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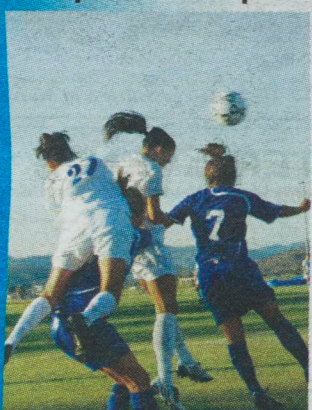
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GOT CLASSES? WE DON'T

CFA AND PRESIDENT HAYNES CALL FOR HELP FROM STUDENTS AND ENTIRE COMMUNITY

BY JACKIE CARBAJAL
Editor-In-Chief

On Aug. 27, 2009, while Cal State University San Marcos' President Karen Haynes addressed campus staff and faculty at the university convocation, the California Faculty Association held an alternative convocation to address key concerns faculty had in regard to the effects of budget cuts. The alternative convocation consisted of over 120 faculty members who all worked together to actively plan ahead for the upcoming semester.

As the semester pushes forward into mid-September, the CFA continues to assemble and rally support in protest of the disabling cuts to higher education. The effects of such cuts may already be evident to students, many of whom experienced difficulty crashing courses. The CFA is responsible for the assertive stance faculty is now taking against over-enrollment.

"Class size is important in determining the ability of faculty to give students the appropriate level of attention necessary for success, but budget demands have been steadily increasing our class sizes to the point where we simply could not provide the time necessary for students," said CFA Association Chapter President and CSUSM Associate Professor of Sociology, Don Barrett. "This decision was a key part of why you saw many faculty encouraging students in their first days of classes to file complaint forms about the availability of classes."

Last Tuesday and Thursday, Sept. 8 and 10, CFA assembled CSUSM faculty members in Founders Plaza to protest the budget cuts and furlough days and also encourage students to join in the protest. During the University Hour protests, faculty members stood in between Craven, Markstein, Science Hall I and Academic handing out complaint forms to students.

Students may notice their syllabi include furlough explanations which detail the reasoning behind and consequences of furlough days for course sched-



Photo by Cyrus Masroori

CSUSM's CFA chapter President Don Barrett and Professor Heidi Breuer protest the budget cuts during University Hour by passing out complaint forms to students.

ules and campus operations. CSUSM's Academic Senate comprised of faculty members across departments, compiled samples of furlough language in syllabi. The CFA provides these examples of furlough explanations on their website for faculty to use. The CSUSM's CFA chapter website, www.csusm.edu/cfa, also provides students with the information necessary to help protest the cuts to the budget.

An online complaint form is available at the CFA website as well. The form headline reads: "Got Classes? We don't. If you're frustrated that you're paying more for classes & an education that you're not receiving, please fill out this complaint form."

"In terms of complaint forms, we have received hundreds [of complaint forms] and will be giving those to the President and Provost, as well as to the Chancellor's office and legislators," said Barrett. "This sort of visible complaint is key to letting policy holders know that students and faculty won't just quietly accept efforts that make quality educa-

tion more and more difficult to provide."

President Haynes recently wrote an editorial in the August 30, 2009 "North County Times" regarding the budget crisis at CSUSM.

"There is no question that we are positively impacting lives — but how can we continue to educate and support students with quality when our budget was dramatically slashed by \$14 million, or 20 percent of state support, in one year? This is the question that keeps me up at night," Haynes wrote.

"The fact is, Cal State San Marcos and the public higher education system in California are in crisis. The current options of reducing quality service to students, of turning even more students away, and of charging students more are all distasteful and largely unacceptable alternatives — not just for Cal State San Marcos, but for this region. An even less-educated community of tomorrow will not be the community that attracts and retains businesses; it will not continue to be the place of

incubation and innovation. This dilemma should keep all of us up at night," Haynes said.

In closing, Haynes called on the "North County Times" readers, and the entire county, to rally against the cuts to higher education, "Join me in sending this definitive message: Our state budget cannot be balanced on the back of California's future."

This call for help provides an example of the collaboration between faculty and administration against the budget cuts made by the state. While CSUSM faculty and staff are certainly frustrated with the current state of the budget, Haynes is not downplaying the magnitude of the cuts or their effects on every member of the campus community and beyond.

"The faculty agrees with President Haynes' assertions that California's commitment to education is in serious doubt, and that it is time to make it clear that we will not tolerate continued actions that reduce the quality of education."

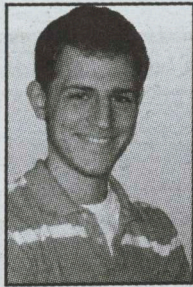
THE PRIDE

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Bill of Rights

The aftermath of the \$4 billion between Disney and Marvel

BY BILL RHEIN
Senior Staff Writer

Today, Marvel Comics releases the highly anticipated video game sequel "Ultimate Alliance 2." Yet the big news surrounding the comic book company is the \$4 billion purchase by The Walt Disney Company. Disney, already the largest entertainment company, now owns the rights to some of the most popular comic heroes including Spiderman, the X-Men, and Ironman.

First off, this was a savvy business move. Disney should have no problem making back the \$4 billion spent acquiring Marvel. They stand to turn a huge profit off this deal.

I am concerned for the fate of the comic company, especially considering the rise of superhero movies over the past decade. My hope is that Disney can keep its hands off of the comic and filmmaking side. If they start meddling with superheroes, I, among many other comic fans, with be very upset.

I think Disney will be smart enough to not get involved. As seen with Paramount retaining Ironman, it looks like Disney will let other studios continue to use the heroes and then collect their share

of the earnings.

Since Disney bought Pixar, they have been wise to let them make their own movies. Pixar has had the freedom to basically do what they want and release films through Disney. This has worked well over the past 15 years. So if Disney uses Marvel to make money that's fine. I hope they can avoid getting involved on the moviemaking side.

