

*Black History
Month*

The Pride highlights prominent black figures throughout history

BY EBONI HARVEY
Pride Staff Writer

For the entire month of February, *The Pride* will feature articles pertaining to the acknowledgement of Black History Month in relation to the campus community.

This week's issue highlights the strides made by historical black figures in bringing awareness to racial equality and laid the foundation for the country to elect its first black president, Barack Obama.

February, also known as Black History Month, seems extra special this year. Electing Barack Obama as the first black president is, for this generation, as important and unforgettable as the long list of events and people in black history.

Year after year, black people continue making strides towards a progressive future. Nonetheless, there are several individuals who are precursors to the history made January 20th. President Obama joins the ranks of these individuals that continue to inspire the cultural experience of a changing world.

The premise of Black History Month originated in 1916, when Dr. Carter G. Woodson and Rev. Jesse E. Moorland, co-founders of the Association for the Study of Negro Life and History, published *The Journal of Negro History*. The journal was a compilation of research the two men conducted to help create awareness of the impact black people played in America. Woodson also published the journal in hopes that it would instill pride among the black community.

Woodson, himself, was the son of a former slave and the second black person to graduate from Harvard University. Woodson advocated for the fraternity Omega Psi Phi to create Negro History and Lit-

erature Week in 1920. Woodson later changed the name to Negro History Week in 1926.

Black History Month occurs in the month of February to honor the births of two men who played significant roles in bringing awareness to civil rights. Abraham Lincoln, who was born on February 12, was responsible for the Emancipation Proclamation while abolitionist Frederick Douglass was born February 14.

In 1976, the ASNLH stretched Black History Week to take place for the entire month. Today, Americans celebrate and honor the month of February as Black History Month.

The celebration of Black History Month is not without criticism. Though its originators intended to create an awareness of the significant contributions black people made in America, some critics including Morgan Freeman, believe it is a ridiculous concept that undermines black history. "I don't want Black History Month," Freeman said in an interview on *60 Minutes* in December 2005. "Black history is American history."

Though there are many memorable figures worth noting for Black History Month, *The Pride* selected some individuals representing the arts, politics, sports, and entertainment to kick off this month of recognition.

Jackie Robinson

"There's not an American in this country free until every one of us is free."

There was nothing anyone could do to separate a man from his bat, despite societal prejudice views during 1940's. Born to a family of sharecroppers, Robinson grew up to become the first black to share the field with his white counterparts in more than fifty years. In 1947, Robinson ended the approximately 60 years of segregation when he made his debut in the

Major Leagues playing for the Brooklyn Dodgers. In 1962, Robinson subsequently became the first African American inducted in the Baseball Hall of Fame.

Rosa Parks

"I have learned over the years that when one's mind is made up, this diminishes fear; knowing what must be done does away with fear."

On December 1, 1955, while on the bus, Parks refused to give up her seat to a white passenger. In a simple but profound act of defiance, Rosa Parks shaped the early workings of the Civil Rights Movement. The U.S. Congress would later call Parks the “Mother of the Modern-Day Civil Rights Movement.”

Sidney Poitier

"I never had an occasion to question color, therefore, I only saw myself as what I was...a human being."

Determined, charming, and a diplomat: these are characteristics of leading men. Poitier broke down

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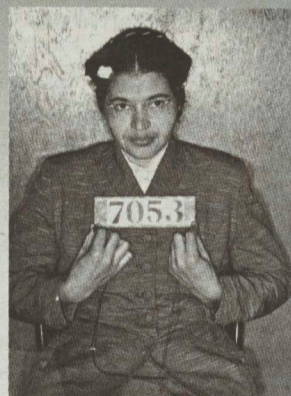


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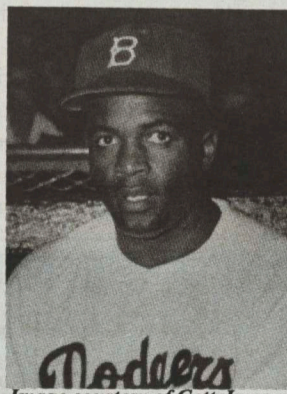







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The Pride is published weekly on Tuesdays during the academic year. Distribution includes all of CSUSM campus.

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SEX 101!

The techniques that don't please

BY IVAN GARCIA
Pride Staff Writer



If anyone is like me in any way, then chances are that we don't like some of the same things. For example, I can't stand it when I'm trying to eat some colonel at a certain fried chicken franchise with friends, all the while, little baby loud mouth is screaming his/her head off and throwing his/her cheaply made plastic toy he/she got with his/her meal...at me! We've all been in that situation before, and if you haven't, feel sorry for me and send me a basket of fruit to console my terrible fast food experiences. Now, why am I discussing a topic that might have nothing to do with sex? Well, keep reading and I'll tell you! (Jeez, chill out.)

Ironically enough, this situation paints a, somewhat, accurate description to what some may have gone through during sex. First, everything is great: you're enjoying yourself and taking part in something that you personally enjoy. Then, all it takes is one fateful action to turn what was once a delicious grilled cheese sandwich into a damp square of cold mush. (Yes, a sandwich filled with cheese... and sex!) So, what is it that causes these sudden outbursts of moment destroyers? Is it involuntary? Have you just always wanted to try it? Or

are you just misreading your partner?

Let's be serious for a bit, sex is a serious and beautiful thing. It is a union that is shared with you and your partner, and hopefully, it is something that you do out of love. That being

said, there is nothing at all wrong with enjoying the experience of sharing an intimate moment with your significant other and tailoring to suit your (and your partner's) needs. The only downfall is that you have to know what your partner likes before you try it. For example, "talking dirty" is quite the popular way to spice up one's sex life. But sometimes, you'll find some people out there that don't much care for it, personally, I think it's a little cliché, and preferably, only best suited for Steve Carell's portrayal of a 40-year old virgin. But there are many ways that one can help to give his/her partner "what they like" and receive it in return as well. Whether it be something as adventurous as different positions, to something as simple as the way your partner dresses or expresses themselves.

That being said, let's get to know some of our fellow cougar's interests when it comes to sex and relationships. Anonymously, of course. To get a broad sense of what some

look for in a partner, I asked variety of people with differing gender identifications and sexual orientations.

Name one turn on and one turn off when it comes to relationships:

Male, 21, heterosexual: "I love confident girls who are comfortable with themselves and who they are. And I'm definitely not into girls that worry about what they eat."

Female, 19, heterosexual: "Plain jealousy is just horrible. I like the "little things," like just calling just because and visiting me at work. It lets me know that they care."

Male, 22, homosexual: "I like someone who can hold a good conversation and is open to trying new things. And I don't like someone who has no "drive" or life goals. They would rather stay home all the time then go out every once in awhile."

Name one turn on and one turn off when it comes to sex (if sexually active):

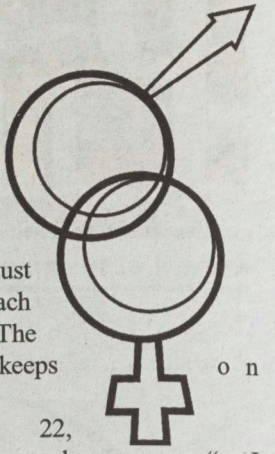
Male, 21, heterosexual: "I definitely love girls in heels, because it accentuates their legs and their buttocks. I really don't like girls that are into weird stuff, like role-playing as sexy ninjas or astronauts."

Female, 19, heterosexual: "I hate when they only think about pleasing themselves, I'm like, "Hey! What happened to my needs!?" I like constant touching, like cud-

dling or just holding each other. The love just keeps coming.

Male, 22, homosexual: "I like when the other person gets really "into it" by not holding back their moans and is somewhat aggressive but not overt. I don't like if the other person does not reciprocate or "give back" during sex and is unadventurous when it comes to new sexual positions or techniques."

Obviously, these are all individual preferences and are all respected. While anonymous, I applaud this diverse group of people for sharing their experiences with such a sensitive topic. But just remember, whatever you and your sexual partner may enjoy doing, make sure you do it (pun intended) safely and mutually. And never let anyone get you down about what you enjoy doing and talking about, everyone is different and each have their own preferences. Just remember to keep communication with your partner open and free of discomfort. So if your significant other decides to utilize the dreaded whips and chains in your next encounter, talk to them. You are just not into that kind of thing, right? So make sure you tell them that, for the sake of your bum.



Bill of Rights I love Wikipedia

BY BILL RHEIN
Senior Staff Writer



Wikipedia is the infamous database of information that any Internet user can edit. Society has given the online encyclopedia reputation of misinformation and unreliability. Found at wikipedia.org, this free encyclopedia boasts 2,718, 815 articles for any user to edit. Despite all this, I love Wikipedia.

Many professors tell me to ignore Wikipedia because it is unreliable and not a valid source for information. As I progress in college, I find more and more ways to use Wikipedia.

It is time to embrace Wikipedia for the potential it has as a

resource. It is a great place to find pictures and movie posters in high resolution. It is the best place to find quick information about just about anything from spiders to restaurants.

Anyone can edit the website, but that does not mean it is not monitored. For fun, I found the entry for my favorite sports team. I clicked to edit the page and spouted my theories on why they were the greatest team ever. Within five minutes, my additions disappeared.

Sure, Wikipedia should not be used as a source for a term paper, but it can provide a great deal of information to gain an understanding of the topic and has web

links to other sites to find more information.

