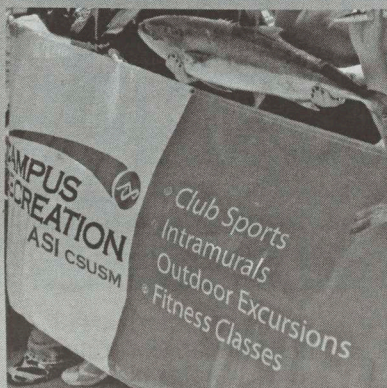


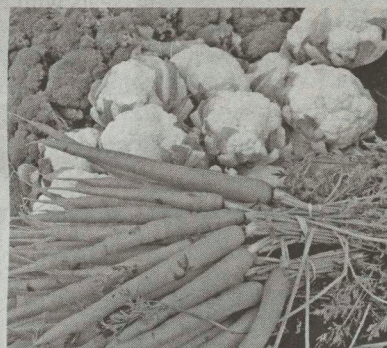


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STUDENT LOANS: OUR LAST SOURCE

Student dependence on borrowed money rising

BY ASHLEY DAY
PRIDE STAFF
WRITER

In today's world, some American college students have no choice but to take out student loans to fuel their secondary education. With institutions dangling "instant" money accompanied with low interest rates, students have an enticing offer that develops debt very early in life.

Parents, teachers and elders tell youth that attending college and getting a degree is the key to success. Anthony P. Carnevale, a research professor and director of Georgetown University Center on Education and the Workforce, said, "College credentials are now a prerequisite for a middle class lifestyle."

According to the Bureau of Labor Statistics, 70.1 percent of America's youth choose

to pursue a college education. Finaid.org reveals 58.8 percent of undergraduate students take out loans to fund their life through college. More than half of the undergraduate population has to borrow money to get through the first decade of their adult life.

Experts agree obtaining a student loan is an easy process. Cal State San Marcos quality service representative for enrollment management services, Mary Rapp said, "We try to make it as easy as possible. Financial Aid can walk you through the process of securing a loan. I would say it's fairly easy."

Alisha Madison, a second year student at San Diego State University agrees with Rapp. "On a scale from 1-10, 10 being the easiest, my loan process was probably an 8. I just had to pretty

much click, activate and read the terms. Since I had taken one out last year, it was easier this year. Last year it was a longer process, taking a couple days, making it more difficult."

The majority of students realize that by taking out loans they will be in debt for many years after they graduate. According to collegeboard.com, a student who chooses to take out a loan and repay it on a standard payment plan will pay back the actual loan and interest on that loan for up to a decade. Most students receive their bachelors degrees while in their mid-20s. This means they will be paying on a loan well into their 30s, when they are probably thinking about starting a family.

Rapp said, "The majority of students understand what they're getting themselves into. If they come to the fi-

nancial aid department, we explain the process completely. Students leave with a full understanding. If they have questions the financial department cannot answer we give them additional resources to get more information on the loan process."

Students do not let the loan process scare them. When asked if borrowing money changes her choice of major, Madison said, "No, I still want to major in business. [Me] having to take out a loan has not changed any plans."

Rapp feels the same way. She said, "Not in this century! People are broke. I don't think majors have anything to do with taking out a loan. Students depend on loans to live. If that's their only means to pay for education and to survive, then they have to go with it."

More than 50

percent of the student population relies on loans to fund their way throughout college. Some of the reasons are their parents make too much money, as determined by the federal government, or students' parents do not support them at all. These students decide to take on a loan. A clock on finaid.org ticks the balance on student loan debt. 850 trillion dollars is the latest estimate. Even so, this does not stop students from taking the loans.

"I'd rather be taking out loans for school than not being able to go to school at all. Education is the most important thing anyone can have right now and I'm not going to let the fear of being in debt affect my choice," Madison said.

PHOTO BY
MESSAGEMARKETINGMENTOR.
COM

The Annual Health Expo

BY MAYA LIFTON
PRIDE STAFF
WRITER

Thursday was a good day at Cal State San Marcos as the annual health expo took place in the library plaza.

The fair provided free food, massages, contests, and much more. 40 different organizations showed up to this event, each holding individual booths, which offered information on a particular aspect of health.

Some of these organizations included North County health services, Children's Physicians medical group, The Clarke, and the Nursing department.

The nursing department had information on the amount of calories a person should be taking in per day. This number

is based on your height, weight, and gender.

Chelsea Witwer, a nursing student who helped put the booth together, told The Pride a shocking probability. "You don't think about what you're drinking. You can drink over half your calories per day, and people don't know this," said Witwer.

People are misinformed about the amount of sugar drinks contain. They tend to misjudge the effect one drink could have on the body and drink to no limit. As a result, this misinformation has led to the obesity problem we face today.

Witwer also provided information pertaining to the amount of calories certain drinks have, such as Starbucks coffee and Coca-Cola. "Between Starbucks



coffee, Coca-Cola, Budweiser beer, and Snapple Iced Tea, Starbucks has the most calories."

Even so, Witwer said there are 10 tablespoons of sugar in a Coca-Cola.

A Better Tomorrow, another organization at the expo, is a treatment

center that specializes in substance abuse and helps treat addiction. Eric Miller, the intake coordinator, said, "We work with the major insurance companies. We are one of the largest providers of substance abuse treatment centers

in California.

"Our facilities treat any kind of addiction," Miller said. "We also have an [adolescence] program and work with kids under the age of 18."

PHOTO BY AARON JAFFE
PRIDE STAFF PHOTOGRAPHER

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CSUSM Rush Week preview

PHOTO BY AARON JAFFE
PRIDE STAFF PHOTOGRAPHER

BY DEVONNE EDORA
PRIDE STAFF WRITER

Go Greek! It's time to bust out the white toga and sandals. For all you interested in CSUSM

Greek Life out there, Cal State has three sororities and two fraternities. The sororities consist of Alpha Pi Sigma (ΑΠΣ), Alpha Chi Omega (ΑΧΩ), and Alpha Xi Delta (ΑΞΔ). For fraternities, there is Zeta Beta Tau (ZBT) and Sigma Alpha Epsilon (ΣΑΕ).

Alpha Chi Omega identifies their selves as

"Real. Strong. Women." AXO locally gives a lending hand to the Women's Resource Center in Oceanside. ΑΞΔ recently achieved over 3000+ hours with their philanthropy. Alpha Pi Sigma was established as a sisterhood that connected through working with the Latino community. ΑΠΣ is the only sorority recruiting for fall 2010. Formal Recruitment for all three sororities will be held on Feb. 2011.

If you feel that you are a man who appreci-

ates integrity, diversity and brotherhood then ZBT might just be the right fraternity for you. (Recruiting for ZBT begins Sept. 20). Currently, ΣΑΕ does not offer any recruitment.

If this all sounds overwhelming (and you haven't even started rushing yet), take it from two seasoned Greeks. Lance Johnson of ZBT said, "You meet guys of different backgrounds,

then find out you have a lot in common that you wouldn't have known [without rush]."

Tiffany Peters described rush as "nerve-racking, but after a while you become more comfortable and even more excited." As she now proudly wears her AXO letters, she offers some sage old advice: "Be yourself, relax and take it as a fun experience."

Yet still, why rush? Greek Life encourages prospective members that being a part of their organization will help them become outstanding men and women in ways of leadership, philanthropy, professionalism, academics, and of course friendship. So take your pick, Cougars! Take the plunge into what could possibly be one of the best experiences of college life.

