

-Dave Kincannon placed 6th in the surf team's second event of the season. Read a season update on page 2.  
-Happy Hour of the Week features Rookies sports bar. Read about Beer Pong Tournament Wednesdays on page 4.  
-Page 7 pin-points the hits and misses of the new "Call of Duty: Modern Warfare 3"

# Tuition rises 9 percent for fall 2012

Tuition for Cal State San Marcos students will rise another 9 percent next fall as the result of a budget vote last week by the California State University Board of Trustees.

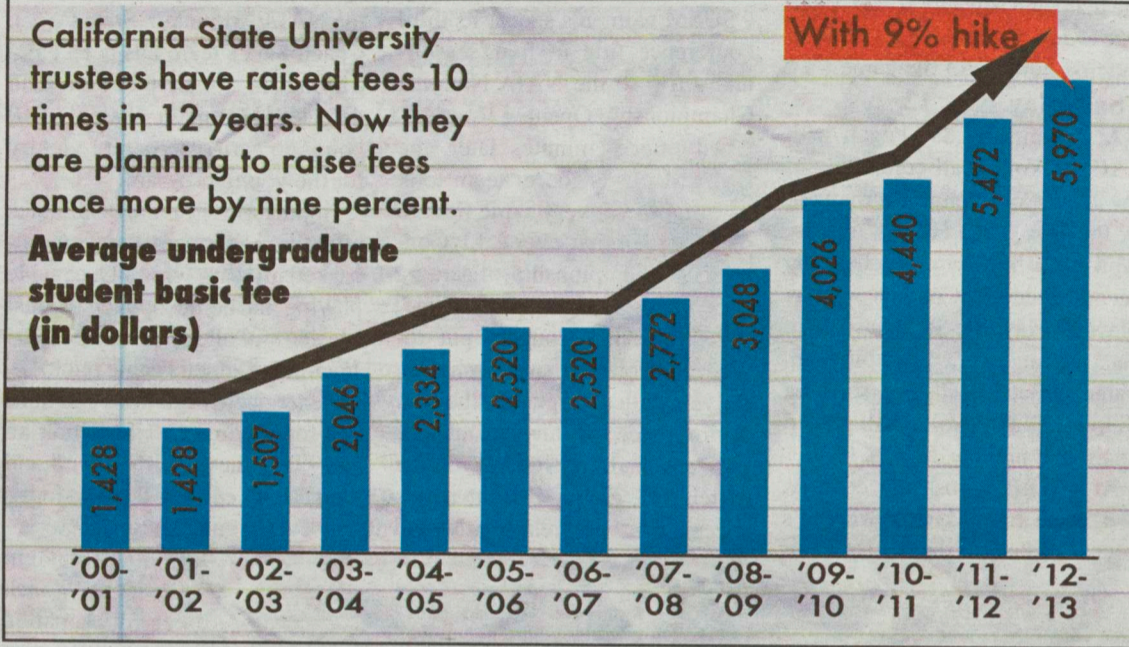
At a raucous meeting in Long Beach on Nov. 16 – where student protestors disrupted the meeting by chanting and waving signs – trustees voted 9 to 6 to approve a budget that will raise tuition by \$498 per year to \$5,970 beginning in fall 2012.

CSU tuition has more than doubled since 1999, when it was \$2,572 per student. Over the years, tuition hikes covered budget deficits caused by declining state support. The CSU's \$2 billion budget for 2012-2013 is smaller than the \$2.14 billion budget in 1999, even though there are 72,000 more students attending CSU campuses today, trustees reported.

University officials anticipate the latest tuition increase will be the last for the 2012-2013 school year – even though the state may cut the CSU budget by another \$100 million if year-end tax rev-

California State University trustees have raised fees 10 times in 12 years. Now they are planning to raise fees once more by nine percent.

**Average undergraduate student basic fee (in dollars)**



enues come up short.

"If they cut another \$100 million from the budget, our portion would be \$2.5 million," said Cal State San Marcos spokeswoman Margaret Lutz. "We have some ideas on how to keep those cuts from negatively impacting students or instruction."

She said this may include shift-

ing some carryover funds from last year and revenue from self-supporting operations on campus as well as using extra money that accumulated when CSUSM exceeded its fall enrollment goals.

More than 50 percent of the students at Cal State San Marcos receive some form of financial aid, including more than 1,000 schol-

arships. Lutz said the university system is now looking for ways to expand the financial aid program to cover even more students.

"We're looking at ways to expand that to cover the middle income students – the ones who aren't making enough to get by but make too much to qualify for aid," Lutz said.



## Teachers picket over contract dispute

About 70 professors picketed, chanted and danced on campus Nov. 9 to protest long-stalled contract negotiations with CSU trustees.

The teachers did a flash mob to the Aretha Franklin song "Think" ("you better think about what you're trying to do to me"), marched around campus and chanted about their desire for a new contract.

The protestors hoped to raise awareness about contract issues between the California State University system and the California Faculty Association, which represents 23,000 teachers and support staff at 23 CSU campuses statewide. The teachers have been working without a contract since June of last year, when the previous three-year agreement expired. The teachers and support staff are upset about university funding

cuts, growing class sizes and a wage freeze caused by statewide budget cuts.

Don Barrett, CFA chapter president at Cal State San Marcos, said the protest drew a small crowd of students, including a few who joined in.

Last week, faculty at the CSU East Bay and Dominguez Hills campuses held a one-day strike, the first in CFA history, Barrett said.

"We've never struck before," he said. "In the past, we had to threaten to strike to get the chancellor's office moving and this time we felt we needed to go on strike. I want to be clear, the strike was not over the lack of a contract but over salary issues that happened over the previous contract. The strike reflected the chancellor's decision to not treat the faculty fairly." Photo courtesy of Don Barrett



## Native American Heritage Month celebrated with new facility

Kristin Melody  
Pride Staff Writer

CSUSM opened the California Indian Culture and Sovereignty Center (CICSC), Nov. 17, in the Social and Behavioral Science Building to facilitate Native American activities on campus and collaborate with California tribes.

"There is simply no other place in California like this one," President Karen Haynes said at the opening speech.

November is Native American Heritage month and the CICSC is open to all California tribes including the 18 tribes in southern California. It is a meeting place for American Indian Student Association (AISA) and many other outreach and development programs.

"With the opening of this center we are creating a brighter future... and creating history once

again at Cal State San Marcos," President Haynes continued.

The CICSC addresses Native Americans face a unique challenge in attending college as they most often are leaving a reservation for the first time. This is the first center dedicated to Native Americans in the CSU system.

