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THE PRIDE

CALIFORNIA STATE UNIVERSITY SAN MARCOS

INDEPENDENT STUDENT NEWSPAPER

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Campus community unifies to oppose CSU budget cut

BY ALEX HAND
Pride Staff Writer

The latest proposed cut of $386 million to the California State University budget has CSU students, faculty, and staff across California in an uproar.

Approved by the CSU Board of Trustees for the 2008/2009 fiscal year, the cuts would force universities to turn away more than 10,000 students statewide. The lack of funding would also force the system to once more increase student fees, lay off teachers, eliminate classes, and do away with many programs.

The entire CSU community has come together to fight for a common goal against the proposed budget cuts. Each of the 23 CSU campuses has launched a unified campaign that will begin in on March 3 at CSU Dominguez Hills.

The following week, Mon. March 10, the second forum will take place at CSU San Marcos. CSUSM will hold its all-campus meeting on 1:00-2:00 p.m. in Arts 111. There will be media availability 30 minutes prior to each event.

In hopes of "protecting the future of California" the campaign expects to prove the importance that CSU plays in the economy of California. Faculty, staff, and students alike will demonstrate that cuts to the CSU system would actually further damage the economy. To back up their

See **Budget**, Page 2

Sprinter Light Rail launches this Sunday

Service to run along 78 freeway

BY TORIA SAVEY
Pride Staff Writer

After several delays, the Sprinter light rail service will launch this coming Sunday.

Built along the Escondido track of the San Diego Northern Railroad, the new service will be the first along the tracks since the Sante Fe Railroad stopped passenger service in the area in 1946.

The 22-mile long track, along the 78 freeway, will go through the cities of Oceanside, Vista, San Marcos and Escondido, and includes stops near Palomar College and CSUSM.

While the North County Transit District has discount passes available to students of Palomar and MiraCosta colleges, there is no such agreement for CSUSM students. Service from various locations starts between 4 a.m. and 5 a.m.

Of particular interest to students: the last evening train westbound from CSUSM is at 7:41 p.m., while the last eastbound train departs at 9:16 p.m. Monthly passes are $54, or $2 for a day pass. With the current high price of gas, the Sprinter may help students save money.

Black History performers entertain during U-Hour

Photo by Jackie Carbajal / The Pride

Last Tuesday, after a month of lectures and performances dedicated to the celebration of black history, traditional African dancers commemorate its final days with a performance hosted by Associated Students Incorporated.

CSUSM customer satisfaction results

Survey responses show opinions of available facilities and services

BY ELBERT ESGUERRA
Pride Staff Writer

Earlier this semester, Finance and Administrative Services conducted an online customer service survey on various departments around the university.

The survey asked various students, staff, and faculty about their level of satisfaction and netted interesting figures. Anyone interested viewing the results in full can visit www.csusm.edu/bsc/0708sat.htm.

The figures from the academic 2007/2008 annual survey had a wide number of categories ranging from topics such as facilities, maintenance, university police, financial aid, housing, and parking services.

The idea behind conducting the survey was to have different departments meet and identify areas for improvement around university services. Departments put together action plans that outline some overall performances and upcoming plans to improve certain areas as well.

Some of the more interesting results came specifically from University Village Apartments (UVA) and University Police. From a study done with 331 participants, 55% answered "don't know" concerning campus crime prevention presentations. To go along with Crime Prevention Programs such as "Cougar Watch," University Police Department (UPD) has been producing videos which are available at the UPD website.

A University Police and Liaison Program will also be implemented to provide additional avenues for communication with campus committees, students, staff, and police.

The survey also determined that the UVA staff is invested and helpful toward the students there. Of the approximate 160 participants of the survey, 80.1% believe that they are doing exceptional services in addressing personal and social growth.

70.6% of those surveyed agreed or strongly agreed that resident advisors demonstrated an honest commitment to student welfare and activities.

According to UVA Director Brian Dawson, "When you treat people like adults, you are given choices to act freely. Some people thrive on that and based off the customer survey, the majority feel that way."

Tuesday, Mar. 4
31 Women in 31 Days
Forum Plaza

Imprint of Women 2008
Arts Lobby

7:30 p.m.
ASI and UVA Texas Hold'em Tournament
CFHUSU 113

Thursday, Mar. 6
12:00 p.m.
Women's HERstory in San Diego
Mark 101

UCI hosts forum for graduate education

BY TORIA SAVEY
Pride Staff Writer

On Sat. April 5, University of California, Irvine will host the California Forum for Diversity in Graduate Education.

There will be a bus departing from CSUSM to UCI available to students signed-up to attend the event.

Although the forum is free, the Career Center requires a [checks only] $20 deposit to reserve a spot on the bus. The bus will leave promptly at 7 a.m. and return at approximately 6:00 p.m.

The forum is held twice yearly – once in Southern California, and once in Northern California. It is designed to provide students from underrepresented groups with the tools and information to help them apply and be accepted to graduate schools.

Some benefits of attending the forum include meeting representatives from over 100 of the nation's elite graduate schools and getting free access to the Princeton Review's online prep course for the Graduate Record Examination (GRE).

There are also many workshops designed to cater to specific areas of study, a few include: nursing, physical sciences and mathematics, and fine and performing arts. There will also be workshops designed to provide more general information about topics such as selecting and applying to graduate schools.

Another important subject that will be covered is the issue of securing funding for graduate school.

To take advantage of the opportunity, contact the Career Center at (760) 750-4900 or visit the website at http://www.csusm.edu/careers/.

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From **BUDGET,** page 1

claim, the campaign points out that the CSU system educates a vast majority of California's skilled work force and annually contributes over $7 billion to the its lagging economy.

Any members of the campus community eager to get involved can start by attending CSUSM's first all-campus meeting to get a better understanding of the issue at hand.

For more information, students and faculty can access http://www.calstate.edu/BudgetCentral/ or http://www.calfac.org/releases.html.

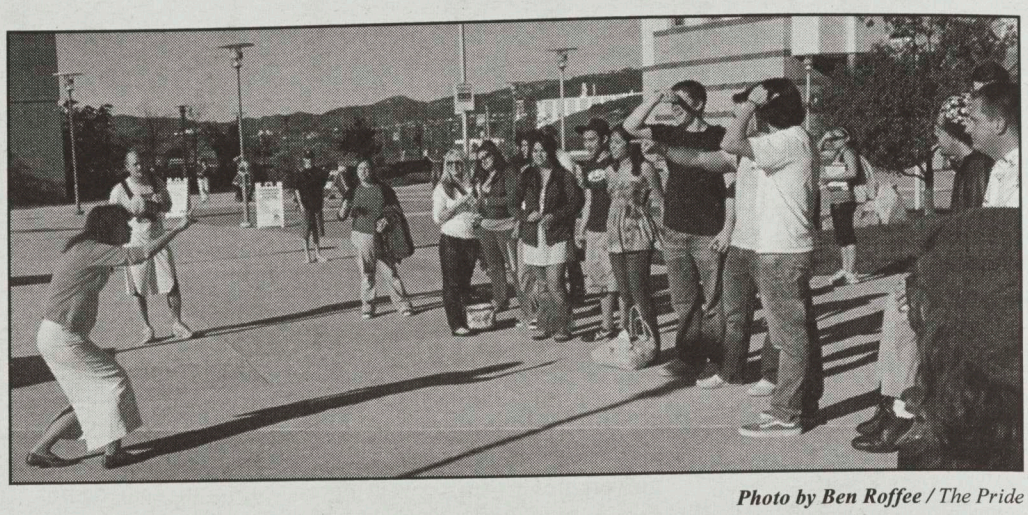

Photo by Ben Roffee / The Pride

Controversial speakers engaged students in a heated debate on campus last week.

