

THE PRIDE

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CFA TO HOST A DAY OF CLASS ACTION

NANCY ROSSIGNOL
PRIDE STAFF WRITER

The California Faculty Association will host "A Day of Class Action" at all 23 Cal State campuses on Wednesday, April 13 as part of a national campaign in support of higher education and university employees.

CSUSM rally participants will gather at noon in Cesar Chavez Plaza, then walk to the Rotunda in Craven Hall for refreshments,

live jazz and speakers from 12:15 – 1:30 p.m. An open mic session will follow from 1:30 – 2 p.m., giving students, staff and faculty opportunities to voice their concerns about major changes to higher education, both nationally and locally. "Without clear, vocal and very public statements against the changes that are being proposed and/or have already been enacted, higher education as we currently know it will be seriously damaged," CFA Chapter President and CSUSM Sociology

professor Donald Barrett said. Concerns regarding funding and the rights of employees and students are key issues surrounding the event. These concerns include budget cuts and resulting tuition increases adversely affecting affordable higher education, threats to faculty decision-making power regarding class content, size and delivery, elimination of major courses, majors and minors and the idea of students being viewed in terms of cost/benefit ratios. "In terms of attacks on the

rights of students, the overall issue is an increased focus on getting students through the system efficiently. While this may sound good, it has an impact on the diversity and quality of education available and is particularly problematic for students who come to higher education less-prepared than other students," Dr. Barrett said. Collective bargaining, another key issue, Dr. Barrett explained as "efforts to centralize administration and weaken the power of employee unions to col-

lectively represent the interests of employees." These changes to higher education "will result in a less diverse student body, loss in access to quality education, and a loss in the quality of the work environment for faculty and staff," Dr. Barrett said.

Photo courtesy of www.nicholls.edu

CSUSM ANNOUNCES NEW MINORS FOR VPA

OWEN HEMSATH
PRIDE STAFF WRITER

Students interested in extensive video and media production careers will have new classes and a few new minors to choose from next semester, according to an email sent out last week to select students of California State San Marcos.

The email, sent by professors in the Visual and Performing Arts, Mass Media and Communication departments, invited students in those departments to a meeting held last Tuesday where professors announced the details of these changes. According to the minutes of that meeting, a variety of new classes will be introduced next fall along with the addition

of an Arts and Technology minor option for VPA students and the transfer of some Mass Media instructors to the VPA department. One such instructor, Minda Martin, is an experienced filmmaker of social and political documentaries and a recent addition to the Communication department. Commenting on the heavy theoretical basis of the Mass Media major, Martin originally expected the classes to be production based and seemed to be excited about the changes when she introduced the new classes, which includes a studio production class. Kristine Diekman of the VPA department is spearheading the changes and introduced the other instructors who would be playing a role in the new programs. According to the Diekman, the Arts and Technology minor option will be open to all VPA, Communi-

cation, Mass Media and Film Studies students, and the new classes will cover a broad range of media related fields including film production, music composition and media distribution.

Diekman also made it clear that not all lower level classes apply to the aforementioned majors would satisfy the new minor requirements and advised all interested students to meet with one of their professors as soon as possible to select their preferred courses for next term. "We would like to make our program in the VPA department accessible for all students and give them a comprehensive education in media theory and practice, video production, photography and graphic and web design," said Diekman. Priority registration for the program begins April 25.

Photo courtesy of www.csusm.edu

GOV'T SHUTDOWN AVERTED

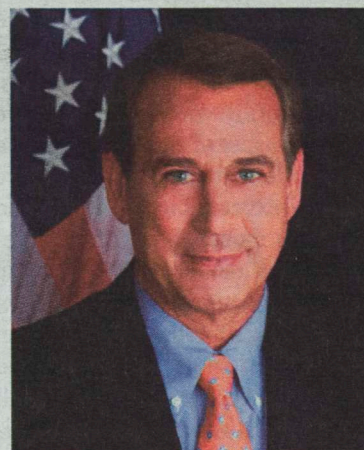


Photo courtesy of Wikipedia

MELANIE SLOCUM
PRIDE STAFF WRITER

With less than two hours to spare, Congressional heads and President Barack Obama avoided a government shutdown by creating a temporary budget deal, which cuts \$38 billion from federal spending, on Friday, April 8. The dramatic negotiation process concerned many citizens who feared total government shutdown as funding would have stopped at midnight last Friday if lawmakers failed to reach an agreement. After meeting into late hours Friday night, lawmakers and White House negotiators agreed on an arrangement to fund

government operations until the end of September while still trimming billions from its previous budget. President Obama, Senate Majority leader Harry Reid and House Speaker John Boehner negotiated the agreement. As first reported by the *Associated Press*, President Obama signed the measure Saturday, April 9, but it still requires Congressional approval, which is set to happen during this week. According to the *Associated Press*, initially, "the administration was poised to shutter federal services, from national parks to tax-season help centers and to send furlough notices to hundreds of thousands of federal workers," which aids to explain the long negotiations that lasted to the last hours of the deadline. The agreement tested the strength of America's divided government as Republicans and Democrats searched for common ground under a time constraint. As first reported by the *New York Times*, Boehner described the negotiation process as "a lot of discussion and a long fight." In

SEE, BUDGET, P.2

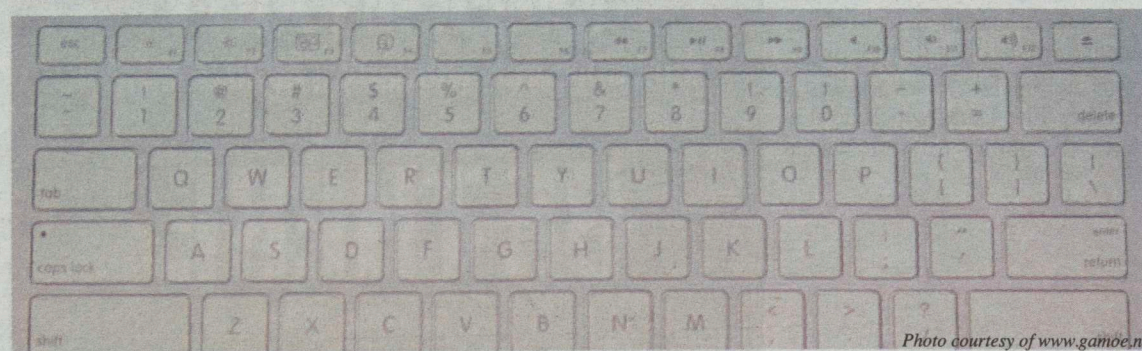


Photo courtesy of www.gamdee.net

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FROM, BUDGET, P.1

his address to the nation, President Obama remarked that the deal is “a budget that invests in our future while making the largest annual spending cut in our history.” He continued to emphasize the importance of Americans “living within [their] means” as an investment in future job markets. Republican initiatives to reduce funding to Planned Parenthood and ease environmental regulations caused much of the censure in negotiating. While these initiatives proved unsuccessful in the negotiation, many citizens were concerned for the fate of these federal programs. One in five women have made a visit to Planned Parenthood. With

CSUSM being approximately 61 percent female, the community could easily have felt these effects. CSUSM’s Student Health and Counseling Services, though not directly tied to Planned Parenthood, offers similar services and is funded through the state and student fees. Because of its alternate sources of funding, Student Health and Counseling Services would still provide reproductive health and education services should Planned Parenthood cease to exist.

Photo courtesy of Wikipedia

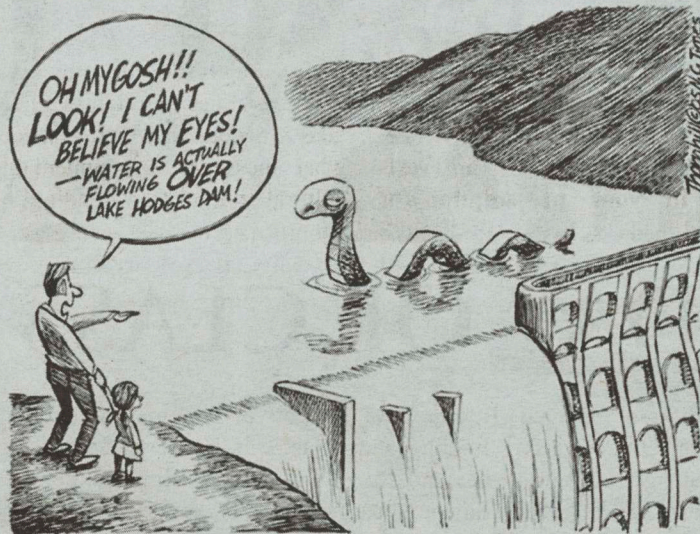


Photo courtesy of Thorn Hill // nctimes.com

CALIFORNIA DROUGHT DECLARED OVER GOVERNOR BROWN REPEALS FORMER WATER WORRIES

MORGAN HALL
LAYOUT ASSISTANT

On Wednesday, March 30, Governor Jerry Brown announced an end to California’s three-year long drought after one of the wettest winters since 1970, according to the state Department of Water Resources. The stormy winter brought more than 60 feet of snow in the Sierra Nevada Mountains with more snow expected to fall at the end of this month. State officials report that the snowpack found in the mountains is at 165 percent of normal for this time of year. When the snow melts, it should supply farmers and residents all across California with water during the summer in local lakes and reservoirs. Governor Brown’s announcement repeals former Governor Arnold Schwarzenegger’s 2008 Declaration of a State of Emergency because of three years of extremely low water levels. Schwarzenegger advocated conservation until water levels rise and some cities imposed conservation measures on its citizens. In 2009, the San Diego region including here in San Marcos, deemed to be at a “level one” drought emergency, which called for all citizens to voluntarily conserve and reduce water by 10 percent. Conservation measures set in place included, but were not limited to, washing down paved surfaces, repairing any inefficient landscape irrigation that leaks, wash-

ing vehicles with a bucket of water and only watering residential and commercial landscapes before 10 a.m. and after 6 p.m.

