

# THE PRIDE

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IN THIS ISSUE



OSCAR P. 10

## EGYPT SHOWS IMMEDIATE CRISIS IN DEMOCRACY

OWEN HEMSATH  
PRIDE STAFF WRITER

It began on Jan. 17 when a 50-year-old Egyptian storeowner set fire to himself in protest of his government's policy on bread coupons. Since then, thousands have protested the 30-year authoritarian reign of President Hosni Mubarak. Hundreds have been killed or seriously injured and many remain in the streets of Cairo while others have mounted an armed defense of their homes.

When President Bush decided to invade Iraq in 2003 the media launched a hailstorm of criticism and judgment calls that take precedent in the conversation even today. The awkward contradiction however is this: Iraq is a democracy, and Middle Eastern countries have noticed. In an area of the world rotten with theocratic and authoritarian governing systems, the people are beginning to demand liberty, first in Tunisia where dictator Zine el-Abidine Ben Ali left the country after a grass-roots uprising. Now that same grass roots revolution has reached Egypt.

According to Ralph Peters, a retired army officer, "the Tunisian popular uprising that unseated a dictator was the trigger for the demonstrations in Egypt and elsewhere in the Arab world today, but commentators have ignored the salient fact that, despite its long and violent ordeal, democracy is currently working in Iraq—the first democracy in a major, large-population Arab country. Egyptians are well aware

of it, too. They don't want to be left behind by Iraqis. Bush kick-started a long process that will play out over decades—the evolution toward democracy in the world's most-troubled region." That sentiment was echoed by a native Egyptian Sam Tadros in the "American Thinker" when he wrote, "Tunisia had broken the barrier for many people."

With Tunisia acting as the catalyst, the stage was set for revolution and Egyptians began shouting for freedom as loud as their social media could yell. Citizens (including extremist groups like the Muslim Brotherhood) began using Facebook and YouTube as a means to organize their protest and incite

others to join them. In one particularly emotional video posted by Asmaa Mahfouz, no words are minced when she calls her countrymen to action, "maybe we can have justice, freedom, and honor ... we will go down [to Tahrir Square] and demand our human rights ... If you think your-

self a man, come down with me. Sitting at home and just following us on Facebook humiliates us. Come down with me." In another video posted by 8-year-old Juju, "let the people of Egypt vote!" Seven days later on Jan. 25, this video and others like it brought thousands of Egyptians into the street where the revolution began. The people protested, Mubarak's thugs were called and the army stood by.

This use of social media to sound the battle horn marks an unprecedented use of technology by a nation accustomed to state-run media. Tadros mentions, "the social media tools had

given people something that they had lacked previously, an independent means of communication and propaganda. Hundreds of thousands of young Egyptians, in a matter of minutes, were seeing the demonstration videos being uploaded on YouTube." The government responded.

Acting in a panic on Jan. 28, the Mubarak government shut down internet services in a ploy to stop the use of social media to spread dissent in what's been

hailed as the most comprehensive electronic blackout in history, a plan Mr. Obama has not only not decried but has reserved for his own use in this country. As reports the UK's Daily Mail, "under proposed new laws, President Barack Obama would have the power to cut access to the Internet in the event of a cyber threat to national security." While the law is couched in language designed to instill a fear of "cyber terrorists" and other threats, it is important to know that both the Bush and Obama Departments of Homeland Security define a terrorist as anyone who, among other things, overtly appeals to the "constitution."

Despite the governments attempt to stifle the uprising, Egypt is moving closer to democracy and the challenges that lie ahead are huge, while we in the west are bathed in the foundations of Rome and Jerusalem of which democracy is a large part.

SEE,  
EGYPT, P. 2



Photo courtesy of itm.co.uk

## A CHANGING PERSPECTIVE DON'T ASK, DON'T TELL

MELANIE SLOCUM  
PRIDE STAFF WRITER

On Dec. 17, 2010 the Senate voted to repeal the 17-year-old Don't Ask, Don't Tell (DADT) policy, which prohibited the LGBT community from serving openly in the military.

The act prohibited any openly gay or lesbian service members from being asked about their sexual relationships and marriages and also banned LGBT service members from telling

others about their sexual orientation. The repeal reflects the federal government's intention to make sexual orientation less taboo in the military.

The Senate's 65-30 vote on the policy was preceded by the House's vote of 250-175 on Dec. 16. Censure circulated through Capitol Hill as Republicans and Democrats debated the effectiveness of the policy and its constitutional alignment. Both California senators Barbara Boxer and Diane Feinstein voted in favor of the

repeal. San Diego's congressional representatives Brian Bilbray (R-50), Duncan Hunter (R-52), and Darrell Issa (R-49) voted against the repeal while representatives Susan Davis (D-53) and Bob Filner (D-51) voted in favor of it.

The Don't Ask Don't Tell policy was met with slews of constitutional challenges and political warfare during its 17 year run.

SEE ASK, TELL, P. 3



Photo courtesy of Wikipedia



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Letters to the editor should include an address, telephone number, e-mail, and identification. Letters should be under 300 words and submitted via electronic mail to csusmpride@gmail.com, rather than to the individual editors. It is the policy of The Pride not to print anonymous letters.

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### FROM, EGYPT, P.I

Egypt has never in its thousands of years had a democratic government. Tadros reflects, "Egyptians might not know what democracy actually means, but that does not make the concept any less desirable. Perhaps it is precisely its vagueness and abstraction that makes the concept all the more desirable." Furthermore, a democracy is Egypt would no doubt attract fringe groups who will want to either disrupt or join the party. General Peters acknowledges that troubles when he wrote, "none of this is meant to pretend away the potential trouble Muslim fundamentalists might cause over time, whether it's the Muslim Brotherhood at the polls, or al Qaeda

showing up with suicide bombers." Perhaps a slightly larger problem for Egypt is the weak-spined support it's receiving from the American government and media who are reporting the story in terms of

American politics and hiding the fact that the last two presidents supported a regime that is now effectively non-existent.

Not only has the media in our country assigned the opposition leadership to a man named Mohammad El Baradei, but Chris Matthews has compared the Muslim Brotherhood to the Tea Party Movement. Anderson Cooper along with Christiane Amanpour,

are ignoring the revolution to write stories about the boo-boo's they've received while covering the riots. In response to the American coverage of the events Tadros wrote, "El Baradei is

nothing. A

man that has spent less than 30 days in the past year in Egypt and hardly

any time in the past 20 years is a nobody. It is entirely insulting to Egyptians to suggest otherwise." Additionally, American media has framed the revolution in terms of terrorism despite the thousands of college students in jeans and t-shirts who challenge the front line of Mubarak's thugs. Yahoo instead posts pictures of

Muslim clerics praying in front of tanks. While there is definitely an extremist angle on the change of power in Egypt, the people are not chanting "death to Israel" or "death to America." They are simply demanding freedom.

There was a time when Americans too took to the streets to protest tyrannical rule and rid themselves of oppression. There was a time when America just wanted to be free and average people took up their arms and started fires in government buildings. During this revolution Thomas Jefferson wrote, "The tree of liberty must be watered from time to time with the blood of the patriots." Despite the troubles that lie ahead for Egypt, they are watering their tree. Egypt, like a young American, just wants to be free.

**"Additionally, American media has framed the revolution in terms of terrorism despite the thousands of college students in jeans and t-shirts who challenge the front line of Mubarak's thugs."**



Photo courtesy of Wikipedia



Photo courtesy of Wikipedia

# POISED FOR PROGRESS

## PRESIDENT OFFERS NEW CHALLENGES, IDEAS TO A DIVIDED GOVERNMENT

MADISON HOWE  
PRIDE STAFF WRITER

Just three weeks after the Tucson Tragedy, an empty chair remains in the chamber of the House of Representatives for the wounded Congresswoman Gabrielle Giffords (D-AZ), and the president opened his remarks about the meaning of that event. In sum, "Tucson reminded us that no matter who we are or where we come from, each of us is a part of something greater—something more consequential than party or political preference."

He combined his "schlacking" in the midterms, the sober tone of the new Congress, and a tempered optimism to forge not just political reconciliation but a moderate agenda. President Barack Obama

focused primarily on the issues of jobs, education, infrastructure, energy, and the national debt.

Using Robert and Gray Allen's Michigan roofing company as an example, the president discussed American innovation that can help spur our economy into the "green revolution" and how government loans and grants, like the one the Allen Brothers received, is helping a nuclear power plant produce more energy, and developing solar and water into energy for our automobiles. To balance his speech, he humorously asked the new divided Congress to end subsidies for oil companies, and invest that money into all sectors of the clean energy market from wind to natural gas.

The second issue President Obama discussed was education. Comparing developing coun-

tries' advancements in the field of science and math, he asked parents to turn off the TV and push their children to do their homework, and asked Congress to replace No Child Left Behind. He also discussed his Race to the Top initiative which has pushed standards in over forty states. President Obama shifted to immigration reform, asking for the new Congress to pass it for the sake of students who are children of undocumented workers.

