



# MISSING

BY JACKIE CARBAJAL  
Editor-in-Chief

Almost one month has passed since anyone last saw Escondido teen, Amber Dubois, but her face is a constant fixture throughout North County as search efforts to find her are still going strong. This past weekend, volunteer searches continued at the search and rescue headquarters located in an abandoned Escondido warehouse donated to the Dubois by a concerned citizen.

"We had a 7,500 square foot building donated to us. We're doing all of our work out of here," Amber's father, Maurine Dubois said in an NBC San Diego report on Saturday. "We have a separate mapping room where things are coordinated. It's much easier than trying to work out of a small trailer in a parking lot."

The command center is located at 755 N. Quince Street in Escondido, CA and remains open from 8 a.m. to 5 p.m. everyday until Amber's return.

Hundreds of volunteers assisted over the weekend in the second large-scale search effort conducted since Amber's disappearance.

The fourteen-year-old Escondido High School student was walking to school on Friday, February 13, 2009 on North Broadway in Escondido. Two family friends reported seeing Amber a mere 300 yards from the school's gate at 7:10 a.m. Amber was carrying a handful of Valentine's Day gifts to give to her friends. Hours later, school officials called Amber's family to report that she had not shown up for her classes.

"I will have continuous, 100-percent hope until you completely prove it to me, there's a reason not to," Maurice Dubois said during a press conference. "I will never give up hope. Amber, if you're out there, you can guarantee I will never stop until we have found you and you're back home with us."

On Feb. 28, Amber's story appeared on the popular American crime stoppers show, "America's Most Wanted."

The Escondido Police Department reported that exposure on the show helped generate tips.

The Klass Kids Foundation is now involved in the search effort

## \$60,000 REWARD\*



## MISSING AMBER DUBOIS

LAST SEEN: February 13 2009 -7:10 A.M.

LAST LOCATION: ESCONDIDO HIGH SCHOOL, ESCONDIDO CALIFORNIA

AGE: 14 YEARS OLD

GENDER: FEMALE

HEIGHT: 5'5"

WEIGHT: 130 lbs.

HAIR COLOR: BROWN

EYE COLOR: BLUE

LAST SEEN WEARING BLACK JEANS AND BLACK HOODIE

## INFORMATION PLEASE CALL THE TIP LINE AT 760-743-TIPS

8 4 7 7

## www.BringAmberHome.com

\*\$50,000 FOR INFORMATION LEADING TO THE SAFE RETURN OF AMBER.  
\$10,000 FOR INFORMATION LEADING TO THE ARREST OF PERSON(S)  
RESPONSIBLE FOR HER DISAPPEARANCE.

Image by bringamberhome.com

as well. Marc Klass, the program founder, is the father of Polly Klass, who was kidnapped from her home during a slumber party and murdered in 1993.

"The family has to keep the hope alive. They have to be the ones that are going to inspire others to go out and look for their child. If the family gives up, everybody gives up," Klass said, NBC reported.

The Dubois family recently increased their reward offering to \$60,000, with \$50,000 for information leading to their daughter's safe return and \$10,000 for information leading to the arrest of the person or persons responsible for her disappearance.

Anonymous individuals and businesses donated the reward

money to the family.

"[The family] wants to get Amber home alive, therefore the majority of money has been allocated to that end," Klass told reporters at a news conference outside Escondido High School on March 4, according to the San Diego Union Tribune. "But they also understand that there might be darker scenarios and that that might not be possible."

Both Klass and Brenda van Dam, whose daughter Danielle van Dam was kidnapped and murdered seven years ago, are said to be helping the Dubois family with search efforts.

"I know this community has come together once before to help our family find closure," said Brenda van Dam, reported by the North County Times. "I'm asking

that you please do it again for this family."

Though police say there is no evidence to suggest Amber was kidnapped, her parents and family attest that Amber was not the type to go anywhere without contacting them, telling the North County Times that for her to run away would be "completely out of character."

In fact, Amber was looking forward to bringing home a lamb she planned to raise as part of her school's Future Farmer's Association project on the day she disappeared.

"She would not have given up that lamb for anything," Amber's mother, Carrie McGonigle said, according to CNN. "She's a wholesome kid. She doesn't run amok like most teenagers. She did not

run away, I guarantee it."

In addition to police efforts, the family hired private investigator, Bill Garcia.

According to Garcia and Escondido police, Amber's phone was last on for a few seconds on Feb. 14, 2009 when someone turned the phone on in an attempt to access the voicemail and then shut off the phone. The phone was not on long enough for police to determine its location. Amber sent her grandmother several text messages and one to a friend before she left for school the morning of her disappearance.

Police and search efforts so far yielded little leads.

On Feb. 20, Amber's family held a candlelight vigil in front of Escondido High. The North County Times reported approximately 200 people attended the vigil wearing t-shirts with Amber's name and picture on them.

At the vigil, Taylor Doyle, a lifelong friend of Amber's, told the North County Times, "Amber's not the type to not go to school."

Another friend of Amber's in attendance at the vigil was Hailey Kosinski. Kosinski described her friend to CNN as someone who is "sort of shy when you first meet her, but once you get to know her, she's the kindest person you'll ever meet."

"It's the most horrible, gut-wrenching feeling to know your friend is out there and there's nothing you can do to help her," Kosinski said. "You feel so powerless."

The family has put together a website, [www.bringamberhome.com](http://www.bringamberhome.com), that features up-to-date information related to the case, hotline/contact information, and downloadable search flyers.

On the website, the family also thanks those involved in the rescue effort.

"We cannot express enough our heartfelt gratitude to every individual, church, religious organizations, and searchers holding a good thought and keeping Amber and her safe return to her family in their prayers."

"Thank you for helping to break through the darkness by being one of the lights that will bring our Amber home."

"We cannot bear the thought of life without her."

Gathered  
from  
noaa.com

WED

THURS

FRI

SAT

SUN

HI 67°  
Lo 45°

Sunny

64°  
46°

Partly  
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Sunny

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Sunny

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SEX 101!  
Food in the sackBY IVAN GARCIA  
Pride Staff Writer

gist). If you see me on campus, ask me, it's quite the tale.

So let's just say that you do decide to go through with a schmorgasbord

Now, when I say "sack," I'm not talking about that of the paper persuasion. Nay, I think I'm going to "go there" and discuss the idea of involving food when it comes to having sex.

Now before I continue, I definitely have to cite an episode of "Seinfeld."

You remember that episode, right? The one where George decides to eat and involve food during sex, but then becomes way too greedy when he tries to throw television into the mix as well. Well, let's be honest, although the thought of watching "The Dark Knight" while munching on a delicious burrito AND enjoying a... how should I say... "sexually driven experience" (ok, what did you want me to call it? The horizontal mambo?) sounds too good to be true, just know... it probably is.

I have heard horror stories, horror stories! I'm not joking, to this day, I wish I could forget. But it haunts me, every time someone brings it up, I just think, "Why lord?!" Sure enough, they essentially revolve around the idea of having food come into play when it comes to sex.

Wrap your mind around this, if you will, a young lady and her male counterpart. They have been dating for quite some time and they're looking to bring some spice (pun intended) into their sex life. I'm not sure exactly what triggered this idea of brilliance (and I use that word loosely), but finding out that her partner's favorite food is carne asada, she definitely had something up her sleeve, or up her... well, just use your imagination.

Well to make a long story short, essentially, she decided to put cut up pieces of this food promptly "into" herself and without much hesitation, he ate it. Yes, I know, I could only imagine the face you're probably making right now, something along the lines of eating a lemon or getting a toe cut off. But trust me it gets worse (something that involves missing pieces of meat, maggots, and a gynecolo-

of food and sex, at least make it romantic as opposed to a pig out session. Just remember to keep in mind that the food does not come first and it shouldn't be the main driving factor to involve food in your sexual experiences.

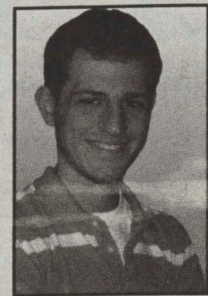
Although it does sound amazing to eat bacon and donuts off your lover (yes, you know I'm talking to you, you manly Soviet man), make sure that that's not the only reason as to why you're doing that. Because chances are, if that's all you want out of this experience, you're probably going to get punched in the face and I'm sure that situation can be easily recreated with a big packet of bacon, box of donuts, and a lonely night with a porn tape (or DVD... maybe Blu-Ray, depending on how realistic you wish it were). Remember that sex is still a bond between you and your partner, not a bond between you and a 12oz sirloin.

If you do involve food in some way, make it special and use food that is sensual. Use fruit or anything sweet, like chocolate, please remember how your body reacts to certain substances/foods. Keep in mind that couples should be careful to not introduce any sugary foods into the vagina because this could potentially cause yeast infections, for example.

If you do decide to pull off a daring sexual experience, remember that your partner comes first (pun intended, again). So whether it be eating cereal out of the dimples of your partner's ass or playing with some Fruit Roll Up, remember that it's for passion. Bon(er) appétit (sorry, immature, I know!)

## Bill of Rights

## The pursuit of a good pair of headphones

BY BILL RHEIN  
Senior Staff Writer

Anyone who has seen me walking around campus will recognize the fact that I constantly have some type of headphones attached to my ears. I cannot justify this behavior other than to point out that I truly enjoy the music or podcasts on my iPod. What I can say is that I have gone through many pairs of headphones and know a thing or two about finding a good pair.

I have no bias between ear buds or headphones for I had many good sets of both. One could buy a high-end headset and certainly be satisfied. But I do not know many college students who have room for Bose headphones in their budget. The pairs I recommend offer great sound quality and comfort and will not break the bank.

First of all, if you are listening to your iPod, the buds it came with are decent. They are comfortable and offer good quality. The problem is they are more fragile than most ear buds. I have broken several headphones and many of them were iPod buds. Thus I will point out several that are also durable. But the iPod buds are a good starting point.

As an aside, I would quickly point out that if you have an mp3 player, I would be in shock if it were not an iPod. Though iPods are a bit more expensive, you get your money's worth due to the fact they are easy to use, have the best software, iTunes, and are backed by Apple's service.

