

THE COUGAR CHRONICLE

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CALIFORNIA STATE UNIVERSITY, SAN MARCOS, INDEPENDENT STUDENT NEWSPAPER

SPORTS



3 - In golf exists a truly revealing business tool that can make or break any deal.

FEATURES



4 - Dr. Heidi Breuer stands out as a unique literature professor.

OPINION

That he got away with what he did to me haunted me as I grew up. ... Each time I saw my abuser's face - on a poster, on a shirt, on television - I could only hide my panic until I found a place to be alone and fall apart.

NEW YORK TIMES

6 - A contributing writer connects personal experience with the recent allegations against Woody Allen.

A & E



7 - Marvel releases five new solo series featuring strong empowered females dominating the scene.

Relentless Cougars head to Nationals in Kansas City

Men's Basketball for CSUSM looks to tear up the courts as they fight to finish strong

BY RESTY GREY
STAFF WRITER

The CSUSM men's basketball team will be heading to Kansas City to compete in the National Associates Intercollegiate Athletics (NAIA) Division I Championship tournament as the number one seed.

Led by head coach Jim Saia, CSUSM finishes the regular seasons with a 30-1 record, winning their first Association of Independent Institutions (A.I.I.) Division I Conference Championship title.

CSUSM defeated Life in their final game on Sunday, March 9, leading 112 - 95 with exceptional contribution from the entire team. The Cougars shot for 50 percent from the field, 44.8 percent from three-point land and out rebounded Life.

Bobby Macias and Zack Zaragoza came off the bench and combined for 31 points and 15 rebounds.

When asked what he at-



Division I Men's Basketball Champions for the first time in CSUSM history. Photo provided by the campus athletic department. www.csusmcougars.com

tributed to the Cougars' success, starting three-guard Malcolm Lemmons said, "Our camaraderie; we're a close knit group on and off the court."

Lemmons contributed a

double-double in the final game.

"I do anything I can to help the team win. If coach needs me to rebound or play defense, I do anything I can to meet our goal," he said.

"It's nice to finally see the hard work is actually paying off. We made a name for ourselves the first year, got ranked the second and getting ranked number one this year; it feels good," three-

year veteran, Brian Emmanuel, said.

The Cougars are headed for a week of a challenge with the tournament being filled with the nation's best players at the small collegiate level.

Thirty-two teams are slated to compete for the NAIA Division I Championship title through March 25.

CSUSM's number one ranking leaves the rest of the league anticipating some great competition.

"It's a great feeling, but we know rankings don't mean anything when going into the tournament and every team's going to be gunning for us, so it's like we got a chip on our shoulder," Lemmons said. "We just have to go in there and play hard and take it day by day."

When asked if there were any specific teams to look out for, Emmanuel said there was not.

The Cougars' selfless offense and defensive prowess gives the team a well-deserved confidence going into the tournament.

CSUSM Cougars are set to play the thirty-second seed, Oklahoma Baptist, on Wednesday, March 19 in round one of the NAIA Division I tournament.

Motivation to vote on March 24 as candidates of ASI Elections make their voices heard

BY KATLIN SWEENEY
EDITOR-IN-CHIEF

Students are encouraged to take an active role with politics at CSUSM, whether by running for office or voting for the candidates they believe in.

As of this month, fliers promoting the elections were posted around campus, featuring the 19 students that are running for 10 ASI leadership positions. Each of these candidates was contacted via email by The Cougar Chronicle and asked to write a short description of why they are interested in being elected.

Students can vote online for their preferred candidates at www.csusm.edu/vote between March 24 and 27. Descriptions of the positions can be found at <https://www.csusm.edu/asi/bod/asielections.html>.

(ASI continued on center of page 2).



Haley Perko - President

I would like to give back to CSUSM, a place has given me so much to me. I would like to continue serving the students and advocating for them at both a state and university level, through CSSA and university administrators. We currently have over 11,000 students here at Cal State San Marcos and I will ensure the effort to reach out to as many diverse populations as I can. Dedication, respect and honesty are three values I follow and will guarantee these throughout my entire presidency! Perko for President!



Tricia Alcoid - VP of Operations

I'm a third year studying Psychology at CSUSM. As a current ASI Student at Large Representative, I will be running for Vice President of Operations. I will do my best to create a bridge between the student public and the ASI BoD. I want to extend more opportunities for students to get involved with not just ASI, but the university itself. I want to empower more students and tap into the potential that so many students have to change this university for themselves and future students to come.



Jairo Leon - VP of Operations

I'm a third year literature major that believes ASI needs a recharge. Too many are let out. Let's change this. Let's make more traditions, let's make more happenings where strangers turn into friends. ASI needs to create student unity, not just students inside the union building and it needs to make administrators transparent. What's on their committee agendas? Having worked in two ASI departments (LGBTQA Pride Center/Gender Equity Center), I know how to connect students and build bridges between students and administrators. Vote for a campus recharge. Vote Jairo Leon.

Jasmine Jeter - CSM Rep.

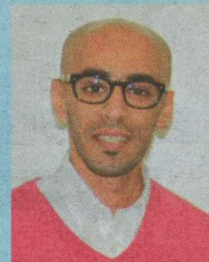
I am a Biology Major and my goals are to try and get more sections of bottleneck courses, such as Physics 205, open. I would also like to start having Deans List meet and greets with Dean K. This is something other colleges do to honor those who have achieved academically and I would like our college to do the same.

Thiana Ruiz - VP of External Affairs

I am a third year and am double majoring in Human Development with a Health Service emphasis and Spanish. Through my involvement on campus with student orgs and programs such as S.T.A.N.D (Standing Together As oNe Dream), United Students of Color Coalition, Golden Key, Peer Mentoring Program, CAMP, EOP and HD Club, I will work closely with faculty, administrators, students, student leaders, lobby politicians and statewide leaders to make sure that the student voice is heard and addressed. I will work to strategize, organize and finalize.

Alhijaz Althagafi - CHABBS Rep.

I am very grateful for the opportunity that this election represents for all of us. It is time that the student body of CSUSM is represented by someone who knows people from every corner of the world, and knows them right here on our campus! I promise to always be available to anyone who has any issues with anything that happens at CSUSM.



(ASI Continued from page 1).



Jamaela Johnson - Diversity & Inclusion Representative

My major is pre-nursing and I am a junior. I believe that with my experience of being a Resident Advisor and my 2 years of being a Peer Educator at The Gender Equity Center gives me the knowledge and qualifications for this position. I have sat on a number of campus committees geared toward improving campus environment and reflecting student concerns. My passion for social justice is what will guide me through this role as an affective leader on this campus. If I were to obtain this position, one of my many goals would be to strengthen the message and actions of the Civility Campaign. Another goal would be to enhance the visibility and presence of ASI Board of Directors at student programs and events.



Madisen Jaurique - CHABBS Representative

I am and have been involved in, many campus organizations such as, the women's cross country and track and field team, I currently am a Resident Advisor at the UVA, I'm in the process of completing the Tukwut Leadership Circle program and I am a new member of Alpha Chi Omega. One issue that I want to tackle is the issue of academic support for the college of CHABBS as some of the majors are not allowed in the math and stem lab centers.