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

Letters to the editor should include an address, telephone number, e-mail, and identification. Letters should be under 300 words and submitted via electronic mail to csusmpride@gmail.com, rather than to the individual editors. It is the policy of The Pride not to print anonymous letters.

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The Pride

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Dates and Contact:

Alpha Chi Omega*

Meet and Greet, Nov. 16 Location TBA.
Open Sisterhood Event, Nov. 22
VP of Recruitment, Brianna Jones
jones208@cougars.csusm.edu
(*Status of Events are pending until further notice)

Alpha Xi Delta

Meet and Greet, Nov. 15 Location TBA
VP of Membership Lindsay Stolis
stoli001@cougars.csusm.edu

Alpha Pi Sigma

Info Night, Sept. 23, Commons 206, 6:30pm
Tea w/the Always Classy Ladies of ΑΠΣ, Sept. 24, Cougar Den, 12 p.m.
Bonfire w/ Nu Alpha Kappa Fraternity, Sept. 25, Moonlight Beach 6 p.m.
Marissa Foreman: forem002@cougars.csusm.edu

Zeta Beta Tau

Library Plaza Sept. 12-14, 11 a.m.- 2 p.m.
www.zbt.org

Sigma Alpha Epsilon

http://www.csusm.edu/SAE

Tau Kappa Epsilon Fraternity (TKE)

Is no longer recognized at CSUSM (Events are independent and separate from the CSU Greek Council)

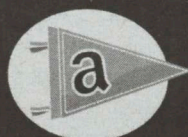
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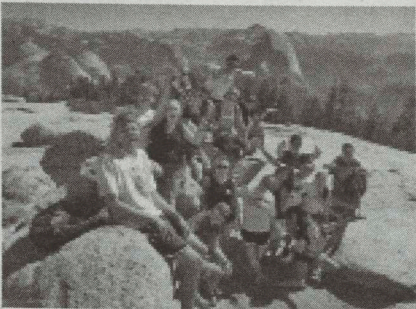
Adventures to enrich your college experience

ASI outdoor excursions offer exciting opportunities

BY TORIA BODDEN
FEATURES EDITOR

In last week's issue, we reviewed some adventures to raise your happiness level without plundering your wallet. But what about exciting activities right here in our own proverbial backyard?

That's where the ASI Excursions program comes in. Run by the Office of Campus Recrea-



tion, the program offers several outings during the course of the semester, all designed to introduce you to new activities or give you a chance to cheaply participate in some you already love.

I suspected when I walked into Clarke Field House to talk to the people in charge of the program, I was going to end up stuck in a room with a couple of fitness fanatics, the air smelling slightly of sweat, Gatorade and condescension. I was dead wrong. I ended up with two nice guys who just want to give CSUSM students some cheap thrills of the legal and decent variety. Hugo Lecomte, the head of Campus Recreation, greeted me with a smile and a firm handshake. His passion for the ASI Excursions program quickly became evident, his words gathering speed as he told me about the 20-pounder they caught on last year's deep-sea fishing excursion. Steven Greene, the student in charge of the program itself, seems like every other laid back

surfer, but he joined in and soon became animated telling me about the change in people after the excursions. "People come out and get to do these activities, and it's just great to see their reactions. We did indoor skydiving last semester, and it was amazing to see people afterwards... they could have fun and get their mind of school for a bit," he said with a shy smile.

This semester's excursions start with a kayaking and snorkeling trip to La Jolla Shores that's so popular it sold out in less than two days. Future activities include rock climbing, surfing, deep-sea fishing, paintball, and even a Lakers game down in San Diego. So why join the merry band from ASI instead of striking

out on your own? "I guess the first thing would be the prices for the students, because it's so cheap. We're giving 40 to 50 percent off regular group rates, so that's usually around 75 percent off [the price for] individuals. You're going along with people your own age with your same interests," Lecomte explains. "And we've been doing this for a while... we've tried a few different outfitters, and if we can find better services, we do that. And we take care of the entire logistics. If you tried to do it [yourself], you'd have to reserve, book, get in a group. But we take care of that, and transportation, and usually food. It's like... an all-inclusive cruise." And he's right on the money. The prices are amazing. They range from five dollars for rock climbing to 30 dollars for Premier Lodge seats at the Lakers game. In fact, when I checked San Diego Bike and Kayak Tours for their Kayak and

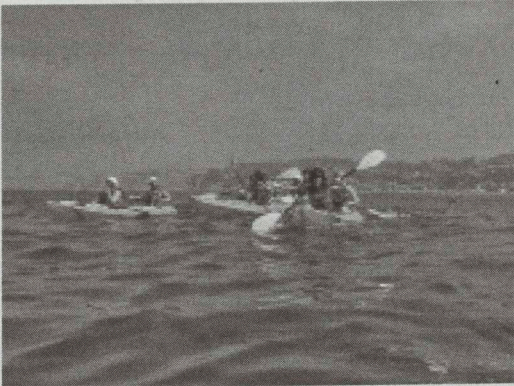
Snorkel Tour of La Jolla Shores, their lowest possible rate was 60 dollars for nearby date. ASI Excursions is taking students for 20 dollars, which includes lunch and transportation from campus.

I was also curious about how the adventures were chosen. Greene jumped in and explained, "Well, we initially plan some that we've been doing for a while. At the beginning of our training here at Campus Rec, we all put out ideas, and see what people agree on... We each go on one or two excursions, to host them. I'm doing surfing." Campus Recreation also puts out a survey each year that asks students and staff what they would like to see for exercise classes, excursions, and even intramural sports.

The benefits of the program seem obvious to me, but I wanted to hear what it means to the people in charge of it. You can tell Lecomte has given this a lot of thought. "It's really

established as a norm now, not just academic classes offered as part of the college experience, but also these opportunities to interact through recreational/sports settings. It has been researched and established that there is a direct correlation between recreation or sports participation and excellent in academics." He pauses for a moment. "Campus Recreation has taken your mind out of your book, and not just to get away but to experience something that is an internal development. We provide learning outcomes from our experiences."

Lecomte and Greene may not have been the fanatics I was expecting, but it's obvious that they care a great deal about enriching students' lives outside of the



classroom, and ASI Excursions seems a perfect way to do that.

For more information, log on to <http://www.csusm.edu/rec/excursions.html>, or stop by Clarke Field House. To sign up for an excursion, bring the excursion fee to Campus Recreation, in Clarke Field House, Room 119, between 11 a.m. and 4 p.m., Monday through Thursday. Online sign-ups are not currently available, but will be in the future.

PHOTOS PROVIDED BY
OFFICE OF CAMPUS RECREATION



Fun, fit, and fabulous

ASI Campus Recreation offers a variety of fitness classes

BY JENNA JAREGUI
DIGITAL MEDIA MANAGER

From Sept. 20 to Dec. 10, you can take your pick of a variety of fun ways to exercise—and the classes are FREE to CSUSM students! Faculty must pay a fee of \$60 that allows access to any of the classes for the semester. Sign up for your choice of Ashtanga yoga, "Cardio Kick," indoor cycling, hip-hop, zumba/

salsa, line dancing, Jiu-Jitsu, or "AB. Blast" at the Campus Recreation Center (The Clarke 119).

Indoor cycling will be held on brand new equipment at the University Village Apartments, and hip-hop dance and line dancing are both new and exciting options that will be joining student favorites like zumba and yoga. If you can still think of an excuse, here are five unbeatable reasons to join a class without delay.

