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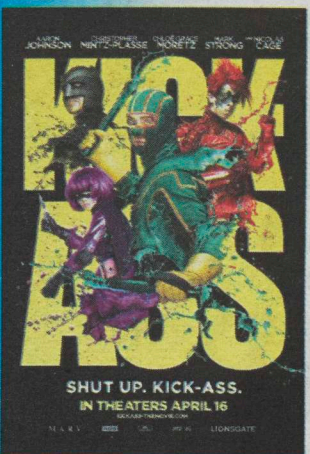
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# EARTHQUAKE SAFETY

## CSU San Marcos is prepared, are you?

BY SARAH GADDIS  
Pride Staff Writer

Earthquake safety has become increasingly more important with the earthquakes in Haiti, Chile, and more recently on Easter Sunday, a 7.2 earthquake in Baja California, less than 160 miles away from campus. California State University San Marcos is proud of their emergency protocols and earthquake safety procedures are just one of the many plans available to students and staff. The campus has an Emergency Plan that is available online. The plan consists of a list of priorities that safety staff will follow in case of a disaster. The campus, including the University Police, is well prepared for any sort of disaster or natural occurrence.

The Police force is very prepared and Lt. McManus made it clear that in the case of a devastating earthquake, University Police would be on campus as soon as possible. "The downside to these big disasters is if it is big enough to damage this campus, it is big enough to damage a lot of other stuff



Photo courtesy of Sarah Gaddis

around, so the sheriffs are going to be quite tied up." If that were to happen, campus police have an emergency plan that consists of them calling on back up, whether it is the San Marcos Sheriff's Department or San Diego Police Department. Although, if a big tragedy such as an earthquake was to happen, that might not be the best course of action.

Recently, universities have joined together to form the Critical Response Unit. This Unit consists of 1-6 officers from each campus specially trained three to four times a year to be part of this team. The Critical Response Unit is available when the local law

enforcement is not. "Within twenty-four hours, [campus police] will have upwards of about fifty officers on campus so that we're self sufficient and the sheriff's [local law] can deal with their own [situations]," said Lt. McManus.

The University Police are



Photo courtesy of Sarah Gaddis

not the only ones on campus organized for catastrophes. The CSUSM website offers many links to disaster preparedness as well as contact information to Dean Manship, CSUSM's Emergency Manager. Earthquake preparedness measures are just one of the multiple procedures available to students and staff. "Drop, cover, and hold on," is the first rule and the most important. If an earthquake were to happen on campus, the priority would be to protect oneself. If outside, go to a clear area away from trees or buildings and the possibility of having something fall on you. If inside, drop, cover, and hold on until the earthquake is over.



Image courtesy of Sequoia Survival Co.

## Extended Learning to administer 2010 summer school

BY BEN ROFFEE  
News Editor

CSUSM's summer school program for 2010 is set to undergo some new changes in the wake of the budget crisis as administration of summer programming will now be conducted by the office of Extended Learning

The most significant change for students will be the increase in tuition rates for summer courses.

The total per unit fee for undergraduates will now be \$274.50 per unit. Graduate students will pay \$320 while non-residents and non-CSUSM students will pay \$345.

Non-CSUSM students will have to pay tuition when they register and currently enrolled CSUSM students will have a payment deadline of May 20.

According to the office of Extended Learning, "Summer Term is open to CSUSM stu-

dents, students from other colleges and universities, qualified high school seniors, and community members." CSUSM will offer 140 courses in a variety of subject areas, most of which will be "fully transferable to other academic institutions."

The Summer 2010 term will run from June 1 until Aug. 14, with the first block spanning June 1 to July 7 and the second block from July 8 to Aug. 14.

Priority registration for current CSUSM students began on April 7 and lasts until April 18, at which point open enrollment will be made available for students all the way up to May 24. Registration for current students must be completed through MyCSUSM,

Students not currently attending CSUSM will be allowed to register starting April 19 and must do so through the extended learning website.

## Looking to get involved with school, experience to add to your resume, or an extra job?

The Pride is looking for some new talent for the following semesters to help out with the layout.

If you are interested, contact Rudy Martinez at [PrideLayout@gmail.com](mailto:PrideLayout@gmail.com) for more info.



## THE PRIDE

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BY BILL RHEIN  
Senior Staff Writer



Before our spring break, most personal electronics were convenient pocket-sized devices. Two weeks later, companies made a push towards bigger on-the-go items. The lines between computers and portable devices are becoming blurred even more by the capability of these new products.

First, the most publicized device is the iPad. With all due respect, it is a giant iPod touch. Yet, it is a perfect device for what it does. It is a large, easy to read screen for watching movies, reading, and browsing the web.

It is a nice blend of the large interface of a computer and the quick and portable design of the iPod touch. Critics have pointed out the downsides of the product, especially the lack of a tactile keyboard, but this new large device has created its own niche.

I do not think it was meant to be a Netbook or tablet. It is essentially a way to take in media on the move and the first step towards new capabilities of portable electronics.

But there are two other items that also snuck out that are worth mentioning. Nintendo reinvigorated portable gaming once again with the DSi XL and the smart phone company HTC released the HD2, the world's largest touch screen

phone.

