

# 'Guys and Dolls' A Retro Delight

By Shatiqua Purifoy  
Staff Writer

High school students demonstrated their maturity during Friday night's outstanding performance of "Guys and Dolls" at Cal State Hayward.

Castro Valley High School seniors Andres Enriquez, who played Nathan Detroit, and Kevin Gundred, who played Sky Masterson, were definitely crowd pleasers.

The production is part of the Highland Summer Theatre Program at CSUH, which combines high school and college students in a number of plays throughout the summer.

The Broadway musical, which was later made into a film starring Marlon Brando and Frank Sinatra, takes place in New York's Times Square, in the late '40s.

The story is about two gamblers, Detroit and Masterson, who put a wager on a "doll," another word for a woman.

Detroit, who happens to be celebrating the 14-year anniversary of his engagement to his love interest, Miss Adelaide, runs an underground crap game and needs money to hold a spot for this week's competition.

Masterson, a wealthy gambler

who never turns down a good bet, challenges Detroit that "all dolls are the same" and he could easily take any "doll" he wanted to Havana.

Masterson realizes that he may have made a sucker's bet when he finds out that the "doll" he must woo is a sergeant at the Save-A-Soul Mission.

Friday night's performance was a show of perfect casting and exciting and colorful costumes.

If it weren't for their baby faces, the audience might not realize that the majority of the cast were high school students.

Gundred, as Masterson, ex-

uded the perfect amount of sly humor to charm the audience.

Gundred's classmate Enriquez played the part of Detroit equally well. He added a kind of innocence, as well as a comical touch, to his character that easily won over the crowd.

One of the best parts of the production were the outfits. The wardrobe was reminiscent of the late '40s, early '50s time period the play is set in. Hot pink socks, plaid suit jackets, wing-tip shoes, leotards and Capri pants are some of the costume accessories that brought the play to life, not that the cast needed it. The energetic performance was

surely enough to keep the audience entertained.

Another high point was the singing. Robert Jerome Pagan, who played Nicely-Nicely Johnson, one of Detroit's gambling cronies, belted out an electric performance of "Sit Down, You're Rockin' the Boat."

The ensemble did an excellent job of backing up the main characters and not merely taking up space. Their dance numbers simply added to the energy of the production.

The microphones could have been turned up a notch since some of the words in the songs were a little hard to hear at times,

and the lyrics were too cute to miss, like "Adelaide's Lament."

This charming anecdote describes how her lack of commitment by her fiancé of 14 years, Detroit, can cause her to "develop a cold," which turns worse and worse with each postponement of their wedding plans.

Aside from the bland sets, and the volume being too low on the microphones, the performance, directed by Marianna Wolff and intended for late CSUH professor Edgardo dela Cruz, definitely gets two thumbs up. Nicely, nicely done.

# Bikram Yoga Helps Teacher Avoid Hip Replacement Surgery

By Michelle Morales  
Staff Writer

When Paula Mickler was diagnosed with a hereditary condition affecting her hip joint and was in chronic pain, she turned to an unusual form of treatment: Bikram yoga.

"I felt a difference after the first session," said Mickler, 49, a registered nurse. "For the first time in years, I didn't have pain. It was a beautiful thing."

Mickler is not only pain-free, but such a believer in the lesser known style of yoga that now she teaches it.

"I became an instructor to share all the information with people that have the same issues as I do," said the Burlingame instructor, who has so far managed to avoid surgery, the conventional approach to her condition. "I so strongly believe in it."

Bikram yoga is a sequence of 26 postures practiced in a room that is a minimum of 100 degrees. The series of postures is specifically designed to work out the spine.

Mickler is not only pain-free but has managed to avoid hip replacement surgery. She says she owes it all to Bikram yoga.

Mickler was diagnosed as a child with bilateral hip dysplasia, a hereditary condition that she's had her entire life. Dysplasia is the abnormal development or growth of tissues in organs or cells. In this case, the dysplasia was in Mickler's ball and socket hip joint.