Finally, the president ended on three issues: tax reform, the deficit, and infrastructure. In discussing America's infrastructure problem, President Obama placed high speed rail and Internet at the forefront of his new plan. Expanding both projects to cover all portions of the country, and connect nearly every home

to the Internet. He then took what is typically a Republican issue and made it his own when he asked for the divided Congress to reexamine the tax code. The ultimate objectives are to lower taxes, close loopholes, and create a fairer system for the American people. On the debt and deficit issue, he called for a reorganization of the executive branch, and major budget freezes for the next five years. The president concluded with our success in ending major troop deployments in Iraq, our continued commitment to Afghanistan, and with confidence that America's future will be brighter than its past.



Photo courtesy of Wikipedia



Photo courtesy of Wikipedia



FROM, ASK, TELL, P. 1

Much recent attention to the policy was brought forth by California native and former First Lieutenant, Dan Choi, who was discharged from the military after coming out during an interview on The Rachel Maddow Show. Lt. Choi argued in an open letter to Congress and President Obama that the policy was unconstitutional and actually hindered military effectiveness. "My subordinates know I'm gay. They don't care. They are professional."

The policy was originally supported by the idea that the presence of openly homosexual members in the military would pose risks to the order, morale, and cohesiveness in the military atmosphere. However, over 17 years, many like Lt. Choi have worked to discredit this idea and instead argue that forcing service members to lie about their identity created more of a hindrance on military effectiveness and morality while simultaneously perpetuating the same moral problem the policy was intended to diminish.

However, the repeal of the Don't Ask, Don't Tell policy has not been made official. Though the repeal was passed in both the Senate and the House, and President Obama has signed it into law, the bill requires that the president, Defense Secretary and Chairman of the Joint Chiefs of Staff must each certify that the bill will not detract from military readiness. From there, the military has 60 days to officially implement the repeal.

Local San Diego Representative Duncan Hunter has introduced the Restore Military Readiness Act which would require additional signatures for the repeal's implementation. This could potentially threaten the fate of the Don't Ask, Don't Tell repeal by slowing down its implementation and extending the status quo. While the congressional passage of the Don't Ask, Don't Tell repeal has slowly opened closet doors for many homosexual service members, it might still be a matter of time before they are able to take the first step out.

## LETTER TO THE EDITOR

Several negative comments in *The Koala* about students who commute to school suggest that its mission is to create campus solidarity. If more people lived on campus, it seems to say, there wouldn't be such a "boring ghostly atmosphere" at CSUSM. "No longer will school spirit deteriorate," not as long as *The Koala* is around, right?

*The Koala* touts itself as "the shot in the arm" that is necessary to effect a sense of community on campus. However, the paper's language is racist, sexist, and homophobic, and this language is not something that brings people together. Rather, it is something that strengthens and perpetuates the divides between people—such rhetoric of in-

tolerance benefits no one. (It is, however, a hallmark of fascism, as is *The Koala's* militaristic imagery. I'm just saying.)

Although I disagree with *The Koala*, I respect the creators' right to produce it. But, who are the creators? The paper is credited to such mysterious en-

a responsibility as it is a right. John Hancock didn't use a cute pseudonym when he signed the Declaration of Independence—he signed his name in huge letters, as if to say, "This is my right as a human, so come and get me, England." I challenge the producers of *The Koala* to

do the same: if you're so proud of it, put your names on it, and insist that your contributors do the same. Otherwise, your freedom to print *The Koala* is as stale and base as your paper's content.

**"When it comes to producing something as potentially controversial as *The Koala*, I would argue that you're duty-bound to put your real name on it."**

Sincerely,

James Jones

## FREE-FOR-ALL SPEECH AT CSUSM

KIT BACON-GRESSITT

*The Koala*, a tabloid launched last week by some CSUSM students, has achieved its publishers' apparent goal: to inflame the university community with hate speech.

"Apparent" because, while *The Koala* has certainly engendered impassioned responses, the predominantly white males behind the publication have refused to discuss what it is they have wrought — or to identify themselves. At a recent recruitment meeting, they would not give their names and avoided being photographed; they moved the meeting to a private dorm room to exclude critics and news media; and they demanded 30-packs of beer from journalists who requested interviews, which, given their likely ages, smacks of soliciting criminal acts — and chal-

lenges their legitimacy as a newspaper, as they describe *The Koala*.

It is *The Koala's* content (downloadable at [csusmkoala.com](http://csusmkoala.com)) that most effectively challenges the newspaper claim. Just about every demographic — except straight, white males — is addressed with violent, prurient and/or grotesque language: gays and lesbians, women, rape and pedophilia victims, pediatric cancer and burn patients, African Americans, Latinos, Asians and Muslims. *The Koala* is a miasma of isms.

Anecdotally, the "reasonable person" test of *The Koala's* content suggests that many CSUSM students and staff indeed find much of the content obscene — obscene and hateful. But obscenity remains in the eye of the beholder, and in the United States we can speak

freely whether our speech is hateful, loving or indifferent.

More interesting are the test results of *The Koala's* two advertisers, [cougarbookrentals.com](http://cougarbookrentals.com) and Miramar Wellness Center — "interesting" because it takes fund-

ing to publish any speech.

The textbook-rental service is, according to bookrenter.com Vice President of Marketing Michael Geller (at 650-288-3500), an independent bookstore using bookrenter.com's open platform, an "entrepreneur" who can "choose to market it any way they want."

Nonetheless, when read content from *The Koala*, Geller's response was, "Oh! Oh god! Okay, that's enough!" An articulate man — and pragmatic — he disavowed any responsibility for [cougarbookrentals.com](http://cougarbookrentals.com)'s ad and declared that [bookrenter.com](http://bookrenter.com) "would never, ever, ever" advertise in *The Koala*. He also said, "I'm going to contact the owner of [[csusmbookrentals.com](http://csusmbookrentals.com)] and first make sure he or she is aware of what this is all about." Then the company will "evaluate whether or not we should attempt to restrict our store partners' advertis-

ing." Whether or not? Hmmmm.

The Miramar Wellness Center (at 858-689-9098), a marijuana dispensary, had a slightly more definitive response. An employee who did not identify herself said the Wellness Center had received "a lot of upset calls, a whole lot" and that the manager would not take any more, but she added, "I heard [the ad] was a mistake and they are trying to get it removed."

That's promising, but, in the meantime, what to do about the privileged young men who publish hate with anonymity?

Read *The Koala* so you can make informed comments about it (available at [csusmkoala.com](http://csusmkoala.com)). Although the thing is no joy, condemning something you haven't read is shallow commentary. And ignorance is not bliss.

Contact *The Koala's* advertisers to reinforce the message that their ad dollars are supporting content that encourages pedophilia, racism, misogyny, rape and domestic violence. If a second issue comes out, contact any new advertisers.

State your opinion of *The Koala* freely and frequently. The right to free speech goes both ways: They have the right to speak and you have the right to criticize what they say — maybe even the responsibility. Hate that goes unchallenged goes on and on and on.

Find some peace in this thought: What goes on the Internet stays on the Internet, and one day in the next few years *The Koala's* publishers will be looking for jobs in competitive marketplaces where respect for diversity, social maturity and the ability to self-edit will be deciding factors for employment. These young men have already round-filed their job applications by exercising a most wonderful right irresponsibly.

Read this article in its entirety online at [csusmpride.com](http://csusmpride.com)

Photo courtesy of [sandiegozoo.org](http://sandiegozoo.org)



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# STUDY ADVICE: DO IT EARLY AND DO IT OFTEN

## PRIDE STAFF WRITER

At the start of a new semester, students quickly and frequently discover that in order to succeed they must adapt existing study habits to the rigors of new college classes. In general, attending class, previewing reading, reviewing notes and studying the material in small bits each day are study habits valuable across any academic discipline.

Jennette Lucia, Biology major, said, "I will usually read the textbook and go over powerpoint slides before and after class. Flashcards are helpful." Similarly, Brittany McKelvie, a Nursing major, likes to read first to get a general idea. "Then, I review over the material that is more difficult to understand after the lecture," McKelvie said.

Studying and preparing early will also prevent a time-honored college tradition, cramming. While it is important to refresh and review material before a test,

attempting to squeeze several weeks of information into one night significantly increases pressure. These habits will not only help to learn the material better, but it will also reduce test anxiety. Another way to reduce test anxiety is to visit CSUSM Student Health and Counseling Services, which offer general counseling services and counseling for test anxiety.

Sometimes studying solo can only go so far. Forming a productive study group with other students is a fun way to study. For some, mixing socializing with studying relieves test anxiety. "I like to study with friends, and then later review with flashcards. It helps keep me on the right track!" said Alma Perez.

Keeping up with material and balancing work with school can be challenging during the semester, but the benefits of hard work will pay off on test day. Jennette Lucia prefers to study in the evening after dinner and finds that "work and school wasn't that bad for me because I only worked on Satur-

day. So I still had a lot of time to study on other days." Perez noted that, "balancing school, work, and studying can be difficult."

Two other great ways to study for tests and reduce testing anxiety are practice problems or sample tests. A recent study in

Science Magazine, "Retrieval Practice Produces More Learning than Elaborative Studying with Concept Mapping," found that actually taking practice tests is very effective for comprehension and inference-related test questions. "Retrieval

practice" is a significant way to improve information retention for fact-heavy science studies.