- 1) It's free! We mentioned it earlier, but this means completely free. Unlike gyms that might offer martial arts classes, but charge for equipment, all classes will provide you with the gear you need while you're at Clarke Field House. It's also a way to save money by stopping your membership somewhere else.
- 2) It's on site. You're already on campus, and no matter where you are on campus, Clarke Field

- House is a short walk away.
- 3) It's a fun way to add some newness to your life, whether that means new exercises, new workout buddies, or both.
 - 4) A little exercise will actually make writing papers easier – no joke! British research has shown that mid-day exercise will enhance your mood and make you more productive.
 - 5) The classes are built to suit everybody. "If you're a beginner,

you're going to receive the basic instruction to get the basics. If you're more advanced, these are going to be classes in which you'll be challenged to learn new things," explains Hugo Lecomte, head of Campus Recreation. "All the fitness classes are very inclusive and suitable for all levels."

CAMPUS RECREATION WEEKLY SCHEDULE (Refer to www.csusm.edu/rec/fitnessclasses.html for more information about these classes.)

Ashtanga Yoga Tuesdays and Thursdays 12 p.m. – 1 p.m.	Cardio Kick Mondays and Tuesdays 4 p.m. – 5 p.m.	Indoor Cycling at the UVA Monday: 5:30 p.m. - 6:20 p.m. Tuesday: 12 - 12:50 p.m. & 4:30 - 5:20pm Wednesday: 5:30 p.m. - 6:20 p.m. Thursday: 4:30 p.m. - 5:20 p.m. Sign-up @ 760-750-3711 (only reservations for the same day will be accepted)	Hip-Hop Thursdays 5:30 p.m. – 6:30 p.m.	Zumba/Salsa Dancing Wednesdays 4 p.m. – 5:30 p.m.	Line Dancing Thursdays 4:30 p.m. – 5:30 p.m.	Jiu-Jitsu Mondays 5 p.m. – 6 p.m.	AB. Blast Mondays and Wednesdays 3:30 p.m. – 3:50 p.m.
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Fresh, local, affordable food

Exploring CSUSM's Farmers' Market

BY JENNA JAUREGUI
DIGITAL MEDIA MANAGER

In a world of pre-packaged, frozen edibles, farmers markets are a fresh reminder of food's more natural origins. Comprised of many different vendors selling their locally grown and home-made wares, farmers' markets offer consumers the rare opportunity to purchase food and goods direct from the source—fostering a human connection between consumers and those who nurtured their products to ripe perfection. This creates a unique shopping experience that keeps you, the environment, and the local economy strong and healthy.

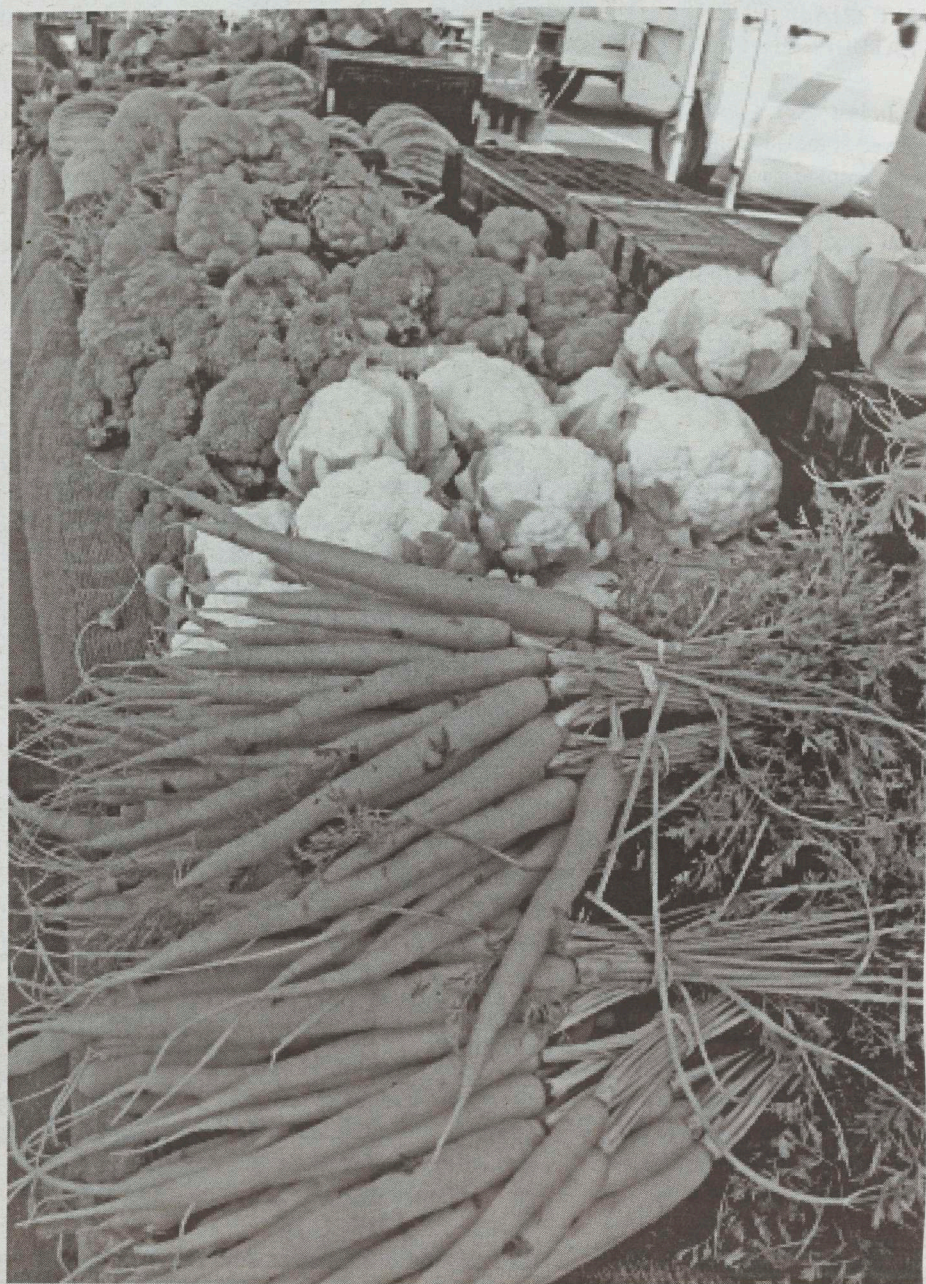
CSUSM hosts the San Marcos Certified Farmers' Market once a week. The market just celebrated its first anniversary, and hopes to continue raising student awareness and support of its services. Lorrie Scott, who manages this market as well as those in Valley Center and City Heights, describes the market as a "nice environment," offering an exciting sensory experience of colorful sights, delicious flavors, and pleasant conversation. According to her, the market includes around 25 vendors selling "handmade artisan jewelry and clothes, really good artisan bread, local honey, an awesome variety of hummus, homemade butter with garlic, rosemary, or basil, sweet almond butter that's

awesome on pancakes, award winning salsa with chips and tortillas, tamales, smoked fish with flavors that will really knock your socks off, oils, balsamic vinegars, stainless steel water bottles, really cool woven bags for shopping, and all kinds of recycled stuff and environmentally conscious items."

