

Primary Update

Clinton makes comeback; McCain clinches nomination

BY AMY SALISBURY
Pride Staff Writer

Last Tuesday, New York Senator Hillary Clinton gained major ground in her pursuit of the Democratic nomination with primary wins in Ohio, Rhode Island, and Texas. Barack Obama's delegate lead narrowed and his 12 consecutive victories ended unexpectedly, but the Illinois Senator secured a win in Vermont. The evening was equally eventful for Republican candidate John McCain, as he successfully secured his party's nomination.

Clinton claimed her three wins that followed a succession of defeats so powerful that they could alter the delegate race completely. Obama dismissed these allegations, insisting, "We have nearly the same delegate lead as we did this morning and we are on our way to winning this nomination," as reported by MSNBC on Wednesday.

"That may be where this is headed," Clinton shot back, "but of course we have to

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CSUSM Budget Advocacy Hour

Campus community unifies to restore funding

BY JACKIE CARBAJAL
Pride Staff Writer

Mon. March 10—The CSU Alliance continued its campaign at CSUSM from 1-2 p.m. in ARTS 111. With no open seating available, students, staff and faculty gathered along the aisles and the Alliance provided fold out chairs in front to accommodate the influx of attendees. Outside media coverage was also in pres-

ent to witness the union of the CSU community.

"This alliance today brings together Cal State San Marcos students, faculty, staff and administration to talk about the fact that the CSU and Cal State San Marcos is a solution to the state's problems," said CSUSM President Karen Haynes in the panel's opening speech. "I will tell that I have now heard the chan-

cellor of this system say several times that California cannot afford to have first rate prisons and third rate education."

Members of the Alliance handed out flyers and an information card, urging attendees to volunteer to send e-mails and make phone calls to government officials. Anyone interested can visit www.alliance-forthecsu.org and www.thecsusmpride.com.

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Photo by Jackie Carbajal / The Pride

Attendees received buttons, pamphlets and sign up sheets from the Alliance for CSU to motivate action.

Inter-Varsity responds to Brother Jed

BY JACKIE CARBAJAL
Pride Staff Writer

Tues. March 4—CSUSM's Inter-Varsity Christian Fellowship rallied to counter the derogatory rants of Brother Jed, providing an open microphone for students and a cloth canvas and spray paint for students to voice their own opinions and spread a positive message about God.

"What Brother Jed was portraying is not the God that we know and love," said Inter-Varsity Staff Member Tyler Allred.

George E. Smock, more commonly known as Brother Jed, gained notoriety traveling throughout the country to major universities, con-

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Photo by Jackie Carbajal / The Pride

Inter-Varsity provided spray paint and a blank canvas for students as a medium to express positive sentiments towards Christianity.

Sprinter opens to enthusiastic crowds

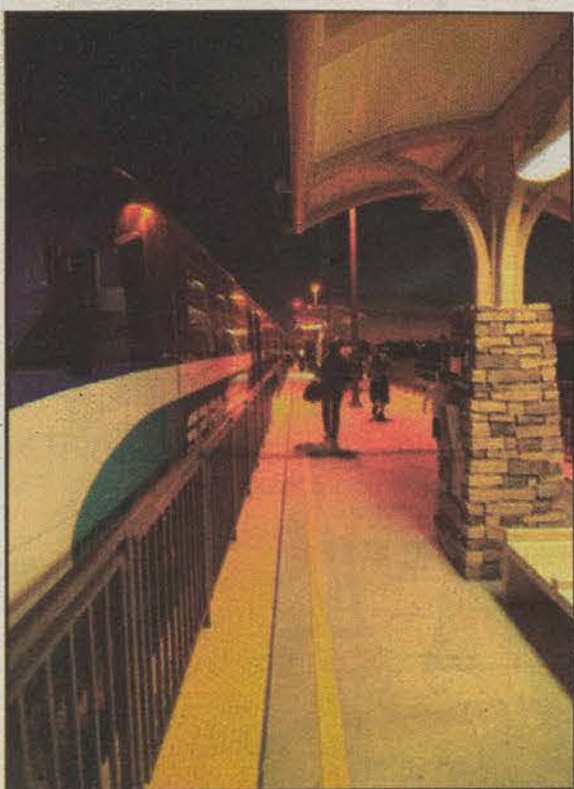


Photo by Ben Roffee / The Pride

Students and nearby residents exit at the Sprinter at the CSUSM station.

BY BEN ROFFEE
Pride Staff Writer

North County's mass transit system showcased one of its biggest upgrades to date on Sunday, March 9 with the opening of the new Sprinter light rail system. The newest element of North County Transit District (NCTD), the Sprinter provides alternative transportation solutions for an increasingly congested North County.

Cal State San Marcos students and North County residents alike were quick to capitalize on the new light rail system, turning out in droves throughout the Sprinters inaugural day. Sarah Benson, a NCTD representative, reports that the Sprinter transported a staggering 12,950 passengers along its 22-mile track in its opening day alone, averaging 350 passengers per train.

According to Benson, the sheer volume of people caused delays throughout the day as the hordes of people were slow to board and exit the trains. Despite the delays, Benson said, "Passengers were thrilled and excited to be a part of the Sprinter's first day of service. Everyone was patient and the day was a big success."

While many were simply along for the ride, passengers like CSUSM student and Vista resident Louie Vela were there to gauge the timing of this new light rail system. "It took me about 25 minutes to get from my house to here," said Vela, exiting at the CSUSM station near the University Village Apartments.

While the long-term viability of the Sprinter remains to be tested, CSUSM commuters faced with the rising costs of gas and parking permits may find an affordable alternative in the North County's latest public transportation resource.

Stanford students offered a break in their pockets

Price of tuition still expected to increase

BY ELBERT ESGUERRA
Pride Staff Writer

Apparently it pays to be a student at Stanford University.

Beginning next year, students of the university will benefit from the school's huge, annual endowments. In an effort to provide affordability, the university announced they will provide a tuition break for students whose parents' annual income is less than \$100,000. Also, families that make less than \$60,000 per year will not be expected to pay for boarding and most other expenses.

Stanford's annual tuition costs \$34,800, and next fall, will rise to \$36,030. Additionally, room and board will also increase from

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THE PRIDE

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Editorial



Josh Brown

Controversial religious speakers

Message of intolerance deters exchange of ideas

"SDSU is spreading the Chlamydia and it's going to come to you," said Sister Cindy. Apparently "the Chlamydia" has become so strong that it now functions as its own entity. On Feb. 27, Evangelist, Brother Jed and his wife Sister Cindy (Mrs. Brother Jed), invaded the CSUSM campus and gave a modern twist to what might resemble the Great Awakening – the good old fire and brimstone days.

Mr. and Mrs. Brother Jed reduced themselves to nothing but adolescent school children when they started singling out students and calling them "lesbians" based on their attire. Female students were deemed "whores" while male students were called "whoremongers." Their "sermon" served more as a comedy hour while students gathered around to retort their outrageous and invalid claims.

Brother Jed and his wife's harrowing remarks and messages of religious intolerance do not encourage substantial discussions -- like the ones facilitated in our classrooms -- but rather, a spectacle where hateful speech is met with angry replies. The pair distastefully provoked the crowd by using cheap and petty remarks to generate attention.

Luckily, members of InterVarsity, CSUSM's Christian com-

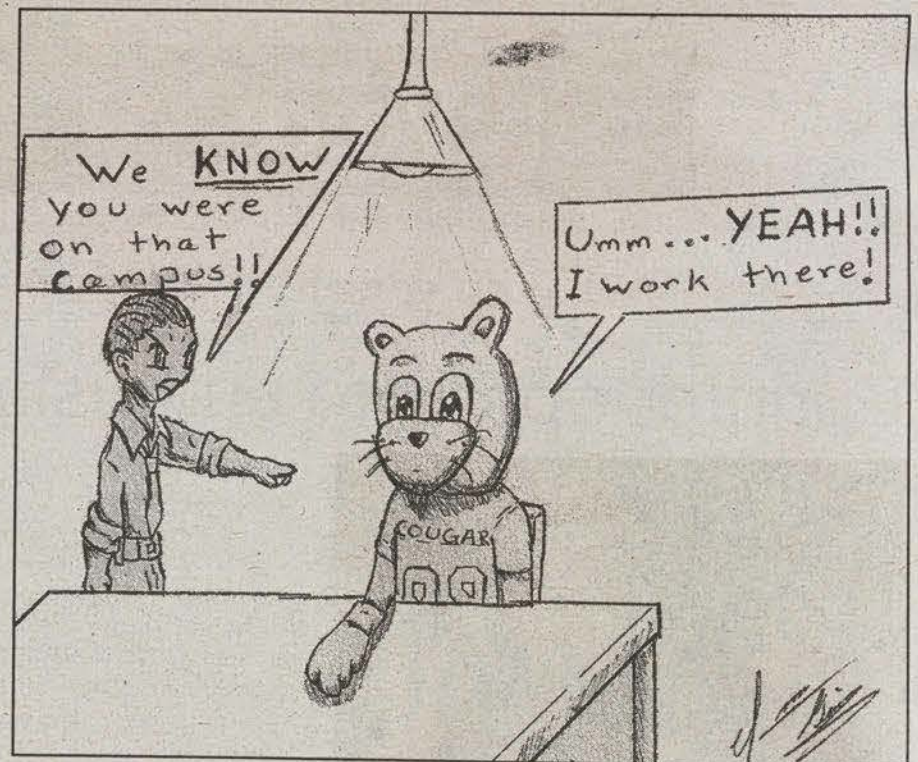
munity, serve as the antithesis to Brother Jed's intolerant and bigoted message. Last Tuesday, the group aimed to counteract the negative impression of Christians left by Brother Jed and Co. While individuals like Brother Jed and his wife come and go on our campus, InterVarsity's message of tolerance should serve as a constant reflection of our Christian community here at CSUSM.

Pride Comics

Just for Shiggles by Jenny Bigpond



Ivan Garcia



Church's Influence on Sports End of an Era

BY DAVID CHURCH
Pride Staff Writer

On Thursday, Mar. 6, the National Football League saw its most beloved quarterback say goodbye for good. After a long trip alone from Mississippi to Green Bay, Wisconsin, a teary eyed Brett Favre held a press conference letting the world know his career is over.

So to celebrate the end of John Maddens love affair with Favre and the end of Favre's career, here are the top five Brett Favre accomplishments.

5. The Beginning

The first game he played was in an Atlanta Falcons uniform. His first pass as a Falcon was intercepted and returned for a touchdown. A year later, Favre entered the game off the bench and saw his first completion in a Green Bay Packers uniform get deflected and completed by himself for a seven yard loss.

4. 253 Consecutive Regular Season Starts

After replacing the injured Don Majkowski during the game in week three, Favre started week four and wouldn't relinquish the spot. Favre would become the all-time leader for consecutive games started by a quarterback and second all-time in the NFL behind

defensive end Jim Marshall. This accomplishment can go down as one of the greatest records of all time in a position that is constantly being pounded by 300 plus lineman.

3. Passing Marino

After throwing a 57-yard touchdown pass to Greg Jennings against the San Diego Chargers to tie Dan Marino's all time touchdown record. The following week, Favre rocketed pass Marino when he hit Jennings on a 16-yard slant pass. He finishes his career with 442 touchdown passes.

Similar to Barry Bonds holding the all time home run record until Alex Rodriguez passes him up. Favre seems to be holding this record and others until Peyton Manning (306) can pass him up.

2. In Memory of Irv Favre

On December 21, 2003, Favre's father died of a heart attack while driving his truck. The next day on Monday Night Football, Favre would keep the Packers playoff hopes alive when he would play one of the best games of his career. Favre threw for 399 yards and four touchdowns in a 42-7 victory over the Oakland Raiders. They would get even more help the following week when the Arizona Cardinals would upset

the Minnesota Vikings and the Packers would reach the playoffs.

1. Super Bowl XXXI

Favre would help lead the Packers pass the New England Patriots 35-21. On the second play of the game, Favre senses a blitz and calls for an audible and then hits Andre Rison for a 54-yard touchdown pass. Favre trailing for the first time saw strong safety Lawyer Miller covering Antonio Freeman at the line of scrimmage and Favre would hit Freeman for an 81-yard touchdown pass. Then to end the half, Favre ran a bootleg left and place the ball over the goal line as he was headed out of bounds.

Favre wouldn't walk away with the MVP as his teammate Desmond Howard set Super Bowl records with a 99-yard kickoff return and 244 total net yards.

The NFL lost the last quarterback of a great generation of quarterbacks such as Steve Young, Troy Aikman, Dan Marino and John Elway. And Favre has a lot to look forward to in retirement like Young, Aikman, Marino and Elway have, including becoming a first ballot hall of famer.

Any comments or questions can be sent to churc009@csusm.edu or pride@csusm.edu.

Blood, Sweat, Tears, Life

BY TORIA SAVEY
Pride Staff Writer

A lot of people say that I don't take things seriously enough. They say that I laugh at things that shouldn't cause laughter.

