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CSUSM holds forum on VA Tech

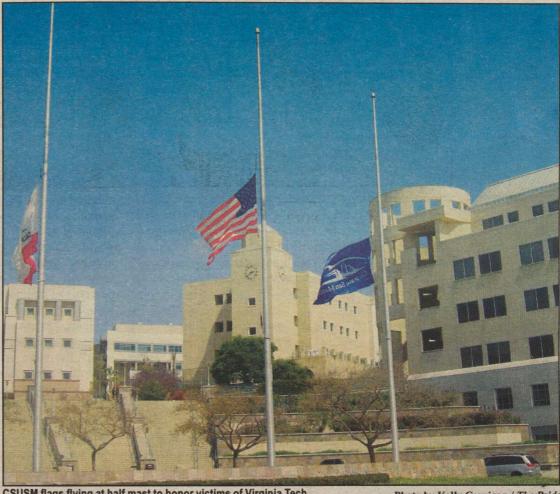
BY AMANDA ANDREEN Pride Staff Writer

On Thursday April 19 in ACD 102 CSUSM hosted a forum honoring the Virginia Tech Tragedy and to discuss community concerns related to the issue. Present at the forum were CSUSM students, faculty and staff and various community members. Each attendee was given an orange and maroon ribbon to wear in honor of Virginia Tech victims. Beginning at noon, those present for the start of the forum honored the victims of the Virginia Tech tragedy that occurred on Monday, April 16, with a few moments of silence. President Karen S. Haynes opened the forum by saying, "We're obviously all here today as a university community coming together to share our grief, our concerns of personal safety, and ask questions

as we go forward..." President Haynes continued by saying, "I'm sure many of you in our campus community have personal connections to Virginia Tech, and so it brings another dimension for you to this conversation. I was asked just now by the press, whether this was our first or our last step in this conversation; I'm sure that there will be many steps, public, formal, personal and private as we continue to think through the implications. One other public step that we will take as a university is to contribute to the Hokies Memorial Fund that will help for counseling and other services to the victims and their families."

Assembled in the front of the room was as a panel of campus resources to offer information and answer questions. The panel

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CSUSM flags flying at half mast to honor victims of Virginia Tech.

Photo by Kelly Corrigan / The Pride

CSUSM Alumni bettering society

Community Interface Service in Carlsbad



Photo by Kelly Corrigan / The Pride

One of Majorie Mina's clients, Julie Donlevy, places newly arrived fish in their tanks at Wal-Mart.

BY KELLY CORRIGAN Pride Staff Writer

Carlsbad, April 18 - CSUSM Alumni are helping the Carlsbad community with Community Interface Services. The employees of Community Interface work each day to assist adults with developmental disabilities including those with autism, mental retardation, cerebral palsy, turrets syndrome and other developmental disabilities. Out of the 130 employees at CIS, 10 are Alumni of CSUSM. CIS of Carlsbad is a non profit organization that serves all of San Diego County.

It is a Wednesday afternoon at Wal-

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Grand Champions CSUSM wins national Recyclemania

contest for the 3rd consecutive year

BY JONATHAN THOMPSON Pride Staff Writer

Cougars won the ultimate prize in the RecycleMania 2007 competition. For the third straight year in a row, CSUSM has placed first in the Grand Champion category. Cougars remain victorious, as they beat out over two hundred schools across the country.

RecycleMania consists of a ten-week competition between campuses throughout the nation. There are four categories of competition. These categories are largest amount of recyclables per capita, largest amount of total recyclables, least amount of trash

per capita, and highest recycling rate. The competition mandates measurements in pounds on a weekly basis throughout the duration of the competition. For their efforts, campuses receive trophies, awards, and certificates.

RecycleMania began in 2001. Ohio University and Miami University were the first and only two competitors for the first competition. In six years, the competition has nearly doubled every year and the contest has created new categories for competition. In 2007, 201 campuses competed in the competition. University of San Diego

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Taking a "bite" out of the budget

BY PAMELA CASTILLO Pride Staff Writer

On Wed. April 18, Students devoured watermelon on the mezzanine plaza in the name of the activism at the event hosted by ASI, Take a Bite out of the Budget. Volunteers asked students to sign a standard letter addressed to Senator Jack Scott that made three demands of California Legislature and Governor. The letter drafted by ASI read, "Fund the necessary \$65 million for the CSU, freezing fees at the 2006-2007 levels. Fund the \$24 million Student Services Initiative. Restore the \$7 million on outreach." According to the letter, "These actions will ensure that the California State University remains accessible to all Californians."

Chrissy Satterfield, Governmental Relations Outreach Specialist said, "The goal is to fight the fee increase and sign our



Photos by Pamela Castillo / The Pride

Above: Estaban Tadeo, a student volunteer, asks for Carla Delgado's signature. Right: (From left to right) Justin Rossiter, Shannon Poling and Erin maddox compete in a watermelon eating contest as a part of the Take a Bite out of the Budget event.

letters in support of higher education and access for all."

While enjoying free hot dogs and soda, students gathered to cheer the contestants in a watermelon-eating contest. There



were two preliminary rounds, and the winners from those rounds battled it out for the championship. With their noses buried deep in watermelon and juices dripping from chins, contestants raced for the

rights to victory. Justin Rossiter, Shannon Poling, and Erin Maddox made up the first round, and Sandy Betancourt, Rachelle

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THE PRIDE

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included: Roy Lee (President of ASI), Dean Manship (Emergency Management Coordinator), Regina Frasca (Director of Risk Management and Safety), Carlene Smith (a psychologist from SHCS), CSUSM Police Chief Ronald Hackenberg, Dr. Pat Worden (Vice President for Student Affairs), CSUSM President Karen S. Haynes, and Gregory Toya (Associate Dean of Students) and a few other representatives from campus organizations.

The central focus was to first remember and honor the Virginia Tech tragedy and to second address the campus community about our own safety precautions in place and how they are being practiced and improved.

In addition to offering a safe environment for an open discussion to inquiring students and staff, the forum also hosted a guest speaker, an alumnus from Virginia Tech affiliated with the San Diego chapter of Virginia Tech Alumni. She shared a poignant testimony about her experience at Virginia Tech and how the tragedy had impacted her and her family's life, as her younger brother currently attends Virginia Tech.

After the guest speaker, Gregory Toya opened up the floor for the audience to ask questions. The first question asked addressed what plans CSUSM has in place

should anything like that happen on campus. Chief Hackenberg responded: "We have plans in place. We have the ability to lock down areas on campus from dispatch that would help to isolate any kind of shooter activity. We also have a system where we can communicate through our classrooms under times of duress that will also be helpful in letting people know exactly what the situation is at the time." Dean Manship also explained to the audience that there is a system being finalized this very moment that would allow the university to send text messages to students in case of an oncampus emergency or life-threatening situation.

