

THE PRIDE

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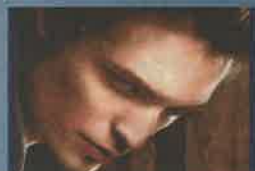
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"DAY OF CLASS ACTION" IGNITES AWARENESS CSU STUDENTS, FACULTY, STAFF PROTECT PUBLIC EDUCATION

NANCY ROSSIGNOL
PRIDE STAFF WRITER

In an article by the *LA Times* dated Jan. 10, 2011, Chancellor Charles Reed responded to Governor Jerry Brown's proposed budget cuts, acknowledging the \$500 million reduction will "limit access for students seeking entrance into our universities and restrict classes and services for our current students."

As a result, CSU demonstrators statewide rallied together on April 13 for "A Day of Class Action." The event began just before noon as faculty, staff and students gathered at Cesar Chavez Plaza carrying signs and banners and wearing T-shirts showing their support. Following the rally was a march from the Cesar Chavez statue to Craven Hall where nearly 200 supporters and onlookers joined in to listen from the steps.

The California Faculty Association hosted similar events on Wednesday at each of the 23 CSU campuses as part of a national campaign concerning cuts to higher education.

An ensemble of jazz musicians from Cal State San Marcos's Visual and Performing Arts Department played during the event. An array of key speakers addressed budget cuts, tuition increases, em-



Photo courtesy of Nancy Rossignol

ployee rights and salary structure.

Sharon Elise, CFA Affirmative Action Representative and professor of Sociology, expressed the need to maintain "affordable, accessible and high quality" education for all students.

Other faculty, staff and students followed with short speeches voicing similar concerns, as the crowd shouted re-

peatedly, "Chop from the top."

Student fees increased 224 percent since 1998, according to the CFA, and another 10 percent fee increase is scheduled for next year. Faculty salaries increased 27 percent since 1998, compared to a 69 percent increase for CSU executive salaries. Chancellor Reed's annual salary, according to the CFA, began at \$254,004 in

1998 and is currently \$421,500. The average base salary for CSU faculty is currently \$85,083, according to the March 22, 2011, Mercer Consulting presentation to the CSU Board of Trustees.

CSU Employees Union chapter President Michael Geck also spoke at the April 13 rally on the issue of employee rights, demanding "rights, re-

spect and a descent contract."

Governor Brown's January spending plan slashed the total state budget by \$12.5 billion including \$500 million from the University of California, \$500 million from the CSU and \$308 million from state employees. According to the Office of the Governor, the 10 percent cut in pay for state employees includes those "not currently covered under collective bargaining agreements."

CFA Chapter President and CSUSM Sociology professor Donald Barrett attended demonstrations recently in Wisconsin and spoke at the April 13 rally, addressing what he called "attacks on democracy." In an earlier interview with *The Pride*, Dr. Barrett discussed the issue of collective bargaining, explaining the proposed changes as "efforts to centralize administration and weaken the power of employee unions to collectively represent the interests of employees."

CSUSM student, Jenn Meneray, used the open mic opportunity at the rally to speak in support of students and higher education, while other students recited poetry. Professor of Literature and Writing, Brandon Cesmat, made a plea to the skies and the crowd joined in asking "homeland security" to "listen up."



COUNSELING
SERVICES



Photos courtesy of www.csusm.edu

INCREASED STUDENT PSYCHIATRIC COUNSELING AVAILABLE IN FALL 2011

OWEN HEMSATH
PRIDE STAFF WRITER

Student fees at California State San Marcos will increase next semester in order to pay for mental health services, according to Dr. Karen Nicholson, the medical director at Student Health and Counseling Services (SHCS).

The services and fee increase comes because of Executive Order 1053, which states "student mental health services shall be established and maintained to enhance the academic performance of matriculated students." The order also states that all CSUs "must comply."

However, according to Dr. Nicholson, the order is overdue. She asserted that a rise in the

need for mental health services is because of the events of the last decade including the vents on Sept. 11, the Virginia Tech massacre and Columbine and that CSUSM is far underprepared to handle so many students. Citing references from the International Organization of Counseling services, she mentions that for a CSU, the standard ratio for full-time equivalent counselors to stu-

dents is 1 to 1500. At CSUSM, that number is 1 to 4300.

As such, Chancellor Charles Reed of the CSU has approved a measure that requires the university to implement mental health services at the students' expense.

Students, however, will be able to access mental health services at no additional cost, says Dr. Nicholson. According to the 15-year employee at SHCS, the

fees are assessed much like the health center fees, and "one of the cool things" about the program is that it "enhances the services [SHCS] provide to our students."

SEE, STUDENT HEALTH, P. 2

EDITORIAL STAFF

Editors-in-Chief

Amy Salisbury
Sandra Chalmers
csusmpride@gmail.com

News Editor

Philip Mykel Flores
newseditor.pride@gmail.com

Features Editor

Jenna Jauregui
features.pride@gmail.com

Sports Editor

Michael Rawson
sportseditor.pride@gmail.com

A&E Editor

Ashley Day
artseditor.pride@gmail.com

Copy Editor

Amy Salisbury
copyeditor.pride@gmail.com

Layout Editor

Jillian Kerstetter
pridelayout@gmail.com

Layout Assistant

Morgan Hall

Sales

Representative
Sandra Chalmers
pride_ads@csusm.edu

Digital Media Manager

Chris Giancamilli
mediamanager.pride@gmail.com

Distribution Manager

Lewis Dillard

Cartoonist

Faith Orcino

Pride Staff Writers

Ryan Downs
Mallane Dressel
Rebekah Green
Owen Hemsath
Lexi Pollard
Nancy Rossignol

Adviser

Joan Anderson

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

FROM STUDENT HEALTH, P. 1

Under this new law, students will have access to Ph.D psychologists and a full-time psychiatrist. Dr. Nicholson states that this team of mental health professionals will work together with the students to help diagnose mental health illnesses, develop strategies to help cope and prescribe medication if necessary.

Nevertheless, not everyone is thrilled with the idea of paying higher fees for services they may not need, and many are skeptical of the science associ-

ated with mental health illnesses. Chad Hartman, a Computer Science major at CSUSM told *The Pride*, "I feel that, in light of the budget cuts, the essentials of education should be the focus - not such non-vital services as psychiatry." Biology major Julia Radwanski agreed: "Students already have counseling services, so I don't support a fee increase that adds psychiatry when there is no way to test for chemical imbalances. Many kids just want to get their hands on drugs."

Watchdog group, The Citizens Commission of Human Rights,

echoes this skepticism. The group wrote, "Psychiatric disorders are not medical diseases. There are no lab tests, brain scans, X-rays or chemical imbalance tests that can verify any mental disorder is a physical condition." Other wellness groups such as foodmatters.tv agree: "Of the 297 mental disorders contained with the Diagnostic and Statistical Manual of Mental Disorders, none can be objectively measured by pathological tests."

Despite the controversy, Dr. Nicholson states that the rise in fees will provide services of

which students may or may not take advantage. When asked if being overwhelmed was equivalent to mental illness, she said, "No. Seeing a counselor does not mean that you are crazy. I personally feel overwhelmed right now. I'm not saying that I'm crazy, but students may want to talk to someone who can talk with you [sic] objectively and put [your problems] in a different perspective."

Students who want more information can contact a school psychologist at 760-750-4915, or simply walk-in to SHCS and make an appointment.



Photo courtesy of Jennifer Conway

QUICK PITCH COMPETITION ILLUSTRATES CSUSM TALENT

OWEN HEMSATH
PRIDE STAFF WRITER

Last Tuesday, April 12, the College of Business Administration hosted the second annual Quick Pitch Competition where California State San Marcos students had two minutes to pitch their business idea to a panel of judges. The winners took home about \$5,000 in prizes including mentoring and patent applications along with \$400 in cash prizes. While two of the judges came from CSUSM, four others came from external sources in the entrepreneurial realm and included investors.

The competition featured 12 CSUSM students who each presented an original product or service idea ranging from iPhone accessories to custom picture frames and surfboard fin keys. The program also featured organic bug spray companies, social media music sites, fishing supplies and virtual secretaries. Each student had a chance to present in front of panel of judges who then assessed the presentation based on the two categories: content and presentation. Following each presentation, the judges held up a number grade ranging from one to five with five being the best and each presenter remained on stage waiting for the feedback from the judges.

Jim Hamerly oversees the Entrepreneurship Society on campus and is the Director of

Business Community Relations within the College of Business Administration. He also oversees the Quick Pitch competition and said, "There's an art to delivering an effective quick pitch. It is much more difficult to condense a pitch into two minutes than five minutes. With five minutes, a speaker can ramble, but with just two minutes every sentence, every word needs to be purposeful and precisely calculated."