Cal State San Marcos did its part in water conservation by planting drought resistant plants around campus that require less water. The news of the drought being over left some residents relieved since they can now water their lawns as much as they like, wash their cars everyday and even enjoy a glass of water without feeling guilty. Governor Brown still asks the California public to continue to conserve water. “While this season’s storms have lifted us out of the drought, it’s critical that Californians continue to watch their water use,” said Brown in his drought announcement. Although Brown feels that the drought is over for now, farmers and water officials worry about the future weather conditions. Water agency officials suggest that “The dry summer weather could bring a return to drought conditions.” The high amounts of snow and rain have left the California reservoirs at extremely high levels, but many water districts are having a hard time storing the surplus of water. Most of the older reservoirs in California, including the ones that facilitate water to San Diego, are not Temperance Flat Dam, which do not have the ability to store water.

POLICE BEAT

April 1, 12:20 a.m.

Police arrested 20-year-old Alec Bondietti of Carlsbad on suspicion of driving under the influence and charged him with an alleged felony possession of marijuana. Bondietti, who is not affiliated with CSUSM, allegedly travelled down the 100 block of San Elijo Road, made an unsafe lane change and veered back into his lane and almost hit the center divider. After officers pulled Bondietti over for alleged unsafe driving, officers smelled marijuana coming from Bondietti and the vehicle. Police booked Bondietti to the Vista Detention Center and an imminent court date is pending. It’s unclear whether police let him out on bail.

April 2, 2:15 a.m.

Britni Torquato, 22, of San Marcos reportedly drove intoxicated. Officers pulled Torquato, a non-student of CSUSM, over after she allegedly drove in a dangerous manner on Twin Oaks Valley Road. Police put Torquato through a field coordination test, which she allegedly performed badly. Officers decided to take her into custody and booked her at the county jail, where she submitted to a blood sample. It is unclear whether police let her out on bail.

April 3, 2:10 a.m.

After allegedly speeding at an estimated 60 to 70 MPH at the block of Twin Oaks Valley Road and Craven Drive, police pulled over 25-year-old Kory Cohen of San Marcos. Officers smelled alcohol radiating from Cohen’s breath. Police took him into custody under suspicion of a DUI. At the Vista Detention Center, Cohen submitted to a blood test, and his BAC is currently undetermined. Police booked him into jail. It’s unclear whether police let him out on bail. Cohen is unaffiliated with CSUSM.

April 5, 1:50 a.m.

Juan Orozco of Vista allegedly drove in an unsafe manner, weaving and crossing over into different traffic lanes. After officers stopped Orozco; the 27-year-old male admitted to smoking marijuana prior to driving his vehicle. Then, officers put Orozco through a field coordination test, and he seemed under the influence. Orozco also drove with a suspended license. Police arrested him and took him to the county jail where he was booked and submitted to a blood test. It’s unclear whether Orozco was released on bail, but his court date for the alleged crimes is pending.

Photo courtesy of Morgan Hall

THE PALM
RELEASE PARTY
COMMONS 206, THURSDAY, APRIL 21 U-HOUR
BE THERE.

WHO ARE YOU, AND WHAT HAVE YOU DONE?

CSUSM CELEBRATES FACULTY SCHOLARSHIP, CREATIVE ACTIVITIES

JENNA JAUREGUI
FEATURES EDITOR

They lecture you on psychology theories. They test your knowledge of differential equations. They show you how to analyze poetry. They assign you pages of reading assignments. They make you write lengthy papers.

Your professors are the captains of their college classrooms, yet how many students truly know their professors beyond the credential abbreviations that accompany their names? You may see them throughout the week, but few students take the time to discuss anything besides class material with their professors. If asked to list a few of their professor's professional accomplishments, many students will offer a blank stare. Most are unaware that published works by their very own professors line the shelves in Kellogg Library.

Before and during their car-

ers as college employees, many CSUSM professors proved their scholarship in the professional or creative world. Scholarly articles, research studies, scientific experiments, and entire books are the "feathers in their caps," bolstering their resumes and qualifying them to educate future scholars in their chosen fields.

Gerardo Gonzalez, Ph.D, saw the gap between faculty accomplishments and student awareness of these merits. As the Dean of Graduate Studies and the Associate Vice President for Research at CSUSM, he spearheaded the Celebration of Faculty Scholarship and Creative Activities, an annual event that allows students, faculty, and the community to share in CSUSM faculty research, writing, and other achievements. Professors have the opportunity to present their projects in an informal group setting—each faculty member sets up a display and discusses their work with interested passersby.

On April 1, the second annual celebration event took place in the Clarke Field House Sulpizio Family Grand Salon from 11 a.m. – 1 p.m. Over 30 faculty members shared their accomplishments. Given the chance to chat about subjects they are passionate about, the familiar professors beamed with fresh energy. They eagerly conversed with the students and other community members who visited the event, sharing their professional expertise with interested attendees.

Dr. Natalie Wilson, who teaches in the Literature and Writing and Women's Studies departments at CSUSM, recently published a book titled "Seduced by Twilight: The Allure and Contradictory Messages of the Popular Saga." She presented this book during the event, and offered some comments regarding her experience:

Were people interested in your presentation of "Seduced by Twilight?"

"Yes, many people expressed

genuine interest. At 'Twilight' fan events interest is understandable, but at an academic research event such as this, I was happy to talk to people from all across campus and the community – Deans, faculty, students, and community members – about how the saga reveals a great deal about the contemporary cultural moment."

What was your favorite thing about sharing your work with staff and students?

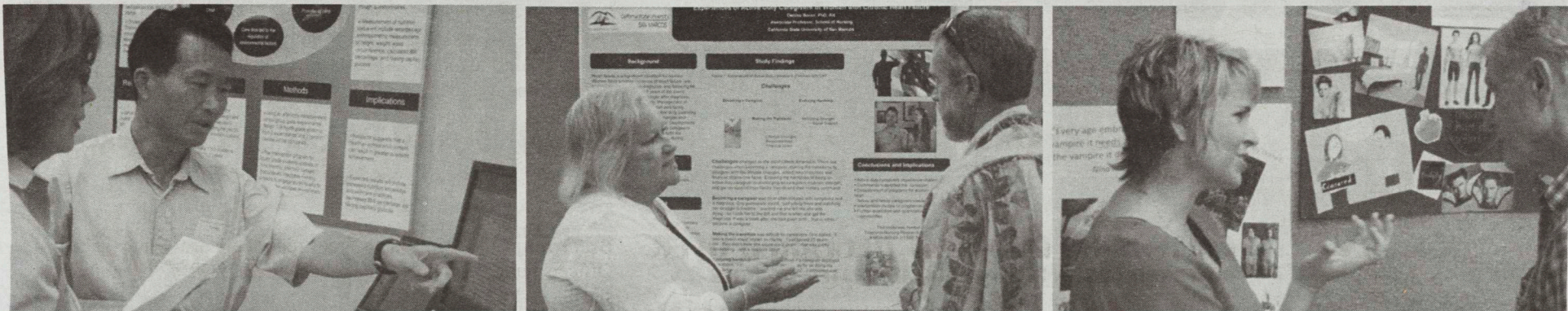
"I particularly enjoy speaking to people outside the 'target fan base' regarding what they make of the phenomenal success of 'Twilight.' One man compared it to Beatlemania, and a fellow professor lamented that Bella Swan is nothing like her favorite female heroine, Nancy Drew. I also enjoy getting those who feel the series is 'just entertainment' to take a deeper look and consider what messages this undeniable cultural zeitgeist is sending us about love, romance, gender, and sexuality as well as about two

areas people rarely consider race (via the representation of Native Americans as werewolves) and religion (the author is Mormon)."

The event was a unique chance to see CSUSM professors "in their element," discussing topics they enjoy and sharing their knowledge with others. Wilson declared the celebration a success, saying the room was "buzzing with conversation." Organizers expect a third annual event next year, hoping to expand to a larger location and schedule it on a day when more students can attend.

If you missed this fun opportunity, try talking to your professors about their work during their office hours. Many would love to share their interests with eager students, and you may learn something more than the lessons they teach in class.

Photo courtesy of Jenna Jauregui



WHY NOT ENJOY SOME OF YOUR MEALS THIS SEMESTER?

