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Women's Cross Country wins Nationals

November 21, 2009

The second-ranked Cougars pulled off the shocking upset Saturday morning on a rough and muddy course at Fort Vancouver in Washington. CSUSM topped the field of the NAIA's 32 best teams, including #1-ranked and heavily favored defending champion Azusa Pacific.

Coach Steve Scott's squad, which won the Association of Independent Institutions (A.I.I.) Conference Championship earlier this month, posted a total team score of 137. Biola University finished second at 140, and Malone took third at 163. Azusa Pacific would fall victim to the conditions, finishing fifth.

"It was quite a shock," commented Coach Scott following the race. "You know that anything can happen, especially in these conditions. Before the race, I told the team that this would be the hardest race they'll ever run."

As has been the case throughout the season, the team's top-3 runners came up huge. Senior Dallan Williams, sophomore Cady Villarreal, and junior Jessica Sandoval capped off their seasons with their most clutch performances to date.

As usual, Williams led the way. A year after finishing sixth at the National Championships, she took 7th this season, running a blistering-fast 18:20.

Villarreal was not far behind, posting a time of 18:29 to place 15th.



Photos courtesy of Kyle Trembley

And Sandoval came through as well, finishing 37th with a time of 19:11. Williams and Villarreal earned All-American status, with Sandoval missing it by the slimmest of margins.

Those performances were to be expected, however. The biggest X-factor for CSUSM entering the race was the performance of its #4 and #5 runners, which nearly cost the team at the Conference Championships.

So on Saturday, what freshman Kelly Thompson did was perhaps the biggest reason the Cougars are national champions. The true freshman ran 19:14, improbably

finishing 41st to narrowly miss All-American status. Thompson essentially turned the team's "big three" into a "big four," giving the squad a huge boost.

"Kelly was the outstanding performer," noted Coach Scott. "You come to expect this kind of performance out of Dallan, Cady, and Jessica, but Kelly really stepped up."

Equally big was the contribution of Sin Carrano. Carrano, an active-duty marine, has been in and out of the team's top-five throughout this season, but on Saturday she was most definitely in it. She took 88th place, running a time of 19:46 to

give Coach Scott's squad the solid top-five it needed to take home the title. From a time standpoint, CSUSM finished 26 seconds ahead of Biola as a team.

Also competing for the Cougars were Jen Albright (134th; 20:06) and Lindsey McKown (229th; 20:56).

The win is the first team national championship in the 10-year history of Cal State San Marcos Athletics. CSUSM has had three individuals win track & field national championships.

CSUSM Women's Soccer's season ends at Vanguard

November 21, 2009

The 2009 season for Cal State San Marcos women's soccer came to an end on Saturday, as the squad lost 1-0 in the NAIA National Championship Opening Round to Vanguard.

CSUSM finishes the season with a 10-5-4 record. Vanguard, the #8 seed nationally, improves to 13-1-6 and advances to the NAIA National Championship in Alabama.

In what was a tightly-contest match that resembled the one between these two teams in September, Vanguard's defense smothered the Cougars' offense, limiting San Marcos to 3 shots on

the day. Keeper Kaycee Gunion, the A.I.I. Conference Tournament MVP, kept CSUSM in the game by making a season-high 8 saves, but it wasn't quite enough.

The game's lone goal came in the 17th minute. San Marcos was whistled for a hand-ball in the box to give Vanguard a penalty kick, and Karri Currier capitalized on it.

Senior Clarissa Hidalgo led the Cougars with two shots, and Kelly Wherry took one.

Despite the loss, it was still quite a second half of the year for CSUSM. The Cougars rallied from a lackluster 3-4-3 start to win their second-consecutive



conference championship.

"We were out-worked today," commented CSUSM Head Coach

Ron Pulvers. "But there's no other team I'd rather be coaching. Our team overcame a lot this year."

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Across the board in Sports

Men's Cross-Country finishes 17th at Nationals

November 21, 2009

Rough, muddy conditions got to the #4-ranked CSUSM men's cross-country team at Saturday's NAIA National Championships, as the squad settled for 17th place.

The 8K race, held at Fort Vancouver in Washington, was won going away by Malone College with a team score of 44. Concordia (Neb.) took second at 166, and Southern Oregon placed third at 188.

CSUSM finished with a total of 441.

In his first year as a Cougar, junior Muluken Beressa earned All-American status with his performance on Saturday. He finished 21st with a time of 25:43. The race caps off what has been a record-setting debut season for Beressa, who set the school record in the 8K with his first-place performance at the Conference Championships.