In addition, there are several ways to have fun while learning. On the front page, users can read snippets random articles and learn something new. I sometimes lose myself clicking on various links and reading about random people and places. The hyperlinks make it easy to jump from topic to topic, unlike a traditional encyclopedia.

Also, the Wikipedia game is an intense, competitive way to have fun. The idea is to move from one topic to an opposite one by only

clicking on the links that appear in the page. With nine clicks, I was once able to move from the CSUSM page to the history of Pepsi Blue.

Wikipedia has been a positive influence on my life. It is time to embrace the site for the good things it does and the ease of finding information.

WIKIPEDIA



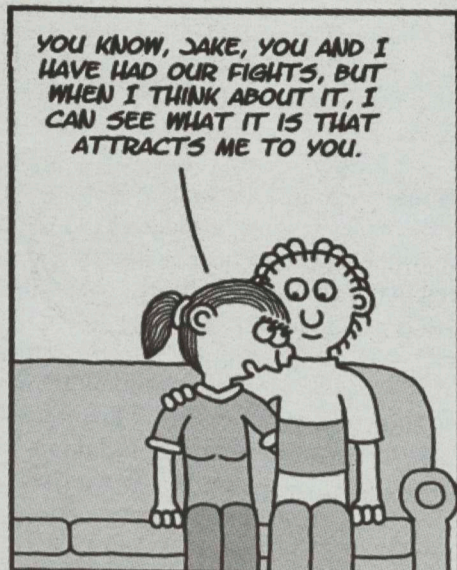
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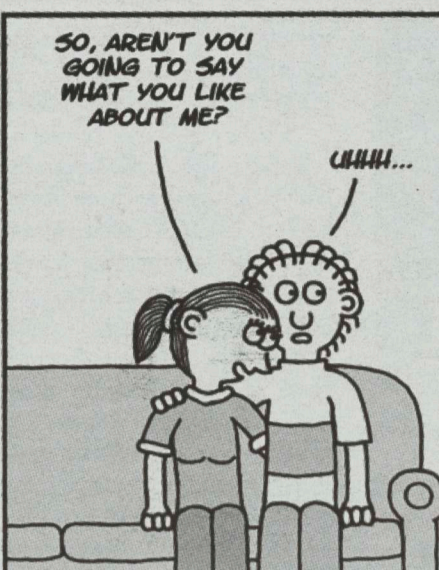
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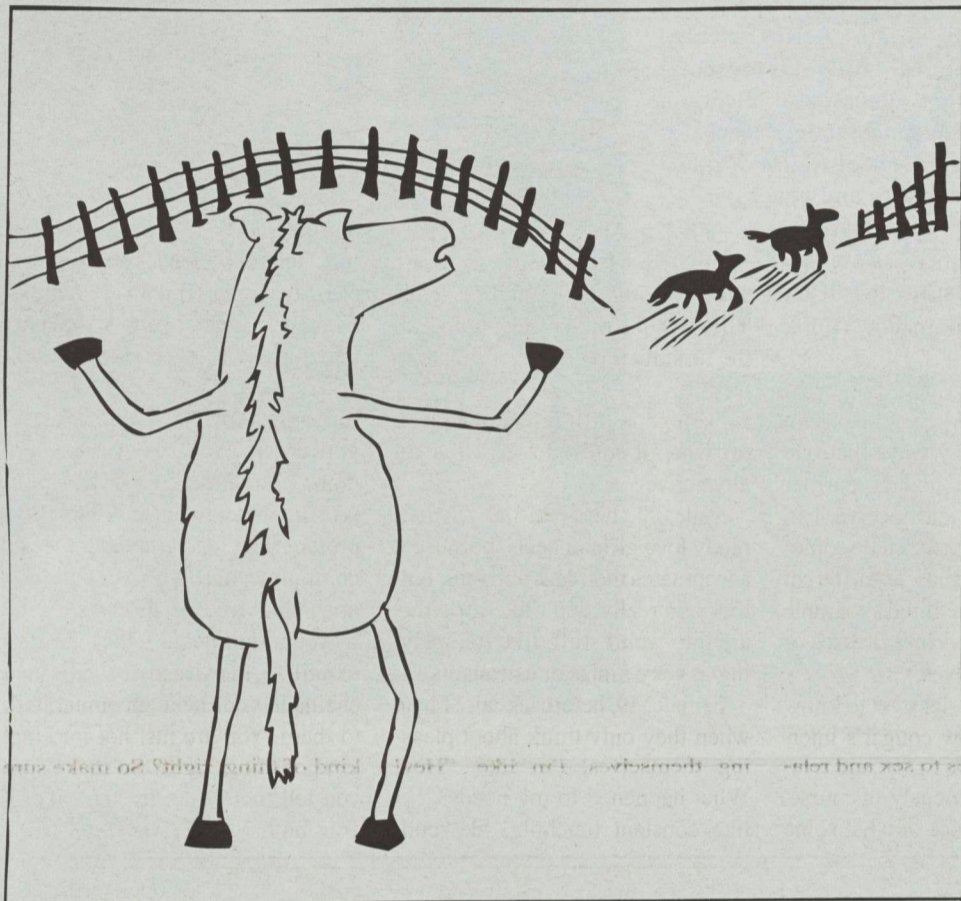


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Simple Days by Robert Knauf



C'mon guys I was just kidding.
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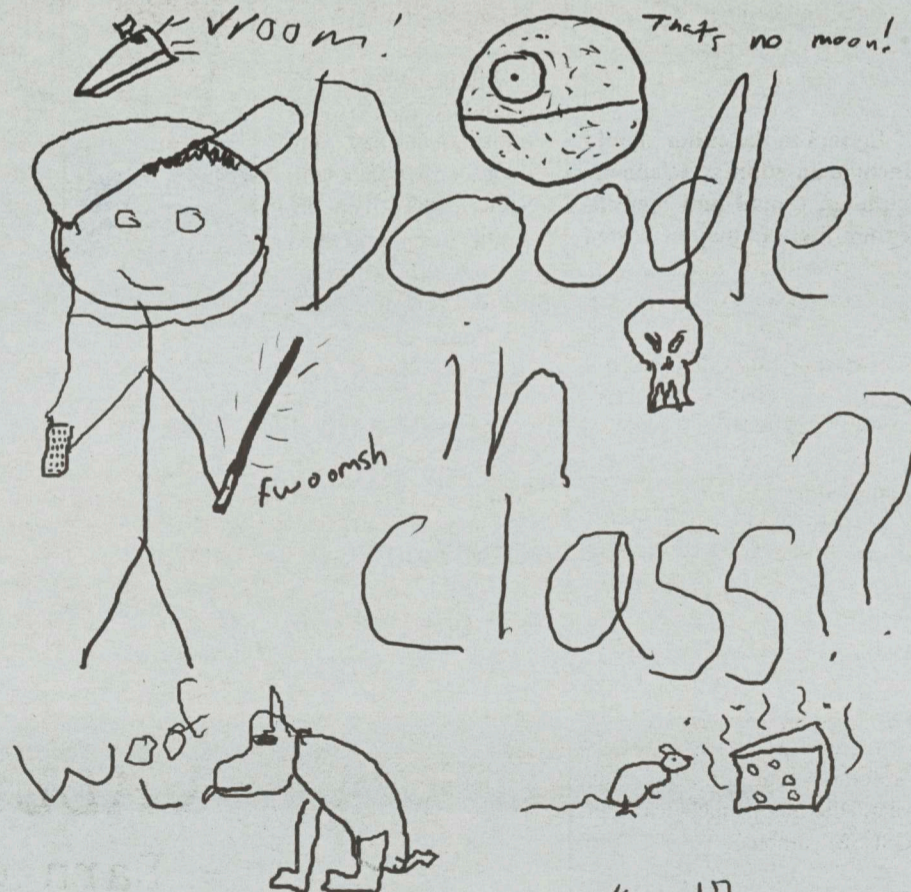
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From HISTORY, page 1

color barriers in theatre and film becoming the first to receive the 1963 Academy Award for Best Actor in for his part in *Lilies of the Field*. Poitier purposefully rejected racial stereotyping in Hollywood, making way for other black actors to develop successful careers of their own.

Maya Angelou



Image courtesy of LIFE

Oprah Winfrey

"Excellence is the best deterrent to racism or sexism."

She was one of Obama's biggest supporters. Some would say that she brought in a lot of votes for him. Growing up they both had to deal with adversity to get to where they find themselves today. Time magazine says Obama shows, "the steady march of seemingly impossible accomplishments." Winfrey and Obama are two figures that will for-



Image courtesy of LIFE

ever be a beacon of influence for Blacks many years to come.

Elizabeth "Bessie" Coleman

"The air is the only place free from prejudices."

Believe it or not Blacks in America are reaching new heights. Bessie Coleman, in 1921, became the first black female pilot and the first to hold an international pilot license. There is courageousness about someone who defies the laws of gravity or to come face to face with personal and cultural hardships.

Nelson Mandela

"The greatest glory in living lies not in never falling, but in rising every time we fall."

Anti-apartheid activist, Nobel Peace Prize winner,



Image courtesy of moreintelligentlife

beautiful" The face of the traditional American family changed dramatically since the Civil Rights era. Just as *The Cosby Show* helped revive NBC's ratings, they also gave a glimpse into the life of a black man and



Image courtesy of wolfaviation.com

his family. Bill Cosby displayed black family culture in a way that had never been done before. He became TV's favorite dad for the same reasons why Malia and Sasha probably feel about their dad.

Martin Luther King Jr.

"I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character."

