

Hurricane Katrina Forum

Race and class discrimination in relief efforts

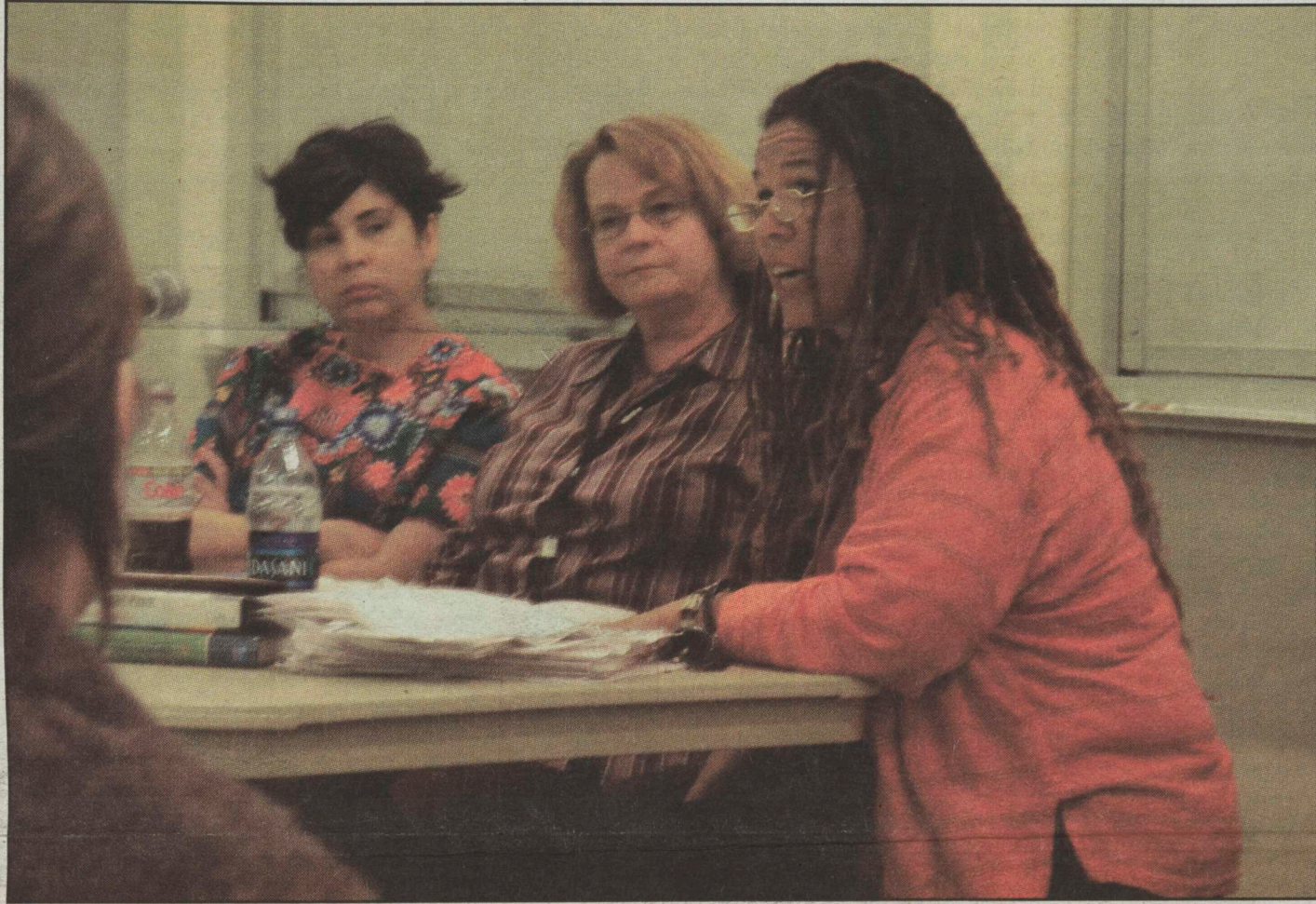


Photo by Christine Vaughan / The Pride

Panelists, Fredi Avalos-C'DeBaca (left), Dr. Dreama Moon (center) and Dr. Sharon Elise (right) share their knowledge on racism.

BY CHRISTINE VAUGHAN
Pride Staff Writer

Students, faculty and staff gathered at the Hurricane Katrina Forum to discuss issues of racial disparity, politics and the aftermath of Hurricane Katrina in the affected Gulf Coast areas. The forum was held on Tuesday, Oct. 11 with over 75 students, faculty and staff in attendance.

The forum focused on, what it referred to as, the ongoing racial discrimination, 'hyper-segregation', institutionalized class inequity and how Katrina is being

considered a man-made disaster.

The faculty panel presented lectures and commentary that exposed racial politics, historical parallels and the underlying elements of racism prevalent in U.S. society.

The panel comprised of three faculty members from the Sociology and Communication departments at Cal State San Marcos. Associate Professor of Sociology, Dr. Sharon Elise, Adjunct Professor of Communication, Fredi Avalos-C'DeBaca, and Associate Professor and Department Chair of Communication, Dr.

Dreama Moon provided insight and analysis of racism after Hurricane Katrina.

Blaming Victims

Dr. Sharon Elise shared statistical facts and public misconceptions about the racial discrimination generated toward the poor black communities of New Orleans and neighboring affected areas. Elise highlights how the faces of Hurricane Katrina victims are overwhelmingly black, with

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Proposed University Hour

Fall 2006 may welcome an academic-free time period to promote student involvement on campus

BY SHELLY MONROE
Pride Staff Writer

In an effort to promote extra-curricular engagement in the students of Cal State San Marcos, the Associated Students, Inc. began the process of implementing a University Hour. A University Hour is defined as a time during the week, usually one to two hours, during which no classes are scheduled for undergraduates. This would provide a common time for student organizations to meet, extra-curricular events to occur and for study groups to convene.

"University Hour, which will strengthen our students' college experience, will also serve the Cal State San Marcos Mission by empowering students to be active participants in building a community through co-curricular engagement while promoting Cal State San Marcos Core Values," said Marc DeGuzman, ASI president and chief executive officer.

The National Survey of Student Engagement (NSSE) results indicate that Cal State San Marcos students cite lack of co-curricular engagement as a main reason for leaving our campus. University Hour will allow Cal State San Marcos to actively address our low retention rates by providing opportunities for the entire campus community to engage all students in co-curricular programming.

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Misconceptions about alcohol on campus

Cal State San Marcos is not a 'dry' campus

BY BRYAN MASON
Pride Staff Writer

Recent news articles published in The Pride newspaper have given the impression that Cal State San Marcos is a 'dry campus' prohibiting the consumption of alcohol on the campus property. Dean of Students, Jonathan Poullard felt this misconception about campus policy needed to be rectified.

"Any and all locations, with the exception of classrooms, could be reserved for events where alcohol could be drunk," said Poullard. Cal State San Marcos' policies deem that San Marcos is not a dry campus, contrary to popular student belief.

Without a bar or liquor sales on campus, CSUSM may give the appearance of being a dry campus. Students may recall the recent Oktoberfest event that served root beer at the celebratory gathering, or the Jazzfest event that promoted safe-drinking offering mocktails instead of cocktails. However, policy allows for alcohol to be served in the form of beer and wine on

campus.

By filling out the correct forms students, faculty and staff can obtain permission to serve and consume alcohol on campus. This form, known as the Alcohol Approval Request Form, gives cougars the opportunity to submit requests for alcohol approval.

"There are several campus entities that a group or individual must secure authorization from" said Poullard. These authorizations are in compliance with school policies set up for the safety of students. The University Police is not only required to sign off on the alcohol use form, but the

police are usually required at any alcohol related events.

Individuals are also allowed to submit a request for alcohol on campus as well, however most commonly the request is made by student organizations in compliance with the policy.

"The most typical places for student initiated events where alcohol is served is in the Clarke Field House, but events are not limited to this venue," said Poullard.

"Several articles have appeared in The Pride about the idea of a Bar/Pub, but no

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Red Cross Blood Drive comes to CSUSM

BY JESSICA DAMBKOWSKI
Pride Staff Writer

The San Diego Blood Mobile will be on campus in The Dome's parking lot hosting a blood drive on Tuesday Oct. 18 and Wednesday Oct. 19 from 10 a.m. to 3 p.m.

"We are hoping to get 35 (donations) each day ... to be cost effective," said Mary Walter-Brown, marketing manager of the San Diego Blood Bank. Although the goal is to have 35 donors, the drive has the capacity to easily accommodate 50 to 80 blood donations.

According to Walter-Brown, all healthy adults 17 years of age

or older weighing at least 110 pounds are welcome to donate. However, the San Diego Blood Bank does have donor restrictions. Medical conditions, certain medications, travel in selected areas, exposure to Hepatitis, recent tattoos or cold/flu-like symptoms may prevent potential donors from participating in the blood drive. Participants should be prepared to answer a brief medical history questionnaire and communicate with nurses about eligibility.

"Hospital patients depend on blood donations every three seconds ... it saves lives," said Walter-Brown. Donations are most often used in auto accidents,

heart surgeries, organ transplants, bone marrow treatments and third degree burn victims.