Pizza and Politics: Food for Thought, Civil Liberties and Terrorism

BY JONATHAN E. THOMPSON
Pride Staff Writer

Pizza boxes neatly sat on a blue table near the first floor elevator in

Academic Hall 102 as University Hour began on Thursday, February 28th.

Within fifteen minutes, the lecture hall filled up with approximately fifty attendees including students and faculty. Pizza and Politics consists of professors leading healthy discussions on prominent matters.

Thursday marked the 3rd Pizza and Politics event for CSUSM. The event encourages students to discuss their opinions in a free and friendly environment.

"The long-term goal of the American Democracy Project at CSUSM is to raise awareness of and enhance the development of civic engagement inside and outside of the classroom, to the larger campus community and community beyond," said Professor Pamela Stricker who has been a part of CSUSM for 11 and a half years.

Striker organized Pizza and Politics, which began December 4th, 2007. Prior to attending Pizza and Politics events, Stricker highly encourages Cougars to read the selected relevant article for each forum at www.csusm.edu/adp. The website also contains more information regarding the event.

For this particular session on civil liberties and terrorism, organizers chose the article "Because They Said So," an opinion article in the New York Times. The article discusses the implication of the Foreign Intelligence Surveillance Act and the pending civil suits against major telecommunication companies regarding their alleged involvement in supplying the government with information.

Before the event officially began, Stricker passed out questionnaires and information sheets to all attendees. The information sheet highlighted the core values of the program: reason, respect, and responsibility.

"The key point of the event is to facilitate meaningful respectful discussion between members of the university community," Stricker said. "Given that much of the public political discourse on radio and television is often strident, disrespectful and particularly divisive, it is necessary to learn to speak with one another in a respectful, civil fashion if we wish to help rebuild civic engagement within our communities."

Attendees sat attentively as Dr. Staci Beavers, a CSUSM faculty member for 12 years, discussed the topics at hand and encouraged the audience to participate. Members in the audience were able to speak freely at all times. Other members in the audience listened respectfully.

"When government expands its powers in the realm of personal freedoms it affects all of us," said Beavers.

There are two more events scheduled for this semester and more already scheduled for the following semester. On March 13th, the chosen topic is health care. On April 22nd, the chosen topics are the environment, energy security, and global warming. Both events take place during University Hour in Markstein Hall 103.

"I would love to see students discussing and debating these issues in a variety of formats, both on and off campus," said Beavers.

For more information please visit www.csusm.edu/adp.

Pizza and Politics along with "various types of community engagement helped earn CSUSM its status as a Carnegie Community Engaged Campus, only one of 76 nationwide to receive this honor," said Stricker.

One attendee stated, "I'm glad to see people interest in what's going on in the world. Pizza and Politics gives students a place to go. Love it!"

PoliceBeat

2/15/08 12:25 a.m.
Officers reported to a call that a student hit his head at the UVA, and officers found the student and his roommate intoxicated. The student had a one-inch cut to the temple area of his head, and gave the officer his brother's Driver's License as his own identification. Paramedics transported the student to the hospital for stitches. UPD referred the case to the Dean of Students.

2/21/08 1:30 a.m.
An officer stopped a vehicle at the Clark Field House for a number of vehicle code violations, and detected an odor of alcohol from the driver. UPD cited the 19-year-old for violation of Zero tolerance drinking laws.

2/20-2/21/08 10 p.m. – 5 p.m.
An unknown suspect smashed the rear window of a 2005 Toyota Tacoma parked in Lot K, and took the parking permit.

2/21/08 11 p.m.
UPD responded to Prominence apts. to help clear out a party. An individual walked out holding a large bottle of Jack Daniels, and then attempted to conceal it. The 19-year-old male, non-student was cited for minor in possession of alcohol.

2/22/08 11:30 p.m.
The sheriff's dept. received repeated 911 calls, and the caller said they were in university area. After midnight, an officer contacted an individual acting peculiar near XYZ Lot. The individual said he was intoxicated and thought he was in Temecula. He did not cooperate and wanted to walk home. Officers arrested him and booked him in to jail for public drunkenness.

2/22/08 10:50 p.m.
An officer on foot patrol discovered a suspicious package near the bookstore with no postal information. The bookstore denied knowledge. UPD called in a canine unit with a bomb sniffing dog to check the box that turned out to be fine and property of the bookstore.

2/23/08 3:25 a.m.
An officer on Barham and La Morree witnessed a figure running from the Sprinter. The officer found the individual to have black paint on their hands. When officers inspected the Sprinter station they found that the individual had spray painted a running figure. UPD referred the case to the juvenile courts and released the minor to parents.

2/24/08 1 a.m.
UPD contacted a person sitting in a car errantly parked in a slot with vomit down the side of the door. The driver was highly intoxicated and booked in to jail for public drunkenness and possession of marijuana.

2/26/08 12:10 a.m.
19-year-old cited for violation of zero tolerance laws.

2/26/08 2:30 a.m.
Officers gave a driver a Field Coordination Test after a number of violations. The driver was booked into jail for DUI and violation of zero tolerance under age 21 laws.

2/26/08 8:25 a.m.
Facility employees reported an unknown suspect had broken the glass case of a street light in Lot B.

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Church's Influence on Sports

NHL Trade Deadline

BY DAVID CHURCH
Pride Staff Writer

The National Hockey Leagues trade deadline came and went on Tuesday, Feb. 26 and teams were busy. With big name players such as Marian Hossa, Brad Richards, and Brian Campbell finding new homes, other big name players Olli Jokinen and Mats Sundin stayed put, leaving questions for the off-season.

25 trades later, it is time to discuss the trades that went down and how this can impact a team's future.

Let's start with the Atlanta Thrashers who traded Hossa and Pascal Dupuis for Erik Christensen, Colby Armstrong, prospect Angleo Esposito and 2008 draft pick. Despite losing Hossa, the Thrashers added young talent that could bolster a talented future.

The Pittsburgh Penguins on the other hand added help for Sidney Crosby and Evgeni Malkin. Hossa will now be able to play wingman to "Sid the Kid" while raising the expectations for a long playoff run. I am expecting them to be playing for the cup.

The Dallas Stars were able to pick up Richards and Johan Holmqvist for Mike Smith, Jussi Jokinen, Jeff Halpren and a 2009 first round draft pick. The addition of Richards gives the Stars contending power against the Detroit Red Wings and Anaheim Ducks.

The Tampa Bay Lightning added an upgrade in goaltending with Smith, while adding three young players and two draft picks. This gives the Lightning an opportunity to rebuild a struggling team that had star power but lacked depth and goaltending.

