

University Police report

BY ANTOINETTE JOHNSON
Pride Staff Writer

CSUSM Police are working to combat the limits on department expansion by working to increase campus involvement within their department. One such method is the inclusion of the officers formerly assigned to Parking Services while also internally training the campus Community Service Officers.

Effective this semester, the Community Service Officer staff has increased to 12, which therefore allows two officers on duty at all times. "Because the parking officers are responsible for enforcing vehicle code laws and regulations, they now answer to University Police," said Chief of Police Aaron Woodard. Woodard also commented on the benefits of including these officers stating, "By combining the officers in these departments with our own, campus patrol power is increased."

The University Police Department also offers crime prevention and awareness to students, staff, and San Marcos community members through a program known as the Citizen's Academy. This organization, held on campus, offers

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Women's Studies Department looks to take new direction

BY CHRISTINE VAUGHAN
Pride Staff Writer

The Women's Studies Department is seeking to revive its curriculum to broaden the focus. Among the changes is a renaming of the department to "Gender and Sexuality Studies," proposed to take effect in fall of 2007.

Colleges and universities nation-wide have been following a recent trend to revise similar Women's Studies programs and re-label themselves to include gender studies. As yet, no CSU campus currently offers this type of proposed major, which will require approval by the Board of Trustees.

"The direction we're headed

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Book shortage at campus store

BY ZACHARY J. SIMON
Pride Staff Writer

Books for more than 22 professors did not arrive to the University bookstore before the end of the first week. Of the 'Alert' cards marking these particular empty spaces, some explained that these titles were not available due to late order, while others read that this was due to late instructor order. Whether or not there was an intended difference between these two labels remains to be seen.

In trying to explain the issue, Professor Quinney speculated that "The bookstore gets hit really hard all at once with orders from faculty. Perhaps they do not yet have a sufficiently efficient system in order to handle

all of the orders coming in for the four weeks or so between the end of one semester and the start of another? I wouldn't know about this end of it, obviously, but I do appreciate that even if the system is improving, there might very well remain a few kinks in the process that need ironing out."

Consistently, professors said that they inform their students of future reading lists as soon as possible so that they can purchase books online.

Professor Charles, however, expressed that he was "actually quite sympathetic to the plight of bookstores in this age of Amazon. I realize this isn't true of the sciences, but for history books that are not survey textbooks (and even for some

books that are) the greater volume and the lack of "bricks and mortar" allows Amazon to undercut the bookstore price considerably, even on used books."

When questioned on this matter via email, most of these professors remarked that they had no criticism of the bookstore staff.

"I think the real problem is that some books are out of print or the original publisher no longer handles the title," said professor Kilpatrick, "I believe there are secondary sources for these books but they might

be more difficult to depend on. That's my take anyway, besides the fact that Mary Hand does a fantastic job in the bookstore."

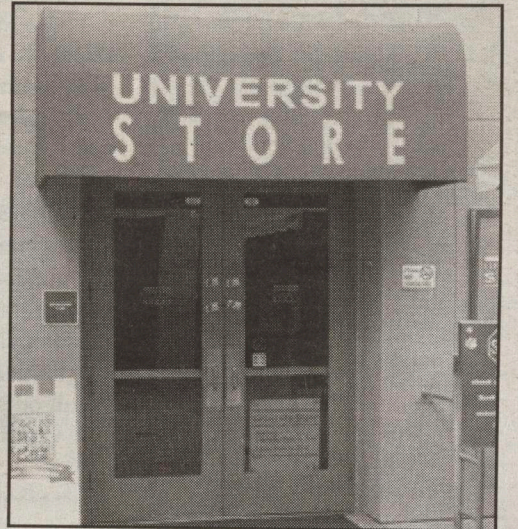


Photo by Christine Vaughan / The Pride

CSUSM enters new category in RecycleMania competition

BY CHRISTINE VAUGHAN
Pride Staff Writer

Cal State San Marcos' Green Team prepares to defend their national title in the RecycleMania contest, as the terms of the competition have undergone a face-lift, highlighting a new emphasis on waste minimization. This year, the ten-week friendly competition will focus on the need to reduce all waste, including both trash and recyclables.

What began as a rivalry challenge between two Ohio universities in 2001 has since escalated, roughly doubling in size every year, to now include 88 national

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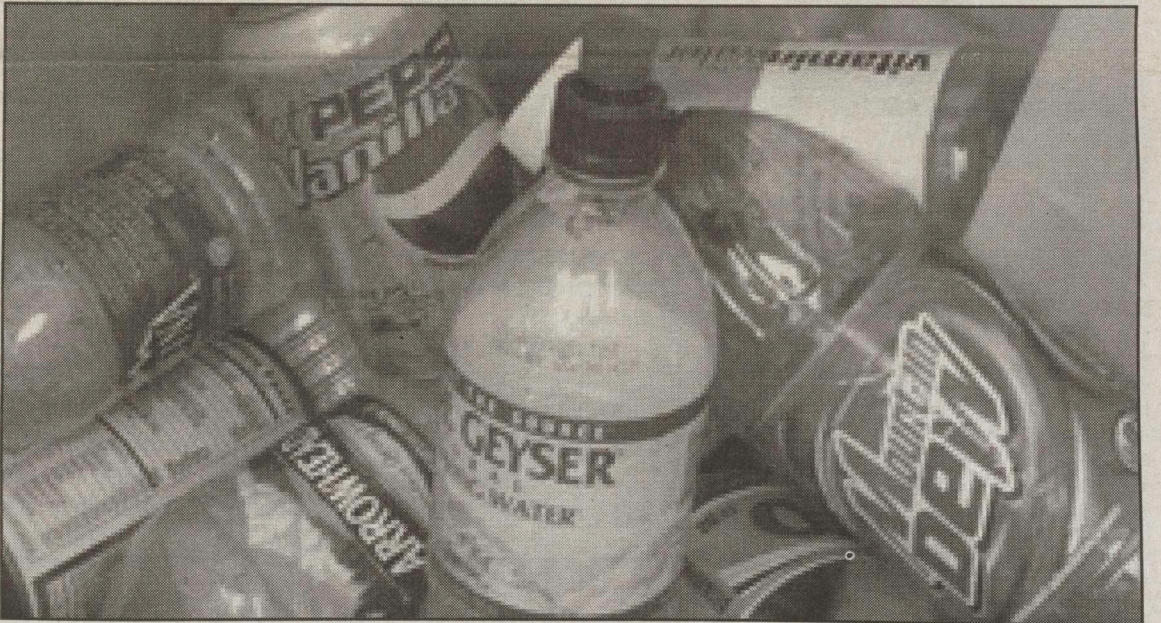


Photo by Christine Vaughan / The Pride

Campus gears up to celebrate Black History Month in February

BY PIYAMAS SABLAN
Pride Staff Writer

In the spirit of celebrating Black History Month, the Black Student Union and the African-American Faculty and Staff Association of Cal State San Marcos will be sponsoring events to expose students to the diverse and rich culture of the black community.