Eddie Gonzales - Sustainability Representative

I decided to run for ASI after my fraternity brother suggested to get involved at CSUSM. Experience new perspectives for myself and give back to this campus. To help future cougars find a place called home and make sure these future students have a clean campus. CSUSM has continued to crush in Recyclemania and, honestly, I think recycling and being environmentally friendly has become natural to students and faculty. I want to continue this tradition, make sure it does not go away and continue to push for environmental friendly technology in our classrooms and buildings; also find ways to preserve energy waste. More than anything, I am excited and looking forward to all the people I will meet and ideas that students will come up with.

Mads Elton Nilson - CHABBS Representative

The reason I am running for election is that as an international student I want to make the most of my three year stay here in California. I have all my life wanted to get involved in the things going on around me, and running for ASI is a great way for me to get more involved at CSUSM other than just going to class every day. My goal for ASI if I get elected is to be a positive drive for all the good work ASI already is doing and represent the students of CHABBS in a constructive and positive way.

Karen Guzman - CHABBS Representative

I'm a third year student at Cal State San Marcos with the intention of graduating as a Political Sciences and Womyn studies double major Philosophy minor. Aside from being Co President of Feminists United, I also work with different club organizers with the ACLU. We need curriculum that reflects that diversity of current students bodies, faculty that understand our realities and a sincere sensitivity for student affordability. I want to work alongside faculty and my peers, so that we continue to build bridges between campus and neighbor communities. I want to launch more programs where we apply what we're learning in class to address serious social problems.

CVS to halt tobacco sales

By SARAH HUGHES &
CHELSEY SCHWEITZER
NEWS EDITOR & STAFF WRITER

CVS Pharmacy has decided to stop selling cigarettes and all tobacco products in their stores.

It seems the company wants to focus on their image and expanding role in health-care. Management has heavily considered the impacts this might have on business, but ultimately thinks it's a move for "future growth."

Larry Merlo, President and Chief Executive Officer (CEO) of CVS Caremark explained his moves for "long term success" on CBS This Morning.

"It's a real contradiction to talk about all the things we're doing with people to help them on their path to better health and at the same time sell tobacco products," Merlo said.

An employee at the CVS across from CSUSM on south Twin Oaks Valley Road confirmed the plans, which will take effect on Oct. 1, 2014.

Besides abandoning sale of cigarettes, the move that has made CVS seem more geared toward health care is



Image found at countertobacco.org, where you can learn more about tobacco and 'War in the Store.'

"It's a real contradiction to talk about all the things we're doing with people to help them on their path to better health and at the same time sell tobacco products."

the availability of MinuteClinics. Their predecessor, QuickMedX centers in the Minneapolis-St. Paul area began in May 2000, to provide quick care for common conditions. These centers

changed to MinuteClinics in Dec. 2002. There are now more than 800 locations in 28 states and the District of Columbia. The CVS website seems to tout the pharmacy's changing focus to convenient wellness.

"Your pharmacy is always open. Spend less time at the pharmacy and more time watching winning goals and ballet recitals with myCVS Pharmacy," their homepage said.

The Cougar Chronicle will be conducting an anonymous survey on the subject of cigarettes. If you would like to take it, go to <https://www.surveymonkey.com/s/MMVZN36>. It will be followed up on in a story later this semester.

President calls for increase in federal minimum wage by 2016

By RYAN DOWNS
SENIOR STAFF WRITER

Students may be seeing a change in their federal and state based pay checks.

Making minimum wage -- It's arguably one of the most important things in the life of a student. For many, it's what keeps them busy while they're in school. For many others, it's the very thing keeping them in school while countless individuals rely on it keeping them alive. The minimum hourly wage that businesses are required to pay employees is a matter of economic importance not just for San Marcos, but for students everywhere and it may face some large changes in the

coming months.

The issue of minimum wage became a talking point recently, after a report by the Congressional Budget Office elaborated on a plan by the President to raise the nationwide minimum wage from \$7.25 an hour to \$10.10, tentatively by the year 2016. It's not too difficult to see why. In the last 14 years, the costs of education, gasoline, health-care and living have all skyrocketed, whereas the wage has remained in a fixed position.

Naturally, this affects many individuals in the labor force, but not necessarily in a positive way. According to the CBO, while the wage in-

crease could make lives easier for upwards of 16 million Americans, it is also slated to cost approximately 500,000 workers their jobs. In other words, the act would actually increase unemployment, the boon being that the already employed would make more money. This comes as a result of companies making less money when customers are less willing to spend on products that will be more expensive to pay for the workers.

However, the President remains optimistic, having acted as the primary force behind the bill since its inception. While the measure is expected to pass the primarily left-wing Senate in March, its

Workers' Hourly Wages and the Federal Minimum Wage



odds of surviving the more right-wing House are decidedly less hopeful; with many representatives pointing out the rather harsh increase in unemployment.

It's a fair comparison, while alleviating the effects of the recession on the more vulner-

able in our society, the initiative could very well make the recession worse. Some economists beg to differ, like Pension Chairman Tom Harkin, who stated "workers benefit from modest increases in the minimum wage without negative consequences for the low-

wage job market," reminding individuals that an increase in revenue and circulation could very well increase job potential, cancelling out the increase in unemployment.

Still, the benefits to those suffering in the labor force are undeniable and the increase in circulation could very well allow the creation of new jobs. Ultimately, the fate of the measure depends on its standing in Congress at this point, which remains to be seen.

California's minimum wage is itself scheduled to increase with from \$8 to \$10 in the course of three years due to a bill passed Sept. 12, 2013. It will increase \$1 increments instead of in one wage hike.



ASI ELECTIONS

March 24-27

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Game of golf holds lessons for business

Dr. Ed Balian knows the importance of a good mental game

By JUSTIN DONNER
SPORTS EDITOR

Mastering the difficult game of golf can offer a large advantage in the world of business, but becoming aware of the mental side of it can provide an even greater one.

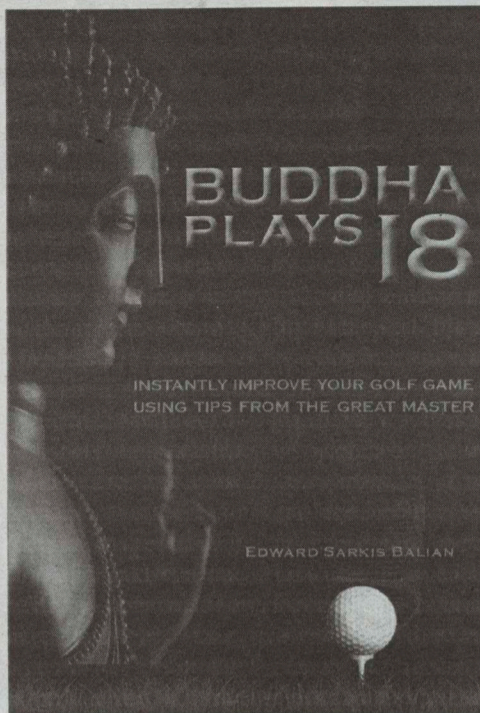
There is arguably no other sport that is more closely related to business than golf.

