

# FURLOUGH FIRESTORM

## Effects linger beyond class cancellations

BY AMY SALISBURY  
EDITOR-IN-CHIEF

Students and faculty alike felt the brunt of the statewide furloughs affecting our campus during the last academic year. The question on the lips of many is whether furloughs will continue this year and cause further class cancellations and forced faculty pay decreases.

The answer is no, for now at least. Although Governor Schwarzenegger signed an executive order for state employees to take three furloughs a month in July 2010, CalState employees will not be subject to this order.

The furlough mandate comes as a response to the state's remaining budget deficit of \$19 billion, warning that funds could deplete as early as October, according to Cal State Public Affairs.

Chancellor Charles B. Reed said in a news release to the California State University system, "Our employee furloughs ended June 30 and were part of an overall plan to address the massive budget cuts of the past two years.

"While the CSU is not required to reinstitute furloughs, we will continue efforts to cooperate with the state's effort to minimize the impact on the state general

funds," said Reed.

Chancellor Reed's statement does not address, however, the general tone of Cal State faculty toward the idea of continuing the furlough process.

Dr. Don Barrett, a Sociol-

ogy professor here at Cal State San Marcos, presides as the President of the San Marcos chapter of the California Faculty Association.

...Pay raises that were promised in our 2005 contract have not been paid and the furlough was clearly not a reduction in work but just a cut in pay, so faculty do not seem to be willing to go through furloughing again...Furloughing

faculty morale would suffer severely as it had in the past academic year if furloughs ever returned.

"The uncertainty of the budget situation; the difficulty that some faculty had paying their bills because of the reduction in pay; the stress of 'not working'

on furlough days, knowing that the work would still be there the next day—all of these things contributed to a decline in faculty morale.

"And when faculty morale is negatively affected, it can't help but affect students!" said Dr. Thomas.

Dr. Barrett and the CFA urge students to vote on the issues that affect them and their education within the state of California. Since the state remains without a budget, it is imperative, according to Dr. Barrett, that students understand drastic cuts will begin in

Spring 2011 and beyond if no budget appears soon.

"[The CFA] feel it essential to make sure the voting population understands the issues and gets out to vote in the November election, and have plans for activities along those lines. If the legislature is aware that demand for services is going to affect their ability to be elected in November, then hopefully they'll act now."

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ogy professor here at Cal State San Marcos, presides as the President of the San Marcos chapter of the California Faculty Association.

"Since CSU faculty throughout the state would have had to vote to agree to a furlough, the general assumption has been that faculty would have not agreed to it."

Dr. Barrett, along with many professors here at CSUSM, felt that furloughing professors was not only unfair, but also coun-

terintuitive.

Dr. Marie Thomas, the Vice President of CFA on campus and a Psychology professor, said that furloughs went beyond salaries to affect a professor's ability in the classroom.

"As much as I tried to provide students with a positive experience in class, I felt that the furloughs caused me to fall short of my goals."

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## The Pride gets a new online face

### New website launches

BY SANDRA CHALMERS  
EDITOR-IN-CHIEF

With the start of a new fresh semester, The Pride brings to its students a newonline playground as we unveil the modern, revamped and exciting new website.

The Pride's improved website, [www.csusmpride.com](http://www.csusmpride.com), offers a new kind of interaction that connects students with happenings around campus and community. The latest news, features, sports, and arts and entertainment stories engage our readers to follow more current events that relate to campus life and around our county.

The simple, slick design allows for expanded content to be featured online as well as a variety of interactive elements bring our readers together by rating favorite stories, commenting on articles and voting on the weekly poll.

"Well the [csusmpride.com](http://csusmpride.com) is based on a WordPress layout, I just created a custom theme to make it look nice, but I could spend an hour going into it so I'll just leave it at that," said Nick Ruiz, the web designer for The Pride's new website. A Web Design and Interactive Media major at the Art Institute of San Diego, Ruiz also has honorable mentions through his work in designing websites for Element Skateboards.

"A combination of programs came into play when I create any site, I used programs like Photoshop and Illustrator to create buttons and templates. I usually use Dreamweaver to code the site, but most of the work is done by hand where the code is written in," continued Ruiz.

Another tool that the site now offers is an easy way to connect with The Pride on all our social networking media. Our Facebook and Twitter accounts can easily be reached, where users will find our daily updates and posts. Our social media sites keep our readers connected with the latest news and offer a student perspective on current events beyond the San Marcos city limits.

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#### The Pride

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From WEBSITE, page 1

According to Ruiz, since the site is based on a Wordpress template, the visual appeal of the site is easier to read and navigate, unlike other over cluttered and busy news sites.

"I'd say my favorite part of the site is the

styled posts, the thumbnail photos and small excerpt taken from the post is a nice touch I think," continued Ruiz. "I designed a custom layout in Photoshop that I could reference. Then, with the Photoshop template to work

off of, I recreated the layout using HTML and CSS. Once set, I went back in and added Wordpress functionality."

"So, what we got is a blog that looks and works exactly how we want. The major benefit of this is creative control."

The site sight will enable readers have access to exclusive web content and media that may not be featured in our printed edition. Other perks included subscribing to The Pride and receiving email notices of the new weekly issues.

The Pride invites students to join our team

and contribute to our content, by covering student organization events, sport games, attending and reviewing local concerts, or even by providing artwork such as cartoons for an article. A variety of opportunities for all majors are offered by working with The Pride, students can build a portfolio

and gain hands-on experience about newspaper productions and the media world.

Volunteer forms are available for download on our website. Submit completed forms to Joan Anderson, the faculty advisor to The Pride, in Markstein Hall 259.

The Pride welcomes story idea submissions to our email account at csusmpride@gmail.com.

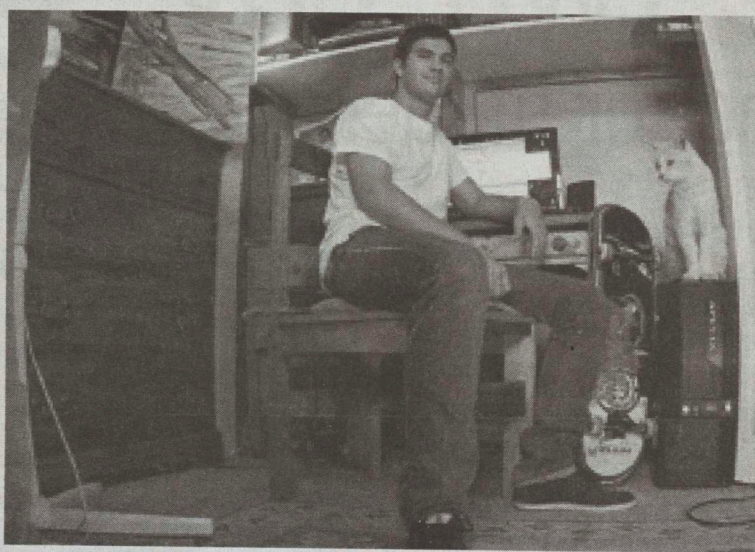


PHOTO BY: NICK RUIZ

Weekly meeting are held at The Pride office in Craven Hall 3500. Every Tuesday during U-hour, The Pride distributes 2,000 copies at 14 different locations across campus and is the only independent student run newspaper on the CSUSM campus. 14 different locations across campus and is the only independent student run newspaper on the CSUSM campus.