The ball joint, the top of her leg that rolls around inside the socket or hip joint, had grown oval. Since the socket joint is round, it did not have enough room to roll around, causing some of the cartilage to be worn away and leaving Mickler in chronic pain. To complicate matters further, Mickler had arthritis.

About four years ago, Mickler happened to be taking classes across the street from a Bikram yoga studio. After a few months, she decided it was something she wanted to try.

Mickler continued practicing the Bikram yoga and soon after her doctor noticed something remarkable. Since starting the Bikram yoga, he realized, her joints stopped deteriorating.

According to Mickler, her doctor now recommends yoga to all his patients before considering surgery.

Mickler admits that she can't attribute everything to just Bikram yoga since she has never tried other forms of yoga.

But, she said, "I really think it's the heat and the stretching. I can do positions in the heat that I know I can't do in a cold room."

Yoga is a Hindu discipline with a purpose: to join the individual spirit with the universal soul through exercise and meditation. According to the Bikram yoga Web site, yoga is one of six classic philosophies that date back more than 5,000 years.

There are four classes of yoga that are progressive in nature. They are Karma yoga, based

on righteous acts and actions; Bhakti yoga, based on devotion; Raja yoga, based on meditation and Jnana yoga, based on inner wisdom or enlightenment.

Hatha yoga, the most popular form of yoga in the Western world, is part of the Raja yoga training. It stresses the mastery of the physical body as a gateway to attaining spiritual perfection. Bikram yoga is based on Hatha yoga.

This isn't the first time Bikram yoga has been attributed to curing diseases or physical conditions. A visit to Bikram's Web site ([www.bikramyoga.com](http://www.bikramyoga.com)) leads to other testimonials.

The testimonials are from students who credit Bikram yoga for curing their conditions. The Web site is broken down by physiological parts of the body, such as respiratory, cardiovascular, skeletal and reproductive.

"I'm so happy that I wandered into that studio," said Mickler. "It has changed my life."

# Hayward Zucchini Festival A Blessing for Recall Advocates

By Edwin Okongo  
Staff Writer

Advocates of the effort to recall mayor Roberta Cooper took advantage of the high turnout at the Hayward Zucchini Festival to collect more signatures than they have in any two-day period.

The 18 volunteers onsite collected 800 signatures on both days of last weekend's festival, bringing the total number to 2,000 as of Wednesday.

"The only number that matters to me is 9,936" said Jason Moreno, one of the volunteers.

By law, recall advocates must collect 20 percent or 9,936 of the 48,179 registered voters in Hayward to put the recall on the ballot. If recall supporters beat the November 22 deadline, a recall election will be scheduled for 2005.

In addition to a recall information booth at the festival, organizers placed volunteers at every entrance and exit to Kennedy Park, where the festival takes place every year. There were also more volunteers roaming the park and soliciting festival attendees for signatures, according to Harry Bruno, the man spearheading the recall attempt.

"This festival is good for our effort," said Bruno.

Bruno said he was optimistic that supporters of the recall would gather all the signatures needed by the dead-

line. Volunteers are scheduled to attend all public gatherings in Hayward this summer to gather signatures, he said.

"Our campaign will also take a new phase by going door to door," said Bruno.

In June, a petition to recall Cooper was formally presented to the city clerk for approval. The notice of intention, signed by 48 Hayward residents, outlined various justifications for initiating an effort to hold a recall election. Among the specific reasons for the recall endeavor are the mayor's and city council's self-prescribed pay raise during the week of September 11 and their handling of former police chief Craig Calhoun's retirement during allegations of misconduct.

In her formal response to the notice of intention, Cooper said: "The recall distorts the truth. It diverts attention from important issues at hand: strategic financial planning for more hard times ahead, business recruitment, safe streets. Say no to recall. Say yes to the city of Hayward's future."

In general, proponents of the recall expressed in the notice of intention an overall dissatisfaction with the performance of the Hayward City Council as a whole. Although Cooper was the only city council official served with a recall petition, there are plans to recall all the city council members, according to Bruno.

