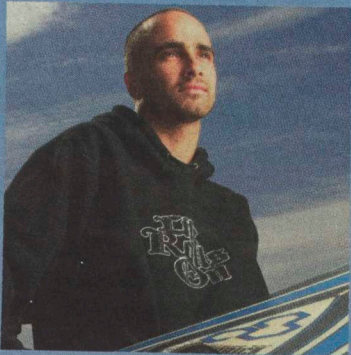
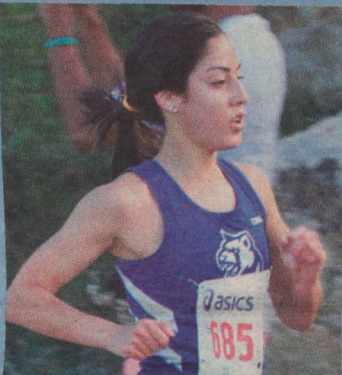




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FOR A REVIEW

FDA DECLARES CAFFEINE AND ALCOHOL A DANGEROUS MIX

BY SANDRA CHALMERS
EDITOR-IN-CHIEF

Makers of the popular alcoholic drink, JOOSE, and other like products, received notice from the U.S Food and Drug Administration (FDA) noting that their beverages contain an "unsafe food additive."

San Diego-based United Brands, owners and producers of JOOSE, face legal and safety concerns as their caffeinated, malt liquor beverage may be pulled off the shelves.

"The increasing popularity of consumption of caffeinated alcoholic beverages by college students and reports of potential health and safety issues necessitates that we look seriously at the scientific evidence as soon as possible," said Dr. Joshua Sharfstein, principal deputy commissioner of food and drugs, in a statement release by the FDA on Nov. 13.

United Brands CEO, and president, Michael Michail, released a public statement on their website, www.drinkjoose.com, stating that United Brands understands that the FDA ruling is a response to the recent series of health and safety incidents involved with consumption of a competitor's products. However, United Brands is not aware of a single incident of injury or other harm associated with its products.

JOOSE uses Facebook, a social networking site, to keep its fans updated on new flavors and the recent FDA notice. Many fans expressed their anguish toward the FDA and mentioned, "This is ridiculous. Don't blame the drink, blame the idiots who

don't know when to stop."

The FDA performed its own laboratory testing on these products and produced peer-reviewed literature with expert sources in a variety of fields, including toxicology, epidemiology and emergency medicine.

Through these tests, findings include that caffeine can mask some of the sensory cues individuals might normally rely on to de-

termine their level of intoxication.

haviors that may lead to hazardous and life-threatening situations. "There is evidence that the combinations of caffeine and alcohol in these products pose a public health concern," Sharfstein continued.

An article featured in NYdailynews.com declared that Four Loko, another caffeinated, alcoholic drink, allegedly caused the death of a 21-year-old fe-

male who drove her car into a telephone pole in Maryland.

Michigan and Oklahoma. "We are aware of the concerns expressed by various regulators and will ensure that all JOOSE products meet both state and national health and safety guidelines," continued Michail. "As the creator of this category of products, United Brands has always taken pride in the high quality of our products, and we will continue to lead in the development of JOOSE products."

The FDA requires that these manufacturers amend their products, or the FDA will take appropriate action to "ensure that the products are removed from the marketplace."

Changes for some companies have already begun while others, such as JOOSE, are still in the works.

Phusion Projects, the makers of Four Loko, announced on Nov. 16 the intent to remove caffeine from its drinks.

Other caffeine-alcohol combination drink makers, Miller and Anheuser-Busch, agreed to discontinue beverages such as Sparks, Tilt, and Bud Extra within past years.

To date, the only approved caffeine by the FDA is as an additive for use in soft drinks in concentrations of no greater than 200 parts per million (ppm). The FDA has not approved caffeine for use at any level in alcoholic beverages.

The FDA did not mention any restrictions with the use of mixed drinks such as vodka and Red Bull that can be easily ordered at any alcohol-serving establishment.

PHOTO COURTESY OF
WIKIPEDIA.ORG



ALCOHOL CONTENT	CAFFEINE CONTENT	OTHER INGREDIENTS	HISTORY
JOOSE: 6 - 12 percent per 23.3 or 23.5 oz can.	JOOSE and Four Loko: about the same amount as a cup of coffee (180ppm).	JOOSE: contains Ginseng and Taurine.	JOOSE: introduced to the market in 2006.
Four Loko: 6-12 percent per 23.5 oz can.	The FDA's maximum amount allowed is 220 ppm in approved beverages.	Four Loko: contains Ginseng, Taurine and Guarana.	Four Loko: introduced to the market in 2008.

HIDDEN DANGERS IN CREDIT CARDS

WHAT YOU NEED TO KNOW BEFORE PLAYING WITH PLASTIC

BY FAITH ORCINO
PRIDE STAFF WRITER

In a college student's life, convenience is important. A credit card makes life a bit easier. With one swipe, the bank electronically sends your money to pay for what you need or want.

Collegeboard (www.collegeboard.com/) and the Federal

Trade Commission give some tips to students about what to do before signing up for a credit card. The truth about a credit card is that you, the spender, are using money that they, the credit card companies, are just loaning you money. It is a common fact that some users forget. The credit card has a preset limit on how much one can spend, but it brings severe consequences

if payments are not met. Depending on the card, there is a minimum amount allowed as the monthly payment. The problem is that if you only pay the minimum, you need to send rest of the payment in next month's bill plus what you owe from that bill. In the case that a user misses a payment, the bank or credit card company adds a harsh fine to the bill. Sometimes the fine print of

the contract hides unwanted fees. In the end, it becomes a snowball of debt. Gloria Diaz, a third year Anthropology and Women's Studies double major, gave her thought on the usage of credit cards. "We are just getting into more debt and not really

SEE, CREDIT CARDS, PG. 2

EDITORIAL STAFF

Co-Editors-in-Chief
Amy Salisbury
Sandra Chalmers
csusmpride@gmail.com

Features Editor
Toria Bodden
features.pride@gmail.com

Arts and
Entertainment Editor
Vanessa Chalmers
artsandentertainment.pride@gmail.com

Copy Editor
Amy Salisbury

Artistic Design and
Layout
Jillian Kerstetter
pridelayout@gmail.com

Sales
Representative
Sandra Chalmers
pride_ads@csusm.edu

Media
Management
Jenna Jauregui

Distribution Manager
Lewis Dillard

Pride Staff Photographer
Aaron Jaffe

Cartoonist
Faith Orcino

Pride Staff Writers
Ashley Day
Devonne Edora
Chris Giancamilli
Trixie Gonzalez
Rebekah Greene
Maya Lifton
Mila Pantovich
Jimmy Piraino
Michael Rawson
Susanne Bergsten

Advisor
Joan Anderson

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The Pride
Cal State San Marcos
333 S. Twin Oaks Valley Road
San Marcos, CA 92236-0001
Phone: (760) 750-6099
Fax: (760) 750-3345
Email: csusmpride@gmail.com
www.csusmpride.com
Advertising Email: pride_ads@csusm.edu

FROM, CREDIT CARDS, P. 1

finding accurate ways to enhance our economy as well as prevention [sic] debt.”

Sometimes it is not your fault if you have a huge credit card bill. An identity thief might have stolen your account. Identity theft, concerning credit cards,

ranges using the credit card someone accidentally left on the floor to stealing account numbers. Some can even use old expired cards to make payments. If you suspect any strange charges on your card are by an identity thief, report it to the card company. To read more about credit cards, procedures, and problems,

visit the Federal Trade Commission's website (<http://www.ftc.gov/>). Without proper care, convenient things become a hassle.

Mainly, save the credit card as a last resort. Only use it if you know you have the money to pay off the balance. Do read and understand all the fine print. Some cards have hidden charges

and changing rates. If you still want to pay with plastic, debit card is another option. The debit card deducts money from your bank checking account automatically. Keep records of accounts and transactions.

Southern California weather

Just can't make up its mind

BY REBEKAH GREENE
PRIDE STAFF WRITER

Many say that the four seasons do not exist in southern California. I really cannot disagree with that statement. Often, it feels as though the weather here is either hot or cold.

The hot days usually seem to dominate the cold, and it would not be surprising to find flip-flops and sunny day beach shirts in the wardrobes of San Diegans. Some days we receive a much needed, sympathy-driven cold spell, with strong winds and the occasional random rain clouds (that always seems to follow you wherever you go). What residents of Southern California are used to, but are never quite prepared for, are the unpredictable weather patterns.

