

## Being the change on Earth Day 2009

BY MATT LEWIS  
Pride Staff Writer

Spring is here, and with it comes sunny weather, allergies, and end-of-semester freak outs. In addition, the season starts out with a holiday that many people forget about until the last minute: Earth Day. While some people celebrate Earth Day only by telling others that "It's Earth Day, you know," there are millions around the world who celebrate Earth Day by spreading awareness of the environment and sustainable living practices.

The original concept of Earth Day coincided with the March equinox, to mark the precise moment of astronomical mid-spring in the Northern Hemisphere, and of astronomical mid-autumn in the Southern Hemisphere. An equinox in astronomy is the moment in time (not a whole day) when the center of the Sun can be observed to be directly "above" the Earth's equator, occurring around March 20 and September 23 each year.

In most cultures, the equinoxes and solstices are considered to start or separate the seasons. In ancient Egypt and ancient Persia, the equinoxes mark beginnings and endings to solar terms, as well as in some traditional East Asian calendars. According to [www.earthday.net/events](http://www.earthday.net/events) to celebrate this day began at around 1969-1970 and were recognized by the United Nations and then-mayor of San Francisco, Joseph Alioto, on March 21, 1970.

In 1969, Senator Gaylord Nelson first announced the modern idea of Earth Day during a conference in Seattle, according to [earthday.gov](http://earthday.gov). At the conference, Nelson said there

would be a mass grassroots demonstration for the environment. A year later, on April 22, 1970, 20 million Americans participated in protests and demonstrations against oil spills, overpopulation, pesticide overuse, the loss of wildlife/wilderness and many other environmental concerns of the day.

Over the years, Earth Day grew and currently, 187 countries celebrate the day and an estimated 200 million participate in Earth Day related activities each year.

In addition, Earth Day efforts have helped in the passing of environmental reform laws such as the Clean Air Act and the creation of the U.S. Environmental Protection Agency. The modern concept of recycling is thanks in large part to efforts on Earth Day 1970 and led to the 1992 United Nations Earth Summit in Rio de Janeiro, Brazil.

On April 22, CSUSM will celebrate Earth Day by holding several free events throughout the day. The first event of the day will be the CSUSM Earth Day awareness event sponsored by ASI, from 11:30 a.m. to 1:00 p.m. in Founders Plaza. ASI will be supplying free frozen yogurt and information about modern environmental impact.

Jennifer Roe, the Issues and Ideas Specialist for ASI, described the details for the event.

"During Earth Day, students will be able to decorate biodegradable pots where they can plant blue and white flowers (to coordinate with our school colors)," said Roe. Also, ASI Campus Activities Board will be providing free chocolate and vanilla frozen yogurt from Frozen Oasis along with toppings such as sprinkles, M&M's, and granola (for a healthier option).

Those Frozen Oasis because the company is a part of the Go Green community of San Diego. Dana Newton will also be providing Earth Day facts and ways to reduce consumption of renewable resources."

The CSUSM music department will also hold an Earth Day concert later that evening at 7:00 p.m.



Photo Earthdayweb.org

in Arts 111. The concert will feature the world premiere of a composition for saxophone and string quintet written by Emmy award-winning composer, Professor William Bradbury for saxophonist Professor Merry Goldberg.

There will be performances by CSUSM gamelan and vocal ensembles which will round out the evening of new and exciting music. Earth awareness concerts like this are coordinated once per semester to empower students to recycle and preserve the earth's natural resources.

Also coinciding with Earth Day is the conclusion of the CSUSM Green Business Operations Certificate program, which was offered for the first time this spring by Cal State San Marcos' Extended Learning.

This program was offered in response to the bills AB 32 and SB 375 signed by Gov. Arnold Schwarzenegger late last year, which hope to fight global warming by regulating and monitoring greenhouse gas emissions. Offered

to public and private sector professionals, the program was a six-week introductory course, entitled "Sustainability 101: A Perspective on Changing to Green," which began on March 18.

The intention of these courses is to help business owners address the impact of "green responsibility" and cost effective ways to address and implement green practices.

So on Wednesday this week, take some time to visit one of these events and learn more about what you can do to help keep our planet livable for future generations. For more information, visit the Earth Day Network website at [www.earthday.net](http://www.earthday.net).



Photo Earthdayweb.org



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## CSUSM wins fifth Recycle Mania!

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50°

THURS

Sunny | 69°  
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## SEX 101!

## Pleasing your partner

... You know, in that way

BY IVAN GARCIA  
Pride Staff Writer

Everyone loves being pleased. Every time it happens, it's like your birthday. Someone is taking time out of their day and their personal lust for physical gratification so that you can get your jollies off. And it might include cake and ice cream when it's all over, so technically, you both win.

Know when I say "pleasing" your partner, I mean pleasing them in terms that may not include intercourse in any way. This can include intercourse, emotional pleasing, or just simply being happy together.

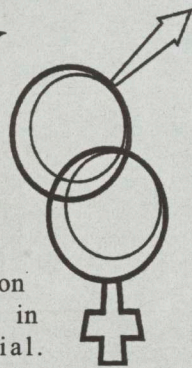
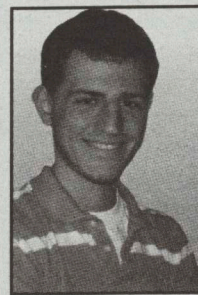
I am sure all of us out there want to please our partners because (it's true) we love them. We love them and we want them to get the most out of our sexual experiences. Whether we want to get down and start pleasing our men/women remember that you are in love. If you are not in love and just there for the ride, then you're either a horrible

person or in denial. But nonetheless, whether you love the person you're with or not, remember that this form of

intercourse might as well be just as serious as intercourse and the necessary safety precautions should be taken.

But according to a friend that I know very well, the one thing all of you need to remember, no matter your sex or your partner's, remember this sequence: clockwise for 20 seconds, counter clockwise 10 seconds, left, right, left, right, and clockwise for 10 seconds.

