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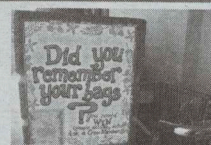
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Don't regret missing this last regular season home game

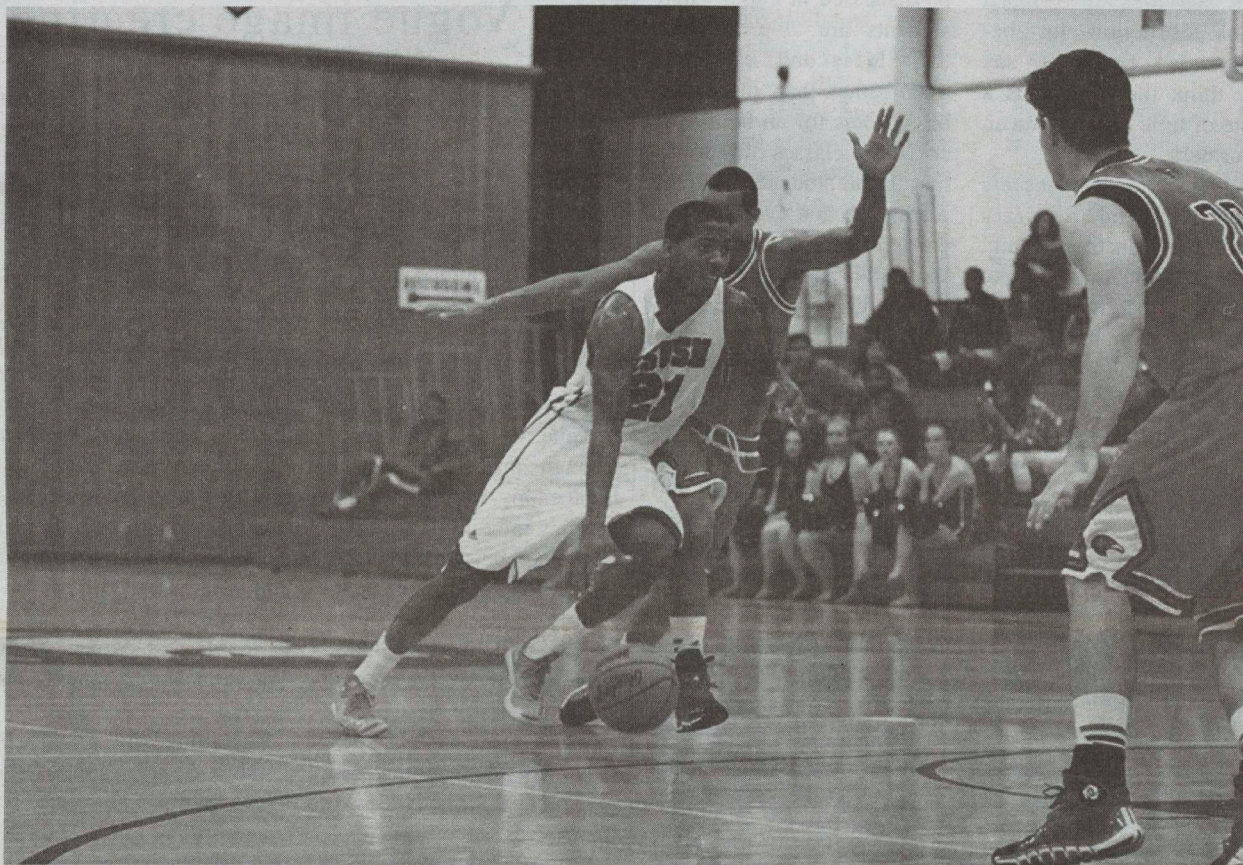
By JUSTIN DONNER
SPORTS EDITOR

The CSUSM men's basketball team is now ranked No. 1 nationally in the NAIA, and they have only one more regular-season home game to play against Bethesda on Tuesday, Feb. 11 at 7:30 p.m.

With admission being free for students, this is the perfect opportunity to witness a piece of history in CSUSM athletics.

This season started off with the Cougars playing the San Diego State Aztecs, a NCAA Division I program, in an exhibition game. The Aztecs are now ranked No. 5 in the nation on both the AP Top 25 and USA Today Coaches' Poll.

CSUSM lost this match up, but definitely held their own against a nationally ranked division I program. At one point, the score was 58-55 at the 8:26 mark of the second half. If this was not an exhibition game, Jason Johnson's 27 points for CSUSM, would currently be the second high-



De'End Parker drives the lane earlier this season. Photo by CSUSM athletics. Visit website at www.csusmcougars.com

"I think we are the best brand of basketball in North County," CSUSM head Coach Jim Saia said at the beginning of the season.

est on the season, falling only behind De'End Parker's 28 against Vanguard. This game was a strong predictor of the high caliber of play we have seen from the Cougars this year.

Jim Saia's brand of basketball seems to be working for the Cougars, as they were the first team in the country to reach 20 wins on the season after their 86-73 victory over Simpson on Jan. 18. They are currently boasting a 21-1 record overall, and they have remained on the national poll for 19 straight weeks, a streak that dates back to last season's preseason rankings.

If you happen to miss this upcoming regular-season home game, the final appearance for the Cougars will be March 1 with a 7:30 p.m. start time. This exhibition game, against St. Katherine, will honor the team's seniors.

These last two home appearances offer students a great chance to see the rapidly developing athletic department representing them at CSUSM.

30 minutes can save a life

Upcoming blood drive on campus

By KATLIN SWEENEY
EDITOR-IN-CHIEF

Students have the opportunity to make a huge impact on people's lives by donating blood this month.

The American Red Cross and the CSUSM Athletics Department are teaming up to host a blood drive on campus, with the goal of having 75 students participate. Just by spending 30 minutes of their time, a student can save the lives of up to three people with their donation.

"When I was born I was diagnosed with a rare blood disease called hereditary spherocytosis. My disease caused me to spend several months in the hospital receiving blood transfusions and missing out, for the better part of my childhood, playing athletics," former CSUSM baseball pitcher and

blood drive organizer, Jackson Gaskins, said. "I realized from a young age that because of blood donors I was able to live my dream. I was able to compete in sports after about the age of 10, perfectly healthy and fully functioning."

Students can schedule their donation appointment ahead of time at www.redcross.org with the code CSUSM. They are encouraged to eat iron-rich meals beforehand. On the day of the blood donation, students should make sure they have had plenty of rest, wear comfortable clothes, bring a form of identification and drink extra fluids.

The American Red Cross Blood Drive will take place from 9:30 a.m. to 3:45 p.m. on Monday, Feb. 17, in the Grand Salon of the Clarke Building. Every donor will receive a Red Cross T-shirt as a thank you for donating.

The generation of bloggers flood the web

Social media and technology increase our interest but hinder our retention

By GLORIA MACALLANES
SENIOR STAFF WRITER

When it comes to the word "blog," there are people who automatically reject the idea of owning one and much less writing one.

Yet there is a large number of young people who are gaining more interest in creating and sharing their own personal blogs, as evidenced by a growing number of blog-formatted forums in recent years. Blogs are being created for multiple, and new, purposes.

With the evolution of technology, it is normal to encounter people who embrace the idea of self-expression. If someone is interested in sharing their written work or ideas, they can almost be certain it will be read or "skimmed" by others online. Many blog sites give writers an opportunity to hashtag after every blog post and it al-



lows other users with similar interests more opportunity to view it.

There are other tools to help share written work with more people. Most sites now have "share" or "reblog" buttons that make it easy to spread the word on people's creations. Modern social media makes it easy for people to create and inspire. Whether they like to write or share their fashion sense, they can always rely on blog sites to give them that liberty.

Tumblr is one of those blogs. It's a site that is not just for creators but also for followers.

"I look down the list of blogs and I follow whatever seems interesting," CSUSM student, Yadira said.

Yadira, among others, uses

this social media site to learn more about what they are interested in, whether it be TV shows, cooking, fashion, science or poetry.

Some studies show that people in our generation have shorter attention spans due to the fact that we retain less when we read and this happens because of our skimming habits. Nicholas Carr speaks about this new habit in his book *The Shallows: What The Internet Is Doing To Our Brains*.

"The more we use the Web, the more we train our brain to be distracted—to process information very quickly and very efficiently but without sustain attention," Carr said.