There are more than 10 student members of AISA and they aim to "create solidarity among Indian students...and to meet other American Indians," Tommy Devers, a CSUSM Masters of Sociology student and member of the Pauma Indian Tribe said.

"Native American people's dreams are just as important as anybody else's," Chairman James Ramos said, the first Native American to be appointed to the California Board of Education.

Dr. Joely Proudfit is the CICSC director and collaborates with local tribes and tribal leaders to run the Native American Advisory



## Campus Alert Another mountain lion spotted on campus

A mountain lion was spotted on campus Wednesday night. It was the fourth time in five years that the big cats have been seen on university property.

About 10 p.m. Nov. 16, campus police got a call from an emergency kiosk in student Lot F at the south end of campus. When they responded, police spotted the mountain lion, or cougar, heading back up into the hills near Lot F, according to university spokeswoman, Margaret Lutz.

Lutz said it was the first time a mountain lion had been seen on campus since October of last year (lions were also spotted several times at the south end of campus in 2007 and 2008).

"With so much open space in the area, we have a lot of wildlife that comes on campus at nights looking for food. People say they've spotted deer. The mountain lions always seem to show up in the fall months and they usually always hunt alone," Lutz said.

Cougars are native to the area and CSUSM's official mascot. The campus is built on Luiseño Indian land. The university's original mascot was Tukwut, cougar, in Luiseño.

Although there's never been a dangerous encounter between a mountain lion and students or faculty, Lutz said the California Department of Fish and Game is advising students to avoid walking alone on campus at night. If you encounter a mountain lion, do not run (because it will trigger the cat's instinct to chase) but stand your ground, wave your arms and make noise to scare it off. If a lion is spotted, call campus police from a kiosk or from a cell phone at 760-750-4567.

Council, the only one of its kind in the CSU system. In six months, the CICSC and its partners developed a Luiseño language learning program for the Nintendo DSI.

The center has resources including workstations, offices and research capabilities to focus on concerns and issues regarding tribes or Native American students.

"I joined to help out the youth and reach out," CSUSM student Tommy Cooper of the San Pasqual tribe said. Photo by Kristin Melody

# Super Saturdays

Fall sports close with all teams A.I.I. champions

**Kyle Trembley & Morgan Hall**  
Contributor & Staff Writer

The past three Saturdays marked several momentous occasions for Cal State San Marcos Athletics.

## Saturday, Nov. 5

At 9 a.m., the Cal State San Marcos men's and women's cross-country teams swept the A.I.I. Cross-Country Conference Championships for the fourth time at their home track. In the men's 8K race, 8th ranked CSUSM had a team total score of 24 points and time of 2:06:48. Cal State San Marcos' Danny Lyon, returned from a mid-season injury to run an excellent time of 24:46, paced the field of 65 runners.

On the women's side, 2nd ranked and reigning two-time NAIA National Champion Cal State San Marcos placed six runners in the top nine finishers and won the 5K with 22 points and team time of 1:29:38. Suzanne

Cornwell ran 17:27 to win the A.I.I. Championship by 13 seconds.

At 7:30 p.m., in Oceanside, the men's basketball team began its inaugural season with a convincing and resounding win at home over Vanguard University. The score: 86-61. Over 1,200 fans at MiraCosta College cheered on the team and saw guard Tim Steed throw down a thunderous dunk in the first minutes of the game.

## Saturday, Nov. 12

At 2 p.m., the day began with CSUSM Volleyball competing at the A.I.I. Conference Tournament in Phoenix, AZ. Having already won their first two matches, the second-seeded Cougars easily blew by Mayville State in straight sets, setting up a championship game rematch with top seed La Sierra. CSUSM Volleyball played again that night at 10 p.m.

At 4 p.m., across the country, Cal State San Marcos women's soccer kicked off the A.I.I. Cham-

ampionship game. Despite playing in hostile territory, the 13th ranked and top seeded Cougars persevered to take a 1-0 decision with a Kaleigh Dodson goal in the first half. The win earned CSUSM women's soccer its third conference title in four seasons and a trip to the NAIA National Championship Opening Round.

Only thirty minutes later, the CSUSM men's soccer team took its turn on that very same field to play for their first-ever A.I.I. Conference Championship. Facing a very tough Thomas (GA) squad, the top-seeded Cougars put together an effort that Coach Ron Pulvers called "arguably the best performance of any team I've ever coached." CSUSM won the match 3-1, giving Cougar men's soccer the conference title and

sending them to their first-ever NAIA National Championship.

At 9 p.m., in Las Vegas, the CSUSM men's basketball team was looking to make a statement against the 2nd ranked team in the NAIA, Mountain State (WV). Coach Saia's team has been electrifying in its first season and defeated Mountain State by 10 points to earn a signature victory for the young program.

Tipping off just thirty minutes after the men's team, the women's basketball team was in Oceanside playing its home opener against Master's College. Coach Sheri Jennum's Cougars came out looking energized, organized and hungry for a win. CSUSM took an early lead, never surrendered and won 58-52, earning the program's first-ever regular season victory.

Finishing the night at 10 p.m., Coach Andrea Leonard's volleyball team hit the court once again against La Sierra in the A.I.I. Championship Game. Out for revenge from their previous defeat, the Cougars took the first two sets with relative ease, 25-16,

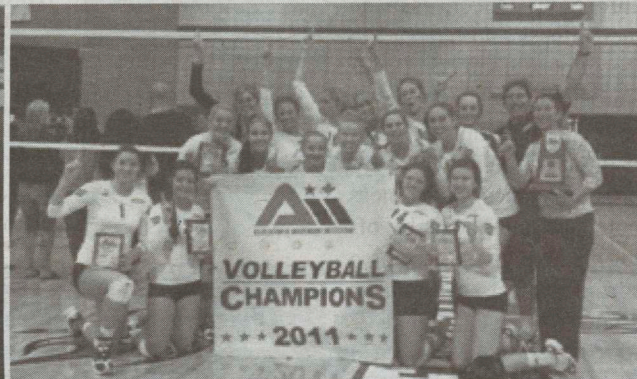
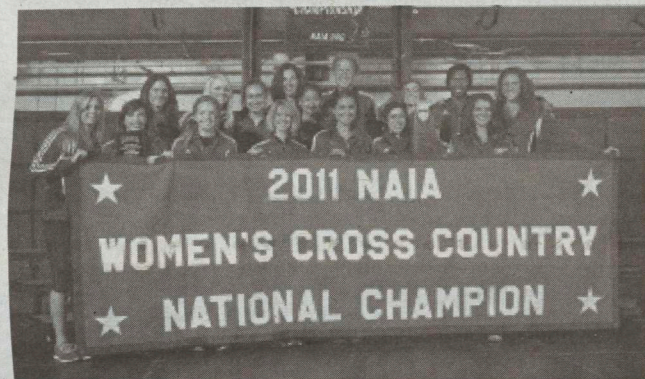
and 25-18. La Sierra won the third 22-25, but on the strength of outside hitter Lindsey Sappington's best match of the season, CSUSM took an extremely tight fourth set 25-23 to capture the conference championship in their first-ever season.