A step up from the iPod buds are the cheap Sony ones that can be found everywhere from Long's to Best Buy. I cannot find what they are called, but they are under \$10 and are the blue or red buds that clip on to the ear.

They may look cheap, I was even hesitant about buying them, but

they are very comfortable and offer great sound. The only time I broke a pair was when I stepped on them. At \$10, they are not a major investment and will last.

If you prefer headphones, look no further than the Phillips SHS390. These behind-the-head headphones offer comfort and quality. They run between \$10 and \$15 at most stores and come in either black or white.

These will last



Photo by amazon.com

a long time as long as you do not sit on them or yank on the cord. When it comes to headphones, I like these ones, which only have one cord coming up to the ear, rather than the type that branch into two.

Lastly, if you want DJ, over-the-ear type, get the Jensen JHF-310 DJ Headphones, if you can find them. They are the best headphones I have ever had, but the makers discontinued them. They can be found for about \$20 to \$35 online from time to time. They fold up and have great quality and are super durable.

If those cannot be found, try Sony MDR-V150 DJ Headphones, which have the same sound quality, but lack the features of the Jensen pair and have a really long cord.

To find a good pair of headphones, be sure they are solid and protected near the ends of the cord to avoid breakage. Try some that look comfortable, but be sure to keep the receipt and do not be

afraid to return them.

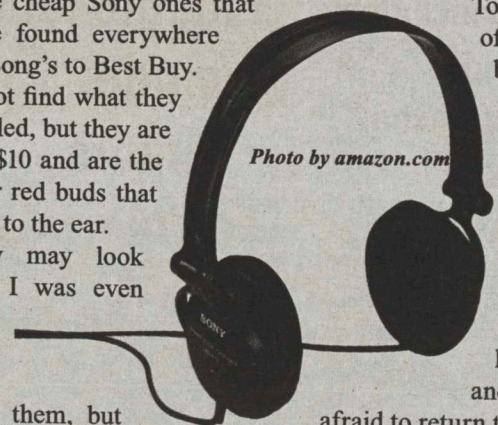


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FRONT DESK: \$10/HR  
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NORTH COUNTY: 760-744-7946  
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## Classifieds

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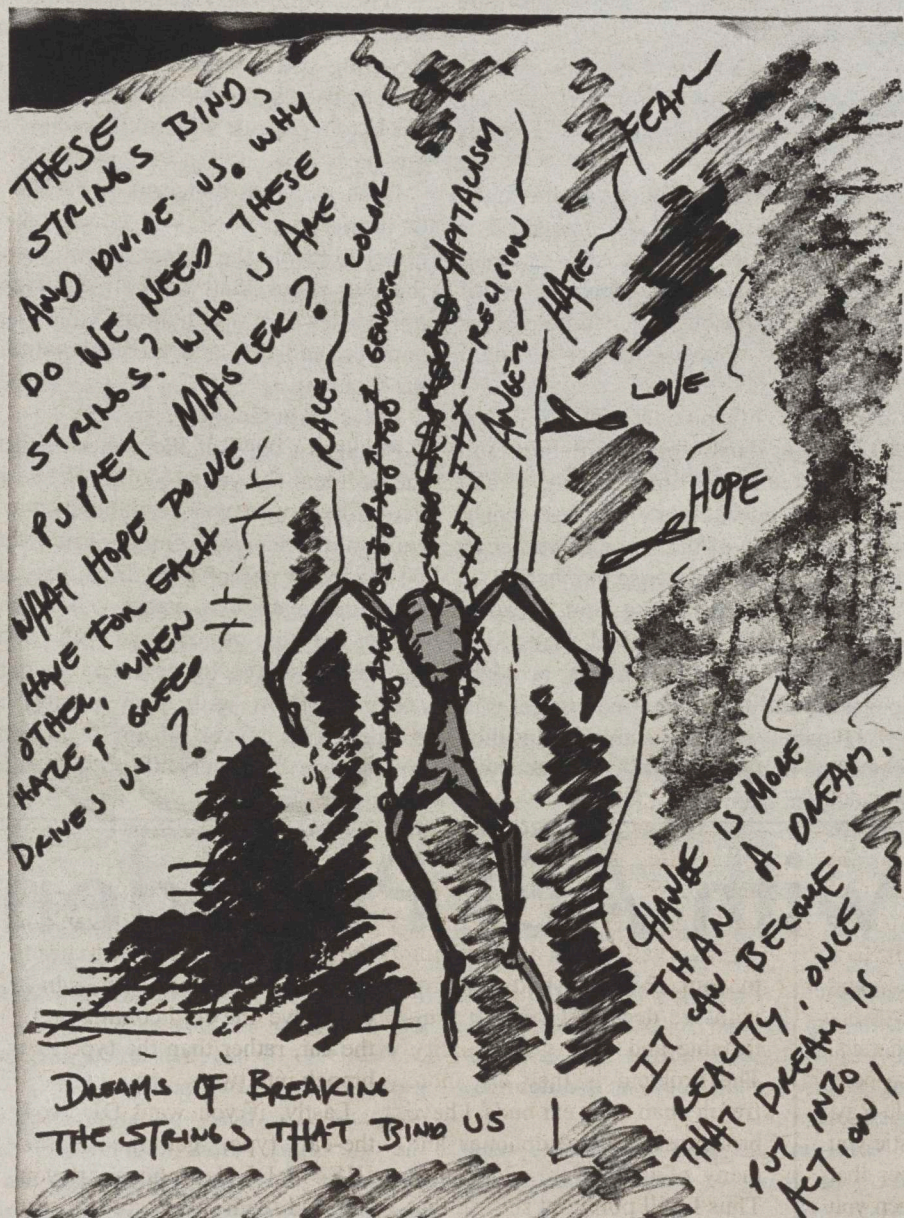
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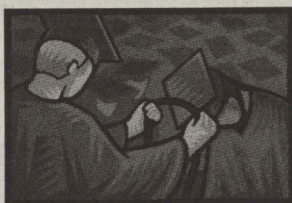
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# Car accidents How to deal

BY SANDRA CHALMERS  
Senior Staff Writer

No one ever wants to get into an accident, so what should you do if you find yourself in one? Here are some helpful tips for being prepared in an accident.

## Staying prepared:

It is California law for drivers to always carry Proof of Insurance or Proof of Financial Responsibility, for most that means having your insurance card on hand. Make sure to have your insurance agent's contact information as well as a copy of your insurance policy. In car accidents it is important to understand what your auto insurance policy covers, so you'll know exactly how you are protected. Are you covered if an uninsured driver hits you? What are your insurance limits? These are questions you want to know the answers to before an accident occurs.

Another way to stay prepared is to have a car safety kit stored in your car. This safety kit most likely comes with cones

for directing traffic, a flashlight, and pen and paper for making notes and exchanging information. It is also wise to have a camera on hand to photograph any damage, street signs, and license plates of any other cars involved.

Keeping emergency telephone numbers, as well as a note of any medical allergies you may have in the case of medical assistance is another important precaution.

## When an accident occurs:

If you are in an accident you are required by law to stop, whether the accident involved a pedestrian, a parked car, or even property. According to the 2007 State Bar of California, if you do not stop, you can be charged with a hit-and-run even if the accident was not your fault.

"The number one thing to do is to check for any injuries, with yourself, the other driver, and as well as the car," says CSUSM's Chief of Police, Ronald Hackenberg. "The first call that needs to be made is to 911."

If there are any suspected injuries for

either party, notify medical authorities right away.

"You have to be very aware and alert of other vehicles coming from behind you, especially on the highway," says Hackenberg.

If the accident does occur on the highway, Hackenberg suggests moving your car to a safer location if possible or stand behind a guardrail for protection until help arrives. Put out cones to help other drivers be more aware that an accident has occurred.

Exchange information with the other party such as names, phone numbers, and insurance company information. Take note of the license plate number, make, model and year of the other driver's car, and his/her driver's license number.

Record the time, date and location of the accident, note street signs, the weather and exactly how the accident occurred, and try, if possible, to get witnesses' names and phone numbers as they may come in handy in trying to piece how the accident occurred.

When police arrive, note the officer's badge number and do not admit fault, anything you say could be recorded and later be used against you, so before taking the blame consult with your insurer or a lawyer.

If an accident concerns a parked car or property damage, you must make an effort to locate the owner. If you cannot, the law states that you can drive away only after leaving behind your name, number, address, and an explanation of the incident.

## After an accident:

Request a copy of the police report of the accident for your records. When it is determined who was responsible for the cause of the accident, compensations may be made for personal injuries, car damages and even lost wages, all depending on the type of coverage both parties' insurance policies have. Keep in constant communication with your insurer and speak with a lawyer for any legal advice concerning the accident or making an insurance claim.

# Exclusive interview with ASI President

BY DIANA VALDIVIA  
Pride Staff Writer

Recently The Pride had the opportunity to interview our current Associated Student Inc. President, Alexander Hoang.

**Diana Valdivia: Tell us about yourself.**

Alex Hoang: My name is Alexander Hoang and I am your ASI President & CEO. I'm studying Business Administration / Management. I am an international traveler that seeks to bring people together. Oh and I love

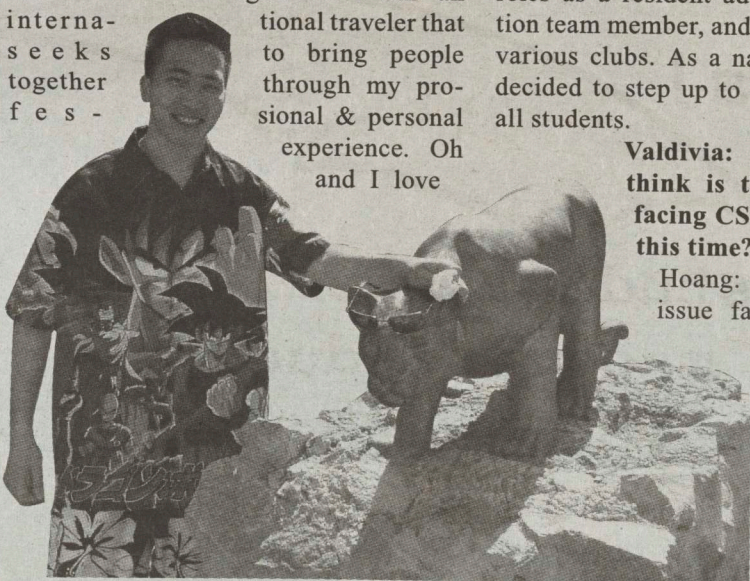


Photo by Diana Valdivia

my mommy's cooking.

