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News



2 - Changes to the Farmers Market could affect the service.

Sports



4 - Cross country and track coach participates in the charitable run.

Features



7 - The Kinesiology Club brings together students as they help the community and educate peers.

Opinion



10 - Harsh veteran stereotypes hit home.

A & E



12 - Check out the newest edition of Faith's Comic Corner.

Tuition prices to increase until 2017

Students want explanations and answers for the increased fees

By KATLIN SWEENEY
EDITOR-IN-CHIEF

Students are demanding more information on where their money is going as tuition prices increase due to a fee that passed late last year.

The Academic Excellence and Student Success Fee, which passed on June 18, 2013, increases the amount of money that students have to pay in order to attend CSUSM. According to Executive Order 1086, Chancellor White stated that the AESSF will raise fees to \$150 in the 2014-15 year, to \$200 in the 2015-16 year and to \$250 in the 2016-17 year. After spring 2017, the \$250 amount will be the permanent number that students can expect to be charged per year.

Students began paying the increase in tuition during fall registration, the fee being an extra \$50 per semester. According to Executive Order 1086, the fee will be used for "reducing time to graduation, expanded library hours and resources and academic student support." The goal is that students

are able to graduate sooner because of more classes being created to deal with impacted courses. It cannot go towards paying or increasing general CSUSM employee salaries, paying for travel costs or replacing hardware/software that is used by faculty and administrators. It also cannot be used for projects that do not directly relate to what the goals of the fee are.

While some students know that the AESSF was passed and is already showing up in their tuition costs, many are completely unaware. Of the approximately 11,000 students attending CSUSM this semester, The Cougar Chronicle interviewed 1% of the student body to gain some insight as to what students think about the AESSF.

113 CSUSM students anonymously filled out either a print or digital six-question survey. Questions ranged from to what extent students knew about the fee to whether they felt the change was positive or not. The 79 participants that filled out the

"It was frustrating to pay extra money after I thought I was done with tuition. I would like it back please."

print version had the opportunity to provide a personal statement about the AESSF as well. 31 students chose to write their opinion down, six participants writing a positive comment and 25 writing a negative one.

The survey results showed that students were indifferent, unfamiliar with or unhappy with the changes made due to the AESSF.

When asked if they were familiar with what the AESSF was, 57 students answered yes, but only 24 of them knew what it was used for. 56 of the 113 students stated that they had never even heard the term before. When they were asked if they were in favor of the AESSF passing, 11 students answered yes, 23 said no, 14 chose not to answer and 65 stated

that they were indifferent.

"The survey they provided online for our feedback did not allow you to say why you would not want the fee. It was skewed with only positives," one student wrote.

"Students are already struggling to pay for school. Now the university came up with an attractive sounding 'politically correct' name for another cost to make people have a positive feeling about paying for school due to it being named the 'student success' fee," another student anonymously wrote.

Out of the 33 students that knew changes had occurred on campus, only 14 knew what they were and had utilized them. Many of these students cited that the only thing they knew about the AESSF was that it extend-

ed library hours, having learned this from the posters around campus advertising them. 80 participants stated that they were not aware that any changes had taken place. All of the students that chose to write positive responses cited the library hours as a beneficial change.

"I like how the library is open later hours though. We need to work towards 24/7 library hours," one student anonymously answered.

"I think it is a positive change for students because it provides resources to be used for longer periods of time," another proponent answered.

When asked if they felt that the AESSF passed without their input, 66 students answered yes, 10 said no and 37 stated that they were indifferent. Students were then asked if they had attended any of the forums about the AESSF last spring. 76 students said that they did not know about them, 11 participants attended at least one forum, 17 participants were freshmen this year and 9 knew about the forums but, were

not interested in attending.

"Honestly, [the AESSF] is a good idea. But people are too broke to support it. Most students are tired of increasing fees and the university should be sensitive to that," one student wrote.

"I feel the library being opened longer is beneficial to a lot of students. Other things the AESSF has supposedly helped pay for are nice, but also another cost among a bunch of other financial obligations facing students in a tight economy," another student said.

Based on the results of the survey, it is clear that an overwhelming amount of students are unaware of where their money is going. While 11 participants like the changes, 15 are against them and 18 students are indifferent. However, 69 students answered that they wanted to know more.

While the AESSF has already passed, students are demanding more information about what it is, where their money is going and more of a say in financial affairs in the future.

Diversity and creativity mark traditions

CSUSM students celebrate the holidays in various ways

By ELIZABETH CRUZ
STAFF WRITER

Being a diverse campus, our students celebrate an array of holidays.

A few students shared how they celebrate the holiday season. Theirs are just a few stories in a variety of traditions. Festive rituals have evolved for this time of year over history, yet everyone's celebration practice is different. Creativity and community are the hallmark of the season, no matter what the practice.

"My partner and I live across the country from our family, so we have made it a point not to follow the traditional norms any longer.

