

COYOTE *express*

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The Protected Among Us

By Jone Haslam,
Green Editor

Nestled in a beautiful valley overlooking Rancho San Diego and part of the Sweetwater River Watershed, Cuyamaca College was first developed and opened in 1978. In the early nineties, CC proposed a new fitness and Exercise Sciences complex which was dedicated in 1995. In order to develop almost twenty acres of campus land, an environmental impact study had to be conducted.

Due to the study's findings, almost 50 acres of land were set aside as a biological preserve to protect three species found here. While not Endangered, these "Species of Special Concern" are protected by the Department of Fish and Game.

The largest portion of this biological preserve includes the hills behind the campus and is an area of "Coastal Sage Scrub." Two of the species that enjoy this environment are the California Gnatcatcher and the California Horned Lizard.



Photo courtesy of: Scott Streit

California Gnatcatcher (*Poliptila californica*)

Found in the coastal sage scrub areas of the county, the California Gnatcatcher's environment is endangered due to suburban development. This small grey bird generally prefers

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How to Stress Less

By, Kathleen Spencer,
Connections Editor

Stress is a fact of modern life, and becomes distracting as it interferes with perceptions of and reactions to the natural ebb and flow of daily existence.

There is no shortage of information dealing with how to reduce stress. From self-help books to helpful pamphlets prepared by your health insurance provider—stress, like weight control, is big business. But some of the best advice on coping with stress requires no monetary expenditures, just awareness of what causes stress for the individual and conscious effort to modify habits that contribute to its destructive force.

For the Lunchtime Survey, I asked students what caused them stress. Some students claimed to have none — a fact which raised my anxiety level quite a bit. Then, however, I realized these people were a potential goldmine of information on how to avoid stress. One of the most articulate answers came from Katrina Aguilar, a Business Major. She said, "Stress, you put it on yourself. Life, obstacles, school, family and relationships contribute to stress. You can begin to control stress by letting things be as they are while still accomplishing goals. Once you meet difficult goals, you find that the other things fall into place."

This advice seems obvious, but when in the midst of stressful situations, it is easy to forget that we are in the driver's seat. Life is dictated by the path we take, not by random destiny acting upon us. Just remembering that we are ultimately in control over our experience is a way to relieve some of the stresses we believe are caused by others.

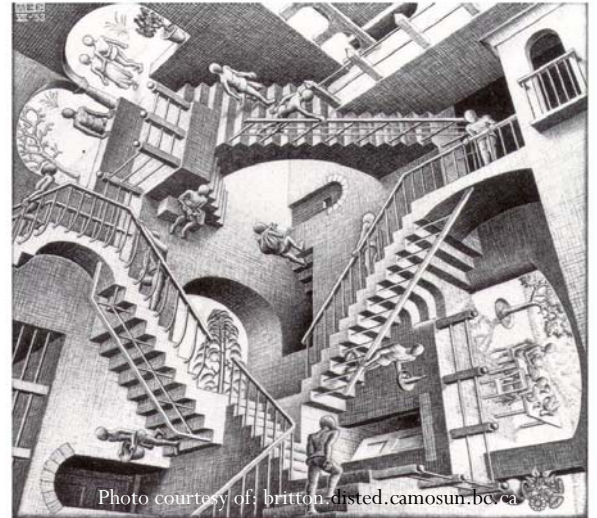


Photo courtesy of: britton.disted.camosun.bv.ca

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Athlete Profiles

By Jessie-Leigh DuBord, Sports Editor

Kirsten Drake – Track And Field

Kirsten Drake, an Art Major, has accomplished much at Cuyamaca. A pole-vaulter and hurdler, Drake believes that being on the track and field team helps her to stay focused on her goals, which include transferring to State to complete her Art degree.

Drake says, “Competing definitely helps me stay focused. It forces me to stay in the classes that I don't really care for, and it gives me a reason to do well in them. That, and it is a wonderful outlet for stress on those days before midterms and finals!”

To relieve the pressures of school, Drake goes to practice where the coaches and other team members help her to de-stress and improve her performance.