Southern California is in for a La Niña this winter. Be prepared for dry weather, according to KPBS.org. Due to the coming dry climates, this upcoming winter season should experience little to no rain, which is certainly a relief from the on again off again showers that tend to hit students during the rush hour drive home. These dry spells stir trouble following winter though, with fire as the main adversary of the south. While the cold and wet conditions appear to come to an end, the sun still casts its warm

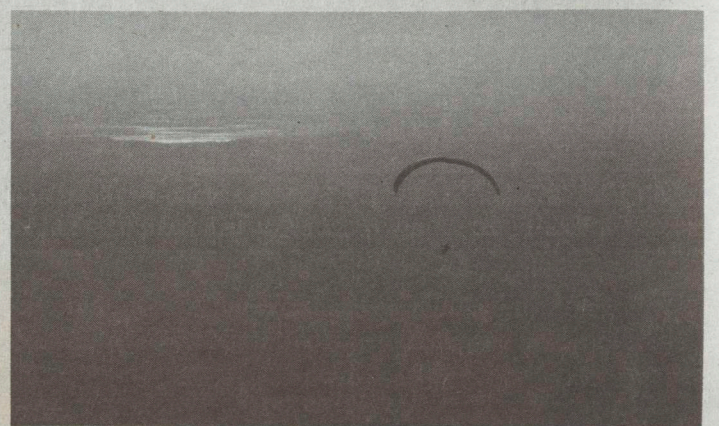
glow on us daily, and the cloudless open sky barrages us with very cold air (particularly if you arrive at campus early or leave later at night).

Meteorologists predict sunny skies for the beginning of the week, but those skies will be cloudless and cold with highs within the 60s. Most days during winter, I still see people going about their day in shorts, flip-flops and t-shirts.

To each his own, I suppose, but there are solutions to preparing for the multi-temperature-filled days ahead. As the so-called San Diego County “winter” looms in the distance, it is safe to say that layering is the best method to prepare for the weather. If you are not up for relying on just the sun to warm you, arrive at school bundled up (especially recommended to those early risers), then layer down as the day wears on. Now along with books, you can lug around that large coat that hid in the back of your closet for the past three hot seasons.

For being someone who has never experienced snow, but can barely dress right for this weather, I am glad that it does not occur here. One can only imagine the unprepared mayhem that would bring.

PHOTOS COURTESY BLOG.
ENVEE.APPAREL.COM (TOP),
REBEKAH GREENE (MIDDLE,
BOTTOM)



A revised plan of attack: registration blues

BY AMY SALISBURY
EDITOR-IN-CHIEF

Starting Nov. 18 at noon, CSUSM students began the process of registering for spring semester classes. Although many students find themselves with priority registration, the pressure of searching for next semester's schedule always carries a significant amount of stress.

Sophomore Morgan Kuehl, a Nursing major, expressed that timing is the major problem when it comes to her class registration. “I’m struggling trying to put a schedule together,” Kuehl said.

This stress exists in the obvious fact that students fear they won’t get the classes they need because of increased enrollment. Time-sensitive seniors especially feel pressure during registration since their degree rests on completion of these crucial classes.

Although students can’t control their registration time, there are a few things to consider before that fateful day comes that might be an extra step to ensure they get the classes they want.

Plan ahead. Although you can’t enroll before the administration allows you to, you can look at the schedule for as long as you want before your time

comes. Check out every section offered of the classes that you want to take. Consider all your options, and write them into an hourly planner. Check out <http://www.worksheetworks.com/> for disposable, customizable planning worksheets. This is where schedule planning gets a bit dicey, because sometimes two classes you need end up at the same time, or the only section you can attend fills up.

When this happens, e-mail professors. They are not robots. They realize students have lives. Whether work has you booked, classes have time conflicts, or you have limited transportation options, professors tend to respond when you ask for help. More often than not, there will be students absent from the first day of class. Many professors drop these students if they do not contact their professors first. Therein lays your golden opportunity. Look up the professor in the e-mail directory online at csusm.edu. Be sure to include your full name, student ID number, and class standing (freshman, sophomore, etc.). Dr. Cucinella, a professor of Literature and Writing and Women’s Studies, explained that she does not over-enroll classes. When students contact her before class-

es begin, she is able to figure out how many crashers might show up on day one. “I usually give away the open spots via picking a name ‘out of hat’ unless I have graduating seniors who need the course,” she said. It’s not fool-proof, but it definitely gives you the advantage over students who make no contact attempts.

Contacting professors is crucial, but seeing your adviser is too. The best way to go about meeting with your adviser is to schedule an appointment with him or her through the campus website. Since registration has already started, it is likely advisers will be booked through the end of the semester. Fear not, students, as there are drop-in advising hours Nov. 29 – Dec. 2 from 9 – 11 a.m. and 1 – 3:30 p.m., and Dec. 6 – 9 from 12:30 p.m. – 3:30 p.m. [Author’s note: I do not advise attempting to e-mail your assigned adviser, as this Pride writer has had many e-mails go unanswered within the last week.]

Palomar offers transferable units if some of your General Education requirements are still unfulfilled and crashing classes is out of the question. Visit palomar.edu for a list of “late start” classes, beginning in March, which will fit more easily into

your schedule. Talk with an adviser at Palomar to discuss transfer credit options and enrollment.

Online classes offered through both CSUSM and Palomar are the most flexible option to consider when creating your class schedule. The biggest issue students face when registering for online classes is that they do not allot enough time to complete coursework for an online class. The busiest students will often choose online classes because they believe there will be less work online. This is your warning: “Your success in an online class depends on how well you manage your time,” said Professor of Spanish, Jasibe Carslake. Although online classes allow students more flexibility, they will not decrease students’ workloads.

Your best asset here is indeed time management. Dartmouth College has an excellent entry on their website about successful time management. Among the resources Dartmouth provides are tools for making a personal schedule, tips for time management, and even a four-year planner for college students. Find the entry on Dartmouth’s website, at <http://www.dartmouth.edu/~acskills/success/time.html>.

Faculty visit to study variety of educational topics in Cuba “Busquedas investigativas”

BY TORIA BODDEN
FEATURES EDITOR

In late October, three faculty members from CSUSM had a unique opportunity to visit Cuba and pursue academic research with the help of Cuban educators.

The trip was organized by Sheryl Lutjens, director of the Women's Studies program, who has academic ties to Cuba going back over 30 years. She made her first journey to Cuba in 1979 – a two-week trip to study Cuban health programs. Since then, she has organized 14 trips to Cuba, the largest for a group of over 50 participants. The last three have been organized specifically as research trips, since conferences are not allowed by US regulations banning travel to Cuba. The trip in October was entitled “Busquedas Investigativas: Exploring Cuban Educational Practices.”

In this case, Lutjens gathered 17 educators from around the US.

Each submitted an in-depth research plan, as well as their curriculum vitae, in order to be approved for a travel visa to Cuba. While the trip focused on education, each participant had his or her own more specific area of interest. Dawn Formo, the associate dean of instruction and academic programs for the College of Arts and Sciences, went to study literacy in Cuba. “Literacy rate in Cuba is amazing – nearly 100%. I went knowing what their literacy rate [was] and within a year of the revolution, they had eradicated illiteracy. We had an opportunity to visit several kinds of campuses... to see what's happening in the pre-schools up to the universities, so I was just very interested in what they are doing, because this is amazing. I mean, how many countries can say this?”

Jodie Lawston, an assistant professor in sociology, was focused on a completely different topic, studying the effect of edu-

cation on incarceration rates. “As you see, every year, there's a ‘get tough on crime’ emphasis and less funding [for] education in the US,” she said. “[I wondered] what criminal justice would look like in a society with high funding for education, whether they focus on rehabilitations versus punishment.”

The group spent roughly a week in Cuba, visiting Havana and various locations in the Villa Clara Province and touring various sites covering everything from pre-school education to AfroCuban studies to a special school for blind and deaf children. Certain days were dedicated specifically to working with Cuban educational partners on their research topics.

According to the trip participants, some of the most interesting cultural exchanges happened outside the educational setting. “I didn't know what to expect, but the people we met were the most gracious I've met. Kind, and gen-

erous...in every way,” Formo said. “I mean, to experience a culture that has made it clear in so many ways that there are two main priorities, healthcare and education. To feel what it is to walk the streets in a culture where those are the two priorities, and with limited resources, you can't do everything. You make sacrifices... People are not starving, but there wasn't a lot. I mean, nobody wastes. They know how to make thoughtful, careful use of their resources. That was kind of ‘wow.’”

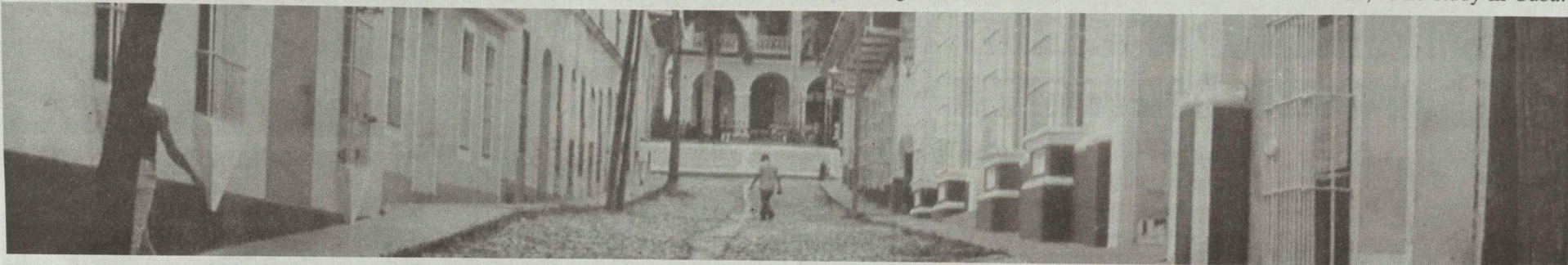
Lawston also feels that her viewpoint has been heavily influenced by the experience. “Since I've gotten back, I'll tell you that not a day that goes by that I haven't thought about Cuba. One of those most influential trips that I've had,” she said. “I didn't expect that to happen.” She was also surprised by something unexpectedly missing in Cuba. “I keep telling all my students this, there were no advertisements... There

PHOTO COURTESY OF WIKIMEDIA.ORG

weren't scantily clad women in everything. All billboards were political or educational. It really brought it into light when we landed in Cancun, and the first billboard I saw was [for] Hooters.”