The San Diego Blood Bank encourages students to start donating at a young age, since young adults are typically in ideal healthy and bounce back better after donations. Many of San Diego Blood Bank's active donors are in their late 70s and 80s and are becoming ineligible to donate do to health restrictions and illness, said Walter-Brown.

All donors will receive a free "Go Give" t-shirt, a voucher for a free oil change courtesy of Evans Tire and Service Centers and a discounted round of golf at Pala

Mesa Resort in Fallbrook.

Walter-Brown added that all donors should bring a photo ID, relax, and know that donating is easy.

Those interested in donating are encouraged to drink plenty of fluids and eat a good meal within 4 hours before donating and be well-rested to prevent fatigue. Donations typically average one hour to fill out necessary forms, conduct a medical screening, give blood donation and relax for at least 15 minutes enjoying snacks and refreshments. Appointments can be made by contacting Tanja at schro005@csusm.edu and walk-ins are welcomed to donate.

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Associate Professor of Sociology, Dr. Sharon Elise said, "as a faculty member, I also note that University Hour will enhance students' ability to get together with their classmates for study groups, for group projects and even for something as simple as a cup of coffee with a classmate."

CSU Los Angeles, CSU Monterey Bay and CS Polytechnic University Pomona are the three CSU campuses that have a University Hour in place. Additionally, Mira Costa College, one of our local educational partners, also has a University Hour. ASI has received positive feedback of having a University Hour.

History Professor Patricia Seleski, Ph.D said, "I agree that building community is an important priority for the campus but I don't think we think creatively enough about how you can do that on a commuter campus. We tend to take 'solutions' that work well for small, residential liberal arts colleges (partly because so many faculty and student services types come from this background) where most students are of traditional age and don't work more than 20 hours a week, if

that, and insist that these same solutions ought to work at a campus like CSUSM where the student profile is much different. We do this rather than saying 'well, maybe the sense of community here has to be created in a different way because of who our students are and what their lives are really like -- so how do we do that?'"

Academic Senate originally denied the ASI proposal for a University Hour on May 4, 2005 for several reasons, which included concerns over the impact on 4-unit courses, especially in the afternoon and evening and demonstration of the effectiveness of University Hour. The Associated Students Inc. Board of Directors recently had a new proposal that a University Hour be implemented between the hours of 2:30 to 4:00 p.m. on Tuesdays and Thursdays, to be implemented in the Academic Schedule in Fall 2006.

ASI recognizes that certain courses and degree programs do not lend themselves to University Hour scheduling. Post-Baccalaureate classes, Teacher Credential Programs and courses or labs three hours or more in length will be exempted from the University Hour.

"We tend to assume that just because students don't stay on campus and participate in things it is because they don't feel a sense of belonging at CSUSM and we don't often enough consider that many students don't participate because they can't -- in fact, it's all they can do to squeeze the time out to take classes, study and get their degree," said Seleski.

ASI developed and administered a student survey in Fall 2004. The survey data indicated that the majority of survey respondents believe that the creation of a 'University Hour' would benefit the campus.

"But, while I laud the goal of University Hour, I don't think the reasons for doing it are more compelling than the needs of students to graduate on a schedule (and at a final cost of both dollars and 'years') more or less of their choosing. I think University Hour will cause problems for more students that it will help. And in the end, I'm not willing to do that to students -- especially in the absence of any hard data that demonstrates that University Hour will improve community life on campus," said Seleski.

The next Academic Senate meeting will be voting on the proposed University Hour on Nov. 2. For more information on the University Hour please see the ASI website at: <http://www.csusm.edu/asi>.

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formal action has ever been taken by students, faculty, staff or administrators in the development," Poullard stated.

The main purpose for authorization of any alcohol on campus is safety. Safety is a key issue at hand when dealing with an alcohol related matter on campus. Poullard noted that safety is "a huge role" in deciding approval.

All alcohol events require ID verification, police presence, a request at least four-weeks prior to event, all distribution of alcohol must be handled by a licensed caterer approved by CSU Foundation, organization must maintain general liability insurance, no kegs or bulk containers are permitted, food and non-alcoholic beverages are required to be served if alcohol is available and organization is responsible for any facility damages and cleanliness following the event.

For more information on our campus's alcohol policy visit the website at <http://www.csusm.edu/fas/StudentAffairs/Drug&Alco.htm> or to download a copy of the Alcohol Approval Request Form by visiting http://lynx.csusm.edu/policies/procedure_online.asp?ID=186.

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University Police offer Escort Service and RAD workshop

BY BY CHRISTINE VAUGHAN & AMIRA EL-KHAOULI
Pride Staff Writers

University Police offer escort services to promote safety at Cal State San Marcos and around the surrounding community by providing police-assisted rides to and from campus buildings, parking lots and immediately adjacent areas of the campus.

The escort service has been offered at Cal State San Marcos since the University Police Department has been on campus, but with increased living accommodations on and around campus the police are boosting up the circulation of information on department services to ensure that our campus is a safe environment.

Escort services are available to students, faculty, staff and guests to CSUSM. While the service focuses on after-hour safety, escorts are available from dawn to dusk, all hours of the day, as an additional safety measure.

"It's 24-7 and most people don't realize that," said Officer Herman Hernandez about the escort service. "The police department is 24 hours."

Anyone can take advantage of this service regardless of the reason or absence of immediate threat. Many academic classes are held in the late evening and with day-light savings time around the corner, it will be getting darker sooner. Police will escort and accompany students to their car, dorm, bus stops and even the Prominence Apartments, located behind the paved student parking lots. Students may also request an escort if their having problems or being harassed by another person on campus. Regardless of the reason, to arrange an escort call (760) 750-4567 and a Community Service Officer will escort you by car, bicycle or on foot to a campus facility, parking lot or immediate local residence.

The University Police are expanding their dedication to campus safety by offering the Rape Aggression Defense (RAD) workshop to female students scheduled on Oct. 18, 19, 25 and 26 from 4 to 7 p.m. in the Grand Salon of the Clarke Field House. The RAD program is sponsored by the University Police and ASI.

The three-hour training provides female students with self-defense techniques and maneuvers, and presents information on awareness, rape-prevention, risk reduction and risk avoidance. The workshop is \$20 and includes free lifetime admission to RAD sessions to enhance skills or take refresher courses. To enroll in a workshop, contact Officer Carla Kuamoo, the University Police Department's certified RAD Instructor at (760) 750-4567.

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the most vulnerable people being the elderly and women with young children. Elise points out that historically society tends to point the finger at the victim. Implications questioning why people didn't evacuate suggest that these individual lack intelligence, although many people with this view fail to acknowledge that over 20 percentage of New Orleans residents do not have access to a car nor the monetary resources to pick-up and leave.

Much like the real-estate property values in San Diego, altitude is positively correlated with high-end homes that are primarily white, Elise commented. New Orleans has a similar situation; the "least affected areas were white areas" because higher altitudes were not subjected to mass flooding.

"Blacks are being treated as criminals, not as victims fleeing a natural disaster" said Elise in response to the racial news-reporting suggesting that blacks 'loot' and whites 'find' supplies for survival. "We are not afraid to call it what it is: institutionalized racism despite the white hegemony of discourse" Elise argued.

Elise suggests that there are two possible reasons to explain this racial disparity: either something is wrong with black people or something is being done wrong to black people. But racism isn't isolated in New Orleans. Elise warns attendees of a grim correlation: "the blacker (something) gets, the less funding it receives."

Elise urges our students and faculty to acknowledge the "black face of poverty, the black face of death row, the black face of unemployment and the white face of the White House."

History Repeats Itself

Fredi Avalos-C'DeBaca approached racism through a historical lens and focused on how policies formulate racial categories to assert blame to the victim. Comparing the Irish potato famine with Hurricane Katrina, Avalos-C'DeBaca argues that both governments blamed the disaster and circumstances on natural causes. However, Avalos-C'DeBaca contends that both governments fail to take responsibility in their role of worsening the tragedy. British elites were quoted that the potato famine would serve as a cleansing of society arguing that 'survival of the fittest' justified loss of life. And after Hurricane Katrina, former First Lady Barbara Bush was quoted that the relief efforts were good enough for the 'underprivileged.'

"How will we remember Hurri-

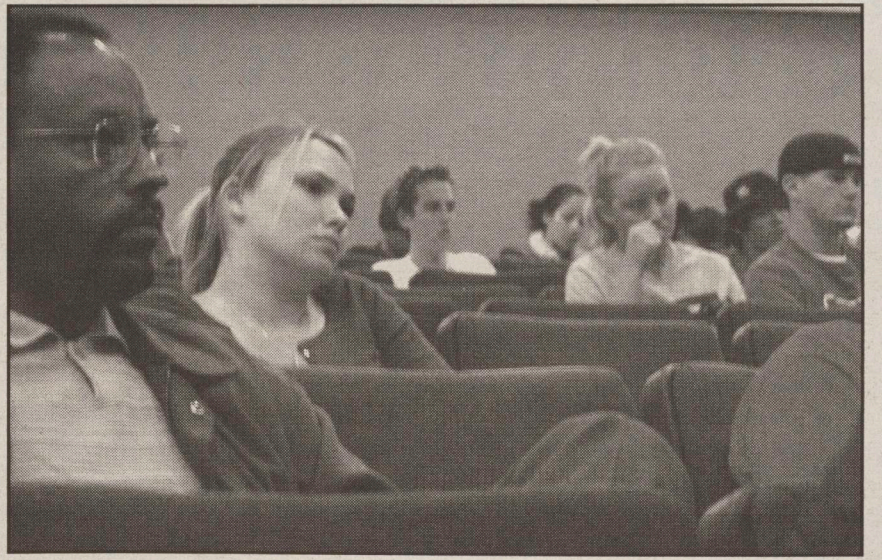


Photo by Christine Vaughan / The Pride

Forum attendees listen attentively to Dr. Moon's examples of prevalent racism.