The relatedness of business to golf spans from companies sponsoring professional tournaments, such as the local Farmers Insurance Open of Torrey Pines, to major business decisions and negotiations being done on the course.

CSUSM's business professor, Dr. Edward Balian, is a seasoned vet in the world of business and is the author of *Buddha Plays 18*. His book takes an innovative approach to teaching the overlooked skill of being mentally sound while playing golf.

For business professionals, golf can be a valuable tool. You learn so much about your business partners and clients by playing golf with them. The game reveals values, ethics and reaction to stress. Acts of courtesy are demonstrated by pulling the pin at the hole, shooting in the correct order and a proper attitude while in the lead.

According to Dr. Balian, golf and life intermix in



many ways.

"You think your business career is over you've hit a terrible shot you're in the rough. You follow it with you best shot of the day. Under the stress of the challenge your focus went up and you applied your skills diligently," Dr. Balian said.

How business professionals react to the highs and lows of golf can be synonymous with how they would in life. Staying calm and getting out of a bad shot can show a certain level of tenacity.

Dr. Balian has used golf many of times in his business career, and he feels that not being available to play in certain circumstances has even hurt him at times.

The sport can be important to learn for business, but you have to be careful. Performing terribly can lead others to assume that you are terrible with business as well. Saying that you're working on your game, and that you are not comfortable on a course may be more productive than trying to play. If you do have a bad game, make sure to carry your sense of humor with you.

"Your behavior during the round is going to be remembered a lot longer than your score," Balian said.

If you are interested in learning the mental side of golf, Balian's book is available on Amazon or at <http://www.buddhaplays18.com/>.

Health & Fitness



Coastal view of Downtown San Diego from Cabrillo on a sunny day courtesy of Alison Seagle.

Visit Cabrillo & play in the tide pools

By ALISON SEAGLE
SPORTS COLUMNIST

Nestled at the end of Point Loma, Cabrillo National Monument and the many great trails that surround it offer terrific views of San Diego Bay and the Pacific Ocean.

This national park, which is the only one in San Diego County, has two levels to explore for some fun and exercise in the outdoors.

The top level of the park includes the visitors' center and the lighthouse. The bay side trail is a 2.5 mile round trip hike that starts at the Old Point Loma Lighthouse and, not surprisingly, weaves its way along the bay side of the park. From this trail, visitors can pass by old clues to Point Loma's role and existence during WWI and WWII. The journey is filled with sweeping views of the beautiful harbor and Coronado Island.

There are no restrooms or

Get Out!

The journey is filled with sweeping views of the beautiful harbor and Coronado Island.

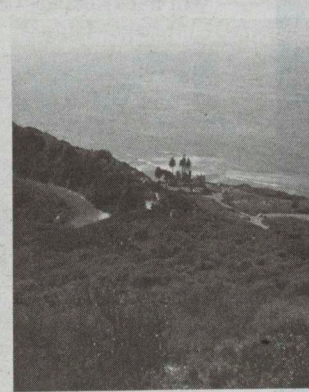
water stations along the trail, so it is advised that hikers bring their own water and utilize the facilities by the lighthouse before beginning their venture.

There is also another short trail that starts at the lighthouse and offers views to the west, including a lookout for whales during December through February and the kelp forest.

After checking out the top-side trails, lighthouse and Cabrillo Statue, there is still more to see down at the tide pools. The tide pools can be reached by a narrow road

that turns off right by the entrance to the park. From three different parking lots, hikers can find a trail and continue their journey, witnessing the waves crashing on the cliffs and experiencing a closer view of the ocean.

Cabrillo National Monument is open daily from 9 a.m. to 5 p.m. There is a \$5 entrance fee per car. More information about Cabrillo can be found at <http://www.nps.gov/cabr/index.htm>.



Probiotics: make this bacteria your friend

By RACHEL GALLEGO
HEALTH COLUMNIST

Probiotics, also known as "good" bacteria, are live microorganisms that inhabit our bodies naturally.

They have become of popular interest recently because of the supposed health benefits.

Although the FDA has not yet approved any of its health claims, probiotics are used to help with certain health conditions, especially with the digestive health of our gastrointestinal tracts.

The body, especially the gastrointestinal tract, is host to many different species of bacteria that are not considered to be germs but necessary for proper functioning. Probiotics, which are found in products like supplements and yogurt, contain similar bacteria that are beneficial for our gut.

Although sufficient scientific evidence is lacking for

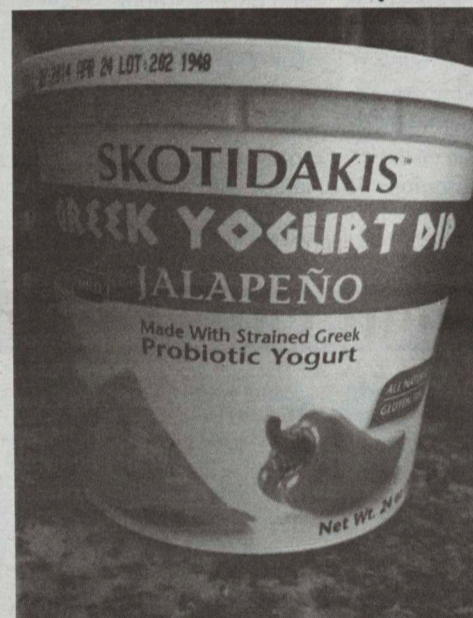


Photo provided by Rachel Gallego

specific uses of probiotics, the research is looking promising. The possible beneficial mechanisms of probiotics for human health include reducing harmful microorganisms in the GI tract and producing antimicrobial compounds, which either destroy or suppress the growth of unwanted

ed bacteria. Probiotics may also stimulate the immune response.

While there still needs to be strong evidence provided on probiotics, they generally seem to be safe for use. Talk to your doctor before using probiotics.

Heart Beat

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Ellie Freeman, MS (2013)

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Dr. Heidi Breuer specializes in Shakespeare, King Arthur and feminism

Faculty Profile

By AMANDA LENOX
FEATURES EDITOR

Known for her energetic and passionate teaching style, Professor Heidi Breuer is one of the most fascinating Literature & Writing professors on campus.

The classes she usually teaches include: Survey of Medieval and Renaissance Literature (LTWR 308A), Studies in Shakespeare (LTWR 402), Fantastic Journeys (LTWR 206) and Workshop in Argument and Analysis (LTWR 307). She also teaches different special topics at the graduate level including Arthurian Literature, Old English Literature and Tolkien.

Another popular class Dr. Breuer teaches is The Monstrous, the Grotesque and the Occult (LTWR 340), which also helped with the research for the book she is working on. Currently, Dr. Breuer is writing a book titled 'Is the Zombie Apocalypse Good For Feminism?', which focuses on witches, zombies and vampires in popular culture.

She explains that the book will analyze "how representations of these supernatural figures are linked to the way in which gender norms operate. The idea is that we're asking if these texts are feminist, [and] do they have possibilities for women to enjoy strong characters."

Professor Breuer received her Bachelor's degree from Florida Southern College in both Biology and English. While working on her biology degree, she took English classes for fun. Professor Breuer wanted to be in a field full of the things she loved to do.