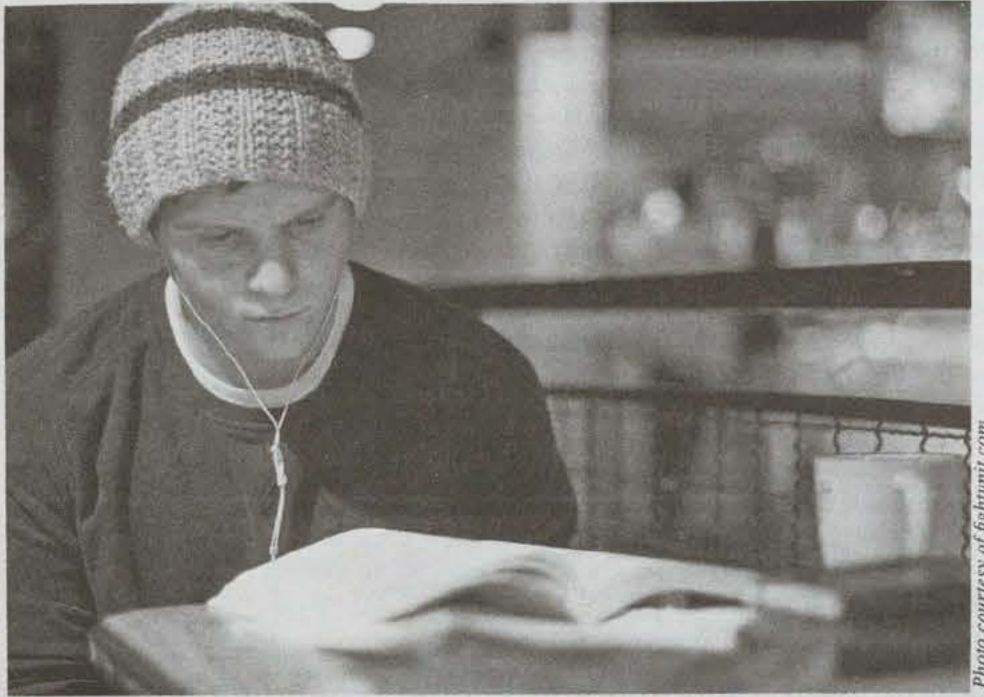


Photo courtesy of fightunit.com

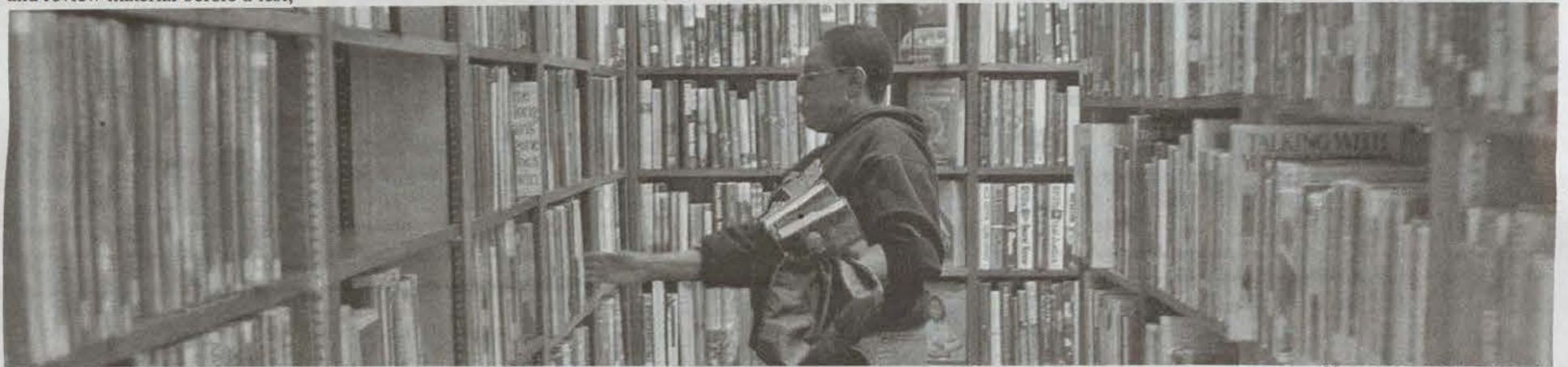


Photo courtesy of blog.mlive.com

## THE POWER OF STORIES ARTS AND LECTURES SERIES SHARES POWERFUL MESSAGE

### NANCY ROSSINGOL PRIDE STAFF WRITER

This semester's first Arts & Lectures Series event started out with a bang last Thursday night, Feb. 3. Presenter Carl Wilkens pounded his fists on the wall to demonstrate how the killing squad came banging on his neighbors door. Wilkens's neighbor was one of more than 800,000 people who lost their lives in 1994 during the 100 day long genocide in Rwanda.

"Every time a life is taken on this planet, it's like dropping a stone," Wilkens said,

"and sometimes the little ripples are hardly noticed when they reach the shores of America, and sometimes they grow into something like a tsunami."

Along with his wife, Teresa, and their three children, Wilkens moved to Kigali, Rwanda in 1990 as part of a humanitarian aid effort. When the killings began in April 1994, Teresa and the children left Kigali for safety, but Wilkens stayed behind as head of the Adventist Development and Relief Agency International. He was the only known American to remain in Rwanda

during the genocide. Wilkens and his wife now dedicate their time to educating the public through their nonprofit organization, World Outside My Shoes.

In order to bring an end to war and genocide, Wilkens believes we should stop thinking in terms of "us" versus "them," or "me" and the "other." He said as a global community, we need to shift to a "we" mentality.

"That's where I think our hope lies," Wilkens said. "I think stories are so much more powerful than guns [because they] have the ability to connect us, to realize there's no us and them. There is simply us," he continued. He also stressed the importance of service as a way to change the way we think.

Wilkens showcased photos of doctors, nurses, neighbors and children. First, was an elderly traditional healer Rwandan woman, Sula Karuhimbi, her face framed by a bright orange scarf. She had kind eyes. One member of the audience commented that she reminded him of Mother Teresa. Karuhimbi hid and protected 17 people on her own property during the genocide. Some considered her a "witch doctor," and Karuhimbi

used that label to her advantage, telling the killing squads that evil spirits inhabited her house.

"Labels are so convenient, but at times they are so deadly," Wilkens said. During his recent return to Rwanda, Wilkens visited the Kigali Memorial, and viewed the plaque honoring Karuhimbi. He continued, "How do you memorialize something as horrific as this?"

Wilkens spoke with much admiration and respect of Rwandan women, and of his own wife and daughters, telling heartwarming stories of generosity, courage, and resiliency, and heartwrenching stories of the devastating damage caused by mass rape of Rwandan women. Wilkens called the "sense of stability," security, and purpose that women possess the "girl effect."

Throughout the presentation, many audience members had tears in their eyes. When asked why he came to see Wilkens, sophomore Conner Brown said, "Because he went through such an incredible time in history." "Being able to hear Carl Wilkens speak is amazing," Political Science major Gabriella Pruitt added.

The Office of Arts & Lectures presents 20-40 events

every year featuring authors from a variety of genres, music, dance, drama, art and photography. Whether you are a student, faculty member, staff member or member of the public, you will find an event of interest. Best of all, every event is free.

For more information, see [csusm.edu/al/calendar.html](http://csusm.edu/al/calendar.html), or call the Office of Arts & Lectures at (760) 750-8889.

Photos courtesy of Nancy Rossingol





# RENEW, DISCOVER AND EXPLORE

## CSUSM EXTENDED LEARNING OFFERS PERSONAL ENRICHMENT COURSES

JENNA JAUREGUI  
FEATURES EDITOR

This spring semester, indulge in some classes designed to awaken new talents and let students escape the stressful, mundane and frustrating aspects of college life. Beginning in February, Extended Learning at CSUSM is offering a variety of personal enrichment courses in which students may find a creative outlet while enhancing their cultural awareness. These classes are scheduled during nights and weekends in order to accommodate a typical work or school schedule, and all are priced under \$200. They also encompass a wide range of interests, including wine education, foreign languages, meditation, art and genealogy. Interested students can find more information about the individual classes and other Extended Learning programs by visiting <http://www.csusm.edu/el/courses/pecourses.html>.

### ***Building a Solid Foundation in Wine***

Date: Tuesdays, Feb. 15 – March 22

Time: 6:30 - 8:30 p.m.

Location: Relm Wine Bar, Carlsbad

Fee: Six weeks \$130 (includes wine and light hors d'oeuvres)

### ***Wine: "Knowing the Difference"***

Date: Tuesdays, March 29 – May 3

Time: 6:30 - 8:30 p.m.

Location: Relm Wine Bar, Carlsbad

Fee: Six weeks \$130 (includes wine and light hors d'oeuvres)

Note: Take both wine courses for \$220

### ***Chinese in 10 Easy Lessons***

Date: Wednesdays, Feb. 9 – April 13

Time: 6:30 - 8:30 p.m.