Open Discussion

cane Katrina in two, five, ten or 100 years?" Avalos-C'DeBaca said. With the media shaping our collective popular memory of Hurricane Katrina, we need to continue conversations and analyze the role of racial policies and attitudes that will form our recollection of this moment in our history.

"Theories do not save people; action saves people. Take the risk of speaking out," said Avalos-C'DeBaca. Allowing the media to mold our own interpretations of the events and aftermath of Hurricane Katrina will prevent our society from recognizing the social-politics that oppress and blame the victims.

White Racism Still Exists

Dr. Dreama Moon took the foundation of Fredi Avalos-C'DeBaca's argument and expanded the context advocating attendees to "keep an eye on the traditional mainstream story and who gets to tell it." Much knowledge can be acquired through recognizing who tells the story.

Dr. Moon compiled exerts taken from the American Renaissance, a monthly magazine available online, with conservative white racial views. Moon utilized the exerts to demonstrate to students and faculty the hatred and hate speech directed to the black victims of Hurricane Katrina.

One view shared from American Renaissance exclaimed "got a nigger shortage in your town - don't worry they got a bus load of niggers coming to your town." Other exerts encouraged white-only aid expressing some whites wanting to "help (their) people, but the muds and spics be damned."

Moon encouraged attendees to be aware of the deep racism that exists in our society, arguing that knowledge is necessary to deconstruct the inequity that marginalizes nonwhites.

Open to questions, comments and personal experiences, students, faculty and guests discussed the prevalence of racism at Cal State San Marcos and the walls that prevent communication about these issues. The panelists encouraged attendees to engage in dialogue on poverty, race, gender and politics.

Several students shared their frustrations, grievances and experiences on race. Sociology student, Lisa W. expressed her feelings of racism on campus. "It's the students I'm disappointed with, not my professors," Lori said.

"A great-white walk out" occurred according to one audience member. She felt that white students left when racism got too real for them, when she observed over 20 people leave the forum during Dr. Moon's lecture discussing white-racial views towards blacks.

"But many stayed. I can only focus on those that show up and stay," responded Moon. "For white students there's a different cost for racial consciousness; (they) are likely to be ostracized by the white community. White people can be ruthless and they can be ruthless to their own," explained Moon.

Avalos-C'DeBaca pleaded with students not to get discouraged in trying to open communication on race. "If you believe you can't change the world, you've been conned. It takes courage to hope," Avalos-C'DeBaca said.

"We don't have time to be hopeless," Moon added.

An audience member commented, "we're in college now and this is where we learn how to fight. That is what I've learned."

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Campus wildlife

BY MATTHEW SCHRAMM
Pride Staff Writer

With Cal State San Marcos still in the beginning phases of its projected construction and growth, the original inhabitants of the brush-covered hillsides surrounding campus have been reluctant to be pushed out.

There is an "abundance of wildlife" here at Cal State San Marcos said Steve Watters, the Assistant Director of Operations. Aside from the preponderance of rabbits that cover the lawns in the early morning around campus, there is a large array of other wildlife also calling the acreage surrounding CSUSM home. Roadrunners, for example, can be seen mornings making their way along the outskirts of campus, as can coyotes, which can be observed around campus in the morning and evening.

"At one time there used to be a herd of deer," said Watters referring to a small enclave of about 6 or 7 of these large creatures living nearby. Although the herd has not been spotted for some time, occasional pairs of deer can still be seen with the proper timing. One of

the shrubs originally selected by gardeners to be planted on campus even attracted a few of the deer onto the campus itself. Yet the shrub has since ceased being planted as the deer were feeding on them as soon as they were placed in the ground.

As for the namesake of CSUSM, the cougar, or mountain lion, this increasing rare Californian is not a frequent sight near the campus. Although mountain lions have occasionally been seen in nearby communities, complaints from fearful residents and rapid urbanization have pushed this endangered cat away from its native territory.

Still, many species of wildlife have held on, for now, to the territory they call home. The animals "just have to know when to come out and not be heard," said Watters. Yet as the campus continues to grow it is likely that the sightings of wildlife near campus will probably decline over time.

As for now though, the army of squirrels that often line the walkway from the dirt lot in the late afternoon, like many creatures on the fringes of CSUSM, are happy to stay right where they are.



Photo by Shannon Shureman / The Pride

History department presents three-part event on Mid East peace

Guest speakers invited to discuss Israeli-Palestinian conflicts

BY PIYAMAS J. Y. SABLAN
Pride Staff Writer

Cal State San Marcos' own history department is hosting a special presentation regarding peace in the Middle East, on Monday, Oct. 24, from 3 to 5 p.m. in ACD 111. The department is working in conjunction with PeaceMark, a U.S. based non-profit organization, to promote awareness and provide different perspectives on the conflict between Israelis and Palestinians.

Speakers for the first presentation of this three part series, "Breaking the Silence," will

be Israel Defense Force veterans Avichay Sharon and Noam Chayut. The veterans will share stories and photographs from their experiences in Hebron, a West Bank city.

The second and third presentations will be held in February and March with different speakers scheduled to broaden the scope on peace issues in the Middle East.

After speaking with Patty Seleski, Professor of History and Department Chair, Pride learned that CSUSM and Peacemarch had also hosted a similar series last spring. The history department has had an active role over the years in providing speakers and forums that share alternative views regarding current issues or events that largely involve historic conflicts or contexts. "His-

tory is not just about the past!" Saleski asserted. "History 'gives' us the present we have to struggle with (and sometimes against) every day."

According to Seleski, viewing the Middle East, or any other current events issue, through a historical lens tends to complicate matters as many stay loyal to the historical memory they've learned, even though that memory may not be accurate. The history department believes that increasing people's knowledge of historical situations will enable them to figure out new solutions to past and current conflicts. "Understanding the past isn't just about 'nursing old wounds', it can also be about finding commonalities and finding ways of reconciliation."

Seleski assures students that

the history department does not have an agenda, nor is it trying to enforce any particular view on the Israeli Palestinian conflict. The history department is mainly offering students, faculty, and the public an opportunity to hear different views on Middle East peace issues from various speakers who have different relationships to the issues as way of encouraging dialogue within the community. Those involved are also aware that these issues might be a sensitive topic to some due to its political aspect and in light of the political dissention currently occurring in the United States.

The speakers share only their own viewpoints, and Saleski reminds everyone attending that the history department is not promoting their perspectives as truth, but hopes to ultimately

broaden people's understanding with each added perspective, many of which not normally accessible first hand.

"It's a chance to hear things they might otherwise not have thought about and even if they go away disagreeing with and unconvinced by the views and perspectives offered by the speakers that's ok, what's important is the dialogue, the hearing and listening part," said Seleski.

There is no charge for admittance to the presentation, which is open to the public. Parking is available in all general lots at an hourly rate of \$2 to \$6. General information is available at 760-750-4152. For specific information regarding the Middle East Peace Series contact Patricia Seleski at 760-750-4097 or at pseleski@csusm.edu.

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Pay a no 'co-pay' visit to our Student Health and Counseling Services

BY MELISSA BAIRD
Pride Staff Writer

Student Health and Counseling Services (SHCS) offer a variety of medical and psychological aid from there location only an intersection away from campus.

The \$50 health fee required each term grants all students nearby, co-pay free doctor's visits. Such services are a part of the Palomar Pomerado medical group. The student branch opened in January of 1997.

Along with the health fee included in tuition, health history papers are to be turned in at the start of each year. If not submitted, registration is placed on hold for the following semester, as notification of past illnesses and behavior is imperative to all health care providers.

Dr. Karen Nicholson, Medical Director at SHCS, says the services at student health are no different from those offered at a standard physician's office. Perhaps they are even more accommodating.

"We are like a medical office...we have a nurse practitioner and an on-site pharmacy as well," said Nicholson.

Common student concerns include viral infections, colds, STDs, injuries, and family planning. Immunizations are also an area of interest, as they are mandatory for admission.

"Hepatitis A, B, Meningitis, and flu shots are all given here. We do TB tests too," Nicholson said. "The meningitis (shot) is highly recommended, especially if you live in UVA."

A variety of contraceptives are also available, including the morning-after pill. A trick-or-treat basket filled with free condoms sits in one of the rooms.

Psychological illnesses are treated in addition to medical ailments. Nicholson says that many times physical complaints have psychosomatic, i.e. mental or emotional origins. Counseling services are also free of charge. Student services do not commit mentally unstable students, but will refer them to the county health center if necessary. According to their website, <http://www.csusm.edu/shcs/>,

students can come in and get help with a wide range of issues, from anxiety and depression to self-confidence and communication skills.