The Philadelphia Flyers added Jarslov Modry on Feb. 19 and Vaclav Prospel on Feb. 25. Modry gives the Flyers depth on the blue line while Prospel gives the Flyers some much needed scoring power with the loss of Simon Gagne for the season and while waiting for Joffery Lupul to return from a high ankle sprain.

The last winner from the trade deadline was the Anaheim Ducks who once again didn't make a trade. They kept their core of players and traded for a role player. One reason for not making dramatic trades was that they have watched the return of last years Conn Smyth winner (playoff MVP) Scott Niedermayer and more importantly the return of Teemu Selanne who has sparked some much needed offense. The return of Selanne and Niedermayer make the Ducks the team to beat once again.

But not all teams were winners this year. The Florida Panthers were lucky enough to find a buyer wanting Ruslan Salei. But they failed to trade Jokinen. The next question for Florida is who is going to be leaving. Jokinen or will coach/general manger Jacques Martin, I believe both will be gone.

And the bigger loser of the two was the Toronto Maple Leafs, who watched all five players with no trade clauses use them to stay with the team. In the end, they were only able to trade for a few low draft picks, instead of gaining a handful of first round picks. A team that looked like they were going to be able to be the biggest sellers got shut down by poor negotiating of contracts. No team should give five players a no-movement or trade clause, let alone to that many players with expiring contracts in the same year.

The playoffs are near and teams are finally set for the final 20 games of the season. The question is who will be the winner, who made the right decision at the deadline and who will be the 29 losers who didn't make the right decision.

No matter what, the playoffs are coming and I for one can't wait.

Any comments or questions can be sent to churc009@csusm.edu or pride@csusm.edu.

Blood, Sweat, Tears, Gas

BY TORIA SAVEY
Pride Staff Writer

So, I just bartered my first-born this morning in exchange for a tank of gas. Luckily, we've already discussed my feelings about children, so it was actually a win-win deal. The guy even threw in a Diet Coke.

Kidding aside, not that I've been kidding so far, a lot of people complain about the cost of gas. But I'm not hearing a lot of these whining lame-cakes coming up with solutions. I have the answer though:

We should go to war with a country that has oil and take theirs.

Wait. That could backfire. Ok, I have a better solution.

We genetically engineer more dinosaurs a la Jurassic Park. Once we're done teaching them tricks and studying them, bonding with our large new reptilian friends, we slaughter them mercilessly, and boom, more fossil fuel.

No, I'm sure I can do better. We can just find ways to work without gas. I've heard a lot about these hybrid-electric vehicles. New plan: feral cat-electric vehicles. People still aren't following that whole "spay and neuter your pets" thing. Answer to rising feral cat population problem? Teach them to pull cars. It'll be like running an Iditerod every day just to get to work or the grocery store. Since BST doesn't approve of whipping your sled cats though, I recommend that you train them to work on positive reinforcement. For every mile your 500 feral cats pull you, give them a bag of Skittles.

Actually, I have a less messy idea. You could just carpool. Then you can split the gas cost between yourself and someone that you liked in the beginning but have slowly began to hate, a person whose inability to throw away empty pudding cups that somehow end up under your seat and snorting giggle you come to consider death-penalty worth offenses. Carpooling is delightful.

You could just make sure you recycle your grocery store bags. In 60 years, if you recycle every single one, you'll have probably 50 mile worth of gas. Or better yet, just recycle all your beer bottles, and use the money to buy more Skittles for your feral cat mobile.

Letters to the Editor

Cal State San Marcos has always been a strong proponent of the right to free speech, and rightly so: the privilege to articulate one's thoughts in a forum that is both civilized and nonthreatening should be paramount for any equally-civilized institution and even more so if, as is the case at San Marcos, those free-thinkers constitute that institution's whole reason for being.

In recent weeks, the notion of a "civilized" and "nonthreatening" arena for free speech has been damaged, if not wholly compromised. The arrival on campus of several highly inflammatory evangelist speakers has neither contributed to the intellectual growth of campus students nor given those students a balanced forum in which to voice their concerns. Quite the opposite, these self-proclaimed "preachers" have served up nothing but angry, vicious hate at any and all unfortunate enough to find themselves within earshot. These recent rallies demonstrate not a tool for the proliferation of individual thought but a method by which to belittle and condemn.

This is not to say that provocative or difficult subject matter should be banned outright from public discussion; history shows us that the discussion of things that many might consider unsavory is oftentimes the first step to overcoming differences and reaching a mutually appeasing end. There is however no end to be found in the speeches as of late, just as there is no sense of dialogue: these speakers arrive and leave with their minds set and ears closed. They view the world through painfully narrow blinders, refusing civilized discussion of their points in any form. So little do they stake in the opinions of San Marcos students that they are willing to continue their tirades over a sea of voices, oblivious or otherwise ignoring the cries of dissent in the gathered crowds.

Would these men and women be equally welcome if their message was one which condemned Latin Americans? Would Cal State San Marcos be so open to the ravings of a flagrant anti-Semite? If this trend of defamatory orators is to continue, when might the students of California State University San Marcos be privy to a visit from Jeff Berry?

Should these evangelists continue to be welcomed to Cal State San Marcos to preach their perversions and fling their baseless accusations at the very institution that welcomed them, it seems unlikely that San Marcos will be remembered as an institution of civilized discourse. Rather, the message will be sent that California State University San Marcos welcomes any and all to its steps, regardless of message, so that they might condemn and deprecate its students in any way that they see fit.

There is a fine line between free speech and verbal assault. Those responsible for allowing granting these speakers audience would do wise to seek it out.

Derek Heid

The loom of Evangelist Preachers is nothing new to our campus. Especially these last few weeks -- we have been bombarded by the resounding voices of preachers every day for a couple weeks. But it wasn't until today that I was able to actually appreciate them.

Don't get me wrong, it's not that I didn't care before, I have my beliefs and I've been raised on them, but I just haven't been able to truly appreciate what these preachers had to say until I heard – *him!*

Throughout the crowd of students there was a haze of *why is this guy here?* and it was really bothering me. It was just like any other evangelical event, at least until this guy opened his arrogant mouth!

This guy, I'll call him Red Shirt, was standing there with the rest of us, only he was spouting off a terrible amount of absolute crap! I could almost swear he was merely there for the strict purpose of hearing himself argue with this guy who was trying, not very convincingly I'll admit, to show people the love of Christ.

Red Shirt guy was responding to each of this preacher's comments with comments of his own. Mind you, his comments were 100% nonsensical and arrogant as well as ignorant. To say the least, I was about two stupid comments away from punching this guy.

His desire to rile the crowd up with his complete bosh was so much more than annoying. His constant screaming, "that guy over there has a beard, is he going to hell?" got *really* old *really* fast. Yelling at the evangelist and getting in his face with signs that read "CSUSM is Hate Free" which, while it is a nice concept, it does not here, nor on any other campus, exist, merely showed his ignorance.

This guy was simply so full of himself and so eager to hear himself argue that he didn't consider what these evangelists were trying to do. While I do not agree with that type of evangelism, I still think they have relevant things to say and an important message in there somewhere.