Second on the team was Dave Edwards, who took 99th with a time of 26:33. The senior had been coming on strong throughout the second half of the season, finishing a strong third at the Conference Championships.

Chris Capeau followed shortly after, placing 116th with a time of 26:39. Next was freshman Chris Strasheim, who took 171st at 27:06, and rounding out the team's

top-five was Pat Fitzgerald in 177th at 27:11. Also competing for the Cougars were Bernardo Bahena (238th; 27:48) and Casey Evans (264th; 28:21).

Coach Scott's squad had higher expectations entering this meet, but only because the season has been so successful.

"The guys are disappointed in the result," noted Coach Scott. "But I'm so proud of them for this season."

Gunion named A.I.I. Women's Soccer player of the year

November 24, 2009

Cal State San Marcos goalkeeper Kaycee Gunion was named the Association of Independent Institutions Women's Soccer Player of the Year on Tuesday, headlining a long list of Cougar men's and women's soccer players to make the All-Conference teams.

A sophomore, Gunion posted

a goals against average of 0.540 this year and an .809 save percentage in 18 starts this season. Earlier this month, she was named A.I.I. Conference Tournament MVP for her performance in helping the CSUSM to its second consecutive conference championship.

CSUSM led all A.I.I. schools with five players on the wom-

en's All-Conference First Team. Joining Gunion are midfielders Kelly Wherry and Taylor Ziencina, defender Breanna Brenton, and forward Lauren Johnson.

Three Cougars were also named to the All-Conference Second Team: Midfielders Courtney Drummond, Brittany Boyce, and Lucia Asbury.

On the men's side, the Con-

ference Runner-Up Cougars had plenty of players honored as well. Forward Brandon Zuniga and defender Curtis Marcikic - the leaders of the front and back line, respectively - earned First Team All-Conference status. Chris Wyatt, Troy Skomra, Bradley Seidenglanz, and Jordan Shadeed were all named to the Second Team.