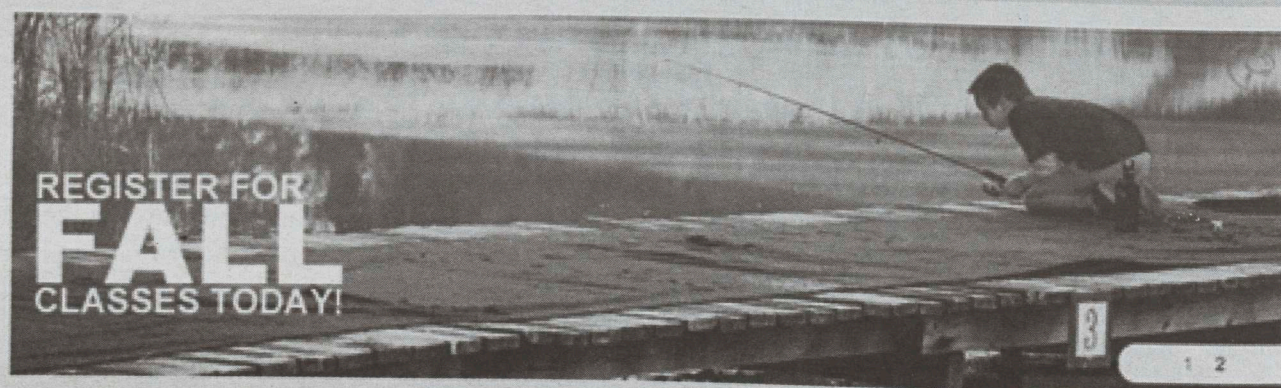
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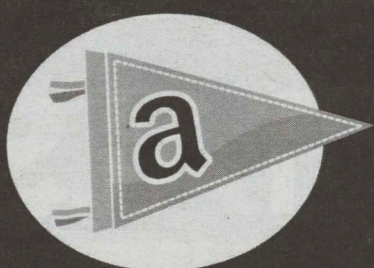
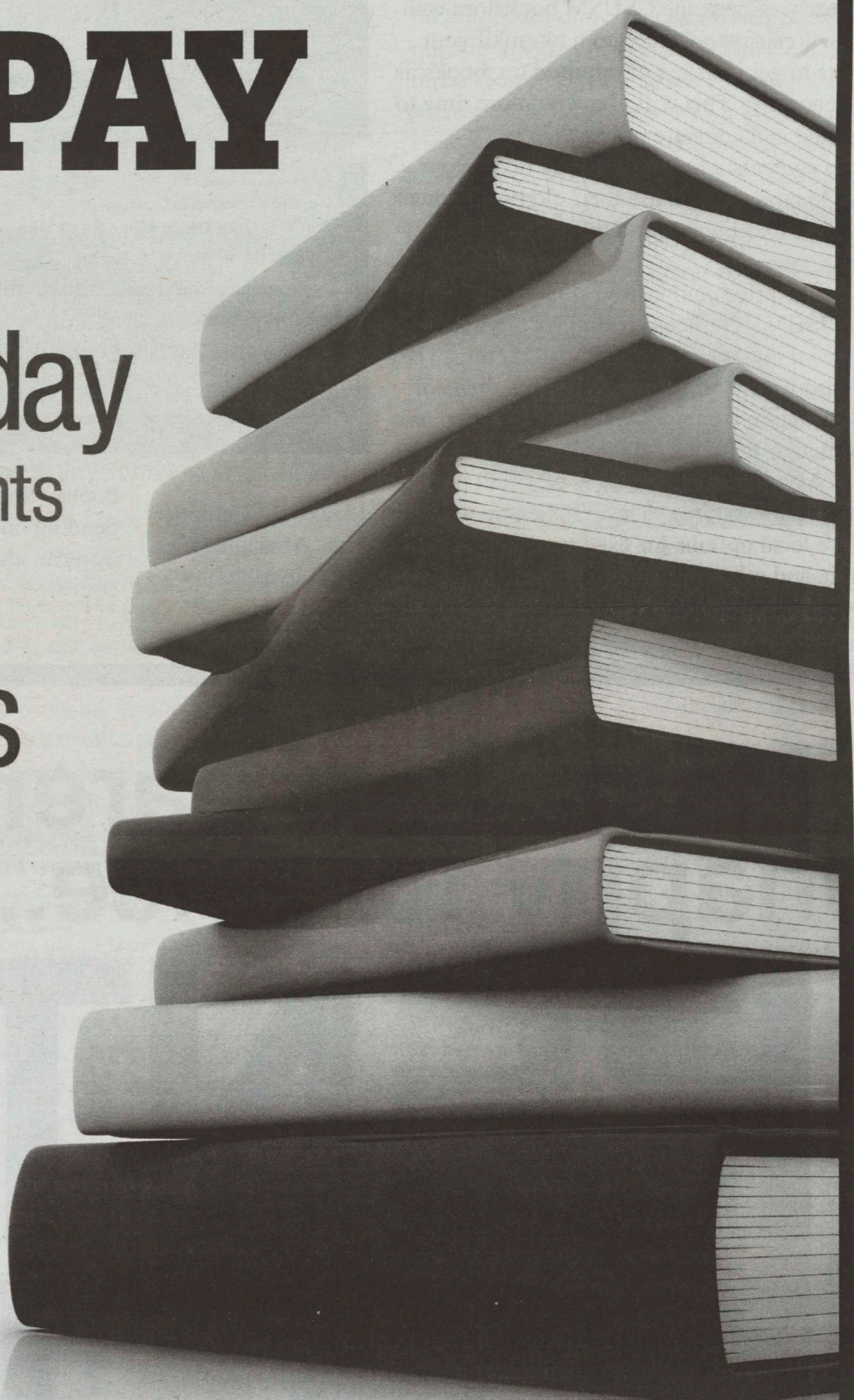


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# BOOK SMARTS

## FINDING AFFORDABLE TEXTBOOKS

BY JENNA JAUREGUI  
DIGITAL MEDIA MANAGER

Textbook buying time is here. No matter how much you resent spending your hard-earned summer dollars on books you will only use for one semester, it's the reality of going to college. Fortunately, there are many ways to duck around the high sticker prices and keep some cash in your pockets! Here are 10 easy ways to cut textbook costs.

1. Shop early. Check the CSUSM bookstore website at [www.csusmbookstore.com](http://www.csusmbookstore.com) or email your professors to get your list of required textbooks as early as possible. This will give you more time to shop around and compare prices.

2. Talk to students who have already taken your classes. Maybe you can use their old book. Check Craigslist or Facebook Marketplace for local connections.

3. Use online price comparison sites. Once you have the ISBN identification number of your textbook, type it into websites like DealOz.com. They do the hard work for you, searching hundreds of online bookstores to find you the lowest price on your particular textbook. According to their website, they have listings up to 97% off retail prices.

4. Visit used bookstores. The CSUSM bookstore and Discount Campus Books are local options for used textbooks. Search eBay, Amazon.com, Half.com, and other online marketplaces that specialize in used books. Some may offer coupons or combined shipping options.

5. Rent your textbooks. According to their website, the CSUSM bookstore has partnered with Chegg.com to offer book rentals at a minimal cost. As an added environmental bonus, Chegg's website says they will plant a tree for every book rented.

6. Check your library. Today's technology allows you to search the CSUSM library card catalog online at [biblio.csusm.edu](http://biblio.csusm.edu). Check your local library branch as well. This option works well if your class requires mass-market books or classic literature.

7. Form a textbook-sharing study group. Get to know your peers and save money by forming a study group. You can all pitch in for a book, or meet at the library to use their non-circulating copy.

8. Talk to your professors. They may be willing to work with you and provide you with alternative options if absolutely necessary. Maybe you can use an older edition of their required text.

9. Research textbook scholarships. The Cougar Shops Scholarship offers \$500 each to 20 students who meet the award criteria. The next opportunity to apply is in January. Nursing students can apply for the Jeremy Pallon Memorial Nursing Scholarship, which can go towards textbook purchases. For more info on these and similar scholarships, contact University Store manager Kathy Brown at (760) 750-4730, extension 4731.

10. Sell your textbooks back. The CSUSM bookstore offers buyback options for both used and new books. Students can receive up to 50% of the original retail price, depending on certain conditions. Visit the bookstore for specific details. You can also sell your textbooks using numerous online sites like Half.com.