In addition to counseling, SHCS also strives to enhance the college experience by promoting health and well being through outreach and education activities, including workshops, guest lectures, special events.

As a member of the California Professional Internship Council (CAPIC) they also maintain a Clinical Internship Program, a half time pre-doctoral internship program for students completing their graduate degrees in clinical or counseling psychology.

Appointment-based treatment is recommended, with cancellations called in at least 24 hours in advanced. Unexpected cancellations, however, make necessary walk-ins acceptable. Students injured on campus are especially welcome without an appointment.

SHCS, is available to students every semester, including those enrolled in summer classes.

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Brian Sullivan

"I would shoot every bird and eat it."

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Psychology



Vicki Baiandourian

"I'd try to get the vaccination, then run."

Senior

Communication Major



Angela Alvarado

"I'd run."

Senior

Communication Major



Issac Rorholm

"I'd go to Home Depot for chemical masks, then stock up on bottled water and nonperishable food. I'd advise family not to go out. I'm planning to invest in the stock now."

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Miramar Air Show “The Sound of Freedom”

Student shares her experience of the air show

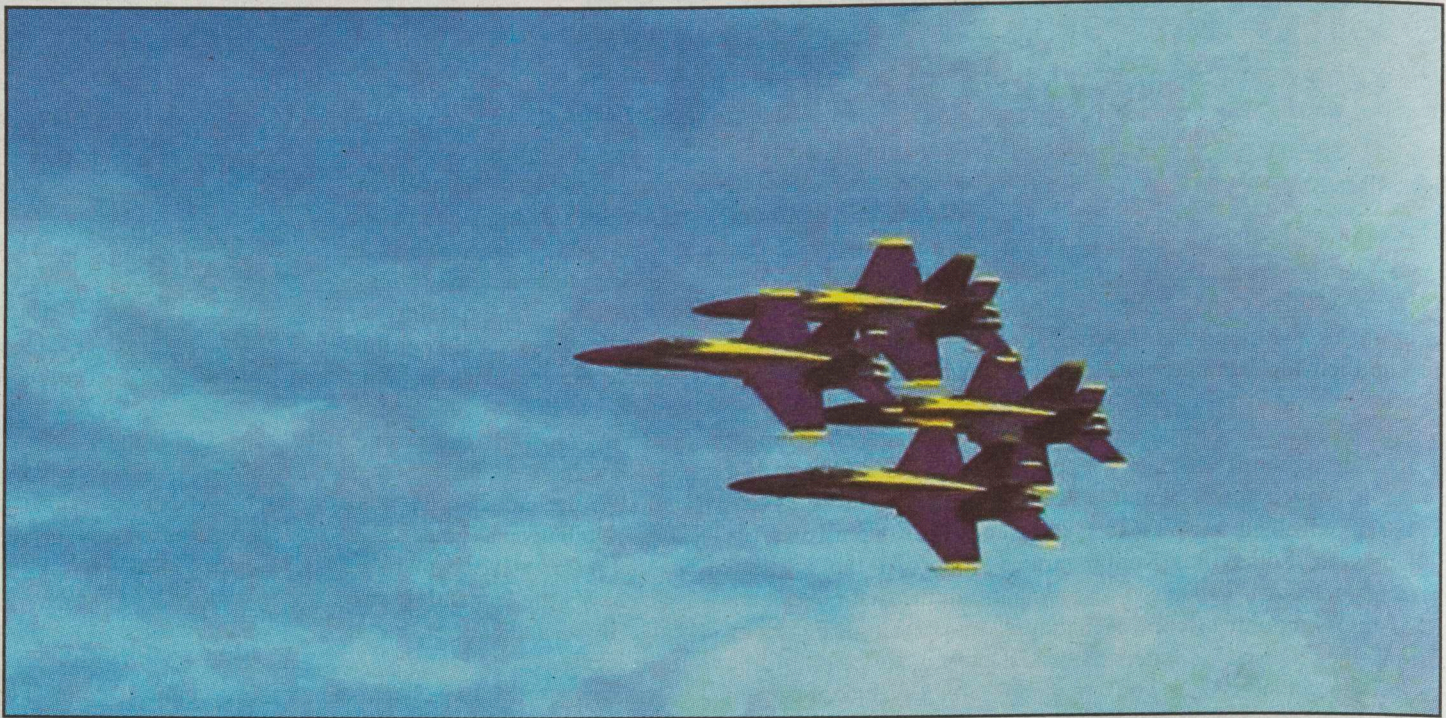
BY SHANNON SHUREMAN
Special to The Pride

Are the pilots courageous or just plain psycho? Either way, I was absolutely mesmerized by the talented pilots who strutted their stuff high in the sky today at the Miramar Air show in San Diego, Calif. The Miramar Air show celebrated its 50th anniversary this weekend along with an estimated 700,000 people. Spectators of all ages and backgrounds flocked from around the country to catch a glimpse of the F-22 fly-by, Patriots jet team, or the unbelievable Blue Angels. Along with incredible air shows were the 100 or more aircraft on display, including planes from World War II, Vietnam, and aircraft still in use today. I was at the event from 11 a.m. until 9 p.m. and can honestly say there was not a dull moment.

I have never been big into military type stuff but today I found myself lost in military heaven. I was eager to learn about the array of amazing aircraft and found myself in a trance gazing at the planes moving faster than the speed of sound, defying gravity.

I was almost brought to tears, or maybe that was just the effects of staring into the sun for a couple of hours. Neither words nor my photos can do these extremely talented pilots justice. I just know, attending this event has reminded me of what an inspiring country we live in and has given me the sudden urge to travel in a plane at 600 to 700 miles per hour. I would hitch a ride in one of those any day!

My favorite event of the day was The



Photos by Shannon Shureman / The Pride
Above: Blue Angels roar above the crowd.
Right: Navy jet soars above the clouds.

Blue Angels, these guys are my heroes! The Blue Angels have been in flight since the 1940's continually advancing their aircraft to be faster and more precise. The team consists of six of the most highly trained pilots in the country. The commanding officer of the team is required to have 3,000 hours of tactical jet flight hours and flies the number one jet. The other five members are required 1,200 tactical jet flight hours and man jets two thru six. Since 1946 The Blue Angels have flown for over 393 million fans.

I'm super happy to have been able to experience their brilliance, it gave me butterflies!



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CSUSM Cross Country Team prepares for Nationals

BY HEATHER M. ZEMAN
Pride Staff Writer

With the regional competition right around the corner, both the men's and women's cross country teams are working hard to keep up their top 10 rank. The regional competition is to be held in Fresno on November fifth. This day will ultimately determine which teams within the region will then move on to Nationals in Louisville, Kentucky just a few weeks later.

The cross country team is part of the National Association of Intercollegiate Athletics (NAIA). This allows the team to go up against several divisions of athletes and more importantly

the best competition. According to head coach Steve Scott, "With better competition our teams will get pulled to faster times."

The men and women compete at several invitationals and following each meet they are ranked according to their times. The cougars have had four meets so far and as of last week the men's team is ranked eight and the women's team is ranked sixth. At the regional competition the first place team moves on to nationals along with the top 20 teams according to their rank following the meet. With both teams already ranking within the top 10, they are confident that nationals will be

in their near future.

At the nationals competition the top four teams place out of 27 that qualified. Steve Scott commented, "Talent wise I think both teams have the ability to place at nationals." According to Steve the real trick is being able to have all your athletes run their best race all in the same day. It's about being prepared mentally and physically and experience always helps ease the nerves. Steve explained, "We have the potential and that's all you can hope for when going into a national meet."

Friday, Oct. 21 the cougars will be heading to Fullerton for their final meet before the regional competition.



Photo courtesy of CSUSM Cross Country Team

Cal State San Marcos Men's Golf finishes eighth at Boise Bronco Invite

The men's golf team from Cal State San Marcos closed out the Boise State University Bronco Invitational today, October 11, 2005, with an eighth place finish, shooting 901 (314-285-302). The three-round tournament took place at the par-71, 6,668-yard Crane Creek Country Club and attracted 14 teams.

Top Five Teams:

- 1 Santa Clara Univ., 870 (300-282-288) +18
- 2 Boise State Univ., 873 (296-285-292) +21
- 3 Northern Colorado, 880 (300-281-299) +28

4 Loyola Marymount Univ., 890 (309-287-294) +38

5 Utah State Univ., 891 (309-278-304) +39

Cougar Scores:

5 Kenny Adams, 214 (72-68-74)

T 24 Matt Determan, 224 (80-68-76)

T 45 Clint McCook, 231 (82-74-75)

T 49 Scott Conway, 234 (80-77-77)

68 Casey Sartori, 240 (83-75-82)

Information courtesy of Paige Jennings

Jock talk with Josh

BY JOSH SANDOVAL
Special to The Pride



If you haven't heard already that CSUSM is going to field a collegiate softball and baseball team in spring 2007

then the hiring of the two head coaches last week is probably news to you as well.

Last week Jennifer Milo was named to lead the softball program while Dennis Pugh was chosen to lead the baseball team.

I really like the selection of both these people. Both have strong ties to San Diego and both are very consistent and determined individuals.