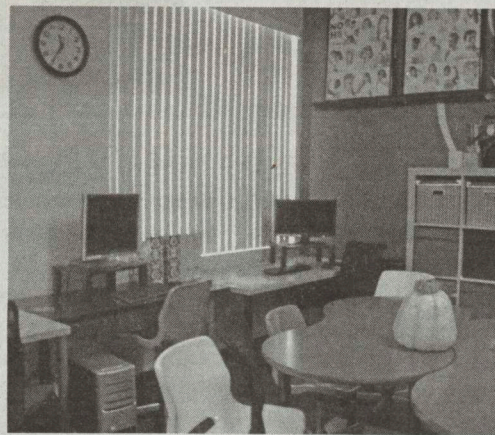
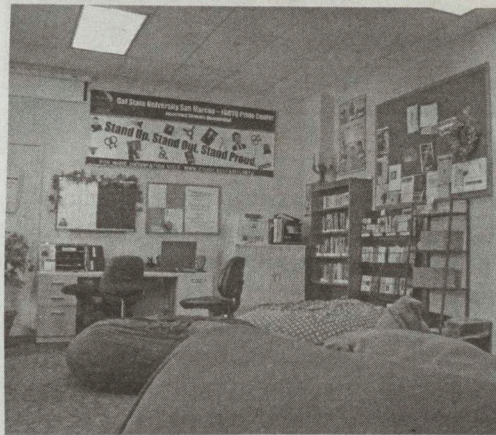
Lutjens said she is already planning another trip – her fifteenth, based on interest from colleagues who couldn't make it this time. “We may make the gathering a biannual event, rather than an annual one,” she said. “Many people who went this year or in past years are interested in returning to continue their research.” She does state that undergraduate students cannot attend, though it may be possible for graduate students if they get special permission from the US government.

That may not always be the case, though. “I also went to begin conversations about establishing faculty and student exchanges,” Dean Formo said, “so that Cal State faculty and students, if interested, could study in Cuba.”



LGBTQ Pride Center

Safe space and fun place



BY FAITH ORCINO
PRIDE STAFF WRITER

The LGBTQ Pride Center is located in Commons 201. It is campus's main “Safe-Zone” for lesbian, gay, bisexual, transgender, queer, intersex and questioning students, where individuals can feel supported, safe and affirmed.

The center provides resources including literature and movies from the community. Students can walk into the center whenever it's open to study or just hang out. The staff recently renovated one of its rooms specifically as a study area. Inside, there are computers, a scanner, and a printer available for use. If people need to have a place

to store their food, the study room also has a refrigerator and a microwave. For those looking to relax and have some free time, the main area of the Pride Center has many couches and beanbags to sit on or take a nap, with a TV that has several game consoles hooked up.

“I don't view it as a center. I view it as a second home.”

Chuckie Sullivan, Peer Educator,
LGBTQ Pride Center

On Dec. 1, a campus-wide event, coordinated by the Pride Center, will be held to raise awareness about World AIDS day. The center has held free HIV testing before, but this will be a first event with two testing locations on campus from 10 a.m. to 3

p.m. They also plan a vigil and education fair for that day. Co-sponsors include the Women's Center, Cross Cultural Center, ASI Campus Activities Board, Vista Community Clinic, CSUSM Hope and Wellness Center, Clarke Field House, National Latino Research Center, and the Social Justice and Equity Project.

The LGBTQ Pride Center also has new hours this semester. They are open Monday to Tuesday, 8 a.m. - 8 p.m., Wednesday and Thursday from 8 a.m. - 5 p.m., Friday from 10 a.m. - 5 p.m., and Sunday from 11 a.m. - 3 p.m.

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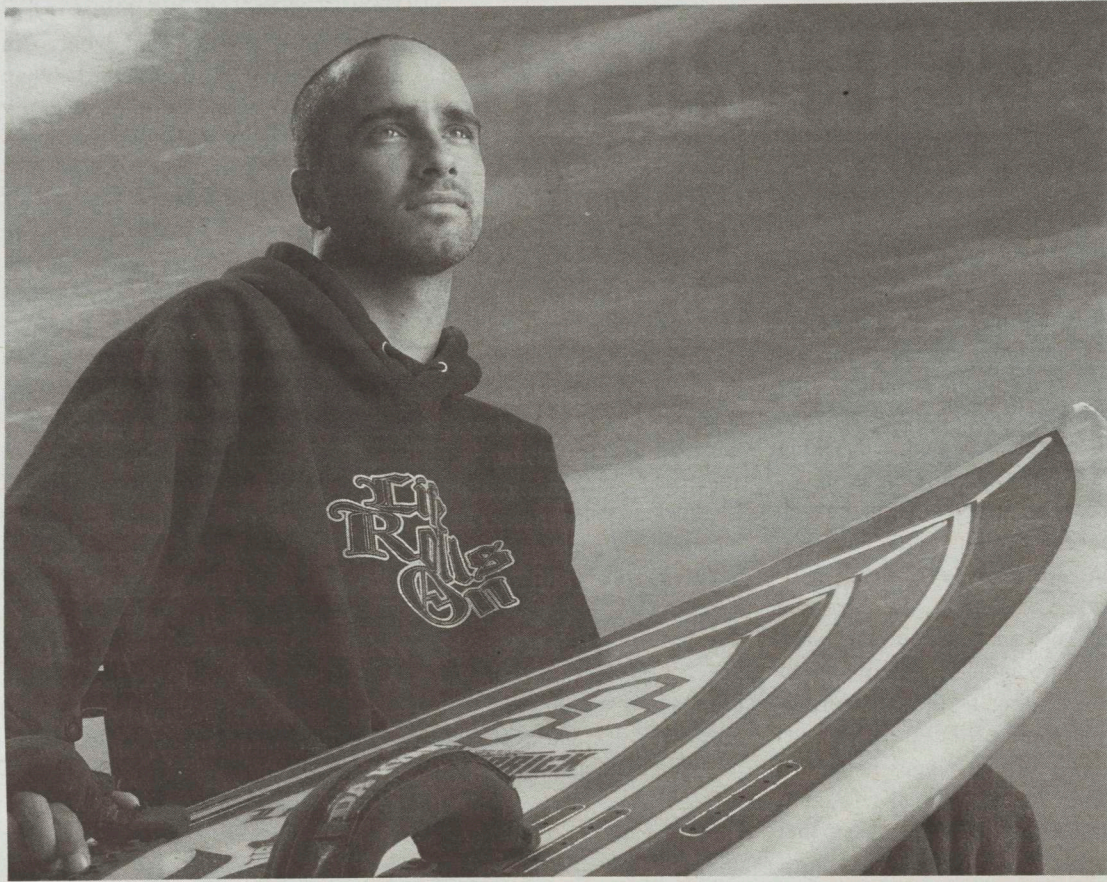


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LIFE ROLLS ON: SURFER JESSE BILLAUER SPEAKS AT CSUSM



BY SUSANNE BERGSTEN
PRIDE STAFF WRITER

Jesse Billauer awakened as a quadriplegic after a surfing accident, but was determined he would surf again. He accomplished that goal, and will be coming to share his story at CSUSM on Nov. 30 in Academic Hall 102 at 12 p.m.

Billauer is the founder and ambassador of Life Rolls On, an organization that provides hope and inspiration to others that suffered spinal cord injuries.

The morning of Mar. 25, 1995 changed Billauer's life. While surfing, a wave suddenly threw him off his board and head first into a shallow sandbar where his body instantly went numb as he suffered neck and spinal injuries that left him quadriplegic. Doctors told him he would never surf again. He proved them wrong. After rehabilitation, he was determined to surf again and to help others in

this situation to follow their passions and live their dreams. Today he is a professional surfer, showing that anything is possible.

Billauer has spent the last 13 years impacting many lives and showing that strength of mind can take you to new heights. Life Rolls On has programs that encourage and inspire other individuals to continue with their passions despite spinal cord injuries, whether those dreams involve dancing, motocross, surfing, skateboarding, or many other activities.