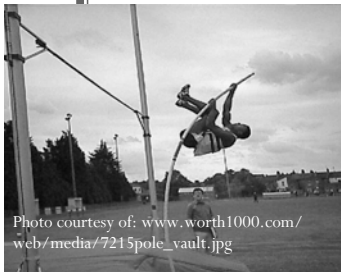


Photo courtesy of: www.worth1000.com/web/media/7215pole_vault.jpg

Drake says that track is perfect for someone like her who loves to compete, loves to be outdoors, and wants the feeling of being part of one big family.

Jenny Blair – Tennis

Jenny Blair, currently a Freshman here at Cuyamaca, is considering a career in physical therapy. A Tennis player since high school, Blair says, “Tennis is the most fun sport and almost anybody can play.”

Tennis also helps Blair keep on track with school. She says, “If I wasn't a part of the Tennis team, I'd probably dislike school and have very few friends.” With the demanding workouts and consistent reminders to keep her grades up, Tennis has been a great activity for Blair. New to college, Blair believes she has made it this far because of the encouragement from her teammates and coach.

Blair has an energetic and fun-loving spirit that helps her to excel in Tennis, a sport that demands a lot of energy.



Photo Courtesy www.mda.edu/

Kurtis Smith – Basketball

Kurtis Smith, Business Major, a member of the CC Basketball team, has been playing basketball since elementary school. “In the beginning, I chose Basketball because it was what my friends did,” Smith says. However, love of the sport soon consumed him.

He finds it challenging to keep up with both Basketball and Track practices, but he enjoys the challenge. He likes team sports because he gets the support for his studies he wouldn't otherwise get. By the time he is finished here at CC, he would like to have a scholarship to SDSU and be an accomplished basketball player.



Photo Courtesy of www.cuyamaca.net

Protected

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open sage scrub, especially those areas featuring California sagebrush. The hillsides behind and beside the campus usually provide a suitable environment for the species. While fire in the fall of 2004 temporarily compromised some of this habitat, the area continues to revitalize itself.

Coast Horned Lizard (*Phrynosoma coronatum*)



© Martha Lindl

Its toad-like flat body and large crown of spines have earned this reptile the

nickname “Horny Toad.” Almost prehistoric in appearance, it lives in open areas of sandy soil and low vegetation and can frequently be found near ant colonies. If you've ever seen one, you'll never forget it.

Another protected area of campus is the “Riparian Environment” located near the Fury Road entrance. Here, a small stream flows to empty into the larger Sweetwater River located across Jamacha Road. This environment is home to:

Least Bell's Vireo (*Vireo bellii pusillus*)

Historically, the Least Bell's Vireo was common in lowland riparian habitats. Least Bell's Vireos are migratory birds that winter in southern Baja California, Mexico. These birds begin returning to Southern California

breeding sites in mid- to late-March. During this time, they are found in willow-dominated riparian areas — of which CC's little creek is a perfect example.



Photo courtesy of: www.mtrp.org

These protected biological preserve areas are accessible to all members of the campus community. For students experiencing end-of-semester stress, a walk in either of these settings might soothe the overworked intellect and reward the eye with a glimpse of these protected critters. Just remember this motto: “Take nothing but photos, leave nothing but footprints, kill nothing but time.”

CUYAMACA COLLEGE
12th Annual

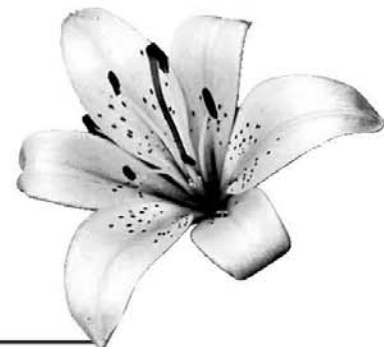
SPRING CAREER & JOB FAIR



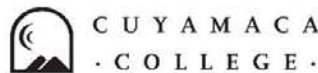
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Plagiarism Bites Ben

By Dan Uhl,
Online Political Editor

Lemme' tell ya'all a story 'bout a man named Ben . . .

Students are taught from an early age that plagiarism is wrong, and that those who steal others' work are only sabotaging their own futures. But past plagiarism is like an apple's worm. Once exposed, it renders the fruit unfit. If Hell exists, it is well-populated with those who appropriate the work of others to advance their own interests. And payment on earth often comes in the form of a ruined career.