Yet blogs that focus on news, science and history, give everyone the ability to understand things they otherwise might not comprehend easily if they read it in an online article or newspaper.

Though blogs may make

such people more comfortable with reading information outside their comfort zones, blogs can contain information that is questionable because of a lack of being based on reliable evidence.

Those who rely on other people's blogs to get information about news or fashion trends often don't think twice about whether the posts are credible. They forget about the biases that often occur in these blog posts.

A blogger can pretend to be an expert or journalist, without experience or a degree. To many people it is simply the truth, without question.

People tend to follow what they like and therefore read what they are interested in. Sometimes confirmation bias, the act of looking for information that confirms previously held beliefs, is a related issue.

Books are worth investing in

By ALISON SEAGLE
SPORTS COLUMNIST

Now that the new semester is underway, the lines at the bookstore have dwindled and students are beginning to crack open those books that they've spent so much money on.

Some students are reading their books, or at least they intend to. Not reading the material occurs at CSUSM as well as other schools. This factors into the learning process and can affect even the smartest individual's ability to pass a class.

Regardless of major, students can be heard around campus discussing their reading assignments: they have too much to read, they read everything, they read nothing, they only read for classes they like, they only read for classes they struggle in or sometimes they don't even bother getting the textbook for a class.

"It is ineffective for students to attend my classes if they have not prepared by reading the text, but I can't speak for other professors, who may work differently. The reason I give unannounced reading quizzes is to provide external motivation for students to read the assignments, as I find that they largely do not read if I don't provide some kind of grade incentive," said Dr. Heidi Breuer, a literature and writing professor at CSUSM.

There are two important factors every student should consider before deciding to forgo reading assignments: their own personal learning style and the format of their course.

Everyone has different ways that they learn. Some studies suggest that people have different learning-styles or sense-based best approaches for learning.

People can be auditory learners, some learn better



To read or not to read? Flipping through pages, by Anne Hall.

when they have visuals to aid them and others grasp concepts best when kinesthetic activities are included in the instruction. Just because a few classmates say they think the reading is a waste of time does not mean it's useless.

In fact, many teachers administer regular quizzes based solely on the reading. Perhaps students that shy away from reading may just learn better from lecture than from reading. Other students may prefer to do the reading on their own and feel like going to lecture is a waste of time.

Students can go to the following link to get an idea of what their learning style is so they can develop study habits to help them best understand material: <http://www.edutopia.org/multiple-intelligences-learning-styles-quiz>.

The format of a course and the teaching style that the professor uses also play a part in determining whether the reading assignment is worthy of a student's time. Some professors thoroughly cover all of the reading in their lectures, and often more, only assigning the reading so that students can get a preview before the lecture, and hopefully follow along better or ask questions if necessary.

Other professors assign reading to be done before class so that the material can be discussed in class, where students are able to share their ideas and interpretations rather than just scribbling notes for an hour. It is critical in classes of that format for all students to do the reading so that everyone can participate, more ideas can be shared and a greater understanding of the topic can be grasped.

If only a handful of the students do the reading, those class discussions will not be very lively and the students who have not read will not get the most out of their class.

Curling up on the couch with a textbook to spend an hour or two reading may not sound like everyone's idea of a fun night, but it may be necessary for a student's learning style or the best way to prepare for a class so that students can benefit the most from taking that course.

The Cougar Chronicle will be conducting an anonymous survey on the subject of reading textbooks and other sources. To take the survey, go to:

<https://www.surveymonkey.com/s/8PG5R86>.

Responses will be included in a follow-up story later this spring semester.



Vogue photo created of Lena Dunham. Visit the magazine web site at <http://www.vogue.com> for the full story.

Reshaping perception The Vogue image creating controversy

By ALEX MARAVILLAS
FASHION COLUMNIST

Vogue's February issue will feature a retouched photo of Lena Dunham and some people feel the use of Photoshop on the actress is inappropriate.

In times where editing photos is practiced, we can reshape a person's body through programs such as Photoshop. Because of the media's infatuation with unattainable beauty standards, Photoshop has taken a primary role in the tool set of the modern day magazine editor. However, there are certain situations where these photos are criticized, such as how they affect the way that people perceive attractiveness in themselves and others.

A few CSUSM students weighed in about the issue of retouching on body images. The representation of women in the media is an issue that students immediately pointed out problems with.

"In our society, the representation of women is a complex and interesting issue," CSUSM student, Melisa Velazquez, said. "Women for example are being objectified and judged by their physical appearance. Even through new diversified roles of women arise, images of [how] the media represent women have a strong influence."

"In my opinion, the media produces an unachievable

representation of women through means of perfection and a standard of idealized beauty that does more harm than good," CSUSM student, Paul Rodriguez, said.

Vogue fashion magazine just released their February issue featuring actress Lena Dunham from the show "Girls." Some people feel there is a paradox between the spirit of the HBO show and the modifications the magazine made to Dunham's photos. The website Jezebel.com offered \$10,000 for "unretouched" photos of Dunham after the Vogue shoot. The request was quickly answered.

Regarding the photos of Dunham, critics pointed out the obvious Photoshop retouches done to the actress's body. According to Jezebel's blog, she had the bags under her eyes retouched, her smile lines airbrushed, her jaw refined, among other changes. Jezebel also claims Dunham had numerous touch-ups, such as her neck thinned and brought in, her hips pulled in and a male model's knee raised to be closer to her.

According to "Gender and Popular Culture" by Katie Milestone and Anneke Meyer, "Women in popular culture have always been closely associated with and scrutinized in terms of their physical appearance, for example the size and shape of their appearance or the condition of their skins."

Some feel the need to be worried about the long-term effects of Photoshop's prevalence in Western media, citing children and eating disorders as the reason for these concerns.

Consider the message of the popular BuzzFeed video, "Watch Photoshop Transform Your Favorite Celebrities Right Before Your Eyes." According to the video, on a typical day 8 to 18 year olds engage in some form of media for an average of 7.5 hours a day.

Of a survey of American elementary school girls who read magazines, 81 percent of ten-year-olds said that they are afraid of being fat. 69 percent said images influence their concept of the ideal body shape. Forty-nine percent said the pictures make them want to lose weight and one-third of non-overweight girls reported dieting. Seventy percent of people believed that advertisements and media should use more average sizes.

Lena Dunham's controversy is just one small incident out of thousands of others. Student opinions seem to lean more towards the harmful effects of Photoshop on body images.

The Cougar Chronicle will be conducting an anonymous survey about magazine reading and body image perception. Go to <https://www.surveymonkey.com/s/MY-QTHQJ>.

Descendants of baby boomers are not reproducing

By ANNE HALL
DESIGN EDITOR

As buildings rise to higher heights and neighborhoods are designed to accommodate max capacity, the population is supposedly catching up with itself.

Multiple sources trace the national birth rate as it drops and postulate possible causes. CSUSM students contradict the measures.

According to nation.time.com, the American Census shows that our 1 percent population growth is the lowest birth rate since the Great Depression.

Based on the National Vital Statistics Reports from the U.S. Department of Health and Human Services, the nation's conception rate had depleted by 3 percent between

2007 and 2010 and slightly increased in 2011 and remained constant through 2012. The 1 percent growth noted in 2013 still does not surmount the rate for reproduction.

"Who doesn't want a carbon copy mini me? Plus these genes MUST carry on... Nuva Ring until there is a ring on her finger," communications major, Kyle Gloges, said.

The American Community Survey Reports show that 34 percent of women bearing children since 2011 were unmarried in the State of California.

"Women and men who have children outside of marriage are younger on average, have less education and have lower income than

married parents," according to the Census.

The U.S. News reported on May 6 of last year that poverty is linked to "out-of-wedlock births" because of these statistics.

"As in the case for mortality, some assumptions about the fertility trajectories are consistent across countries and regions.

An expected increase in contraceptive prevalence is implicit in the assumptions about future fertility declines for many countries.

For some countries, future

fertility levels are projected to experience only minor changes, either slight decrease or slight increases.

The results of logistic projections are evaluated in light of recent socioeconomic trends, social policies, public health and program coverage, and the proximate determinants of fertility.

Trends in women's educational attainment and labor force participation, for example, are examined.

Family planning program efforts are also reviewed as are age at marriage and the

proportion of women using contraception," according to the Census Bureau's International Data Base.

In light of these projected measures, 30 students at CSUSM were surveyed on their desire to have children.

