

A time to celebrate women

For the month of March, The Pride celebrates her story

BY CONSUELO MARTINEZ
Pride Staff Writer

The month of March is a time to celebrate and recognize women. What started as International Women's Day celebrated in several countries on March 8, eventually became a month-long celebration recognized in the United States.

In 1978, the first Women's History Week took place in Sonoma County, California. The Education Task Force of the Sonoma County Commission on the Status of Women began incorporating women's history as a week-long celebration in its public schools ranging from grades K-12. Organizers chose the week of March 8 for initiating the week-long celebration because of its significance around the world as International Women's Day. In 1981, Sen. Orrin Hatch (R-UT) and Rep. Barbara Mikulski (D-MD) co-sponsored a joint congressional resolution proclaiming a national Women's History Week.

Women's History Week eventually became a month-long celebration when Congress passed a resolution in 1987. After this time, Congress continued to approve the congressional resolution proclaiming March as Women's History Month. One of the originators of the California-based movement that assisted in the efforts leading to the public celebration of Women's History Month is Molly Murphy MacGregor.

MacGregor is the Executive Director and Co-Founder of the National Women's History Project (NWHP), an educational non-profit organization. Founded in 1980, the NWHP recognizes and celebrates the diverse and historic accomplishments of women by providing information and educational materials and programs.

The NWHP also accepts suggestions for annual themes that they may choose as the main theme promoted during Women's History

Month. This year, the theme the NWHP chose is "Women Taking the Lead to Save our Planet." The organization also recognizes dozens of women honorees based on the annual theme chosen for Women's History Month. For more information about the NWHP, including materials with the annual theme, and a list of this year's honorees, visit www.nwhp.org.

At CSUSM, various organizations and departments are gearing up for celebrating Women's History Month. Dr. Sheryl Lutjens, Director of the Women's Studies Program at CSUSM, explains that Women's History Month and the study of women are important. "Behind the celebration of women's history during the month of March is the larger effort of many women and men to rescue women from the invisibility imposed through traditional histories and historiography."

The field of women's history, in the U.S. and elsewhere, has become a respected, creative, and compelling area of scholarship over the past decades," said Lutjens. Lutjens also explained the history of CSUSM Women's Studies that began with course offerings for a minor when the campus first opened. In 1993, the College of Arts and Sciences authorized the Women's Studies major. Today, there are 415 Women's Studies programs/departments in the United States according to the Artemis Guide to Women's

Studies. San Diego State University was the first campus to have a Women's Studies program in 1970.

Nishelle Bellinger, a Women's Studies and Sociology major at CSUSM, said that women's history is a time to honor. "Women's History Month, to me, is about honoring the contributions of an amazingly diverse slate of people who've come before us

(women and others) who have taken a stand and lived to counter popular assumptions about the way things should be, and therefore opened up a ton of possibilities for us," said Bellinger. She also added, "U.S. History is written all wrong, so I think this is one of many necessary ways that we attempt to rewrite it." Herminia Ramirez, CSUSM student and Community Outreach Specialist for the ASI Women's Center, shared that women's history is still not complete. "There is so much history left out, especially the history of women of color," said Ramirez. Ramirez, also a Women's Studies and Sociology major is one of the organizers on campus who will be coordinating events for Women's History Month. The events organized by the ASI Women's Center and other groups on campus will include a focus on women of color and other diverse topics.

To learn more about upcoming events celebrating Women's History or to learn more about Women's Studies, the following sites are good resources to start with. ¡Viva La Mujer!

CSUSM Women's Studies Program: www2.csusm.edu/Womens_Studies/index2.htm

www2.csusm.edu/wssa/

Women's Studies Student Association:

www2.csusm.edu/wssa/

Iota, Iota, Iota (Triota): www2.csusm.edu/triota/

ASI Women's Center: www2.csusm.edu/asi/womens/

San Diego Women's History Museum and Educational Center: www.whmec.org



Image courtesy of Wenttowar.com



Calendar of Events

Women in Latin American Politics

Thursday, 3/5: U-Hour (Mark 101)

Teatro Xicana

Friday, 3/13: 7:00 p.m. (The Clarke)

Women in Islam

Tuesday, 3/17: U-Hour (Mark 103)

Emma's Revolution

Wednesday, 3/18: 7:30 p.m. (ARTS 111)

Asian-American Women in History

Thursday, 3/26: U-Hour (Mark 103)

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SEX 101!

When am I ready to date again?

BY IVAN GARCIA
Pride Staff Writer

Ouch, tough question. There are so many temptations out there during, and especially after, a relationship is over. Maybe you have a thing for that one girl with the brown eyes in your Human Sexuality class (yes, ironic, I know), or that boy with the spiky hair in your American Literature course, or that girl with the hump back or third nipple in your Anthropology class (not really, but could you imagine?).

Disclaimer: Ivan Garcia does not condone the violation or the use of visual, physical, or informational exploration in or out of class to obtain visual, physical, or informational proof as to the existence of a third nipple.

As I'm sure you read about in my last article (you read it right? I mean, you'd really hurt me if you didn't read it), recovering from a relationship is your first priority. Never are you to put yourself or your potential partner at risk of getting hurt or in a position to not receive your full commitment.

Make sure you're ready to commit again, don't just go for a "booty call," otherwise I'll find you and kick you in the face. Make sure to be respectful, take your time, but also understand that you can't wait too long. You never know when something amazing might pass you by. Obviously if you just got out of a 2 or 3 year relationship (for example), take the appropriate time you need to get things straightened out with your ex, establish a support network or friends and family, then move on.

If you do so happen to find that special someone again, make sure that person knows and understands your past relationship and how you're feeling about it now. Please don't tell them that you're

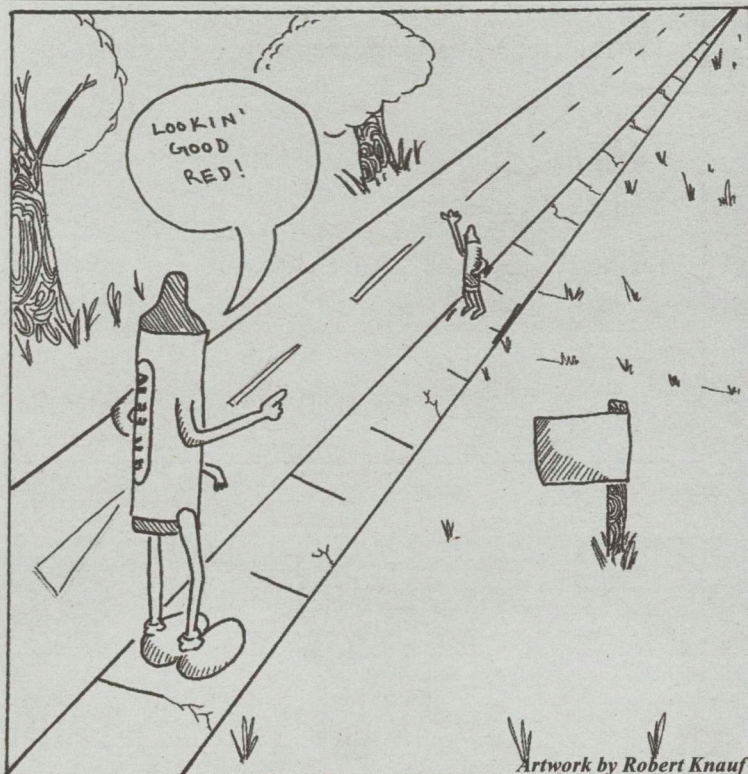
totally ready to "do it" when in reality all you do when you get home is crawl in your bed, form a fetal position, and cry.

Number 1, I'm sure that'd be a little creepy and sad. And 2, well... you must have been dating Legolas or Chuck Norris or something for you to be *that* depressed.

Let me set up a scenario, you (yes, you) just got out of a 3-year relationship. Your partner was the one that initiated the break-up and you still love them. Staying at home and looking at old vacation photos in which you both visited the world's largest ball of yarn isn't your cup of tea.

On a side note, if you *do* do that, then be happy that y'all broke up because that sounds REALLY boring.

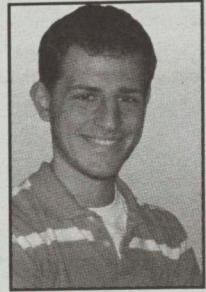
Anyways, so what is left to do when you can't forget about her/him? Communicate with people, learn their personalities, make a real connection, and hopefully something fantastic can flourish. Just remember that that recovery solution sure as hell isn't going out and having varying sexual encounters with many different people. Sex should be a connection between two people that love each other, so something tells me that yelling out Chad's name while violently humping Tyler might be a problem, there's no recovering from that. It's like putting your dick into a bucket of ice cream, you can spend all day trying to convince someone that it's still perfectly good ice cream, but it's not going to matter BECAUSE YOU STUCK YOUR DICK IN IT!



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Bill of Rights

Not all religious people are extremists

BY BILL RHEIN
Senior Staff Writer

Any student who has been around the Craven side of campus during to afternoon recently will know of the excitement our campus has seen recently. Brother Jed, amongst other religious preachers, came to campus to deliver a message of sin and hell.