Another main point emphasized in the forum was that of mental health care, and Carlene Smith addressed that, ensuring students that there are services available at SHCS for students to take advantage of.

In hopes to reach the rest of the student body, Hackenberg said, "We have a very safe campus here; that's both by perception and statistics bear that out, and we always need to keep that in mind. We want students to be very aware of any rumors, possibilities, possessions of a weapon on campus, or anyone who might be planning these types of things. We just want to encourage them to report those things to the police department." For more information visit http://www.csusm.edu/police/Bulletins.htm

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Mart with the usual sized crowd. Today is not any different than the rest to Marjorie Mina. As she makes her rounds through the store, she asks her clients how they are doing and if they may need any assistance. Her clients though, are not customers of Wal-Mart; they are Wal-Mart employees who have developmental disabilities. As a job coach for Community Interface Services of Carlsbad, Mina works with eight higher functioning adults. In Mina's case, four out of eight of her clients work at Wal-Mart and have overlapping hours so Mina makes her rounds and works one on one with her clients during their shifts.

As a job coach, Mina works under Community Interface's Supportive Employment program. Mina began working with CIS after she graduated from CSUSM in 2004 as a Human Development major. In the three years that she has been working for CIS, Mina has learned that her clients are excited to have a job. "We help them be a part of the community," Mina said. "If they take a bus to work, we teach them what to do if they get lost, or what happens when there's a disaster at work." When Mina started working with her client Chris Deddo, she learned that whenever Deddo was faced with a question from a customer to which he did not know the answer, he would walk away. Mina would then interfere and show Deddo that he could ask another associate for help. What Mina says she enjoys the most is, "I can watch them grow."

Job Coaches at CIS work with clients who work at Pet Smart, Noah's Ark Learning Center, Wild Animal Park and Target among other employers.

Two other major departments of CIS include Supportive Living and Independent Living.

In 1991 when Kim Larsen graduated from CSUSM as a Business Major, she was quickly promoted to associate director. Bruce Willbrant, another alumnus of CSUSM, was not sure where he would live after graduation when he found a classifieds ad for Community Interface's Supportive Living department. In the Supportive Living department, employees live with a roommate who has a developmental disability. Willbrant thought, "I'd get paid and I'd have a place to live."

Today Willbrant assists his clients as an Independent Living Supervisor. Willbrant

plans his clients' budget and assists them in finding and purchasing affordable housing.

When speaking of helping clients attain jobs, Larsen said, "Our goal is to help them become more independent. So we may start out 100% there, at the orientation, interview, and then when they get the hang of it, we'll start fading out."

Willbrant found his education at CSUSM to be extremely helpful. "The thing about San Marcos is that they have this unique major, Human Development, which is ideal, along with sociology and psychology."

Denise Sumlin a graduated as Liberal Studies and Sociology double major with a focus in Child Development.

As an Independent Living Counselor, Sumlin says she helps maintain independence. An Independent Living Counselor may assist clients in daily living such accessing community resources or gaining social skills. Sumlin added, "At school, it's all about the books. It's test after test. Here, it's nothing but hands on. It all comes back to you. I thought, I will never use this again in my life! But I am putting a lot of it to good use. You do get a chance to use some of that."

Christine Sheppard, Supported Employment Supervisor, finds that the employees at CIS enjoy coming to work each day. Sheppard said, "They are highly dedicated to the service recipients and they have the ability to cooperate and work well with others."

Shannon Foster works as a Resource Counselor. In 2000, she graduated from CSUSM as a double major in Psychology and Sociology. She spends her days in the community with her clients. On Mondays, she works out with her clients at the YMCA, and on certain Fridays, she takes her clients to the mall for some shopping. Foster assists her clients in their work and social skills. "We learn what their dreams are then we help to accomplish their goals," Foster said.

Sally Serrin, a current student of CSUSM decided to work at CIS in order to fulfill an internship requirement for her Sociology course. Serrin says that she's been able to help where it's needed. Since Serrin began working at Community Interface, she has gained experience with doing research for the company, working with clients and completing market audit reports among other things. "Everybody here is so positive," Serrin said, "with a good attitude about a lot of things."

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and San Diego State University were amongst the 201 universities in the competition.

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CSUSM first entered the competition in 2005 and placed first in Recycling Rate with a rate of 44 percent. The Recycling Rate category compares the weight of recyclables to the weigh of trash.

In 2006, CSUSM won the Grand Champion award, placed second in the Per Capita Classic, and finished first in the Targeted Material – Corrugated Cardboard category. Campuses that fall into the Grand Champion category demonstrate an excellence in recycling and reducing waste throughout the entire competition. The Per Capita Classic compares the amount of recyclables to the number of students in a given campus. The Targeted Material – Corrugated Cardboard category compares the amount of recycled corrugated cardboard to the number of students in a given campus.

For the 2007 contest, CSUSM brought home another first place victory in the Grand Champion category. CSUSM also placed second in the Targeted Material – Corrugated Cardboard category.

A recycling culture throbs throughout CSUSM's campus. Cougars consistently recycle spent products in easily accessible bins.

"I recycle every single thing and I make sure it goes in the right recycle bin," said Liberal Studies Major Senior DeLacy Brown. "I can be standing anywhere and turn around and find a recycling bin."

"It feels good that my school has won the RecycleMania competition three times in a row. It's really cool that our school which is in southern California cares that much about the environment," said Arts and Technology Major Freshmen Jake Gossett.

"Recycling is about giving back to the community. Given the fact that Cal State San Marcos has won three years in a row giving back to the community has been a major priority to us," said Psychology Major Senior Logan Goolsby.

"It makes me glad to go to a school where students take the extra time to use the blue bins for recycling. It would feel weird not to recycle because the bins are everywhere," said Liberal Studies Major junior Jenny Bigpond.

The contestants for next year's competition will most likely grow in number. Previous contenders will sharpen their recycling skills. However, given the current trends, Cougars have a bright future and foreseeable victory in the RecycleMania 2008 competition.

For more information, visit: http://www.recy-clemania.com/ and http://www.myspace.com/recyclemania.

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Acker, and Kat Schulz made up the second round. The competition was stiff, but Justin and Sandy devoured their way through huge pieces of watermelon and won the preliminary rounds.

Rossiter and Betancourt battled against each other for the championship. Grunting and growling, Rossiter ripped red chunks of watermelon from its green rind while Betancourt trailed close behind. The crowd cheered in favor of Betancourt, but Rossiter gulped his way to the championship.

Students at the event also took part in signing a large red poster, among others, that students will send to Virginia Tech. The poster reads, "Our deepest sympathies to Virginia Tech from the students of Cal State San Marcos. Other posters read, "CSUSM honors Virginia Tech." Sara Gallegos stated, "The final event that they will be at is the Wellness Fair on Tuesday the 24th in the Field House. After that we are going to mail the posters to Virginia Tech."