On Christmas Eve we have dinner at a local Mexican taco shop and on Christmas day we surf early in the morning and then spend the day outside writing out our New Year's Resolutions. No presents either! Christmas is about spending time with others, not money," student Jessica Perry said.

Another student, Alejandra Salome, goes out of the country to Mexico to visit family.

"For the holidays all of our family meets up in Mexico at my grandma's house. We eat different types of Mexican dishes, we play and dance along to music and the children break pinatas pull of goodies instead of opening presents," Salome said.



A student takes advantage of a small space by filling it with a mini Christmas tree by Sarah Hughes.

It is always good to know in what ways other cultures experience these end of year celebrations, since they can differ very much from our

own. Even among holidays, there is the holiday that is popularly perceived and the day as people actually spend it. Christmas especially, is divided between what it represents and how it's celebrated. For some it is the perceived meaning that they associate with it, while for others Santa and tinsel come to mind.

Christmas is the most popular way to celebrate the holidays in our society. Many of us know that it is celebrated by remembering the Christian Nativity, which is the birth of Jesus Christ. Jesus' birthday is celebrated on Dec. 25, despite the fact that his actual birthday is unknown. It is thought to have actually been some-

time in the spring time, but this date was chosen in the third century in an attempt to Christianize end of the year pagan festivities that were already in place. According to the Bible, the nativity is set in Bethlehem in a manger where Jesus was born because his parents Mary and Joseph were unable to find other accommodations. Jesus is believed by Christians and Catholics to have been the son of God, born in the flesh to give his life for humanity.

Christmas is also celebrated by mimicking Saint Nicholas of Myra who lived in fourth century Turkey. There are many different accounts of his generosity but as stated in stnicholascenter.

org, one legend says St. Nicholas threw some gold out of his window on three different occasions down to three peasant sisters who were in danger of being sold into slavery. The gold landed in a stocking that was drying on a fireplace. People heard of St. Nicholas' generosity and children began leaving stockings by the fireplace in hopes that he would come by and give them gifts. He later received his own Christian holiday on Dec. 6, the anniversary of his death, where people gave gifts to one another in his remembrance. The Santa Clause

(Holidays continued at the bottom of page 2).

Browser battle Google Chrome joins the arena at CSUSM

BY SARAH HUGHES
NEWS EDITOR

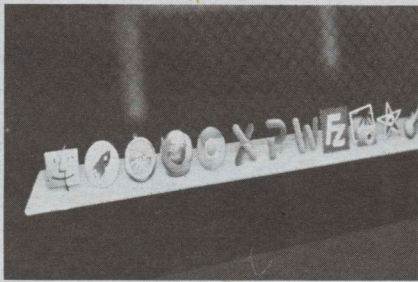
You might have noticed this semester how computers all over campus, in classrooms, the library and computer labs now have Google Chrome, in addition to other browsers.

When picking their browser of choice, students should care about which one they use at school and at home because of speed, security and user friendliness, which can vary between browsers. The addition of Chrome on CSUSM computers is intriguing.

Represented prominently on the toolbar, Chrome depicts itself with a red, yellow and green circle with a blue dot in the center. People have been excited for its release since Sept. 2008, which was originally for Windows. The first stable release was in Dec. 2008.

Chrome seems to be on a mission to provide a browser with speed, simplicity, security, privacy, customization and signing in, as their "Explore the Chrome Browser" portion of their product info states.

They seem to have found a market for themselves, as Google has crossed over into the mobile devices arena, with both phones and browsers. With the advent of the smartphone, computer preferences seem to be less presumed or pronounced. New names besides Microsoft and Windows are popular in the vernacular. Perhaps Chrome will be for CSUSM students now.



Google Chrome on the campus computers is featured on the desktop of the Mac's, by Sarah Hughes.

"Chrome, is designed to keep you safer and more secure on the web with built-in malware and phishing protection, auto-updates to make sure you have all the latest security fixes, and more," Chrome's Browser Features list said.

Mobile devices are still a growing place, technologically speaking. Many will report smartphones with hiccups and browser content problems, "from a variety of characters. Most can remember a time when they tried to load a webpage on a supposed smartphone, only to have it fail or look unseemly. Many web pages were created long ago to work on non-mobile PCs. Chrome seems to be created to fill the space of a need for compliance in the realm of the mobile device. Whether it is an adequate solution, seems to be up to debate. With students expressing complaints about campus wifi, hopefully Chrome will serve as a sufficient browser for when they log in.

Infosecurity Magazine (online) reported in July 2013 that "there is no single 'most secure' browser, reports comparing the major browsers' ability to catch phishing, prevent socially engineered malware and protect the us-

ers' privacy show that no one browser stands above all others in protecting its users."

They then cite "NSS tests" as showing no one browser as better in all categories tested. Infosecurity Magazine goes on to report the "NSS tests" as giving the following scores to browsers in "average phishing URL catch rate": Firefox version 19 - 96 percent, Safari - 95 percent, Chrome - 92 percent, Internet Explorer version 10 - 83 percent. Though the browsers are relatively close in security, this puts Firefox at the top of the list, Chrome in the middle and Internet Explorer at the bottom.