Festivities will kick-off on Monday, Jan. 31, at 6:00 pm, with the second annual "Tribute to the Roots" celebration, presented by the Black Student Union. The event will take place in ARTS 111, with two and a half hours of free entertainment and refresh-

ments. Attendees can enjoy live music, a Western African Dance performance, the native African spoken word, and the rhythmic beat of drummers and dancers.

Keeping traditions alive, the annual Soul Food Luncheon, hosted by the African-American Faculty and Staff Association will be held on Friday, Feb. 10. All activities will take place at "the Clarke" from 12:00 p.m. to 1:30 p.m. Tickets may be purchased at the Office of the Dean of Students, located at Craven 5306. Tickets are \$10 for students and \$20 for faculty and staff. Southern Spice Catering will be cooking a variety of African-Ameri-

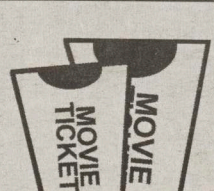
can dishes such as barbecue chicken, macaroni and cheese, collard greens with turkey, corn bread and peach cobbler were among the dishes described by Chair of the Fundraising Committee for AAFSA, Jonathan Poullard.

Other activities such as music, a slide show honoring African-American leaders who had passed away in 2005, and an open-mic opportunity for attendees to honor family members who have also passed away in the last year will be available at the luncheon.

A Step Show, the annual Black History Month Breakfast, the

Black History Month College Bowl and other events will take place throughout the month of February in honor of Black History Month. According to the AAFSA website, "The Mission of AAFSA is to address the needs of African Americans on campus, to serve the African American community, and to promote the African American culture."

For more information, please visit the AAFSA website at <http://www.csusm.edu/aafsa> or the CSUSM news release website at <http://www.csusm.edu/cwis/newsmedia/releases/03-04/BlackHistoryMonth.htm> for the list of upcoming events.



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Breaking free of tradition this Spring Break 2006

BY KATIE ROWE
Pride Staff Writer

Students at Cal State San Marcos have the opportunity to help those less fortunate by teaming up with Habit for Humanity in Oakland, CA. During Spring Break, 21 selected students can participate in the Alternative Spring Break program, sponsored by ASI.

With winter break now a memory, the time has come to start counting down the days until Spring Break. Instead of drinking away time, money, and precious brain cells this spring break, students have the option to apply to a program that will enable them to contribute to something positive by participating in this special program.

Alternative Spring Break will begin on Monday, March 27, and end on Saturday, April 1. Participants

will travel to and from Oakland in vans and stay at a local community church during the program. The building will provide the necessities including a fully-equipped kitchen, bathrooms and a floor for students to sleep on. Trip cost is \$200 per student and, according to the ASI Activities Coordinator, Sara Gallegos, fundraising opportunities will be available for students in the hopes of covering all expenses.

Interested students need to apply by Tuesday, Jan. 31 and submit an initial deposit of \$50. Applications are available in the ASI business office, the Student Affairs office, or on the ASI webpage at www.csusm.edu/ASI. If students have problems making the down payment by Jan. 31, they can arrange special payment options with Gallegos. The final balance of \$150 will be due

March 10.

At this time, ASI can only offer the trip to CSUSM students, faculty and staff. Participants are not required to have prior skills, but should come willing to take part in the project enthusiastically. The participants are expected to contribute to the planning of the trip, which involves attending bi-weekly meetings and fundraising. Outside of working on homes, the coordinators of the trip want to plan other fun activities such as sightseeing in the local areas.

The idea behind this trip is to break away from the hazardous traditions of spring break to create a safe, fun environment for students to do something constructive. This explains the big rules: no drugs, alcohol or gambling during the trip. Some benefits to choosing Alternative Spring Break over the traditional Spring Break include: meeting

new people, learning new skills, immersing yourself in the reality of hardship, working with a highly regarded non-profit organization, building your resume, partaking in change, and creating a positive, lasting memory.

"It is hard to put in words the feeling that you get when you take yourself out of your comfort zone and learn things about yourself, and what your abilities are," mentioned Gallegos.

Students looking for something more meaningful to do with their time off should look no further than Alternative Spring Break where space is still limited.

For more information about the trip visit www.habitat.org/ccyp/col_chal, <http://www.alternative-breaks.org/>, www.eastbayhabitat.org or contact Sara Gallegos at sgallego@csusm.edu or by phone at 760-750-4907.

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colleges and universities, all competing to gain recognition of being 'Recycle-Maniacs'. The competition will run from Jan. 29 through April 8, with each campus reporting measurements in pounds of both trash and recyclables collected weekly.

The annual EPA sponsored contest, RecycleMania, is a ten-week competition yielding one winner for each of the three different categories. The goal is to acknowledge the institution that was able to "collect the largest amount of recyclables, the least amount of trash and have the highest recycling rate," according to the rules at recyclemaniacs.org.

In 2005, Cal State San Marcos entered this contest and won the Recycling Rate category, honoring the campus with national coverage and the coveted 'Pin-Man' trophy, which is proudly

displayed in The Dome dining area.

2006 includes a number of title revisions to the RecycleMania contest. The previous category of "Recycling Rate" has been modified and renamed "Waste Minimization," to emphasize the need to reduce all waste, both trash and recyclables. The category of "Waste Per Capita," measuring waste in comparison to campus populations, will remain the same. The competition will also have a new category, called the Grand Champion, which blends and averages the other categories, awarding the institution which achieves the highest in both original categories.

"We think we'll do well. But how well, we don't know," said Carl Hanson, member of the Green Team, a division that operates out of Facility Services. "We're already doing better in comparison to last year. It's

important that each individual take the initiative to recycle for themselves. The rest will be taken care of. Each person needs to do their part."