# Zucchini Festival Returns to Hayward

By Edwin Okongo  
Staff Writer

If anyone who sampled Roy Tamez's cooking at the Hayward Zucchini Festival went home with a stomach ache, it might be because the local chef marinated chicken zucchini stir-fry with corny jokes to keep people laughing.

Tamez, who has been the festival's demonstration chef for more than five years, was so good last weekend that his audience didn't even realize that he did more talking than cooking. He even managed to sneak in the "F" word but got away with it because most of the men, women and children in attendance were too busy laughing to notice.

He started his zucchini stir-fry exhibition by asking if anyone in the audience knew how many types of zucchini exist. There were several guesses but only Tamez knew the right answer.

"Two is right; cooked and uncooked," he said amid prolonged laughter from the audience.

It was all part of the fun at Hayward's 22nd Annual Zucchini Festival, where thousands of zuc-

chini lovers jammed the veggie fest at Kennedy Park.

Shortly before 3 p.m. on Sunday, Tamez started inviting passersby to the cooking demonstration. People walking by Tamez's booth soon realized that it was going to be a funny cooking show when he followed up his free raffle ticket offer with some jokes about what he was about to start doing.

"I am going to make a mess," he said at the top of his voice. "Or as my ex-wife would say, I am about to make a fool out of myself."

Laughter from the audience attracted more people to the picnic area where Tamez's booth was located.

Tamez called his cooking demonstration the "Fine Art of Cowboy Cooking." Dressed in a white T-shirt, tight blue jeans, cowboy boots and a white cowboy hat, he sealed his cowboy look.

By 3 p.m., there were dozens of people gathered in front of Tamez - some sitting at the table where he was getting ready to chop his ingredients.

The cowboy put on his official Hayward Zucchini Festival apron

and started his cooking show. He announced that he was going to make two zucchini dishes: a zucchini chicken stir-fry and lemon chili zucchini.

Tamez then proceeded to show some safety tips to those aspiring to try his zucchini recipes at home.

"This is the wrong way to use a knife," he said raising his left hand.

His ring finger was missing. He got exactly what he was looking from the spectators: more prolonged laughter. There was no time to ask Tamez how he lost his finger.

He put a frying pan on the stove and picked up two boneless chicken breasts and held them up high for everyone to see.

"These are really nice chicken breasts," he said. "But I have seen a lot of nicer ones here today."

Silence. The audience either did not get the joke or did not like it. For a few seconds, he seemed shocked that his joke did not work, perhaps because it had no zucchini element to it.

After all, the festival features many different ways to cook zucchini, as well as a zucchini-growing contest.

Tamez went straight to the lists of ingredients for his first dish, the prominent one being zucchini, of course. Suddenly, he was back on track.

Then he added 3.5 ounces of garlic-flavored olive oil, a sweet red bell pepper, Worcestershire sauce, mustard and two chicken breasts. Unlike television cooking shows, Tamez cut and sliced all his ingredients in front of the audience, often making fun of his missing finger and sipping a beer.

"He is very funny and entertaining," said Hayward resident Patty Hernandez.

Hernandez has been coming to the festival for the past three years and always stops by to see Tamez's cooking, an institution at the gathering.

Tamez is retired but still works part time at La Imperial Mexican Restaurant in Hayward, which was the sponsor of his cooking demonstration.

When he finished the chicken, Tamez decided to quiz members of the audience to see if they remembered how many ounces of olive oil was needed for the lemon chili zucchini. Although he had mentioned earlier that both dishes needed the same amount



Eat Your Veggies: Breaded zuchinis fried with onions and served hot is a tasty treat known as the "Zucchini Combo."

Photos/ Marie Reyes

of oil, no one remembered.

To give them the answer, he raised his left hand and everyone shouted, "Four."

"I fooled you," said Tamez.

"It's three and a half," he added pointing at the remainder of his missing finger.