Yet a Oct. 2013 Analyst Brief by Randy Abrams of NSS Labs, Inc. states that "Microsoft's Internet Explorer continues to provide the best combination of malware and phishing protection. The application reputation technologies used by browsers from both Microsoft and Google provide a significantly safer browsing experience than do browsers from Apple and Mozilla."

Perhaps the problem is in the age of customization, many can't agree on what's most important to them in their browser and computer needs.



(Holidays continued from page 1).

we know today was created in the United States in the late 1800s and was used to commercialize the holiday.

Kwanzaa is an African-American holiday that is very new compared to other end of year celebrations. As stated on history.com, it was started in 1966 when African-Americans were embracing their African roots and black pride, and wanted a holiday that celebrated their culture. Kwanzaa is derived from a Swahili word which means "first fruits." It is seven days of unity and perseverance of black culture and identity celebrated from Dec. 26 to Jan. 1 that is now celebrated by millions worldwide despite its few decades of existence. Celebrations include everyone sipping from the unity cup which remembers

African-American ancestors, lighting of the Kinara, which is a Candelabra with 7 candles that signify the 7 principles of Kwanzaa and dancing with African drums.

Also known as the festival of lights, Hanukkah is eight days. Falling on the eve of the 25th of the Jewish month of Kislev, Hanukkah is Nov. 27 to Dec. 5 this year. It represents purity and light crushing evil. Many centuries ago, after a battle with the Seleucids, a small Jewish resistance sought to light the Temple's Menorah and they found only enough oil to burn for one day, yet it miraculously lasted for eight days.

Las Posadas is the Christmas equivalent in Mexico. The celebrations are 12 days long and are centered around the Christian and Catholic Nativity. According to mex-

online.com, there is a procession of the virgin Mary on a donkey with baby Jesus, Joseph and a choir of children knocking on doors trying to find them a place to stay, to no avail. The parade ends at the church where mass is held. The holiday celebrations end on Jan. 6 with "Dia de los Magos" celebrating the three wise men who generously gifted baby Jesus on the night of his birth. The majority of gifts are opened on this last day. Other traditions include the eating of the Rosca, a round bread that contains a plastic baby figurine inside. The lucky finder of this plastic figurine is responsible for hosting the next Mexican holiday which falls on Feb. 2.

On our diverse campus, the holidays are celebrated in these and many other ways.



Farmers Market's are well known for the produce, flowers, honey and unique products sold to consumers that often cannot easily be found elsewhere. CSUSM offered a Farmers Market on campus but what has become of it? Flower bundles by Sarah Hughes.

New Farmers Market ordinances mean change? How the new laws are affecting the CSUSM tradition

BY CHELSEY SCHWEITZER
& SARAH HUGHES
STAFF WRITER & NEWS EDITOR

New farmers' market ordinances have resulted in more worry than change.

The prospect of the new Urban Agriculture Ordinance had many people worried over what these changes would bring. Those who rely on farmers markets for the majority of their produce feared that these changes to the ordinance could result in large changes to the farmers markets themselves.

When the changes were approved and enacted, however, it became apparent that these fears could be put to rest. With the most current update to the Urban Agriculture Ordinance, which was put into effect in March of last year, local farmers are now allowed to "keep chickens — but not roosters — two beehives and de-horned mini goats in their

backyards as long as they're kept far enough away from neighboring structures," as summarized in an article on the topic from KPBS News. This has resulted in few changes, however, other than slightly increased business as a result of legally being able to raise chickens and goats.

Though this change seems like a minor one to the markets themselves, it has improved upon the farmers' methods and made great strides for the local farming operations.

"Before the new changes in the ordinances, we had a lot of people that were interested in raising their own food, having their own chickens, bees, goats, [etc.]," the owner of City Farmers Nursery in San Diego [Farmer] Bill Tall said in an interview with KPBS News. "They would come in and get a few baby chicks that we sold in order to raise chickens in secret, but we didn't sell feed and feeders and all. Now people are able to do it legally, with certain parameters. Local

farming has really grown."

Both growing popularity of farmers markets and their role in providing fresh locally grown produce have made them a feature for the community. CSUSM's own market provides a place for people to relate to the university who might otherwise not. Students, staff and non-students are welcome.

"The CSUSM Farmers Market, sponsored by the Farm Bureau of San Diego County, will feature approximately 25 vendors every week. Visitors to the market will have the opportunity to select from a large variety of fresh, locally produced, healthful produce including San Diego grown fruit, vegetables, eggs, honey as well as enjoy demonstrations, music, artisanal breads and prepared foods, tastings and more," according to CSUSM's website.

CSUSM's Farmers Market meets on campus every Wednesday from 3 p.m. to 7 p.m. in parking lot B.