If this doesn't work, don't blame me, it sounded legitimate (plus he has credentials, he's a psychology major). But then again, if you really want to use this logic of love making, you might as well follow the Contra code (anybody else remember it? Up, up, down, down, left, right, left, right, B, A, START).

Bill of Rights  
Everyone is a geekBY BILL RHEIN  
Senior Staff Writer

I apologize if I offend anyone, but everyone is a geek. Society has dragged this term through the mud and made it into an insult. Being a geek is simply being passionate about something. No matter the person, everyone is a geek.

I am a geek about movies, especially zombie flicks, Westerns, and sci-fi. I enjoy all video games from shooters, to strategy, to role-playing. I will even admit that I still dabble in Pokémon, because it is a great game. Actually, Pokémon is very similar to fantasy football or basketball brackets considering the strategy and tactics involved.

My passion for these things makes me a geek. In high school, I would have been ashamed, but now I am empowered by it. I do not care if people mock me, because these are what I like.

Everybody gets their kicks off something, whether it is sports, "Star Trek," animals, "World of Warcraft," coffee, cars, or anything else, it is perfectly normal.

It is abnormal to not be passionate about something.

If you take abuse for what you love, my advice is do not stop. Never give up something you love because of what someone else says. Ignore those who

put you down, because if they get in the way of your passions, they do not care about you.

On the other hand, control your passion. Do not force it on other people. Just because you like something, you do not have the authority to make others like it. Introduce them with small doses. Even too much for you can be self-destructive.

If you enjoy knocking others because they enjoy something "geeky," look at yourself. You are not so different. Think about what your passions. Just because society deems what you like "cool," you are still a geek. In the end, you are going to be alone.

Whether you have developed a love of sports statistics or action figures, embrace what you do. Being a geek is nothing to make fun of, because every single person really is a geek. And that is a good thing.

## The division of addition and illegal aliens

BY BLAINE H MOGIL  
Pride Staff Writer

Through the addition of immigrants seeking a better life, we have become a nation of division. There no longer remains a singular us, but a divided us and them. Some divisions hide below the surface, while others stand tall, reaching out across hundreds of miles of desert, separating us from our friends and neighbors in Mexico. Our nation is losing her way and her moral compass is in need of repair.

Our nation today is one obsessed with political correctness. We live in a time where we so fear offending others that we separate and insulate ourselves. In the process, honest communication is lost. Together, we must revive honest and open communication in order to reunite and reconnect. While we avoid the offensive labeling of others with derogatory nomenclature out of political correctness, we have at the same time ironically adopted the use of the highly offensive word "alien" to describe immigrants. In the process we have created the great chasm of us and them by burning the bridge that connects us. It is time for us to openly agree to disagree with each other, return to communicating honestly with one another, and together find ways to peacefully coexist. This will illuminate the path back to a united us.

The United States of America is a country that many people consider the greatest on earth.

This honor can only be earned through deeds, and not through hollow claims of greatness. As a nation, we have forgotten our history. We have forgotten who we are and where we have come from. We have forgotten what, at the very heart, makes our nation great. It is the immigrant.

We are all immigrants. Every last one of us is an immigrant. There is not one person living anywhere in North America, let alone within the confines of United States borders who does not owe their lives here to immigration. We implore the world to "bring us your tired, your poor, your huddled masses," with an engraved invitation on that most American symbol of freedom: the Statue of Liberty. Do we have the brazen audacity to forget the vital lessons of how, and by whom, this great nation was built?

How dare we assume a political posture that somehow today immigrants are no longer worthy enough to live on this soil? How dare we see immigrants as some type of invasive foreign entity that will somehow destroy the very fabric of our society? How dare we label our fellow citizens of this small planet with the dehumanizing term of illegal "aliens?" We should be ashamed of ourselves for even thinking about people who have immigrated here in such a demeaning and derisive manner.

The Native American Indians arrived here, by many accounts, across a bridge of

ice from Asia over ten thousand years ago in search of a better life. The Viking Erik the Red led his people here over a thousand years ago in search of a better life. While searching for shorter trade routes to the Far East in search of exotic spices, Spain settled colonies here nearly five hundred years ago, with the Puritans following their lead a hundred years later. America has long brought together people from all walks of life, and added the richness of their cultures to the American melting pot. For hundreds of years mixing together the cultural spices of myriad cultures has created the great banquet of American society. Yet today we fear that by adding any more immigrants to this mix from south of the border will somehow throw this great banquet out of balance. This is an idea which is baseless, fallacious and ludicrous.

The only thing more ridiculous is building a wall across our southern border to keep Mexican immigrants out. The wildly incredible claim that this wall will keep out terrorists and drug traffickers is simply a rouse. The wall is a monument built solely to placate a public that has been whipped into frenzy of fear by conservative talk show hosts. Terrorists and drug traffickers will find the wall no hindrance. If terrorists and drug traffickers want to circumvent the wall, they will continue to go over, under, around it. More likely they will find another way into

our country as they prefer the path of least resistance. This 'Wall of Shame' is the only thing remotely as ignominious as calling our neighbors "aliens."

Now is the time for us to abandon our status as an "Alien Nation" and reclaim our status as a nation of the world. To paraphrase President Reagan's Berlin speech, we as a nation need to come to understand, once again, the importance of freedom. We need to develop new policies of reform and openness.

This can be the beginning of profound change here in the United States. But this change must be real, and not simply a series of token gestures intended to create false hope. I understand the fear of terror and the pain of division that afflicts this country.

Please, President Obama, pledge that our country will overcome these burdens. As President Reagan said, "We believe that freedom and security go together." So President Obama, if you seek peace, if you seek prosperity for the United States and North America, I say to you now President Obama, tear down this wall.

As this symbolic and very real representation of the division between us is felled, so too will the division between us and those who seek a better life here in the United States fall. And then can the healing begin, and can hopes and dreams be rise from the ashes of bridges burned.