On a more fun note, I hope Disney can incorporate Marvel characters into their theme parks. Being a Marvel geek, I can already imagine changes to Disneyland. I look forward to seeing the Cajun hero Gambit in New Orleans Square area of the park, or Ironman walking around Tomorrowland. And any character could easily lead the daily parades.

It remains up in the air how this will work with Universal Studios parks and their preexisting rides based on Marvel character. It looks like they will either have to pay Disney, or remove the rides. Only time will tell if

Though not all the Marvel films have been successful, I do not want Disney to get involved in any of the productions. If they can reserve themselves to collecting profits from those already making great pieces of enter-

The Walt Disney Company

Image courtesy of Walt Disney Co.

Disneyland will acquire a superhero themed ride.

Hopefully, this merger will not really change much.

VS.

tainment, and maybe throwing some characters into the theme parks, I will be a happy nerd.



Image courtesy of Marvel

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Letters to the editor should include an address, telephone number, e-mail and identification. Letters may be edited for grammar and length. Letters should be under 300 words and submitted via electronic mail to pride@csusm.edu, rather than to the individual editors. It is the policy of The Pride not to print anonymous letters.

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@ Noon in Craven Hall 1400

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Tuesday, September 29, 2009
@ Noon in Craven Hall 1400

SPECIAL EVENTS:

Extreme Resume Makeover
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Tuesday, September 29, 2009
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Individuals with disabilities, who would like to attend this event, please contact Brenda Dumas at (760) 750-4901 regarding any special accommodation needs. It is requested that individuals requiring auxiliary aids such as sign language interpreters and alternative format materials notify the event sponsor at least seven working days in advance. Every reasonable effort will be made to provide reasonable accommodations in an effective and timely manner.

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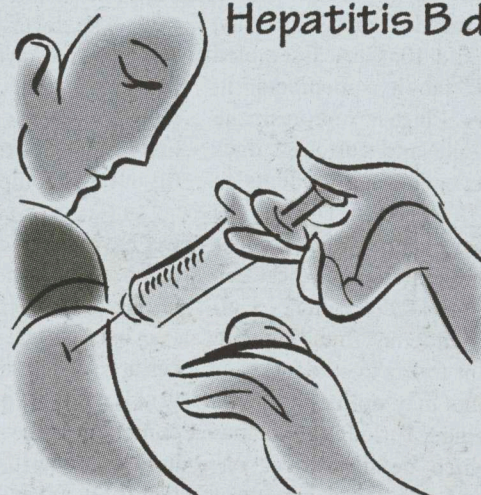
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Generation Y get a job?

Youth unemployment at its lowest in half a century

BY MATT LEWIS
Faces & Places Editor

How many of your friends have jobs? Is it most of them, or just a few? If they are employed, congratulate them on beating the odds.

This August, the percentage of people in the U.S. ages 16-25 without jobs hit 25.5 percent - the highest level since 1948. That's about 1.64 million people in high school/college age group that are unemployed, according to "The New York Times."

Even the employers of entry level jobs, like food service, are sacrificing younger and inexperienced employees to keep experienced people on board, who either are unable to or refuse to retire. Seasonal

businesses, usually a surefire source of part time employment, have been hiring fewer and fewer workers due to the economic stress of the recession.

Some students at CSUSM have been feeling the repercussions of these statistics in their own lives.

"It was way harder to find a summer job this year than anytime before," said John Cunningham, a junior from Vista. "Even when I went to places like grocery stores, they were turning down people looking for work."

For many students, this shrinking job market is all the more reason to get a college education, which exponentially increases their chances of getting a high-paying job than a High School diploma or

GED can. But the process of getting that degree is becoming more and more difficult, simply because part time jobs that can help pay for college are in short supply.

"That's the whole reason I'm here, because it's an investment," said Pablo Alvarado, a freshman who wants to major in business. "I have a one or two scholarships to help me pay for stuff, but I'm counting on finding a job after I graduate to help pay for most of my student loans."

It's worth mentioning that half of college graduates under the age of 25 have jobs that don't require college degrees,

either because the competition for specialized work has become too fierce or because long-term employers can't afford to hire them.

These statistics may seem bleak, but if anything they should give incentive to average students to start preparing now for their future, whatever grade they might be in. Preparing resumes, practicing interviews, and working at internships are all resources that CSUSM has available to every student.

For questions about work during and outside your college experience, you can visit the Career Center in Craven Hall 1400.

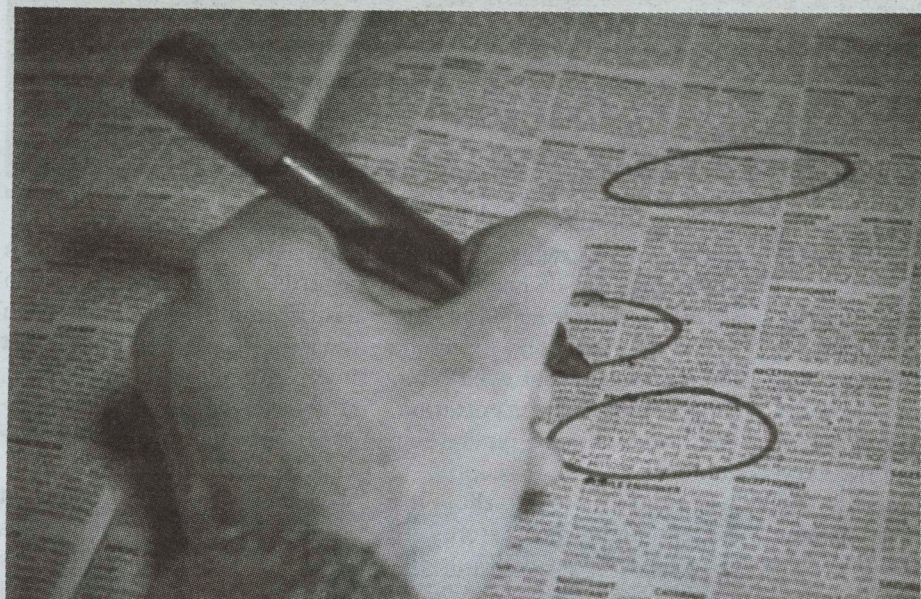


Image courtesy of fafsa.ed.gov

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Greetings from abroad

BY IVAN GARCIA
Pride Staff Writer

I know what you might be thinking, "Ivan is writing a column about studying abroad? But he's supposed to be that 'Sex 101' guy." To which I reply, "Yes, I was. But now I will be writing about my experiences studying abroad in a foreign country, in this case the United Kingdom!"



