

## State of the Campus Address

### Panel discusses CSUSM priorities

BY CHRISTINE VAUGHAN  
Pride Staff Writer

A panel of department representatives, ASI president and President Haynes, teamed up for the State of Campus Address on Tuesday, Oct. 25, highlighting student issues and campus concerns.

The panel covered issues regarding parking availability and costs, police policies, Craven Hall renovations, the editing and expansion of Title V pertaining to student misconduct, introduction of new degree programs, a variety of new services available throughout campus and university priorities for Cal State San Marcos.

The event attracted students, faculty and staff with free food and the opportunity to address many campus-wide issues that affect the studentbody.

Marc DeGuzman, ASI president, opened the event pro-



President Haynes addresses students, faculty and staff.

Photos by Christine Vaughan / The Pride

viding a brief overview of panel topics, campus goals and raising shared-student concerns regarding fees and services at CSUSM. DeGuzman emphasized how some minor changes at local and

state levels can benefit student budgets and pocketbooks. He argued that lower-priced text books could be available by requiring professors to submit book requests earlier, reducing rush fees and back-orders, and DeGuzman noted that many state governments do not place sales tax on student books, an initiative that would save students some money if California would ever consider such a policy.

The panel, introduced by DeGuzman, consisted of President Karen Haynes, University Provost Robert Sheath, Vice President of Finance and Administrative Services Neal

Hoss, Interim Vice President of Student Affairs Pat Worden and CSU Student Trustee Corey Jackson. The purpose of the event was intended to inform students, faculty and staff of the current conditions of campus life and its forecast for upcoming years.

### CSUSM Priorities

President Haynes stressed a consistent "collaborative goal of serving students" through the utilization of five strategic priorities emphasized throughout

See ADDRESS, page 4



Marc DeGuzman, ASI president, opens event.

## American Indian Heritage Month begins

November welcomes the celebration of Native American culture and life

BY PIYAMAS SABLAN  
Pride Staff Writer

In recognition of November as American Indian Heritage Month, the American Indian Student Alliance will be presenting guest speaker Dr. Jimmy Santiago Baca on Nov. 10, 2005 at 7:00 p.m. in Arts 240.

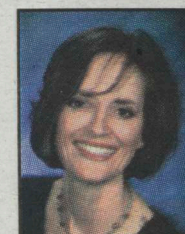
According to Gabrielle Wilson, AISA treasurer, Baca will mainly be speaking about his Chicano and Apache descent influence on his writing and about his work as an author in general. Open discussion with Baca will take place after his presentation and his books will be available for purchase. His web site [www.jimmysantiagobaca.com](http://www.jimmysantiagobaca.com) states that he has received numerous awards for his poetry such as the Pushcart Prize, the American Book Award, the National Poetry

See HERITAGE, page 2

## Brakebill Award announced

Literature and Writing chair winner of distinguished award

BY PATRICK B. LONG  
Pride Staff Writer



Dawn Formo

Dawn Formo, associate professor, Department of Literature and Writing, was selected for the 2005/2006 Harry E. Brakebill Distinguished Professor Award at Cal State San Marcos. The announcement made Oct. 26, 2005 by University President Karen S. Haynes was based on

See AWARD, page 2

## Tibetan Bowl Healer coming to CSUSM

Relaxing music may calm the soul and repair the minds of students, staff and interested guests

BY SHELLY MONROE  
Pride Staff Writer

Tibetan Bowl Healer, Diane Mandel, is coming to Cal State San Marcos Thursday, Nov. 17, 2005.

"Students will be enlightened by the history and the healing energy from Diane's Tibetan Bowl ceremonies. We ask the students to bring a blanket or mat to lie on because they will be able to experience this wonderful meditation series," said Diana Wong, ASI director of

### Cultural Programming.

Tibetan singing bowls are sound instruments traditionally used by Tibetan Buddhists as meditation aids. These bowls sing with a complex harmonic. For ritual purposes, singing bowls are used to start or end a meditation, to punctuate a prayer and to call the beginning of a ceremony or ritual. Aside from the meditation value of the Tibetan singing bowl, it can be simply be used for pure enjoyment. Students can expect Mandel to tell stories of the

ancient Tibetan sacred sounding instruments. She will be creating harmonic overtones of sacred sound with a variety of singing bowls: Gantas, Ting-shas, and a Planetary Moon Gong.

Diane Mandel has been working in the healing profession for over 6 years with an integrated body/mind practice that includes energy balancing and Sound Healing. She is the only State Certified Tibetan Bowl Sound Healer in the country.

"Music has always been rec-

ognized as having a powerful effect on human consciousness. But in the past few years, there has been more research into the science of sound, and how it can be used to improve our lives. We are learning why different kinds of music and sounds have the effects that they do on the body, emotions, mind and spirit," said Mandel.

Tibetan singing bowls are made of a special alloy of bronze, iron and zinc. The bowl 'sings'

See HEALER, page 3


**INSIDE**

ASI Annual Turkey Basket Drive




See News  
PAGE 2

Ride-along with the University Police



See Features  
PAGE 5

Student voices opinion on ASI



See Opinion  
PAGE 8

"Zorro" movie review



See A & E  
PAGE 12



# ASI Annual Turkey Basket Drive

## Editorial Staff

Editor in Chief  
**Patrick B. Long**

Layout Design &  
Photo Editor  
**Jason Encabo**

News Editor  
**Christine Vaughan**

Features Editor  
**Zachary J. Simon**

A&E Editor  
Sports Editor  
**Erin Young**

Copy Editor  
**David Sosa**

Business Manager  
**Brian Reichert**

Advisor  
**Cindy Hanson**

## Staff Writers

Melissa Baird  
Alfred Chu  
Jessica Dambkowski  
Antoinette Johnson  
Amanda Keeley  
Alex Lopez  
Bryan Mason  
Shelly Monroe  
Lizz Osborne  
Lillian Pozos  
Kimberly Raymond  
Piyamas J. Y. Sablan  
Jason Samaur  
J.R. Sapp  
Matthew Schramm  
Heather Zeman

## Brining Thanksgiving to local needy families

BY PIYAMAS SABLAN  
Pride Staff Writer

ASI hosts the Annual Turkey Basket Drive hoping to bring the Thanksgiving spirit and tradition to local families unable to afford the costs of this large meal. The deadline to sign-up for a Thanksgiving meal-in-a-basket is Nov. 11, and individual donations and completed baskets are due no later than Nov. 22. Offices, student organizations and individuals are encouraged to sign up to participate and contribute meals-in-a-basket. Complete baskets or individual items may be donated. All donations are due on Nov. 22 and can be dropped off in the ASI business

office, Commons 207. Turkey basket donations can include non-perishable food items, gift cards to grocery stores to cover turkey costs, and any other food items included in a typical Thanksgiving meal. According to the web site [http://www.foodforothers.org/donate\\_food.html](http://www.foodforothers.org/donate_food.html), some common Thanksgiving food donations are aluminum roasting pans, stuffing mix, cranberry sauce, gravy, canned vegetables and fruit, cake mix or fixings for a pie, and apple juice. People have donated toiletry items and even toys and books when there are small children in the families, said Sara Gallegos, organizer for the Turkey Basket Drive.

Baskets are distributed to families in need in the San Marcos community, which includes current students and their families,

families from the Early Learning Center, and families from an elementary school nearby. Gallegos stated that she has certain contacts in charge of these targeted areas who inform her about families who are in need of the donations. Students who sign up to donate baskets will be assigned a family whose needs they can cater to specifically. Gallegos' contacts will pick up the baskets on Nov. 22 and distribute them before Thanksgiving.

"I never know who exactly the people are we give them to, just the family dynamics. We want to try to keep the families from too much attention, it's a sensitive matter", said Gallegos.

ASI has been organizing the annual Turkey Drive for several years and Gallegos is in her second year as head of the event.

Some offices have already signed up to participate in the turkey drive but more involvement is welcome. According to Gallegos, the Turkey Drive turnout has always been a success and last year's count was 13 baskets given to 13 local families.

"This is a great opportunity to get involved with helping out your community. Even though you may not see the response from the recipients, we always get feedback from the people who deliver and the response is overwhelming and the families are so grateful," said Gallegos.

Please contact Sara Gallegos at [sgallego@csusm.edu](mailto:sgallego@csusm.edu) or 760-750-4907 if you would like more information regarding the turkey drive or would like to donate a basket or individual items.

Visit The Pride online at  
[www.csusm.edu/pride](http://www.csusm.edu/pride)

## Churchill's Pub & Grille

887 W. San Marcos Blvd.  
Happy Hour every M-F from 4-7pm  
Now open for Lunch Wednesday - Sunday  
The closest thing to England in North County!!  
Free Wireless Internet

North County's Best Fish and Chips!!  
19 Beers on Tap and many more in bottles!!

|                      |                               |
|----------------------|-------------------------------|
| Guinness Stout       | Yellowtail Pale Ale           |
| Harp                 | Reaper Ale Ritual Dark Ale    |
| Stella Artois        | Youngs Double Chocolate Stout |
| Bass Ale             | Arrogant Bastard              |
| Newcastle Brown      | Stone Imperial Stout          |
| Boddington's Pub Ale | Alesmith Wee Heavy Scotch Ale |
| Anchor Steam         | Tetley's English Ale          |
| Smithwicks           | Spaten "Optimator" Doppelbock |
| Fullers ESB          | Samuel Adams Octoberfest      |
| Dry Blackthorn Cider |                               |

Enjoy English Classics like Bangers and Mash, Corned Beef Sandwich, Steak and Guinness Stew, Sausage Rolls, Scotch Egg, Cottage Pie, Chicken Tikka Masala and more!!

2 Real Dart Boards, Pool Table, Foosball Table,  
Digital Juke Box with 100,000 songs and EA's "PGA Tour" Golf  
760-471-8773-[www.churchillspub.us](http://www.churchillspub.us)

## Egg Donors Needed

Age 19-29

We offer **Excellent Compensation** and the highest level of personal attention.

Visit us at  
[www.buildingfamiliesinc.com](http://www.buildingfamiliesinc.com)

Building Families, Inc.  
(800) 977-7633



**ChildCare Careers**

The Source for Child Care Professionals  
[www.ChildCareCareers.net](http://www.ChildCareCareers.net)

**HIRING TEACHERS NOW (ECE)!!!**

Immediate Full-time, Part-time, Temporary, and/or Permanent Positions  
in San Diego and North County.  
Flexible scheduling. Minimum 6 ECE units required.  
Prior fingerprinting and experience a plus.

(619) 293-0060  
(619) 293-0090 Fax

AWARD, from page 1

a committee recommendation.

The Brakebill Award is an annual recognition "given to faculty on the basis of outstanding contributions to their students, to their academic disciplines, and to their campus communities," according to the Cal State San Marcos Web site. Founded by Ann Bersi, the daughter of Harry E. Brakebill, the award was established in 1998.

"I'm deeply touched," said Formo, who was nominated by a graduate student.

"Dr. Formo exemplifies the true spirit of the Brakebill Award," said Hanyes, according to a Tracks article published Oct. 26.