Just \$5 gets you a value card with over \$50 worth of discounts - including free meals, 2-for-1's, and more - good at any Hometown Buffet.

Pick your value card up today from the CSUSM Athletics' Office, located in The Clarke!

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WHAT AILS YOU?

AMY SALISBURY
EDITOR-IN-CHIEF

April 2011 is proving to be a hybrid of sun and snow. Boots, raincoats and hats have resurfaced before they had a chance to dry out from the last rains of winter. A chilly start to spring means some are still stuffing tissues in their pockets. College students are feeling the stress of the post-midterms crunch, leaving many with weakened immune systems that are susceptible to any near-by sneeze. If the common cold is what ails you, here are a few remedies most everyone has at home to help combat the sniffles and leave you ready to take on the semester's remaining weeks.

Have some OJ with your breakfast. Fresh squeezed orange juice not is one of the most vitamin C rich foods in existence. According to biologist Thomas Peel, vitamin C is not only effective in fighting colds, but it helps in the growth and rebuilding of bone and muscle. Stay away from chalky vitamin C wafers, as the U.S. Food and Nutrition board recommends nutrient intake primarily through foods rather than multivitamins, since the latter are synthetic and less easily absorbed.

Go lay out. Here in San Diego, tanning in April is certainly not out of the question. Getting some sun helps your body produce vitamin D, and it can affect your mood in a positive way. Seasonal Affective Disorder (SAD, appropriately) is typified by depressed

moods during fall and winter, mostly because of a vitamin D deficiency, so start making up for that lost sunlight ASAP. According to Mayo Clinic, vitamin D is great for the body and mind.

Soup for the soul. The old mantra as a standby for cold treatment is more valid than you might think. Soup has much more water in it than other foods, aiding in hydration when your body is trying to fight off a cold virus. Parsley and carrots, traditional chicken soup ingredients, are both rich in vitamin A. Vitamin A helps keep eyes, skin and mucous membranes moist, in case that dry cough is getting tough to handle (lifeclinic.com).

Read: chocolate and peanut butter. This does not mean a Reese's binge is acceptable here,

SEVEN COLD REMEDIES FOR SPRING SNIFFLES

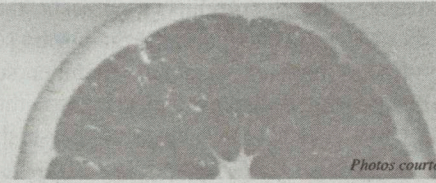
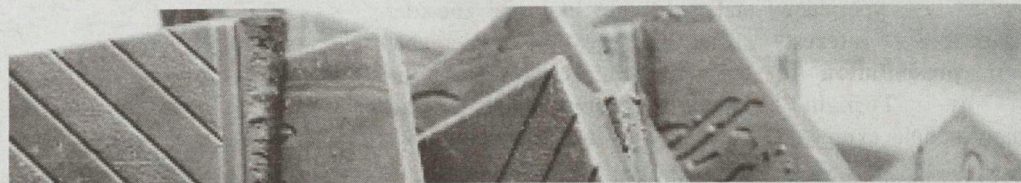
but both foods are high in zinc, which has the potential to shorten the duration of a cold. Chocolate candy with high concentrations of cacao is preferred, according to the USDA National Nutrient Database. Organic peanut butter made from oil-roasted peanuts and minimal sweeteners is your best bet; only 100 grams of peanuts or peanut butter provides nearly half of the RDA of zinc.

Calm down with chamomile. Sometimes colds cause an inflammatory response on the outside of your body, including the eyes. Calm redness in your eyes with the super anti-inflammatory food, chamomile. Make a weak tea, let it cool until it is barely warmer than your skin, and rinse your face with it. According to the U.S. Food and Drug Ad-

ministration (FDA), chamomile causes allergic reactions in some individuals, so test the solution on the inside of your wrist first.

Take a dip in the spa. Ashish Kalekar of inhouse remedy.com said, "Nothing chases away a bad case of congestion better than some good ol' steam treatment." If you are lucky enough to have access to a hot tub, this is when to take advantage of it. If not, take a bath or shower and breathe deep. Modify this suggestion if you have fever with steam concentrated on just your face instead of your whole body.

Sleep it off. After a relaxing bit of heat, change into some comfy clothes and pass out. Psychology Today explained that sleep is one of the most important mechanisms your body employs for healing.



Photos courtesy of fc05.deviantart.net & 1.bp.blogspot.

ASK THE COUG: DATING AND RELATIONSHIP ADVICE

Hey, Coug. Can you please give me some pointers on how to evaluate my relationship? I have strong feelings for my boyfriend but I just want to be sure my instincts are right before I let myself fall completely in love with him.

Reflecting on the nature of your romantic relationship is a valuable exercise. You may expose some red flags you were previously blind to, or you may find yourself recalling many happy occasions that caused you to fall for him in the first place. Whatever course your evaluation takes, it is important to carefully consider the following things:

First, what medium do you use to communicate? Some relationships begin via Facebook or text messaging. Faceless beginnings can cripple the transition from typing to talking, so consider how often you actually converse in person. A healthy relationship values face time; all forms of social media or telephone communication are secondary. Of course, distance can be a factor in the amount of time you spend in person. Red flags raise when it becomes easier to type or text your feelings rather than explain yourself face-to-face. When you communicate, consider the nature of the conversation. Are you at ease with this person? Are you constantly fighting? Do you feel valued when talking to him? Do you hide or show your emotions in conversation? You should be able to share anything with your boyfriend and know he will respond with care and appreciation for your feelings. Conversely, you must pay attention to how well you and he listen to each other. Being "present" while the other is talking is one of the key aspects of effective communication, wheth-

er you are discussing the day's events or your innermost feelings. Consider how well he responds to what you reveal in conversation.

When you are in a steady relationship, you must be able to trust the other person. This does not simply mean knowing he won't cheat on you—you must also trust him with your heart, becoming vulnerable to him. A trusting relationship also includes having faith in your partner. Believing in each other means you place trust in the talents, dreams, and capabilities of the other person. If you deem your boyfriend worthy of your love, you will trust in every part of his being—mind, body, and soul.

College students lead a full, busy life. Deadlines, homework, and grades top the priority list. Sometimes, you or your boyfriend may have to come second to a paper or lab report. In these situations, keep in mind that your education is important to a fulfilling future. Respect the other person's right to complete homework on time. Other times, you may need to be patient if your boyfriend needs time to himself. Remember that "love is patient," but ignorance is unacceptable. Don't let yourself be neglected, but a healthy dose of patience will help any relationship last.

These three qualifications all fall under one overarching theme: respectfulness. If you feel respected and appreciated, then your relationship is likely a healthy one. Don't be afraid to recognize instances of disrespect, whether it is minor transgressions or more serious issues. In any case, consistently demand respect and you will surely receive it.

Drawing courtesy of Chelsea Jauregui

CAMPUS CALENDARS

Events and Lectures on Campus

French Festival Series:
Wednesday, April 13, 1 – 3:45 p.m. Arts 111

Faculty Staff Association's Mixer:
Wednesday, April 13, 2:30 – 4 p.m. Commons 206

The Misanthrope:
Wednesday, April 13, 7 – 9 p.m. Arts 111

International Fair:
Thursday, April 14, 11 a.m. – 2 p.m. University Hall Plaza

Frontiers in Science Seminar:
Thursday, April 14, noon – 1 p.m. Science Hall II 242

Biotech Beach Career Connection:
Thursday, April 14, 5:30 – 8 p.m. Clarke 113

Psychology Student Research Fair:
Friday, April 15, 8 a.m. – 3 p.m. Clarke 113

Speed Networking:
Tuesday, April 19, 6 – 8 p.m. Clarke 113

Shaping of Holocaust Memory in Israel:
Wednesday, April 20, 3:30 – 6 p.m. Clarke 113

Naruwan Taiko Drums:
Wednesday, April 20, 7 – 10 p.m. Clarke 113

Art Auction for Japan bidding begins:
Thursday, April 21, Arts 111

Electronic Waste Recycling:
Saturday, April 23, 9 a.m. – 4 p.m. Parking lot B

COMPILED BY
JENNA JAUREGUI
FEATURES EDITOR

Photos courtesy of CSUSM.edu

STOP VIOLENCE IN ITS TRACKS

WOMEN'S CENTER TO HOLD ANNUAL TAKE BACK THE NIGHT EVENT

ASHLEY DAY
A&E EDITOR

Domestic violence and sexual assault plague women every day. On Thursday, April 14, the CSUSM Women's Center will hold its fifth annual Take Back the Night event—an energized occasion with a mission to “break the silence that surrounds the issues of domestic violence and sexual assault, and to demand an end to gender violence,” ac-

which is incredibly empowering.”