If people like this ignorant, Red Shirt guy would just shut up and allow the people who *want* to hear the message actually hear it, perhaps there would be a better understanding of what is and is not a true belief system. There is a time and place for irrelevant and arrogant opinions, like at a bar while drinking; but not at an evangelist's pulpit, and certainly not at a school.

Adam Lowe

Softball sweeps Azusa Pacific doubleheader

BY TIM MOORE
Pride Staff Writer

CSUSM Softball took on Azusa Pacific University, Saturday, allowing no runs in both games of the doubleheader.

The Cougars took a 1-0 lead into the bottom of the sixth inning of game one, where they would tack on three more to secure the victory.

In game two, the Cougars had one of the more impressive pitching outings of the season from freshman, Brenna Sandberg, who gave up only two hits, leading CSUSM to a 4-0 win.

Sandberg improved upon her already impressive numbers from the mound, and now is 5-2 with a 1.79 ERA. The Cougars go into the Sun West Tournament at Chapman University on March 8 with 12-6 record on the season and a 2-0 conference record.

Week In Review: Cougars defeat Vanguard University

BY LANCE CARTELLI
Pride Staff Writer

Cougar baseball defeated Vanguard University 12-5 this past week, to make their record 7-8.

Vanguard started off strong scoring two runs in the bottom of the 1st inning. SP Steve Triolo surrendered a leadoff walk to 2b Kyle Bondurant who would later score on a single up the middle by SS Zachary Leighton.

The Cougars would tie the game up early in the top of the 3rd, starting off the inning with a leadoff bunt by 2b Ricardo Moran. The next batter, LF Austin Way, would hit a two-run home run to the tie the game up.

The Cougars would break the game open in the top of the 6th with seven runs in the inning. Vanguard was consistently hurt with wild pitches, passed balls and errors throughout the inning. In the inning, there were two wild pitches, a passed ball, and two errors. Only getting three hits in the inning, the Cougars managed to get seven runs thanks in part to the mistakes of Vanguard University.

The 12-5 win boosted the Cougars' record to 7-8 on the season. The Cougars travel to face San Diego Christian College today at 2 p.m.

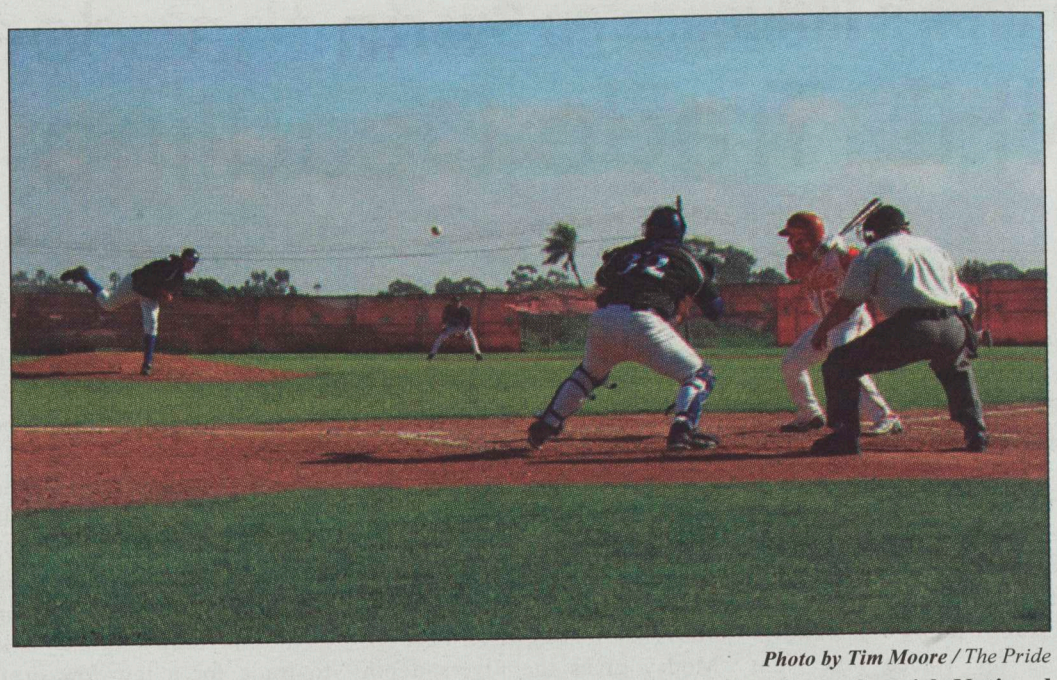

Photo by Tim Moore / The Pride

CSUSM Catcher, Dane Ponciano, attempting to pickoff a member of the Spanish National Baseball Team in their 2/28 exhibition at Morley Field in San Diego.

The Spanish National team traveled through Southern California in a series of exhibition games in preparation for the 2008 Summer Olympics Qualifier in Taiwan. Spain has qualified for the Olympic Games once – in 1992, where they put up an 8th place finish. CSUSM allowed only two runs on Thursday in the 2-0 loss.

Cheer Club captures first place

BY TIM MOORE
Pride Staff Writer

In just its second year of existence on campus, the CSUSM Cheer Club is making waves on the national level.

The team captured first place at the Cheer of America Las Vegas Open Nationals last month. On Feb. 23, the team captured a second first-place trophy at the Sharp International Competition at Sea World.

Coach, Linda Zirkus, commented on the work that is put into succeeding at the highest level: "Because of some ASI restrictions we are unable to stunt or mount, so competing at this level we work hard to improve our dance and cheer."

The club is putting on a cheer camp for individuals in kindergarten through eighth grade from noon to 3 p.m. on Saturday. Those interested can contact Christina Silver at (661) 433-9145 or Rachel Harter at (818) 216-5176.

Leave the Sprinting to us.

North County's new SPRINTER light rail train has arrived. With service every half hour on weekdays and every hour on the weekends, it's easy to hop aboard the SPRINTER. Catch the train at any one of the new 15 stations. BREEZE buses are conveniently coordinated to connect you to major destinations along the Highway 78 corridor. **Your ticket to North County's new short cut begins at only $2 per trip.**

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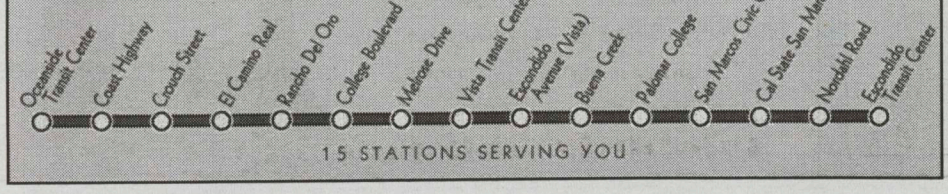

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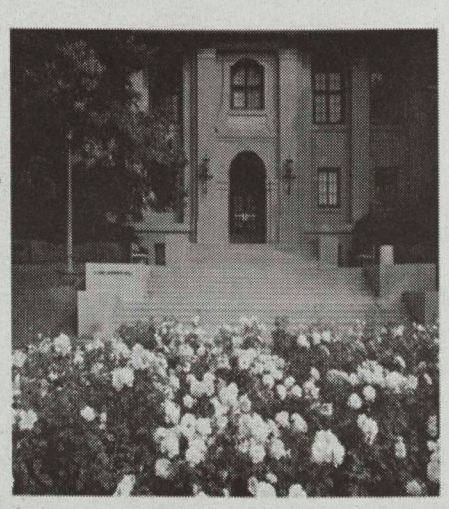

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Probiotics: Bacteria that does your body good

BY ARIANNE SCHULZ
Pride Staff Writer

Recently, nutrition seems to be based around functional foods: foods plus health benefits. In particular, probiotic yogurt has taken the yogurt industry by storm, touting benefits of increased immunity, regulating digestion, and being a source of daily calcium.