They're right, and today was no exception.

They found my uncle dead. But death cannot conquer the humor of my family. Why cry? It's natural to mourn, I know, but...he's not rotting in the ground. In my belief system, which you may or may not agree with, he's gone upstairs, where there's no cold or hunger and the party never ends. It's not the end. It's just a change of address.

This got me thinking about a lot of things. Perhaps you think about them too. You think, "My backpack is too damn heavy." Or maybe, "I wish the weather would make up its mind." Something along the lines of, "I hope that jerk behind me in traffic dies a long, slow death," or maybe, "If my mom calls and yells one more time, I'm going to tell her where to stick it."

Life's too short, people, too short. I complain in this column because it can be funny, because people can relate. We all have the same worries and trials sometimes. But if we all lived a little more like my uncle, we'd all be a hell of a lot happier, and we'd be having a party right here, right now. Here are the tips he had for me, when I was smart enough to listen.

1. Do something you love everyday. He loved books, and probably read one everyday. That may be a

little extreme, but so what? He encouraged me in whatever I liked. So, put your homework down and throw your cell phone out the window. Go do something that makes you happy.

2. Don't worry about a hair in your food. Hair is protein. I always took this to be a little deeper though. People die alone and starving every day. So, there's a single hair in your food. Who gives a crap? Refocus your priorities, before you end up a spoiled brat.

3. Love your neighbor. You know what? That doesn't mean your neighbor is going to be your best friend. You might not like his loud parties, big-haired wife, or vicious Chihuahua. But if you can do anything to help him, don't turn your back. And it really does come around. Always.

4. Never put off until tomorrow what you can do next week. My uncle procrastinated until the very end, and I hope that in some ways, I do too. If your options are to stay here and be a responsible citizen or run off the Bahamas for who knows how long, I hope you chose wisely.

Never be ashamed to be the one crying at a funeral. But never be ashamed to not be crying at a funeral. I won't be crying. I'll be wearing my dancing shoes, because that's what he would have wanted.



UniversityVoice

What do you think the best resources are on campus for new students?



"I have no idea, I just don't know. I don't remember too much from my GEL classes. I know where the library is."

Adam Marentez
Freshman
Sociology



"ASI, because they put on events for students to do."

Brian Buttacavoli
Sophomore
Business



"Cole Tran, because, as an RA, I have received elite training for emotional service."

Cole Tran
Junior
Mass media business

"I guess I would say ASI rec. to meet new people and the help desk at the library to help with school work. Cougar Central helps with their tours."

Alisa Alcantar
Junior
Communications



"The best resource is the gym because it helps keep of the 'freshman 15' and it provides extracurricular activities and intramural sports."

Briana Ryan
Sophomore
Business



From BUDGET, page 1

csusm.edu/plan/budgetcentral.

"We can't just sit back and let this happen to us without putting up a good fight and that's what this is all about," urged Janet Powell, California Faculty Association Chapter President.

The central message of the Alliance was the emphasis that these cuts are still not set in stone. In mid-May, the governor is set to release changes to his proposal based on any changes or proposed changes to the state's income or spending. In June, the Assembly and Senate budget committees will send their revisions to the budget bill for further evaluation. The committees will then meet to condense the two proposals into one version. That single version requires a two-thirds vote from each house before it is sent to the Governor. The deadline for this budget bill is June 1. The governor then has 12 working days to sign the bill.

"The good news is that there is still opportunity to create history rather than be constrained by it," CSUEU (Employees Union) Chapter President Michael Geck said. Geck stressed the importance of contacting legislature as often as possible and getting the entire community involved: churches, family, businesses, etc. "You've got to let them know that the ten percent cut across the board will have a negative impact on every Californian not just the CSU faculty, students, and staff."

The CFA laid out its platform on three pillars: the economy, access, and infrastructure.

Economically, CSU campuses produce more than 200,000 jobs and also generate \$4.41 in spending for every dollar the state invests in the CSU system.

Cuts to the CSU will limit the

access current and future students have to higher education. It will not only become harder to get into colleges, but it will prove difficult for students to stay in school for the four plus years it may take to obtain a degree. As it stands, with the proposed budget cuts, roughly 10,000 eligible students will be turned away. CFA fears that such cuts will likely affect Latino, African-American, Native-American, low-income, first generation students, and veterans the most.

The \$386 million budget cuts to the CSU will test California's infrastructure—the same infrastructure the governor wishes to see grow by \$500 billion over the next 20 years. According to

the CFA, of all degrees granted in California, CSU accounts for 51% in engineering, 52% in agriculture, and 65% in business.

"Given the budget cuts facing CSU campuses, students will be paying more money and will be receiving

less services and programs," added President and CEO of Associated Students Inc. Caitlin Gelrud. "It's not the students' responsibility to have this burden placed on their backs."

CSUSM stands to suffer greatly from cuts to the system. As a growing campus, attendance has increased 25 percent in the last three years and received over 10,000 applications this year—more than the campus' current student enrollment. CSUSM also generates \$307 million to the regional economy.

"Doing nothing is a political act. And right now, every one of you doing nothing means you accept the cuts to CSU as reasonable," President Karen Haynes added, quoting from chapter titles of a political advocacy book she coauthored. "Advocacy isn't for wimps."

"Given the budget cuts facing CSU campuses, students will be paying more money and will be receiving less services and programs."
-Caitlin Gelrud-

From PRIMARY, page 1

decide who is on the top of the ticket. I think the people of Ohio very clearly said that it should be me," the former first lady remarked on CBS.

The latest reported delegate count puts Obama in the lead with 1,579, versus Clinton's 1,460, according to CNN calculations. However, a candidate must have 2,025 to win the Democratic nomination.

Former Arkansas Governor Mike Huckabee decided to discontinue his pursuit

of the GOP win Tuesday night. McCain's nomination appeared imminent after securing and bypassing the 1,191 delegates necessary for a formal September nod. The 52-year-old politician accepted defeat gracefully, extending to McCain "not only my congratulations, but my commitment to him and to the party." Huckabee's lone pursuit is "to unite our country so that we can be the best nation we can be," he told supporters in Texas, Tuesday evening.

McCain traveled by invitation to Washington on Wednesday

greeted by official campaign backing from President Bush. "I'm very honored and humbled to have the opportunity to receive the endorsement of the President of the United States, a man who I have great admiration, respect, and affection," McCain candidly declared in the Rose Garden of the White House. The McCain campaign has allegedly struggled with the idea of the President's unpopularity with some voters. However, CNN reports that McCain expresses nothing but gratitude for the support.

From TUITION, page 1

\$10,808 to \$11,182, totaling a 3.5 percent increase. Yale, Harvard, and Princeton are among the elite schools that have already provided free tuition. Stanford becomes the first major west-coast university to follow that trend.

Economically this provides students an added value to attend Stanford over other west-coast schools, like USC or USD. Stanford is located in Palo Alto, California. According to the Silicon Valley/San Jose Business Journal, Palo Alto is the nation's most expensive college town, so the motive behind the break is economically driven to fit their needs.

"We understand how families

face serious financial pressures, and we are doing all we can to assist them," said Stanford University President John Hennessy in a written statement.

Diversity and economic opportunity are priority in Stanford's announcement. "If we want to increase the benefit each student receives from the diversity of a school's student body, we need to find ways to pull different people together — not by forcing interaction, but by providing enough pull to balance the natural push for people with common backgrounds to congregate together," said Stanford columnist Kai Stinchcombe.

The average annual income of families in Stanford is \$120,000, according to San Jose Mercury

News. About one-third of the university's population comes from low- to middle-income families and will be eligible for the free tuition and board this upcoming year.

Of course the trick here is being accepted, as Stanford is renowned for its degree of difficulty of accepting only the top-of-the-tier students.

The news of the university's program also provides a message concerning the annual tuition increase here in the state. Over each of the past six years, there have been increases in tuition at California public schools, such as the CSU and UC schools. Last fall, fees at CSU schools rose about 10 percent and are expected to rise another 10 percent next year.

From RESPONSE, page 1

demning students and making controversial speeches. He often travels with his wife and five daughters.

Inter-Varsity sighted the hateful speech of Brother Jed as its motivation, which included pointing out female students

calling them "whores" as well as other defamatory statements.

Although Brother Jed claims to be a member of the United Methodist Church on his website, his beliefs and theories do not reflect the theology of the Methodist Church.

Inter-Varsity's event sought to dispel belief that Christianity is

intolerant of diversity.

"He (Brother Jed) was very offensive. We don't want that to be the last thing people hear about Christianity," said Inter-Varsity Student Leader Caroline Del Mazio. "We're here today to set things straight. God's a very loving person."

CLASSIFIEDS

Camp Summer Jobs

Magdalena Ecke Family YMCA is hiring life guards, camp counselors and camp unit leaders. Check out our website at ecke.ymca.org

If you would like to put in a classified, contact our advertising department at pride_ads@csusm.edu

PoliceBeat

2/24/08

Female at the UVA reported \$439 had been stolen, but later it was determined the money was misplaced.

2/26/08 5:05 a.m.

An unknown suspect vandalized a grey metal utility box in Lot B, perhaps with a gang moniker.

2/26/08 10:05 a.m.

On Twin Oaks an officer stopped a car for a number of vehicle code violations, and found the driver to be unlicensed. The vehicle was impounded.

2/26/08 11:00 p.m.

In Lot O, an officer stopped a vehicle with no head lights, discovered all passengers to

be under the age of 21, and found two boxes of wine. The officer cited the passenger that admitted to possession.

2/21-28/08

An unknown suspect broke into the coffee vending machine in Commons, stealing property and \$80 in cash. No suspects or witnesses. If anyone has info, contact UPD.

2/19-28/08

An unidentified suspect took an art display case from Arts 180 that belonged to the Visual Arts department. The \$300 art box is 3 ft by 2 ft and black with a clear casing. Any info, call the anonymous tip line 750-TIPS.

2/29/08 2:00 a.m.

University Police responded to a call at UVA Bldg. B that reported yelling and banging. A

physical altercation took place, no charges were pressed, but alcohol was involved. UPD referred the case to the Dean of Students.

2/29/08 1:00 a.m.

An officer observed reckless driving at the intersection of Twin Oaks and Village Drive, and booked the under 21 age driver into jail for DUI.

3/3/08

An individual parked their car in Lot L at 9:30 a.m. At 2:30 p.m., they returned to find a scratch on the driver's side rear fender. Any info about this hit and run, contact UPD.



The Current wave in internet media

BY ELBERT ESGUERRA
Pride Staff Writer

From a hilarious video spoof of Barack Obama and Hilary Clinton singing the love song at the end of the film "Juno," to dating advice from circus clowns, to Starbucks and its overhaul in the world of coffee, and to a wide variety of widgets linking other topics—there is a site for the news of the world that is important to our generation, and it is just a mouse click away.

Born from the vision between former U.S. presidential candidate Al Gore and his business partner and CEO Joel Hyatt in 2005, Current offers just about anything that is happening right now in the world of news, arts, science, and more. According to a 2005 statement by Gore, "The Internet

is a floodgate for young people whose passions are finally being heard, but TV has not followed suit."

Current was built specifically for the Internet generation. It allows young people the opportunity to produce "pods," or user-generated videos, the segments of which are usually a few minutes long, and allows users to express their viewpoints. Viewers are also given the opportunity to create ad marketing called Viewer Created Ad Messages (VCAM), where Current sponsors like Toyota, XM Radio, and T-Mobile want users to make their ads.

The site also allows interaction with Current TV, which streams news in real-time and gives guests the opportunity to watch whatever interests them. Producers of Viewer-Created Content, or VC2, are often

linked to pods and reactions to the topics on hand.

Current is also a social network for VC2 producers to share different viewpoints about issues that matter to them and the world. Guests can also participate in discussions simply by creating an account and fire up a webcam for instant commentary on topics that matter to them. Unlike the common berating that occurs on sites like YouTube, the majority of the community on VC2 maintains a more accepting atmosphere.

Current users can keep track of their favorite topics in their accounts. The design of the site is fluid and manageable allowing guests to easily search for whatever topics they wish to view. Widgets are abound, and navigating around is smooth and eye-

popping.

Audiences of most user-generated content still regard TV as a highly valuable source for information and entertainment. The reflection of news on the Internet is prevalent within Current. Even in this day and age where sites like YouTube, Yahoo! Video, and Google Video dominate the Internet, almost all the same videos can be found on Current.com.

In 2007, Gore and Hyatt won an Emmy Award for the interactive news network because of its ability to change the way viewers access their news and by offering them an innovative way to watch it.

"We set out to open up television and to share the television platform with the young adult audience," said Hyatt. "The viewer response has been phenomenal."