## Saturday, Nov. 19

Two weeks after clenching the A.I.I. Cross-Country Conference both the men's and women's cross-country teams competed for NAIA National titles in Vancouver, Washington. The men's team would come in 2nd and the women's team won its third consecutive NAIA Women's Cross-Country National Championship.

Sadly, all good things came to an end. Both the men and women's soccer teams and women's volleyball team lost in the opening round NAIA playoffs. The men's soccer team lost 1-4 to Azusa Pacific and finished the season with a 10-7-1 record. The women's soccer teams lost 0-1 in double-overtime vs. Westmont College and finished their season 15-4-1. After a dominant first season, the women's volleyball team's season officially ended with a 3-1 loss to #18 Point Loma.

Photos courtesy of Robert & Lucy Blumenshine, csusm athletics, Riich Fuhrer/Digital Designs & Photography and CSU San Marcos Volleyball facebook.



First through sixth place competitors. Dave Kincannon is sixth from the left.

# Surf team update

**Morgan Hall**  
Pride Staff Writer

In mid-October, the Cal State San Marcos surf team experienced its first event of the season with a weekend of small surf at Blacks Beach.

The team started strong, but quickly lost its momentum after round three. The first event of the season was more of a learning experience for the members who got a few good heats under their belts. The team finished 8th out of 22 teams.

On Sunday, Nov. 16, the team competed in its second event at Seaside Reef in Cardiff. The three to five foot, clean, glassy waves proved to be more favorable for the Cougars.

Returning after a 10 year absence, Dave Kincannon, who was part of CSUSM's 2001 inaugural surf team, proved to be the team's leading force. Kincannon's determination landed him a 2nd and three 1st place heats and a spot in the final round, where he finished 6th.

Strong performances by team members Daniel Jacobs, who ripped his way into the quarter-finals, and Kaitlin Maguire, who made the semi-finals in both women's shortboard and coed longboard allowed the Cougars to make an amazing leap from their first event.

The CSUSM surf team finished 5th of 22 teams from 12 colleges, just missing the podium by five points. The team's next event is



Dec. 3-4 at 9th Street, Huntington Beach.

## Health

# How to stay healthy during Thanksgiving

**Jessie Gambrell**  
Pride Staff Writer

The average American typically consumes about 5 lbs. of food during Thanksgiving, according to Cathy Nguyen, Health Educator at Palomar Pomerado Health

Center PPH; that is more food than we consume in an average day, let alone one meal.

"A 2006 study published in the 'Nutrition Journal' studied the impact of Thanksgiving on college students [...] the average weight gain was 0.5 kg, or just over 1 lb. [...] the authors note that weight gain that occurs in such a short time period may cause long-term health issues," writer Carolyn Williams said in her article "How Many Calories Does The Average Person Consume At Thanksgiving."

So you may ask, how in the world am I going to stay healthy during Thanksgiving? It's actually not as difficult as it may seem.

Nguyen has a simple seven-step plan: 1. Drink more water. 2. Load up on veggies. 3. Snack ahead. 4. Serve smaller portions. 5. Walk/exercise. 6. Plan ahead. 7. Stay away from trigger foods, (stuff that might push you overboard). That's it. That's all we have to do.

**"Make the most of your meals. Be sensible with your servings. Have a strategy, a plan. That's the best advice."**  
-Cathy Nguyen

"Make the most of your meals. Be sensible with your servings. Have a strategy, a plan. That's the best advice." Nguyen said.

Students felt the same way when asked what they plan on doing to stay healthy over Thanksgiving.

The main point is to consume less food and exercise more. A simple walk in the neighborhood after dinner, or maybe taking one less spoonful of those mashed potatoes and you'll be fine. To help yourself out in preparation for the occasion, you can use these tips to help you throughout the year to ensure a fit and healthy body.

## Internationally-acclaimed poet reads at CSUSM

Kyle M. Johnson

Pride Staff Writer

Poet Clayton Eshleman was featured as the last part of the fall semester's Community and World Literary Series (CWLS) on Thursday.

Professor Mark Wallace introduced Eshleman with much praise as having been at the heart of American poetry since the early 1960s.

Eshleman has contributed to the literary world through his own poetic production and the trans-

lating of poems from poets Cesar Vallejo, Pablo Neruda and Henri Michaux.

Eshleman took the stage and announced that he would be reading nine poems from his book "Anticline," the first poem a recounting of an experience he and his wife had in Italy.

Following the first poem, he shared that he has been translating poetry as long as he has been reading and writing it.

Between poems, Eshleman would often share anecdotes and

personal trivia which gave the audience a perspective into his nature as a writer.

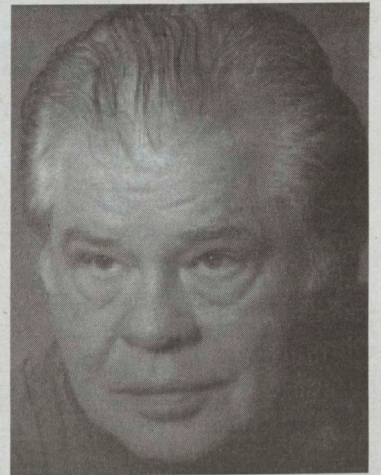
"I write a lot of poems about art or artists," he said, sharing how if he had been turned to the left or right, he would have been a painter.

Eshleman's reading of his poetry often felt conversational, especially in the literal sense during his last reading, a dialogue between himself and the artist Max Ernst. His imagery, at times graphic, led to much laughter in

the audience, as well as the occasional audible "Wow!" Even Eshleman laughed through some of his own words as he read.

During the Questions and Answers portion, topics approached included when Eshleman started writing, his view of surrealism, thoughts on the future of publishing houses in the internet age and the importance and influence of travel.

Dr. Wallace, who headed the series, felt that this semester's CWLS was beneficial for students because he brought in writers who are challenging for students, pushing students away from their



normal literary exposure. The CWLS will begin again in the spring semester.

## No Shave November for a cause

Helps raise money for cancer research

Melissa Martinez

Pride Staff Writer

Ever wondered why men seem to neglect their beards during the winter? Maybe as their way of staying warm or in honor of a tradition called No Shave November.