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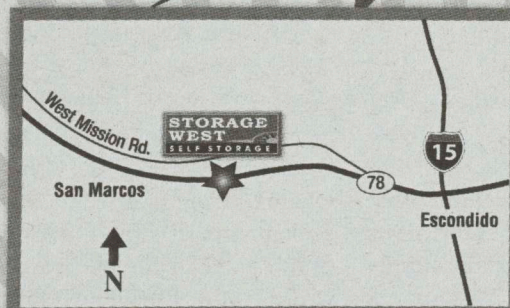
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# Sniffling over springtime allergies

BY SANDRA CHALMERS  
Senior Staff Writer

Flowers are blooming, the birds are singing and people are sneezing.

Airborne allergies can easily cloud up a beautiful sunny day and researchers agree that the number of people suffering from allergies is ultimately growing.

About 55 percent of all U.S. citizens test positive to one or more allergens. Dust mites, pollen, animal dander and even mold are a few of the most prominent airborne allergies that affect Americans.

"Pollen allergy, commonly called hay fever, is one of the

most common chronic diseases in the United States. Worldwide, airborne allergens cause the most problems for people with allergies," says The National Institute of Allergy and Infectious Disease (NIAID).

Airborne allergies do not specifically affect a certain age range but can develop in adulthood or in childhood.

10 percent of all children reported suffered from pollen allergy and eight percent of adults reported suffering from pollen allergy in a 2006 health survey conducted by the National Center for Health Statistics.

An allergy reaction is the immune system's response to a

false alarm, the immune system reads an allergen as a foreign containment in the body and thus begins to attack it and causes itchy eyes, a runny nose, and often coughing and sneezing.

Researchers develop theories to determine the leading source that cause allergies, but a pin pointed reason remains unknown. Theories include that in modern living, homes are very "clean" and often have very little germs, thus this ultra clean environment never allows the immune system to adapt and learn how to fight off airborne allergies because of the lack of exposure.

The NIAID supported scientist's research that discovered

a link between children whom grew up with one or two cats or dogs in their home and their susceptibility to allergies. The study revealed that the children were less likely to develop allergies. The early exposure to the constant pet allergen may have been the contributing factor for an allergy free life.

Another leading theory is heredity.

"Children are more likely to develop allergies if one or both parents have allergies. In addition, exposure to allergens at times when the body's defenses are lowered or weakened, such as after a viral infection or during pregnancy, seems to contribute

to developing allergies," according to the NIAID.

In severe forms of allergies, asthma is often connected. The respiratory symptoms of asthma, which affect approximately 11 million Americans, are often provoked by airborne allergens, according to NIAID.

So what is being done to help aid this epidemic?

Many cleaning products are taking action against this more than common bother, by creating products that are allergen reducers, such as Fabreze® Fabric Refresher™. The allergen reducer claims to reduce more than 75 percent of pollen and dust mite allergens in fabrics.

## CSUSM becomes an AANAPISI institution

BY JESSENIA LUA  
Pride Staff Writer

Thanks to the quick work of Evelyn Andrews, Matt Ceppi, Allen Risely, Greg Toya, and Bob Yamashita, CSUSM is now an Asian American, Native American, Pacific Islander Serving Institution (AANAPISI). Almost overnight, this group of people put together a technical application and submit it to the Department of Education and was accepted.

After promoting the AANAPISI program for more than seven years, congress finally approved the program and became a law on September 27, 2007. Upon hearing

the approval, CSUSM staff quickly made the move to apply for eligibility. Now that CSUSM is officially an AANAPISI institution, more funding may be available to the university.

AANAPISI serves as a part of Minority Serving Institutions (MSI). MSI institutions are allowed to be eligible for U.S. Department of Education grants that are set aside. Existing MSI designations include Historically Black Colleges and Universities, Hispanic Serving Institutions (HSI), Indian Tribally Controlled Colleges and Universities, Alaska Native Serving Institutions, and Native Hawaiian Serving Institutions.

AANAPISI institutions are eligible to receive grants if they meet the following criteria: 1) It has an enrollment of undergraduate students that is at least 10% Asian American and Native American Pacific Islanders students, and 2) The majority of students on campus qualify for federal student aid.

This newly approved program will have a huge impact for the university. The Department of Education provided \$10 million in grants for the 2009-10 school year. This new funding gives the opportunity to plan, develop, undertake, and carry out programs to improve and expand the institutions' capacity to serve AAPI (Asian American

Pacific Islander) students. Also, the program gives the university an opportunity to apply for new federal funding concerning international and foreign language programs.

Now that CSUSM is an AANAPISI institution, in the future the university will be able to apply for the new grant cycle. The university may be eligible for up to two million dollars in federal funding that will help support API (Asian Pacific Islander) students and enrich API culture, curriculum, and awareness on campus. It also allows CSUSM access to a number of other federal grants not pertaining to API issues. This same grant opportunity goes hand-in-hand with

HSI for they are mutually exclusive and do not compete.

"This is our chance to show that Asian Pacific Americans are a visible and important force on campus. Let's help pave the way for HIS by putting forward the strongest show of support possible for AANAPI. This grant could allow us to make a real difference on campus and in the local community," said Literature and Writing Studies Professor Susie Lan Cassel.

For more information on the AANAPISI program or if you would like to get involved, contact Susie Lan Cassel in the Literature and Writing Department at scassel@csusm.edu.

## Set your mind at ease Mini vacations to de-stress

BY PRISCILLA GEORGE  
Pride Staff Writer

In this crazy four-week rush to finish projects, study for tests, and jump the last few hurdles, it is easy to let stress take over. Don't fret, because there are a few key ways to relax, de-stress, and enjoy life despite this busy whirlwind of school. Better yet,

these mini vacations do not have to take up loads of time. These are just a few methods guaranteed to allow you to just escape, wind down, and refocus your brain.

### Breathing.

The next time you are stressed or anxious, take a deep breath and slowly exhale. Doing this a few times in a row will help regulate your breathing and heartbeat,

bringing a steady flow of oxygen back to your brain and enabling you to be better prepared to tackle whatever you are doing.