The nomination and award consists of a long process for the nominee. Formo submitted her acceptance letter last spring, followed by her complete curriculum vitae. In September she displayed a notebook which showcased her teaching, research and service with a narrative explaining all three areas.

"Students are at the center of

whatever I'm doing," said Formo about her notebook.

Included in the file for the award are letters of recommendation from students, faculty and members from the community.

"The evaluation of a nominee's file shall focus on the transmission of the university values to students through evidence of excellent teaching practices and the impact of his/her teaching in positioning the University as a learner-centered institution," according to the current eligibility requirements on the Web site [http://lynx.csusm.edu/policies/procedure\\_online.asp?ID=143](http://lynx.csusm.edu/policies/procedure_online.asp?ID=143).

Currently serving as chair for the Literature and Writing Department, Dr. Formo joined Cal State San Marcos in 1995.

"On this campus I am surrounded by innovators, scholars and teachers," said Formo. She went on to explain that this award is humbling since she was singled out while surrounded by so many scholars. Eventually Dr. Formo's portrait will be placed in Craven Hall's 1<sup>st</sup> floor along with the previous winners.

please recycle this paper

**FARMERS Insurance Group**  
**Patrick Shakarjian**  
**Looking for bilingual (English/Spanish)**  
**part time position**  
**Great incentives and bonuses**  
**Call (760) 542-1888 ASAP**

**WANTED**  
**SWIM INSTRUCTORS!!!**  
**\$11.00 - \$17.00 per hour**  
**Call (760) 744-SWIM**

All opinions and letters to the editor, published in The Pride, represent the opinions of the author, and do not necessarily represent the views of The Pride, or of California State University San Marcos. Unsigned editorials represent the majority opinion of The Pride editorial board.

Letters to the editors should include an address, telephone number, e-mail and identification. Letters may be edited for grammar and length. Letters should be under 300 words and submitted via electronic mail to [pride@csusm.edu](mailto:pride@csusm.edu), rather than to the individual editors. It is the policy of The Pride not to print anonymous letters.

Display and classified advertising in The Pride should not be construed as the endorsement or investigation of commercial enterprises or ventures. The Pride reserves the right to reject any advertising.

The Pride is published weekly on Tuesdays during the academic year. Distribution includes all of CSUSM campus, local eateries and other San Marcos community establishments.

**The Pride**  
Cal State San Marcos  
333 N Twin Oaks Valley Road  
San Marcos, CA 92096-0001  
Phone: (760) 750-6099  
Fax: (760) 750-3345  
E-mail: [pride@csusm.edu](mailto:pride@csusm.edu)  
<http://www.csusm.edu/pride>  
Ad e-mail: [Pride\\_ads@csusm.edu](mailto:Pride_ads@csusm.edu)



# "The Clarke" promotion contest

Creativity and knowledge of the Clarke could win you \$300

BY ANTOINETTE JOHNSON  
Pride Staff Writer

The CSUSM Foundation is sponsoring a \$300 prize for the student who can come up with the best type treatment and tag line for the M. Gordon Clarke Field House University Student Union. This contest is an effort at raising campus awareness of the existence of the building, as well as bringing new awareness of the building to campus.

The contest calls for students to comprise both a type treatment and a tag line, meaning students should create a non-graphic based logo and a concise slogan that sums up what the Clarke Field House Student Union offers. Separate prizes are given away for both type treatments and slogans in the amounts of \$200 for the best type treatment, and \$100 for the best tag line. If a tag line and type treatment are submitted together and both are selected, the winner will receive a \$300 cash gift card prize. Tag lines must contain the words "The Clarke," as this will be the name students will use to commonly refer to the M. Gordon Clarke Field House University Student Union. Preser-

vation of the name Clarke pays homage to Helene Clarke whose generous donation was made in the name of her husband M. Gordon Clarke. Colors and words for type treatments are encouraged, however each design should have the ability to be easily reproduced on flyers, banners and business cards. Therefore, type treatments should be limited to one or two colors for versatility.

The plan for creating a unifying identity for The Clarke emerged from a senior experience project proposal that is now being supervised by five students from the College of Business here on campus.

Ty Daniels, Jody Coughlin, Roman Bogomolny, Jill Morphas and Greg DeNobrega, were drawn to the idea of promoting the Clarke Field House Student Union for their senior experience task because of the fact that most of them were not aware of The Clarke prior to the project.

"The Clarke Field House Student Union is designed to be the center of campus life," said Sara Quinn, director at The Clarke. Quinn also confirmed that the building is providing space for many cultural, academic and recreational events on campus. However, Quinn and the other Clarke

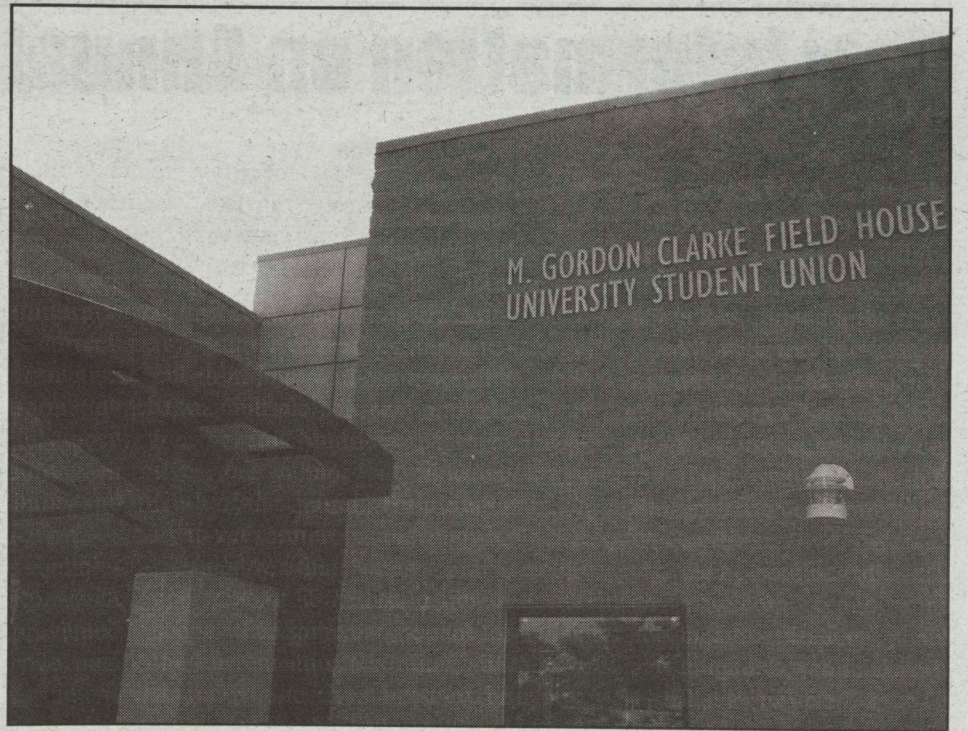


Photo Patrick B. Long / The Pride

Field House Student Union faculty members would like to find ways to reach students who don't utilize the structure yet, but could benefit from it. Part of the payoff from the contest for faculty members is a chance at learning more about what The Clarke can offer to draw in more students.

All tag lines and type treatments should be submitted at the front desk of the Clarke Field House Student Union by

Nov. 23, 2005. Entries will be reviewed by an administrative committee and scaled down to five submissions that will be made available for students to vote on. All awards will be given before the conclusion of the Fall 2005 semester. For more details regarding the Clarke Field House Student Union contest visit [www.csusm.edu/cfhusu](http://www.csusm.edu/cfhusu) or stop in at The Clarke's front desk to obtain more information.

## HERITAGE, from page 1

Award, the International Hispanic Heritage Award, and the International Award. His book list includes "The Importance of a Piece of Paper", "Winter Poems Along the Rio Grande", "A Place to Stand", "Healing Earthquakes", "C-Train & Thirteen Mexicans", and "Black Mesa Poems" to name a few.

AISA chose Baca to be one of their guest speakers because of his Chicano and Apache heritage and his personal story of struggle and success, said Wilson.

Baca lived in an orphanage, was a runaway at 13 years old, and then later sentenced to five years in a maximum security prison when he was 21, according to his web site. He learned to read and write while in the penitentiary, which lead to his discovery of his love for poetry.

Wilson explained that funds to provide such events and guests are raised through Instructionally Related Funds and through Arts and Lecture funds at CSUSM. AISA also receives donations from its members and CSUSM faculty and staff. The AISA advisors, Al Schwartz, Jan Stockey, Elena Hood of University Outreach and Recruitment at CSUSM, and Bonnie Biggs of the Tribal Communities Task Force also provide huge support, Wilson further explained.

AISA's web site states that "The purpose of the Alliance is to increase awareness and acceptance of American Indian culture and to promote the educational experience of American Indians on campus by fostering a positive multicultural interaction both in and outside of the classroom."

AISA has received an enthu-

siastic response from CSUSM faculty, staff, and students to their list of events and guests for November, said Wilson. Some other events and guests AISA will be hosting are the Native American Film Festival and guest Keith Secola and his band "WildNative" on Nov. 2 and Native American Cultural Day on Nov. 22.

Every Monday throughout the month of November, the Native American Film series will host a film depicting Native American culture, hardships, history and positive portrayals of Indian life. The first of the monthly series will feature "Thunderheart" playing on Wednesday, Nov. 2, the only non-Monday show. The series will also include "Incident at Oglala - The Leonard Peltier Story", "Dance Me Outside", "Powwow Highway" and "Smoke Signals".

"The Native American Month activities sponsored by AISA will bring sustained attention to the living heritage of one of the communities Cal State San Marcos is dedicated to serving. The film series includes some of the most challenging native films of the last decade. And the reading by Jimmy Santiago Baca brings an internationally prominent native poet to campus. AISA has done a great job of reaching out to the surrounding tribes, and Native American Month will bring together the San Diego County native community for an important celebration of native arts and culture," said Lance Newman, associate professor of Literature and Writing Studies.

More information regarding AISA's upcoming events can be obtained from their web site [www.csusm.edu/powwow/](http://www.csusm.edu/powwow/).

## HEALER, from page 1

(resonates) by continuously rubbing a hard stick known as a "Puja" stick around the outside rim of the bowl. When rubbed in this manner, the bowl resonates with two pure tones. This is due to the shape of the bowl, the rim thickness and the relative masses of the rim and base of the bowl.

"This will help the students come into balance with their self and at the same time, find a calming peace and relaxation. It's also a great stress relief that everyone could use after midterms and definitely before finals," said Wong. There is no cost to students and staff, and guests are welcome to attend free of charge as well. The event starts from 7pm-9pm at the Clarke Field House on Thursday, Nov. 17.