Student response varied between logical arguments to expletive laden outbursts. I just want to make clear that not all religious believers are extremists like our visitors.

The only similarity I have with Brother Jed is a belief in God. I am a Catholic, go to church once a week, and say my prayers. I believe in God, but not the message that our visitors do.

I think they make flawed arguments about Jesus hating sin. I know God does not hate. Religion, for me, is about love

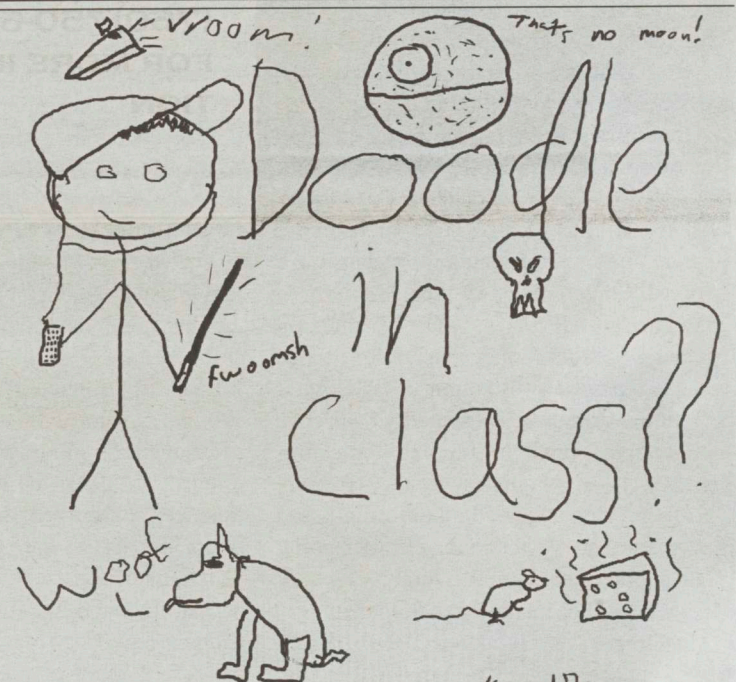
and living a good life.

The preachers who came to our campus misinterpreted certain elements and spoke accordingly. I am religious, but I do not agree with the fear they tried to

instill. Christ based religions are about forgiveness, not punishment. The preachers failed to acknowledge the unconditional love when they used the Bible as their source.

Unfortunately, these preachers gained attention and showed a bad example of religion. By speaking on sin and condemnation, they make religion seem dangerous, when it is the opposite.

I sin. Yet, I can be happy knowing that God will forgive me. I believe in love and salvation and try not to judge more than any other person. Please do not judge all religious people like these extremists because there is something rewarding in faith.



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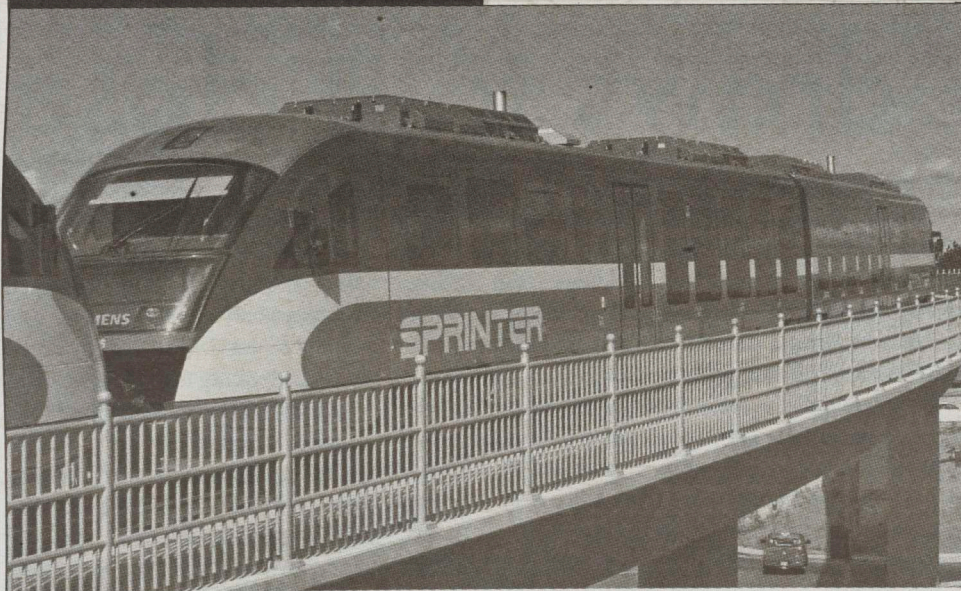
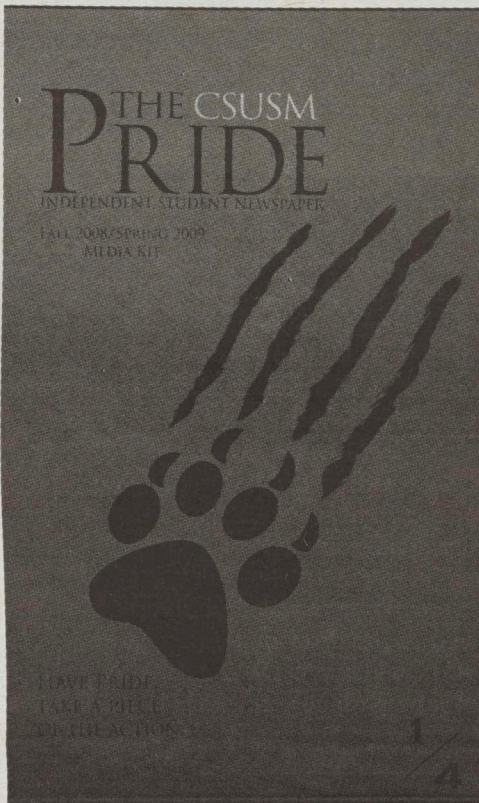
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A Day in the Life of An R.A.

Belligerence, booze, blondes

BY KAT BRANDT
Pride Staff Writer

Every night at 10 o'clock at the University Village Apartments, two resident advisors suit up with a blue binder and do two sets of rounds. Rounds consists of checking every door in the dorms to see if it's locked, reminding hyper-active Freshmen that quiet hours commence at 10 p.m., and hoping that the nightly rounds will be

without incident.

On one such innocent night, David Skora and I were walking the halls at the UVA. Not two floors in we come up to a door that is reverberating with voices and music. Skora and I look at each other and knock, but to no surprise, there is no answer. We ring the doorbell repeatedly, and suddenly the place goes dead quiet. I kid you not, from inside we hear, "Shhhhh! It's the RAs!"

Bathroom doors open and close (hide!). Cabinets shudder as they are slammed shut (hide the booze!). The front door is barely cracked opened, and one sheepish guy tries telling us that there isn't a problem. After a quick head count, we find that there are twenty-three guests—and all for one resident. The guests filed out the door, but one blonde, drunken guest came back for the phone that she had left behind. Her bulg-

ing purse clanked with cans, and Skora asks her to please take out all the beer (eighteen cans). Curse words flowed out of her mouth as seamlessly as the Coors Light flowed into the sink. Our resident director asked me to call UPD, and while I was doing so the belligerent blonde ran off and crouched in some bushes. She was chased by UPD, caught, questioned, and then handed over to a friend.

After all the excitement and

verbal abuse, Skora and I go on to find five more parties, filled with under-aged drinkers, cursing their being found out. Being a resident advisor doesn't mean that we're out to bust residents—we're looking out for their best interest, their health and safety. We take on this position to make sure that residents get the most out of their college experience, and in the process, we accumulate some hilarious stories.

Making an impact

CSUSM students reach out to Escondido youth

BY GABRIELA MARTINEZ
Pride Staff Writer

CSUSM students are helping students who are less fortunate. Dr. Yi Sun's Multimedia in Business (MIS 427) students are creating a benefit video for Mission School's Soccer Academy.

The Mission Soccer Academy, now in its second year, is becoming the Escondido Impact. Escondido Impact is hoping to reach out to less fortunate students and to the entire Mission Park Community with the help of CSUSM's MIS students.

According to Escondido Impact volunteers, the program's main purpose is to help students discover the road to success. Dr. Sun said, "Some of my students have expressed to me that they grew up in a similar environment. I think it's a very noble project. I think what our students are doing is noble, volunteering their free time to help these kids."

The program has made an enormous impact on the lives of many kids already. By proving academic support and mentoring, all of the student's involved in the program now have the means to succeed.

All of the students have a GPA of a 3.0 or higher. These students had less than a 2.0 average before the program's introduction. Now they cannot wait to get to high school and continue on to college.

The benefit video's creation is free of charge. Dr. Sun explains that the program does not receive enough funding to be able to pay for a project like this. "We don't charge. We provide a service and at the same time our students learn from this experience."

Carlos Reyes, one of the participating students, said, "It's exciting to work with a real life situation,

instead of the 'what if' scenarios that are created by a text book or a professor that involves a simple Google search. We are interacting and working with real life people and real life situations. Overall its great because we are making a difference in the community while we get a great education."