Satterfield said, "My overall reaction was that it was a success. We got exactly 100 signatures for our budget letters, which is great! The contest and event was a huge success and I couldn't have been happier with the result."

Down to Earth: A green day on a green campus

BY KIM ANDERSON Pride Staff Writer

THE PRIDE

Sunday, April 22, was Earth Day. On this special day designed to promote environmental awareness, millions across the nation joined in celebration of Mother Earth. While some people renewed their commitment to reduce, recycle and reuse, others raised money to fund other environmental causes.

Historically, it was the concern of Senator Gaylord Nelson, a Democrat from Wisconsin that sparked our country's environmental awareness. He founded the first Earth Day in 1970 after trying to bring environmental awareness to the American population since 1962.

On envirolink.org, Nelson said, "Earth Day worked because of the spontaneous response at the grassroots level. We had neither the time nor resources to organize 20 million demonstrators

and the thousands of schools and local communities that participated. That was the remarkable thing about Earth Day. It organized itself."

America celebrates Earth Day on April 22. This day is also the birthday of Eddie Albert, a former American television star and environmental activist; it also happens to be the birthday of Julius Stirling Morton, the founder of Arbor Day.

According to the U.S. government's web site on Earth Day (earthday.gov), the United States is much better off than it was in 1970. The air is cleaner, the loss of wetlands is being reversed, and other important environmental legislation continues to improve conditions.

Though things may be looking up, the Intergovernmental Panel on Climate Change (IPCC) recently reported with 100 percent confidence that global warming is happening, and with 90 percent confidence that it is because of human interference. The IPCC is a panel of scientists from different countries and works closely with the United Nations. Since the report, the United States Congress has been discussing new environmental legislation that would significantly cut down on the production of greenhouse gases.

Meanwhile, there are many things that people can do to help save our planet. The government's Earth Day site suggests saving energy by making homes more efficient, turning off appliances and lights when not in use, purchasing "green power" for the electricity of houses, insulating homes, driving less, and replacing incandescent light bulbs with Energy Star qualified compact fluorescent light bulbs.

The site also suggests several ways to use less water. It urges people to use WaterSense labeled products and programs. These products, "will perform well, help save money, and encourage innovation in manufacturing." (See http://www. epa.gov/watersense/index.htm for more information on Water-Sense.) The site also says to not to let water run while shaving or brushing teeth, to take short showers instead of baths, to scrape rather than rinse dishes before loading into dishwasher, and to only wash full loads of dishes and laundry. It also recommends buying high efficient plumbing fixtures, repairing leaks (one leaky toilet can waste as much as 200 gallons of water every day), and watering lawns and plants during the coolest part of the day.

Another way to celebrate Earth is by using the three R's: reduce, reuse and recycle. To reduce, people should consider buying permanent items instead of disposables, buying products with less packaging, and only

buying what they need. Reusing is as simple as repairing items as much as possible, using cloth napkins, and reusing boxes, purchasing and reusing refillable pens and pencils, and donating extra things to other people or charities. Recycling is the third component. Many things can be recycled—paper, plastic, bottles, cardboard, aluminum; but, other things can and should be recycled such as electronics, motor oil, printer cartridges, and even compost food scraps, grass and other yard clippings.

Cal State San Marcos is particularly earth conscious—our university recently won RecycleMania for the third year in a row by recycling over 59% of all that we throw away.

This season, be more environmentally conscious and make environmental resolutions that will save money and our earth. As Captain Planet always says, "The power is yours!"

Honoring CSUSM's semi-annual Yellow Ribbon Week

BY AMANDA ANDREEN Pride Staff Writer

Suicide is the 11th leading cause of death annually in the United States and is the 2nd leading cause of death among college-aged students (according to the American Foundation for Suicide Prevention). The American Association of Suicidology states that about every 16 minutes, a person in the U.S. takes their own life, and every 39 seconds a person in the U.S. attempts to take their own life. In 2004, the most recent complete data statistics, there were roughly 811,000 suicide attempts, and a total 32,439 suicides. With approximately 80 Americans taking their life each day and nearly 1,500 more

Americans attempting to do so, there has got to be an underlying cause for such high statistics, as well as something everyone can do to help. Fortunately for CSUSM students, and the greater San Diego community, there is something that can be done and a way to help. As it has been on campus since the spring of 2003, CSUSM has its very own Yellow Ribbon Club, which is connected with a larger organization: Light for Life.

Chris Sanchez, President of the Yellow Ribbon Club on campus, encourages students to not only become more aware about suicide and its warning signs, but also to participate in the upcoming Yellow Ribbon Week happening on campus April 30-May 2. With multiple events happening on campus for the upcoming Yellow Ribbon Week, Sanchez hopes to educate his peers about the Yellow Ribbon Campaign, the Light for Life Foundation and the Yellow Ribbon Cards that are available at the events and online at www.yellowrib-

To kick-off the approaching Yellow Ribbon Week at CSUSM, the Yellow Ribbon Club is hosting its first shoe drive. The shoe drive aims to collect donated shoes from students for a display to appear in front of Library Plaza during Yellow Ribbon Week. After the completion of Yellow Ribbon Week, the donated shoes will then be donated to a local charity. The shoe drive will continue through Friday, April 27, and the collections areas are at the ASI Women's Center in FCB 102 and in front of Student Life and Leadership in Craven 3400.

"We're going to be having what's now become our semiannual yellow ribbon week where we go out there and we want to encourage students to come see this video we show called 'The Truth about Suicide.' 'The Truth about Suicide' is a video put on by the America Foundation for Suicide, the AFSP. And what they have done is created this video that outlines a lot of the symptoms of depression, suicide and they bring the perspective from real life people who have either attempted to take their life, or who have had friends who have. It is very emotional and I think it's very affective," said Sanchez.

The majority of the events happening during Ribbon Week will take place on Monday, April 30, and Tuesday, May 1, during University Hour in the Library Plaza. There will also be two screenings of "The Truth about Suicide" Wednesday, May 2, one during University Hour in Markstein Hall 107 and the second at 5 p.m. in The Clarke Field House.

For more information on mental health and suicide prevention, please visit these websites: www.yellowribbonsd.org, www.afsp.org, and www.suicidology.org.

For more information on the Yellow Ribbon Club, please contact: Chris Sanchez at sanch078@csusm.edu.

Please recycle this paper



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The elements of natural skin care

Ao

Aubrey Organics

Aubrey Organics pride themselves on offering 100% natural products, containing no petrochemicals. They use a patented natural grapefruit seed extract and antioxidant preservative. The company, based in Tampa, Florida, uses "organic ingredients whenever possible," according to their website, certified by Quality Assurance International of San Diego, California.