For more information on Tibetan Bowls go to: <http://www.positivehealth.com>

## SOUTHERN CALIFORNIA UNIVERSITY OF HEALTH SCIENCES

To register or for questions please contact the SCU Postgraduate Division:  
Tel: 562.902.3379  
Fax: 562.902.3342  
Email: [Postgraduate@scuhs.edu](mailto:Postgraduate@scuhs.edu)  
Website: [www.scuhs.edu](http://www.scuhs.edu)

Southern California University of Health Sciences

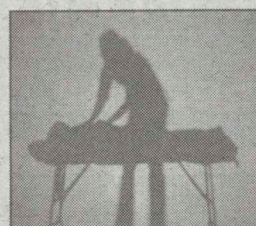


Los Angeles College of Chiropractic  
College of Acupuncture & Oriental Medicine

Classes Start January 7, 2006

## Massage Therapy Certification Program

- Designed for working adults and college students
- Weekend module program format
- Possible advanced standing for current massage therapists
- Individual modules available for continuing education
- Cross training for RN, LVN, OTA, PTA, CNA
- Federal loans available for qualified students
- No-interest payment plans
- Graduates qualify to sit for the National Certification Exam through the National Certification Board of Therapeutic Massage and Bodywork
- SCUHS is approved by the California Board of Registered Nursing, provider 4628.



Classes held at:  
Tri-City Medical Center  
4002 Vista Way  
Oceanside, CA 92056

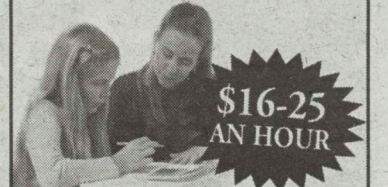
LACC is accredited by the Council on Chiropractic Education. SCUHS is accredited by the Accrediting Commission for Senior Colleges and Universities of the Western Association of Schools and Colleges.



The Pride  
student  
newspaper

## TEACHERS, TUTORS NEEDED

Club Z! is currently seeking tutors in Temecula/Murrieta/Escondido/Ramona/Poway/Rancho Bernardo/ San Marcos/ Carlsbad/Encinitas & Oceanside.



\$16-25  
AN HOUR

- Flexible hours and great pay
- One-on-one tutoring
- All subjects and grade levels



Apply online at  
[www.clubztutoring.com](http://www.clubztutoring.com)  
[anelson@clubztutoring.com](mailto:anelson@clubztutoring.com)



# New Information on Annual Security Report for CSUSM

BY ALEX LOPEZ  
Pride Staff Writer

Chief Aaron Woodward of the University Police has informed us, along with a small green mailer, that the Cal State San Marcos annual security report has gathered crime statistics within the last three years. These reports give information on crimes that occurred on campus, in certain off campus buildings, or property owned or controlled by Cal State San Marcos, and on public property within. According to Woodward, the report also includes institutional poli-

cies concerning campus security. These policies involve alcohol and drug use, crime prevention, the reporting of crimes, sexual assault, and other matters. This report can be obtained by accessing the campus police website: <http://www.csusm.edu/police>.

The Campus Safety and Security Report is originally known as The Jeanne Clery Disclosure of Campus Security and Campus Crime Statistics Act. The 02 through 04 statistics for crimes such as murder, robbery, forcible sex offenses, aggravated assault, etc., can be found by clicking the Download Crime Statistics icon

found on the report. The crimes statistics on the Clery report are collected through local police agencies which provide the addresses of off campus housing or off campus property and crimes that have occurred in private residences or businesses; but these are not required by law.

According to the Annual Security Report, Cal State San Marcos does not recognize any off campus fraternity or sorority, but at the same time student organization recognition does not extend beyond the Cal State San Marcos. Therefore, The Annual Security Report, states that, "stu-

dent organizations are not recognized to engage in activity off campus".

This report also lets people know how to request police assistance, and includes important information that one must give when reporting a crime, such as the name of the one who is reporting, the telephone number, and the location. It is also important to describe the incident clearly and accurately, and to let the person who is providing the assistance end the call, as more information may be requested.

For those particularly concerned, the report explains that

sex crimes are violations of criminal and civil law, and never tolerated.

"They also constitute serious breaches of student or employee conduct as well," the website states, and encourages anyone who has been a victim of sexual assault, including date or acquaintance rape, to report the incident to the Cal State San Marcos Police, or any off campus police.

The Annual Security Report is available largely because the University Police believes that a well-informed community remains a safety conscious one.

ADDRESS, from page 1

her speech promoting academic excellence, student life, campus atmosphere, partnerships and fairness at Cal State San Marcos. Reflecting on short and long term campus goals, President Haynes hopes that "Cal State San Marcos will be known for its retention of graduation rates and student satisfaction."

CSUSM has already implemented a reduced degree requirement to 120 units to be eligible for graduation, and plans to further adopt pro-retention rate policies by encouraging students to declare their major earlier on in a student's academic career, providing detailed academic roadmaps and improving counseling services to students.

President Haynes focused most of her time to issues surrounding the enhancement of student life on campus through expanding residence halls, athletic programs and creating a one-stop shop for students in Craven Hall. The third floor of Craven Hall is being converted into a one-stop shop, with admissions, cashier office, enrollment, The Pride staff office and other student services, all located in one general area. The courtyard located on the third floor, formerly known as the Library Plaza, will be renamed 'Cougar Courtyard' and be a designated area to host events and festivities on campus.

"We've moved from a new

campus to a young campus. Our legacy will and should be built on the student satisfaction experience here on our campus," concluded President Haynes.

## Academic Blueprint

"We are now planning for a new college," said Robert Sheath, university provost. New degree programs are being introduced in upcoming semesters at CSUSM. Kinesiology and Biotechnology are among the new degree programs that were initiated in Spring and Fall 2005. Occupational Therapy, a Bachelor of Science in Nursing, Mass Media and Broader Studies, Environmental Studies and a Speech Therapy degree will be offered in Fall 2006 through the College of Education and Business Administration will soon offer two areas of emphasis in either Finance or Marketing.

## 'Cranovations' and campus services

Neal Hoss, vice president of Finance and Administrative Services, asked for campus "patience in moving a lot of people around," in response to the so-called 'cranovations' (craven renovations). In development of this student one-stop shop, mentioned early by President Haynes, Hoss explained how a website is being

constructed to help students familiarize themselves with the Craven changes.

"We are reworking how we interact with students," said Hoss. Cranovations will allow students to easily access fundamental university services without having to refer to directories or weave through Craven Hall.

In addition, Parking Services has recently opened Lot H welcoming in 111 spaces, and in Fall 2006, Lot F is scheduled to open with 1200 to 1600 spaces. In the year 2010-2011 a parking structure will be built to accommodate 2000-2700 vehicles. These expansions are funded solely on a past-student approved initiative to increase parking fees to develop more parking spaces.

The second installment of that prior student vote, will be implemented in Spring 2006, affecting parking permit costs going from \$35 a month to \$75 a month, mentioned Hoss. Such fee increases are a result of how parking funding is only supported through student fees and no other funds can be diverted to subsidized parking costs.

Touching base on Police issues, Hoss reported that the University Police Department is working on communicative strategies focusing on addressing and implementing the services outlined by the investigative Task Force.

Escort services are now available through the police department, and soon a new crime tips

hotline will be up and functioning after all the final kinks are worked out. Student safety is the key, and these services are intended to promote and maintain CSUSM relatively low crime rates.

## Student Code of Conduct

Pat Worden, interim vice president of Student Affairs, discussed the changes to Title V dealing with Student Code of Conduct. Title V has not been updated in ten years, but with new definitions of misconduct the original 14 categories have been expanded to 20 categories detailing student misconduct policies.

Worden explained how the definition of dishonesty was broadened to include cheating, academic plagiarism, falsification of information, misrepresentation and falsifying documents. All of these topics are mentioned in the terms of the new Title V.

Hazing has been clarified to differentiate 'customary athletic events' from true acts of hazing. The new policy precludes defense of willful participation, apathy or failure to intervene as charges of student misconduct. Title V also includes the misuse of computers from unauthorized use, file transfers, violation of copyright laws and use of equipment to transmit abusive messages or hate mail as all being classified as student

misconduct.

Title V is about to be formally approved, but there is some controversy in the fact that the new policy expands potential of student misconduct to campus community life or gatherings outside of Cal State San Marcos borders.

## CSU Student Trustee at CSUSM

Corey Jackson, California State University student trustee, drove 104 miles to address the many issues in CSU, primarily the current issue of funding.

"It's important to understand we're under-funded due to state budget troubles," Jackson said. "Higher education needs to be a priority in our state. Higher education relies on how much we're willing to sacrifice to ensure that our voices are being heard. Are we going to give more for a greater good, or maintain status quo?"

## Final Words

The State of the Campus Address happens annually with the focus being to educate and inform students, faculty and staff on the current policies, services and planning for the campus. For more information regarding the event, please contact ASI at (760) 750-4990.

What if I'm pregnant?

make informed, healthy,  
confident choices

760.744.1313

277 S. Rancho Santa Fe Rd  
San Marcos

more info?  
[birthchoice.net](http://birthchoice.net)

ALL  
SERVICES FREE!

  
**BIRTH  
CHOICE**  
real answers. real help.

Semester Rate Saver  
Mailbox Rental

\$10 mo  
No set up fee

\*Minimum of one semester rental with CSUSM id card

The UPS Store

Let us sign for and hold your mail and packages in a secure setting so you can decide when to pick them up.

Shipping Services - Packaging Services - Postal Services - Freight Services -  
Mailbox Services - Copy Services - Fax Services - Shipping, Packaging, Moving  
Supplies - Office Supplies - Printing Services - Notary Services

Color Copies

49¢

\*With purchase of multiple copies

B/W Copies

6¢

\*With purchase of multiple copies

Located across from CSUSM inside the Campus Marketplace

760-510-8350

Open M - F 8am - 6pm & Sat 9am - 5pm

310 S. Twin Oaks Valley Rd. Ste 107, San Marcos, CA 92078



# An evening with the University Police

BY BRYAN MASON  
Pride Staff Writer

On Saturday October 22, I was fortunate enough to participate in a police ‘ride along’ with Officer Troy Holmes of the University Police.

Sgt. Flores, officer in charge of the ride along program, showed me around the station upon arrival. We toured their locker and break rooms, and even took a look at the infamous breathalyzer.

Officer Hernandez of the University Police showed me how the device operated, as well as how to perform the state-required routine testing of the machine itself.

After a look at some of the numerous types of forms and paperwork, I went with Sgt. Flores toward the squad cars. The particular car we looked at came equipped with plastic backseats, which Sgt. Flores said “eliminates the possibilities of suspects hiding contraband in the cushions of the seats.” Along with the numerous safety and road objects in the trunk of the car, the dashboard and center console had been turned into a huge radio, in which the U.P. was able to obtain signals from all over the greater San Diego Region.

By seven o’clock I met the officer I’d be riding with. Officer Troy Holmes greeted me in

the lobby of the building and we quickly went to his squad car to prepare for the night shift.

At the beginning of each shift Officer Holmes inspects the vehicle to ensure that all lights and functions perform properly, this includes unloading, inspecting, and reloading the shotgun.

After contacting dispatch, Holmes explained that we were going to “check the campus, the beat check, and make sure nothing is out of the ordinary.” We patrolled the campus, and unlocked a door for a student in need of a late night recording room.