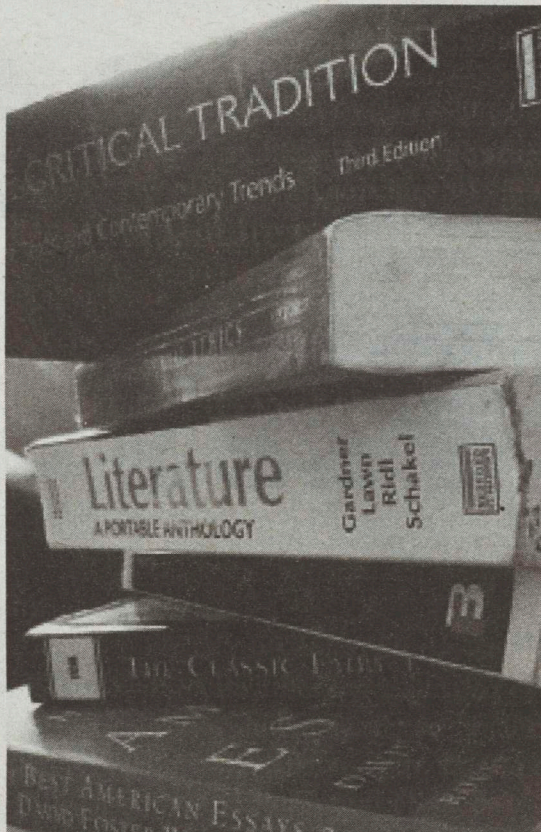
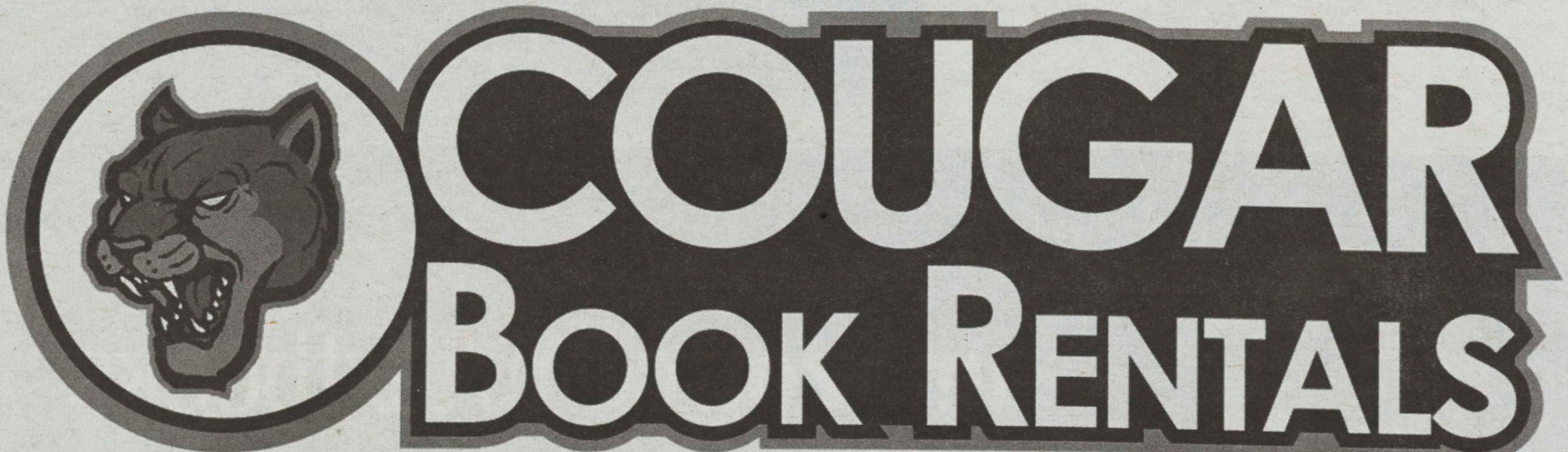


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# STUDENT HEALTH AND COUNSELING SERVICES

## Keeping you healthier, a little wealthier, and wise

BY TORIA BODDEN  
FEATURES EDITOR

The beginning of the academic year is a great time for both new and returning students to learn about services offered by CSUSM, especially ones that can not only keep you healthy, but also keep a little more money in your pocket.

Student Health and Counseling Services (SHCS) is located directly across Twin Oaks Valley Road at 120 Craven Road. It's within easy walking distance of campus, and offers a significant amount of health services for free, or at reduced prices, to students. I got a chance to sit down with Dr. Karen Nicholson, SHCS's medical director, to talk about how SHCS can help you as a student.

**PRIDE: What would you say are the most important services offered here?**

DR. NICHOLSON: Well, the most common thing we see students for are issues surrounding family planning and sexual health... We have a free services program called Family PACT. It provides family planning to students who qualify, both men and woman. That could be free pap smear, free birth control, free STD screenings for women. For young men, it can include free STD screens and condoms. It's our third year of providing Family PACT. (For more information about the program and to find out if you qualify, stop by SHCS and talk to the Family PACT registration coordinator Monday through Thursday from 9am to 11am or 2pm to 4pm, Friday from 9am to 11am.). We see a lot of headaches, sore throats, upset stomachs... We also see a lot of students for depression and anxiety. If students have stress or depression, we refer students to our counseling section, which is part of this center. We have three staff psychologists and a part time psychiatrist who can prescribe medication.

**What do you think is the most important thing for students to know about SCHS?**

**Something that you would want incoming students to know?**

As a registered student, students can see medical providers and counselors for free, with the exception of the psychiatrist. If a student needs to come every day, there's no co-pay. There are some charges for labs or medications, but not all

of them. It's also good for students to know that we have a registered pharmacist on staff, and we carry a lot of over the counter medications at significantly reduced prices for students. We also look for ways to help students save money on their medications. They're not obligated to use our pharmacy. We'll tell you if a medication might be cheaper at Walmart or Costco.

**So why would students with health insurance come to SCHS?**

Sometimes, it's just more convenient to come here. If students who have insurance see us, there's no co-pay. If they need a prescription, sometimes they can submit the receipt back to the insurance company to be reimbursed. (WRITER'S NOTE: The Family PACT program offered by SHCS mentioned earlier can also help students who have insurance, but need confidential sexual health services outside of their insurance.)

**Tell me about SCHS providing vaccines. I know you were sending out e-mails left and right when people needed the H1N1 vaccine last year.**

We offer a lot of vaccines. We'll have the flu shot in early fall, no later than the end of September. We'll advertise the dates of the clinics. This year, the regular flu shot and H1N1 vaccine will be combined in one shot. It was about \$10 for students to receive the seasonal flu vaccine last year, and it'll probably be about the same this year... We also have the vaccines for Hepatitis A and B, Tdap which is the tetanus shot, the meningitis vaccine, MMR, and Gardasil, the HPV vaccine that has now been approved for use in both men and women. . All of our vaccines are \$65 or less, except Gardasil. It's \$120 per shot, because it's so new.

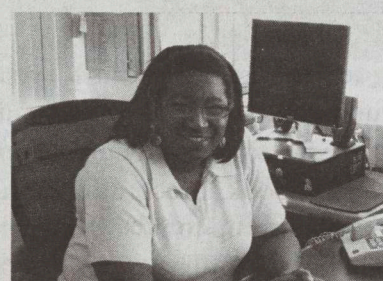
**So, what about H1N1? I've also heard about whooping cough starting to be a problem in elementary and high school.**

We're in contact with the county and we help them manage any potential outbreaks, so we're well prepared for anything. Most of the stuff people are hearing about whooping cough in the media is happening to little kids. However, we do know that adults can spread it to children, so we mostly want to make sure students

PHOTOS BY: TORIA BODDEN//THE PRIDE  
who work with kids are immunized.

**What about emergency services? Do you have any advice for students if they have an emergency?**

We don't have an emergency room here, and we don't offer urgent care. We are in a good location, though, with emergency response teams on both sides of us, that can transport students quickly to either Tri City Medical Center or Palomar Hospital... We do have same day appointments, though. These aren't for life threatening emergencies, but they're for urgent problems that happen overnight. We keep these appointments blocked off until the day of the appointment. Typically, even in non-urgent situation, people can get appointments in one to two days.