If the food itself isn't enough to entice you to explore the plethora of outdoor stands, Scott invites students to consider the economic benefits of shopping at the farmers market. "The dollar spent on a local business in the community has three times the impact on the local economy than if that money gets spent in a nationwide chain or big box store," she said. The more support the market receives, the more it can expand and gain more vendors. Buylocalthinkglobal.com describes how buying local food from farmers' markets benefits the environment as well as the economy. The site explains, "Transporting food long distances uses an incredible amount of fossil fuel that releases pollutants into the atmosphere contributing to global climate change and air pollution." Fresh, locally grown food is also a better choice for a healthy lifestyle. According to Scott, "The majority of the nutrients are still available when it's fresh, where as when it's been sitting around on the grocery shelf for a week,

the nutrients get reduced every day after it is picked. The more alive your food is, the more alive you are!"

The CSUSM Farmers' Market is held every Wednesday afternoon in the front parking lot off Craven Rd. Its operating hours are 3 p.m. to 7 p.m. and 1 p.m. to sunset in the winter season. Visit the market's information booth to learn about the Fresh Fund Program and other options available to federal assistance recipients (WIC, SSI, and EBT). The farmers' market also offers demonstrations and activities ranging from cooking demos to musical performances. To receive advance notice about these events, sign up for the e-mail list at the market. Notices will be sent weekly on Wednesday morning.



Next on the event calendar is a dance demo on September 22. For a complete list of local farm-

ers markets and more information, visit www.sdfarmbureau.org/BuyLocal/Farmers-Markets.

PHOTO BY TORIA BODDEN



BY JENNA JAUREGUI
DIGITAL MEDIA MANAGER

Prowlin' the kitchen

Farmer's Market special: bruschetta

with local growers all help you to remember where your food comes from and appreciate its roots.

During this late summer season, local markets have an abundance of tomatoes, herbs, and other garden goodies. This week's recipe features ripe tomatoes and fresh basil. According to healthfood-guide.com, tomatoes are high in lycopene, a powerful

antioxidant that helps fight cancer. Studies have also suggested that tomatoes may help fight aging and degenerative diseases. Fresh, organic produce from the farmers market guarantees that the tomato's nutrient power is at its peak! What better way to highlight this juicy fruit than a delicious batch of bruschetta? Although the name may sound fancy, bruschetta is one of the simplest, quickest ways to use your farmers' market finds. Enjoy this tasty Italian creation as an appetizer, a side dish, or a hearty snack!

Fresh Bruschetta
1 clove of garlic, minced
1 tbs olive oil
2 large ripe tomatoes, finely chopped
½ cup chopped fresh basil
½ cup crumbled cheese (like feta, ricotta, or goat cheese)
salt and pepper to taste
crusty bread

Combine garlic, olive oil, chopped tomatoes, and basil until well mixed and season with salt and pepper. Spoon onto slices of warmed, toasted crusty bread and serve. Feel free to experiment and add olives, onion, or other extras to the tomato mixture! Savor the fresh taste, and appreciate that your ingredients were grown

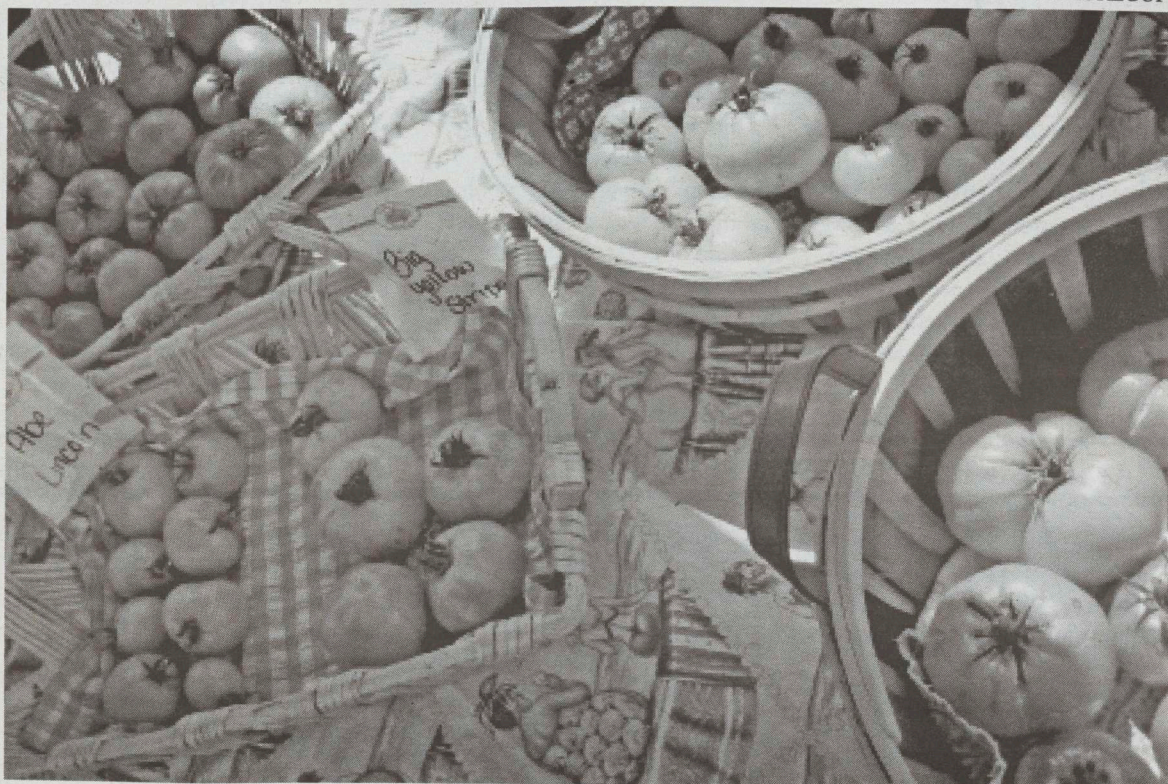
with extra love and care.

Ciao, my bruschetta babes! See you at the next farmers' market!

The Cookin' Cougar

PHOTO BY TORIA BODDEN

DRAWING BY CHELSEA JAUREGUI



Farmers' markets are steadily gaining popularity as more people venture out from under the grocery store's fluorescent lights and into the world of open-air shopping. Featuring locally grown and often organic produce, farmers' markets are the perfect place to find fresh, healthy choices and support the local agricultural community. The farmers' market experience stimulates every sense—the colorful array of food, the free samples of homegrown goods, and the pleasant conversation

CSUSM Women's Soccer Defeats Hastings (NE) at Home 1-0

BY KYLE TREMBLEY

Less than 24 hours after a grueling match at Westmont College in Santa Barbara, #12-ranked CSUSM women's soccer was back at home on Sunday, defeating Hastings 1-0.

#12 CSUSM improves to 4-1-2 this season. Hastings (Nebraska) falls to 1-4.