The DSi XL is almost twice as big as the previous incarnations of Nintendo's handheld gaming units. The massive screens are some of the biggest among portable game units.

But the XL is so big, it's hard to fit into a pocket, which was one of the key features of the product line starting with the original GameBoy. The original DSi featured expandable memory and enhanced Wi-Fi, which the XL

expanded on, thus making it more like a home console. This portable device with the features mirroring an XBOX or PlayStation is a glimpse into the future of video games.

Last, there is the HD2 by HTC, which is hard to call a cell phone. Its large, high-resolution screen and Internet capabilities rival early computers. This device dwarfs previous phones that were considered large.

The HD2 can do more than make calls and sends texts. Users can browse the full Internet, rent streaming movies from Netflix,

and compose Microsoft Word documents. It boasts one of the best processors amongst phones, which makes me think that this is the prelude to an exciting future where people have one device that does everything.

All three of these new larger devices could one day come together in a world where people have one device for calls, communication, music, media, and gaming. It seems the days of making devices as small as possible are over. Everything is going to be bigger and more loaded for the next couple of years.

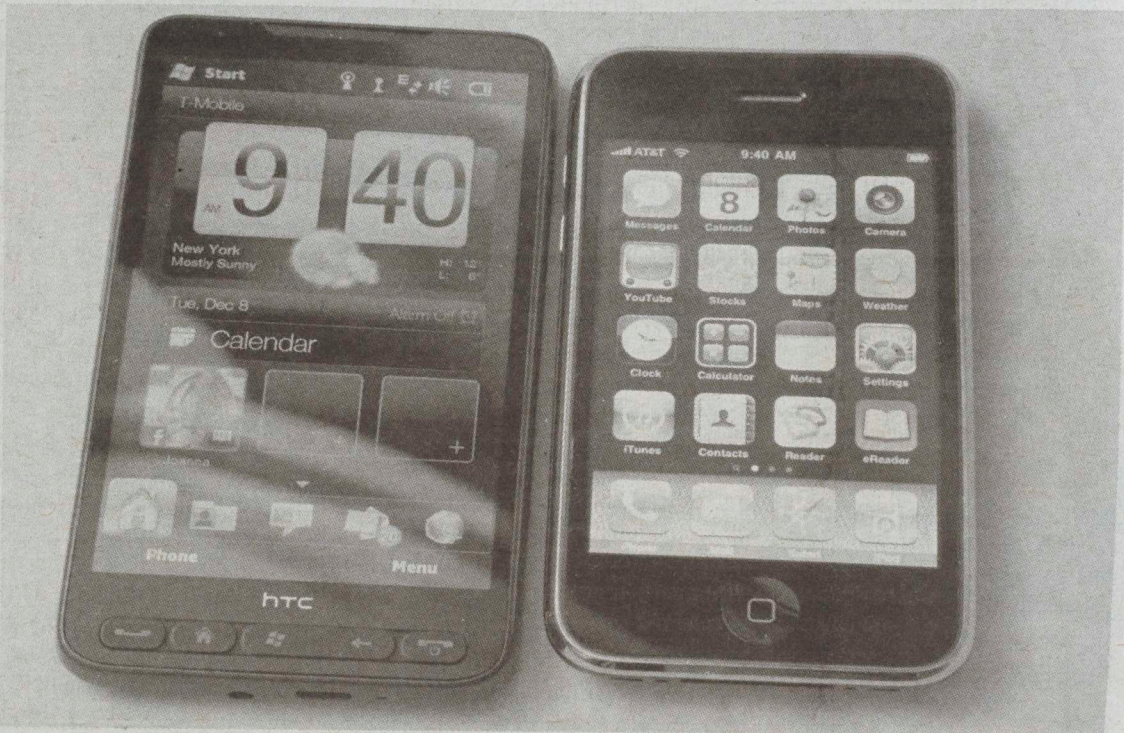


Image courtesy of thestudentroom.co.uk

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# Grand opening of disc golf course at CSUSM, April 14

San Marcos, CA – The official grand opening of the California State University San Marcos (CSUSM) Disc Golf Course will be held in a ribbon cutting ceremony from 11:30am-1:00 pm on Wednesday, April 14, 2010 at the Forum Plaza located near the Kellogg Library.

Disc golf, like traditional golf, is a game where the objective is to advance to the target with as few strokes (or throws) possible. Instead of using clubs and a ball, a flying disc is released toward the target which is a standing basket. The sport can be

played individually or as a group.

CSUSM Campus Recreation, led by Director Hugo Lecomte, chose construction of the course as its primary project this year. ASI is a student run 501(c)3 organization that oversees many of the student life organizations on campus.

"As a University actively engaged in the life of our students and the community we serve, the new disc golf course will serve our goal of making CSUSM a destination location for those seeking a positive environment for recreation,"

said Lecomte, noting that on-campus recreational activities are contributing factors to student success, providing exercise, opportunities for socializing and a stronger sense of home for students.

In addition to recreational use, the course will provide opportunities for both the College of Education and the Kinesiology Department in the College of Arts and Sciences to conduct pedagogical instruction.

