

# Eclectic Pulse Brings Dancing to CSUEB

**Dancers**, from page one.

it feels good. It feels like we're all on the same level."

Fokas uses dancing as a means of releasing the stress that often accompanies being a student on a college campus.

"There's so much with school right now," she said. "When I come here I'm a dancer and I'm expressing it. This is my way to express my feelings."

CSUEB alumna Marjorie Ortiz, 23, is one of the four founders of the group. Now a dance instructor, Ortiz believes dancing with Eclectic Pulse gives her a means of connecting with her students when they become discouraged.

"It's good for me because it puts me in a place where I'm still learning and when my kids get upset and frustrated I know what that feels like. It's good for me stay in a student mode and not always be the teacher because you get detached and you don't know what it's like for them."

Like her teammates, Ortiz possesses a true passion for dancing and has remained on the team although she is no longer a CSUEB student.

"What I like about our team is that we are not just in this box where you have to be a certain look, you have to be a certain weight, or you have to dance a certain way. We all come from different backgrounds, from all different walks of life and we bring all that together to make the team."

Lorena Ojakian, 20, has also been with the team since the beginning. She credits a portion of the team's growth with their annual excursions to various dance camps, her favorite being two years ago in the Palm Springs area where the troupe had an opportunity to be trained by

industry professionals.

"For us to be able to go to and introduce ourselves to learn from professionals that have been in music videos and movies, and taught all the these other types of artists, was really enriching and I think I grew as a dancer," she said.

Ojakian credits the other portion of the team's development to Antoinette Paulino, who agreed to become their coach last year.

"Every year we've gotten a different choreographer," Ojakian said, "and we were lucky enough last year at the very beginning to find a coach that was available. Things are really starting to get into place with our officers and with having uniforms, communicating, teamwork and bonding—the key things to keep our team going."

Antoinette Paulino says that it was the group's dedication to dance that convinced her to become their coach.

"I was talking with them to give them some different ideas and just from talking with them I could see the passion that they had, some of these ladies are not dance majors. They're communication majors or they're working on different parts of their life but they're still dedicating this time to dance."

Paulino, a former professional dancer with the NBA and NFL, brought the expertise that the group needed to bring them to a more professional level. This year she got Dano Photography (www.drdano.com) to agree to sponsor team photos.

Eclectic Pulse can be seen at various functions throughout the academic school year including men's and women's basketball games, theater and dance performances, cultural awareness week, and Al Fresco. They also hold a benefit concert each spring.

# Don't Get Burned This Winter

**By Alexah Delacueva**  
*Staff Writer*

Each holiday season, fires cause over \$900 million in damages and injures to more than 2,000 people in the U.S., according to the California Department of Forestry and Fire Protection (CAL-FIRE)

Practicing and preparing in advance can reduce the chances of having a fire in the home so that this winter, residents can have a fire-safe holiday season.

Having a working smoke detector makes the difference. If a smoke detector goes off, get out within one minute.

"I cannot under-emphasize (sic) the importance of having a smoke detector," said Jose Guerrero, San Jose Fire Department Battalion Chief. "Even before you see smoke, the smoke detector will identify the fact that there is smoke in the incipient stages."

The National Fire Protection Association and CAL-FIRE recommends that if using candles make sure that they are kept away from the Christmas tree and other combustibles. Never leave burning candles unattended or within reach of small children.

Place Christmas trees away from fireplaces or any other heating sources. If you are using an artificial tree, make sure that it is flame-retardant.

"You are going to want a lot of water in the tree," said Camille Archibald of ABC Tree Farm in San Jose. "Inside the home there is not a lot of moisture in the air so it dries the tree. The needles will start dropping and sagging once it begins to dry out. It then becomes a fire hazard, especially if it has lights and if it is close to the heater."

Christmas trees account for 200 fires annually, resulting in 6 deaths, 25 injuries and more than 6 million in property damages as per U.S. Fire Administration (USFA) an entity of the Department of Homeland Security's FEMA.

All indoor and outdoor lighting should be used only for the purpose intended for it. Do not use indoor lighting outside. If the lights or cords are damaged do not use them.

"Do not overload electrical outlets," said Chief Guerrero. "Overloading the electrical outlet is usually the number one cause of fire in the holiday season."

If using the fireplace, make sure that it is working properly. NFPA recommends that the chimney, fireplaces and vents be inspected at least once a year, and that if repairs are needed they should be fixed before using.

The National Chimney Sweep Guild and Chimney Institute of America emphasizes that it is important to choose a qualified and certified professional for the job. Proper care and attention to service can help protect people from unnecessary fires and carbon monoxide poisoning.

If using fixed or portable heaters make sure that there is a clearance of at least

three feet between the heating source and anything it can burn.

The NFPA reported that in 2005, heating equipment was involved in more than 62,000 structure fires, resulting in the deaths of 670 civilians.

In the event that the fire has already started, occupants should call 911, leave the house and alert any other people inside the house, said Chief Guerrero.

"Once you are outside the home, it is important to take inventory of the people that should be outside," said Chief Guerrero. "That is to eliminate any possible doubt whether there is going to be a rescue by the firefighters or not."

If you need assistance in assessing if your home is fire-safe, please call or go to your closest fire station.

For more safety tips log on to [www.fire.ca.gov](http://www.fire.ca.gov), [www.nfpa.org](http://www.nfpa.org) or [www.usfa.dhs.gov](http://www.usfa.dhs.gov).



Photo/Alexah Delacueva

# Debate Team Up For Club Renewal

**Debate**, from page one.

our department (communication) and from students who were interested in joining the squad."

"Last year Eric (Brinkley) and I showed the forensics community that CSUEB's program was up and coming, hopefully our successful showing last year will have the opportunity to continue this year. Participating in forensics at CSUEB has strengthened my critical thinking abilities and provided me with networking opportunities that I feel would not have been possible without my participation in forensics."

Though frustrated, West thinks he can salvage a successful season based on last year's template.

"We have not started forensics this year," said West. "We are missing the first half of the season. There is hope for the second half. Funding is through the Instructionally Related Activities Budget. That is not the issue. The issues are my status as director and whether I will be allowed to get the program moving. We can succeed. Our award winners last year were not recruited until the

second half of the season. I hope we can start soon."

On Nov. 21, West had a Level 1 meeting with Associate Provost Arthurlene Towner. Towner has 14 days to consider the grievance. During that time, she can negotiate with West. At the end of the 14 days, she can either approve the grievance or deny it. If she approves, West will try to get forensics going. If she denies, he will appeal to a faculty committee drawn at random from a pool of tenured faculty members.

Three members will be drawn. He will present his case and the dean will present hers. The committee then deliberates and votes. If they vote for West, it goes to the President. If he agrees, West wins. If not, it goes to binding arbitration. If the faculty votes against West, the grievance is over.

"I intend to continue my career as director of forensics," said West. "I hope that it is at Cal State East Bay. The best case scenario would be to do exactly what I promised East Bay I would do when I came here—develop a nationally competitive program for the campus. That's my dream."

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