### Laughing.

You have probably heard the saying, "Laughter is the best medicine." Brace yourselves: it is true. Laughing increases endorphins and blood flow, allowing tension to melt away. The next

time you are pulling an all-nighter and need a break, pull out a joke book or watch a side-splitting YouTube video.

### Stretching.

Get up and move. Loosen those tired, worn

out muscles, and if you have the time, try yoga or pilates.

### Music.

Turn your iPod up and blast your favorite tunes. Listening to music that fits your mood can help alleviate exhaustion, stress and a variety of other things.

### Movies.

One surefire way to escape reality is to immerse yourself in a good movie. For about two hours, you can put all of your worries and troubles behind you and just focus on what is on the screen. In fact, by picking a comedy, you can get a healthy dose of "laugh-ter medicine" as well.

### Journaling.

Upset, angry, elated, stressed, excited, worried. No matter how you are feeling, journaling is an excellent way to get those thoughts down. It helps to clear your head define those emotions through words. Journaling can be

done the old-school way, or even through private online blogs. This type of self-expression can ease the mind, soul and body.

### Exercise.

For most people, a good short run or even a brisk walk can help clear the mind. It is healthy way to get focused and back on track.

### Leave.

If these ways don't work for you, try taking the phrase "mini vacation" in the literal sense and go to the beach or park or just sit outside for an hour and experience nature at its finest. Let the breeze soothe you. Let the sounds of nature draw you in. Just put aside your list of things to do, leave your usual hangout spots and just relax.

As the semester slowly draws to a close, these quick and easy modes of unwinding can help make sure every moment is as stress-free as possible.



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# CSUSM's seventh annual International Fair

## Schoolwide event promotes diversity and community

BY GABRIELA MARTINEZ  
Pride Staff Writer

Cal State San Marcos' seventh annual International Fair took place Thursday, April 16. The three-hour fair took place on University Hall Plaza. This cultural tradition was organized by University Global Affairs Committee and was sponsored by Co-Curricular Funding Award, Office of Global Education, ASI, SLL, LLC and Many Student Organizations.

The International Fair gives CSUSM students, friends, faculty, and staff the opportunity to come together and appreciate the many cultures that make our university.

One of the most anticipated traditions of the International Fair is the free sample dishes from Europe, Latin America, Asia and many more.

Every year, the German booth's



popularity seems to increase.

Senior CSUSM student, Jean Scheuneman says, "Every year we get 300 Rohwurst. We never know how many people are going to show up, but we just do the best we can and we get a lot of people from our club to help out."

Aside from all the mouth-wa-

tering food, the International Fair featured entertainment with performances by TAM TAM Mandingue, West African drummers, and Hip Hop group Soul Junkies. Kwame Degbor, a visiting professor, enlightened spectators with a Ghanaian dance.

Another highlight of the Inter-

national Fair was the fashion show that gave the audience an insight into fashionable styles from different cultures.

Student Body ASI President Alexander Hoang has participated in the past two International Fairs. Alexander believes the fair improves more each year.

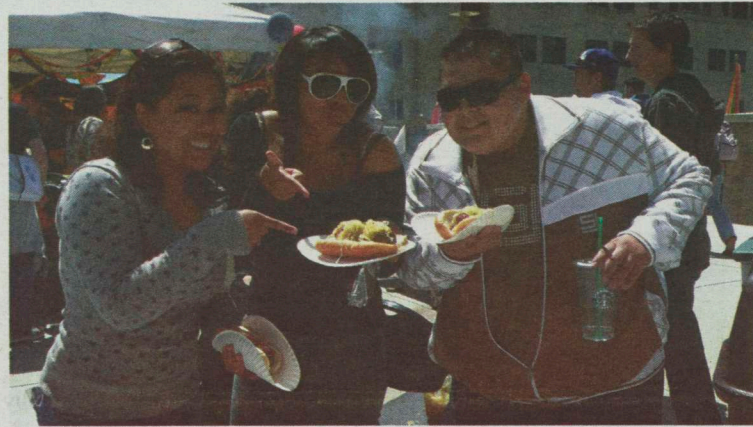
"It keeps growing, it keeps getting bigger and better. I think this is one of our best events of the year. Just the International Fair in itself and how all the ethnic clubs and Orgs and everybody coming out here, enjoying the free food, enjoying the culture, it's just a day of unity really. I'm just happy to be a part of it!" says Alexander.

Each table at the fair included a variety of displays. The tables had photographs, objects, and facts that were unique to each country along with samples of native foods.

The International Fair is a fun way to learn about other cultures.

Devonne Edora, Junior at Cal State San Marcos, has attended three International Fairs and believes it is a cool and fun event.

"I think we should have more events like this, that bring the campus together."



Photos by Gabriela Martinez

# Theater department brings Big Love to CSUSM

BY CHRIS SHAW  
Pride Staff Writer

The CSUSM Visual and Performing Arts brought "Big Love" to our campus with a spark of dramatic flare and infectious enthusiasm last week with performances from April 15-19. As an audience spectator, I had no choice but to give some big love to all of the performers. Don't be fooled by the play's title. Big Love does not succumb to clichéd varieties of romantic bliss and the Disney version of everlasting courtship. Directed by Marcos Martinez and produced by Charles Mee, "Big Love" delves deeper into

understanding the real nature of love. The dialogue ranges with dramatic irony, as the female and male characters unveil the hardships we all face in gender roles. The play begins with a sensual bathtub scene and fifty brides arriving in Italy as they have fled from their assigned marriages in Greece.