Dr. Sun says the semester project will help the creation and deployment of multimedia to achieve business goals via marketing and communication that requires proficiency in computer graphics, digital audio, digital video, and tools which allows

the integration of a variety of file types into a coherent presentation experience. This course will also teach CSUSM students how to work in teams and complete complex projects.

The program's overall purpose is to bring out awareness and make a difference in our community. MIS students are making a video to help out, but anyone can get involved. Escondido Impact needs volunteers to help coach and organize events. If students are interested, they can contact Dave Luevanos, at escondidoimpact@yahoo.com or 760-219-5594.

ROTC controversy draws to a close

BY MATT LEWIS
Pride Staff Writer

Feb. 24, 2009 -- A public forum was held in Markstein Hall during U-hour to take student comments on the ROTC issue on campus. Last week, the Pride featured a story outlining CSUSM's proposal to include ROTC courses along with the standard curriculum.

The proposal to add ROTC courses was originally created by the Academic Senate's Curriculum Committee. The issue with this proposal is that the military's "don't ask, don't tell" policy con-

flicts with CSUSM's policy of non-discrimination. The Academic Senate, who will use student feedback from both the meeting and comments submitted online, will address these concerns as they make their decision.

"The Academic Senate's Curriculum Committee will make a recommendation whether or not ROTC courses should be offered at CSUSM, and their recommendation goes to the Academic Senate for a vote," said Cathy Baur, Associate Vice President of the Communication department, where the Academic Senate is located.

"The announcement regarding today's request for input at the Academic Affairs Town Hall was sent out by the Academic Senate Study Group which is comprised of four faculty members, a student, a student affairs staff member, and an administrator. The Academic Senate Study Group is seeking feedback and input from students, staff and faculty at the Academic Affairs Town Hall."

Since other campuses in San Diego like SDSU and USD have ROTC programs, some people find it surprising that a North County campus has not offered

this option.

"I find it hard to believe, considering the amount of Marines who come through here," said Michael Dominick, who works at the Veteran's Service office at Palomar College. "You would think that with the proximity to the base in Oceanside, one of [the campuses] would have a program set up by now. It confused me when I applied here just coming out of the Marine Corp."

So far, not even Mira Costa College, which is located in Oceanside, has offered ROTC courses for any branch of service.

The introduction of these

courses offers a lot of choices to the Cal State San Marcos campus. If introduced, it could mean a lot of money and funding, for both the physical structures and the academic curriculum. Many more students looking to apply to college could consider Cal State as a well-rounded campus.

On the other hand, the conflict between policies cannot be ignored. It also presents a chance for our students to make an impact on the real world. This dispute could act as a microcosm, and whichever way we solve it, will have applications in the real world.

UniversityVoice

Photos by Priscilla George /Pride Staff Writer

"How do you feel about the preacher here on campus?"



"I avoided him, I guess, because he makes me feel uncomfortable. He's kind of crazy and loud."

Nabil Azizy
2011



"I have my own beliefs but I would hear them out at least. I think they would be good for someone looking for something to believe in or maybe are unsure."

Sarah Beck
2011



"Personally I avoided him because he made me feel a bit uncomfortable. The way he delivers [his message] should be nicer to people, less intimidating."

Justin Agpaoa
2012



"I think its cool that in college, people of all difference beliefs can come together. However, I think [he] has not been going about informing people of his religion the right way."

Brittney Banfer
2011



"The way he talks to people, it's degrading and its not the right method to talk to college students. it got me to listen but it was ineffective for me. He gets a good crowd though."

Ashton Harvey
2012

Mardi Gras

A Pagan Spring Festival gets a Christian makeover

BY BLAINE MOGIL
Pride Staff Writer

When a tradition is as bold, brash and in your face as Mardi Gras, the history of the celebration can easily wash away with time. For those with no exposure to one of the biggest annual celebrations in the United States, the following traces the origins of the celebration and follows its journey across oceans and through the sands of time.

Although tying Mardi Gras to a specific ancient celebration would be fraught with challenges, according to the Funk and Wagnall's New Encyclopedia, its origins can be traced to "the ancient Greeks and Romans (in celebrations) relating to their gods and religious festivals honoring spring fertility rites." Among the many celebrations and festivals held in the springtime in ancient Greece and Rome, perhaps the most raucous one celebrated the Greek God Dionysus.

Dionysus would later undergo a name change and be known to the Greeks as Bacchus. According to thefreedictionary.com, "Bacchus is the god of wine, mystic ecstasy, and orgiastic excess." It is said that those who properly honored Bacchus received his blessings, but those who did not were driven to madness and destruction. Dionysus would die each winter and then be reborn each spring. Funk and Wagnall's continues, "To his followers, this cyclical revival, accompanied by the seasonal renewal of the fruits of the earth, embodied the promise of the resurrection of the dead." To honor Dionysus, a very important festival was held in Athens each spring for five days, and was known as the Greater Dionysia. This festival was a staple among Pagans for centuries, until the Catholic Church rose to power.

As the centuries washed away, the Roman Catholic Church became a dominant force in Europe. Pagan spring festival celebrations were too entrenched for the Church to ban them. The Pagans would not give up their spring celebration without a fight. As the Church continued the conversion of Pagans to Christianity, Church leaders decided to accrete the spring celebration into the church rituals. This helped in the endless conversions, making Church more palatable and less foreign to converts. Many other Pagan celebrations were recognized as essential to converting Pagans and so the Church folded these into formal church rites.

When the Church brought the spring celebration in house, the celebration was renamed Carnival. This re-born spring celebration known as Carnival was scheduled by the Church to precede Ash Wednesday. Following Ash Wednesday is the forty day

period of Lent which leads up to Easter Sunday. In the beginning, no animal meat could be consumed during Lent, so Christians celebrated on the Tuesday before Lent by consuming all available animal meats along with any available dairy products. This celebration was known as Shrove Tuesday. This brings us to France where the celebration was called Fat Tuesday, or how they say in French, Mardi Gras.

According to mardigrasneworleans.com (MGNO) the "French-Canadian explorer, Jean Baptiste Le Moyne Sieur de Bienville landed on a plot of ground 60 miles directly south of New Orleans in 1699 and called it 'Pointe due Mardi Gras.' He also established 'Fort Louis de la Louisiane' (which is now Mobile) in 1702. In 1703, the tiny settlement of Fort Louis de la Mobile celebrated the very first Mardi Gras." And so began the Mardi Gras tradition in the New World. Today New Orleans is where the Mardi Gras tradition has settled in and has made itself an important part of American culture.

The diverse and eclectic culture of New Orleans began celebrating Mardi Gras in the 1730's. In the 1740's Louisiana's Governor The Marquis de Vaudreuil established elegant society balls, which were the model for the New Orleans Mardi Gras balls of today. Nearly one hundred years later the streets began to flow with revelers wearing masks and festival attire in processions on foot and in horse drawn carriages. In these early Mardi Gras celebrations there were tendencies for violence to break out amongst the celebrants. So much so that the very future of Mardi Gras was in doubt. In 1857 an organization named Comus formed with the primary intent to save Mardi Gras.

The web site eastjeffersonparish.com (EJP) recalls how Comus was formed by six New Orleanian's. "The Comus organization added beauty to Mardi Gras and demonstrated that it could be a safe and festive event. Comus was the first organization to use the term krewe to describe itself. Comus also started the customs of having a secret Carnival society, having a parade with a unifying theme with floats, and of having a ball after the parade."

A krewe is "Any of several groups with hereditary membership whose members organize and participate as costumed paraders in the annual Mardi Gras carnival" according to dictionary.com. These krewes represent their own heritage, and do so by creating costumes, displays and floats that they share with all of Mardi Gras as they participate in parades.

Other traditions joined the parade when "In 1872 Grand Duke Alexis Romanoff of Russia visited New Orleans. This year the

Krewe of Rex made their debut and began the tradition of the 'King of Carnival.' Rex also introduced purple, gold and green as the official colors of Mardi Gras. Rex was the first krewe to hold an organized daytime parade and introduced 'If Ever I Cease To Love' as the Mardi Gras anthem. One of the high points of Rex is the arrival of the Rex King on a riverboat," according to EJP. Through the years more and more krewes were created to better reflect the diversity of the city.

After the turn of the century, the Mardi Gras saw good times, and shared bad times with the rest of the country. Mardi Gras was cancelled during both World Wars. It struggled to survive the Great Depression. When the gas crisis hit the country in 1972, the last major parades were celebrated in the French Quarter. Mardi Gras had outgrown itself.

As most know, the beginning of the new millennium has not been kind to Mardi Gras, as New Orleans was blasted by the wicked winds of Hurricane Katrina, and the city found itself underwater as a result of levees surrendering to the force of an angry storm. The city was decimated, and was left high and dry. The federal government was too slow to react to critical service needs during the storm, and has yet to do the right thing in assisting in the rebuilding effort. Yet never count the people of New Orleans out, as they continue to find every means at their disposal to rebuild the city they so rightly and righteously love. In the short

time between August 2005 when Katrina ravaged their fair city and February 2006, the grand citizens of New Orleans drew on their inner courage, their sense of community, and their unflappable since of history and found a way to come together and celebrate in the face of devastation.

