you. We won today and that's how I look at it. Pride and honor all the way."

"This shows what we're capable of," LSU SIFE President Steven Salcido said to the group, citing La Sierra's continued placement in the final competition compared to some of its top competitors who failed to move past opening rounds this year. "We'll be back next year. Final four!" Salcido exclaimed.

"We're very, very proud to see how well they did. It would have been great to see them win, but they took it well. They really are winners," said Tim Foss, father of LSU SIFE team project director and presentation team director Ryan Foss.

"[La Sierra] has given him opportunities he couldn't receive at any other school. We've got him in one of the top schools, probably the top school for Ryan," Foss said.

This is the third consecutive trip to the SIFE final four round for La Sierra University. The team won the 2007 title in Dallas, Texas. La Sierra University has won the SIFE USA National championship an unprecedented six times, with previous wins coming in 1994, 1995, 1996, 1997, 2002 and 2007. La Sierra University SIFE also won the World Cup in 2002 in Amsterdam, and 2007 in New York City.

Senior executives from some of the country's largest companies evaluated the presentations throughout the U.S. competition. More than 80 corporate leaders registered to judge the competition's Four-Year Division Final Round on May 12, including Doug Conant, president and chief executive officer of Campbell Soup Co. and SIFE's outgoing board chairman, Bill Hickey, president and chief executive officer of Sealed Air Corp. and Shaun Kelly, vice chairman-tax, KPMG LLP. Joel Conner, Bellisio Foods chairman and chief executive officer, and a SIFE competition judge, will succeed Conant as SIFE board chairman.

Highlighting this year's U.S. competition for La Sierra was the induction of Heather Miller, LSU SIFE Faculty Fellow (advisor), into the organization's Students In Free Enterprise Hall of Fame. She's the second LSU representative inducted by the international business organization. In May 2007 SIFE inducted Thomas, La Sierra's business school dean.

Additionally, La Sierra's SIFE team walked away from opening ceremonies with two awards in Individual Topics competitions. The team placed first and won \$3,000 in the business ethics category, besting rivals Flagler College and East Central University in Ada, Okla. They also took second place and \$2,000 in the environmental sustainability category. Syracuse University and Oregon State University won first and third places.

La Sierra's SIFE team engaged in a number of ongoing and new projects aimed at populations in Thailand, Ethiopia, the United States and other parts of the globe. This past school year, the 38-member team logged 3,532 hours of service impacting 5,231 individuals.



student work brought to life

BY NOELLE MONTGOMERY

The Festival of Original Works took place on the last Saturday and Sunday of May in Matheson Chapel. Unlike Festival of One Acts, which gives students a chance to direct plays written by established writers, the Festival of Original Works is meant to celebrate the work original work of students, faculty, and contributors. It gives participants a chance to stage and screen their own works. Plays and films were given a time limit of ten minutes and this year's theme was global warming.

Students were encouraged to take different approaches to portray the idea of global warming in their work. This year the festival featured over ten plays and short films. Each work offered a unique take on the subject of global warming.

"Farewell, My Layer" was one of the films screened on Saturday and was directed by Priscilla Santos. "Farewell, My Layer" is a silent, black and white parody that centers around a man named Earth who is madly in love with a woman named Ozone.

When Ozone runs away with the villain Toxin Smog, Earth must enlist the help of his friend Hybrid to win her back.

Santos, a long time lover of silent films, says that she was taking a "subtly blunt" approach when filming "Farewell, My Layer". "Truth is, people can only take so much of

hearing about global warming", says Santos, "we are always reminded about it by the news, so I wanted to make [the film] seem light, but still get a message across."

"One Hot Night in Frisco", was one of the plays staged. It was written and directed by Kendra Nicole Kravig. "Frisco" features a husband and wife who are staying in a hotel in San Francisco. Before going to bed, the couple turns on the TV and sees a special report on global warming. After watching the report, the couple goes to bed. The husband falls asleep but the wife is unable to go to sleep because of the heat. She wakes her husband and asks him to open the window. When the husband opens the window, he hears two men across the street yelling at each other. For the rest of the night the couple alternates between opening and closing the window and is disturbed by the sounds of the street outside.

Elba Vasquez, a student at La Sierra University attended the festival on Saturday night. "I think that the festival went pretty well," says Vasquez, "it showed the students' creativity."

LOCKS OF LOVE donations with heart

On May 31, 2009, La Sierra University student's took the leap and donated their hair to Locks of Love, providing much-needed assistance to kids who suffer hair loss due to illness.



God Looks In

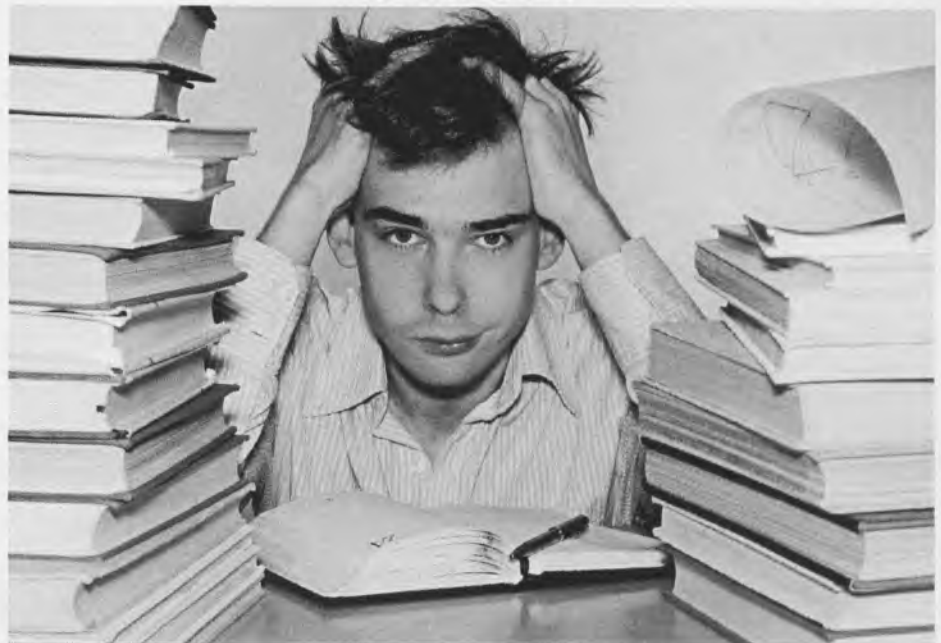
Growing up my favorite book in the bible was Ephesians. I loved reading it because of its references to the behaviors of children. It all started when I got into trouble with something that displeased my parents. My mother told me to go to my room, pray and reflect on my behavior. Then she suggested that I open up the book of Ephesians and identify what it says about children. Before this moment the words of the bible never seemed to apply to me personally. It was after reading Ephesians when I realized that the bible does not just relate to everyone in general, but it applies to me specifically.

As I got older, I read different verses that had more of an impact on my life. Scripture became more personal and so did my connection with its words. Now that I am an adult and mother, I no longer have a favorite book of the bible because all the books relate to my life in some way. However, I do have a favorite verse. Proverbs 31:30 states "Charm is deceptive and beauty will fade but a woman who fears the Lord shall be praised." I love this verse because of its truth and reality.

Many people put too much emphasis on their outer appearance or their popularity that they neglect doing what please their Lord. I know because I am guilty of doing this. That is why Proverbs 31:30 is my favorite verse. It's my daily reminder of how a woman of the Lord should be. I need to put less emphasis on my appearance or relationships and put more emphasis into pleasing my Lord. This verse can inspire anyone because it applies to all people.

BY HEATHER CORONA

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Criterion

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