On Oct. 31, dedicated men shaved their beards for the last time to grow out for the duration of November. Most men decide to grow out their facial hair to support prostate cancer awareness month. The goal is to embrace hair and let it grow to unimaginable lengths. Since most cancer patients lose their hair to chemotherapy treatments, non-shavers can donate the money they would normally spend to maintain their hair to cancer research. No Shave November is less expensive than shaving every couple of days and is tax deductible.

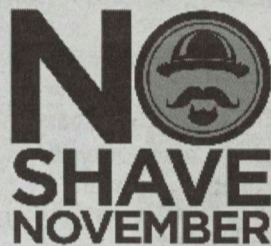
According to the National Cancer Institute website, prostate cancer is "cancer that forms in tissues of the prostate, usu-

ally occurring in older men."

In the United States, there were approximately 240,890 new cases and 33,720 deaths in 2011. There are many organizations funding research to cure prostate cancer, such as "ZERO—The Project to End Prostate Cancer."

ZERO is a charity that not only wants to reduce prostate cancer, but end the disease entirely. Their main goal is to lengthen the lives of men who were diagnosed with prostate cancer by providing them with treatment to cure their cancer, manage their illness and have a life that doesn't involve constant treatment to try and end their suffering.

This particular organization offers ways to help raise prostate cancer awareness as well as promote early diagnosis by offering free testing. It also gives patrons a chance to support organizations such as "The Great Prostate Cancer Challenge & DASH FOR DAD," a national race series.



## Professor Spotlight

Brianna Cruz

Pride Staff Writer

**Lauren Mecucci**

**Classes:** Professor Mecucci teaches General Education Writing (GEW).

**Campus Involvement:** "I'm currently helping students right now start the Cougar Workout Club," Professor Mecucci said, also last year she was apart of the Greek council.

**Free Time:** "I am on two soccer teams ... and lots of grading and reading."

**Alumnus:** Professor Mecucci completed her undergraduate and graduate degrees from Cal State San Marcos.

**Years at CSUSM:** 3

**Interesting Fact:** "My mom was an immigrant ... so English was something my mom struggled to learn, it's always been a passion of mine to make sure I speak and write English well and help others speak and write English well." Professor Mecucci said.



**Daniel Van Tassel**

**Classes:** Professor Van Tassel teaches mainly Intro to Lit. based courses. "This semester I'm also teaching the second semester of the British Literature Survey and a critical thinking, reading and writing course." Professor Van Tassel said.

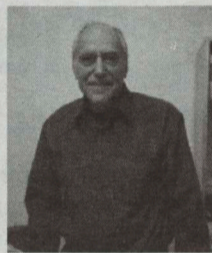
**Campus Involvement:** "I'm involved mainly with my students, but I like to attend some events when I can." Professor Van Tassel said.

**Free Time:** Professor Van Tassel enjoys carpentry and also has a Harley. "I love to read and write. Some people doodle, but I write and read a lot."

**Alumnus:** Professor Van Tassel attended college at Saint Olaf in Northfield, Minnesota and got his graduate at University of Iowa.

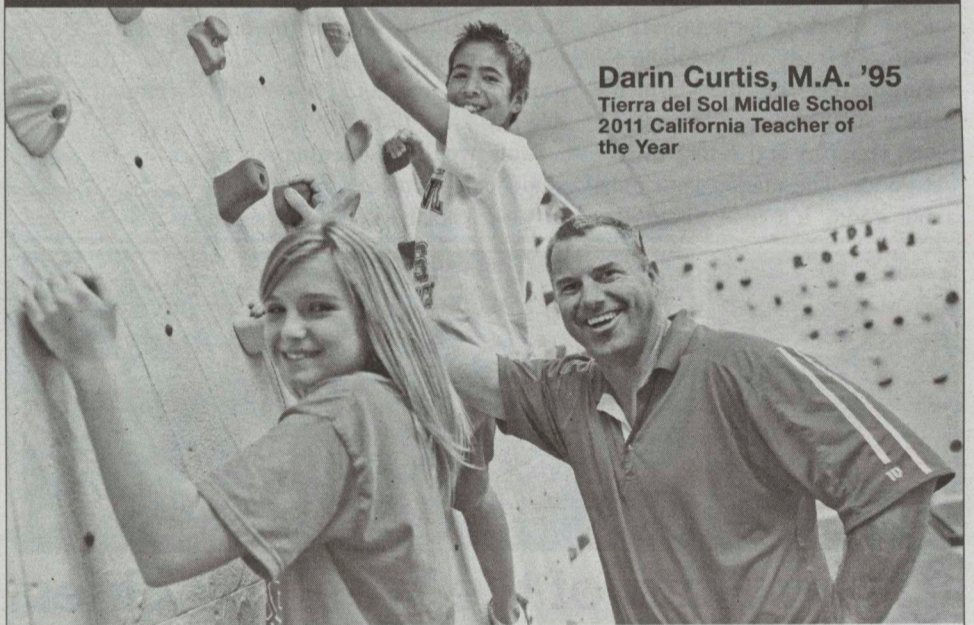
**Years at CSUSM:** 5

**Interesting Fact:** Besides being a Preacher's kid Professor Van Tassel is one of six brothers and sisters.



Photos by Brianna Cruz

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## Campus safety

Knowing students' rights

Kristin Melody

Pride Staff Writer

With recent civility controversy at CSUSM and increase in tuitions fees voted in by the Board of Trustees, students may ask what rights they have on campus.

In October, five CSU students sued the CSU Board of Trustees for raising tuition fees past the agreed upon amount for fall 2009. The class action lawsuit, Keller v. the Board of Trustees of CSU, is in process and the final decision may result in returned funds to students of the CSU system for the fall 2009 semester. It represents students at 19 of the 23 CSU campuses.

All eligible fall 2009 students are included in the 200,000 students represented in the lawsuit. If students wish to remove themselves, they must contact the courts.

In the Clarke Field House, students must sign a liability form giving up their right to sue in the case of current or future unknown injuries when they work or participate in their excursions.

Humberto Garcia of the Risk Management & Safety Office (RM&S) conveyed if students should get hurt on campus, they should report to RM&S and the University Police Department (UPD). The university will respond at discretion of the UPD depending on the nature of the incident.

If there is a safety issue on campus, students can report anonymously through "phone... email... a RM&S webpage form or the drop box outside RM&S office," Garcia said.

If students are hurt on campus, they are

encouraged to report it to UPD, Student Health Services or Risk Management and obtain options available to them.

The recently implemented Civility program at CSUSM states its mission of "Treatment of others with dignity...promote[s] a physically and psychologically safe, secure and supportive climate."

In November, CSUSM students filed a federal complaint against CSUSM regarding The Koala newspaper to the U.S. Department of Education for Title IX of civil rights. In 2010, reported hate crimes reached 10.