Raising the roof at The Clarke New ASI leisure courses free to students

BY ROSS LICHTMAN
Pride Staff Writer

Some people go through his/her entire college career without realizing that there are some pretty cool perks that Cal State San Marcos offers on campus. One of those perks is the ASI Leisure Courses that are offered at the Clark Field House. These courses are free for any student that is currently attending our school and those who aren't current students only have to pay a small fee.

There are a range of courses that are offered, and each one offers its own unique way of entertaining students while teaching them the basics of the course in a fun and helpful way. Some of the classes that are offered are Ashtanga Yoga, Brazilian Jiu-Jitsu, and even line-dancing. Many of the classes are upbeat and active, which require the students to physically participate during each class session. Ashtanga Yoga is an ancient discipline that helps strengthen the body and focus the mind. Brazilian Jiu-Jitsu teaches students the act of self-defense and also helps with relieving daily stress. The line-dancing course that is offered teaches students how to do dozens of line dances for a variety of music. Other classes, such as Pilates and Cooking Seminars, require a little less physical activity and are for students that don't always like

to break a sweat. Pilates offers a chance to improve posture, balance, and create an overall healthier body. Cooking Seminars teach students to be able to cook fresh and exciting dishes that they will soon be able to cook in their own homes.

Jaimie Schrader, a CSUSM student who works at the Clark Field House, said "the ASI Leisure Courses are a great thing that our school does for us. It gives students a chance to break away from their normally chaotic academic classes and take classes that are more fun and laid back for the average student." College life can be very hectic and some students might get a little overwhelmed at times, but if they have yoga or pilates classes to attend sometime during the day, it can help them relax and focus a lot more.

Overall, the ASI Leisure Courses are a great way for students to take part in fun and helpful classes that are offered on campus. Even if you don't feel the need to take time out of your day for a relaxing or entertaining class, it is still an enjoyable way to learn new things that aren't usually taught in our every day academic classes.

For more information and a schedule of the weekly ASI Leisure Courses, please see the weekly student calendar online.

THE CONSUMERIST

BY TIM MOORE
Pride Staff Writer

"Shoppers bite back" is the tagline for the consumer affairs blog, Consumerist.com. One look at the content validates the tagline. In a brutal world of poor customer service, The Consumerist's main objective is outing businesses for their shady and unethical practices.

The Consumerist is owned by blogging stronghold, Gawker Media, and is run by editor Ben Popken, senior editor Meghann Marco, associate editor Chris Walters, and weekend editor Carey Greenberg-Berger.

The Consumerist focuses on complaints submitted to the editors from real consumers facing, or having faced real problems. The Consumerist often takes the submitted complaints to another level by conducting additional research, attempting to provide the most comprehensive analysis on the given situation.

Another intriguing aspect of The Consumerist's services is the occasional "Phone Numbers" posts. These "Phone Numbers" posts give disgruntled users who are upset with frustrating customer service and tech support lines another option -- the ability to talk to the source. In one of the most recent posts, The Consumerist says "if you have a Verizon landline issue that has been escalated to management but you're still not getting a satisfactory answer, you may want to try kicking it up to the CEO," included are the phone and fax numbers to the CEO's office, as well as the company's Executive Customer Support.

Reader submitted complaints, news of noteworthy scams and stories of poor

customer service take up the bulk of The Consumerist's content. Claims vary from the case of an AOL subscriber's

recorded conversation of his attempts to cancel his service, to a man's disdain as he was stranded in a foreign country without access to his Bank Of America account after being assured by the company that he would have no problems with access.

One of The Consumerist's most popular topics is the ongoing saga of Walmart's selling of a men's t-shirt donning the Nazi 3rd SS Division Totenkopf symbol. Upon The Consumerist's coverage of the story in November of 2006, Walmart issued an apology and announced that they would be pulling all said t-shirts off the shelves. Consumerist readers began submitting sightings of the shirts at various Walmart locations in the days, weeks and months following the debacle, with the most recent found on a clearance rack on February 24, 2008. The story that originated from a blogger's submission to The Consumerist gained attention from nearly every major media outlet, and as a result, garnered action from Congress in the form of a letter to Walmart's CEO H. Lee Scott urging Walmart to remove the insignias from shelves.

The Consumerist is a profound resource for weary consumers to educate themselves on some of the malicious and otherwise disagreeable operations of some of today's biggest corporations.



On Campus Overheard

Do you like to eavesdrop? Did the person sitting behind you in class yesterday say something that you are just dying to share? Welcome to Overheard! We're looking to the campus community to submit funny, random, hilarious and unforgettable tidbits that you overhear in class and on campus. Whatever you overhear will be printed anonymously. Neither your name, nor the name of the person you overheard will be printed.

We want to know what was said, who said it (minus their identity), where on campus it happened, and all the juicy details!

Please send to pride@csusm.edu



Cutting Calories: Is restricting calories the way to go?

CSUSM Professor weighs in on the pros and cons with new study

BY [REDACTED]
Pride Staff Writer

A recent study by Deborah Kristan, Ph.D., of CSUSM demonstrates that "cutting calories" may have detrimental health effects. Dr. Kristan, a biology professor specializing in physiological ecology, the biology of aging, and the effects of domestication on morphology and physiology, graciously shared an overview of the topic of calorie restriction. What is calorie restriction? Calorie restriction is confining the amount of calories consumed while still ensuring proper and adequate nutrition (not neglecting or lacking the necessary proportions of proteins, fats, and carbohydrates, or vitamins and minerals). Long-term calorie restriction has shown to prolong life with numerous studies including many different types of animals. While this process occurs, the mechanisms are not entirely understood. Scientists are exploring and testing many hypotheses in order to gain a better understanding of how calorie restriction relates to or causes a longer life span. In particular, one such hypothesis is that the immune system works more efficiently with calorie-restriction.

Dr. Kristan structured a research experiment to test this hypothesis of a more effective

immune system in relation to a long-term calorie restriction. Dr. Kristan focused on this proposed hypothesis in her research study completed here at CSUSM. Dr. Kristan's results were published in the December 2007 issue of *Aging Cell*.

Dr. Kristan explains that until recently, only fragments of parasites—not whole parasitic organisms—were used to test the immune response after long-term calorie restriction. In these studies with pieces of parasitic organisms, the calorie-restricted groups had a better immune response than the fully fed group. Dr. Kristan also notes that presently only three studies have examined the effects with intact, entire parasites. Dr. Kristan comments that these three studies, in a sense, truly address the usefulness of long-term calorie restriction in humans, because humans encounter intact pathogens, not partial pathogens.

In two similar studies done by other researchers, one tested with bacteria and the other with viruses, the results found that the calorie-restricted subjects were "worse off" and more vulnerable than the fully fed subjects. This is contradictory to what originally occurred in the previous studies with partial pathogens.

In the third of these recent studies, Dr. Kristan decided to use whole, intact parasitic organisms

to measure the immune response between the two groups. The particular parasite used was a nonlethal parasite that infects and inhabits the small intestines of a mouse for approximately three to six months. Dr. Kristan wanted to investigate the susceptibility of laboratory mice to this parasite infection in relation to a long-term calorie restriction.

In her results, she found that long-term calorie restriction increases the susceptibility of mice to intestinal parasite infection. These healthy and prospering parasites were not only dependent on their intestinal environment, but when the worms were taken out of the intestines of the calorie-restricted mice and placed in cultures, it was clear the parasites flourished, were healthy, and had a better reproduction rate than the parasites from fully-fed subjects.

Dr. Kristan elaborates that these results are very important, especially the implications for humans because if humans respond to long-term calorie restriction (including physiological changes that mimic calorie restriction responses) the same way as laboratory animals, then long-term calorie restriction, even with sufficient nutrition, could have health disadvantages along with health advantages.

Spring Break: To follow tradition or not?

BY ALEX HAND
Pride Staff Writer

It's that time of the year again! The time when bikinis are in and backpacks are out. It's a time when college students around the nation flock to the beaches in hopes of forgetting everything they had to learn for that midterm the previous week. College Spring Break, originally made famous by MTV, usually has students letting go of all ambitions for a week of fun in the sun. Others use the time to make a difference, volunteering their time to serve the community. Whatever it is, it's not too late to make some last minute spring break plans.

Another viable option, especially for the student population of Southern California is going south of the boarder for some spring break madness in Mexico. Stops

along the coast in Baja, California (Rosarito and Ensenada) can be perfect for that "not too pricey" spring break of a lifetime.

The rumors are circulating about the current safety of Mexico, so let's just clear a few things up: Yes, there was a travel alert issued by the U.S. Department of State but it also was issued on Oct. 24, 2007. Since then, there have been issues of "narcotics-related violence" but have not targeted U.S. citizens. Some rules of thumb to follow would be to stay away from narcotics and unfamiliar places and to not travel alone (something one should always do when in a foreign country).

There are a few different options to make a memorable spring break in Mexico. The obvious one would

be to get a few friends together to go in on a hotel room in Rosarito or Ensenada. Shacking up with a few close friends in downtown Rosarito can be an experience of a lifetime. A hotel room can run from anywhere from \$75-\$200 a night and are usually more expensive on weekends.

Another option that many people never think about is looking for a rental house. With just a few more close friends, a rental house could be well within the budget. This could be a great option considering many of the rental houses down south are in a gated community, which adds to the safety factor. Rental houses in Baja usually go for \$250-\$500 a night depending on the size.

For those looking for a more unconventional spring break, ASI's Alternative Spring Break provides a great opportunity to make a difference. In its fifth year, the program is teaming up with Habitat for Humanity to go back to New Orleans. Last year ASI sent eight students and two staff members to help bring back life to New Orleans after the devastation left by Hurricane Katrina—apparently they feel that the work is not yet finished.



Spring Break '07: CSUSM students enjoying time off from classes in Mexico

Photo courtesy Alex Hand / The Pride

The 2008 trip is from Mar. 30 to Apr. 5. Students interested in next year's trip should apply early, as registration for this spring break is already closed. The overall cost for the trip is \$250. The fee covers all costs, including housing and transportation.

What makes Alternative Spring Break so unconventional in regards to the traditional college spring break is that the trip is substance free. As previously mentioned in The Pride, ASI Director Sara Gallegos feels this is a major vantage point. "I think giving students the option to participate in a substance-free Spring Break is a great thing. Not all students are interested in doing the 'typical' Spring Break activities," said Gallegos.

The program has proved to spike the interest of CSUSM students across campus. Students have already been selected and are preparing for the trip with bi-weekly meetings and fundraisers to help alleviate the cost. For anyone else looking to make a difference this spring break, there are many local charities and philanthropic causes to get involved with. Serving the community is a great way to break the stereotype of the college spring break made by MTV.

Still not sold on anything? There are a few more options to consider for Spring Break '08. Companies such as S.W.A.T. and STA Travel offer package deals for college students to enjoy themselves in the sun. Conveniently enough, the trip for S.W.A.T. this year is planned for Rosarito, Mexico. STA Travel on the other hand has trips available all over including Mexico, Hawaii, Jamaica and even Fiji. More information regarding prices and what's included can be found online on the companies' websites.

Another popular choice for spring breakers on the west coast is Lake Havasu. Havasu never fails to entertain thousands of college students each year. Just a short drive from Southern California, Havasu is a place to play during the day and party at night. Just remember that being in the United States, the same rules apply regarding drinking age.

To top it off, if nothing else sounds too promising, a trip home to spend some quality family time is always something to fall back on. Spending some time with the folks and catching up with old friends could be just what the college student needs after a stressful first half of spring semester.



Catholic Mass

Starting March 19th

@9:00 pm

Clark 110.

Hosted By The Catholic Club

When I grow up... teaching English overseas post-grad

BY JACKIE CARBAJAL
Pride Staff Writer

Many students in college struggle to hone in on a specific career choice after graduation even after declaring a major. While the decision to continue on to graduate school following a bachelor's degree is decreasingly becoming a luxury and more of a necessity in today's job market, alternative options are out there that may prove as more of a personally rewarding experience.

Teaching English overseas is just one opportunity students out of college can experience. There are many programs established currently that train students with the skills necessary to teach English in another country.

Oxford Seminars is one example. Established in 1992, the program not only prepares students with an up to date Teachers of English to Speakers of Other Languages/Foreign Languages (TESOL/TEFL) training certification course, but also pledge student placement within six months after completing certification with a Money Back Guarantee. The course is offered at college campuses all across the United States and Canada. On Tue. April 29, Oxford Seminars will hold an information session at the University of San Diego at 7 p.m. The closest campus to hold certification courses is currently the University of San Diego. For more information, visit <http://www.oxfordseminars.com>.

The Pride contacted a recent graduate from Azusa Pacific University currently teaching English to children in China.

"If someone would have told me about teaching English overseas I would have said 'No way,'" said Taylor Bartlett, who majored in Social Science [History and Government]. "But someone told me about the opportunity about three months before I would have to go and at that time, I didn't have anything really set up so I thought I would give it a try."

The intrinsic rewards are endless when given the opportunity to teach others. Immersion into another country also gives teachers the chance to learn new lan-

guages and appreciate other cultures and traditions. Oftentimes, American teachers travel together and live in the same or proximate locations.