While each presenter demonstrated incredible strengths, only three would place. Taking third, Shaun Briggs presented a virtual secretary-like idea called eMind, which reminds its user of important dates and events. Placing second was Jason Laret who presented J&J Jig Wraps -- a fishing accessory guaranteed to keep any tackle box in order. Finally, in first place, Corey Andrews presented a groundbreaking concept in social media called Jam Roulette. In this environment, musicians can link up with band mates to record, edit and produce new music in virtual time or create a new band from the website wanted pages.

While the contest does not guarantee instant success, according to Hamerly, the point of Quick Pitch is "to excite enough interest [for the judges] to want to follow up with the student" and it seems that Andrews's project did just that. Hamerly also mentioned that the Quick Pitch is open to any CSUSM student and anyone with a savvy business idea is encouraged to participate next year.

POLICE BEAT

April 8, approximately 1 a.m.

Police allegedly observed 20-year-old Anthony Nanci, a California State University San Marcos student from Murrieta, dangerously weaving between traffic lanes on N. Twin Oaks Valley Road, over the 78 freeway. When police pulled over Nanci, they reportedly smelled alcoholic beverages wafting from the vehicle. Nanci allegedly reported to drinking one to two alcoholic beverages. Police put him through a field coordination test, which Nanci allegedly failed. Officers arrested Nanci on suspicion of allegedly driving under the influence of alcohol and booked him into the Vista Detention Facility. Nanci submitted to a blood test and his BAC results are unavailable at this time. It is unknown whether the facility released Nanci on bail.

April 10, approximately 1:15 a.m.

Michael Keller, a 27-year-old male of Oceanside allegedly weaving excessively between lanes on N. Twin Oaks Valley Road. Police pulled Keller, who has no affiliation with CSUSM, over at the intersection Village Drive and Jacob Street. Keller allegedly admitted to consuming possibly three alcoholic beverages. Officers put Keller through a field coordination test, which he allegedly performed badly. Police took Keller into custody and booked him at the Vista Detention Facility, where he submitted to two breath tests, both of which resulted in a reported .09 BAC. It is unclear whether the facility released Keller, but he has a pending court date.

April 12, between the hours of 8 a.m. - 5 p.m.

A vehicle burglary took place in CSUSM's parking lot E. The victim was an unnamed 57-year-old faculty member. Police allegedly found marks on one of the vehicle's doors, a sign of forced entry. The item stolen was the victim's parking permit. There are no current suspects in the case.

April 14, approximately 11:50 p.m.

Police arrested 19-year-old CSUSM student, Sterling Hamilton, a resident of the University Village Apartments for the misdemeanor offense of throwing an object at a moving vehicle. The alleged offense took place at the UVA parking lot. The victim is another UVA resident, an unnamed 23-year-old female student of CSUSM. Hamilton allegedly threw some sort of fruit or vegetable at the victim's vehicle. The victim confronted Hamilton, but allegedly acted in an obscene manner towards her. This prompted the victim to call officers. Police took Hamilton to the Vista Detention Facility and he has a pending court date. Hamilton will also have to deal with any disciplinary action from the Dean of Students office.

April 17, approximately 2:20 a.m.

25-year-old Eric Allen, a non-student, of Fallbrook reportedly wove in and out of traffic lanes on Twin Oaks Valley Road. Officers made traffic stop. Allen allegedly admitted to drinking two beers before driving. After putting Allen through a field coordination test, which Allen allegedly failed, officers arrested Allen and brought him to the county jail. Allen blew an alleged .20 BAC, which is almost three times the legal limit. He has a pending court date, but it is unclear whether the jail released Allen.

April 19, approximately 11:30 a.m.

While out clearing a separate crime, officers noticed 45-year-old Teri Nicholson, non-affiliated with CSUSM, allegedly batter her boyfriend at the Barham Drive and Mission Avenue Sprinter station. Nicholson allegedly punched her boyfriend a few times. Because of the romantic nature of their relationship, officers arrested Nicholson on a domestic violence charge. She allegedly was book in the Vista Detention Facility and was allegedly arraigned on April 21 or bailed out before the arraignment. This information is currently unknown.

Photo courtesy of Morgan Hall

DIVINE DIVERSITY AT INTERNATIONAL FAIR

CSUSM CELEBRATES STUDENTS FROM AROUND THE WORLD

JENNA JAUREGUI
FEATURES EDITOR

CSUSM's 8th annual International Fair took place on Thursday, April 14. Warm spring sunshine lit up University Hall Plaza as ethnic beats and the smell of exotic foods whet students' appetites for culture. Dozens of international flags lining the staircases—emblems showcasing the CSUSM community's diverse backgrounds—rippled in the soft breeze as people entered the fair.

Organized by the University Global Affairs Community and sponsored in part by the Office of Global Education, the International Fair allowed students and the general public to expe-

rience the food, dances, games, trivia and traditions of different countries without having to apply for a passport. Campus clubs and student organizations that celebrate specific cultures set up booths and colorful displays to celebrate different ethnic groups.

Extending a warm welcome to passersby, those behind the booths were eager to share information about different countries while enticing people to play games for prizes. The Hispanic honor society Sigma Delta Pi sponsored a game called Lo Tania—Spanish Bingo. In another corner of the fair, a group of students played Da Cau, the national sport of Vietnam. To play, participants form a circle and kick a shuttlecock with their feet—a concept similar to playing Hacky

Sack. ASI Camus Recreation maintained a spirit of international sportsmanship by showcasing a variety of sports from around the world. At the tables representing Colombia and the CSUSM Asian sorority KPDL, trivia games challenged students to test their knowledge of the geography, famous figures and cultural hallmarks of other countries.

Food was a popular feature at the fair—various organizations treated students to the unique flavors of bratwurst, carne asada, baklava, hummus, croissants, mole and mazo. Priority Christian Challenge celebrated with a variety of sheet cakes symbolic of each birthday month, a sweet reminder of life and global unity. Ethnic dancing took center stage as different groups performed to

traditional music. Talented dancers representing Arab, Jewish, Filipino, Hispanic and Chinese cultures stomped, glided, and shook their way across the floor.

In light of the recent disasters in Japan that continue to affect many lives on a daily basis, several students sold T-shirts, hats and handmade origami to raise funds that will go towards relief efforts. One student, Mai, explained that even small donations make a big impact; reaching across country lines to help those in need can help save lives. Inspired by the Japanese fundraising efforts, Ryan Allen Kelly from Palomar Poets performed a spoken word poem to encourage selfless generosity and international unity:

"... For once in your life do something with purely good inten-

tion / It disappoints me you teach us that money and finance rules all / Because it doesn't. It really comes from unity, / And we used to be part of a good community, / Representing the traits I believed to be true to me. / But we have lost touch with our basis; / We have lost partners with fellow races."

A time to come together and appreciate different countries, the International Fair let students enjoy many traditional aspects of unique cultures. Building positive relations and appreciation for the global community are constant goals for CSUSM—a campus that celebrates multicultural heritage. Experiencing new world dimensions can help students understand and connect with peers in spite of cultural and geographical diversity.



Above: Tian Zi in traditional Asian attire



Photos courtesy of Jenna Jauregui

ASK THE COUG: DATING AND RELATIONSHIP ADVICE

Dear Coug, My boyfriend and I recently decided to end our relationship. I want to stay friends—we share many interests and enjoy doing the same activities. He seemed to think this idea was possible at first, but he has since been very distant. Any advice?

Breaking up is hard to do, but staying friends can be even harder. Making the transition from romantic partners to platonic friends takes a great amount of understanding, maturity, and restraint. You both may need a period of time apart with no communication. He is likely distancing himself from you because he needs time to let his romantic feelings for you fizzle out. "Cooling off" may take months or even years, depending on how strong your friendship was before you dated. Give each other time to get over things. If you still want to remain friends, see each other in large group settings. Keep conversation light and upbeat. Avoid one-on-one time until both of you are certain you will not slip back into old habits. Respect his

feelings and be understanding if staying friends does not work out.

My girlfriend is a strong, independent woman—sometimes I feel like I need her more than she needs me. I'm afraid she will realize she deserves someone better and eventually leave. Help?

Popular culture no longer tells women to be submissive, emotional partners. Most boyfriends do not want a "needy" girlfriend, but you may feel differently. The first step is to talk to your girlfriend about how you feel. Be completely honest and be careful not to blame her. She likely has no idea that she is acting too independent for the relationship. She will either recognize that she cannot satisfy your emotional needs or realize that she has been neglecting your feelings. However she reacts, you have to take the risk and communicate. Many women are attracted to sensitive men; if she is not the one for you, then you will surely find another.