Back on the streets, we made our first stop, pulling over a truck that made an illegal U-turn on Twin Oaks Valley Rd. After approaching the vehicle and talking with the driver, Holmes returned to the squad car to retrieve his Citation book. He issued the man a citation, who had confessed that he had seen the sign. Later Holmes noted that it was a “posted sign and he didn’t obey it,” that it is “our job is to provide a safe environment for the community” and when the driver veered across lanes it was clearly a risk to fellow motorists.

The second stop was rather amusing. After seeing two men standing in the road, we noticed a San Marcos Sheriff parked up the street, watching them. Holmes



Photo by Patrick B. Long / The Pride

drove up and asked what the deal was.

Apparently the men had run their car off the road, and it had required a tow. Before it was taken, however, the two men had scrambled to grab boxes full of pornography out of the back. After the towing service left the men then spilled the box of pornography while attempting to carry it across the street. Pornography was scattered across the streets of San Marcos as the two men raced to pick it up. We exited the scene leaving any further involvement up to the discretion of the San Marcos Sheriffs.

Two more routine stops were made throughout the rest of the ride along, both for broken tail lights. Holmes said “it’s a slow

night tonight, you should have been here Thursday, we had our hands full.” Afterwards, Holmes dropped me off to continue the rest of his twelve hour shift.

Overall it was a great experience. The University Police are doing their best to enforce the law in a safe and fair manner, not simply issuing tickets. Officer Holmes, Sgt. Flores and the rest of the staff of the University Police are helping to create a safe and positive campus for us to attend, and help spur the growth and development of the school as a whole. I’d encourage students to help them by being safe and understanding the law.

For more information about our University police see [www.csusm.edu/police/](http://www.csusm.edu/police/)

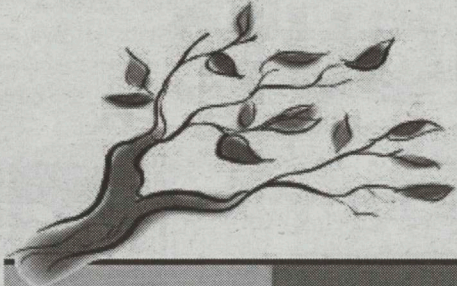
## CLASSIFIEDS

**EGG DONORS NEEDED**  
Healthy Females ages 18-30. Donate infertile couples some of the many eggs your body disposes monthly.  
**COMPENSATION**  
\$5,000.00 starting. Call Reproductive Solutions: (818) 832-1494

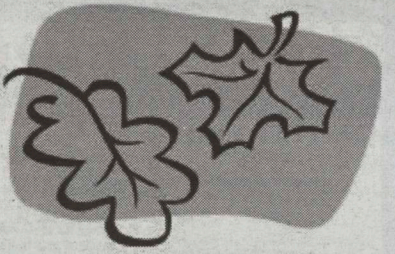

**HELP WANTED**  
Teacher/tutor for in-home preK activities with a bright, pleasant 4 yr old. Prefer child development ed/background, working towards teaching credential, strong interest in teaching PreK to K. Close to CSUSM. \$10-15, 6-8hrs/wk. Call or email [sj321@adelphia.net](mailto:sj321@adelphia.net) 760-402-1117



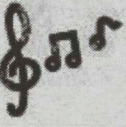

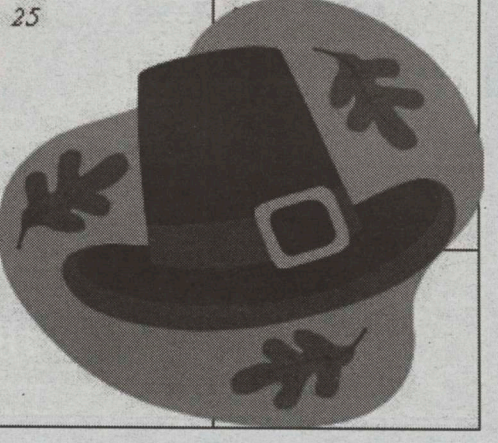
To place a classified ad contact The Pride advertising at [pride\\_ads@csusm.edu](mailto:pride_ads@csusm.edu)

## PAID ADVERTISEMENT



# November 2005

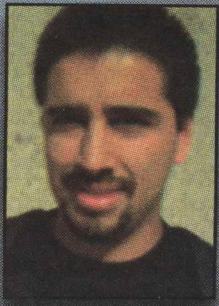


| Sun | Mon                                       | Tue  | Wed  | Thu   | Fri  | Sat   |
|-----|---|--|--|---|--|---|
|     |   | 1 Canned Food Drive till Nov. 16th<br>          | 2 Dia de los Muertos Palm Court (12pm-2:30pm)                      | 3   | 4 Dodgeball Begins Field House gym (2pm)   | 5   |
| 6   | 7 Sex Educational Class UVA (6:30-7:30pm) | 8 ELECTION DAY! DON'T FORGET TO VOTE!<br>       | 9 Native American Storyteller Abel Silvas Arts 240 (7:30pm-8:30pm) | 10  | 11   | 12  |
| 13  | 14  | 15 Andina Music Grand Salon (7:00pm-8:30pm)<br> | 16 Movies at Edwards Edwards in San Marcos (9pm)                   | 17 Tibetan Bowl Healer Grand Salon (7pm-9pm)  | 18 NIRSA Flagfootball Regionals in Arizona | 19  |
|     |   | 22 Native American Culture Day Library Plaza (11am-1pm)<br>*Thanksgiving Goodies Library Plaza (11am-12:30pm)                      | 23   | 24 Happy Thanksgiving!!!<br> | 25   |  |
| 27  |   | 29   | 30 Budgeting for the Future Grand Salon (7pm)                      |   |  |   |



# UniversityVoice

"What do you think about the 2000th service members killed?"



Daniel Perez

"People join the military knowing what risks they're taking. I don't feel bad about it because they chose to be in the military."

Senior  
Business Major

"I think our President sucks. There's no reason for us to be out there. I think we have more problems here in the United States that need to be solved"

Junior  
Business Major



Huda Rahib



Kristi Delavan

"I feel it's horrible and we should mind our own business."

Senior  
Visual Arts Major

"I don't think it's worth it. I think the cost of human life is greater than whatever problems we're trying to solve there."

Junior  
Literature and Writing Major



Loren Wittmeyer

## Breast cancer awareness trailer stops at CSUSM

BY PATRICK B. LONG  
Pride Staff Writer

The Komen Foundation hot pink Go™ trailer stopped at Cal State San Marcos on Friday, Oct. 28, to help bring breast cancer awareness to campus. Cal State San Marcos was the only university that the trailer set up during the four day "On the Way to the Cure" tour.

The Komen Foundation local San Diego affiliate is wrapping up a four day tour in southern California according to Katie Parker, community outreach director. The foundation handed out flyers and postcards. In the trailer there were laptops set up for people to view instructional videos on how to detect breast cancer.

"Early detection of breast cancer saves lives and is not a death sentence," said Parker. The trailer had an estimated 150 visitors in a three hour time period. Parker went on to explain how signing up on their Web site will keep students up to date on issues in Congress that concern breast cancer funding.

The trailer was set up with laptop computers that played videos on how to detect early signs of breast cancer. The video, "BSE Brest Self-Exam," can be found at the main website for the Komen Foundation, [www.komen.org](http://www.komen.org). The video covers the basics of self exam and ways to

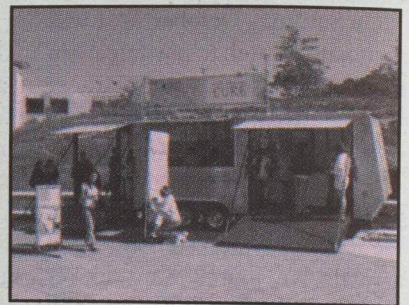


Photo by Patrick B. Long / The Pride

feel for lumps during an exam. It states that women should perform monthly exams starting at the age of 20. The exams should be done the same time every month and preferably right after the menstrual cycle.

"Most people know us from Komen Race for the Cure®. But, since we began in 1982, the Foundation and its Affiliates have raised more than \$300 million for breast cancer research, education, screening and treatment. It is credited as the nation's leading catalyst in the fight against breast cancer," said the San Diego Komen Foundation Web site, [www.sdkomen.org](http://www.sdkomen.org).

Nationally, the Komen Foundation sponsors annual walks and a fundraiser to help raise awareness and funding for breast cancer. Seventy-five percent of money raised in San Diego stays here, according to the Web site. There is a "Race for the Cure" event scheduled for Nov. 6. More information can be found by visiting [www.sdkomen.org](http://www.sdkomen.org).

|  |   |  |  |
|--|---|--|--|
| <b>FREE</b><br>BUY 1 MYSTIC TAN GET 1 FREE<br><br><small>New Mystic Tan customers only. Free Mystic Tan cannot be transferred. Expires 6/30/05</small> | <b>FIVE</b><br>Leg Tans<br>only \$25<br>Good for all CSUSM student and faculty! | <b>39 Days</b><br>Unlimited Level 1 Premium Beds<br>only \$39<br>Good for all CSUSM student and faculty! | <b>FIVE</b><br>MYSTIC TANS or ULTRA TANS<br>only \$49<br>Good for all CSUSM student and faculty! |
|--|---|--|--|

NORTH COUNTY'S LARGEST PREMIER TANNING SUPER SALONS  
ALL EUROPEAN LOW UVB TANNING FOR MORE BROWNING!



**20 Tanning Rooms**

No Waiting. Tan Anytime!  
Reservations Not Required.

- No Membership Dues or Fees - Ever!
- Four Ultra Browning Beds
- All New Leg Tanners
- Five Levels of Tanning
- Mystic UV Free Spray-on Tanning



Open 7 Days:  
Monday - Friday 6am-9pm • Saturday & Sunday 7am-8pm

**SAN MARCOS**

**1003 W. San Marcos**

(At Via Vera Cruz across from the Restaurant Row)

**752-1826**

visit our new website [www.tanattheislands.com](http://www.tanattheislands.com)

## NOW HIRING!!!



### Permanent Part-Time Package Handler

Must be 17 ½ years old, lift up to 70lbs,  
Be Available to Work Monday-Friday

Shifts: 3am-8am

5pm-10pm

Pay Rate: \$8.50/hr-\$9.50/hr

### Seasonal Driver Helper

- ✓ Must meet UPS Driver Appearance Standards
- ✓ Able to meet driver in delivery area
- ✓ Available to work during the day, Monday - Friday (on call basis)
- ✓ Hours will vary with delivery area
- ✓ Must be at least 18 years old
- ✓ Must be available to help October 1st - December 31st 2005

Pay Rate: \$8.50/hr

Apply Online at  
[www.upsjobs.com](http://www.upsjobs.com)



EOE/M/F



# Jock talk with Josh

BY JOSH SANDOVAL  
Special to The Pride



We live in a sports world where athletes call press conferences to announce they are not gay, because they fear that

their reputation could be ruined. It boggles my mind that people actually care whether or not a person is gay.

Good for Sheryl Swoopes for coming out of the closet. However, I could really care less about what or who she does when she isn't on the basketball court. That goes for any person in society. I don't care what you do in your

personal life.