Milo comes to CSUSM from SDSU, where she is an assistant coach on the softball team. Milo played collegiate softball for USD where she played first base and had a career average of .354. Her determination is shown by the fact that she played in every single inning of her career at USD. After her playing days were over at USD, she stayed on as an assistant coach before going to SDSU.

I expect Milo to do an excellent job recruiting players because she is a local product and San Diego is rich in talented softball players.

Pugh comes to CSUSM from Mission Bay high school, where he has spent 26 years in varying positions such as head baseball coach, head football coach, and athletic director.

I am particularly thrilled about the hiring of Dennis Pugh, not only because he brings an established presence to a new program, but because I know what kind of person he is.

Over the past two years while I have been writing for the San Diego Union-Tribune I have covered Mission Bay football a couple of times. In fact, one of the first football games I ever covered was a Mission Bay game. Mission Bay lost that day 20-19

to Point Loma in a game where Mission Bay's kicker missed two extra points that clearly made the difference.

At that point I was just starting out in the journalism business and was quite nervous when I had to interview the losing coach, because coaches are usually not the friendliest people after a loss. Not to mention a loss where your kicker costs your team the game. However, Coach Pugh stayed a good 5-10 minutes talking to me about what his team did wrong. To this day I still have not met a coach, whether they were on the winning or losing side, who has been friendlier with his time. That is probably why Coach Pugh has been so successful.

Pugh is only one of two coaches in San Diego County history to win over 600 high school baseball games. Pugh has won numerous baseball titles including 18 division championships, eight CIF championships, and one state championship. Pugh has had numerous players go on to be drafted in MLB, including Henry Sanchez who was drafted last year by the Minnesota Twins in the first round. The year before that, Pugh provided the #1 overall pick in Matt Bush when Bush was selected by the San Diego Padres.

Pugh's former players have nothing but respect for him.

Take current CSUSM student Fernando Brown who played football at Mission Bay for Pugh, "It's going to be like Charlie Weiss going to Notre Dame." Commented Brown on the impact that he thinks Pugh will have here at CSUSM.

Milo and Pugh will both be working part time this semester as they begin the transition from their current jobs to recruiting and building the new programs at CSUSM.

Once again, I commend Athletic Director, Dr. Nichols, and the University for selecting two well deserving coaches to lead CSUSM into new territory.

Story suggestions, questions, comments, or concerns can be E-mailed to Sando026@csusm.edu.

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Escape to reality

BY ERICA DAVIS
Special to The Pride

Reality TV — we all know by now that's an oxymoron. The plots and storylines of shows such as Survivor and The Amazing Race rival the ones put out by the morning soaps. Even reality shows with no focus on competition, such as Extreme Makeover- Home Edition, have no basis in reality. I've not met ANYONE personally who had Shea Homes show up one day and decide to give them a new house full of all the coolest new Sears appliances. I used to think gossip was the link between all of these shows. When Johnny Fairplay lied about his grandmother's death to other Survivor's, he instantly became the contestant America loved to hate, and then talk about for weeks. Reality shows started as water cooler shows. I've found in my own work life, few sitcom discussions. Rarely does someone ask if I've seen the latest episode of Law and Order and yet many friends and cowork-

ers love to gossip about the newest argument to erupt on a Swedish hillside on The Amazing Race, albeit in more hushed tones these days. These competitive shows, such as Big Brother, that often involve some sort of "on-screen" romance draw viewers in. As if we were all in High School again watching a couple break-up in the hallway; we like talking about it. There is something very realistic about the way we REACT to these shows, even if they are completely staged. So, if it is gossip driving the competitive shows, then why does a non-competitive show, like Home Makeover strike a chord? Ironically, it's because it IS providing an escape from reality. The "dream shows," enable us to imagine that we too could have that new 7 bedroom, 6 bath house complete with a recording studio for the 13 year old son and brand new Expedition in the driveway. IF our personal struggle is sad enough to win the network's attention, that is. Gone are the days where your life's suffering meant a

plentiful afterlife, but now Ty Pennington in your front yard with a bull horn screaming "Move that bus!" Instant, earthly rewards!! It gives you a reason not only to root for the underdog, but to want to BE the underdog. But, as the old saying goes, it only takes one bad apple to rot the whole barrel and for those of us dedicated Make-Over and Race fans that've been around since the beginning, we're the new lepers, "reality TV people." The very term "reality TV" suggests your viewing standards are sub-par. With mindless and degrading shows such as "Who Wants to Marry a Millionaire Midget," and "I Want to be a Hilton," programming itself has been degraded and I'm even ashamed to be included in the reality TV watching demographic because everyone assumes each show is like the worst show out there. I feel the pain of soap opera fans everywhere. The folks I see who have followed Luke and Laura and don't want to admit it out loud. Yes, Reality TV watchers have been thrown down to the floor as well — and so unhappily. It wasn't always this way and perhaps that is why it stings. People assume I'm unable to discern quality from crap. Half the time I don't even defend reality TV anymore, I'm too embarrassed. Art is subjective, I want to yell. But, reality TV is not art, I remind myself. So, privately I watch The Amazing Race and publicly talk about that other great CBS show, CSI — because that stuff totally happens in real life!

Pumpkin people

BY MELISSA BAIRD
Pride Staff Writer

The darkness of Halloween is destroyed by grocery store merchandise.

I went to Albertson's with the sole intention of using their "Coinstar".

Then I saw the pumpkin people.

Someone digs out the stem of this natural fruit and shoves artificial hair into it. They paint on a facial expression, and give it a tag with a common human name to finish off the transformation.

The pumpkin person I found had face-planted into the other gourds. Its 'teeth' were chipped as a result of this and it only had half a lip left. It had grey 'hair' and the name 'Jack'.

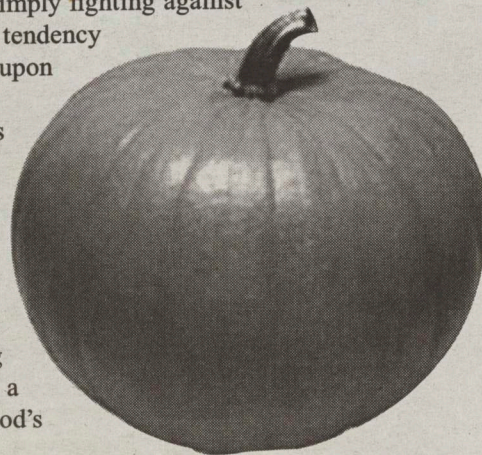
The tag actually said 'Hello, my name is Jack. I love risky adventure! I'm clever, spunky, and always on the go go go! Let's rock and roll!'

I looked at it and realized that no normal person would ever buy this pumpkin, now that the tumble had made it defective.

As I stared at the chunks of humanness missing from Jack's 'face', I felt the sudden realization that there was justice in the world after all. Jack wasn't ugly or defective. He was simply fighting against mankind's tendency to infringe upon nature.

He was screaming 'I'm not going to stand for being dolled up like I have a freaking vagina! I'm a pumpkin for god's sake!'

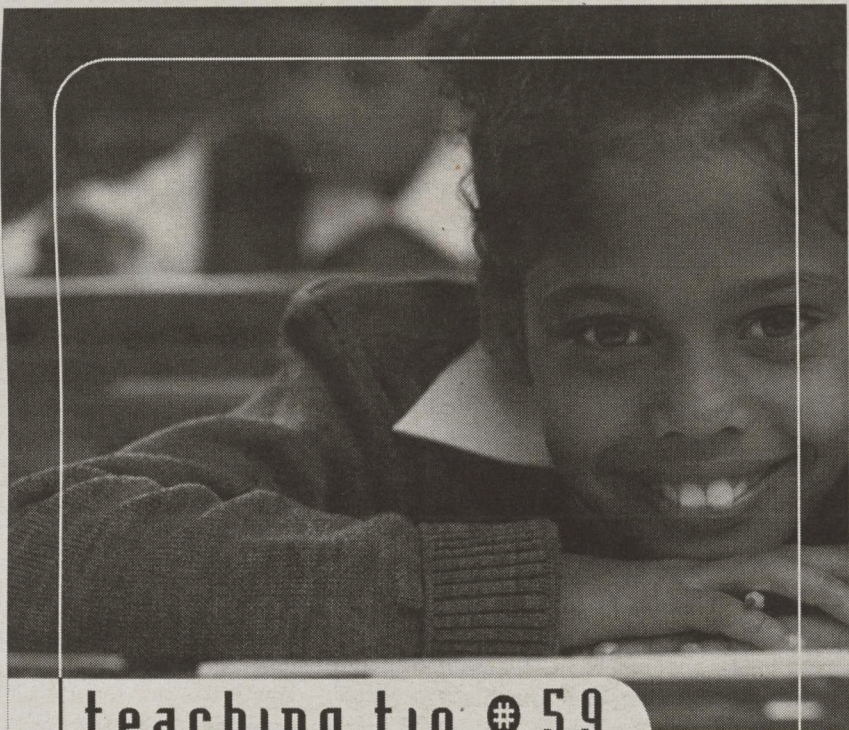
And so I bought him.