# Savvy Consumers Establish Positive Credit Rating Early

By Teresa McUsic  
Knight Ridder

Many people find themselves in a catch-22 when trying to get a loan for the first time. In order to get good interest rates and terms, you need a good credit rating. But to have a good credit rating you need to have a credit history.

Having a good credit history does not necessarily mean that you have to have traditional loans, however.

Here are some other ways to establish a credit history, recommended by the Texas Society of Certified Public Accountants:

- Open a bank account. This is the first step in establishing a financial history. Follow the bank's rules, and be sure you don't overdraw your account. Bank accounts don't create a credit file, but their very existence demonstrates that you have money and can handle it responsibly.

- Put your apartment and utilities in your name. This allows you to establish a regular

payment history under your own name and Social Security number. Recurring bills paid in a timely manner can indicate that you are a good credit risk. Keep copies of the bills and your canceled checks. You might also ask your landlord, utility company or insurance agent to write letters on your behalf stating that you have consistently paid your bills on time.

- Apply for a charge card. Department store or oil company credit cards usually carry low credit lines and are typically easier to obtain. The interest rate may be high, but if you pay the entire balance each month, that won't matter. Before opening an account, ask if the lender reports repayment information to a recognized credit-reporting agency. Not all do. You don't want your efforts to establish a credit rating to be wasted.

- Open a secured credit card. With this method, you deposit a specific amount into a special account, and you receive a card with a credit limit that equals

your deposit. For example, if you deposit \$1,000, your credit limit will be \$1,000. In effect, you're borrowing against your own money and paying interest to do so. Although this is not a good financial deal, it's a viable way to establish credit.

- Shop around for the right credit card. When you have established a record of responsible payments, search for cards with low fees and interest rates. Check out [www.bankrate.com](http://www.bankrate.com) or [www.Cardweb.com](http://www.Cardweb.com) for the best rates and terms. Be sure to read the fine print and take note of the late payment penalties. Beware of cards that offer low introductory interest rates and then increase significantly after the introductory period.

- Once you have credit, protect it. Use your credit cards responsibly and make timely payments. Be sure to allow several business days for payments made by mail.

- Protect your credit history by safeguarding your credit cards. Carry only the credit card you expect to use, and keep others in a safe place. Maintain a list of

account numbers and telephone numbers of the companies that issued your cards. This way, if the cards are lost or stolen, you can notify the companies quickly.

- Check your credit report at

least once a year to verify its accuracy. You can do this through the Web sites of the three largest credit reporting agencies: Experian ([www.experian.com](http://www.experian.com)), Equifax ([www.equifax.com](http://www.equifax.com)) and Trans

Union ([www.transunion.com](http://www.transunion.com)). These reports will be free in some states starting in December and free for all states by September 2005.

# Hills Are Alive with Sound of Golfers

By Heather Buckley  
Staff Writer

Monday marks the eighth annual Cal State Hayward Golf Tournament, held at Sequoyah Country Club in the Oakland Hills.

The tournament is open to golfers of all abilities, and proceeds will go toward CSUH intercollegiate athletic programs.

"It's a very exciting event with lots of friends of Cal State Hayward assembled for a great day and a great cause," said Thomas R. Hoerber, alumni relations director.

Tournament registration will begin at 10:30 a.m. and activities will begin a half hour later.

**The tournament is open to golfers of all abilities, and proceeds will go toward CSUH intercollegiate athletic programs.**

Lunch will follow with a putting contest.

After the tournament there will be a dinner buffet, a silent auction and an awards ceremony at 5 p.m. in the clubhouse.

Awards will be presented to golfers in the foursomes that finish first, second and last, those

who had the longest drive and those closest to the pin.

All players will have a golf cart, receive a complimentary lunch, dinner and polo shirt, as well as a bag filled with gifts.

"I'm sure it's going to be fun," said organizer Kate Shaheed, vice president, university advancement. "It's my first year organizing it."

The fee for individual golfers is \$200. Foursomes may register for \$780. To get more information on the tournament or to reserve a spot, call (510) 885-2877 or visit <http://csuhalumni.org/events.html>