Billauer's story has reached thousands as he travels around the US as a motivational speaker. A documentary of his life was made called "Jesse's Story," and he has also made appearances on "Date-line NBC," "Good Morning America," "Extreme Makeover: Home Edition" and many surf films.

PHOTO COURTESY OF
LOFRIC.US

CSUSM RUNNER UP IN THE RED BULL BARMASTER COMPETITION

BY SUSANNE BERGSTEN
PRIDE STAFF WRITER

On Nov. 18, Steven Greene represented CSUSM at the Red Bull Barmaster Competition held at Beachwood in Pacific Beach.

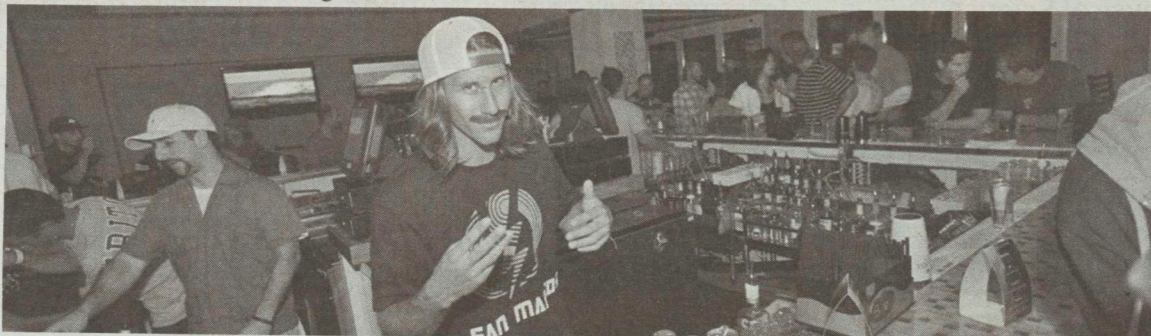
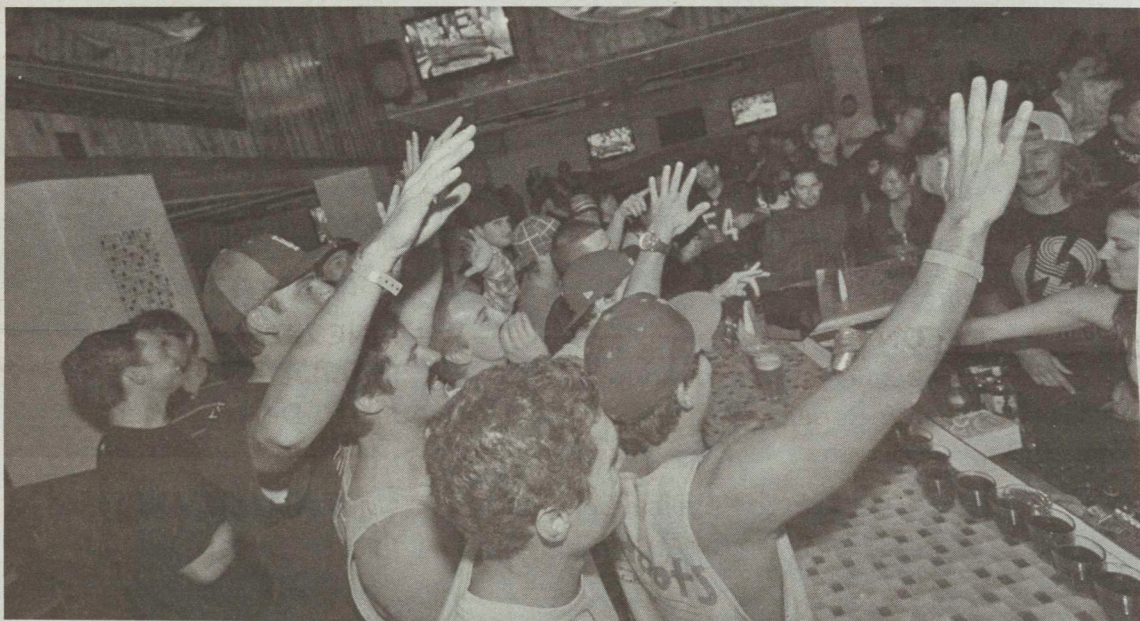
The Red Bull Barmaster Competition is a collegiate battle between CSUSM, SDSU, USD and UCSD where college students are chosen to represent their university and compete at bartending.

Before the competition, Steven Greene cheerfully said he only had two aims: "To make sure everyone has a great time," and, "to win the Red Bull Barmaster title for CSUSM."

Greene did his best to take home the title for CSUSM but came second to Ryan Neville from SDSU. Greene did have a large fan club cheering him on through the night. The CSUSM

crowd had green bracelets representing our university and many were dressed in t-shirts with Greene's face on them. Greene and his friends, in particular, had matching mustaches.

The competing barmasters served Red Bull-vodka cocktails to the many college students at the local pub where the competition was held. Most of the crowd was there to cheer for their university, and booze flowed through out the night until the competition ended at midnight.



LEFT: CSUSM competitor Steven Greene gives a thumbs up to the camera at the Red Bull Barmaster Competition in Pacific Beach.

TOP: Students in front of the bar cheer on the competitors.

PHOTOS COURTESY OF
STEVEN GREENE

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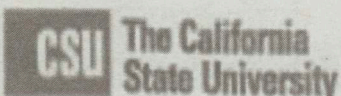
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Tel: 760-750-8824

Email: gradstudies@csusm.edu



From average Joe to TV chef

BY MAYA LIFTON
PRIDE STAFF WRITER

Sam Zien, better known as "Sam the Cooking Guy," came to San Diego on Nov. 16 and spoke at the Jewish Community Center. The talk covered his life, his background, his experience being on television, and how he reached his current level of success.

At first, he was very unsure of his life path. "I never knew what I wanted to do," Zien said. As a result, he followed in the footsteps of his older brother, picked the same major, and went to the same school. After graduating, he found himself working at a job he hated and, he knew he wanted to change careers.

It was only later in life when Zien found his love for cooking. One day, he was sitting on his couch at home flipping channels on his TV when he saw chefs cooking for just a few minutes every morning. This motivated him to consider cooking for entertainment. With no TV experience, and very little knowledge of cooking, he figured he'd

just start off with something easy, adopting the motto, "If I can make it, everyone can make it." Zien wanted to cook things that other people would also be able to learn quickly and cook themselves. Soon after getting the idea, he made a demo tape and sent it out to five experts in the business. "Not one liked it," he said. As a result, he sent it to local San Diego stations, and finally his demo landed in the right hands. The show first started off as a segment a few minutes long that was played twice a week. Eventually, it grew into a half hour episode.

Since then, Zien has experienced an incredibly high level of success with the format. He's won 12 Emmys, produced three books, and his show has become a national series on Discovery's Health channel.

Make sure to check out what Sam is doing at www.thecookingguy.com/. You can also watch him locally on San Diego's channel 4.



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WINTER INTERSESSION: JAN. 3 - 15

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WINTER HOLIDAYS ARRIVE EARLY IN SAN DIEGO EARLY DECEMBER EVENTS IN SD COUNTY

BY FAITH ORCINO
PRIDE STAFF WRITER

Communities have many fun-filled events for everyone planned during the first few weeks of December, with a few starting even before December begins. To find more holiday events, check out www.sandiego.org.

Santa's Magical Village: Santa stops by San Marcos on Dec. 4 and 5. At 3 p.m., the San Marcos Community Center becomes Santa's Magical Village where families create winter arts and crafts. It is a free event. Families can commemorate the

occasion by taking a picture with Rudolph the Red Nosed Reindeer and of course, Santa Claus. To find out more, check out the calendar in the city's website: www.san-marcos.net/.

Holiday of Lights: The Holiday of Lights is in the Del Mar Fairgrounds. It is a drive-thru exhibit of over 400 displays with festive themes. The event runs Nov. 25 - Jan. 2, 2011. Since you must drive, prices are based off vehicles and passengers. A vehicle with five or less people inside costs \$14 (per vehicle). One with six or more people costs \$19. Buses are \$49 and any vehicles with

less than three wheels are not allowed. For more information and to check out special deals, visit www.sdfair.com/holidayoflights/.

Balboa Park December Nights: On Dec. 3 and 4, Balboa Park kicks off its unofficial winter season with its event, December Nights. Most of the park opens for the public and from 5 p.m. - 9 p.m. The museums are free. There are many venues from several sponsors and businesses and performances fill the walkways. The event officially starts on Dec. 3 at 5 p.m. and ends at 10 p.m. on Dec 4. To see more about the attractions and venues, visit www.balboapark.org/decebemernights/.

balboapark.org/decebemernights/.