Location: CSUSM – FCB 106

Fee: 10 weeks \$159

### ***Mindful Meditation***

Date: Thursdays, Feb. 10 – March 17

Time: 6:30 - 8:30 p.m.

Location: Mission San Luis Rey, Oceanside

Fee: Six weeks \$85

### ***Italian for Beginners Part I***

Date: Thursdays, March 10-April 14

Time: 6:30 - 8:30 p.m.

Location: Heritage Hall, Carlsbad

Fee: Six weeks \$85

### ***Italian for Beginners Part II***

Date: Thursdays, April 21 – May 26

Time: 6:30 - 8:30 p.m.

Location: Heritage Hall, Carlsbad

Fee: Six weeks \$85

Note: Take both Italian courses for \$150

### ***Beginning Drawing***

Date: Saturdays, Feb. 12 – April 2

Time: 10 a.m. – Noon

Location: Heritage Hall, Carlsbad

Fee: \$125 (includes materials)

### ***Pastels: A World of Color and Light***

Date: Thursdays, Feb. 17, - March 31

Time: 9:30 a.m. - 12:30 p.m.

Location: San Dieguito United Methodist Church - Encinitas

Fee: \$180

### ***Record Your Roots***

Date: Saturdays, March 12 & 26

Time: 1 – 5 p.m.

Location: CSUSM

Fee: \$125 (includes flash drive and DVD)

### ***Personal Connections: Genealogy Workshop***

Date: Saturday, April 2

Time: 10 a.m. – 3 p.m.

Location: CSUSM-FCB 106

Fee: \$49 (includes materials)



Photo courtesy of topdoglimbo.com

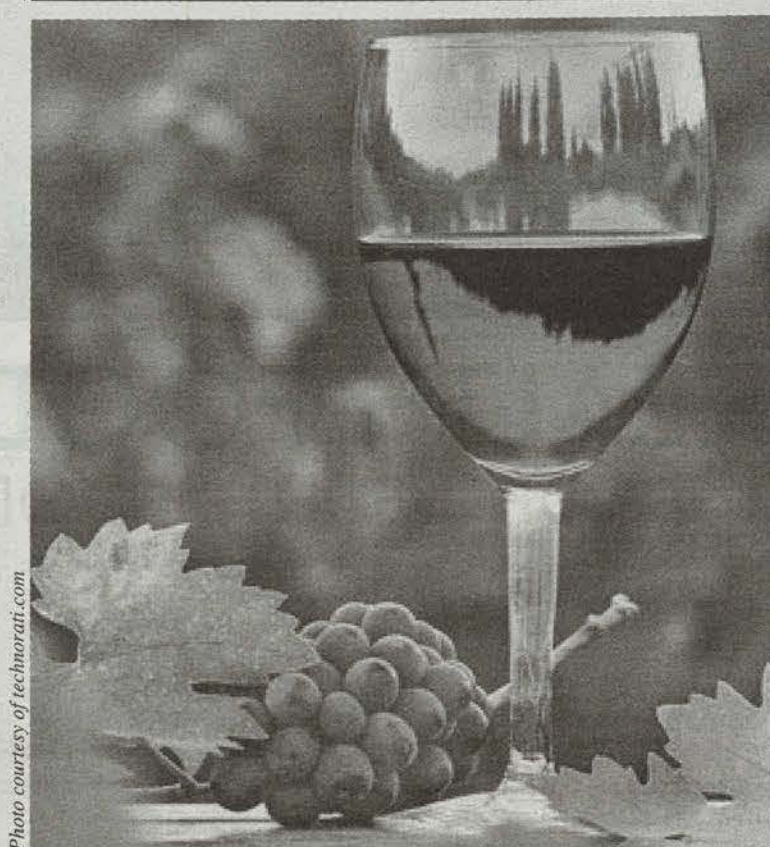


Photo courtesy of technorati.com

## Campus Calendar

### Kellogg Library Plaza

#### Cinnabon Day

Tuesday, Feb. 8

Noon - 1 p.m.

### Kellogg Library Plaza

#### Love & Romance for Sexual Assault Survivors

Tuesday, Feb. 8

6 – 9 p.m.

### Women's Center

#### Tukwut Leadership Circle Overview

Tuesday, Feb. 8

Noon - 12:50 p.m.

### University Hall 373

#### Creative Writing Community Workshop

Wednesday, Feb. 9

1 – 2 p.m.

### Kellogg Library 3010

#### Spatial Initiatives

Wednesday, Feb. 9

6 p.m.

### ARTS 111

#### National Condom Day

Thursday, Feb. 10

10:30 a.m. - 1 p.m.

### Library Plaza

#### International Coffee Hour

Thursday, Feb. 10

Noon - 12:50 p.m.

### Global Education CRA 3200

#### Greek "Old School" Fair

Thursday, Feb. 10

11:30 a.m. - 1:30 p.m.

### University Plaza

#### Dating Show & Love Lotto

Thursday, Feb. 10

6 p.m.

### Clarke Grand Salon

#### Nurse Job Fair

Monday, Feb. 14

11 a.m. - 1 p.m.



## Master of Social Work and Graduate Psychology Programs

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At a time when costs are high and pay is low, stores like Sprouts, Trader Joe's and Henry's all compete for consumers in the fresh foods market.

Photos courtesy of: whrefresh.com (left), fredricksblogger.blogspot.com (top), freshneasybuzz.blogspot.com (bottom)

# HEALTH FOOD FEUD

## THE TOP 'HEALTH' FOOD STORES WITH THE BEST VALUES

ASHLEY DAY  
A&E EDITOR

Lately, the buzzwords in the culinary world are "local," "farm fresh" and "organic." People want to eat foods made from the highest quality ingredients. Thus, the "health" store craze has ensued. Here's the scoop on the most popular health markets in San Diego County:

### Henry's Farmers Market:

Originally named "Boney's," after the owner Henry Boney, Henry's Farmers Market began as a San Diego based family-

owned produce stand during the 1940s. Later, the family changed the name to "Henry's" and now a chain of full scale Henry's Markets exist. According to their website, [www.henrysmarkets.com](http://www.henrysmarkets.com), Henry's offers mostly California grown fresh produce, natural cuts of meat that contain no antibiotics, steroids or added hormones, daily fresh baked breads and pastries and tons of other food and household products. Henry's mission statement is to provide customers with a family friendly atmosphere and lower prices. Prices are among the lowest in the health store competition. The grocery store offers an online view of their weekly gro-

cery ad at [henrysmarkets.com](http://henrysmarkets.com). The company website reveals many locations close to campus.

### Trader Joe's:

Traderjoes.com says this health market started in the 1950s as a little convenience store chain. Trader Joe's prides itself in not using "gimmicks" to wrangle in customers. Trader Joe's website says the store tries to buy directly from suppliers, so they do not need to drive up prices for the customer. Trader Joe's offers foods that are vegan, vegetarian, kosher and fat free. They also supply gluten-free, all natural foods that do not contain artificial flavors,

preservatives or added Trans fats. Trader Joe's lower prices compete with Henry's. The closest locations to campus are in Escondido, Oceanside and Encinitas.

### Whole Foods:

This chain of "health" food stores happens to be the trendy store of the moment. Pop culture magazines show photos of celebrities who tote around Whole Foods paper shopping bags. According to [Wholefood.com](http://Wholefood.com), the chain commits to 'selling the highest quality natural and organic products.' There are more than 300 locations in the U.S., Canada and United Kingdom combined.

Whole Foods originated out of Austin, TX in 1980. The website reveals the store sells all natural meats that farmers or ranchers treated humanely. Whole Foods offers a loan program to local producers of food as well, because they believe that local businesses need a chance to grow and develop. Whole Foods is pricier than all the other health food stores listed. The only Whole Foods close to campus is located in La Jolla.

### Sprouts Farmers Market:

Sprouts developed in Arizona, but expanded its locations to California, Colorado and Texas. Like other competitive 'health' food stores, sprouts.com says the grocery store commits itself to selling the freshest meat, bread and produce. "Helping America eat healthier, live longer and spend less," is Sprouts's mission statement. Their weekly ads run from Wednesday - Tuesday of the following week and consumers may view them online at [sprouts.com](http://sprouts.com). Sprouts offers competitive low prices, compared to other healthy stores. Conveniently for CSUSM students, Sprouts is located in San Marcos off of Las Posas.

### Jimbo's...Naturally!:

Jim "Jimbo" Someck opened the first Jimbo's in 1984. Jimbos.com reveals the small chain is exclusively a San Diego based health food store. Only four locations exist in San Diego County. The mantra of Jimbo's is organic (whenever possible) natural food. Jimbo's commits itself to community outreach and takes an active role on health education. The closest location to campus is in Escondido.

