

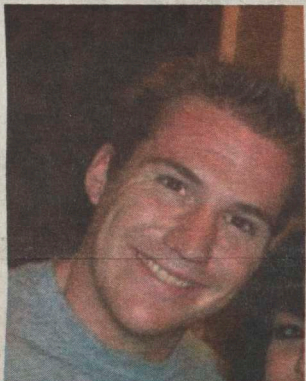
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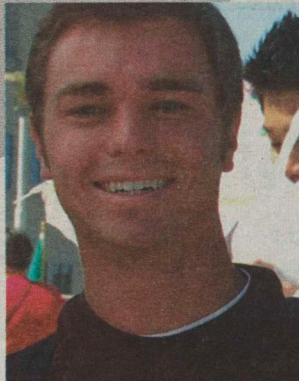
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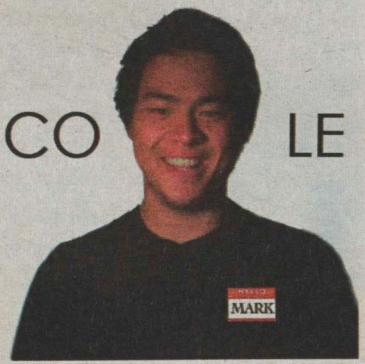
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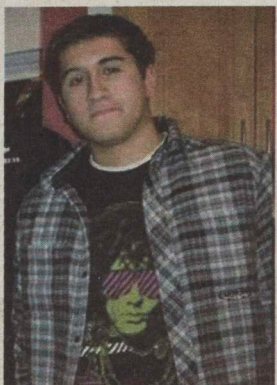


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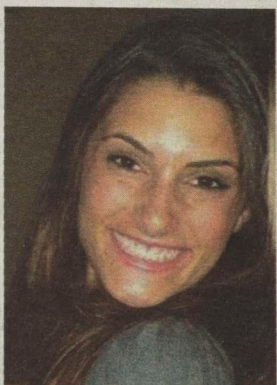
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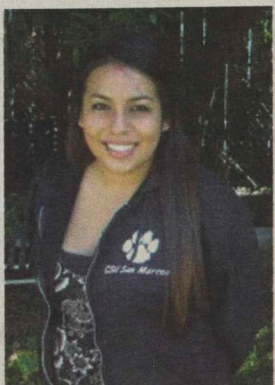
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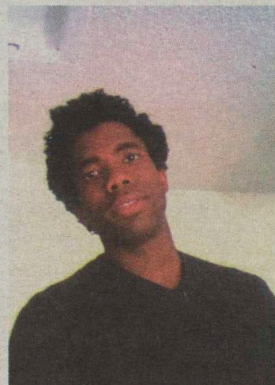
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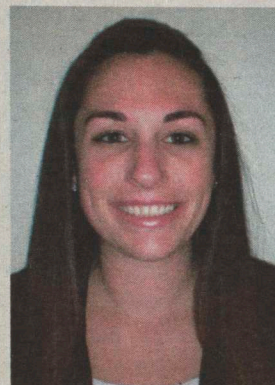
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SEX 101!
Recovering from
spring breakBY IVAN GARCIA
Pride Staff Writer

Did you see how much stuff happened during spring break? You remember when you did that thing with the thing with that one guy/girl? I thought you'd never live that down!

Now, if only I knew an actual story of how much fun you had so we can talk about it, feel free to Facebook me. So hopefully whatever you did in Cabo, Mexico, Cancun, Palm Springs, or Temecula (yeah Temecula, that place is crazy!), hopefully you did it safely and responsibly. So, now that school is back in session after a much needed vacation, it is time to get back in the groove of pencils, book, and teacher's dirty looks (especially if you come to class hung-over, and that's just not fun either way, so don't do it).

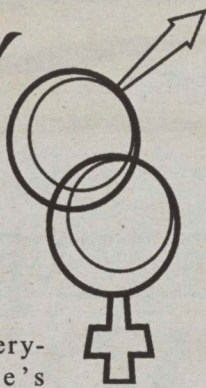
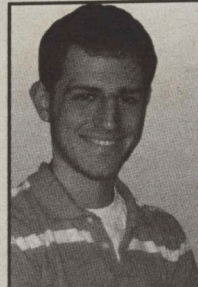
But I digress, this is a sex and relationship column, so let's talk about that aspect of spring break. Hopefully you didn't go to a spring break party spot looking for spring break love. Chances are it'll turn out as bad as that Kelly Clarkson movie when she was first starting out, yeah, you remember which one I'm talking about, the one with Justin Whatshisface. Well, who cares, the point is that that movie was terrible (see how I made that connection?). Finding love or simply a legitimate relationship at a spring break party location might not work due to its basis. Everyone is in Cancun or wherever to party, drink, and have fun. Usually, creating an emotional connection isn't the first thing on

every-
one's
mind
when
they're getting ready to do some Jaeger-bombs. Hence, if a relationship *did* bloom over some Irish car bombs, that relationship would be based on the grounds of

sex and alcohol. And wouldn't that just be a fun and fulfilling story to tell your friends and family when you get back? "Oh so how did you two meet?" To which to reply, "...well, I was enamored by his/her ability to do a keg stand, can you imagine that? 128 seconds! Even grandpa can't do that!"

But you never know, some relationships start on a non-normative basis and there's no telling how a relationship can turn out. Just make sure you take into account certain factors that can hinder this, like distance and part habits. You need someone that is faithful and willing to take the time to make it work.