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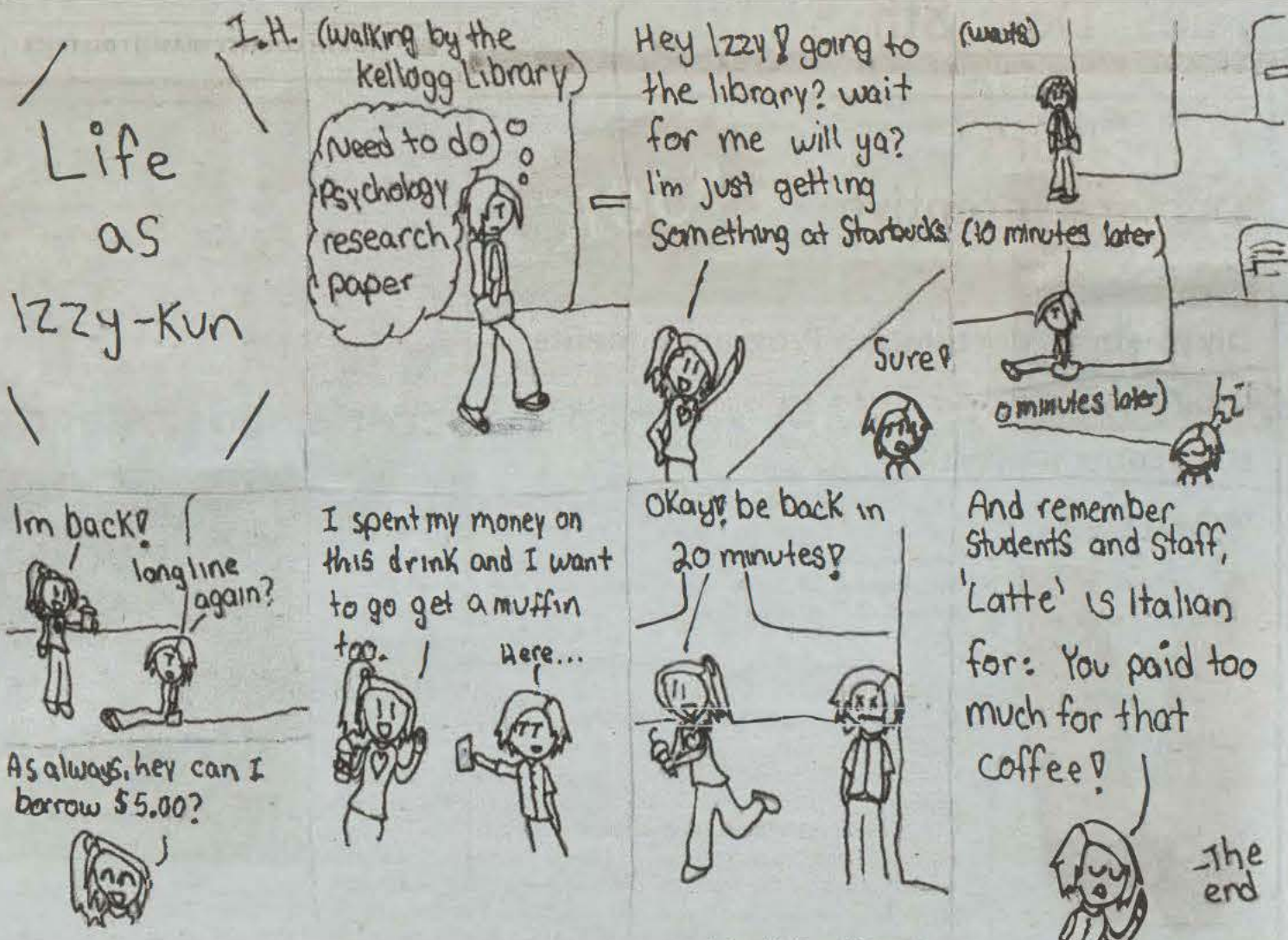
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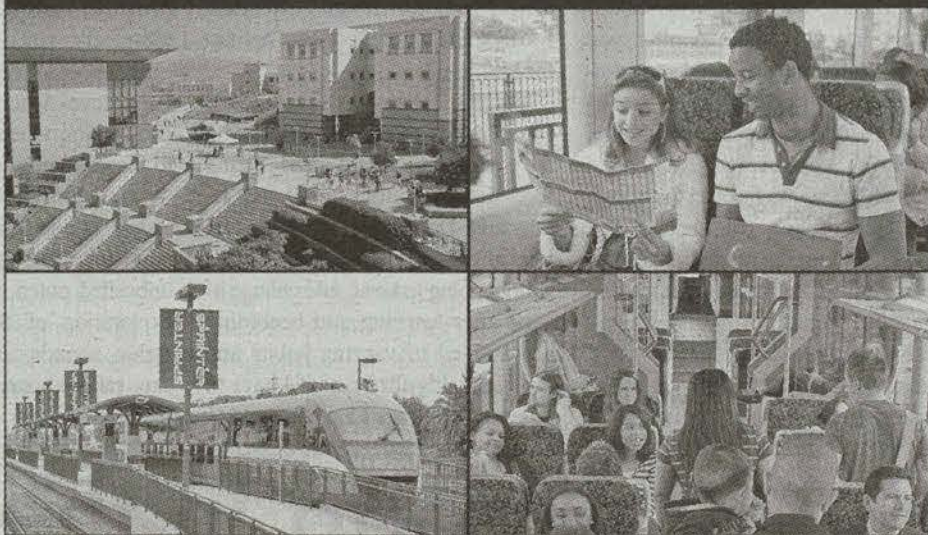
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Study abroad in the UK

BY IVAN GARCIA
Pride Staff Writer

Ah, the last hoorah. First of all, I'm hoping that The Pride newspaper has continued to offer you news, entertainment, and information that has been proven invaluable to the campus community. Among controversy, economic downfalls, swine flu, and the apparent lack of Sex 101 articles, I'm glad that you, the reader, have supported this column, newspaper, and me throughout my world travels. But enough with the mushy stuff, let's talk about coming back to the states! In all honesty, it'll be hard

leaving. I've made many friendships, integrated myself into a close swimming team, created connections with varying classmates and faculty, and grown into habits that, I feel, are essential to living here in the UK.

Coming home, seeing old friends, driving my car after having to walk everywhere, and eating food that I absolutely love will be amazing. Don't get me wrong, but, like any other person would, it's simply going to be an odd change of pace after learning and becoming accustomed to varying habits and traditions. It's almost as if I have to unlearn the things I have learned to

survive in the UK and revert back to living in the US. Which just begs the question: are we really all that different? Yes, French fries back home are known as chips here, but ultimately, you'd be amazed how many people have told me that they "love Americans." And even back home when I was preparing to leave, many have said that they "love the British."