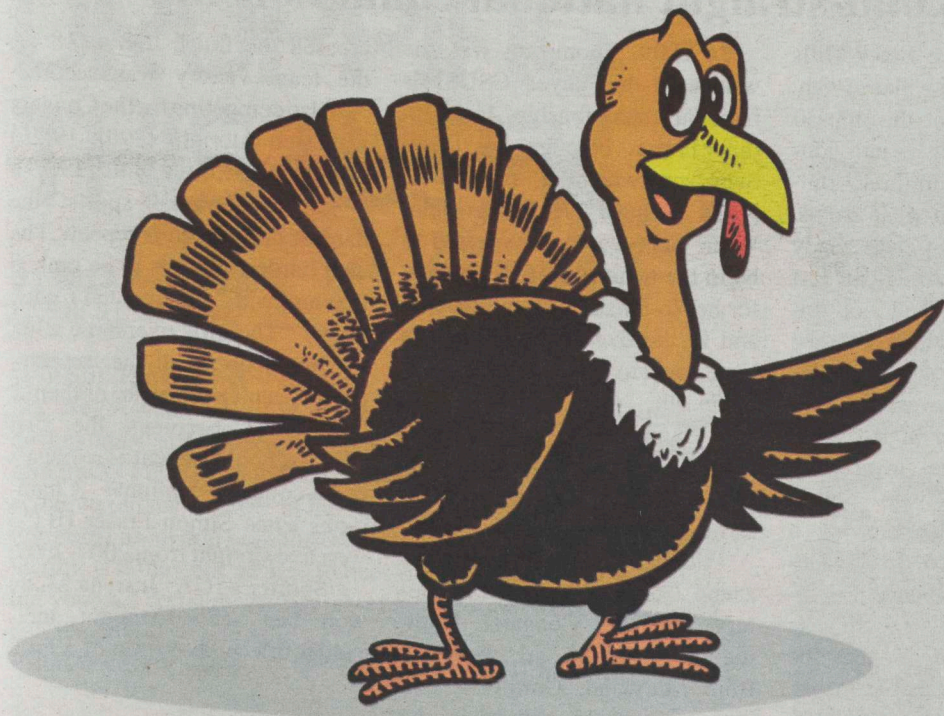
Dr. Seuss's How the Grinch Stole Christmas: For those who cannot get enough of the classic story, the Old Globe Theater has performances of Dr. Seuss' "How the Grinch Stole Christmas" from Nov. 20 to Dec. 26. Pricing depends on seating and times. Simply go to www.theoldglobe.org to buy tickets and read more.

Sea World's Christmas Celebration: The water amusement park brings the Christmas spirit to you. Sea World shows The Polar Express 4-D experience and has an ice rink for those who want to

ice skate. The event is free with the price of a Sea World admission ticket. It starts on Nov. 26 - 28, the weekends of Dec. 4 - 12 and then daily from Dec. 18 until Dec. 31. Visit www.seaworld.com/sandiego/ for more information and to buy tickets online.

PHOTO COURTESY OF SEAWORLD.COM (TOP LEFT), PANORAMIO.COM (TOP RIGHT), MOVIEDB.ORG (BOTTOM)





Celebrating Thanksgiving

Everything from charity events to pumpkin pie feasts for students

BY DEVONNE EDORA AND
MAYA LIFTON

With all the classes, studying, and tests, the fall semester seems to just have flown by and it's now officially Thanksgiving break. While we are just around the corner from our much-needed Winter Break, the Thanksgiving holiday is a relaxing breather right before finals week. Thanksgiving is a time to spend with family and close friends. It is also a time where we should recognize all that we have in our lives. However, as poor college students, it can be difficult to fly back and forth to see family for the holidays. That doesn't mean that those who are here for Thanksgiving can't enjoy in all the holiday's festivities.

On the day of Thanksgiving, Nov. 25, there will be two separate run/walk events. The

annual Run for the Hungry event is held in downtown San Diego at Petco Park East. You can choose to participate in a 10K run, which begins at 7:10 a.m., or a 5K run/walk, which begins at 8:15 a.m. The organizations that will benefit from this race are the San Diego Food Bank, Foodmobile, and Jewish Family Services. These nonprofit organizations are dedicated to helping anyone who cannot afford food. The event will also collect food that these organizations can distribute on Thanksgiving. If you can't personally make a donation, there are other ways you can contribute. You can volunteer at the event, which may include tasks such as setting up tables with food for the runners and walkers once the race is over, or serving them water throughout the run/walk. The second option is to ask

friends or neighbors if they would be willing to donate canned food for the event. If you are interested in participating in the actual race, you need to sign up ahead of time. To find more information, you can visit the site at www.kathylopererevents.com/hungry/.

In Oceanside, Pacific Marine Credit Union will be celebrating their fifth annual O'side Turkey Trot on Thanksgiving Day, an event that benefits the Oceanside schools, the Move Your Feet Before You Eat! Foundation, and the Virginia Ann Scheunemann Memorial Fund. The Turkey Trot has several events, including a five mile run/walk, as well as an open 5K run/walk and a "locals only" 5K run/walk, as well as kids' events. The event has raised over \$46,000 in the last three years and continues to honor their commitment to fundraising

again this year. Whether you wish to participate or just to check it out, you can find more information on www.osideturkeytrot.com

But what if you find yourself unable to leave campus? Start the week's festivities early. The American Language and Culture Institute (ALCI) will be hosting a Thanksgiving Pumpkin Pie Feast on Tuesday, Nov. 23, from 2:30 - 3:45 p.m. in Commons 206. The University Village Apartments (UVA) will also be hosting a Thanksgiving lunch. Dishes such as turkey, ham, and rice will be served for all in the UVA lobby. The UVA lobby will also have a "What are you thankful for?" board. Students can take a post-it note, and write down what they feel they are thankful for and residents can see what others have shared. If you are the type to have a more traditional

Thanksgiving holiday, make sure you drop by the Farmer's Market that will be open the day before Thanksgiving. It's a good way to bypass crowds at the market while still getting all your favorite fall foods and goodies. Go with friends and plan a dinner with the fresh locally grown produce you buy. It's right here on campus in parking lot B, from 1 p.m. - 6 p.m. Either way, get creative, whether you are a student from abroad or an American who just can't get home for the break, Thanksgiving can still be a great time of year for college students.

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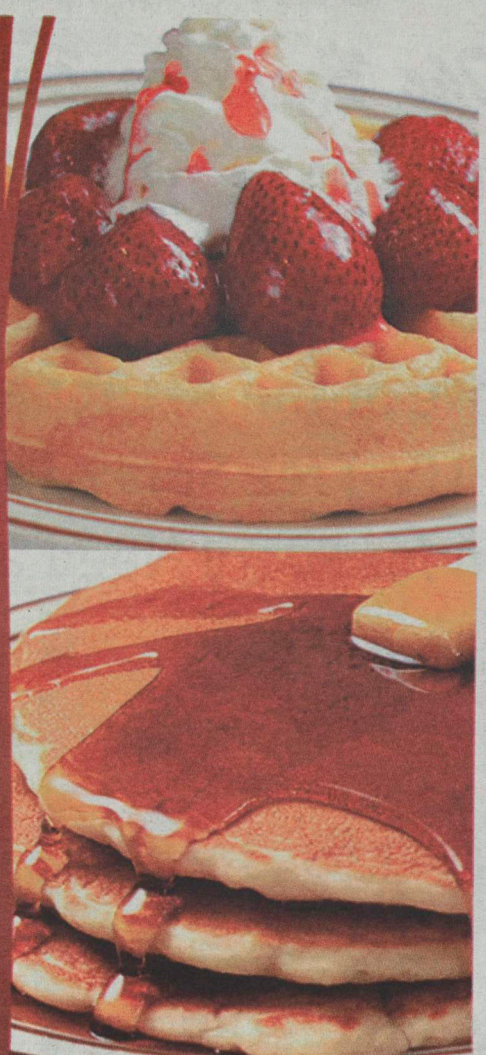
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CSUSM Women's Cross-Country captures second-straight national championship

BY KYLE TREMBLEY

Coach Steve Scott's Cal State San Marcos Women's Cross-Country team has won its second-straight NAIA National Championship, bringing the University its second team championship.

Running at Fort Vancouver (WA) on Saturday, the Cougars bested a field of the NAIA's 32 best teams for the second consecutive season to take home the title again.

Though CSUSM entered the race with a #1 national ranking, it was thought to be a toss-up between the Cougars, #2-ranked Biola, and #3-ranked Azusa Pacific.

Unlike those two squads – and unlike its own 2009 National Championship winning team – CSUSM entered this year's race

without a "signature" runner. Instead, the Cougars came in relying on their phenomenal depth to execute a "pack running" strategy, in which all five scoring runners kept each other in sight throughout the entire 5K race.

It's a strategy that comes naturally to Coach Scott's talented team, and it worked to perfection on Saturday.

Coach Scott came in hoping his five scoring runners would finish in the top-50. On Saturday, they did that and more. After winning in 2009 by the slimmest margin in the history of the championship, the Cougars won 2010 in a rout. CSUSM's finished with a team total of 88 points, which was 39 points better than second-place Biola's 127, and over 60

ahead of third place Black Hills State. Azusa Pacific placed 6th.

By finishing in the top-30 overall (including individuals), CSUSM's top-three runners earned All-American status.