According to Lifeway Foods Incorporated, probiotics ("beneficial to life") are live cultures that provide health benefits beyond basic nutrition. Pat Kendall, a food science and human nutrition specialist at Colorado State University Extension, has also defined these bacteria as probiotic because they survive through the stomach to the gastro-intestinal tract.

Once in the GI tract, they function as favorable bacteria to maintain a healthy relationship between the 200+ kinds of bacteria that inhabit the GI tract. Researchers have found substantial evidence denoting that there are several strains of essential "good-for-you" bacteria that have the ability to promote healthy gastrointestinal functions, increase immunity and help prevent the development of cancer-causing toxins throughout the body.

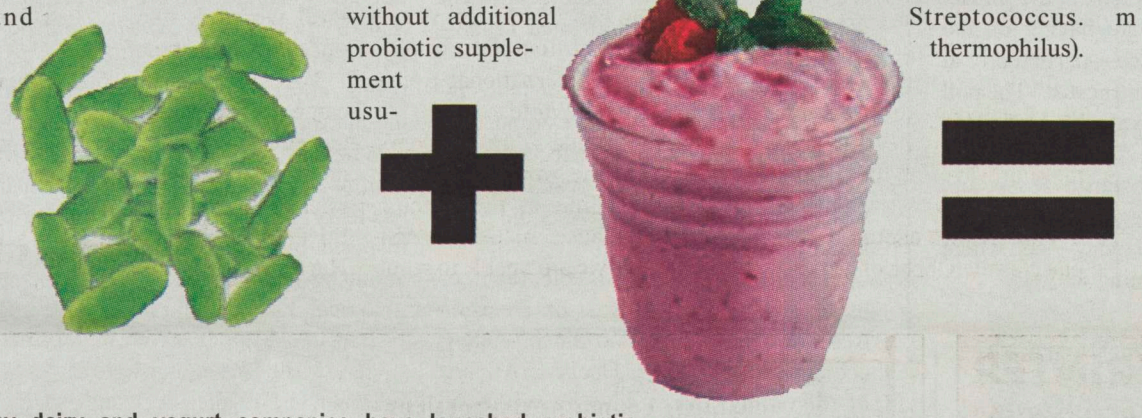
Currently, there are several selections of probiotics to choose from which include dairy sources [yogurt and kefir (a yogurt-esque, dairy beverage with roots in the Middle East)], capsule formulas, liquid formulas, powder or tablets, and fermented foods such as sauerkraut.

Kefir beverages usually contain ten cultures including the following: Lactobacillius lactis, Lactobacillus rhamnosus, Streptococcus diacetylactis, Leuconostoc cremoris, Lactobacillus plantarum, Lactobacillus casei, Bifidobacterium longum, Bifidobacterium breve, Saccharomyces florentinus, and Lactobacillus acidophilus. Conventional yogurts without additional probiotic supplement usually contain Lactobacillus acidophilus, Lactobacillus bulgaricus, and Streptococcus thermophilus.

Dannon's Activia yogurt has become quite popular and well known for its probiotic qualities. Activia is usually the introduction into the "culture" of probiotics. Student Michelle Bartolome is familiar with the probiotic yogurt from Activia and has tried Activia , noting that it tasted similar to conventional yogurt. Taylor Linkins, another student familiar with probiotics, commented that Activia tasted different from typical yogurt.

Being a skeptical consumer is a natural response when bombarded with these amazing claims about yogurt. So what exactly makes probiotic yogurt so special?

Most traditional yogurts on the market usually only contain one to two live and active bacterial cultures (usually Lactobacillus acidophilus, Lactobacillus bulgaricus, and Streptococcus. thermophilus).



Many dairy and yogurt companies have launched probiotic products promising improved immunity and digestive health.

Probiotic yogurt differs from this by containing many more cultures (including Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus reuteri, and Bifidobacterium bifidum) and this is important as they continue through the digestive system to the GI tract and promote healthy digestive performance.

> Most traditional yogurts on the market usually only contain one to two live and active bacterial cultures

Illustration by Amanda Andreen / The Pride

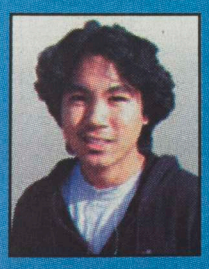
Another point to address is the convenience of probiotic yogurt -- one does not have to go about selecting probiotic supplements. Similarly, most probiotic yogurts promote healthy digestion and gastrointestinal functions with the addition of more bacteria cultures. Research is also being conducted to determine effectiveness of strengthened immunity and cancer prevention.

So, how can one reap the benefits? Being a careful consumer is essential -- be sure to check the labels and make sure it actually contains live and active cultures because the number of live cultures differs among products from processing methods.

Another important point to be conscientious of is to avoid yogurt that has "heat treated after culturing" on the label (which means after the bacteria was added in the yogurt, it was pasteurized. This pasteurization process can denature lactase enzymes and destroy live cultures). Be aware of the sugar content. Also look for the addition of insulin, which is a prebiotic culture that increases the activity of Lactobacillus acidophilus, calcium absorption, and is a good source of dietary fiber. The amount of time before one receives the benefits of consuming probiotic cultures is dependent on the probiotic strains, amount consumed, and present health status. Since probiotic cultures survive for a range of time in the GI tract, experts advocate consuming probiotic cultures on a continuous, daily basis.

University Voice

What kind of food do you wish was offered on campus that currently is not?



"Mexican food; anything Mexican."

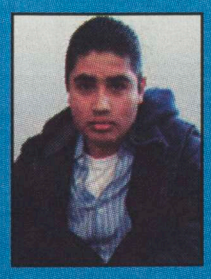
Matt Cadaing
Undeclared

"It would be really great to have a vegetarian option and healthy food."

Morgan Sjogren
Junior
Literature and Writing

"We have very limited options compared to other Cal State schools. Starbucks is good but I feel like I'm at a high school cafeteria."

Emily Bullis
Freshman
Literature and Writing

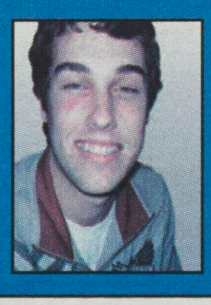


"If we had restaurants like UCSD like Rubio's or Panda Express. That would be nice."

Jonathan Montoya
Junior
Psychology

"Popeye's or Jamba Juice. I feel like we should have vendors like other schools, not generic food."

Jenna Davidson
Sophomore
Business



"Chipotle or In-and-Out would be nice."