Questions asked if they are parents, their marital status before or after having children, how many children they would like to have and whether the recession plays a part in making choices to start a family.

Twenty students stated that they had interest in having

children, and of those 20, four individuals stated that they would be willing to adopt.

They equally state that society is overpopulated and there are many children that need families.

"The earth is reaching max capacity. It is no longer necessary to reproduce for survival of the species. Adopt," communications major, Benito Olamendi, said.

(Babies continued on page 4).

Heart Beat

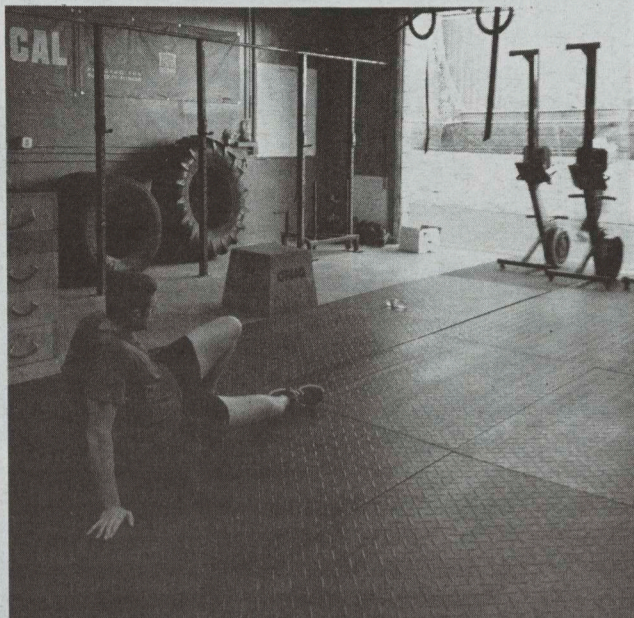
Crossfit an exciting and communal form of exercise

BY RACHEL GALLEGO
HEALTH COLUMNIST

If you have not heard of crossfit yet, it is the recent exercise regimen that consists of various high-intensity and functional movements that enhance all aspects of a person's performance and fitness level.

What may seem strange and unfamiliar has a remarkable way of bringing together the community. This is one of the fundamental foundations that makes crossfit so effective.

Crossfit has recently become a popular group exercise program involving many different exercise routines, weights and movements including barbells, jumping squats and handstand push-ups. It is different from that of a traditional gym because people are not only there to get better themselves, but everyone is working together to advance the entire group. It prides itself on the communal aspect, because it gives people the support and encouragement needed to continue to benefit their



Stretching at the cross fit gym. Photo provided by Rachel Gallego.

performance.

Although it is a program focused on strength and conditioning, one of the principles of crossfit is that it does not specialize in any particular sport or target muscles. Each class is different in that it changes its routines and exercises so that you are always gaining new experiences. Crossfit encourages individuals to push themselves and continues to challenge

your body to adapt to increased demands.

"It never gets easier, and that's why people keep coming back," James, an instructor from Crossfit Mission Gorge, said.

Due to its wide variety of exercises and team effort, Crossfit is ideal for any committed individual that is willing to try a new way of exercising that is unlikely to become boring.

Track and field gearing up for the season

BY SHAINA PARDO
SENIOR STAFF WRITER

This track season is beginning to ramp up, with the women having already started and the men soon to follow.

There should be a lot of notable action to look out for this year with returning and new talent on both sides.

Brittany Hollie and Brianny Williams started the season off in style with excellent performances at the Azusa Pacific Indoor All-Comers meet. Both placed second in their qualifying heats, and then ended up with the third place overall time from Hollie and a fourth place time from Williams. An eye should definitely be kept out for both of these athletes this year. Hollie has already earned an automatic spot in the NAIA National Championships with her first performance as a Cougar. Williams is eligible for nationals from her performance in the 2013 Indoor Nationals.

"We have athletes who have their events on lock which is Kelly Thompson in the 3k, Heidi Swanson in the mile, the women's 4x800 team, the women's 4x400 team and the distance medley relay should all qualify," head coach Steve Scott said.



Swanson and Reyes running for the finish, provided by CSUSM athletic department. Visit website at www.csusmcougars.com.

Last season the Lady Cougars finished 13th as a team. Finishing top 20 is an accomplishment in itself. This season the women have returners who did really well last year such as Kelly Thompson who was third in the 5k, Brianny Williams who was fifth in the hurdles and Amber Rosario who was an All American in the 4x400 relay team and in the 100 meter hurdles. With all of the strong returners and new athletes adding to the equation, the women's team

has the potential to be even more competitive than they were last year.

As for the men, this season CSUSM has the whole team back. This includes Maurice Strickland, who was an All American in the decathlon, the 4X800 and the 4x400. The men will have their first meet Feb. 22 in Claremont at the Rossi Relays.

From the looks of all the returners and new members of this year's team, the men and women should both do even better this season.

UPCOMING HOME GAMES

February 4	Men's Baseball vs. Chapman	2:00 pm
February 5	Women's Basketball vs. Point Loma Nazarene	3:00 pm
February 8	Softball vs. La Verne	12:00 pm
February 11	Men's Basketball vs. Bethesda	7:30 pm
February 15	Baseball vs. Biola	11:00 am

Get Out!

Get a taste of winter at the Iceoplex

BY ALISON SEAGLE
SPORTS COLUMNIST

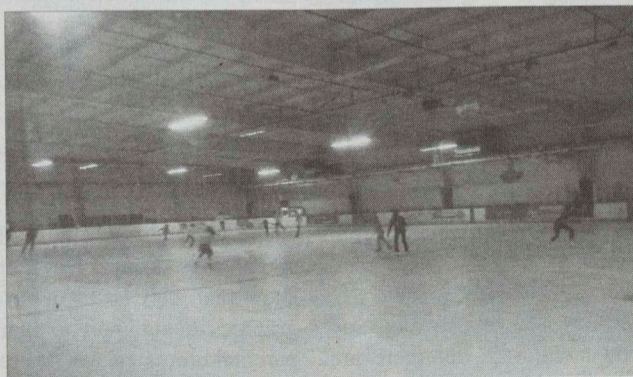
It may seem like Southern California forgot about winter this year. But at the Iceoplex in Escondido, you can bundle up and hit the ice to find that winter feeling.

Just a short drive from CSUSM, Iceoplex is a necessary trip for any student.

There are many public skate sessions at the Iceoplex that visitors can enjoy.

Skaters can skate laps around the rink while listening to pop music, or migrate to the center to practice some fancy moves. During the week there may be hockey lessons or practices going on at the end of the ice, but on the weekends they turn down the lights, turn up the music and the atmosphere gets a bit more party-like.

Hockey leagues are also available at the Iceoplex, and they vary dependent on skat-



Children figure skating at the Iceoplex, by Alison Seagle.

ing ability and experience. Anyone looking to improve their hockey or ice skating skills can also sign up for lessons.

Skaters can take a break from skating in the snack bar. The menu has a number of usual snack items. This includes beverages like hot chocolate and apple cider for the skaters to warm up with while the Zamboni smooths out the ice.

A public skate session is \$10, which includes admis-

sion and the rental of ice skates.

The Iceoplex is located at 555 North Tulip in Escondido. Their full schedule can be found on their website, <http://iceoplexescondido.com/>, as well as more information about hockey leagues, lessons and special events.

Even beginners, or someone who hasn't laced up a pair of skates in years, can enjoy themselves at Iceoplex.

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Building CSUSM softball brick by brick New coach leading team thirsty for national title

By JUSTIN DONNER
SPORTS EDITOR

CSUSM softball is fast paced, fun to watch, has free admission for students and is 10 times better with a packed house.

The team has done well in the past, including four straight NAIA National Championship appearances, but new coach Laurie Nevarez brings the skills necessary to continue building the program for a university that has experienced overall rapid growth.

"She is a great coach and great person. Coach Nevarez holds us accountable, looks out for our futures and puts school first," senior outfielder, Brittney Guy, said.

Nevarez spent 10 years as the head coach of the University of Redlands, and had led the Bulldogs to nine straight SCIAC titles. In fact, her first game as a Cougar was against her old school, and the Cougars swept the Bulldogs with a pair of victories.

"It was an intense first couple of games and we were focused. I knew their players because I had recruited a lot of their roster," Coach Nevarez said.