She was encouraged by her professors to get her Master's degree, so she continued her focus in English and earned her M.A. from Florida State University. While in the M.A. program at Florida State, Professor Breuer was "thrown right into the classroom."

"The very first semester that I started my M.A., I started teaching two classes of first year writing [GEW equivalent], along with taking two classes. What I found was I really liked to

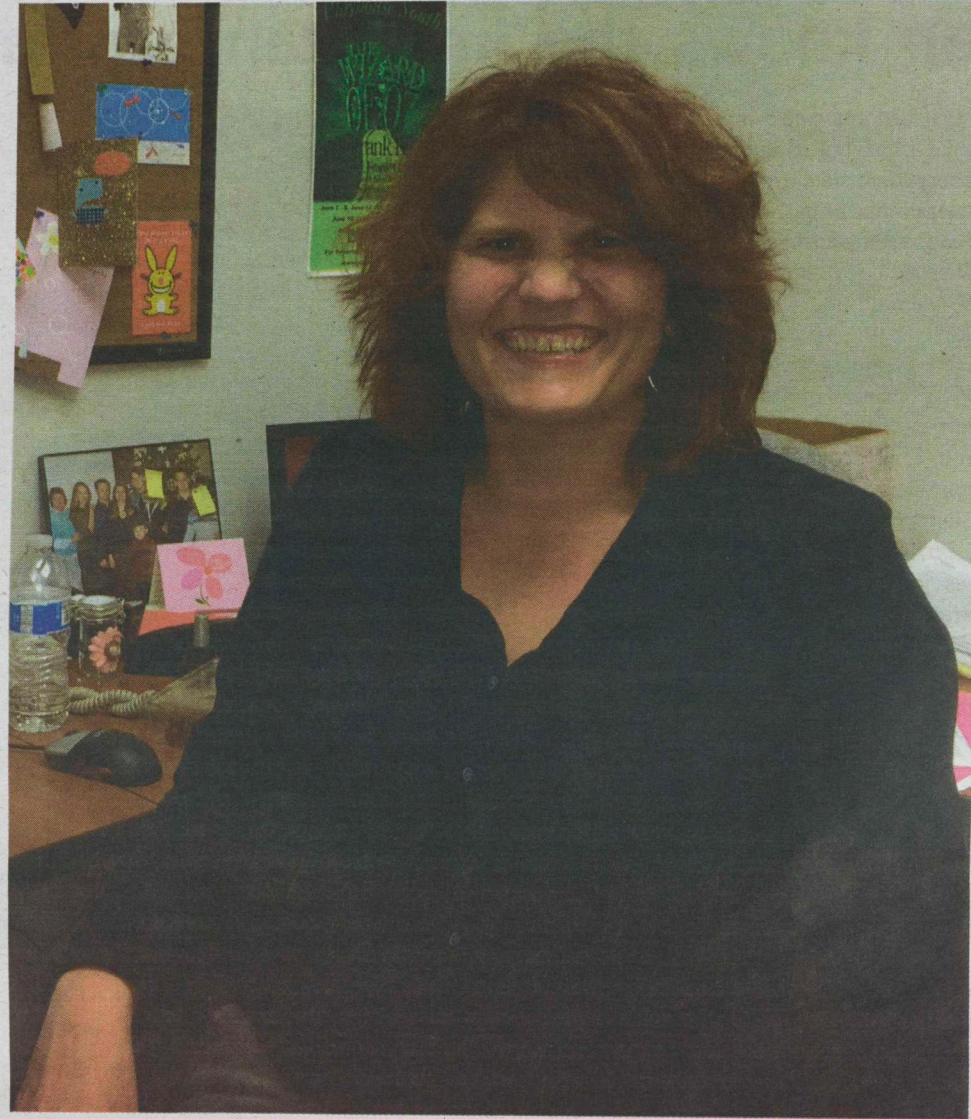


Photo of Doctor Heidi Breuer taken by Amanda Lenox during the interview for this article.

teach. I found it rewarding to be teaching students,"

Professor Breuer said.

She then decided to be-

come a college professor and received her Ph.D. from the

University of Arizona. Her love of "King Arthur" stories led her to become a Medievalist and Renaissance scholar. Professor Breuer also specialized in feminist theory, gender studies and sexuality studies.

Once out of graduate school, Professor Breuer worked at a university in Ohio. Although she liked the job, Ohio itself was not the right fit. She wanted to look for another university similar to the one she was working at, one that valued diversity and egalitarian access.

"Cal State was a good fit for me because it is a teaching-oriented university and it serves students from a broad range of backgrounds," Professor Breuer said.

The greatest accomplishment for Dr. Breuer comes from seeing students get excited "about the assigned literature."

"I like working with students. I especially enjoy moments where I see that students have learned to think critically about texts. I like seeing students' improvement in writing. I also get excited when students link what they're doing in class to the outside world or to culture."



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DIY Corner

Shamrock Shakes

By AMANDA LENOX
FEATURES EDITOR

St. Patrick's Day may be over, but you don't have to be celebrating the holiday to enjoy a green-themed drink! One drink you can make is a Shamrock Shake.

Ingredients include:

- 1.) 3 cups of vanilla ice cream
- 2.) 1 1/2 cups of milk
- 3.) 1 teaspoon of mint extract
- 4.) Green food coloring

You can add less or more mint extract; adding more will add to the flavor. However, too much can make the taste overwhelming. You can also choose how much food coloring you want to add: a few drops will give it a light green color. If you add more it will be a darker green but will not affect the taste.



Instructions:

1.) Combine all the ingredients in a blender. Blend until they are well mixed.

2.) Pour into a glass and then you can top it with whipped cream if you like.

For spiked versions of this drink you can add:

2 or 3 tablespoons of Bailey's Irish Cream

OR

3 ounces (2 shots) of Jameson Irish Whiskey

Enjoy or Sláinte!



Leadership Spotlight

Power duo Taylor Nagel, Gabri Provencio

By KATLIN SWEENEY
EDITOR-IN-CHIEF

Gabri Provencio and Taylor Nagel are the forces behind some of the most successful events at the Clarke and the University Student Union.

Both Provencio and Nagel initially applied for staff information desk positions at the Clarke. The last interview of the day, Nagel stood out immediately due to her outgoing personality and dedication to working hard. Under Jamie Rose, the previous Clarke Events Coordinator, she was appointed to the Events intern position three years ago and later became an Events Assistant. When changes in staffing opened the position, Nagel then became a student manager with an emphasis in Events, transferring to the USU when it opened. This month, she was promoted to the Logistics Coordinator position for the Union.

"It's still the same concept behind helping with events,

planning, coordinating and scheduling but it is also the operational side. We have 19 operations employees that I oversee, who take care of cleaning, set up and making sure that the event is ready. I also plan the order of events, how they are set up and who does that work," Nagel said.

Provencio picked up the majority of her communication and management skills in high school, where she planned pep rallies, met with the administration once a week and eventually became ASB president. When she turned in her application last semester, Provencio was notified of an Events Assistant opening and decided to apply for it as well. After getting the position, she started out doing basic organizational jobs. With the opening of the USU, Provencio transitioned into a new office and took on more responsibilities. Earlier in March, she was selected as the building's Employee of the Month.