Now, let's talk about the sex (yes, you heard right). There's always the possibility that things could happen when out in a social situation where people are drinking and losing any inhibitions. Whether intended or not, sexual encounters happen, so better to be prepared if you intend for them. And if you don't, you know that you have the resources to stay safe in light of the situation. Make sure to visit the Student Health & Counseling Center for any questions you may have, stay safe & get tested, and prepare yourself with a plethora of condoms, dental dams, and other contraceptive choices.

Bill of Rights
Is Disneyland the happiest
place on Earth?BY BILL RHEIN
Senior Staff Writer

Over Spring Break, I had the fortune of spending two days in the Disneyland and California Adventure parks. The famous quote about these amusement parks is that they are the "happiest place on Earth."

This is a pretty bold statement. Waiting in line for The Hollywood Tower Hotel ride, I wondered if this was true. The parks are really clean, and there's rides, shows, characters, and I cannot think of anywhere on Earth I would rather be.

Then I wondered if Disneyland is the pinnacle of happiness. Considering the park's claim, I pondered if the park or the people are happy and what defines happiness.

All of a sudden
I was caught up
in seri- o u s

thought
on a

casual,
school-free
day. Happiness is
so arbitrary that
it is difficult to
make an argu-
ment. Disneyland
is an escape from
reality; otherwise

people would not pay \$10 for a hamburger. It is that same escape that makes books and movies so enjoyable.

I guess it is best not to over think the situation. There are plenty of ways to find happiness and gratification, and Disneyland is cer-

tainly one of them. It is not a matter of materialism and self-indulgence, the important part is to go with friends and families and make memories in a place where one can do things that are impossible anywhere else.

Not wanting to sound like a cheesy film line, I find it hard to express the idea that the happiest place I find is with loved ones. By innocently believing in the magic of Disney, there is infinite fun to be had.

I cannot prove or disprove that it is the happiest place, but Disneyland is an incredible place to be. Ticket prices are high, but with a good atti-

tude and

willing-

ness to

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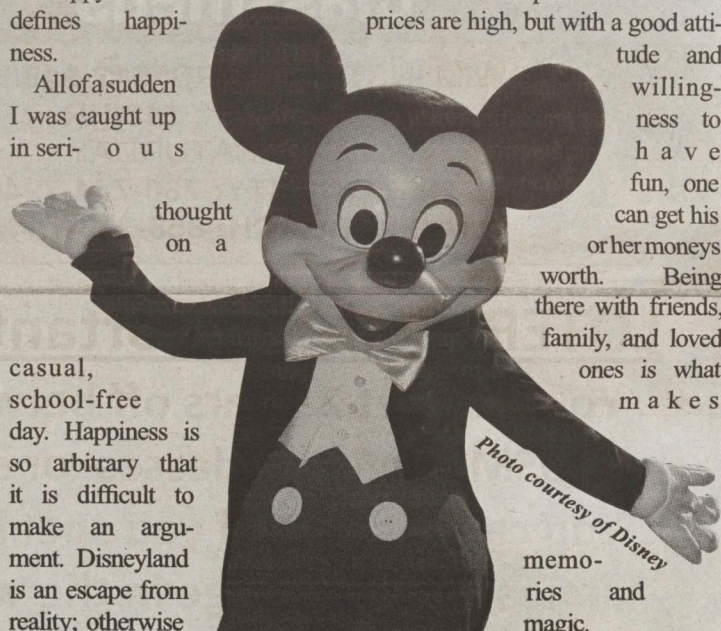
worth. Being

there with friends,

family, and loved

ones is what

make s



memo-
ries and
magic.

Inaugural Easter planning committee meeting

BY BLAINE H. MOGIL
Pride Staff Writer

It was a quiet Tuesday in February a few years after the crucifixion and resurrection of Jesus Christ in 33 A.D. when the meeting took place. Good planning was crucial because Easter was being developed to celebrate the life of Jesus. Easter also needed to incorporate traditional spring celebrations of the day to make the celebration accessible to more people. A handful of elder event planners gathered to create this celebration for generations to come.

This meeting had gone on for several days and the elders agreed upon the major issues. Overtired and worn out from days of intense negotiations, the elders were trying to tie up a few loose ends and find a way to get the children involved.

It was clear that the children needed something to speak to them, perhaps an Easter mascot, a symbol if you will. During a heated debate about the Easter mascot for the kids, two of the elders began verbally jousting. One called the other an alter

cocker. Responding, the verbally assaulted elder yelled back, "Well you're no spring chicken either!" Who would have thought? The yelling stopped. A spring chicken! Now we're on to something. Other elders stood in protest and wanted to axe the chicken idea. "Chickens aren't cute," they proclaimed, "and what kid could relate to a chicken mascot?" In the meantime, two of the wiser elders began their own side discussion about which came first the chicken or the egg.

The kids needed something to represent the renewal of spring, something cute, something fertile, something fuzzy and cuddly. "Perhaps we should use the standard bearer of fertility, the bunny," declared one elder. After all, who can argue against bunnies? A quiet swell of conversation swept through the group. It became clear that the bunny proposal was gaining support.

Soon, the two elders argument about the chicken or the egg began to rise above the bunny discussion. "First was the chicken," yelled one. "You could not have a chicken without an egg," shot back

the other. It seemed that the whole meeting was falling to pieces.

Just then, an up and coming advertising executive named David jumped up on a table in the center of the group and shouted, "Stop!" He then proceeded to pull out an easel and some papyrus and began to sketch out a complete marketing plan. He was a man possessed.

He recapped the main ceremonial points on papyrus (this later became known as a "papyrus point" presentation).

"First," he declared, "the bunny is the official Easter mascot, and also, the egg stays just not as a mascot. Bunnies will be the mascot because they are cute, cuddly, and best represent fertility because they breed like, well, bunnies. The kids will love it. The egg stays not so much for the kids, but as a conversation starter. Who can resist getting sucked into the whole chicken/egg debate?" he queried.