Mardi Gras 2009 is over. As the city is being reborn, there is a tentative normalcy returning even though there may be many more years before the scars of Katrina have fully healed. In addition to pains from the past, New Orleans found that "as much as local officials try to put a positive spin on Mardi Gras 2009, it is hard to ignore the fact that this carnival was the most violent one in New Orleans history," according to reporter Jeff Crouere of bayoubuzz.com. Perhaps this violence is characteristic of an impoverished city, with substandard housing, health care, education systems and infrastructure. And though the people may be poor, they are proud. They are willing to persevere when others would give up hope. In the final analysis the celebration of Mardi Gras surviving for hundreds of years through some very difficult times shows a city and her people committed to carry on their traditions, their rituals, their celebrations. They do so, not so much laughing in the face of difficult times, but perhaps more so as a celebration of the rebirth of spring and the rebirth of a beautiful and proud American city and her proud and beautiful people.



California State University
San Marcos

University Student Union Student Forums

As Cal State San Marcos continues to grow and approach its 20th anniversary, we are exploring options for constructing a facility for campus life, programming, social interactions, and leadership development that will impact the entire campus community. The proposed University Student Union (USU) project will enhance the quality of campus life by providing a mix of informal gathering spaces, retail and food services, and venues for events. However, an increase to the existing Student Union fee would be necessary to support construction and ongoing operational costs associated with the facility.

CSUSM will be utilizing an alternative consultation process which provides opportunities for student, faculty, and staff input regarding the proposed USU building and student fee increase through forums and a website (<http://www.csusm.edu/usu/>) designed to be both educational and a means to obtain feedback. This feedback will then be compiled into a report and presented to the Student Fee Advisory Committee and President Haynes.

Your participation is crucial to the process since the proposed University Student Union will have broad implications affecting many aspects of campus life. By attending one of the forums, you will have an opportunity to learn more about the proposed building, view artist renderings, ask questions and provide us with your thoughts and ideas.

The open student forums are scheduled as follows:

- **February 25, 2009 in the Clarke Field House, Room 113, from 5:30 to 6:30 p.m.**
- **March 12, 2009 in Markstein Hall, Room 125, from 12:00 to 1:00 p.m.**

Free pizza will be served!

Check out the USU website (<http://www.csusm.edu/usu/>) to learn more and to leave questions or comments.



Photo courtesy of asergeev.com

Kaiser Permanente's contribution makes additional scholarships available

BY GABRIELA MARTINEZ
Pride Staff Writer

Kaiser Permanente has been more than generous with CSUSM's nursing program. Kaiser has not once, but twice now made a large contribution for the Scholarships and Loan Forgiveness Program in less than one year.

On April of 2008 the nursing program received a contribution of \$500,000 from Kaiser. Kaiser has now contributed an additional \$200,000 to go towards the CSUSM-Kaiser Permanente Scholarship and Forgiveness Loan Program.

The Loan Forgiveness Program is offered to nursing students interested in working with Kaiser Per-

manente. The program entails that nursing students who have graduated and received a loan, would not be obligated to pay it back if they commit to a two-year work contract with Kaiser Permanente post graduation.

Nursing students are eligible to apply for a loan of up to \$5,000 every semester, adding up to a total of \$20,000.

"For the Kaiser Scholarships the commitment is a two year work program with them, so once they give you the scholarship, they'll give you an internship, an externship, and in exchange for working there for two years they give you \$20,000, which is really nice, because a lot of us are not working so it really comes

in handy to pay for tuition, books, expenses," said Jamie Ibarra, a current CSUSM nursing student. "Plus most hospitals in this area don't give you a \$20,000 signing bonus, it's a pretty big bonus for two years of work."

Kaiser's Judy Husted RN, MS is the Kaiser Foundation Hospital's executive director of Patient Care Services, Operations, Southern California, she is aware that there is a shortage in registered RN's. She hopes these contributions will help end the nurse shortage, and help prevent the greater shortage projected by the State Employment Development Department.

"I think that it is great that Kaiser is able to step in and help out

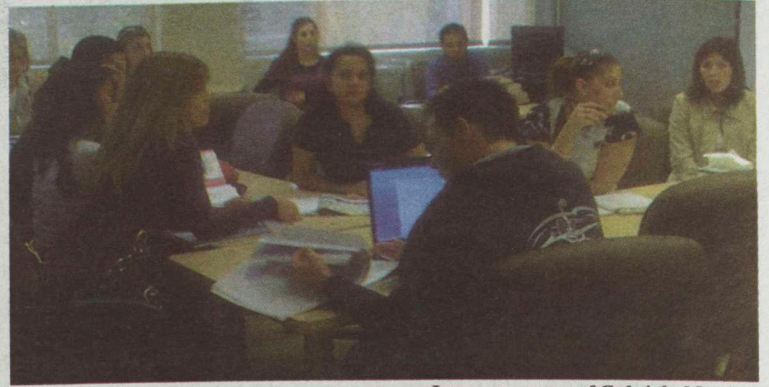


Image courtesy of Gabriela Martinez

the nursing program," said Jency Basinger, another CSUSM nursing student.

Judy Papenhausen, the director of the School of Nursing encourages students to keep in touch to

e-mail her if they have any questions at jpapenha@csusm.edu or visit <http://www2.csusm.edu/nursing/Scholarships.htm> for more information on nursing scholarships.

Vitamin wars

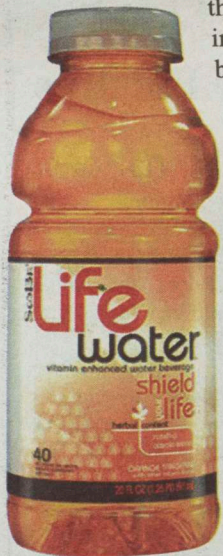
Which H2O actually enhances health?

BY SANDRA CHALMERS
Senior Staff Writer

Water and vitamins together in fruity flavored drinks are the new trend that is making regular water seem like cardboard. Promoting a health boost with added vitamins, these waters have sparked a war of competition on grocery stores shelves.

Vitaminwater and Sobe Lifewater pronounce that vitamins in water are better than plain H2O by creating an assortment of vitamin enhanced waters to promote vitality and nutrition in fitness and everyday activities.

Vitaminwater



by Glacéau is easily recognizable by its brightly colored bottles. Beaming almost all the colors of the rainbow, bright yellow to lavender and even a pastel pink, each drink is labeled according to its nutritional remedy, "focus," "endurance," "defense," and "rescue" just to name a few. Vitaminwater was first introduced in the late 90s as a "product inspired by nature and enhanced by science," according to the Vitaminwater's official website. The Coca-Cola Company purchased Vitaminwater in May of 2007 for \$4.1 billion, according to a Reuters article.

Rival SoBe Lifewater, owned by Pepsi, seems like a Vitaminwater copycat as it is built on a similar platform of enhancing a water beverage with high levels of vitamins in fun fruity flavors. SoBe Lifewater proudly promotes less calories and less sugar in its products by comparison. SoBe Lifewater is also made available in zero calories and zero sugar options.

Both products are fruit flavored but of the 15 different Vitamin-

water flavors, all contain less than one percent juice and SoBe Lifewater drinks contain zero percent juice. Both companies carry a kiwi strawberry flavor in 20 ounce bottles and when compared side by side the results are surprising. Vitaminwater kiwi strawberry flavor has a total of 125 calories, while SoBe Lifewater kiwi strawberry has 100 calories. Comparing sugar content Vitaminwater has about 30 grams, while SoBe Lifewater has 25 grams. Vitaminwater carries six different vitamins, 25 percent of the recommended daily values for vitamin A and four different types of B vitamins, while also providing 100 percent recommended daily value of vitamin C. Vitaminwater also contains 125mcg of Lutein, a powerful antioxidant that is known to support eye health. SoBe Lifewater contains five vitamins, 250 percent of daily recommended vitamin C, 25 percent of three types of B vitamins and 50 percent of vitamin E. Vita-

minwater contains a total of about 30 carbs, while SoBe Lifewater has 42 total carbs.

"I was at the market and I am sick, so I got a Vitaminwater, hoping it would help me out," said Pauline Benitez, a sophomore at CSUSM. Benitez purchased a Muti-V flavored Vitaminwater, which carries 11 different vitamins and minerals.

In a clinical study conducted by Miami Research Associates in Oct. 2008, Vitaminwater flavor power-C (Dragonfruit) was studied to see if the body could absorb the vitamins and nutrients in the beverage equally as those found in regular food. The study featured 12 participants, six of which

were asked to fast for a set amount then were fed a meal of potatoes, steak, and oranges and then their blood was taken to measure nutrient absorption. The other participants were also asked to fast but instead of a meal given, a 20 ounce bottle of Vitaminwater power C (Dragonfruit) was given. After a set amount of time, their blood was taken and measured for nutrient absorption. The results showed that the vitamins and nutrients found in Vitaminwater were absorbed equally as those found in food.

For health or flavor, both Vitaminwater and SoBe Lifewater offer a variety of health benefits depending on personal taste.



Image courtesy of Skateantigravity.com

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From here to there, Dr. Seuss remembered everywhere

BY JACKIE CARBAJAL
Editor-In-Chief

How many can remember making green eggs and ham in elementary school or the first time they read "The Cat in the Hat?" What about the yearly tradition of watching "How the Grinch Stole Christmas" on Christmas Eve? For creating such a staple in American pop culture, most couldn't even recall the full name of the man behind these iconic characters and children's books.