Just across the pond is a vast new continent just teeming with unbridled potential for exploration, exploration of the food, culture, sights, sounds, and people. If you can, take advantage of that, grasp the reins of your own world-bound

Boeing 747 and explore! Literally, do it. I realize that plans don't have reins, but go ahead, kick down the door to the cockpit and take control of your travels (only if you're a trained pilot, if you're not just stay in your seat and continue watching "Never Been Kissed" or whatever other flight movie is on).

It's been an amazing experience, one that I hope many will get the chance to be a part of. Getting here is easy, but leaving is the hard part. So, in honor of this last article of the semester, I will break the fourth wall (or is it third? It's just an expression, go with it) and say that it is currently 3:17 p.m. here in Pres-

ton, UK on Tuesday, Nov. 24 and I will be taking one final trip in about 7 hours. Tonight, I will be taking a train ride to Liverpool airport, from which, I will depart to Rome. That is my final hoorah here in the UK (or Italy, whichever), I come back home in less than a month, and I intend to make the most of that time.

So to all of you back in the States, good luck on finals. Good luck with life, love, money, and school. I'll be visiting CSUSM progressively throughout the spring semester, if you wish to learn more about studying abroad, feel free to contact me or the Office of Global Education, located in Craven 3200. Cheers!

Study abroad in the US

BY JAMES ROCHE
Pride Staff Writer

Seeing as this is the last issue of the semester, I felt it is fitting to sum up my first semester here in America. So in my time here so far I have done a lot of great things. I have enjoyed going places, and I have had great fun so far with being able to go to the beach and the number of trips I have been on. I have really enjoyed my trips to Hollywood, the Grand Canyon and Six Flags to name but just a few. I really enjoyed the "Humans vs. Zombies" game that took place in October. It was disappointing that it had to end. I hear

there may be another one coming up soon, so hopefully that game can go smoothly and run its course.

The work that I have encountered here has been both comfortable and highly stressful at times, particularly at the moment. Hands up if you can't wait for this semester to be over and we all get to relax for just a little bit. I know I definitely am. Like most people, I am sitting here wondering firstly what classes will be available and then if I will get into them.

I am looking forward to the Christmas break where I get to fly home and see my family for the first time in 4 months. For anyone that has not been away from their family for that

long believe me it is hard. I am looking forward to relaxing back at home and coming back here with a new start and a fresh prospective. I plan to do more things when I come back, I want to go on some more trips, and I want to see a basketball, baseball and American football game.

I am looking to keep myself a bit busier next semester, looking to join a bowling club, and trying to get an internship and possibly a job on campus, maybe with this paper.

The most difficult aspect about being out here apart from missing my family has been not being able to go out to places which are 21 and over. It has put a strain on what I

have been able to do. Sometimes you don't appreciate what you can do until it is taking away from you. I did know I could not go out and drink before I came out here, but you don't realize the restrictions it puts on you until you actually get here. As I have said before I personally think the drinking age should be set at 18 everywhere, but that's just my opinion.

Overall, I think this semester has been good. It has been such an amazing experience to be out here, something I never thought that I be able to do. I hope everyone had a great Thanksgiving and has a wonderful Christmas. I look forward to writing

some more articles for you to read next semester.



Photo courtesy of James Roche

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facebook: social networking or anti-social?

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Distant students and families stay in touch using technology

BY MAEVE CAMPLISSON
Pride Staff Writer

As new college freshman, we learn a lot of things in our first semester. The immunization requirement and the joys of being allowed to walk to the restroom without a hall pass are two things, but a learning experience we have to deal with off-campus is the scattering of our hometown classmates. Many of the friends we sat next to in classes for thirteen years are now somewhere across the country, and many of us have moved away from our families as well. It's fun to meet new people and make new friends, but keeping in touch with lifelong friends and family is important too.

What's the modern mainstream solution? Facebook, of course. It seems like everyone has one, usually to keep in touch with friends and family. It makes for a good security blanket, but do these virtual human connections

really mean anything in real life? I love Facebook just as much as the next college student, but there are parts of it that I am beginning to see as anti-social.

For example, status updates. When a girl updates her status, she is writing about herself and talking to no one in particular. It's not a message aimed towards a particular person—those go in messages and comments. All status updates begin with the poster's own name and are generally about the poster. This is not meaningful or personal communication. A real-life equivalent would be to stand on a soapbox on a crowded street and yell about how your day went. These status updates at least open up for conversation in that people can choose to comment and discuss the updates. At least, people used to do this. Recently, however, Facebook introduced the "like" button, and now,

if someone finds an update witty or intelligent, they can press a button to show their approval, rather than expressing it through words. This is just disappointing. Spouting out phrases about myself and a former classmate clicking "like" does not count as a way of keeping our friendship alive.