chips, driving on the left side, and pubs... lots of them! With help from the Office of Global Education, located in Craven 3200, I as well as many other students are able to experience life-changing travels to a myriad

of different locations including England, Japan, China, Spain, Italy, and so on. Offering assistance with financial aid, applying for the program, and general information on the experience, this office provides an opportunity to study and receive credit in your respective field. And sure enough, it is an experience that will be remembered forever.

To be honest, it was really hard leaving Cal State San Marcos and the people there, it has been my home for four years, and even though I am only going for a semester, it feels much longer than that. Saying goodbye (for now) to friends, family, and partners is a difficult thing, but ultimately, it will make for an experience that can never be replaced.

In my case, I am studying Literature & Writing Studies at the University of Central Lancashire (or UCLan) in Preston. Located about an hour north of Liverpool (go Beatles!), this scenic college town is known for this massive



Photo By Ivan Garcia



Photo By Ivan Garcia

So feel free to sit down and read, sorry this doesn't have anything to do with sex."

Yes, the United Kingdom, England, Great Britain. You know, fish and

university and its lively student life.

UCLan offers opportunities and technological advancements that are similar to CSUSM but with obvious differences based on the varying lifestyles of this country. With about 36 different university buildings, 7 student residence halls, and 23 parking lots, UCLan is one university that practically makes up the town of Preston.

Safe and secure,

the university, as well as the town, promote a healthy and secure environment for students that either walk home late or venture out even later. In regards to transportation, you yourself are your own vehicle.

Restaurants, pubs, shopping centers, and grocery stores are all easily within walking distance. As for other modes of transport, biking and coach (bus) are one of the faster and more inexpensive ways to travel. Other modes include trains for longer distances,

especially best for travel in regards to site seeing or even visiting another country. With the opportunity to travel, get involved, and see the world, studying abroad is an experience that can be hard, but ultimately, rewarding.

On a random note, I just want to say hi to Caroline as well as all the great offices and friends back in America. I miss you all and I'll be back soon.

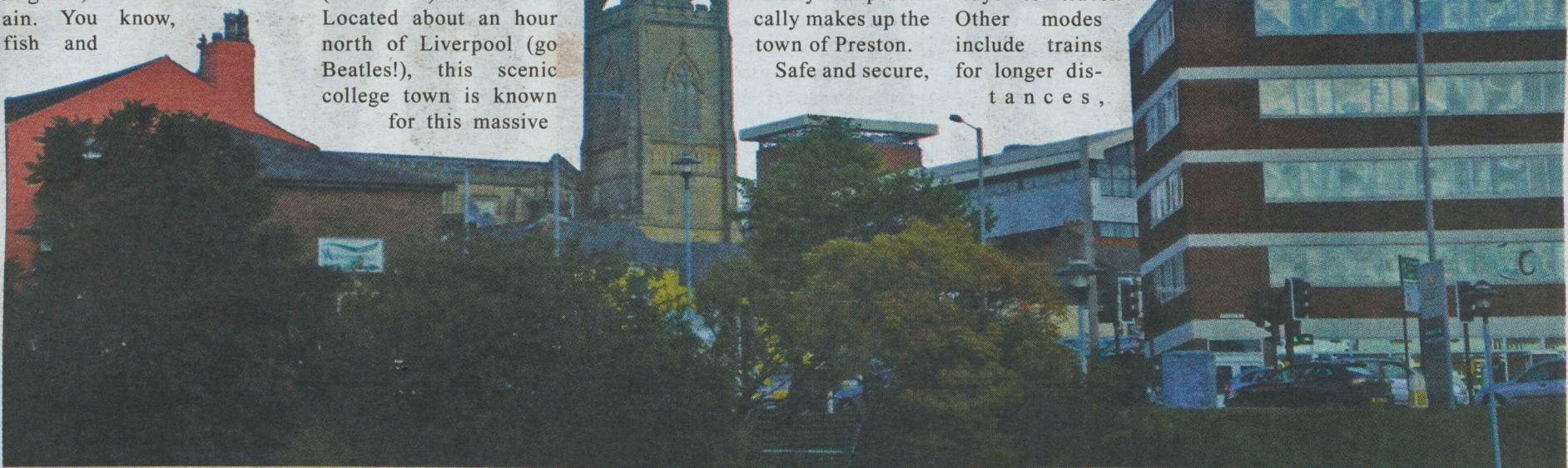


Photo By Ivan Garcia

UniversityVoice

Photos by Priscilla George/Pride Staff Writer

"How old were you when you heard the news [9/11 attacks]? What were you doing/reaction?"



"When the twin towers were hit, I was 11 years old and in science class at a middle school in Mobile, Alabama. 9/11 gave me more respect for the men and women of the police and fire departments and made me proud that my dad is in the military."

Christine Dufour
Junior



"16 years old, in school, unaware of the extent of the situation. I was floored when I got to sit down and watch the news."

Huy Tu
Sophomore



"12 years old, in the car on the way to school on the radio. I was shocked. We had a large assembly to watch the news and talk about it."

Sarah Beck
Junior



"11 years old, woke up for school and looked at the television and initially saw two buildings and a tower of smoke. Too naïve to grasp the degree of importance of 9/11."