Leading the way was Cady Villarreal. An All-American last season, the junior had not finished first on the team in any race this season. That changed at Nationals, with Villarreal running 18:18 to place 8th in the field.

Second on the team was Kelly Thompson who placed 15th at 18:30. Thompson, a sophomore who led CSUSM to a win at its Conference Championship earlier this month, has proven time and again that she will come through at big meets, and she did so on Saturday.

In 2009, Thompson was the wild card that keyed CSUSM's national championship. In 2010, that honor belongs to Carol Schryver, who ran a fantastic 18:33 to finish 17th in the field. While Schryver was expected to be in the team's top-five runners, for her to finish third on the team and in the overall top-20 was a huge boost to Coach Scott's team.

Fourth was reliable Jessica Sandoval, who has been the team's most consistent runner throughout the season. Sandoval finished 19th at 18:36.

Finally, newcomer Suzanne Cornwall sealed the victory for the Cougars. Coming to CSUSM all the way from Maryland, Cornwell took 29th in the field, and when she

crossed the finish line at 18:47, the team victory was secured.

Also competing for the Cougars were Jen Albright (79th; 19:26) and Chelsey Cortez (84th; 19:29).

"In professional sports, the hardest thing to do is repeat. The next hardest thing is to be ranked first and win," commented Coach Scott. "The girls overcame a lot, and lived up to all the expectations. I can't be prouder of them."

CSUSM becomes the first NAIA school to repeat as women's cross-country National Champions since Simon Fraser (B.C.) won five straight from 2007-2007.

Shorter's (GA) Justyna Mudy won her second-straight individual title with a time of 17:42.

Nelson Places 7th as CSUSM Men's Cross-Country finishes 12th at nationals

BY KYLE TREMBLEY

Competing at the NAIA National Championships at Fort Vancouver in Washington, Cougar Men's Cross-Country met expectations with a 12th place finish.

Freshman Western Nelson led the way, finishing 7th to earn All-American status.

Entering the event ranked

#7 in the nation, Coach Steve Scott's squad was looking to avenge last year's disappointing showing. In 2009, CSUSM came in to the event ranked 4th, but finished 17th at the meet.

This year's squad, which didn't return a single runner from last season, delivered a strong effort on that same course on Saturday. The 32-team

race was won by Southern Oregon with a score of 105 points.

CSUSM posted a team total of 356 points. Combined with the women's team's victory at 88 points, Coach Scott's cross-country program finished third overall this year in the combined competition.

Despite being just a freshman, Western Nelson delivered a big-

time performance for the Cougars. Nelson ran 25:06 on the wet and muddy course, placing 7th in the field of the NAIA's best runners.

As expected, Brett Campbell came in second on the team. He clocked in at 26:05, finishing 44th in the field.

Armando Lara was next across for the Cougars, placing 87th at 26:44. One second later, Jona-

than Alpizar finished in 89th place at 26:45. Eduardo Mariscal rounded out the team's top-five at 27:19, good for 129th place.

Also competing were Polo Mariscal (27:22; 134th) and Josh Bollinger (28:41; 197th).

Wayland Baptist's Kennedy Kithuka won the individual race 24:02.

BELOW: Cady Villarreal competing at the NAIA National Championships. PHOTO COURTESY OF AARON JAFFE, PRIDE STAFF PHOTOGRAPHER



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DROPPING THIS WEEK

BY MILA PANTOVICH
PRIDE STAFF WRITER

"I'm Still Here" (NR)

In Casey Affleck's directorial debut comes a questionably strange documentary about Oscar-nominated actor Joaquin Phoenix. The film tracks Phoenix in 2008 when he announced his retirement from acting to pursue a career in hip-hop, rapping under the name JP. Portrayed as an odd combination of absurd comedy and a distressing victim, you may not be able to trust the film's supposed reliability, but you will certainly be fascinated by the strange ride that Affleck and Phoenix take you on.

PHOTO COURTESY OF OBSESSEDWITHFILM.COM

"Eat Pray Love" (PG-13)

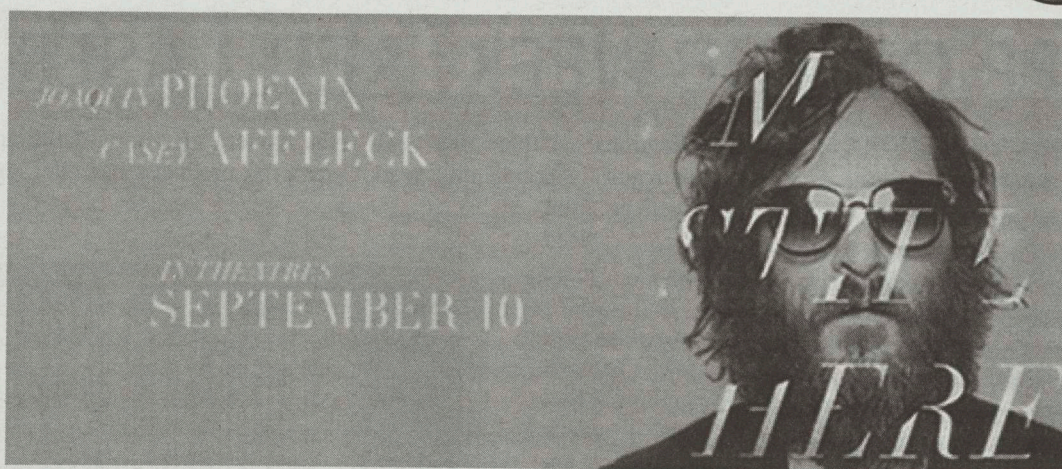
Based on the memoir of the same name by Elizabeth Gilbert, "Eat Pray Love" tells the story of Gilbert's physical and spiritual journey of self-discovery. Reeling from a difficult divorce, Gilbert (played by Julia Roberts) is lost in a life that she didn't plan on. Her travels around the world take her to the nourishment of Italy's food, prayer in India, and love in Bali. The film costars Billy Crudup, James Franco, and Javier Bardem.

PHOTO COURTESY OF BLOGS.SUN-SENTINEL.COM

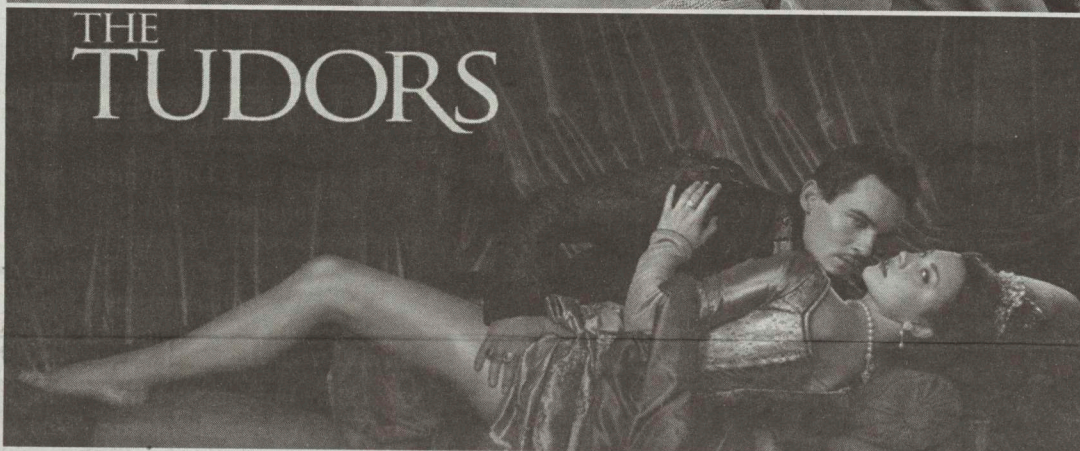
"The Tudors: The Complete Series" (NR)

Having ended early this year, the four seasons of Showtime's "The Tudors" has finally been compiled in one massive box set. Starring Jonathan Rhys-Meyers, "The Tudors" tells the story of King Henry VIII as he orchestrates marriages, lovers, political acts, and the dismantling of the Roman Catholic Church. With renowned acting, writing, costume and set designs, "The Tudors" lends English history a thriving pulse. With 15 discs, the many special features include deleted scenes, bloopers, and multiple interesting histories of the Tudor legacy.

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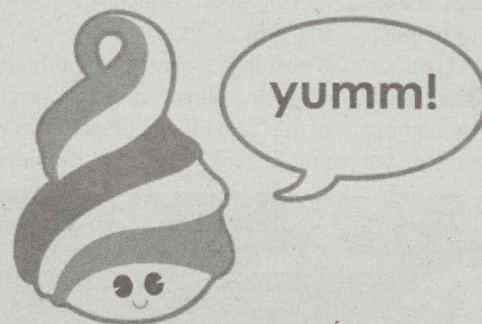
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APP OF THE WEEK: RED LASER BARCODE SCANNING

BY DEVONNE EDORA
PRIDE STAFF WRITER

As the fall season is in full swing, the holidays are fast approaching, which, for some, means Christmas is right around the corner. It is a time for music, food, merriment, and the age-old tradition of gift giving.