“Four women die in the U.S. each day from domestic violence—brutally murdered by the men who claim to love them,” Heidi Breuer, Ph.D., Assistant Professor of Literature and Writing Studies, said. This alarming statistic means domestic violence takes the lives about 1,460 women each year. Statistics on sexual assault against women also show

taught from a very young age to be fearful of the night. We are told to stay inside and to be afraid of

“FOUR WOMEN DIE IN THE U.S. EACH DAY FROM DOMESTIC VIOLENCE—BRUTALLY MURDERED BY THE MEN WHO CLAIM TO LOVE THEM.”

walking outside at night. Even though most violence against women happens at the hands of

ing dance and spoken word. They are a powerful and inspirational group of youth living in the low-income neighborhood of City Heights in San Diego who are finding empowerment and educating others through dance.” Their performance is only the beginning. “We will also have an interactive educational piece presented by the Center for Community Solutions, to get students activity involved in

have the chance to share their stories in a safe, affirming environment. “This is probably the most powerful, healing aspect of the whole event,” Burgess-Carland said. “Speaking out about your experience of abuse is truly transformative. I have talked to women at CSUSM who told me that Take Back the Night was the first time they ever talked about what happened to them. To me, this is the whole reason we have the event. When people speak out they can begin to heal, and start moving from victim to survivor.”



cording to Women's Center Director Lea Burgess-Carland.

The event, which will begin at 5 p.m. in the Library Plaza, is a place where people of all ages and genders can gather to find support and raise awareness. Specific information about Take Back the Night is available at csusm.edu/wc/events.

Our campus is not the first to host this event. Take Back the Night is an international event that has been around for 35 years in hopes of bringing an end to sexual assault and abuse. Burgess-Carland stated, “Often, victims of these crimes remain silent out of fear, shame or feelings of guilt. Fewer than five percent of sexual assaults are reported to the police, and many survivors will never speak out about the abuse they have suffered. This can lead to feelings of isolation and powerlessness. Take Back the Night provides an opportunity for people to speak out and demand an end to these crimes,

a significant amount of problems women face in their daily lives.

“Events like Take Back the Night are necessary because, while 54 percent of women say they have been sexually assaulted, only 25 percent of men say they have engaged in sexual aggression or forced sex,” Prof. Breuer continued. Burgess-Carland revealed, “Women aged 16 - 24 experience the highest rates of sexual assault and intimate partner abuse. 1 in 5 women will be a sexually assaulted while she is in college[...]these are people in your classes, people you work with and people in your student organizations. It is a reality at CSUSM, and we must demand an end.”

Take Back the Night events hope to reclaim safety and peace of mind. “As women, we are

someone we know, the threat of the ‘stranger jumping out at us’ at night is enough to keep us

“EVENTS LIKE TAKE BACK THE NIGHT ARE NECESSARY BECAUSE, WHILE 54 PERCENT OF WOMEN SAY THEY HAVE BEEN SEXUALLY ASSAULTED, ONLY 25 PERCENT OF MEN SAY THEY HAVE ENGAGED IN SEXUAL AGGRESSION OR FORCED SEX...”

terrified. Take Back the Night is about taking back that fear of the night” Burgess-Carland said.

CSUSM's Take Back the Night event will be a powerful evening. The night will feature a performance by the group “transcendANCE,” who, according to Burgess-Carland, “will be do-

learning about how to stop sexual assault and how to check for consent. We will also be hearing the story of a victim of a rape, and her journey to healing” Burgess-Carland continued.

Resources, snacks, and creative opportunities will also be available. Participants will have the opportunity to create a personalized T-shirt that will hang in the Clothesline Project, an artistic feature that Burgess-Carland described as “a visual display that bears witness to sexual and domestic violence. Each shirt is decorated to represent a particular person's experience—either the survivor's by someone who cares about the survivor.”

In addition, the event will also include a candlelight vigil speak out circle. Survivors of sexual assault or domestic violence will

Take Back The Night will conclude with a march down Twin Oaks Valley Road with hundreds of participants making a physical statement that they will no longer tolerate sexual abuse and violence towards women.

“Take Back the Night is an event for the entire community, not just for women,” Burgess-Carland stated. “Although of course we want to encourage all women to attend, we hope that men will come to support as well. Men need to get involved in ending violence against women. Without men working by our side, it will never end. We also acknowledge that many men have also been victims of sexual assault or domestic violence. They are welcome and encouraged to come and speak out in the circle and get help and resources as well. The Women's Center, and Take Back the Night, is here for all CSUSM students.”

Photo courtesy of www.indybay.org

CRASH COURSE

TRACK & FIELD UPDATE

MICHAEL RAWSON
SPORTS EDITOR

CSUSM track & field is rounding the final corner of the season before Nationals, competing at the Pomona Pitzer Invitational on Saturday. With that event in the book, Coach Steve Scott's athletes have four more chances to punch their ticket to the NAIA National Championships by meeting the qualifying marks.

The Cougars had plenty of highlights on Saturday, as well as plenty of close calls.

Suzanne Cornwell met the "B" qualifying standard in the 1,500-meter run with her time of 4:41.63, good for 11th place at the event.

Michelle Cruz finished 10th in the 800-meter run at 2:17.15, just about a second off the "B" standard.

On the men's side, Daniel Lyon easily met the "A" standard in the 5,000-meter run, and, while doing so, recorded the team's best finish of the day. Lyon ran 14:36.95, over eight seconds ahead of the "A" standard, to place second.

Four-time All-American Brett Campfield posted another impressive finish, taking third in the 1,500-meter dash. His time of 3:51.97 is well ahead of the event's "A" standard.

Coach Scott's track & field team will next compete at the Mt. Sac Invitational, starting this Thursday.

COACHING, TRAINING
POSITIONS OPEN

Know anyone unemployed or unhappy in the sports field? Job-seekers looking for a new opportunity need to look no further than Cal State San Marcos, where positions have opened for Assistant Athletic Trainer, as well as Assistant Coach for both men's and women's basketball. For more information visit the careers page on the school website (csusm.edu) or visit the Athletic Department in the Clarke.

PETCO PARK PRICES TAKE A DIVE HAVE PADRES, MUST SELL

MICHAEL RAWSON
SPORTS EDITOR

This news belongs on this Sports page, but it could just as well appear in Arts and Entertainment. Daters and entertainment seekers take notice: the cheapest nights (or afternoons) out in the city wait at Petco Park, 81 days a year.

Team Marketing Research (TMR), which compiles and compares Major League Baseball ticket prices, released its annual report last week. Among the 30 teams, the Padres fared well, which in turn bodes well for fans. The front office has slashed the average ticket price well more than any other team, cutting prices by 17 percent to \$15.45, compared to \$26.91 on average for the league.

In every other category, the Padres consistently fall under the

league average. Programs, at least according to TMR, are now free in San Diego, while the typical program costs \$3.28. Nationwide, a cap costs \$14.35, but at Petco, management dropped hats to \$7 this year. Parking across the country falls at \$12.95, but downtown, the average spot runs fans \$8. The best place to park: in the Convention Center on Front Street. While usually the lot will charge \$10 - \$15, spots are guaranteed (minus Comic-con week), and the walk takes less than five minutes.

Here's the kicker: the report's signature stat—the Fan Cost Index (FCI)—compiles the total price of "four adult average-price tickets, two small draft beers, four small soft drinks, four regular-size hot dogs, parking for one car, two game programs and two least expensive, adult-size adjustable caps." For this, Padres fans pay merely \$125.81, good for second-least in the league.

(The Arizona Diamondbacks fall slightly lower.) The average national price for all that: \$197.35. At Fenway Park in Boston and Yankee Stadium, the FCI reaches all the way to nearly \$340.

Of course, commuter campus or not, students won't always travel in families of four. That's where college nights come in. The promotion began last year, and the games turned out so successfully that the team added more. Once a month, college students can purchase half-price tickets for \$8, sit in a private section surrounded by peers from San Diego schools, move it on the dance floor to the live DJ's beats and, of course, be very responsible. On Sept. 5, college night coincides with the Padres' celebration of Oktoberfest, a pregame beer tasting. Lookout.

Individual tickets can be pricey, but park-at-the-park tickets—back to \$5 this season—allow access to standing areas behind

home plate and the dugouts. No ushers stand there to kick people out, as loiterers are welcome.

Then there's food. At the ballpark, grub tends to be vastly overpriced and everyone knows it. Who's to stop people from bringing their own? Certainly not the Padres, who allow almost anything edible through the gates. (Slice up fruit. No throwing tomatoes at the Dodgers, whether or not they deserve it.) "When we go to games, we stop for sub-sandwiches to bring with us," fan Bruce Johnson said, "and we drink the beer beforehand—never during the game, naturally."

Thirsty fans can take factory-sealed water bottles under 20 ounces inside, but no cans or bottles are allowed inside. Not even on college night.

Photo courtesy of chichoshouse.net

GET ALONG, LITTLE JOGGIES 2ND ANNUAL SM FITNESS ROUNDUP

MICHAEL RAWSON
SPORTS EDITOR



Oh, what fun to be fit. Spectators saw scores of runners and joggers, trotters and walkers strut their stuff across the finish line at Mangrum Track and Field on Saturday, a common sight, but this time people only ran on the track for a moment, having completed the sec-

ond annual San Marcos Fitness Roundup. An announcer called out names at the finish line. Some walked the streets surrounding CSUSM. Some braved the treacherous Double Peak Challenge to the tip-top of the San Elijo Hills. "It took us 40 minutes to go up," one out of breath man near the finish line said, "and ten minutes to come back down."