I am sick of hearing about how brave people think she is. I have a different take on this, and most of you probably won't like it. However, I think she is weak for thinking she has to hide who she is. That goes for anyone who hides who they really are.

To those people who think this may have an affect on the sporting world, it won't. If a current male athlete said that he is a homosexual then that would rock the world, not just the sports world, but the entire world.

There is a stereotype in women's sports that women, who are good at sports, are also lesbian. So, when a female athlete says she likes women, people are like, "I could have told you that". The stereotype in men's sports is that

there is no way a great male athlete can be gay. It's funny how that works out.

Female athletes in the past have already done what Swoopes has done, so for those of you who want to make a big deal about this, it really isn't. Tennis player Martina Navratilova is probably the most notable female athlete to say she likes women.

I am just waiting for the first male athlete to say he likes dudes so that this topic can soon go away, because I am sick of discussing it. If you can ball on the court I don't care if you do or don't play with another dude's balls at home. And, for those of you who have already started to write an angry e-mail, even if you can't ball I don't care what your orientation is.

Anyways, the one thing that does interest me about this whole topic is that Swoopes brings up the whole debate about whether or not people are born gay or turned gay. Swoopes said that she was not born gay but, rather, became gay. She was married to a man at one point and has a child. This fascinates me because as a straight guy I have no perspective on this and I always hear different takes on it. I guess it's one of those questions that will never be answered, like what came first, the chicken or the egg?

The one thing that I don't want to see happen as a result of this is to see Swoopes with a book and movie deal. I wouldn't be surprised, because others have capitalized after their announcements. Billy Bean capitalized

on his coming out party when he wrote the book, "Going The Other Way". Bean is a former professional baseball player who came out after his career. Esera Tuaolo was a professional football player who also came out after his playing career. His announcement coincided with his attempt at promoting his music album.

It was quite annoying watching those guys do interviews and then after the interview watching them pimp their projects. It made me think less of them. I was like, "You kept this a secret for so long, and now that money enters the picture, you're proud to be gay all of a sudden?"

I am absolutely sick of this topic so now that I have said all of that, you can send your angry E-mail's to Sando026@csusm.edu.

## CSUSM Women's Golf Places 11th at Monterey Bay

The women's golf team landed in 11th place October 25, 2005, at the Golf Mart/Lady Otter Invitational, hosted by Cal State Monterey Bay at the Fort Ord Golf Course in Seaside. The

course is 73-par, 5,957-yards. The Cougars had a two-round score of 689 (346-343). Twenty teams competed.

### Individual Cougar Scores:

T 15 Jennell French 83 82 165  
T 28 Ellyse Siu 89 81 170  
T 57 Micalann Cowan 86 92 178  
T 61 Christina Austin 88 92 180  
T 65 Danielle Pierce 93 88 181

### Team Scores:

1 Western Washington U 319 315 634  
2 San Diego State Univ 326 329 655  
3 CSU-Chico State 327 333 660  
4 CSU-Monterey Bay 336 331 667  
5 British Columbia, U. 341 330 671

Information courtesy of Paige Jennings

## STUDENTS:

**This is your opportunity to nominate your professor for the President's Award for Innovation in Teaching.**

The President of California State University San Marcos gives an annual award to recognize and reward a faculty member who has introduced new and innovative teaching techniques that engage students and produce a significant positive impact on the students' learning.

For full instructions, visit the president's website at :  
<http://www.csusm.edu/president/>

**Deadline for nominations is November 8, 2005.**

*Teaching*

## LUMBER HANDLERS

- We have immediate full and part time positions available at several locations.
- No experience necessary!
- Must be outgoing, reliable, hardworking, and possess strong customer service skills.
- Competitive wages, excellent benefits, and a positive working environment.

**Apply in person at:**

### DIXIELINE LUMBER COMPANY

561 North Tulip Street, Escondido  
13345 Poway Road, Poway  
7292 Miramar Rd, Miramar  
663 Lomas Santa Fe Dr., Solana Beach  
4888 Convoy Street, San Diego  
Or fax resume to 619-222-2762  
[www.dixieline.com](http://www.dixieline.com)

  
**Dixieline**  
Lumber & Home Centers



# The momentum of sloth

BY ZACHARY J. SIMON  
Pride Staff Writer

One thing we know about the Big Seven, apart from all leading to physical, mental or emotional satisfaction, is that after Avarice and Gluttony prove too costly, Pride and Wrath too timely, and Lust and Envy too likely to be guilty virtues; an idle hand remains the favored tool.

And who can blame Old Scratch for letting the nails pound themselves in? And goodness knows there can be counted, among the faithful and dead, plenty who envision Paradise as a place free of toil, with hardly anyone on their feet, hardly anyone at all.

We can't draw our dualism pistols just yet though, not till we've truly examined the thrice-saluted snooze button, the reclined request, and the time killed, butchered every which way to get out of kitchen duty. We have to dig the root of one tree before we can jam the fruit of the other, and what better vantage point to start than the hammock swaying serene between addictive personalities, and personal medication.

Let's start with me, I'll subject myself to your stares. After all, it's been said (usually by those spoiled by their own good looks) that 'shy' people are merely selfish.

Indeed, couldn't the same be said, and with greater ease to boot, of those 'slackers', those lie-about, those lethargic leisure leeches?

The power in the term 'Lazy' is really not so passive-aggressive, nor so counter-productive as one might think. I've used it on myself countless times, both as a way to turn a subscription into an ailment, and to preserve my Avarice with a little prodded Pride. Sometimes, it works, others, I don't.

Make no mistake; I like being productive, I like the rush of achievement and the glow of study. The danger and the problem and the life of it is: Sloth isn't the denouncement of work, but the avoidance, the replacement of work.

And the best way to do that is with other work.

Study a page or screen other than the one assigned.

Improve the high score rather than balance the budget.

The danger is that wolfish indulgence can become sheepish diversion, a soothing white wash till you smell the clean bleach burn-away, till you realize how easily, how Easy for how Quick and Strong, how something from almost no effort becomes something with absolutely no interest, and seemingly no escape.

You're still in the game, but you've left the zone

You've reached Nirvana ...but you're still in your rotting body.

This gentle slothe is a deadly decline, not because it's slippery, but because we're either water seeking the path of least resistance, or fire dying to consume-propagate everything, all the while fancying ourselves as rising steam.

The trick is not to get caught up contemplating womb re-creation retreats, or buying poverty as a symptom of laziness like affluence as a symptom of nobility. Ask yourselves why most people want money so that they can not worry about it, while those who have it want it so that they can get more of it. Ask yourself, when next someone slaps your idle hand, if they're more worried you'll forget the value of their employment, or that you'll realize the value of your time.

There's no great mystery behind our unmotivated-epidemic. In fact, it likely has more to do with efficiency than lethargy. Even if the average American is reading, voting, and generally thinking less, they're realizing that they're still working more, but that half the effort often gets the same results. One by one we're noticing that, despite loving our bootstraps so much more than the rest of the world (that place where we get our stuff and citizens), 'self-made fortune' still sounds like an oxymoron. Little by little people, who need less money to retire than their boss needs to feel like the boss, are realizing that "I don't want to" isn't half so scary as "why should I".

To everyone understandably insulted, or otherwise threatened by my lack of regard for their ambition, their awesome and oh so rare desire to special, I've an offer you can't refuse. Take a moment to wonder if you're

half the boss you think you are, another moment for the opposite implication of that question, and yet another to thank the masses for not being 'hard-working' enough to have made your ascent that much more unlikely. The only trick now is to make them feel indebted to you, more interested in your sadly limited money rather than their currently limited time.

That's right. Currently.

You see, the more time we 'kill' the more valuable time becomes, the less satisfied we are with 80 years to spend when it seems we need at least 20 to waste. Perhaps, on an ambitious note, if doctors cured our lifespan first, they'd have the time to cure the rest.

Naturally, there's no end in sight to the majority held by those who want to live, but mostly die, supernaturally. But surely they must realize that pious knees can also benefit from more time allotted to lazy asses and big heads.

I believe it was the "Screw Tape Letters" in which a Demon instructed his nephew on how to bring about a man's fall by convincing him that his time was his own. Give credit where you will for what you Will, but ask yourself: does the signature on your paycheck appear on all your waking hours?

Perhaps we'll never see the day when everyone takes pride and sometimes money in all the work and play they do. Maybe we don't deserve to. It's equally possible, however, that instead of taking vacations from our 925s and GPAs, we might give our toil some time in the numb-bubble, and be hurt rather than herded by the spectacle of those who would long for the days when they could live like a slaves. officially.

Even if it costs us our love affair with the Last Minute or our dream of having enough to be afraid that someone higher will give it to someone lesser, try taking the carrot off the stick, impaling it with the pin on your easy chair, and take stock of how much of you has been made under your terms, on your time.

We're all afraid of a wasted investment, but the roots of your boredom and unsatisfying exhaustion need your water a lot more than your need their fruit.

## Student voices opinion on ASI

I must say that on behalf of all of the prudish conservatives on campus, I laugh in the face of ASI and the campus in general.

First, we've got the University Hour. I understand that ASI wants us to live on a commune, but for those of us that have to work for a living, a big chunk out of my time doesn't exactly work for me.

Why not let us be pro-choice? If I want to get involved, I will. Why force me to do something I don't want to? Don't push your beliefs on me, ASI! It's hard enough getting by, but having to rearrange everything just so I can build some relationships with people that I don't really get along with isn't all that appealing to me.

Second, for a campus that promotes diversity, I again must laugh; Michael Moore, Charlot the Harlot, and coming soon, Peter Camejo. Why is it that when conservatives come, there is a panel discussion, yet when it's a liberal pushing their ideals, they just get to "lecture"? Honestly, I have no problems with lunatics like Michael Moore speaking; he only embarrasses himself. However, when my fees go to pay for these loonies like Camejo, I should at least get someone from the other side. In a case like this, I must ask: "Where's Ann Coulter, Michael Medved, Dick Morris, Sean Hannity?" Where is ASI to raise thousands of dollars to bring one of them to speak? Answer: no where. I understand college kids are supposed to be bleeding-heart liberals, but I'm more coldhearted.

I don't support the values of ASI, and I don't support the foolish decisions they push. For those of you reading this and find me crazy, just remember that when you are mugged by reality, I told you so.

Mark Oberle, Mathematics major  
oberl003@csusm.edu or  
markoberle@gmail.com

## CORRECTIONS AND CLARIFICATIONS

VOL. XIV NO. 8 - Headline for 'Red Cross' should have read 'San Diego Blood Bank'

VOL. XIV NO. 9 - Photo caption for picture in 'Commune' story should have read 'Peter Coyote'.

**TWIN OAKS CLEANERS**  
\*Across the street in the Campus Marketplace

**30% off ANY DRY CLEANING SERVICE**

Maximum Coupon Value up to \$10 Coupon must be presented with incoming order and pre-paid. Excludes laundry, leather suede, household items and alterations. Not valid for same day service. Not valid with any other offer.