Cal State San Marcos provides students, faculty and staff with many available options to contribute to a 'greener' campus and environment. Recycling bins can be found next to almost every exterior trash can and in the hallways of many high-traffic buildings. From scribbled-on pages to plastic coffee cups to coffee grinds, the Green Team enthusiastically encourages everyone to recycle. To best help eliminate the need for recycling, Cougars can purchase reusable cups, available in the University Store and in The Dome, which come with a complimentary drink. Reducing is also a recommended option. Habits such as printing on both sides of a paper and using Tupperware instead of Ziploc are

highly recommended.

While recycling is mandated in California's public institutions, it's hard to understand how highly the honor and prestige is in winning the competition.

"This is awfully big on the east coast. We didn't really know how big this was. It has national resonance. We've been put on the map, in a positive way," mentioned Hanson about Cal State San Marcos' win last year. "The competition is only going to get bigger and bigger and bigger."

The slogan is: Reduce, Reuse, Recycle. Recycling should be considered the last option as with this year's new focus, Cal State San Marcos has been challenged to reduce its overall campus-wide amount of both trash and recyclables. For more information on the program and how to get involved, visit the Facility Services Green Team website at www.csusm.edu/facilities/recycle.htm.

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now is to become the Department of Gender and Sexuality Studies," said Dr. Terry Allison, department chair of Women's Studies.

Even with the proposed changes, the department and curriculum will continue to emphasize the women's movement, feminist theories and the experience of all women across the globe. Some of the coursework already explores gender studies and sexuality, with the department currently offers courses that focus on men and masculinity, gender and development, and gender and

multicultural studies. With this proposed department-wide transformation, however, the major would expand to include more courses that relate to all genders and concepts of sexuality.

"One change that we are proposing is to require students within the major to take WMST 341: Men and Masculinity, which has previously been an optional course," said Allison. "We really want to emphasize the gender element. We will still have a number of courses that will specifically focus on women and girls, including an area of focus on women in all cultures. We are hoping to offer courses such as Girlhood

Across the Globe, and Women as Global Business Leaders."

Women's Studies has approximately 30 students participating in the major program, with additional students participating in the minor program and at least 500 students enrolling in various courses to satisfy upper and lower division requirements. Equipped with three tenure professors and an average of five to seven lecturers, the department also hopes to expand its staff to accommodate the new coursework and help draw in students by offering more consecutive classes.

"The task force seems interested in our transformation and

direction of the department. The key message we have received from them has been to expand our core offerings," said Allison, "by relying less of sociology, psychology and other majors to support the degree program by sharing courses. We will be working on strengthening our internal capabilities."

If this proposal for Gender and Sexuality Studies is approved, by fall 2007 students will have more courses to choose from that involve contemporary issues with a global-focus. For more information about the Women's Studies department, please contact Dr. Terry Allison at tallison@csusm.edu.

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Successful Student: Casey Raymond

BY LISA LANDERS
Pride Staff Writer

Many of us at Cal State San Marcos ponder the notion of a life outside of college and our measly part time jobs. We have been on the education grind now for at least four years straight, accustomed to writing papers, group work, lectures, and of course that mile walk we must endure to get to our first class. Every semester we go through these rituals in hope of a promising career that will propel us into the next step of our young adult lives. Undoubtedly some of us already have a career plan for the next five years after college, however, most still answer Grandma's notorious Christmas dinner question: "So what are you going to do when you get out of school?"

with a solid "I'm not sure yet." Many then think to themselves and decide that whatever comes along is supposed to, justifying it as a matter of fate.

Maybe it was fate that helped me find a person who has survived the CSUSM experience and is now very productive in her new career.

Casey Raymond graduated in 2003, but started at a junior college near her home in Rancho Cucamonga just to fulfill her general requirements. It was not until she took a Sociology course there that she became interested in it for her major.

"I wanted to learn about society and the people in it," she reflects.

Her next step in completing her general Ed was to find a Cal State that would not only be good for her major, but would also fit her per-

sonal needs as well. So, as most of us would do, she went to the internet for answers. Consequently she found that Cal State San Marcos was rated third among the top five schools for Sociology. She also relished in the fact that it was one of the newest Cal States and was still very close to the beach.

Unlike a growing number of students, it took Casey only a total of four years to graduate.

"I took more than a full load each semester, I took a summer school course, and I really like school, it was just easy for me."

In addition to her maintaining a full load she also worked for Ralph's Grocery Store as a cashier.

And yes, she did endure the strike.

Even though she was making

more money than some people with degrees, she still says that now, "because of my degree I feel that it has given me an edge over those in my field. I have been able to understand people with different backgrounds than my own and how to treat others with different perspectives on life equally and with respect."

Working at Ralph's put her in social experiences with hundreds of people a day, but she definitely believes that without experiences such as a higher education it is hard to see beyond one's own experiences to relate with others.

Now, as a manager, her degree has definitely come in handy, helping her to bypass many others twice her age to be in the league of upper management. She is currently the youngest person in her

field.

When asked if she could have accomplished this goal without her degree she replied, "Yes, but it would have been a much longer journey and now I can just shoot up to this position without putting in the time it would usually take."

As for future plans, Casey is gearing up to get her retail management certificate from her previous JC, she then hopes to gain a sponsor from Ralph's to obtain her business degree in a master's program. When asked if she is looking to stay with Ralph's for a while she states, "It depends on how the company changes and how I'll change as a person".

Still very much the college attitude, but with a new face ready to conquer the world.

American Red Cross offers free training to save lives

BY PIYAMAS SABLAN
Pride Staff Writer

The American Red Cross' 15th annual free CPR training event will take place on March 18, 2006 from 7 a.m. to 1 p.m. at the Golden Hall in downtown San Diego. Golden Hall is located at 202 C Street and is accessible through public transportation and the San Diego Trolley, according to Gayle Lynn Falkenthal, APR of Falcon

Valley Group.

The course is offered on a first come, first serve basis so attendees should arrive 30 to 60 minutes early to ensure a seat in class at their desired time slot. Attendance at the CPR training course has been growing each year.

"As part of overall emergency preparedness, the American Red Cross urges everyone to learn CPR. Our goal is to have at least one person in every household

trained in CPR, first aid, and AED use. This is a great first step. Training is free, and it may save the life of someone you love, or even your own life someday," said Falkenthal.

The CPR training course is open to everyone 12 years old and up, but individuals under 18 must have a signed permission slip from their parent or guardian. Attendees should wear comfortable clothing since part of the CPR training

course is conducted on the floor, added Falkenthal.