Some key players to look out for this season would

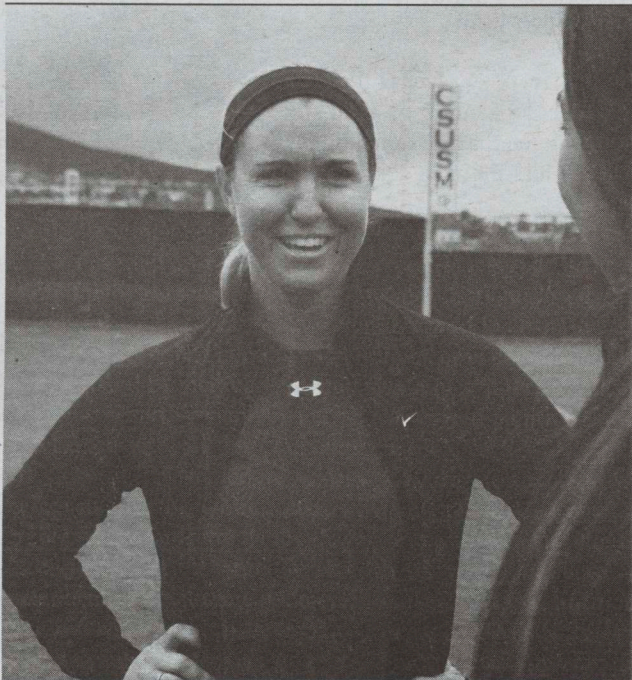


Photo of Coach Nevarez in action, provided by Anne Hall.

be Alex Miller, a senior outfielder, Brenna Parker, a transfer from Palomar and Katie Wilkinson, the Cougars' junior pitcher. Students of CSUSM should mark Sunday, April 13 on their calendars since the Cougars will be taking on Concordia. They are the team that won the NAIA National Championship Tournament last year, and it should make for a very exciting game.

"We are building this program brick by brick, and the administration has been very supportive of that," Nevarez

said.

Coach Nevarez is excited about her position because the university is growing and going places. She already had family and a house in the area, and the move to San Marcos seemed like the perfect scenario for her and her family.

The next home game for the Lady Cougars will be Saturday, Feb. 7 at noon and 2 p.m. against La Verne. It's a great time to check out what CSUSM has to look forward to this year out of its softball team.



Original work by the author. These are being used for her classes this semester. Photo by Noelle Friedberg.

DIY Corner

How to give your notebook a pick-me-up

By NOELLE FRIEDBERG
SENIOR STAFF WRITER

With the beginning of a new semester comes the same dreaded feeling of schoolwork.

We sit in class, reminiscing on all the fun we had over winter break and daydreaming about the upcoming spring break.

Monotony quickly sits in. But alas, there is one small way to spice up your school routine. And that way is to collage and decorate your class notebook so that it matches your unique personality and interests.

Sounds kind of fun, right? Well it is, trust me.

You will need:

1 notebook or composition book

Pictures from magazines, old calendars, old picture books, travel books etc.

Scissors

Glue

Clear packaging tape

1. Find and cut out all of your pictures. Choose pictures that you find beautiful,

that inspire you or that you find amusing. You want your collage to be something you're going to want to look at every day.

You can cut your pictures out any way you like. This could be in straight squares or cool shapes.

The most important part of this process, however, is that these pictures will give your notebook a personal and unique flair.

2. Next you must arrange your pictures on your notebook. I have found it works best if you first plan out where you want to glue down all of your pictures before you actually start the gluing.

Once you have done that, you can start to apply just enough glue to the back of each picture so that it doesn't move around too much.

What will really hold the pictures down is the packaging tape you are going to apply in the next step.

3. This is the last step before you can sit back and fully admire your handy work.

Starting at either the far left or far right side of your notebook, you are going to gently place one long strip of packaging tape from top to bottom.

I say gently because you have to proceed with caution in order to make sure the tape is in a straight line. You cannot set it down and lift it up again because it is far too sticky for that.

Fold the extra tape over the top and bottom edges of your notebook. Once you have laid the first strip of tape, continue this process until you have covered your collage completely.

This layer of tape will allow your pictures to stay nice and fresh looking and prevent any water damage or crumpling to ruin your collage.

Once you become a pro at decorating your notebooks you can start giving them to your friends as gifts. They're perfect presents because they're an inexpensive but personal way to give your friend a gift as unique as they are.



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God First Since 1899

(Babies, continued from page 2).

"I would like to have my own children, but there are thousands of children who need homes. I've always been open to adopting. I think it is beneficial for children to have both male and female role models," communications major, Kelsey Schwarz, said. "With that said, I will have children someday, hopefully while married, but if not, I'll still be the best mom ever. I want to have two or more children as I'm interested in being a foster parent."

Of the students who participated in the survey, two were parents with one child

each, who were not married when they conceived but show that the Census demographics do not apply to their parental status or the desire to have a family. The average number of desired children among people that do want to reproduce is two.

"I want to be able to give my children all the advantages I didn't have and hopefully they can make a bigger difference in the world for the better. I would like to have a child with or without the married label as long as my significant other is willing to help," psychology major, David Acosta said.

16 out of 30 surveyors state that the recession and socioeconomic climate of society

has nothing to do with their decisions to have children. Half of the individuals interviewed state that the socioeconomic condition does not affect their choice to get married. All 30 participants, however, are college students that will most likely make more money after getting their degree than if they had not.

CSUSM appears to be contradictory to Census projections for the social drive to reproduce.

If the present birth rate continues or escalates in depletion, America will soon experience youth as the minority and the weight of society will once again rest on its elders.

Nursing Beat

Starting out for Spring 2014

BY MEGAN HABEGER
NURSING COLUMNIST

The year 2014 promises to be a momentous year for many of CSUSM's students, whether they are excited to be starting their first semester at the university or are preparing for a long-anticipated graduation.

For the pre-nursing students, they may be hoping that this is the year they finally get accepted into nursing school! However, in addition to focusing on those last few prerequisite classes that are needed to meet the application requirements, there are a few extra steps that pre-nursing students can be taking even now to improve their experiences once they do get into the nursing program.

First: Learn to be a team player! Nursing students quickly realize that the independent study habits that got them good grades in all their other classes do not necessarily equate to success.

The structure of the nursing program is such that students are thrown together for two to three years (depending on the specific program) of constant group papers and projects. If they are not handled properly, these group assignments can be a major source of stress and even resentment between classmates. Therefore, rather than always relying solely on yourself in order to avoid the

potential headache of group work, start taking advantage of any and all opportunities to improve your teamwork skills of communication and coordination with your peers.

When in a group setting, practice being assertive in speaking up if there is an inappropriate distribution of the workload. Also be able to discuss potential problems calmly and respectfully rather than allowing frustrations to escalate.

Learn to recognize the strengths and weaknesses of both yourself and those you work with so your team can make the most effective use of each other's abilities.

The second, related, tip is: Become an APA master! You may have had some casual exposure to various formatting guidelines in previous classes, but once you are in the nursing program (as with all the sciences) you need to develop an intimate familiarity with the formatting style of the American Psychological Association (APA).

With an overwhelming number of papers, care plans and exams to keep up with every week, you will not have much time to spare for figuring out what to include on a title page or how to properly create in-text citations. If you have mastered the rules of APA formatting ahead of time, you will not only be doing yourself a favor, but you will quickly become a valuable resource for

your classmates.

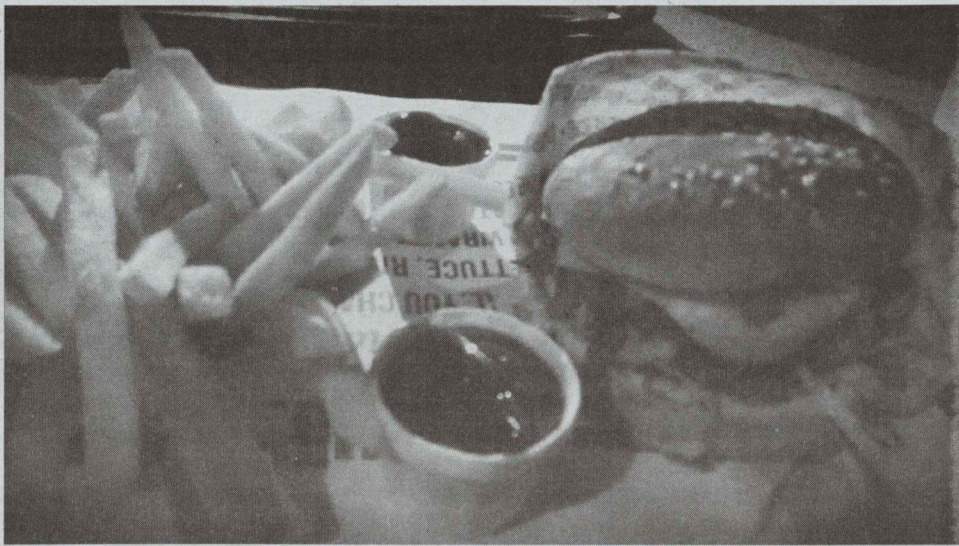
Lastly, one of the best things you can do to prepare yourself is to gain hands-on experience by working or volunteering in a healthcare setting.