There was a muffled consensus on this point. "For the kids though, we can keep them busy using that new Mordechai PAAS dye kit to color the eggs and make

them bright and cheery."

The group, being tired and hungry came to agreement with everything David proposed and so Easter was born and agreed that the chicken should be axed, roasted and eaten.

Years later, during Easter celebrations, the kids became enthralled with the chicken/egg debate, the elders not so much. After all, you can only hear "How come?" so many times.

So began the tradition of hiding the eggs. The elders knew that by hiding the eggs, this would get the kinder out of their hair for a while and allow them some much needed Easter rest.

Postscript: The strangest tradition, which followed much later, is the idea that the Easter Bunny would actually deliver the Easter eggs and candies to all the children on the night before Easter. This tradition is reputed to have developed in Germany. Based on my personal observations, and readings, my hypothesis is that either Lewis Carroll or Edgar Allen Poe started this tradition. But I don't have the papers to back it up.

CougarList

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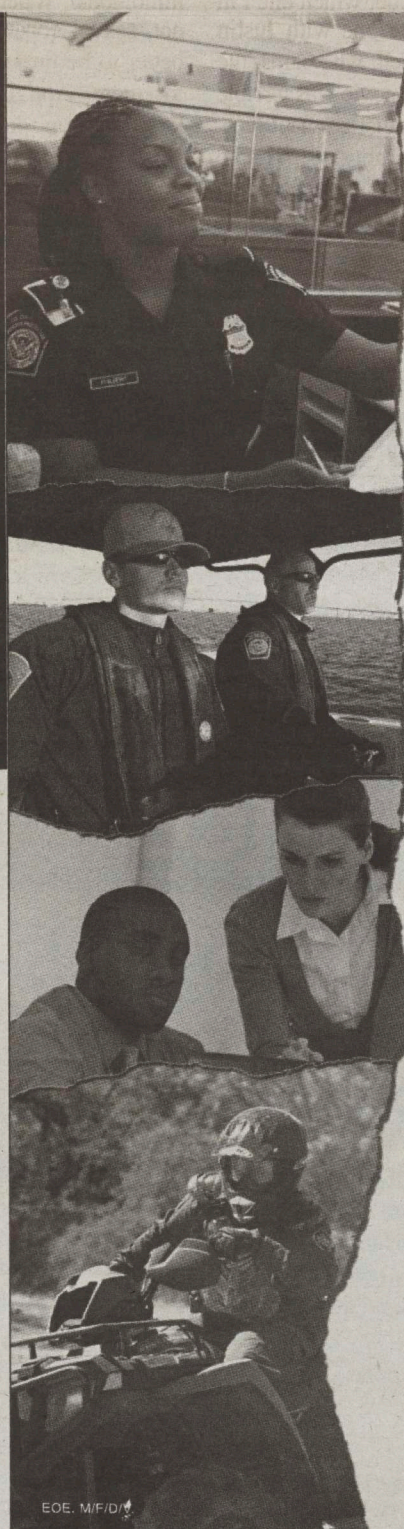
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April, alcohol, awareness

Alcohol Awareness Month sheds light on college trend

BY EBONI HARVEY
Pride Staff Writer

If you are having more than one drink five days a week, then you really cannot complain about being broke. Perhaps you do not drink as frequently as that, but even just drinking twice a week will leave, at least, a \$200 void in your bank account annually. How is that for some alcohol awareness during a time when everyone is lacking green in their pockets?

April is Alcohol Awareness Month. It is the perfect time to reflect, especially as college students, on the responsibilities surrounding alcohol consumption. It takes a sound mind to maintain awareness of any responsibility, the biggest of responsibilities being the well-being of yourself and others. Alcohol awareness is such an important issue for Cal State San Marcos that it is a requirement. Freshmen are required, within their first two semesters, to become knowledge-

able and tested on alcohol and drinking.

Alcohol can be a bittersweet topic of discussion. It can be a great addition, or an avoidable necessity for social gatherings. However, no one has been censured from the terrible consequences due to someone's lack of responsibility when throwing back cold ones or curing Monday blues with margaritas.

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), a branch of the US Department of Health Services, "one 12 ounce of beer has about as much alcohol as a 1.5 ounce shot of liquor, a 5 ounce glass of wine, or wine cooler."

Too often people believe that a swig from a can or bottle will somehow relieve the stress of life and they do not realize their need for intoxicating liquids. Knowledge about alcohol is crucial at any age, any academic level, and any socioeconomic status because the casual, beginning, or veteran

drinker must recognize the difference between alcohol abuse and alcoholism. SAMHSA says that there is a clear difference between the two. Alcoholism is "alcohol dependence syndrome." Sufferers crave it. They lose control of their alcohol intake and often develop a physical dependence and an increase in tolerance. On the other hand, when alcohol causes someone to fail in fulfilling responsibilities, drinking in what could turn into a dangerous situation, and having reoccurring problems related to the consumption of alcohol, that is alcohol abuse.

Whether you label yourself or someone else as an alcoholic, www.collegedrinkingprevention.gov, created by the National Institute on Alcohol Abuse and Alcoholism, lists some steps to help cut down on drinking. Some of these steps include writing down the reasons for cutting down or stopping, set a safe drinking goal, keep a journal or diary of your drinking, drink slower, or take a break



Photo by Eboni Harvey

from alcohol and choose another drink of choice.

The college experience does not go without incidents. The key to alcohol awareness is simple: stay aware of the presence of alcohol and be responsible when you or others choose to drink. Be aware when it interrupts your ability to deal with life's many responsibili-

ties, which for the college student goes without question. Live the experience without allowing alcohol to damage your wallet, your friendships, your education, and most importantly your life.