CSUSM strives for a "campus environment that is more tolerant of individuals, groups, cultures, values and ideas" stated the 2011 CSUSM Jeanne Clery report on campus safety.

The 2011 Clery report states that there were four instances of motor vehicle theft in 2009 and one in 2010. Also, three reported cases of burglary in 2008 and one in 2010.

"[I wouldn't] think the university [was] responsible...but I would report it," sophomore Rosa Cedillo said about if her car were broken into on campus.

CSUSM policies intended to keep students safe, including sectioning off smoking areas and holding bicyclists and skateboarders liable for on campus injuries.

There appears to be no written agreement in the student code of conduct that states whether the student has the right to sue if this climate is violated.

# Downloading the effects of drugs

Controversy rises over sound waves that give feeling of being high

Kyle M. Johnson

Pride Staff Writer

Websites such as idosing.org, i-doser.com and i-dose.us are selling audio tracks which provide the listener with similar side effects of taking specific drugs.

These listening experiences are known as “sonic drugs” and “i-dosing.”

According to nbclausangeles.com, “Sonic drugs work through binaural beats -- the playing of two slightly different tones and frequencies into both ears simultaneously.”

Many sites, including i-dose.us, provide online shoppers with the ability to purchase audio tracks appropriately titled to the effects

they have on the listener. Some tracks offered on the site include “Deep Sleep” which is said to help with sleep-related disorders, “Quit Smoking” which helps the listener to quit smoking and “Stop Alcohol Abuse” which helps the listener treat alcoholism.

While some tracks assist in treating disorders and addictions, there are also other websites which offer audio experiences that provide the effects of stimulants, both legal and illegal. Experts are advising caution when approaching these audio tracks.

“It’s not like you listen to an i-dose for crack cocaine and the next day you’re smoking a crack pipe [...] But I do think that if

you have an impressionable 13 – 14-year-old kid that does an i-dose, it may drop their inhibition if they’re presented with the real drug to try it,” addictions specialist Dr. Gregory Smith said in an interview with Colleen Williams of NBCLA.

One website that offers this legal listening experience is i-doser.com. Some of the MP3 tracks sold on the site provide the listener with the effects of anti-depressants, inspiration and confidence. However, some tracks are named after and provide the listener with the effects of illegal substances including marijuana, cocaine and LSD.



# Let's go to the market

Cougars welcome to participate in farmer's market

Jessie Gambrell

Pride Staff Writer

It's time for students to ditch the books and head down to the San Marcos Farmer's Market, located in parking lot B.

People from all over North County joined in on the festivities of our local farmer's market. They had food booths galore: bread and cheese, desserts, sandwiches, hot dogs and hamburgers and lots of fruits and vegetables.

Participants of the farmer's market strolled down the rows of tents, shopped and found different goods. The market isn't only about food, it's also about the

community and atmosphere. Lorie Scott manager of the San Marcos Farmer's Market wanted to incorporate more of the CSUSM student life to add to the excitement of the market.

“We would love to have student groups, anything that would bring more community...different groups, different sports groups, etc.,” Scott said.

She invites performing arts students to perform for the customers to enjoy while they walk around the market. This would add to market festivities.

Scott would like entrepreneur students to come set up their own booths. The market could serve

as a venue for students to try out business ventures in a relaxed atmosphere. The market gets a lot of traffic.

Students receive a 10 percent discount at any booth, as long as they show their student ID. The market is every Wednesday from 1 – 5 p.m.

Photos by Jessie Gambrell



# Happy Hour of the Week: Rookies

Kristin Melody

Pride Staff Writer

Rookies restaurant and sports bar in Oceanside always seems to be partying with a good menu and long hours – be warned.

The best deal are the bottomless Mimosas for \$13.95 from 9 a.m. – noon during weekends. Rookies other weekend specials include 23 oz. delicious Bloody Marys and Screwdrivers for \$7.50, beer for \$2.95 – \$3.95 and a \$5 special food menu. The restaurant and sports bar's happy hour includes domestic beer for \$2.95, import and micro-brewery beers for \$3.95, 23 oz. Long Islands and margaritas for \$5. Also, their eats include fantastic wings, shrimp cocktail, sliders and deluxe nachos cost \$5. Rookies happy hour runs 3 p.m. – close on Monday, and 3 – 7 p.m. on Tuesday – Friday.

Rookies' beer selection provides nation-

wide choices with emphasis micro breweries, including Stone IPA, Karl Strauss Red Trolley and Ballast Point Pale Ale.

This sports bar it isn't strictly full of Chargers' fans, so expect a mixed crowd of passionate sports watchers. There are also pool tables and a dance floor.

There is always something to watch on their some 40 different TVs. Each night has a special event including Trivia and Two Dollar Tuesdays, Beer Pong Tournament Wednesdays, and live DJ Saturdays.

Must try food items include the Brett Favre eggs benedict, Rookies burger, popcorn shrimp and Rookies wings.

Rookies has more fun with extended hours, open 11 – 1 a.m. on Monday – Friday and 9 – 1 a.m. on Saturday and Sunday.

Website: [www.rookiessportsbar.net](http://www.rookiessportsbar.net)  
Phone: (760) 757-1123

Photos by Kristin Melody

# Thanksgiving leftover recipes

## Pumpkin Parfaits



Ingredients

2 cups pumpkin pie filling (scooped from cooked pie), 2 cups vanilla ice cream or frozen yogurt, 8 tablespoons whipped cream or whipped topping, 4 tablespoons candied walnuts or pecans

Directions

Spoon 1/4 cup of pumpkin into 4 tall glasses. Top with 1/4 cup of ice cream or frozen yogurt. Repeat layers of pumpkin and ice cream. Top with whipped cream and candied nuts.

## Thanksgiving in a Sandwich



Ingredients

4 sourdough sandwich rolls, 1/3 cup cranberry sauce, 1 small head radicchio, leaves separated and washed, 1 onion, sliced and caramelized (or leftover glazed pearl onions), 1/3 cup toasted walnuts, chopped, 3/4 pound sliced turkey, 1/2 cup warmed gravy

Directions

Split the rolls and toast them lightly. Spread the bottom of the rolls with cranberry sauce and layer the radicchio, onion, walnuts and the turkey on top. Pour some of the warmed gravy on top of the meat and place the upper half of the roll on top. Serve immediately.