Not only do volunteer hours help you earn points for the nursing program application, but more importantly, you gain valuable insight into the reality of life as a health care professional.

Reading and studying about *Clostridium difficile* in a microbiology class is one thing, but experiencing the smell of a patient with *C. diff* for the first time is what will really help you determine if nursing is for you!

Additionally, simply becoming familiar with the terminology, equipment and the roles of the various members of the healthcare team will prove to be an invaluable advantage in minimizing the terror and confusion that inevitably washes over each and every nursing student when they show up in a foreign environment for their first day of clinicals!

Of course, each student will have to make their own way, whether through Nursing School or any other program, but hopefully by taking advantage of the tips and tricks that others have discovered through personal experience, future students can avoid unnecessary frustrations and make this year a success!



Many food options include salads, sandwiches, and burgers. Image provided by Rico Palmerin.

Restaurant Review

Trying out the new Habit Burger Grill

BY RICO PALMERIN
SENIOR STAFF WRITER

Located hardly 10 minutes from CSUSM campus, the Habit Burger Grill provides a refreshing and inexpensive food stop.

On the menu, the Habit flaunts the slogan "There's no substitute for quality!" Rest assured, the small restaurant takes its slogan seriously. With virtually all of the menu being under 10 bucks, the Habit is the perfect place for any college student looking for an affordable and filling meal.

The Habit goes for a mix between beachside grill and modern restaurant with metallic high chairs, wood floors and tables and various, small lighting. Providing an easy-going mood, the Habit plays a mixture of soft rock and rock music and has several beach-themed paintings on the walls.

As for the food and menu,

the Habit is strikingly reminiscent of the popular fast food joint In N Out Burger. The menu can easily be divided into three main categories: Charburgers, grilled sandwiches and fresh salads. Smaller categories include a kids section, sides and cold desserts, such as shakes, malts and cones.

The Habit's food is exceptionally prepared and arrives with that look that says "we took care to prepare this"—as opposed to the fast food look of "we made this as fast as we could."

Considering flavor, the double Charburger (two ground beef patties) is superb, and the flavor lasts 'till the final bite. Each burger is customizable and favorites like avocado, mushrooms and bacon can be added for a small fee. Also, the fries aren't bad, just not as memorable as the main course.

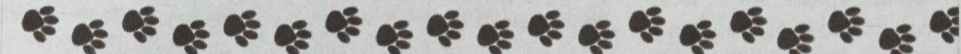
For a burger grill, the Habit's salads are surprisingly

elaborate and include a variety of vegetables that taste extremely fresh. If you're picky about your dressings, they offer several different choices, a few being blue cheese, vinaigrette and classic ranch.

If you're a fan of In N Out or other fast food burger joints and looking for something a little bit classier, chances are you'll find the Habit to be right up your alley. If burgers aren't your thing, the Habit maintains quality in all categories of the menu, so give it a try!

The Habit Burger Grill is located on the corner of San Marcos Blvd. and Grande Ave: 727 W San Marcos Blvd.

For detailed information about the Habit, including nutritional information, check out their various webpages: www.habitburger.com, [Facebook.com/habitburger](https://www.facebook.com/habitburger), [Twitter @habtburger](https://twitter.com/habtburger) and [Youtube.com/habittube](https://www.youtube.com/habittube)



Dr. Schaffman looks to take dance department to new and greater heights

BY ANNE HALL
DESIGN EDITOR

In 2011, the famous singer Beyonce, was once again caught using the work of other artists without their permission.

The act inspired the originating artist of this particular offense, Anne Teresa De Keersmaeker, a world renowned contemporary dance choreographer to challenge the world to create their own choreographic piece that emulates sections of her dance company's work and share it with the world. People responded with work that completely changed the appearance of the piece Rosas Danst Rosas, and now, Dr. Karen Schaffman has taken the challenge into the classroom.

The new course offered is called VPA 380-25: Dance Ensemble and Repertory, on Tuesdays and Thursdays from 2:30 p.m. to 3:45 p.m. in Arts 101. The class emphasizes use of inspirations from choreographies already made. It focuses on appropriation and adaptation of those pieces to make them



The CSUSM dance department teaches students to be aware of the body and how anatomy responds to movement. Photo by Anne Hall.

meaningful to the individual.

"We're going to be working with a piece by Anne Teresa De Keersmaeker. She offered up her work. Beyonce's choreographer stole her famous piece. Instead of getting angry, the choreographer actually offered up the whole process online," Dr.

Schaffman said.

While Dr. Schaffman works hard to develop the dance program on campus, she is collaborating with the Visual and Performing Arts programs to create cross-disciplinary works that collaborate dance with other mediums.

"I'm interested in dance being available to everybody," Dr. Schaffman said.

A School of Arts Director is in the process of being hired on campus to establish more exposure and potentially expand on curricular vision and facilities.

The dance program is a

"I'M SO EXCITED. THIS IS OUR FIRST SEMESTER THAT WE'VE BEEN ABLE TO OFFER A HIP HOP ACTIVITY COURSE, AND WE HAVE MELISSA ADAO, WHO IS GETTING HER MA FROM CSU LONG BEACH AND SHE HAS BEEN TEACHING AT THE COMMUNITY COLLEGES. SHE IS A GREAT ADDITION TO THE PROGRAM," SAYS DR. KAREN SCHAFFMAN.

unique program that is constructed to motivate collaboration within disciplines. Understanding dance culturally and scholarly in order to "unveil the individuality of the student artist is the primary goal," said Schaffman. Social justice is also a strong interest for Dr. Schaffman.

"I'm hoping that the program can evolve into dance of activism while it evolves into cross disciplinary work with visual artists and media artists," she said.

The Spring Dance Concert is scheduled for May 1 and May 2. The subject matter concentrates on challenging the spring dance students to consider finding a performance that will experiment with new things and find themselves beyond their comfort level to establish work that can relate to present day. The motivation is to "think outside the box."

Students will consider work that has already been made to appropriate ideas and develop new things.

"We think carefully and mindfully about what we're putting out into the world. [We're] looking for something that's really meaningful," Dr. Schaffman said. "What do they need to make now?"

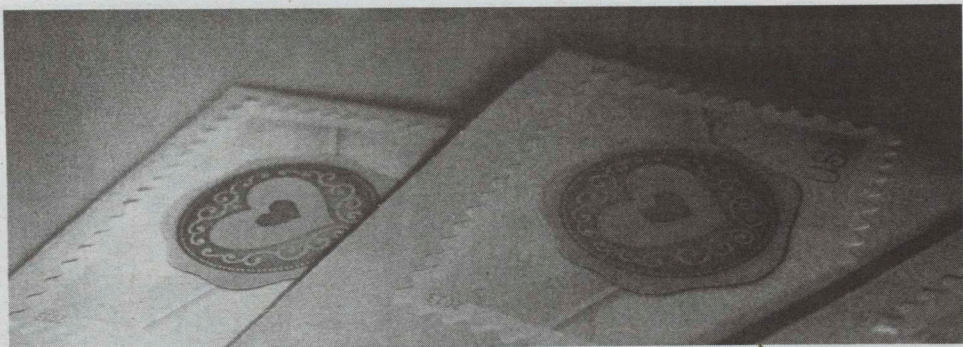
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Valentine's for the sweetness of life. Something to consider when spreading the love. Photo by Anne Hall.

Valentine's Day is overrated

--Or is it?

By ANNE HALL
DESIGN EDITOR

Valentine's Day is right around the corner and there are lots of reasons to celebrate this holiday.