History proved that if someone is a gifted orator then some serious things can get done.

The audience is the one to capture. Martin Luther King Jr. used the power of his voice to blow dirt into the air about racial inequality. King led confidently and with the intention to implant words into the minds of those who dreamed for change and those who see it happening now.

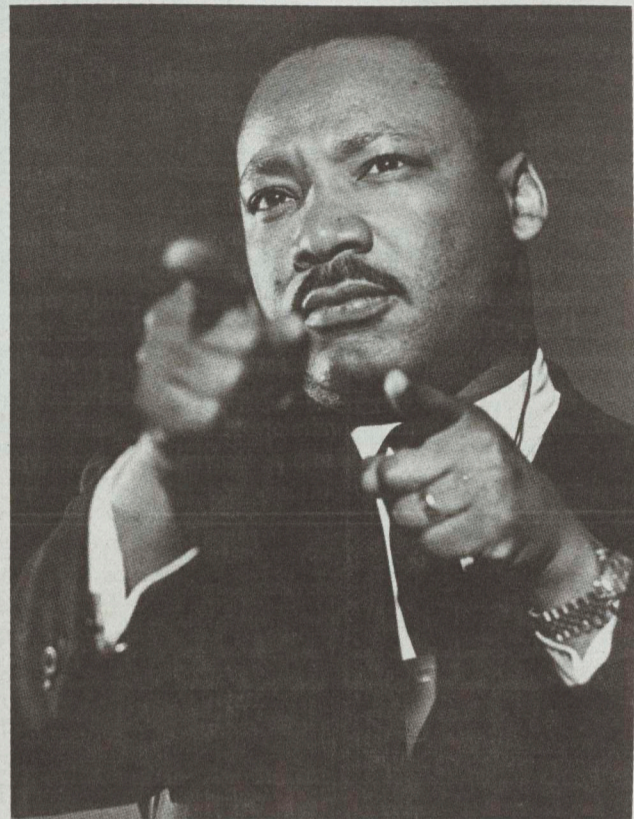


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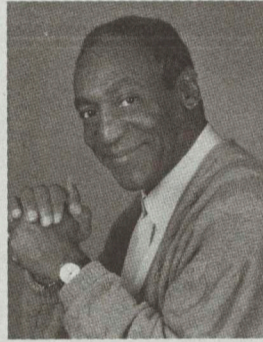


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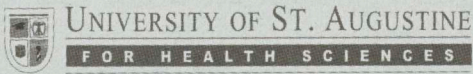
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Student Spotlight: John Hall

BY JAZMINE LIRA
Pride Staff Writer

Graduating senior, O-Team director, field training community service officer and resident advisor...For 5th year student, John Hall, it's all just a part of his daily life here at CSUSM. John graduates this spring majoring in History with a minor in Social Science. He hopes to further his education by getting his Master's Degree in Educational Leadership and Student Affairs.

Hall has been a community service officer for his five years

here at CSUSM and now trains all the newcomers. During his sophomore year, living in the University Village Apartments (UVA), he was inspired to join O-Team, a student run organization that coordinates new student orientation activities. Now, Hall is an O-Team student director.

This past year, Hall decided to become a resident advisor (RA) at the UVA and is now disappointed that it is almost over. He will miss being an RA because of his "phenomenal residents" and the ability to meet and help so many people.

With a heavy academic load of 17 units, Hall manages to keep up with meeting for O-Team every Friday and the many responsibilities being an RA entails. Regarding

less, Hall still finds time to have fun. Hall does his best to hang out with friends and family whenever possible.

During his free time, you might catch him on the courts playing tennis, in his room playing his favorite video game, Super Smash Brothers, or even just lounging around enjoying his favorite comic series, "Avengers" and "Thunderbolts." If anything, the most frustrat-

ing part about his day would be not being able to do everything he enjoys.

Hall shows monumental commitment to his work here at CSUSM.

"Take a risk and get involved," Hall says. "If it doesn't work out, then there's always a way out."

College's inherent stress and uncertainties have yet to faze Hall.

"College is a time to figure out who you are," Hall offers. "If you come in with Plan A and realize Plan B might work better, go for it."



Photo by Jazmine Lira

Business closures' affect on Cougars

Jobs are shriveling up across the Nation

BY JONATHAN THOMPSON
Senior Staff Writer

Entire businesses are going under. Numerous companies are letting hundreds to thousands of employees go. The downward spiraling economy is not only hurting industries across the board but also career possibilities for students at California State University of San Marcos.

Recently, Home Depot cut 7,000 jobs, Nextel cut 8,000 jobs, and Caterpillar cut over 20,000 jobs. Students' beloved

Starbucks is also cutting some 6,000 jobs. Job losses primarily occur below headquarter levels in most organizations. However, the ever-worsening economy forces companies to fire headquarter employees as well. It seems that all jobs, regardless of rank or importance, are susceptible to the current crisis.

"My dad recently lost his job. It has me worried. You never know when the ax is going to fall, it could be the guy next to you, or it could be you," said Senior Business Major Bryan Spangenberg.

According to the Bureau of Labor Statistics, the fourth quarter of 2008 brought the unemployment rate up to 7.2 percent meaning that roughly 11 million citizens were jobless.

Statistics for the first quarter of 2009 will not be available until the quarter is over. However, since December, more companies announced massive layoffs. The massive layoffs will most likely increase the unemployment rate when actual statistics become available in a few months.

According to the Bureau

of Economic Analysis, the real Gross Domestic Product decreased by 3.8 percent in the fourth quarter of 2008. The current number is based on estimates. The actual GDP is set for release on February 27. The BEA states that the real GDP decreased mainly to a decline in exports, equipment, and software. In order for the United States to officially be in a recession, the real GDP must decrease two quarters in a row.

A slumping GDP and a rising unemployment rate are all negative signs for Cougars. Current

students must compete with those that were laid off, and even some who seek a second job for additional income. Future graduates might experience difficulty in finding career opportunities.

"I lost a lot of money in my stocks, around 3,000 to 4,000 dollars. It was supposed to be money for my graduate school tuition. Also, my company recently reduced everyone's pay by 20 percent until April. Honestly, I feel helpless," said Senior Business Major Kyle McClellan.

Math Lab adds up

BY GABI MARTINEZ
Pride Staff Writer

Numbers, equations, and formulas are known causes of headaches for students. The Math Lab is here to make them go away. Located in Kellogg Library 1109, the Math Lab offers tutoring services in all B4 requirements and GEM100.

Director of the Math Center Maureen DuPont understands the stereotypes the math lab carries.

"Some people have a perception that either it's only for the people that are really dumb [or] only the smart people hang out here, and it's actually everything across the board," says DuPont.

Though there are students that do not utilize the math lab, DuPont has hope that things will turn for the better. She believes that this year they will receive well over 10,000 hits. "Our counts for the fall were just over 6,500," says DuPont. With 20 tutors on staff and four receptionists there will always be someone ready to assist.

Although, the option is out there to get a private tutor, DuPont advises that the math lab offers guaranteed reliability warning that a private tutor may not have the qualifications that a tutor from the lab has. DuPont explains that the College of Reading and Learning Association (CRLA) certifies

learning centers.

"We all are certified centers, so we are allowed to in turn certify our tutors," says DuPont. No tutors may work unless they are certified first. This includes a minimum of 10 hours of training per semester.

The math lab does not restrict its services to only getting help in person, help is also available online. Students can e-mail their questions to emath@csusm.edu for help.

In the event of transportation or childcare issues, the center advises students to call in. DuPont, along with the rest of the center, are also reaching out to students outside CSUSM. Every other Friday, stu-

dents from Paloma Elementary School come and study fractions. DuPont believes that the math lab's real goal is to refine students' basic math skills.

"They learn terminology, mixed numbers, improper fractions, and how to add, subtract, multiply, and divide," says DuPont.

"The big thing," DuPont believes, "is they get excited about college." The math lab is open Monday and Thursday

from 8 a.m. to 6 p.m., Tuesdays and Wednesdays from 8 a.m. to 7:30 p.m., and Fridays from 8 a.m. to 2 p.m. No appointments are necessary. If there are any questions, however, students may call the center at (760) 750-4101.



Photo by Gabi Martinez

Club spotlight: Army Cougars

BY SANDRA CHALMERS
Senior Staff Writer

Students can get proactive with Army Cougars

Army Cougars is an exclusive club at CSUSM that features recreational activities for the brave and the bold.

Army Cougars is a club centered on some of the most adventurous U.S. Army activities made for students to enjoy. Rappelling off buildings, martial arts and camping are some of the many activities that Army Cougars take part in.

"The Army Cougars is unique

to CSUSM mainly due to some of the extreme activities it conducts," said James Stanfield, the current president of Army Cougars. "We conduct a wide range of activities, such as land navigation, self-defense classes, first aid, rock climbing, and confidence courses, and the Army Cougars do unwind by hosting parties and other outings," Stanfield continued.

Though Army Cougars is based on U.S. Army activities, it has no direct connection to the military. Students participating in activities or becoming members of the club have no obli-

gation to join the military, nor is there any recruiting at any events that Army Cougars is involved with.

Army Cougars was founded in the fall of 2008 and currently has about ten members.

According to the Army Cougar's website, every activity is conducted in a stimulating and fun atmosphere. Instructors, that are experts in their respective fields, are provided for activities and have real life experience. Sometimes even members of the military participate by helping to demonstrate certain activities.

"There are no skills or prior

knowledge needed to participate in the activities. There will be instructions given prior to all activities in order to ensure safety, understanding, and fun," said Stanfield.