Drawing courtesy of Chelsea Jauregui

ELECTRONIC ROADMAPS TO GRADUATION DEGREE PROGRESS REPORTS

MALLANE DRESSSEL
PRIDE STAFF WRITER

Last year, CSUSM put a great amount of effort into replacing the old degree audit report with the current Degree Progress Report (DPR) online program. Students at CSUSM can access this program through the student center in their MyCSUSM online accounts. In this program, students can now view an accurate, easy-to-read record of what classes they have taken, which they still need, and those in which they are currently enrolled. This program also contains a list of the General Education (GE) requirements that a particular student needs to fill as well as a list of the classes that they need for their specific major. These elements of the program allow students to monitor the progress of their degree on their own.

David McMartin, the Associate Director of Undergraduate Advising Services, stated that students should "think of [the DPR report] as a live site because

things are being updated all the time." Students can clarify which credits count toward their degree in this program because once processed the credits appear in the DPR program. If a student notices an error, they can select the DPR correction form in the program, which allows them to communicate to their advisors the discrepancy. It will take 2-3 weeks for the advisor to send a message to the student that either tells them that they have fixed the error or what shows in their DPR is correct and informs them why. When asked about this feature of the program, Jeff Antilla, a junior at CSUSM, said, "I have emailed them a few times to get my DPR updated, and they usually do that pretty promptly."

McMartin articulated that the advising department is trying to make sure that every student is aware of this program by setting up workshops that show students how to use their DPR and by referencing it during student advisement appointments. The workshops allow the advisors to make sure that students understand how

to correctly use the program's features, such as the DPR correction form. He believes the workshops allow students to "understand that they never really are in the dark, that this information is always available for them." In addition, the DPR workshops will show students how to do class searches effectively, McMartin said. For a list of upcoming workshops, visit csusm.edu/academicadvising/workshops.html.

McMartin believes that the DPR program is very beneficial because "it allows students to get some answers that they might have waited for an appointment for in the past, where now they can answer some of those questions themselves." Antilla acknowledged that he uses the program once every other week. "It is very useful...it really helps with planning" Antilla said. This program allows students to follow their progress on their own, which in turn allows them to stay on track towards graduation.

Spring celebration

INTERNATIONAL VERNAL TRADITIONS, PRACTICES

REBEKAH GREEN
PRIDE STAFF WRITER

As with any holiday or seasonal event, popular culture commercializes Easter with icons like the Easter Bunny, though many maintain their religious views of the Sunday observance. The name "Easter" has origins with the Pagan goddess Eostre and the festival held during the spring equinox in her honor. This origin also explains the connection some make with rabbits to Easter since the rabbit was Eostre's symbol and a symbol of fertility. The practices and purposes of Easter, however, vary from culture to culture.

Although Lent, Passover and Christ's resurrection are religious aspects of the Easter season, many religious and non-religious folk participate in the secular Easter traditions. Dying Easter eggs and hunting for Easter baskets are two ways children celebrate springtime and the idea of rebirth and resurrection that many associate with Easter. Egg tapping is a game more on the competitive side—it requires the opponents

to tap their eggs in an attempt to break the others without causing any damage to your own egg. The game also serves as a symbol of rebirth in both Christian and Pagan origins. In central and eastern Europe, egg decorating is generally a popular custom. In the Czech Republic, some celebrate Easter as a welcome to springtime. In Poland, a "blessing basket" is made (filled with items such as bread, cake, sausages and colored eggs) and is taken to the church to be blessed. Easter feasts are common as well, and many dishes and cakes are cooked and baked in preparation for Easter holiday meals. The 40 days preceding Easter Sunday are, for many religious people, a time for abstinence and reflection in preparation for Christ's resurrection. A tradition of Lent is the Passion play, in which people present a dramatization of the Passion of Christ—the Last Supper and crucifixion of Jesus. Passion plays are performed annually in many countries and in various ways.

Here in the United States, Easter is celebrated with as much diversity as it is around the rest

of the world. Both secular and non-secular traditions take place within individual households and communities. The common secular based Easter activities are popular among children (like egg decorating or egg hunting). Just as popular are the religious practices and traditions circulating around the themes of spring, life, rebirth and resurrection. San Diego County has many events available for families to enjoy this Easter. Events include breakfasts and brunches, sunrise church services, plus a handful of Easter egg hunting games. Here is a day-by-day list of events to check out: sandiegofamily.com/things-to-do/holiday-happenings/826.

These are by no means all of the customs that occur during Easter, but rather, a pinch of the different beliefs, rituals and activities people partake in. Despite the specific origin of Easter's name, its symbols and traditions have expanded to include countless cultures. There is plenty to observe, celebrate and participate in this last week of April.



Photo courtesy of retailmagnolia.com

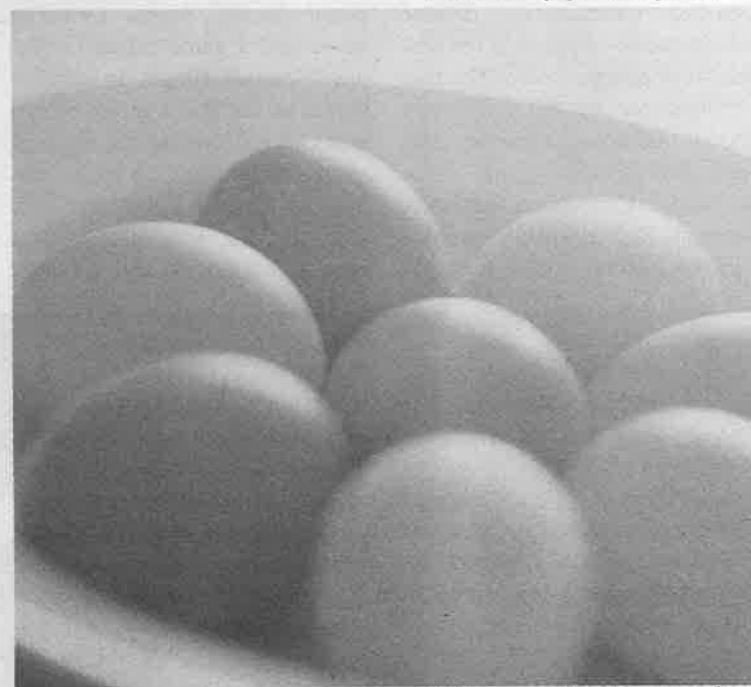


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AMY SALISBURY
EDITOR-IN-CHIEF

Commons 206 buzzed with artistic energy Tuesday, April 12, as the Creative Writing Community and Workshop, CWCW, conducted an evening student reading.

The room filled with CSUSM students, friends, family and Palomar students eager to hear original poetry published in CWCW's chapbook, "Community Soliloquies," published several times throughout the semester.

"Our reading series harbors and encourages artistic expression, which is essential to any community, especially one such as ours that revolves around intellectual growth and discovery," said James Jones, president of the CWCW. Literature and Writing faculty member Sandra Doller serves as adviser of the group.

Jones explained that student participation is not limited to those involved in the Literature and Writing department.

The CWCW has student workshops every one to two weeks where students can come with pieces of creative writing they are interested in work-

shopping. Some students attend to work on their MFA portfolios; others just enjoy a supportive creative environment.

"The CWCW meetings help to hone my writing skills," Reneé Le Vine said, a reading attendee and published poet in "Community Soliloquies." "It's a workshop and community of support," she continued. "It's the only one of its kind on campus."

Students chosen for publication by the officers and editors of CWCW, which include Jessica Mulqueen, Taen Bounthapanya and Tiffany Hauswirth, receive an invitation to read their work. Although many incarnations of poetry make up the majority of work shared, there are also pieces of fiction throughout the chapbook.

Le Vine's poem, entitled "Characters' Elegy," uniquely portrayed the lamentation that a fiction writer's characters felt after her death. Other poetry, like Robyn Sembrera's "Orange Blossoms :)" and "Hum," detailed the poet's first-person account of experience, and "In-Between Season" by Navarina Wakefield posed the narrator as an orchid in seasonal limbo.

The positive presence of the

CWCW on campus suggests that there is a strong sense of communal creative support that extends beyond the grounds of CSUSM.

Jones also encouraged all students to submit their original creative work to "Oh Cat," CWCW's last chapbook of the year.

To find out more information about the CWCW, email csusmcwcw@gmail.com.