The American Red Cross also offers a CPR training course in Spanish at the same time and day as the English course. According to Falkenthal, interpreters for other languages, including American Sign Language, are available.

"CPR really DOES save lives. We hear from people who use the training and never thought it would ever happen to them every day. It

would be horrible to think about a friend or family member having a heart attack, and no one being there to help them. The more people we train, the more prepared our community will be to face a major emergency," said Falkenthal.

More volunteers are needed to work at the event. For more information regarding the CPR training event or to volunteer visit www.sdarc.org or send emails to SALSA@sdarc.org.

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eight hours of instruction to members on such topics as 'what it takes to be a cop,' preventing underage drinking and DUIs, crime scene investigation techniques and each of the services CSUSM Police provide for the community.

In addition to the Citizen's Academy, the University Police Department is also working to implement loss prevention through new methods such as Microdot. The program is still under development but, if implemented, it will allow students and faculty to purchase Microdot kits from the University Store for marking valuables such as laptop computers, cell phones, iPods, books, calculators and palm pilots. If stolen, marked items can be traced by University Police according to the Microdot patterns made by the item's owner which can be made visible only by black light. "Items can also be traced through pawn

shops using Microdot," said Woodard.

CSUSM Police Officers will continue to attend Monday night dinners at University Village to allow students there to become more familiar with their services. Also, by Fall 2006, Community Service Learning will begin working with the University Police Department to provide internships for Criminology majors. Moving forward in 2006, CSUSM Police would like to work to dissolve boundaries between students and officers. Chief Woodard urges all students to either visit the University Police Department or participate in their events this semester to form a better understanding of the services they also provide. This semester the department has set up a new phone number for anyone wishing to report crimes anonymously at (760) 750-TIPS. For more information about University Police programs such as escorts, the Citizen's Academy and loss prevention, visit www.csusm.edu/police.

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Two students in transition

BY JENNY NGUYEN
Pride Staff Writer

School. Work. Eat. Sleep.
School. Work. Eat. Sleep.
School. Work. Party. No Sleep.

Sound familiar? This was and is my life. I may be new here to the CSUSM campus, but attending different colleges and universities is nothing new to me. I'm 25 years old, graduated high school in 1998, and am literally working on my "10 yr. Bachelor's Degree".

I grew up in San Diego, the oldest of three children. Although others may have said I had strict parents, to me I had "abnormally" strict parents. If homework was due at the end of the week, my parents made sure that it was completed the same day I received the assignment. I was not allowed to talk and gossip on the phone like most kids did, I wasn't even allowed to know any boys, let alone talk to them! Not only did homework have to be done before I was allowed to watch TV, but also all household chores.

Take out the trash. Fold the laundry. Clean my room. Wash the dishes.

It was unbearable!

Naturally, as soon as I graduated high school, I took the first chance I got to get out of my parents, grip. I fled to Brigham Young University in Provo, Utah. Why Utah of all places? Well I was raised a member of the Church of Jesus Christ of Latter Day Saints, also known as the Mormon Church. My parents did everything they could to talk me into staying in San Diego and attending Mesa College, but I was determined to get away and see what was out there.

Having sent in my acceptance to BYU at the very last minute, I was not able to get into the dorms there, so as a 17 year old freshman, I shared a three bedroom apartment with five other girls. I was thrown into my own version of MTV's Real World. Now that I was free, free as a bird, I went out of control. I had

no limits, no boundaries, no one telling me what to do. It was great!!

Or so I thought. Do you know how much partying they do in Utah?! Well, I was always out clubbing, shooting pool, going to house parties, and whatever else I could do, I did. Of course I never showed up to my morning classes, and my grades slipped. And yet, as stubborn and hard headed as I was, I actually started to miss my family and friends in San Diego.

My parents convinced me to move back after just one year at BYU. I figured they were right; I had no clue what I wanted to major in, I was living off student loans, I was 18 and as lost and confused as ever. They had reeled me in with the line, "Come home where it's free, take the time to find what it is you want to do, then go back up there with a plan."

I never went back.

You can't give a kid candy, then take it away and expect everything to be ok. My freedom was my candy, and the minute I moved back home, the candy was snatched right out of my fingers. I had a curfew, I was not allowed on the phone after 9pm, I was not allowed out of the house unless my parents knew and met who I was going out with. It was back to the jailhouse for me! I soon obtained a job and attended Mesa College. I was a part time bank teller, part time college student, but also still a part time partygoer.

I quickly became a shame to my parents as I spent several years bouncing around the San Diego County College District. Miramar, City, Mesa, I've almost attended them all. In the midst of this, I thought that I had to obtain my freedom back, so I moved out and got a roommate. Life was soon a lot harder than I had expected it to be. But as hard headed as I am, I was not going back to that jailhouse even though the pressure was on nice and strong. My younger brother was doing well at San Diego State University, and somehow, I made my own way into SDSU.

I hated math and science, and I loved to talk and write, so majoring in Communication just came naturally for me.

At this point, I was working two part time jobs just to pay the rent, and it was safe to guess that my grades at SDSU were starting to slip. In fact, they slipped to the point that I found myself on academic probation, then disqualified. This was a cold hard slap in the face.

I was then determined to get back into school and do it right. SDSU would only take me back in after a period of time, and under certain criteria that I thought was a bit ridiculous, so I explored my options.

There were a few people I knew who had attended and graduated from Cal State San Marcos, and offered high recommendations. Some said it was a smaller campus, less crowded. Others have said it's just the atmosphere that's better. All have warned me about the stairs, calling it CSU Stair Master!

For the week that I've been here I have noticed that the campus is beautiful. The grounds are kept nice and clean, and parking is not nearly as bad as it is at SDSU. The people here at CSUSM seem a lot more down to earth and easy to talk to. I'm not sure what it is about this place, but I'm confident that this will be my last stop at a college or university.

BY BRENDA GALINDO
Special to The Pride

If I rewind back four years I'd be a senior in high school, back in a mixture of boredom, materialism, superficiality, immaturity, drudgery etc.

Not that my current world is much different.

Back then I was working to be where I am now and believed life was as good as it gets. What seems trivial to me now was magnanimous then. For example, I've never been good at math and hated it so much that I avoided going to the math lab.

In college, I leaped at a chance to get a tutor to help me pass my horrid math classes to get on with my life.