Rich Mondola
Sophomore

COUGARS

VISITORS

Across the board in Sports

Women's soccer defeats Westmont 1-0

September 12, 2009

Cougar women's soccer turned in an excellent effort on Saturday, posting a well-earned win against Westmont College in front of the Cougars' home crowd.

The #12-ranked Cougars are now 3-2-1 on the season. Westmont falls to 1-2-1.

It was virtually a 180-degree turnaround from the team's last home game, a 1-0 loss to Vanguard. Today, CSUSM was energized, physical, and hungry as they attacked the goal and played spirited defense. Track star Lucia Asbury made her first appearance of the season as a forward, and provided pace and aggressiveness to an offense that had appeared sluggish at times this season.

The game's lone goal came in the 34th minute. After a nice build-up, Asbury hit a cross to the top middle of the box, where the ball found the foot of Taylor Ziencina. Ziencina launched a shot from about 15 yards out that found the top corner of the net, past the hands of the outstretched keeper. It's Ziencina's fourth goal of the young season.

That would be all the Cougars needed, as the defense was in top form, limiting Westmont to just one shot on goal - which fortunately ricocheted off the post. Keeper Kaycee Gunion picked up the shutout.

CSUSM will face another tough GSAC test as they go on the road this Tuesday to take on Point Loma.



Photo By Kyle Trembley

Baressa, Williams sweep UC Irvine Invitational

September 12, 2009

Muluken Baressa won the 8K, and Dallon Williams won the 5K as Cougar cross-country posted a huge season-opening effort at UC Irvine.

As a team, the Cougar women finished an extremely-impressive 3rd at the NCAA Event, while the men took 5th.

For Williams, the win supports the work ethic and drive that Coach Steve Scott has been raving about this fall. An All-American in Cross-Country and National Champion in track & field, Williams is on a mission to improve on last year's sixth place finish at the National Championships. She got off to a great start on Saturday, running 17:21 to win the event by 5 seconds.

Not far behind in the 5K was Cady Villarreal. A breakout performer this spring in track & field, Villarreal proved she will be a force as a cross-country runner this fall. She ran 17:41 to finish 4th.

Junior Jessica Sandoval would make it an amazing three Cougar runners to break 18 minutes. Sandoval took 9th place with a time of 17:56.

All three runners not only finished in the top 10 at this event, but they have a very good chance of earning All-American status at Nationals.

The Cougars' next three runners all finished within a couple seconds of each other. Sin Carrano, Lindsey McKown, and Kelly Thompson finished 59th,

60th, and 61st with times of 19:10, 19:11, and 19:12, respectively. Melissa Olmos rounded out the women's team with a time of 19:30.

For the men's team, the 2009 season debut was just about as impressive. Running in his first-ever meet in Cougar Blue, Baressa, a transfer from Mesa College, defeated the NCAA-heavy field in the 8K with a time of 25:06. That time alone makes him the #5 top performers in Cougar cross-country's 10-year history, and he's still got the whole season ahead of him.

Next on the team was Dave

Edwards, who finished in 38th place with a time of 26:11. Pat Fitzgerald finished 55th with a time of 26:34, and Bernardo Bahena and Chris Strasheim were close behind in 58th and 59th, running 26:41 and 26:42, respectively. Rounding out the top-5 was Chris Capeau, who ran 27:32. Also competing for the Cougars were Miguel Vega (28:21) and Jordan Brooks (28:37).

It's an outstanding start to what should be a big season for Coach Steve Scott's cross-country program. The #6-ranked teams will be in action next week at UC Riverside.



Photo By Kyle Trembley

Men's soccer wins thriller against Westmont

September 12, 2009

A rabid crowd of Cougar fans cheered an equally-energetic Cougar men's soccer team to victory in its home opener Saturday. CSUSM defeated Westmont 3-2 in what was a wild, spirited game.

The Cougars have now clawed their way back to 3-3 on the season. Westmont falls to 2-2.

The hundreds of fans in attendance were treated to a thrilling match between two talented and highly-motivated sides at Mangrum Field. Westmont struck first, when in the 18th minute Anthony Niboli found a loose ball in the box and drove it past Cougar keeper Kevin Ernst.

Westmont continued to apply the pressure, and would have went up 2-0 a few minutes later had Ernst not made a

diving full-extension save.

With halftime fast approaching and it looking like the Cougars would go in down 1-0, lightning struck twice. In the 42nd minute, recently-subbed in Casey Wootan sparked the offense with a beautiful pass through the defense to Bradley Seidenglanz. Seidenglanz beat the defense to the ball, and blasted a quick-shot that beat the keeper cleanly.

That tied the game at 1-1, but the Cougars were not done. Just 59 seconds later, Brandon Zuniga and Wootan electrified the crowd with a beautiful goal. Zuniga made a run to the corner with the ball, and fired a low cross to Wootan, who made a run to the near corner of the net and skillfully redirected the ball over the keeper and into the top of

the net.

The sudden change from 0-1 to 2-1 in the span of a minute was one of the most exciting stretches in the history of Cougar soccer. But Westmont was not deterred, and equalized the game early in the second half on a corner kick in which it appeared Ernst was held back. Doug Harrell took advantage with a solid header into the net.

But CSUSM would have the last word, and catch a break of its own as Brandon Zuniga made a nice run, and was taken down right at the top of the box. A penalty kick was awarded, and red-shirt freshman Martin Suarez easily tucked it away for his first Cougar goal. Twenty very tense minutes followed, but when the dust settled, the Cougar defense held and the

team had a very well-earned 3-2 win.

The Cougars will look to

carry the momentum into a tough game Tuesday at Point Loma.



Photo By Kyle Trembley

Auf Wiedersehen, Bravo! Project Runway moves to Lifetime

BY TRISH CORRIGAN
Pride Staff Writer

Project Runway's season six on its new TV network, Lifetime®, still keeps loyal fans flocking.