Space colonization and ocean exploration A summary of development on 'the final frontier'

BY JEFF MEINTS
STAFF WRITER

Space travel has long since moved from the realm of fantasy to reality. Since the first moon landing, technology promised humankind a steady foothold towards walking on Mars.

Students on campus were asked if they would prefer to be among the first to travel to space to colonize Mars or to be the first person to travel to the deepest depths of the ocean. 20 students responded on an equal footing.

Through satellite imagery or remotely controlled devices cruising the craters of the moon; it will take many years to inhabit Mars. Recently, there were proposals for creations of an "Interplanetary Noah's Ark" from Google and Virgle, or the "Silverbird," which would



<http://technorati.com/technology/article/the-mars-one-project-hopes-to/>

perform transcontinental flights for suborbital tourism.

On May 31, 2012, it was announced that an application process would be opened allowing people to sign up for a one-way-trip to Mars. The Mars One Foundation is a not-for-profit private organization focused on setting up a reliable habitat on the surface of Mars by 2023. Every two years new

settlers and cargo will arrive to resupply the colony.

Less than a year after the proposal, over 78,000 people had signed up for the colonization project and over 200,000 had signed up by Aug. 31, 2013. The application process is temporarily closed.

There continues to be debate on whether our scientific focus might best be suited, instead, on our oceans and not space.

There are many who question if space is really the final frontier. Humankind has not traveled to the deepest depths of earth's oceans. Only 5 to 7 percent of the ocean has been explored.

Interest in discovering space versus the ocean by students at CSUSM demonstrates that there are at least two frontiers left for humankind to explore.

International impact for the Cougars

By JENNIFER HAGER
STAFF WRITER

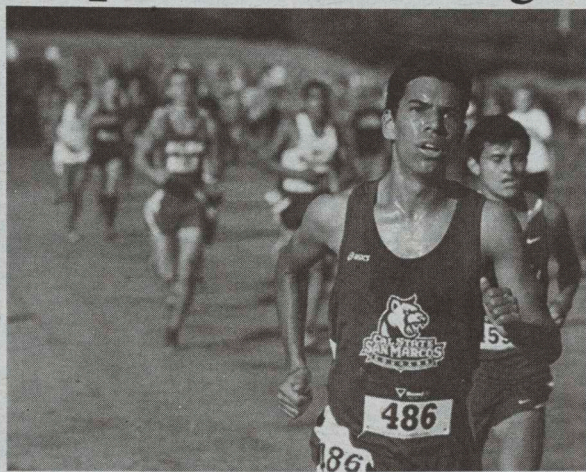
Steven Ing's first place finish at the conference championship tournament helped the Cougars secure their sixth consecutive Association of Independent Institutions (AII) title.

Not only is Ing a stellar athlete, but he has an interesting background.

Originally from Capetown, South Africa, Ing spent eight years in Hong Kong prior to attending Cal State San Marcos. His father is the manager of the Asia/Pacific region of an American Software company and his mother is a part time Spanish translator for the court system.

"Being far away from family is hard, but I feel that I love California so much that it makes it a bit easier," Ing said.

With his parents still in Hong Kong for work and his sister in London for school, the cross-country teams



Steven Ing running through the crowd by Sherri Cortez.

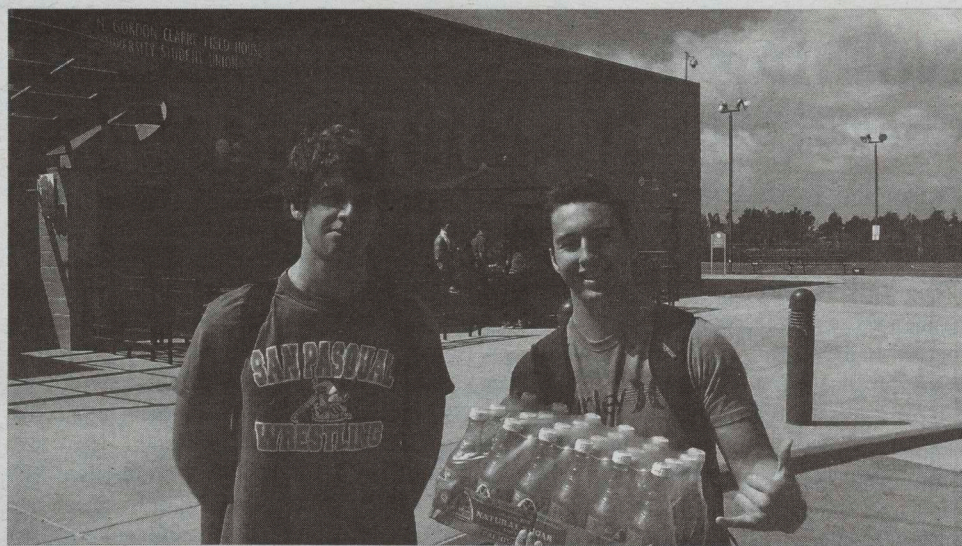
serve as his second family.