The no fee course will also be open to community members who can play the course as it winds through campus.

Several of the holes on the upper campus will be accessible for players in wheelchairs. The disc golf course at CSUSM will be the first at any southern California college or university.

The campaign to purchase equipment and pay for installation of the disc golf course was generously given a strong kick-off by a number of private and corporate donors including the San Diego Aces, the local affiliate organization of the Professional Disc Golf Association, and Innova Disc Sports in October of 2009.

**What:** Grand opening

of CSUSM's new disc golf course, a no fee course that will be open to the community.

**When:** April 14, from 11:30 to 1:00 p.m.

**Where:** Forum Plaza, located near the Kellogg Library, CSUSM, 333 S. Twin Oaks Valley Rd., San Marcos

**Why:** To provide additional recreational opportunities for students and the community as well as provide the College of Education and the Kinesiology Department in the College of Arts and Sciences the opportunity to conduct pedagogical instruction.

## Police Beat - April 13

March 12<sup>th</sup> 6-6:45pm

Student reports \$125 worth of male clothing stolen between 6 and 6:45pm on the 12<sup>th</sup> from University Village Apartments Laundry facilities.

March 17<sup>th</sup> 11:00pm

San Marcos Sheriff Department and University Police respond to a call that two males are drunk in public on Craven and Twin Oaks. Police arrive to suspects passed out on the ground. Danny Sepanen, 30 and Ernesto Lizarraga, 29 are arrested for being drunk in public and taken to the county jail.

March 20<sup>th</sup> 12:15pm

University police officer arrests CSUSM student Toby Curtis, 18 for a

minor possession of alcohol. Curtis and a female were in a University Village Apartment parking lot when the officer saw a Coors Light box in the open truck of car.

April 13<sup>rd</sup> 1:30pm

University Police receive call from a female student that two tires on student's car are flat. The tampering happened when student left her car parked in Parking lot O outside of University Village Apartments.

April 13<sup>rd</sup> 10:30pm

University Police Officer arrests, cites and releases students Samuel Mosley, 18 and Sean McQuaid, 18 for possession of less than an ounce of marijuana. The offi-

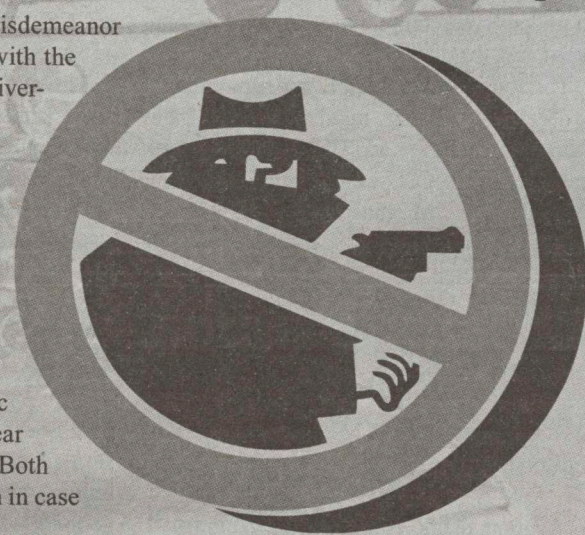
cer issued both students misdemeanor citations and they will meet with the Dean of Students for any University punishment.

March 31<sup>st</sup> 3:20pm

University Police officer stops non-student Philip Rodriguez, 47 for a traffic violation and issues a misdemeanor citation for driving on a suspended license.

April 2<sup>nd</sup> 1:10pm

University owned electric cart hits parked vehicle near track in XYZ parking lot. Both parties exchanged information in case of damage.



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## CSUSM helping promote the road to college

BY JAMES ROCHE  
Pride Staff Writer

CSUSM students will be helping increase awareness of the importance of early college preparation in the second annual CSU/AT&T Road to College Tour.

CSU students and representatives as well as AT&T representatives will travel on a tour bus to underserved communities around the state promoting the road to CSUs.

The Tour starts on April 12 and runs through to May 14 visiting middle schools, high schools, community and CSU campus events in nearly every CSU campus service area in the state. CSUSM students will take part in

the tour as it visits Escondido High School and Oceanside High School on April 14 according to the Office of Communications.

"What this bus will be doing is pulling up to all the high schools and then groups of 40 students will come and there is about 30 computers so students can be able to go online and look at CSU mentor and see what the colleges from the CSUs are all about," said Maya Alvarez, CSU college corps program coordinator on campus.

The tour's target audiences are sixth to tenth grade students as well as parents, teachers, counselors, legislators and business and community leaders.

There will be 10 current CSUSM students

at each school talking about their own experiences of going to college, each of the students came from the school they are speaking at, according to Alvarez. The bus will start at Escondido at around 7:30 a.m. and once set up will be there for around a couple of hours before moving on to Oceanside at around 11:30 a.m.

The Road to College Tour has provided lesson plans to teachers to help students prepare and plan what information they want to know about getting to college. The Tour will help students explore different majors, look at financial aid and scholarship information as well as information about college life.

"I think the ultimate goal is just to get stu-

dents prepared, to increase awareness, to make sure students realize that how many different campuses the CSU offers and to increase access to underserved students," said Alvarez. Underserved students come from lower income families or are first generation students, Alvarez said when asked about these students.