My problem is I'm good at being enveloped in the now. At seventeen I felt old and that life was flashing uncontrollably before my eyes. Once through junior high, every following year seemed to gather speed. I didn't realize as much as I do now that high school was truly only a stepping stone for the next phases of life.

No time slips by as quickly as the college years. I have seen this school expand and change since I arrived as a freshman in the fall of 2002. I can still distinctly remember freshman year in which any student could find parking in the first lot without waiting for another person to leave (and I'm talking about prime, first row parking!). I picture the tiny old library and how I had to carry my track sports bag with me all day because I carpooled to a school that didn't yet have a field house full of lockers. My first friendships were formed with people on the track team my first year, and I remember how most of them didn't return my second year.

I still remember the parties and track meets and people that have come and gone.

That brings me now to my preparation for graduation. I'm torn between the lack of energy to endure my last semester and the excitement of knowing that I'm on my final stretch.

Like many, this campus wasn't my first choice, but it was the practical one. CSUSM had creative writing, so I left Fullerton behind to obtain residence here in San Marcos.

I began taking my major courses as a sophomore in the spring of 04. I had professors Fellows, Mendoza, and Cesmat all in one semester and loved what each one of them had to offer. They were the start of my world in LTWR, and I couldn't have asked any better. I've since gone through a lot of LTWR professors, and can say that my favorites are Newman, Stod-

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dard-Holmes, Yuan and Moukh-lis. I have taken something from each of them, whether it was their enthusiasm or a new way to examine what's in front of me, they've all contributed to my growth. After this semester, I'm heading to graduate school, most likely in Northern California. It's a little scary leaving my comfort zone of CSUSM behind; I'm well acquainted with this place and I can conjure up many reasons not to leave, but the way I see it, I'm prepared enough to become familiar with the next. Just like when I was starting from scratch three years ago, I'm ready, ready to learn and experience more. Soon I'll be there in my last class of graduate school, saying to myself how it only seemed like last year that I was a senior at CSUSM.

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Jock Talk with Josh

By JOSH SANDOVAL
Special to The Pride



E v e n though the World Baseball Classic doesn't start until March 3rd, I am a little excited because I recently

ordered my tickets to the semi-finals and championship games so here is my analysis of the 16-team tournament.

I will start by eliminating some teams that clearly don't have a shot. Cross off China, Australia, Chinese Taipei, and South Africa. These countries all play a different style of baseball and just don't have the fire power that the other countries have.

Korea has a decent pitching staff with Chan Ho Park, Byung-Hyun Kim, Sun Woo Kim, Dae-Sung Koo and Jae-Weong Seo. However, their only batter worth noting is Hee-Seop Choi, so you can go ahead and cross them off too.

Italy has some decent hitters with Mike Piazza, Marco Scutaro, Frank Menechino, Mark DeRosa, David Dellucci, and Frank Catalanotto. However, their pitching couldn't strike out a batter if the batter had a toothpick. Mike

Gallo, Matt Mantei and Ron Villone are their best pitchers and those guys are relief pitchers, so X them off right now.

The Netherlands might be able to win a game here and there just because they have a dominant pitcher in Mark Mulder and a slugger in Andruw Jones. They also have a supporting cast of Sidney Ponson, Danny Haren, Kirk Saarloos, Shea Hillenbrand and Randall Simon. However, winning a couple games won't win the WBC.

O' Canada has a nice lineup that consists of Jason Bay, Justin Morneau, Corey Koskie, Pete Orr, Matt Stairs, Aaron Guiel and Pierre-Luc Laforest. However, their pitching scares these countries about as much as Canada's army scares the rest of the world. Eric Bedard and Jeff Francis are decent starters, and they have some good relievers with Chris Reitsma, Jesse Crain and Paul Quantrill. They have a bunch of average pitchers, but not one pitcher who can take over a game.

The only way Panama is going to win is if Mariano Rivera pitches 9 perfect innings which clearly isn't going to happen since he is a closer. Their best starter is Bruce Chen and he can barely stick with the same MLB team for more than one season. Carlos Lee is their best offensive threat, and

he will make it so Panama doesn't get shut-out every game.

There are really just seven teams that have a legitimate shot. Cuba, Dominican Republic, Japan, Mexico, Puerto Rico, United States and Venezuela are left.

I will start by eliminating Puerto Rico because I don't think they can get past Cuba which will cause them to get the No. 2 seed from that pool. However, they do have a shot. Their offense consists of Carlos Beltran, Juan Gonzalez, Ruben Sierra, Bernie Williams, Jose Cruz Jr., Felipe Lopez, Carlos Delgado and Jose Vidro. Without a doubt, they have the greatest catching crew in the tournament with Javy Lopez, Ivan Rodriguez, Bengie Molina and Yadier Molina. They are also managed by one of the best managers in the tournament in Jose Oquendo.

Say Adios to Mexico because they're in the same pool as the United States and Canada which means Mexico might not even get past pool play. They do have a few nice players like Nomar Garciaparra, Erubiel Durazo, Jorge Cantu, and Adrian Gonzalez. However, that is not enough fire power to make up for weak pitching that only has Oliver Pérez, Esteban Loaiza and Rodrigo Lopez worth mentioning.

Scratch off Venezuela because

they're in the same pool as the Dominican Republic. Venezuela could pull an upset, but I doubt it. They have a ton of former MLB All-Stars consisting of Bobby Abreu, Miguel Cabrera, Magglio Ordonez, Ramon Hernandez, Omar Vizquel, Melvin Mora and Carlos Guillen. They also have a Cy Young Award winner in Johan Santana, who is joined by Carlos Zambrano and Freddy Garcia. They also have three great closers in Francisco Rodriguez, Jorge Julio and Juan Rincon. If they have a lead entering the 7th inning, then they will win some games.

The final four will consist of Japan, Puerto Rico, the Dominican Republic and the United States.

Japan will be eliminated in the semi-finals because I expect them to meet up with the United States. Every year the U.S.A. sends players over to Japan to compete in exhibition games and Japan always wins several games. However, the U.S. will be using the best of the best this time around, and Japan doesn't have the type of power hitters that the U.S. does.

Now you can knock off Cuba, because I think they will run into the Dominican Republic in the semis. Cuba is interesting, because they breed baseball players. Americans are not familiar with Cuban players, since Cuba doesn't play on a national stage

quite often, but they are a dangerous team, so beware.