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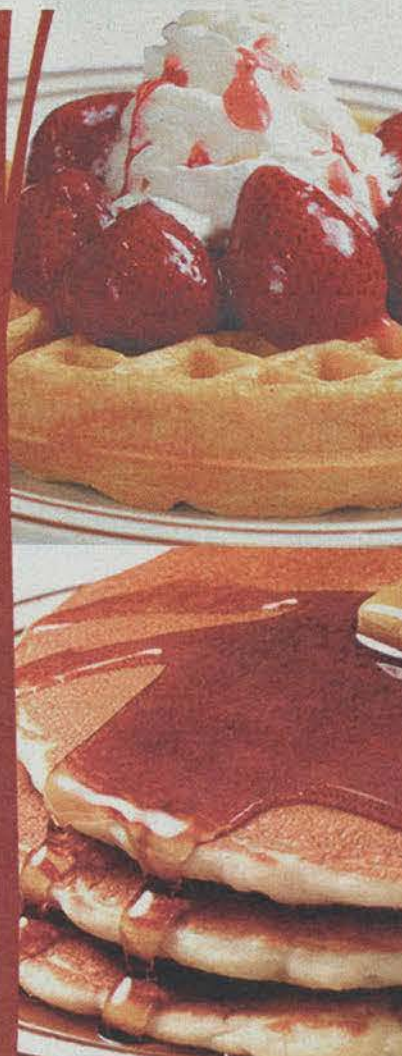




Photo courtesy of Wikimedia.org



## Loving Me, Loving You: VALENTINE'S DAY IS NOT JUST FOR COUPLES

ALEXIS POLLARD  
PRIDE STAFF WRITER

Heart-shaped candy boxes, pink and red roses, cards and ever-present love songs on the radio serve as reminders of the upcoming date Feb. 14, better known as Valentine's Day. The sudden abundance of Hallmark sentiments and mass-market romance presents a misleading interpretation of the holiday: that everyone needs a Valentine or significant other in order to enjoy and appreciate this day for lovers. However, since its origination, celebrations and meanings behind Valentine's Day are constantly evolving. If you find yourself single this Valentine's

Day, maybe it's time to re-define the way you celebrate love.

The modern observance of Valentine's Day, which often includes fancy restaurant dinners and heart-shaped jewelry, has changed drastically since its ancient origin. According to History.com, Valentine's Day began in Rome under dreary social conditions during the rule of Emperor Claudius II. Legend states that Claudius outlawed marriage in order to raise a powerful army of unattached young soldiers. In retaliation, a courageous priest named Valentine performed secret marriages for lovers.

The month of February signaled a time for fertility and purification to the ancient Romans. In these times, women were the ob-

ject of superstitious ceremonies rather than celebrated as romantic partners. The Roman men sacrificed goats, and boys roamed the streets slapping women with strips of hide in order to encourage fertility. In addition to the hide slapping, women put their names in a lottery to be paired with a man.

Fortunately, secretive marriages, hide slapping and pairing lotteries no longer mark the celebration of Valentine's Day, and people are free to tailor their celebrations to match their individual views of the holiday. The predictable dinner and a movie, flowers, candy and gift exchanges present couples with some ideas for Valentine's Day, but what about those currently out of a relationship? For singles, the absence of

a romantic valentine may contribute to a day filled with pessimistic cynicism. However, there are many possibilities for an enjoyable day if singles change their perspective. Generosity, kindness and love can be openly and vastly expressed to friends and family.

If Facebook love quizzes and Cupid's arrow can't generate romance, get creative! Activities to inspire love and show care on Valentine's Day include time spent making homemade cards for family and friends, leaving encouraging post-it notes for roommates, volunteering time and making a donation to charity. Cards, whether homemade or store-bought, don't have to be traditionally romantic, but thoughtful messages to loved ones.

The University Village Apartments offers other ways to give gifts. "We have candy grams and Valentine's for Veterans to honor and support U.S. military members and veterans," UVA staff member Bowie Tintle said.

Whether the gifts or thoughts of Valentine's Day cause excitement, dread or indifference, expression of love doesn't have to be thrown in a negative light by those who scorn the holiday. As Ashton Kutcher said in the film "Valentine's Day," "Love is the only shocking act left on the planet." So celebrate all forms of love this Valentine's Day and enjoy the company of those you hold dear.

Photo courtesy of flickr.com

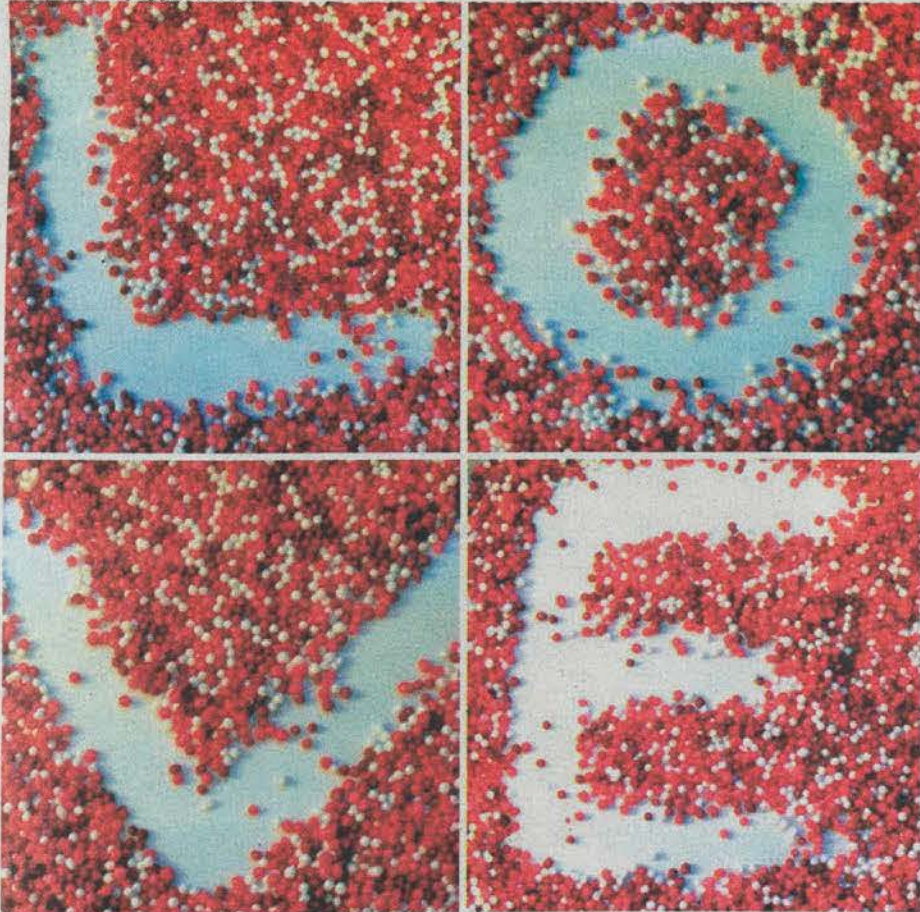


Photo courtesy of crazy-frankenstein.com



Photo courtesy of Alexis Pollard





## QUICK HITS

MICHAEL RAWSON  
SPORTS EDITOR

### SOFTBALL UPDATE

Brenna Sandberg took the Lady Cougars on her back, carrying the softball team to four wins and a first place finish in the Best of the West Tournament at Pedretti Park in Turlock, CA, Feb. 5-6. Sandberg tossed a one-hit shut-out in a 1-0 triumph over hosts CSU Stanislaus, transforming that momentum into victories over Chico State and San Francisco State before losing steam in a loss against Sonoma State. Brittany Boone threw a complete game in a 15-1 beating against Dominican in game three. The Cougars move to 5-1 on the year. Campfield Brings Home the Gold Medal Mile for CSUSM

### WEEKEND RESULTS

#### BASEBALL

##### Friday

CSUSM 13, SD Christian 4  
WP: Holtman LP: Robles HR: None

##### Saturday

SD Christian 3, CSUSM 5  
WP: Furgeson LP: Heerdt HR: None

SD Christian 7, CSUSM 8  
WP: Omahen LP: Rivas HR: None

Omahen: Win and game-winning hit

#### SOFTBALL

Best of the West Invitational

##### Saturday

CSUSM 1, CSU Stanislaus 0  
WP: Sandberg LP: Weatherford  
HR: None  
Sandberg: 1-hit shutout

CSUSM 9, Chico State 0  
WP: Sandberg LP: McDermott  
HR: None

CSUSM 15, Dominican 1  
WP: Boone LP: Satay  
HR - Dronenburg (SM), Houle (SM)  
Sunday

CSUSM 5, SF State 1  
WP: Sandberg LP:  
HR: Esquibel (SF)  
Sonoma State 8, CSUSM 0  
WP: Lipperd LP: Sandberg

### TRACK AND FIELD UPDATE

Cal State San Marcos, still new to indoor track and field, sent nearly the minimum amount of athletes to the Northern Arizona University Track Invitational on Saturday, and therefore had a difficult time amassing enough points to compete. However, the Cougars were not without stars at the event. Men's captain Brett Campfield took first place in the one-mile race, leaning across the line with a time of 4:22.39. Daniel Lyon and Armando Lara finished second and third in the men's 5000 meters, respectively. Northern Arizona edged out the University of Nevada-Las Vegas 87-85 for the overall title.

## CAPTAIN'S CORNER: A LOOK INSIDE THE LOCKER ROOM CSUSM TEAM CAPTAINS PREVIEW SPRING SEASON ON WEBSITE

MICHAEL RAWSON  
SPORTS EDITOR

As the spring season opens, a few Cal State San Marcos athletes are putting in a bit of extra time behind the desk.