Personally, I always found The Day to be an excuse for women to make men spend money to pamper them and prove their affections for one extra day out of the year. Many-a-times, I've seen all hell break loose because that just didn't quite happen for one reason or another and the poor man was left to pay some kind of consequence.

Growing up, all that ever really happened on The Day was making pink and red hearts for valentines. Then we would find out who got the most by the end of the day and exchanged candy while the grown-ups left all us kids behind to do who-knows-what without us. That never seemed to be much to look forward to. I have to admit that I did adore the flower deliveries; that part never

gets old.

As I got older I came to realize that there is so much more to Valentine's Day than passing out decorative cards, stuffing peoples faces with sweets and topping one romantic date after the other. Learning of the Roman Emperor, Claudius II, who made a martyr of one Saint Valentine completely altered my perception of The Day and gave it a new meaning.

Claudius forbade young men to wed for the sake of having an abundance of soldiers. This Saint Valentine felt that it was wrong to forbid soldiers from marrying and performed marriage rights in secret, despite Claudius decree. For that, he was imprisoned and beheaded. He sacrificed his life for the sake of defending true love. In some versions of the story, he found love for himself in the process and coined the phrase "Your Valentine." That part I think Hallmark was more responsible for.

Of course, Feb. 14 was selected to represent Saint Valentine's Day because it was

conveniently the same time frame that pagans celebrated the Lupercalia. It is a holiday that introduces the right of spring and is based on the ideals that being whipped by hides would grant fertility. Many occasions of pairings during this time were told to have ended in marriages. Birds and other animals were also exercising their natural fertility cycles around this timeframe as well. Irony? I don't think so.

I never had celebrated the couples' holiday until I shared them with my best friend, who now just happens to be my husband. Without him, it would just be another day full of people stuffing faces full of sweets and trying to prove their affections where I think they could just do that at any time of life. Yet, I would continue to take a moment of pause for the story of Saint Valentine of Rome and the battles made throughout history for the right to express and live for true love. No matter what, that is always worth celebrating.

WiFi may pose health hazard

By CHELSEY SCHWEITZER
SENIOR STAFF WRITER

Constant exposure to WiFi may be negatively impacting student health.

Internet access is a main concern for the majority of students, especially with the growing number of classes turning to online resources. The WiFi that allows students to have access to the materials they need can lead to numerous health problems.

WiFi uses electromagnetic radiation in order to send signals through the walls of a building and to the computer hooked up to the wireless network. This leads to small doses of EMF radiation exposure. The closer you are to a wireless modem and the more time you spend near a wireless network, the more radiation you are taking in.

Many students even have their own WiFi modems within their apartments or homes, exposing them to this electromagnetic radiation at a much closer range. In addition, if this modem is not turned off at night then you are being exposed to small doses of radiation 24/7.

The electromagnetic radiation that is released by WiFi modems has prompted some scientists to believe that they cause adverse health effects. Dr. Henry Lai published a study in which he argues that radio frequency radiation, which is released by wireless internet modems as well as cell phones and other forms of wireless technology, cause health effects. These include cancerous tumors and genetic effects, including damage to DNA. Other noted symptoms that are argued to result from wireless modem radiation

over time are sleep disturbance and an increase of migraines.

While the radiation received from wireless modems is at a much smaller dose and not as harmful as the radiation received from cell phones, I still believe that students should try to reduce their exposure time where they can. For students that have their own wireless modems, unplug when not in use to reduce your daily amount of exposure. Try to spend some time outdoors where the radiation is less potent. I also think that the campus might consider shutting the WiFi off in the student housing areas for a few hours when internet activity is consistently the lowest, allowing students to sleep without the presence of harmful electromagnetic radiation.

University Student Union opens

Adds exciting addition to CSUSM campus

By ZACH SCHANZENBACH
SENIOR STAFF WRITER

Now at the start of the spring semester, I am struck with curiosity as I notice that the new University Student Union building is open.

Last semester, anytime I'd walk from the Sprinter station to school, I would see construction on my right and left as I ascended the stairs of Chavez Circle. I never paid this much heed and I didn't care much for whatever they were doing. It was just another ordinary day.

With some down time in between classes, I decided to check out the new building.

I was more than just mildly surprised. I felt like a kid in a candy store.

The USU could aptly be described as a college student's heaven. There are plenty of places to gather and study, but perhaps the best place this time of year is on the green roof. Next to a garden filled with 15 different kinds of plants, this is a wonderful place to get together with friends because it takes into account that we live in California, and weather is swell this time of year.

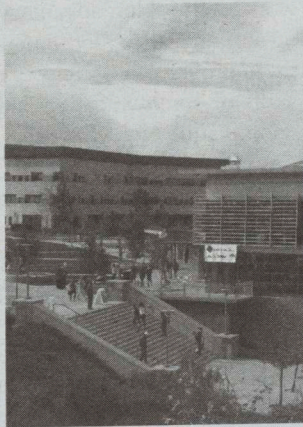


Photo of opening day by Anne Hall.

Of course, you may be worried because you need your computer to do homework but it needs to be charged. No problem, there are electrical outlets at certain points.

If you are hungry swing by one of the restaurants located on the fourth floor. The USU offers sub sandwiches, Mexican food, burgers and Chinese food, pretty much covering the whole spectrum of delicious options.

Throughout the building, there are a number of offices for certain departments and orgs. that were set up originally near Craven Hall. These include Student Life and Leadership, the Dean of

Students and so on. If your favorite club can't be found near Craven, you might want to stop by here to find it.

On the first floor, there is a commuter's lounge made mainly for people on the go. With a vending machine stocked with drinks (but no Pepsi, oddly), places to sit and catch a breath and two microwaves, this is a nice place for anyone to chill at.

There is a cafe on the other side of the fourth floor, where you can grab your morning cup of joe, making three coffee places on campus. Just beyond that there is a convenience store where you can get some supplies for living on your own, like deodorant, instant meals, etc., as well as snacks that you previously were only able to find in on-campus vending machines. There is also a fruit-smoothie bar for students who are health enthusiasts.

Don't even get me started on the ballroom; the largest room in any building on campus.

Overall, hanging out at the USU is an experience no CSUSM student will want to miss.

Trader Joe's implements grocery bag fee

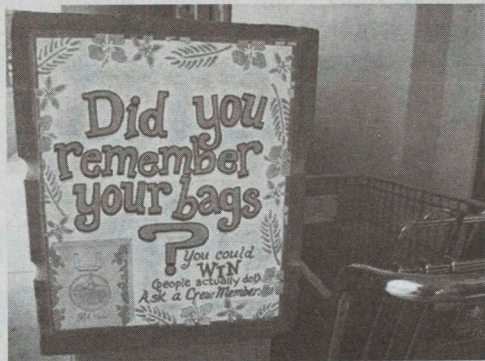
Great food, prices and environmental consciousness

By LAUREN HAMMOND
OPINION EDITOR

Some Trader Joe's locations throughout California are now charging customers for grocery bags in the hopes of minimizing environmental waste.

T.J.'s is no stranger to promoting higher standards of consumption. The grocery stores are best recognized for their plethora of cost-efficient organic local meats and produce and their non-GMO ingredients. Stores emphasize the importance of good quality food and service. They even accommodate gluten-free, kosher and plant-based dieters. T.J.'s also focuses much of its attention on aiding environmental preservation.

According to the website "Eco-conscious," in 1977 T.J.'s became the first grocery company to market the sale of reusable shopping bags, a campaign known as "Save a Tree." In Sept. 2012, the company announced their decision to charge cus-



Poster regularly displayed at Trader Joe's locations to remind customers to have reusable bags. Photo provided by Lauren Hammond.

tomers 10 cents for each paper bag used when shopping. Charges were originally implemented in the Santa Monica location in 2011 after a city ordinance was set in place to eliminate plastic bag waste as well as to help regulate and minimize paper bag usage.

Not all areas of Southern California have been affected by the new fee declaration. However, city locations neighboring San Marcos, including Los Angeles, Long Beach and San Gabriel, have implemented charges and the trend is sure to spread towards the San Diego area.

The goal of the new bag

fee is to help decrease paper pollution by promoting the one-time purchase of reusable bags. Although some have noted their distaste for the new charges, this remains a small but effective way for such a popular and renowned corporation to help increase environmental consciousness through its wide array of customers.

