

Nursing Room Available for Students and Faculty

By Shatiqua Purifoy
Staff Writer

Sleepless nights, fussy attitudes, and dealing with a lot of, well, crap, are just a few issues new moms face on a daily basis, and returning to school might seem like more of the same old thing.

With a private room, equipped with a bathroom and a bed for breastfeeding or pumping breast milk, the Student Health Center at Cal State Hayward 'pampers' nursing moms on campus.

CSUH students who are mothers can find comfort in the fact that whenever they decide

to return to school they will be provided with a comfortable and private place to express their milk, with or without their babies.

Nursing mothers are able to continue their education while they continue to breastfeed.

The health center offers students medical, psychological and many specialty health care services at little or no cost; the nursing facility is just one of these services.

Lynn Lam, a registered nurse, has worked at the health center for over eight years and enjoys it because she is allowed to educate

students on health and prevention issues.

"Students don't realize that this is a service that is already paid for," Lam said about the health center.

According to Lam, there has been about one student per quarter who uses the facility provided for nursing moms over the past year.

"Recovery rooms allow moms to come between classes to pump. They have a sink, bathroom, bed, chair and table, like a hospital room," said Lam.

When students need to use the room, they must check in at the front desk and then get re-

ferred to the nurse's station for further instructions.

"If there is a line, the student doesn't have to wait; she can go straight to the nurse's station and they will pull her chart," Lam said.

A notation is made in the student's chart for liability purposes and the student is allowed to go in and pump her milk.

Since moms don't typically bring their babies, they must provide their own breast-pump, as well as ice packs and a cooler to keep their milk in.

Natalie Granera, a nursing mother, has worked in the CSUH

sociology department for approximately four years and never even knew that this service was available.

Granera, mother of three, has a four-month-old son, Elian, and often has to pump her breast milk in her office.

She thinks the service is great for nursing moms but suggests, "Advertising would be good to let people know that they have it available."

"They advertise everything else," Granera added.

"Is that discrimination against breastfeeding moms?" she asked jokingly.

Granera admitted that there has been a time or two when someone has walked in her office while she was pumping her milk, but the visitor is usually more embarrassed than she is.

"Now that I know about it I can use it, and I don't have to sit in my office with my back turned," said Granera.

Lam encourages students to stop by the health center, "not just when you are sick," but in times of good health as well.

"Not just nursing mothers," said Lam. "But students with any health issues are welcome to come in or call with questions."

Los Compadres: 38 Years of Culinary Tradition

By Garth Adlao
Staff Writer

Los Compadres Mexican Restaurant may hold the key to the renewal of Hayward's downtown area: family.

"People use to walk downtown," said Ignacio Ramirez Jr., one of the managers of the restaurant. "We want to be part of the rebuilding process, we want to be part of it."

Los Compadres, which opened in 1966, began when Ignacio Jr.'s parents, Ignacio Sr. and Teresa Ramirez, decided to take their side business of selling tamales

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and burritos to friends and coworkers and turn it into a restaurant.

Ignacio Sr. purchased the property with money he had saved from working in the General Motors plant in Fremont.

He and Teresa decided to replicate the traditional recipes of their home in La Piedad, Michoacan, Mexico with the help of their eight children.

Since then they have built a large client base that is

loyal to them and their food but seems to be most loyal to the owners.

"They are such good people," said Cornelio Vincent, a customer of 20 years. "I don't just like their food, I really like them."

In fact, the place is often filled with mothers feeding children and fathers grinning with large plates of food. Customers seem to beam when one of the owners stops to ask them how the food is.

The Ramirez family is everywhere: Teresa and Ignacio Sr. are sitting in the back booth of the peach

colored restaurant, as one of the four managing children moves quickly throughout the place ensuring customer happiness.

"Besides our food, we've made many friends who are our customers," said Ignacio Jr., "We now have third generation customers coming in on their own."

They have all seen Hayward change as the focus of the community has shifted away from the downtown and toward Southland Mall.

With the city reinvesting in the downtown area, Los Compadres looks to be a big part of the renewal.