Visit any of the above websites or stop by CSUSM Health Services for more information on alcohol awareness.

Feed your head

Steps toward a stress-free semester's end

BY GABRIELA MARTINEZ
Pride Staff Writer

With spring break over, summer is left to look forward to. But with presentations, papers, and preparing for final exams, lying under the sun without any worries can seem like an eternity away. Instead of pulling your hair out, there are several ways to keep your wits through this last month of classes.

Breathe

Taking deep breaths can benefit the body and the mind. It allows more oxygen to enter the blood. As a result, About.com said it "wakes up the brain." This will relax the muscles. Breathing exercises are also convenient because they can be done anywhere! Combine deep breathing with a short walk with a friend to maximize the effect.

Meditation

Elizabeth Scott, a San Diego State University graduate with a B.A. in Psychology and a Master's of Science in Counseling, said, "Meditation builds on deep breathing, and takes it a step forward." Scott added that when one meditates, the brain enters an area of functioning that is similar to sleep. Meditation prevents the mind from working overtime.

Journaling

Scott suggested keeping a journal where feelings and cognition related to stressful events can be logged. Keeping a journal can simplify thoughts and feelings and can help gain valuable self-knowledge.

Sex

As if anyone needs an excuse. Not only does it take the mind off worries for a period of time, but an Arizona State University study of

58 women shows sexual behavior with a partner lowers negative mood and stress. It also provides a higher occurrence of a positive mood for the following day. The study mentions stress levels only lower when the women orgasm with a partner.

Laughter

Laughing reduces the levels of stress hormones like cortisol and epinephrine and increases health-enhancing hormones like endorphins and neurotransmitters.

Music

Listening to music can be a great stress reliever because you can listen to it while you're doing your regular activities like eating, cleaning, paying bills (this can be stressful). Waking up to your favorite song can also set the tone for a stress free day.

Don't procrastinate

We hear it all the time, but procrastination really does lead to stress. Waiting until the last minute promotes a rushed feeling directly related to stressful emotions. Instead of finding reasons not to start your work, try looking at the task differently so that it does not seem overwhelming. If it is a larger project, break it up into smaller parts and try setting your own deadlines for them.

Being stressed causes one to lose their ability to think, and everyone stresses at one point or another

whether its time stress, stress over responsibility, or even social stress. Knowing how to deal with stress or reduce it is important. But what is most important is next time stress is taking over remember to use these steps the grasp control and take charge of your life once again.

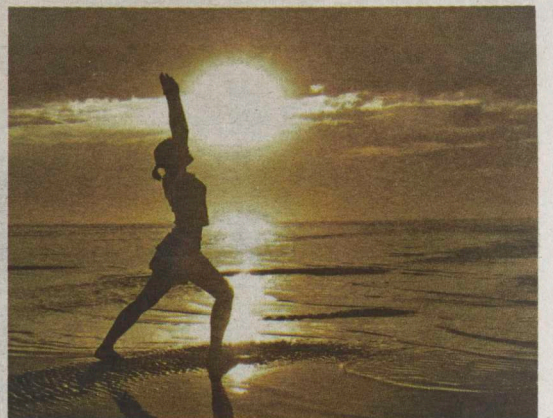


Photo courtesy of livebreatheyoga.com

UniversityVoice

Photos by Diana Valdivia /Pride Staff Writer

"What is your favorite part about spring?"



"I'm fascinated with growth, so I'd have to say watching flowers bloom!"

Auriel Dice
2011



"My favorite thing about spring is the new plant life, animal life, and spiritual life that is coming to be and those that are recovering."

Megan Omotoy
2011



"It's a nice transitional season between winter and summer, perfect between two season balance. Nice weather."

Jared Rodio
2010



"It's getting closer to summer. One of my favorite things is you get to wear different close, get out of the jackets and scarves. Another favorite thing is my grandparents come to visit in May from Mexico!"

2009



"It's the season of love!"

Ashley Quibilan
2010

Candles for César

Candlelight vigil in memory of the civil rights activist

BY MATT LEWIS
Pride Staff Writer

On Tuesday, April 07, members of the CSUSM community a candlelight vigil for César Chávez at his commemorative statue in Chávez Plaza. The CSUSM branch of M.E.Ch.A. sponsored the vigil. The event was also sponsored by the Arts & Lectures Department, The Clarke, College Assistance Migrant Program, National Latino Research Center, Oaxaca Student Organization, Educational Opportunity Program, Latino Community Organization, and Espiritu de Nuestro Futuro. Candles were placed at the base of the statue and the Mexican flag was flown from the adjacent light post in memory of the leader. The students who wished to say a few words were allowed to speak about how César Chávez and his life inspired their own lives. A raffle immediately followed the event, which included prizes that M.E.Ch.A. donated.

According to www.chavezfoundation.org, César Estrada Chávez was a civil rights activist and labor leader throughout the fifties, sixties, seventies and until his death

in 1993. To some, he is a spiritual figure and was an advocate for non-violent change in the fashion of Gandhi. He also was an environmentalist and outspoken community leader in California and other states. He began work with the Community Service Organization, a Latino civil rights group, in the early fifties and went on to form the National Farm Workers Association with Dolores Huerta, which would become the United Farm Workers in 1962. He led boycotts, hunger strikes, and protests and is credited with making great strides in the fields of immigration, education, workers reform, and Mexican-American rights.

Several states including California observe March 31 as César Chávez day, in which most government institutions excluding K-12 schools are closed. Because this day happens to fall in the middle of spring break for CSUSM, it was decided that a candlelight vigil honoring the man would be held the week before.