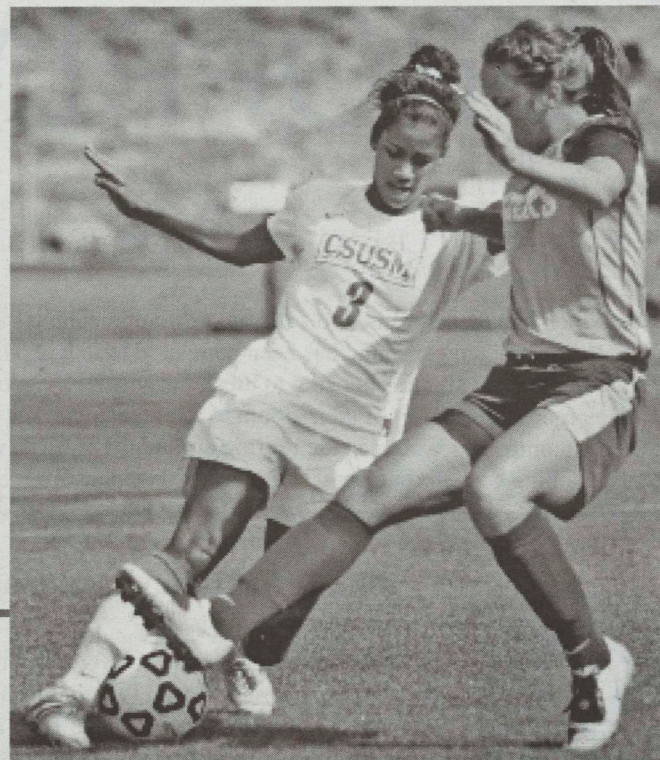
Despite the short turnaround time, the Cougars for the most part looked sharp, generating numerous scoring chances and

showing flashes of real quality in the open field. CSUSM out-shot Hastings 22-4 and held a 6-3 advantage in corner kicks.

The game's lone goal came late in the first half. A nice build-up resulted in Natalya Erbel feeding a pass to Rachel Schulte, who knocked it across the face of the goal to Lauren Johnson. Johnson expertly controlled the pass, and from the right side of the goal finished with a slicing shot past the keeper into the left-side netting.

That would be all the scoring, as the second half saw the Cougars generate plenty more chances but not quite be able to finish. Keeper Kaycee Gunion was rock solid as usual in net, making a pair of saves and consistently making the right decisions.

Cougar women's soccer will face a big test this Wednesday at home against Point Loma. Kick-off is at 3 PM.



Penalty kick downs Cougar women in overtime

BY MICHAEL RAWSON

In the afternoon game, a controversial call minutes into the first overtime handed the Master's College women the victory over the Lady Cougars, 1-0.

Looking sluggish after a successful road trip to Arizona,

Pulvers' side spent most of the game in the middle of the field. The two teams traded mostly weak chances during regulation.

Three minutes into overtime, Master's pushed the ball up toward the Cougar goal. A Mustang player went down near the 18-yard line. The foul looked like it could have been a free kick, but the official pointed to the penalty box. Andie Reyes easily put the chance into the right corner past All-American

keeper Kaycee Gunion, who dove left.

"For me, in an overtime game like that, you have to be one hundred percent committed to the penalty," said Pulvers. "I thought there were too many questions about whether or it was or not for it to be called, [but] we put ourselves in a bad spot on that particular play."

"And whether the penalty was a penalty...that's certainly a questionable situation, but we

should have never been in that position to begin with, because we were just lazy in recovering defensively," said Pulvers.

Amanda Diamond stopped five shots to record the shutout for the Mustangs. Gunion also saved five.

The Cougars will play an-

other doubleheader at Mangrum Field on Wednesday vs. Point Loma Nazarene.

Cougar men hold Master's College scoreless in tie

BY MICHAEL RAWSON

The men's soccer team took a big step defensively on Wednesday night, holding #22 The Master's College to a 0-0 draw in double overtime.

But they sure could have used Brandon Zuniga.

Last year's team MVP and star forward ran out of eligibility after the 2009 season, and Ron Pulvers knows it won't be easy to replace him. "Players like him

really come around once in awhile," the Head Coach told The Pride. "We'll miss him."

The young Cougars (2-2-1) sorely missed his presence at Mangrum Field on Wednesday, failing to mount any offensive



momentum and managing just two shots on goal. After a late foul in overtime, Cougar Captain Bradley Seidenglanz had the game's best chance on the ensuing free kick, but sent it sailing inches over the crossbar.

Andrew Bussell made two key saves for CSUSM. Master's Defender Brian Gardner nearly put the game away in overtime, but his long attempt from the left side bounced harmlessly off the right post.

The Master's College

began the season ranked second in the NAIA, but fell to #22 after going 0-1-1 in their first two games.

Coach Pulvers enjoyed the performance of his young defense. "At the spine of our team, we play freshman, sophomore, freshman, sophomore," he said after the game. "[The Team's] work ethic ...has been awesome all season long. We've just showed some real inexperience in the games we've lost. Today, they showed a lot of maturity in being able to close the defending national runner-up to a draw."

Late Comeback Comes Up Short as Men's Soccer Falls to Westmont

BY KYLE TREMBLEY

Playing in front of a big crowd in Santa Barbra, Cal State San Marcos men's soccer came up short against a good Westmont team, losing 2-1 on the road last Saturday.

CSUSM is now 2-3-1 on the year. Westmont is 3-0-2.

The Cougars got into a 2-0 hole, starting with a penalty kick goal from West-

mont Doug Harrell in the 39th minute. Westmont added its second early in the second half, as a corner kick was headed into the lower corner of the net by Anthony Niboli in the 59th minute.

CSUSM would respond though, as Sterling Petersen scored following a throw-in in the 79th minute, giving him his first goal as a Cougar. But CSUSM couldn't notch the equalizer, falling by that 2-1 margin.

Kevin Ernst made 6 saves in net for the Cougars.

CSUSM will be in action this Wednesday at home in a huge rivalry match with Point Loma, starting at 5:30 PM:

Women's Soccer Ties Westmont 0-0

BY KYLE TREMBLEY

#12-ranked CSUSM was held scoreless for the second-straight match on Saturday, but continued to play stifling defense, tying Westmont College 0-0 on the road.

CSUSM is now 3-1-2 on the year. Westmont is 1-2-2.

Playing at Westmont College in Santa Barbra, the teams were evenly matched on the stat sheet, with Westmont holding a slim 10-9 advantage in shots, and CSUSM

leading 7-3 in corner kicks. Taylor Schurman led the Cougars with three shots.

Cougar keeper Kaycee Gunion made five saves in earning her third shutout of the season.

CSUSM will be in action at home tomorrow against Hastings College, starting at 11 a.m.

PHOTOS PROVIDED BY
AARON JAFFE
PRIDE STAFF PHOTOGRAPHER



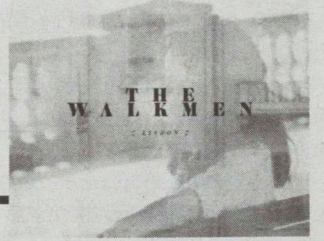
DROPPING THIS WEEK

BY REBEKAH GREEN
PRIDE STAFF WRITER

PICTURES COURTESY OF AMAZON.COM

The Walkmen – “Lisbon” – Fat Possum/Bella Union

The Walkmen had their start in 2000 and are now approaching the release of their sixth album, “Lisbon.” Having been together for nearly 10 years, The Walkmen’s unique sound has been compared to that of The Cure, but they continue to stay themselves while making new additions to their sound with each album, choosing to break away from the more familiar independent and garage types of music like The Hives or The Strokes. They toured in support of their album to a few festivals last spring, including All Tomorrow’s Parties in England, and Lollapalooza in Chicago. This month, The Walkmen are touring around the U.S., as well as Vancouver and Toronto, Canada. In support of their new album, The Walkmen are selling copies of “Lisbon” with original designs from etsy.com (check them out! <http://www.etsy.com/shop/TheWalkmen>).