Waste continues to have a devastating impact on the United States ecosystem. Employing this sort of change will force a sense of awareness at a time when it is imperative for the US population to begin embracing cleaner consumption habits.

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Letters to the Editor should include a first and last name and should be under 300 words, submitted via email. It is the policy of The Cougar Chronicle not to print anonymous letters. The Cougar Chronicle reserves the right to reject any letter to the Editor for any reason.

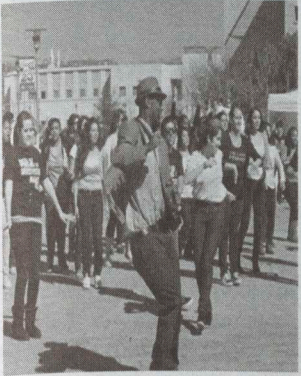


Photo of last year's flash mob for 1 Billion Rising on Valentine's Day 2013. Picture provided by Anne Hall.

Better way to spend Valentine's Day

Celebrating the lives of women around world

By KATLIN SWEENEY
EDITOR-IN-CHIEF

Student organizations Feminists Unite will be presenting a night of laughter and tears as an alternative to the traditional Valentine's Day celebration.

The Vagina Monologues originate from the play written by Eve Ensler of the same name. Ensler traveled around the world to conduct a series of interviews, asking women questions about their lives and sexuality. The answers she received ranged from happy to sad, reflected in the stories that would later become the plays framework. The Vagina Monologues is a script that presents the lives and experiences of women across the globe. Performed all around the world, CSUSM will be hosting its own interpretation of the script as has been done in the past.

Feminists Unite members Karen Guzman and Ashley Gutierrez have spearheaded the organization of the event and look forward to seeing the performers take to the stage this Valentine's Day.

"Most of the performances have an introduction, so someone will give a one minute speech about what is going to come up next. While it is performed in different languages around the world, the script is always the same. You never know what is going to come next. The point of it is to raise awareness about violence against women," Gutierrez said.

The Vagina Monologues are typically anywhere between an hour and a half to two hours in duration. This includes an intermission, which this year will include the opportunity to win prizes. There will also be a tabling event beforehand, where students can meet different groups and gather various resources dedicated to social justice. The tabling starts 45 minutes before show time.

The Vagina Monologues will take place in English on Friday, Feb. 14 at 7 p.m. and in Spanish on Saturday, Feb. 15 at 7 p.m. It will be in the Arts 111 Performance Hall.

"There is no indication that radiation levels have reached a hazardous point," officials said. There is no reason for us to think that the Pacific is unsafe.

Readings of radiation levels from across the nation can be viewed and monitored at the following web site: theradiationnetwork.com.

Does ocean radiation affect the U.S. shores? Getting the facts straight about the aftermath from Japan

By KATALINA LAWRENCE
SENIOR STAFF WRITER

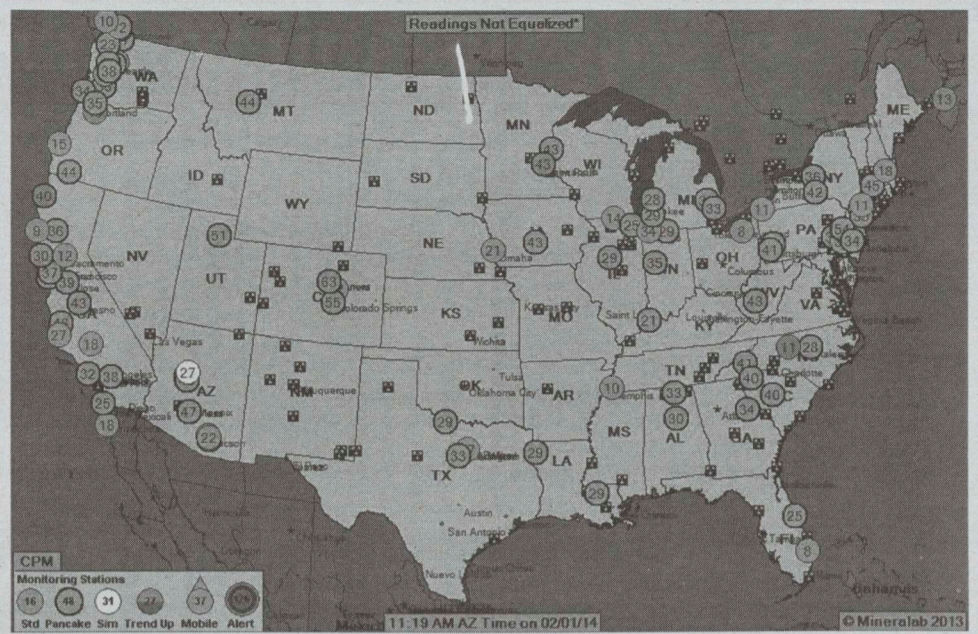
In December of last year, a Youtube video entitled "Fukushima Radiation Hits San Francisco" caused community uproar.

The amateur video is seven minutes long and is of a man walking along the Pacifica State Beach in San Francisco with a Geiger counter radiation detector. The detector alarms once he gets closer to the ocean, showing that radiation levels are five times

higher than what is typically found in that area.

Radiation can affect us all in many ways, causing cancer and even affecting the seafood that we all enjoy, making it toxic for humans to consume. After the video became viral, officials investigated the radiation levels along the Pacific. Their response was not as alarming.

Dr. Daniel Stram from the University of Southern California is a preventative medicine professor that had studied the effects of radiation from Hiroshima and Na-



gasaki. He said the data collected so far on Fukushima does not show a health risk. He believes that there is no way the radiation levels that were detected could affect our seafood.

It is comforting to know that government officials have properly tested our beaches, but I still believe that this is something that everyone should keep an eye on. I believe that the best thing for us to do as a community is be aware of our

surroundings. We have to take everything that we see in the media with a grain of salt and strictly look for the facts. Although we should be able to relax and trust that our government is giving us true facts, we all understand that it does not always run as efficiently as it should.

Before deciding on what stand to take on such an issue, check out theradiationnetwork.com, where you can clearly see all the radiation levels across our country. This website is very

useful, is updated daily and will send alerts if any radiation levels are urgent. This is not a government site but has clear, scientific data where the community can get the facts. It is easy to get wrapped up in all of the hype that is presented by our media. But some things are not worth a single worry as the information presented is not always factual.

I think that we should all be cautious and make judgments based on facts, not propaganda.

Going green with solar energy

By CHELSEY SCHWEITZER
SENIOR STAFF WRITER

Electricity plays a large part in the life of the average American. Using solar panels to power residences and workplaces can help people save money as well as the environment.

Solar power can come from many different sources, some of which are much "greener" than others. One of the cleanest forms of energy that is available today is solar energy, which uses solar panels to create electricity from the sun's rays.

Solar panels serve as a more positive alternative to coal or nuclear energy as it reduces the amount of greenhouse gases and pollutants that are released into the air. If enough people were to switch to solar energy, this would slow the rate of global warming and fossil fuel consumption. This form of energy is less likely to drain precious resources as the sun is an energy source that is present the majority of the time. There are even technologies available that allow for the storage of electricity generated from the solar panels for use at night or on cloudy and rainy days.

Not only do solar panels save the environment, they also save people money. While solar panels can be expensive to install initially depending on the company

being used and the type of panel being installed, once the initial payment is taken care of the panels will immediately begin to save consumers money. According to the newspaper "The Observer," energy prices have increased by approximately 37 percent since Oct. 2010. These price increases on electricity do not apply to solar panels. There are even federal and state incentives that allow for people with solar panels to save additional money through tax breaks and other methods depending on where you live.

I believe that more people should switch to solar energy. Although solar energy is not necessarily cheap to begin with, it ends up saving money in the long run and requires little to no maintenance depending on the type of panels purchased. More important than the financial savings, solar panels are better for the environment and much safer than the majority of the methods currently used to provide the United States with energy. Improvements are constantly being made to solar panels to help produce newer and more efficient models and at an international level.

Solar energy could help to slow global warming by reducing greenhouse gas emissions and the consumption of fossil fuels.



Homes are now being built with solar panels already included on the homes. Be sure to check with your provider about usage and benefits when considering installation in your own home. Photo provided by Chelsey Schweitzer.