Corey Arnold
Freshman
Math

Photos by Bill Rhein / The Pride

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mtvU's halfofus.com campaigns for mental health awareness

BY AMANDA ANDREEN
Pride Staff Writer

It's that time again. March is here, and that means this is the month that college students across the nation are in the spotlight with the all media eyes watching college basketball, spring breaks, relentless mid-terms and the 5th anniversary of the Iraq War, which significantly affects a great number of students and their families.

This month, however, mtvU, MTV's Emmy award-winning college network, in conjunction with The Jed Foundation, which is the nation's foremost suicide prevention nonprofit organization, are heavily promoting mtvU's "Half of Us" campaign. According to the website, the " 'Half of Us' campaign derives its name from research showing that nearly half of all college students have felt so depressed they could not function, and addresses the reality that suicide is the second leading killer of college students."

Though the "Half of Us" campaign is not new, in light of recent events nationwide, "Half of Us" is sponsoring new programs this month that are focused on stress and other emotional effects that this March in particular could have on students.

"March is a month when the nation celebrates college culture, and this year we aim to use the moment to spark a dialogue about the serious mental health issues going unaddressed on college campuses – claiming the lives of countless students each year," said Stephen Friedman, GM, mtvU. "Our special 'Half of Us' March programming is part of a year-round commitment to chipping away at the pervasive stigma surrounding mental health, as well as connecting students to the necessary resources."

The new programming offered at halfofus.com includes a feature special with Billy Corgan, the lead singer of The Smashing Pumpkins, who speaks out on how his success caused memories of an abusive childhood to surface, and how accepting those issues and seeking help and available resources can help students.

Also debuting on the website on March 17, will be a discussion for Iraqi War Student Veterans, in which student soldiers from coast to coast talk about life after the war, getting back into the routine of college life and how they are coping with the challenges it brings. For this discussion, there will also be an acclaimed expert on Post Traumatic Stress Disorder (PTSD), who will offer advice to student soldiers and student veterans on what resources are available to them and how to get a hold of such resources.

According to the press release for this month's programs, halfofus.com is also starting an mtvU and The Associated Press Mental Health Poll. The poll specifically aims to be "an in-depth look at the impact stress and depression are having on the national college audience—particularly at this pivotal point of the semester." The poll also hopes to supply a valuable look "into how the war, starting a career, campus safety, technology, substance abuse and other factors affect college students' stress levels and mental health today—and where they are, or are not, turning for help."

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The Cost of Calamity: Are we ready?

A new study led by CoBA Professor William Burns

BY IVAN GARCIA
Pride Staff Writer

In the Fall semester of 2007, California and its residents experienced the tragedies, panic, and potential consequences of the wildfires that plagued the state for weeks. Since the events of the California wildfires and even as far back as the events of 9/11, there have been numerous studies on the reaction of humans to these types of events.

Dr. William Burns, a professor in the College of Business Administration here at California State University San Marcos, now has the privilege of studying the effects of these types of disasters with the assistance of some prominent professionals and distinguished organizations.

"It's a myth that people panic in disasters. Research simply doesn't support it," states Burns. But adverse effects are not limited to panic, and the reactions that victims of these events have is the main idea of this study.

Assisting Dr. Burns is the team of psychologist, Paul Slovak of Decision Research, Adam Rose and Garrett Asaey, economists at USC. As Decision Analyst of this study, Burns says he wishes to "examine and better understand the connection between people's responses to disasters, including terrorism."

The process of surveying and presenting different scenarios to a multitude of people on varying levels of categories (income, ethnicity, location, etc.) will help this team of educated individuals determine the responses that many people might have to various disastrous events.

Various people are asked multiple questions about how traumatic events would effect their psyches, economic standing, and personal decisions. These findings will help set a procedure for how we evaluate the different effects of an incident. This can include not only a person's reaction, but also media coverage, responses of the masses, and procedures to help community leaders and the public.

This study can vary depending on the surveys. Many factors will be taken into account when it comes to this study. Factors like location, the individual, dialect, and the type of disaster will all drastically influence the reaction of the media, government, and public support.

Panic would not be the first response to disaster, according to Burns. During 9/11 as well as the California wildfires, the support of the public was orderly and helpful as opposed to hysteria. Burns also mentions that if we all looked back at the news coverage during 9/11, a majority of the people in the towers got out safely using the stair case, meaning that the task of evacuation could never have worked if there was a majority of people climbing over others and watching out for only themselves.

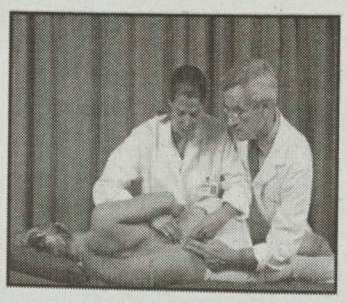
When asked how this study came into fruition, Dr. Burns said that "It really has its origins back in 2003…but mostly inspired by 9/11, we understand a lot about how the public responds to technological disasters and things. We might be able to use our expertise to get a better understanding on how people by respond to larger, natural disasters, and especially terrorism."

Funded by the National Science Foundation, this will be a three-year long study with an almost $750,000 budget. The process of writing up, presenting, and reviewing this proposal to this well-known foundation is a competitive and very selective process.

With the potential that a disaster can occur at anytime, the outcome of this study will also affect students.

"College graduates in particular will find their way into leadership roles and have the responsibility to help communities pull together to face the disasters of the future because they will be, more than likely, in leadership roles. And our study will speak to those, and help them better understand how to do that," said Burns.

Considering a Career in Physical Therapy?



You are cordially invited to attend a reception to learn more about the University of St. Augustine and its Physical Therapy resident and part-time distance learning programs in San Diego, California. If you have or are completing a bachelor's degree and want to pursue a career in physical therapy, come learn about the options at one of the information sessions below.

Tuesday, February 26
7:00 pm to 9:00 pm
Check-in begins at 6:30
University of Saint Augustine at San Diego
16870 West Bernardo Dr. Suite 200
San Diego, CA 92127

Saturday, March 8
10:00 am to 12:00 pm
Check-in begins at 9:30
Crowne Plaza Hotel Fullerton
1500 South Raymond Avenue
Fullerton, CA 92831

Saturday, April 5
10:00 am 12:00 pm
Check-in begins at 9:30
University of Saint Augustine at San Diego
16870 West Bernardo Dr. Suite 200
San Diego, CA 92127

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The soothing melodies of Cory Jospeh

BY ADAM LOWE
Pride Staff Writer

The Orange County music scene has been taken over by bands with little charisma and mediocre talent, at best. There are a select few, however, who catch my ears as having true talent.

Cory Joseph Clark (Cory Joseph for his solo act) has been around the OC's music scene for a few years now, playing in multiple bands, including Chris Paul Overall & The Saps, and currently, Sleepless Me (winner of last year's Orange County Music Awards' "Best Alternative Rock Band" award).

Over the last year, Cory has been playing solo shows here and there at coffee shops and small venues, trying out his new, softer material. Even for those who enjoy more of a rock scene, Cory really delivers with his more mellow and gentle material simply because of its sheer perfection.