"I really wish the holiday was happening this week," said Leo Elorza, a member of the Oaxaca Students Organization. "We are

having this vigil now, but I think if the actual holiday took place during regular school hours, students and teachers could focus on it a lot more. But because it happens during spring break, César Chávez day itself doesn't seem like it's getting proper recognition."

Lindsey Hernandez, who is a member of the CSUSM chapter of M.E.Ch.A., agreed with Elorza for the most part.

"I do think (the holiday) would get more recognition during regular hours, but it's not as if no one's doing anything," Hernandez said. "This vigil today and the events we have planned in the next few weeks are in honor of his memory, and I think these events get a lot of recognition from other people."

Maria Rocha, Presi-

dent of M.E.Ch.A. at CSUSM, also had some words to say regarding the ceremony.

"The people that attended were students, faculty, staff, and most importantly community. This is an event that M.E.Ch.A. does every year in honor of César Chávez and this year we included and made Dolores Huerta a part of it as well by having a keynote speaker specifically talk about her as another speaker spoke about César Chávez."

There have been several events

this past month on campus put on to commemorate the memory of César Chávez and the legacy of the California Farm Worker Movement. An upcoming event is a lecture by Dr. Richard Griswold Del Castillo, "The Triumph of Spirit," which will take place Tuesday, April 7 at 7:30pm at the Clarke Field House. For more information on M.E.Ch.A., you can visit the campus branch at www.csusm.edu/student_orgs/mecha or the official national website at www.nationalmecha.org.



Photo by Matt Lewis

César Chávez Candle Light Vigil

Come and discuss the challenges that César Chávez and Dolores Huerta had to overcome as they fought for Civil Rights for the Farm workers.

Tuesday March 24 @ 5pm
Chavez Plaza

Refreshments
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Quote Reading
Candle Light Prizes

Sponsored by: National Latino Research Center (NLRC), College Assistance Migrant Program (CAM), Education Opportunity Program (EOP), Oaxaca Student Organization (OSO)

For more info: Maria Isabel Rocha rocha016@csusm.edu

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Photo by Matt Lewis

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Word(s)

Dook

A wooden plug driven into a brick wall to hold a nail.

"I had to put a dook in the wall to hang my picture."

Doodle

A silly or foolish fellow.

"He is such a doodle."

Leep

To wash with cow-dung and water.

"As you smell the fresh leeped

earth of the piquet floor."

Kanoodle

Variants: getting it on like wild monkeys; close head to head chat with the opposite sex; idle conversation

while relaxing and smoking;

unconventional sexual practices

involving food (noodles, deserts,

syrups); online chatting or surfing.

"There have been recent reports of actors caught in the act of kanoodling at a restaurant"

Courtesy of urbandictionary.com

What to see on DVD

Movies dark and rosey, a trifecta of posey

BY BLAINE H. MOGIL
Pride Staff Writer

Although I have seen films with Parker Posey in the past, these films were largely forgettable. The tendency to forget performers in forgettable productions is just the way it is. True luck is to rediscover these forgotten actors. It was pure serendipity that the first two films I picked up this week both featured Posey. What I saw was a beautiful actress who clearly hid, and at times flashed, a dark side. She is an enchanting performer who really hits the mark when she unleashes her dark side on an audience. She proves that the only thing she likes about rules is breaking them. She will connect with, or awaken, that dark side in anyone who watches her on screen performances.

"The House of Yes"
This is a dark comedy, a twisted and perverse story on many levels. In this film, Posey stars and portrays Jackie 'O' Pascal, a young woman with serious mental health problems, not the least of which is her fascination with Jackie Kennedy and her incestuous relationship with her brother.



Image courtesy of Banderia Entertainment

This Jackie Kennedy obsession is fitting of a daughter in a wealthy Washington, D.C. family. No one in the Pascal family has a strong connection with reality. The family rarely ventures out of their home, which keeps the madness contained.

Marty, played slickly by Josh Hamilton, is the one person in the family that is at least in orbit around sanity while everyone else is in deep space. When he brings home his girlfriend Lesly, played by Tori Spelling, home for Thanksgiving dinner, the belly of the insane beast of a family is slowly sliced opened and exposed.

The story itself pushes all the boundaries it can, but in the process loses parts of the potential for shock, laughter and darkness. Posey is the reason to watch this film. Everything else about this film just doesn't quite work and by the end of the film the thing holding a strong interest is my dark side wanting to see what



Image courtesy of Goldcrest Films Int.

Jackie would do next and how Posey would pull it off. Not a total train wreck, but also not quite on track. If you slow down to gawk at car accidents, this film is for you. **What to See **** (for Posey)

"Clockwatchers"
This is a film selected not for Posey but for Toni Collete who is among my favorite actors. She has proven her abilities to handle anything, in assignment thrown at her, with ease. This film chronicles the lives of four office temps who collectively don't have enough combined self-esteem for one person. Here Posey plays Margaret, a rebel looking to shake things up who secretly wants appreciation from a company where no one even knows her name. Collete stars as Iris and is the one person who grows in the film, as over time her self-confidence slowly begins to blossom. Spiced into the mix are some intriguing support characters including Jamie Kennedy as Art the Marks-a-lot sniffing mail boy, and Helen Fitzgerald as the mousy kleptomaniac executive assistant.

The four main women in this film, Margaret, Iris, Lisa Kudrow as Paula, and Alanna Ubach as Jane

develop into a group of tight knit friends. They are friends of convenience, bound only by the one thread that they work together as the outcast temps. They never expose their true selves to each other, perhaps fearing the repercussions and the potential loss of their friends. Ironically, this need for privacy that they each treasure so much becomes the reason that their friendships dissolve.