Tim Gunn and Heidi Klum have packed up and moved from New York City to Los Angeles. The contestants will be working from the Fashion Institute of Design and Merchandising (FDIM), a shift from the legendary Parson's School of Design.

The judges, Nina Garcia, fashion director for *Marie Claire* magazine and Michael Kors, an American iconic fashion designer, stayed on board through the changes. Staying traditional, Project Runway brought in a selection of celebrity judges, this season has already seen Lindsay Lohan as a guest judge for a red carpet challenge and a pregnant Rebecca Romijn also guest judged for a maternity design challenge. Future guest judges include Eva Longoria Parker and Tommy Hilfiger this Thursday at its regular showing time of 10p.m.

Other than location, the show is unchanged from its previous five seasons on Bravo® TV network. The grand prize still lures designers to compete for a chance to show at Mercedes Benz Fashion Week, \$100,000 from L'Oreal Paris, a fashion spread in *Marie Claire* magazine and a Paris vacation sponsored by Evian.

The casting has stuck to its roots with the same odd but artistic personalities. "I try to meditate on the mood of where the garment will be and who will be wearing it," said Ari Fish, a 26 year-old from Kansas City, MO who never sketches her designs. Michael Kors described her dress as "a disco soccer ball." Fish's quilted silver halter dress made her the first

designer to go home.

Challenges and stresses stay high but the creative work from the designers and the dramatics that come with it continue to keep audiences raving. Last week's episode eliminated a contestant for playing it safe with the design of a simple black dress.

"No one's [design] really looks like crap, but I just think Althea's looked like crap," said Irina Shabayeva, a young designer out of New York City. Regardless of Shabayeva's opinion, Althea Harper, a 24 year old from Dayton, OH, impressed the judges with her three-piece suit, making her the winner of episode 4.

This year Bravo® had a not so successful knock-off called "The Fashion Show." The winner of the show had their designs sold at a retailer. This ultimately focused the designs toward commercial sale rather than high fashion runway style. Although it followed the same elimination format as Project Runway, they had stiffly written tag lines such as "You are hanging by a thread." These words fell flat with many fans of "Project Runway," used to organically formed sayings such as Tim Gunn's "Make it work," or Klum's "One day you're in and the next day you're out."

Lifetime's interactive website gives viewers an opportunity to rate the designs, the contestants and give feedback. Do not worry if you have missed an episode or two because featured on the website, www.mylifetime.com/on-tv/show/project-runway every full episode is posted for watching with a few 30-second commercials slipped in.

Additionally, viewers can follow the show on "Twitter" or "Facebook," where posts provide a fun place for to discuss the show.

Restaurant Week rolls into town San Diego gets ready for some good eats

BY SANDRA CHALMERS
Arts & Entertainment Editor

San Diego's Restaurant Week boldly presents its local premier culinary talents in the best light with great food and unique menu options all at great prices.

In the mood for sushi, Moroccan, burritos or something new, the 180 participating restaurants across the county feature indulgent culinary experiences of three-course meals for an affordable \$20, \$30 or \$40 per person.

Beginning Sept. 13 and running through the 18, the 5th annual Restaurant Week for San Diego gets ready to showcase its local eateries that offer tastes from around the world.

Aloha Sushi Lounge in La Jolla offers a three-course meal for only \$20 per person. Three appetizer options includes a Polynesian Crab Stack, fried calamari, or an Aloha Roll that is deep-fried with avocado, spicy scallops, crab and eel. Aloha Sushi Lounge also offers three options for the main course that includes the Kalbi Ribs, beef short stack ribs marinated island style with wasabi mash potatoes or two other mouth-watering dishes.

Kous Kous Moroccan Bistro in downtown/Hillcrest quarter is a distinct landmark for San Diego and its atmosphere is rich in culture and cuisine. On its Restaurant Week spe-

cial menu, it's offering two different appetizer options: a mini three plate vegetarian option or a saffron chicken with honey almonds. A garlic and ginger chicken tagine with saffron sauce is one of three different main course items that will satisfy any crave for an adventurous flavor.

The two heavenly desserts to choose from include Orange Blossom and Vanilla Bean Custard or the Rose Water and Honey-glazed Fresh Berries, according to its exclusive menu online that shares a more detailed dinner options on www.sandiegorestaurantweek.com.

A lot of the restaurants can be considered hidden gems in San Diego, offering contemporary flavors that scrap any ordinary restaurant experience.

In Encinitas, a casual beach city full of surfer friendly dishes lies a culinary escape that transports diner's taste buds to beautiful Italy. The quaint and romantic When In Rome restaurant is as charming and intimate as fine dining gets. Its sweet patio, candle lit setting creates a priceless experience. Its menu options consist of super authentic Italian flavors, of veal, ravioli, and a gelato option for dessert.

These fixed prices vary upon restaurants but all are sure to provide a tremendous amount of variety of tastes sure to satisfy any hungry appetite in search for a new favorite dish.

At most locations, splitting the three course meals for two is frowned upon.

Presented by the California

Restaurant Association, San Diego's Restaurant Week progressively grows as a popular attraction for the city and helps promote community and San Diego's wide variety of cultural cuisine.

For full menu items, the complete restaurant list, prices or reservations please visit www.sandiegorestaurantweek.com

Editor's Pick

Aloha Sushi Lounge

7731 Fay Ave
La Jolla, CA 92037
(858) 551-5000
\$20 per person

Kous Kous Moroccan Bistro

3940 4th Avenue
#110 San Diego, CA 92103
(619) 295-5560
\$30 per person

When In Rome

1108 South Coast Highway
Encinitas, CA 92024
(760) 944-1771
\$30 per person

Café Coyote

2461 San Diego Ave
San Diego, CA 92110
(619) 291-4695
\$20 per person

The Fleetwood

639 J St.
San Diego, CA 92101
\$40 per person

Cougar kitchen Sicilian-style apple pie pizza

BY TRISH CORRIGAN
Pride Staff Writer

Apple pie is as American as pizza. Ok, maybe pizza is not traditionally American. However, it is a solid American staple, beloved by all. With this recipe, I wanted to present the flavors of apple pie in the fast and convenient eating style of pizza. This recipe is affordable and fun.