The performer's versatile abilities portray the complexity of each character. Jason Gonzales (Giuliano), Cole Tran (Leo), Claudina E. Evans and Tiffany-Raven Peters (Eleanor), and Jessica Swan (Bella), shed moments of laugh-out-loud humor and inner giggles. The audience will surely not forget performances

by the three leading ladies played by Kristine Fernandez and Patricia Bowen (Olympia), Krista Potocny and Jessica Ruiz-Bustos (Lydia), and Yolanda Catano (Thyona). The brides and the three grooms played by Jesus Moreno and Drew Quizon (Nikos), Mucio Vidales (Constantine), and David Edwards (Oed) showed excellent stamina as they pounded their fists in tantrums, rolled on the floor in emotional agony, and combined yelling with moments of passionate subtlety. To set the tone for the evening, the audience is greeted by two women in bright white bride dresses as an usher with black rings around his

eyes will open the door for you to the Arts 111 auditorium. You may have even seen these flaying brides run around the International Fair this past Thursday.

As I arranged myself to sit in the middle row, the enchanting and classic wedding music set the tone for a memorable on-campus experience. The eerie mood will creep into your mind, a mood not only set by the plot, but also by the performances of everybody on stage. The stage, with flowing background images of Italy's countryside, remains simple with a bathtub and cylindrical bars. The simple stage allows the performers to make drastic body move-

ments and choreographed ballroom dance scenes.

The most impressive aspect of the performance shined through in the delivery of personal speeches in which the performer talks up-front to the audience. These personal speeches combine sweeping philosophical statements with very human perspectives on love. A refreshing emphasis of character-to-audience dialogue can be seen in this "Big Love" quote, "For the sake of healing, for life to go on, there will be no justice." For the sake of appreciating great theater, I clap loudly and smile on my home down the Chavez stairs.

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Dale's Pale Ale

A simple name but a powerful brew

BY JONATHAN THOMPSON  
Senior Staff Writer



Oskar Blues Brewery brews and cans Dale's Pale Ale in Lyons, Colorado. The company formed in 1997. Two years later, the brewery became a brewpub. The restaurant side of the company offers their brewed beer, southern and Cajun styled food, and live blues music. In 2002, they claimed to have become the first US microbrewery to can its own beer. Employees hand-can the beer inside a 60-year-old barn.

BevMo retails six 12 fluid ounce cans for \$8.99. Six cans are held together

by a plastic harness. The labeling features a bright red, blue,



white, and silver color. The can looks like an American flag. The can pressurizes a brew with a 6.5% alcohol by volume. BevMo also sells four other Oskar Blues Brewery beers.

Dale's Pale Ale pours chunky forming a menacing one-inch thick head. The head resides momentarily before dissipating into a thin lancet of yummy. The brew radiates a rich golden amber hue. The bitter aroma rising from the glass indicates the heavy use of malts and hops. The common name and the simple guise of can-in-a-beer does not do the beer justice. The brew enters smooth before a ravishing Jason Statham flying round house kick double punch assaults all areas of the mouth. After the initial blow, the taste buds recuperate only to ask for more.

The boldness and thickness of the beer should pair well with heavy dinners such as steak and potatoes with lots of dinner rolls. Avoid consuming the beer alone. Enjoy the brew with anything, such as chips or beef jerky, to truly enjoy the beer's courageous flavor.

As the essay and exam dates stack up stay focused, but take a moment of relaxation and enjoy the tasty Dale's Pale Ale. Cheers!

In love with Love Boat

BY MATT LEWIS  
Pride Staff Writer

In today's troubled economy, if any kind of restaurant has been undaunted and continues to grow, it's the sushi bar. Although popular food chains and local favorites are closing every day all over the county, sushi bars continue to sprout up everywhere. Why? It is because the appeal of the sushi bar is more than just good food; the experience is what makes it memorable and keeps people coming back. Not the fake, constructed experience that some places (cough Benihana cough) have, but somewhere where the employee is not paid to smile and does anyway. The atmosphere of a restaurant and the dedication of its employees to making great food and entertaining customers seem like a lost art. A place that represents this idea perfectly is the Love Boat sushi bar and Japanese restaurant located in the new Las Posas plaza in San Marcos.

In the past, people would visit restaurants and bars because of the repertoire they had with the people who work there. As corny as it sounds, restaurant customers are more likely to come

back to the place "where everybody knows your name". With the expansion of modern-day chain restaurants, this kind of intimacy has been lost in most places, where communication is most of the time limited to a speaker box. What sets the Love Boat apart from other restaurants is the experience you have with the "bartenders," the friendly sushi chefs who greet everyone as they enter, make recommendations on the best food that day, and are more than willing to spread around free drinks for a special occasion.

The Love Boat's menu is typical enough: a blend of traditional sashimi style entrée's, the fusion sushi rolls like the California, and a generous menu of meat, fish and vegetable combinations cooked in Japanese fashion. They offer all the imported Japanese beers and sake the other sushi restaurants do. Asking around, it becomes apparent that most people who go there are not there for the authenticity. "It's really more of a hangout spot than a restaurant for me" says CSUSM junior Jason Reyna. "We come out here after school or work when my friends and I have had a rough day, and it (the restaurant) just has a great positive vibe to it. The place doesn't have the seriousness (about drinking) of a bar or the formalism of a typi-



cal restaurant. We come for that middle ground."

Don't get the idea that the Love Boat is only a place for partiers, though. The restaurant is just as much fun as a family environment as well, according to regular patron and local business owner Andy Wegner. "When I bring my kids here, I don't have to worry about them being too distracting to the other people, because there's so much going on already" said Wegner. "At the same time, I prefer to bring them to a place where they can get food that is better for them than pizza or French fries or something." From religious sushi lovers to the first-timers, the Love Boat is the perfect choice for those looking for a local restaurant with a little something extra.

For information on the hours for Love Boat San Marcos, call 760-471-7722. The Love Boat also has two other locations: Oceanside, on 125 Old Grove Rd, and now Rancho Bernardo at 11611 Rancho Bernardo Rd. For directions or more information go to [www.loveboatsushi.com](http://www.loveboatsushi.com).