**Valdivia: Almost a year ago you were elected as ASI President. What made you want to run for this position?**

Hoang: From the moment I set foot on CSUSM, I fell in love with it. I knew this intimate learning environment would transform my life, and I wanted to make a positive impact on it as well. Many students expressed their personal confidence in my leadership and shared with me how I helped their lives through my roles as a resident advisor, an orientation team member, and active member of various clubs. As a natural advocate, I decided to step up to the next level for all students.

**Valdivia: What do you think is the biggest issue facing CSUSM students at this time?**

Hoang: The biggest issue facing students is affordability and access here at CSUSM. The economic crisis is taking its toll on students and the budget cuts have limited

enrollment. Parking permit prices and textbooks are extremely high, availability of parking is troubling, and the offering of fewer class sections are delaying graduation rates.

**Valdivia: As ASI President, what are you doing to help students with this issue?**

Hoang: I asked President Haynes for help regarding parking permit prices when I first stepped into office and with the help of ASI advocacy, she cut the proposed increase by \$35 dollars for the next academic year. I also advocate on a statewide level for our students and have led a textbook affordability resolution that recently passed and is in the works at our home campus. I've also spearheaded the coded memorandum on shared governance for our CSU. This ensures the accountability of having a student on an administrative committee / initiative to voice the student perspective.

**Valdivia: What is your stand on the idea and planning for the new University Student Union?**

Hoang: The USU is an awesome legacy in the process. It will clearly benefit the whole community at CSUSM. Faculty and staff in our administration should be included in the fee implementation, not

just students, since it will enhance our community as a whole.

**Valdivia: What has been the best part of being ASI President?**

Hoang: The best part is standing by the side of my fellow students each day. To give my best, everything that I am to engaging, empowering, and serving students is a true honor and privilege.

**Valdivia: What has been the biggest challenge as ASI President?**

Hoang: The biggest challenge is the learning curve. I have stepped up to this challenge by professionally developing the board and creating an ASI 101 living transition manual so that any future student chosen by their constituents to lead will be quickly supported in order to deliver results for the students of CSUSM.

**Valdivia: Any additional thoughts you would like to share with students?**

Hoang: ASI is here for you if you seek anything on your home campus to be improved, enhanced, or changed, check out our website [www.csusm.edu/asi](http://www.csusm.edu/asi), give us a ring at 760-750-4990. We stand united to represent YOUR VOICE. As you strive for excellence in all areas of your life, please know I stand by your side.

## UniversityVoice

Photos by Consuelo Martinez / Pride Staff Writer

"Have you ever donated blood? Why? If not, would you ever consider it?"



"I know that it's an awesome opportunity to help people that you don't even know, but unfortunately, my stomach just can't handle it. I wish you could donate blood without having to use a needle!"

Natalie Todd  
Junior



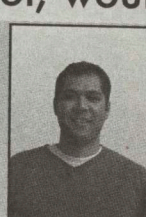
"Yes, I have had the opportunity to donate blood. Even though I have had several opportunities [to donate blood], this always contradicted with my mother's belief...that donating blood would cause me to get sick."

Daisy Alonso  
Senior



"I have considered it whenever I see or hear about a blood drive, but, I think of poking needles and I get a little afraid. I should though, because you never know how many lives you could be saving by donating blood."

Erika Martinez  
Senior



"I have. I donated blood because my sister was involved in a serious accident where she required blood. It should be everyone's civic duty to donate when they can."

Jacinto Benitez  
Senior



"Yes, I have. You have to pay it forward because you never know when you'll need someone else's blood."

Conrad Ottey  
Senior



## Time to change the oil in your car Alternative fuel vehicles are in your future

BY BLAINE H. MOGIL  
Pride Staff Writer

Although the small scale nuclear reactor found in a DeLorean may sound like a nice alternative for fossil fuels, until we get a fully functional Flux Capacitor this just won't be a viable option. Don't despair as plenty of realistic options are in the works with many already on the road. Fossil Fuel freedom includes options such as Fuel Cell Technology, Ethanol, Electric Hybrids and even Algae. Could Algae become a viable fuel source for cars?

While Algae may not propel your car with the power of 1.21 gigawatts, if it can power a 747 it's probably got the potential to get your Scion moving too. In order for algae to be used as fuel in vehicles, it must be processed in a manner similar to converting oil into gasoline. According to Dave Demerjian writing for wired.com, "PetroSun Biofuels has opened a commercial algae-to-biofuels farm on the Texas Gulf Coast..." and continues "Of all the options for future jet biofuel production, algae is considered one of the most viable." In this same article the viability of using biofuels is given credence as in early 2008 "Virgin Atlantic flew a 747 partially powered by coconut and babassu oil." The CEO of Virgin Atlantic has become deeply concerned about the environment and is taking a leadership role in promoting alternative fuels.

In an article by Mike Magda on autobloggreen.com "Branson says



Photo by saabclub.com

the use of biofuels should be expanded to many industries. Branson's Virgin transportation companies, including Virgin Atlantic and Virgin Trains, are going to reinvest profits into renewable energy, and Virgin Fuels is expected to be a beneficiary. The company was already into bioethanol production and researching other alternative fuels." Perhaps Branson may be looking at the profit potential of alternative fuels even as he claims a concern for the environment. One may question Branson's real motivation, but it would be very hard to say that he is all talk. He is taking a very strong leadership role in creating a more environmentally friendly option to fossil fuels.

While algae may become an excellent substitute for fossil fuels in the future, other options are already on the road, and more are coming soon from major auto manufacturers. There are already Hybrid Elec-

trics, Flex Fuel vehicles, Natural Gas Vehicles, and Biodiesel cars commercially available to purchase. And without regard to the form of transportation, these alternatives to fossil fuels can be adapted to work in planes, trains and automobiles. And don't forget about the possibility of pure electric cars.

GM hasn't forgotten about pure electrics in spite of having pulled the plug on the EV1, the first commercially available modern electric car. According to the Chevy web site the "The Extended-Range Electric Vehicle that is redefining the automotive world is no longer just a rumor. In fact, its propulsion system is so revolutionary, it's unlike any other vehicle or electric car that's ever been introduced." The Volt is scheduled to hit the road in late 2010, and if successful could lead the charge of a whole brigade of environmentally friendly cars.

## Sleep Deprivation

Are you torturing yourself with lack of sleep?

BY JAMES SEBRING  
Pride Staff Writer

Can't concentrate? Feeling depressed and tired? Have a cold almost every week? These are common symptoms of sleep deprivation. Late night parties or trying to squeeze in a six page paper three hours before the eight a.m. deadline? These are common occurrences in a college student's life, but a constant lack of sleep can be more harmful to a student's health than suspected.

There are both physical and psychological causes for lack of sleep. Stress is a common factor for many people. Work, erratic and uncontrolled schedules, poor eating habits, or lack of physical exercise can be factors that can hinder a good night's rest. We hear all the time that we should eat right and exercise regularly to stay in good

health, but this is also the recipe for a healthy night's sleep. Cathy Nguyen, CSUSM Health Educator, on exercising before bed, said,

"You should not exercise just before bed, since the body needs a couple hours for endorphins to wear off. Sometimes a good hot shower just before bed can be of help." She added that certain foods may affect sleep such as caffeine and alcohol.

Creating some kind of sleep ritual or a schedule before bedtime can be very helpful. If you have a tendency to worry about things that need to be done the following day, set time aside before sleeping and make a list of those items so that you won't have to fall asleep listing them.

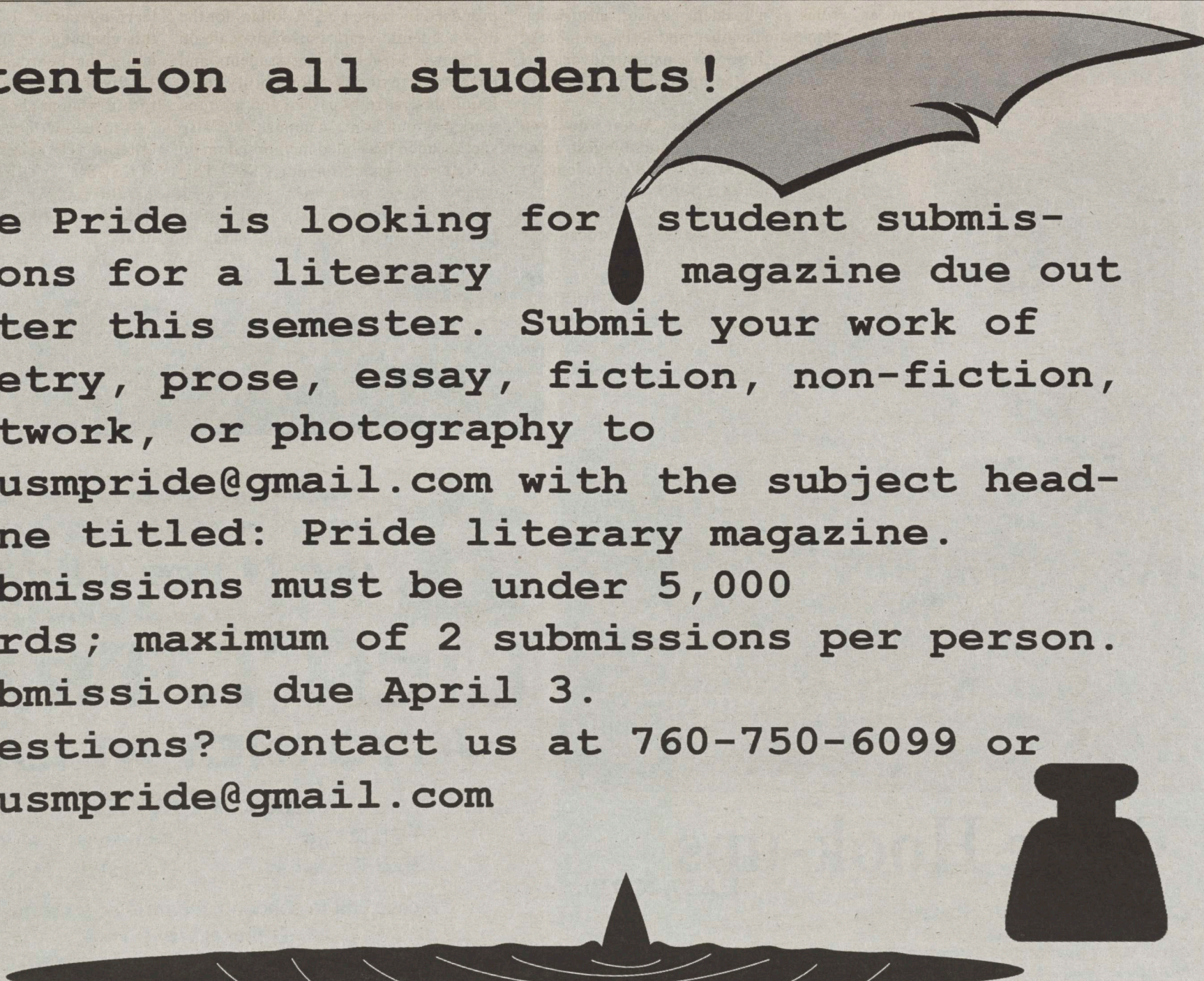
If you are having problems sleeping, Nguyen recommends that you schedule an appointment at the health center and talk to a specialist who can help determine what factors may be contributing to your lack of sleep.