"The Clarke is more low maintenance, in terms of there is only a certain amount



Taylor and Gabri bring dedication and strong work ethic to the Events staff at the USU. Photograph taken by Katlin Sweeney.

of things that can be done in each room without a lot of options. At the Union, we are still in the process of figuring out what we can and cannot accommodate, what we can do and what is too much,"

Provencio said. "It has so much to offer to clients and students, but the USU is just a whole different process. We have not discovered what we can do there yet, while at the Clarke we have had it for

years and know its capacity."

Provencio and Nagel both work underneath Megan Simpson, the Professional Events Planner for the USU who also works for Events and Conference Services. They work to represent the Events office, Clarke and Union well through their hard work and networking with various individuals and groups on campus.

"I know a lot of students involved in various organizations, so it is easier for me to contact people for specifics and events. I build relationships amongst professional staff as well, and when events happen I introduce myself," Nagel said. "My name is being presented in that area, so when people come in they know who is running the events within the building and who they can ask when they need things. With the student staff I supervise, it has helped me build relationships with people and delegate work. I try to make their shift as enjoyable as possible since they do a lot of hard work."

"This job is so socially involved with students, staff and faculty that you just meet so many different people. They start to recognize you on campus and it is good to build positive relationships with clients because you work with them multiple times," Provencio said. "A lot has been expected of me and I am glad that I have been able to fulfill expectations and to be a good face of the Union."

Provencio and Nagel strive for careers in the business field after graduating from college. Nagel plans to apply for a professional management position at the USU at the end of the semester, when she graduates with a degree in business entrepreneurship. She aims to open her own business in the future. Provencio aims to secure an events planning position for a city or large corporation. She hopes to eventually orchestrate events that draw large crowds of people, like the New York City ball drop on New Year's Eve or the Pasadena Rose Parade.

International Beat

Traveling through Europe

By EMMA GRACE FAIRCHILD
STUDY ABROAD COLUMNIST

One of the first things I noticed upon my arrival in Stockholm was the trend that everyone I spoke with had previously done a lot of traveling.

While it seemed most of it was contained within Europe, there were also many people who frequent parts of Africa, the Middle East or Southeast Asia. At first I was intimidated by the worldliness of so many of my peers. Then I considered the span of states I have covered in the US and how new friends here would press me about the differences between them. Now, instead of shame for never having left the country before this experience, I feel contented that I have been to eight states and explored a great deal of California (which is large enough on its own).

But since I have settled in Scandinavia, I realize the proximity of so many unique cultures, languages and landscapes. There are affordable flights (less than \$75 for round trips sometimes), boats for cruises to several neighboring countries and comfortable, affordable trains as well. Weekends between exams are notorious for "booze cruises." The al-



Map of Europe from mappinet.com

cohol is cheap and duty free, and you spend a day in Estonia, Latvia or Finland.

Personally, I have already spent four days in England and have a five day trip to Poland in the works. The decision to go to England was easy. I have a friend who lives outside of London that I really wanted to see (and who I could stay with for free). I flew into Gatwick airport in London. With a bit of help from the aforementioned friend, I bought train tickets in advance, which would deposit me in her country suburb. Even though Sweden is fairly easy to get around as an English speaking traveler, it was a relief to see every sign and hear every announcement in my native language in England. I ended up spending a three day weekend playing around the country side with my friend

and her three dogs, getting rained on and experiencing parts of local culture. I tried traditional 'tea for two' in a garden restaurant (amazing) and ate fish and chips out of butcher paper (also amazing).

On my last day, I was able to spend several hours exploring London itself before my flight back to Stockholm, which was a great experience. I chose two places prior to my arrival and simply explored, with no destination or plan. Camden Market was an interesting experience. I found it to be a big-city version of Venice Beach, without the body builders. I had a wonderful time overall, and can't wait to go back and do all of the touristy things London has to offer- Big Ben, the London Bridge, etc. And the flight was only two hours.

I'm really looking forward to my trip to Poland. I am going with a friend from school this time, so all of the costs can be shared and experiences had together. After that, a cruise to Tallinn in Estonia is definitely in order, and maybe a trip to the other side of Sweden to see Gothenburg. Ultimately, living in the states gives me proximity to see other parts of the states, and living in Europe gives me the opportunity to see more diverse and historical parts of the world.

Cleaning up the coast

CSUSM students doing their part in helping the community

By ANNE HALL
DESIGN EDITOR

The gracious and talented Sarah Christensen, a Resident Advisor at CSUSM's dorms, took it upon herself to motivate students on campus to spend a beautiful, sunny Sunday cleaning up the coastline around the Oceanside pier.

This motivated young student notified people that were living in her dorm and occupying campus to let people know that the event was taking place on March 9. Students gathered at the Sprinter and hopped a ride to the end of the line to catch some rays and make a difference in their community.

"We really try to focus our events so that people can not only have fun with it, but also get information out of it and learn something in a new experience. We really want to make it impactful for them. Everyone really enjoyed this event and people were thanking us all day as we were walking along the beach," the event's coordinator, Sarah Christensen, said.

RA's work off of a model



Group of volunteers dig up a old plastic sack from the sand, by Anne Hall.

that uses five categories, which comes from an established curricular model that focuses on human development to motivate the residents while living in the dorms. Among those five categories are civic engagement & social responsibility, holistic wellness, career development, leadership & interpersonal development and critical thinking & ethical reasoning.

"I thought of something to do as far as community and I thought that a beach clean up would be a really great thing to do because I love animals. So I thought we could go around and pick up all the trash and everything and get some sun for

a little bit and it also taught us how to use public transportation, so there were various levels of learning that people could get out of the event," Christensen said.

"It was really fun. I think it was cool to give back to the community. There was a lot of trash that needed to be picked up," a Quad resident and second year business major, Maegen Luna, said.

"It was actually very fun because I was able to do it with (CSUSM Beach cleanup continued on page 8).

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Can child abuse be proven?

The testimonio of a Mexican woman

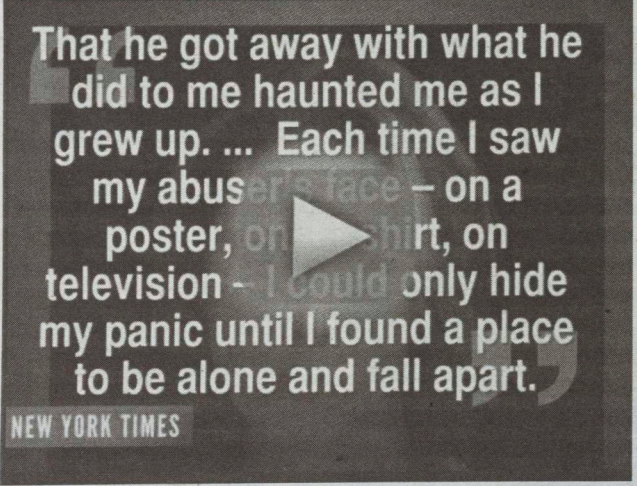
By YOLANDA CATANO
CONTRIBUTOR

Recent headlines have sparked much controversy in and outside of Hollywood for the February x issue of NYT.com, in which Dylan Farrow's letter addressed Woody Allen.