With the event open to absolutely anyone, it was a field united only by a love of healthy hearts.

Guided by live music from Cowboy Jack and the North County Cowboys, participants crossed the finish line one by one, here a young woman from Oregon, then a family of four from Canada. A few minutes later came an older, local man. "This guy is 73," the emcee said. "Dude, you rock!"

Photo courtesy of Michael Rawson

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WEEKEND SCORES

Baseball

CSUSM 5, Concordia 4
Holtman: 5 scoreless innings

Chapman 4, CSUSM 3

Softball

CSUSM 5, Biola 0
Sandberg: 9 K

CSUSM 8, Biola 0
Dronenburg: 2-run HR

WRITING LETTERS IN THE SANDBERG PITCHER GETS BOTH WINS, LEADS NAIA

KYLE TREMBLEY
CONTRIBUTOR

Completing a double-header sweep on the day and series sweep for the season, #4-ranked Cal State San Marcos looked sharp at home against Biola University on Friday, winning 5-0 and 8-0.

The #4-ranked Cougars improved to 33-6 on the season. Biola dropped to 23-19.

Pitcher Brenna Sandberg was lights-out in both games, throwing all 13 innings on the day and holding Biola scoreless. The wins improve Sand-

berg's NAIA-best record to 29-5. She allowed just three hits in both games, striking out nine in the first and six in the second.

Sandberg had plenty of support, both at the plate and in the field. Biola's best scoring chance in game one came in the third inning, as the Eagles moved two runners into scoring position with one out. But a medium-shallow fly ball was caught by left fielder Alicia Ingram, and she gunned out the runner at home with a perfect throw to keep the shutout intact.

At the plate in game one, CSUSM jumped out to a 2-0 lead in the first and never looked back.

Derrisha Lacey led off by driving a triple to the left-center field gap, and after Alicia Ingram walked and stole second, Alex Miller drew a walk to load the bases. Shanti Poston plated Lacey with a sac fly, and Ingram would come home to score on a wild pitch.

With the score 3-0 in the fifth, the Cougars would put it out of reach, courtesy of an RBI single from Kimi Villalpando and a fielder's choice by Theresa Houle where pinch runner Brittney Guy beat the throw home on a ground ball.

Game two would stay scoreless for a couple innings, but

the Cougar offense strung a few crooked numbers together in the middle innings to end it after six.

First baseman Alyssa Dronenburg got things going in the third, just crushing a no-doubt-about-it two-run home run over the fence in left. CSUSM would plate two the following frame as well, with Heavin-Lee Rodriguez driving in a run with a base hit and scoring on a Lacey single.

The Cougars came close to ending it in the fifth, scoring three times to make it 7-0. Theresa Houle drilled her second double of the day, plating Miller and Dronenburg, and Jalisa Mc-

Carvel would add a deep sacrifice fly later in the inning.

CSUSM wasted little time closing things out in the seventh. Kaitlin McGinley led off by beating out an infield single, stealing second and coming home on a Miller triple to right.

On the day, Miller reached base in seven of her eight plate appearances.

The Cougars will be in action at home again next Friday when they take on La Sierra.

Photo courtesy of chichoshouse.net

BASEBALL HITS CHAPMAN'S WALL DESPITE OFFENSIVE OUTPUT, COUGARS DROP ANOTHER

KYLE TREMBLEY
CONTRIBUTOR

Cougar baseball did everything but win the game on Friday, out-hitting Chapman University 10-4 but still fell on the road 4-3. CSUSM drops to 20-15 on the sea-

son. Chapman improves to 22-5.

Chapman did the bulk of its damage in the third inning, where with two outs second baseman Tyler Hadzinsky knocked a bases-clearing three-run double off Cougar starter Adam Bilecky, who otherwise was very solid. Bilecky uncharacteristically walked four batters, but struck out

four as well and allowed just four hits in his six innings of work.

The Cougar offense broke through in the fifth, with Victor Serna and Kyle Secciani drawing walks, Johnny Omahen sacrificing them over, and Serna scoring on a passed ball to cut it to 3-1.

Chapman would pick up what turned out to be a crucial

insurance run in the bottom of the frame, as CSUSM continued to chip away at the lead. A Mike Mecucci sac fly cut it to 4-2 in the sixth, and Trent Jemmett's RBI single made it 4-3 in the seventh, but with the bases loaded and one out the Cougars would fail to plate any more runs.

With reliever Kyle Smart

working two perfect innings on the mound, CSUSM had its chance to complete the comeback, loading the bases again in the ninth. But Chapman reliever Kyle Tachibana induced a fly-out to strand the tying run at third, sending the Cougars home disappointed.

Liability? Yes.

Embarrassing? Heck yes!

LET'S KEEP IT OFF CAMPUS!

http://www.csusm.edu/policies/active/documents/bicycle_skateboarding_skating.html



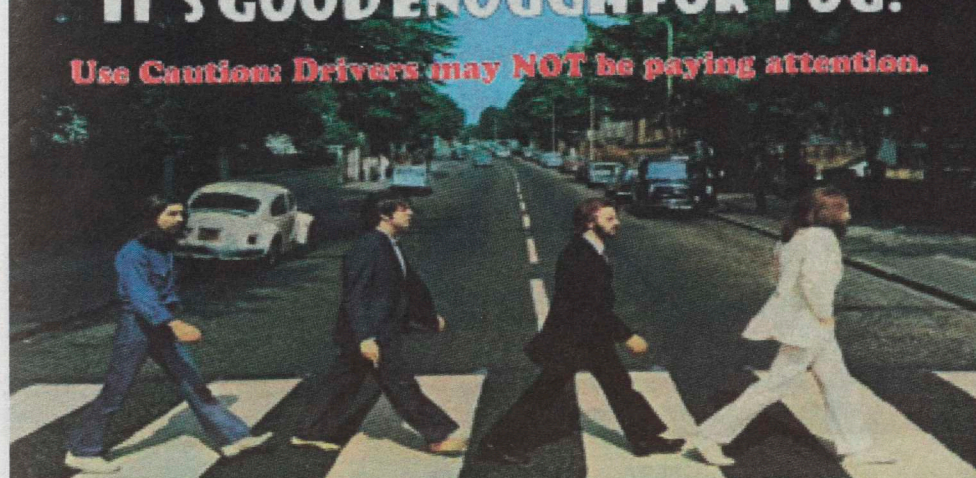
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PAINTING A PICTURE OF HOPE ART AUCTION TO BENEFIT JAPAN

JENNA JAUREGUI
FEATURES EDITOR

Art communities may be the first targets for budget cuts, but they are also the first to help others in need. April 21 - 27, the Art Association at CSUSM is holding an art auction to benefit relief efforts in Japan. All of the proceeds go towards the victims affected by the earthquakes and tsunami floods that devastated the country on March 11.

Strong aftershocks from the initial earthquake continue to shake Japan, reaching up to magnitude 7.1 and causing more deaths and destruction. The horrific images and heart-breaking stories plastered in newspapers across America have many people wondering what they can do to help. One way that CSUSM students can contribute to the relief effort is to donate art and attend the art auction.

Students can drop off their art submissions on April 18, 19 and 20 during U-hour in Arts 111. All mediums are accepted. Email your name, title of your art piece and medium to Morgan Hefley at hefle003@cougars.csusm.edu. Bidding begins April 21 and ends on the 27. Hefley was able to answer some questions regarding the art auction; additional information is available at csusm.edu/news/articles/ArtsAuction.

The Pride: What inspired

this idea? How did the idea of a benefit art auction come to be?

Morgan Hefley: The benefit art auction idea started with the willingness of Arts Association artists last spring, when we all decided to do a similar event, The Hope for Haiti Art Auction, to help aid Haiti. The auction was successful and we were able to

send over \$200 via the Red Cross to Haiti in their time of need. At the beginning of this semester we decided to do a second philanthropy gallery and began looking for a cause to which we could donate. We started working towards one particular cause, but the dual natural disaster in Japan essentially fell into our laps. No one had any idea that this would occur, and it seemed that our event would

be best directed towards aiding Japan.

TP:

how much the artist will place for the opening bid and of course, those bidding on the art. The last Art Auction resulted in just over \$200; I would love for that to be essentially doubled.

TP: Do art submissions for the auction need to be of a particular skill level?

MH: The Art Association accepts and encourages all CSUSM students, whether members of Arts Association or not, to exhibit their work in the galleries. All of our exhibits are the result of the hard work, ingenuity and creativity of CSUSM students. In any of our galleries, not just the benefit auction, we only ask that students take pride in their work and others work by submitting their best.

TP: Where will the money go? In what form will it be donated?

MH: All of the proceeds, like the last Art Auction, will be donated to Japan through the Red Cross. I do want to be specific that all the proceeds will be going to Japan, not a percentage.

TP: If this event is a success, will there be other possible auctions for different charities?