This year, the captains of each squad have been asked to write a preview of their season's schedule, looking forward to upcoming events and key players. These previews have been aptly titled "Captain's Corner," and are available on the Cougar athletics website, csusmcougars.com.

According to Sports Information Director Kyle Trembley, the brains behind the project belong to men's track and field captain Brett Campfield. The track star, a junior transfer from Princeton, approached the athletic department over the winter break with the idea that since captains were designated by their respective teams as representatives, they should be the ones telling their fans what to expect. Campfield shows off his Ivy

League mind in his entry, explaining the importance of teamwork in an individual sport like track and field. "Watching a teammate battle and compete at their very best is contagious, and makes one also willing to put everything on the line for the team," he said.



Photo courtesy of Aaron Jaffe

Four short essays were up on the website as of Saturday, including those by women's golf captain Stephanie Cole, men's golf captain Adam Loran, women's track and field captain Jessica Sandoval.

Cole, a junior, shared some particularly insightful information about the time athletes spend in preparation. "Every Friday, we all attend a yoga class at 6:30

a.m. and then have an 18-hole qualifier," she said. "This year, coach made a new rule: we have to run a mile for every 3-putt we have during qualifying."

Cole also said the women's golf team arrives at Lake San Marcos Country Club at 6:30

of the women's track team. There are currently 54 athletes on the official roster. The junior from Oceanside offered plenty of inside information on the squad's organization, and explained to fans unfamiliar to the sport what some events are comprised of. For example, "Coach Scott is also composing a relay team that will either run the 4x800 meters or the distance medley relay in which every person runs a different distance, beginning with 1200 meters, then 400 meters, 800 meters, and the last leg runs 1600 meters," she said.

A few weeks into the season, the baseball and softball teams are currently unrepresented in the Captain's Corner. Still, Campfield and the athletic department have received positive feedback from the project, and they are hopeful to feature previews from the two remaining captains, Trembley said. For now, the four "Corners" make up a group of fascinating essays that are worth a read, written by CSUSM athletes who are anything but square.

## DÉJÀ VU AT CSUSM BASEBALL FIELD OMAHEN WALK-OFF HIGHLIGHTS SWEEP OF SD CHRISTIAN

KYLE TREMBLEY  
CONTRIBUTOR

We're only two weeks into the 2011 baseball season, but Cal State San Marcos fans may already be experiencing déjà vu after senior shortstop Johnny Omahen's second walk-off base hit this season capped off a double-header sweep of San Diego Christian.

The Cougars won game one 5-3 and took game two 8-7. CSUSM is now 6-1 on the season, while San Diego Christian drops to 0-3.

The game two score was identical to that of the team's opening day win over Vanguard. In that game – the first ever at CSUSM Baseball Field – the Cougars held a lead for most of the contest, lost it late, but rallied in the final inning to overcome a deficit and win it on a two-strike base hit by Omahen to right field.

Saturday's second game followed the same script, though that doesn't make it any less sweet for the team or the large crowd of fans that showed up to cheer them on.

Brett Miller gave the team a solid effort on the mound, going four innings and allowing three runs. Kyle Smart and Omahen finished the game on the mound, and were victimized by three errors in a two-play span that opened the door for San Diego Christian in the 7th.

CSUSM had actually held a 5-0 lead early on, and appeared to be cruising for most of the contest. A five-run second inning started with one-out singles by Abraham Torres and Marco Arellano, a walk by Trent Jemmett, and a big two-RBI base hit by Austin Coleman. Kevin Silvett followed that up with an RBI double, and San Diego

Christian threw the ball away after the play to let Coleman score.

But CSUSM found itself down 7-6 in the seventh and final frame, and the lineup once again had to rise to the occasion to secure the victory. Kyle Secciani drew a big one-out walk to get things going, after stealing second, Anthony Renteria crushed a ball to right center. While it would have been out at many fields, it hit off the wall in the Cougars's new ballpark, but still tied the game. Corey McCloskey pinch ran for Renteria, advanced to third on a wild pitch, and trotted home when Omahen drove a clean-single into right field on a 3-2 count to end the game.

This all came after the Cougars enacted another comeback – albeit a less dramatic one – in game one of the double-header. In that contest, starting pitcher Matt Kretchmer labored a bit early, but battled through nicely to give the team 5 1/3 innings of two-run ball on the mound.

Still, CSUSM found itself down 3-1 in the seventh inning, where with one out Renteria drew a walk, and with two outs pinch runner Jordan Polchow stole second. That brought Omahen to the plate, and he delivered the first (and admittedly less dramatic) of his big hits, driving home Polchow with a squibbed ball off the end of the bat that found its way through the infield. Victor Serna then smoked a huge triple to left, and Jemmett knocked an RBI single to

put the Cougars on top 4-3.

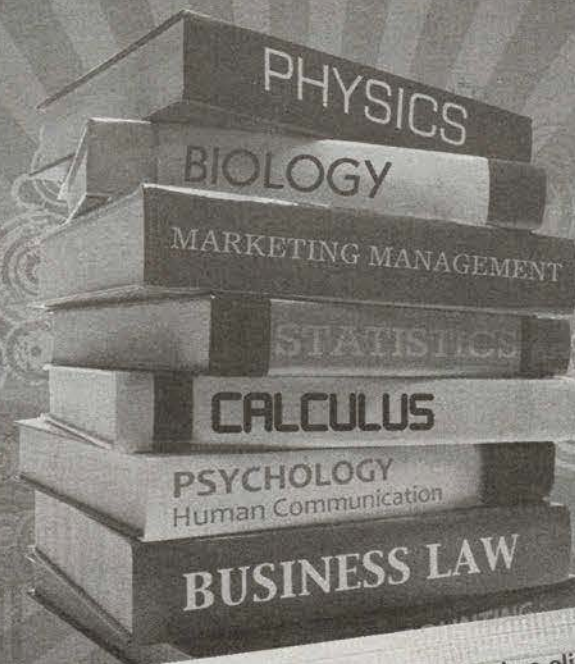
Mitch Ferguson was once again brilliant in relief, going an impressive 3 1/3 innings, allowing just one hit, and striking out four batters to close out the game

and pick up the much-deserved win. CSUSM added an insurance run in the 8th and won it 5-3.

The Cougars will be back in action at home against Cal Baptist next Friday at 2 p.m.

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## FIND COMEDY ON ANOTHER CHANNEL ABANDONING HUMOR, SUPER BOWL ADS MOSTLY MISS

OWEN HEMSATH  
PRIDE STAFF WRITER

The Super Bowl is the new Christmas, and the commercials are like the stocking stuffers. While they may not be the main attraction, they are certainly one of the best parts.

However, this year, the light-hearted humor that we expect from America's most watched commercials was replaced with interactivity and special effects technology. A great example is Fox's preview of the animated bird movie "Rio," which featured a hidden clue used to unlock a mystery level in the popular smart phone application Angry Birds. Once unlocked, those who

found the code earn a chance to win a vacation to Rio de Janeiro. Get that? While the interactivity and colorful animation benchmarked a new era in interactivity, the commercial just wasn't funny.

Special effects also played a key role. Big players like Coke spent millions on a commercial aimed at gamers, comprised entirely of computer animation. Companies like Brisk and Chatter.com also focused on animated themes with commercials starring celebrity voices and likenesses like the Black Eyed Peas and Eminem. Hollywood continued the trend with hi-tech super-previews for the season's upcoming sci-fi/action films. Movies like Steven Spielberg's "Super 8," the western-hybrid "Cowboys and Aliens," and the comic

book manifestations "Thor" and "Captain America" each presented a visually stunning demonstration of their product. This might have been a good idea if we all had movie-theater televisions, but we don't. Everyone can enjoy a good joke but these commercials just weren't funny.

It wasn't like humor wasn't in the cards. To the contrary, some commercials tried to be funny but the punch lines never hit. A few standouts did prove to be crowd pleasers and while they represented only a minority of total advertisements, they deserve some recognition. Bud Light's first commercial called "The Hacks," for example, was by far their funniest. The commercial mocks a before-and-after home renovation scenario where the only

renovation in the "after" shot was a bucket of Bud Lights on the countertop. The line, "it really opens up the place" got a laugh out of the whole room. Doritos launched a commercial called "Funeral Guy" where a house-sitter successfully saves a dead fish when he sprinkles Dorito crumbs into the fishbowl. He saves a dead plant the same way. By commercial's end, an urn is over-turned and the rest is obvious. Finally, Bridgestone garnered a chuckle with their ad, "Carma" which featured a man, and beaver, and great traction. Google the ad for its full effect.

So the humor

wasn't huge and tech toppled the rest. The commercials were visually appealing but the scripts were weak. We may never see the funny commercials that we once expected from the Super Bowl. Instead, we may be wise to expect more special effects, technology, and interactivity that begs the need for a bigger television and a better phone.

Photo courtesy of usahotworld.com



## CSUSM 8, VANGUARD 7, JAN. 28, 2011

**CSUSM BASEBALL REIGNS VICTORIOUS IN THEIR FIRST-EVER HOME GAME.**

LEFT(TOP): A foul ball off the bat of Kevin Silvett hits a North County Times photographer during the 1st inning.