When Cleo joins the office midway through the film, and things begin to vanish from the office, Margaret is quick to point the finger at Cleo. The three other friends question whether Cleo is truly guilty, or is Margaret casting aspersions to clear herself.

The story plays out nicely and there is a strong connection between the characters and with the viewer. This Indy film is endearing and worth the view, but do plan to watch closely for the nuances, and you will be rewarded. **What to See *****

"Best in Show"
The film stars Posey as Meg Swan married to fellow DINK (dual income no kids), Michael Hitchcock as Hamilton Swan. In her performance here, Posey is maniacal and

funny, and makes the audience feel good that a television screen separates them from her.

In this film, an all-star comic cast was assembled including Catherine O'Hara and Eugene Levy, as well as Jennifer Coolidge, Larry Miller, Fred Willard and more. The film follows five Mayflower Kennel Club Dog Show contenders and their quirky owners. There is a very nice mix of characters, a well-assembled story, and a few very comedic moments such as when Eugene Levy as Gerry Fleck explains that he doesn't dance because he has two left feet. The camera then pans down to show that he means it; he in fact has two left feet. I don't care who you are, that's funny!



Image courtesy of Castle Rock Entertainment

The whole cast does a great job with the material, but the other memorable performance was Jennifer Coolidge as Sherri Ann Cabot. In a support role she is unforgettably good, and you know that she will be a comic presence for years to come. If you are looking for a film "pick me up" this may not be the best in the video store, it does make for a fun show. **What to See *****

Hits of Sunshine

BY AMY SALISBURY
Faces & Places Editor

Television is a powerful medium. 99% of American households have one TV. The majority have two or more. Anyone desiring maximum exposure can take comfort in knowing that television will put you in the homes of millions.

Musicians would naturally consider this when trying to break into the industry. Countless companies approach art-

ists with the prospect of broadcasting their music through commercials. The prospect of being associated with a product might seem unattractive, but when the public receives the advertisement well, the artists could propel their way toward stardom. Case in point: The Sounds.

You'd be hard-pressed to find anyone who isn't familiar with the Geico commercials. This car insurance company certainly has some brilliant ad writers at their disposal. The

Geico gecko has had his fair share of fame, but the real stars are the cavemen. Sprung from Geico's slogan, "So easy a caveman could do it," the cavemen appeared in several of Geico's recent campaigns.

A personal favorite of mine features the cavemen selling motorcycle insurance. Granted, the advertisements haven't swayed me from my current vehicle insurance provider, but they have exposed me to a band I wouldn't know otherwise.

The Sounds are a Swedish

band formed in the late 90s. Lead singer Maja Ivarsson founded the band with Felix Rodriguez, Johan Bengtsson, Jesper Anderberg, and Fredrik Nilsson. In 2002, they released their debut album, "Living in America." The album didn't break into the US charts, but their 2006 release, "Dying to Say This to You," became number 1 on the US Heatseeker chart, and 107 on the Billboard 200.

"Hurt You," off "Dying to Say This to You," propels The Sounds' music into homes

across the nation. The track, heavy with new-wave styling and punchy synth, turns a pop-tinged hook into the perfect commercial backdrop. I don't know how "cool" it is to be known as "that band from that commercial," but I wouldn't have known of The Sounds without Geico.

As a result of this exposure, The Sounds are now touring as a support act with No Doubt across America. Their third studio album, "Crossing the Rubicon," comes out June 2.

The Sounds

Kristina Wong: Wong Flew Over the Cuckoo's Nest

Prominent Asian American performer visits CSUSM

BY CONSUELO MARTINEZ
Pride Staff Writer

One of the fall highlights of CSUSM's Arts and Lecture Series includes the recent visit by Kristina Wong. The March 24 visit by Wong included a lecture to students in the day followed by an evening condensed performance of her latest award-winning theatrical piece, "Wong Flew Over the Cuckoo's Nest." Wong, a prominent Asian American writer and solo performer, uses sharp humor and psychology in her interactive performance based on the high rates of mental illness and suicide among Asian American women.

Wong plays the role of various fictional personas that keeps

the audience absorbed and on an emotional rollercoaster during the entire performance. The evening included moments of silence and extreme laughter as Wong shifted the mood of her performance and storytelling. One minute the audience would be seriously engaged in complete silence as they listened to the emotional pleas of Wong's character seeking help from knitted rags representing people. Minutes later, laughter burst from the audience when Wong's character would scream and cuss at them. The audience also participated with assigned responses to Wong's queues as they held up funny photos of her. The performance ended with a powerful and unexpected twist when revealed that

Wong's character is a patient in a mental institution. The evening's performance closed with an open Q&A session with the artist.

In addition to being a performer, Wong is also a community activist and educator. The organization Speak Out outlines Wong's previous work to include conducting writing workshops for women of color, and her previous work as former artistic director of the Asian American Teen Theater Company, where she created educational theater on teen issues such as HIV/AIDS with youth.

Wong uses unapologetic humor to address serious, and at times, taboo issues affecting women of color. In 2000, Wong created a mock mail order bride website

(www.bigbadchinesemama.com). The site serves as a lesson website for men looking to order Asian brides and uses sarcastic humor in its content. The site's web page reads, "Yeah, you've seen mail order bride sites before, you may have even surfed over to an Asian porn site, but never in your wildest culturally commodifying sick sexual desires, have you been schooled by women (womyn) like this!"

Whether Wong is doing a solo performance, lecturing, or helping with youth and community theatre, she is definitely someone worth paying attention to. Wong will continue to tour the United States with her intriguing performance of "Wong Flew Over the



Image courtesy of Manja.org

Cuckoo's Nest" as she makes her next stops in Chicago, New York and Minnesota. For more information on Kristina Wong, visit www.kristinawong.com.