Ignacio Jr. sees them trying to bring back the feeling of a small town to Hayward, and his family restaurant, with its large customer base, is trying to be part of the renovation.

"We are an institution. We've been here for 38 years," he said, "People expect us to be here."

Its longevity and success is a pride to the whole family and can be seen on their faces.

Teresa explained through the translation of her son that she loves owning and running a business that is hers and serving her own home-cooked food. She also has enjoyed seeing her customers coming in again and again over the past years.

Ignacio Sr. also explains that his happiness is based on seeing his children running the business that he started.

All of the eight Ramirez children have worked at some time in the restaurant, with Ignacio Jr., Sandra Ramirez, Marcie Ramirez and Edie Trujillo currently managing the day-to-day operations.

One of the lessons the family has learned in all the years of business is that a couple days off a week is healthy for the family.

They are now closed Sundays and Mondays, which has allowed the family who is always together to come even closer.

"A family needs at least one day a week to dedicate to family," said Ignacio Jr.

"We can experience life together on an average day without the restaurant."



Family ties: Downtown Hayward restaurant Los Compadres has been serving family recipes to the community for 38 years.

Photos/ Marie Reyes

Guys & Dolls Comes to CSUH Theater

By Michelle Morales
Staff Writer

The CSUH Highland Summer Theatre's "Guys and Dolls" premieres tomorrow night in what promises to be a night of entertainment with a cast of colorful characters.

The performances will be held at 8 p.m. Friday and Saturday nights, and then again at 2 p.m. Sunday.

The performances will be the same times for the following weekend, beginning Aug. 20.

The classic American play is about Nathan Detroit and a bet he has with Sky Masterson. Detroit bets Masterson that he

cannot take a missionary "doll" to Havana, Cuba. Detroit wants to ultimately use the winnings to set up a craps game. Meanwhile, his fiancée of 14 years, Miss Adelaide, will try to convince Detroit to get married.

The play is filled with colorful New York characters based on the stories of popular Depression-era writer Damon Runyon, with music by Frank Loesser.

"It's a funny, wonderful show," said Marianna Wolff, the play's musical director. "People will have a blast."

Andres Enriquez, a senior from Castro Valley High School, will star in the lead role as De-

troit. Another senior from Castro Valley High School, Kevin Gundred, will play Masterson. CSUH student Felicia Lillenthal will play Miss Adelaide.

The Highland Summer Theatre program is designed to give serious undergraduates and motivated high school students a chance to expand as theater artists.

Casting decisions are usually mailed in early May and open parts are cast by appointment or at the beginning of the quarter.

The staging of the production is also by Wolff, with choreography by Eric Kupers.

The production was intended for director Edgardo dela Cruz, who passed away last month, according to Wolff.

"He was always mentoring his students and his students readily took over," said Wolff. "And the mentoring of myself (by dela Cruz) has given me the opportunity to direct the show."

Tickets cost \$14 for general admission, \$10 for seniors and children 12 and under and \$8 for students with a Cal State Hayward ID. The CSUH University Theatre is located at 25800 Carlos Bee Blvd. Call 885-3261 for information or for ticket reservations.

ASI Offers Discounted Tickets to Students

By Chor Li & Joshua Peoples
Staff Writers

Bringing a student ID to the Cal State Hayward Associated Students, Inc. can reap rewards: students can buy the VIP super saver movie tickets for Regal Cinemas, United Artists Theatres and Edwards Theatres at \$6.50, and non-students for \$7, a bargain when compared to standard movie prices of \$9 a ticket or more.

Not many students buy the tickets, because most of them do not know the ASI office provides them, ASI officials say. But most students, when asked if they would be interested in buying, had the same response as Kaoru Nashiro, a junior majoring in psychology, who said, "Yeah, I will."

Prices of student movie tickets usually run from \$7 to \$9.50. With the discount tickets, students can save 7.7 percent to 31.6 percent. The tickets are, however, not available

for all the movies and showtimes. Staff at the ASI office said it is better for students to call theaters ahead, making sure the VIP ticket can really be used.