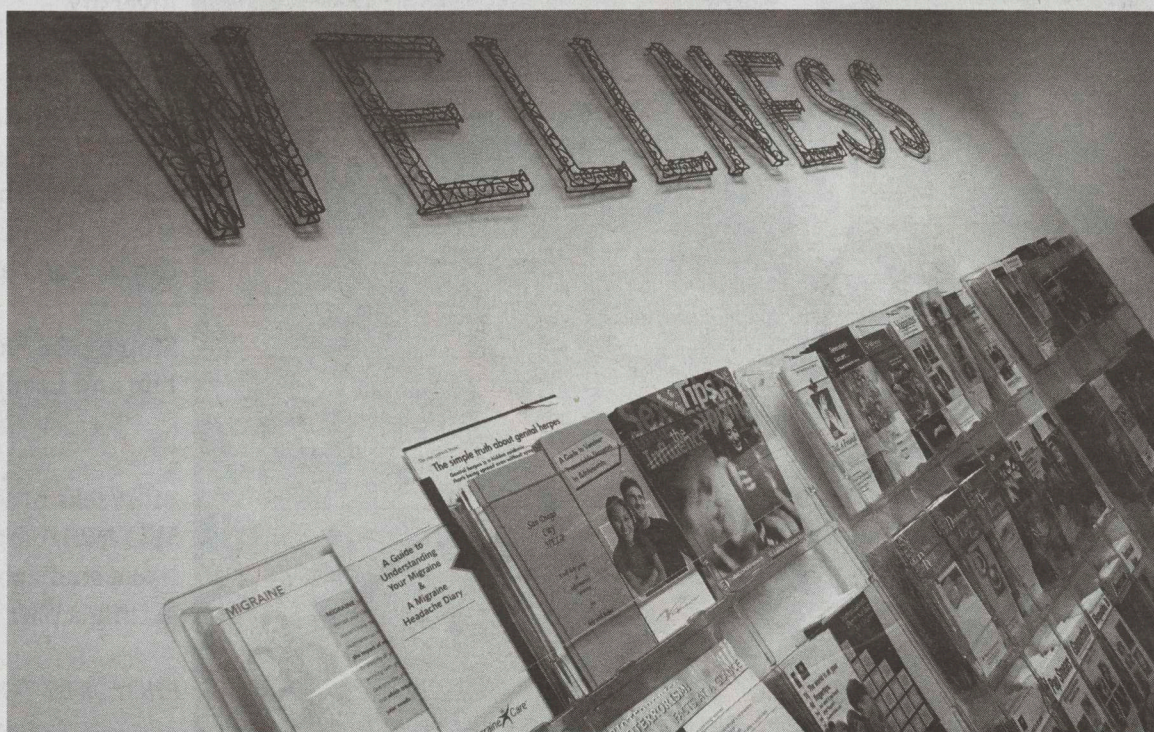
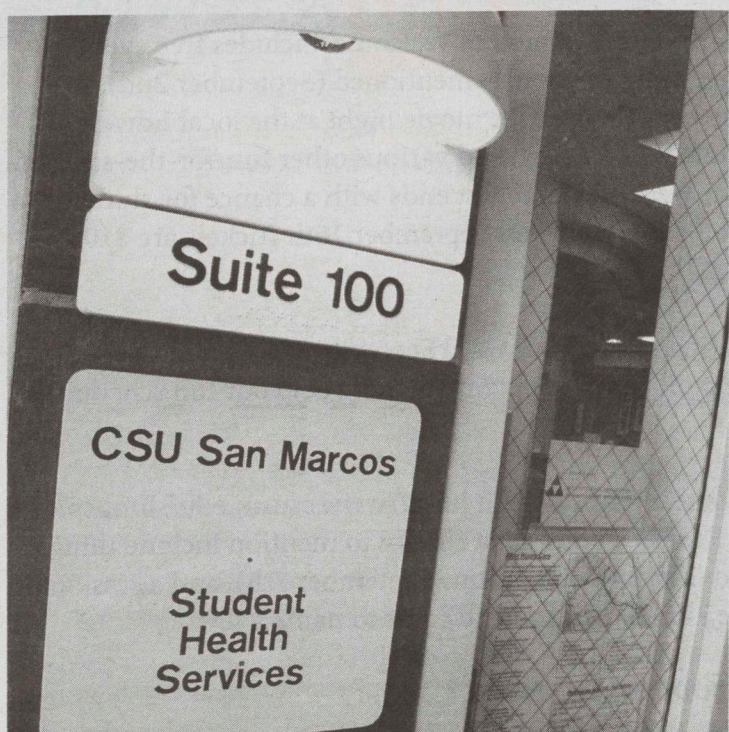


The wait for counseling appointments does get longer as the semester progresses.

**One last question, since I know this is information that may be very important to both our male and female readers. What are your resources for dealing with sexual assault?**

If any student is the victim of a sexual or physical assault, they can come here for an initial evaluation, which will include a conversation with one of our police officers. We're not a sexual assault response team (SART) center. The closest one is at Palomar. However, between clinical help and counseling support, we do everything we can to help the student. There's also a new webpage from the Women's Center website about sexual assault advocacy that may help students (<http://www.csusm.edu/sadv/sa/index.html>).

For more information about SCHS and its services, check online at <http://www.csusm.edu/shcs/> or call 760-750-4915.



# TAKE SOME ACTION

## 'WEEKS OF WELCOME' PROVIDES TONS OF WAYS TO GET INVOLVED

BY TORIA BODDEN  
FEATURES EDITOR



I vaguely remember a "clubs" fair at the beginning of every semester, where you walked around, looked at different booths, signed up for a couple, and boom, you were involved in student organizations... more or less.

The Student Life and Leadership office has taken it to a whole new level, working with student organizations and various campus groups to provide two academic weeks' worth of welcome, appropriately titled "Weeks of Welcome 2010."

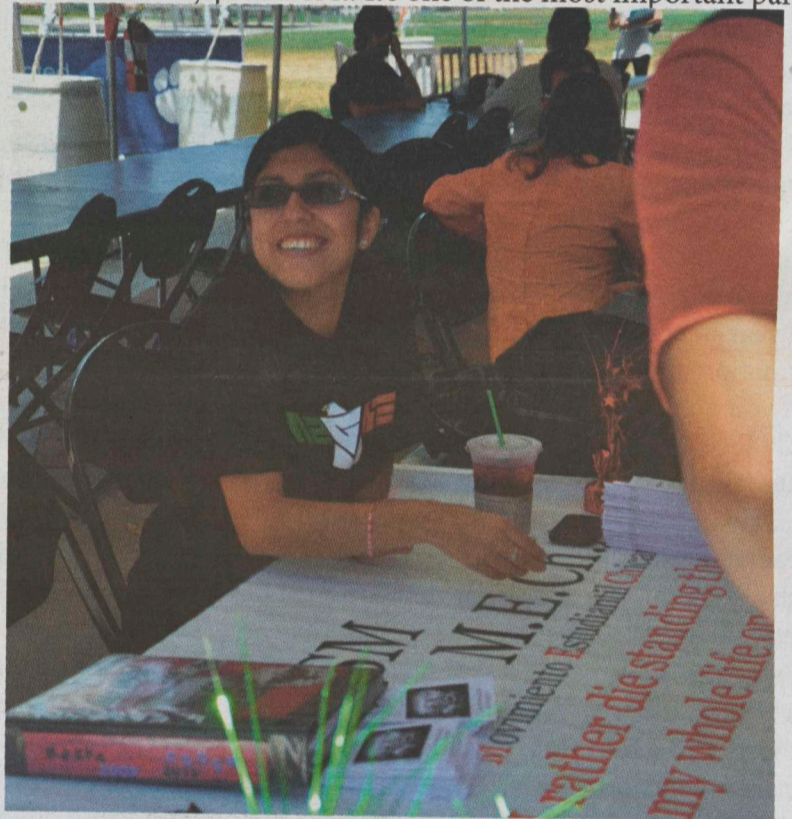
Running Monday, August 30th through Friday, September 10th, events include everything from a casino night to morning coffees. Here are a few ways to make the most of the events available.



There really is a place to ask a nice, friendly person for directions. In general, if you're ever lost on campus, you can ask any of the staff to point you in the right direction. But Monday, August 30th through Wednesday, September 1st, you can stop by the Cougar Question Mart from 8am to 5pm to ask for directions to classes, the food court, and to get more information on 'Weeks of Welcome.'

It's unbelievably easy to join a club. On Tuesday, August 31st, the Student Organization Fair is going on in the Library Plaza from 11am to 1pm. You'll hear about various clubs and their events right here in the Features section of the Pride during the school year, but this is a chance to get involved. Reading this article after August 31st? The Tukwut Leadership Circle's Open House on September 8th (11am to 2pm, Craven 3400) is another place to hear all about leadership opportunities and student organization information.