The Tour is attempting to raise more awareness by attempting to bring in legislators, city and state officials, celebrities and others in an attempt to draw more media coverage.

"It's a great opportunity to showcase the CSU. We're going to ask local legislators and school boards to come down and be a part of it, see the students we are serving," said Alvarez.

## The happiest time on earth: happy hour

BY SANDRA CHALMERS  
Editor-In-Chief

A good drink and an appetizing small bite for less than \$10 is music to many students' ears.

There is no argument that happy hour is the best hour, and here in North County even the smallest joints serve up a good variety of drinks and dishes for an affordable price.

Happy hour offers the best of both worlds, the ability to try new food and drinks without the remorse of paying too much for something that disagreed with your taste palate.

Looking to branch out away from the traditional bar and tavern foods, trying a wine bar with more international delights can satisfy an adventurous craving.

Vinz Wine Bar in Escondido introduces their "happiest hours" menu with more than 10 different wine selections for less than \$6 a glass. Their wine ranges from Argen-

tina, South Africa, Italy and even Sonoma. Bottled domestic beer offered at \$2 while imports such as New Castle and Heineken go for \$3.

Good eats at Vinz range from sweet potato Cajun fries for \$3 to German Schlyders for \$5, every item on the menu stays below \$5.

A Yelp reviewer gives Vinz a five star rating noting its cute décor and its varied wine selection.

Almost a neighbor to Vinz is Tango Restaurant and Lounge. Tango offers happy hour specials six days a week in their lounge area. Their happy hour menu offers 50 percent off bar drink specials. Available on Tuesdays, \$2 tacos, margaritas, and stone draft make Tango an easy way to dress up a potentially boring Tuesday night.

For a less club feel and a more relaxed atmosphere, D Street Bar and Grill in Encinitas delivers more of a selection of comfort food and drinks. No fancy drinks

with hard to pronounce names, just familiar tastes. This no surprise, straightforward, happy hour hot spot offers chili cheese fries, nachos grande, and calamari rings.

Enjoy happy hour responsibly, by indulging in cheap drinks and good eats often.

### Escondido and San Marcos

**Vinz Wine Bar:** Mon-Thurs 3pm-6pm, Sat. 12pm-5pm. \$2-\$5 appetizers, \$2 domestic drafts, \$3.5-\$5.5 wines.

**Tango Restaurant and Lounge:** Mon. 4pm-close, Tues. 4pm-6pm, Wed-Sat 4pm-7pm. 50 percent off menu priced drinks.

**Applebee's:** Everyday, 3-6pm and 9pm-close \$3 23oz brewtus drafts, \$3 main street margaritas, \$3 Long Islands, \$1 off house wines, and under \$4 full size appetizers.

### Encinitas and Del Mar

**D Street Bar and Grill:** Mon-Fri 4pm-7pm. \$2.50 domestic pints, \$3 wells, \$2 off appetizers.

**Bully's Del Mar:** Mon-Fri 3pm-7pm Sun-Thurs 10pm-close. \$3 domestic pints,

\$3 bottled beer, and \$4 margaritas, bloody Mary's and mimosas on Sundays only.



Image courtesy of talltalespb.com

## The biological science of sleep

### The essential and often absent process needed for proper functioning

BY KATRINA KISTLER  
Pride Staff Writer

Sleep is one of the most essential attributes to human survival. According to the National Heart and Blood Institute, "Sleep is an essential, biologically motivated behavior. Adequate amounts of sleep are necessary for normal motor and cognitive function." Humans require sleep to function, and the drive to attain that sleep is intense.

In order to get through each busy day on campus, sleep is important for students, faculty, and staff at CSUSM. Students generally say that sleep is something that everyone needs more of, but do not always get. The National Heart and Blood Institute says, "Sleep is divided into two major states: NREM (non rapid eye movement) and REM (rapid eye movement)." Bodily systems

function in characteristic ways during wakefulness, Non-REM sleep, and REM sleep.

"Evaluating these bodily functions provides a means of determining an individual's state of wakefulness or sleep." REM and NREM are very different types of sleep patterns. Within REM sleep, parts of the brain that are highly active when awake are equally active. "NREM sleep is divided into four stages according to the amplitude and frequency of brain wave activity... NREM Stage 1 is very light sleep; NREM Stage 2 has special brain waves... NREM Stages 3 and 4 show increasingly more high voltage slow waves. In NREM Stage 4, it is extremely hard to be awakened by external stimuli. The muscle activity of NREM sleep is low, but the muscles retain their ability to function."

Also, there are other factors associated with NREM and REM sleep for students to consider when approaching these sleeping patterns. One of the main reasons is that student's do not get enough sleep is, that there is simply is not enough time in the day for sleep. Along with time constraints and environment cues, which include light vs. dark, student's sleeping patterns largely affect the type of sleep they are getting.

The National Heart and Blood Institute reveals, "The clock directs the rhythmic secretion of hormones, such as melatonin, that influence our sleep cycle. If the biological clock gets out of phase with the environment, various types of sleep problems can result."