The championship game will be between the Dominican Republic and the United States. Both of these rosters are just completely insane. Look at the Dominican Republic's offense. They have Manny Ramirez, David Ortiz, Vladimir Guerrero, Moises Alou, Albert Pujols, Alfonso Soriano, Miguel Tejada and Adrian Beltre. They might have to out-slug the United States because their only super star pitchers are Pedro Martinez and Bartolo Colon.

The United States has a solid offense consisting of Barry Bonds, Johnny Damon, Ken Griffey Jr., Luis Gonzalez, Lance Berkman, Derek Jeter, Derek Lee, Alex Rodriguez, Mark Teixeira, Michael Young and Jason Varitek. I like the Dominican's offense more, but the United States has the clear advantage when it comes to pitching. Roger Clemens, Tim Hudson, Jake Peavy, Roy Halladay, Andy Pettitte, Ben Sheets, and Dontrelle Willis are the stud starters. Chad Cordero, Billy Wagner, Brad Lidge will allow the U.S. to win if they have a lead after the 6th inning.

Pitching and defense wins championships, so expect the United States to be the inaugural World Baseball Classic champion.

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Parking is NOT easy when you are a disabled student

My first week back to school involved abdominal surgery and a special medical parking permit at Cal State San Marcos. I am a disabled student. My disease requires that I have surgery about every year or so, depending on the severity of my symptoms.

This past week was the third surgery I have endured while attending CSUSM. Since I still had two weeks left to recover once spring semester started, I was eligible for a temporary medical permit so that I could park in what most students call The Dome parking lot. This sounds great. As anyone who attends CSUSM would know, walking up Craven Rd. with your backpack wouldn't work out after having abdominal surgery.

So, here is the problem. The first day of school I arrived at 7:30 a.m. I arrived to find that the one medical permit spot on the CSUSM campus had already been taken. I spoke to someone in parking services to find a solution. I was told to "arrive earlier, or, get a ride to school." I was also told to move my car since I was not in the medical permit spot. I explained that I just had abdominal surgery, but the parking services still said I had to move my car.

Why is it that, with a school of over 7,000 students, there is only one medical parking spot? There used to be two. I knew from my past surgeries that it was difficult to get one of the two spots, but for some reason, parking took one of those spots away. I can't imagine how parking ser-

vices could decide to do this.

First of all, our campus is not very disabled student friendly. It is very difficult to get around when you are trying to heal, or dealing with the daily symptoms of your disability. If you are a student with a disability, or who has to have surgery, or even a student who has had some type of accident, it is not easy to get around. Why doesn't parking care about having enough medical permit spots to serve students with disabilities? The answer: If a student needs a medical/disabled parking pass for more than 14 days they can apply for a DMV permit which would give them a placard to park in handicap parking. This means anything less than two weeks and you are going to be one of the many disabled students fighting for that one spot. This may be because parking does not legally have to supply these spots; they have a choice; and here at CSUSM, they choose not to. Well, they choose to supply one. I find this deeply disheartening. In fact, it is completely ridiculous.

I found out in my last surgery that I will probably never have to have another surgery for my disease again, but I know that I am not the only disabled student who has struggled in the past to park close to campus while recovering, and I know many more will in the future. I also know that many students struggle with more serious disabilities than my own, and I can't imagine the frustration and anger they must feel.

I urge you to write letters and send emails to parking services demanding that we as a campus



Photo by Patrick B. Long / The Pride

community need to serve our disabled students to the best of our ability, students with long-term disabilities and short-term as well. We need more medical permit spots at Cal State San Marcos! I am not asking for more parking spots, just a conversion of regular student spots to medical spots that are close to campus and don't involve stairs. I wonder how many disabled students have stopped asking for medical permits when they needed them because of the difficulty they had in past experiences. I wonder how many other students were told to move their car when it took every ounce of energy they had just to get there. I wonder how many disabled students called parking to ask

for help and were told to arrive earlier while they were struggling to recover. We are students who have paid for parking permits already; we just need less footage between the campus and our struggle to get there.

If you want to send letters to Parking Services, their office is in

FCB 107 or you can email them at parking@csusm.edu. Please help fight for the disabled students of CSUSM. We need and appreciate your support!

-Sarah Leonard
Senior, Women's Studies Major

Robbins Report

By JASON ROBBINS
Special to The Pride

In a speech last week, you said "I think the worst thing that can happen for decision-makers is to get a filtered point of view."

Mr. President, we agree on something.

I know that you're busy with all that Commander in Chief business, but if you have a moment I'd like to further contaminate your understanding of current events.

According to the folks that repeat stuff for money, you would prefer a "diplomatic" solution to the almost nuclear (translated: nukular) standoff with Iran. While diplomacy is also my preference, I want to make sure that we both understand what the word doesn't mean.

The word "diplomacy" derives from the Greek word "diploma", which describes something that has been folded in half. One can trace the effects of this original meaning all the way up to modern American diplomacy. I think it was a famous gay marriage activist who, during long distance calls to his suspicious Arab lover, advocated folding the entire world into two sides—one

made up of those who are with us, and another made up of those who are against us. I digress.

Clarification #1: The fact that "diploma" describes something that has been folded into two should not compel you (in preferring diplomacy) to treat the Middle East like a piece of paper with Operation Iraqi Freedom to the right of the fold and Operation Iranian Freedom to the left. Plus placing "evils" beside a fold rather than upon an axis might confuse people.

In addition to being descriptive and potentially confusing, one might also consider the word "diplomacy" to be ominous. For instance, one can arrange its letters to spell words like Modi (which means wrath in Norse Mythology), P.L.O. (which is a terrorist organization according to Israel), and malo (which means bad in Spanish).

Clarification #2: The sum of diplomacy doesn't have to equal the sum of its parts. I mean, one can arrange the letters in the name George Walker Bush to spell "war loser" and "AWOL shrub". Check it out.

One of your more devious advisers might even highlight a numerical phenomenon related

to the word diplomacy. When given numerical values (1-26 according to their placement in the alphabet), its letters add up to 98. Believe it or not, the legendary American television program Gilligan's Island lasted exactly 98 episodes. The truth is that the seven castaways failed to escape their tropical internment. Your adviser's message might be that the number 98 (and thus diplomacy) represents failure.