Photos courtesy of Taen Bounthapanya

Campus Calendar

Events and Lectures on Campus

Ask the Sexperts
Tuesday, April 26, noon – 1 p.m.
Markstein Hall 102

Creative Writing Workshop
Wednesday, April 21, 4 – 6 p.m.
Markstein Hall 203

Celebrating Rabindranath Tagore
Wednesday, April 27, 7 – 9 p.m.
Arts 111

Christina Rivera Garza
Wednesday, April 27, 7 – 9 p.m.
Academic Hall 102

LGBTQA Pride Day
Thursday, April 28, noon – 1 p.m.
Kellogg Library Plaza

American Cancer Society Relay for Life
Saturday, April 30, 9 a.m.
Mangrum Field

French Festival Series
Tuesday, May 3, 10:30 a.m. – 1 p.m.
Markstein Hall 213

Creative Writing Workshop
Tuesday, May 3 6 – 8 p.m.
Markstein Hall 205

Thistle Theater
Tuesday, May 3, 7 – 10 p.m.
Arts 111

Teen Pregnancy Prevention Event
Wednesday, May 4, 8 a.m. – 12:30 p.m.
Clarke 113

Memorial Day Event
Thursday, May 5, noon – 1:30 p.m.
Kellogg Library Plaza

Frontiers in Science Seminar
Thursday, May 5, noon – 1 p.m.
Science2 Hall 242

Offcentre—Spring Dance Concert Thursday, May 5, 7 – 9 p.m.
Arts 111

Offcentre—Spring Dance Concert
Friday, May 6, 7 – 9 p.m.
Arts 111

Civil Society and Empowerment
Monday, May 9, 11:30 a.m. – 1 p.m. Clarke 113

Vocal Ensemble Concert
Monday, May 9, 7 – 9 p.m.
Arts 111

COMPILED BY
JENNA JAUREGUI

CRASH COURSE

COUGAR SPORTS UPDATE
KYLE TREMBLEY
CONTRIBUTOR

THE PERFECT PITCH

SANDBERG LEADS COUGARS TO TOP

After winning its first Association of Independent Institutions (A.I.I.) Conference Championship last season, Cal State San Marcos softball returned just five players in 2011, making a repeat performance for Coach Dave Williams's squad a questionable proposition.

Instead, the team has thrived, rising to a program-best #3 in the nation with a 33-6 record. While the young, fast lineup has come together in a way that Coach Williams could only hope for, the team's engine is, as always, pitcher Brenna Sandberg.

Upon first impression, Sandberg, a senior, is not what you'd expect an ace softball pitcher to be. Standing at 5'3" with a slight build, she possesses the ability to overpower hitters, but her calling card on the mound is her pinpoint control, wicked movement, and durability.

Sandberg is unique in that she throws nearly every inning of every game for CSUSM. In 2010, she led the nation in innings pitched with a staggering 328.1, nearly 60 more than the next closest pitcher. In 2011, her 208 innings pitched are currently 40 more than the closest competitor.

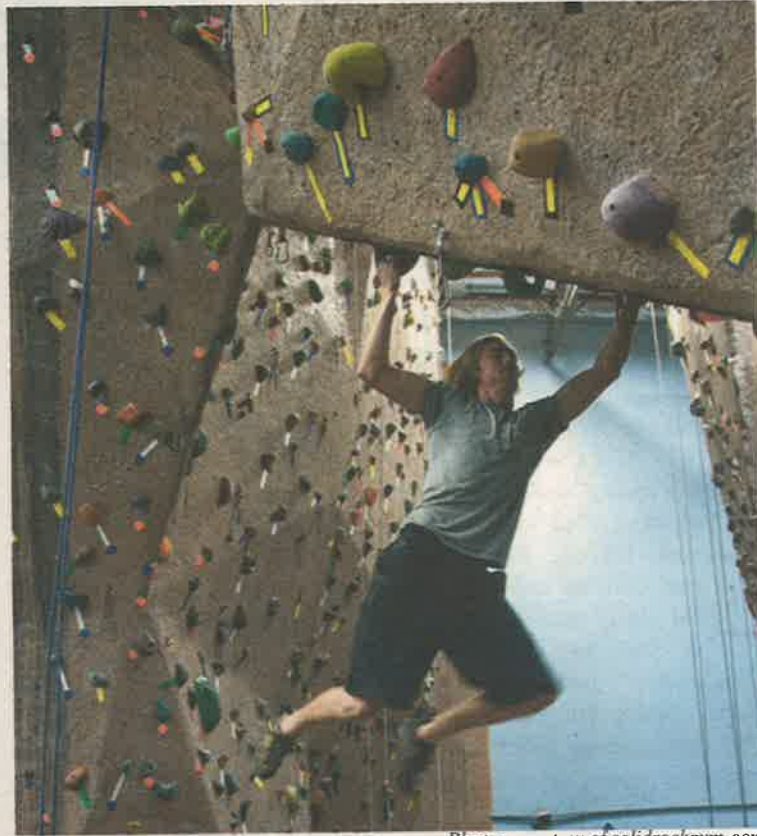
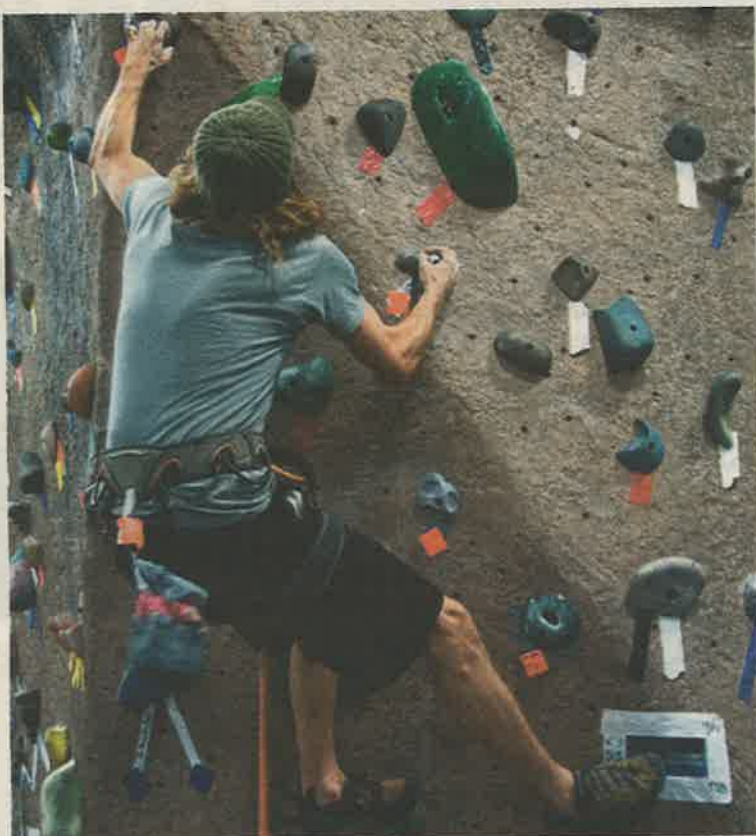
"I like playing, so for me it's something I enjoy," said Sandberg. "It's not easy at times, but I have a team to back me up when I'm not on top of my game."

Of course, Sandberg is far more than an innings-eater. In 2010, she was named A.I.I. Conference Pitcher of the Year and a Second Team NAIA All-American. This year, her 29 wins lead the nation, and her 1.04 ERA and 271 strikeouts both rank nationally in the top-15. She has already thrown two perfect games in 2011, striking out 10 batters in 6 innings at La Sierra in the first, and an unbelievable 13 batters in 5 innings against Emerson College in the second.

At last year's A.I.I. Championships, Sandberg threw back-to-back no-hitters to carry her team to the title. With a revamped lineup and the conference championships taking place in the familiar confines of CSUSM Softball Field, Sandberg's expectations for that tournament and the team's performance at Nationals are high.

"I have higher expectations for our team this year," commented Sandberg. "I think we have experience at key positions and along with the new freshmen, we have a strong lineup and are strong in the field."

Sandberg's Cougars will enjoy home-field advantage at this year's A.I.I. Championships, which will be played at CSUSM's softball field, May 5-7.



Photos courtesy of solidrockgym.com

START REACHING FOR NEW HEIGHTS

ENJOY ROCK CLIMBING INDOORS AND IN NATURE

MICHAEL RAWSON
SPORTS EDITOR

Despite San Diego's affinity for rocking the vote, rock churches and rock and roll, the most magical rocks in the county are the rocks themselves, and some of them aren't even real.

As one can imagine, in an area surrounded by deserts and mountains, the outdoor rock climbing scene in San Diego continues to flourish. A quick search on www.rockclimbing.com reveals every known climbing spot in the country, and San Diego offers thousands of opportunities, even in unexpected places. For example, Lake Dixon in Escondido presents several local challenges, each given identifying

nicknames like "Army Rock," and "Toy Gun," among others.

But climbing real life boulders is dangerous and daunting, and requires hours of training and practice. For beginners (and experts, too), the indoor version of the sport has climbed to popularity. Solid Rock Gym has opened locations in Old Town, Poway, and right here in San Marcos, on 992 Rancheros Dr off the Woodland Pkwy/Barham Dr. exit.