"Another feature that may be distinct to Army Cougars is that the majority of the activities are free to members. We pay for most of our activities through our fundraising events," he continued.

Army Cougars is also in the process of getting involved with Team in Training, one of the largest sports training programs that works in conjunction with the

Leukemia & Lymphoma Society, that offers marathons and various other physical activities to benefit blood cancer research.

Students who are interested in joining Army Cougars or looking for more information about the club, can visit the Army Cougars website at www.armycougars.com or can contact James Stanfield by e-mail, stanf005@csusm.edu.

"If a student was to join the Army Cougars then he or she should expect to develop confidence in him or herself, make friends, and to have fun," said Stanfield.

RecycleMania 2009

Campus wide event garners strength

BY JAMES SEBRING
Pride Staff Writer

CSUSM is positively influencing the community and the environment by participating in Recyclemania. Recyclemania is a nation wide competition between over 500 colleges and universities for the national Recycling and Waste diversion title. CSUSM proudly continues to hold the title it first obtained in 2005.

"We got a random e-mail asking if we wanted to join. We didn't know what it was but thought, 'what the heck, let's give it a try!'" said Carl Hanson, Department Manager of Custodial Services at CSUSM. "At that point, there were only 43 colleges and universities competing. We won it hands down from start to finish. It astounded us."

Recyclemania began in 2001 as a small competition between two Ohio colleges. It contin-

ued to spread and gain popularity. This year, Recyclemania includes about 510 colleges and universities.

Hanson urges everyone to keep on recycling. Contributions may include plastic bottles number 1-7, cans, glass bottles and jars, cardboard, paper, and pre and post consumer food.

The competition runs from January 18 through March 28.

Recyclemania consists of different subcategories: gross weight, per capita, and recycle percentage of total refuse.

Hanson believes that CSUSM's secret success is due in part to the already established social climate in regards to recycling, adding that, "we didn't have to create something new or try to change attitudes."

Carl also offers credit to the cafeteria personnel and the Foundation for the job they do at the beginning of the waste stream. It begins with choosing packaging materials. Years ago,



Photo by James Sebring

the choice material was Styrofoam, which cannot be recycled. Regardless of the downstream effort, if the start is wrong, the end product will ultimately fail.

Hanson acknowledges Brian Dawson and the University Village Apartments as they join in the competition for the first

year.

"They have been very enthusiastic and we look forward to their contributions," Hanson said, adding that Faculty Services Director Ed Johnson also deserved credit for his interest and steadfast support in the waste diversion efforts throughout the year.

CSUSM's Risk Management and Safety department is sponsoring its first Electronic Waste Recycling event on Feb 7, 2009. They are extending the opportunity to CSUSM staff and students, and to the local community. It is a chance to get rid of a wide spectrum of electronic equipment like computers,

monitors, phones, faxes, printer/copiers, TV's, keyboards and stereos. The Electronic Waste Recycling event will take place in Parking Lot B. For more information on the event, visit www.csusm.edu/rms or call (760) 750-4502.



Image courtesy of CSUSM.edu



Photo by James Sebring

A Day in the Life of An R.A.

The Unsung Heroes

BY BILL RHEIN
Senior Staff Writer

Every August, the incoming RA's go through a rigorous training. These weeks prepare us for just about every situation and crisis we may face. Yet, there are a few things beyond my grasp. In these moments, I know I can count on the hard working maintenance staff of UVA.

This may seem like a departure from life as an RA, but the maintenance crew does more to help to the community and us than I could ever imagine. Though I can speak highly of every staff member who works in the office, the maintenance crew deserves much praise. They work extraordinarily hard to ensure the facilities appear nice and working.

I appreciate all the ways that they better the community. They bailed me out of situations including flooding sinks, clogged toilets, and broken beds. I would not be able to do my job without the help from these extraordinary men.

Any RA can list off many more examples of how the maintenance people came to his/her assistance in a dire situation. Even in simple

situations, such as going to check a fire alarm or replace a light bulb, it is reassuring to know I can count on them.

Recently, while still completing their daily task, the maintenance crew worked with an outside crew and put in a fountain. The new fountain is beautiful and will be a pleasant sight for anyone who walks by the UVA. Everyone responsible for com-

pleting this installation deserves praise.

As an RA, I am ready to handle parties, emotional breakdowns, and roommate conflict. Yet, I cannot fix some things. They make my job easier when something goes wrong and a resident needs my help. That is why I must give all thanks to the friendly and hardworking maintenance staff.

UniversityVoice

Photos by Gabi Martinez /Pride Staff Writer

What does Black History Month mean to you?



"Black History month, big meaning. It's hope because a lot of things that were not possible in the past have now been accomplished."

Domi Woung
2009



"Bring awareness about what it means to be an African American in the United States now. How far they've come."

Alyssa Guzman
2010



"It's a really good thing, everyone coming together, not being segregated anymore."

Samantha Sallis
2011



"It's a big step in the world today, it's not right to me that anyone should be demoted in status, and it's nice to see that people are being recognized for doing right in the world."

Kylan Aburto-Pratt
2010



"Black History month, recognition of MLK, it represents everything going on right now, specially with Obama becoming President. We are moving forward, it's a time to reflect on past events."

Jamie Ries
2011

Congressional internship

Panetta Institute bids capital experience

BY DIANA VALDIVIA
Pride Staff Writer

The Leon and Sylvia Panetta Institute for Public Policy Congressional Internship Program offers a once in a lifetime opportunity. One student from each CSU campus and two additional students from Dominican University and Santa Clara Univer-

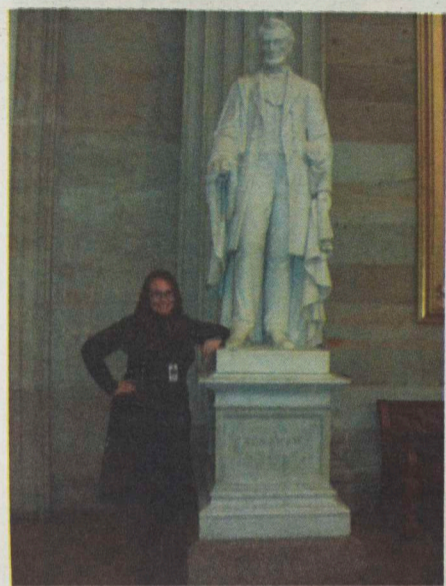


Photo courtesy Jenny McDonald

sity intern in the heart and soul of U.S. government, Washington, D.C.

The highly respected Congressional Internship Program offered in the fall semester consists of a two-week training at California State University, Monterey Bay where the Panetta Institute is located. Following the training, interns go to Washington, D.C. for two and a half months and experience the legislative process firsthand, among other things. The program places each intern with members of Congress who represent California.

The application process has several requirements. Students interested in applying must be a junior or senior with a 3.00 GPA or above. Other requirements include a letter of application, a school transcript, and at least two letters of recommendation from fac-

ulty. After students apply, there is an interview process where CSUSM's committee headed by Erika Kirst, Coordinator of Greek Life and Leadership Programs, interviews applicants to select one student to represent the campus in Washington.

There are many benefits from this program.

"It is an honor to be part of it because it is unique, only one student is selected from each campus," said Kirst. Another great benefit is that the program pays for the interns' expenses such as housing and air travel. Interns also receive stipends to cover other expenses.

"I encourage students to take advantage of this opportunity," Kirst added.

Among other benefits, interns can earn up to 20 units during the semester.

Last semester, junior Jennifer McDonald was the student representative for CSUSM. McDonald emphasizes that student applicants do not necessarily have to be a specific major.

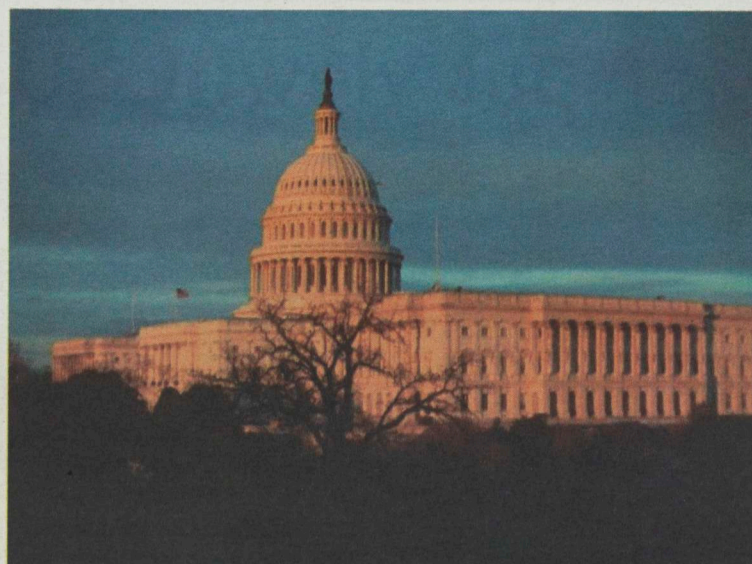


Photo courtesy Jenny McDonald

"It is something really beneficial for anyone who wants to work in government, policy, or the media. It is a one of kind opportunity," McDonald said. The Congressional Internship Program is an excellent opportunity to build connections in Washington, D.C.

McDonald's internship included many unique experiences such as going to the White House and Congressional hearings.