While this may be one of the highlights of Christmas, shopping for presents can also be one of the biggest headaches ever. Well, worry no more! From the developers of "Occipital," comes "Red Laser," a bar code application. The application is available in the iTunes store, itunes.apple.com/app/redlaser/.

While the application market already has quite a few barcode

applications out there, the common result is none quite work as well as "Red Laser." "Red Laser's" pitch is "Red Laser--Impossibly accurate barcode scanning." "Red Laser" claims that their application has a feature list that states "Red Laser" can "scan UPC [Universal Product Code] and EAN [European Article Number] and search for prices with The Find Product search, Google, eBay, and Half.com. Essentially, the application will use

the camera on your iPhone and scan the product's barcode, and,



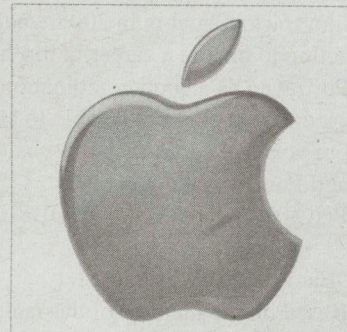
while it loads, will search your products for the best online prices, as well as keeping a list of all your scanned items. If that isn't efficient, I don't know what is!

This application is not just limited to price scanning. With the same scanning technology, "Red Laser" can scan about a hundred ingredients on any food item. This is especially helpful for those who have allergies because it will pinpoint just what they are. For example, "Red Laser"

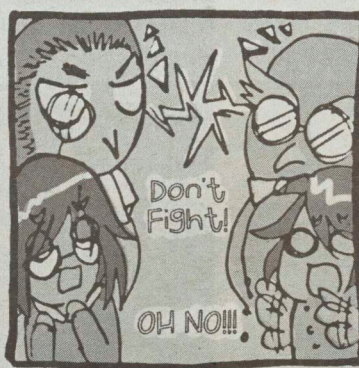
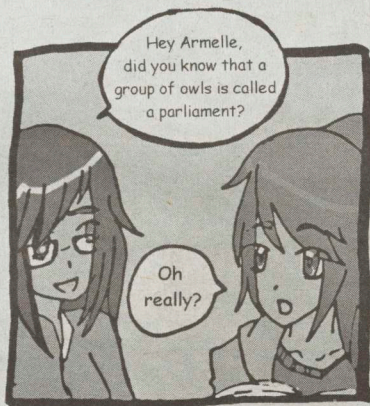
can recognize common allergens like peanuts or dairy products. As well as ingredients, the application will also provide you with the food product's nutri-

tion and calorie descriptions. So if you are an iPhone user, the "Red Laser" barcode shopping application can help you in a variety of ways, and save you some big bucks in the long haul.

PHOTO COURTESY OF
APPLE.COM (RIGHT)
AND GOMONEWS.COM
(BOTTOM)



Student A: "A Random Fact." by Faith Orcino



HARRY POTTER AND THE DEATHLY HALLOWS: PART 1

BY MILA PANTOVICH
PRIDE STAFF WRITER

"Harry Potter and the Deathly Hallows, Part 1" is well-paced and will keep you mostly interested and engaged for the 146 minutes of its entirety. Maybe the reason why it is so engaging is because the entire film functions as a great big tease. You wait over two hours for a payoff, enjoying the ride that teasing generally brings, but are ultimately cut short by the credits, receiving no relief. You also may want to refresh your memory on what happened in the last couple films but once you remember, the movie continues on a straight path, leading up to the film's end that will have you sighing over the eight month wait for the

climax promised in the final installment, released in July in 3D.

Without Hogwarts to protect him, Harry (Daniel Radcliffe), with the help from Hermione (Emma Watson) and Ron (Rupert Grint), is on the run from the various bad guys who are hunting him on behalf of Lord Voldemort (Ralph Fiennes), who takes lessons of tyranny from Hitler with his own style of racial cleansing. Predictably, love triangle drama threatens to break the three friends up as they are stranded in the woods, searching for the four Horcruxes (pieces of Voldemort's soul, remember?). With the film dragging in the middle, it absolutely soars in an animated sequence illustrating the origins of the Deathly Hallows, waking you instantly from the monotony

of the film's middle. Also of note is an all too brief dance scene between Harry and Hermione to Nick Cave and the Bad Seeds' "O, Children," which is fascinating in its awkwardly sweet placement.

The film briefly pulls in some new faces (Bill Nighy, Rhys Ifans, and John Hurt), giving the film more artistic credibility, but never uses the actors' full talent (Hurt is only near the end and barely noticed as background). The film also fails to take advantage of some of the other original characters; Severus Snape (Alan Rickman) and the Aryan Draco Malfoy (Tom Felton) are merely onscreen for the sake of being onscreen. Their characters aren't used to their full extent, putting their usually sinister doings on hold for the sake

of their forced appearances.

However, there are saving graces. Rupert Grint, clearly no longer a child, shines as the jealous Ron and little Dobby the elf makes his return in a chorus of "awwwws" and you can't help but join in. James Andrew Eric Phelps and Oliver Martyn John Phelps are comedic scene stealers as the twins, Fred and George Weasley, Ron's brothers. Finally, there's Ralph Fiennes as Voldemort. Fiennes, looking like the illicit lovechild of Nosferatu and a vampire bat with an eerie sweetness that reminds one of Martha Stewart on a bender, delivers a sickly disturbing onscreen presence that has you longing to see his fascinating face in every single frame.

Was it truly necessary to break

the final film up into two parts? Probably not. Much of Part I consists of the three friends bouncing from place to place, looking to be in a real dire hurry, without discovering much of anything to make it worth their, and our, while. However, the real test will be the final film (in which Gary Oldman makes a long-awaited return as Sirius Black). With six previous films and 146 minutes of drawn-out teasing in Part 1, the payoff better be worth it.

PHOTO COURTESY OF
SHOCKYA.COM (BOTTOM
LEFT) AND LIVEFOR
FILMS.COM (BOTTOM
RIGHT)



CAMPUS CULTURE

CSUSM celebrates Native American Month

BY ASHLEY DAY
PRIDE STAFF WRITER

On Oct. 29, 2010, President Barack Obama signed a presidential proclamation declaring November as National Native American Heritage Month.

San Diego County contains approximately 18-19 Native American reservations, the largest in the United States. There are four tribal groupings in San Diego County: the Luiseno, the Cupeno, the Cahuilla, and the Kuumeyaay (Diegueno).

Closer to home, Cal State San Marcos's foundations lie engulfed in Native American culture. The campus is located on Luiseno land, thus, our campus maintains close relationships with the surrounding bands of Native Americans. Dating back to more than 20 years ago, when CSUSM was a North County satellite campus of San Diego State University, the

small campus library held the first American Indian Storytelling. Elders from surrounding tribes drew hundreds of listeners from the local community to learn more about Native American culture.

The first graduating class of CSUSM requested the Luiseno word for mountain lion, "tukwut" (pronounced "TOOK-woot") to be the official campus mascot. However, somewhere along the first years of history of CSUSM, campus administration opted for the more generic mascot, "cougar." A ferocious cougar statue lies in our recently named Tukwut Courtyard. The "tukwut" is, for now, our "unofficial" mascot.

In 2004, the leaders on campus created an official tribal liaison position that fosters the role of interacting with local tribal governments. Our current tribal liaison is Tishmall Turner, a member of the Rincon Band of Luiseno Indians. Other Native American

leaders on our campus include Dr. Joely Proudfit, part of the Pechanga Band of Luiseno Indians. Dr. Proudfit is also a member of the California Indian Sovereignty Center and The Native American Advisory Council. The student-based American Indian Student Alliance (AISA) is an active student organization based on increasing awareness and acceptance of Native Americans. Dr. Proudfit encourages people to come visit the California Indian Sovereignty Center and AISA to become engaged and involved in Native American culture. Any student may join AISA, whether they are Native American or not.

Dr. Proudfit said, "If students would like to get engaged in the Native American community, here on campus, they should enroll in some Native American based courses." She went on to say the courses really brought students closer to the communities around

campus. Typically, in the spring, students get to take field trips to local reservations and speak with community members about tribal life. In the fall, community leaders come to CSUSM to talk about the challenges faced by Native Americans. Also, a Native American Studies minor may be taken.

Recently, our campus recognized National Native American Heritage Month by showcasing the Native American film, "Older than America." The presentation drew a full house and some audience members had to sit on the floor. The film was the first to be entirely directed and produced by a female Native American named Georgina Lightning. Lightning flew out from Arkansas for a Q&A session and to premiere her film at CSUSM. "Older than America" boasted a terrific Native American cast and "The Hangover" actor, Bradley Cooper. When the film ended, it received

a standing ovation from the audience and tears fell down the faces of many audience members.

CSUSM's history has always melded with the San Diego County Native American tribes and will continue to do so as long as the campus enriches students with the fascinating cultures. For more information on how to get involved with the Native American campus community, contact AISA at org-aisa@csusm.edu or visit the website at www.csusm.edu/air/.