**A+ SUBS**

Preschool substitutes, aids, and teachers. All areas, full time flexible part time hours

\$7.50-\$10.00 hourly

**Call Jacki 858-565-2144**

**Egg Donors Needed Immediately**

Help Make Dreams Come True and Earn \$5,000 and Up

**Extraordinary Conceptions**  
Helping Individuals and Couples Achieve Extraordinary Results

Please visit our Web site at [www.extraconceptions.com](http://www.extraconceptions.com) or call toll-free at (800) 670-1837 for more details

**smog check special**  
test only / test all\*

**\$31.75** + \$8.25 certificate cars and light trucks

**Smog Central**  
375 S. Rancho Santa Fe Rd. San Marcos  
760-471-0770

Coupon expires 12/31/05

**Jagruthi ki Diwali**  
Nov 6th, 3-6pm  
Garfield Theater  
La Jolla

A Cultural Show/Fundraiser for AIDS affected Indian children featuring classical, folk, Bhangra, Bollywood dances and a RAFFLE with over \$2000 worth of prizes.

Tickets & info:  
<http://jagruthi.org.in/events.htm>  
<http://www.netipsd.org>

Box Office 858-362-1348

**SUPPORT A WORTHY CAUSE**



# OMBUDSMAN'S NOTES

BY MATTHEW SCHRAMM  
Pride Staff Writer



Remember when MTV actually used to show music videos? These days we're treated instead to reality shows like "Laguna Beach," "The Real World," and "Pimp My Ride"

(the only show where people aren't hooking up... yet). In like fashion, perhaps one day people here will remember when The Pride actually ran news stories, or when the Ombudsman was actually funny. Hell, one-day people might remember when The Pride actually existed – literally. Because (yes I realize that's a bad way to start a sentence) the fact is that The Pride is in serious danger of disappearing, forever, from the halls of CSUSM.

I'm actually not going to say anything about last week's issue this time

around, although I could, I mean come on people, I've never quite seen a front pager before like "Sluts Unite" – raunchy and informative. Good call, seriously. But no, like I was saying before, I've got bigger issues on my mind, such as the future of The Pride. The sad fact is that I really doubt too many people at CSUSM would care greatly if The Pride did disintegrate, but a few of us would, and a few are sometimes enough. Those in charge of this college really don't care about this newspaper or whether it succeeds – at least I tend to feel this way. The Pride receives little encouragement to continue to grow and become better. Nor does it help that the only journalism class offered on campus is tied to The Pride in a way that is less than perfect. Currently if you enroll in LTWR 316, also known as COMM 316, you become initiated into The Pride. This doesn't mean that by writing for The Pride you receive credit for the class, it helps, but the class currently involves more traditional types of class work that must be completed before credit is given, like tests. Yet it is through this odd arrange-

ment that The Pride's editors draft the majority of staff writers onto the paper. If this class goes away or is offered separately from The Pride (which is currently a very real concern), then the vast majority of The Pride's writers will disappear, and ultimately, so will The Pride.

The Pride is currently at a low for staff writers; there are barely any. Plus, there are the factors of attrition that constantly affect the number of people working on The Pride as well as the quality. For example, The Pride's Layout and Photo Editor, Jason, will be graduating soon, leaving The Pride with a large gap to fill. Without Jason doing layout, The Pride doesn't go to print, and even if someone else could do layout, will they do as good of a job as Jason currently does?

Working for The Pride here at CSUSM is a great opportunity, something that actually looks good on a resume, and it's easy to do. Unlike most college papers, The Pride requires very little former experience in journalism for a person to work on it. Usually, all you have to do is show up to our weekly

staff meetings, or take LTWR/COMM 316 – try that at other colleges and see if you get right in. Yet, apparently most students at Cal State San Marcos don't care about taking advantage of this opportunity. Somewhat understandable given that there is no major for journalism at this school, but still, I'm not even a writing major and I show up to the weekly meetings... well most of the time.

A couple of weeks ago I asked you, the student readers of The Pride to flood my inbox with ideas and suggestions of the types of stories and features you'd like to see in the pages of The Pride. Some ideas have slipped into my hands, but more are still needed. I'm not asking for anybody to come work for The Pride, although it would be great if you wanted to. All I'm asking for is some simple suggestions. Help make The Pride what it should, and maybe The Pride might just actually stick around and not vanish – it would be a shame if it did, if for no other reason than it gives you – the students – a voice. So write me at Pimp my Pride or schra009@csusm.edu

## One student's experience in the Katrina aftermath

So one of my professors told me I was an enigma... I'm not sure exactly what he meant - am I a completely puzzling person to him? Quite possibly, after all, my mother's spent a great deal of her life trying to figure me out, unsuccessfully (one day she will give up). The latest puzzle piece was a trip I took... to a disaster site, in Slidell, LA.

I don't find it that puzzling, but I guess many people do. For me, sleeping in a condemned hotel, on the floor in a ballroom with 60 complete strangers (many of whom snored) and sharing one shower... well, what can I say? It was an awesome use of my vacation time. I took this trip because I could; I had the necessary support from my bosses, co-workers, professors, family, friends, and neighbors. I also had vacation time on the books and a free round trip airline ticket in pocket. What I did was volunteer my time in support of an organization that is central to the relief efforts going

on in Slidell, LA. That organization is Noah's Wish. Noah's Wish is a unique animal welfare organization dedicated exclusively to rescuing and sheltering animals in disasters. I became affiliated with Noah's Wish three years ago and am a "trained volunteer". In some disasters the sheer size of the disaster warrants bringing on board what we call Convergent Volunteers:

Individuals who are not already trained. In Slidell the ratio of convergent volunteers per trained volunteers was perhaps 10 to 1. After the initial 24-hours I was suddenly a leader (you learn fast!) then 2-days later I was in charge of a whole area; rabbits and birds, a total of 47 animals.

When I went (Oct 5-15) the volunteer pool was constantly changing, one day there were 60 of us, the next 30, (The animal count hovered around 950) and that's how things work in a disaster. One day everything's great - lots of volunteers, some-

one finds ice available for sale, the temperature stays below 90, no one gets injured and all the cleaning is done by early afternoon. I experienced about 4 of those days. On other days the temperature kept climbing, the convergent volunteers had to go back to their lives, there were no cold drinks... and people got injured. But through it all are the animals - that's why I went. There were families coming in looking for lost pets... and finding them, there were people visiting their pets daily (their homes were destroyed), and there were still animals coming in. Few were actual rescues, many were strays found by neighbors and citizens, and some even came from other operations that were shutting down.

Noah's Wish has been onsite since August 31 and currently plans to remain until mid-November. In the next week the 60-day hold on animals will be lifted (this was set to allow

owners adequate time to reclaim their animals) and they will be available for adoption. Some will be placed into long-term foster care with approved foster homes. These animals belong to people who will not be able to return to their homes any time soon. Many more have, sadly, been abandoned. These animals will be adopted. Already adoption applications are on file for many of them. Most of the animals that were surrendered by residents have already been adopted. In fact, I adopted a kitten and brought her home with me. I've named her KC Squeaks... it's short for Katrina Cat... and well, she doesn't meow, she squeaks. She will be my daily reminder of how lucky I have it here!

The sights of devastation, the tired expressions on resident's faces and the smell will be with me for a long-time. But so will the feelings of joy as people and animals were reunited. I made some

new friends while volunteering in Slidell; there is a common bond between animal advocates. And my final thoughts on the matter? Going into the disaster

was filled with frustrations, fear, and challenge but the rewards for me would be unobtainable in any comfortable situation. If you have a compassion for animals and think you might want to assist Noah's Wish in the future check out the website and attend a Volunteer In-Field Training. If, after camping out for 3-days and wrestling with goats, geese, cats, dogs, bunnies, and or snakes etc... you still think you have what it takes, then go for it! Your perspective will change - you will grow - and you never know, maybe you'll meet your husband/wife/significant other there, not that I did, but you might!

Debra Doerfler  
Records Management  
City of Carlsbad

**UNLIMITED TANNING- \$19.99\*/MO**

**#1 IN SAN DIEGO!**

**iTAN SOLARIUMS**

- SUPER CLEAN
- Smart Tan Certified
- Exclusive anti-aging Mystic Solution
- Our Mystic is not sticky & odor-free!
- We offer 5 Levels of Tanning
- Unlimited Packages on all Levels!
- Best European equipment!

**GOING GREEN TANNING SALONS**

**San Marcos**  
(Across a street from Wal-Mart center)  
630 Nordahl rd. # J  
(760) 489-0250

**Oceanside (760) 941-8548**

**11 LOCATIONS!**  
[www.iTanSanDiego.com](http://www.iTanSanDiego.com)

**STUDENT SPECIAL- 20% OFF LOTIONS\***

**FREE TAN!**  
Tanning Beds or MYSTIC Tan  
Buy one @ reg. price- get one FREE!  
New local clients. No transfers. iTAN

**7 TANS for \$7!**  
7 days unlimited. New clients  
w/local or student ID. Level 1. iTAN

**7 TANS for \$7!**  
ULTRA Bed or MYSTIC Tan  
All clients apply! 7 sessions. iTAN

**FREE MONTH!**  
Tanning Beds or MYSTIC Tan  
Buy one @ reg. price- get one FREE!  
ALL clients apply. No transfers. iTAN

\*Must present this ad.  
Not valid w/other offers & discounts.

PREMIUM LEVEL. EFT PROGRAM.  
CALL SALONS FOR DETAILS.

**LONGSHOTS**  
843 GRAND AVE - SAN MARCOS - 760.744.8576

**TUESDAYS COMEDY NIGHT**  
no cover

**WEDNESDAYS 80's NIGHT!**  
9pm - 2am

**Every Sunday. Every Game. \$5 Pitchers.**

Enjoy \$2.50 dom. drafts all night long, while laughing out loud to some of today's top touring comedians from all over the country!

**\*Kitchen open until 9pm!**

featuring comics from

**1/2 OFF ALL DRINKS. ALL NIGHT. 80's DJ & Hip-Hop**

Patron Shots: 3.50  
Coors Light: 1.75  
Jack & Coke: 2.50  
Newcastle: 2.25  
Jager Blaster: 4.00

**\*Karma Power hosts an open bar from 9pm - 10pm each week!**  
\*open bar includes all taps and well drinks only



# Book uncovers FDR and WWII

BY JASON SAUMUR  
Pride Staff Writer

Tricked into War! You're with us or against us!

These two statements may sound like hyperbole that President Bush said concerning terrorism or perhaps hyperbole from 2004 Presidential candidate John Kerry during the 2004 Presidential campaign; however, these statements are not from this decade. The two statements were said in one-way or another during Franklin Roosevelt's tenure as President revealed by the exposé, *FDR: The Other Side of the Coin* by Former New York Senator Hamilton Fish III.

The book chronicles Fish's numerous disagreements with the Roosevelt administration, chief among them, the refusal to prevent Hitler's invasion of Poland during the Danzig Crisis. What, if any, connection does this have with the lives of CSUSM students? The book invites its readers to closely examine preconceived notions about FDR's presidency and his effectiveness as well as preconceived notions about current administration policies.