This sophomore standout was named AII Athlete of the week for the week of Oct. 21-27 for his first place finish at the Biola NAIA West Coast Jamboree. Before seeing his picture on the school's athletics website, Ing said he "did not know there was such a thing as athlete of the week." He sure knows it exists now, because for the week of Nov. 3-10, he was awarded this honor again. This came as no surprise, as his AII final time of 24:53 was 16 seconds

faster than the second place finisher. It also became his personal best.

Ing, who is a kinesiology major, knows his future consists of a career in the sports world whether it be a P.E. teacher, sports physical therapist or a running coach. He also plans to continue to grow in his relationship with God.

Ing is looking to continue his success at Nationals in Lewiston, Kansas on Nov. 23.



Showing spirit by participating in community events and fund raisers, provided by the Wrestling Club.

Wrestling growing at CSUSM

Students give process of starting new club

By JENNIFER HAGER
STAFF WRITER

Finding the right club to join in college is already hard enough, but what if none of the clubs offer something you are interested in? You form one.

After about a year of extremely hard work, the wrestling club made their debut this semester. Their hard work and determination is what is going to make their club last. For the first year of their existence, the wrestling club will not be competing. However, they will be practicing hard and trying

to boost membership.

President Jordan Riding says their plan for the year is to "prove we can sustain ourselves and get more members."

The club practices at least twice a week in the Clarke Fieldhouse using the mats provided, with plans to buy their own eventually. Club fees are just \$50 per semester, so with 10 members, Riding said they would be able to do just that. They also plan on competing in individual matches during the spring semester.

With no official coach, they act as each other's personal

trainers. The goal of the wrestling club is to be competing as a team by Fall 2014 with at least ten strong wrestlers. The team is willing to teach anyone who is willing to learn. The club's treasurer was the only female wrestler at her high school, and she is definitely looking for girls that are interested in learning more about the sport.

The team knows that having a successful club is an uphill battle, but they seem ready for the challenge.

For more information about the team, contact Club President Jordan Riding at ridin002@cougars.csusm.edu.

Heart Beat

Effective cardio for those short on time

By RACHEL GALLEGO
HEALTH COLUMNIST

A newly fitting alternative to prolonged cardio training is known as high intensity interval training, or HIIT.

For those of you who think that there is not enough time to exercise in the day, then this short-duration exercise may be the answer.

HIIT consists of 10-30 second repeated bouts of near maximal or supramaximal effort, separated with periods of recovery. There are a variety of ways to approach HIIT with many different exercises, number of intervals and length of time. Surprisingly, improvements have been shown in as low as 3 repetitions of 20 seconds each, with a total workout session being only one minute. It has been shown to improve cardiovascular fitness



The campus has enough stairs to take anyone's breath away. Doing cardio on campus is another good way to break a sweat. Photo by Anne Hall.

and alter muscle metabolism by increasing fat use as fuel.

An improvement in VO2max (maximal oxygen uptake) is another benefit from HIIT. According to CSUSM Kinesiology professor Dr. Astorino, this indicates an integration of cardiorespiratory and muscle function to deliver and use oxygen during exercise. It is considered to be one of

the most important indicators of cardiorespiratory fitness. Basically the higher your VO2max is, the less of a risk you have for premature death and disease.

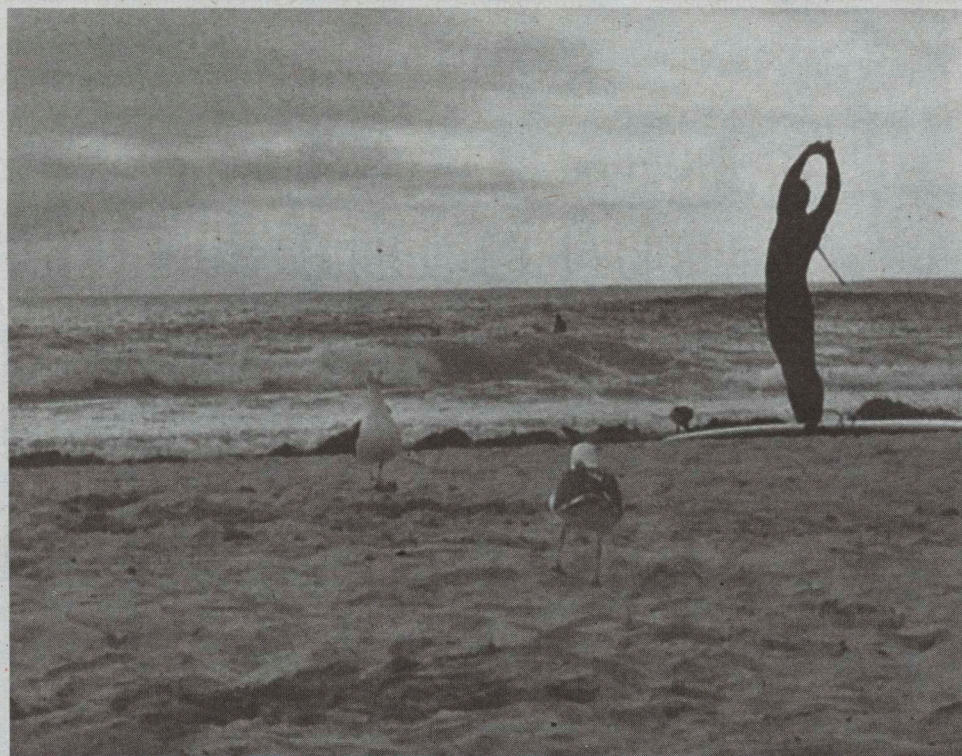
This form of exercise might just be what you are looking for during the holidays. When you are eating those holiday cookies you can feel a little less guilty now with these quick workouts.