The commentaries following the letter lends support to Farrow, and many of those commentaries described similar experiences of sexual abuse without the Hollywood light. I could not help but ponder the thought of how we could come to prove accusations of child abuse?

As a Mexican woman who experienced child sexual abuse at the age of seven, I can attest to the experience where, based on the lack of evidence that victims are sometimes unable to provide, we are questioned whether the alleged sexual abuse occurred. Alleged; interesting word. I cannot think of reasons why a seven year old would happen to give such a vivid story of the abuse and still be questioned. Now, I do understand that as a society we live under the Rule of Law, and we are to always be viewed innocent until proven guilty. What about if you cannot prove the guilt? It is a controversial subject, especially when concerning children.

For Farrow's disdain, there is no form of evidence that provided enough proof. Then there is the psychological effect of child abuse that arises issues well beyond evidence of proof. For example, in my case, I was sexually abused for a period of years. As a child I was unaware that child abuse existed or that it was wrong. Yes, I lived in fear, and I knew how it phys-



<http://www.jossip.com/2014/02/dylan-farrow-speaks-out-about-woody-allen-details-harrowing-expe/>

ically hurt, but I had no idea that I could report it or to let my parents know. Issues such as this are sensitive, especially similar to Farrow's case where the person doing the abuse is someone who is close to us. When I came to the realization that I was raped, there was no way I could have gone to report it to the police because I had no report of his semen in me. It was too late.

Feministing.org published an OpEd titled: Don't be friends with Rapists. In an attempt to call attention the issue of the impact celebrities have to the public, the foci of the article posed attention to the rapists. In her article, Alexandra Brodsky calls viewer's attention to the power celebrities have. Unfortunately, the power and money Allen, who has denied the allegations, has automatically given him the upper hand in the situation. We cannot avoid the concept of power relations regarding Farrow and Allen in this case, and the advantage Allen has over Farrow due to his millionaire status.

No, but really, how can we call attention the issue of child sexual abuse? How can

we prove Farrow's version of the story? What, she was asking for it too? Oh, she is after Allen's money? Or to some exaggerated nonsense arguments of some, well she just wants attention. Well, of course all women NEED attention, especially THAT kind of attention. Despite national statistics of child sexual abuse for example where 1 and 5 girls and 1 in 20 boys experience child abuse according to the National Center for Victims of Crime. Yeah, they made those statistics up as well.

The subject on the 'culture of silence' is often spoken of in academia, but there is still a massive silence in Mexican culture for example. The story of Farrow addresses the need for women to step out of their shell and stop silencing their oppressed voices. It is a difficult subject indeed. Especially when there is supportive evidence for women that suggests reasons not to speak because what is the point if men can get away with it without repercussion. Especially in cases where child sexual abuse is dismissed because ALLEGEDLY women cannot present enough evidence.

Foot health: the bare foot trend returns with summer months

Improper shoes hurt far more than just feet and legs when worn regularly

By LAUREN HAMMOND
OPINION EDITOR

It goes without saying that foot fashion at CSUSM comes in multitudes, but have students considered how their shoes may be affecting their health?

With the amount of walking CSUSM students do across campus, it is wise for them to consider how issues with their shoes and feet can contribute to joint issues as well as hip and back pain. Shoes with even the slightest heel can affect the way men and women walk.

Heeled shoes cause feet to point in a downward position, putting unnecessary pressure on the forefoot. When pressure is placed on the forefoot, people tend to lean backward, contradicting

the lower half of the body's inclined, forward position. Heels also cause abnormalities in the way people walk as it limits the foot's natural function to push against the ground when stepping.

These walking irregularities have a critical impact on a person's posture, causing their spine to flatten: contradicting the spine's natural s-curvature. Stresses to the spine further displace the body's hips by putting too much pressure on the lower back. Chronic overuse of the hip-flexors then leads to excessive force on knee joints. To alleviate some of the excess pressure on the knees, the body tends to react by adjusting the shin inward.

Aside from daily discomfort, continual unnatural walking habits can even lead

to osteoarthritis in joints. In all honesty, barefoot is the best and most natural way to go. However, due to health and comfort concerns, many students are not open to the idea of going barefoot. If that is the case, it is imperative that students begin to look at what kind of shoes they are wearing in order to prevent long term issues with back, hip and knee abnormalities.

It is best to avoid or limit use of heeled and pointed shoes as well as flip-flops; pointed shoes and flip-flops can cause abnormalities in toe grip, displacing natural foot rhythms. Instead, students should take the time to consider shoes that are comfortable and that aid in stabilizing the foot before conquering "Cal State Stair Master."

'Far From Afghanistan' portrays life after 9/11

Recognizing the emotions of veterans and civilians alike

By ANNE HALL
DESIGN EDITOR

The war against terrorism is the longest lasting war in U.S. History. As it continues on, the media scarcely identifies the current events related to its activities. People begin to forget that American troops are still fighting a battle that many no longer understand the significance of.

While he is working in Mobile, Alabama for the next six months, my husband brought to my attention that the local radio station's morning show was addressing that the U.S. is currently in peacetime. The show also said that our United States Army will be downsized by the U.S. government during peacetime in order to reduce cost in military spending.

Among these issues, the creators of 'Far From Afghanistan' reflect on media coverage of the war, replaying imagery of the Twin Towers exploding on impact from the plane crashes, symbolizing the dust settling on America, while the people of Afghanistan suffer and casualties of innocents are constantly mutilated by our soldiers who are directed to follow orders.

This film is not for the faint of heart. Anyone with post-traumatic stress disorder is advised to consider the effect that this film's content may have and is advised to take heed before considering watching the film. For all the truth that is neglected; this film has captured. There is no bias. There is no creative obstruction of the storyline. There is only documented film of events that have taken place in both America and Afghanistan due to this war and recorded statements from people that are living within the more than a decade worth of terror in its wake. The dust may have settled in New York City on



Sept. 11, but the dark cloud over our nation and its people will reign for generations to come.

"It was a very enlightening film which lifted the veil of current events that most Americans are oblivious to. Speaking for myself, I was unaware that we were still at war with Afghanistan and the imagery produced from watching the film was very heart wrenching and has made me curious as to why media only covers 'two percent' of this war," Lana Cook, film screening attendee, said.

A fellow student and Veteran who attended the screening was not willing to share his perspective of the film because of the hardship that he encountered by watching the film. The content truly hit home, and touches on issues that spark emotions that run deep.

As soldiers return home and are slowly discharged from service due to government budget cutbacks, they are left to society and their families to work through the horrors that were experienced in the name of protecting and defending a country that appears to have forgotten about them. Our military counts every soldier as a body. When that body is unfit to fulfill its purpose, it is disregarded in a manner that is of the smallest expense to government funding as possible, in hopes of saving the taxpayers' dollars. Yet in the long run, this is costing society and the Department of Veterans Affairs far more in expenses for being proactive in finding these people help.

"I am aware that the war in Afghanistan is still going on

even though our media acts like it is over. I get my information from a news page on Facebook that I follow, and through word of mouth when I discuss recent news with friends and family. I do not know why the troops are there. My guess is that they are keeping a watch on Al-Qaeda to make sure they do not attack the U.S. again," an Events Assistant at the Clarke and the University Student Union, Gabri Provencio, said.