Using these same principles of reexamining past events and historical figures, we can apply the same to the present administra-

tion. The only difference being that in FDR's time, the Internet and 24-hour news channels didn't exist in its current form. Following both the Sept. 11 attacks and the War on Iraq, several informational sources, books, and documentaries have called into question the prevailing wisdom about the administration's policies, event timeline, and various political figures.

Fish provides evidence that following the attack on Pearl Harbor; he had come to find out that the Japanese repeatedly asked the United States and Roosevelt to accept Japanese surrender in the months leading to Pearl Harbor. Roosevelt refused their surrender and essentially forced the Japanese to attack Pearl Harbor on December 7, 1941.

In relation to present day, several reports including the Senate Select Committee on Intelligence's report on Weapons of Mass Destruction reporting during the lead-up to the Iraq Invasion and the 9-11 Commission's report

to Congress and the American people reporting on Intelligence failures leading to the September 11 attacks, document partial deception on the administration's part in the lead-up to war and the administration's failure to act on information contained in a presi-

surfaced that contradicts evidence given during and immediately following Pearl Harbor, September 11 and the War on Iraq. This does not imply that the information from either side is correct; it just means that information given at the time and information received afterwards need to be weighed against each other with a credibility and fact finding evaluation.

Fish believes wholeheartedly that Roosevelt could have prevented World War II. He puts forth the claim that if Roosevelt and other nations working on the Danzig Crisis had signed on and Germany had gotten back the town of Danzig from Poland, World War II could have just been between the Communists and Nazis not between all the nations that came into the foray. This point is debatable and only a combination of sources including historians could come to a conclusion about this belief.

As with anything, "Trust but verify" as Ronald Reagan would say. In that vein, Fish's exposé brings one very reverent point to the

table: History is not completely written in stone, it must be scrupulously verified, checked, and double-checked. This book brings to our attention the vital importance of reading and critical thinking. Without gathering from multiple sources, multiple views, and multiple perspectives, one cannot truly find the truth of the matter. Fish invites us to reexamine history and the presidency that many praise and look at it with a different scope. The same can be said for the current administration; different perspectives need to be employed to fully understand and comprehend the situations of the American government.

Fish challenges future leaders and lawmakers of America to critically look at history and current events to determine the truth from all angles not just from one. It is this quality that directly relates to CSUSM's student body. Without these skills, the future generation of leaders will bring apathy to the highest positions in American government. If students let this happen, the country will suffer immensely and the very institutions and honor that Fish fought for will be destroyed. Wake up and pay attention for the future of one's country lies in the hands of college students around the country.

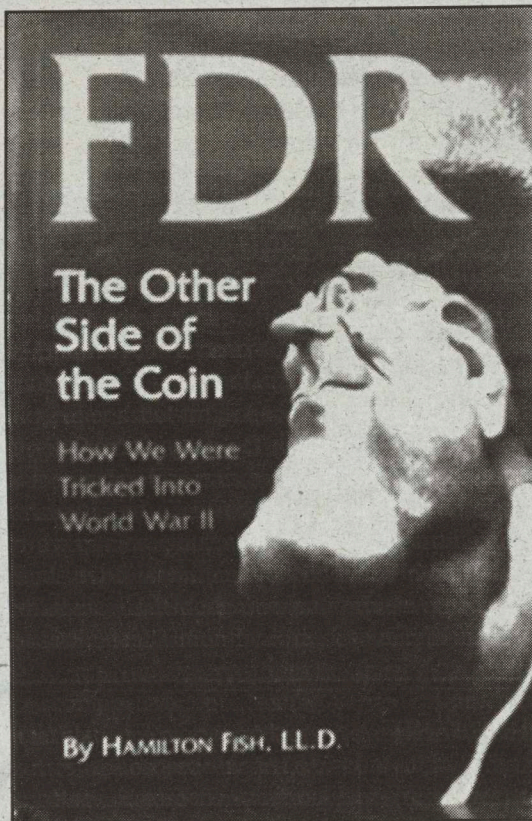


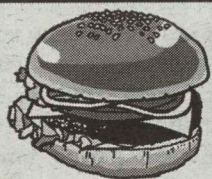
Image courtesy of Vantage Press

dential memo dated August seventh, 2001.

In both cases, information has

## THE BLVD

Music House and Sports Grill



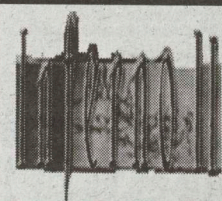
**2 for 1 BURGERS**  
**Mondays & Thursdays**  
**ALL DAY**



**FRIDAY NOVEMBER 4**  
**Mad Down Productions**  
**EXODUS**  
w/ Three Inches of Blood & Crisis



**FRIDAY NOVEMBER 11**  
**70's & 80's**  
**LIVE ROCK SHOW**  
**Featuring The Bomb Cherry Dolls**  
**A Las Vegas Burlesque Show**  
**DJ TJ on the Patio**



**FRIDAY NOVEMBER 18**  
**INFERNO PRESENTS**  
**3 Area Of Dj's**  
**DRUM & BASS, BREAKBEATS and HOUSE**  
w/ SIMPLY JEFF

**MONDAYS**  
**MONDAY NIGHT FOOTBALL**  
Open Mic  
\$2.50 U-Call-It!  
9pm-Close

**TUESDAYS**  
**Guest Bartending**  
\$2.50 U-Call-It's  
9pm-Close

**THURSDAYS**  
**COLLEGE NIGHT**  
No Cover  
w/ College ID  
before 11pm  
Fundamental on the patio  
Top 40, 80's & House

**SATURDAYS**  
**Klub Karma**  
Your GasLamp Alternative  
VIP Booths Go-Go Dancers  
Color Lasers  
3 Rooms of DJ's  
Birthday Parties  
Email for Special VIP Package

**SUNDAYS**  
**CHAMPAGNE BRUNCH**  
BUFFET  
10AM-2PM  
...Omelette Station,  
Prime Rib, Fresh Shrimp  
and much more...  
All You Can Drink  
Champagne & Mimosas

925 W. San Marcos Blvd. 760.510.0004  
www.the-blvd.com 21+ After 10pm

## HOLLYWOOD TANS

Look Great! Feel Great!

**Unlimited Tanning**

**\$19.99\***  
per month  
NO YEARLY CONTRACT

ADD A FAMILY MEMBER  
only \$9.99 per month  
Some Restrictions Apply

Camino Village Plaza  
(Next to HomeGoods Store)  
282-G N. El Camino Real Encinitas, CA 92024  
760-635-1200

Park Valley Center Mission Valley  
5171 Mission Center Rd. Suite C San Diego, CA 92108  
619-260-9017

Sports Arena  
3589 Midway Drive San Diego, CA 92110  
619-222-2200

**HOLLYWOOD TANS**  
**FREE TAN**

Offer valid for one Free Tan in HT60 Tanning Booth. First time customers only with ID. Offer valid at Encinitas, Sports Arena & Mission Valley Salons only.

WITH COUPON. EXPIRES 11/30/05

\$19.99 applies to HT42 Booth. See Salon for Details.



# 'Capote' in cold blood



BY PATRICK B. LONG  
Pride Staff Writer

Four members of the Clutter family were shot to death Nov. 14, 1959, in their home in Holcomb, Kansas. The murders brought attention to the small town and a nation wide man hunt for the killers of this well-liked Midwest family.

From New York City came Truman Capote, an author and columnist for 'The New Yorker' magazine. Truman wanted to write a column on the small town murders. In his opinion, there was a human interest story in the lives turned upside down from the murders. Eventually, the

column turned into a book, "In Cold Blood: A True Account of a Multiple Murder and Its Consequences".

'Capote' is the telling of how Capote researched and developed his novel. The murders and trial took Capote 6 years to capture in his book. The ordeal drained him emotionally and physically.

Famous for his novels, which included 'Breakfast at Tiffany's', he used his fame to move about Holcomb and into the lives of the small town citizens.

When the two murderers, Perry Smith (Clifton Collins Jr.) and Dick Hickock (Mark Pellegrino) are caught, Capote involves himself in their trial and their sentence.

The movie is character-based

and follows Phillip Seymour Hoffman as Capote in a well acted role. He doesn't just play Capote, he becomes him. Capote was a flamboyant character who flaunted his dandy character, even in the small town of Holcomb. He is soft spoken but speaks his mind and is direct in everything he says and asks for.

Clifton Collins Jr. does an excellent job playing Perry Smith, a well spoken criminal who captivates Capote. Smith seems to pull Capote in with charm and grace to give the appearance of not-guilty. His endless charm pulls Capote's personal life apart and drove him to drink.

Chris Cooper plays Kansas Bureau of Investigation Agent Alvin Dewey. Dewey was a personal friend of the murdered Mr. Clutter and has a personal grudge against the men who committed the heinous crimes. After Capote helps find better lawyers for the two, Dewey tells him that if they get off, he will hunt him down.

The direction was the second finest attribute of the film. It felt like a Norman Rockwell painting with everybody seemingly enjoying the Americana lifestyle of the Midwest and big city. This backdrop gives more impact to the bloody scenes of the murdered family and how uncommon it

was in the late 1950s of the Midwest.

The only trouble with the movie is the genre. I expected a true crime movie, but it was a non-fiction based on Capote's point of view of the murders and trial. Smith's eloquence and charm, as portrayed by Capote, is questionable. Capote seems to begin a romantic relationship with Smith as he visits him in prison and listens to Smith's personal history. This relationship almost seems to be a part of Capote's imagination and it is unclear if Smith is manipulating him.

I have read that the book 'In Cold Blood' was to serve two purposes. One was to show the lives of the town in the wake of the murders and to stand against capital punishment. If the movie had the same agenda, it didn't succeed for me. As scenes of violence against the family were flashed on the screen in memory fragments, I felt no sympathy for the two sentenced men.

This movie is not for everybody and is probably why it is showing

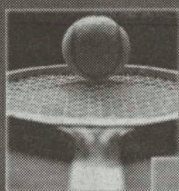
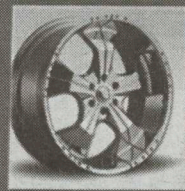
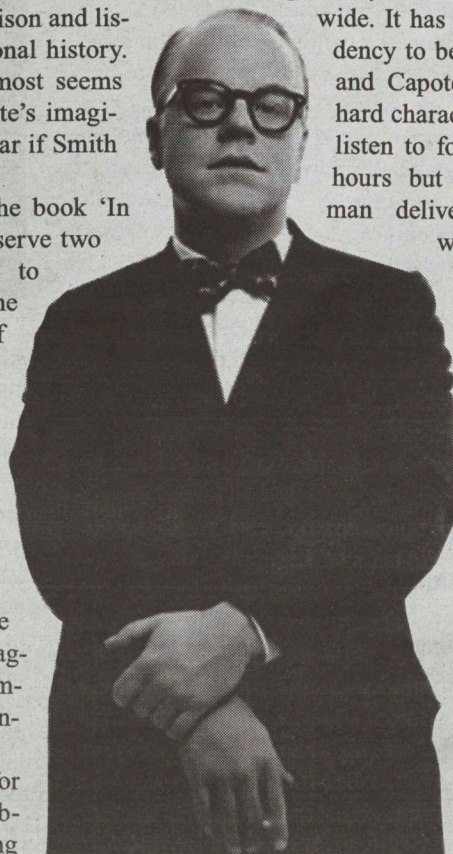
in a limited number of theaters. If you enjoy character-based movies with little action but great acting, then this is your movie. If you only see blockbuster actions movies on the big screen, then wait for video to see "Capote".