Even Google changed its faceplate this past Monday, March 2, to honor the birthday and legacy of the late Theodor "Ted" Seuss Geisel, more commonly known as Dr. Seuss.

The Random House website dedicated to all things Seuss related, Seussville.com, contains a colorful biography on the author.

Geisel was born on March 2, 1904 in Springfield, Massachusetts. Geisel credited his mother for his famous rhyming technique. His mother, who worked in a pie bakery in her youth, used to chant the pie names to customers and in turn, would use the same chants like nursery rhymes to calm Geisel when he had trouble sleeping.

For someone who wrote such moralistic children's stories, Geisel's early years as a college student not so innocent.

Geisel attended Dartmouth College and was editor-in-chief for their humor magazine, "Jack-o-Lantern." Dartmouth however, revoked his position when he was caught throwing a party with some friends, which was against school policy. Geisel continued to write for the "Jack-o-Lantern" but instead signed with the pseudonym "Seuss."

When Geisel was close to graduating from Dartmouth, he told his friends and family that

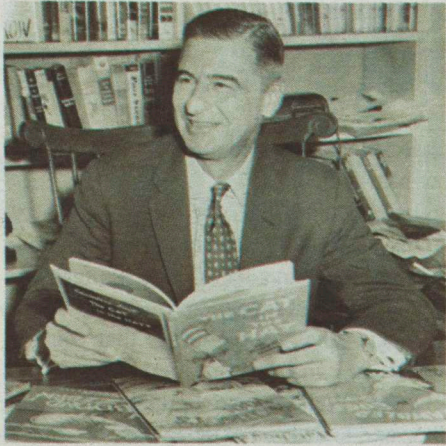


Image courtesy of Wikipedia

Oxford University awarded him a fellowship. His father was so excited that he told their local newspaper to report the story. Geisel then confessed



his son anyways.

While attending Oxford with intentions to become a professor, classmate Helen Palmer noticed Geisel doodling during class. She told him that he should become an artist instead of a professor. Geisel took the advice to heart and pursued his career in art and cartoon work. He also later married Palmer.

In the time leading up to World War II, Geisel published multiple political cartoons weekly and during the war,

Photo by Jackie Carbajal

created cartoon style training films for the U.S. Army.

After the war, Geisel continued publishing his cartoons in various magazines but he also had a desire to write as well. His first few attempts were met with rejection or little acclaim.

"The Cat in the Hat" gave Geisel notability and skyrocketed his career as a children's book writer and illustrator. Some of his other famous books include "One Fish Two Fish Red Fish Blue Fish," "Hop on Pop," and "Horton Hears a Who!"

Geisel died in San Diego, CA on September 24, 1991. In 1995, UCSD renamed its University Library Building, Geisel Library in his honor.

This past December, Governor Arnold Schwarzenegger and First Lady Maria Shriver inducted Geisel in the California Hall of Fame located at The California Museum for History, Women, and the Arts in Sacramento.

Die-hard Dr. Seuss fans can also catch Seussical, the Broadway musical, visit the Dr. Seuss National Memorial Sculpture Garden in Springfield, Massachusetts, and Seuss Landing at Islands of Adventure in Orlando, Florida to relive and experience their childhood memories of the legendary Dr. Seuss.



Image courtesy of Google

Fun facts from seussville.com
Ted was asked why he added the title "Dr." to his pseudonym. He replied that his father had always wanted a doctor in the family.

The Grinch's theme song is sung by Thurl Ravenscroft, also known as the "grrreat!" voice of Kellogg's Frosted Flakes' Tony the Tiger. Ravenscroft also lent his voice to Thing 1 in the animated "The Cat in the Hat."

Publisher Bennett Cerf wagered \$50 that Ted couldn't write a book using 50 words or less. In response, Ted wrote "Green Eggs and Ham," one of his most popular books. Ted often joked that Cerf never paid up.



Photo by Jackie Carbajal

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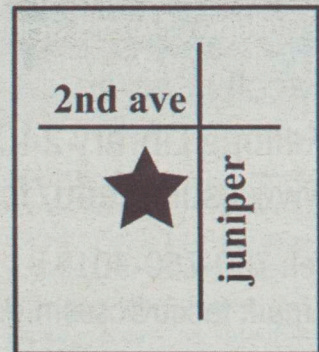
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Cougar News Network

CNN to report on campus events and highlights

BY DIANA VALDIVIA
Pride Staff Writer

CSUSM Programming Council is a collaboration of many departments here on campus. The Programming Council includes departments such as Associated Students, Inc., Athletics, The Clarke Field House/University Student Union, Student Health & Counseling Services, Student Life & Leadership, University Village Apartments, among others. One of the main purposes of the Programming Council is to come together to develop a calendar showcasing student events that connect to the campus.

Recently, three students, Emily Rehm, Nicholas Stein and Sean Richards started to collaborate with the Programming Council to feature a brand new student news show that presents campus events.

Cougar News Network (CNN) is CSUSM's student news show. Rehm, Stein, and Richards currently work for CNN. Rehm and Stein both anchor the news show under the personalities of Locksley Choz and Dusty Butterworks. While Richards, as Jet Michaels, mainly reports on campus events. CNN is currently doing a monthly episode featuring highlights around campus life.

The Pride had the opportunity to interview two of CNN stars, Dusty Butterworks and Jet Michaels.

Diana: What does CNN stand for?

Dusty: CNN stands for Cougar

Jet: News

Dusty: Network

Diana: How do you come up with the idea?

Dusty: Well actually Nick Stein is in the Orientation Team and they did a video on the Orientation Team where they were newscasters and it kind of sprouted off that with someone that works down in the studio at the library he kind of had a good idea for us to start a student news show.

Diana: What is CNN about? What do you do?

Dusty: You want to take this one Jet.

Jet: Well CNN is all about getting the word out for the people on campus in a fun and chicky way instead of sitting there and watching the power points. It's all about the students, it's all about getting the word to students. It's them first and then me, Jet Michaels and then my man Dusty right here.

Dusty: Building a community.

Jet: Getting them interested in what is going around in their campus and getting into school pride. It's all about Cougar Town. It's all about Cougar Pride and Cougar Town.

Diana: What do you enjoy the most of working in CNN?

Jet: Well Jet Michaels being the reporter in the field that I am I just get into people's face, the awkward conversations that you wouldn't initiate that reaches the truth personality of who you are looking for. As Jet Michaels that's what I look for the real

person to give the real answers for Cal State San Marcos.

Diana: Dusty?

Dusty: Actually what I look forward to in our show is always Jet Michael's interviews they always just turn me on.

Diana: What are the things that you will be featuring in CNN?

Dusty: Well this next month, Locksley Choz and I, we kind of designed a script and we are covering all about of the Wellness Center issues that they are doing, Sexperters so look forward to that, DUI seminar and also Spring Break safe alternatives.

Jet: Did you say Spring Fling?

Dusty: Spring Fling as well.

Jet: Spring Fling, look out for Jet Michaels at Spring Fling. He is going and he is coming to get you.

Diana: How can others get involved in CNN?

Dusty: If they just contact us because we are actually looking for more people to get involved.

Jet: We are actually a little bit slumped. Jet Michaels needs more airtime, none of this once a month can't do this

anymore. My face needs to be in the camera all the time, all the time.

Diana: Any additional thoughts you students want to know?

Jet: What do you got Dusty, anything?

Dusty: Well I just can stress enough to get involved. You know what I am mean.

Jet: The more you are involved, college is supposed to be fun. We kind of have a small school. A lot of things can get started. My man Dust here just thought an idea, started a news program, and look at us now.

Dusty: We are the stars of the school.

Check out CNN first episode at <http://www.csusm.edu/sll/programmingcouncil/>, click on the Cougar News Network link. For more information and how to get involved, please e-mail rehm002@csusm.edu



Image courtesy of Nick Stein

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In theaters this week

BY BILL RHEIN
Senior Staff Writer

This week features one of the most anticipated releases of the year. The graphic novel inspired film “Watchmen” hits theaters this week and is the only film going to wide release. It appears other films makers

are not willing to challenge this film that the media has publicized for the past several months. Originally, movie makers-thought “Watchmen” to be “un-filmable” because of its darker elements, yet fans of the comic books, which debuted in the mid-1980s, will get to see the film adaptation.

The movie is a film adaptation of the tales of comic book super heroes. Unlike the typical Batman or Spiderman film version, “Watchmen” is dark and filled with violence and sex. Director Zach Snyder is responsible for other films based on graphic novels, such as “300.” With him behind the reigns, I

expect a bloody, action-packed, and visually stunning film. The film promises to be entertaining for those who have not read the comic book as well. The story is about a group of superheroes seeking revenge for the death of a colleague set in a different version of society in 1985. Other than that, there is not much to say about the handful of limited release films debuting this week. There are two foreign films, “12” and “Tokyo!,” which might appeal to the art-loving crowd. “12” has earned awards and acclaim, but may be too serious for the average film-goer. The huge comic book fan base and slick advertising campaign will put “Watchmen” on top of

the box office. It has the potential to make a tremendous amount of money.