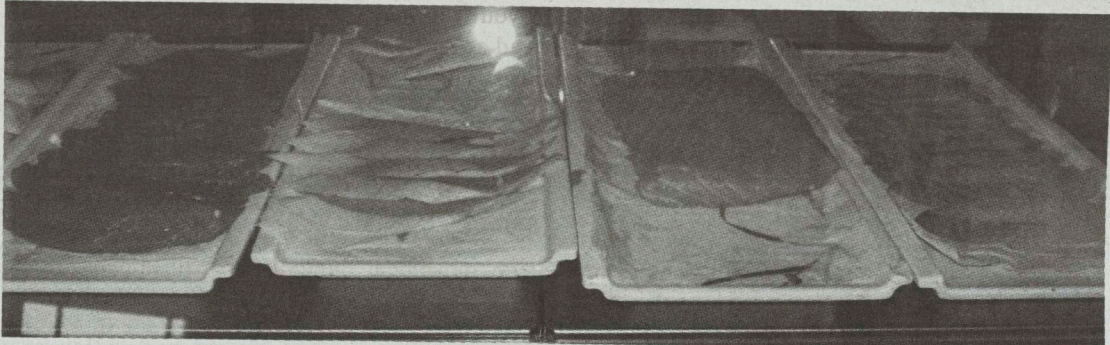
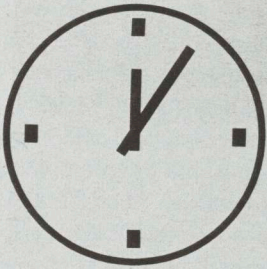


Photo courtesy of Google Images



Vital Information

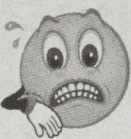


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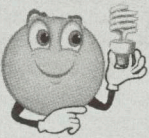
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	IN	5 MIN AGO	OUT
Youtube Stars	Susan boyle (30 million views and counting!)	SNL's Single Ladies parody	Chris Crocker ("Leave Britney alone" guy)
Eco-friendly ways to keep hydrated	Clean Klean Kanteen	Nalgene	Plastic water bottles
Grocery Shopping	Farmers Market (it's Spring again!)	Trader Joe's (though its highly recommended)	Ralphs
Glorified Villains	Madonna (see SNL skit)	Vampires	Pirates, Somali Pirates (too soon)
Hugh Jackman Movies	X-Men Origins: Wolverine	Australia	Van Helsing (so sorry, Hugh)
Celebrity Break-ups	Mel Gibson v Robyn and the 7 children	Madonna v. Malawi (no Mercy)	Lindsay Lohan v Samantha Ronson
Upcoming Movies (All Three are IN!)	Brüno	Where the Wild Things Are	Harry Potter and the Half-Blood Prince



# Hits of Sunshine

## Radiohead

BY AMY SALISBURY  
Faces and Places Editor

Thom Yorke, Jonny Greenwood, Colin Greenwood, Ed O'Brien, and Phil Selway are arguably the gods of rock.

Their alternative influence on modern music caught and kept worldwide attention since their first release over 16 years ago. I don't think I need to explain to you how awesome their music is. Radiohead is, after all, inexplicable.

Aside from Radiohead clearly ruling their genre, the band is also on the forefront of utilizing green technology.

Lead singer Thom Yorke's strides to raise awareness about global sustainability have brought about major change in the band's touring habits. In a 2008 interview with *Treehugger* magazine, Yorke criticizes the music industry's over-consumption of resources in order to make more tour dates while, in turn, bringing in more cash. Yorke, being the revolutionary he is, made Radiohead's 2008 *In Rainbows* tour the most eco-friendly tour of recent years.

Liars, Radiohead's opening act, wrote about their touring experience in a blog on MySpace. "At the outset we were all given tour water flasks. Plastic anything is



Photo courtesy of musicdealers.wordpress.com

like contraband."

Radiohead also decided to tour by bus rather than by plane because just a three-hour flight emits as much carbon dioxide as a Hummer would in a year. What's more, the buses and trucks used by the bands and crew ran on bio-fuel.

Radiohead's merch website, waste.uk.com, revolves around western over-consumption. The merchandise producers do everything they can to make products that have a minimal impact on the environment. The newest items are t-shirts for men and women made out of recycled plastic bottles and organic cotton. There are even some "unbranded" shirts for those of you who may not dig on Radiohead as much as you do on the planet. They also

offer a durable aluminum beverage container with the startling statistic "15 million plastic bottles of water are sold every year."

The green attempts did not make the *In Rainbows* tour dull by any means. Brilliant, low-energy LED lighting set the mood, and speaking out to publications like *Treehugger* and UK's *The Guardian* helped fans find more eco-friendly modes of transportation to concert venues.

Radiohead's worldwide popularity can only serve to spread the word about musicians going green. Next time you take a plastic, single-use bottle to a show, consider what you could do to make Mother Earth love music even more.

## A neverending story

BY JAMES SEBRING  
Pride Staff Writer

Brian and I had found the canoe on the beach and decided to take it for a ride out onto the lake. We had been wading earlier and found that the water temperature was quite warm. It was almost like submerging into yourself, it was hard to tell if you were actually in the water. We had decided to go rowing out along the shoreline and see what was there. We rode along quietly with nothing more than a slight slushing of the paddles as they cut through the water, we surprised several animals who were basking along the edge of the lake. As we came around one bend, we came face to face with a large bull moose who was busy eating from the lush greenery at the water's edge. He immediately came to attention, alert to the danger we presented. Snorting his warning a couple times, he began to make a move to charge us.

We had quickly and as quietly as possible, with as little movement as we could manage, come to a stop. A mere 5 to 10 feet separated us from the moose. The sheer size of him was breathtaking. Without conscious effort, I became aware of the sound of the insects and birds around us as well as the heat of the sun raising a prickly heat all over my skin. I almost swatted a mosquito that was gnawing at my forearm,

when I realize the moose was watching my every movement intently.

I whispered, "Paddle backwards very slowly."