## Sweet Potato Salad



Ingredients

2 (15 oz.) cans sweet potatoes, 2 stalks celery, diced, 4 green sliced onions, 1 diced green bell pepper, 5 oz. (half of 10 oz. jar) Duke's Sandwich Sauce, 1/4 cup Miracle Whip salad dressing, salt and pepper to taste

Directions

In large bowl, combine all ingredients and mix and mash with potato masher. Serve immediately or chill in the fridge for an hour or two. If you can't find the Duke's Sandwich Sauce, substitute a mixture of Dijon mustard and salad dressing.

Recipes from foodnetwork.com

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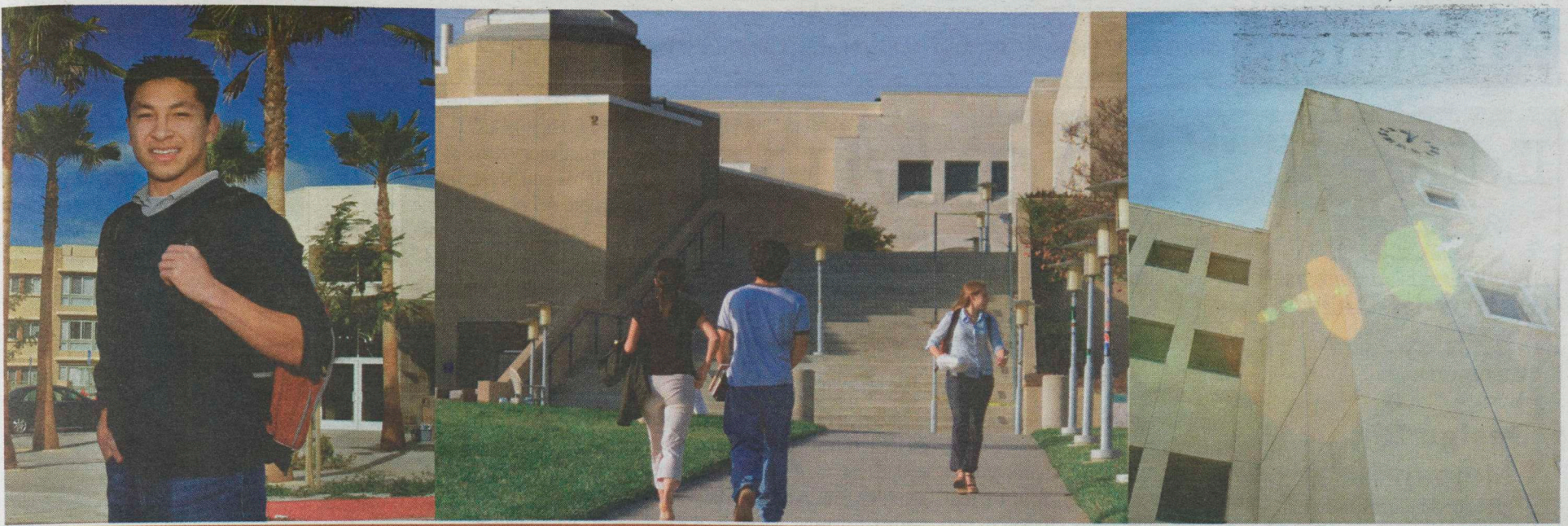
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# “The Mug”

Amy Salisbury  
Pride Staff Writer

Seven out of ten Americans claim Christmas as their favorite holiday according to an Associated Press poll.

Well, that poll was conducted in 1981.

Sorry if that mislead you. However, I feel a little mislead by inferred holiday statistics, too.

Apparently, 100 percent of Americans begin celebrating Christmas before Halloween. At least, that's what retailers seem to claim. Some stores' Christmas layaway began in October; so of course, the deals begin by then. Of course, your family has a large Christmas list, so you'd better get a head start.

Christmas trees in shopping malls light up. Advertisements for Black Friday flood cable TV

before stores are fully stocked with Christmas inventory. Starbucks infiltrates their thousands of stores with lovely red cups, seasonal music and delicious eggnog and peppermint-flavored coffees—all by Nov. 1.

The power of commercial suggestion is truly undeniable: spend, spend, spend. As obvious as profit margins are, who would want to deny Christmas because of that?

Traditionally, the 12 days of Christmas started Dec. 25 and went until Jan. 5. Christmas trees went up on Christmas Eve because it's difficult to keep a live tree healthy and lush indoors for a month—thus the introduction of fake trees. Germanic tradition dictated the use of flame-lit candles and food to decorate the tree, but the food will spoil after days and one can't keep a flame going day and night (unless we're talk-

ing Hanukkah... But that's another story). Now we use strand lights and glass ornaments to promote decoration longevity.

Now, I'm not trying to suggest that modern progress has somehow diminished the charm of Christmas. But to those people who put their trees and lawn decorations up the day after Thanksgiving and take them down the day after Christ-

m a s :  
shame,  
shame  
on you.

I don't feel compelled to discuss the “true” meaning of Christmas because, well, it's irrelevant. If you want to celebrate the birth of Jesus,



go pagan and celebrate the winter solstice or just enjoy time with your family, try to view the Christmas industry for what it is—commercialism. Don't let it dictate how you want to celebrate any holiday.

## Making Thanksgiving

Rebekah Green  
Pride Staff Writer

In “A Charlie Brown Thanksgiving,” Sally Brown said, “Why should I give thanks on Thanksgiving? What have I got to be thankful for?”

Unlike Sally, it's not hard for me to think about what I'm thankful for. I'm grateful for my family, my friends, etc. I'm thankful for the things I have. And the times when I'm not cramming on multiple papers due in the same week, I'm thankful for the opportunity I have to be in college. Being thankful isn't the only thing people do on Thanksgiving though (not to say that we shouldn't be thankful any other day of the year). It is also a time for people take part in nationwide traditions and more personal traditions that transcend generations.

Let's face it. When we think of Thanksgiving, we think of food. Needless to say, food is a big deal – or rather, it becomes a big deal, especially once the holiday season rolls around. Foodconsumer.org weighs some statistics: practically two-thirds of turkey from the U.S. last year originate from just six states (with Minnesota as the winner at 47 million) and 735 million pounds of cranberries were produced in

the U.S. in the same year. Food consuming aside, Thanksgiving's traditions differ from household to household, but many remain almost universal in the U.S.

If there is a football fan present within the house, that television will be on for the game. If you aren't watching football and you aren't able to attend in person, you're probably watching the annual Macy's Thanksgiving Day Parade, held in New York City, on NBC or CBS. Some people are just anxious for Christmas to finally arrive. Others are just too stuffed to do anything.

Thanksgiving has come a long way since the 1600s, and I for one am glad that so many people have made it unique to their own personal traditions and meanings. It doesn't matter what you do for Thanksgiving or who you do it with. So don't worry if you don't have an actual turkey, if you can't stand football, if you forgot about the parade or if none of these apply to what you do. The heart of the matter is to make memories that will stick for years to come and to take time to appreciate your life. You don't have to think hard to answer Sally Brown's question. There is always something to be thankful for.