Some students might erroneously believe if they aren't initially exposed as plagiarists, that they are home free. For them, no better example of the perils of this odious practice exists than the recent Ben Domenech saga.

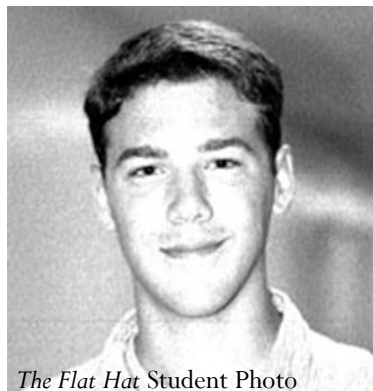
Ben, a founding member of the conservative website RedState.com, was chosen by the *Washington Post's* executive editors to head their new conservative blog, Red America. His initial posting on the new site, entitled "Pachyderms in the Mist: Red America and the MSM [mainstream media]", boldly asserted that, "This is a blog for the majority of Americans." It was comprised of warmed-over republican spin and, according to Ben, a description of conservative political correctness which seemed little more than a negative response to the liberal version:

"Any red-blooded American conservative, even those who hold a dim view of Patrick Swayze's acting 'talent,' knows a Red Dawn reference. For all the talk of left wing cultural political correctness, the right has such things, too (DO shop at Wal-Mart, DON'T buy gas from Citgo). But in the progressive halls of the mainstream media, such things prompt little or no recognition. For the MSM, Dan Rather is just another

TV anchor, France is just another country and Red Dawn is just another cheesy throwaway Sunday afternoon movie." He ended this flagship post with a restatement of his opening line: "Red America's citizens are the political majority. They're here to stay. It's time to start paying attention to what they believe and why."

The majority of the *Washington Post's* on-line readers were left scratching their collective noggins at the Post's decision. Having just announced a major lay-off of their reportorial staff, readers were curious as to why the newspaper's editors were both dismissing seasoned reporters and hiring a relative political neophyte to present purely partisan opinion, and with no counter-balancing liberal perspective. James Brady, executive editor for the Post, stated that the Red America blog was in response to conservative critics of two of the Post's reporters, Daniel Froomkin, and Dana Milbank, who had offended them by being overly critical (in their view) of the Bush Administration.

Not satisfied with Mr. Brady's explanation of the situation, the Post's readership began digging into brave Ben's past both as a partner in the RedState blog, and his previous writings as a college student. They discovered that as a frequent poster at RedState.com under the nickname Augustine, his august intelligence produced such gems of conservative wit and wisdom as:



The Flat Hat Student Photo

"Al Gore can suck it." [2/4/02]

"I believe this war will take longer than the pundits were saying beforehand, but I also don't think we're going to be forced into a long door-by-door campaign in Bagh-

dad." [3/30/03]

And this comment after the services for

Coretta Scott King:

"The President visits the funeral of a communist And phones in a message to the [anti-abortion] March for Life I think we [conservatives] can get a little pissed about this."

In response to NARAL President Kate



Michelman's statement that, "I faced a crisis pregnancy after having three children, and I didn't need anyone to show me a sonogram to inform me that my pregnancy would result in giving birth to a person." Ben opined, "How about the fact that having an abortion would result in the death of a person, Kate? Did you need a sonogram to remember that?" [2/2/02]

Bloggers from both sides of the political fence reacted predictably to this new site's representative; the left-wing bloggers' search for truly damning evidence against Ben intensified, and the right-wing blogosphere stood to defend him.

A few days later, the first example of plagiarism surfaced, and the terrain began to shift.

Oregon Guy, a contributor to the Daily Kos website, posted on March 23 the first instance of Ben's plagiarism. He provided a link to an editorial "written" by Ben Domenech while attending William and Mary college. He notes that "Virtually identical text was written and published by the noted conservative humorist, P.J. O'Rourke in his

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Lectures from a Rotten Soapbox: Division of Blessings



By I.R. Baghead,
Cultural Spelunker

The bright tongues of flame light up the faces of those surrounding the burning cloth. Stars and

stripes, waving around in the air on the end of a pole, collapse under the voracious appetite of the fire. A cheer goes up from the crowd of Americans proudly exercising the right they believe is protected by the First Amend-

ment to their Constitution.