The San Marcos location is known as a midpoint between the family-friendly, social hang-out in Old Town and the massive, cavernous building in Poway for serious climbers.

"Solid Rock has multiple levels of climbing from beginner to intermediate to advanced, and they give you the freedom to do your own thing," CSUSM stu-

dent and rock scaler Jorge Barba said. "Plus, they'll teach you if you are a newbie to the sport."

Indeed, expert instructors are on hand to offer free belay lessons, which take only minutes, since Solid Rock uses the GRI-GRI belay system by Petzl, which tends to be safer and easier to learn. Instead of learning code-words and snapping things together, "you just show up and climb."

But for experienced climbers, "if you tell them you are comfortable with it and you have done it before, they will give you a quick run-down of the system."

Barba also loves how visitors can "climb as long as you want and whatever you want" with the Solid Rock day pass, which costs \$13 on weekdays and \$16 for adults on weekends. Shoes and harnesses can be rented for \$5 each.

Smartly, Solid Rock has found a niche in college students, and they know how to cater to the empty pocketed: \$10 from Monday - Friday from 4 - 9 p.m. gets students (and military) in with a valid CSUSM ID. The offer comes with equipment rental but does not include the Old Town location.

Solid Rock isn't the only option for San Diego climbers. Vertical Hold, located near La Jolla on 9580 Distribution Ave, features lower ceilings for those less inclined to great heights. The gym (www.verticalhold.com) holds a different event daily, including free yoga, guy's nights, and live DJs.

Get out there this summer and add some rock to that roll.

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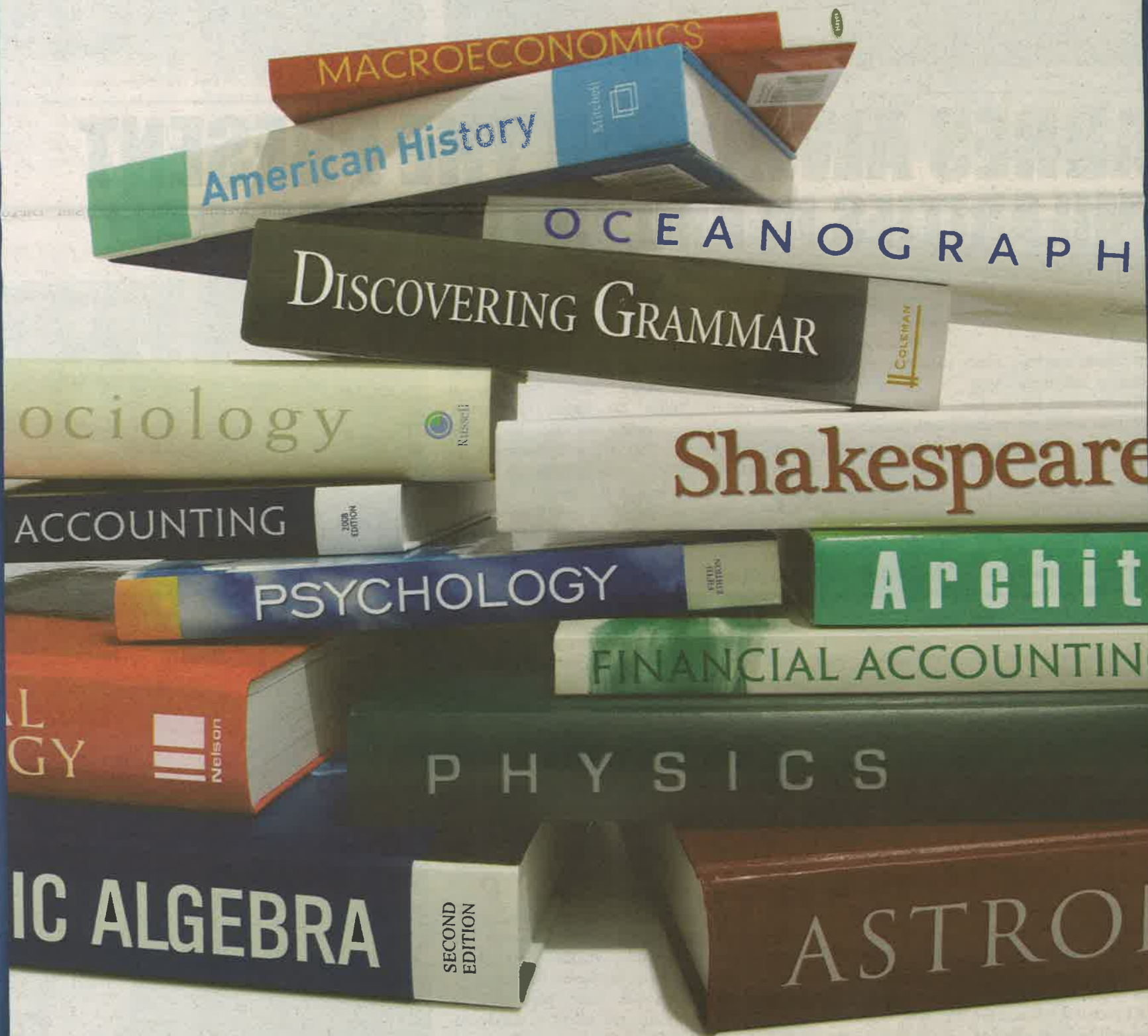


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BLAZING CALIFORNIA TRAILS, BEACHES

LOCAL RUNNING ON MORE THAN JUST PAVEMENT

LEXI POLLARD
PRIDE STAFF WRITER

Although the Mangrum Track and Field on the CSUSM campus offers students and community visitors a place to run and complete laps, trails close to campus entice runners with views, scenery and a change of pace.

As a busy college student, time to devote to running is scarce in my schedule, but fortunately San Marcos provides two convenient routes: Double Peak and the Elfin Forest botanical loop in San Elijo Hills. When the sun comes

out and I crave an ocean breeze, Tamarack Beach in Carlsbad also appeals to my search for a relaxing atmosphere for running.

The Double Peak trail, which uses old fire roads and new trails, is open to the public and consists of five miles of trail. According to trails.com, this route is a moderate skill level with an out-and-back trail type. An out-and-back trail brings the runner back to the starting point, or in other words a round trip run. The City of San Marcos website offers a myriad of information regarding this trail, including the fact that the first mile is paved, and is then

followed by four miles of a single track trail leading to a peak. This view offers adventurers with sights of the Pacific Ocean, lagoons, the Palomar Mountains, and various other landscapes.

If the moderate skill level, distance and spectacular view sound attractive, then begin this running adventure at Lakeview Park off Foxhill in Discovery Hills. The trail starts at the end of Via Vera Cruz street where a sign directs visitors to the trail, and markers scatter along the trail.

The Elfin Forest botanical loop is an easy skill leveled loop run of 1.5 miles. As a part

of the Elfin Forest Recreational Reserve, the trail is not only a great place to run, but to hike as well. Quiet and appropriate for all ages, the loop run offers visitors a relaxed atmosphere.

Lastly, if a runner wants a break from a forested trail, concrete walkways along the street and parallel to the beach in Tamarack Beach in Carlsbad present a flat surface for runners. The lower walkway is wider and allows runners to feel the breeze of the ocean during exercise. The two walkways are popular, but have never been too crowded for a run even on weekends. A

short walk down to the sand and water introduces the opportunity to combine a street and beach run, and a possible swim to cool down after! As a runner myself who avidly visits this beach to run, I find the atmosphere energizing because a number of people are exercising as well.

Whether one is an advanced runner, or one looking for a relaxed and de-stressing run, all three locations provide routes to accommodate both types of runs.



Tamarack Beach. Photo courtesy of city-data.com



Double Peak Trail. Photo courtesy of mountainbikebill.com

PADRES ALWAYS IN THE PRESENT

SIMILARITIES IN PRO, COLLEGE BASEBALL

MICHAEL RAWSON
SPORTS EDITOR

In and around baseball, smart people like to call them "stop-gaps," players who fill in for a year or two while the young prospects mature. Problem is, for the most part, they don't exist.

The Padres are infamous for constantly plugging holes in the lineup with stopgaps. But actually — somewhat unintentionally — the system in San Diego revolves like a hotel door, ushering players in and out every two to four years, just like college.

Cash-heavy clubs like the Yankees and Red Sox often keep players for years. The Yankees recently made headlines because three of their stars are playing together for the 17th straight season. It makes sense: New York sits at the top of the food chain, so where else would they sign? A fourth musketeer, Andy Pettitte, bolted to his hometown Houston for a few years, but he came back to the Yankees before retiring. Houston simply didn't have the money.