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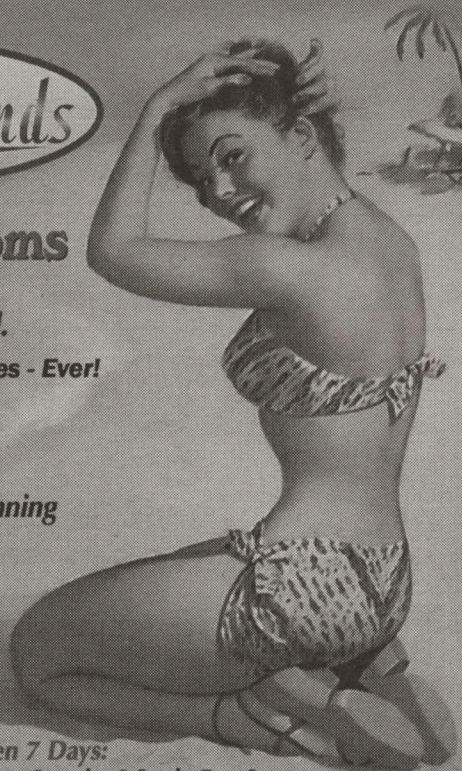
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OMBUDSMAN'S NOTES

BY MATTHEW SCHRAMM
Pride Staff Writer



Have you ever looked your name up online? Apparently there is a science-fiction writer with my name, and there was even some movie called "Thumb-sucker" that fea-

tures actor Benjamin Bratt playing a TV star named Matt Schramm who all the women adore. Although I've never exactly thought of myself as looking much like Benjamin Bratt (looking better perhaps, but not like), I'm really curious as to how some screenwriter came up with my name for a movie. I mean Schramm just is not that common of a name, is it?

Coincidentally, while wasting my time doing Google searches for my name, I pulled up some of my past articles in The Pride, which by the way is online – props to Heather, our online editor for that feat. Now this got me thinking about how anybody can read my articles for The Pride from anywhere in the world. Not that people on other continents care about what's

going on at CSUSM, but the simple fact that The Pride is published every week in print and again online, means, you guessed it, The Pride needs those higher standards I like to lament about. Yet while the front pages of The Pride should of course make our paper and school look credible, does the whole of ever Pride issue have to rise to that standard? I mean can The Pride really compete with more professional newspapers that also report on local news, like the North County Times, or should it even bother? Think about it... but first lets talk about the good stuff from last week's paper.

On the whole the last issue of The Pride was pretty decent, the articles were fairly well written and put together. My award for favorite pic of the week goes to Patrick – The Pride's own Editor and Chief – for that great big glass of Guinness on page 3. The question for University Voice was better, though why do I get the feeling that the word "reproduction" was simply a toned down version of the word "sex" in the question: "Would you trade reproduction for immortality?" Though I guess it really doesn't matter, because either way the answers would still have all been "no," I mean what would you then do with all those years of immortality?

As far as actual news and topics in

The Pride last week... well, The Pride regressed a little. "Lady Cougars get new members" just wasn't quite as controversial as some of the articles the week before – in fact it wasn't controversial at all. Oh well, everything has highs and lows; at least we still have color. Besides I'm not going to hit too hard on the front page, because even though Christine is The Pride's news editor, she somehow also got stuck with writing almost all the "news" stories last week (way to go Pride staffers).

Ok, now that I've lined you up on one train of thought, then redirected, I'm going to do it again, back to my initial point about The Pride (this is why they never let me write front-pagers). So think about it, my original point again, not the name search thing, but about The Pride improving, or whether it really can rise to a professional North County Times-like standard. My answer is that The Pride both can and at the same time doesn't have to. I suggest that The Pride fill its front pages with news, have a large feature section (which is what most of stories published in The Pride are anyway) and then dedicate the last half of the paper to columns and topics you the student body want to see there. Thus The Pride has the best of both worlds: serious news articles and amusing/edgy stuff that everybody would

want to read every week.

Now in case you all forgot, it is your duty as Pride readers to tell me your thoughts about this newspaper, critique it, and critique me too. I take ever comment and suggestion I get seriously. Last week I got some good suggestions from those of you who wrote in; I especially liked one suggestion that The Pride should populate even more of its pages with entertainment – movie reviews, sports, opinions, surveys, and anything in general having to do with sex and beer. Although maybe some of you don't like those ideas, maybe its too base, or even not base enough... so tell me! I challenge you, all of you who silently grab The Pride every week but never send in letters, and never rant to your over-worked ombudsman or coffee mad editors; I challenge you to make this paper better by telling us, telling me, what you want to see in it. A few people wrote in last week, but a few are not enough – don't be a zero; talk to me people! So tell me The Pride sucks and how you want to fix it; what do you want to keep, what must go. If you want you can just rant at me about how your life sucks, hell rant at me about how my life sucks, or tell how I look like Benjamin Bratt or how I don't – tell me something. So lets ponder some ideas and commiserate together at schra009@csusm.edu

The online version of The Pride, which is striving to bring current news on a daily basis to the campus, posted the article "Hurricane Katrina Forum" on the website. Within 24 hours, The Pride received the following Letter to the Editor from a local community member...

Dear Editor Long:

As a local resident and taxpayer, I was disturbed (to say the least) when reading the recent "article" in The Pride Online Edition titled "Race and Class Discrimination in Relief Efforts."

This article, written by Christine Vaughan, was hardly a true news story but rather an editorial. As such, it should have been located in the Opinion section of the newspaper.

The author states as fact the conspiratorial speculations of activist professors. As scary as it is that such non-academics are actually paid by the tax-payer to peddle such ridiculous theory and ideology, it is even more disturbing that their rants are conveyed as fact to the student body.

For example, the lead in to the article states "The forum focused on the ongoing racial discrimination, 'hyper-segregation', institutionalized class inequity and

how Katrina is being considered a man-made disaster." A more honest article would have made it abundantly clear how such beliefs are rather the opinion of a very, very small minority ("minority" referring to segment of the population smaller than

50%... not a person's ethnicity) who have little non-biased data to support their theories.

The "Blaming the Victims" section reeks of propaganda and is an obvious attempt to shape the beliefs of an impressionable student body rather than to report facts. A fact is that Dr. Elise made certain assertions--not that those assertions are facts.

The article continues to supposedly deal with the issue of racism in the United States. However, the

only fact that it seemed to accurately portray is that certain professors at CSUSM, who make their livelihood off peddling the perception that white racism is the cause of all problems associated with non-white communities, are ardent and devout racists themselves.

For instance, in the "White Racism Still Exists" section of the article, Dr. Moon is quoted as saying,

"For white students there's a different cost for racial consciousness; (they) are likely to be

ostracized by the white community. White people can be ruthless and they can be ruthless to their own."

This statement, if reported accurately, is demonstrative of the foul stench of racism that is emitted from certain faculty members at CSUSM. Dr. Moon obviously has engaged in an blatant over-generalization about "white people"—a generalization that is hardly rooted in fact. Instead, this generalization is obviously, to even the most untrained observer, an ignorant attempt to attribute one person's biased views to an entire population.

The article reports that numerous white members of the audience got up and left during the discussion, and then continues by quoting a student who attributes the mass exodus to the student's inability to deal with what is considered "real" about racism. Could it be, however, that white students left because of the anti-white bias that was obviously at the heart of the discussion? Rather than seeking to get to the root of the problem (the "problem" referring to the disproportionate number of African-American citizens who were affected by Hurricane Katrina), the professors were merely there to advocate an extreme, negative and order-line

anarchistic approach to dealing with issues that have an alleged racial component. The reader need only refer to the final line of the article: An audience member commented, "we're in college now and this is where we learn to fight. That is what I've learned."

Additionally, I find it interesting that Dr. Moon chose the "American Renaissance" as an example of the hatred put forth towards African-American victims of Hurricane Katrina. Being a strong conservative myself, and reading and writing quite often about a number of issues related to race, policy, and government, I found it interesting that an obscure, racist publication such as the "American Renaissance" was being used to portray the beliefs of white people. As a matter of fact, I had never even heard of the

"American Renaissance" prior to it being mentioned in the article.

Perhaps it is because I do not frequent racist websites...websites where some professors from CSUSM obviously go to get their "facts" on white America. The fact that this online magazine was referred to as

a magazine of "conservative white racial views", while technically correct (according to American Renaissance's own descrip-

tion of itself), is hardly accurate in depicting the general consensus beliefs of white conservative Americans.

Perhaps this is yet another fine example of professors coming to conclusions and then seeking out facts to meet their pre-conceived notions.

I would appreciate it if the editorial staff would take greater care in the future to make sure that facts are reported as facts, and ideas, theories, or speculation be reported appropriately. For instance, perhaps when the author reports that Dr. Sharon Elise reports "statistical facts and public misconceptions" she could provide examples of those facts. I would be very interested to see where those "statistics" originate from.

Thank you for your time. I look forward to reading a more professional version of The Pride in the coming months.

Perhaps next month you could take the same exact story and re-print it with all of the races flipped. White would become black and black or African-American would become white. Then read the article again and tell me if it passes the "there's a racist in our midst" smell test.

Sincerely,
Marcus Dexter
Carlsbad, California

"I have a problem with an article..."