Groups of Americans have played out this scenario for many reasons: to protest a war, to publicly distance themselves from some political policy or personality, or even to declare dissatisfaction with election results. Those who burn the flag know that the act will bring attention to their cause. But is it really the kind of attention they want?

In the summer of 2005, an amendment

passed the House of Representatives that would have

allowed Congress the power to outlaw “desecration” of the flag, citing the Stars and Stripes as a revered symbol of our na-

(Continued on page 6)



Photo Courtesy of www.politicalnews.org

Stress Less

(Continued from page 1)

In *College & Career Success*, a textbook used in Personal Development and Counseling 124 — a required course for some transfer students — stress is covered in depth. The following is a list of suggestions for stress management from the author of that text, Cuyamaca Counselor Marsha Fralick.

- A. Manage your time and organize your things.
- B. Don't spread yourself too thin.
- C. Learn to say "no."
- D. Cultivate friends as well as contacts.
- E. Participate in at least one extracurricular activity.
- F. Do something fun every day.
- G. Exercise regularly.

- H. Eat sensibly.
- I. Get enough sleep.
- J. Learn to relax.

One of the easiest ways of reducing tension in the heat of the moment is to simply take a deep breath and let it out slowly. According to my-sankalpa.com/pranayama.htm "Breathing properly can ease tension and promote calmness. When we are stressed or anxious, we breathe more rapidly, using only the upper part of the chest."

When dealing with my own children, I often employ a technique learned through cognitive depression classes offered by my

insurance carrier. I ask them, "What is the worst thing that can happen?" This helps when stress is caused by unreasonable expectations of possible outcomes. When we consider what



the actual repercussions are compared to what we initially assume will happen, we can better gauge our actions and responses for different situations.

All in all, stress is a natural part of the human condition. It can be a destructive force, or it can be managed through a

variety of well known techniques. How will you deal stress when it becomes overwhelming?

Lunchtime Survey: “What causes you stress?”

Conducted by Kathleen Spencer, Connections Editor

“Too much homework when I don’t have enough time because I work, and I’m a full-time student.”
Tayvanh Phaysy,
Undecided Major

"Family issues, getting ready for a test, grades, and friends."
Robert Quihuis,
International Business Major

"School, work, lack of money, girls, and more school."
Dave Carl,
Civil Engineering Major

"Homework in general, not getting it done or too much of it."
Katherine Rigby,
History Major

"Battling myself over what is and what should never be."
Kathleen Spencer,
English Major

“Over-committing myself and other people not doing what they say they will do.”
Lyn Neylon,
English/ESL Instructor

Plagiarism

Ben Domenech Resigns

(Continued from page 4)

chapter 'Real Parties' from his book *Modern Manners*, at page 176 and onward."



"In the past 24 hours, we learned of allegations that Ben Domenech plagiarized material that appeared under his

byline in vari-

ous publications prior to Washingtonpost.com contracting with him to write a blog that launched Tuesday.

Right-wing bloggers began to distance themselves from Ben, especially those whom he'd worked with in his former position as an editor with the conservative publisher, Regnery. While his allies at RedState continued to support him, the rest of the blogosphere, Right and Left, condemned his past actions - and to their credit, many of his past associates on the Right became his most-vocal critics, showing that the issue of intellectual theft was one on which all could agree.

Later, the entry continues, "Plagiarism is perhaps the most serious offense that a writer can commit or be accused of. Washingtonpost.com will do everything in its power to verify that its news and opinion content is sourced completely and accurately at all times."

Evidence of Ben's unacknowledged appropriation of others' work created a situation in which the *Washington Post* was caught flat-footed for not having properly vetted the young thief, and college newspaper, *The Flat Hat*, weighed in with additional examples. From the website of William and Mary College's school paper:

The posting by Jim Brady Executive Editor of Washingtonpost.com offers this reassurance, as well: "We also remain committed to representing a broad spectrum of ideas and ideologies in our Opinions area."