Some of the benefits of Facebook are photo and video sharing as well as the instant messaging feature. Those are definitely great ways of staying in touch more quickly and conveniently than by phone and snail mail without sacrificing personal communication.

There are also public wall comments and private messages, which can be conversational, but there is the downside of application spam urging members to join fake mobs or farm fake vegetables.

Facebook is sort of a mixed blessing. Status updates can be witty, applications can be

amusing, and distant friends and family can stay connected through chat and pictures. However, it's important not to replace actual interactions with Facebook alone. Phone calls and Skype messaging software can be much more personal than messages and comments since they have tone of voice and real-time speech. Skype even has a video chat option that turns any voice call into a very personal, although eerily Jetsons-like, face-to-face conversation.

However, no matter how technology progresses, nothing beats handwritten letters, care packages, and visits to show your distant loved one that you care enough to take the time to stay in touch with them. If none of these options are possible, I recommend thinking of creative ways to stay in touch using technology, rather than simply relying solely on Facebook comments and "like" clicks.



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► **HIST 131 - US History since 1877 to Present (3)**

Instructor: Kimber Quinney

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Time: 10:00 am - 2:30 pm

► **PSCI 100 - US Government & Politics (3)**

Instructor: Stephen Nichols

Days: MTWRF

Time: 9:00 am - 1:30 pm

► **GES 105 - Introduction to Physical Science (3)**

Instructor: Patrick Sebrechts & Karno Ng

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Instructor: Carmen Nava

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► **LTWR 320 - Sacred Texts (3)**

Instructor: Salah Moukhlis

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► **SOC 303 - Families and Intimate Relationships (3)**

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Kinaly Thai San Marcos' pad thai restaurant

BY TRISH CORRIGAN
Pride Staff Writer

When I suddenly had an unavoidable craving for Pad Thai, I panicked! I had class at CSUSM and my solid Thai joints are in Oceanside. I have to give Kinaly some major props. The server/owner is a doll and very friendly, very familiar with her customers. It felt more like having lunch at your aunt's house than eating at a restaurant. I love that. I did not get a spotlight on the "only one" OMG! I eat alone. I know how strange for a woman to eat alone. The restaurant's name is Kinaly Thai but the sign out front simply says "Pad Thai Restaurant." Side Note: Eating alone is a wonderful experience. If you have issues with being self conscious, try it. Please do not eat alone and talk on your cell phone. This will rob you of the experience. Texting and cell phone games are acceptable as well as a book or iPod. I am married and, you know, with kids, eating alone is almost a treat. I digress. I got the tofu veggie Pad Thai.

They cooked their tofu very well; crispy on the outside and soft in the middle. Very nice since I am not a tofu fan and am still working on liking it. I will start of by saying this Pad Thai was very good. It was certainly much better than I expected. It had great flavor, medium spicy with the perfect amount of burn and required thirst without blocking the flavor but truly enhancing the dish. All the flavors were lovely together.

They do not have lunch specials only regular dinner menu but the portions are large with prices more than reasonable ranging from \$7 for tofu veggie to \$12 for seafood.

Portions are large for lunch, so there is enough to share or have leftovers. I hate to say it, but I ate the whole thing. I was so stuffed I thought I would pop (side note: I can eat a lot! My husband is much bigger than I am and I eat more than he does at times. In five more years, it will really start catching up with me). It has a very light sauce, savory and not too sweet, and two fat slices of lime and per-

fect spice; truly a lovely balance. I give them props because the tables, walls, and ceiling were actually clean for a hole in the wall restaurant.

My only complaint, and this was too bad to over look, is the menus. They were old dirty and falling apart. I wanted to wash my hands after touching them.

On my second visit, I had the Pad Woon Sen, a glass noodle and veggie dish in a light soy-based sauce, accompanied by Tom Kha Gai. The food is just too good. I had the Tom Kha and oh my goodness! It was the best I have ever had. The owner said it was because they use real coconut milk

whereas other places use powdered coconut milk. I had no idea powdered coconut milk existed, huge difference apparently. I would like a little more acidity for my personal taste but a lemon wedge could fix that. I think next time I will try the pho. Yes, they have pho here too for all you pho fans.



Photo courtesy of Army X.