Grappa,

a touch of class

BY MELISSA BAIRD
Pride Staff Writer

Upon entering Grappa, a fine Italian cuisine located across the street from Cal State San Marcos, I first noticed the modern décor the restaurant entailed. The walls are colorfully painted with authentic murals and the open kitchen portrays a homely feeling. There are large windows displayed along the wall giving natural light throughout the restaurant. Also available is a designated bar with a wide arrange of alcohol.

I dined during lunch, so the restaurant was quiet but filled with smiling faces. The afternoon menu was small but had a variety of pizzas, salads, soups, wraps and pastas. Upon sitting down I was greeted with a warm basket filled with seasoned bread and ready balsamic vinegar and oil at our table. The most popular lunch special includes soup or salad, pasta of the day and a soft drink for only \$9.75.

I decided on the panini di pollo, it was a delicious sandwich that I would highly recommend. It consisted of mozzarella, chicken breast and a very flavorful sun-dried tomato spread. This also



Photo courtesy of Grappa

came with a fresh organic garden salad and parmesan fries. I also tried the carne wrap which was filled with steak, peppers, and caramelized onions, it was excellent.

For dessert I ordered the tiramisu. It was absolutely divine with each layer handcrafted.

The service was extremely efficient. Even with only one waitress working and a couple assistants roaming around. The food came out quickly, I was never kept wait-

ing for refills or napkins. Grappa also offers a timely dining experience that guarantees your food served within 30 minutes or your meal is FREE.

The overall appeal of Grappa was impressive. It's remarkably clean with a unique environment, reasonable prices, and food rich in flavor. Grappa is the perfect setting for a classy restaurant and offers a 10 percent discount to students of Palomar and Cal State San Marcos.

CALENDAR

of events

Oct. 18, noon to 1 p.m. The first steps in planning to study abroad. Univ 451.

Oct. 18, 1:30 to 3 p.m. The second Fall International Coffee Hour, all welcome. Relax, eat, interact, enjoy all for free. Commons 206.

Oct. 18, 7 p.m. Come and join us for fellowship and prayer. UVA Commons meeting room.

Oct. 18, 7:30 p.m. "The Lost Boys of Sudan" will be shown at the Clarke Field House Grand Salon.

Oct. 18 & 19, 10 a.m. to 3 p.m. Brownies

and more will be sold as a fund raiser for women's soccer. Library Terrace/ ASI Gazebo.

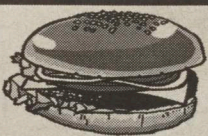
Oct. 18 & 19, 10 a.m. to 3 p.m. Blood drive located in the Dome parking lot.

Oct. 20, 7:30 to 9 p.m. The Lost Boys of Sudan will speak and play live Sudanese music from their band ThongJieng. Following a book signing of their book "They Poured Fire On Us From the Sky" Free.

Oct. 25, 10 a.m. to 3 p.m. Study abroad fair, Library Plaza, 40 vendors.

THE BLVD

Music House and Sports Grill



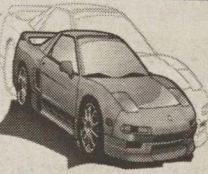
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MONDAYS

MONDAY NIGHT FOOTBALL
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TUESDAYS

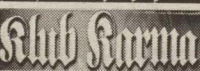
Guest Bartending
\$2.50 U-Call-It's
9pm-Close

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Step into 'The Fog'



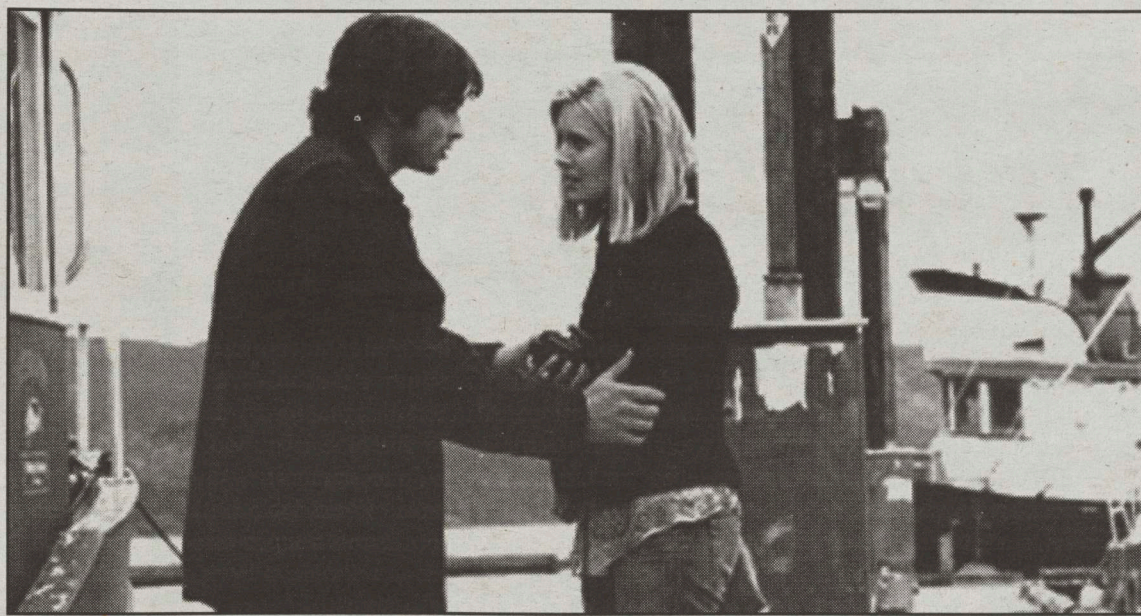
BY JASON SAUMUR
Pride Staff Writer

Director Rupert Wainwright and writer Cooper Layne using modern special effects and an updated script remade John Carpenter's classic 1980s film, *The Fog*. The film begins about a 100 years before present day at Antonio Island off the coast of Oregon where the founders of the island town protect it from an unknown presence.

The movie flashes to the present day at the island lighthouse where Miss Stevie Wayne, a radio personality of the small town, plays music that broadcasts to many citizens on the island. After which one sees the main character Nick

Castle played by Tom Welling on his chartered boat, *The Seagrass*, with some fisherman out in the Pacific Ocean. After deciding to head home, Mister Castle tells his good friend Spooner to raise the anchor. While the anchor is being raised, something under the water prevents the anchor from dislodging, pulling an unidentified object from its resting place on the sea floor. This object sets into motion the series of events that happen for the rest of the movie. Coinciding with this event, Castle's past girlfriend, Elizabeth, who left for six months without notice, returns from New York to see him.

With Elizabeth back on the island, she begins to have a



Photos courtesy of Columbia Pictures

strange recurring dream about the founding of the island. Later, it is found that the four founders, Castle, Williams, Wayne and Malone of Antonio Island pilaged and murdered the inhabitants of the island with a stale deal. Elizabeth, along with many others, is killed and seeks later revenge on the family members of the founders. A fog comes to the island with seemingly unnatural patterns and carries the pledge, "Blood for Blood." During the movie's latter part, family members of the founders are systemically killed. The fog finally lifts when Tom Malone is killed for this great-grandfather's treachery with Elizabeth becoming a part of the fog.

Wainwright unfortunately uses special effects in place of dialog and story. Much of the action

is indeed scary but that is only because of loud music and knocking. Many in the audience were laughing about some of the so-called scary moments. Much of the dialog comes across flat and ridiculous with little or no feeling and inflection. A great movie enables the audience to become emotional involved with the actors and action. In this movie however the audience has a profound detachment from the action as if it was a silly and unimportant event. Not to mention that some special effects looked a little too unreal and one knew it was a special effect or a poor planned one. While some effects looked poorly planned, other special effects looked realistic and held extraordinary power.

The audience seemed disappointed with the lack of concrete



story, dialogue, and audience empathy, though some of the special effects dazzled the eyes. *The Fog* was almost a complete disappointment but it did have its redeeming value.

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A local getaway to *Julian*

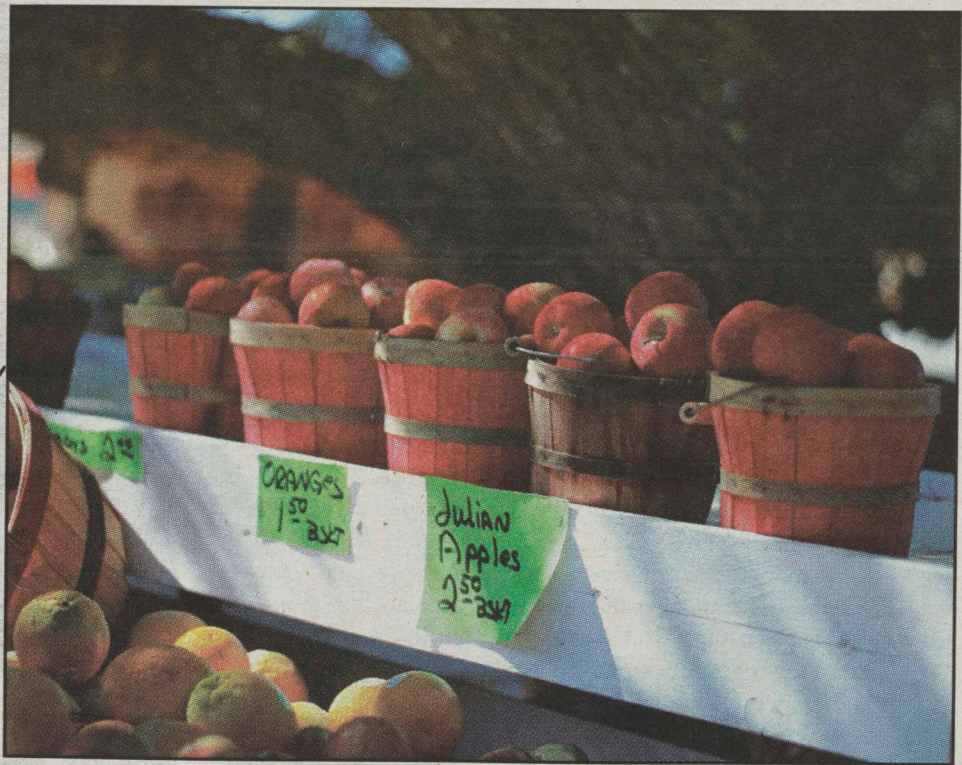
BY ERIN YOUNG
Pride Staff Writer

As the air turns crisp, autumn brings it's predominate colors of red and oranges. Julian, a quaint mountain retreat located

among pine and oak-covered hills of San Diego, is a perfect weekend getaway. This rustic mining town settled over 100 years ago with a small population still today of only 1,300.