"Former Washingtonpost.com blogger Ben Domenech wrote 35 articles for *The Flat Hat* while he was a student at the College. There are 10 articles that are similar to pieces by other authors, including three new instances discovered by *The Flat Hat*."

Ben Domenech, posterchild for the perils of plagiarism. Now that he has been exposed, it is safe to assume the administrators of William and Mary will be checking his past work in other fields. The stain on his character is one that he will not soon expunge. Students should consider the lessons of Ben's downfall; plagiarism can tarnish the past, and ruin the future.

The saga of Ben ends a mere week after it began (from the *Washington Post's* Red America website):

Soapbox

(Continued from page 5)

tion's standards and history. This Constitutional modification was an antagonistic response to the 1989 Supreme Court ruling that flag-burning was protected by the First Amendment.

As with a similar attempt in 1995, the amendment failed to pass the Senate, much to the relief of its opposition.

The fight over this issue has created more grief than it's worth. Everyday Americans, normally tolerant and peaceful people, will militantly take sides on this issue whenever it is raised. A quick review of political blogs show pages and pages of overwrought citizens sending idle death threats to those who contest their personal opinions. For some inexplicable reason, this issue rallies people to "war" faster than most other political divisions can.

Defenders of the First Amendment (and consequently the Constitution), as this group considers themselves to be, believe that no freedom should ever be removed from the American people. The soldiers fighting for the flag inherently fight also for the right to burn that flag as a freedom. Most of the supporters of this mindset would never

personally burn a flag, but do defend the liberty for the purpose of keeping America free.

Upholding the traditional reverence for the symbolism of the flag, the other side believes that flag burning is a weighty insult to



all who fought for it. They believe the message sent by a flag burning is equivalent to that of graffiti on national monuments.

This polarizing issue always grinds someone's ideological beliefs into the dirt. It's a

zero-sum game that no one wins. Neither side can ever reach a victory because their opponents will never accept the other position as tenable.

Unfortunately, the argument is so well divided that the "offended losers" will still represent half of the American population. Who can stop this cycle of frustration?

You can.

You, as the decision maker, can propose to not start a fight, no matter which side you're on.



For the "traditional reverence" side (who view the flag as representative of all things American), don't be insulted every time some kid tries to make a statement. When you see a flag

burnt, you want to believe that the burner is attacking the integ-

(Continued on page 10)

Slither: A Mainstream Film With A B-Movie Heart

By Tom Thurman,
Production Assistant

Every small town has its own quirks and idiosyncrasies. A relatively small cadre of residents doesn't allow for much diversity, but does create great opportunities for drama and infighting as "information" travels quickly. In literature and movies there is usually something sinister that underlies the perceived idyllic nature of small towns. In some cases it's murderers or vampires; in this case it is space slugs.

Yes, space slugs. A meteorite crashes through the atmosphere and breaks up down to an apparently harmless basketball-sized chunk of rock. Once landed, the rock cracks open and a grubby looking creature crawls out. The richest man in town (who has a wonderfully hick name) Grant Grant (Michael Rooker), stumbles upon the creature while on the verge of engaging in an illicit affair with a feminine companion. Being a character in a horror movie, Grant does the only intelligent thing: he pokes it with a stick. Unsurprisingly, he is shot with a little barb and is infected with a new alien lifeform. Grant begins to undergo a transformation into a repulsive, tentacled, octopus thing. As the alien takes him over, he develops a penchant for raw meat and animals, and eventually 'mates' with the woman he was with when he first encountered the alien.

Eventually Grant attacks his wife, Starla (Elizabeth Banks), who is saved by the roguishly gallant Sheriff Bill Pardy (Nathan Fillion).



Alerted to the monstrous presence in their midst, the Sheriff and his posse, which now includes the town mayor, Jack MacReady (Gregg Henry), track the former Grant to an abandoned barn where they are summarily attacked by a swarm of slugs hell-bent on crawling down your throat and turning you into a mindless zombie who yells "Starla!".