For students, getting sleep is an important aspect to their health and success for their education. How-

ever, sleeping problems are common amongst students with poor sleep patterns and there are many different factors that affect the quality and quantity of sleep students can get.

According to the National Heart and Blood Institute, "Poor sleep hygiene and/or biological factors can lead to a variety of sleep disorders such as insomnia, narcolepsy, apnea, and restless legs syndrome." Along with these factors, "Sleep loss has a number of negative impacts on society, including loss of productivity, increased accident rates, increased vehicle crashes, and medical consequences." Sleep proves to be a very important aspect to consider for students, in order to be productive and successful within their classes and lives.

For more information, please visit <http://www.nih.gov>



# Travel to the British Isles this summer

BY JAMES ROCHE  
Pride Staff Writer

Many students will be starting to look forward to their summer plans as the semester reaches its stressful and hectic conclusion. Some students will not have thought about what they plan to do over the summer and when they decide, they should look no further than traveling to the United Kingdom.

The UK is small but has much of history and plenty to do for any student that may be interested in going. The four countries of England, Scotland, Wales and Northern Ireland make up the UK. These are all exciting places to see if you have never been there before.

For most people, the prime location to visit first is London, and with all its tourist attractions, it is a place not to miss. London's most famous tourist attractions include Buckingham Palace, which is Queen Elizabeth's official living residence. There is also the Tower of London, which houses the royal crown jewels; these can be seen on the tour, which costs £14.50 (roughly \$21) for students and £17.00 (roughly \$25) for adults. For more information, visit <http://www.hrp.org.uk/TowerOfLondon>.

Other notable attractions include the Houses of Parliament and the famous clock Big Ben. It is the bell inside the clock that bares this name. Travelers will want to visit the London Bridge and the Millennium Eye, which gives a view of the entire city on a clear day. Students interested in travelling to London should visit <http://www.visitlondon.com/> for all

the information about getting around London and other possible tourist attractions.

England has so much more to offer other than just visiting London, and the public transport system makes getting around the country a lot easier as most places are accessible because of it. Students should plan and book trains early as this can make it a lot cheaper to get around the country. Stonehenge is one of the most prehistoric sites in England. It was built over 5000 years ago, and is located close to London. To learn about opening times and prices visit <http://www.stonehenge.co.uk/>.

The north of England is the more traditional side of the country and has a history of being home to the working class. The countryside is a very important part of the north and this includes many national parks like the Lake District and the North Yorkshire Moors. These national parks offer remarkable views of the country and are a good place to visit for anyone interested in nature. Overall, there are 15 national parks in Britain; this includes in Scotland and Wales. For more information about each park visit <http://www.nationalparks.gov.uk/>. The north, south and middle of England are completely different places and this means travelers must explore it all.

Sports enthusiasts will be able to visit the numerous sports arenas around the country. England has 92 professional soccer teams and most will offer a tour around the stadium. The national soccer stadium, called Wembley, holds 90,000 seats and offers tours for £15 (roughly



Image courtesy of desktop-nature-wallpaper.com

\$22), according to <http://www.wembleystadium.com>. The English soccer season starts in the middle of August, so anyone wanting to see a match will have to go then. England also has many other sports such as rugby and cricket. With cricket in particular being a summer sport, many students can see what traditional English sport looks like if they wish.

Scotland also has a lot of history and is easily accessible from England. Hadrian's Wall is a well-known historic site, built as a defining border between England and Scotland by the Romans in 122 C.E. Students wishing to visit this historic monument should visit <http://www.hadrians-wall.org> to find out more information. Scotland is a very mountainous place and holds the highest mountain in Britain called Ben Nevis; students will be able to walk up it if they wish and should go to <http://ben-nevis.com> for more informa-

tion. Edinburgh is the capital of Scotland and has many tourist attractions such as the Edinburgh Castle. Tickets currently cost £13 (roughly \$19) for adults. For more information go to <http://www.edinburghcastle.gov.uk>. Wales and Northern Ireland are also interesting places to see and accessibility is easy and simple to arrange.

Britain is very close to the rest of Europe and while in Britain, it may be the best and cheapest time to visit a few other countries in Europe. Students can fly across the English Channel or go under it by getting the Eurostar train, which goes under the sea and through the Channel Tunnel that connects Britain and France. For more information about the Eurostar and the Channel Tunnel, visit <http://www.raileurope.com>.

Britain is a diverse and interesting place to visit and should be on the list of student's plans to travel this summer.

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## Across the board in Sports

## Campfield, Harbor lead track &amp; field at Pomona Pitzer

BY KYLE TREMBLEY

Brett Campfield's win in the 1,500-meter and Anthony Harbor's victory in the 400-meter hurdles highlighted Cougar track & field's performance at the Pomona Pitzer Invitational on Saturday.

The two athletes, who have both already qualified in multiple events for the NAIA National Championships, continued their brilliant debut seasons on Saturday against a field of teams that included UCSD, Point Loma, Cal Baptist, and others. Campfield won the

1,500 with a time of 3:50.22, while Harbor won the 400-meter hurdles with a time of 52.84 seconds. Harbor also took third in the 110-meter hurdles at 14.18 seconds.