Photo by the-product-review-site

## Attention all students!

The Pride is looking for student submissions for a literary magazine due out later this semester. Submit your work of poetry, prose, essay, fiction, non-fiction, artwork, or photography to [csusmpride@gmail.com](mailto:csusmpride@gmail.com) with the subject headline titled: Pride literary magazine. Submissions must be under 5,000 words; maximum of 2 submissions per person. Submissions due April 3. Questions? Contact us at 760-750-6099 or [csusmpride@gmail.com](mailto:csusmpride@gmail.com)





# Is there chemistry between students and the new CHEM 250 lab?

BY PRISCILLA GEORGE  
Pride Staff Writer

Despite budget cuts and cancelled classes, Dr. Karno Ng teaches a chemistry laboratory course never before offered by CSUSM.

**Background Info:** Previously, both chemistry majors as well as pre-med students would take the CHEM 250 course and pair it with CHEM 275, a three-credit course including a class and lab. Students who did not fall into this category would generally take no accompanying lab with the CHEM 250 course. This method worked well for quite some time. However, it was actually a hindrance for non-chemistry majors. This is because non-chemistry majors such as pre-med students were not required to take CHEM 275 but just needed an accompanying lab for professional degree purposes. Therefore, instead of taking a 1-credit lab, no alternative was given, forcing them to take on a course they really did not need. For chemistry majors, however, taking the required CHEM 275 in conjunction with CHEM 250 allowed them to save time.

**Lab's Purpose:** As a remedy to this dilemma, a new CHEM 250 lab was developed this year. The lab "was primarily designed as a means for students who are not chemistry majors to get a second semester of 'general chemistry lab' for the purpose of applying to medical school or other graduate or profes-

sional programs for which two semesters of general chemistry lab are prerequisites," said Dr. Michael Schmidt, the current Chem 250 course instructor. None of this makes any difference to students who are neither chemistry majors or pre-med students, since they can still take the CHEM 250 lecture without the lab, just as before.

**Instructor Highlight:** Dr. Karno Ng currently teaches the new CHEM 250 lab. Dr. Ng has a Bachelor's of Science in Chemistry and had the honor of being Summa Cum Laude (3.8 GPA average), has a PhD in Analytical Chemistry and an MBA. She was also the 2007/2008 recipient for the President's Award for Excellence in Teaching and Learning from CSUSM. Because of her expertise in Analytical Chemistry and her substantial qualifications, she was given the prestigious honor of creating the CHEM 250 lab from scratch. Dr. Ng says it is a lot of hard work but this opportunity is a privilege. She employs a variety of educational tools such as worksheets, pre-lab quizzes, the Vermier Software Program for certain experiments, in-class quizzes, lectures expounding upon the next week's lab and mini-lectures the day of the lab to reiterate important points and reminders. "The new CHEM 250 lab will usually be offered every spring while the CHEM 250 lecture will most likely be offered in both fall and spring semesters," Ng says.

**Lab Response:** Students have both

favorable and unfavorable responses to the new CHEM 250 lab. "For students looking for med school or pre-professional studies, it's good because it gives you one full year so it saves time and it works out with my schedule too so it's convenient," said CSUSM student Arienne Schultz. Comparing it to Organic Chemistry 202, senior Alicia Hart says CHEM 250 is a "baby lab" and that coming back for the lab was actually beneficial because it helped her refresh the material. Both Hart and sophomore Brittney Banfer agree their previous labs ran more smoothly than the Chem 250 lab. Since this is a new lab, many unforeseen problems arise causing confusion. Understandably,

many kinks still need to be worked out. Junior Jennifer Oberschmid thinks "it's kind of cool to be part of an 'experiment'." When asked about the lab size and atmosphere, Banfer replied "the class is small so you're able to get help if you need it and not wait forever to ask questions and the atmosphere is fun and light."

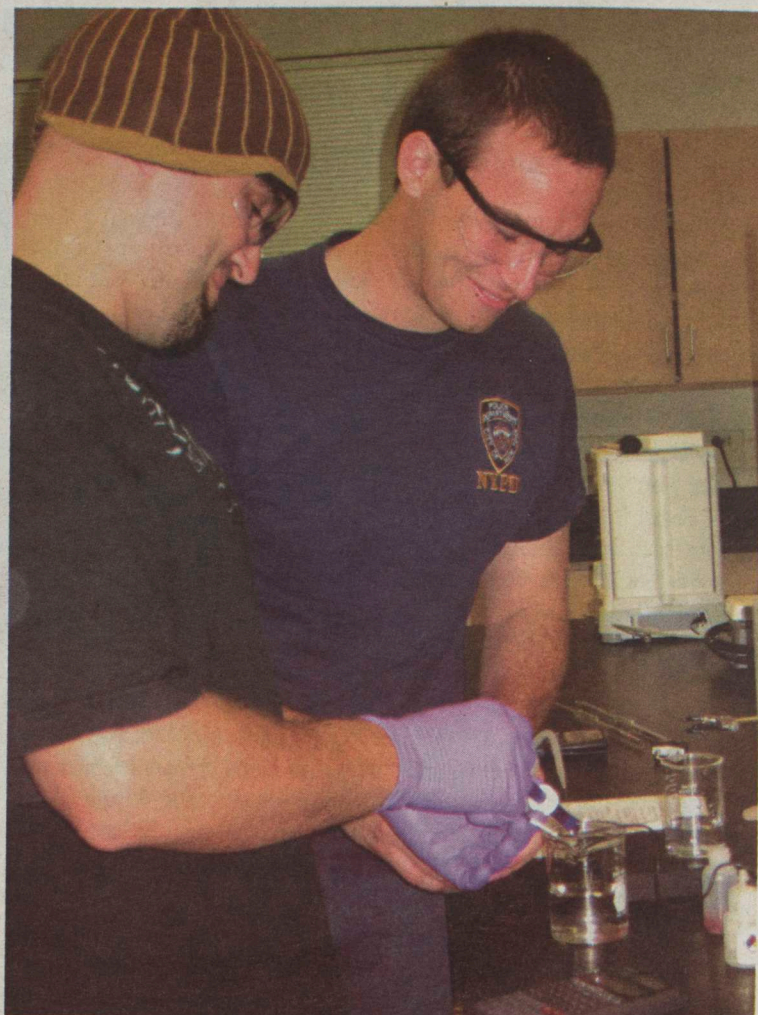


Photo by Priscilla George

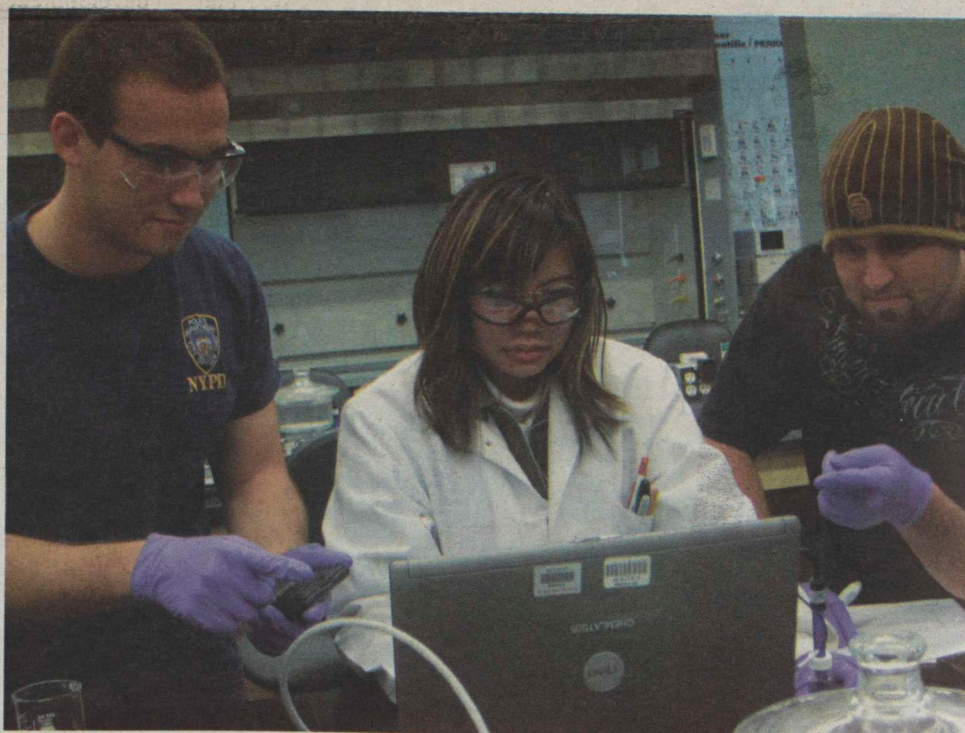


Photo by Priscilla George

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# Red Cross celebrates over 100 years of service

BY MATT LEWIS  
Pride Staff Writer

It is an international symbol of neutrality, impartiality, and overall, healing. In times of war and strife, it incites the feeling of relief in some and hope in others. Wherever and whenever people are in need, the American Red Cross is often the first to the scene.