There are a lot of people who want to support you. We're a diverse campus and we're very proud of it. It's one of the most important parts of



what makes CSUSM an amazing place to go to school. During 'Weeks of Welcome,' you can attend various offices' open houses: the ASI (Associated Students, Inc.) LGBTQ Pride Center (September 7th, 8am to 5pm, Commons 201); the SLL Cross Cultural Center (September 8th, 11am to 2pm, Commons 207); the ASI Women's Center Open House (September 9th, 11am to 3pm, Foundation Classroom Bldg. 5-102); and the Veterans Center Open House (September 9th, 10am to 3pm, Craven 3rd Floor). There are also several student organizations devoted to celebrating our diversity.

We're big fans of fun. 'Weeks of Welcome' includes free events ranging from casino night previously mentioned (September 2nd), to a pep rally on September 7th, to a free movie night at the local Edwards Theatres on September 7th as well, and various other fun-for-the-sake-of-fun events. The two-week welcome fest ends with a chance for students to attend a San Diego Padres Game on September 10th (tickets are \$10 and can be purchased at the ASI Office).

Stop by the Cougar Question Mart until September 1st, or the Student Life and Leadership office after September 1st to get your full schedule

of 'Weeks of Welcome' events, or visit <http://www.csusm.edu/sll/onsp/WOW2010.html>. Events I didn't get a chance to mention include things like a study abroad information session (September 7th), and a session on getting a part time job (September 2nd), just to name a few.

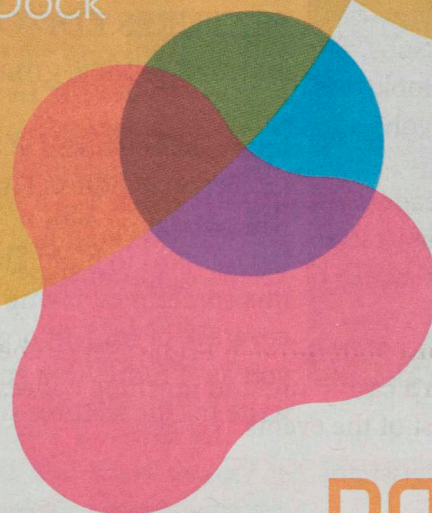
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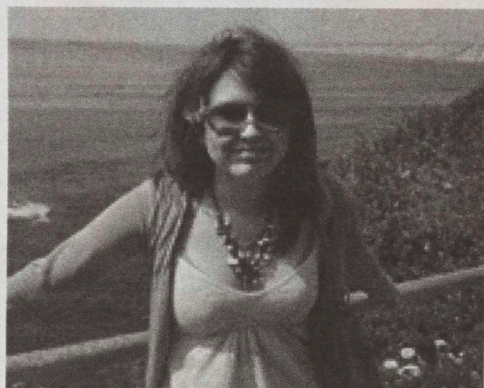
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# MEET OUR STAFF

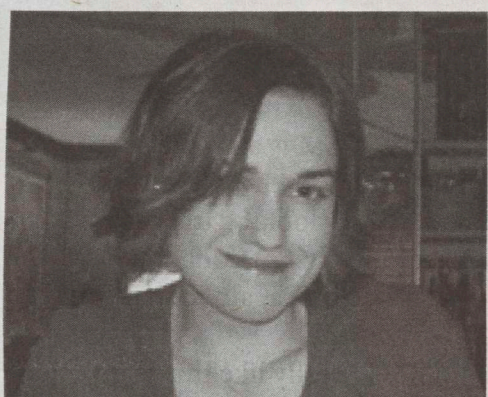


**SANDRA CHALMERS**  
EDITOR-IN-CHIEF

Hello, Fall 2010! My name is Sandra Chalmers and I am your Editor in Chief as well as Sales Representative for The Pride Student Newspaper. I am a senior, majoring in Communications and Mass Media. After graduating CSUSM I plan on going after my Master's degree in Journalism and Mass Media from SDSU. I could not have survived these past four years without ice coffee running through my veins. Outside of school, cosmetics are my profession, as I work as a make-up consultant for Clinique. This semester I will strive for A's, paydays and more Fridays.

**AMY SALISBURY**  
EDITOR-IN-CHIEF

Hello! My name is Amy Salisbury and I'm the Editor in Chief and Copy Editor for The Pride. I'm a Senior studying Literature and Writing (emphasis on the writing part). I've held almost every position in The Pride over the past three years and I'm excited to return with an (almost) entirely new staff of talented students. I hope to use this fabulous experience at The Pride to be a journalist, yet I retain that 70s pipedream of writing for Rolling Stone. Stop by the Writing Center on campus where I work, or drive up to Temecula to find me making coffee at a shop that is not Starbucks. Most importantly, Ferlinghetti is my favorite poet and Radiohead is my favorite band.



**TORIA BODDEN**  
FEATURES EDITOR  
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I previously worked at the Pride as the Arts and Entertainment Editor back in Fall 2007 and Spring 2008. Now I'm Features Editor. I'm in my mid-20s, an avid reader who loves every type of music, strong in my faith, and will be dealing with the deployment of my spouse to Afghanistan this semester. As the features editor, I'm looking forward to highlighting things that are relevant to CSUSM students and staff. Features can be a bit of a mad mix sometimes, trying to cover some of everything, but I want to make sure that we build the most complete coverage of student organizations and events on campus as well as issues that affect our campus community. If you have something going on that you feel would be good in the features section or, even better, you'd like to write for the features section, drop me an e-mail or just say 'hey' if you see me around campus.

**CANDICE WYATT**  
ARTS AND ENTERTAINMENT EDITOR  
artsandentertainment.pride@gmail.com

First off, I am excited to be your new Arts and Entertainment Editor! I am a transfer student from MiraCosta College where I was the former Editor-in-Chief of the student newspaper. I am majoring in Business Administration with a focus on entrepreneurship and am close to completing the Music Recording Arts program at MiraCosta College. And what do I plan to do after graduating? I have NO idea. But if I take everything I love...music, writing, business...and combine it into a single job, it would probably sound something like an A & E editor! If you don't see me around campus, you may run across me at your local Starbucks. I'll be the one smiling as I make your overly complicated drink. I'm looking forward to a great semester. Feel free to email me with any story ideas or suggestions you would like to see in your Arts and Entertainment section of The Pride!



**JENNA JAUREGUI**  
DIGITAL MEDIA MANAGER  
csusmpride@gmail.com, ATTN: Jenna

Hey, guys! I am so excited to be a new member of The Pride! I'm in charge of our digital media, like Facebook and Twitter. I am a Literature and Writing Studies major here at CSUSM—freshly transferred from Palomar College. One day, I hope to teach high school English and become an author. You can always find me hanging around a kitchen—I love to cook, bake, and eat my own creations. I also love photography, thrift shopping, and watching re-runs of The Waltons with my family. I go barefoot whenever I can. Some of my favorite things are teacups, hand-me-downs, sunflowers, baby goats, and aprons. My dream date would be either Ferris Bueller or the Karate Kid, but I'd have fun with anyone who makes me laugh (which is not hard to do). Oh wow—after writing this, I'm starting to see why people tell me I was born in the wrong decade,

**JILLIAN KERSTETTER**  
ARTISTIC DIRECTOR  
pridelayout@gmail.com

Hello from your new Artistic Director! Here are just a couple of things about me. I've been at CSUSM since day one of my college experience and am currently a senior majoring in Literature and Writing. After I'm done here, I plan to attend Loma Linda University to get my Master's in Speech Pathology. Apart from The Pride, I also work at a grant company called GEAR UP as a web assistant, helping with the layout and overall look and feel of their website. When I'm not working, going to school, or doing design work of some kind, you can usually find me either at concerts, movies, or any other fun places that come to mind. If you see me around campus, stop and say hi. And, if you have any ideas you'd like to see implemented in the design aspect of the paper, please feel free to let me know!