Makes approximately 6 servings
Prep Time: 15 minuets
Cook Time: 15 minuets
3 apples (approx 1 lb Golden Delicious \$1.49lb)
½ tsp Cinnamon (\$0.99)
¼ cup Sugar
1 tbsp lemon juice (half lemon) (\$0.50)
Pinch of salt
1 sheet frozen puff pastry or pie crust (\$4.79 for 2)
8 oz cream cheese (\$1.99)
¼ cup chocolate hips (optional)

For Crust:
Open package roll out pastry sheet and place on a greased cookie

sheet. Take a fork and stab holes into the top of the pastry covering the entire sheet. Place in preheated, 400-degree oven. Bake for 13 minutes until golden brown. Remove from oven and let cool.

*In the frozen food section of every grocery store, you can find puff pastry. Puff pastry is primarily flour and butter, lots of butter! It is delicate and flakey, very similar to a croissant. I prefer this to frozen piecrust because it will hold up when being eaten like pizza. I would have preferred to buy all of my ingredients at Trader Joes because they have lower prices than standard grocery stores. However, I was dismayed when I went to Trader Joes®, in Oceanside, and found they only carry puff pastry seasonally (e.g. fall and winter months). As a result, I made my way to Albertsons®. They did have frozen Pepperidge Farms® puff pastry containing two sheets for \$4.79, which I purchased for this recipe. Alternatively, Pillsbury has a 'break and bake' (paper tube) with

one pastry dough sheet for \$3.49.

Apple Toppings:

Peel, core and slice apple into small pieces bite sized pieces. Sauté apples and butter in pan on medium heat for 5-7 minutes. Add sugar, cinnamon, lemon juice, and salt to pan. Cook for additional 5 minutes. Remove from heat and allow cooling. After topping cools, drain off excess liquid.

* This is super easy to make and

can used alternatively as a delicious topping for yogurt. Spices like cinnamon can be expensive. In the ethnic food isle of the grocery store, you will find Tampico brand bagged spices for 99¢. That is a huge savings from the \$5 jarred spices.

Assemble:

Soften cream cheese; you can microwave it for 15 seconds until it is soft and easily spreadable. If it does not spread easily, it will tear the

crust. Spread cream cheese evenly on puff pastry. Spoon cooled apple topping on top of cream cheese.

Optional Garnish:

Put ¼ cup chocolate chips in standard plastic bag and seal. Place bag in bowl of hot water from the tap. Chocolate should melt in 1-2 minutes. With scissors, snip one bottom corner of the plastic bag. Moving back and forth drizzle chocolate on top of pie.

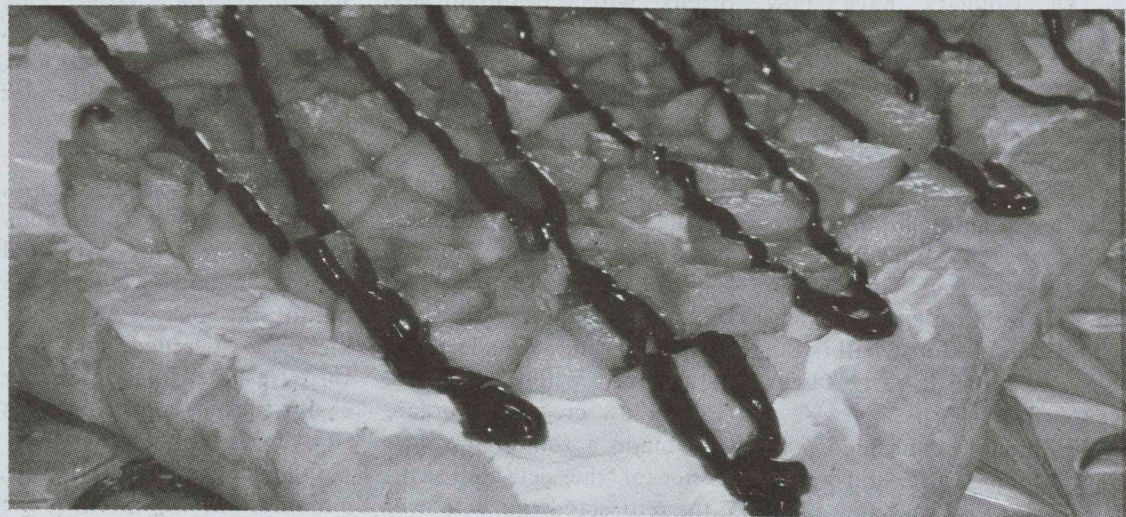


Photo by Trish Corrigan

Vital Information

	IN	5 Min Ago	OUT
Volkswagens	Rabbit	Jetta	Bug
Fashion	V-Neck Shirts	Skinny Jeans	Vests
Fruit Drinks	Smoothie King	Jamba Juice	Juice It Up
Beach Activities	Sailing	Long Boarding	Roller Blading
Grocery Store	Canvas Bags	Paper	Plastic (O-zone murderer)
Movie Trailers	"New Moon" (Have you seen Jacob with his shirt off?!)	"Where the Wild Things Are" (The trailer doesn't do the book justice, verdicts not yet out on this one.)	"Love Happens" (Stop trying to live your life through your movies, Jen.)
Divas	Beyonce	Whitney Houston (she's baaaack)	Kanye West (sorry you didn't win the Best Female Video award. Better luck next year.)

What to see on DVD

BY BLAINE H MOGIL
Pride Staff Writer

After a summer away from movie reviews, I received a real slap to the face wake up call for the first film this fall. I do not even know how this film made it onto my Netflix list, but like they say, "Movies happen." This is a really great and visually stunning powerhouse movie titled "Domino."