"I got to meet people who write our laws, who have been influential for the past 30 years," said McDonald. One of McDonald's most mem-

orable moments was when, President Bush's Chief of Staff, Joshua Bolten, talked to other interns and her for almost an hour and took questions from them. Another highlight of her experience was to be in Washington, D.C. when historical events such as the 2008 election and the financial bailout occurred.

For information about this program visit Panetta Institute's website at <http://www.panettainstitute.org/>. Look out for more information on the application process mid-February in the Student Life and Leadership office located in Craven 3400.

ASI offers an alternative for Spring Break

BY MATT LEWIS
Pride Staff Writer

Spring Break means many things to college students. It means hanging out with friends, vacations, drinking, recreation, travel, or some combination of these. Volunteer work isn't something that immediately springs to most students' minds when a vacation comes around. Sara Gallegos,



Photo by Sara Gallegos

however, believes that it work should be.

Gallegos has worked with Associated Students Incorporated (ASI) on campus for the past six years to put on alternative spring break trips for student volunteers to go to places like San Francisco, Oakland, and New Orleans.

"This trip is an alternative spring break on two levels," said Gallegos. "First, we offer community service and a chance to do something constructive. Also, these trips are substance-abuse free, for people who would rather not do that sort of thing."

This

year, two staff members, Roger D'andreas and Jennie Goldman, along with ten CSUSM students travel to Cleveland, Ohio to volunteer for Habitat for Humanity. They will work on the deconstruction of older properties to make way for new ones, and refurbish older houses for new occupants to move into.

"It's a whole other level of volunteering," says Jamie Inarda, a CSUSM senior who went on the trip to New Orleans last year. "It's a great way to have fun, make friends, and do something good for a community in need."

Another CSUSM student, Kyle Gregory, also attests to the program's benefits.

"You get a lot more out of it than you would out of a traditional spring break. It's a fun experience and gives you a sense of accomplishment as well," Gregory said.

While the program seems more work oriented than a usual vacation, they make time to have fun as well. This year, in addition to volunteering, the group

will take time to visit the Rock and Roll Hall of Fame and watch a Cleveland Cavaliers game.

Typically, there are only ten spots available for students to go, and the sign up time is during the fall semester. Though it is too late to sign up for this year's alternative spring break, returning students can still sign up for next year during fall of 2009.



Photo by Sara Gallegos

If you do not have plans for Spring Break 2010, alternative spring break may be an option. It may not seem as fun as a self-indulgent weekend, but it is an opportunity to help others in need. For further information on the Alternative Spring Break program, visit the ASI website at www2.csusm.edu/asi/cab/asb.html or contact Sara Gallegos at sgallego@csusm.edu.

LEADERSHIP

Retreat

Are you a Freshman or Sophomore interested in developing your skills as a student leader?

Trying to become more involved at CSUSM?

Good news!

The 2009 Leadership Retreat is here for you!

Free weekend, February 27-March 1, 2009 in Ramona.

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Click the Leap into Leadership link.
Must apply by FEBRUARY 13TH, at 5:00PM to be considered.

For more information, please contact Gezai Berhane at (760) 750-4928 or gberhane@csusm.edu

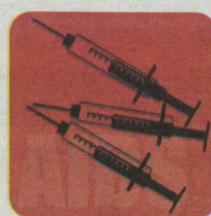
run for office

Want to run for a position on the ASI Board of Directors?

Applications available starting Monday, February 9th.

Pick one up in ASI, SLL, Dean of Students, The Clarke and UVA.

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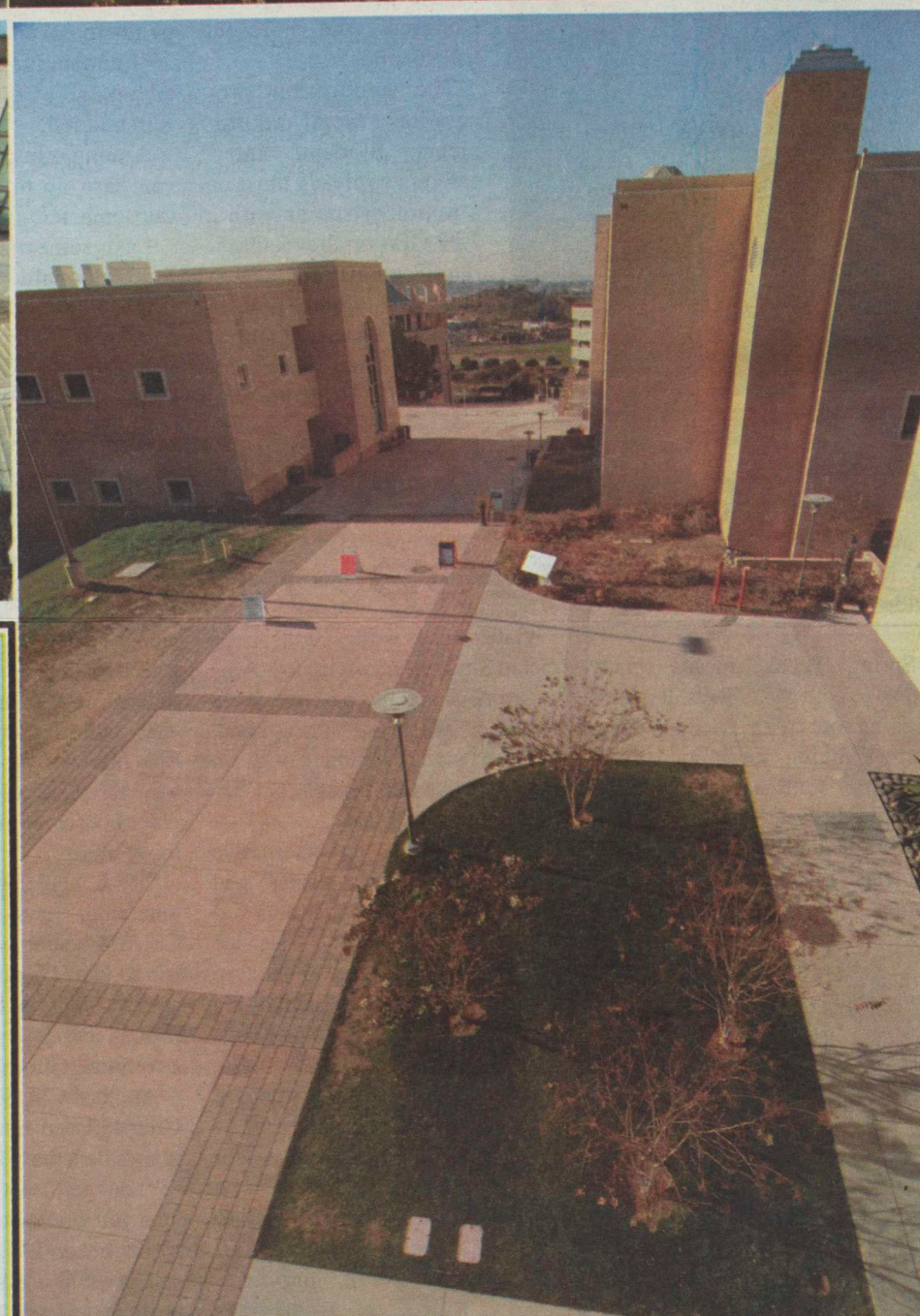
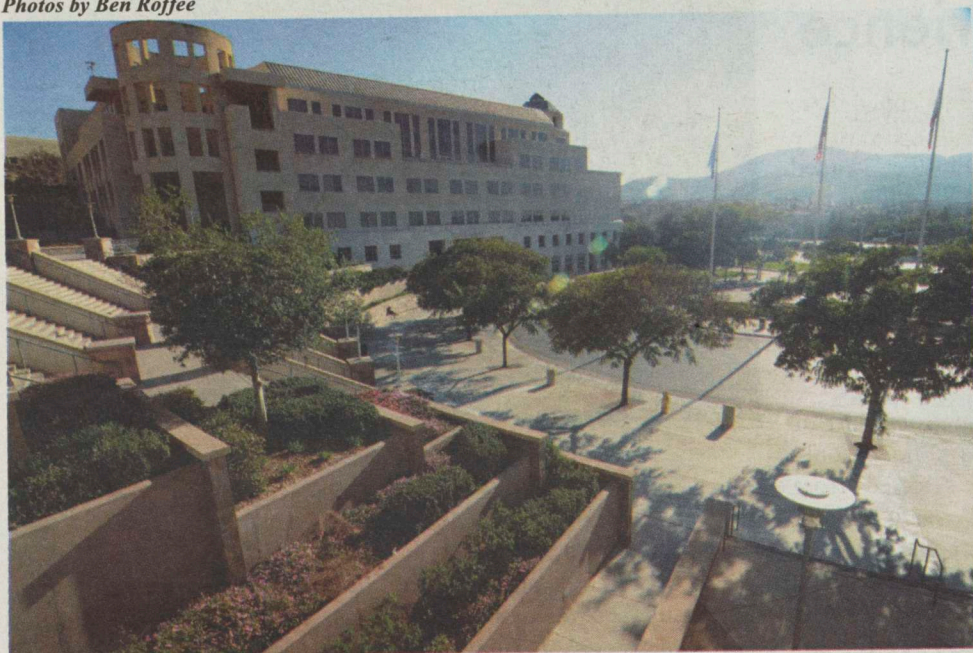
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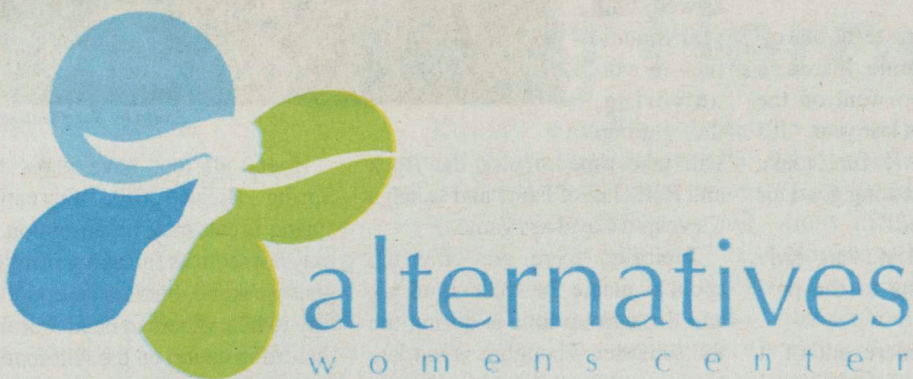
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Campus view: CSUSM through the camera lense

Photos by Ben Roffee



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He's Just Not That Into You

Are you the exception or the rule?