Cory's recently released first solo EP is an incredible, 6-song disc entitled, "Now is All" and is, to say the least, exceptionally soothing, as well as full of exceptionally strong, vocally flawless tracks. With such emotionally and vocally powerful tracks as "Let Me In," Cory really takes this freshman solo attempt to an artistically magnificent level and brings us a virtuously perfect album of crisp vocals and blissful guitar tracks.

Cory Joseph plays many shows in the Orange County area on his own as well as with his rock band, Sleepless Me. If you feel like making the drive on any given weekend, visit his website, www.CoryJoseph.com or his band's website, www.SleeplessMe.com, for details of the various shows in the heart of the 'OC' – you'll be glad you did.

Photo courtesy Steve Jacob

The Darjeeling Limited

BY AMANDA ANDREEN
Pride Staff Writer

Directed by Wes Anderson, "The Darjeeling Limited" is a breath-taking, introspective film that follows three American brothers along a spiritual quest throughout India. Out of touch, and out of their minds, the Whitman brothers—portrayed by Owen Wilson, Adrien Brody and Jason Schwartzman—set out on a journey of self-discovery to rekindle their brotherly bond while mourning the death of their father.

Making their way through India on a train, specifically the Darjeeling Limited railway, their plan is quickly dissembled, as they encounter unexpected challenges and settings. Eventually they find themselves lost, stranded, and out of luck on a new and uncharted route. Toting eleven of their father's suitcases, a printer, and a laminating machine, the Whitman brothers allow viewers to grow along with them as they experience each bump in the road and new scenario.

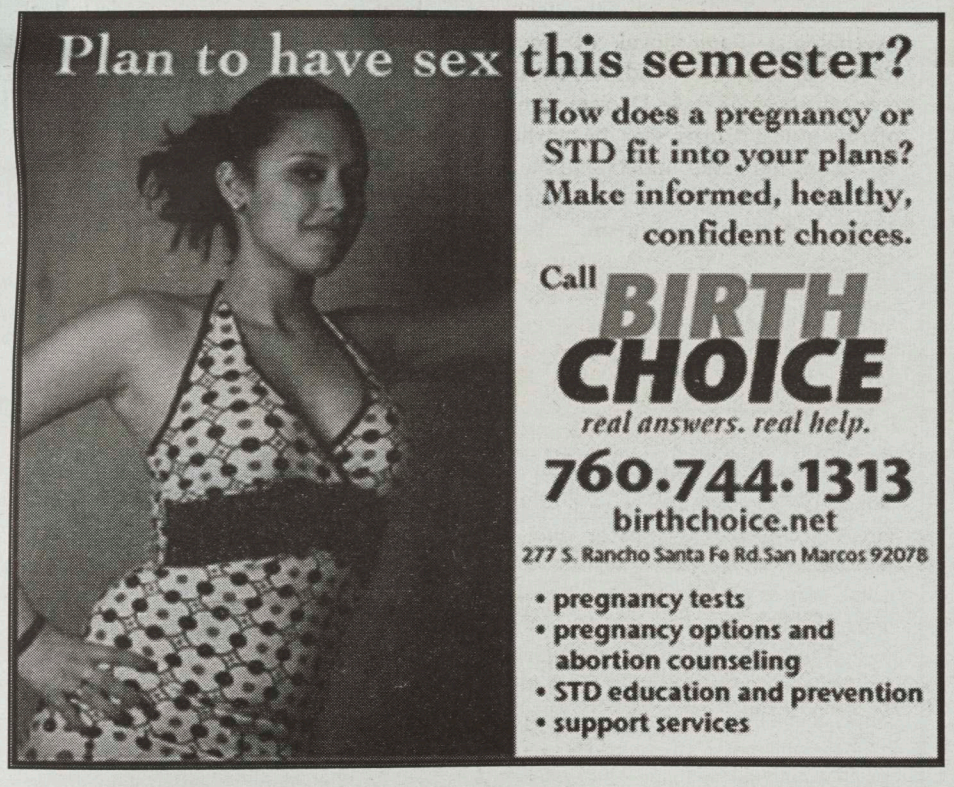
According to The Onion's A.V. Club, it is theorized that there 16 films to which Anderson's style was most heavily influenced. Number 7 on the list is "The River." Anderson himself has mentioned that this film was the single greatest film influence on "The Darjeeling Limited." A 1951 film directed by Jean Renoir and written by Rumer Godden is a dramatic romance about three teenage girls living in Bengal, India (all of English decent), coming of age and falling in love with the same man. In both films, this foreign country, India, is the core landscape for the fruition of the plot and the evolution of the characters. It also becomes a place of healing and cathartic estrangement.

Though "The Darjeeling Limited" is not a romantic film in any sense of traditional conventions, there is romance in the film between the characters and the scenery. There are also hints of romance threaded through the film as it ideally is a fully conceptualized after-thought to the previously released "Hotel Chavelier", which also starred Jason Schwartzman and Natalie Portman. As both "The River" and "The Darjeeling Limited" take their characters on a voyage through an unfamiliar land, both Renoir and Anderson recognize through their visual interpretations, that their stories veer more towards a location transforming the main characters than it is about interpreting the cultural identity of India for their audiences.

That said, however, "The Darjeeling Limited" is all about Indian culture. It is the weird and wonderful things in India which the Whitman brothers encounter that change them and unite them.

Along with the incredible acting on behalf of Brody, Schwartzman, and Wilson, together with the likes of Bill Murray and Angelica Houston, "The Darjeeling Limited" is a succulent DVD treat for any viewer or Wes Anderson fan, full of incredible actors, beautiful mis-en-scene, and a transcendental timeless story.

Photo courtesy of IMDb.com



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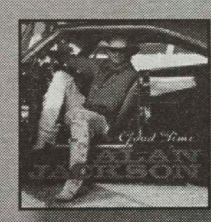
DROPPING: CD RELEASES

By Tim Moore / Pride Staff Writer

Tuesday, Mar 04

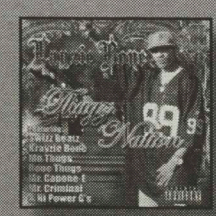


COUNTRY
Good Time
ALAN JACKSON
With eight of his last 10 albums reaching the #1 position on the Billboard Country charts, Alan Jackson has set the bar high for his latest release. Jackson's 15th studio album features the single "Small Town Southern Man," which is already climbing up the charts. Adding some star power to the mix, Track 11 of features a duet with Martina McBride.

SOUND REMEDIES
Through a Dog's Ear: Music to Calm Your Canine Companion, Volume 1
VARIOUS ARTISTS
Featuring tracks from Bach, Rachmaninoff, Chopin, Schumann, Mozart, Schubert, and Beethoven, this compilation of sorts is supposedly music to your dog's ears. Before you write it off as sheer lunacy, consider this: it's been "clinically demonstrated." 85% of household dogs showed signs of calmness after being exposed to the psychoacoustically designed classical piano arrangements on this CD.

METAL/HARDCORE
The Ghosts Among Us
OUR LAST NIGHT
Signed by Epitaph Records? Check. Touring the nation? Check. 15 year-old frontman? Check.

HIP HOP
Thugz Nation
LAYZIE BONE
In possibly the most lyrically explicit release in the history of 'Dropping,' Bone Thugs-n-Harmony member, Layzie Bone comes at you with his fourth solo release since he saw moderate success with his solo debut, 'Thug by Nature.' The album features a number of unreleased tracks from Bone Thugs-n-Harmony's 2X Platinum release. 'Strength & Loyalty.'