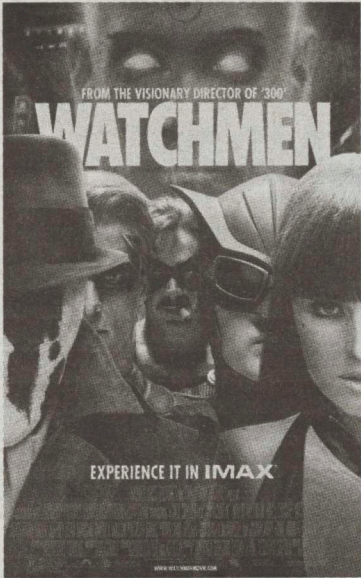


Image courtesy of Warner Bros.

What to see on DVD

A post Valentine’s Day hangover

BY BLAINE MOGIL
Pride Staff Writer

It is strange how things work out. On the week celebrating St. Valentines, no movies were in the queue that reflected the heart of the moment. This week delivers broken hearts and broken people. Well, mostly just broken men. After watching these films, I began to wonder, ‘Are we men as a species truly so defective?’ While most women would likely answer yes, only a truly honest man would answer the same. So let’s take a deeper look at this week’s DVD selections featuring love and men at their worst. “My Name Is Bruce.” This film stars cult movie star Bruce Campbell. Bruce does pretty much anything other than mainstream Hollywood fare. Bruce is the glue that holds together campy productions. His work ranges from the “Evil Dead” trilogy to cult classic television with “Xena: Warrior Princess,” “Hercules: The Legendary Journeys” and his own spin off of these shows “Jack of All Trades.” He then he goes back to the big screen fighting mummies

as Elvis Presley in “Bubba-Ho-Tep.” In this film Bruce portrays himself. Jeff, one of Bruce’s biggest fans, removes a talisman from a mineshaft entrance and in the process releases the dreaded Bean Curd Demon. Taylor Sharpe in his first movie role plays Jeff, and fills the role just fine. With no idea where to turn, or who to turn to, Jeff kidnaps Bruce and drives him back to his small town in the middle of nowhere. Jeff’s mother Grace, played right in tune with the production by Grace Thorsen, is Bruce’s foil and love interest. She exposes whatever flaw’s there are in Bruce that he didn’t already expose. As lightweight as this film is, the overall experience is a fun time. If you are a Bruce Campbell fan, you will have fun. If not, you’ll probably have a good time too. What to See *** “My Best Friend’s Girl.” This film opens in such a vile and offensive manner that it openly dares you to turn it off. Watching Dane Cook as the cretin lead character Sherman “Tank” Turner, you have to wonder how mankind has survived. Tank is the foulest, rudest, boisterously self-centered, egotist to walk

the face of the Earth. The film dares you to stick it out, and I took the dare. The softer side of this film was captured by the lovely Kate Hudson, in the role of Alexis. Alexis is not perfect, she is not looking for love, and she is (over)actively being pursued by Dustin, played by Jason Biggs, Tank’s cousin and roommate. Alexis has no romantic interest in Dustin at all. Although Dustin pursues heavily, it is to no avail. It is time to call in Tank, the Anti-Hitch. Where Will Smith would train men to be better men to win the girl, Tank is the train wreck that shows the girl how good her no good boyfriend is. Nicely done is the typecasting of Alec Baldwin as Tank’s father, who is a Professor of Women’s Studies at the University. A well played ironic twist. This movie just happens to be a rollercoaster ride that delivers a rewarding experience. What to See, if you dare *** “How to Lose Friends & Alienate People,” starring Simon Pegg. Pegg, as Sidney Young, has starred in such great cult films as “Shaun of the Dead” and “Hot Fuzz.” In this film, adapted from an

autobiography, he manages to quite effectively transition into a Hollywood style flick. The production values are excellent for a relatively new British film company. Playing the role of Sidney’s boss Clayton Harding is Jeff Bridges. I have always liked Mr. Bridges, and I think this is one of his best performances. He is aloof, likeable, arrogant, and someone you want to get to know. The story here follows Sidney Young as he is thrown a bone from across the pond. As he struggles with his small publication in Britain, Mr. Harding calls him from the big league publication of ‘Sharpe’ and offers Sidney a job at the magazine in New York City. Sidney is so full of himself. He is brash, he is bold, and he is a total jerk. So much so that the actual Sindyey Young had to be removed from the set when the film was shooting! In the interest of another defective male, Sidney pursues the gold in the form of the bigwig Hollywood life up to and including the pursuit and capture of an obligatory starlet. All the while his destiny has been right there. His destiny is a co-worker named Alison Olsen,

portrayed by Kirsten Dunst. Funny, at moments hilarious, poignant, and endearing, this is a film that pretty much anyone could love. What to See **** “Everyone Wants to Be Italian.” While the title may hold some truth, it could have been better titled “Everyone Wants to Watch a Different Movie.” First time producer Jaime Burke and sophomore producer James Huntsman really wanted to create a special film, so they said in the special features on this DVD. Always looking for that special, overlooked film, combined with my personal infatuation with the Italian vita, cultura and cucina, I would undoubtedly end up renting this film. The story line on this film was pleasant yet overly simple. It developed, once again with a defective man pursuing a love he can never have, since she has been married for the past eight years. The actors were pleasant, and there were some nice times to be had watching the film. Sadly nothing ever caused me to call out ‘bravissimo!’ This film will in time, be lost to us all, and no one will shed a tear. What Not to See **

Online Video of the Week

David after dentist

BY JONATHAN THOMPSON
Senior Staff Writer

Nearly 13 million viewers already watched the comical two-minute video “David After Dentist.” The clip highlights the pain and suffering of a young boy after his recent visit to the dentist after an apparent mishap in which he appears to have lost some teeth which required stitches. The URL is <http://www.youtube.com/watch?v=txqiwrbyGrs>, or use the search phrase “David After Dentist” on youtube.com. The beginning of the video starts with a young David looking extremely dozy and incoher-

ent, most likely as a result of the drugs used during his oral surgery. His wandering eyes bounce everywhere and he cannot focus on one object for more than a few seconds. He suddenly realizes he has two fingers. As he stares at his fingers for a few seconds longer he recants notifying the video camera holder, most likely his father, that he actually has four fingers. The obviously drugged David hysterically inquires to his father, “Is this real life?” It appears the drugs have transformed the youngster into a teenager or even an older person pondering the question that many have tried to

answer, what is the meaning of life? His dad cannot help himself as he lets out chuckles between David’s stuttering and slurred rant. Halfway through the video David tries to rub the irritating stitches. His father does not allow him to do this because it will mess up the dentist’s work. Shortly after, notably the highlight of the hilarious video, David lifts himself up in the seat and screams with rage. He floats back into his seat and the sudden burst of energy seems to ease the pain for a second. His eyes closes, his mouth opens fully, and his head awkwardly tilts as he appears life-

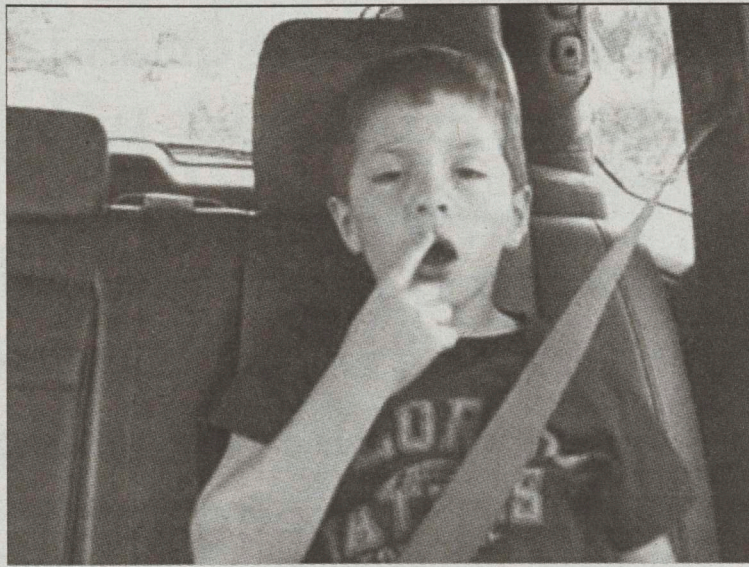


Image courtesy of YouTube

less for a few passing moments. Throughout the short video David experiences several emotions. His actions and phrases seem like he’s the 50 year old man at the end of the bar who just loss his job and his wife took the kids

and left. Although it is easy to sympathize with David’s agony, uncontrollable laughter cannot be avoided. For more comical relief also view other videos related to David’s ordeal as spinoffs have plastered YouTube.

Performance art, Dagnabit!