As the town is overrun by the slugs, the original monster hunting party is nearly wiped out. A new small band led by Pardy, and backed up by Starla, Mayor MacReady, and the young Kylie, fight back, trying to stop the alien menace from wiping them out entirely.

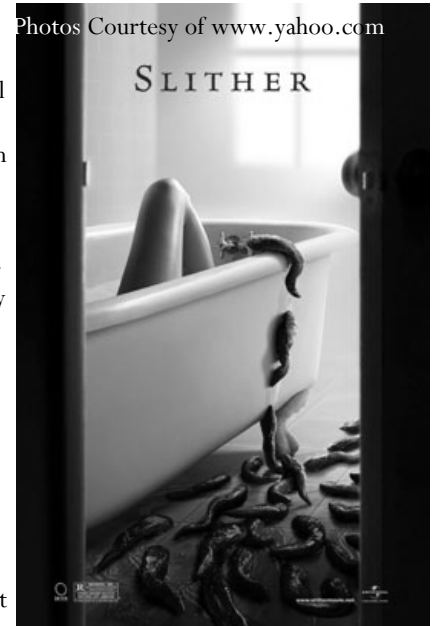
Slither is written and directed by James Gunn, who is known in the mainstream for having written both *Scooby-Doo* movies as well as the remake of *Dawn of the Dead*. But in cult movie circles, he is hailed for his work with Troma on such classics as *Tromeo & Juliet* and *Terror Firmer*.

Slither is remarkably well put together: it's a mainstream movie with a b-movie heart. The movie is campy, but witty. The dialogue is never allowed to get too intelligent, which is appropriate considering that it is set in a fairly rustic small town. That doesn't mean it ever drags or isn't humorous; quite the opposite. This horror/comedy will keep you laughing at the absurdity of the situations.

The cast is led by Nathan Fillion, who is probably still best known for his role on *Firefly* and *Serenity* as Capt. Malcolm 'Mal' Reynolds. The accent Fillion had as Mal seems to be thicker, and seems very natural. I almost thought it was his natural accent, until I remembered he was Canadian and that I have heard him speak without it. The rest of the cast fill out their roles nicely, being as strange and over-the-top as the script needs them to be, while maintaining a certain believability. The characters reactions are about as natural as they can be, given the situation they are in. But they are just seasoned the perfect amount with humor.

Rating: 3.5

Photos Courtesy of www.yahoo.com



The Thurman Scale

- 0 - I would rather see a Shyamalan movie
- 1 - I want my time and money back
- 2 - I've seen better, then again I have seen so much worse
- 3 - Worth seeing at least once
- 4 - Make sure you see this movie
- 5 - Sell your soul to see the this movie

Book Review:

Bad Childhood — Good Life

By Nicole Renee Woodruff,
Literary Editor

Have you ever gone to therapy to learn why you do the stupid things you do only to receive psycho-babble? Perhaps *Bad Childhood—Good Life* by Dr. Laura Schlessinger will provide the answers you've been searching for.

True, she is known for being a bit harsh on the radio, but don't let her reputation for caustic commentary turn you off.

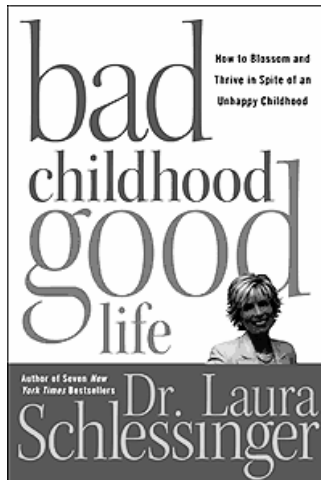
In her book, Schlessinger interweaves examples of calls and letters to her radio talk-show with practical advice on how to pull your life together from the rubble of a bad childhood. "When I would ask an individual to speculate on some decision, reaction, or action," writes Schlessinger of her days as a therapist, "It was typical to hear, "low self-esteem . . . from abuse," "confusion . . . from abuse," "fears . . . from abuse," "reflexive emotions . . . from abuse," and so forth. And *that* would be where their insight would stop dead."

She speaks against the path most therapist pursue towards "closure", and asserts that, "Generally, going back over and over the memories of trauma will likely get you sicker and sicker."