(http://www.aubrey-organics.com)

Bb

Burt's Bees

Burt's Bees is unique in that they label each product with a "natural bar," which, according to their website, "discloses exactly how natural that specific product is." For Burt's Bees, "natural" has only one definition: "harvested from nature." (http://www.burtsbees.com)

BY SOPHIE BRINK Pride Staff Writer

The skin is the body's largest organ. We have probably all heard this fact repeated, but how often do we consider the implications? The skin performs vital functions, many of which we may take for granted. In addition to being the body's first line of defense, and providing a barrier against invading organisms, the pigments skin produces protects the body from ultraviolet rays. The skin also houses such essentials as blood vessels, lymph channels and nerve endings.

Yet, despite its protective nature, many substances are absorbed through the skin, eventually finding their way into the blood-stream. This fact combined with the threat pesticides pose to the human body and the environment have led many consumers to seek out organic alternatives to the products which make up their skin care regimen.

Considering the escalating buzz about cancer-causing chemicals, it is no wonder that during the past few years, companies have been joining the "organic" craze. Products labeled "organic" and "natural" continue to pop up.

Consumers might assume that if a product is labeled "organic" it contains ingredients "produced without the use of artificial fertilizers, pesticides, or other artificial chemi-

cals" (as stated in the Oxford English Dictionary). Unfortunately, some companies use the label to mislead people, adhering to the definition of the word "organic" that is found in organic chemistry textbooks: "relating to, or designating any compounds of carbon." According to the latter definition, the group of common preservatives known as parabens, petrochemicals and thus carbon compounds, could be considered "organic," even "natural." Yet, studies have linked parabens with quite un-natural hormone disruption. Other ingredients consumers may want to stay away from include artificial coloring, BHA, mineral oil, propylene glycol, sodium lauryl sulfate, synthetic fragrances, and toluene.

A definition for the term "natural" is even trickier to pin down, and companies that use synthetic ingredients in addition to natural ingredients might label their products as "natural."

Though there are many skin care companies that use organic ingredients and shun the use of synthetic ingredients, few create products that contain only organically grown botanicals. If buying personal care products with as many organic components as possible is important to a consumer, one would be best served by reading the entire list of ingredients.

We

Weleda

Aiming to be "In harmony with nature and the human being," the 1921 established personal care product company, Weleda, paved the way for future natural cosmetic companies with their use of biodynamic and organic ingredients. Acquiring ingredients through Fair Trade or from their own gardens, Weleda's recipes are free of artificial colors, synthetic preservatives, parabens and fragrances. (http://usa.weleda.com)

Pr

Primavera

Also headquartered in Germany, Primavera is known for their use of essential oils. Primavera's products, according to their website, "contain natural or organic ingredients that were grown in the purest soil, by regional experts who are dedicated to preserving centuries of tradition and agricultural knowledge."

(http://www.primaveralife.com)

Dr

Dr. Hauschka Skin Care

This company, founded in Germany by chemist Dr. Rudolf Hauschka, is devoted to acquiring as many of the ingredients as possible that go into their holistic skin care products from certified Biodynamic and organic sources. For more information on biodynamic farming, visit http://www.biodynamics.com.

(http://www.drhauschka.com)

Ju

Jurlique

This Australian company takes pride in cultivating many of the herbs and plants which go into its skin care line. According to their website, the company's herb farm is organic certified and monitored by The National Association for Sustainable Agriculture Australia.

(http://www.jurlique.com)

My

lyChelle

MyChelle's motto is "Don't mess with toxins!" Though this Colorado based company doesn't claim to use exclusively organic ingredients, their website assures that products are preserved with essential oils, antioxidants and antimicrobial extracts instead of petrochemicals and do not contain artificial coloring agents, parabens or fragrances. (http://www.mychelleusa.com)

Po

Pangea Organics

Based in Boulder, Colorado, Pangea Organics is committed to a healthy planet, using organic ingredients and condemning petrochemicals. Pangea's seven "P"s - People, Principles, Practices, Performance, Product, Philosophy, and Planet - can be found on their website. (http://www.pangeaorganics.com)

Images by Jason Encabo / The Pride

UNIVERSITY VOICE

"What is your reaction to the tragedy at Virginia Tech?"

April Thorton - Senior



66 My first reaction was that there is going to be a negative backlash at the South Korean community.

I also felt so sorry for the killer's parents. You know? You come to America to make a better life for your family; you go to work and you come home to find out your son just murdered 32 people? I just hope there isn't a negative stigma that sticks with the South Korean community because of this isolated incidence

Brittney Lougher - Sophomore



66I think it's tragic that they had so many warning signs and this still was not preventable

Christina Kasahara - Sophomore

At first, I was shocked just like everyone else. But, as more and more details were reported, I become more disturbed. And, what is even more disturbing is that "American Idol" came up as the top story on Yahoo.com only 2 days later.



Meaghan Simon - Sophomore

66 It's a disgusting, disturbing and scary thought that this could happen at a school – where students are supposed to feel safe.

Lanysha Adams - Senior

66 I thought it was unfortunate. In the past, shootings were primarily for people who held political positions – that was unfortunate too – a lot of good people died. I wonder what the state of university education will be due to this tragedy ??



Sheila Mendock - Senior



I've always though of school and the classroom as a safe environment. When I put myself in their place, it's just... unimaginable.

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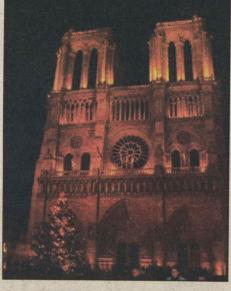
HERE INTHE WORLD IS ALISON AFFLECK?

BY ALISON AFFLECK Pride Staff Writer

Paris did not earn the prestigious title of "most visited place in the world" for nothing; it really is nothing short of spectacular. I picked the less touristy off season to visit, and although I did not get to personally witness the typical 'Eiffel tower postcard' view, replete with flowers and lavish greenery, I did get to see the city covered in a fresh layer of snow—a real bonus in my view.

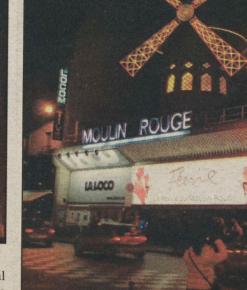
It is hard to know where to begin in a city such as Paris, but I suppose a good starting point is a good hotel or hostel location. I decided to stay on the left bank of the Seine in a simple and oddly decorated hotel that boasted a less than five minute walk to the Eiffel Tower. Indeed the tiny hotel was 'very inventively' called 'La Tour Eiffel.' An added bonus to the hotel was its proximity to the métro, which in my opinion is something that a visitor to Paris should pick as a priority when selecting a hotel; you will spend a great deal of time cruising the odoriferous, bustling lines and it really is a great way to get a feel for the local life. Needless to say, it is advisable to take advantage of the 'Paris Visite' travel cards that offer unlimited use of the métro and buses within a specified time period.