March marks the beginning of Red Cross Month, but many people are confused to what the Red Cross does besides asking for blood donations. While many people on campus simply equate the Red Cross with blood drives, it is actually involved in many different services to the county and the nation.

The San Diego chapter of Red Cross states on its website, [www.sdarc.org](http://www.sdarc.org), that "We exist in order to serve others in need, independently and without discrimination, providing relief for victims of disasters and helping people prevent, prepare for, and respond to emergencies." Whenever an emergency or disaster occurs, the Red Cross supplies the victims with volunteers, supplies, and if needed, blood transfusions.

This organization originated shortly after the Geneva Convention in 1874. The official American The Red Cross website, [www.givelife.org](http://www.givelife.org), states that the organization originally began in Switzerland, the host country of the convention, hence the use of the red cross from Switzerland's flag.

In 1876, the International Committee of the Red Cross was formed, and by the turn of the century, most European coun-

tries and the U.S. had their own branches of the Red Cross. After World War II, many countries from Asia, Africa, and South America formed Red Cross organizations of their own as well. At the outbreak of World War I, thousands of Red Cross nurses from the U.S. and Japan were sent to aid European countries.

In 1946, Red Cross volunteers were the first foreigners to visit Hiroshima after the atomic bomb dropped. In every major world conflict the organization is involved in, its goal is to aid those who need assistance with impartiality and compassion.

The Red Cross assisted in many recent disaster relief efforts including the South Asian tsunami disaster, Hurricane Katrina, and September 11th. On [www.givelife.org](http://www.givelife.org), the Red Cross states that its goal is to provide, "...community services that help the needy; communications services and comfort for military members and their family members; the collection, processing and distribution of blood and blood products; educational programs on health and safety; and international relief and development programs."

Because the Red Cross is not a government agency or organization, it is able to work closely with the community it serves and depend on volunteers and donations from that community in order to survive.

According to its website at [www.sdarc.org](http://www.sdarc.org), the San Diego/Imperial County chapter of the Red Cross was founded in 1898 and responds to emergencies 24 hours a day.

Located in Kearny

Mesa, "the volunteers are mostly walk-ins from all over, plus the Red Cross clubs at local high schools and some college campuses" said Amanda Cropper, who works with the San

Diego Red Cross's outreach department.

"Some of our Red Cross clubs are active at USD, UCSD and Point Loma Nazarene, and that's where we get many of our volunteers for our blood drives and fundraisers that we hold throughout the county."

As of yet, CSUSM does not have its own Red Cross club, but still participates in activities like blood drives on campus.

March is officially designated as Red Cross Month, an event officially recognized by the federal government for its achievement as an organization.

"On February 27, 2009, President Barack Obama issued a proclamation officially designating March as American Red Cross Month, marking the 66th time the month of March has been celebrated in honor of the organization" said Chris Marek, the Director of Development & Communications for the San Diego chapter of Red Cross. "This tradition was

Cross has quite a few things planned. "We will be celebrating Red Cross Month by holding its 18th annual free CPR Saturday event on March 14, 2009 from 7 a.m. to 1 p.m.," said Marek. "The event will be held in Golden Hall at the San Diego Concourse located in Downtown San Diego. The Red Cross urges all to be CPR certified and will be offering this CPR training to the public. All participants successfully completing the course will receive certification at no cost."

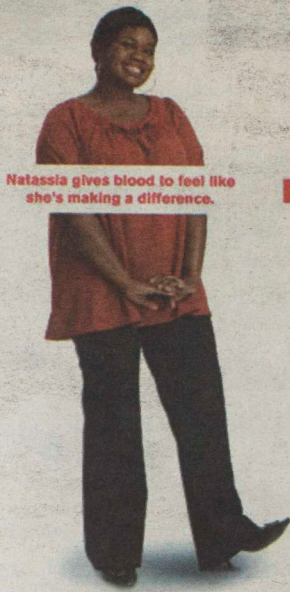
If this event is too far away to attend, there are also some events happening on campus as well.

There is a blood drive happening in the Kellogg plaza on March 9 as well as March 16 from 10:00 a.m. until 3:30 p.m. The drive on the 9th is sponsored by the CSUSM Student Nurse Association. The familiar RV will be parked in front of the library, but unfortunately students cannot just walk up and give blood, due to safety issues. Whoever wants to participate will first have to make an appointment at [www.givelife.org](http://www.givelife.org) (code: CSUSM) and must undergo additional screening if they have had a new tattoo or piercing in the last year. As additional incentive, participants will receive a Music Saves Lives download card, and be entered in a drawing for LA Galaxy or Disneyland tickets.

For additional information about the Red Cross, please visit the following web sites: [www.givelife.org](http://www.givelife.org), [www.sdarc.org](http://www.sdarc.org), or [www.preparesandiego.org](http://www.preparesandiego.org). If you would like information about volunteering for the Red Cross, feel free to contact Amanda Cropper at [cropper@sdarc.org](mailto:cropper@sdarc.org).



Photo by American Red Cross



Natassia gives blood to feel like she's making a difference.



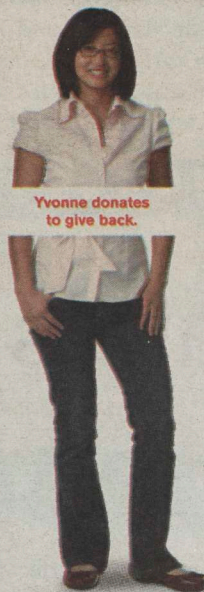
Josh is living proof that she is.

Donate blood today and change a life, starting with your own.  
Call 1-800-GIVE LIFE or visit [givelife.org](http://givelife.org).



American Red Cross

Photo by American Red Cross



Yvonne donates to give back.



When Roger lost everything, she gave him back his hope.

Give to the Red Cross and change a life, starting with your own.  
Call 1-800-RED CROSS or visit [redcross.org](http://redcross.org).



American Red Cross

Photo by American Red Cross

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March 17th  
@ 12-1 pm  
Mark 102

Come meet Dr. Pulvers & discuss sex addiction along with normal vs problem behavior.

**UPCOMING EVENTS**

**Beach Clean-up.**

Saturday, March 14th.

Meet at the south side of Oceanside Pier.

**HIKE across Mt. Woodson.**  
FREE!

Sat. March 21st, 9am-4pm.

Register @ Campus Rec in the Clarke before 03/18.

**ASI Elections coming up.**

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March 23-26, [www.csusm.edu](http://www.csusm.edu).





# What to see on DVD

## Two docs and a duck

BY BLAINE H. MOGIL  
Pride Staff Writer

This week is full of insights into people, their lives, and their beliefs. Perhaps the prevailing message this week is that you should keep living life to the fullest until the Grim Reaper calls your number. Speaking of numbers, our first film has one of the most eclectic selections of musical numbers you'll find in any movie. The performers are pretty eclectic as well.

"Young at Heart" follows the "Young at Heart Chorus," a group of senior citizens from Northampton, Massachusetts who travel the world performing covers of some of the most unlikely songs you would ever

expect to find senior citizens rocking out to. The songs they cover include "Schizophrenia" by Sonic Youth, "I Feel Good" by James Brown, "Should I Stay or Should I Go" by the Clash, "I Wanna be Sedated" by The Ramones, and more. While they may not bring the high energy of these great performers to the stage, it is not for a lack of desire. There is no doubt in watching these vibrant seniors perform that they are not only young at heart, but that they are also full of heart. This is not a pabulum feel good story, although watching it should make any viewer feel good, but it shows how these wonderful people struggle through highs and lows to make it through each day. Their never-say-die attitude helps carry them through the loss of two chorus members during the filming. If watching this movie teaches the viewer one thing, it is that there are no excuses for not living every day of your life as if it is your last. Don't wait until your last day to see this film, for today might just be a good day to watch it. What to See \*\*\*\*

"Duck" is the poignant story of Arthur Pratt who finds himself late in life having survived both his wife and his son. He stoically carries on his life in the wake of his losses but finds

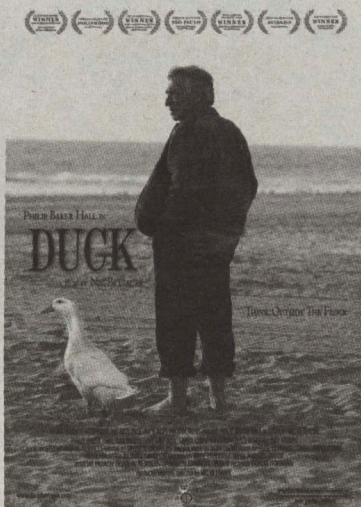


Photo by Duckthemovie.com

no more reason to continue. He calmly gathers together the pills he needs to end his life. Upon arriving to the local park, he encounters a fleeting vision of his son, and then he lays down upon the ground in preparation for his end. Just prior to taking the pills, a duckling walks up to him as though it was his son reincarnated. Arthur proceeds to take the duck home and fill the role as the ducklings' surrogate mother. The story follows the two as they journey to the ocean searching for a new place to live, as Arthur has been told to leave his apartment for not paying the rent. In the process, they begin a new life together. The story is not an overly sweet one, but it is a rewarding one. There are moments where

you will smile from the joy of watching the film. In the end, you will feel a little bit warmer and fully satisfied inside, as though you just drank a warm cup of cocoa on a cold winter night. What to See \*\*\*