She is not for the idea of confronting everyone who has ever hurt you and rehashing past perceived injustices until "closure" happens.

Instead, she offers alternatives to gain closure within one's self. "Too many of you have come to believe that you can't have a Good Life until you learn to love yourself," she writes. "My opinion is that this concept, while incredibly popular, is totally wrong." She believes that how an individual feels about him/herself is irrelevant in the great scheme of things; healthy self-esteem comes from focusing outside one's self and one's problems. What matters is finding the "grit" to move on.

In the postscript, Schlessinger offers personal insights gained from working on her own issues resultant from being raised by two difficult and unhappy parents.



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Profiles in Diversity: Stacy Lawson

By: Nicole Renee Woodruff, Literary Editor

Stacy Lawson (now Stacy Savka), is a deaf student who attended classes at Cuyamaca College. She managed in classes with the assistance of two interpreters who signed lectures and comments from other students. When Stacy participated in class, the interpreters would then speak her comments and questions.

She became deaf at 23 months when afflicted with Spinal Meningitis. "Stacey was a fabulous student," Mary Graham, Lawson's English Instructor said. "I very much enjoyed working with her."

When asked if she had to make any adjustments for deaf students like Lawson, Graham explained, "Yes, I did. I have a very bad habit of starting a sentence and stopping halfway through and changing my thought. This is bad for all students, but especially bad for a student who is watching an interpreter and trying to put ideas together. I learned to be careful not to do that, which was good for everyone in my classes – not just Stacey."

Graham said there were other benefits to having Stacey in class as well. "I also learned to speak more slowly, so I never got ahead of the interpreters. And I learned to wait longer for students responses when I asked questions. Stacey would get the information slightly after I gave it, so I learned to wait to see if she had any questions before I moved on. This, too, was good for all my students because people sometimes need time to formulate questions. Having Stacey in my class made me a better teacher."

Lawson last attended Cuyamaca in the spring of 2003, but had to drop out in the middle of the semester to take care of her mother, who was ill. Now 35, Stacy and her husband Craig Savka (who is also deaf), 40, live in Greenville, Wisconsin and have two children, Arley, 9, and Victoria Joy, 15-months. Both children can hear.

When asked if her lack of hearing has presented any challenges to motherhood, she explains, "I have a crying signal that lets me know if baby cries. It is flashing light." When asked how old her son Arley was when he figured out that she was deaf, Lawson said, "I am not too sure. I never thought about that. He can sign with me. He learned to use sign language when he was eleven months old."

Craig is able to speak and hear some things with the help of hearing aids, but he and Arley also communicate in American Sign Language. "Arley can speak," Stacy said. "He knows three languages: American Sign Language, English, and Spanish."

When asked if she planned on returning to college where she lived, Stacy said: "Right now I have a baby girl, so that keeps me so busy every day. The typical day is washing the clothes, doing the chores, taking care of a baby, cooking, baking, taking care of a boy, and many other things."



Music Edge

Katatonian: The Great Cold Distance

By Steve Lenox, Music Editor

Photos Courtesy of www.katatonian.com



Three years removed from 2003's landmark album of the decade, *Viva Emptiness*, Katatonian crawl back into the cold, empty space that only they inhabit. In *The Great Cold Distance*, claustrophobia and guilt are tossed about in the same manner as *Viva Emptiness*, but with a little more blunt force and more of the usual soft/harsh dynamics the band is renowned for.

As with *Viva Emptiness*, Katatonian continues to explore more of the textured format of songs. The album is full of clean channel guitar work usually supplanted by a heavily distorted pre-chorus and chorus section. Although this formula

was often standard operating procedure in nu-metal, Katatonian works on a much darker level, with a foreboding sense of gloominess and climax.

Of the 12 tracks, "Soil's Song", "My Twin", and "July" emerge as the real emotional torchbearers — the ones strong enough to incite introspection and wrist-slitting. The haunting verse section of "Soil's Song" shows further strides in both dynamic and harmonic development, while "My Twin" proves to be a formidable leadoff single.