Clarification #3: The fact is that diplomacy's numerical value (98) doesn't always represent stunning failures. In 98 A.D. Trajan succeeded Nerva as the Emperor of Rome. Some say that the Roman Empire never controlled more territory than it did under Trajan (so what if Trajan wasn't a big fan of diplomacy). Heck, was it a failure when captain stupid parlayed his 98 Degrees fame into a marriage with goddess Jessica Simpson (I bet they engaged in some diplomatic relations)?

There Mr. President. I've revealed to you what diplomacy doesn't mean. Now you show me what it does mean.

And I'm not talking about courting Jessica Simpson...even if she is from Texas.

Letter from the Editor

(PLS) Pride Literary Supplement

The Pride Literary Supplement is an annual collaborative effort of students' work in the areas of art. The collage usually consists of writings, including poetry, short stories, and other literary forms, and visual art. We include photographs, sketches, and drawings.

Art is whatever you want it to be, and if you want to have it published, send it to us.

Even if you have developed a new mathematical equation and you think it is artistic, send it in.

This will be the artistic highlight of Cal State San Marcos' 2005/2006 year. But we can't do it without you, the students.

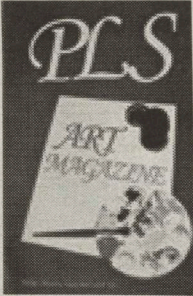
This is the time to submit your poetry, memoirs, and short stories.

As I wrote last semester, The Pride lost all of the submissions when the email converted to its new format, so please resubmit any artwork that you have already emailed to us.

Submission is easy; simply email The Pride at pride@csusm.edu. Make sure to write PLS in the attention line and send in your work. All submissions will be considered for publication.

If no submissions are entered, the school will have to read 20 poems about my dog.

Patrick B. Long
Editor-in-Chief



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'Tristan & Isolde', a new face on an old story

BY DAVID GATLEY
Pride Staff Writer



If you didn't see director Kevin Reynolds' (The Count of Monte Cristo, Waterworld) Tristan and Isolde this weekend, don't worry too much; you've already seen it a hundred times.

Here's the gist: a noble knight, Tristan (James Franco), and soon to be Queen Isolde (Sophia Myles) are born into royalty for rival countries. The stars align and fate intervenes, bringing the two together in a chance meeting some twenty or so years later. The two secretly fall in love and are then torn apart in what becomes an epic struggle between loyalty to ones' family and true love. If this story sounds vaguely familiar, then congratulations, you have a pulse! It's been done over and over and over, each time hitting the same mark as Tristan and Isolde did; a sweetly shallow love story that we will all forget about when the next version comes out next year.

The movie did, however,

have its finer points and wasn't all together that unpleasant. If you promise not to tell anyone, part of me actually enjoyed the movie. Something about the cliché hope for true love conquering all is always intriguing. The movie was filmed beautifully, and should be nominated for several awards accordingly. The lighting was masterfully captured and almost filled the romantic void between the actors. Moreover, the costumes and set designs were some of the best and most realistic I've ever seen. In every scene it seems every little detail had been thought out and organized to contribute to the greater picture. This is one of the first movies to capture the time period without exaggeration. The overall feel and mood of the movie definitely helped add to the love story, which needed all the help it could get.

All the emotion for love that transcends all was there, but it felt strangely odd and out of

place. Nevertheless, if the girl the row over from me was evident of anything, this story should be good for at least a couple of tear jerking scenes. My advice for the guys: be ready to shell out twenty bucks to take your girlfriend to a typical chick flick, and use this movie as leverage to take her to see Underworld Evolution. As for the girls, you more than likely know exactly how

this movie will play out, and you won't be disappointed.

You know, it's somewhat fitting that most movies about true love narrowly miss the mark. Despite their best efforts, it always seems evident that the two star-crossed lovers are after all acting for our enjoyment. Perhaps that's why we go back, time and time again, to watch this story unfold; to see if true love can actually be

found. Or, maybe it's because it's the middle of January and there's nothing else to do. Either way, if you find yourself having to pick a romantic date movie, Tristan and Isolde should cater to the evening appropriately, and if you don't like it, don't worry, a new version will be out shortly with different actors who will undoubtedly find themselves lost in true love.