"Basically, I love my job. I teach 20 hours a week. I am doing so much over here that sometimes it feels like I am not even a teacher. In my spare time I like to play sports with the students. I play soccer with them (although basketball is very popular because of Yao Ming) and I do play ping-pong. I am also teaching myself Chinese."

Other countries offer TESOL positions as well. Oxford Seminars place students in Western and Eastern European countries including France, Germany, Russia and Greece. Hong Kong, Japan, Vietnam and Thailand

are some examples in East/South-east Asia.

Latin American countries include Argentina, Brazil, Ecuador, and Mexico as well as others. While in the Middle East students have the opportunity to visit Egypt, Saudi Arabia and Kuwait.

"I get 5,000 RMB a month and free housing. This is a high paying job in China. The minimum wage in China is 600 RMB per month. If I really wanted to save money I could, but I am traveling around about once a month. I have been to many places in China, and during my winter holiday I went to Thailand to get some sunshine and ride an elephant!"

Although some may worry that overseas work could be dangerous compared to work in the States, Bartlett assures that working in China is just as safe, if not safer, than the United States.

"Protection here as an American Citizen is fine. I have never had a problem. China likes the US, well the business side of things. And in China it is illegal to have a gun, so there are no problems with that. The Chinese people like to keep to themselves. There are little crimes here and there, mostly petty theft. Someone stole my bike, but nothing serious."

According to Oxford Seminars, there are over 20,000 teaching jobs available around the world monthly.

"I would recommend teaching overseas to anyone and everyone. All of my friends continually tell me how lucky I am. You have the rest of your life to work. I think

people should take a year for themselves," said Bartlett. "After college and into the big world is a big transition and many people get stuck in a rut right away but I think that going overseas is a great experience to learn about yourself and who you want to be in the years to come."

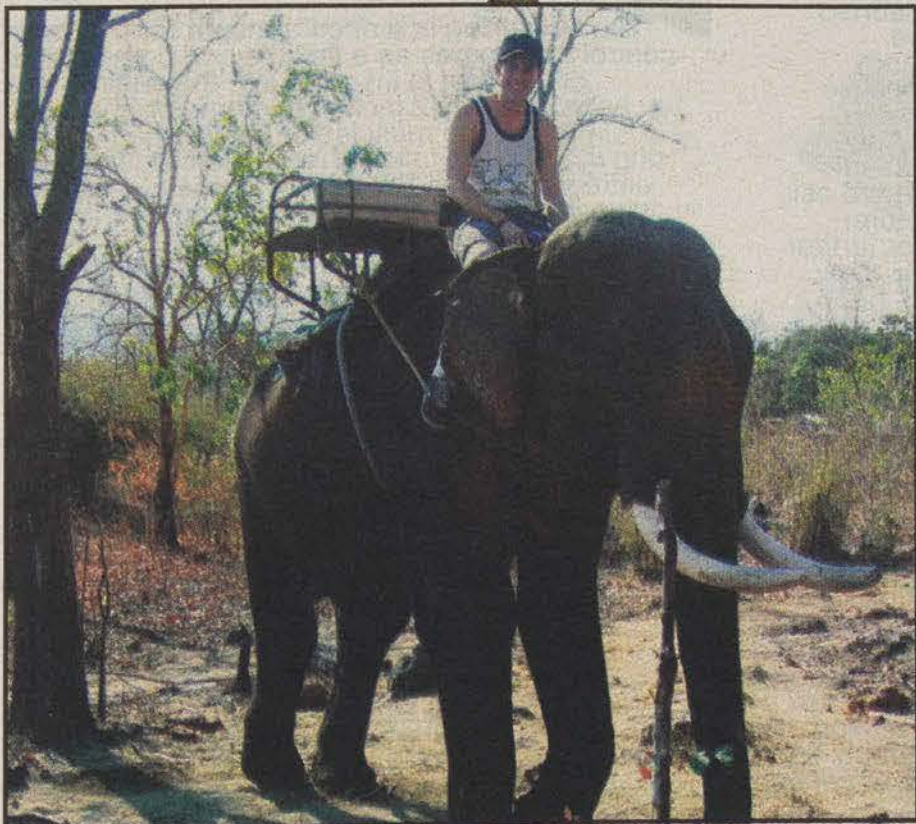
Photos courtesy of Justin Bartlett



Entire schools in China reserve 20 minutes every morning for exercises.



Bartlett's classroom of about 50 students; small compared to average class size in China.



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Contraceptives:

Information and layout by Amanda Andreen

Abstinence

is the only 100% safe way to prevent against both pregnancy and STI's, in addition to HIV and AIDS.

Birth Control Pills



There are many brands of birth control pills (oral contraceptives) but all are different depending on which hormones they contain. Birth control pills also vary on the pill cycle: with a cycle having 21 active pills and 7 inactive pills, 24 active pills and 4 inactive pills, or 28 active pills. Birth control pills work by releasing synthetic hormones that prevent ovulation. Typically, the duration of the inactive pills is when the woman taking the pills would menstruate. However, there are other newer pills on the market that change the menstrual cycle completely, allowing a woman to only have her period 4 times a year. When used and prescribed correctly, birth control pills are supposed to be 99% effective in preventing pregnancy, but not effective in preventing STI's or HIV and/or AIDS.

Cervical cap



A cervical cap is a barrier method of contraception compared to hormonal methods like birth control pills. It is a small thimble-shaped device that is inserted into the vagina, and covers the entrance to the cervix. It should be fitted by a physician or medical professional to insure proper fit and efficiency. It should be used along with spermicide in order to correctly prevent pregnancy. The cervical cap is thought to be at least 86% effective against pregnancy when used correctly. The cap comes in 3 different sizes but the correct size should be determined by a doctor. It should be inserted prior to intercourse and should be left in for at least 6 hours after intercourse. For more information, please visit plannedparenthood.org or smartersex.org.

Diaphragm



A diaphragm is a rubber dome that is flexible and holds spermicide. It is placed inside the vagina much like a cervical cap, as it is a barrier method, and fits over the cervix and is held in place by the vaginal muscles. A diaphragm should be left in place for 6-8 hours and is 85-96% effective against pregnancy.

Emergency Contraceptive Pill

"Plan B® is an emergency contraceptive that can still prevent a pregnancy after contraceptive failure, unprotected sex, or sexual assault. Plan B® should be taken within 3 days (72 hours) of unprotected sex and can reduce the risk of pregnancy by up to 89%. But the sooner you take it the more effective it will be. Plan B® is not RU-486 (the abortion pill); it will not work if you are already pregnant." This information is directly from www.gotoplanb.com



Foam



Delfen is a vaginal contraceptive foam that can be used to prevent pregnancy. It contains nonoxynol-9 and is an effective form of birth control that is available without a prescription. However, it does not prevent against any STI's or HIV. It is also hormone-free.

Genora

Genora is an estrogen and progestin combination birth control pill used to prevent pregnancy, for more information, please see the manufacturer website: www.genora.com

Hormonal Methods

Hormonal methods include all forms of birth control, the Ortho-Evra Patch, the NuvaRing, the Emergency Contraceptive Pill, and Implanon.

Implanon

IMPLANON
(etonogestrel implant) 68mg

Implanon is a small implantable hormonal contraceptive that once inserted is effective in preventing pregnancy for up to 3 years. Implanon is a flexible rod of plastic that is the size of a matchstick and is inserted into a woman's arm. There could be side effects or a decrease in efficiency depending on the individual and possible medication interactions. Implanon was approved in 2006 by the FDA to replace the previous implant, Norplant. Implanon uses the hormone etonogestrel. Please ask your doctor or refer to the manufacturer website: www.implanon-usa.com for further information.



Jellies

Spermicidal jellies are another barrier method. They are inserted into the vagina prior to intercourse and are supposed to kill and immobilize sperm to prevent the fertilization of the ovum. When used alone, spermicides can only be 71-85% effective. For more prevention, using a second method will probably decrease the chance of conception.

K-Y Personal Lubricant

K-Y Brand has an extensive line of lubricants, massage oils and vaginal moisturizers that can be used with condoms and/or many other forms of contraception.



Loestrin 24 FE

This is a birth control pill that promises shorter periods. It is considered a "low" dose pill, and contains estrogen, ethinyl estradiol and the progestin, norethindrone acetate. According to the FDA, Loestrin 24 FE is also the only pill on the market that uses the lowest effective dose of estrogen of 20 mcg/pill. www.loestrin24.com

Male Condom



Condoms are the only form of protection that can protect against pregnancy, STI's, and prevent the spread of HIV and AIDS. Condoms come in all sorts of colors, flavors, brands and sizes. When used correctly, condoms are 99% effective in preventing pregnancy. Different manufacturers produce condoms of varying lengths and widths. Condoms that come with the spermicide nonoxynol-9 should not be used for any form of intercourse other than vaginal, as the spermicide can cause damage to other sensitive tissues. Condoms are a barrier method and contain no hormones. They are also easy to use and inexpensive compared to other barrier methods.



NuvaRing

The NuvaRing is a once a month form of birth control that comes as a flexible and comfortable ring that is inserted into the vagina. It is approximately 2 inches in diameter and once in place, the muscles of the vagina hold the ring in place as it slowly releases progestin and estrogen over the course of 3 weeks. After the 3 weeks, the NuvaRing is removed and the 4th week, just like during the 4th week of a birth control pill cycle, is the menstrual cycle. If used correctly, the NuvaRing is supposed to be 99% effective in preventing pregnancy. www.nuvaring.com

Ortho-Tricyclen Lo

Ortho-Tricyclen Lo is another low-dose hormone form of birth control. This pill uses the 21 active pills, 7 inactive pills cycle, and is not fully effective for the first 7 days of use, so it is recommended to use a second form of contraception when starting this pill, and most other hormone-based birth control pills. www.thepill.com



from A to Z

what's out there and what to know

the Patch



The once a week birth control patch is the first of its kind to be approved in the U.S. The hormones estrogen and progestin in the Ortho-Evra Patch enter the bloodstream by being applied directly to the skin. When used correctly, it is supposed to be 99% effective, just as effective as any other form of birth control. The Patch is supposed to be another convenient option for women because it applies directly to the skin, is discreet and only has to be applied once a week. www.orthoevra.com

The Today Sponge

A hormone-free option for women. According to the manufacturer's website, the Today Sponge is "made of a soft, disposable medical grade polyurethane foam that feels like natural vaginal tissue, the Today® Sponge contains the widely used spermicide nonoxynol 9. The Today® Sponge measures only 1.75 inches in diameter and .50 inches in thickness. After the Today® Sponge is moistened with water and inserted into the vagina, it becomes effective immediately and protects against pregnancy for the next 24 hours." It is available without a prescription, and is disposable after one use. It is typically available at most pharmacies and drug stores, and a 3-pack of sponges can run from \$7.50 to \$10.

Withdrawal

This is neither a recommended method, nor is it a safe or effective method to prevent pregnancy or to protect yourself against STI's or exposure to HIV and AIDS. According to plannedparenthood.org, women can still become pregnant from pre-cum, making this method highly risky for not only pregnancy, but also increases chances of passing an STI or other disease to your partner.

Quit taking risks and explore the contraceptive options available to you.

Reality Female Condom

The Reality Female Condom is made out of polyurethane and could be described as a sheath or a pouch. At each end of the female condom is a flexible ring. The open end of the condom allows insertion and the closed end of the condom is placed inside the vagina and held in place by the vaginal muscles. It is designed to be loose-fitting as not to interrupt the physical experience of intercourse, and there is a silicon-based lubricant inside most female condoms. This is also a barrier method, and should NOT be used when a male condom is also being used as the friction between two condoms could cause potential damage to either or both of the condoms and lead to an increased chance of pregnancy or exposure to STI's.



Intra Uterine Contraceptive Devices



There are two kinds of IntraUterine Contraceptives/Devices currently available: Mirena and ParaGard. Mirena and ParaGard are both small T-shaped pieces of plastic that are inserted into a woman's uterus by a doctor. ParaGard has a small amount of natural copper wrapped around it and it is hormone free, which means it is an IntraUterine Device because the copper prevents sperm from fertilizing an egg. Mirena is an IntraUterine Contraceptive because it releases a small amount of hormones and is effective for up to 5 years. ParaGard can stay in place and be effective for up to 10 years, however it can be used for however long the user decides to keep it in place. Mirena is 99.9% effective and ParaGard is 99.4% effective. Both are designed to fit comfortably in the uterus. Neither the user nor the partner will feel an IUC or an IUD during intercourse. For more information on both Mirena and ParaGard, please visit: www.mirena-us.com and www.paragard.com.