## 2010 Men's Soccer Season Preview

BY KYLE TREMBLEY

The 2009 season was the culmination of four years of hard work, effort, and perseverance for the Cougar men's soccer team. After a tough 1-3 start, the squad rebounded to finish the season unbeaten in its final 9 games, a streak that stretched all the way until the A.I.I. Conference Championship Game where CSUSM gave top seed Simon-Fraser all it could handle in a 1-0 loss.

Now heading into 2010, Coach Ron Pulvers' squad is looking to reload after losing 8 seniors, including 6 of last year's 11 starters. Gone is the ridiculous pace of Brandon Zuniga, the rock solid defending of Curtis Marcikic and Troy Skomra, the control in the midfield of Chris Wyatt, and the creativity of Miguel Jacobo.

One player who belongs in the above group but who will be returning to this year's team (thanks to a redshirt 2007 season) is Bradley Seidenglanz. The senior has taken the primary leadership role on the team, and along with fellow team captains defender Dan Sims

and redshirt Brett Crouse, have ensured the legacy of the team's first class of seniors will carry on.

"Our three captains make the coaches' jobs so much easier by taking ownership of the team," commented Coach Pulvers.

Despite the heavy roster turnover, these captains have maintained the professional, business-minded culture that served the team so well last season; which is a huge step towards finding success with a roster that features so many

**"Despite the heavy roster turnover, these captains have maintained the professional, business-minded culture that served the team so well last season; which is a huge step towards finding success with a roster that features so many new faces."**

new faces.

At forward for the Cougars, newcomer Sterling Petersen has already shown flashes of dynamic ability. The sophomore should help fill some of the goal-scoring void left by Zuniga, as will returners Max Blumenshine, Casey Wootan, and Andrew Podruski.

"All our forwards have done quite well in camp, and there will be heavy competition for the two starting spots," commented Pulvers.

In the midfield, the outside will be anchored by Seidenglanz, who aside from his leadership skills

provides solid all-around play and good goal-scoring touch. Opposite him will be 6'3" freshman Panos Kotselas from St. Augustine, who is currently penciled in to start. In the middle, Martin Suarez returns after a strong debut season as a starter in 2009, and he'll be joined by Jacob Kaiser, the team's top recruit from 2009.

"Jacob is going to be a star for us," noted Coach Pulvers.

On defense, Sims is moving from his previous center midfield

position to a wide back position, which should help provide some bite to the Cougars' counterattack. Returning on the opposite side is Jordan Shadeed, who scored two goals and tallied two assists last season. In the middle, Erik Mueller, a freshman from Newbury Park High School, will start alongside Richie Kaiser, who played in 13 games last year for the Cougars.

Finally, CSUSM returns the trio of keepers who were on its roster in 2009: Kevin Ernst, Kane Leonard, and Kiki Castro, who redshirted last season with an injury. Ernst will once again enter

the season as the team's starter, though competition for the job will be fierce.

On the bench, incoming freshman Warren Ashcroft joins the Cougars from Poway High School, and should contribute immediately. His explosive goal-scoring ability may also make him a good fit up front as well as in the midfield. Fellow newcomers Carlin Kennedy and Anthony Perez will also contribute, and should develop into very good players for the program. On defense, veterans Cary Cousineau and Tyler Spitznagel have been strong in camp and should see the field, as should freshmen Anthony Fischer and J.J. Paetow.

The squad is also getting a potentially big addition in Eric Lopez, a transfer from Chico State who should join the team early in the season.

Overall, expect this year's Cougar team to be more attack-oriented than those of the last couple years. Despite the lack of experience, CSUSM is already receiving votes in the NAIA Preseason Poll, and team is looking to start strong to earn its first national ranking, as well as qualify again for the A.I.I. Tournament.

"I really like this team," said Coach Pulvers. "They've shown a real thirst for buying into what's being taught."

[www.csusmpride.com](http://www.csusmpride.com)

The green way to read the news

## #14 Women's Soccer Opens Season with 2-0 Win at Home

BY KYLE TREMBLEY

Freshman Amy Young's first collegiate goal in the fifth minute got the season started off right for Cougar women's soccer, as CSUSM cruised to a 2-0 victory over Daemen College on Friday in front of the home crowd. #14-ranked CSUSM is now 1-0 on the year. Daemen drops to 1-1.

The Cougars were solid if not spectacular on the day, controlling play easily and rarely allowing opportunities. The back line rarely let any-

thing by, as All-American keeper Kaycee Gunion was only called upon to make one save.

Meanwhile, the Cougar offense peppered Daemen keeper Stephanie Aurand, taking 33 shots and putting 15 on net.

The first of those shots was Young's, who ran under a long ball from Michele Ramirez and beat the keeper with a well-placed shot in the side of the net.

After a few near-misses, including a potential goal that was disallowed late in the first half due to a foul, the Cougars effectively put the game away in the 71st minute, when a corner from Taylor Ziencina found Lucia Asbury, who knocked it home to increase the lead to 2-0.

CSUSM will face a very tough test on the road on Tuesday against Vanguard University.

# ARTS ASSOCIATION

GET INVOLVED WITH THE ARTS

BY CANDICE WYATT

ARTS AND ENTERTAINMENT EDITOR

Last fall marked the launch of the Arts Association, a student organization that has quickly become an outlet for creative expression to any CSUSM student who wants to participate.

"We want to encourage students to be involved in the arts outside of the classroom. It's recreational, therapeutic, relaxing and expressive. It gives students a creative space," stated Marilyn Huerta, Arts Association Advisor.

Huerta, realizing there wasn't an art organization, began asking students last year if they would be interested in starting a student art organization.

"In the past we've had about 120 members. I expect to continue growing," stated Huerta.

Last year, the Arts Association organized events that included Hope for Haiti Art Auction, Falling on Winter Student Art Exhibit, Love Your Body Day in collaboration with the ASI Women's Center and Operation Art, an exhibit dedicated to veterans.

The Arts Association will kick off the fall semester with a student exhibit that will showcase student work in the Arts building.

"This club is great for art students who want to step out of their shell, show their work and get feedback. It also gives the average student a creative space to express themselves," said Huerta.

Last semester, two Arts Association members, Kevin Cruz and Brittany Galante, won a student contest in which they were selected to paint the mural on the storage sheds located near the basketball courts at The Clarke Field House.

"Through events we do, you are able to network with people who are in the field you're interested in," stated Lauren Reynoso, Arts Association President.

Although the club executives haven't met yet to discuss this semester's calendar, Reynoso would like to collaborate with SDSU and UCSD in the future, who both have student art organizations, and create a San Diego Art Association.