Finishing right behind Campfield in the 1,500 was Dave Edwards, who took second with a time of 3:52.70.

Krystle Osby also notched a top-5 finish, placing fifth in the 100-meter dash at 12.27 seconds. That time is just 1/100th of a second off the "A" standard for Nationals.

Fellow sprinters Nicholas Henderson and Thomas

McDougald narrowly missed the qualifying mark as well, finishing fifth and sixth in the 100-meter dash at 10.83 and 10.84 seconds, respectively. McDougald took seventh in the 200-meter as well with a time of 22.01 seconds.

Lucia Asbury reached the "A" standard in the 800-meter, clocking in at 2:15.63. She placed sixth in the field.

Monika Valenzuela finished seventh in the 400-meter dash with a time of 56.95 seconds. She'll represent the University in Nationals at that event. In the men's 400-meter, Nicholas Stein placed sixth at

49.20 seconds.

In the field, David Freund took fourth in the pole vault, clearing 4.60 meters. Kuba Wasowski took sixth in the long jump at 6.61 meters. Sean Grindly finished seventh in the javelin with a distance of 52.30 meters, with Scott Jeffers placing eighth at 51.67 meters. Yachi Fails took ninth in the triple jump at 10.70 meters and eleventh in the long jump at 5.16 meters, and Marissa Daly cleared 1.50 meters in the high jump to finish 15th.

The Cougar track & field team will compete next week at the SOKA Invitational.

## Ashman's late home run earns split against Azusa

BY KYLE TREMBLEY

Ciera Ashman's two-run home run in the sixth inning of game two secured a very hard-fought split for CSUSM softball at home against Azusa Pacific. CSUSM lost first game 4-3 in extras and won the second 2-0.

#16-ranked Cal State San Marcos is now 29-11 on the season, while Azusa Pacific is 22-17.

After the game one loss, Ashman's late long ball gained extra significance, as this veteran Cougar team once again proved its resilience by bouncing back from a very tough defeat.

Azusa Pacific came in to game one with a smart approach against CSUSM ace and NAIA wins leader Brenna Sandberg. As opposed to swinging for the fences, APU worked the count, put the ball in play, and put pressure on the defense, and successfully generated a pair of runs.

Down 2-0 in the sixth inning though, CSUSM would rally. With two outs and Alyssa Dronenburg on first, Shanti Poston and Kimi Villalpando hit solid singles, with the latter driving home Dronenburg. The throw home got away from the catcher, and Poston was able to slide home safely with the tying run.

The game went to extra innings, where Azusa Pacific took immediate advantage of the international tiebreaker. APU bunted its runner over to third, and a bloop single brought her home. Later in the inning, a two-out double would make it 4-2.

CSUSM would not go down quietly though, with Dronenburg leading off with a single to put runners on the corners. A double-steal then brought the run home but cost the Cougars their baserunner; however, Lauren Nelson and Erica Coelho drew back-to-back

walks, putting the winning run on base. After a strikeout, an infield pop-up appeared to drop in, but interference was called on Nelson rounding third to end the ballgame.

Pitcher Brenna Sandberg went all 8 innings, allowing 3 earned runs on 10 hits. She walked 2 and struck out 5 batters.

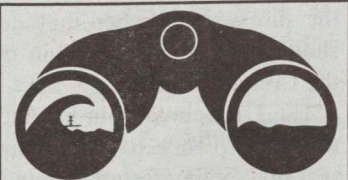
After that loss - just the third in now 20 games at CSUSM Softball Field - Sandberg and her team needed to rally for game two, and they did.

Sandberg was excellent on the mound, surrendering just 4 hits in yet another complete game effort. She walked none and struck out 2 batters to improve her record to 27-8 this season.

Azusa starter Rita Kim

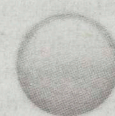
matched Sandberg for most of the game, but Alicia Ingram led off the sixth inning with an infield single, and Ashman jumped all over the first pitch she saw, driving a no-doubter over the fence in dead-center field. APU hit the ball hard in the seventh, but a monster double-play turned by Shanti Poston and Erica Coelho up the middle prevented any damage. Sandberg struck out the game's final batter to close out the win.

CSUSM has just one more home date left this season - an April 24th double-header against Hope International starting at noon.



## Surf Report

TUES



Sunny

High Tide: 9:38 AM

Low Tide: 3:13 PM

Wave Height: 5 ft

WED



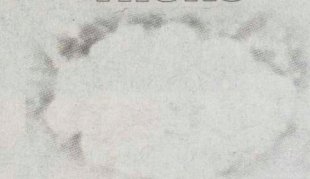
Sunny

High Tide: 10:14 AM

Low Tide: 3:37 PM

Wave Height: 4-5 ft

THURS



Cloudy

High Tide: 10:52 AM

Low Tide: 4:01 PM

Wave Height: 4 ft

FRI



Sunny

High Tide: 11:34 AM

Low Tide: 4:28 PM

Wave Height: 3-4 ft

SAT



Mostly Sunny

High Tide: 8:27 AM

Low Tide: 3:05 PM

Wave Height: 4-5 ft

## WE WANT YOU!

Are you looking to get more involved? Looking for a few extra units? Want something to add to your resume?