During my stay in Paris, I did not adhere to a rigid schedule; instead I picked an area of interest and wandered around seeing what grabbed my fancy. Although I wanted to see all the usual



suspects, I planned to spend a great deal of time in the local eateries and coffee shops. Navigating around the left bank in the gently falling snow, I visited 'L'Hôtel des Invalides'—a huge construction orchestrated by Louis XIV to house wounded soldiers. Les Invalides is very easy to spot due to its unmistakable gold dome. However, the luxury does not end there—wait till you see Napoléon's massive red sarcophagus housed inside the Eglise du Dôme and the amazing array of weaponry housed in the Musée de L'armée. A gentle stroll along the bank of the lazily flowing river Seine later, and I found myself exploring Notre Dame and Sainte Chapelle in the Isle de la Cité; the old historical heart of Paris. Notre Dame is incredible with its huge domed roof enveloping the wonderful scent that all ancient buildings have: that of sweet earth and centuries of candle burning. The Cathedral façade itself is amazing, as are the famous cheeky gargoyles that line the panorama of Paris. Of course the view requires a long walk up the many flights of stairs, but it is well worth it. As I crossed over the Seine via the

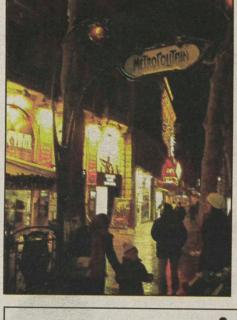
famous Pont Neuf ('New Bridge'), I was tempted to pay a visit to the Louvre, thankfully I decided against it. To fully appreciate the cornucopia of artifacts ashed within the Louvre, or the converted train station that is the Musée d'Orsay, I definitely recommend devoting the better part of a day to really submerse oneself. Of course, in addition to the more familiar, Paris has many other exhibits for the discerning art lover to



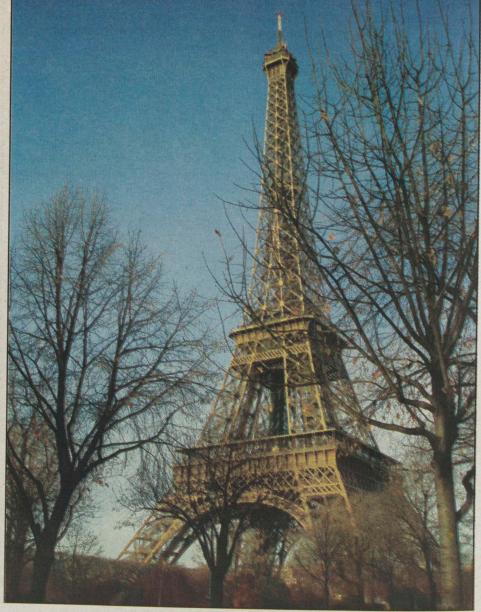
wander around; indeed there is just so much to see in the whole city. Climb the Arc de Triomphe and gaze down the sparkling Champs Elysées. For shopping, visit the beautiful 'Art Nouveau' Galleries Lafayette or take the métro to the Abbesses stop and stroll the narrow streets of Montmartre; here you will also find the old white church Sacré Coeur, the two remaining Moulins (windmills) of Paris and of course the nearby red light district of Pigali which contains the

famous Moulin Rouge—just be ready to pay about \$100 to see the show! I also highly recommend a trip to the ancient Catacombs, a huge underground collection of human bones, complete with philosophical French signposts. It is easily reached from the Denfert-Rochereau métro station. In all, a trip to Paris is immensely satisfying in every regard, from the macabre to the enlightening; 'The City of Light' truly has something for everyone.

Photography by Alison Affleck







CSUSM Track and Field prepare for Nationals

BY DAVID CHURCH Pride Staff Writer

The track and field season is getting closer and closer to the end, and CSUSM track and field athletes are making their final preparations for May 24-26, NAIA National Championship.

With 11 athletes already qualified for the event in the "A" standard, coach Steve Scott may have a tough decision awaiting him, as

Nationals get closer. Coach Scott currently has nine athletes qualified for Nationals in the "B" standard.

The tough decision awaiting coach Scott is choosing three male athletes and three female athletes who will help the team score at Nationals as well as finish in the top six in their event and become an All-American.

As of last weekend, junior Ashleigh Davis ranked fourth in the 100-meter hurdles and eighth in the 400-meter hurdles. Senior

Taliah Chatterfield was four hundredths of a second ahead of Davis in the 100-meter hurdles and ranked third nationally. Juniors Whitney Patton and Emily Jones ranked fifth and sixth in the steeplechase and senior Bonghabih "Bee-Bee" Shay was second in the nation for the half-mile.

The women's 4x100 relay is currently ranked ninth in the nation, while the women's 4x400 relay is ranked second and is less than three seconds behind the top ranked Wayland Baptist University (Texas).

Coach Scott still feels that some of the better marks and times are still to come. Coach Scott said, "We are still trying to get people to qualify for Nationals."

And coach Scott is keeping his word. This past Sunday, he held a half marathon in hopes of qualifying senior Kristina Hill, senior Olympia Olguin, junior Eric Gustafson and senior Juan Milja, who is already qualified in the 10K and ranks eighth.

When talking about the men's 4x800, coach Scott said, "The 4x8 still has a chance to qualify for Nationals. If not at Irvine, then Occidental."

Junior Sergio Gonzalez will be trying to go for the "A" standard, while sophomore Michael Crouch will be trying to move up to the "A" standard in the 1500 meters.

Also trying to qualify for Nationals will be both the men's 4x4 and 4x100 relays. With several internationals remaining before Nationals, these athletes will get the opportunity to qualify.

Coach Scott is optimistic for his team and the current national rankings. He believes that other schools will have an advantage to qualify for Nationals because prior to Nationals, there will be Conference Finals.

Since CSUSM does not belong to a conference, other schools that do belong get to compete for top honors in their conferences. Coach Scott said, "There will be a lot of good marks at conference finals, preparing them for Nationals."

With six weeks until Nationals, the track and field athletes have a tough road ahead. They will be preparing harder than ever with hopes of bettering their marks to reach Nationals and have a chance to become NAIA Track and Field All-Americans.



2007 Men's Track team

Padres update

BY JEREMY ALBERS Pride Staff Writer

The major league baseball schedule has been a bit strange early on. Week three of the Padres schedule saw them play consecutive two-game series, first in Chicago to face the Cubs, then back home to meet the Arizona Diamondbacks. It is unusual to take on an opponent for a two game set. Series are generally three games and sometimes four. The shortened series left the Padres to rack up frequent flier miles in a hurry. After leaving L.A., dropping two of three to the Dodgers, the padres flew to the windy city for two days and back to the west coast for two against the D-backs. Then they flew to Coors field in Colorado to resume a more fashionable three-game series against the Rockies. The Padres have played eight days in a row of a ten day stint without a break. Since the Friday the 13th stomping at Los Angeles the Friars have gone 4-3 to stand at 10 wins and 7 losses through April 20.