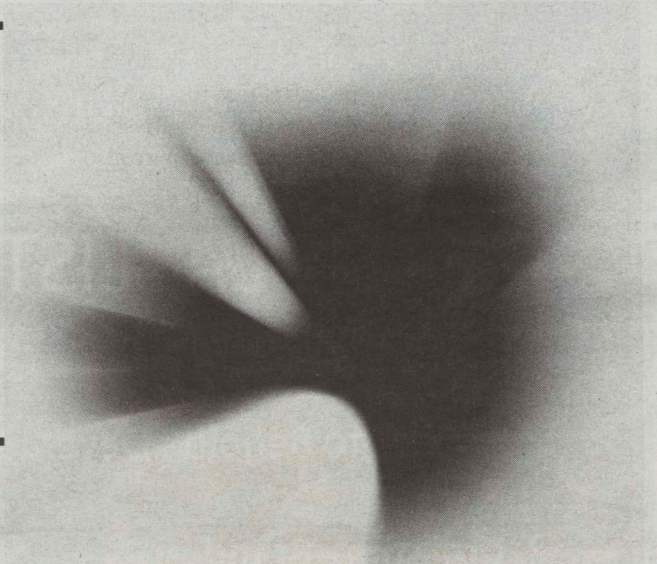
Weezer – “Hurley” – Epitaph Records



When you see the cover of Weezer’s new album there is no need to double take. Indeed, it is a photo of Jorge Garcia also known as “Hurley” from the television series “Lost.” Whether or not there is a connection between this character and the album, “Hurley” is Weezer’s eighth anticipated album. Weezer as a band has existed since 1992 and although they have expressed influence from The Pixies, Nirvana and Green Day, with each album their sound manages to stay original, yet always evolving. “Hurley,” which is up for preview on their Myspace (<http://www.myspace.com/weezer>) shows off Weezer’s signature rock sound that still manages to be new and even fun. The album also features Michael Cera providing back-up vocals on one of the tracks. The deluxe edition of “Hurley”, which can be purchased on iTunes, includes a few bonus tracks and a cover of Coldplay’s “Viva la Vida.”

Linkin Park – “A Thousand Suns” – Warner Bros. Records

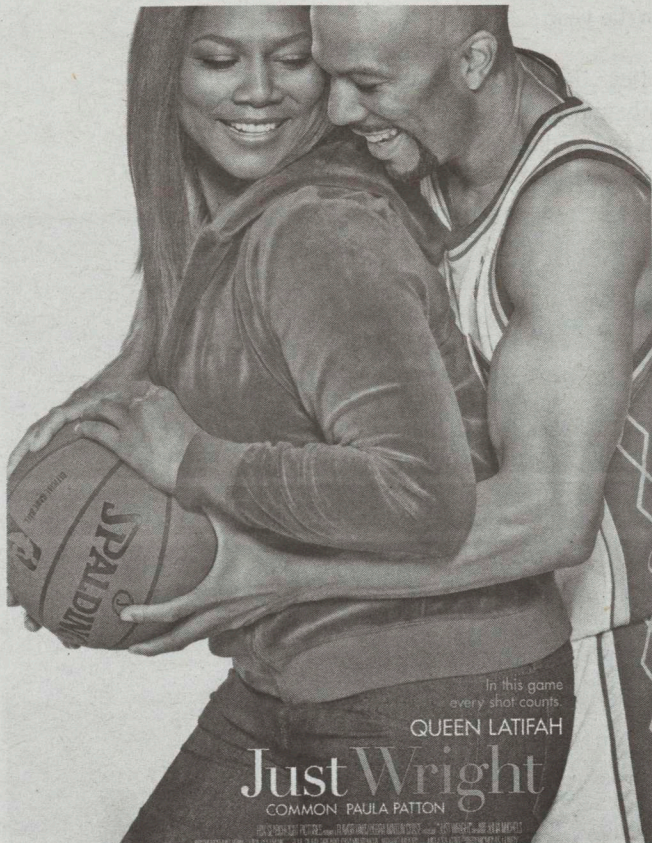
These days one needs only to mention Linkin Park and the tunes of “In The End,” “Faint,” and “Numb” begin ringing through ears. September 14th is the release date of their latest studio album “A Thousand Suns.” Linkin Park, already known for their impacting lyrics and unique musical style, seem to have done it again. Many critics already praise this new album for its sound and impressive writing. Chester Bennington and Mike Shinoda continue to share vocals, which can be heard on the album’s first single “The Catalyst,” released this past August, along with other songs on the album. The band also worked off of their influence from the renowned hip-hop group, Public Enemy. Following “Minutes to Midnight,” “A Thousand Suns” cumulates nearly two years of writing and recording into a fourth full-length album from the band known for their mixture of rock, rap and other devices, making Linkin Park a name to be recognized.



CDS AND DVDS

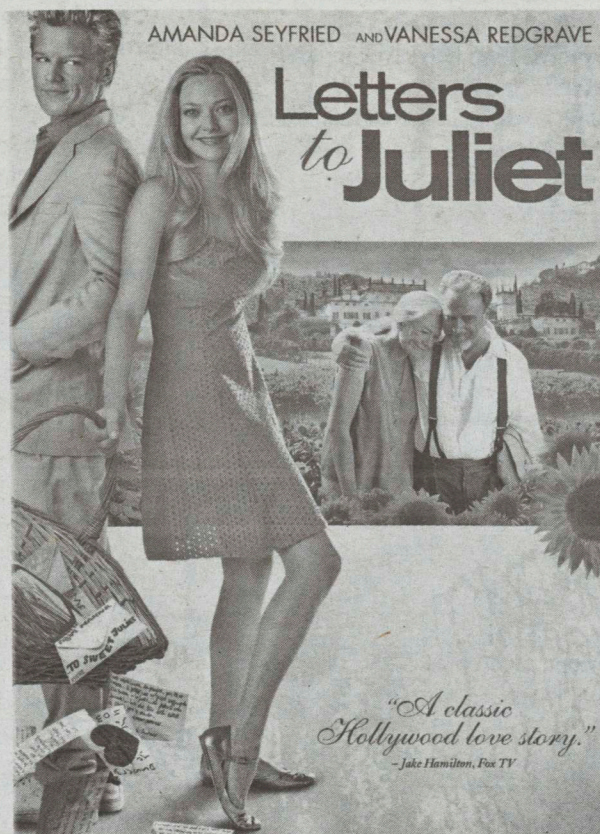
“Just Wright” – Sanaa Hamri

“Just Wright” stars Queen Latifah as Leslie Wright, a physical therapist not seeking to “belong” to a man, living with her god-sister Morgan. Rapper Common plays Scott, a professional basketball player who takes a romantic interest in Morgan. Following a threatening injury that could affect Scott’s career, he begins to see that Morgan was only interested in him for the money and fame, and that Leslie, his new physical therapist, is the one who truly wants what is best for him and his future. The chemistry between the two actors (and music icons) flows well within the story and the feel of the film. This is director Sanaa Hamri’s seventh film, following works such as “Something New” and “The Sisterhood of the Traveling Pants 2.” “Just Wright” is a film with a simple romantic plot that still has its charms.