BY JACKIE CARBAJAL
Editor-In-Chief

Girls, how many times have people told you that you are wasting your time with the guy you always have to call or the one who only wants to see you when he's drunk? How often do you listen?

How often do you sit around with your girlfriends analyzing and psychoanalyzing his every word and move?

Maybe the answer to all your troubles is simple.

Maybe, he's just not that into you.

The best seller-made-into-movie formula seems the best way nowadays to increase readership.

The Boston Herald claims the book "could save a generation of women who would be wasting their lives waiting by the phone."

"Sex and the City" first coined the phrase that inspired the book title. In fact, authors Greg Behrendt and Liz Tuccillo worked as writers on the popular show. The countless conversations that took place in the "Sex

and the City" writing room inspired this self-help book for women. Written from the advice of a man, "HJNTIY" "matter-of-factly" evaluates the classical scenarios most women go through in the dating world.

With chapters entitled "He's Just Not That Into You If He's Not Asking You Out" and "He's Just Not That Into You If He's Disappeared On You," Behrendt promotes a bit of tough love to readers while Tuccillo acts as the voice of understanding, often relaying the "easier said than done" mentality most women may encounter while reading. Though Tuccillo experienced many of the scenarios presented in the book, she ultimately sides with Behrendt's verdict on the matter, citing her failed success rate as proof.

At the end of each chapter, Behrendt backs up his advice with statistics. In the chapter entitled "He's Just Not That Into You If He's Not Dating You," Behrendt discredits the excuse that men are afraid of intimacy stating, "100% of guys polled said 'a fear of intimacy' has never stopped

them from getting into a relationship." One guy quoted even said, "That's just what we say to girls when we're just not that into them."

Though the book may come off a bit harsh, it has the best intentions. It offers women the opportunity to have control over their dating life by setting themselves to a new standard. By adopting the principle, "he's just not that into you," women can spare themselves the tears and heartache and take comfort in knowing how to identify the right guy when he comes along.

The book motivates women to consider themselves the rule and not the exception when dating. We've all heard the story about the girl who pursued the guy and they ended up living happily ever after or the one where the guy treated the girl he was sleeping with awful for a few years and then one day he realized he loved her. "HJNTIY" commands women to erase these stories from their memory reminding women that they are exceptional but not the exception.

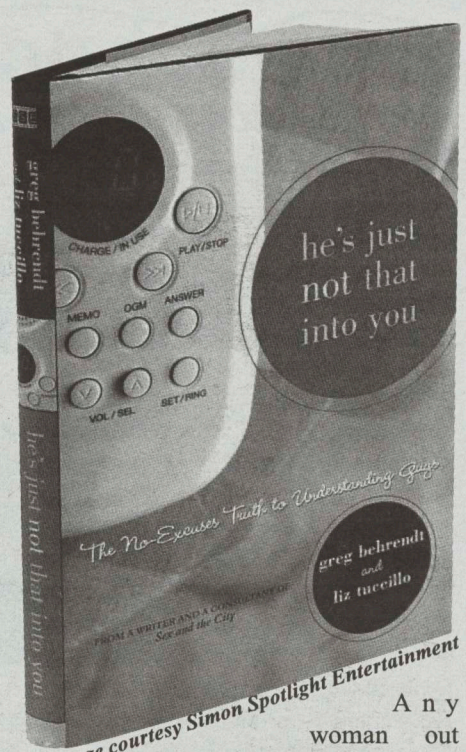


Image courtesy Simon Spotlight Entertainment

Any woman out there stands to benefit from reading the book. Whether you are single, in a relationship, or even married, pick it up and give it a shot. The 150 plus pages are an easy read and even if you yourself are blissfully content with your love life, chances are you have a friend out there who could benefit from these words of wisdom.

Word(s) Disneyfication /n./

Qwertyuiop /n./

Usually the top like of a keyboard, qwertyuiop was the first word ever send in an email.

Nillionaire /n./

Person without any money of their own.

Gouranga /n./

A word that is used by Hare Crishna monks meaning be happy!

The act of taming the world to make it all safe, clean, and completely similar to a theme park. To remove the sharp edges and darkness that is life.

Presponse /n./

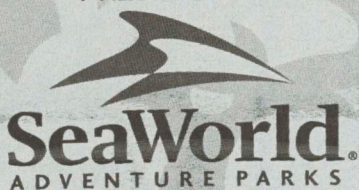
To respond to a question before it is finished, often confusing the asker.

Courtesy of urbandictionary.com

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The drink everyone loves: Yoo-hoo

BY JONATHAN THOMPSON
Senior Staff Writer



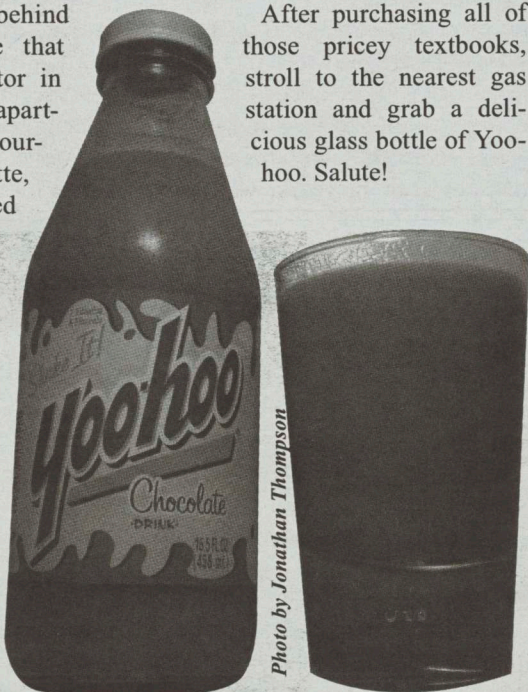
Natale Olivieri began producing Yoo-hoo in the 1920s. Olivieri originally used the Yoo-hoo name for his fruit flavored drinks. He wanted to produce a chocolate drink that would not spoil as fast as chocolate milk. After a little research, he discovered that he could create a longer lasting chocolate flavored drink. He also accomplished his goals without using preservatives -- something the Yoo-hoo brands boasts still today.

The Yoo-hoo brand switched ownership throughout the years. Currently, Cadbury Schweppes owns the label. The drink is found at most gas stations and mini-marts ranging from \$2-3 for a 15.5 fluid ounce glass bottle. The beverage is 99% fat free, 99% caffeine free, and features seven vitamins and minerals. The regular Yoo-hoo Chocolate can also be found in Strawberry,

Double Fudge, and Lite Chocolate flavors. Matthew Perry made the drink even more popular during the ten seasons of "Friends," in which he played the kind hearted, goofy Chandler Bing. Avid fans of the

cream in the actual ingredients. A milk chocolate brown radiates from the glass. Wafts of chocolate bliss fill the surrounding air. The liquid enters the mouth and gingerly scrubs the tongue and taste buds. Small sips turn into large gulps, eventually resulting in an empty Yoo-hoo glass bottle.

After purchasing all of those pricey textbooks, stroll to the nearest gas station and grab a delicious glass bottle of Yoo-hoo. Salute!



show knew from behind the scenes footage that the white refrigerator in Monica Geller's apartment, played by Courteney Cox Arquette, was actually plugged in and used. The stored their favorite drinks. Often times, Matthew Perry could be seen in different scenes drinking his favorite drink, a Yoo-hoo.

After a ravishing shake up, the Yoo-hoo pours rich and creamy, despite the fact that there is no

Vagina Monologues

BY EBONI HARVEY
Pride Staff Writer

How many vaginas have you met? The answer will differ from man to woman, young to the old, right? Did these vaginas talk to you? What did they say? Eve Ensler would agree that vaginas do indeed talk and they have a lot to say.

Well who the hell is Eve Ensler?

Her vagina would say that she is many things: a playwright, a feminist, an anti-violence activist, and a vagina advocate. Ensler began writing monologues based on the interviews of nearly 200 women about various topics such as sex, orgasms, and female mutilation centered on what Oprah Winfrey calls the "Va-jay jay."

The Vagina Monologues were first shown off-Broadway in 1996 but since its debut, it gained popularity, gaining vagina-friendly fans across the nation. Oh, and yes there are some international vagina advocate proponents as well. After seeing one performance the vagina will no longer be taboo. For Ensler, the vagina is something to be celebrated, cherished, and adored; it should be free from violence and injus-

tices. Every vagina has a story to be told and the stories behind these entertaining, tearful, hilarious, and educational monologues tell all females where her empowerment lies—in between her legs.