## The Pride Playlist

Rebekah Green  
Pride Staff Writer

November makes me nostalgic, but not just for music of my distant past. These songs may not seem like they belong together at first listen, but each track gives a sense of memory, love, loss and hope.

Arcade Fire's “Rebellion (Lies)” depicts how sleep can be an excuse to get away from the realities of our lives. It fits well with the themes that I get from their album Funeral – the dramatic and often sad switch from childhood to adulthood and how the way we see things back then seem to twist around completely as we get older. It's definitely nostalgic and emotional but still keeps some of the heaviness upbeat and fun.

Feist's “1 2 3 4” manages to sound happy and almost playful while dealing with issues of time and how fickle the heart can be when it remembers love.

“A Thread Cut with a Carving Knife” by Stars tells the stories of four different people in three different situations (romantic, troubling, etc.) and shows how no matter who you are or what you've been through, life is indeed unpredictable and as fragile as a thread.

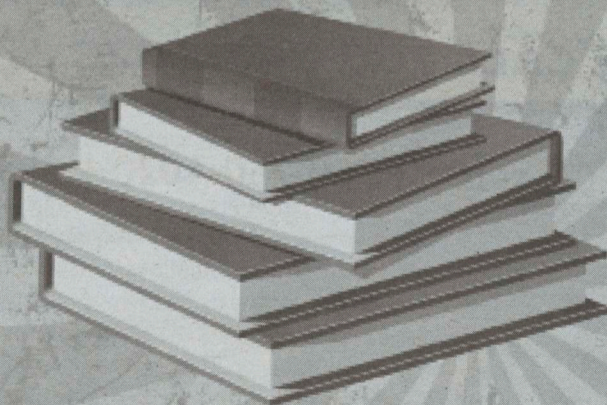
Coldplay's “Paradise” sparks a sense of escaping the harshness of reality and finding comfort in your own paradise. It definitely makes you feel as though you are being lifted out of your life and you are given four minutes and 39 seconds to hide away in a paradise of your own.

The Beatles' “Let It Be” is an exception on this list as a song that can literally take you back to the past to when you would hear it on the radio or on your parents' favorite albums. This track is nostalgia and hope wrapped up in one of the most memorable songs I know.

The acoustic version of “Hysteria” by Yeah Yeah Yeahs is a very calming, almost lullaby-like song, and it speaks of the realization a person has when they find someone who they feel “completes” them.

Considering how they tend to have sad or slow songs at the end of their albums, you can imagine my surprise as to how upbeat and hopeful Death Cab For Cutie's song “Stay Young, Go Dancing” is from their newest album Codes and Keys. It's like a daydream in song form, depicting the anxiousness of new beginnings in love and in life.

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## Evanescoring the Harry Potter series

Juliana Stumpp  
Pride Staff Writer

This past summer marked the ending to the Harry Potter franchise, as millions of fans attended the midnight premiere of the last movie, "Harry Potter and the Deathly Hallows Part 2" which is now on sale. Now fans will have to say another goodbye to their favorite witches and wizards as Warner Brothers are planning to stop shipping all the Harry Potter films for sale to stores on Dec. 29. This strategy is similar to Disney's marketing technique. Disney releases classic movies in stores and discontinues them for

years, putting them into a vault. Recently, "The Lion King" was released in theaters in September. The rerelease of the movie earned \$30.2 million worldwide. With the gigantic success of "The Lion King," Disney and Pixar plan to have "Beauty and the Beast," "Finding Nemo," "Monsters Inc." and "The Little Mermaid" rereleased in theaters as well.

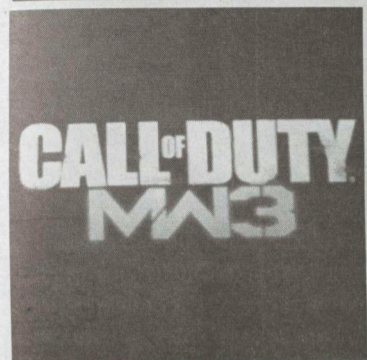
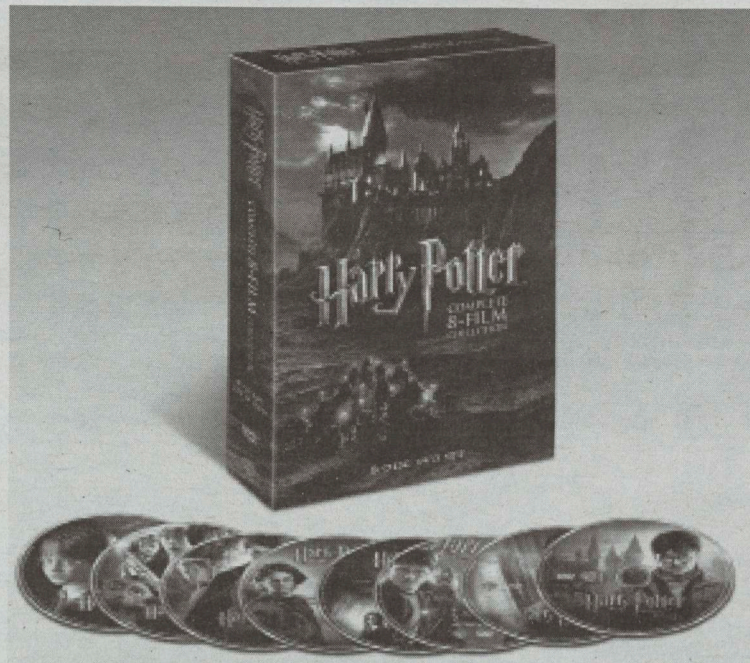
"Harry Potter and the Deathly Hallows Part 2" grossed \$1.3 billion in worldwide box offices. Warner Bros. has earned \$12.1 billion in sales from DVDs, video games and more.

Also as of Nov. 11, an eight-disc set will be on sale that will

include the last movie of the series that will be released that day, separately. The complete set will no longer be on sale after Dec. 29. If you don't want to live without the magic of Harry Potter and Hogwarts School of Witchcraft and Wizardry, we suggest you get your hands on the films soon before they vanish.

The author of the series, J.K. Rowling, Scholastic published the first of the series, "Harry Potter and the Sorcerer's Stone" in the United States. Ever since the start of the series, Rowling has received numerous awards for the books and films.