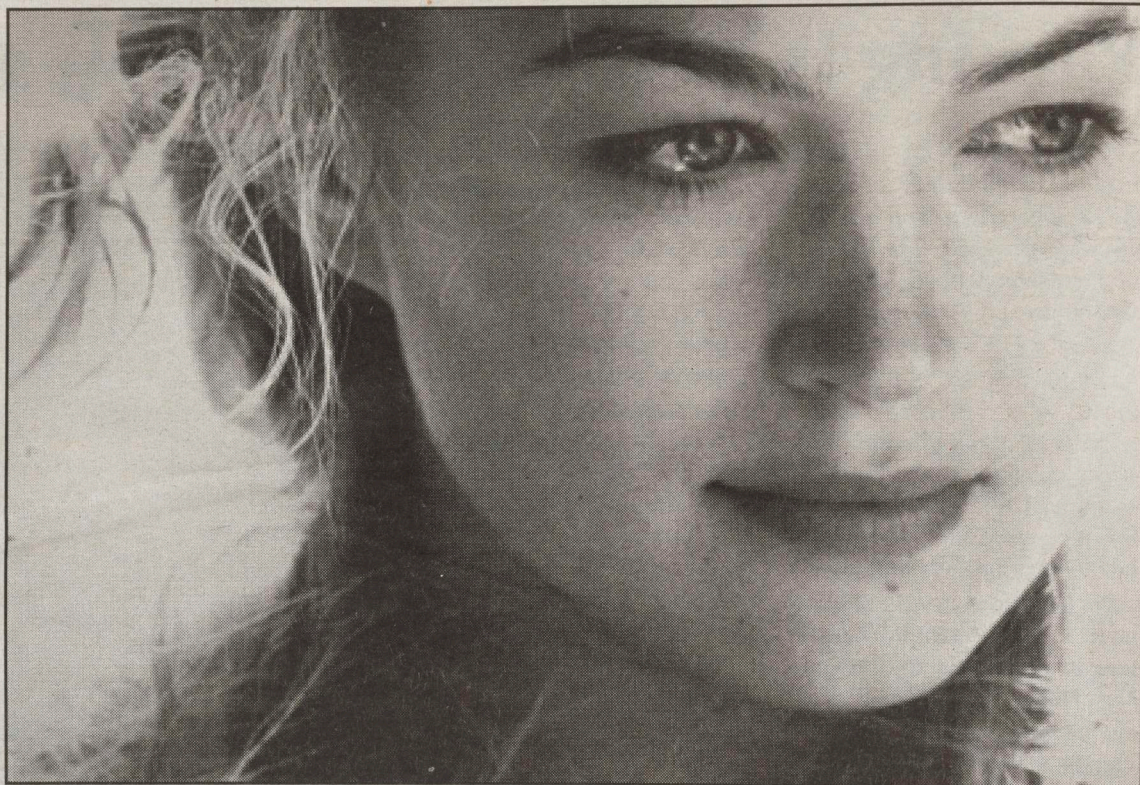


Image Courtesy of 20th Century Fox

How To ... Prevent a Hangover

Tips and suggestions to help with the morning after aches and pains

BY AMANDA KEELEY
Pride Staff Writer

Hangovers...the unpleasant side effect of knocking one too many back. As fun as a night of drinking can be, no one likes the harsh reality a morning with hangover brings. In fact the word alone can cause one to feel nauseous. Fortunately, there are some preventive steps that can be taken so as not to wake up with the dreaded hangover. Now, of course the obvious solution to preventing a hangover is not to drink, but where's the fun in that? There are ways that one can still enjoy

an alcoholic beverage without suffering for it. First off, it's best to know what factors can contribute to getting a hangover. One should never drink while: on an empty stomach, lacking sleep, doing a physical activity or not drinking enough water. Second, before drinking take a B vitamin complex, Better Nutrition says an active component actually has been shown to cut hangover symptoms in half. Third, drink a glass of water before going to sleep, it helps preventing the symptoms that are caused by dehydration. Fourth, in the morning get plenty of vitamin

C and some milk thistle extract (which comes in capsule form), together they act as an antioxidant. Now if it's too late for prevention and a remedy is in need, here are some things one can do to make a hangover a little easier to bare. A common myth is that drinking alcohol again will get rid of the hangover, but actually that's not the case at all. Drinking more alcohol will just give the liver more to break down. Eggs are a remedy, because they have cysteine, which basically cleans up the left-over toxins in the liver. Bananas help restore the electrolytes and potassium lost from heavy drinking. In truth, any food or drink that contains a lot of potassium is great for easing the pain of hangovers. Fruit juices help replenish the vitamins and nutrients that the alcohol has taken away; it's also a great way to get energy back. Lastly aspirin or other non-caffeinated pain-relievers are great for headaches, also any carbon-based products like Chaser or Hangover Stopper work well because they diminish the amount of toxins in the body. A night of partying and cocktails doesn't always have to mean a morning stuck by the toilet with a hangover. Next time there's a situation that might lead to a hangover try some of these preventative steps before the drinking begins and wake up feeling like it never happened. Hope this helps...bottoms up!

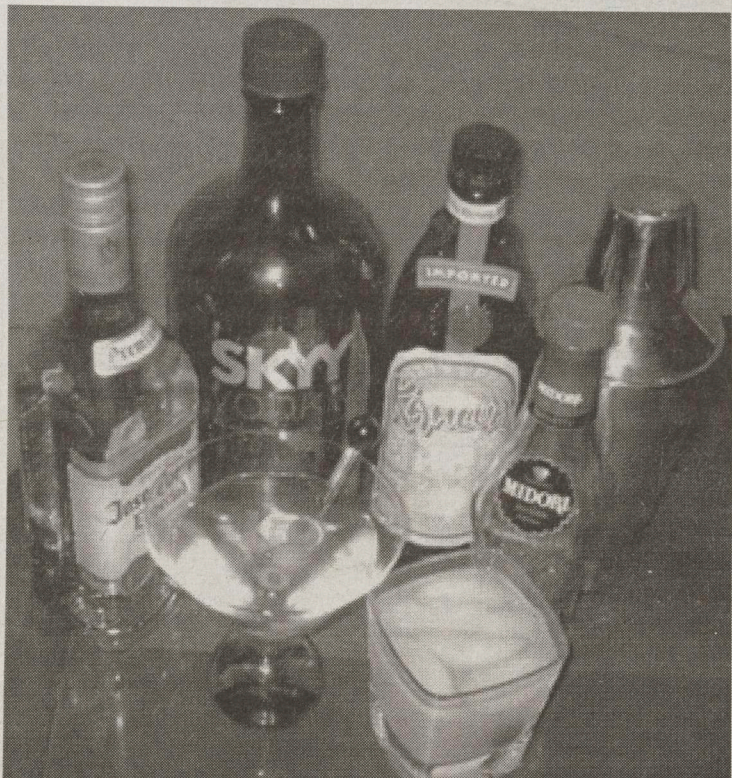


Photo by Amanda Keeley / The Pride

BEER OF THE WEEK: Xingu

BY MATTHEW SCHRAMM
Pride Staff Writer

Like good wine, good beer can often take many different forms, and quite often some of the best beers are those that most people never hear of. If you are a connoisseur of beer, then one dark beer you would probably enjoy, and might have missed, is Xingu. Although many people often divide themselves into dark beer or light beer lovers, Xingu really transcends such imposed limitations. Unfortunately, Xingu will not be found in most stores, yet it is worth the search, if one can find it, as a truly unique beer tasting experience.

Xingu lives up to its name, as noted on its bottle, as a "black beer," bearing a color as dark if not darker than Guinness. Imported directly from Brazil, and named after a tributary of the Amazon, Xingu boasts an attachment to pre-colonial history, when native brewers used local Amazonian roots and herbs to create beer. Emblazoned with a native bowman, alligator, and map of the Amazon, Xingu promotes such attachments to the past, just as Guinness does by noting the year it was first brewed.

Yet the true pleasure in drinking Xingu is the fact that unlike many darker beers, it is not a heavy beer, either in texture or

flavor. In fact, the flavor of Xingu is extremely unique, and probably unlike any other beer currently on the market. Assuming that native Amazonian ingredients are still used in the brewing of Xingu, this might explain its unique taste when compared to most beers out there. With almost no hint of bitterness, common with even the best beers, Xingu is a connoisseurs' delight. According to Xingu's website, Xingu is considered a black lager, yet much of Xingu's appeal cannot be described so basically. Like all great beers, Xingu needs to be tasted to be fully enjoyed and understood.

For more information on Xingu and its availability, visit its website at www.amazon-beer.com



Image courtesy of amazonbeer.com