Simply dinner

BY TRISH CORRIGAN
Pride Staff Writer

Oven roasted Tomato Chicken

1 Chicken breast (butterflied)

1 tomato (sliced)

Herb medley

Salt and pepper

Preheat oven to 350 degrees. Wash and dry chicken breast. Season with salt, pepper, and herb medley. Line a baking dish with foil and oil. Slice tomato and line bottom of foil. Salt and pepper

tomato slices. Lay chicken breast over tomatoes. Coat chicken breast with olive oil or oil spray. Put pan in preheated oven for 20 - 25 minutes until chicken cooked through. The butterflied breast will cook faster.

Remove from oven when finished. Plate and serve tomato chicken. This dish pairs well with the green bean recipe.

Garlic Parmesan Green Beans

1 Bag frozen green beans

2 tbsp olive oil

2 cloves garlic (2 tsp chopped)

1/4 cup parmesan cheese

Salt and pepper to taste

These green beans are so easy to make and super delicious to boot. I am an ardent fan of garlic so I will use about twice what I recommend here. If you love garlic there can never be too much. Just don't make these for a first date. I buy my garlic at Trader Joes and I keep a jar of pre chopped garlic for convenience but fresh garlic is just as good. I let the

green beans thaw by running them under warm water. Shake off excess water and put in towel to pat dry.

Put the oil in a frying pan and get it nice and hot on medium-high heat. When oil just starts to smoke, toss in the green beans and garlic. Don't stir them right away. I like them to brown a little bit. After about 2 minutes, stir beans around and add salt and pepper. Cook for an additional 3-5 minutes.

Remove from heat and toss beans with Parmesan. Plate and serve.

What to see on DVD

BY BLAINE H. MOGIL
Pride Staff Writer

After weeks of putting off my daughter's request to see this film, I finally watched it when she came down to visit this week. I should know by now that when she suggests that I should hear, see or read something it is always a good recommendation. She is rarely wrong in her advice, and this film is no exception.

"Zeitgeist." This is a documentary film steeped in controversy and the birthplace of even more controversy. It is a three-part film that attempts to explain three different topics, as three separate issues. The three parts include the origins of modern monotheistic religion, an explanation of the 9/11 attack on the World Trade Center, and an explication of how the masses have become ensnared in a perpetual debt trap. The material itself is enough to raise the fur on the backs of the necks of many a viewer. In our open society, with you as open-minded viewers, the first order of business is to view the film. The second and most important part is to do so with a healthy amount of skepticism. Another piece to the puzzle with this, or any other controversial films such as this, is to allow for the possibility that what you know to be true, may not be. Finally, talk to others, research to find the truth to the best of your ability, and avoid making any decisions based on preconceived beliefs. Should a viewer watch with a closed mind, there is no chance to expand his mind with new knowledge.

For a moment, we shall digress from

the movie. The first segment of the film explores Islamic/Judeo-Christian origins. While most would agree that the oldest monotheistic religion to spring forth from the Middle East is Judaism with Christianity and Islam to follow later, many would take offense that the concept that monotheism arose from earlier religions. Although the movie focuses on Pagan and Egyptian roots to the development of a Jesus narrative, we should come to know that Judaism did not spring forth directly from the mouth of God, and that is arose from earlier religions. As W.W. Meissner points out in his paper "Notes on Monotheism: Origins," the narratives of Genesis 1-11 "are significant in that they bear a close relation to similar material in Assyrian and Babylonian tablets, and show little

relation to what is known of Caananite cosmogony." He continues his essay "It was possible for man to enter a covenant with god under which he could live collectively in social justice and individually in moral responsibility. To this extent, Israel stands forth as the heir to the religious history of the preceding millennium." To extend the questing for truth further, the entire Historicity of Jesus has been for centuries a looming and unanswered question as one can see in many scholarly texts including "The Historicity of Jesus" by Shirley Jackson Case.