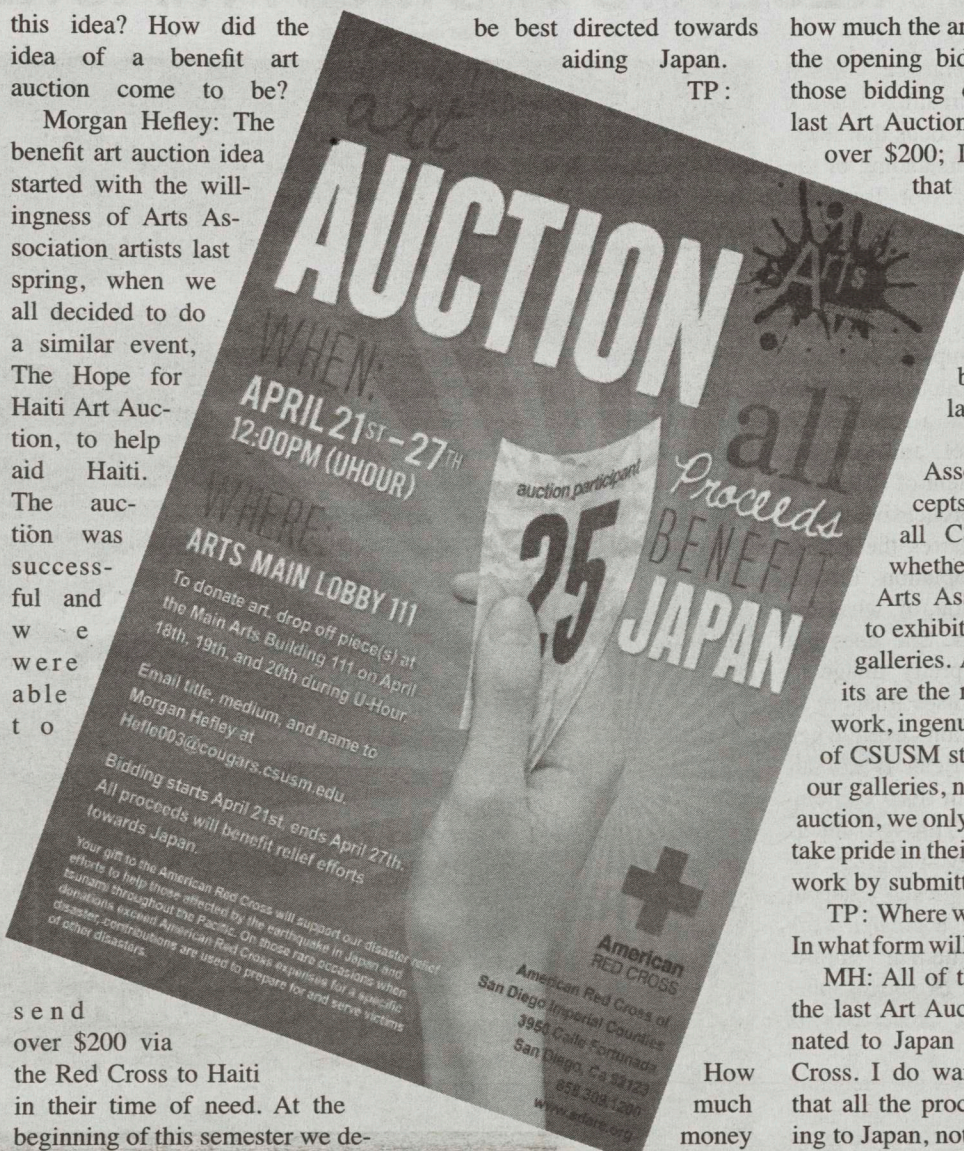
MH: I think it is safe to say that if these benefit art auctions continue to be a success, that the students of CSUSM will see more of this caliber of events. However, it depends largely on the

members of the Art Association as well as the executive officers, who decide whether they want to pursue these events or not. Several of us are graduating, and new executive members will be taking the helm next semester. We hope to hold elections by the end of this semester, and any CSUSM students who wish to become an integral part of this awesome art community and help plan such events as the Art Auction for Japan are welcome to run.

TP: Do you have any words of encouragement for artistic students who may be hesitant to submit their work?

MH: Again, I would like emphasize that the Art Association welcomes and encourages all CSUSM students, whether members of the Art Association or not, to submit their work. This is the students' Art Association. It belongs to all of us, and we want to see your projects and magnum opuses receive all the attention they deserve. We provide the opportunity for the entire CSUSM student body, as well as faculty and visiting community to view it. So far, for this Art Auction, we have a tentative schedule of submissions of photography, paintings and jewelry design. We hope to see more as we get closer to the exhibit installation, which is on April 18, 19 and 20 from noon - 1 p.m. in the Arts lobby outside of Arts 111.

Photo courtesy of The Arts Association



How much money event

does the hope to raise?

MH: We would like raise as much money as possible. If I might make so bold as to throw a number out, I would love to see us raise at least \$400 dollars. But it largely depends on the number of art submissions in the gallery,

ROCK FOR A CAUSE

CSUSM'S "BATTLE OF THE BANDS" TEAMS UP WITH PROJECT WALK

JILLIAN KERSTETTER
LAYOUT EDITOR

What if one morning you woke up and couldn't feel your toes? What if, while driving to school one morning, you made a wrong turn and got into a car accident causing you to lose your ability to walk? For some people, these questions are purely hypothetical and will always remain that way. However, for a few students at CSUSM, similar hypothetical situations like the ones mentioned have become realities that changed the course of their lives forever.

On April 4, a number of student organizations came together to put on a Battle of the Bands for students who are participating in a rehabilitation program called Project Walk. This program is especially designed for

people who have suffered specific spinal cord injuries and are now ready to take on the challenge of re-teaching their bodies to use their legs again. Through various innovative methods including different strength training techniques and physical therapy, the professionals at this local clinic offer their clients hope and the most precious gift they can offer: the ability to one day walk again.

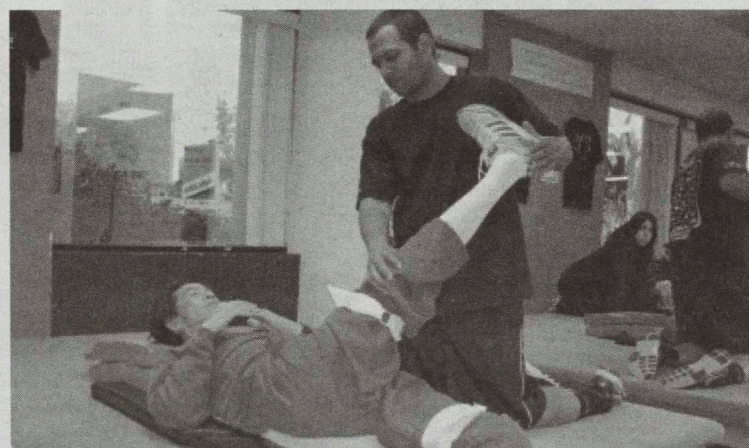
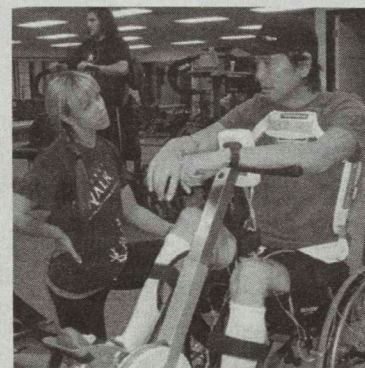
This innovative therapy doesn't come without a price. Sessions for Project Walk are understandably quite expensive. Because of this, supporters of clients often throw fundraisers in order to help support the clients on their journey. This is exactly what the Battle of the Bands mission was, a fundraiser to help some CSUSM students participating at the clinic to more easily attend sessions and get back on their feet.

The whole event began smoothly and sported many en-

tertaining and talented young performers. Participating artists represented many musical genres including rap, screamo and a little plain rock. The bands were judged by a pre-selected panel that looked at categories like crowd response, stage presence and overall likability and appeal. While most of the bands seemed to simply be participating in order to help their fellow students out, the main prize for the winning band was a chance to perform during Welcome Week on campus: a paid gig. Needless to say, all the bands brought their A game, and there was no lack of energy or enthusiasm the entire night.

It's refreshing to know that, despite everything that is going on in our busy lives as students, some of us still take the time to help out our fellow classmates. Carrie Kresser, a senior majoring in Kinesiology, summed the event up nicely: "It's just worth

it to come out and support something that means a great deal to someone else. Sometimes you'll participate in fundraisers, and you have no idea where the money goes. For this event you knew exactly where your admission [price] was going and who it was going to." Truly, this event was altruism at its finest—a sincere effort by students to help support their classmates in a big way.