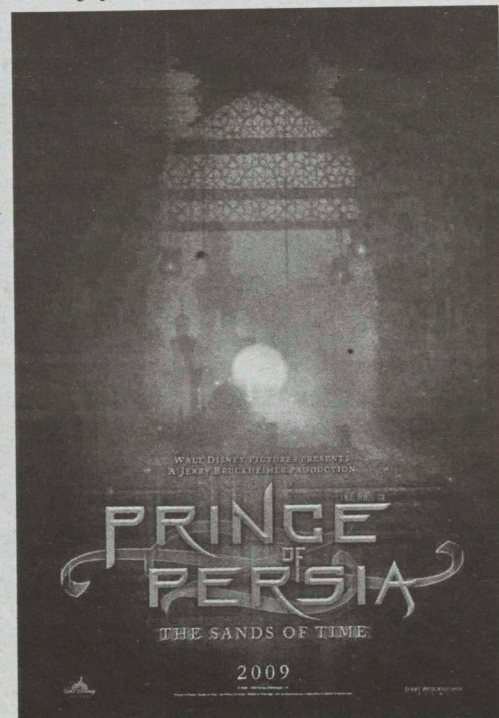
“Letters to Juliet” – Gary Winick

Sophie Hall visits Italy with her fiancée and encounters romance in a very unexpected way, turning into a sort of “Juliet” after finding a lost letter amongst the many love letters placed in the supposed real home of Juliet Capulet. Following this discovery, Sophie eventually finds the sender, Claire, and decides to help the woman find her long lost love, Lorenzo Bartolini. Along the way Sophie too discovers more about herself and her feelings as she travels alongside Claire’s grandson Charlie. Director Gary Winick’s previous works include “13 Going On 30,” “Charlotte’s Web,” and “Bride Wars.” Amanda Seyfried, Chris Egan and Vanessa Redgrave star in this sweet tale of discovering love -old and new - and trusting destiny.



“Prince of Persia: The Sands of Time” - Mike Newell

Based off of the “Prince of Persia” video game series, “Prince of Persia: The Sands of Time” follows just about the same premise as the Ubisoft game franchise. The film tells the story of Dastan and his discovery of a sacred dagger that can turn back time. With this knowledge he winds up on an adventure with a princess named Tamina, and unveils a web of political treachery amongst his own family. This film comes from director Mike Newell (“Harry Potter and the Goblet of Fire”) and producer Jerry Bruckheimer (producer of the “Pirates of the Caribbean” films) and is distributed by Walt Disney Pictures. Starring Jake Gyllenhaal, Ben Kingsley and Gemma Arterton, “Prince of Persia: The Sands of Time” is another action-driven, Disney-friendly film that both adults and kids can enjoy.



APP OF THE WEEK

NetNewsWire

BY JIMMY PIRAINO
PRIDE STAFF WRITER

Ever get tired of going to your favorite blogs and news sites only to be bombarded by pop-up ads and useless blinking banners? Well Mac, iPad, and iPhone users now have a way to enjoy their favorite news stories without the advertisements, using the simple app NetNewsWire by NewsGator Technologies.

NetNewsWire, described by Dan Frakes from Macworld.com as "A stellar example of a newsreader done right," is a simple application with a smooth interface that brings you your favorite blogs and news using Really Simple Syndication.

Really Simple Syndication, more commonly known as an RSS feed, is a blog format that gives a bare-bones display of a website, keeping the news and blog posts while shaving off the ads. NetNewsWire takes these RSS feeds and combines them into one simple-to-use interface, so whether a user looks at one blog a day, or 50, they won't miss a single story.

There are several features of NetNewsWire that help the app stand above the rest in the RSS reader market. First, and most importantly, the app is free for the Mac and iPhone. Both are supported by ads, which are shown in the bottom left corner of the app. NetNewsWire also

links with a user's Google Reader account, which allows users to sync their RSS feeds between different accounts and systems.

For those more socially inclined, NetNewsWire is able to connect to Twitter accounts for easy sharing of a user's favorite stories and blog posts with friends. NetNewsWire also has a full-functioning web browser built into the app. This feature helps minimize the wait time when opening a link from a news story, or when loading the source from within the app.

My favorite feature of NetNewsWire is also one of the most simple and overlooked. Just like Google Gmail, a user can "star" their favorite stories in NetNewsWire to save for a later read date. This feature becomes increasingly useful with each new RSS feed a user subscribes to. Finding a great story is easy, but remembering where it is hours later can be, and usually is, a complete chore. Marking a story as a favorite gives the user easy access to it at a later time, without the hassle of scrolling through potentially thousands of recent news stories.

Pricing for the premium ad-free version of NetNewsWire for the Mac, iPad, and iPhone varies slightly for each platform. For both the Mac and iPad premium versions, the price is \$14.99. However, the iPhone version costs only \$4.99. So if the

small ads become too much of an annoyance, there is a way out.

NetNewsWire can be accessed and downloaded online at www.NetNewsWireapp.com.

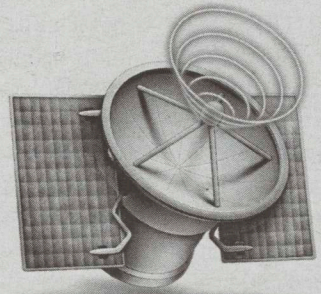


PHOTO COURTESY OF WWW.NETNEWSWIREAPP.COM

PRIDE PLAYLIST

1. Everlasting light - Black Keys
2. A Sight to Behold - Devendra Banhart
3. Crossfire - Brandon Flowers
4. Dance, Dance, Dance - Steve Miller Band
5. Dog Days Are Over - Florence and the Machine
6. Do You Realize?? - The Flaming Lips
7. Saeglopur - Sigur Ros
8. One Day - Matisyahu/Akon
9. Won't Back Down - Eminem
10. Ready to Start - Arcade Fire

FEATHER LOVE PHOTOGRAPHY



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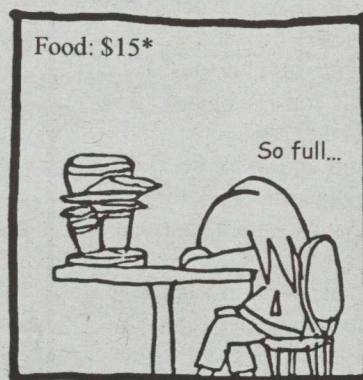
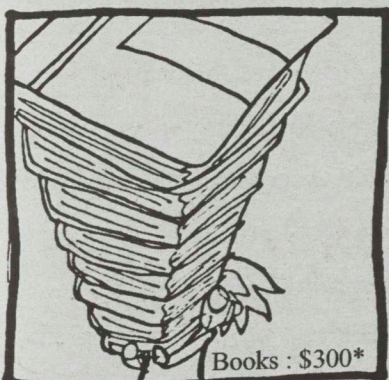
Attend our Open House to meet with the faculty and students of the University of St. Augustine (USA). View hands-on demonstrations, learn about the continuously growing professions of Physical and Occupational Therapy, and take a tour of our beautiful California campus.

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Student A: "Spending" by Faith Orcino



Looking at how much you just spent:



*Note: Prices vary from student to student.

PAINFUL.

PHOTOS COURTESY OF AMAZON.COM

NOW PLAYING IN THEATRES...