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Feel the stress wash away with the ocean spray as you surf with the tide and move with the current. Surfing helps to rejuvenate the body and clear the mind. San Diego has such a strong surf community for more reasons than one. Image provided by Kelym Magallanes.

The many health benefits of surfing

By GLORIA MAGALLANES
STAFF WRITER

Surfing is a popular sport in California, and many don't realize that it can also be used as a way to enjoy nature, relax and release tension in the body.

Some of the health benefits of surfing include cardiovascular fitness and strengthening of the body's muscles. All of this is acquired through paddling in the water

and balancing on your feet once you've caught a wave. Not only does it affect your fitness level, but according to multiple health articles, the exercise an individual gets while surfing allows the body to release endorphins and helps them become tension free and relaxed.

"Surfing is my only source for stress relief. At times, I may be the only person in the water, and my only focus is riding the wave. Riding a great wave leaves me

in a positive upbeat mood," CSUSM student, Adrian Frick, said.

Some of the most common beaches for surfing in San Diego County include Oceanside Beach Pier, Carlsbad, Moonlight Beach, etc.

In the ocean, students are given the opportunity to unwind from the stress that comes with being in college, and possibly catch a thrill from that wave they were longing for.

Nothing like sunny San Marcos Cougars battle brutal conditions at nationals

BY CORRINA BABIASH-CLARK
STAFF WRITER

The CSUSM men's and women's cross country teams managed impressive team finishes of 13th and 8th place, respectively, at the NAIA National Championships held in Kansas on Nov. 23.

With temperatures in the mid 20s, dropping to mid-teens with the wind chill, the CSUSM men's and women's cross country teams faced a tough challenge mentally and physically.

"You just can't train for extreme cold when it is 70

degrees," cross country coach, Steven Scott, said. "Under the horrible conditions, I felt both teams did real well."

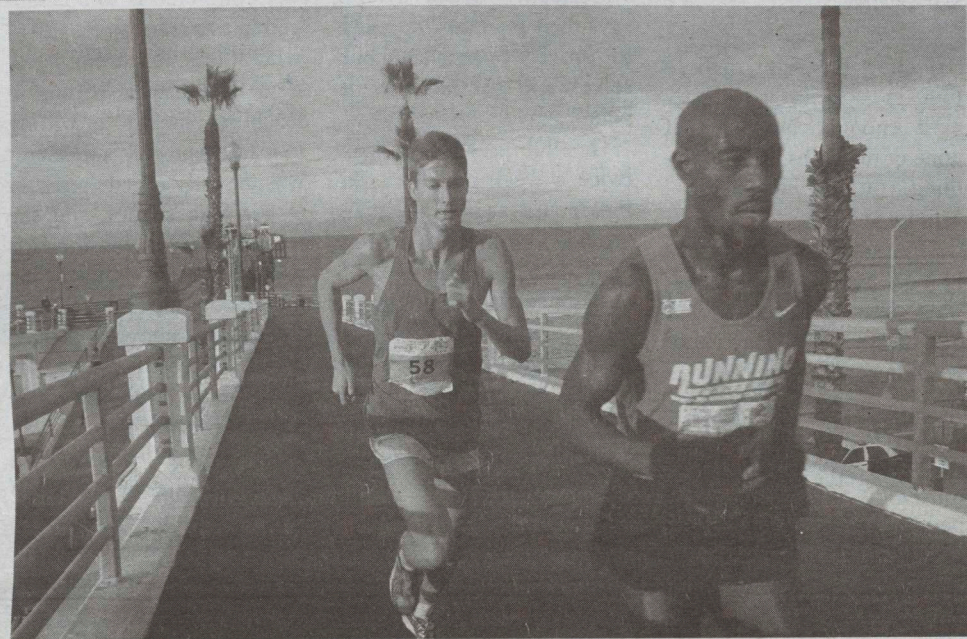
Western Nelson's fourth All-American Award at last weekend's NAIA cross country national championships makes him the only athlete in CSUSM's history to have been honored as an All-American in all four seasons of a sport.