There are NO

eXcuses for having unprotected sex

Yaz



According to the website for YAZ, it is the only pill form contraceptive that both prevents against pregnancy and helps treat the symptoms of PMS and PMDD (Pre-Menstrual Dysphoric Disorder). YAZ is also FDA approved for the treatment of acne. YAZ is taken in a 28 day cycle with 24 active pink pills that contain drospirenone & ethinyl estradiol and 4 white inactive pills. When taken correctly, YAZ can be up to 99% effective in preventing pregnancy. www.yaz-us.com

Seasonale & Seasonique

Seasonale and Seasonique are two new oral contraceptive pills that vary from the normal birth control pills because they allow women to have only 4 scheduled periods a year. Rather than taking 3 weeks of active pills, users take 3 months of active pills. Both brands work the same as other pills, and both are 99% effective in preventing pregnancy. To find out more about the two pills, please visit: www.seasonale.com



Vaginal Contraceptive Film (dissolving spermicide film)



Vaginal Contraceptive Film is a small piece of translucent film that once placed high inside the vagina, as near to the cervix as possible, dissolves into a gel. VCF contains the powerful spermicide nonoxynol-9 at a dosage of 28%. VCF only prevents pregnancy and does not protect against any STI's or other diseases. VCF can be inserted right before intercourse. A 9-pack of VCF costs about \$10.

Zovia



Zovia is an oral contraceptive birth control pill that contains progestin and estrogen, so it is referred to as a combination pill. Zovia is intended to prevent pregnancy, and should not be taken for any other reason. Zovia comes in two different doses (hormone strengths). Please talk to your health care provider for more information.

Additional resources:

www.plannedparenthood.org
www.planned.org (for SD location info)
www.csusm.edu/shcs
www.smartersex.org
www.safesex.org
www.webmd.com
www.birthcontrol.com

The Pride is not endorsing or encouraging any type of sexual activity. This feature is for educational and awareness purposes only - to simply serve the campus community with the latest information on contraception and sexual health. We are not recommending any of the described contraceptives.

Methods of contraception > 99% effective :
 Abstinence
 Condoms (Male and Female)
 Birth Control Pills
 The Patch
 NuvaRing
 Implanon
 IntraUterine Contraceptives/Devices

The Local Listen List

By Amy Salisbury

Derren Raser "Streets of London"

This 20-something is a lyricist beyond his time. The purity of his voice needs nothing but subtle harmonies to compliment this piano-driven piece of poetic genius. The ballad tells a brilliant story, constructed in the classic style of yesteryear's masters. Raser's honesty and talent has to make him one of San Diego's best-kept secrets.

iTunes: Yes
http://www.derrenraser.com

Simeon Flick "Money Don't Make the Man"

He's a homespun morsel of Memphis dressed up in LA's leather jacket. With a fat, jazz-inspired bass line, infectious beat, and intelligent lyrics, the track provokes thought in its audience, a quality rather hard to come by these days. Flick is Indie folk-rock at its finest: the kind of stuff that's just good for the soul.

iTunes: Yes
http://www.simeonflick.com

Jane Lui "Firefly"

Captivating upon the first delicately strummed chord, this emotive acoustic number is as refreshing as it is beautiful.

Lui's breathy, yet powerfully lonely voice soars through the most effortless of melodies, with only the occasional tap of her guitar's strings to hold the rhythm together.

iTunes: Yes
http://www.janeshands.com

Matt Haeck "Comfort in the Dust"

Starting immediately with an easily identifiable double bass, this moody track builds to an epiphany of a conclusion. The orchestral song thrives on minor chords and metaphors, while his commanding, baritone voice never wanes.

Haeck flies well under the radar, so keep your eyes peeled for his April 2008 release.

iTunes: No
http://www.matthaeck.com

Writer "Don't Wake the Sun"

The rhythm of Writer's latest track grabs you before there's even a chance to ask why. Though simple, the carefully crafted lyrics along with a gripping guitar riff produce a natural combination that is nowhere near pretentious. This pop-punk splash of sound will definitely satisfy any cravings for something catchy.

iTunes: No
http://www.writertheband.com

The Modlins "Why Did it Take so Long"

Anyone can relate to this short, and definitely sweet, pop ditty. The mood screams summertime. Light and airy lyrics make for some serious easy listening, while the 60s era guitar and drumming style bring it all back to ground level. This is the kind of song you'll have in your head for days (not that it's a bad thing, right?).

iTunes: Yes
http://www.themodlins.com



10,000 BC

A million creative pre-historic options, and it still sucks

BY TORIA SAVEY
Pride Staff Writer

Three little words: Deus ex machina. For those of you who don't speak Latin, it's a device, usually divine, magical, or technological, which allows the character to solve an unsolvable problem. It's a cop out, an excuse for an improbable plot to shamle on when it should have had the decency to die.

I'd write "spoiler alert," but there's really nothing to spoil. The main character's problems were solved, in sequence, by getting stuck in a net and getting his spear stuck in a rock.

Then, obviously, he received help from carnivorous ostriches, a saber tooth tiger, a star, a blind albino-midget, a scar on "[his] woman's" hand, a mammoth, an old woman and some beans. No, really, it all makes sense.

The beans grew into grass, which can apparently feed an entire tribe. I guess they were secretly made of lawnmowers. Really, it all fit into the prophecies.

The movie manages to score a couple cheap laughs with some shots to the groin and boyish bravado, but that's about all there was to it. The accents were horrible, the fight scenes poorly choreographed and rendered, the

costumes made it hard to keep a straight face, and the dialogue made me die a little inside.

I can't think of many worse theater movies, mostly because movies this bad usually make up for their inadequacies with nudity.

Do yourself a favor: drink a lot before you go, or go see something else. One way or the other, spare yourself the irritation of having to remember 10,000 BC.



Photo courtesy Warner Bros.

Saber-toothed ridiculousness in 10,000 BC.

DROPPING:

By Tim Moore / Pride Staff Writer

CD RELEASES
Tuesday, Mar 11

RAP/HIP HOP

Ego Trippin'
SNOOP DOGG

Endeared as "Hip Hop's ultimate wordsmith," Snoop Dogg's much anticipated ninth studio release features the likes of Pharrell, Nelly, and others. Track 21 features legendary member of The Gap Band, Charlie Wilson in a piece that is close to Snoop's heart. "This song makes me want to cry every time I hear it. It is a reflection of my life and how I have grown as not only an artist but also a man."

POPULAR

Now That's What I Call Music! 27
VARIOUS ARTISTS

If you've gotten over the shock of finding out that the "Now" franchise has made it to number 27, you can explore the vast tracklist of 20 CHART-TOPPING HITS!



ROCK

These are the Good Times People

THE PRESIDENTS OF THE UNITED STATES OF AMERICA

Though it's been quite some time since PUSA's rise to fame, they hope to once again capture the hearts of listeners looking for a unique sound. Rather than the typical guitar and bass setup, PUSA uses what they proclaim as a Basitar and a Guibass, which are modified electric guitars with either two and three strings.

RAP/HIP HOP

Trilla
RICK ROSS

Ross' much anticipated second studio release was delayed from its original date of December 18, 2007, fueling the excitement of passionate fans. "Trilla" features collaborations with R. Kelly, Nelly, Jay-Z, Lil Wayne, and more.



Images courtesy of amazon.com

Bill of Rights

"The Office" is the best show on television

BY BILL RHEIN
Pride Staff Writer



With the arduous Writer's Strike of 2008 over, it is time to concentrate once again on America's true pastime - television. Though the strike cut the "The Office" in the middle of its fourth season, it will be returning to the air April 10, according to NBC.com. As the saying goes, one never fully appreciates something until it is gone. As I have not been able to fill the void since the show's departure, I understand this. I have also concluded that due to this shows humor and cultural insight, it reigns supreme.

Unlike any other show, "The Office" is very acceptable on three distinct levels. The first and most basic is its comedy. It is without a doubt one of the funniest shows on television. The antics of Steve Carell's character, Michael Scott, and the workplace shenanigans leave viewers laughing straight through. However, it is not a one trick pony.

It perfectly mixes laugh aloud moments with simple jokes to make viewers smile and chuckle. Those who work behind the camera have been able to adopt moments from Ricky Gervais' BBC show while also being original and creating fresh material. The humor is so acceptable one does not have to work in an office to appreciate it.

The show also works on the level of being an examination of an office worker.

It dares to ask what happens when a salesperson puts his colleague's stapler in Jell-o. The background of the characters and the way they interact make the show the perfect microcosm.

The office building is seemingly a character itself as emotions rise and fall. While remaining funny, it examines the interactions of people. The friendships and relationships make the show appealing and give the characters depth. Though he is not a real person, fans of the show could write a long biography on Dwight K. Schrute. Very often, I could compare watching "The Office" to peeking into someone else's life and gaining the insight from his/her struggles and triumphs in the workplace.

The final and deepest level of "The Office" is its cultural insights on diversity. No other show is as intriguing while still containing a thoughtful display of social issues. In several episodes, wisdom overcomes prejudice.

The characters that unknowingly discriminate against and make unfair judgments against minorities have circumstance show that they are fools. For example, when Michael makes a gay bashing joke, the show portrays him as ignorant. This is the same for abuse against women, other races, and blue-collar workers. Those who are wise in diversity show other characters the error of their ways. In this way, the show subtly teaches viewers to be better people.

Because of these levels, "The Office" is the best show on television. It is funny and engaging for almost anyone, but it encourages social change while it entertains.

Cougar Track and Field Dominates the San Diego City Championships

BY ALEX HAND
Pride Staff Writer

Originally scheduled for UCLA, the Cougars Track and Field team decided to take their first meet of the spring season to the San Diego City Championships instead. It was reported that the schedule change was made for reasons pertaining to the cost.

Nevertheless, the men and women of CSUSM made an incredibly strong showing at their spring season debut. Competing against U.C. San Diego, San Diego State, and Point Loma, the athletes pulled off extremely decisive victories in some events and made a very strong showing in others.

Senior, Billy Walker, gave perhaps the strongest performance of the day, winning both the men's 100-meter and 200-meter dash with times of 11.15 and 22.58, respectively. Walker was also a part of the winning 100-meter relay team which consisted of Thomas McDougal, Austin Sylvia, and Adam Leidigh.

The men's 4x400 team also won decisively. Cory Dart, Nick Stein, Kevin Ott Wright, and

Thomas McDougal combined for an overall time of 3:20.80 to take the event hands down.

The women proved to dominate as well. In the 3,000 meter run, the standings were over-run by an all-CSUSM podium with the women taking the top four places in the event. Leading the pack was Dallan Williams who finished with a time of 10:19.36. Also on the women's side, Samantha Showns ran a time of 57.50 to place second in the 400-meter dash.

Coming off injury to make his season debut was freshman runner, Sid Robinson, finishing with a time of 51.80 in the men's 400-meter dash. When asked what he expects out of the season after such a powerful start, Sid responded, "I'm pretty excited. We've got a really solid and deep squad this year. I'm just really excited to see how everyone progresses".

The Cougar's next meet is scheduled for Friday at the Occidental Distance Classic.

Softball goes 4-0 in busy weekend of play

BY TIM MOORE
Pride Staff Writer

CSUSM Softball competed in the Sun West Tournament at Chapman University on Saturday – a day that would see the first no-hitter by a Cougars pitcher in the history of the program.

The Cougars faced Bethany University in game one of the month long round-robin tournament. CSUSM had perviously shutout Bethany in a doubleheader earlier in the season (10-0, 8-0), and the trends would carry over to Saturday's game. The Cougars shut out the Bruins yet again, by a score of 8-0.

Freshman, Ashley Salvino struck out three in five innings pitched to log the first ever no-hitter in the history of CSUSM softball's two year existence. Her run support came early as the

Cougars scored two runs on three hits in the top of the first inning, one in the fourth and five in the fifth to force the mercy rule.

The Cougars carried the momentum into game two of the day, defeating the Northwest Christian Beacons handily, 9-0. Freshman, Marly Barth led off the second inning with a solo home run and struck again in the third to open the game up en route to the big win.

The Cougars will continue their play in the Sun West tournament on Friday, March 21.

The Cougars continued their dominant play as they returned home on Sunday to face Dominican University, winning both game of the doubleheader, 5-4 and 5-0.

In game one, Junior, Melissa Lerno was lights out at the mound, fanning 13 batters in a

complete game outing. Game one saw extra innings as the teams took a 3-3 tie into the eighth inning. Dominican scored one run in the top of the eighth, however CSUSM fought off what would have been their first loss in the month of March as freshman, Lise Leibl drove in the game-winning run after Dominican walked in a run to tie the game.

Staying constant with their trends of late, the Cougars carried their momentum into game two of the doubleheader, winning handily – 5-0. Freshman Brenna Sandberg improved her record to 6-2 with a seven inning, seven strikeout, two-hit performance.

The Cougars big weekend improves their record to 16-6 on the season. The Cougars face the University of San Diego Toreros on Thursday at 5 p.m.

CSUSM baseball came out of a tough week of play 1-1-1 – one win, one loss, and one tie.