I made a very slow movement with the paddle, trying not to have the movement appear in any way threatening. Slowly the paddle moved forward through the water causing an imperceptible backward movement of the canoe. The heat seemed to rise as the moose's breathing caught mid-breath and he began to move his ears impatiently, his tail twitching side to side as his nervousness looked for an outlet. A second stroke of the paddle brought little more movement than the first. We seemed to be moving away by centimeters, more as a result of the wind and current than our paddling. A third and fourth stroke was giving us a slightly more perceptible movement, and just as I began to think we had successfully pulled it off, the moose charged. He covered the distance without any noticeable effort. Although his speed was breathtaking, time seemed to slow to the point of stopping. I watched the water give way to his feet, slowly spraying up into the air. I yelled and back paddled as hard as I could, but to no avail as the moose dipped his head, bringing his large rack to bear on the bow of the canoe.

The canoe shuddered under

### Popcorn storytelling

the blow and launched upward into the air with apparent ease of a leaf being picked up by the wind. Brian and I were launched into the air and over the side as the canoe came to rest a short way from us. The moose seemed satisfied that he had dispensed the danger and turned to wander off into the woods. We swam to the canoe and after a brief inspection, realized it was not functional. We grabbed onto the debris and just floated along. The breeze was picking up and pushing us further away from the shore. It was also getting dark — rapidly. Here in the mountains, the sun seemed to almost switch off like a light switch. I could no longer tell which way the shore was. The warm water was as comforting as a warm snuggly blanket and I began to doze off. I began to listen to the rush of blood through my ears. My mind began to hallucinate, losing its grip on reality. It was telling me that everything was ok and I should relax and let go. I drifted down into the quiet warm darkness. I never felt so safe and secure. I felt no separation between myself and the outer world, I was one with the universe. My mind let go of everything and drifted off into the welcoming arms of eternity.

### What to see on DVD

## Vampire Edition

BY BLAINE H. MOGIL  
Pride Staff Writer

The selections for review this week led down a dark path with vampires, music, and camp. This review ranges from the cult classic "The Rocky Horror Picture Show" to a modern Goth opera titled "Repo!: the Genetic Opera." So make sure you have someone to watch with (hold on to). Get comfortable and leave a light on for these fun, funny, and frightening selections.

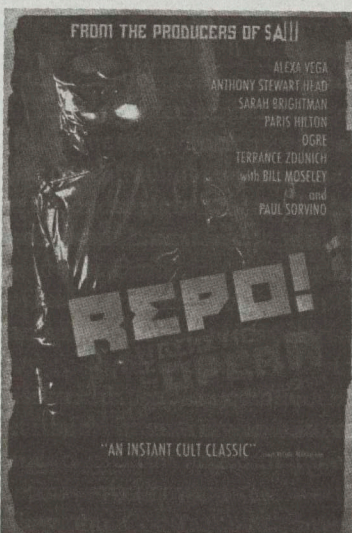


Image courtesy of Happyhorror.com

### "Repo!: the Genetic Opera"

Although there are no vampires in the film, you can most certainly imagine they are lurking around every corner. This darkly serious look into a future depicts a society where beauty and better health are available for easy monthly payments. Just make sure you can afford the price, or you can rest assured that your spine, your heart, or whatever other body part you financed through Geneco will be taken back with no questions asked.

The story line is sophisticated. Paul Sorvino plays Rotti Largo, the founder and owner of Geneco. He is dying, and has to decide which of his three adult children will inherit the firm when he dies. Paris Hilton does a surprisingly nice job as Amber Sweet, Largo's daughter. The leading lady in this opera is Blind Mag, played by Broadway powerhouse Sarah Brightman. The casting is spot on and the sets are stellar.

It is a rare sight to behold set design so enticing and convincing. The music, though, is the Achilles heel of this film. With good musicals, on Broadway or on film, the musical should be memorable, or at least catchy. Here the voices are

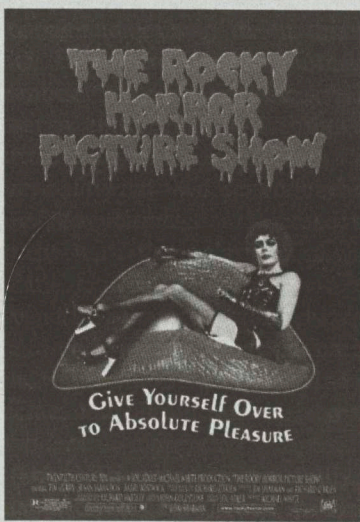


Image courtesy of Rockyhorror.com

great but the music is pedestrian, and forgettable. The overall movie experience, combined with the warning of one possible dark future, does make this film worth viewing. It would just not top a must see list.

### What to See \*\*\*

"The Rocky Horror Picture Show" This film starring Tim Curry, Barry Bostwick, Susan Sarandon and Meatloaf is a cult classic, which one can see in almost any major city on any Friday or Saturday night at midnight. You can catch it locally at the La Paloma theatre in Encinitas on Friday night at midnight and enjoy the show with full audience participation. In this film, two tight-laced newlyweds, Brad and Janet, portrayed by Bostwick and Sarandon, have their car break down on a dark, dreary, rainy night. Seeking assistance, they stumble onto the castle of Dr. Frank-n-furter, played by Curry. After entering the castle, they encounter one of the wildest ensembles ever put on screen. The major support characters are Magenta, Riff Raff, and Columbia. This cast is a wild blending of goth and 1970's, with every aspect of the film finding its way quickly and completely over the top. Much of the music is a blast such as the timeless "Time Warp." This is a simple story of rock and roll, sex and transvestite Transylvanians. Do not expect high production values, great acting or an intriguing story line. This is one case where you just need to sit back, enjoy the show, and "Let's do the time warp again!" **What to See on DVD \*\*, What to See at the La Paloma theatre \*\*\*\***