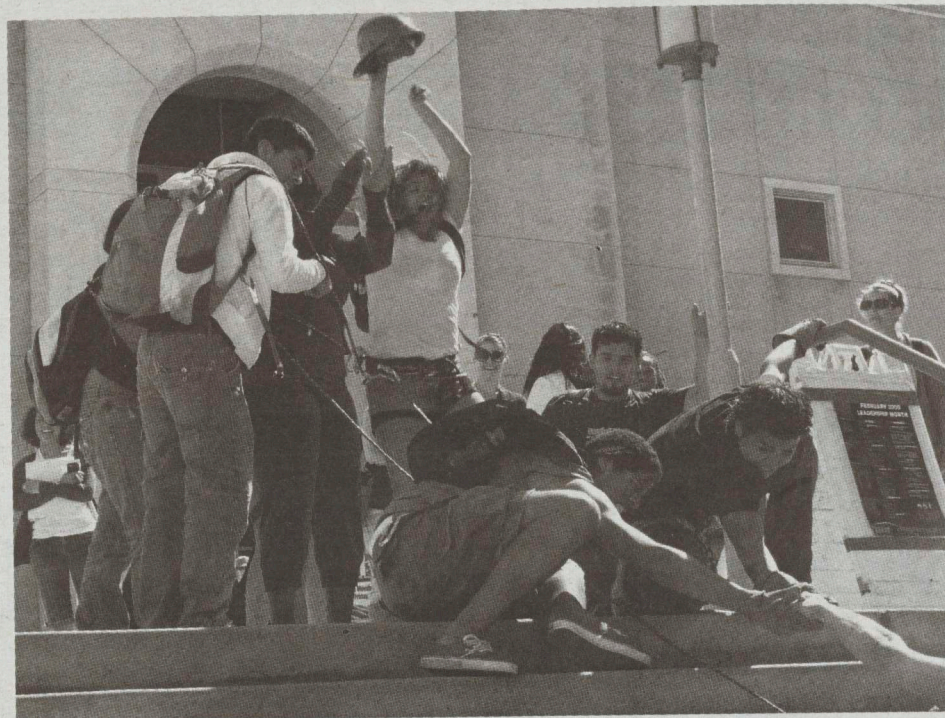
BY MATT LEWIS
Pride Staff Writer

When the word "guerilla" is heard, it often conjures up images of war, violence, and sabotage. To use it to describe art and performance is not typically what springs to people's minds. However, a student run organization on campus called Dagnabit Productions is looking to change that. This organization is comprised of students who participate in

improvisational presentations. In these showings, they exhibit performance art and illustrations on campus. Their first performance, which took place last Tuesday in the dome, involved the members freezing in place for five full minutes at 12:30. Exactly five minutes later, they all began their normal routines once again.

While impromptu performances like this may be interesting to watch and also create conversation, why would students do this? "Our goal is to promote performance, art and creativity on campus and to create a sense of community amongst the art students" said Arielle Rosenbaum, the organizer of the group. "We welcome all ideas about how to further the arts at CSUSM, from performance and art installations to political statements. Our group is mostly made up of art students, but we welcome students from all majors". With so many students walking around campus with tunnel vision, why shouldn't things be shaken up a bit?

This past Thursday, the group had their second performance at the base of the stairs between Craven Hall and Academic Hall. This performance involved the group "hiking" up the stairs to Founders Plaza, an obvious reference to the Cal State Stair Master mentality some students have. "Some of us were dressed as rock climbers, others as regular students, and still yet others in costume. We came complete with a reporter (who was dressed in a robe and shower cap because she "just got the call" for the story) and



Photos courtesy of Arielle Rosenbaum



Photos courtesy of Arielle Rosenbaum

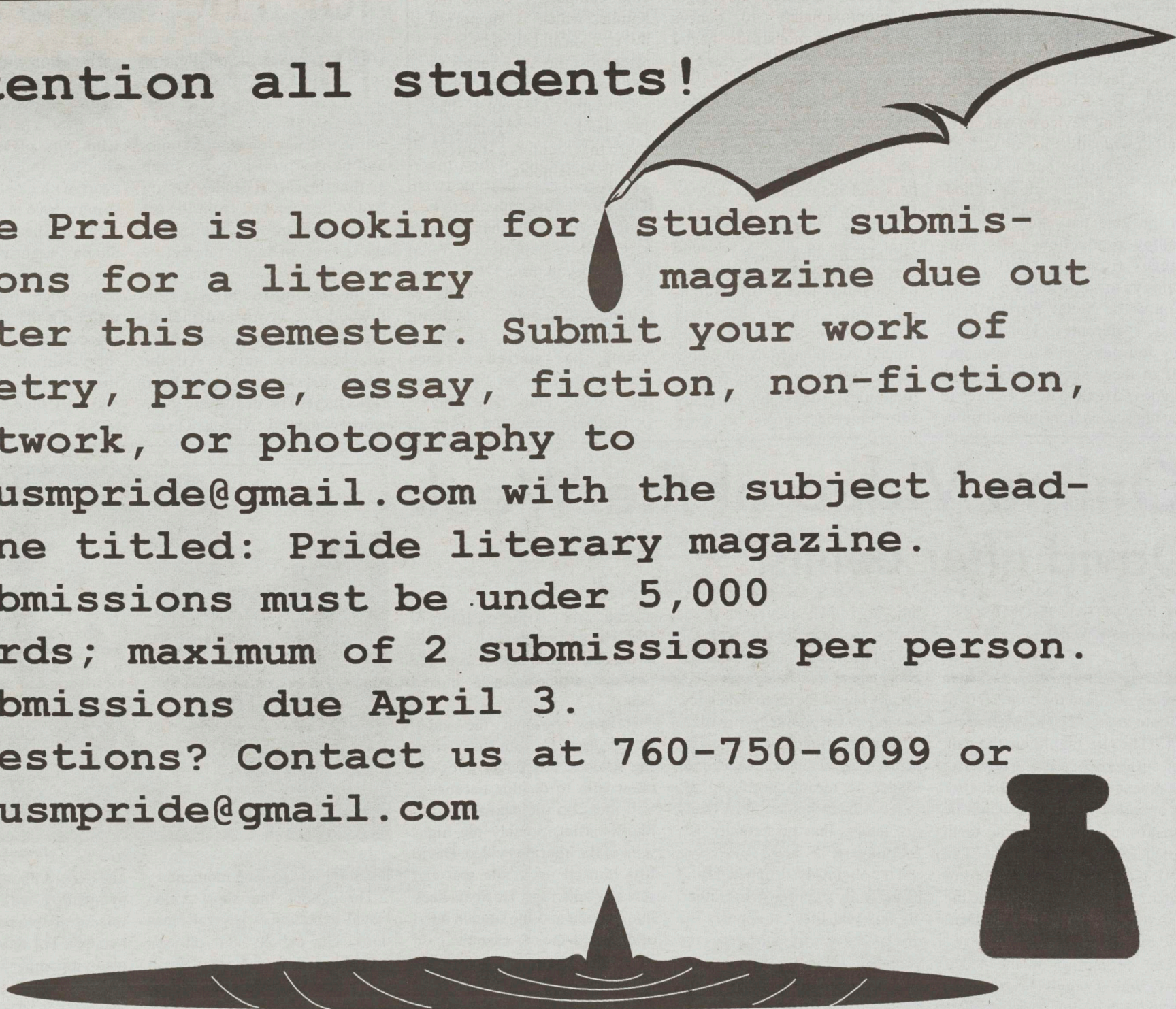
her baby. We invited all to join who felt inspired and received a positive response when four men jumped in on the fun" Rosenbaum recounted excitedly.

Some students that were privy to this performance seemed a little weirded-out, but many others stopped to watch and had a laugh at it as well. "It's a little weird, yeah" said RJ Ferrer, a CSUSM sophomore. "But it is cool that they're doing something to break the monotony during the day. And it's fun to watch!" That seems to be Dagnabit's goal in their

performances: to have a good time and maybe spread a little awareness in the process. Plus, there's nothing wrong with a little weirdness now and then – if anything, people should be weird more often. Rosenbaum advises people to keep an eye out around campus for future performances, "...lest they find themselves in the middle of it!" If you are interested in joining the group, they meet Tuesdays and Thursdays in Arts building 342 from 12 p.m. - 1p.m. For more information, please go to www.dagnabitproductions.com

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 with the subject headline titled: Pride literary magazine. Submissions must be under 5,000 words; maximum of 2 submissions per person. Submissions due April 3. Questions? Contact us at 760-750-6099 or csusmpride@gmail.com



Hits of Sunshine

Joseph Arthur and the Lonely Astronauts

BY AMY SALISBURY
Faces and Places Editor

I've yet to determine whether it is of greater benefit for me to plug unknown musicians or just talk about who I want, famous or otherwise. Should I feel a moral inclination to promote starving artists with indiscernible smidgens of talent to equally starving college students? Well, probably, but what do I care if an album sells?

I know I don't need to worry about Ane Brun's album selling. An impromptu trip to Lou's Records in Encinitas delivered a rack promising her latest album, *Changing of the Seasons*. I should mention that the rack was empty.

Ane Brunvoll, better known as Ane Brun, is a Norwegian singer/songwriter and co-founder of DetErMine Records with The Tiny's Ellekari Larsson. She didn't take up music until she was about 21 years old, and she released her debut album, *Spending Time with Morgan*, five years

later in 2003. The album catapulted Brun into the European spotlight, garnering speed as it crossed the Atlantic and landed in America. Not until her third studio release, *Changing of the Seasons*, in 2008, did eyebrows truly raise across the pond.