BY TIM MOORE
Pride Staff Writer

The win came on Tuesday in a 13 inning shootout at San Diego Christian. The Cougars rallied in the top of the 13th, ultimately leading to a 6-3 victory sparked by an Austin Way RBI double.

The loss occurred against the NCAA Division III #1 ranked Chapman Panthers. The Cougars were set up for an upset as they took a 3-2 lead into the top of the eighth inning where Chapman scored two runs on four hits.

The tie came Friday at Cal

Lutheran. The Cougars battled to a 11-11 stalemate after mounting a nine-run comeback – the largest in the team's history.

The Cougars record on the season is now 8-9-1, they will face Vanguard University today at 2:30 p.m. at Vanguard.



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Skills needed

- InDesign
- Photoshop
- Basic graphic design
- Familiarity with Mac OS X

Doin' Time

BY JON THOMPSON
Pride Staff Writer

Dr. Ashley Lucas is very literally a one-woman show, as she demonstrated to CSUSM students and community members who filled Markstein Hall to its full capacity for her performance. Lucas, who has been personally affected by the incarceration and repeated parole violations of her own father, wrote and performs, "Doin' Time: Through The Visiting Glass." It serves as a creative and artistic outlet for the tremendous emotions she herself has experienced, as well as the outpouring of emotion from others like her. As stated by one of Lucas' interviewees that she portrays in her play: "Creativity can get you through the worst things in the world."

According to Lucas, "When I was brave enough to come out and say, 'I am a child of a prisoner,' I was overwhelmed by the number of people who came to me wanting to share their stories as they, too, were in similar situations."

The massive amount of responses Lucas got from families of prisoners, as well as her own experiences, inspired her research. Lucas corresponded with over 400 prisoners and their families. It was through her identifying with the hardships of the families involved, that she created this play, to give a voice to those who are without a voice of their own and are suffering at the hands "of this prison society that we have all conspired to create," in Lucas' words.

An endearing, laughable, heavily accented Texan; a single Hispanic mother whose husband is serving life; a African-American woman who fell in love with the wrong

man; a preacher giving a Kwanzaa sermon; and a little girl, teddy bear in hand, anxiously awaiting her Daddy's release, just in time for her birthday party. These are just a few of Lucas' heartfelt characterizations, based on prisoners, family members of prisoners and activists she interviewed, adapting the monologues to protect the identities of the people being portrayed. Getting more than one laugh out of the crowd, Lucas never fails to express the pain and distress of her characters. Lucas gives, with frightening accuracy, a harshly realistic perspective of the desperation of the prisoners and of the families they leave behind -- rendering the families of prisoners innocent refugees and forgotten victims of the prison system.

After closing her performance to a standing ovation, Lucas and Dr. Jodie Lawston of the CSUSM Sociology department, held a question and answer session.

One person asked Lucas what she would recommend as the first step of reforming the prison system, if she had an opportunity to talk to a politician or official in a position that could make change. Lucas responded, "Why, do you know someone like that? Because I would love to meet them [while laughing]."

I asked, "Why are we locking up so many people? How do we make society safe and better?" Lucas intimated that "Private corporations, States and prisons should not be allowed to profit off of prisoners. We need to stop mandatory sentencing and rethink how we look at convicts. Stop saying things like who is a bad person, or a criminal and these people need to be locked up. We need to work to

fix the societal problems that put people in prison rather than just throwing people away? Get off your butts and figure out what you can do to actually make some positive change."

Lucas went on to say: "What does locking these people away accomplish? Eventually these people are put back on the streets with literally nothing, already ostracized from society. We claim to believe in rehabilitation, but all we are doing is just warehousing people for profit. We live in a prison society, where one in every hundred citizens is a prisoner, that's the largest prison population, per capita, than any other time in history, or any other place in the world."

Lawston then contributed to the answer, adding, "California has one of the worst prison medical care system in the country. Prisoners are treated worse than animals. After a class action lawsuit by female prisoners in, 1995 California's prison medical care has now gone under federal receivership. Essentially, the women won the lawsuit but there was

really no change. By 2000, nine women in California had died from poor or complete lack of medical care in the California prison system."

The audience participation at times was as raw and heart wrenching as Lucas' performance. A community member, identifying herself

only as Catherine, stated, "I was recently released after doing an 18-month prison term for computer fraud terminating my thirteen year business career. I have cancer. I was released with no money, medication, no chemotherapy... I was placed in a homeless shelter, in the worst part of San Diego, where the streets and surrounding area are over run with crime and drugs. The system doesn't care about the prisoners or their needs. All they are interested in is the money they get per prisoner bed. Our only real hope is people like you [referring to Lucas], who really do care and help to ease the suffering."

When asked about her feelings towards her own father's upcoming parole hearing Lucas responded. "In Texas, much like here in California, we make money off of prisoners and prisoners. Politicians get elected by being

tough on crime and prisoners. My father is getting older and with age comes a higher medical cost and the state ceasing to be able to profit from their labor.

Higher cost and lower profits will hopefully make him a better candidate for parole, but we'll have to wait and see."

"Here in California, the Prison Guards Union is one of the most powerful unions. They are known for employing lobbyist to push for their causes. While education along with everything else in the state is facing budget cuts at the hands of the Governor. The Prison Guards Union was given a 5% raise this year by the Governor himself," said Lawston.

According to The Sentencing Project, an agency for "prison research and advocacy for reform", as of 2005, 2.2 million Americans were incarcerated. China ranks second, holding 1.5 million prisoners, although China has four times the population of the US.

Wikipedia indicates in California alone, as of 2006, 170,000 prisoners occupy facilities designed for 83,000, with most facilities holding more than 200% of their design capacity.

According to the US Department of Justice, "Of the 272,111 persons released from prisons in 15 States in 1994, an estimated 67.5% were rearrested for a felony or serious misdemeanor within 3 years, 46.9% were reconvicted, and 25.4% re-sentenced to prison for a new crime."

The numbers speak volumes for themselves. In the words of Fyodor Dostoevsky, "The degree of civilization in a society can be judged by entering its prisons." Do you think we have a problem?

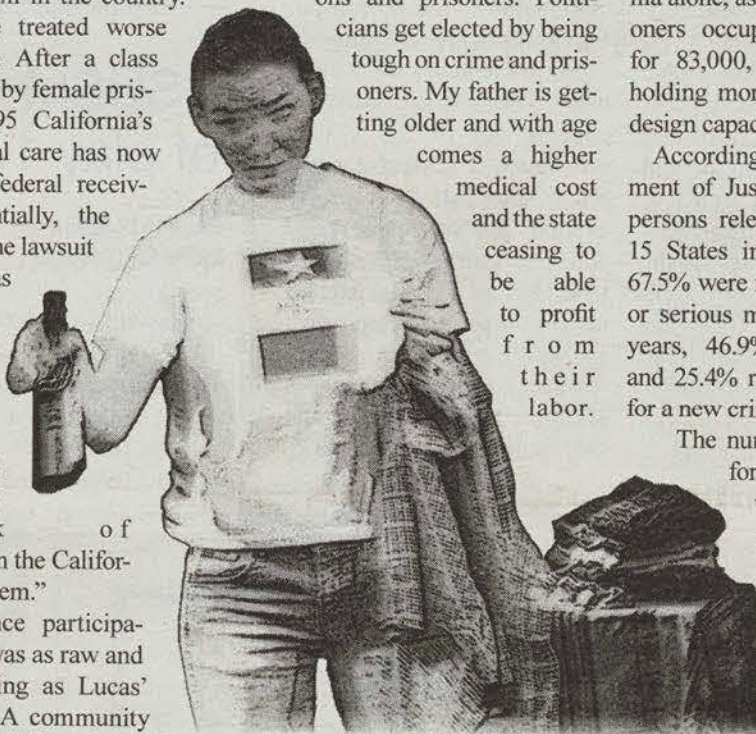


Photo by Jon Thompson / The Pride
Illustration by Toria Savay / The Pride

Podcasting: An interview with Richard Smith

BY BILL RHEIN
Pride Staff Writer

As technology progresses, new forms of media emerge. One of the newest is podcasting, which allows any Internet user to post audio or video online for others to download and play on their computer or iPod. One of the pioneers in this industry is Richard Smith. He is the founder of Simply Syndicated, the largest independent podcast in the United Kingdom. His first and most popular show is "Movies You Should See," where each week he and others discuss a must-view movie. Other shows include "Make It So," a Star Trek themed show, "The Definitive Word," a

weekly discussion about society, "Weekend Watches," a look at upcoming movies and television shows, "...or do you think that's just bol!#ks?," a rant about society, "Left Field Cinema," which features in depth studies of cinema, "Men of the House," a scripted comedy show, and the self explanatory "Albums You Should Hear" and "Games You Should Play." Recently I had the chance to ask him about this expanding and free entertainment.

How would you describe podcasting to someone who is unfamiliar with it and why should people be interested?

"Podcasts are video or audio shows that you can download freely. Because of how easy it is to create and publish a show, just about anyone can do it. That means that there's a whole range of shows covering just about any topic you can think of. What ever you're

interested in, chances are there will be a show out there that will grab your interest."

What got you started in podcasting?

"I think the desire to start podcasting comes from listening to shows and either thinking you could do better, or not finding a show that features exactly what you want it to. That's the beauty of the medium, if you aren't 100% happy with it, you can do something about it."

What are the best and worst parts about what you do?

"The best part is definitely the people who listen to our shows. Nothing makes your day like an email from someone you've never met, telling you that you make their day go a little easier or their trip to work fun rather than a chore. The worst part is the obsession you get for download statistics and chart position on iTunes. I still continue the search for a mobile phone that will let me check our downloads on the move."

What is your favorite show that you do? And by someone else?

"It's hard to say which is my favorite. I love them all for very different reasons. Seeing as you're

asking, I suppose it has to be ...or do you think that's just bol!#ks? It's the only place I'm free to be as outrageous as I like."

How can people make the podcasting world better?

"I've always thought I could do with being more famous than I am, and there certainly aren't enough photos of me around the internet. Just kidding, podcasting needs to be easier to do. Apple have done a great deal towards that with iTunes and its podcast directory, but it's never good when one company has as much of a hold over things as they've developed. I'd like to see podcasts available on a variety of devices, like mobile phones."

Since you have become a podcaster, how has your life changed?

"People send me far more Star Trek DVDs than they used to and I suddenly get far more email in a day than any normal person can handle. I'm ashamed to say that most of it goes unanswered. Apart from that as I said earlier the best part is the people who listen. When I had an operation to remove my appendix, I received a barrage of support and good wishes from people around the world, something that still blows

me away today."

If someone was interested in their own show, how should they go about doing it?

"The most important thing to consider when you do your own show is the subject matter. The key is to cover a topic that you are interested in. Make the show about something you could talk about with no research. If you don't do that you'll make a great deal of work for yourself and it won't be fun."

Do you have any final thoughts or comments?

"I'd recommend that anyone should have a look for a podcast that interests them. When I downloaded my first one, three years ago, I never thought it would take me on the journey that I'm on."

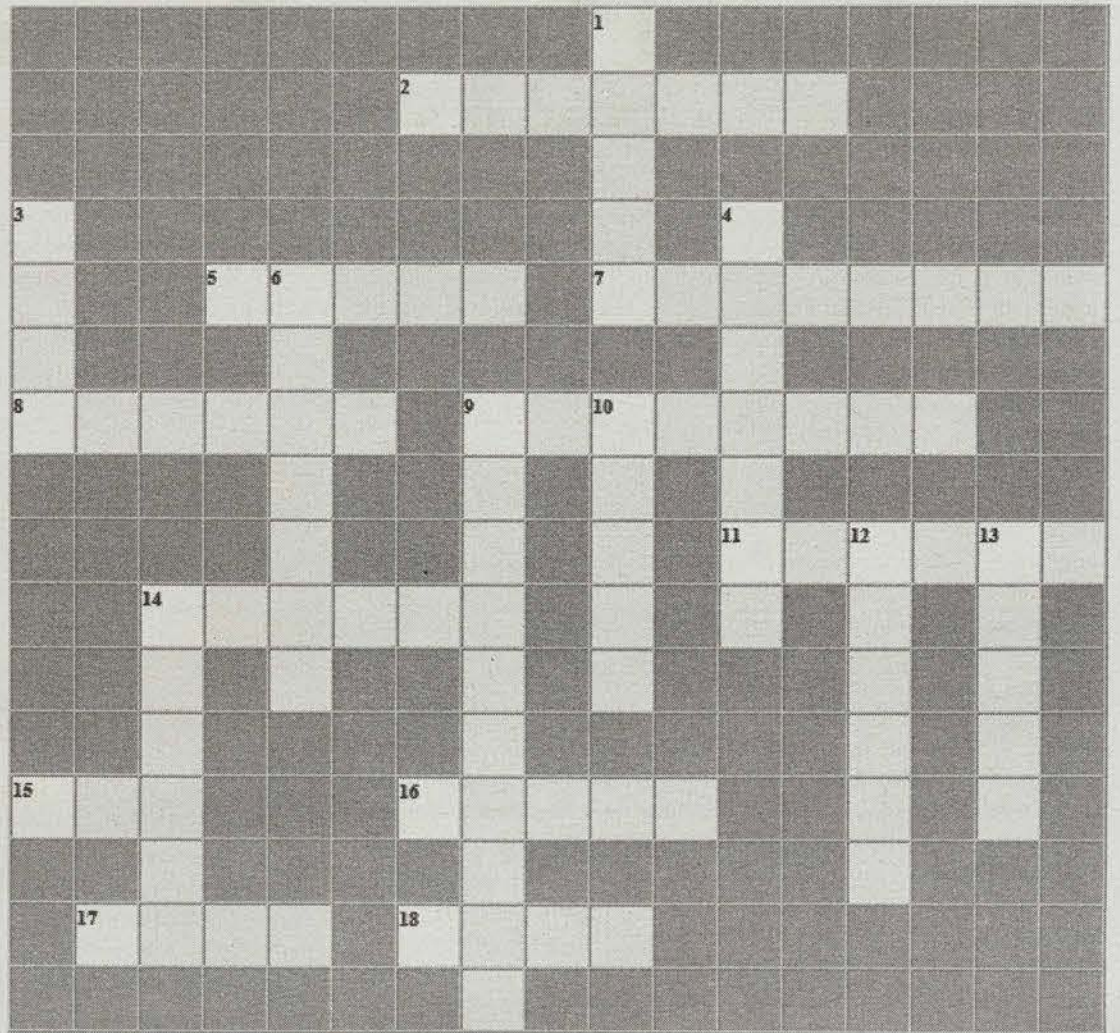
The website for Simply Syndicated is www.simplysyndicated.com, where internet users can find more information on the shows and how to download them. To download the shows on to an iPod, search for "Simply Syndicated" on the iTunes store. Podcasts are a new and exciting media, and even better because they are completely free.