The VIP super saver ticket is not valid during the first 10 days of newly released films, IMAX movies, special engagements or where prohibited by contractual obligations.

Students can always visit the ASI on the third floor in University Union, or the Regal Entertainment website at www.REGmovies.com

for more information.

Other discount tickets, like bus tickets, BART tickets, San Francisco Theatre tickets, Six Flags Marine World tickets and Waterworld tickets are also offered at the office.

And that is not the only place for discount -- or even free -- movie tickets. The Pioneer newspaper also gives free movie passes away, just for being a reader and stopping by the Pioneer offices in Meiklejohn Hall.

Donating Blood: The Gift of Life

By David Carrillo
Staff Writer

Got life-saving blood?

The American Red Cross blood drive, which comes to campus like clockwork every quarter, is scheduled to arrive tomorrow, and once again students, faculty and staff are being sought out for help.

Friday's drive will be held in Room 101 of the University Union from 9 a.m. to 3 p.m.

"A pint of blood can save several lives," says Nanette Franceschini, an administrative support coordinator in the department of biological sciences, who is putting together the event.

In Alameda and Contra Costa Counties alone, about 250 people need blood every day, she said.

CSUH has been participating in the drives for 35 years.

According to the Red Cross, "One hour of your time can save up to three lives."

Blood, collected by the American Red Cross, is distributed to emergency medical facilities for surgeries as

well as stored blood in blood banks. Individuals can donate blood with a minimal interval of eight weeks between donations.

"If 45 to 50 people donate blood, we consider this a good day," said Franceschini.

The donated blood is also checked to see if it matches with individuals who need a bone marrow transplant.

Not everyone will qualify to donate blood, especially if a person has been overseas where there has been some type of epidemic, such as mad cow disease. Volunteers can sign up to donate blood on line at www.BeADonor.com or call Franceschini at 885-3471 to schedule an appointment.

Before giving blood, it is recommended that donors eat a good meal or snack and drink plenty of fluids. Blood drive coordinators also say to eat at least four hours ahead of time to maintain proper sugar levels. Every donor receives a thank you gift, they said, including the "gift of life."

Financial Aid Scam Targets College Students

By Kavita Kumar
Knight Rider

Some area universities are alerting students about a financial aid scam that administrators say could lead to empty bank accounts or identity theft.

It works like this: Someone pretending to be a U.S. Department of Education official calls college students and tells them they are eligible for an \$8,000 grant. The catch is that the caller says he needs a bank account number to extract a

The catch is that the caller says he needs a bank account number to extract a \$250 processing fee.

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The Education Department does not charge fees for processing grants.

These calls, which have reached the St. Louis area in a couple of reported cases, have raised enough concern that the Education Department has put out a warning, the University of Missouri has put an alert on its Web site

and Southern Illinois University Edwardsville has sent an e-mail to students and posted fliers so students don't fall for the hoax.

"The financial aid process can be intimidating, and if someone calls you up and offers you money, that can be tempting," said Sharon Berry, SIUE's financial aid director. But, she emphasized, "You

don't pay for financial aid."

Berry, who knows of other scholarship frauds that can deceive parents and students, said she was especially concerned about this one. If someone falls for it, the scammers can completely clean out that person's bank account.

Incoming SIUE freshman Prince Wells IV received a call

a few days ago from a man who said he was with the government. The man told him he was guaranteed \$8,000 in grants, with the possibility of \$35,000 total.

"I was thinking, 'How did they choose me?'" said Wells, 18 of Hazelwood. "Or stuff like, maybe it was a grant I applied for and forgot about."

He soon became suspicious when the man insisted on having his checking account number. Wells didn't give it to

him. He has tried to call back the 800 number the man gave him, only to be greeted by a busy signal.

Marianna O'Brien, spokeswoman for the Office of Federal Student Aid of the Education Department, said about 25 to 30 cases from around the country had been reported to the department's inspector general.

For more information on what to do about financial aid fraud, go to www.ed.gov/misused.