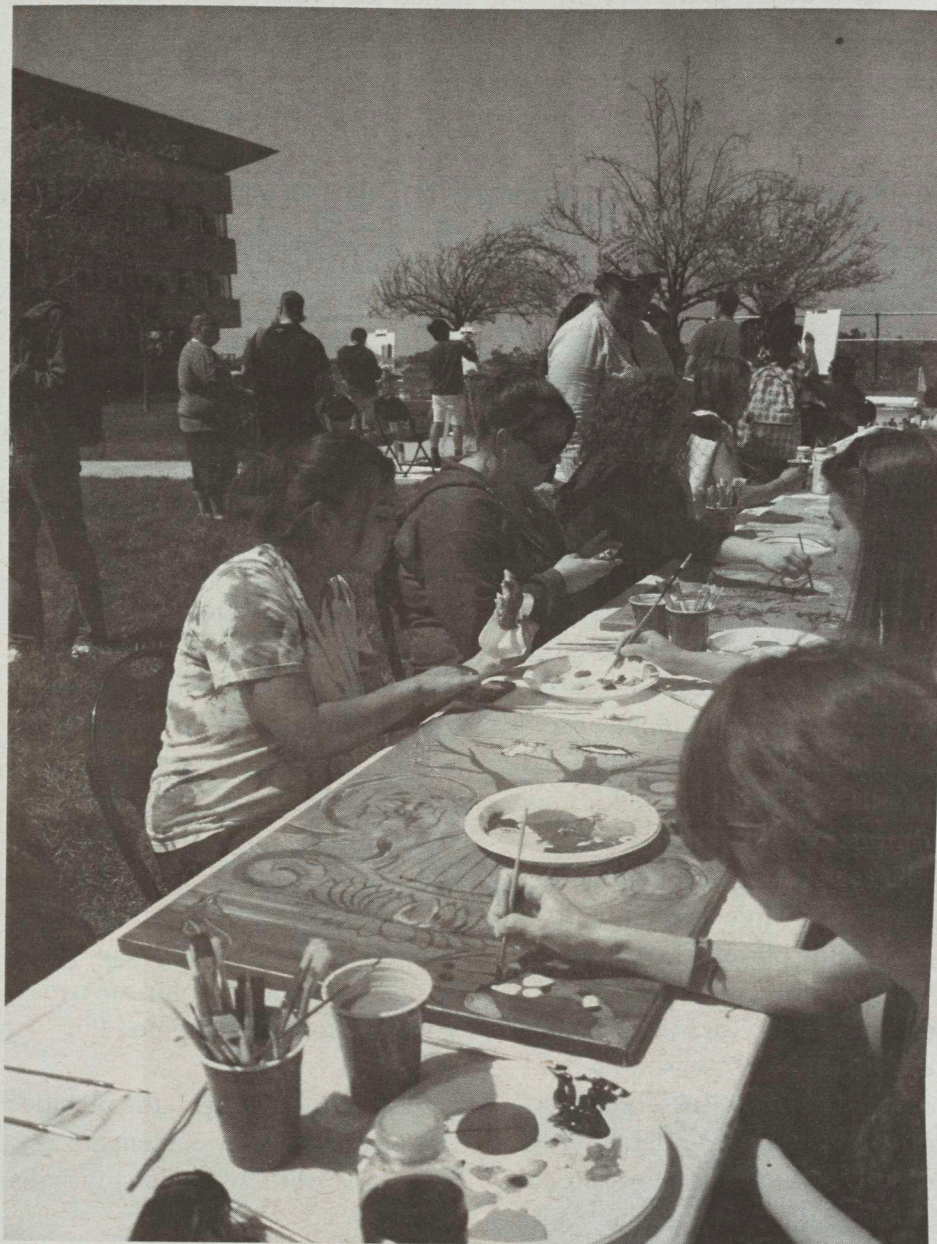
Meetings are held bi-weekly on Thursdays at noon in ART 342. Students can join by emailing Marilyn Huerta at [mhuerta@csusm.edu](mailto:mhuerta@csusm.edu),

Lauren Reynoso at [reyno46@cougars.csusm.edu](mailto:reyno46@cougars.csusm.edu) or by showing up at a meeting. The Arts Association is currently looking to fill the secretary and creative director position.

The Arts Association will be participating in the "Leave Your Mark" events held on September 21, in the Library Plaza from 11:00 a.m. to 1:30 p.m.

"If there's a student who has an idea to do something, bring it to the table and we'll try and make it happen," said Huerta.

PHOTO COURTESY OF THE ARTS ASSOCIATION



## Prowlin' the Kitchen

BY JENNA JAREGUI

DIGITAL MEDIA MANAGER

Remember when you were young and your parents monitored everything you ate? You had to ask permission just to have a cookie, and you couldn't leave the table without eating all your veggies. Well you're in college now, kid. You're all grown up and independent—no one to tell you that a candy bar isn't breakfast food or that you can't have soda with every meal. It's every child's dream!

Oh but that's right, you're not a child. You have the ability to choose your food wisely and use self-control. If you're ready to ditch some unhealthy habits and optimize your potential as a student, this cookin' cougar can show you how to make some delicious kitchen creations that are cheap, quick and easy. Together, we will try new things, have fun and satisfy your cravings. So tie on your aprons and let's go!

### Recpie #1: Personal Pizza Pies

What college student doesn't love pizza? These tasty little guys are easily customized to suit individual tastes and take only minutes to make. Experiment with different toppings and see what healthy combos you like! Pair the pizza with a side salad for a delicious dinner, make a bunch and freeze them for snacks, or grab your roommates and have a party! Cut costs by having everyone pitch in an ingredient.

You can boost the nutritional value of the pizzas by selecting whole-grain English muffins (which have fiber, antioxidants and iron) instead of white or sourdough. Sciencedaily.com promotes that whole grains can contribute to a healthy heart and reduce the risk of diabetes. Part-skim mozzarella gives you calcium without added fat.

When choosing toppings, browse the produce section for fresh veggie inspiration. Nutritionist Julie Garden-Robinson, Ph.D. suggests "eating the rainbow" and finding foods with vibrant, natural colors. More colors mean more nutrients! If you like a meaty pizza, try cooked lean ground turkey or cooked chicken breast instead of pepperoni or sausage. According to [mypyramid.gov](http://mypyramid.gov), this will cut out unnecessary fat and sodium from the processed meat.

### Grocery List:

- Whole Grain English muffins
- Low-sodium canned pasta sauce
- Part-skim mozzarella cheese
- Fresh toppings: chopped vegetables, herbs, etc.
- Cooked lean meat

Slice the English muffins in half and toast them in the toaster until crisp. Put two halves on a plate and spoon a little pasta sauce on each half. Top with a little cheese (thinly sliced or shredded, whichever is easiest). Add the toppings. Cover with waxed paper or a napkin (to reduce splattering) and microwave until cheese is melted (10-20 seconds). Remove, cool and devour.

Ciao, my pizza pals. Have fun!

The Cookin' Cougar Limited time offer ends 10/22/10 while supplies last. Offer available only to students in good standing at the university identified on the flyer and listed at [www.attcampusvip.com](http://www.attcampusvip.com). Must show valid CSUSM Student ID to take advantage of offer. Other conditions and restrictions apply. Prices are billed monthly and are valid for use in the U.S. only. Credit approval required. Up to \$36 activation fee applies. Coverage not available in all areas. See map at [www.wireless.att.com](http://www.wireless.att.com)

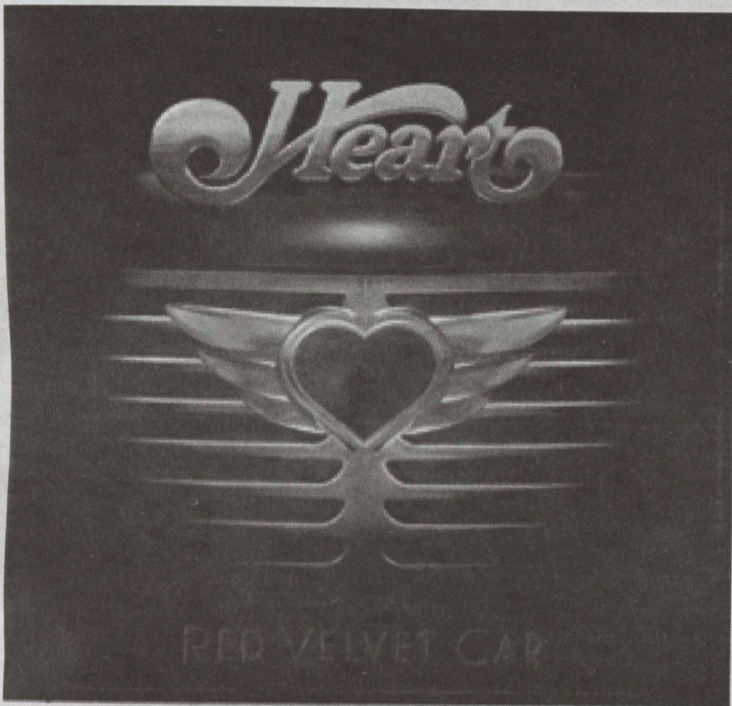
# DROPPING THIS WEEK

BY TORIA BODDEN  
FEATURES EDITOR

## CDS

Heart // Red Velvet Car // Sony Legacy

You read that right. Heart is releasing a new album. Truth be told, I thought the band dissolved sometime in the 80s, and they haven't had a top ten hit since 1990's "All I Wanna Do is Make Love to You." The band is promoting this as their "most personal and powerful work yet." Their current tour is coming to Universal City in mid-September, and tickets can be had for as little as \$15.