Photo courtesy of Amazon Media



## New "Call of Duty" hit with new players, but miss with die-hard fans

Rogers Jaffarian  
Pride Staff Writer

For the first-time player, just-released "Call of Duty's Modern Warfare 3" is an arsenal of firepower. The first-person action shooter game has more weapons, equipment and perks than its predecessors, while removing the game-ending multi-player nuclear bomb. MW3 is also bigger, with more detailed maps and realistic animation, creating a better overall balance of play.

Unfortunately for true fans of the series, the intensity of the game has been toned down. There are fewer open areas where players can get shot and the helicopters and planes do less damage than before. This was done to level the playing field between veterans and new players.

The console game - available for PS3, Xbox 360 and PC - came out on Nov. 8. A group of about 150 fans gathered at the

Gamestop in Carlsbad's Westfield Plaza Camino Real mall where employees handed out posters and prizes.

Game developer Activision sold 12 million copies of MW3 in its first week, resulting in a record \$738 million in sales.

Among the new features in MW3 are more realistic sniper rifles. When an enemy is hit by a bullet from one of these weapons, he's taken right off of his feet with more body movement animation than in previous Modern Warfare titles.

Other improvements include less annoying red blood splats on your screen after taking damage, and getting to collect dog tags from fallen victims in a kill confirmed game. Weapons proficiency lets you level up your gun along with the usual two attachments. The highest rank an online player can attain is now 80, with a prestige level of 10. When you choose to go prestige, it still

resets you to level one, but you get to retain one of your unlocked items. The game has been integrated with Facebook so you get to see your friends' online accomplishments.

Campaign mode has plenty of action with a quick and confusing story line. You get to shoot up the New York Stock Exchange, attempt to rescue the Russian president on a plane, and fight a chemical warfare attack in Paris.

Some of the new game flaws are the choppers and stealth bombers are less realistic than before. In the previous titles there were fewer buildings around to run for cover, airstrikes would put the fear in your heart when you heard them coming. No more secondary shotgun and certain perks such as "last stand" are gone.

Online gaming can be addictive, but it can also be a lot of fun.

Photos by Rogers Jaffarian

## Tales from the Nerd Side

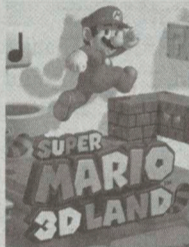
The wait is over: the biggest gaming releases in time for the holiday season

Chris Giancamilli  
Pride Staff Writer

The holiday season always sees the industry's biggest gaming releases and this year is no different. From role-playing games to racers, there is sure to be something to pick up for every gamer.

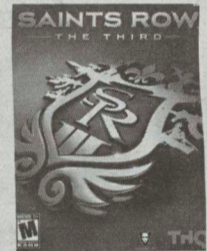
### Super Mario 3D Land (3DS)

"Super Mario 3D Land" adds some new features to an already classic formula. Harkening back to "Super Mario Bros. 3," this new installment gives Mario his old Tanooki suit tail, which grants him the power of a spin attack and brief moments of floatation. Mario has the ability to throw boomerangs with the new Boomerang Flower. The game returns to the same mechanics as "Super Mario Galaxy" and "Super Mario 64" with the dazzling introduction of 3D to the mix.

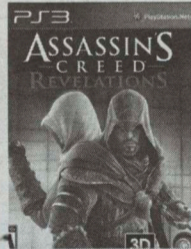


### Saints Row: The Third (PC, PS3, Xbox 360)

"Saints Row: The Third" gives players the opportunity to become the leader of a gang called the Third Street Saints. Players arrive in the city of Steelport seeking to claim it for the Third Street Saints. This entry in the series adds experience points and leveling to give characters different perks. The game's over-the-top action and humor makes "Saints Row: The Third" an interesting buy for those looking to have some sandbox style fun.



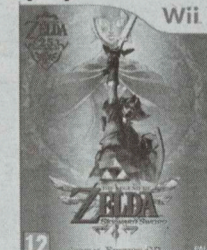
### Assassin's Creed: Revelations (PS3, Xbox 360)



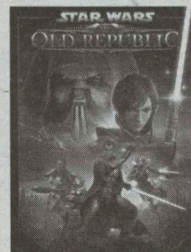
This installment of the Assassin's Creed series sees the return of the first main character, Altair, as well as Ezio and Desmond. Players will travel to exotic locations such as Constantinople and Cappadocia in an attempt to link memories and uncover the history of a lineage. "Revelations" also introduces new weapons such as the hookblade and creatable bombs.

### The Legend of Zelda: Skyward Sword (Wii)

In this entry of the classic Legend of Zelda series, Link hails from the floating city of Skyloft. There, he finds the Skyward Sword and sets out on a journey to the land beneath Skyloft in order to cleanse it of the evil monsters that thrive there. Skyward Sword utilizes the Wii Motion Plus controller which allows for more precise sword movement.



### Star Wars: The Old Republic (PC) - Dec. 20



This Star Wars themed massively multiplayer online game takes place several thousands of years before the film series. Players will travel across space to familiar planets such as Coruscant, Tatooine and Alderaan in a quest to either save the galaxy as an agent of the Galactic Republic or a member of the Sith Empire. The Old Republic provides players with a fresh and expansive Star Wars experience with hours and hours of gameplay.

### Mario Kart 7 (3DS) - Dec. 4

"Mario Kart 7" relies upon a heavy use of 3D to give a new life to the kart racing sub-genre of games. Players must use the new sense of depth to avoid obstacles and take out their opponents with a variety of power-ups. Racers traverse the vibrant landscapes with the new addition of gliding and underwater racing.

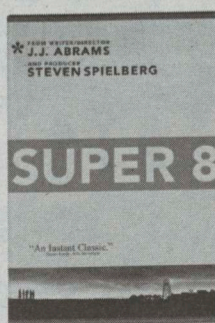


## Dropping This Week

Melissa Martinez  
Pride Staff Writer

This week marks the biggest shopping days of the year: Black Friday. Though most bargaining will be done bright and early after we've had a dinner that for once didn't consist of Top Ramen and coffee, here is a head start on new releases for the week of Nov. 21.

The critically acclaimed movie



"Super 8" will hit shelves on Blu-ray and DVD as well as a two-disc Blu-ray/DVD combo + Digital copy. The sci-fi movie starring Elle Fanning and Kyle Chandler is rated PG-13.

The wait for "monsters" everywhere is finally over as Lady Gaga releases her concert DVD "Lady Gaga presents the Monster Ball Tour at Madison Square."

The complete sixth series of

the critically acclaimed, "Doctor Who" will also be released on DVD and Blu-ray as well.

"Scream 4" will make its debut to stores on Blu-ray as well as DVD. The rated R movie stars Neve Campbell and Courtney Cox and was directed by Wes Craven.

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