"Before the race started it wasn't fun being there in the cold weather. During the race, it was all I could think about. But thankfully it was cold enough that

I wasn't able to feel any of my body parts which made it much easier for me to ignore all the pain in my legs," Nelson said.

For other CSUSM runners, the experience was bitter-sweet. Despite impressive performances in less than desirable conditions, Steven Ing, Heidi Swanson and Kate Bouvatte fell just shy of the coveted All-American Award.

With this season coming to a close, CSUSM cross country is looking toward the future with high hopes as many of their top runners will be returning next year.



Lucas Verzbicas follows defending champion Okwaro Raura in the Pacific Marine Credit Union O'side Turkey Trot. Photo taken by Tom Coat.



Steve Scott, the Cal CSUSM pictured here with CSUSM distance star Kate Layton who placed second in the 5K at the PMCU O'Side Turkey Trot. Scott, the former American mile record holder (3:47.69) ran the 5K but finished well behind Leyton. Group photo is courtesy of Don Franken.

This Cougar does more than trot

BY JUSTIN DONNER
SPORTS EDITOR

The Pacific Marine Credit Union O'Side Turkey Trot drew a record crowd of 10,000 runners and walkers this Thanksgiving.

It was a fun run for a good cause, and CSUSM was represented by a very familiar face.

The Cougar's head cross country and track coach, Steve Scott, competed in the race. This member of the USA Track and Field Hall of Fame has run more sub-four minute miles than any-

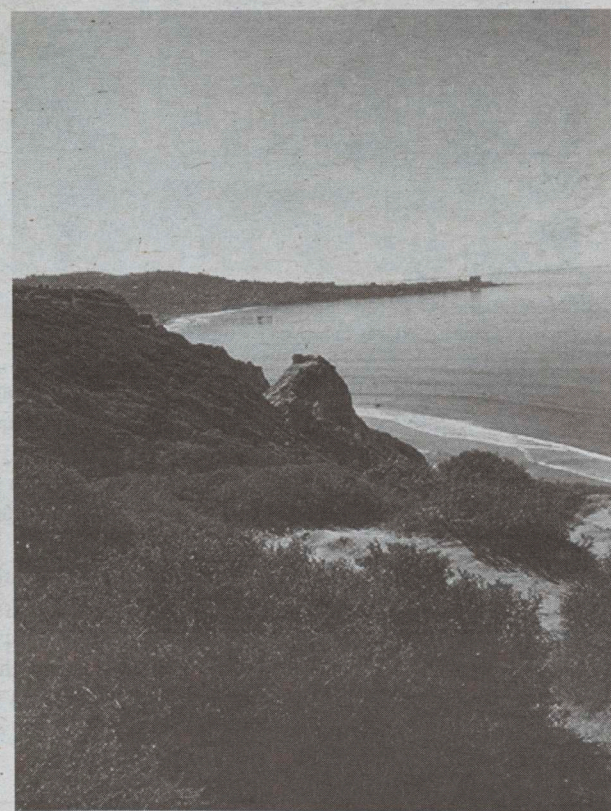
one else in history, the number being 136 to be exact. He also set a record that stood firm for 25 years with a mile time of 3:47.69.

Scott finished the five mile run this weekend with an impressive time of 20:25 at a 6:33 pace per mile. This was good enough to give him a 134 overall finish out of a massive amount of participants. Looks like he can still do more than just coach winning teams.

The Turkey Trot allows for its contestants to designate a

portion of their entry fees to go towards supporting local non-profits or schools. A popular non-profit attracting more than 500 entrants was the Austin Bice Memorial Scholarship Fund. The Move Your Feet Before You Eat Foundation, which promotes physical activity among youth, is directly supported by the race as well.

With a record crowd for the Turkey Trot this year, a considerable amount of funds should go towards helping great causes.



Beautiful views of the Torrey Pines hiking trails that can be enjoyed by all. Varying lengths and difficulties are available. Photographs provided by Alison Seagle.

Get Out! Vivid vistas and heart-rate raising hikes

BY ALISON SEAGLE
COLUMNIST

Torrey Pines State Reserve offers many activities for anyone looking to enjoy the outdoors.

There are a number of hiking trails available to explore that vary in length. They are not too challenging, so they are enjoyable to people of most ability levels.

It is possible to drive into the reserve, but fees are applicable. There are also parking fees to park right near the entrance, but free parking on the street can be found

if someone does not mind some extra walking.

From the main entrance, there is a steady incline up a hill into the reserve. Not only is the climb a great way to get the heart pumping faster, it also happens to be a trip through geological history where hikers can witness the four different types of rock formations that exist in the park.

No food or drinks are permitted in the reserve, but water is certainly recommended. Comfy sneakers or even hiking shoes would definitely be preferred for anyone

hoping to tackle these trails. There are benches throughout the trail systems to stop and take breaks. Restrooms are located in the reserve, but they are limited, so it is a good idea to grab a map and get oriented before beginning an adventure.