LEFT (BOTTOM): Officials reported more than

700 fans attended the Cougar Baseball opener, the most attended home game ever recorded in Cougar athletics, according to Kyle Trembley.

BELOW: "Opening this

field today connects so much of what we are looking forward too and that is continuing to build athletics and student life at Cal State San Marcos," President Haynes said right before the first pitch.

Photo courtesy of Aaron Jaffe



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# ROLL OUT THE RED CARPET

## AN OVERVIEW OF HOLLYWOOD'S AWARDS SEASON

BEN DEARINGER  
PRIDE STAFF WRITER

Hollywood's A-listers rolled out the red carpet, paparazzi manned their battle stations, and everyone is ready for Hollywood's biggest stars to battle it out in hopes of winning the years most prestigious entertainments awards. The Peoples Choice, Golden Globes and SAG Awards of 2011 already happened and the two major ceremonies left are the Academy Awards (Oscars) and the Grammy Awards.

The People's Choice Awards came and went and "The Twilight

Saga: Eclipse" cleaned house by racking up four awards including: Favorite Movie, Favorite Drama Movie, Favorite Actress (Kristen Stewart) and Favorite On-Screen Team (Robert Pattinson, Taylor Lautner, and Kristen Stewart). Rapper Eminem also took home four awards to add to his repertoire of sparkling gold and silver trophies.

The big winner at the Golden Globes was 2010's "The Social Network," which is already being talked up as a shoe-in for best picture at the Academy awards. "The Social Network" directed by David Fincher, won Best Picture (drama), Best Di-

rector, Best Screenplay and Best Score. Although the Facebook inspired story took home most of the top awards, films such as "Black Swan" starring Natalie Portman, "The Kings Speech" with Colin Firth and "The Kids Are All Right" featuring Annette Bening are still generating quite a buzz in the race for an Oscar.

The SAG Awards, on the other hand, had a slightly more diverse range of winners. Natalie Portman won Best Actress for "Black Swan", which further jolted her in the rankings for an Oscar, and best actor went to Colin Firth for "The King's Speech." A few other movies such as "The Fighter"

and "True Grit" also made their way into the mix of winners.

Approaching this weekend, Hollywood sways away from film and television to lean towards the music industry. The 53 annual Grammy Awards air Feb. 13 on CBS at 5 p.m. The top award categories are Record, Song and Album of the Year. A few other categories that gain notoriety are Best New Artist and Best Male/Female Artist. Some of the biggest names in pop music that are sure to score some trophies are Eminem, Lady Gaga, Katy Perry and new comer Bruno Mars.

The pinnacle of the award show season airs on ABC Feb.

27. The Academy Awards prepare the glamorous golden Oscars in order to crown Hollywood's leading actors, actresses, directors and writers. "The Kings Speech" leads the pack with 12 nominations, and in second place with 10 nominations is "True Grit" starring Jeff Bridges and Matt Damon. The Academy nominated "The Social Network" and "Inception" for eight different awards apiece as well. Finally, Christian Bale may win his first Oscar for his supporting role in "The Fighter." The competition is fierce and hopefully the awards generate some surprise winners.

Photo courtesy of fanpop.com



Photo courtesy of blog.newsok.com

Photo courtesy of bbc.co.uk

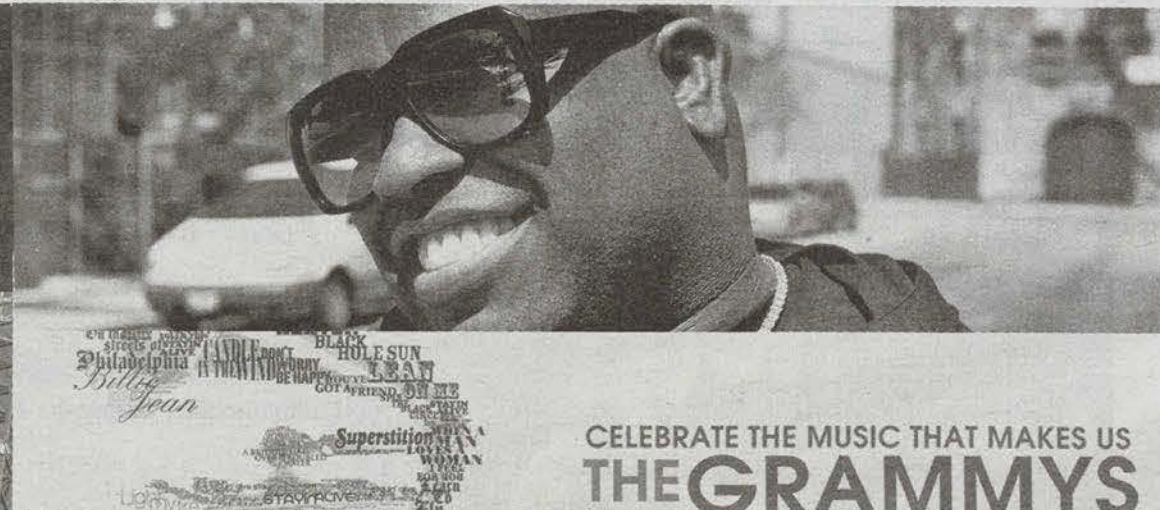


Photo courtesy of elitestudios.net



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### "SANCTUM": A 3D UNDERWATER THRILLER

BEN DEARINGER  
PRIDE STAFF WRITER

An underwater cave diving team sets off to discover the last unexplored place on earth. However, at the onset of an unexpected tropical storm, the team, led by Frank (Richard Roxburgh), is trapped underground and forced to dive deeper into the unexplored terrain in a desperate search for escape.

Executively produced by James Cameron, "Sanctum" is a 3D underwater thriller that attempts to push the boundaries of 3D moviemaking and visual stimu-

lation: a worthy goal had "Avatar" never been made. Though visually impressive, this film's use of 3D effects is pointless, and it can likely be an effort to acquire more revenue, as the film requires moviegoers to spend \$3 more per ticket. Making the movie 3D is a questionable attempt by the filmmakers to boast a more impressive opening weekend profit.

With the acting performances being mediocre at best and a poor story development, "Sanctum" relies on intense, over-dramatized action scenes to sustain a mild sense of interest. The audience feels

as though they are holding their breath along with the divers, awaiting the next possible chance for a gasp of fresh air. This intensity is the only attention keeper for the movie's 103 minute runtime, as the first 30 minutes are especially sluggish.

Though semi-entertaining, "Sanctum" is a dismal follow-up for Cameron's groundbreaking movie "Avatar," and it seems as though having Cameron's name on the poster is the one and only selling point.

Photo courtesy of movies.ign.com





## PRIDE CONCERT CALENDAR

REBEKAH GREENE  
PRIDE STAFF WRITER

**Plain White T's, Parachute,  
MIGGS**

When: Wednesday Feb. 9  
Where: House of Blues San Diego  
Time: 7:30 p.m.  
Etc: Tickets are \$14.50 in advance and \$17.50 the day of the show. All ages permitted. For more information, directions, and sample songs of each artist, see [houseofblues.com](http://houseofblues.com).



**Badfish – A Tribute to Sublime with Scotty Don't & Fayuca**

When: Friday Feb. 11  
Where: House of Blues San Diego  
Time: 8:30 p.m.  
Etc: Ticket prices \$20 in advance and \$22.50 on the day of the show. All ages permitted.

**Parkway Drive, Set Your Goals, The Ghost Inside, The Warriors, Grave Maker**

When: Friday Feb. 11  
Where: Soma San Diego (mainstage)  
Time: 6 p.m.  
Etc: Tickets are \$15. For directions to Soma, visit [somasandiego.com](http://somasandiego.com). Hailing from New South Wales, Australia, Parkway Drive has come a long way since their formation in 2002, having released three full-length albums and toured through the US, Australia and Europe.

**The Pretty Reckless**

When: Saturday Feb. 12  
Where: Soma San Diego (sidestage)  
Time: 6 p.m.  
Etc: VIP tickets are \$37 (the VIP includes a meet and greet, early admittance, t-shirt and more). General Admission is \$12. The Pretty Reckless, formed in 2009, is fronted by actress Taylor Momsen, notable from the television series *Gossip Girl*.



**The Decemberists and Mountain Man**

When: Sunday Feb. 13  
Where: House of Blues San Diego  
Time: 8 p.m.  
Etc: Tickets are \$30 in advance and \$32.50 on the day of the show. All ages permitted.

# Pride Playlist

## Whistle while you work

SANDRA CHALMERS  
EDITOR-IN-CHIEF

The homework storm is now amongst us. Its fury promises late nights, writer's block and hundreds of pages to read. Ease the pain with some electric listens to keep you on your toes.