Photos courtesy of rossiprject.files.wordpress.com

THE DIGITAL DELUGE

ARTS & LECTURES PRESENTS WORK BY MAUREEN DRDAK

RYAN DOWNS
PRIDE STAFF WRITER

We may see images everywhere, but when was the last time we truly understood a piece of legitimate art? Accomplished painter Maureen Drdak intends to answer the question with her lecture on twenty-first century global art. At 7 p.m. tonight, CSUSM's Arts & Lectures series premieres the "Insanity, Creativity, and Communication: the Digital Deluge and its Challenges for the 21st Century Global Artist," for free, in Clark 113. The event is a great opportunity for aspiring painters and art enthusiasts to learn more about the nature of contemplative art and its lacking presence in modern society. Most importantly though, guests will learn cases of how the creative processes and relevance of the modern artist may be threatened by the overwhelming affect of digital imagery.

Drdak plans to showcase her many works and explain the significance of historical contemplative practices and their relevance to the modern artist. Her works, like most traditional paintings, require meditation in order for a viewer to enjoy and are a stark contrast to the digital imagery that seems to constantly overwhelm modern senses. "She's looking at historic practices,

contemplative practice, which involves [sic] creating artwork with a very deep focus that leads to a greater understanding of the work," said Professor Tony Allard, who proposed the lecture after meeting Drdak in Reno.

"What Maureen [Drdak] is emphasizing," Prof. Allard continued, "is the contemplative practice of paintings in which you experience the work on a much more fundamental level, and you experience the content of that work in a more comprehensive way."

Drdak emphasizes the necessity for contemplation in art, stressing the point of what the purpose of art is. She does not only present a pretty image to look at, but she uses imagery to convey an emotion, even when the typical American is not always interested in deep contemplative thought. Through understanding meditative paintings, the viewer in turn comes to a deeper understanding of a greater work of art: global human culture.

Drdak plans to speak about the necessity of archetypes in art and their relevance to global cultures, which, until recently in human history, would have never mingled, yet all share similar attitudes and stories spoken through their art. Through the study of all the aforementioned archetypes, we can achieve a better understanding of the similarities we all share. To better understand art, is to better understand what it means to be human.



Photo courtesy of www.andreaclearfield.com

APP OF THE WEEK: STUDY DROID

YOUR NEWEST STUDY BUDDY

LEXI POLLARD
PRIDE STAFF WRITER

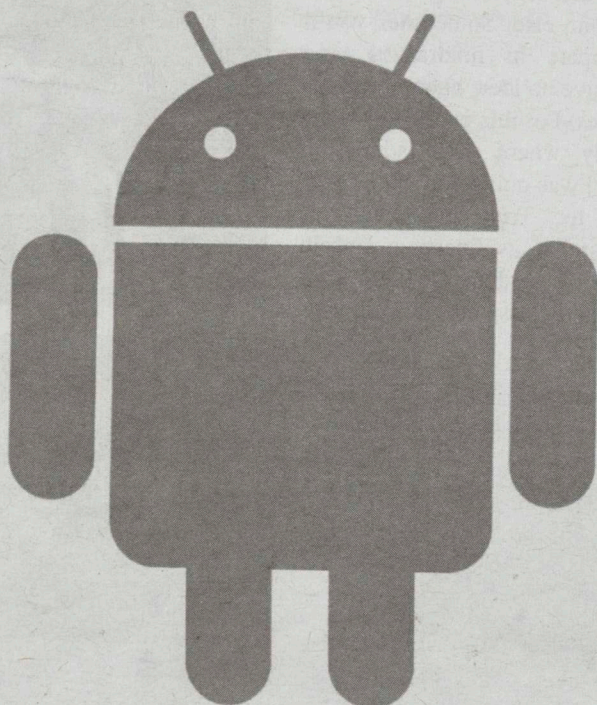
What if two common parts of a college student's life, studying and cell phone use, were combined? The Study Droid application indeed combined the two, compatible for popular Android smart phones. The Study Droid app enables users to create note cards or flashcards for any topic imaginable. Users may edit virtual cards, and pictures from your phone can also be placed on the cards. You create each note card individually, with both the back and front available for text and pictures.

Consumers download this application for free at either www.studydroid.com or directly from the market on the phone itself. The website offers tutorials and explanations on how to create the note cards

and allows downloads and syncing of note cards from the site.

The app allows fellow Android owners to share flashcards by giving out the name or URL of the flashcard pack. There is also the option to download, or "clone," and personally edit previously created packs. Although app purchasers can share and clone flashcard packs, some users use security settings so they may only view and edit their own packs.

When studying for midterms, finals or quizzes, this application is useful for the busy college student on the go. A quick and easy download and creation of the note cards resolves the problems of illegible handwriting, a messy stack of cards and the purchasing of physical, paper note cards. The old school way of studying flashcards may still appeal to some students, but the Study Droid correlates with the convenience of technology.



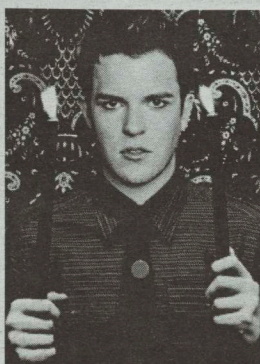
PRIDE CONCERT CALENDAR

ASHLEY DAY
A&E EDITOR

Brandon Flowers with Nervous Wreckords

When: Thursday, April 14 **Where:** House of Blues **Time:** 8 p.m.
Doors: 7 p.m.

Etc: Go to hob.com for ticket prices and info. Flowers tours to promote 2010's "Flamingo." The Killers frontman mixes a sweet sound of new wave, indie and a little Western to create one epic solo album. San Diego's own alternative rock station, 91x, promotes the all ages show.



Coachella Valley Music Festival

When: Friday, April 15 – Sunday, April, 17 **Where:** Empire Polo Club

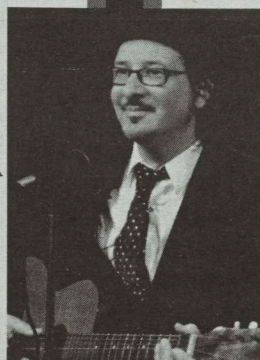
Indio, CA **Time:** Coachella.com

Etc: Some of the biggest acts in every genre of music show up to Indio, CA for 2011's Coachella. Friday acts include Kings of Leon, the Black Keys, Interpol, the Cold War Kids and Cee Lo Green. Saturday headline performers are Arcade Fire, Bright Eyes, Big Audio Dynamite, Scissor Sisters and Cage the Elephant. On Sunday, Kanye West, the Strokes, Duran Duran, Jimmy Eat World and Wiz Khalifa are some of the associated acts.

Lil' Flip with Skatterman

When: Friday, April 15 **Where:** 4th & B345 B St., San Diego, CA 92021 **Time:** 8 p.m.

Etc: Ages 21 and up. For more info, visit 4thandbevents.com. According to 4th & B's website, Lil' Flip has been attributed, "the Dirty South's Undisputed Freestyle King." Lil' Flip raps freestyle and cutting edge rhymes.



Snoop Dogg

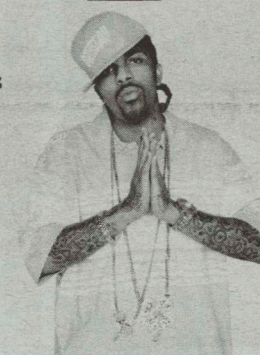
When: Wednesday, April 20 **Where:** 4th & B **Time:** 8 p.m.

Etc: Ticket info at 4thandbevents.com. After over 11 years in the industry, Snoop Dogg still remains relevant in today's hip-hop and hits music scene. Snoop raps solo and lends his rhymes to such artists as Katy Perry, Dr. Dre and the Gorillaz.

Gregory Page

When: Friday, April 22 **Where:** Lestat's Coffee Shop 3343 Adams Ave., San Diego, CA 92116 **Time:** lestats.com for time

Etc: For more info, visit lestats.com. Lestat's Coffe Shop is open 24 hours a day. For more info on the artist, visit gregorypage.com



Kottonmouth Kings with Krizz Kaliko, Kutt Calhoun, Saigon, Potluck

When: Friday, April 22 **Where:** House of Blues **Time:** 8 p.m.

Doors: 7 p.m.

Etc: Hob.com for ticket and band information.

Pride Playlist THE GOLDEN AGE OF RADIO

JENNA JAUREGUI
FEATURES EDITOR

JAZZ AND SWING MUSIC WERE THE TWO DEFINING GENRES OF THE 1930S MUSIC SCENE. PASSION, EXPRESSION AND EMOTION POURED INTO THE TRUMPET-WAILING MELODIES THAT EMERGED FROM THIS ERA. DANCE HALLS HELD COMPETITIONS THAT OCCURRED FOR DAYS, AND LIVE MUSIC SIZZLED THROUGH THE STREETS OF NEW ORLEANS, SAINT LOUIS AND CHICAGO. BEFORE ELVIS ROCKED A GENERATION OF REBELS, JAZZ LURED A DEPRESSED AMERICA INTO ITS WORLD OF SOULFUL IMPROVISATION. LET THESE UPBEAT MELODIES SPARK YOUR ENERGY AND GET THOSE TOES TAPPING.