But to return from the digression, the

point is that effort is required to either confirm or debunk the information in this or any film. That is after all what every one of us should do with every film we view that claims as its basis truth or authority. Only then can we learn, grow and become more complete in our understanding of the world in which we live. So if I may be so bold as to highly recommend that everyone see this film. And yes I know we are all going to revel in the upcoming winter break. What better time could there be to take a serious look at a serious film and then find out where truth lies, or if purported truth is a lie. What to See *****

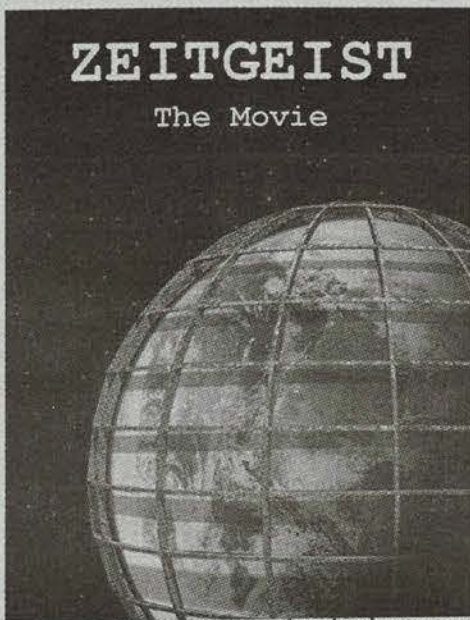


Image courtesy of enginetheater.com

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Hits of Sunshine

Leonard Cohen

BY AMY SALISBURY
Copy Editor

The first time I encountered the song "Hallelujah," it was off the Shrek soundtrack, sung by the magnificent Rufus Wainwright. It's still one of my all-time favorite songs nearly a decade later.

To me, the song was perfect. Rufus's buttery baritone and the gentle instrumentation were almost too good to be true. But the lyrics—oh, the lyrics—were beyond anything else I'd heard. In fact, they're still so unbelievably poetic, calling the composition a "song" doesn't even seem fair. And you know how I feel about poetic music.

The respect I had for Rufus writing this song grew exponentially once YouTube happened, and a quick search of "Hallelujah" exposed me to hundreds upon hundreds of

covers, including the achingly poignant version by the late Jeff Buckley. OK, I thought, people just realize "Hallelujah" is indeed an excellent song, even if it is butchered on occasion. At some point, I listened to what I assumed was Leonard Cohen covering the song. Unfortunately, as talented as the man is in poetry (check out "The Spice-Box of Earth"), he just isn't grabbing my attention with this spoken word thing he has going on when my dear Rufus makes the song nearly operatic.

To my surprise, I finally came across the copyrighted song credits: words and music by Leonard Cohen.

Cohen, a writer-turned-musician, composed "Hallelujah" in 1981 for his 1984 album "Various Positions". Initially, the track wasn't too successful; neither was the



Image courtesy of Adalah-NY

album. I can't tell you why, but I can assume that most people would rather listen to a song

that sounds nice than one that clearly surpasses the level of art present in most modern

music. And let's be honest here, Cohen hasn't got the most melodious set of pipes in all the land. Even though the aesthetics of the work left something to be desired, listeners recognized where the beauty lies in Cohen's most famous work. Today, Cohen's official website documents over 300 authorized covers by signed artists, many of which catapulted artists to stardom.

There are some songs that no one should cover simply out of respect. 'Tis the season, right? Nat King Cole's "The Christmas Song" leaves no room for improvement. "Hey Jude" just hasn't got the same soul unless Paul McCartney is singing. But Leonard Cohen's "Hallelujah" comes alive with the variances and nuances of each singer's respectful and unique cover version (though if you ask me, Rufus does it best).

CSUSM get inked

Students demonstrate their love for tattoos.

BY SANDRA CHALMERS
Arts & Entertainment Editor

Elyce Maxwell, a current junior studying for a Bachelor's degree in Human Development and a minor in Psychology, got her first tattoo at the age of 18.

"One of my tattoos is a picture of a bow, with the saying 'The greatest gift starts and ends with family.'" In an elegant cursive script, the black lettering on the top of her foot is decorated with a classic red bow just below her ankle. "I was inspired to get it because my family means the world to me and no matter what happens they will always be the best part of my life," said Maxwell.

Maxwell got this particular tattoo at the age of 19 and at a local tattoo shop in Escondido called FatKid.



Photo courtesy of Elyce Maxwell

Tattoo. FatKid Tattoo specializes in custom tattoos while also offering a wide range of classic artwork pieces and styles. Price range depends on artists and appointments and walk-ins are welcome.

"All I have to say is if you're planning on getting it [tattoo] on your foot it will hurt!"

Tierra Spence, a junior majoring in Communications holds a sweet spot for tattoos, a sugared skull representing both of her grandmothers sits above her hipbone.

"I have always had a love for Dia de Los Muertos art and I wanted something tattooed on me with that style of art but I also wanted it to mean something to me," said Spence.