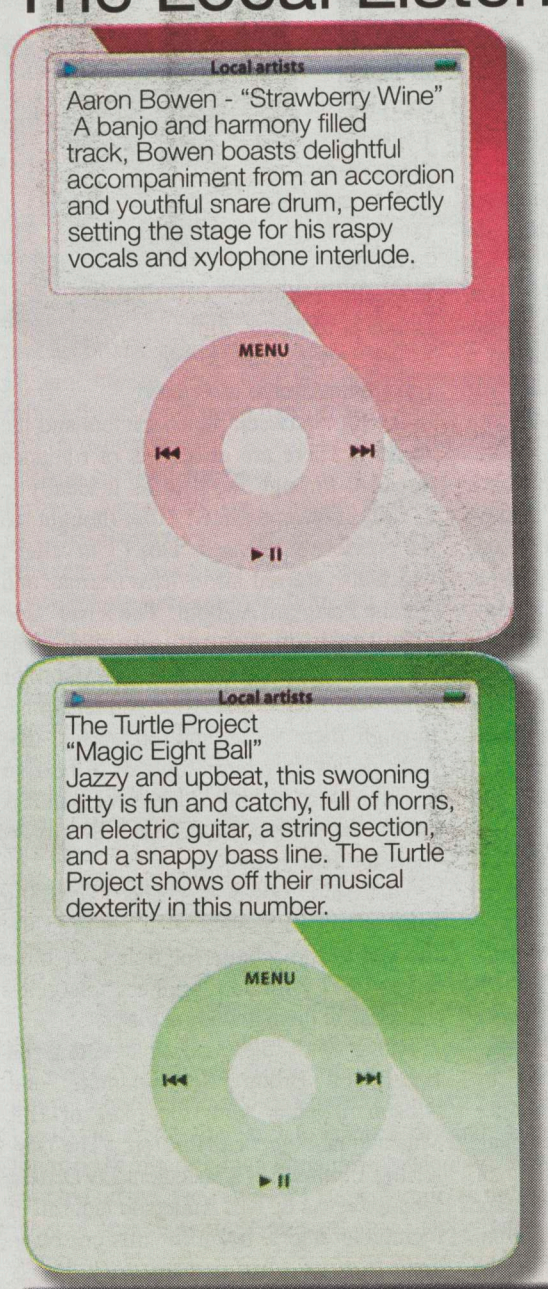


PUNK/FOLK
Float
FLOGGING MOLLY
As one of the most unique bands to ever break out onto the scene, Flogging Molly combines traditional punk and alternative with Celtic rock. In their upcoming release, Float, the band sticks with the style that made them famous, unleashing 11 more tracks that just might leave you tempted to Riverdance.

Images courtesy of amazon.com

The Local Listen List: March 4

By Amanda Andreen / Pride Staff Writer



Total Eclipse Black Ale

BY JONATHAN E. THOMPSON
Pride Staff Writer

On February 20th,Cougars witnessed the last total lunar eclipse until 2010. In the mean time, you can see a total eclipse as much as you please as Hoppy Brewing Company brews and bottles Total Eclipse Black Ale in Sacramento, California.

Troy Paski founded the company in 1991. The brewery focuses on serving its customers great hand-crafted beers in an enjoyable fashion while being environmental friendly. They plan to increase product awareness in the Sacramento area and eventually add another brewpub.

In 1999, the ale won first place at the California Brewers Festival in the Robust Porter category.

The dark brown glass bottle holds 22-fluid ounces of ale – a bit more than average. The labeling contains an image of a shadowy earth smiling down upon a turquoise tented moon surface. Psychedelic colors comprise the rest of the label. A black bottle cap with a shiny silver outline and the company's yellow logo of a smiley face caps the bottle with an alcohol by volume of 5.6%. It retails for $3.19 at BevMo.

The ale pours thickly, creating a chunky and massive one inch thick head. A demonic black tenor fills the glass. The head resides for several moments before decreasing in size. However, a solid head remains for the duration of consumption. A distinct aroma arises from the evil mixture. Shockingly and disappointingly, the ale enters smooth and finishes mildly. The aromas and textures seemed to ensure a more Indiana Jones-like adventure. Instead, the ale's calmness projects Barney-like characteristics.

For a peaceful treat to calm the mind, relax the body, and free the soul, scope out Total Eclipse Black Ale.

Photo by Jonathan Thompson / The Pride

Bill of Rights

Sci-Fi's Undue Abuse

BY BILL RHEIN
Pride Staff Writer

Of all entertainment genres, science fiction takes a great amount of undue abuse. Uninformed viewers unfairly stereotype sci-fi films and television shows as "nerdy" or "geeky." This is not true, however, because not every "Star Trek" fan has abnormal acne, buckteeth, and a thick pair of glasses. If you desire to see what the buzz is all about, I have a few suggestions to expand your horizons. One does not have to be obsessive to enjoy these fine pieces of entertainment.

A recent movie one could use to "cut their teeth" on is Danny Boyle's "Sunshine", released last year. Boyle who directed films such as "28 Days Later" and "Trainspotting," gives an impressive story about humankind on a mission to save the Earth. Years in the future, the sun is dying and a select crew is set to deliver a payload to reinvigorate it. Along the way, they receive a distress signal, which they answer and disaster ensues. It is an exciting and terrifying movie in space similar to "Alien" and "Event Horizon" and is well worth a watch. One does not have to worry about techno-babble that may turn people off, because as long as viewers pay attention, the movie explains everything. It is a story about testing humanity that just happens to take place in space.

Along those lines, I am going to recommend a film that may make one shudder to consider. "Star Trek II: The Wrath of Khan" is an extraordinary film with action and excitement. People stigmatized this film as a program for geeks, which is unfair. For some reason, "Star Wars" has escaped the majority of the criticism, yet these two films are on the same level. It is a clever and engrossing from the very beginning. Not only does it deserve to have everyone watch it, but also earns the right to have the vicious labels removed from it. I have limited experience with "Star Trek" but I was able to pick this up and enjoy its many fine qualities.

Finally, I recommend the works from the mind of Joss Whedon: "Firefly," and the subsequent film "Serenity." "Firefly" is the story of ship and its crew that roam the galaxy looking to get by years after humankind branched out from Earth and a civil war erupted. This television show ran for one season on FOX, who cut it, not knowing what a goldmine they had on their hands. Fans still fight for the show to come back and were delighted when NBC/Universal offered a deal to Whedon and made "Serenity." This follows the same crew on its ventures, where Whedon mixes the right amount of humor and explosions. The structure of these works is similar to a Western set in space and is engrossing and addictive to even first time sci-fi goers.

I sincerely hope people will give sci-fi another chance and examine its fine achievements. It can be just as exciting and entertaining as any other genre. Also, do not judge addicted sci-fi fans. People consider a football fan cool for knowing every statistic about every player on every team from every year, but sci-fi fans are "nerds" for knowing about what interests them. Other movies, like gangster or crime films have their own lingo -- science fiction should have the same rights.