Photo courtesy Richard Smith

Cougar Words S S

St. Patrick's Day Fun!



Down

1. Religious emblem symbolizing Christianity.
3. First place gets a _____ medal.
4. _____ Swayze.
6. Taste the _____.
9. Disappearing little man.
10. _____ madness.
12. The Man, the Myth, the _____.
13. The fighting _____.
14. There are lots of these in Ireland.

Across

2. Dorothy went to the _____.
5. The color of money.
7. Green icon for this holiday.
8. The capital of Ireland.
9. A cute little fancy poem.
11. The Boston _____ (minus the 's').
14. _____ field was a bad movie.
15. -o-gold.
16. Lucky _____. (It's also a sugary cereal).
17. Frothy beverage that is green on this day.
18. _____ of the Irish.

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Calendar of Events

Tuesday, March 11
31 Women in 31 Days
Forum Plaza

8:00 a.m. Lib. Plaza
Cougar Bazaar & Student
Fundraising Week

12:00 p.m. Mark 102
Real Life 101

4:00 – 7:00 p.m. Commons
206
The Real "Hotel Rwanda"
Film screening & discussion

Wednesday, March 12
31 Women in 31 Days
Forum Plaza

8:00 a.m. Lib. Plaza
Cougar Bazaar & Student
Fundraising Week

5:00 p.m. CFHUSU 130
ASI Leisure Courses

Thursday, March 13
31 Women in 31 Days
Forum Plaza

8:00 a.m. Lib. Plaza
Cougar Bazaar & Student
Fundraising Week

12:00 p.m. Mark 102
Pizza and Politics

12:00 p.m. ACD 104
VSA General Body Meeting

12:00 p.m. Mark 101
Thinking Outside of the
[LUNCH] BOX

Friday, March 14
31 Women in 31 Days
Forum Plaza

First ½ of Semester Last
Calendar Day

8:00 a.m. Lib. Plaza
Cougar Bazaar & Student
Fundraising Week

12:00 p.m. ACD 408
Going to Graduate School
Workshop

12:00 p.m. CFHUSU 130
ASI Intramurals (Basketball)

Saturday, March 15
31 Women in 31 Days
Forum Plaza

Second ½ of Semester First
Calendar Day

6:00 p.m. ACD 102
ZEITGEIST FILM

Spring Fling!

Sunday, March 16
31 Women in 31 Days
Forum Plaza

5:00 p.m. Com 206
Alt. Spring Break Meeting

Monday, March 17
31 Women in 31 Days
Forum Plaza

St. Patrick's Day!

12:00 p.m. – 1:00 p.m.
Shamrock Shindig

5:00 p.m. CFHUSU 130
ASI Leisure Courses

6:00 p.m. UVA
Eco-Friendly Fashion Show

Local artist Tristan Prettyman says "Hello...x"

BY AMANDA ANDREEN
Pride Staff Writer

"[Music] kind of saved my life, because I don't know what I would be doing without it," says local folk artist Tristan Prettyman. "It's a blessing to do something you love for a living. The whole thing kind of caught me off guard, but it's just been such an amazing experience." Prettyman—a San Diego native and local surfing fiend—is home once more from extensive worldwide touring following the 2005 release of her debut album, "twentythree." Back home, Prettyman is gearing up for her sophomore release on Virgin Records, "Hello...x" due out in stores in April, and preparing for the subsequent headlining tour.

"For me, this record is definitely a collection. I am dramatic, constantly all over the place emotionally, always changing my mind and things like that, and I think all the songs represent those different parts of my personality. Together all of them, as a whole, represent everything. It's weird, each song is very diverse and different, but there's a constant flow between all of them that makes them connected."

In the past, Prettyman has

shared the stage with the likes of Jason Mraz, G. Love and Special Sauce, and James Blunt. Produced by British songwriters/producers Martin Terefe and Sacha Skarbek (who in the past produced James Blunt, KT Tunstall, and Martin Sexton), Prettyman said the recording experience of "Hello...x" with Terefe and Skarbek was "amazing."

Prettyman spent several weeks in London laying down the tracks of her upcoming album, soaking in all the experience had to offer. "I got to go over a couple months before just to meet them and catch a vibe and see how we'd work together. We flew into London and went straight to the studio. That first day we had two songs worked out and by the end of the week we had tracks and came away with four songs which actually we didn't even change, they went straight on the record. It was just one of those things—" said Prettyman, "when you meet somebody and you connect like you've known them forever. Like a best girl friend or something—you don't have to explain anything, they just know."

Soft and surfy, the tracks off "Hello...x" are full-bodied and rich with the passion and delicacy that fills Prettyman's evolving

style. "This record was definitely me stopping to take a break and decompress everything and sort through stuff—the feelings and emotions and put it into song," said Prettyman on the inspiration for the album.

After a few years of being on the road, moving past relationships and coming into her own

with more confidence and stronger vocal prowess, "Hello...x" is a poised and fluid anthology that captures the recent chapters in Prettyman's life. When asked about the album title, Prettyman said, "I wrote a song called 'Hello', an after touring for so much, it's like 'Hello, I'm back.' Hello is always like a new rela-

tionship or a new thing, so it was kind of a combination of that, and I thought it was a cute title."

"Hello...x" is due out in stores on April 15th, and the headlining tour kicks off here in San Diego on March 19th at The Belly Up Tavern in Solana Beach. More information is available at www.tristanprettyman.com.

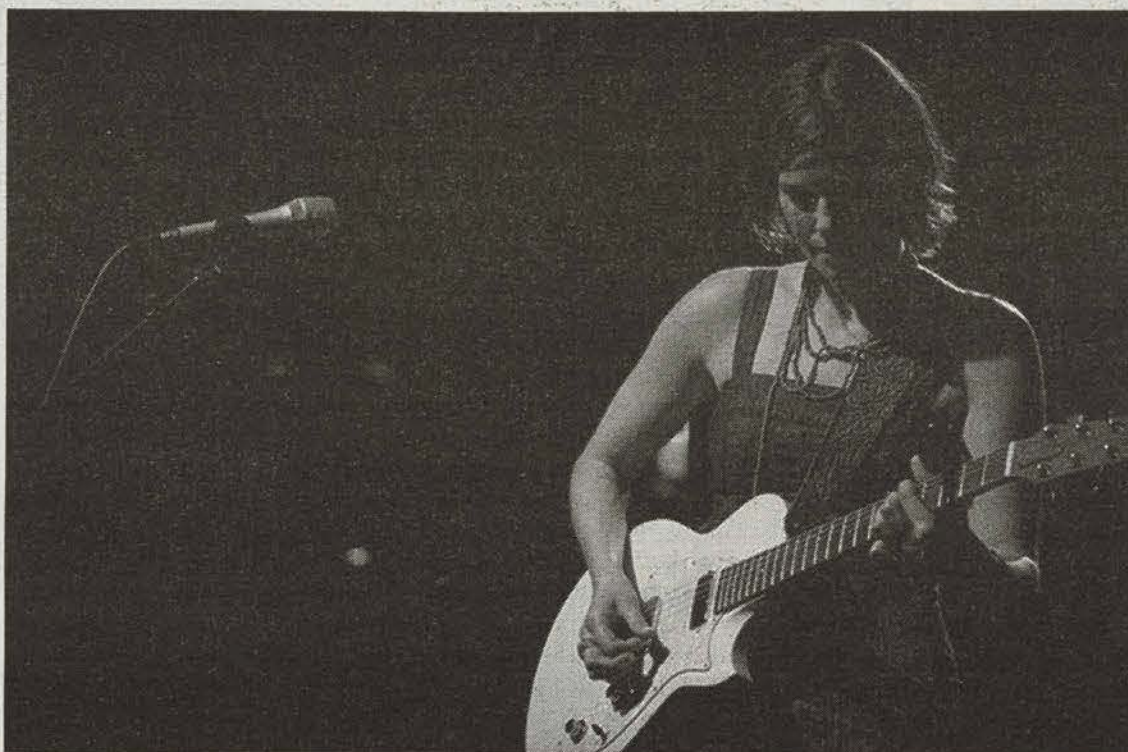


Photo courtesy Tristan Prettyman

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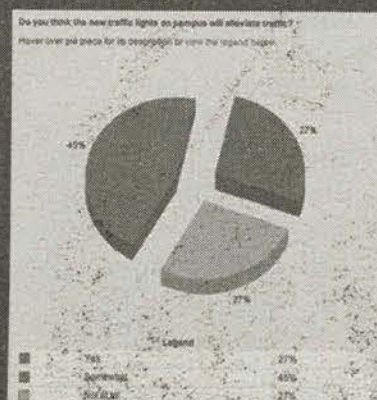
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Student Polls

Calvin the Commuter
posted 3/10/08 @ 12:27 PM PST

You're telling us. My friend and I live in the heart of Chula Vista. We meet at Starbucks every Monday and Wednesday at 10:00 to run up and down the street to CSUSM. I read down the street to CSUSM. Sure, it's two days a week, but considering I have the whole day for those two days, I can't even figure out what month it is.

Denise
posted 3/10/08 @ 9:08 PM PST

Yikes.

Excellent article! I have been reading your articles this year and they are absolutely amazing! And a great reason for reading: The Pride. I am someone who is always looking for something to read. I love the whole "Pride" thing and I love the whole "Pride" thing. Your article made me laugh so hard and I remember I am the only one suffering to the drive to school. Keep up the good work!

Toria
posted 3/10/08 @ 11:03 AM PST

Thank! Some kid named the class one, but everybody has a show week and you just can't win at it. You keep reading, it's keep writing, and next week, it's try to be funny. <3



Orange County band lends a hand across the globe

BY ADAM LOWE
Pride Staff Writer

When you think of local Orange County music, do you have negative thoughts? If the answer is "yes," I am about to change that forever. This is because of the incredible story of Joe Denges, Justin Dike, Matt Hulet and Dusty Schiefelbein of the band, Hollowell.

They've played together for eight years at bars, clubs and even churches up and down all of California. But within the last few years, they've embarked on a few journeys that most local bands never get a chance to experience — going overseas and touring for the soldiers in Iraq and Afghanistan. Having two overseas tours under their belts, Hollowell is about to head out on their third, but not before taking a short detour to the African country of Swaziland where they will help kids suffering from AIDS, as well as play music for and with them.

Hollowell is an alternative rock band based out of the city of Orange, California. After the eight years they've been together, three of the original members still remain: Joe, Matt and Justin. Dusty, the newest member of the band, has been with them a little over two years now, and is, according to Joe, "exactly what we were missing." Their previous bassist was a good friend and amazing musician, but he

had other avenues he desired to pursue which eventually led to Dusty, the missing piece of the Hollowell puzzle.

While Hollowell has released a few short EPs, it wasn't really until around 2006 that they actually began getting their music out there. First, with a 5-song worship EP, "All I Am" and just this year, a 5-song rock EP, "Are You Waiting," which gave them much popularity and notoriety from various individuals and organizations.