Photo courtesy of JosephArthur.com

I should be surprised to have seen this bare rack, but I'm not. I know exactly why this independently pressed album's allotment sold out in this little corner of the world. Ane Brun is appealing. She exudes candor like you might see in faces of green musi-

cians on the streets playing for anyone who will listen. But she's good. Think Nick Drake plus Bjork minus the depression and eccentricity.

The album's first track, "The Treehouse Song," is made of organic acoustics with a tempo guaranteed to induce some head nods. Shallow drums are the foundation for a reserved strum and bassline. Her clean soprano is rich with vibrato and layered harmonies, breathing a story of a lost lover's dream. As simple as Brun's compositions are, they haunt whatever minds they visit until their otherworldly business is finished.

I should label Ane Brun as an Indie musician, the kind of musician you casually mention at a show in the hopes of collecting some street cred. I should wonder who bought those albums at Lou's, and if they realized what they bought. So, is she famous? Maybe not, but she should be.

Twilight Story

BY KEVIN CHATHAM
Pride Staff Writer

Bella heard breathing heavily behind her, followed by the unmistakable sound of tearing foil. She felt herself shaking, small tremors encasing her body with an overwhelming sense of fear and anticipation. One trembling hand glided down the curve of her back and she arched back into its touch with an equally uneasy sigh. She moaned again as it settled on her hip, Edward's ghostly touch holding her steady.

She heard herself moan Edwards name as he pushed into her, hips rising after the sensation, there was no discomfort just a rapid spreading glow. Bella felt the mattress shift as Edward climbed up behind her. Both of Edward's hands gripped Bella's hips, Bella felt the tremors running through Edward's body as he aligned himself. Bella felt an answering shudder in her own as Edward entered her. Bella felt the heat rise in the swell of her back as she pushed to meet Edward, eager and wanting, each met need only igniting a further desire.

"I don't want to hurt you Bella." "No Edward, don't stop," Bella forced her muscles to relax, pushed back a little, moaning again as she pressed herself against Edward. Bella smiled and rocked forward onto her knees a little, letting Edward slide from her body before slamming back against her, both of them moaning in tandem.

"Don't need gentle," she breathed, arching her back intensifying each slide and thrust.

She picked up the pace, rocking herself onto Edward until she felt his hand return to her hip, holding her in place as Edward took over. Edward's other hand stroked up Bella's spine tracing the lines of her back and intertwining themselves in a net of tangled locks. Bella felt her legs buckling as her climax built, low in her pelvis, a warm sensuous flame rising driven on by each relentless thrust inside her, lifting her to greater heights. She heard herself screaming, the headboard snapped under Edward's strength.

They collapsed to the bed together and Bella turned in Edward's arms to lay her head in the crook of his neck.

Kindle: 1,500 books in 10 ounces

BY JAMES SEBRING
Pride Staff Writer

The second generation of the Kindle book reader is now on the market selling for about \$360. The Kindle II is a wireless reading device on which you can download as many as 1,500 books including online Wikipedia access and a built-in dictionary, which allows you to look up words that you may encounter in the reading. You can shop the online book selection without need of any WiFi hookup and download new books in about 60 seconds. The Kindle library currently has over 230,000 books from which to select and download. Many of these books are priced below current market price. The books run from fiction to nonfiction including edu-

cational textbooks. The advantage of the Kindle is its weight of approximately 10 ounces -- no more monstrous heavy backpack. The Kindle can also read the text aloud with its text-to-speech feature. The reader remembers what page you left off on for any particular book. You can also download newspapers and magazines, as well as your favorite blog. The Kindle has a keyboard below the screen for entering book notes.

Sony also has an e-book called Reader Digital Book selling from \$300-\$400 depending on the options that you get. Sony can hold approximately 350 books. It is unclear whether the unit comes with a charger. The ad states there are thousands of books available. There is also the capability to upload certain

types of documents from your computer. Unlike the Kindle, which is supported by Amazon and all of its book resources, the Sony seems to rely on other manufacturers to supply the books. The Sony reader has a virtual keyboard that requires a stylus to type in book notes.

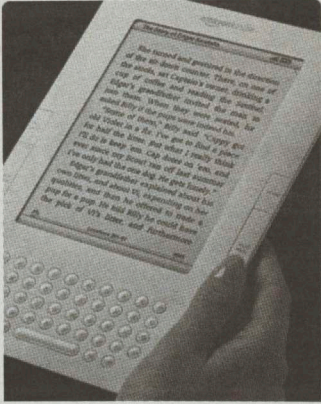


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Fashion watch: denim

BY KEVIN CHATHAM
Pride Staff Writer

Denim is making a strong comeback for spring 2009. The main denim trends this season are trashed, dirty and repaired jeans. There is a movement away from the sophisticated dark denim washes and a resurgence of a more nostalgic bohemian aesthetic. The jeans this

season have a worn-in look. There are also new types of acid washes coming back for spring.

With such an emphasis on the past, designers are using details to give their garments a modern touch. Small embellishments such as brass buttons add a layer of visual depth and interest in denim pieces. Designers are also adding details such as zipper pullers, metal

charms and purposeful embroidery as a playful way of renovating classic denim pieces.

Remember the trend is faded and aged looking denim so dig deep into your closet and find your oldest pair of jeans. When attempting to wear multiple denim pieces make sure you vary textures and washes to create visual complexity.

Remember to take care of your denim

pieces. Experts advise that the best thing you can do with denim is to avoid washing it at all. This is only applicable to raw denim however, pre-washed denim is okay to wash. When washing denim don't go overboard with fabric softener as it works to loosen denim and age it faster.



Word (s)

LOL Theory

The theory that the internet phrase "lol," meaning "laugh out loud," can make any sentence lose all credibility and seriousness.

"Will you go out with me? LOL!"

Legit

For real, truthful.

"I am going to Disneyland tomorrow!"

That's legit!"

Oh / my

An expression of suprise.

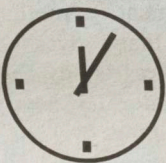
"Oh my, Robert Pattinson looked really good during the Oscars."

Awkward turtle

When you're in an awkward moment, place your hands on top of each other, and spin your thumbs forward. Thus creating the animal mascot of the awkward moments.

"Hey there Sam!" "My name is Daniel" "Awkward turtle".

Courtesy of urbandictionary.com



Vital Information

	IN	5 MIN	OUT
Dr. Seuss Books	Green Eggs and Ham (celebrate the month of green)	How the Grinch Stole Christmas	Cat in the Hat
Magazines	People (Chris Brown and Rihanna back together, what?)	Cosmo (a little variety please)	Teen People (Teenie boppers)
Forms of Communication	Text messaging	AIM and iChat	Phone Call
Energy Bars	Luna Bars (celebrate your softer side)	Power Bars	Snickers Marathon (can't have your cake and eat it too)
Fast Food Characters	Jack (he got hit by a buss recently, right?)	Carl's Jr. Star	Taco Bell Chihuahua (M.I.A... possible kidnapping involved)
Online Music Streaming	Pandora (it's like it reads my mind!)	Myspace Music	Last.FM (last what? ...exactly)



Oggi's Black Magic Stout

A full blown assault

BY JONATHAN THOMPSON
Senior Staff Writer



Oggi's Pizza and Brewing Company operates mainly out of Southern California and Arizona. The closest locations for Cougars are Escondido and Temecula. The franchise offers great tasting pizza and a wide variety of hand crafted beers. The restaurant is also known for catering to an array of sports fans. Almost every visible angle shows a high definition flat screen television showing some type of sports program.

The pizzeria retails glasses of their brewed beer for \$5-7. If a patron cannot decide, the restaurant offers a beer sample platter for roughly \$10. The sample platter highlights nine Oggi's brews in two to three ounce glasses.

The regular servings of beer are served from a friendly staff in either a glass or massive Oggi's old-fashioned beer mug. Oggi's Black Magic Stout sends out warning signs to the drinker through the massive two to three inch head. The thick frothy light brown head barely subsides and remains near

the end of consumption. After experiencing the chocolate and coffee laden head, the midnight black fluid enters the mouth and rages an all out war with the taste buds. Even the cheeks are not unscathed. The lips smack in sheer joy as the creamy substance leaves a solid coating. The beer has a 6.7% alcohol by volume.

"It smells like Guinness and has a nice chocolate tone. It may not be a desert beer, but it's a good theory," said Senior Business Major Bryan Spangenberg.

The abrasive stout is best paired well with one of Oggi's pizzas such as their March Madness. The pizza is brushed with a garlic olive oil sauce, topped with Mozzarella, Fontina, Parmesan, Feta, and mild Goat cheese. The restaurant offers other specialty pizzas that would also match nicely with the stout.

Find time this week and check out Oggi's in Escondido or Temecula for a great slice of pizza and even greater tasting beers. As always, it's an honor. Salute!

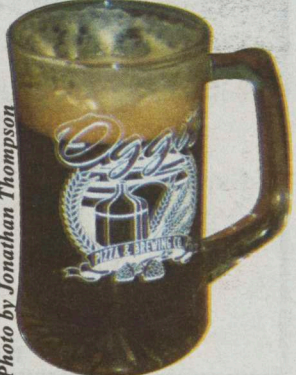


Photo by Jonathan Thompson