We are currently looking for the following positions:

- Writers
- Section Editor
- Business Manager
- Layout Editor (assist for now and take over for current layout editor in the Fall)

For more information, there is a meeting on Tuesday, April 13, at U-hour in Craven 3500, located on the 3rd floor of Craven on the outside by the Elevator. You can also email us at csusmpride@gmail.com (for inquiries about Writer and Editor positions) and pridelayout@gmail.com (for inquiries about Layout Editor).



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Lisa Skola  
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Monday-Thursdays

9:00-11:00 am and 2:00-4:00 pm

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# Learn how to surf in North County

## Catch some waves and Optimize the summer experience

BY MALLANE DRESSEL  
Pride Staff Writer

Beach, sun, and surf exemplify the perfect summer, and one of the best ways to enjoy these features is by flowing with one of nature's greatest wonders in the act of surfing. The benefits are endless for the person who embarks on this great adventure of learning how to surf.

Personal health should be important to everybody, and there is no greater way to get into shape than by doing an athletic activity that is more fun than work. MSNBC recently reported on how surfing is not only meditative, but great for the body as well, by presenting the notion that "dedicated surfers accidentally build physiques that health-club acolytes would trade their memberships for." Also appearing in the report was Dr. Mark Renneker, a renowned big-wave rider in San Francisco who recommends surfing to his non-surfing patients who suffer from high blood pressure, repetitive strain injuries, and chemical addictions.

Long time surfers are known to refer to surfing's other healing properties, such as expressed in this testimonial of a local surfer, "It [puts] you one with nature, clears your soul of bad vibes, and can make you more humble." For whatever the reason surfing seems appealing,

the experience may even create more reasons to be drawn to it, such as the "stoke" of surfing, an indescribable feeling that consumes surfers, causing them to always want more time in the water.

A crash course in surfing is best done through instruction, and due west of San Marcos there happen to be two camps that teach children as well as adults for a decent price. Gerry Kantor, surfing since the 60s in the San Diego area, heads Leucadia Surf. His business is very reputable since he requires that all instructors have several water safety certifications, be avid long time surfers, and either be a college graduate or a current college student. The instructors are also thoroughly trained and given specific written guidelines for instruction.

Leucadia Surf's set up is on Moonlight Beach, which they boast as having "[some] of the best beginner waves in San Diego." Depending on if the participant wants one on one instruction or group, the cost can range from \$60 to \$120 for a two-hour session. The lesson also includes the use of a board and wetsuit.

Another surf camp located close by is So Cal Surf Lessons, conducted at North Carlsbad State Beach, Frazee. Rusty Friesen, a pro surfer, established this instructional surf business, which follows similar guide-

lines as Leucadia Surf, in the summer of 2004. They are a little cheaper, providing lessons in the \$55 to \$95 range, including a free hour of board rental for students after their lesson.

If a beginner would rather take on surfing on their own, they can also rent boards for \$8 an hour or \$30 for a day, and wetsuits for \$5 an hour or \$20 a day from the establishment, So Cal Surf Lessons. The surf shop, Progression Surf, located on the coast highway in Leucadia rents out soft boards at \$20 a day, and \$40 for a hard board for the day. The only complication may be transporting it to the beach.

If beginners try to brave this sport on their own, they should acquire a longboard because it will be easier to stand up on, obtain a few helpful tips, and have the ability to swim well. It sounds funny, but the best way to learn to pop up on the board is by practicing on the beach. Put the board on the sand, and then lay on it. Next, place the hands on the board underneath your shoulders as if doing a push up, then push up, and slip the feet separated onto the middle of the board, in a semi-crouched, and sideways stance.

Once the pop-up is perfected the next big feat is to make it out to the waves. The perfect paddling power comes from correct balance on the board, and alternating arms rapidly. Getting

through the waves can be challenging, but the more momentum obtained in paddling, the more successful the participant will be in getting past the breakers. On a long board, the most efficient way to pass the waves is to turtle the board. To turtle the board, the individual must flip themselves and the board while firmly gripping the board.

When the wave passes they should resume paddling until they reach the area right after where the waves are breaking, and then sit on the board in order to have better maneuverability for catching waves. The easiest way to get up on a wave for beginners is by riding the white wash, which is where the wave as already broken. This allows for more stability, and less pearling, which is when

the nose of the board digs into the water. When an agreeable wave appears on the horizon, they should orient themselves to be facing the shore, and then paddle until they feel the wave pushing them before they do the practiced pop-up. If all goes well they should be riding in no time.

This may seem like a taxing process, but once that first wave is caught the pay out is huge. A beginner can easily become hooked on their first ride, making them want to come back and enjoy the beach in their newly discovered way more often than ever. Surfing can cause that new hooked person to not only want to have more fun at the beach more often, but can also help them develop a healthy body and mind.



Image courtesy of leucadiasurfschool.com  
Rusty Friesen, head of So Cal Surf Lessons, instructing an adult on the perfect stance for surfing

## Attention all students!

The Pride is looking for student submissions for a literary magazine due out later this semester.