After finding the perfect design of a Dia de

Los Muertos skull done by a close friend, she customized it to a perfect fit to represent her grandmothers.

"I went through a lot when they passed away and one day I was looking at drawing my friend Theresa Lavelle did for a t-shirt design of a Day of the Dead skull and it was exactly what I was looking for in a tattoo," said Spence.

Dia de Los Muertos, or more commonly recognized as the Day of the Dead,

is a holiday tradition particular to Mexican culture acknowledging the death of loved ones in a festive celebration.

Spence lost both of her grandmothers about eight months apart from each other and through the struggle of the loss, she made a tribute to them with some permanent ink.

Her tattoo is a classic Day of the Dead skull done with black ink and shows only the front facial features filled in with small details. On the forehead of the skull, a heart symbol with a corner piece missing symbolizes her emotional loss and grievances for her grandmothers.

"I love looking at it and remembering my grandmothers. I know that sounds odd, but the heart just really represents how much I miss them and that why it's missing a piece, but it brings me comfort."

Full of color and action, Alseeandrea Uriarte, a senior majoring in Human Development, got a tattoo to represent a milestone in

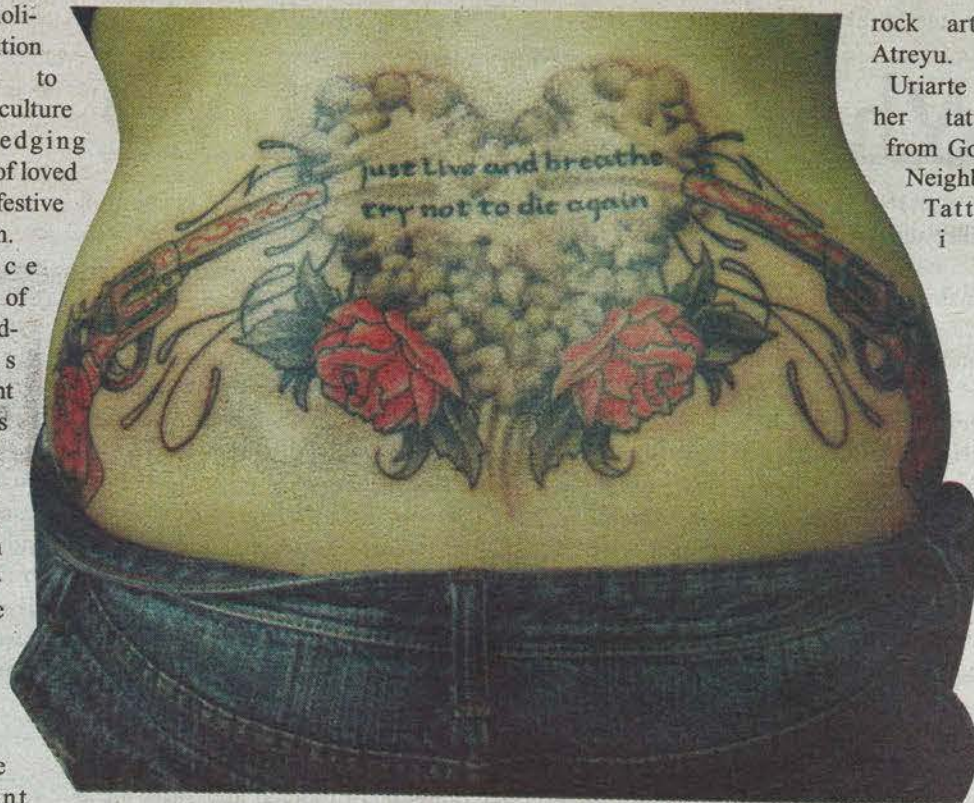


Photo courtesy of Alseeandrea Uriarte

rock artist, Atreyu.

Uriarte got her tattoo from Good Neighbor Tattoo in

her life.

Covering almost half of her lower back, an image of two vintage western pistols filled with intricate details of red designs shoot out smoke to form a heart with the lyric "Just live and breathe, try not to die again." The pistols feature red roses surrounding the gun handles and the red roses also surround the bottom of the smoky heart.

"I've had a very rough year and in the midst of all the turmoil, I lost myself and who I was striving to become, it was not a very fantastic feeling and I vowed to never let myself 'die' again," Uriarte said.

The lyrics comes from popular

Escondido.

"I got my first one [tattoo] on my 18th birthday. Now I'm turning 21 and I have four. They are addicting."



Photo courtesy of Tierra Spence