Saturday, April 14 was another gem thrown by Padres ace right-hander Jake Peavy. Once again Peavy was dealing, giving up only one run on three hits in seven innings. He improved his record to 5-0 in his last six outings against the rival Dodgers. The performance was large since the Padres were blitzed 9-1 the night before. The offense was provided by Brian Giles, who homered and drove in two, and new 3B Kevin Kouzmanoff who hit his first home run as a Padre in the fourth inning off Dodger pitcher Jason Schmidt. The following day Chavez Ravine proved a tough place to play as the Padres dropped the series by losing. Left-hander Randy Wolf was staked to three runs early and went on to beat Padres and Chris Young 9-3. The Sunday night game was seen on ESPN and highlighted by the 60th anniversary of Jackie Robinson breaking the color barrier in MLB. Robinson played for the Dodgers while they were still in Brooklyn and was elected to the Hall of Fame in 1962.

Traveling to Chicago to play the Cubs for two games seemed simple enough. The Padres were 7-0 against the Cubs last year but spent huge dollars in the

free agent market to upgrade their squad. In game one, Padres pitcher Clay Hensley continued his struggles and the Friars lost 12-4. The Cubs hit three home runs while the Padres hit one; a ninth inning three-run shot by Marcus Giles. In game two, Greg Maddux took the hill in his old stomping grounds. Maddux had two tours in Chicago pitching a total of 10 years at Wrigley Field. Maddux pitched well, giving up three runs in five innings and keeping the Padres in it. There was not a run scored by either team from the fifth through the fourteenth when Geoff Blum poked a double that scooted under Cubs LF Jacque Jones (San Diego High) glove allowing Khalil Greene to score the game winning run. Trevor Hoffman closed the door on the series with his third save of the season in the bottom of the fourteenth.

The travel-weary Padres came home for two against the Diamondbacks hoping to rest the bullpen. Lefty David Wells (Point Loma High) matched up with last year's Cy Young award winner Brandon Webb. The Padres had opportunities early but failed to capitalize and Webb went on to set a career high by striking out 13. Wells pitched great, giving up three hits and a walk in seven innings. A 2-2 lasted till the twelfth when the Dbacks scored three runs off Mike Thompson. The pitching staff was taxed after the two games and 26 innings sandwiching a flight from Chicago to San Diego. Jake Peavy took the mound in game two of the series and dominated with his arm and his bat. Peavy hit a two run triple in the third inning to highlight seven early Padres runs and celebrate his third win of the year, winning 11-6. SS Khalil Greene and C Rob Bowen hit home runs in the seventh inning to extend the lead after the Diamondbacks had battled back to make it a two run game.

A series in Colorado kicked off with an overpowering performance by Chris Young of the Padres. He simply mowed through the Rockies lineup allowing one run on four hits while fanning seven in his seven innings of work. 1B Adrian Gonzalez continued to lead the Padres offense by swatting a 447 foot bomb to right center. The Padres won 11-1 in the series opener.





ock Talk With Josh: NBA picks revisited

BY JOSH SANDOVAL Pride Staff Writer



October 31, five scary looking guys appeared in this column. names were Fernando Brown, Paul

Baimbridge, Mike Millburn, Kyle Trembley, and Josh Sandoval. Their mission: to predict what was going to happen in the 2006-2007 NBA season.

Now that the NBA season has concluded, and the playoffs are underway I figured this was the time to look back on those predictions and talk a little bit about the post-season.

The Nostradamus award goes to Paul for predicting the Toronto Raptors as the Most

Improved Team. When he sent that pick to me I accused him of being drunk. I feel safe saying that Paul is the only person in the world who thought the Raptors would be good. The team north of the border is the No. 3 seed in the Eastern Conference facing the No. 6 seeded New Jersey Nets.

The Captain Obvious award goes to Mike for predicting the New York Knicks as the Most Disappointing Team. Even though Mike was the only one of us to predict the 33-49 season, I still have to tease him about the ease of that pick.

The Take Back award goes to Fernando for picking the Clippers to go to the Western Conference finals. The Clip Show finishes two games back of the Golden State Warriors for the final spot in the playoffs.

award also goes to Fernando, since he did predict the Suns to beat the Pistons in the NBA Championship. The Pistons are the No. 1 seed in the East and the Suns are the No. 2 seed in the

The Overzealous award goes to me for picking the New Jersey Nets over the Dallas Mayericks in the NBA Championship. The Nets have a lot of talent with Jason Kidd, Vince Carter and Richard Jefferson, but only finished 41-41 whereas the Mavericks had the best record in the NBA this season at 67-15.

The Mike and Mike award goes to Mike for picking Cleveland Cavaliers coach Mike Brown as the NBA Coach of the Year. The Cavaliers finished with the same record of 50-32 that they had the previous season, but they went

The Most Likely to Happen from 14 games back and the No. 4 seed to only three games back and the No. 2 seed this season. I still think Mike only picked Mike because they share the same first

> The Should Happen But Won't award will be split in half with one half going to Paul and one half going to me for picking Kobe Bryant as the regular season MVP. Kobe's supporting cast, or lack there-of, fell apart this season. Lamar Odom, Luke Walton, Chris Mihm, and Kwame Brown all missed time due to injuries and Kobe still got the Lakers into the playoffs.

The Joey Crawford Hater award goes to Kyle because Kyle made a lot of his picks revolving around the Spurs. NBA referee Joey Crawford threw Duncan out of a game towards the end of the season because Duncan was

laughing on the bench. Crawford then threatened Duncan to a fight. NBA commissioner David Stern suspended Crawford and rumor is that Crawford's career may be over. Duncan, meanwhile is worried that Crawford's cronies in the NBA ref society are going to punish his Spurs team. Kyle had the Spurs beating the Mavericks in the Western Finals and then the Heat in the NBA Championship and had Duncan winning the

If you're keeping score at home, the final award is: Kyle – 1, Paul - 1.5, Me - 1.5, Fernando - 2, Mike - 2.

Now for my revised NBA playoff picks. The Suns will beat the Pistons in the NBA Finals with Steve Nash claiming MVP.

Comments can be sent to me at Sando026@csusm.edu or to the newspaper at pride@csusm.edu.

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Social and economical problems, unfair conditions for students, stair related injuries on campus, problems with articles or previous letters to the Editor, compliments of how flawless the Pride is every week; all are encouraged.