This is not a film I would normally watch. Perhaps that contributes to high impact it packs. Trying to place this film into a genre is a tall task, but many would make a reasonable argument that it is very Tarantino in nature, and in many aspects it is. If the filmmakers were trying to do an homage to dear Quentin, their production soars above the more tame "Pulp Fiction"/"Kill Bill" films.

The first, foremost and most consistently awe-inspiring aspect of this film is the cinematography and lighting. You could turn off the sound and still be treated to a moving experience as the shots control the viewer's mood from beginning to end. The interrogation scenes with Keira Knightley as the title character Domino and Lucy Liu as investigator Taryn Mills feel like you are watching someone else's dream, with an elaborate mix of colors, set off by beautifully against deliberately harsh shadows.

Watching Knightley and her expanding acting versatility continues to impress this viewer. Here she successfully leads the rag-tag group of stars in this film, including Liu, Mickey Roarke as Domino's father figure Ed Moseby, and Christopher Walken as reality show TV Producer Mark Heiss to name but a few. Denise Chamian should receive kudos not only for pulling this cast together, but also for creating such a perfect blend of misfits who all mix together deliciously.

To kick it up a notch, just try to follow the plot. It is complex without being convoluted. There is story layered upon story, layered on story and so on. With the numerous plot lines happening, this could have easily been a flop. However it works more like well prepared lasagna with each layer adding something to the next layer, and in the end the viewer may not be able to identify even half of the plot lines, but will thoroughly enjoy having sampled them all.

The primary plot line is about Domino. Brought up by a gold-digging mother, Domino lost her father at an early age. She also lost

her pet goldfish, and this second experience is key to her character. She has learned that everyone will leave her, so she begins her life journey knowing that loving anyone again will only cause her pain. She wears a tattoo of the dead goldfish on her neck, right on her jugular no less, as a constant reminder.

From this point in the film you will need to strap in, sit back and enjoy the ride. I could attempt to give more detail to prepare you to see this film, but that would be doing you a disservice. So please watch this film and enjoy. It might take three or four viewings to develop a reasonable understanding of all that the film has to offer, but there is a very good chance that you will feel good about the investment of your entertainment time.

What to See *****

What can be said about my favorite Britcom ever? Britcoms, like American TV can range from total trash to amazing. "The IT Crowd" incorporates pretty much the whole gamut, yet takes hilarity into a whole new realm. This series is brought to us by the same crew who created the hit TV show "Office Space." I use the word 'hit' only because others have, not because I enjoy the show. I'm still trying to understand why there is nothing funny about it. But then again, the ADHD hit "Family Guy" is beyond my intellectual reach.

In "The IT Crowd" you will find a proper mix of three main stooges: Roy, an Irish slacker who is ever so slightly misanthropic, Moss, who is the human equivalent of Commander Data from Star Trek (only not nearly as bright or understanding of fellow homo sapiens), and Jen, the manager of the basement dwelling IT department who is about as savvy with all things IT as perhaps a small cat. The three lead characters are often accompanied by Richmond, a Goth and former high level exec who seems to live a somewhat delusional life in a closet in the IT department, or other equally loopy cohorts.

The writing is top shelf, the acting utterly wacky, and the whole thing rates with the best such as, if I dare, Seinfeld. A bold comparison, but I think a worthy one.

On Tuesday, Sept. 15, 2009, we will all find out if that comparison remains worthy as season three of "The IT Crowd" will be out on DVD, or on Netflix if you prefer. Tuesday can't get here soon enough to suit me. Give "The IT Crowd" a go. You might just find something brilliant to laugh at as well. What to See *****

Hits of Sunshine

Jon Hopkins

BY AMY SALISBURY
Copy Editor

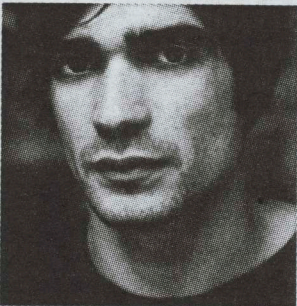


Photo courtesy Steve Gullick

Producers and musicians have countless tricks they like to pull out when feeling slightly under the weather in terms of creativity. There are endless ways to digitally manipulate a song to produce desired effects, but one of the oldest and most used mixing methods is "sampling."

Sampling is when an artist takes a "piece" of a song and reuses it as a different part of a new song. The act goes back to the early 60s and came to prominence within the R&B and Rap industry when samplers used vinyl and DJs looped "breaks," or percussion, in songs. There were disputes over the legality of sampling, especially when the artists who took samples did not credit the original musicians for their work.

Despite its rocky start, sampling led to the production of some serious hits. Beyoncé sampled Stevie Nicks. Vanilla Ice sampled Queen. Jay-Z sampled The Beatles. This tends toward the conclusion that artists sample music because the tracks are something special.

And that brings me to Coldplay. Their relatively new album, *Viva La Vida or Death And All His Friends*, features opening and closing tracks that sound blaz-

ingly similar. What really caught my attention was the songs didn't have the air I'd always associated with Coldplay, that heavy, rocking feel. With a bit of investigation (meaning I looked at the booklet inside the CD case), I discovered this electronic track wasn't all Chris and the band. The meat of the

song came from a little known London-based artist called Jon Hopkins.

Hopkins released his first album in 2001, called *Opalescent*. He gained momentum in the underground club scene and quickly began work on his second album, *Contact Note*, released in 2004. Producers noted his talent, and Hopkins began popping up as a guest artist or sampled artist on albums including Brian Eno's *Another Day On Earth*, Frou Frou's *Breathe In* EP, and David Holmes's *The Holy Pictures*. He released his third album, *Insides*, in 2009, nearly a year after Coldplay sampled his song, "Light Through the Veins," for the opening and closing tracks "Life in Technicolor" and "The Escapist."