BIRDLAND—MAYNARD FERGUSON

SING SING SING—BENNY GOODMAN

IN THE MOOD—GLENN MILLER

A STRING OF PEARLS—BENNY GOODMAN

DIGA DIGA DOO—REX STUART

CHAMELEON—MAYNARD FERGUSON

OUT OF THE BLUE—MILES DAVIS

LITTLE BROWN JUG—GLENN MILLER

BEBOP—DIZZY GILLESPIE

JUMPIN' JACK—BIG BAD VOODOO DADDY

Photo courtesy of www.weatherpicturesweatherphotos.net

Hits of Sunshine LISA HANNIGAN

AMY SALISBURY
EDITOR-IN-CHIEF

The world is much different than it was just 30 years ago. Technology makes communication possible when there's literally a planet between two people.

It's true, though, that the notion of texting a best friend or loved one is much less romanticized than a kindly crafted letter sent through snail mail. Phone calls, while becoming increasingly less-expensive methods of cross-country communication, still lack that truly personal feeling. Skype is too dependent on the strength of one's Internet connectivity to contend with the aforementioned methods, so we won't bother with that for now.

It seems (to me, anyway), that the best form to communicate with someone you're missing is to find him or her in your daily life. And that is exactly what Irish songstress Lisa Hannigan accomplishes in

the most poetic way possible.

Irish native Lisa Hannigan was born in 1981 in County Meath. She began performing professionally with fellow Irish musician Damien Rice in 2001, mostly singing with him on recordings and occasionally contributing guitar or bass in live performances. Hannigan also appears on recordings with The Frames, Snow Patrol lead singer Gary Lightbody and the late Mic Christopher. Hannigan focused the majority of her career on backup singing for Rice.

In 2007, Hannigan and Rice had a "falling out" of sorts, and she immediately left his tour to begin solo work. In early 2009, "Sea Sew," her debut album, was released in the States.

Hannigan's quietly powerful, breathy vocals combine with ethereal poetic styling to produce tracks with as much soul as they have substance. "Sea Sew" contains songs that seem to address an unnamed love interest (or a few of them) Hannigan calls "gentle spoken friend[s]" or "my love."

"An Ocean and a Rock," the first track off "Sea Sew," portrays Hannigan as someone going about her day with someone so strongly in her mind that he or she is in her overcoat, her coffee, and clearly, her mind. "I spoon you into my coffee cup / I spin you through a delicate wash / I wear you all day," Hannigan hums. She finds this person in everything she touches, proclaiming that the distance that "an ocean and a rock" creates means nothing to her. Cheerful strings, jazzy drums and a tender guitar complete the hopeful song's orchestration.

Perhaps Hannigan was on tour when she wrote this song, half-lamenting of the space between a dear friend and her. People's lives take different roads more frequently than some might prefer, but coping with the distance is as easy as using your day to remember what (and who) you love.

Hannigan is currently on tour throughout Ireland.



Photos courtesy of images.coveralia.com, htbackdrops.com

REBEKAH GREEN
PRIDE STAFF WRITER

DROPPING THIS WEEK



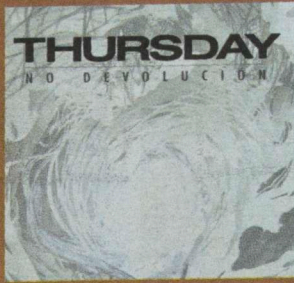
"HARRY POTTER AND THE DEATHLY HALLOWS: PART 1"
Warner Bros. Pictures (PG-13)

Part one of the final Harry Potter film focuses on Harry and his friends away from Hogwarts as they travel to find and destroy Lord Voldemort's horcruxes and deal with the physical and emotional toll of their quest. The Blu-ray combo pack includes a scene from "Harry Potter and the Deathly Hallows: Part 2," as well as other featurettes and deleted scenes. With the second part just around the corner this July, be sure to pick up a copy of the beginning of this highly anticipated finale.



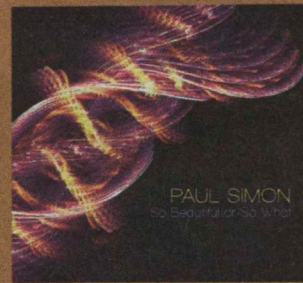
"COUNTRY STRONG"
Screen Gems (PG-13)

Fallen country music star Kelly Canter (Gwyneth Paltrow) becomes involved with an aspiring musician (Garrett Hedlund) and attempts to make a successful comeback to the stage while struggling with her troubled past and re-occurring alcoholism. Paltrow performed the Academy Award Best Original Song Nomination, "Coming Home" at the 83rd Academy Awards.



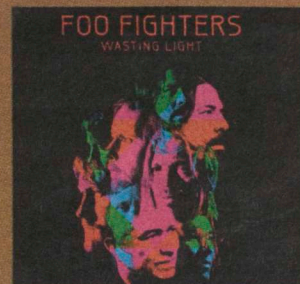
"NO DEVOLUCIÓN"
THURSDAY
(Epitaph)

Thursday's sixth studio album "No Devolución," (translating to "no returns"), exudes a much darker release than their past works. The band wrote the album in a short time frame, and it takes on a new sound as opposed to their previous albums. Epitaph records will release a limited edition version of the album with art designed and hand signed by artist Mia Pearlman.



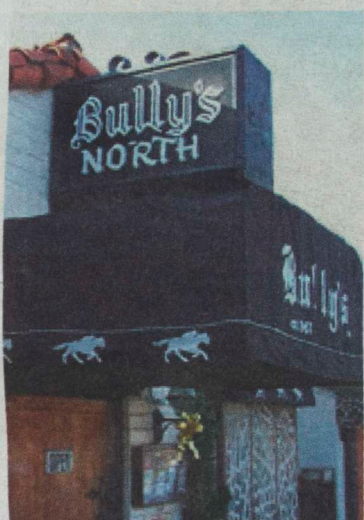
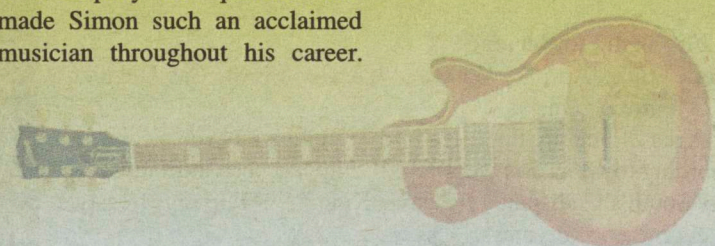
"SO BEAUTIFUL OR SO WHAT"
Paul Simon
(Concord Music Group)

Paul Simon, notably of the duo Simon and Garfunkel, is releasing his twelfth studio album. Following his journey into a solo career, Simon has received multiple Grammy awards and been inducted into the Rock and Roll Hall of Fame. "So Beautiful or So What" is sure to exemplify the qualities that made Simon such an acclaimed musician throughout his career.



"WASTING LIGHT"
FOO FIGHTERS
(RCA)

Foo Fighters formed back in 1994 and since then have gone on to receive six Grammy wins and release seven studio albums. "Wasting Light" is their latest. Listeners can visit wastinglight.foofighters.com/ to stream the new album.



HAPPY HOUR OF THE WEEK: BULLY'S DEL MAR

CHRIS GIANCAMILLI
MEDIA MANAGER

From the outside, Bully's North Del Mar might not seem like an inviting hotspot for food and drinks. The name alone links the mind to dive bars full of knife-wielding bikers. Don't be fooled, though. Bully's is an enjoyable place to gather up the group and treat each other to a night of succulent

food and refreshing drinks.

Bully's is by no means a large bar, but what it lacks in size, it makes up for in substance. Since the bar is just a short drive from the Del Mar racetrack, it features a number of interesting racehorse memorabilia. Bully's perfectly melds old school hardwood bars with a racehorse theme.

Happy hour at Bully's begins at 3 p.m. on Mondays – Fridays and ends at 7 p.m. On Sunday – Thurs-

day, a different happy hour occurs from 10 p.m. – closing. During Bully's Happy Hour, the bar serves \$3 bottled beer, \$3 domestic pints, \$4 microbrew pints, \$3 house wine glasses, \$6 wine glasses and half-price appetizers. Bully's offers a wide variety of beers on tap like Sierra Nevada, Yellowtail Pale Ale, Blue Moon, Stella Artois, Newcastle, Fat Tire, Guinness and Stone. The bar serves several types of wines such as Cabernet Sau-

vignon, Pinot Noir, White Zinfandel, Merlot, Chardonnay and Pinot Grigio. During Happy Hour, half-price appetizers include the prime rib quesadilla, Cajun chicken bits, crab-stuffed mushrooms, fried zucchini, calamari strips, jalapeno poppers, sautéed mushrooms, peel-and-eat shrimp and a sampler platter.

If appetizers aren't your thing, the dinner menu at Bully's is enough to satisfy any hungry bar patron.

From the filet mignon to porterhouse, steak is king at Bully's, and it shows. However, there's more to Bully's than just its steak. Although it can be a bit expensive, the menu boasts a large number of sandwiches, seafood, salads, soups and desserts.

Bully's is located at 1401 Camino Del Mar in Del Mar. Whether for food or drinks, Bully's will have you racing back for more.

Photos courtesy of Bullysprimrib.com

Student A: "Tax Time" by Faith Orcino