"Sequestration and budget pressures continue to place unacceptable pressure on our Army, its soldiers, families and civilian employees. Military retirement and retiree health care programs are under attack by those who view the programs as 'overly generous' and programs affecting the Army's ability to train and equip its forces are whittled away," according to the Association of the United States Army (AUSA) News membership report for 2014.

There is so much to the story still untold. The average civilian will never have the capacity to fully understand. There is no true way of describing the full experience of tragedy that is suffered by a soldier or sailor that joined the service to defend the rights of his or her people to find out that their sacrifices were ignored.

'Far From Afghanistan' is a film that should not be missed. This act of humanitarianism does not end with just the film. Various organizations work with the developers of the film to create public awareness. For more information, visit <http://farfromafghanistan.org>.

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Comic Book Corner

Marvel ladies take the lead roles to a whole new level of excitement

BY FAITH ORCINO
A&E EDITOR

Within the list of titles in the "All-New Marvel NOW!" phase, fans can find new books taking a more personal look at some of their favorite super women.

These stories take place after last year's "Infinity" story arc and is a new chapter for the 2012 Marvel NOW! event. Four iconic characters are given the spotlight, as well as one newcomer under a familiar name.

"Black Widow" – released in January. Readers are taken along the other side of



Black Widow, Captain Marvel, She-Hulk and others return with new solos.

Avenger, Natasha Romanoff's life. While most know her as a member of the lead heroic team, Romanoff still is an assassin. Punisher writer works Nathan Edmonson with veteran artist Phil Noto to shed light on this private and covert side

of Black Widow. The fourth issue was out on March 12.

"Ms. Marvel" – In 2010, writer Brian Reed and his creative team released the last issue of "Ms. Marvel." Now, a new creative team brought back this series with a new girl role.

Former DC Comics writer, G. Willow Wilson, and Runaways co-creator/artist, Adrian Alphona, combined their talents to introduce the new Ms. Marvel, Kamala Khan. Khan is the first Muslim character of Marvel Universe to receive a solo book series. Both editor, Sana Amanat, and writer, Wilson, are Muslim and work to deliver the teen Pakistani American superhero. Issue Two will be on shelves March 19.

"She-Hulk" – Jennifer Walters, cousin of Bruce Banner, is back with writer, Charles Soule, and lead artist, Javier Pulido, showing a closer look at the life of She-Hulk. Readers

see her attempt to balance her time between her missions and some of the crazy lawsuits her firm gets. Marvel employs the help of watercolor illustrator, Kevin Wada, to create beautiful covers of the single issues. March 5 was the release of issue two.

"Captain Marvel" – A new chapter for Carol Danvers starts with the re-launch of "Captain Marvel". Writer, Kelly Sue DeConnick, returns with artist, David Lopez, as Danvers travels a different path. She faced many of her past demons, including the very being that gave her the powers she has now. After dealing with

these conflicts, Danvers will have new ways to prove she is "Earth's Mightiest Hero". The first issue was available in print on March 12.

"Elektra" – The assassin in red goes on her own with a new series to be released in April. Former co-writer of Batwoman, Haden Blackman, and veteran Marvel artist, Mike Del Mundo, plan to show a more graceful side to Elektra. The book will be about her trying to find a way out of the dark world she lived in New York for many years.

For more information on any of these series, visit your local comic vendor or Marvel.com

CAMPUS EVENTS

Wednesday, March 19

• **Candlelight Vigil** | 5 - 8PM
Forum Plaza
Gathering to remember lives lost to alcohol, drugs and DUIs.

Thursday, March 20

• **Faculty Forum - Diversity Matters**
Commons 206 | 12 - 12:50PM
Discussion and dialogue on diversity, educational equality and social justice issues.

• **ASI Rock for Life** | 6 - 8:30PM
USU Amphitheater
American Red Cross event; live entertainment, food, opportunity drawings, etc.

• **Accounting Society:**
Junior Achievement

• **Frontiers in Science**
Sci 2 Hall 242 | 12 - 12:50PM
CSUSM Dept. of Physics presents Frontiers in Science: Perspectives from Discovery at the Interface of Science, Mathematics, and Engineering.

Friday, March 21

• **TLC Workshop: TEDTalks**
Univ. Hall 100 | 12 - 12:50PM
"Leading with Lollipops;" TEDTalks Discussion on the concept of leadership.

Monday, March 24

• **New Literature, On & Between the Screens**
Arts Hall 240 | 6-9PM

Tuesday, March 25

• **TLC Workshop: Leading Your Own Success**
Univ. Hall 100 | 12 - 12:50PM
Discussion of 4 C's critical to career success; Diplomas into dollars!

• **Americana Music** | 7 - 9PM
Arts 111 Performance Hall
Evening of music and learning about the history of the slide guitar in Americana blues. CSUSM Students Free!

Wednesday, March 26

• **Film: Winter in the Blood.**
Arts Hall 240 | 6 - 8PM
Screening of Winter in the Blood, story of Blackfeet man

Thursday, March 27

• **Intellectual Property Seminar series**
SBSB 4117 | 12 - 1PM
Part 2 of 5 part lecture series: broad look at Intellectual Property (IP)

MPP Forum- Diversity Matters
Kellogg Library 3010 | 12 - 1PM
Discussion on diversity, education equality and social justice issues

• **STEM Career Connection**
5 - 7PM
Clarke 113 (Sulpizio Grand Salon)
Meet employers in fields and industries of science

• **CSUSM Faculty Artist Piano Concert**
Arts 111 Performance Hall | 7 - 9PM
Ching-Ming Cheng solo piano recital
\$5 For CSUSM Students

Friday, March 28

• **TLC Workshop: Leading Your Own Success** | Univ. Hall 100 | 12 - 12:50PM
Discussion of the 4 C's critical to success; Diplomas into dollars!

Thursday April 10th

• **Library Video Contest:** all submissions due April 10th! Screening on April 17th at 5 - 6:30PM

Tuesday, April 15

• **Student Veterans Organization (SVO) Meeting** @ U-Hour Craven 3701



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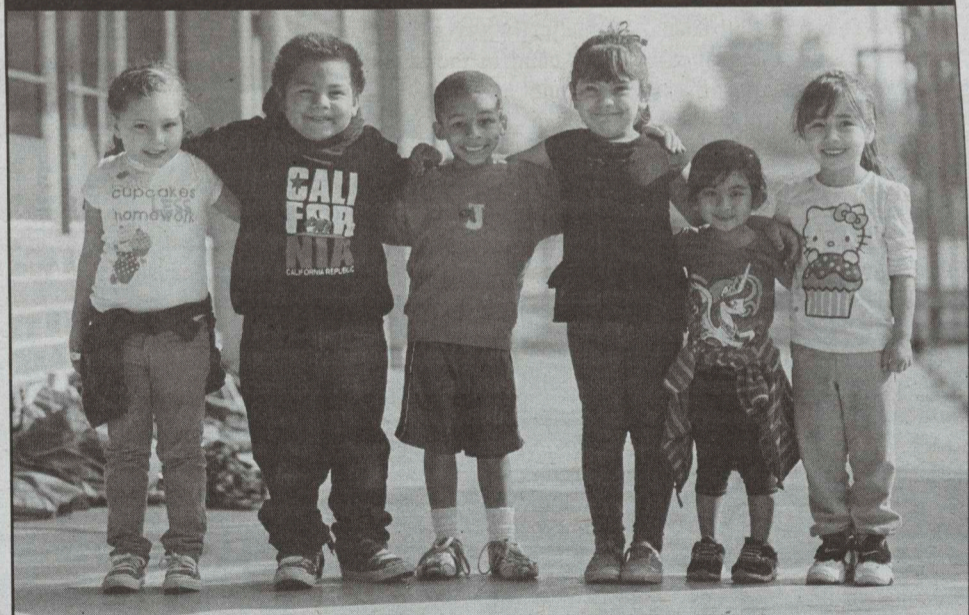
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STUDENT A: "HALF WAY POINT" by Faith Orcino