Submit your work of poetry, prose, essay, fiction, non-fiction, artwork, or photography to [csusmpride@gmail.com](mailto:csusmpride@gmail.com) with the subject headline titled: Pride literary magazine.

Submissions must be under 5,000 words; maximum of 2 submissions per person.

Submissions due April 29.

Questions? Contact us at 760-750-6099 or [csusmpride@gmail.com](mailto:csusmpride@gmail.com)



# Coming to theaters

BY BILL RHEIN  
Senior Staff Writer

## Kick-Ass

*Starring Aaron Johnson and Nicolas Cage*

*Directed by Matthew Vaughn*

This superhero flick, based on a comic series, puts an interesting twist on the genre. The group of four crime-fighters lack the traditional powers, but use knives, guns, and other weapons in their battles. "Kick-Ass" may be breath of fresh air for the genre, similar to the effect "Zombieland" had on zombie flicks.

## Death at a Funeral

*Starring Chris Rock, Martin Lawrence, and Zoe Saldana*

*Directed by Neil LaBute*

This remake of British comedy from 2007 follows the comical events that unfold at a funeral service. This cast is loaded some of the most notable African American actors attending the services of their patriarch. This film has faced the challenge of living up the original that viewers named a modern classic.

## April 23rd

### The Losers

*Starring Zoe Saldana and Jeffrey Dean Morgan*

*Directed by Sylvain White*

This action comedy also has roots in a comic series, coming out right on the heels of "Kick-



Image courtesy of Lionsgate Pictures

Ass." The plot of this slick action flick is about a team of black ops agents who survive a set up and take revenge the people who betrayed them.

### The Back-up Plan

*Starring Jennifer Lopez and Alex O'Loughlin*

*Directed by Alan Poul*

Lopez plays a woman who meets the man of her dreams right after becoming artificially inseminated. The interesting and original concept for this movie has potential and could rise above the slew of rom-coms released this year.



Image courtesy of Parabolic Pictures

# DROPPING: DVD RELEASES

By Bill Rhein / Senior Staff Writer

Tuesday, Apr. 13

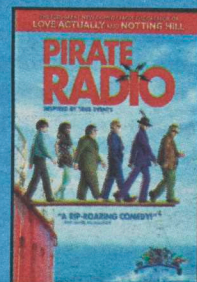


## "ONE PEACE AT A TIME"

This documentary gained praise from critics and audiences in its limited release. The film gathers insights from twenty Noble prize winners and their thoughts on how to make the world a better place. This film about big goals is a must see.

*Rotten Tomatoes: 100/100*

*Internet Movie Database: 9.3/10*

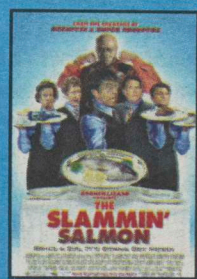


## "PIRATE RADIO"

This story, based on true events, follows a group of DJs that manage a banned radio station from a boat in order to escape the legal system. It is a larger than life tale and an original tale with several great actors thus it is worth a rental.

*Rotten Tomatoes: 60/100*

*Internet Movie Database: 7.5/10*



## "THE SLAMMIN' SALMON"

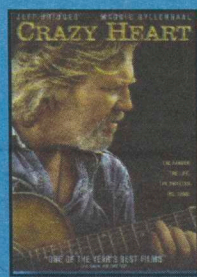
This latest installment by the Broken Lizard comedy troupe is about the wait-staff at a restaurant owned by a former boxer. The group resorts to an array of shenanigans when the owner offers a prize for the best waiter. Though it might be enjoyable to fans of Broken Lizard,

"The Slammin' Salmon" does not offer anything more that what was in "Waiting."

*Rotten Tomatoes: 36/100*

*Internet Movie Database: 6.9/10*

Tuesday, Apr. 20



## "CRAZY HEART"

Jeff Bridges plays a washed-up country singer in this film, which won him the Oscar for Best Actor. It is a touching story of loss and redemption with a great cast that any adult could enjoy.

*Rotten Tomatoes: 92/100*

*Internet Movie Database: 7.6/10*

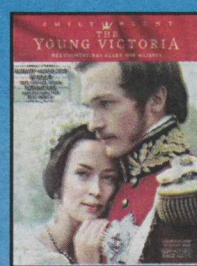


## "THE LOVELY BONES"

This adaptation of Alice Sebold's novel is a chilling thriller about a dead girl and creepy neighbor, played brilliantly by Stanley Tucci. The killed girl finds she is able to communicate with her family and struggles to help them find her killer. Though it was a popular story, the film version suffers from lack of direction.

*Rotten Tomatoes: 32/100*

*Internet Movie Database: 6.7/10*



## "THE YOUNG VICTORIA"

The plethora of British period dramas are the only thing that mar this story of Queen Victoria. Emily Blunt gives a great performance, but it gets lost in the countless films about 18th and 19th century England.

*Rotten Tomatoes: 75/100*

*Internet Movie Database: 7.1/10*

*Rotten Tomatoes scores are based on a percentage of critics who liked the film and are found on rottentomatoes.com.*

*Internet Movie Database scores are based on the average rating of voters on imdb.com.*

Images courtesy of amazon.com