I expect that Hoffman will at least be nominated for Best Actor, if not win it. Then the movie will probably be released

wide. It has a tendency to be slow and Capote is a hard character to listen to for two hours but Hoffman delivers it with style.



Images courtesy of Sony Classics



## Internet<sup>®</sup> SELL

## Help Wanted

### Close to Campus!

Do you have a desire to learn a new and exciting industry? New Internet auction store has immediate openings for:

- Store Manager — \$42k+
- Full-time and part-time retail clerks/Internet selling consultants — \$10/hr +

Candidates must have strong customer service skills. Internet Sell helps people sell items on the Internet. We take top-of-the line photos, write descriptions and post items for sale online.

Benefits • Medical/Dental • Vacation/Holidays

For more information, visit [www.internetsell.com](http://www.internetsell.com), call 760/269-3835 or cut and paste your resume to [jobs@internetsell.com](mailto:jobs@internetsell.com) — No attachments please.

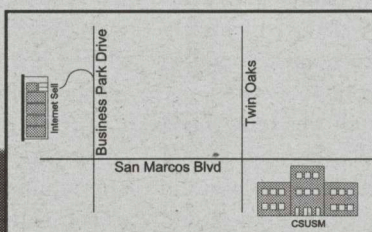


## Cash strapped for the holidays?

Internet Sell is close to campus and has a solution. We sell your items online and when your item sells, Internet Sell charges a commission. Internet Sell:

- Takes top-of-the line photos of your items for sale
- Securely stores your items
- Writes copy that gets noticed
- Lists items for sale on the best selling site and responds to bidder inquiries
- Handles payment from and shipment to the winning bidder
- Sends you a check for your online sale!

Call **866-312-7285** or visit [www.internetsell.com](http://www.internetsell.com) to learn how you can earn money from your unwanted items. Internet Sell is conveniently located in Vista — 3295 Business Park Drive, Suite C.

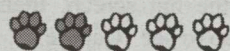


## Internet<sup>®</sup> SELL

Free listing for up to seven days!



# Forget 'The Legend of Zorro'



BY ALFRED CHU  
Pride Staff Writer

Generally, the rule is: the sequel is not as good as the original. This holds true in "The Legend of Zorro." You will remember in the original, "The Mask of Zorro", we were embraced with romance, revenge and goofball humor. Now everything has been replaced with a farfetched plot, dumb characters and never ending fight sequences that by the 100<sup>th</sup> flip, punch, kick and thrust of the sword that I yawned.

The farfetched plot: Don Alejandro de La Vega a.k.a. Zorro (Antonio Banderas) saves the voting ballot for California to enter the Union as a free state from tampering by Jacob McGivens (Nick Chinlund) and his goons. He returns home where his wife Elena (Catherine Zeta-Jones) and son Joaquin (Adrian Alonso) expect him to fulfill his promise to retire. Alejandro refuses. Elena divorces him and confides in Armand (Rufus Sewell), a French vineyard owner. Apparently, Armand is apart of a secret knighthood that has developed a powerful explosive to use against the US.



Image courtesy of Sony Pictures

Alejandro salvages his relationship with his son while trying to win back his wife and uncovering Armand's agenda. Wow he's a busy guy!

The dumb characters: Elena, once attracted to Alejandro's charm, has become demanding. What does she want from him? She never says. We're left clueless. Joaquin admires Zorro for his bravery but despises his father. He mimics Zorro and even helps uncover the plot. Whats confusing is that a small boy, with that much intelligence, isn't able to

determine that Zorro is his father. He has seen both men up-close and heard their voices but still doesn't realize the truth. The villains, Jacob and Armand, look and act like villains, do nothing out of the ordinary and therefore are not interesting.

The never ending fight sequences: they take place on/in trains, mountains, cliffs, farms, mansions, horseback, town square, etc. By the looks of it, they've exploited every location in the old west. I will admit the fight sequences are impressive. Stunt

Coordinator Gary Powell has out done himself. The fight sequences are just too long and too much. It's like ordering another double when you're past legal limit.

Cut down half the fight sequences and develop the relationship between Alejandro and Joaquin, then you have a better movie. The film cuts away every time Alejandro and Joaquin sits down and have a father and son conversation. I felt cheated. By the end, they do have a meaningful conversation but I didn't care anymore and just wanted to leave.

## Slug me into the 'Atmosphere'

BY BRYAN MASON  
Pride Staff Writer

"I'm not really supposed to talk about this...but." This is the way the new Atmosphere CD starts off. One of Hip-Hop's most influential underground artists has released his new CD "You Can't Imagine How much Fun We're Having." Atmosphere, made up of Sean Daley aka Slug and Anthony Davis aka Ant, have packed this CD full of intriguing new beats and lyrics to match. Slug – the lyrical maniac – raises the bar to new levels, with songs such as "The Arrival" in

which he goes off on a lyrical rampage. Slug says, "It's not what they've anticipated fuck it doesn't matter put your fists up and instigate it...I'm just a man that loves rap, so much in fact that I've put every piece of myself inside these fuckin' tracks."

Busting the lid of the first track, Atmosphere has always put lyrics and truth before anything critiques want to hear. Like wise with previous albums and compelations, Ant produces beats that are a tweak off the mainstream radar. The beats, and background instruments incorporate different sounds usually not

found in hip hop songs, such as a stand up bass, pianos and different types of guitars. You simply can't leave out Ants fantastic ability to produce an album, and make it seem like a huge evolution from the previous.

Some of the tracks such as "Pour Me Another One" seem like an attempt to replicate some radio flows, but all in all the CD has Atmosphere stamped all over it. Check them out on their record label's site at <http://www.rhymesayers.com/> or simply drop in to grab the CD, and listen for yourself and discover the hidden side of hip-hop.

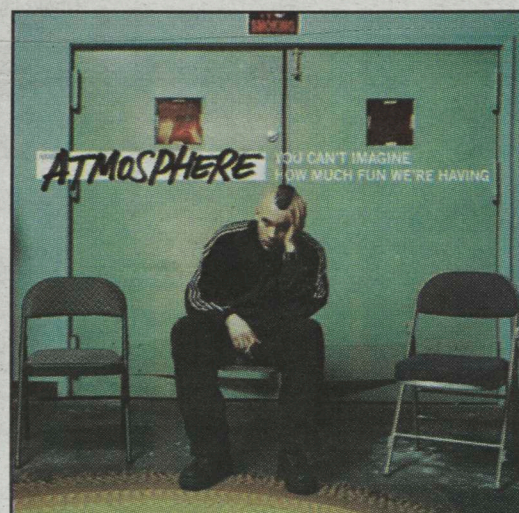


Image courtesy of Rhymesayers Entertainment

## How to ... Spice up the night

BY AMANDA KEELEY  
Pride Staff Writer

Are you tired of eating foods that just end up making you feel bloated and sleepy and dinners that leave you and your partner lying on the couch with no energy for romance? If so, it's time to change the menu.

There are lots of foods out there that are aphrodisiacs that help boost sexual stimulation and add a little spice to an otherwise dull night. For starters, wine is an easy way to set the mood. A couple of glasses help to relax and stimulate the senses, but be careful because one glass to many can leave you drowsy and not up for any physical activities.

For dinner try serving up or going out for oysters, which are

high in protein and said to bring out passion.

Try feeding your lover asparagus to bring out that sensuous side. The Vegetarian Society recommended eating asparagus for three days for best results. Sweet Basil stimulates sex drive and enhances fertility.

Carrots are thought be most stimulating to males. Carrots are high in vitamins and beta-carotene and were used by early Middle Eastern royalty to aid in the art of seduction.

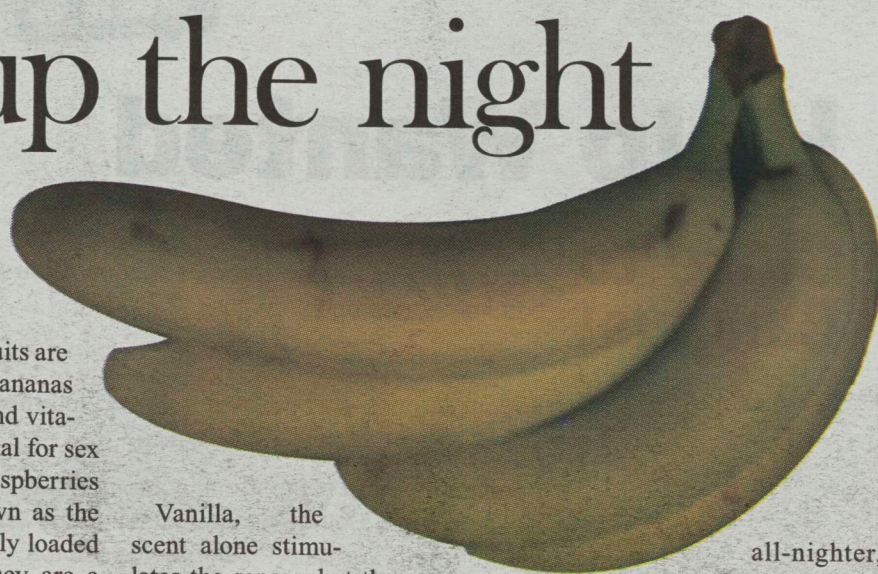
Garlic, though you may need a breath mint, stirs up sexual desires. By adding a little garlic to your pasta sauce, you're adding a little spice to your bedroom as well.

This may seem a little odd, but mustard is believed to stimulate

the sexual glands and boost sexual longing. Try eating a filet mignon with a mustard and peppercorn sauce.

Now on to deserts; fruits are a great place to start. Bananas are rich in potassium and vitamin B which are essential for sex hormone production. Raspberries and Strawberries, known as the fruit nipples, are not only loaded with vitamin C, but they are a great treat to feed your lover in front of some soft candle light.

If fruits not your thing then try some chocolate. Chocolate actually contains chemicals which effect neurotransmitters in the brain and a caffeine like substance called theobromine. In other words, it makes you feel great.



Vanilla, the scent alone stimulates the senses, but the taste increases lust.

Almonds are a great desert served as Marzipan (almond paste), because the aroma is said to provoke passion in a woman.

If you're looking for something a little warmer to heat things up try good old coffee. Coffee contains caffeine which is a stimulant, which is a great start for an

all-nighter, but just like the wine it's better served in small douses, because too much caffeine can act as a depressant.

If you're ready to spice up your night then these foods are for you, but remember food can only take you so far. Ambience is key; you don't want to be feeding your lover berries while they stare at a pile of dirty laundry.