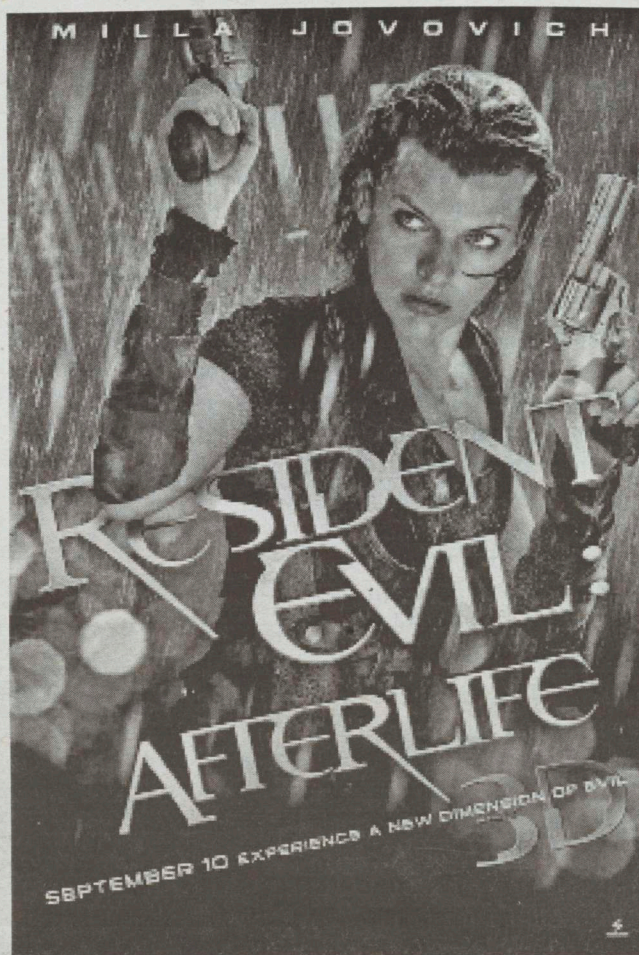
RESIDENT EVIL: AFTERLIFE

BY MILA PANTOVICH
PRIDE STAFF WRITER

"Resident Evil: Afterlife" is the fourth film in the "Resident Evil" series, based off of the popular video game franchise. With three films preceding it, one would assume that the story has been finely tuned and perfected with years of experience. However, what the audience gets instead is a film completely lacking in story, credible dialogue, believable characters, or any sense of depth beyond the well-done 3D animation. With characters speaking in stilted military commands and a story that grows tedious and repetitive, the film seems to only be a 3D platform for returning writer and director, Paul W.S. Anderson.

The film follows Alice (Milla Jovovich) in her continued, and nearly pointless, struggle to take down the Umbrella Corporation. Alice spends the beginning of the film in search of Claire (Ali Larter) and the rest of the survivors that she was separated from at the end of the previous film. The group had gone in search of the elusive Arcadia, a place of

promised refuge from the dangerous T-virus that turns people into zombie-like monsters. Upon finding Claire, Alice joins a group of people who are trapped in the middle of Los Angeles, surrounded by the infected masses, with no way of escape. Within this group of stock characters is an ex-sports star (Boris Kodjoe), an arrogant Hollywood producer (Kim Coates) and his timid intern (Norman Yeung), and Chris (Wentworth Miller), a man with familial connections to Claire that come across forced and entirely of convenience. Together, they discover the reality of Arcadia, while Alice is unknowingly pulled into yet another evil plan, orchestrated by



the film's lifeless evildoer Albert Wesker (Shawn Roberts), of the Umbrella Corporation.

is little point behind anything the characters experience. Slow motion is used in nearly every

Like the past "Resident Evil" films, the plot suffers greatly to the importance of the special effects used to give the fight scenes more impact. The director Paul W.S. Anderson makes good use of the James Cameron and Vince Pace 3D Fusion Camera System that was created for "Avatar," giving "Resident Evil: Afterlife" a visual depth that allow the viewers to feel a part of the action onscreen, thus being the only aspect keeping them from giving up on the film entirely. The use of 3D attempts to distract the viewers from the complete lack of story progression where nothing is gained in the film and there

scene, quickly becoming an annoyance by dragging on self-important looks shared between characters as they shoot paths through the infected zombies closing in. The film can be broken into segments of fight scenes that fail to connect with one another, quickly killing characters off-screen, while moving along at a hurried pace towards the intended climax. However, with the credits rolling 20 minutes too soon, the end comes without warning and fails to satisfy, leaving the audience without any sort of resolution to the 97 minutes they just endured.

When it comes to actual story, there seems to be nothing left to squeeze from the tired "Resident Evil" franchise and yet, the promise of a fifth installment ends the film as a looming threat. There is no doubt that another sequel is in the works, preparing to throw Alice in the middle another battle with an unreachable end to the franchise. Ultimately, the "Afterlife" that the title promises is completely joyless and without refuge – for the characters and the audience.

Happy Hour of the Week

Thirsty Thursdays at the Pacific Beach Bar & Grill

BY TRIxie GONZALES
PRIDE STAFF WRITER

Fridays usually indicate the weekend for many, but for college students the official weekend begins Thursday. PB Bar & Grill in Pacific Beach holds Thirsty Thursdays every week and invite college students ages 21 and over from all over the county to partake in their weekly drink deals and festivities.

PB Bar & Grill is located about a block away from the beach at 860 Garnet Avenue in Pacific Beach. It consists of three bars, an outside patio, a dance floor and areas where one can dine or play pool. In addition, they provide various types of music including a juke box inside the dining area and two DJ's, one spinning on the patio and the other on the dance floor. The bar has an enormous amount of space, which make it easy to meander throughout the different areas.

The bartenders always provide an outstanding performance for their customers by constantly engaging them in conversation while promoting an energetic environment and never lacking a smile. In contrast, security is very strict in order to permit a safe atmosphere for people to enjoy their time without having any concerns. One great factor about PB Bar & Grill is that there is always a diversity of new people to see and meet, the vast majority being very friendly and outgoing, according to Karla Cordero, a Liberal Arts major at CSUSM and a regular PB Bar & Grill customer. She states, "I absolutely love it there, I also like the fact that I always meet new people and it is very affordable for me as a college student. The drinks and the beach are the two main reasons why I am there almost every Thursday."

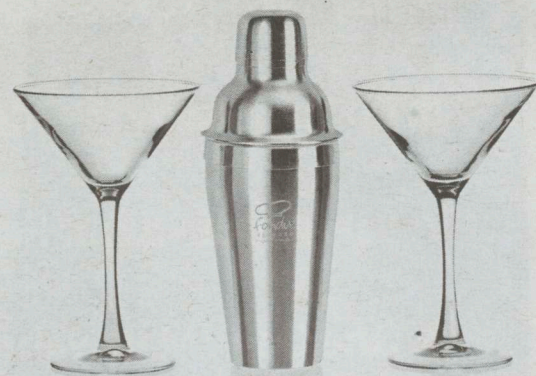
The music they play differentiates every time from top 40 artists, to classic rock and old school rap. "The music at PB Bar & Grill keeps me intrigued because they play a wide variety every time I go, which I find remarkable since most places I have gone to play the same tunes over and over again," said Karla.

In addition to their music, another attracting factor to the bar on Thursdays is that they offer impressive prices on their food and drinks. Specials consists of sushi that starts at \$3.95 and, when one buys two or more rolls they get any popular or hand roll free. Not to mention that after 8 p.m. all drinks are half off and shots are \$3 off as well. They do have other specials on a daily basis and throughout the week their menu includes 20 types of drafted beers and ciders, along with appetizers, burgers, fries, tacos, ribs, and chicken.

PB Bar & Grill has one of the most outgoing and fun atmospheres in San Diego County. For the third consecutive year The San Diego Union Tribune has voted PB Bar & Grill one of the top places to go for Happy Hour. They provide great service, play a

wide variety of music, have affordable drink specials and it's a great way for students to get out of North county and see a different part of San Diego. So come to PB bar and grill on Thirsty Thursday and you will have a blast! Check out their website to find out more information at pb-barandgrill.com

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