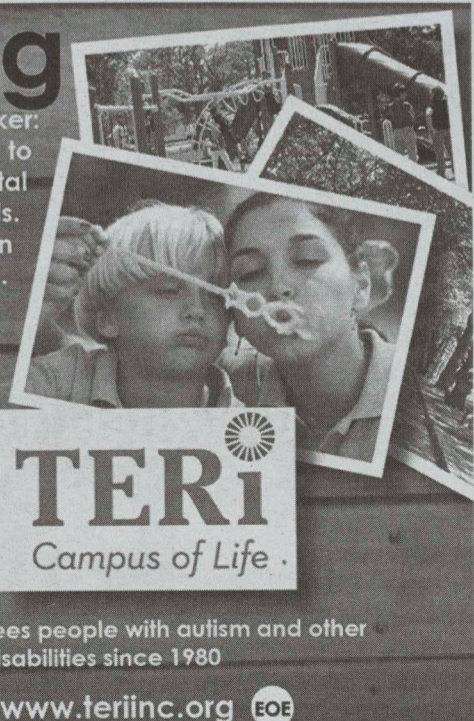
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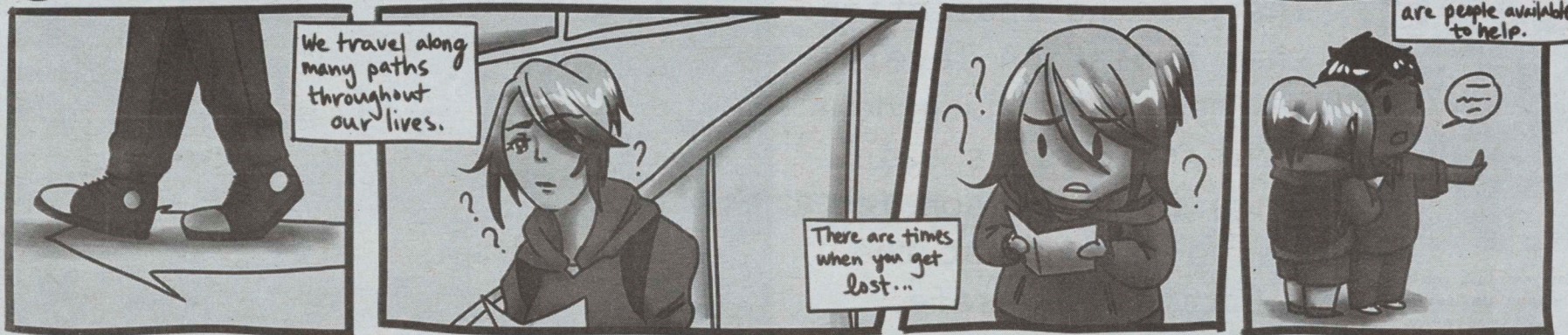
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STUDENT-A: "NAVIGATION" BY FAITH ORCINO



Cougar Shuffle

—New Year, New Adventures
By Faith Orcino

This playlist will hopefully get you back into the school groove. With this new semester in full swing, sometimes we need some musical motivation to bring some momentum.

Tracklist:

1. "Start Again" by Two Door Cinema Club
2. "(Everything is) Debateable" by Hellogoodbye
3. "Mind Over Matter" by Young the Giant
4. "One Minute More" by Capital Cities
5. "Endless Fantasy" by Anamanaguchi
6. "Under the Tide" by CHVRCHES
7. "Fools Gold" by Fits and the Tantrums
8. "Better Days" Edward Sharpe & The Magnetic Zeros
7. "Odds Are" by Barenaked Ladies

On Wednesday, we wear black

American Horror Story: Coven

BY ALEX MARAVILLAS
FASHION COLUMNIST

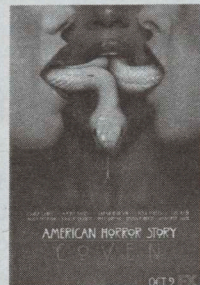
Need a hardcore show about witches, with a Mean Girls vibe and a decapitated racist?

American Horror Story: Coven might be the show for you. Season one and two is currently on Netflix. When FX released the third season known as American Horror Story: Coven last October, its fan base gained a large amount of newcomers.

The TV series recycled many actors each season, but Coven had guest stars as well.

The cast included Sarah Paulson, Taissa Farmiga, Frances Conroy, Evan Peters, Lily Rabe, Emma Roberts, Denis O'Hare and Kathy Bates.

The characters were defi-



nately unique, especially in terms of appearance and personality. For example, each witch in the coven had their unique, individual powers. Some of the powers were telekinesis (the ability to move objects at a distance mentally), clairvoyance (the ability of perceiving things or event in the future) and the ability to be a human voodoo doll.

The young witches would soon discover their potential throughout the show.

The show executed the character designs in a way

that made the characters come to life. The emphasis in the costume design in the show was apparent.

Each character had their sense of style however it also screams "witch-chic."

My favorite characters included supreme witch Fiona Goode, who was definitely up to no good. She was played by the award winning actress Jessica Lange. I also loved Marie Laveau, voodoo queen and arch nemesis of Fiona Goode. She was played by the amazing Angela Bassett. Some of the particular themes in the show were occult practice, a historical view on racism in New Orleans and it also emphasized women empowerment.

I give American Horror Story Coven 4/5 cougar paws up!



The Comic Book Corner

Avatar: The Last Airbender goes beyond the show

BY FAITH ORCINO
A&E EDITOR

While fans of the Avatar series wait for Book Three of "The Legend of Korra," they can grab copies of the ATLA comics.

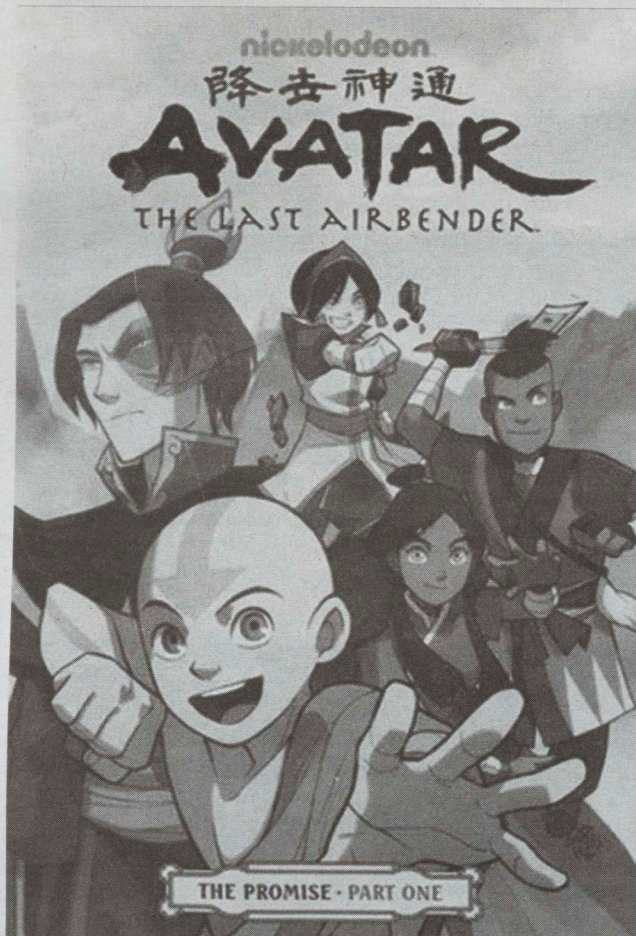
First released in 2012, show co-creators Michael DiMartino and Bryan Konietzko teamed up with writer Gene Luen Yang and artist duo Gurihiru to tell the epi-

logue of Airbender. The tale of Aang and his friends continued in Avatar: The Last Airbender - The Promise, which takes place around a year after the television series 2008 finale. The team must settle disputes between the Earth Kingdom and the Fire Nation. Last year, Dark Horse published the epilogue's next installment, The Search. This story arc concerned one of the questions

fans asked the most: "What happened to Zuko's mom?"

Writer Gene Luen Yang, 2007 Eisner Award winner for American Born Chinese, and Gurihiru, who previously worked with Marvel, were veterans of the comic/graphic novel industry. Both kept the essence of the show in the comics. The creative team made the books feel like the episodes. Their work brought a nostalgic at-

mosphere while also having curiosity to find out what will happen next. There was motion page after page, panel after panel. Each installment of the epilogue is three parts long and Dark Horse will release the first one of The Rift in March. Collected volumes are available for purchase also. For more information, visit DarkHorse.com or your local comic vendor.

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