Pianist fuses music and visual art in music

By RYAN DOWNS
SENIOR STAFF WRITER

For about as long as she's been a teacher on campus, Dr. Ching-Ming Cheng has performed at on-campus events for the University, and she has already made plans to do so again. This month, Dr. Cheng will perform a piano recital for the benefit of students.

Dr. Ching-Ming Cheng plans to conduct a piano recital with an emphasis on art and imagery, showcasing pieces inspired by paintings. In another sense, these pieces are those that give the impression of creating images themselves.

"I would say the theme for this program is 'use music (piano) to paint,'" Cheng said.

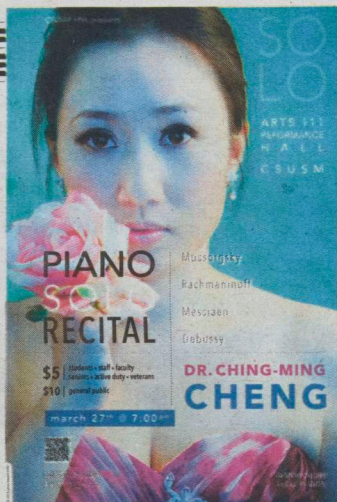
It's a fitting theme; the pieces she intends to use include works by Russian composers Mussorgsky and Rachmaninoff and French composers Debussy and Messiaen.

"These composers wrote their compositions based on the paintings they saw and wanted to create a musical 'image' of the painting," Cheng said.

Cheng hopes this will give students a better understanding of the links between various arts and the ways in which the visible and the audible inform and inspire one another.

Dr. Cheng's fascination with the artistic blends between music and imagery fuels the project, leading to her use of primarily impressionist music which ranks among the more colorful personalities in music style.

"Impressionist music is one of my favorite styles of music," she said. "[It's] best known for its colors, light-



ness, and the ability to generate different levels of timbres in music to create peculiar images for the listener."

In order for the audience to get a better understanding of the mindset the composers were in upon the creation of the pieces, Cheng will be displaying some of the paintings that inspired the music. Cheng, who has a long history of both solo and collaborative performances around the world including participating in the Second Chinese International Piano Competition in 2009, voiced her excitement over the event.

"I really hope the audience will enjoy this journey of both visual and musical evening of some major twentieth century works," Cheng said.

She worked as an educator at over six universities, but Cheng currently works as an associate music professor on campus. Her website can be visited at www.chingmingcheng.com. For more information on the recital and to purchase tickets, visit www.csusm.edu/vpa.

The recital will last a little over an hour, with a brief intermission. It will be held at 7 p.m. on Thursday, March 27 in Arts 111.

Cougar Shuffle: Midterms, Mixtapes and Remixes

By Faith Orcino

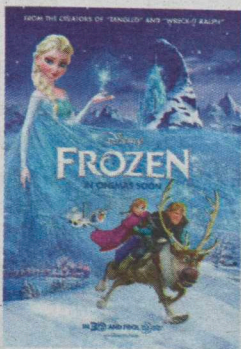
It's midterm season on campus so here's a playlist that will help you get through those many assignments, projects and helpful study guides.

Tracklist:

01. "Please Don't Go (kuma remix)" by Mike Posner
02. "Trying To Be Cool (Robotaki Remix)" by Phoenix
03. "Better Days (Ellie Goulding v. Outkast v. Vanderway)" by Ricky Cervantes
04. "Acquarium 2013 Illumination Mix" By DA (Dirty Androids) and Aquarium
05. "Fly Away To The Black Moon" by TeddyLoid
06. "Electronic Dance Music Mix" by DJ Meji
07. "Take Me Home feat. Bebe Rexha (Kastral Remix)" by Cash Cash
08. "Strangers To Find (Extended) [Seven Lions x Zedd]" by flipboitamidles
09. "We're Dreaming (Zedd & Foxes v. Skrillex & Kaskade)" by Ricky Cervantes
10. "Dearly Beloved (Vose Remix)" by Yoko Shimomura

DVD & CD Dropping

By CAITLYN THIBODEAU & FAITH ORCINO
STAFF WRITER & A&E EDITOR



'Frozen's' tale warms hearts

Disney's 'Frozen' has been one of this year's top blockbusters, grossing over \$864

million. After the release being pushed back, it is finally hitting stores on March 18. RottenTomatoes.com gives it 4.5 out of 5 stars. Critics called it a "winter wonder of a family film" with princesses that "we can definitely warm up to." After seeing this movie myself, I would definitely say it's a must see. It transforms the stereotypes associated with fairy tales by featuring strong female leads and a meaningful story of two sisters finding out who they are as individuals as well as a family.



'Foster The People' returns with new album

The 2009 indie pop group 'Foster the People' dropped their second album, Supermodel, on March 18. Earlier this year, they released the single "Coming of Age" and it was a teaser to what fans will hear and see on this new album. Its music video includes a special time-lapse of the cover art as a large mural

(CSUSM Beach Cleanup continued from page 5).

friends. I felt like I contributed and was able to help out my community. It may not look like it's dirty, but once it starts stacking up you can really see that it did need to be cleaned up," a motivated participant and second year kinesiology major, Betsy Flores, said.

"When I was going through it and thinking about all of the things that we were picking up, I was thinking about how it could impact animals if they ate it. I'm always watching documentaries about things on the soda cans and how much a difference picking up those little things can do for the few animals that we might help. I thought that was pretty cool," another Quad resident, Rio Ammari, said.

"My roommates wrote it on the board in our dorm. We found out from our RA, Sarah. She came by and told us about it and had the sign up sheet so we really felt like we wanted to do it," Rio's roommate, Zhaina Moya, said.

Sarah Christensen offered the event to her residents first, and then went around the Quad to engage others and find equal interest in joining the group.

"We want to do it again and make the event an even bigger one," Christensen said.

The next event is tentatively scheduled for 8 a.m. on April 26. People interested in participating in the event can contact Sarah directly at chris081@cougars.csusm.edu.

in Los Angeles, designed by 'Young & Sick,' who 'Foster the People' collaborated with before for the cover of "Torches." The band planned tour dates through both the spring and summer seasons, including performing two days at this year's Coachella music festival and overseas in Europe. Visit <http://www.fosterthepeople.com/> to find more on the band and their upcoming performances.