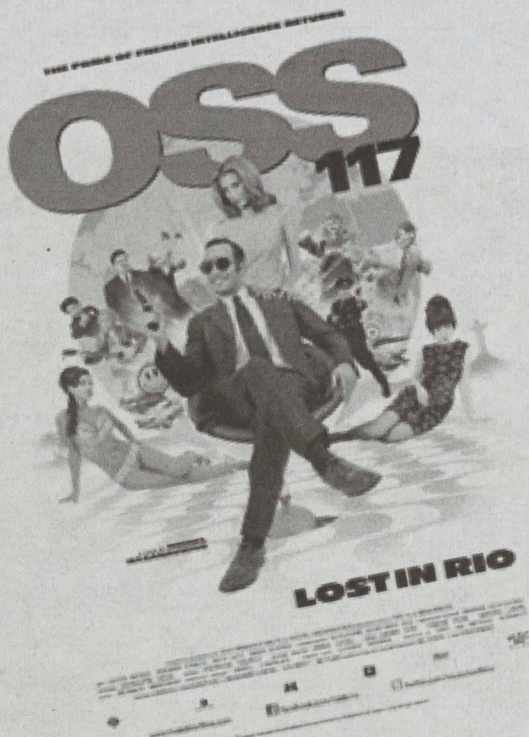


Harry Brown

Michael Caine is a widower and ex-military man who turns vigilante to avenge his best friend's death. The film has a "fresh" rating on the website Rotten Tomatoes, and promises psychological and emotional depth mixed with some graphic violence. "Harry Brown" is a reminder that members of the greatest generation still have guts of steel.

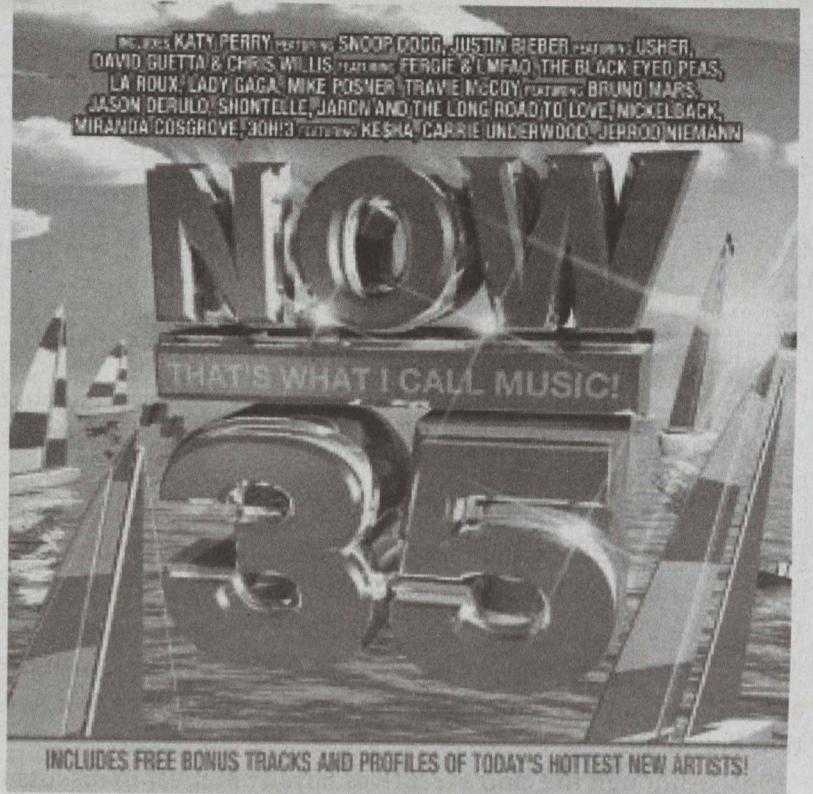
OSS 117: Lost in Rio

A spoofy spy series that's been a hit in France. The over-the-top humor is well worth having to read English subtitles. Jean Dujardin is the bumbling titular agent OSS 117. This is definitely what I'll be watching to relax and have some laughs at the end of classes this week.



Various Artists // Now 35: That's What I Call Music // Capitol Records

I cannot believe this compilation is up to the 35th version. Disbelief aside, this is one of the cheapest ways to get a bunch of top hits in one collection. Retailing at \$9.99 on Amazon.com, it's less than half the price of buying the tracks individually. Now 35 includes hits by Katy Perry, Justin Bieber, Lady Gaga, Black Eyed Peas, La Roux and others.



## DVDS



# unRAVELing

## the truth about raves

BY CANDICE WYATT  
ARTS AND ENTERTAINMENT EDITOR

The rave movement has turned what were once underground dance parties into nationalized events involving tens of thousands of attendees. The recent Electronic Daisy Carnival (EDC) held at the LA Coliseum on June 25 and 26, 2010, attracted over 135,000 attendees, making it the largest rave in North America. Unfortunately, a 15-year old girl overdosed on ecstasy and within days headlines filled Southern California newspapers and the LA Coliseum put a temporary ban on raves at the venue.

The reputable venue EDC was held at and the 18 and over age requirement did not prevent this fatality.

"Drug use can have risks but that doesn't make raves unsafe, it makes drug use potentially unsafe," said Nathan Messer, President of DanceSafe, a non-profit harm reduction organization.

DanceSafe has addressed the rising concern that drug use is a dangerous and prevalent occurrence in the rave scene. The organization's Web site, [www.dancesafe.org](http://www.dancesafe.org), uses education and awareness as the key to making raves a safer environment. The site has drug information, health and safety tips, as well as drug screening test kits that can take a small amount of an ecstasy pill and test it for other potentially dangerous additives.

"We neither condone nor condemn drug use. Rather, we believe that each person should make their own choices, and that people DO make better choices when given pointers to good information," stated Messer.

A few unfortunate events have given raves a poor reputation for being a drug-centric, unsafe environment and has lead police, legislatures and local communities to fight against the new culture of electronic dance music.

The Community Oriented Policing Services (COPS), a subdivision of the U.S. Department of Justice, released "Rave Parties: A Problem-Oriented Guide for Police," in 2002.

"The use of rave-related drugs has not been strongly linked to other crimes and unlike other youth events or other types of concerts, raves do not typically involve much assault," stated Michael S. Scott, a former chief of police and author of the COPS "Rave Parties" guide.

"Rave culture discourages sexual aggressiveness, and while some

drugs do lower sexual inhibitions, they also can inhibit sexual performance. So in some respects, raves are safer places for young people, especially women, than conventional bars and clubs," stated Scott.

The acronym that the rave culture lives by is PLUR (Peace, Love, Unity, Respect). Responsibility was added to the mantra in the late 1990s to increase awareness of drug overdoses at raves.

A junior at CSUSM majoring in Literature and Writing, who chose to be referred to by her given rave name, Raggedy Ann, has attended five raves.

"I like the music at raves. It's like every time I go to the club they play crappy rap music that I don't want to dance to. People [at raves] are all really nice and just want to dance," said Ann.

"I don't feel like the amount of security or police affects the quality of a rave. They are there to make sure there are no fights and to just have a presence."

For first time ravers, expect a high entrance fee. Raves are often accompanied by extravagant light shows and various DJs. The music is loud, so bringing a pair of earplugs along will protect your hearing.

"Ravers should be advised to wear loose-fitting clothing, drink plenty of water if they are sweating, and take breaks from dancing to rest and cool off. Rave-related drug users should also eat salty foods to prevent hyponatremia," stated Scott.

In addition, you should also be able to spot warning signs to a potentially dangerous rave environment.

"If it is so overcrowded that it is impossible to get to exits easily, if fire doors are locked or blocked, if security isn't searching for weapons, if cold water is shut off in the restrooms, if bottled water is sold without the caps so you can't refill it and carry it with you, all of these are bad signs. Also, some sorts of medical staff should be present for any event with more than about 500 people," stated Messer.

The upcoming Abstract Festival will be held on September 11, 2010, at the San Diego Sports Arena from 8 p.m. to 4 a.m. There will be two stages and you must be 18 to attend. A full bar will be available for those who are 21 and over. Tickets can be purchased on [abstractfest.com](http://abstractfest.com) and prices range from \$40 to \$90.

PHOTO COURTESY OF PHOTOBUCKET.COM