This small mountain community is known for its fruit orchards and country charm. Stay in one of the many bed and breakfasts and enjoy endless amounts of 'good ol' home' cooked meals. With the ovens running around the clock and the sprawling apple orchards it's only natural that Julian is home of award winning apple pies. Apple Fest runs from September to mid November that brings crowds from all over the United States to hand pick their very own apples.

Along the winding roads of Julian you can find homemade jam stands, antique shops and small boutique restaurants. The Victorian architecture will take you



Photos courtesy of Julian Chamber of Commerce

back in time as you enjoy this frontier town.

To enhance your Julian experience wine tasting at local vineyards is available with reservations. Also hiking and romantic picnic sites are among the top favorites. Enjoy the beauty of nature while relaxing with family and friends.

Located 4,500 feet above sea level you can expect snowfall starting the beginning of winter months. The weather is ideal

for sledding and hot apple cider. If hotels aren't your 'cup of tea' rent a log cabin and cuddle up with that special someone in front of a wood burning fireplace.

"A variety of activities lets you create your own memorable Julian experience," states the Julian Chamber of Commerce Web site.

The options are endless to have a relaxing getaway. For more information please visit <http://www.julianca.com/>

How to ... make apple pie

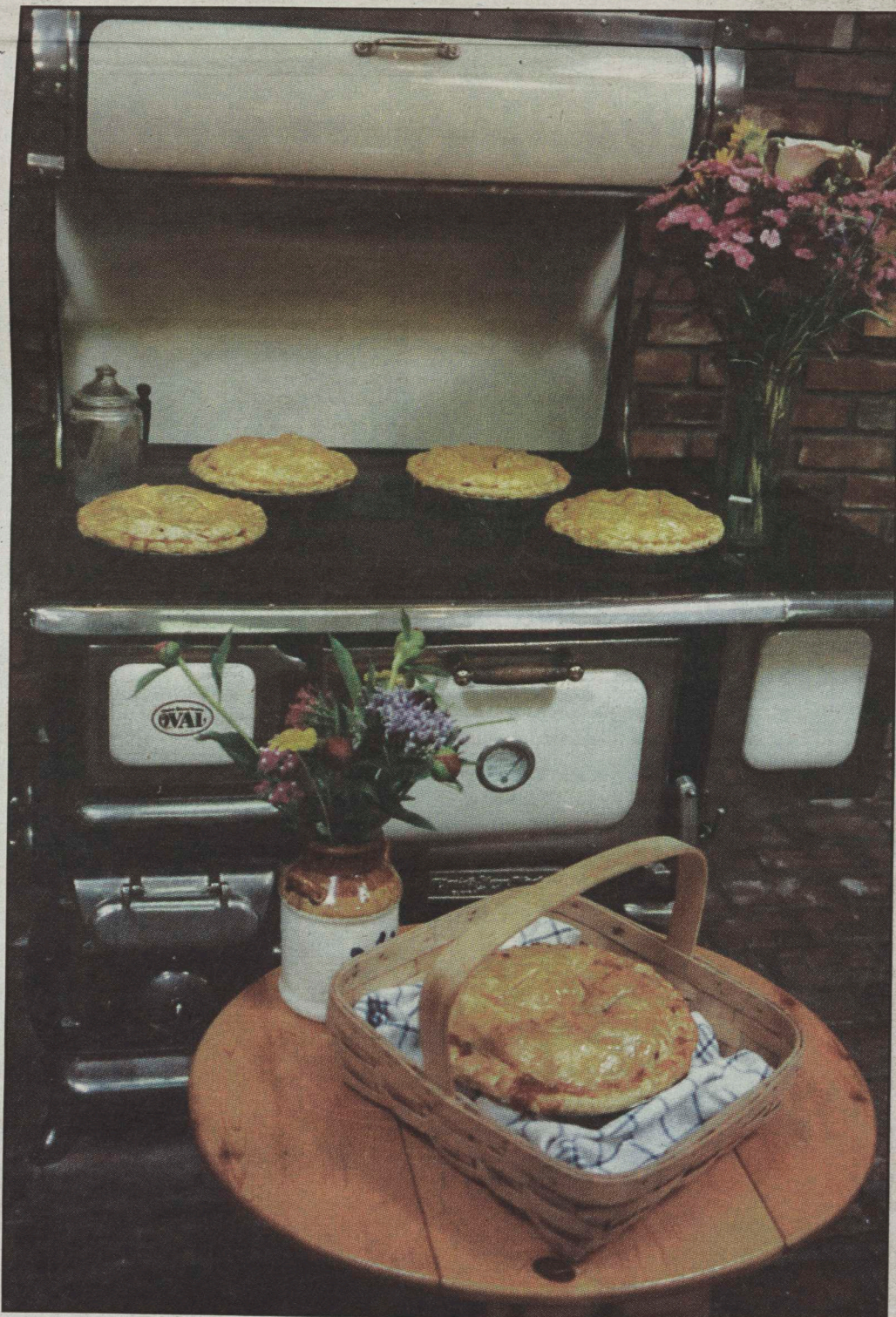


Photo courtesy of Julian Chamber of Commerce

BY HEATHER M. ZEMAN
Pride Staff Writer

Fall is here and the leaves are turning. With the holiday's right around the corner, family and friends will be gathering for home cooked meals and quality time. Instead of picking up a dessert at your local grocery store, amaze them with your own homemade apple pie. Follow these simple How To steps and you can't go wrong!

Ingredients for crust and filling:
Baking apples, firm, medium size
All purpose flour
Unsalted butter (cold)
Shortening
Cold water
One egg
Sugar, granulated
Salt
Cinnamon

Steps: How To make an apple pie crust

1. Mix 2 cups flour, 1 tablespoon of sugar and ½ teaspoon of salt in bowl.
2. Cut cold butter and shortening into half inch pieces place into mix bowl.
3. In small bowl, whisk together egg and water. Slowly add one tablespoon at a time, stirring continuously, to the dry mix bowl. Dough should be firm enough to stay together, not wet.
4. Make a ball with all the dough. Cut ball in half. Flatten each of the two halves into a disc shape about an inch thick and wrap separately in plastic or wax paper. Put these in the refrigerator to chill for about 30 minutes.

Steps: How To make apple pie filling

1. Peel the apples using a mechanical peeler or a paring knife.
2. Core and slice apples. Apples should be ½ to ¾ of an inch thick so slices will cook even throughout.
3. In a mixing bowl, combine the apples with the 1 cup of sugar, 1 tablespoon of flour and ½ teaspoon of cinnamon.

Steps: How To cook an apple pie

1. First, roll out the dough that has been chilled. Sprinkle a thin layer of flour on pie mat, place one of the chilled discs in the center and roll the dough using a rolling pin until the dough is about 1/8 inch thick and the diameter is about 1 inch larger than the pie plate you will use.
2. Carefully transfer the dough to the pie plate and press the dough into the bottom of the pan. Next trim the dough around the edges leaving about a ½ inch over the rim of the plate.
3. Spoon the cinnamon apple mixture into the pie plate.
4. For the top crust, use second dough disc and repeat the process of rolling it.
5. Take the remains of the egg/water mix made previously and apply a layer of moisture on the edge of the pastry crust. It will seal the two layers better.
6. Move the top dough to the pie, and once again trim the edges. Join the top and bottom crust edges together by pressing them with your fingers and slightly roll it under. It will look wavy all the way around.
7. Cut small slits into the top of the pie crust or poke holes so that steam will be able to escape.
8. While the oven is preheating at 425 degrees, place the entire pie in the refrigerator to cool for about 10-15 minutes.
9. Remove the pie from the refrigerator and use the rest of the egg/water mixture to coat the top.
10. Place pie in the oven, and bake at 425 for 20 minutes. Then reduce the temperature to 400 and bake the pie for another 20 minutes.
11. Remove from oven, let cool, and serve.