"Religulous" is a documentary about the anachronistic nature of religion in our society today. Bill Maher is the controversial star, and he is a person who grates on my nerves the wrong way. In spite of this fact, I do hold his opinion in the highest regard, and I respect him for his willingness to state his beliefs without fearing the repercussions. He is a true champion of free speech. I have been anxious to see this film from the first time I saw a trailer for it. There was but one disappointment in this film, and that was the length. Maher covers a lot of ground to give background and perspective to the conclusions he makes at the end of the film yet, it seems that he could have added another hour or two of material, and still kept the movie captivating. Perhaps he'll offer up a sequel at some point. In the film, he takes a velvet hammer to all of the major religions as he attempts to shatter the stained glass keeping us all in a veritable religious prison. He perceives an irrelevance of religion in general, as well as

the manner in which religions continue to pursue the course of war out of one side of the altar, while preaching peace out of the other. Until all religions agree to a ceasefire, my position on the issue will be standing side by side with Maher. The orthodox will hate this film, the conservatives will be miffed by it, the reforms just might see validity in some of the claims, and the seculars will cheer. If you are truly open to an exchange of ideas, you should watch this film. If you are set in your beliefs, then perhaps you should open your mind to the possibilities. An objective viewing of this film might just help you do that. What to See \*\*\*\*

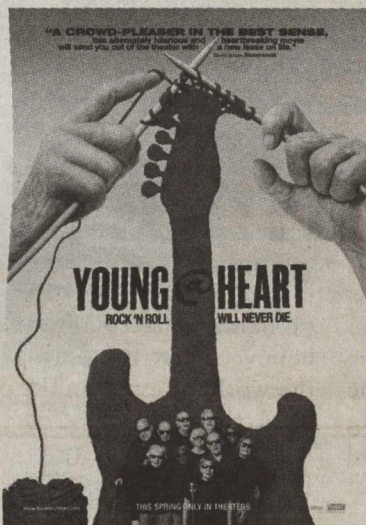


Photo by Fox Searchlight

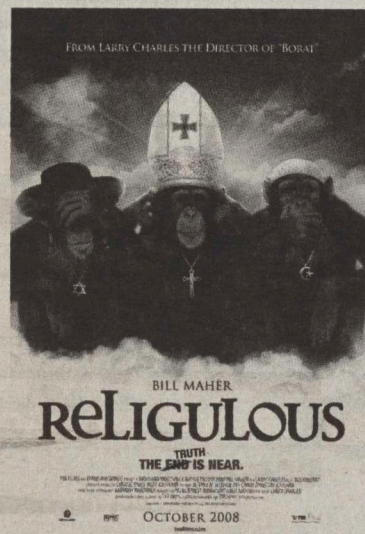


Photo by Lionsgate

## In theaters this week

BY BILL RHEIN  
Senior Staff Writer

This week is the first in roughly a month to feature several films opening in wide release. This week's mixed bag of films contains a family action flick, a lowbrow comedy, a horror remake, and several limited release films.

First, Disney studios graces filmgoers with another in the studios "Witch Mountain" series with "Race to Witch Mountain." The plot consists of two aliens that look like human children and their quest to leave Las Vegas and head to Witch Mountain. To get there quicker, they hitch a ride in a cab and Dwayne "The Rock" Johnson happens to play the driver.

The fate of the earth is in his hands in this family action film.

This will be a perfect film for filmgoers of all ages with a story for children plus action and humor for the older crowd. Also, those who are familiar with the other "Witch Mountain" films can reminisce while enjoying this new installment. It is certainly a better choice than other family films presently in theaters, such as "Hotel for Dogs" and "The Pink Panther 2."

Next, there is a film that causes

me to shrug in disgust. Hollywood just punished cinemas with "Fired Up" and this week they offer "Miss March." The plot is boringly simple. It follows the shenanigans of two young men who find out a girl they knew in high school is now a centerfold for the Playboy magazine.

Just like "Fired Up," this is going to be a poor film. It will rely on lowbrow, immature jokes to draw in high school and college-aged viewers. "Miss March" is just another teen movie, pushing the boundaries of soft-core pornography, and I hope you do not waste your money on it.

The last movie in wide release this week is a remake of Wes Craven's breakout film "The Last House on the Left." I fear that the original, revolutionary horror film will be reduced to a

gore-fest in this remake.

Horror films used to be about building tension and keeping viewers on the edge of their seat. Now, since films like "Saw" and "Hostel," horror films have become all about blood and mutilation. Real thrills in horror films come from fear leading to the violence, not the actual deaths. This film has potential if it can maintain a high level of anxiety in viewers.

Also out this week are several films going into limited release. Though there are several, I would like to give a nod to "Edge of Love" and "Three Monkeys" which appear to be a pair of really artistic films.

Lastly, I would like to mention "Sun-

shine Cleaning," which I expect to be very entertaining and enter wide release in a few weeks. It is another drama comedy hybrid in the vein of "Little Miss Sunshine" about a pair of sisters who start a crime scene clean-up company. It evolves into a heartwarming story when they console those affected by the tragedies they are cleaning. Keep an eye out for this one if you cannot

make it to a theater screening limited releases.



Photo by Disney

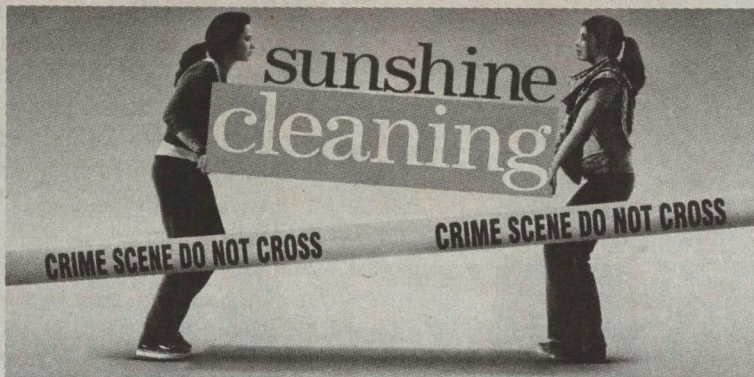


Photo by Overture Films



Photo by 20th Century Fox



# Hits of Sunshine

## Joseph Arthur and the Lonely Astronauts

BY AMY SALISBURY  
Faces and Places Editor

*Retraction: Last week's "Hits of Sunshine" headline read "Joseph Arthur and the Lonely Astronauts" but was accompanied by the incorrect article. The following is the article as it should have appeared in the 03/03/09 issue.*

There is something inherently immoral about the "shuffle" setting on iPods. Even archaic CD players allowed the listener to jumble tracks of a certain album if he so chose. Albums weren't meant to do this. The most interference a cassette tape or record got was a swift flip. Now Apple shamelessly allows the mixing of thousands of songs with no qualms about how their redistribution might affect, well, everything. I imagine artists

create albums with the idea that they will be listened to in their entirety. Therefore, I abstain from shuffling.

With that said, you will note that I was outside my head the other day, as my iPod was indeed on shuffle. Serving as background noise as meaningless as strangers' conversations, the random selections warranted no particular feelings. I know my music well, so when a song came on that I hadn't instantly recognized, I didn't quite know what to do. A glance at my iPod's display read: Joseph Arthur and the Lonely Astronauts, "Faith."

Joseph Arthur began writing music as a teenager. The Ohio-based musician dabbled in electronica before discovering his signature guitar-centric style. In the early 90s, Arthur signed

to Peter Gabriel's record label, Real World Records. After five studio albums, Arthur decided to keep his touring band around for albums six and seven, and establish his own label, Lonely Astronaut Records. His latest release, *Temporary People*, includes musicians Sibyl Buck, Kraig Jarret Johnson, Jennifer Turner, and Greg Wiczorek.

I clumsily paused the song to see if I could compel any more information out of the slight electronic. I had the entire album, but this Joseph Arthur sounded almost nothing like the guy I fell in love with after hearing "In the Sun" off 2000's *Come to Where I'm From*.

I slipped a little further out of my head listening to Arthur's haunted voice on "Faith." His grainy vocal offsets nearly cheerful guitar riffs and cym-

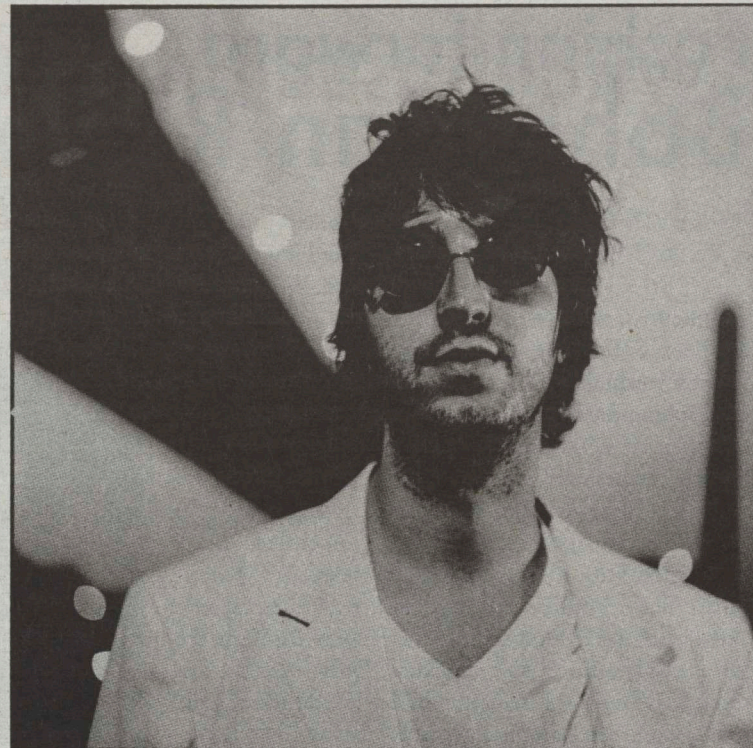


Photo courtesy of JosephArthur.com

bal-thick drums. "Faith comes in little waves," Arthur offers with a bit of optimism, as "the pain is what makes you believe." The Lonely Astronauts' chorus punches through the heavy-handed instrumentation with bright belts of affirmation making the song's mood more buoyant than glum.

Now that my brain is square between my ears, I may confidently propose that to shuffle is to discover. I am in no way convinced that this happy bit of chance absolves any of the aforementioned offenses, but I suppose music's value surfaces when it is listened to rather than heard.

# Watching the "Watchmen"

BY BILL RHEIN  
Senior Staff Writer

Many fans of the comic book "Watchmen" have waited for a film version of the 12-part series. After years of struggling over a studio and director to make the film, it has finally blossomed into theaters.