Ensler's coochie-snorcher discourse has been performed at many campus universities. ASI Women's center is excited to present another year of the Vagina Monologues just in case you ever wondered anything about the vagina from February 20th and 21st. There is Vagina Fest before the show with tables and crafts at 6 p.m. The shows are at 7 p.m. located in ARTS 240. Tickets are available for sale in the ASI Business Office, FCB 103. \$10 for students, staff, and faculty and \$15 for the community.

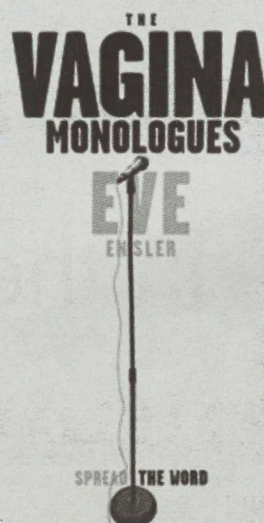
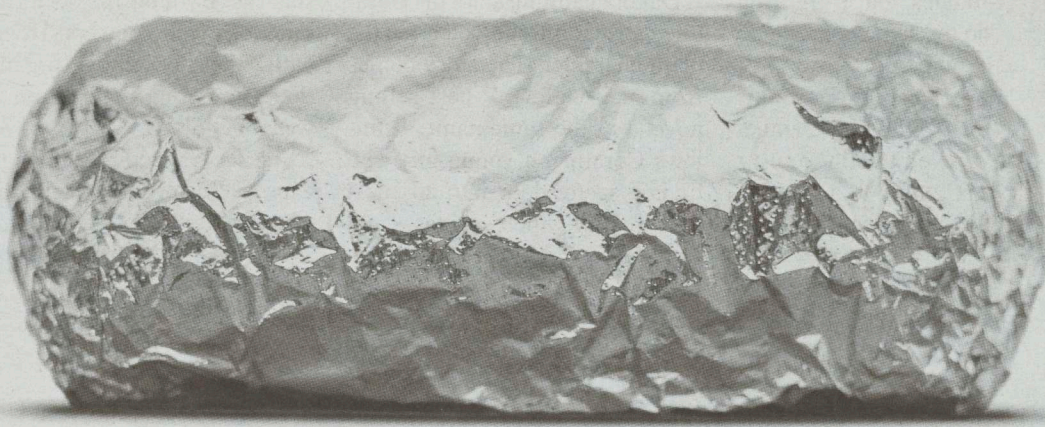


Image courtesy of spotnyc.com



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The Chris Shaw brain: A mosaic of randomness

BY CHRIS SHAW
Pride Staff Writer

Like many people, I experience showers of random thoughts throughout the day. Here is some insight into my daily mind.

The Food Battle

Why I like Turkey Bacon more than regular bacon (pork).

1. Turkey bacon tastes better and pleases my taste buds with savory turkey sass.

2. Turkey bacon is less fattening. Regular bacon tends to drip grease over the sports section of my morning newspaper.

3. My mom cooks Turkey bacon for me. She adds the secret ingredient that makes all food taste better. What is the secret ingredient? Love.

Sports Talk

What is the current best team

in NBA basketball?

Although my opinion is completely biased, I would declare the Lakers as the best team in basketball. They have one of the best winning percentages in the league, as well as the best basketball player on the planet with Kobe Bryant. Hyped LeBron James may be considered the best by star-gazed fans and I understand how LeBron fans feel. I do not deny that I yell out "ooohh" in self-pleasing shock whenever he smashes a dunk in midair, like a preying mantis of Jordan version 2.0. But Kobe makes me jump up and down like a Nickelodeon boy in the last seconds of a down-to-the-wire game. Some analysts may claim that LeBron is the best because of his explosive offensive ability, but the most reliable and versatile basketball player is Kobe Bryant.

The Lakers beat the Cavaliers and the Celtics at home and have proven themselves superior to these giant teams in head-to-head matchups. The Lakers beat the Cavaliers despite Kobe dislocating his finger. They play well despite a string of injuries, and continue to improve their skills (although they need a stronger defense with reliable defensive/offensive rebounding). The Celtic romping of the Lakers in last year's championship series left an indelible sting on Laker morale. Despite last year's loss and obsessive cheers of "Beat LA," the Lakers have assembled an all-star cast of players. Let us rejoice in the fact that our local Lakers team features an impressive bunch of collective talent. A mind-boggling array of talent the NBA has not seen in years, well, at

least not from the Lakers.

* My opinion is biased and does not reflect the views of the NBA. Do not blame me if the Lakers perform poorly. Quality of performance is subject to change.

I am in the process of creating my own original episode of NBC's hit television series, THE OFFICE.

The Mouse Trap, Episode #78? scene 32?

Setting: Michael Scott's office room. Michael talks to the interview camera, alone in his office.

Michael Scott – At the end of our Christmas parties on Friday I always leave a pair of cookies and milk out on the front desk for Santa, as I am the last to leave. On that following Monday, I rush to the office to see if Santa ate the cookies and drank the milk.

Every time I come back, the cookies are always gone, but the milk is still there. Maybe Santa is lactose-intolerant. According to my experience, Santa is lactose-intolerant, which confuses me, because I always wondered how Santa got to be so fat.

Side note: for those of you not acquainted with the Office, Michael Scott is not exactly the smartest person in the world.

Great quotes:

"If you must drink and drive, drink Pepsi." – bumper sticker seen while driving in Oceanside.

What Chargers fans should have written on their signs before the playoff game: "Winners never steal, and Steelers never win" – Ashley Quibilan

"Break dance, not hearts" – Oceanside bumper sticker

In theaters this week

BY BILL RHEIN
Senior Staff Writer

In tough economic times, Hollywood can count on this weekend for a big haul. This week's line-up features several big name films that will compete for the top box office spot. All the films have potential to be very good and bad. It is just a matter of how far they are willing to go on that spectrum.

First on the list is a pair that I expect to find in the Razzies nominations next year. For some reason, Hollywood is still willing to give the Wayne's Brothers money to make movies. They have titled their latest abomination "Dance Flick."

This genre of lame parodies spawned by "Scary Movie" and

continued by the Wayne's Brothers and others such as Jason Friedberg and Aaron Seltzer needs to go away. It makes me sick to see these unoriginal films referencing and exploiting other movies. I will not subject myself to this weak parody of dance movies, and I urge you to do the same.

Another waste of money coming out this week is "The Pink Panther 2." Steve Martin returns in this sequel to a remake. Hollywood should not have made the first Steve Martin "Pink Panther." The originals are brilliant. The only way movies like "Dance Flick" and "Pink Panther 2" will stop being made is if people stop going to see them.

If you're taking chil-

dren to the cinema this weekend, skip "Pink Panther 2" and go for "Coraline." Henry Selick directs this stop motion animated film. Selick produced a few stop motion gems including "The Nightmare before Christmas" and "James and the Giant Peach."

Dakota Fanning stars in "Coraline," providing the voice for the main character. The story comes from Neil Gaiman's best selling novella of the same name. It follows Coraline, a young girl who finds a secret door into an alternate reality where fantasy and adventure ensue. I hope that this will be more like Selick's other stop motion films rather than his other movie, "Monkeybone."

Dakota Fanning also stars in the slick action film "Push." She

plays a girl with unique powers alongside Chris Evans. "Push" appears to be a hybrid of superhero and action films. Evans stars as a young man with telekinetic psychic powers. He must battle the government organization attempting to use him as a weapon.

As far as action films go, I expect "Push" to be a nice piece of entertaining fluff. It will not be a revolutionary film, but the trailer leads me to believe it will be fun to watch. I expect it will not be as good as "Wanted," but not as bad as "Jumper."

Lastly, there is "He's Just Not

Image courtesy of Paramount Pictures

That into You," which I expect to be on top of the box office this weekend. This romantic comedy arrives conveniently in time for St. Valentine's Day. It boasts an all-star cast including Jennifer Aniston, Ben Affleck, Justin Long, Drew Barrymore, and many more.

It definitely falls under the category of date movie. Though the title suggests unhappy relationships, no movie released this close to St. Valentine's Day would follow the same path as a film such as "The Break-Up." Those who deserve it will get a happy conclusion.