Neither does San Diego. If the Yankees or Red Sox are inserting a veteran player into a starting role, it's probably because the player narrowly missed winning the MVP the year before. Take Adrian Gonzalez, lured away from his hometown in Chula Vista to the Red Sox for the cool \$25 million per year he agreed to last week. If the Padres are giving a veteran a starting role, it's likely because the reputable guy

had a shaky year and was forced to sign for less money, to prove himself again. Jason Bartlett, Aaron Harang and Orlando Hudson all fit the description.

At the university level, baseball players arrive from one of two places: straight out of high school, or from junior college after two years. Larger schools often prioritize high school recruits, but at the NAIA level, teams like CSUSM usually gather a nice mix of both. Johnny Omahen came from Granite Hills High, Ryle Parks transferred from Palomar College.

Likewise, the Padres have consistently built their roster with two types of players: those out of the minor leagues, and "transfer students"—established players signed for two to four years. The formula is an accident, though. The front office would love to bring players up through the minors to play on the team for good. It just never happens. The Padres would die to have another Tony Gwynn (1982-2001) or Trevor Hoffman (1993-2008), but they are the only two. They simply loved San Diego enough to never leave for more money.

Not to worry. The college model will work at the professional level if the right players are assembled. The team must continue to sign veterans for a little less, and cut ties with young players when they demand a little more (like fan favorite Jake Peavy in 2009). There's no point in overpaying old guys, and there's no reason to expect to keep young guys.

The Padres kept veteran Brian Giles for seven years, from 2003-09. This fits the college model about as well as your girlfriend's stilettos fit your roommate.

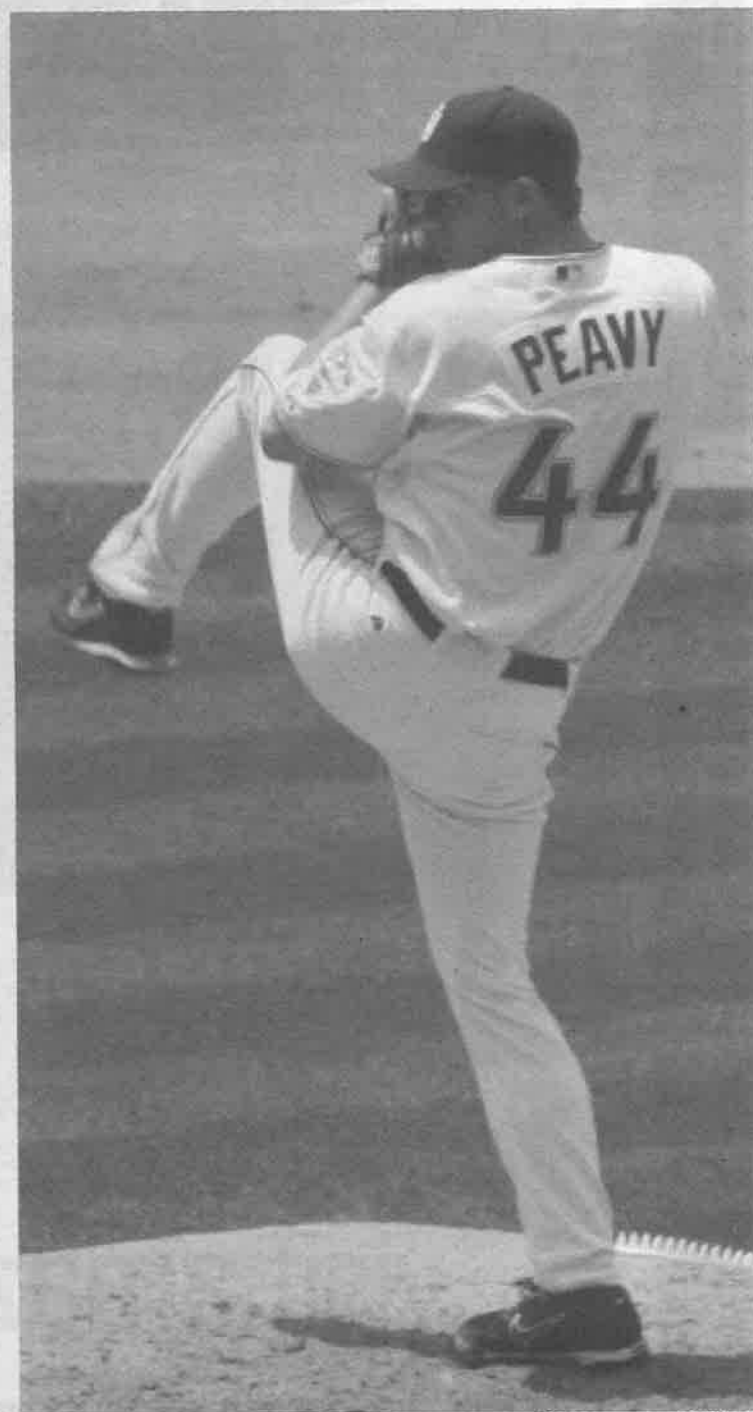
That's true. Actually, it helps to make the point. It should be the last time.

After Giles finished 9th in MVP voting in 2006, the Padres re-signed the former all-star at an enormous sum. Why will the Padres think thrice before dishing out an Adrian/Boston type contract again? Look no further than the \$36 million over four years dished out to the Giles.

The former all-star slowly down-shifted into nothing more than ordinary. His home run totals, once routinely in the 30s with Pittsburgh, stepped from 14 to 13 to 12. Deceivingly, he showed signs of life in 2008 at age 37, batting .306 and hitting 40 doubles, but by the next year, oft-injured, broken-down and by then the highest-paid player on the team, Giles appeared in just 61 games, bench-ridden, wasted money.

On the other hand, prospects who make the club are constantly traded, like Josh Barfield for Kevin Kouzmanoff (who has since been traded).

Fans are angry or saddened when their favorite players are traded, released, given up on. But the same fans love their colleges, colleges that keep their players for four years, two years, maybe even just one. It's time to learn to treat Padres the same way.



Photos courtesy of mlb.com

HAVE YOU BEEN SEDUCED BY TWILIGHT?

DR. NATALIE WILSON OPENS UP ABOUT NEW BOOK

RYAN DOWNS
PRIDE STAFF WRITER

The "Twilight" series books. Never, it seems, has a "saga" of books and films and their artistic merit (or lack thereof) has been so debated in popular culture, at least over the past decade. They have a target audience of pre-teens and teenagers, but women of all ages are drawn to Stephenie Meyer's controversial franchise, leaving most of the world's male population baffled. Do the novels really portray a valid story? Or just a way for teenage girls to live out their wildest fantasies? More importantly, is it healthy? Or has its portrayal of a young woman and her relationships set feminism back a few years?

CSUSM's very own Women's Studies professor Dr. Natalie Wilson recently wrote a book on the subject titled "Seduced by Twilight: The Allure and Contradictory Messages of the Popular Saga." The book was published March 29 of this year and is already selling out quick on Amazon.com.

Dr. Wilson's opinion of the book series is an understand-

ing one. She knows that it is a popular franchise, and people should be free to enjoy it. However, the novels certainly aren't perfect, and Dr. Wilson worries that Bella's behavior around characters like Jacob and Edward may not be setting a healthy example for young girls.

Dr. Wilson offered *The Pride* some insight into the critical formation of her book.

The Pride: Why do you think its important for people to be aware of the messages in your book?

Dr. Natalie Wilson: I think it's important to think more deeply about popular culture. This doesn't mean that we can't enjoy popular culture, but that it's important to analyze the media we consume, what messages it sends, and what the relative popularity of certain types of texts/phenomenon can tell us about our world.

TP: Do you feel the school has supported you?

NW: Most definitely. I was granted an academic leave to write the book last year and was honored in the fall by being chosen to give the Faculty Colloquium presentation.

TP: What kind of response

have you had about the book from the general public?

NW: It only just came out, so there are not any reviews yet. However, my blog has a lively readership and receives lots of comments. Many have noted they are glad people are analyzing the saga and its popularity. The most critical commentary has come from those who disagree with my arguments about the series have [sic] problematic representations about race, white privilege and heteronormative monogamy.

TP: Why do you think the Twilight series is so popular?

NW: I think it is popular for many reasons – at its heart it is a romantic tale of "true love" and we are culturally encouraged to believe in such tales by everything from Disney to so-called chick flicks – especially if we are female. I also think it speaks to a generation of readers raised in an era of abstinence only education on the one hand, and hyper-sexualized media imagery on the other. It has rightly been called "abstinence porn." I also think it speaks to our consumer culture, emphasizing as it does a



Photo courtesy of girlwpn.com

glitzy, wealthy world of vampire mansions and shiny new cars, of no monetary impediments.