No day but today! Review for Rent

BY CHRIS SHAW
Pride Staff Writer

Lights, camera, and sing! The Broadway musical "Rent" wowed audiences at the Civic Theatre in San Diego as the traveling show featured performances from March 10 to March 15. This Broadway performance provides more than just the bliss of soaring notes from Adam Pascal (Roger) and Anthony Rapp (Mark). The cast tingles the audience with acrobatics, mile-wide vocal projection, and gut-wrenching emotion. This Rent cast boasted two performers of the original cast, Adam Pascal and Anthony Rapp, who also starred in the motion picture film of "Rent."

I continue to claim "Phantom of the Opera" as the best musical on the Broadway platform, yet "Rent" surpassed my expectations. I can see why "Rent" won the Tony award for Best Musical in 1996. Adam Pascal and Anthony Rapp seem to be the strongest singers on the stage, pleasing the audience with booming notes and flawless pitch. These two veteran performers may be aging, but their youthful passion make their voices resonate with energy. The electric energy of the audience and clapping-before-popular scenes make the atmosphere light and fun.

Broadway musicals hold onto a high standard of musical talent, presentation, and acting. "Rent"

holds that standard on a pedestal as tall as the Empire State Building. "Rent" can be held in high esteem along with Broadway's such as "The Lion King" and "Phantom of the Opera." The crowd-pleasing "Rent" adds to my list of magical music memories. The falsetto, runs, and everlasting crescendos will please the taste buds of your ears.

Some moments may even evoke a few small tears of joy. Fans will enjoy the acrobatics of Angel's dancing on the table, the stripper's silky voice melting your mind, group dances along the second-story staircase, bright spotlights, the colorful city stage, and performers risking a fall from the upper floor. The audience reacts to every

nuance or long dramatic note with cheers of "yay," "ooohhs," and girl screams.

The musical performance proves to be far superior to the film version. The ringing in the ears of "525 thousand six hundred minutes" remains short and sweet. Some songs bore me, but other numbers leave memorable impressions. Certain sections make the narrative unclear or confusing, but Rent has a coherent framework with emphatic dance and song. I did not enjoy the scene of Maureen's odd protest stage performance from the film version but I really enjoy that scene in the live show. In this scene, Maureen's eccentric behavior creates a moment when the crowd participates in

the play itself with responding cheers and cow "moos."

A couple of musical numbers allow my brain to dull or tire, but the transitions are smooth. The strong voices relay the pace of entertainment. The cast hit their last notes and bow in a line of interlocked hands. The audience and I give a proud standing ovation.

Several other Broadway shows such as "Wicked," "Legally Blonde," and "The Lion King" will be performed at the Civic Theatre in San Diego for the remaining 2009-2010 season. If you want to experience the deep pleasure of Broadway musicals and classic standing ovations in San Diego, visit <http://www.broadwaysd.com/index.php>.



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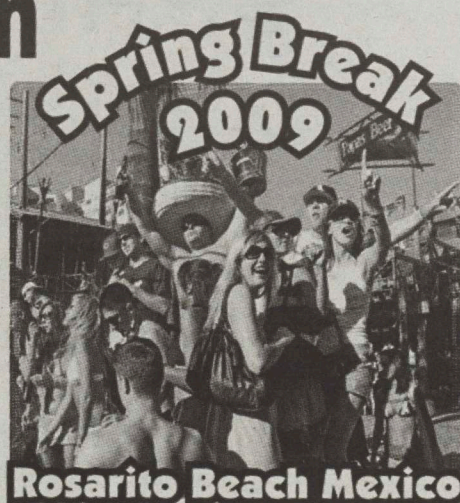
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New York's finest cheesecake a click away

Junior's Most Fabulous Cheesecake and Desserts

BY KEVIN CHATHAM
Pride Staff Writer

If you ever find yourself in New York looking for the best cheesecake it has to offer, chances are New Yorkers will point you to Junior's Most Fabulous Cheesecake and Desserts. Junior's is a diner style restaurant between West 45th and 8th Avenue in Times Square that has arguably the best cheesecake in the Big Apple.

During spring break, I had the remarkable opportunity to visit one of my favorite cities in the world, Manhattan. During our last evening in New York, my mom and I

walked around Times Square and explored the sights. When we asked about a good place to sit and eat, the locals pointed us to Junior's.

Junior's is a moderately priced restaurant with great quintessential American culinary staples. The menu boasts traditional diner favorites such as sandwiches, shakes and a variety of burgers. During our dining experience, we also found the staff to be pleasant, helpful, and attentive.

The highlight of the experience was undoubtedly the desserts. Junior's offered a variety of cheesecakes and other desserts. I ordered a plain cheesecake and my mom

order the layered chocolate cheesecake. Both of the desserts were simply amazing. Junior's cheesecakes set themselves apart from the rest of the competition through texture. The cheesecakes simply melted in my mouth and were astonishingly creamy and velvety. The portion size was very generous but I still found myself wanting more (yes, it's that great).

Junior's has three locations in New York, Times Square, Grand Central Station, and Brooklyn. If you have the a sweet tooth and want to taste New York's finest cheesecake without

having to travel across the US, have no fear, just visit www.juniorscheesecake.com and order from a number of delicious options.