ARCADE FIRE - HAITI

PASSION PIT - LIVE TO TELL THE TALE

CRYSTAL CASTLES - SUFFOCATION

THE SMITHS - THIS CHARMING MAN

TWO DOOR CINEMA CLUB - SOMETHING GOOD CAN WORK

ZOOT WOMAN - HOPE IN THE MIRROR

THE SHINS - SLEEPING LESSONS

RADIOHEAD - IDIOTEQUE

ELECTRIC VALENTINE - BODY TO BODY

YEAH YEAH YEAHS - DRAGON QUEEN

*Photo courtesy of Sandra Chalmers*

# Hits of Sunshine

AMY SALISBURY  
EDITOR-IN-CHIEF

Breaking up is hard to do, especially around Valentine's Day. But usually, it's for the best, right?

The signs of a relationship's demise are rather apparent. Most notably, potential break ups are

preceded by the couple not really doing anything together anymore. This presents an awkward situation for everyone.

People start asking questions, then the news breaks: the White Stripes, drummer Meg White and guitarist Jack White, officially break up.

During the middle of last

week, the news traveled faster than a 15-year-old on Facebook, as the blog posts poured in. In a symbolic death march, articles popped up chronicling the best of the Stripes' coupling and revealing that the brother-sister act was actually an amicable solution to the end of a four-year marriage (although that wasn't much of a secret to begin with).

The White Stripes are best described—or, were best described, rather—as a raw, minimalist, aesthetically conscious duo. With hits like “Fell in Love with a Girl,” “Seven Nation Army” and “Blue Orchid,” the White

Stripes gained a solid following over their 14-year existence. Their last album, “Icky Thump,” was released in 2007.

In 2009, Jack White joined and helped found The Dead Weather, a “compilation band” of sorts, with Allison Mosshart of Discount and The Kills, Jack Lawrence of The Greenhornes and The Raconteurs, and Dean Fertita of Queens of the Stone Age. So it's pretty easy to see where Jack White's energy will go post-Stripes, especially since The Dead Weather performed at Coachella last year.

I should probably mention that Jack White is also in The Raconteurs with Fertita, starred in “rockumentary” “It Might Get Loud” in 2008 with members from U2 and Led Zeppelin and he has his own record label, Third Man. Feel free to call him busy.

Meg White is another story. According to the White Stripes' still active website, her acute anxiety often changed the band's plans. In 2007, the band's fall U.S. tour was cancelled due to

“health issues,” citing that White was unable to travel. After that, the band chose to cancel all 2007 tour dates post-September including a scheduled tour of the U.K.

She remarried in 2009—in Jack White's backyard, no less. There has not been much news regarding Meg White's musical present or future, but in mid-2010, Jack White reported to the Times of London that he suspected Meg White's anxiety no longer existed.

Although the Stripes are no longer together, their musical contributions fail to present signs of dissolution. Their run as a band was significant enough for other artists to cover the most classic of Stripes songs.

Of course, break ups are never exactly fun. Fans of the band, however, may relish in their latest release, “Under the Great White Northern Lights,” a documentary and live album of the band's last ever tour.

*Photo courtesy of grizzlybamb.com*





# TV'S SPRING PREMIERES

## THE BIGGEST SHOW PREMIERES OF FEB. AND MARCH

CHRIS GIANCAMILI  
DIGITAL MEDIA MANAGER

### Glee- Feb. 8 on Fox

Glee returns to Tuesdays on Fox to continue its second season after its much anticipated post-Super Bowl special.

### Traffic Light- Feb. 8 on Fox

Fox's new sitcom follows a group of best friends as they find themselves in different stages of life.

### My Life As Liz- Feb. 8 on MTV

Season two of the hit MTV series premieres with Liz living in New York.

### Mr. Sunshine- Feb. 9 on ABC

Matthew Perry (of Friends fame) stars in the new ABC comedy. Perry is Ben Donovan, a sports arena manager, going through a midlife crisis who must deal with the stress of his job.

### Survivor: Redemption Island- Feb. 16 on CBS

Survivor continues as a group of 16 new and two returning survivors are met with a series of challenges in Nicaragua.

### The Amazing Race: Unfinished Business- Feb. 20 on CBS

CBS's hit reality show returns with its eighteenth season, which features 11 returning teams trekking across the globe.

### America's Next Top Model- Feb. 23 on CW

Reality TV's favorite beauty competition continues with its sixteenth season on the CW.

### Shedding For the Wedding- Feb. 23 on CW

The new reality series tracks a group of overweight couples as they attempt to lose weight before their wedding dates.

### The Marriage Ref- March 6 on NBC

Executive producer Jerry Seinfeld's comedic take on marriage returns for its second season on

NBC.

### America's Next Great Restaurant- March 6 on NBC

Chefs are challenged to create the best restaurant, while being judged by a panel of chefs like Curtis Stone and Bobby Flay.

### The Event- March 7 on NBC

The mysterious science fiction thriller returns with a special two hour episode to continue its first season.

### Dancing With the Stars- March 21 on ABC

ABC's smash hit dance competition returns with an all new set of dancers to prove who's got what it takes to win the season twelve title.

### Body of Proof- March 29 on ABC

The new medical drama, stars award-winning actress Dana Delany, premieres on ABC.

Photo courtesy of fanpop.com

## HAPPY HOUR OF THE WEEK: 333 PACIFIC

### A ROMANTIC PLACE FOR VALENTINE'S DAY

HALEY DUVEL  
PRIDE STAFF WRITER

For this year's Valentine's Day, don't scramble around last minute trying to find a restaurant to take your sweetheart. Opened two years ago, 333 Pacific is the place to be. Its chic, yet casual atmosphere is sure to win you brownie points with the honey, plus the restaurant offers a killer happy hour with a wide variety of drinks to chose from.

To save yourself a little money, sit in the lounge where there are amazing drink specials and a large selection of appetizers. They offer a new special almost every day.

Sushi Sundays feature a sushi special with a glass of chardonnay or champagne for \$14. On Monday Micro Brew Madness, you may select from 8 micro brews for \$4 each. Wine Wednesdays offers a 50 percent discount off select bottles of wine.

From the outside, this restaurant may look like any other restaurant, but inside the lounge bar is stocked with over 100 different kinds of vodka from around the

world. Every day 333 Pacific offers vodka cocktails for \$7 each. Tuesdays in the Raw offers three vodkas paired with three different appetizer samples for \$15. Happy hour goes from Mon-Thurs 4 - 7 p.m. and Fri-Sun 3 - 7 p.m. 333 Pacific offers late night happy hour seven days a week.

If you're looking to enjoy a romantic dinner, 333 Pacific features a dining room that overlooks the gorgeous Oceanside beach and offers everything from fish to steak. Sunday - Tuesday nights 333 offers a three-course meal for \$33.

Splurge on dinner and save

yourself the money by skipping the movies afterward. The Oceanside pier is only yards from 333 Pacific and you can take your date on a romantic walk down the beach to enjoy the sunset.

Reservations can easily be made online at [www.cohen-restaurants.com/333pacific](http://www.cohen-restaurants.com/333pacific). They get busy around 5 p.m., so make a reservation.

Located at 333 N. Pacific St., Oceanside, CA 92054. Phone: (760) 433-3333. Lounge open Mon-Thurs at 4 p.m. and Fri-Sun at 3 p.m. Dinner nightly at 5 p.m.

Photo courtesy of sandiegorestaurantweek.com



## DROPPING THIS WEEK

MORGAN HALL  
LAYOUT ASSISTANT

### DVDs

"Paranormal Activity 2" - Paramount Pictures (NR)

The second installment of the franchise, directed by Tod Williams, hits shelves today. The film, set in 2006, is the prequel to "Paranormal Activity." It centers on a family experiencing supernatural events in their home. The Blu-ray/DVD Combo and standard DVD both offer never-before seen footage, and an unrated version that was too intense for theaters.

"For Colored Girls" - Lionsgate Films (R)

The drama "For Colored Girls" drops today. The film, directed by Tyler Perry, artistically portrays nine different interconnected women and the dramatic issues and struggles they face as being women of color. This film is lead by an all star cast of power house women, including Kimberly Elise, Janet Jackson, Kerry Washington and Whoopi Goldberg.



### CDs

"Now That's What I Call Music! 37" - EMI records

Today the thirty seventh edition of "Now That's What I Call Music!" hits stands with a compilation of top artists from the past year such as, Bruno Mars, Katy Perry, Rihanna, Mike Posner and more.

"Crazy Love" by Hawk Nelson - Bec Recordings

Hawk Nelson releases his highly anticipated fifth album today. Nelson's newest album promises a combination of punk rock mixed with Christian rock with hints of new and various music styles thrown in. "The truth topics make 'Crazy Love' the most different from past records; we are definitely more overt about faith this time," Nelson said.



## TV SERIES

"Project Runway: The Complete Eighth Season" - The Weinstein Company

Model Heidi Klum and fashion guru Tim Gunn team up once again for another exciting season. The reality competition features 17 aspiring fashion designers, competing to win \$100,000 from L'Oreal Paris to start their own fashion line, a photo spread in Marie Claire magazine, a \$50,000 technology suite by HP, and an opportunity to sell their collection on Piperlime.com.



## VIDEO GAME

"You Don't Know Jack" - THQ

The once only computer based trivia game, "You Don't Know Jack" is back and better than ever. The interactive quiz show party game allows the player to be in a unique game show from the comfort of their own home.



## Student A: "A CSUSM Love Story" by Faith Orcino