"Seduced by Twilight: The Allure and Contradictory Messages

of the Popular Saga" is available on Amazon, as well as its website, seducedbytwilightbook.com.

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Vive la France!

ASHLEY DAY
A&E EDITOR

CSUSM welcomes the Tournées Film Festival

Throughout early April – early May, our campus and French American Cultural Exchange (FACE) team up to bring French – language films to students.

According to FACE's website, facecouncil.org, "The Tournées Festival is a program ... in partnership with the Cultural Services of the French Embassy, which aims to bring contemporary French cinema to American college and university campuses."

Dr. Marion Geiger, Assistant Professor of French and German in the Modern Language Studies department and Dr. Véronique Anover, Professor of French and Spanish in the Modern Language Studies both organized our

campus edition of the festival. CSUSM's French Club also contributed to organizing the festival.

"During the festival, which is open to the public, we will screen five films recently produced in France; these films have received a lot of attention abroad, and the topics invite to cross-cultural debate," Dr. Geiger said.

Since our campus always touts that we value diversity, the festival is a chance for students to gain insight into the French culture.

"By hosting a cultural event ... we hope to galvanize the North County – San Diego area francophile [a person who is fond of or greatly admires France or the French] community and to bring together people with different experiences and perspectives – culture happens when people share ideas," Dr. Geiger answered when asked how the

festival is relevant to campus.

Dr. Anover added, "In addition, we wanted to provide interdisciplinary opportunities for everyone, students and faculty alike."

In other words, the festival puts attendees into a unique cultural setting and shifts or reinforces their thoughts on other countries. The festival is a chance for anyone to gain new cultural knowledge of a country that has stepped up as an ally in many instances.

The FACE web page also reads, "The films span generational and geographic borders, offer a range of genres and subjects and showcase innovations in both style and storytelling."

Our organizers picked a few documentaries and a couple films to showcase at our campus.

"The documentaries deal with topics as different as autism, education and dance: we were curious

about the European perspective on these issues, we want to ask how the stories and situations in the films compare to U.S. Realities and what the cultural comparison will reveal about our own ways of thinking. The feature films all present women's [auto]biographies," Dr. Geiger explained.

By studying European culture, American students may develop a better understanding of our own cultural constructions and values. Students can apply theories from basic anthropology classes and apply them to their discussions on the festival. Attendees also can learn about how France deals with autism, a disorder currently so commonly diagnosed in America. One feature film presents the life of Coco Chanel, one of the biggest names in high fashion and leading women in French fashion design.

After each film, members from our faculty and community members lead a discussion of the main ideas of the film. This gives students, other faculty and the general public, a chance to discuss any thoughts on each film and gain a broader understanding of the effect of the documentary/film.

"We welcome everyone to come see the movies and to participate in our post viewing film discussions," Dr. Anover said.

The remaining festival dates take place today, April 26 at 2:30 p.m. in Markstein 125, Thursday, April 28 at 2:30 p.m. in University Hall 441 and on Tuesday, May 3 at 10:30 a.m. in Markstein 213.

For more information on the films, email Dr. Geiger at mgeiger.csusm.edu

Photo courtesy of wesleying.org

CELEBRATE THE ART OF CINEMA

6TH ANNUAL STUDENT MEDIA FESTIVAL TO SHOWCASE STUDENT FILMMAKERS

SANDRA CHALMERS
EDITOR-IN-CHIEF

The Student Media Festival brings together students from all different departments into one event that celebrates creativity through film production.

Student filmmakers are encouraged to submit their work for a chance to have their film screened at the Student Media Festival on May 13 at 7 p.m. in Arts 111.

Those interested can submit work through the online entry form no later than May 5, by 5 p.m. Visit www.csusm.edu/iits/support/mediaproddel/SFFentry_form for more information and a detailed list of submission requirements.

"We really want to promote

the film festival and get students all over the university to participate. The deadline is fast approaching," noted Minda Martin, a Mass Media professor and faculty support for the Student Media Festival. Other supporting faculty include professors from Visual and Performing Arts, Film Studies, Communication and Literature and Writing Studies.

Fifteen films will be officially selected and screened at the festival out of about 75 -100 expected submissions for this year.

The jury composed of students, professor judges and industry person will discuss each film and its quality, according to its genre, and vote unanimously on which films deserve to be screened at the festival.

The jury has yet to be announced, and student jury posi-

tions are still available. Those interested must not have entered the film festival and must be available on May 6 from 10 a.m. – 5 p.m. for an all day event of screening and discussion.

"We don't censor. The jury has a wide range of viewpoints and value systems at play when selecting the work. What appears to be gratuitous to one jury member may not to another, and so we dialogue amongst ourselves," continued Prof. Martin. "No work is ever excluded without giving it a considered discussion, and any student whose work is excluded is free to contact the jury for feedback."

Awards and prizes are given accordingly in categories including Best Narrative, Best Documentary, Best Editing, Best Social Justice, Most Empowering,

Best Sound Design, Best Cinematography, Audience Award, Best Public Service Video, Best Experimental and Best New Media.

"We are looking for additional funds for prizes. They are cash prizes but not determined yet," said Prof. Martin.

CSUSM offers resources to aid in film production for students interested in starting a new video production or putting the final touches on a piece. The Media Library on the second floor of Kellogg Library features video editing equipment and rental services for all students. For Communication and Mass Media majors, the Daniels Communication Lab offers exclusive video equipment and knowledgeable staff to help students each step of the way. Bronner Lounge features a fashionable computer lab

with state of the art film editing programs and equipment available for student use. Friendly student workers can help filmmakers get the right equipment free of charge. VPA also carries its own extensive collection of rental equipment for video production available to students.

Prof. Martin suggests students screen their work to peers prior to submitting for the film festival. "Show your video to as many people as you can to get honest and constructive feedback. If it's a comedy and people are not laughing, you need to think about why it's not working," Prof. Martin said. "Don't submit if it's not ready. If you made it this year and it's not ready, submit it for next year. We take work that has been made in the past two years."

Photo courtesy of images.buycostumes.com

MICHAEL SCOTT LEAVES "THE OFFICE"

CARELL LEAVES GAPING HOLE IN SERIES

MORGAN HALL
LAYOUT ASSISTANT

To all of "The Office" fans on the Cal State San Marcos Campus, April 28, Michael Scott will be packing up his world's best boss cup, multiple Dundie awards and setting sail for a new direction that no longer includes his fellow Dunder Mifflin/ Sabre employees in Scranton, Pennsylvania.

This coming Thursday is Michael Gary Scott's, played by the

extremely talented Steve Carell, last episode, which will end an amazing seven season reign. Steve Carell, personally, has won a Golden Globe Award for Best Actor for a TV series or Musical Comedy, two Screen Actors Guild Awards for Outstanding Performance Ensemble in a Comedy Series and two Teen Choice Awards in only a short span of six years, due to his performance on NBC's hit show, "The Office."

Looking back on a six year, seven season span, who wouldn't want to have the quirky, awk-

ward, lovable, caring Michael Scott as a boss or at least friend in your everyday life? It will be hard to enjoy my Thursday nights without this wonderful and amazing character in my life. At least I have the option to TiVo the good times on the TBS and FOX stations, which now offer "The Office" a few hours a week.

As I sit here writing this article and you fans sit there reading it, I am compelled to remember the best moments of Michael Scott. The time Michael Scott burned (or grilled) his foot on his George

Forman Grill in season one, us loyal fans were there giggling at his crazy attempt to sooth the wound with spreadable butter. When Michael organized and ran in the disastrous "Michael Scott's Dunder Mifflin Scranton Meredith Palmer Memorial Celebrity Rabies Awareness Pro-Am Fun Run Race For The Cure" in season four, we were there rolling on the floor laughing. When Michael found and lost the love of his life in one fell swoop in seasons four through seven, we were still there, and we will continue to be there

as Michael says his final goodbye.

Through the good, the bad, the heartbreaking and down-right hilarious times of Michael Scott, we remained loyal to this relatable and lovable character thanks to the hilarious acting by Carell. I personally wish Steve Carell all the best and say it will be sad to see him and his character go. He always left me smiling and satisfied. That's what she said.

Photo courtesy of thebigbags.com

PRIDE CONCERT CALENDAR

PHILIP MYKEL FLORES
NEWS EDITOR

Greg Laswell

When: Thursday, April 28

Where: Anthology

1337 India Street

San Diego, CA

Time: 7:30 p.m.

Etc: Born and raised in San Diego, this recording engineer and producer has released four studio albums including his 2010 release, "Take a Bow." Laswell is known for having many of his songs featured in film and television shows. Anthologysd.com for ticket information.