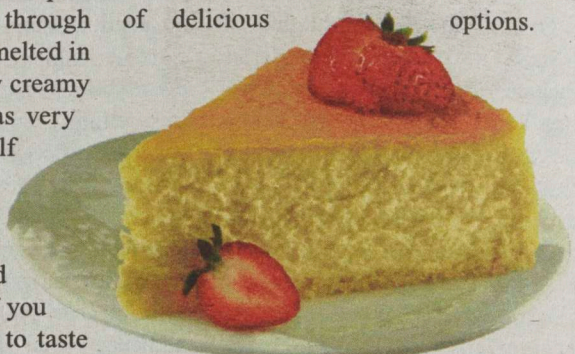


Image courtesy of Juniors Cheesecake

Attention all students!

The Pride is looking for student submissions for a literary magazine due out later this semester. Submit your work of poetry, prose, essay, fiction, non-fiction, artwork, or photography to csusmpride@gmail.com with the subject headline titled: Pride literary magazine. Submissions must be under 5,000 words; minium of 2 submissions per person. Keep an eye out in The Pride for more details.

Questions? Contact us at 760-7506099 or csusmpride@gmail.com

Cougar Kitchen

Mahi Mahi Banh Mi

Receipe by Food Network

Ingredients:

- * 1/2 baguette cut into 2 pieces, or 2 ciabatta rolls
- * 1 tablespoon unsalted butter, melted
- * 2 tablespoons mayonnaise
- * 2 scallions, sliced lengthwise and cut into 2-inch pieces
- * 1/2 carrot, shredded or julienned
- * 1/2 Kirby cucumber, julienned
- * 1 tablespoon leftover Thai salad dressing
- * 2 leftover Thai Red Curry Mahi Mahi fillets
- * 1/2 bunch fresh cilantro or mint
- * 1/2 bunch watercress, woody stems removed
- * Asian chili sauce (optional)

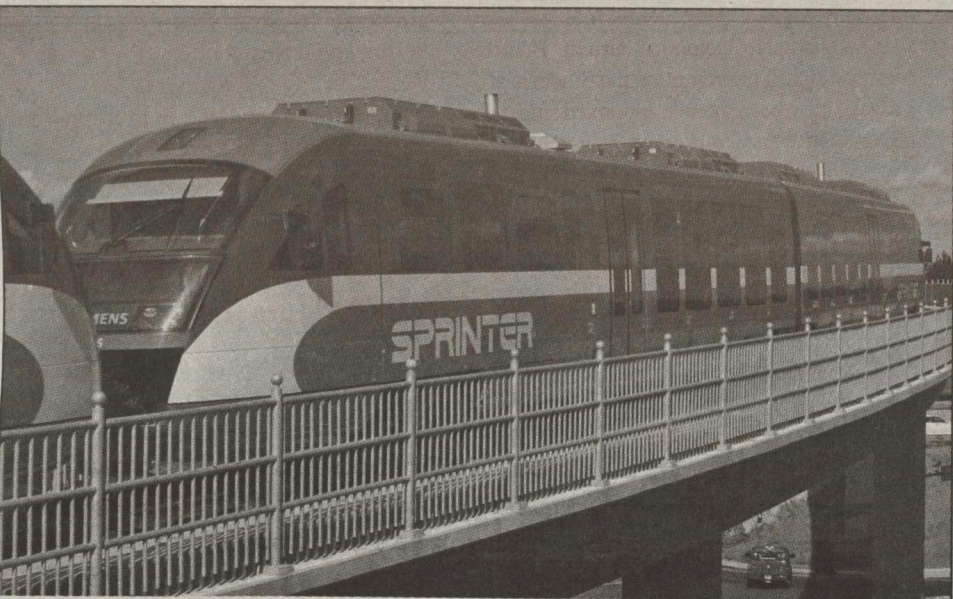
Directions

Pre-heat the broiler to high. Split the baguette or rolls lightly with butter. Broil until toasted, about 2 minutes.

Remove from the broiler and spread both sides with mayonnaise. Toss the scallions, carrot and cucumber in the dressing. Stack the sandwiches with fish, the tossed vegetables, herbs, water-cress and chili sauce, if desired.



Photo courtesy of food network



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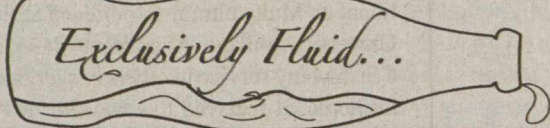
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Strongbow

A must have for apple lovers

BY JONATHAN THOMPSON
Senior Staff Writer



Bulmers America out of Middlebury, Vermont, imports and bottles Strongbow Dry Cider from England. The name Strongbow comes from Richard de Clare, the second Earl of Pembroke, Lord of Leinster, and Justiciar of Ireland. He lived from 1130 to 1176. He is famous for his involvement in the Norman Invasion of Ireland that occurred in 1169. He used Welsh archers to fight against Ireland. The archers had an advantage because Irish fighters relied on javelins.

BevMo retails six 12 fluid ounce bottles for \$8.29. The glass bottle features a simple label with a bow and arrow in black, white, and a little bit of gold. A black bottle cap with a bow and arrow in gold stencil seals a brew with 5% alcohol by volume. Johnny Appleseed's efforts were not in vain. The dry cider is comprised of fermented apple juice amongst other ingredients.

Strongbow pours watery generating a slight lancet. Little bubbles of bliss rise to the top throughout the duration producing a bitter aroma. The brew enters and immediately tickles the lips and tongue. After the initial gentle shock, a bold apple flavor cleanses the palette. The crispness

of the cider should pair well with light lunches or dinners such as turkey sandwiches and chicken salads. The sweetness side of the beer could also be enjoyed alongside simple ice cream flavors such as vanilla or chocolate. Naturally, apple lovers will love the cider.

Keep on studying and turning in papers. However, find time to take a break and enjoy a bottle of Strongbow Dry Cider.

Cheers mates!



Photo by Jonathan Thompson