SUDOKU

Instructions

The objective of the game is to fill all the blank squares in a game with the correct numbers. There are three rules:

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*Every column of 9 numbers must include all digits 1 through 9 in any order

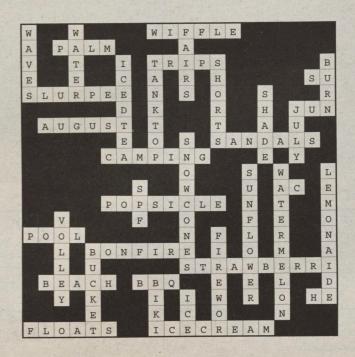
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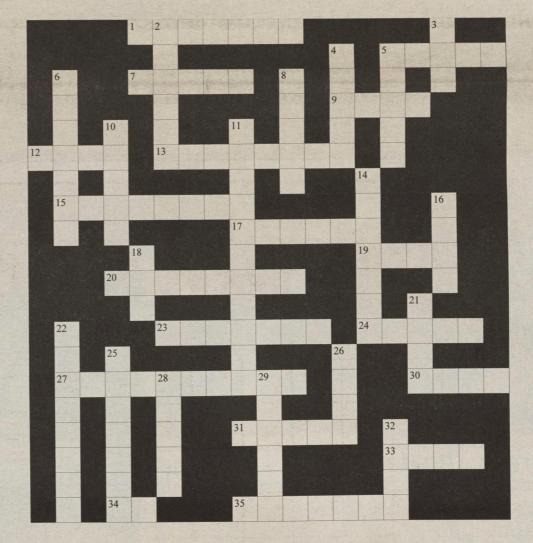


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ACROSS

- 1 Make some music with your lips.
- 5 The best student newspaper....EVER.
- 7 Paint them, clip them, match them with your toes.
- 9 Sync your new playlists to it, listen to it, or update your podcasts.
- 12 Cook some food in an oven, generally cookies or a cake.
- 13 The card game for
- 15 Make something more attractive by adding ornaments.
- 17 Perfect your addition skills with this highly addictive puzzle.
- 19 Catch up with missed TV shows with this original DVR device.
- 20 "Drifting" off into a fantasy land during the middle of the day.
- 23 "A place for friends.'
- 24 Catch up with your friends and family
- online. 27 What YOU happen to be doing right NOW! Get back to work! (actually finish this and the rest of the paper, THEN get back
- to work.) 30 Relax with Shakespeare, Vonnegut and other literary classics.
- 31 A good way to kill 2 hours and enjoy some popcorn while your at it.
- 33 "Pedal" your way out of work.
- 34 High def, plasma, LCD, rear projection...any way



you can find it. 35 Update your Queue, check out what your friends have just watched and rate some more movies.

DOWN

- 2 Window's card game "loved" by many.
- 3 The entertainment system that's also a workout.
- 4 Escape your responsibilities and pay over 3 dollars a gallon while doing it.
- 5 Call or text your friends with this.

- 6 Go to the bank, pick up the dry cleaning, wash your car, buy some groceries, etc.
- 8 Beautify your room and avoid any responsibility.
- 10 The tropical escape in our own backyard.
- 11 The "explosively" popular windows
- computer game. 14 Broadcast yourself or watch others on this popular video website.
- 16 Prepare dinner.
- 18 Satisfy your hunger. 21 Wash it, comb it, color it, style it,

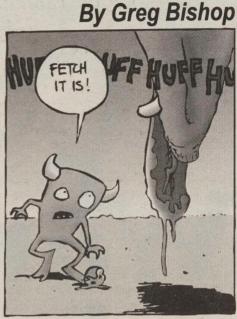
- braid it, etc.
- 22 One of the top social networking websites.
- 25 Go to the gym and get some reps in.
- 26 Finger nipping activity that is also a nervous habit.
- 28 Snooze your responsibilities away.
- 29 Stick figured symetrical masterpieces on your spiralbound notebook.
- 32 Microsoft's gamer's addiction, home of Halo.

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The bald &

BY SOPHIE BRINK Pride Staff Writer

"Don't try to follow the plot," the ticket seller warned me with a smile. "There is no plot." With these words echoing in my mind, I settled in to watch the last performance of "The Bald Soprano," presented by the Visual and Performing Arts Department here at Cal State San Marcos.

I confess I was predisposed to be disappointed by the play - not because I don't have faith in the VPA to deliver the goods, but because I am usually suspicious of anything which calls itself an "anti-play or parody." I often find such pieces less humorous than depressingly misanthropic. "The Bald Soprano," written by Eugene Ionesco, is an odd combination of wit and misanthropy which, though it didn't make me laugh out loud, amused me and pro-



Anthony Buonocore (left) as Mr. Martin and Lucia D. Lopez (right) as Mrs. Martin.

Eugene Ionesco was one of the fathers of absurdist theater. Born in Romania in 1909, Ionesco grew up in Paris. There he was employed as a teacher, translator and proofreader, and it was only at the age of 39 that Ionesco tried his hand at playwriting. "The Bald Soprano," Ionesco's first play, was performed in 1950. Ionesco's experience learning English from a phrase book provided the inspiration for the piece. He found that dialogue within the phrase book, when read as though one were reading a novel, was intriguing in its fragmentary and absurd nature.

The meaning in "The Bald Soprano" derives from the fact that the dialogue itself has no meaning. The actors spout off insipid remarks that are completely unrelated to those of the person to whom they are speaking. Conversation, then, ceases to connect the parties who are conversing, as they talk a lot but say little.

Careful consideration seemed to have been taken by the cast and crew of this performance to make this play appear applicable to today's American society while retaining something of the era in which it was written. The result was a cross-generational amalgamation which lent itself beautifully to the absurdity of the play. The set was spare, containing bits of furniture that could have easily existed in 1950s France as in 2007 America, except for multiple television sets showing images of President Bush and



Photos by Sophie Brink / The Pride

From left to right: Anthony Buonocore as Mr. Martin, Lucia D. Lopez as Mrs. Martin, Shane Barksdale as the Fire Chief, and Omar Yanez as Mr. Smith.

Condoleezza Rice discussing the war in Iraq. Costuming was whimsical: the men were dressed in rolled up jeans, sweater vests, and argyle socks, the women clad in dresses and knee-socks. The Fire Chief, however, stole the show in terms of costuming, donning a pair of bright yellow boxers, a yellow tank top, and a helmet of paper-mache. Kudos to Heather Bliss, Mary Foley, Rachel Pangilinan, Terinn Rozo, and Rozue Yamada for their creative costuming.

Directed by Marcos Martinez, the cast of "The Bald Soprano" was divided into two - one first cast playing April 13, 14, and 20, the second playing April 12, 19, and 21. Cast two's Jessica Swan made a commendable turn as the facetious Mrs. Smith, while

Omar Yanez beautifully deadpanned as her staid husband. The irrepressible Mrs. Martin was cheekily performed by Lucia D. Lopez, and Anthony Buonocore was likable as her easily excitable husband. Admirably, Shane Barksdale managed to stay in character as the ridiculous Fire Chief without cracking a smile. Although Ionesco's dialogue does nothing to flesh out the characters, as this is hardly a character-driven piece, the actors did a nice job of bringing life to their roles. Without the spark of life in those who try desperately to communicate, I do not think Ionesco's statement about the futility of human communication would have rang as true as it did during the April 21 performance of "The Bald Soprano."