Joe Purdy

When: Thursday, April 28

Where: Belly Up Tavern

Time: 7 p.m.

Etc: Tickets cost \$15 advanced, \$17 day of show. The American-folk singer is currently embarking a tour to promote his 2010 album, "This American." He is most known for having one of his songs "Mary" featured in the film "The Secret Life of Bees."



Hollywood Undead with Revolt Tour 2011

When: Friday, April 29

Where: House of Blues

Time: 6 p.m.

Etc: This American Rap Rock band based from Los Angeles is back after releasing its second studio album "American Tragedy." This six-man band is mainly known for using pseudonyms and wearing unique masks for its performances. Hob.com for ticket information.



Agent Orange

When: Friday, April 29

Where: Ramona Mainstage

626 Main Street

Ramona, CA 92065

Time: 7 p.m.

Etc: The American punk band formed in Orange County, and is the first band to mix punk music with surf music. Its song "Bloodstains" was the group's first big hit when it was featured in video game "Tony Hawk's Pro Skater 4." Ramonamainstage.com for general information.



Billy Currington

When: Saturday, April 30

Where: Sycuan Resort and Casino

5469 Casino Way

El Cajon, CA 92019

Time: 8 p.m.

Etc: The American country music artist is on the road again to promote his latest album, "Enjoy Yourself." Currington has released four albums since his debut back in 2003 and produced nine singles on Billboard Hot Country Song chart. Sycuan.com for more information regarding tickets, etc.



Pride Playlist

NANCY ROSSIGNOL
PRIDE STAFF WRITER

HEAVY METAL WAS ONE OF THE FIRST SUB-GENRES OF ROCK — AND — ROLL WELL BEFORE CSUSM'S ESTABLISHMENT IN 1989. CHECK OUT THESE METAL PICKS RELEASED THAT YEAR BY SOME FAMILIAR ARTISTS STILL MAKING METAL TODAY.

DR. FEELGOOD—MOTLEY CRÜE

POISON—ALICE COOPER

WELCOME TO THE JUNGLE—GUNS N' ROSES

JANIE'S GOT A GUN—AEROSMITH

SLIP OF THE TONGUE—WHITESNAKE

HEAD LIKE A HOLE—NINE INCH NAILS

EYE OF THE BEHOLDER—METALLICA

FOREVER—KISS

KISSING WILLIE—JETHRO TULL

HEADLESS CROSS—BLACK SABBATH

Photo courtesy of delade.deviantart.com

Go Cougars! - The Three Cs



4-26-2011

-CJ Signorino

HAPPY HOUR OF THE WEEK: THE BRIGANTINE

MICHAEL RAWSON
SPORTS EDITOR

I love a fish taco – probably more than most, and I am a regular at Rubio's. But when my girlfriend and I are looking to kick it up a notch, we head to the Brigantine.

The Brigantine has eight locations throughout San Diego, one of them right up here in Escondido. Each location has a restaurant and an Oyster Bar, and the Oyster Bar is where things happen. The Point Loma location has a great ambiance. The dark wood décor gives it a sea worthy feel and the several TV screens give it that modern appeal. Being a stone throw away from the

Pacific doesn't hurt either (the only thing the Escondido location is lacking). The Oyster Bar Menu is filled with things that are sure to satisfy every palette – from calamari strips and oyster shooters (a must try, by the way) to potato skins and sliders. Their full bar is sure to not disappoint – the bartenders can whip up anything from a Roy Rodgers to a Pomegranate Margarita. The only disappointing thing about the Brigantine's happy hour menu is trying to stick to it. With so many delicious items at already reasonable prices it is hard not to taste test everything on the menu. The aforementioned oyster shooters (one oyster, cocktail sauce, horseradish and a lemon wedge served in a shot glass) at \$2.50 are per-

haps, a seafood mystery risk. But well worth it. The clam chowder is excellent and so are the potato skins. If you're looking for dessert they have a mud pie, which consists of coffee ice cream and whipped cream and is big enough to share with two or three.

Happy hour at the Brigantine is extensive with deals everyday of the week: Tuesday to Sunday from 3:30 p.m. to 7:00 p.m., Saturday and Sunday from 11:30 a.m. to 7:00 p.m. and Monday from 11:30 a.m. to closing. All items on the Oyster Bar's menu are available with a selection of them at discounted prices. Brigantine is famous for its happy hour and that's because of their fantastic fish tacos: a generous piece of battered and fried

fish with fresh salsa fresco, cabbage, the Brig fish taco sauce, a splash of cheddar cheese (optional) and a lime wedge. At \$2 a pop you can keep 'em coming all night – or at least till 7 p.m. The calamari strips are delicious and served with their famous white jalapeño sauce. The sauce alone is worthy to start a fight over, and even if you are not a seafood lover this sauce will keep you coming back for more again and again. Add a specially priced hand shaken margarita or a cold pint for a few truly happy hours.

Escondido location: 421 West Felicita Avenue, Escondido, CA, 92025 (760-743-4718).

Point Loma location: 2725 Shelter Island Drive, San Diego, CA 92106 (619-224-287).



Photo courtesy of foodcoma911.com



Photo courtesy of Brigantine Family of Restaurants

APP OF THE WEEK: FRUIT NINJA

CHRIS GIANCAMILLI
MEDIA MANAGER

Young apprentice, the time has come to pick up your blade and hone your skills. Your task? To slice, dice and chop your way through deadly... fruit? Yes, Fruit Ninja puts players into the dojo of a wise old sensei looking to train you by throwing fruit. Players use their fingers to swipe their blade across fruit to cut them. Cut multiple fruit to make combos to acquire bonus points.

Fruit Ninja comes with three modes: Classic mode, Zen mode and Arcade mode. In Classic

mode, fruit and bombs fly on the screen as your fingers are put to the test in a race to slash fruit and avoid bombs. Your score depends on how many fruit you slash until you run out of lives. If you fail to cut a fruit, you lose one of three lives. When all three lives are gone, the game is over. If you accidentally slash a bomb instead of a fruit, the game is instantly over even if you have a few lives remaining. Classic mode is both fun and challenging, but Zen mode allows you to just get revenge on those delicious fruits without the threat of bombs. In Zen mode, you are challenged to slash as many fruit as possible and get as many combos as possible before

the time runs out. Finally, Arcade mode blends both Classic and Zen mode. A timer starts at sixty seconds and players must slice as many fruit as they can to get points. However, Arcade mode brings back bombs, but they aren't an instant game over. Instead, bombs subtract points from your overall score. Arcade mode introduces power-up fruit which have special abilities such as slowing down time and doubling the points you acquire.

The game comes loaded with a multiplayer mode which pits players against each other in random online matches. Players can also battle it out with their friends using their OpenFeint or Game

Center IDs. In multiplayer mode, two players enter the same dojo to see who can cut the most fruit. Cut your opponent's fruit and points are subtracted from your score.

Fruit Ninja comes with OpenFeint and Game Center support, which allows users to unlock achievements and view online leaderboards. The app also features a slew of in-game unlockables including colorful blades and new gameplay backgrounds.

The game is available in Apple's App Store for 99 cents and the Android Market for \$1.25.

Beware: Fruit Ninja is as addicting as they come, but it's sure to keep your mind sharp and your fingers sharper.



Photo courtesy of appadvice.com



Photo courtesy of nbildzy.blogspot.com



Photo courtesy of appticker.com

DROPPING
THIS WEEKPHILIP MYKEL FLORES
NEWS EDITOR

CDs

"Medicine"
– Tab Benoit
(Telarc)

With style that is a combination of soul and Chicago blue, this American blues guitarist from Baton Rouge, Louisiana releases his new album, "Medicine." In 2006, Benoit recorded the song "Brother to The Blues" with other Louisiana native LeRoux and was nominated for a Grammy.

"Vaccine"
– Younger
Brother (Sci
Fidelity
Records)

The dynamic electric duo of Simon Posford and Benji Vaughan is back with a vengeance with its third studio album "Vaccine." This is by far the band's boldest chapter of its career by combining electronic music and the voice of Ru Campbell to produce an old fashion pop music.

"Glamorous
Glue"
– Morrissey
(EMI Import)

Morrissey is an English singer-songwriter. He was part of the alternative rock band The Smiths as the lead vocalist and lyricist but began his solo career after the band decided to split in 1987. "Glamorous Glue" displays a rockier and edgier sound that highlights Morrissey's talent of music making and lyric writing making him one of the respected artists in our country.

DVDs

"SNIPER
RELOADED"
– Sony
Pictures (R)

Brandon Beckett (Chad Michael Collins) receives an order to rescue a European trapped in the middle of a hostile rebel territory. Beckett must team up with Richard Miller (Billy Zane) in order to learn to think like a sniper and kill the assassin before the sniper gets him.