"Watchmen" is a deep story about life in a world where superheroes are real. Essentially, the story takes place in an alternate future where masked vigilantes fight crime following World War II. Then, a freak accident causes one man to become an actual hero, not just another man in a mask like the other heroes of the time.

This man becomes known as Doctor Manhattan and he has unlimited powers including teleportation, sight into the future, and being able to control and manipulate any piece

of matter. His existence causes the United States to win the Vietnam War and sets up the rest of the story.

It is set in 1986, and due to the success in Vietnam, Richard Nixon is still president. Tensions between the United States and the Soviet Union are high and are marked by a symbolic clock, which is set at five minutes to midnight, or doomsday.

The death of one of the "Watchmen," the group of six masked crime fighters, sets off the story about an organization fixed on disrupting the tension equilibrium between the superpower nations and taking out the heroes.

Unlike other

comic book adaptations, this one is very accurate to the source books. Most of the movie is shot-for-shot the same as the comic, including the dialogue. The violence and scenes of sexuality were not cut out and thus this is not a film for young viewers.

Also, the film is very true to the characters, which works to its benefit. This is a character driven story. The film explores the heroes, who are very flawed individuals. They all fight for good, but are tragically broken. Their levels of conviction and humanity make this an interesting look into a world where superheroes exist.

For example, there is the hero known as Rorschach, whose super conservative nature causes him to border on the point of

insanity. Even after masked vigilantes are outlawed, he believes it is his duty to rid the world of evil. On the other hand there is The Comedian and Doctor Manhattan, who fall out of touch with humanity and become frighteningly unhinged.

The film becomes very complex, and barely manages to keep on track. The film falters by becoming so dedicated to the source. The mediums are different and thus what was good pacing for a comic becomes a little slow in the film version.

"Watchmen" is a modern story, which is demonstrated in its dramatically flawed characters. I was very impressed and subsequently went out and read the entire comic book series. Though the movie is a let down in some places, the characters make this an exciting and worthwhile film.

Photo by Paramount Pictures

## UPCOMING CAREER CENTER EVENTS

### WORKSHOPS:

CAREERS AND JOB SEARCH FOR  
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Tuesday, March 10, 2009  
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CAREERS AND JOB SEARCH FOR  
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Thursday, March 19, 2009  
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### SPECIAL EVENTS:

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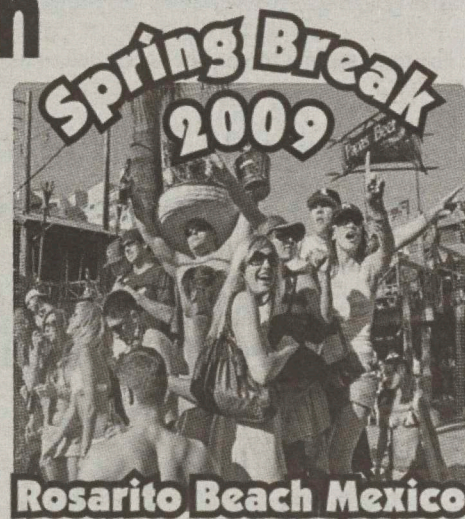
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# Fashion forward Bohemian Rhapsody

BY KEVIN CHATHAM  
Pride Staff Writer

Bohemian style or "Boho Chic" has been a strong aesthetic in the fashion world for years. The original Bohemians were nomads and refugees of central Europe. In French "bohemian" translates as "gypsy". The original bohemians devoted a significant amount of time defying mainstream culture. They would sit around in cafes and talk about art, literature, and music. Their defiance of cultural norms also translated to a defiance in personal aesthetics. The bohemians redefined their poverty into a statement and

made it powerful. They manipulated their social circumstances and created a subculture based on individual expression.

Bohemianism in a modern context is an outlook and a way of living. A modern bohemian is heavily interested in expression through the arts (visual art, sculpture, music, dance, and literature). A modern bohemian still

retains anti-establishment and anti-mainstream sentiments. To the modern bohemian, the pursuit of expression consumes all aspects of life.

## Getting the Bohemian Look

In terms of fashion, bohemianism is grounded on a single principle, individual expression. Here are five rules to help you get that Bohemian look:

### 1. Comfort:

Bohemian garments tend to be very airy and baggy. Excess fabric is a key aesthetic feature of bohemian style.

### 2. Layers:

To properly channel the gypsy vibe one must be a master of layers. Layer clothes and jewelry to create visual depth and complexity.

### 3. Patterns:

Muted and earthy hues exude an artistic vibe. Don't be afraid of plaids, florals, and polka dots. Embrace

patterns.

### 4. Affordability:

Bohemianism is anti-establishment; this includes major fashion juggernauts such as Gucci and Prada (they already have enough money). Second hand stores and made objects are bohemian staples.

5. Confidence: Bohemianism is not just a style, it is a way of life and an attitude.

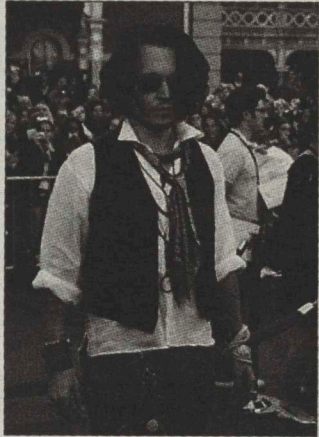
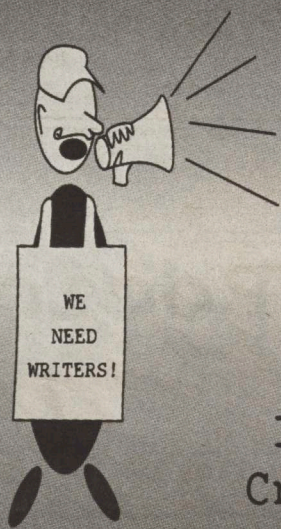


Photo by usatoday.net



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California State University  
San Marcos

## University Student Union Student Forums

As Cal State San Marcos continues to grow and approach its 20<sup>th</sup> anniversary, we are exploring options for constructing a facility for campus life, programming, social interactions, and leadership development that will impact the entire campus community. The proposed University Student Union (USU) project will enhance the quality of campus life by providing a mix of informal gathering spaces, retail and food services, and venues for events. However, an increase to the existing Student Union fee would be necessary to support construction and ongoing operational costs associated with the facility.

CSUSM will be utilizing an alternative consultation process which provides opportunities for student, faculty, and staff input regarding the proposed USU building and student fee increase through forums and a website (<http://www.csusm.edu/usu/>) designed to be both educational and a means to obtain feedback. This feedback will then be compiled into a report and presented to the Student Fee Advisory Committee and President Haynes.

Your participation is crucial to the process since the proposed University Student Union will have broad implications affecting many aspects of campus life. By attending one of the forums, you will have an opportunity to learn more about the proposed building, view artist renderings, ask questions and provide us with your thoughts and ideas.

The open student forums are scheduled as follows:

- February 25, 2009 in the Clarke Field House, Room 113, from 5:30 to 6:30 p.m.
- March 12, 2009 in Markstein Hall, Room 125, from 12:00 to 1:00 p.m.

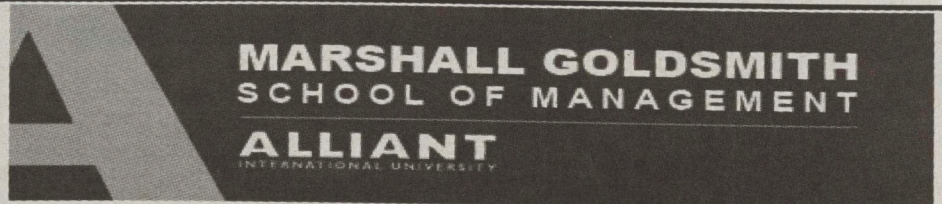
Free pizza will be served!

Check out the USU website (<http://www.csusm.edu/usu/>) to learn more and to leave questions or comments.



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# A Neverending Story Popcorn storytelling

It all started when Paige decided to leave Cole in charge of making reservations. If maybe she had called herself or enlisted a five year old, maybe, then maybe, we wouldn't be where we are right now.

"This whole trip was your dumb idea, remember? Don't blame me." Paige says to me before she crosses her arms and drops down on a stump in the dirt.

I glare at Cole, while Amy and Kimberly play Go Fish in the truck bed.

"How in the world is this my fault?"

"Well, it's not mine and now Bryan and Tim are missing."

Back over winter break, I suggested that we all get together like the old days for a road trip. Paige thought it might be nice to rent a cabin by the lake over the spring break. Everyone agreed. For months, I looked forward to it. I didn't mind mid terms and I sure as hell didn't worry about all the money I would essentially be wasting that could be put to better use like for bills and food.

Four minutes into the trip, I knew it was a bad idea.

"What do you mean, we have to sleep in tents?" Amy and Kimberly said in near unison.

"I mean, Cole forgot to make reservations for the cabin so we have to sleep in tents." I clarified.

"Oh really?" Amy said, then leaned over and gave Cole a Wet Willie.

Kimberly glared at her.

By day three, everyone was ready to cut the trip short and Bryan broke the news that he had to be back at work the next afternoon.

The other tents were packed by the time I woke up.

Paige shook me out of sleep sometime during the night. Her hair was in a braid and she was in the same overalls and white tank top she had been in since we left Bryan's house to come up here. She kissed me on the cheek and told me to rise and shine.

Truth be told, I was pretty sick of the dirt in my fingernails and ants in my food. Tim was going into withdrawals not having any phone service and he's pretty lousy when he doesn't have phone service.

Amy and Kimberly were about to kill each other and Cole was too full of himself to try to mediate it.

"This isn't high school anymore, Evan." Paige told me this afternoon before letting me know they all decided to give it up and head back home later tonight.

The campground was pretty vacant. I remember the park ranger telling us there were two other groups checked in for the week. He handed us a map that Bryan used for blow his nose and that's the last I remember seeing it. The ranger also told us something about what to do in case of emergencies but it went in one ear and out the other like when flight attendants tell you about those inflatable life preservers on airplanes.

I stumbled out our tent and combed my greasy hair back.

I was helping Cole load the boat on the trailer while Paige, Tim, and Amy were playing on the dock. Tim was trying to push the girls into the lake while they screamed and protested. Tim lost his balance on the foot of the dock and grabbed Paige's arm for support. Both of them crash landed into the chilly water.