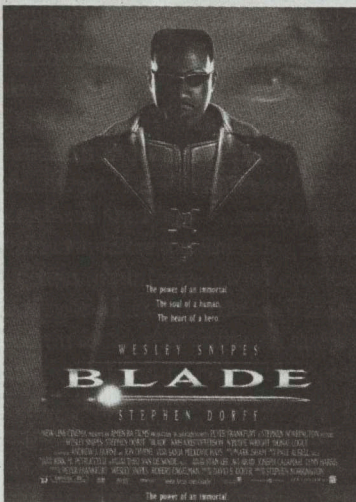


Image courtesy of Impawards.com

"Blade" stars Wesley Snipes and is the first in a trilogy about a human/vampire hybrid with Snipes filling the Dr. Van Helsing type role in this film. He is dedicated to eliminating the vampire population. His name is Blade as that is his weapon of choice. This film is a straightforward hybrid vampire/action film. The action is exciting and the story line credible vampire fare. There are no candidates for an Oscar in this film but the casting is right for the film. Perhaps the most unusual aspect of this vampire tale is the sword fighting. Swords just do not seem to be the best way to take out a vampire. Although this is indeed an entertaining film, I have yet to see the either of the sequels. Perhaps this is a lesson learned after being completely disappointed by the two underwhelming sequels to great film "The Matrix." **What to See \*\*\***



# In theaters this week

BY BILL RHEIN  
Senior Staff Writer

This is an impressive week for new releases. There are several decent films coming out, including a mid-week release.

Tuesday is Earth Day and coin-

ciding with this is Disney's documentary "Earth." The "Disney-nature" branch of the entertainment giant follows in the footsteps of other documentary features, including "Planet Earth," and gives a high-definition look at nature.

The film broadly examines

nature and highlights families of polar bears, elephants, and hump-back whales. James Earl Jones lends his voice to the narration. It should make for exciting and compelling viewing on Earth Day and through the weekend.

The rest of this week's bundle of films comes out on Friday, and like "Earth," they have self-explanatory titles.

Robert Downey Jr. and Jamie Foxx team up for "The Soloist." The film, inspired by a true story, features Foxx as a homeless man with an incredible gift of music, and Downey as the struggling writer who discovers him.

This pairing of great actors should make for a very inspirational film, if it avoids patronizing the audience with schmaltzy

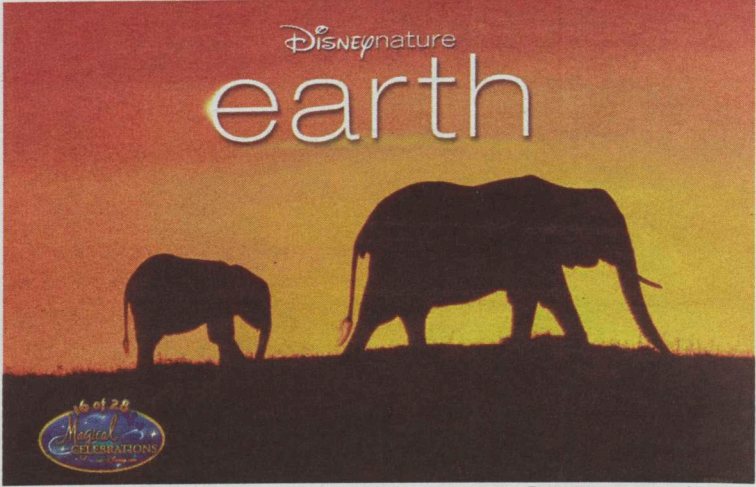


Image courtesy of Disney

moments. If director Joe Wright emphasized drama and conflict over cheesy bits, "The Soloist" will be a great tearjerker.

I do not have the same hope for the other two films in wide release this week. First, Channing Tatum stars in a movie called "Fighting." As one might expect in a film called "Fighting," the movie is about Tatum fighting several people.

The title "Fighting," really puts me off this flick. If the creative minds behind this film cannot come up with a better name for a film about fighting, I do not expect a decent plot or character development. If one wants a good movie about fighting, check out some clas-

sic Bruce Lee or Jackie Chan films, because they have good stories, and both men are actual fighters.

I also do not have hope for "Obsessed." The story is simple. A husband and wife have a perfect life and then another woman comes in and throws everything out of control. The conflict is the wife versus the new secretary.

I will not be seeing "Obsessed" any time soon. It stars Beyoncé Knowles, who is a name more than an actress, the story looks flat, and the market campaign make this film look like soft core pornography. "Obsessed" is an amalgamation of other, better, domestic conflict films.

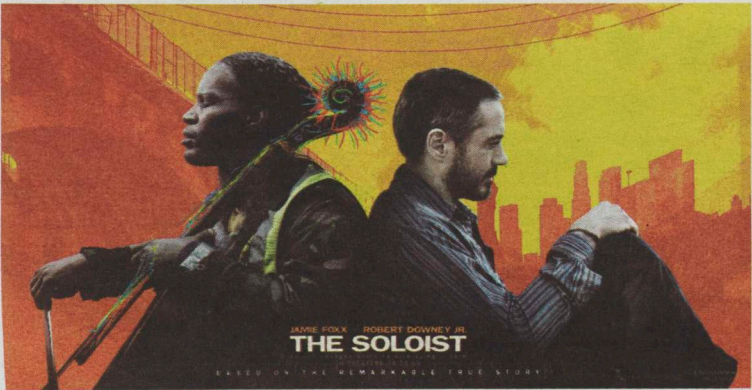


Image courtesy of Dreamworks Pictures

## Word(s)

### Ultimate vs penultimate

It would seem that penultimate would be beyond ultimate, but you would be wrong, ultimate is the last, final, or maximum, penultimate means next to last.

## Pedal vs peddle

You pedal a bike; brake pedal on a car; peddle is to sell your wares as a salesman.

### Rent

A noun or verb related to paying for the use of someone's property, but it is also the past tense/past participle of rend, a violent ripping, also used to describe a piercing sound (the air was rent with gunfire).

## Passed vs Past

Passed is a verb (past tense/past participle of pass); past is a noun, adjective, adverb, or preposition.

## Calvary, calvary, cavalry

Calvary is the hill in Jerusalem where the crucifixion occurred; calvary is a representation of an intense experience of mental suffering; cavalry is a mounted military unit.