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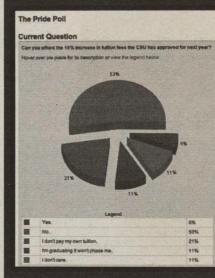
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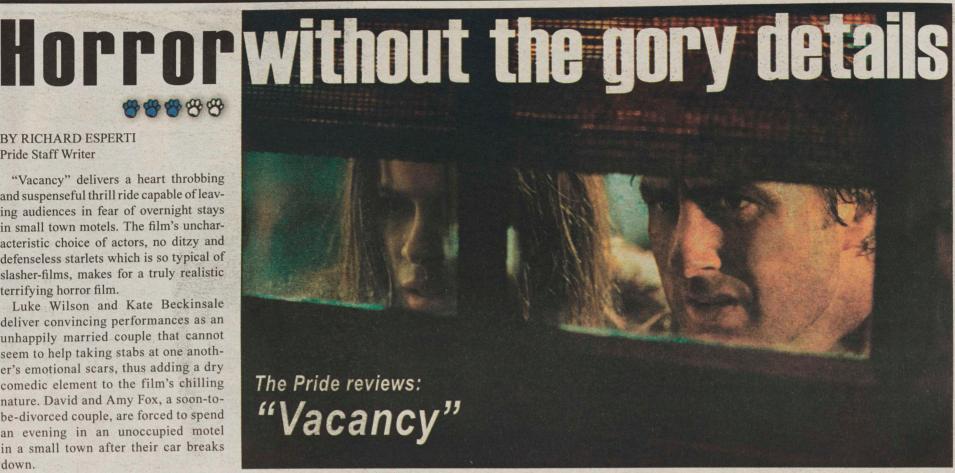
BY RICHARD ESPERTI Pride Staff Writer

"Vacancy" delivers a heart throbbing and suspenseful thrill ride capable of leaving audiences in fear of overnight stays in small town motels. The film's uncharacteristic choice of actors, no ditzy and defenseless starlets which is so typical of slasher-films, makes for a truly realistic terrifying horror film.

Luke Wilson and Kate Beckinsale deliver convincing performances as an unhappily married couple that cannot seem to help taking stabs at one another's emotional scars, thus adding a dry comedic element to the film's chilling nature. David and Amy Fox, a soon-tobe-divorced couple, are forced to spend an evening in an unoccupied motel in a small town after their car breaks

David and Amy enter the motel to the sound of torturous screams and cries coming from within the office. Hotel manager (Frank Whaley) emerges from the office in aviator glasses and an almost Norman Bates demeanor. In all of his creepiness, Whaley manages to convince the Foxes to stay overnight at the Pinewood Motel until morning when the town mechanic returns.

Bitterly, David and Amy share the honeymooners' room, which they soon



Kate Beckinsale and Luke Wilson in "Vacancy."

discover has a dark secret. The room's uncleanly and deteriorated 1970s look adds tension to the already suspenseful character of the motel. It isn't long before David and Amy are disturbed by a series of frantic knocks at the front door and the door joining them to the neighboring room. With only a few unmarked video cassette tapes to entertain themselves David and Amy discover that their room

is the set for murderous and sadistic pornography, and suddenly their stay at the Pinewood Motel becomes a hellacious struggle for survival.

For those who enjoy sitting on the edge of their seats in anticipation and horror, this is a great film. It is a non-stop hell bound thrill ride, which will keep its audience in terrified anticipation from beginning to end. However, the film lacks a tremendous amount of originality. It's a typical thriller film. The main characters take a wrong turn, they get bad directions, their car breaks down and suddenly they are forced into a nightmarish situation. Though the film lacks total originality, it does not fail to deliver a lethal dose of suspense and terror. Yet, while thrilling and suspenseful, it is not the gory film it is hyped up to be.

Image courtesy of Sony Pictures

Stone Smoked Porter

BY KENNY KING Pride Staff Writer

San Diego brewed beers never cease

to amaze me. This week I picked another local spot to check out. For any San Diegan the Stone Brewery is considered local, but for us Cougars the Stone Brewery and World Bistro is our neighbor. Not but five minutes from our campus is one of the most impressive breweries I have been to yet. The list of beers is almost endless, so you can imagine how hard it was to choose But I did, and this week's Beer of the Week is the Stone Smoked Porter.

A porter-type beer is much darker then a pale ale or brew of that sort. But it is not as black as a stout beer. At the brewery the color of this beer is known as a dark mahogany. But it just looked dark brown to me. It is a smoked porter due to the amount of peat-smoked specialty malt Stone uses. Another interesting fact, which seems to be a trend at the brewery, is that this beer among others is 100% natural. No additives, no chemicals, no preservatives, no pasteurization, and no adjuncts (which is a fancy word for no rice or

I prepared myself for a very

bitter beer with a strong bite as it went down. But it was much more subtle than the color led me to believe. My first thought was that this brew is very full bodied and rich but not bitter. During the

> first couple of gulps, I had a hard time distinguishing all of the flavors. But as I got about half-way done with the glass, I could continuously taste chocolate and coffee flavors and a distinct smoky flavor. Even with all that flavor there was no bitter taste lingering on the back of my tongue. This is a beer that I would recommend trying.

The Stone Brewery and World Bistro do not just offer some of the world's finest beers but also some incredible food. I enjoyed their famous Mac and Beer Cheese, which was incredible. But on a college budget it looks like I will be eating off the dollar menu for the rest of the week. If you happen to have a lot of extra cash and you want to try some interesting food you can order anything from mac and cheese to duck

If you have not yet experienced Stone Brewery and World Bistro I recommend it especially if consider your self a connoisseur of beer. Not only can you stimulate your palette but you can get a tour of the facilities. Stone brewery is located at 1999 Citracado

Parkway, Escondido, CA 92029. Or you can check them out online at www. stonebrew.com. You can also find a lot of their brews at the local supermarket or at Beverages and More.



remains young at heart. To compose your own Orange Drop Martini, add 2 ounces of vanilla vodka, 3/4 ounce of orange liqueur - such as Grand Marnier, Tuaca, or Triple Sec - to a cocktail shaker and finish with a healthy dose of freshly squeezed orange juice. Shake, strain, serve in a martini glass and enjoy!

grazing your lips over the sugared rim, touching your tongue

to the seemingly luminiferous liquid, and inhaling the scent of

orange groves - orange groves which happen to flourish within

Willy Wonka's Chocolate Factory, as this is a fantasy-inducing

drink, a little drop of Candy Land for the mature audience that