I heard Paige's screeches while Amy laughed. Then I heard her cursing and I knew something was up.

"The keys! They're gone!" Paige kept saying over and over before adding, "I hope you brought scuba gear because we aren't leaving without those keys."

"Don't be so dramatic," Amy said. "We'll just call someone to come get us."

"How? With smoke signals?"

Four hours passed, which lead me here with Bryan and Tim missing and Paige treating me like we never broke up, attitude and all.

Cole leans over to me as I stare out ahead, trying to think.

"This is bad, man. What are we gonna do?"

I try to keep myself calm because I know everyone else is freaking out because it's dark outside. I know the practical thing to do would be to sleep and then worry about finding a phone in the morning but no one wants to do that.

"Why don't you stay here with the girls and Paige and I'll go find the guys and get to a phone."

To Be Continued...

Check in next week to read the continuation of "A Neverending Story" as told by a different writer.

# Word(s) Rocious

## Fierce

Being bold, displaying chutzpah, especially relating to fashion, clothes, hair, makeup or attitude.

"OMG did you see that girl with the asymmetrical H&M tunic?"

"Right? Asians are so fierce!"

A term to describe one's lack of fashion style or catty way of saying someone looks fugly

"Eww, no she didn't! Is she wearing a tie dye shirt?"

"Looks like a rainbow threw up on her... Rocious!"

(3 seconds later)

"Hey Teri, love the shirt, very retro."

## Sad Panda

Used as an adjective or exclamation to describe moments of sadness beyond sadness but the utter depths of existential angst and isolation.

"I accidentally clobbered some baby seals."

Courtesy of urbandictionary.com

"ohhh... sad pandas."



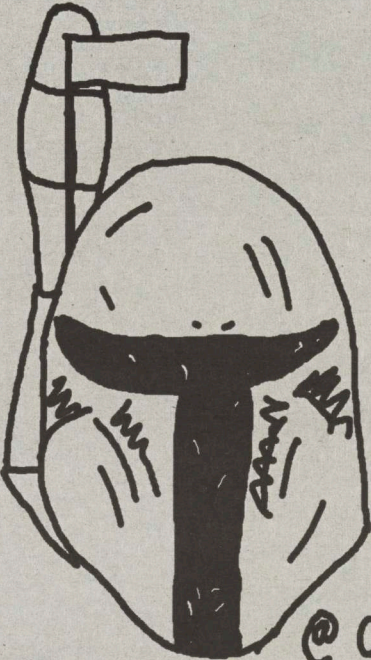
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# Big Cat Food Court offers a lesson in sushi

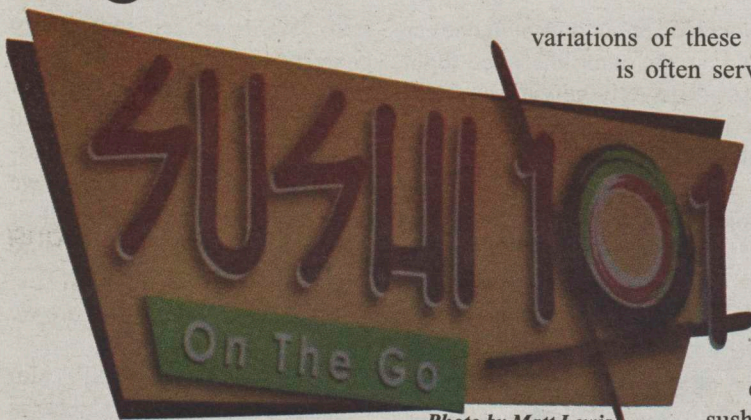


Photo by Matt Lewis

BY MATT LEWIS  
Pride Staff Writer

When thinking of what food to eat between classes, what immediately comes to mind? Hamburgers, pizza, fries, or perhaps some pre-packaged chips? The average student does not have to be a nutritionist to know that these kinds of foods will make them slow down in the middle of the day.

Fortunately, the Big Cat Food Court has many eating options, including Bamboo Stix (Chinese/Asian food), Lettuce Eat (salad bar), and Stack and Dash (Subway-esque sandwiches). In addition to these options, the most recent (and smallest) addition is right when you walk in: Sushi 101.

For those that are unaware of what sushi is, for the most part it is raw seafood, surrounded by white rice and a nori (seaweed) roll and can come in millions of different

variations of these three elements. It is often served with a side of wasabi (a spicy mustard-like paste), pickled ginger, and soy sauce as condiments.

Sushi 101 offers a variety of different basic "Nigiri" sushi, which is usually the basic seafood ingredient served in the rice and nori roll. The seafood they have includes albacore, salmon, shrimp, crab, tuna, and even octopus. The prices of these rolls range from \$5-\$8, depending on whether or not you want the 4 or 6 piece meal.

The sushi rolls are different in that they include a number of different ingredients all wrapped into one. They are then cut into segments for easier handling and sharing, if desired. The rolls offered here are mostly of the fusion variety, or a combination of the ingredients of two different cultures.

The most popular example would be the California roll, which is made

with rice on the outside and the nori roll inside, which contains cucumber, avocado and crab meat.

The Philadelphia roll contains cream cheese and the Alaskan contains imported Alaskan salmon meat, which shows the lengths to which fusion can be used. The prices on these rolls range from \$6-\$10, depending on what the ingredients are and how much is used.

For those who do not see the appeal of sushi, Sushi 101 also offers Bento, or to-go, dishes. Although salmon is offered, a person also has their choice of Kalbi (grilled beef), Bulgogi (barbecue), Tonkatsu (fried pork) and chicken, which can be served fried or grilled. These options are great for those who do not have much time to eat before classes, as they take less time to prepare and eat than sushi. Also, they



Photo by Matt Lewis

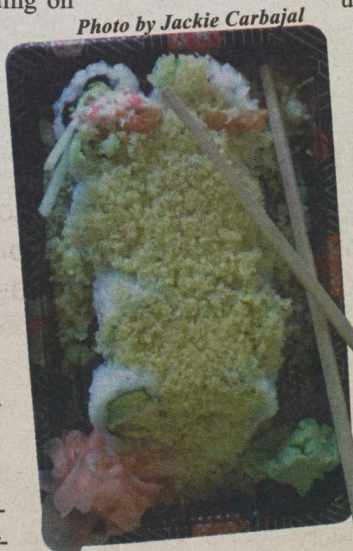


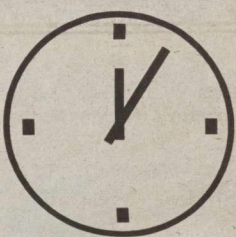
Photo by Jackie Carbajal

are meat options that are filling but do not cause drowsiness like fried food options.

One misconception that people have is that food from school cannot taste good, or at least cannot compete with the quality of an outside restaurant. This is an unfortunate misconception that students carry over from elementary school, when abominations like "haystacks" and square pizza were the best options.

However, nothing could be further from the truth in this case. Want proof? If people really think outside food is better, they will be happy to hear that the chefs at Sushi 101 are from the San Marcos branch of Sushiya, a popular sushi bar chain.

In fact, much of the menu that regular Sushiya customers love remains intact for this tiny but delicious sushi spot in the Big Cat Food Court. So why not try something new for lunch that does not require microwaves or fryalators? Sometimes new experiences can lead to life-long love affairs, even in the case of raw fish.



## Vital Information

	IN	5 MIN	OUT
Sleeping Arrangements	Sleeping with your puppy (how can you say no?)	Sleeping with your teddy bear	Sleeping with a stranger (what would your mother say?)
Things to do in your spare time	Studying (at least until after midterms people)	Surfing the internet	Stalking your ex (give'em a break)
Animals	Chicks (peep peeps anyone?)	Pandas	Penguins (but we still love'em)
Food at Big Cat Food Court	Sushi 101 (thanks to Sushiya)	Pizza	Everything else... (do we need to say more?)
CSUSM Budget Gripes	Course cancellations (but I need that to graduate...)	Parking permit price increase	Tuition fee increase
Gossip	The bachelor Finale (he did what?!)	Chris Brown Felony Charge (leave him Rihanna, even Oprah says so)	Jennifer Aniston/Angelina Jolie Feud
Late-Night Talk Show Hosts	Jimmy Fallon (better yet, talking about how bad he is)	Jay Leno	Carson Daly (peaked during TRL)

Exclusively Fluid...

## Jones Soda Blue Bubble Gum

Every kid's dream, liquid bubble gum

BY JONATHAN THOMPSON  
Senior Staff Writer



Jones Soda manages the production of their product in Seattle, Washington. Peter van Stolk founded what would eventually become Jones Soda in 1987. The company gained momentum in 1994 when the Jones brand name became widely available due to the support from a large distributor. Jones Soda became the official name for the company in 2000. The company began with only six flavors. Currently, the company has 20 flavors amongst a slew of different beverages including energy drinks.

Jones Soda can be purchased individually, in 4 packs, and even in 24 packs. A single bottle of Jones Soda retails for about a dollar and a half. Finding the beverage might be trickier than finding more popular brands of soda such as Coke or Pepsi. However, BevMo stores offer a great selection.

A unique characteristic about Jones Soda is the random photos on each bottle. The pictures range from a close up of a bee to a crashing ocean, and pretty much anything and every-

thing in between. The beverage company selects pictures submitted by customers. Making the distinctive characteristic even more amazing is the fact that customers can special order a 12 pack of Jones Soda with their own photo and quote for \$30.

A slight mist escapes from the chilled bottle after opening the sealed cap. Under the cap reads, "Be an angel. Save a life." The vibrant color blasts beautiful blue rays into every direction. The fluid releases a scent very similar to a package of Bubblicious Blue Bubble Gum. The kid inside jumps for joy as the blueberry flavored soda gently massages all areas of the mouth before passing on. The tongue cannot help but rub the lips as the taste buds excitedly beg for more Jones Soda.

"It smells so sweet! It's almost like a cream soda. It kind of takes you back to your childhood a little bit. I don't know exactly how, but it does," said Senior Business major Bryan Spangenberg.

Make sure to chill Jones Soda to maximize pleasure. Ice might water down the wonderful tasting drink. Cheers mates!



Photo by Jonathan Thompson