Elsewhere, "Follower" is an impatient, almost sprawling cut with one of vocalist Jonas Renske's more memorable choruses, while "The Itch" ups the ante in terms of intensity, with drummer Daniel Liljekvist turning in yet another head-spinning effort, banging away with reckless and brutish abandon.



The Great Cold Distance will take time to fully enjoy, to savor, in the same way *Last Fair Deal Gone Down* and *Viva Emptiness* took. The concerted and delicate nature of Katatonian's compositions warrants listening without distraction so the massive web of sounds and emotions can be disentangled. With *The Great Cold Distance*, Katatonian continues to build barriers and shatter some, too. This is music too brilliant not to be heard and worshipped.

Rating 4.5/5



(Book Review continued from page 8)

She describes her father as having been "a very difficult, compulsive, critical, and argumentative guy." The dialogue between them is the highlight of the book.

She recalls asking him, "Do you love me, and have you ever been proud of what I've done with my life?" in hopes of obtaining closure. "I remember the moment, thinking that his answer would change a lifetime of anguish and instantly transform me into a more peaceful and happy person," she said. "He looked at me calmly and simply said, 'Yes'." Unfortunately, this statement provided no release. "I waited, as one does for the thunder after the lightning strikes, for something magical to happen to me. I should have been happy or satisfied or something. Absolutely nothing happened. I excused myself and walked out into the backyard and paced around his pool. I was trying to figure out why I was not moved."

It becomes clear that her drive originated from a desire to please her dad. "I can look at his impact on me as both positive — I worked extremely hard to do something of value — and negative — I found it extremely difficult to enjoy my successes."

This book reveals a great deal about the genesis of Schlessinger's rough-and-ready style of therapy. Public opinions will undoubtedly vary on this therapist, but the book is a good read if you like self-help books for the sake of actually being helped.

Other works by Dr. Laura include: *Proper Care and Feeding of Husbands*, *How Could You Do That?*, *Ten Stupid Things Women Do to Mess up Their Lives*, *Ten Stupid Things Men do that Mess up Their Lives*, *Ten Stupid Things Couples do to Mess Up Their Relationships*, *Ten Things Parents Do to Mess Up Their Kids*.



Photo courtesy of:
<http://1radiosquare.com/drlaura.html>

Soapbox

(Continued from page 6)

city of America itself. Understand that the act of burning a flag is only a vehicle for communicating some other message. Take the time to consider the message being sent. Try to interpret and understand the other side before you jump to judgment. You need to value your American counterpart's need for feeling free.

For the freedom/Constitution side, remember that the flag represents more than the government. Consider the way a message you are sending is going to be received and interpreted. Know that you will be considered an expatriate and an outlaw by some. Be slow to move to the extreme of burning a flag; it is not the only exercise of freedom of speech. Never burn a flag "because I can." Never burn a flag to protest flag burning laws; it only damns your cause in the minds of American voters. Once you've distanced your principles from "patriotic America" (by burning a flag), understand that your cause loses legitimacy among "patriotic Americans", even among those who support the right to burn the flag. You need to respect how valuable the symbolism is to your reverent contender.

Both sides need to step outside of their preset and narrow mental frameworks to consider a change of perspective.

We live in a society that demands everything be instant. We think we learn what the whole world is all about in five minutes watching the news. Do we really have time to consider the meanings behind the statements well enough to judge them?

Every form of communication (specifically our freedoms of speech) involves two different occurrences. One, the initiator sends the message through whatever vehicle he or she deems appropriate. For example, flag burning to announce dissatisfaction with the federal administration. The message the sender intended was pro-American, but anti-administration. The second part of communication is receiving. The family watching TV sees the American flag "insulted" and decodes the message to have been one of anti-American dissent, comparing it to that of foreign rioters swearing the destruction of the Western world because the five minute news statement makes the connection between the two logical. One message sent; one completely different message received.



Consider your end of the communication — regardless of the end you are on.

Winston Churchill said, "The inherent vice of capitalism is the uneven division of blessings." The same is true for Democracy: someone is going to be on the short end of any "settlement," especially on such a black and white issue as this. Remember that you do control who is offended and to what extent, and remember that your opponents are still your American brothers and sisters. Is this the one battle in which you will choose to claim your share of the "divisions of blessings"?

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