Beginning on March 13, 2008, Hollowell will be with a small group of people in the country of Swaziland, helping children suffering from AIDS. When asked what his main goal was in going to Swaziland, lead singer Joe Denges said: "We have a unified goal for Swaziland. We are trying to set the framework for a much bigger picture of bringing about a positive change in the nation and its people."

Drummer Justin Dike says that in going to Swaziland, he hopes to "... bring hope to a dying segment of my generation. ..." And if nothing else, "my main goal is to be able to just bring smiles to the faces of all the people in Swaziland..." says Dusty Schiefelbein, bassist. But before they come home, they will be playing music for these children and actually leaving their instruments for the children to learn to play — an

example of true and caring artists.

After returning home from Swaziland on March 23, the guys of Hollowell have less than two weeks before they will board another flight and head overseas to support the troops in Iraq and give them an escape through music. Asking these guys why they keep

Playing for the troops is very important to Hollowell, and according to Joe, "Seeing how much they are touched and what it means to them when we go over there makes it more than worth the trip. They're our friends and family, too now." What a life changing event and what an incredible opportunity these young men have. Their support and love for the troops is an inspiration, not to mention the fact that it is "freaking fun" according to Justin.

Listening to their brand new 5-song rock EP "Are You Waiting" it is easy to understand why they were nominated for "Best Live Electric Band" by the Orange County Music Awards Committee. "I think I'd freak out! [if we won]," Joe says, "It's been a trip for us because we got into the live competition by chance and we were happily surprised to find out we made the finals."

Their rock anthems and crowd favorites such as "Naked" and "Voodoo" have become favorites on my playlist, as they should on yours. Watching these guys play is a treat. Their presence on stage is so natural, like they were meant

to play together. It has been a long and hard road for each of them, but according to their growing international popularity and local fame, I think it's safe to say that it was all worth the wait for them.

These guys are an incredible success story. No, they aren't on the radio or MTV, but they play all over OC. They have the best fan base, and they've been nominated for an OCMA. They've toured twice overseas in Iraq and are about to go for a third, not to mention their brief stay in Swaziland. So what do they say for those of us who wish to be musicians? Dusty: "Don't give up." Joe: "Don't leave it only up to your talent." And Justin: "Don't quit unless you are hurting someone else. And go to a Hollowell show."

I wish them the best of luck as they make the world better with their music. If you would like to know more about Hollowell, please visit their website, www.HollowellMusic.com (currently under construction) or check them out at www.Myspace.com/Hollowell, which is where all the best information about them and their CD can be found. Hollowell's CD can also be purchased on iTunes; you should pick up a copy — and who knows? Maybe they'll change your life, too.

"We love playing for our troops! They give so much of themselves to fight for what they believe in and to protect the country we love so much!"
-Dusty Schiefelbein-

going over to play for the troops, Dusty really does speak for all of them when he says, "We love playing for our troops! They give so much of themselves to fight for what they believe in and to protect the country we love so much! It is an honor for us to be able to entertain them."

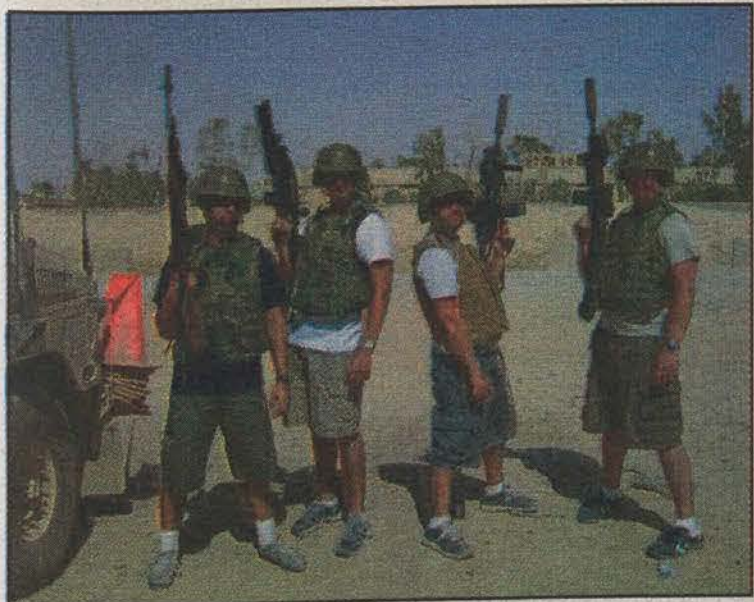


Photo courtesy Hollowell

The members of Hollowell pose with military equipment while overseas



Top 5 drinks for St. Paddy's Day

Photos by Jonathan E. Thompson / The Pride

BY JONATHAN E. THOMPSON
Pride Staff Writer

St. Patrick's Day gives thanks first and foremost to missionaries. The holiday honoring the famous St. Patrick recognizes a man credited with installing Christian ideals to a pagan Ireland. Following the blessings are joyous celebrations. These celebrations often entail the consumption of liquid cheer.

Enjoy St. Paddy's Day with at least one of the following five suggested beverages. Prices were obtained from Killarney's in Temecula, California. Note that variations of names, ingredients, and prices exist.

#1 Irish Car Bomb:

Ingredients: 8 fluid ounces of Guinness Stout, 0.75 fluid ounces of Bailey's Irish Cream,



0.75 fluid ounces of Jameson Irish Whiskey

How: Pour Guinness Stout into a regular glass. Pour Bailey's Irish Cream and Jameson Irish Whiskey into one shot glass. Drop shot glass into regular glass and consume rapidly

Cost: \$6.50

Taste: The drink tastes relatively smooth for the majority of consumption. Then a slight hint of stout registers to the taste buds. Then a glorious sugary taste takes control until the ending.

One word summary: Fun

#2 Snakebite:

Ingredients: 8 fluid ounces of Strongbow Cider, 8 fluid ounces of Harp Lager

How: In one regular glass combine both Strongbow Cider and Harp Lager.



Consume leisurely.

Cost: \$5.00

Taste: In contrast to the name, the drink starts smooth, peaks slightly in taste, and finishes even smoother.

One word summary: Subtle

#3 Bushmill's Irish Whiskey:

Ingredients: 1.5 fluid ounces of Bushmill's Irish Whiskey

How: Pour

Bushmill's Irish Whiskey into one shot glass.

Consume in

one swallow.

Cost: \$5.00

Taste: Surprisingly, the drink starts off smooth but then quickly stings the taste buds, sending powerful surges of energy to all parts of the body causing an almost slight convulsion.

One word summary: Shocking



#4 Celtic Martini:

Ingredients: Cinnamon Sugar,

1.5 fluid

ounces of

Bailey's Irish

Cream, 1.5

fluid ounces

of Jameson Irish

Whiskey, dash of

lemon juice

How: Shake Bai-

ley's Irish Cream

and Jameson

Irish Whiskey

over ice. Pour

into a martini glass. Add dash

of lemon juice for flavoring and

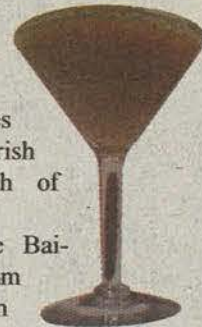
lastly, cover rim of glass with

cinnamon sugar.

Cost: \$8.00

Taste: The drink starts off sweet due to the sugar, then a surge of strong whiskey kicks in, followed by a hidden citrus flavor, finally succumbing to another sweet sugary surge.

One word summary: Entertaining



#5 Shamrock Martini:

Ingredients: 3 fluid ounces of Smirnoff Vodka, 0.5 fluid ounces of Midori Sour, 0.5 fluid ounces of Grand Marnier

How: Shake Smirnoff Vodka, Midori Sour, and Grand Marnier over ice.

Pour into a martini glass. Add cherry garnish at discretion.

Cost: \$8.00

Taste: The unique drink has a rolling flavor of apple and alcohol. The continual cycles of flavoring distinguishes the drink from the majority of mixed drinks.

One word summary: Creative
As respectable Cougars, please drink and drive responsibly during St. Paddy's Day. "Slainte chugat" meaning good health to you!



Murphy's Red Beer

BY JONATHAN E. THOMPSON
Pride Staff Writer

Heineken Brouwerij, under the supervision of Murphy Brewery, brews Murphy's Red Beer in the Netherlands. Star Brand Imports in New York handles the importation of the beer. A long and puzzling history comprises Murphy Brewery.

James Jeremiah Murphy helped run a distillery in Cork, Ireland. Shortly thereafter, in 1856, Murphy and his brother founded James J. Murphy & Company. In 1861, the brewery was recognized as a major brewery in Ireland. During WWI, 18 brewery workers entered the war with 10 never returning.

In 1920, during the Burning of Cork, the brewery lost four buildings. In 1924, the brewery began advertising. During WWII, the brewery lost a building during the London Blitz.

1979, the brewery began exporting to the United States of America. In 1985, the brewery opened up to even more international trade. As of 2006, the award winning 150-year old brewery exports to over 40 countries.

According to the brewery's website, www.murphys.com, they "hope James J. would be proud."

The cardboard container holds six, 12-fluid ounce brown glass bottles. The packaging has many areas of dark red coloring. Creatively, the design resembles the Irish flag with a green and white section followed by a section that portrays the red-dish beer. The bottles contain the same image. A red bottle cap caps a beer with a 5% alcohol by volume. The six pack retails for \$6.99 at BevMo.

The beer pours smooth with a thin head. The head quickly dissolves into a lace retaining the rising carbonated bubbles. The beer radiates a dark copper, almost reddish color. A toasty biscuit doughy like aroma rises from the glass. The beer enters the mouth calmly and finishes with a bold full flavor like a rap song from Nelly. A slight prickle occurs at the height of consumption. The full-bodied beer should pair well with dinner entrees such as spaghetti or chicken.

"When I think of Irish beers, I think of Guinness. The beer is nothing like Guinness; it's strong and hoppy, reminding me of some of my favorite American craft brews," said senior business major Bryan Spangenberg.

Enjoy St. Paddy's Day with a great tasting beverage such as Murphy's Red Beer. Please partake in St. Paddy's Day activities safely and wisely. Cheers!

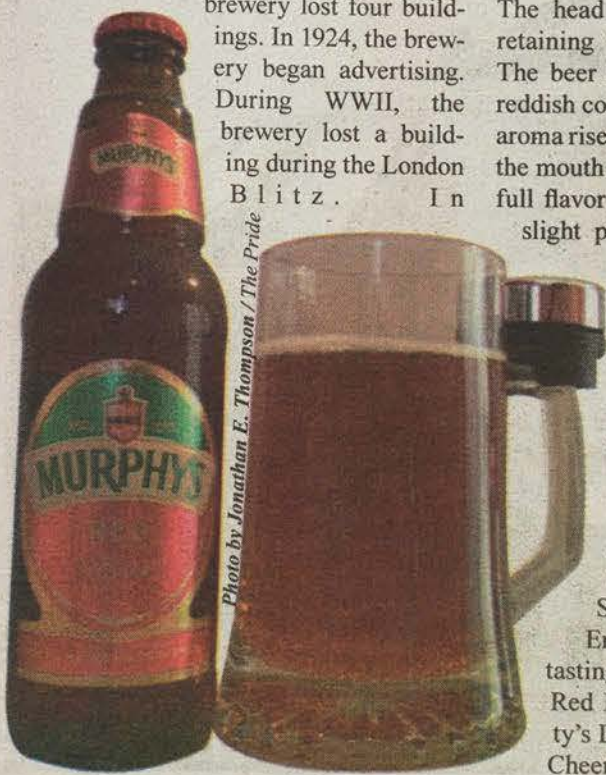


Photo by Jonathan E. Thompson / The Pride

Yogurt Factory

BY BILL RHEIN
Pride Staff Writer

The newest addition to the San Marcos Wal-Mart Plaza on Center Drive, off of Nordahl Road, is the Yogurt Factory. This store takes a unique look into the world of frozen treats. Like many frozen yogurt stores, there are a variety of yogurt flavors and toppings, but there is something different about this store.

Located in a small spot along the row of stores in the plaza, the store is very inviting. Unlike most stores where customers pick a size of ice cream and pay per topping, this store's policy encourages creativity, because they pay per ounce rather than size.

The process of getting frozen yogurt involves taste testing several flavors, then grabbing a cup and swirling in as many flavors one may desire. Following that, the wide variety of toppings, including sauces, fresh cut fruit, candy

pieces, and even obscure options such as cheese-cake crumbles or breakfast cereal, are all fair game. Because one is billed by weight, you have unlimited

options as to how much yogurt or toppings you want. Possibilities range from a plain cup of frozen yogurt to a flavorful hodgepodge of different toppings.

I cannot recommend this shop enough. The staff is sincerely friendly and the store is impeccably clean. As for the yogurt, I cannot find a finer frozen treat than their variety of sweet and fruity selections. Yogurt Factory is an original idea done to perfection. Unlike other shops, which focus on frozen slabs or the color of plastic silverware, they emphasize the customer.



Photo by Bill Rhein / The Pride