BELOW LEFT: From left, Dr. Proudfit and Georgina Lightning. BELOW RIGHT: Georgina Lightning speaking at film viewing.

PHOTOS COURTESY OF OLDER THAN AMERICA



PRIDE PLAYLIST

1. King Leer - Morrissey
2. Worm Tamer - Grinderman
3. Ça Plane Pour Moi - Plastic Bertrand
4. Bad Penny - Billy Bragg
5. Forward to Death - Dead Kennedys
6. Young Ned Of The Hill - The Pogues
7. Revelate - The Frames
8. Rumors - Josh Ritter
9. American Music - Violent Femmes
10. Elenore - The Turtles

RECYCLING REVOLUTION

Hollywood remakes favorite films

BY CHRIS GIANCAMILI
PRIDE STAFF WRITER

Nowadays, television and theater are being overrun by unoriginal ideas being recycled for a new audience. These remakes attract press by flaunting their big budgets while original independent films and television shows are overlooked. What is it these new writers and directors hope to accomplish? Do they wish to surpass the original? Are they attempting to pay homage to the source material? Or are they merely trying to offer their own take on a classic?

While many writers and directors have their reasons, these remakes are not often well received by reviewers and audiences. This year alone audiences have seen "Clash of the Titans," "Death at a Funeral," "A Nightmare on Elm Street," and "The Wolfman" reappear. According to RottenTomatoes.com, none of these films have garnered favorable reviews, yet audiences made them a financial success.

So who is truly to blame for this plague on our silver screens: the audiences or the filmmakers? Although the filmmakers are ultimately the source of the material in question, audiences who continue to support the remade films are only supporting recycled scripts and ideas. If moviegoers were to stop making the recycled films box-office successes, perhaps the filmmakers would be encouraged to create films that are more original.

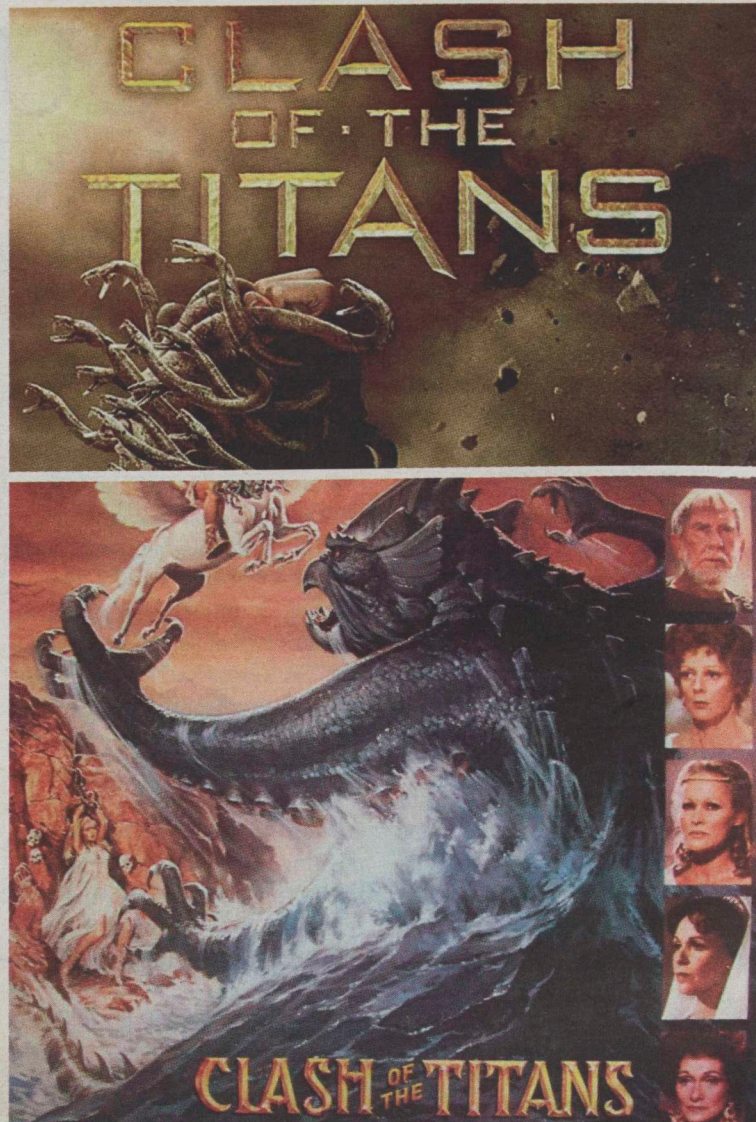
Filmmakers have also expressed their views on remakes. The director of the original Swedish film "The Girl with the Dragon Tattoo," Niels Arden Oplev, said in an interview with wordandfilm.com, "Even in Hollywood there seems to be a kind of anger about the remake, like, 'Why would they remake something when they can just go see the original?' Everybody who loves film will go see the original one."

Oplev's film received favorable reviews, but Hollywood decided to remake the film re-

gardless of the original movie's reception. In the case of "The Girl with the Dragon Tattoo," the language barrier between Swedish and English becomes a problem if the original were to make its way to American theaters. Foreign films struggle with American audiences, so releasing them here becomes less desirable.

Remakes are also made on the small screen, with shows like "Battlestar Galactica," "The Office," and "V." These shows have their differences from the original material; however, they are still based on the same premise. As remade television shows are given the green light, Hollywood chooses not to support original content. Though some remakes are successful, for example "The Office," most seem to fall short of surpassing the original material. Until Hollywood considers this, audiences can expect to see more recycled movies and shows.

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SOCIAL ISSUES WITH A SONG

GLEE HITS HIGH NOTES WITH CONTROVERSIAL TOPICS

BY JENNA JAUREGUI
DIGITAL MEDIA MANAGER

When it comes to "Glee," chances are either you love it or you hate it. The Emmy-award winning TV show that centers on a high school glee club with an eclectic mix of "out-cast" students has returned for a second season of show tunes, stereotypes, and social issues.

In the time since the pilot episode aired, devout viewers have escalated into a jubilant cult following known as "Gleeks," while critics storm the Blogosphere with angry posts accusing "Glee" of being a dangerous influence to young people. Just what makes this show so wildly controversial? On the surface, a "Glee" episode appears to be in the same innocent league of Disney's "High School Musical." Get past the first commercial break, however, and you'll find yourself already deep in a campy parade of

heavy topics that are transforming television's social agenda.

In its first season, "Glee" featured a whirlwind of plot twists that openly dealt with themes like teen pregnancy, divorce, and eating disorders, to name only a few. The second season, now into its 8th week, seems to have come back with even greater force—its shock-and-delight quality inflating with fresh controversy. By introducing new characters, directors/producers Ryan Murphy, Brad Falchuck, and Ian Brennan can further explore serious issues including sexual abuse (the shy new football coach is wrongly accused of inappropriate conduct towards students), homosexuality (lonely Kurt gets an unexpected kiss from a bully jock and finds a new flirtation with a boy who shares a love for glee club), and spirituality (glee club members respond to tragedy by reaching out to friends and higher powers).

While the show follows a

maddeningly disjointed plot and many of its characters are static stereotypes who only come alive through contrived, elaborate music numbers, its unabashed irreverence of taboo subjects is what raises the biggest criticism for some and causes fans to break into songs of praise. Season two episodes celebrating Britney Spears and the Rocky Horror Picture Show have punctuated "Glee's" edginess, as have its display of girl-on-girl make-out scenes and auditorium orgies.

Fans celebrate "Glee's" pioneering portrayal of cultural realities many people ignore, but others say the show goes too far. The Parents Television Council criticized the Britney Spears episode, which earned the show its highest ratings ever, saying "Glee's" impressionable young audience "basically witnessed an endorsement of narcotics abuse, public masturbation, and school-sanctioned burlesque." For Glee's

college-aged audience who remembers the Britney sensation of their days in Jr. High, however, the show was simply a fun homage to a music icon. Many religious, conservative critics believe "Glee's" LGBT references are in bad taste for television, but viewers (both gay and straight) voice their approval—especially when it comes to the character of Kurt. One blogger, who calls him "the heart of the show" and "the best gay character on TV," says Kurt is helping to break down barriers and anti-gay sentiments with his lovable personality and friendship with the other glee club members.

While the show bravely pushes boundaries and forces viewers to discuss relevant social topics, you do have to wonder at what point does a show cease its show-tune infused entertainment and become ruled by its social agenda: manipulated by controversial material and cameo performances instead of a plotline.

Television has evolved since the clear black-and-whiteness that was once broadcast into America's living rooms as the sitcoms of yesteryear gave way to a gray area of shows that toe the line between teen drama and adult subject matter. Love it or hate it, the face and content of the weeknight lineup is changing, and "Glee" may be a harbinger of similar shows to come. So settle into the couch, appreciate the talented actors as they dance and sing their way across the screen, and let your social awareness grow. It's time for America to discuss the issues we face in society, and putting it to music can only make it more fun. Tuesday nights, 9 p.m. on FOX—it's time for "Glee."

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