Image courtesy of Focus Features

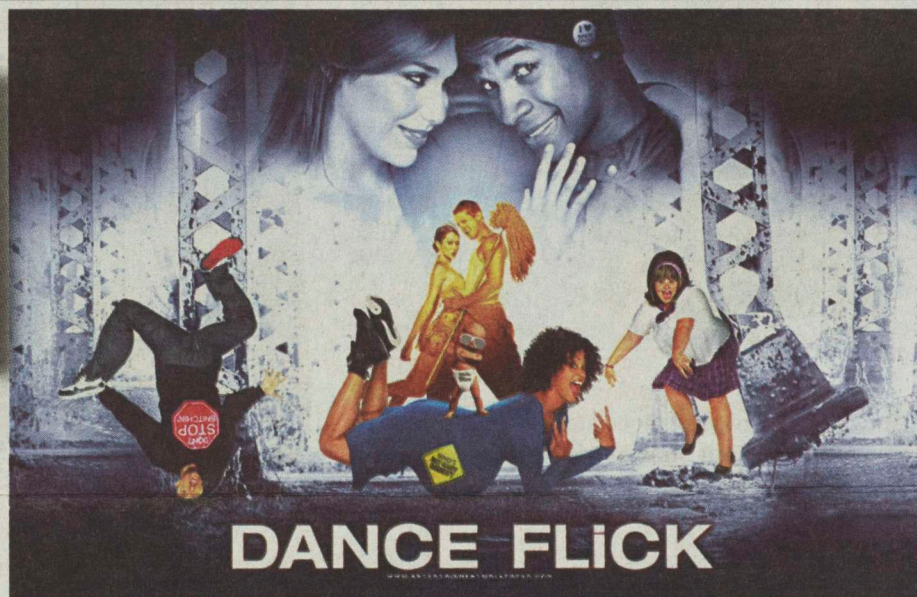


Image courtesy of New Line Cinema

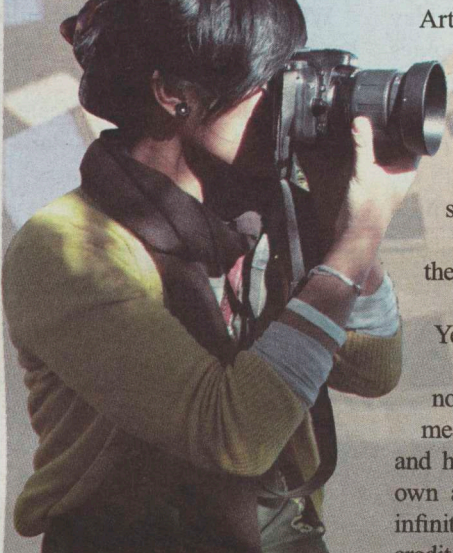
Artist Showcase

Pauline Benitez

BY KEVIN CHATHAM
Pride Staff Writer

Name: Pauline Benitez
Class Standing: Sophomore
Major: Pre-Nursing
Minor: Art

Pauline Benitez is a talented artist. As we sat to discuss her inspirations both in life and art, I couldn't help but notice her inherent reservation. Pauline is a modest artist with unique insight and a style grounded in fantasy. She draws inspiration from music and has an appreciation for international sounds. Pauline has an aesthetic taste that is both vivacious yet innovative. Although she is soft spoken, Pauline allows her creations to speak on their own. As an avid fan I will not dilute the magic behind her artistry with my own words and let the art communicate for itself.



Photos courtesy of Pauline Benitez

Artistic Interests: Photography, Painting, Drawing
Inspiration: Music
Favorite Musicians: Norwegian musician Sondre Lerche's Jazzy Pop style
The British pop melodies of the Kooks
The French pop sounds of Yelle
Favorite Quote: "You are not boring or vain or simple or mean. You're colorful, complex, and have a beauty that's all your own and for the record, you are infinitely nicer than they give you credit for."

Fashion Forward

BY KEVIN CHATHAM
Pride Staff Writer

Retro Romance

Spring 2009 is a season grounded in the romantic aesthetic. The key elements revolve around nature, drama and individuality. The color palette is very French: it's all about soft subtle neutrals. Everything is relatively muted; the colors are very soft and have a sun bleached look. Nature is expressed through a resurgence of the floral print. The prints will be less abstracted than those seen in recent years and are scaled smaller to achieve subtle elegance. Drama is achieved through fabric and texture combinations. Fabric choice is key in achieving a romantic look. There is a movement towards soft, luxurious and lightweight fabrics. Since everything is very neutral, the interest lies in the playful proportions of the garments.



The silhouette is exaggerated; the garments elongate and overemphasize the contours of the body, both male and female. The floral inspiration is also reflected in the silhouette through volume. The fabrics are layered and drape dramatically yet delicately like petals. This is a style immersed in romanticism and fantasy.

Artistic Architecture

The inspiration here is post-modern architecture, a fusion of old and new to synthesize something very exciting and fresh. The style is very contemporary, with an emphasis on clean and crisp lines. At first glance the aesthetic is very minimalist, but since the look depends on one or two choice items, a lot of design is poured into each garment. The color palette is very nostalgic. The inspiration is the late 80s and early 90s. It's all about big, bright and bold color choices. Prepare to see fire engine reds again! The new comes from bold and strong, almost architectural accents on garments such as metallic piping and brass embel-

ishments. The old comes from purposeful grooming. Styling your hair in a manner that evokes old Hollywood glamour achieves a feeling of timeless elegance.

New Military Cool

This trend celebrates the fusion of masculine army surplus gear with the subtle femininity of soft, unstructured knitwear. By combining rugged elements such as army jackets, with soft unstructured knits such as henleys and polos, the look creates a romantic but utilitarian aesthetic. The trick is to combine relaxed fabrics like knitted cottons and washed out jeans with strong military influenced outerwear to create a soft, yet deconstructed look. It is all about balance, hybridizing soft fabrics with hints of masculine accessories and jackets to create a distinctly postmodern aesthetic.



Photos by Kevin Chatham

Latina Dance Project

BY CONSUELO MARTINEZ
Pride Staff Writer

Students will have the opportunity to participate and learn about the hybrid work of the Latina Dance Project. The Latina Dance Project is a group of four women who bring their unique cultural and social perspectives of Latina life in the United States. The 3-day residency of the piece "Coyolxauhqui Remembers," will take place at Cal State San Marcos with their first event a lecture/demonstration on February 4, 7 p.m. in ARTS 111. "Coyolxauhqui Remembers," a

modern tale of *Coyolxauhqui*, the Aztec moon goddess, "is retold through four stories of victimization, feminization, objectification/dismemberment which are brought together in the myth of the moon goddess," according to the program description. The first event at CSUSM will be a performance and lecture where attendees will get a preview of the full performance to take place at MiraCosta College on February 6. Marilyn Huerta, the Arts and Lectures Coordinator at CSUSM, says the event at CSUSM is free to students

and the community and all are welcome to attend. Dr. Arcela Nunez-Alvarez of the National Latino Research Center says, "It is important to support cultural events like the Latina Dance Project because they reinforce the need to recognize our cultural traditions and also remind us how culture is constantly changing. Hosting the project in North County will provide an opportunity to share culture and can serve as a vehicle to bring us together." The visit from the Latina Dance Project is presented by the North County Higher

Education Alliance (NCHEA) and is sponsored by the National Latino Research Center, Cal State San Marcos Arts and Lectures Department, Palomar College and MiraCosta College. For more information, please visit <http://www.latinadanceproject.com/> or call the CSUSM Arts and Lecture Department at (760) 750-4366.

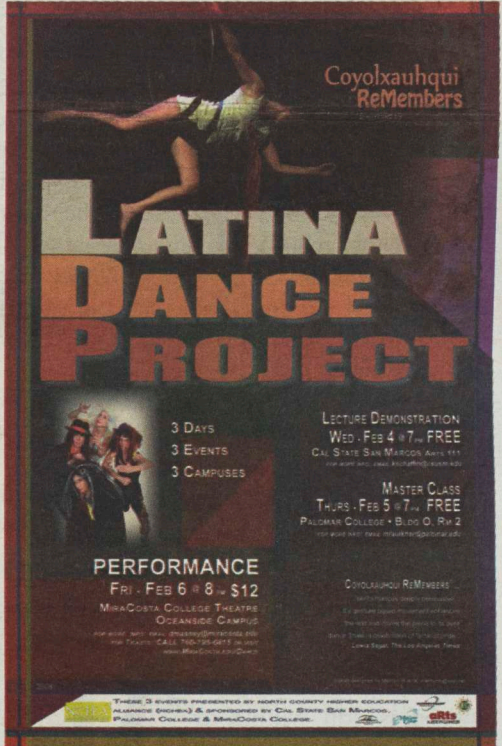


Image courtesy of CSUSM Arts & Lectures Series

Vital Information

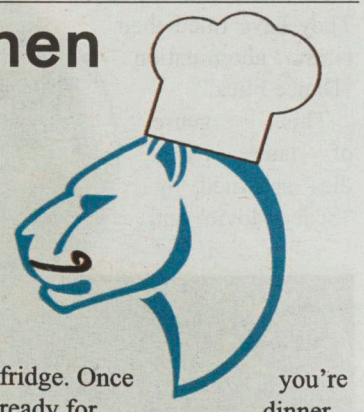
IN	5 MIN. AGO	OUT
Frozen Treats Pinkberry	Golden Spoon	Cold Stone
De-stressors Sex (or a combo of all three in no particular order)	Yoga	Smoking
Bottled water SmartWater	Fiji	Dasani (if it was ever in)
Dogs Shelter dogs (thank you Orlando Bloom)	Hybrid dogs (ie: Puggle)	Teacup dogs (thank you Paris Hilton)
Celebrity babies Miley Cyrus	Suri Cruise	Britney's kids (we dont know their names...)

Cougar kitchen

Mojo Chicken

BY JAZMINE LIRA
Pride Staff Writer

In a bowl place all these ingredients together, then whisk it so it is properly mixed up.
1 ½ cup olive oil
18 limes
1 cup orange juice
¾ cup fresh chopped cilantro
18 cloves of garlic (thinly minced)
1 ½ tbsp. dried oregano
1 tbsp. ground cumin
½ tbsp. salt
½ tbsp. ground black pepper
You want to boil your chicken, then in a zip lock bag place your chicken and Mojo mix, and leave it to marinate overnight in the



fridge. Once you're ready for dinner you put the chicken on the grill and just leave it on long enough so that it has BBQ charred look. Mojo chicken has a zesty/ tangy taste, and with it on the BBQ, you add on a little smoky taste to it as well. Mojo chicken tastes really good with potato salad (that's all I've ever tried it with) and a cold glass of coke.