So, my point: sampling is a good thing. It's doubtful that I would have ever come to know Jon Hopkins without Coldplay using his work as bookends, if you will. Besides, the legend that is Coldplay gave credit where credit was due. Maybe sampling has nothing to do with a slump in creativity. After all, imitation (in this case, copying) is the sincerest form of flattery.

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The top 5 fabulous moments of the Video Music Awards

BY SANDRA CHALMERS
Arts & Entertainment Editor

Missed the MTV Video Music Awards? No worries, the top five fabulous moments are highlighted including

night, Beyonce's music video for "All the Single Ladies (Put a Ring on it)" won Best Video of the Year and she graciously invited Swift on stage to finish her acceptance speech.



Image courtesy of MTV.com

Kanye West's unforgettable outburst, Lady Gaga's bloody performance and a heart felt Michael Jackson tribute.

1. Swift vs. West

Young country singer, Taylor Swift won her first Moonman award for Best Female Video for her song "You Belong with Me," beating out Beyonce Knowles and Lady Gaga. Kanye West climbed on stage and rudely interrupted Swift's acceptance speech, saying "I'm really happy for you, but Beyonce had one of the best videos of all time." Later that

2. Michael and Madonna

All dressed in black, Madonna gave a touching recap of Michael Jackson's life in connection to her own life and their rise to stardom. "He was so unique, so rare and there will never be anyone like him again. He was the king," she said. Following her kind words came a collection of some of his most popular music videos most of which rose through MTV in the 1980s. Janet Jackson paid a tribute to her brother by dancing along side his video for his song "Scream."



Image courtesy of MTV.com

3. They Love New York

Jay Z and Alicia Keys performed together the song "Empire State of Mind." Just like Keys' sparkling black pants, their love for New York sparkled on the stage.

stage into an old English tea room draped with white laced dancers and a white piano which she dramatically played in a barely there bikini bottoms, fishnet stockings and a pink and white wig. She finished her performance with fake blood running down her body.

4. Blood, Lace and Paparazzi

Lady Gaga's stunning performance of her latest single "Paparazzi" transformed the

5. Matching Wardrobes



Image courtesy of MTV.com

Short and Sweet Colombian singer, Shakira, and edgy, rough singer Pink wore the same dress to the VMA's. A beautiful Balmain studded strapless dress came down the red carpet twice in the same night, though both girls wore it uniquely to their personal tastes. Who wore it best is still up for debate.

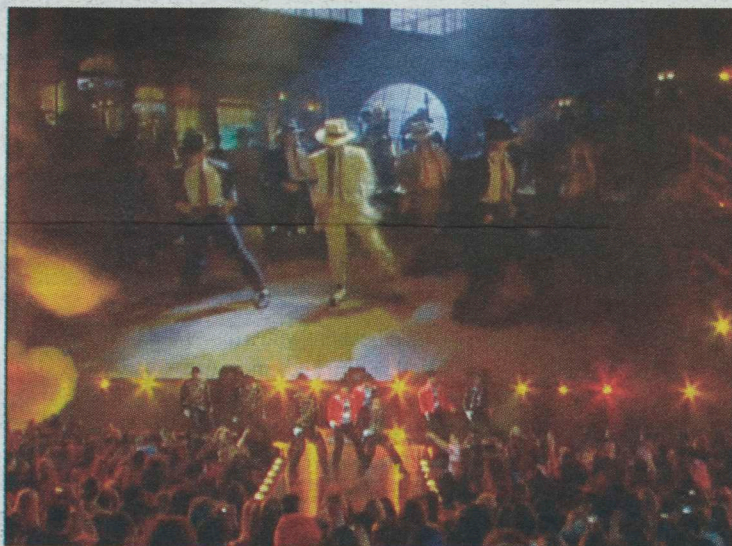


Image courtesy of MTV.com

Coming to theaters

BY BILL RHEIN
Senior Staff Writer

In Theaters September 15th

Wide Release

Cloudy with a Chance of Meatballs

Starring Bill Hader and Anna Faris

A struggling inventor creates a machine that causes food to rain from the sky in this family friendly, 3-D animated film.

Love Happens

Starring Jennifer Aniston and Aaron Eckhart

A self help speaker falls for one of his attendee's while fighting internal pain in this

romantic drama.

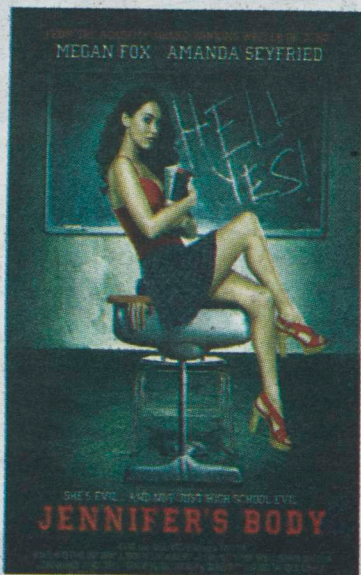


Image courtesy of 20th Century Fox

Jennifer's Body

Starring Megan Fox and Amanda Seyfried

Written by Diablo Cody, who also wrote "Juno," this movie stars Fox as demon possessed killer in high school.

In Theaters for September 23rd

Wide Release

Astro Boy

Starring Freddie Highmore and Nicolas Cage

This film adaption of the cartoon tells the story of a super powered robot boy in search of acceptance.

In Theaters for September 25th



Image courtesy of Universal

Wide Release

Surrogates

Starring Bruce Willis

Similar to "The Matrix" and "Minority Report," Willis plays a cop who must go out and investigate the first murder in years in a future where humans live vicariously through robots.

Fame

Starring Kelsey Grammer, Megan Mullally and Bebe Neuwirth

A musical remake about

young singers in an art school in New York City.

Pandorum

Starring Dennis Quaid and Ben Foster

Two space explorers wake alone in a ship and struggle to overcome memory loss.

Coco Before Chanel

Starring Audrey Tautou

This film tells the story of Gabrielle Chanel from her humble beginnings and rise in the fashion world.