From the lagoon to the beach and the cliffs in between, there is quite a range of natural habitats full of a variety of plants and animals for hikers to enjoy.

For more information about Torrey Pines State Reserve, visit <http://www.torreypine.org/index.html>.

Restaurant Review

Bubba's Smokehouse BBQ

BY LISSETTE NUNEZ
STAFF WRITER

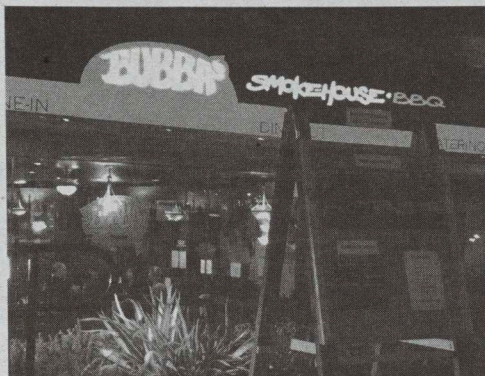
Bubba's Smokehouse BBQ restaurant is a divine dining place not only for its charming location but for its off-the-bone type of meat!

Located only 2 minutes away from La Jolla Cove beach, Bubba's Smokehouse BBQ is lip smacking' good. It's a great alternative to our well known neighbor Mr. Phil, the owner of San Marcos' Mr. Phil's BBQ joint on Grand Avenue.

As my friend and I arrived at Bubba's, we were welcomed by the owners and then we sat ourselves comfortably. I had ordered a half rack of baby back ribs while my friend ordered the slider trio, a combination of three sandwiches: pulled pork, chopped beef brisket and pulled chicken.

As I bite into my warm, tender rib, it's juicy, sharp sauce complements the well-seasoned ribs by not overpowering its natural smoked flavor. Though the sauce at Bubba's can be comparable to Phil's, they still highly differ from each other in an extremely good way.

For instance, I find Phil's sauce a bit too tangy and



Bubba Smokehouse is located on Prospect Street, in La Jolla. Photo of main entrance provided by Lissette Nunez.

overpowering for my taste. The lack of choice in sauces at Phil's does disappoint, but Bubba's has variety. Bubba's features three favorable choices of sauce such as, Bubba's lip-smackin' sweet BBQ sauce or Bubba's Kickin' BBQ Sauce and Bubba's Secret Dry Rub. I had tried the kickin' sauce that brought a distinctive spice and just the right tang. Phil's sauce suppresses the meat's natural flavor and gradually starts to build a harsh tangy taste.

Moreover, the slider trio was mouth-watering good! The only discouraging thing about the platter was the amount of meat and sauce and how it regrettably spoiled the taste of the sandwich, transforming it into a spongy mess. Perhaps ordering the sauce on the side would be the best solution so

that the bread doesn't form into a huge absorbent sponge.

Lastly, their side section was commendable, serving a well-sized portion of crispy fries with a flattering hint of salt. The creamy, skinned potato red salad had a nice body to it, but was maybe a bit overly seasoned with salt.

Bubba's prices are just a bonus. The price is affordable, usually around \$15 and their portions always excel their price range by serving generous amounts of food.

Overall, my friend and I were pleased with our visit to Bubba's Smokehouse BBQ. Without a doubt, we would recommend it to anyone who needs a break from Phil's or is just interested in trying a new bbq place around our area. Bubba's Smokehouse BBQ is located at 888 Prospect St., La Jolla, CA 92037.

Greek Leadership Spotlight

Spencer Joseph is a model of success

BY KATLIN SWEENEY
EDITOR-IN-CHIEF

Spencer Joseph is a dynamic force that has brought a mentality of inclusivity and community outreach to the Greek Leadership Council this year.

As GLC President, Joseph represents the members of the nine fraternities and sororities on campus, as well as the two Greek honor societies. He handles any issues or questions that arise within the community and acts as the voice of the students with the administration.

Joseph happened into the position when the spot opened up unexpectedly. He applied with the intention of making his name more recognizable and intended to reapply a year or two later when he was more known in the Greek community. Joseph was taken by surprise when he received a phone call twenty minutes after he left the interview and was offered the job.

Since then, the 19-year-old business major has taken on the task of managing and overseeing the Greek community's approximately more than 700 members.



Spencer Joseph photo provided by Anne Hall.

However, Joseph does not solely focus on bringing the various fraternities and sororities together. He also reaches out to students and orgs. across campus to create ties between them and the Greek community.

One of the ways that he accomplishes this is by joining together his roles as GLC President and Resident Adviser at The Quad. Joseph has a set quota of events that he has to create for his 'residents' in the dorms, so often times he coordinates them to intersect with Greek. He believes that by getting groups to work together, everything on campus will operate in a more inclusive manner.

Joseph keeps his commitments to GLC and his fraternity SAE close to his heart, firmly believing that this path

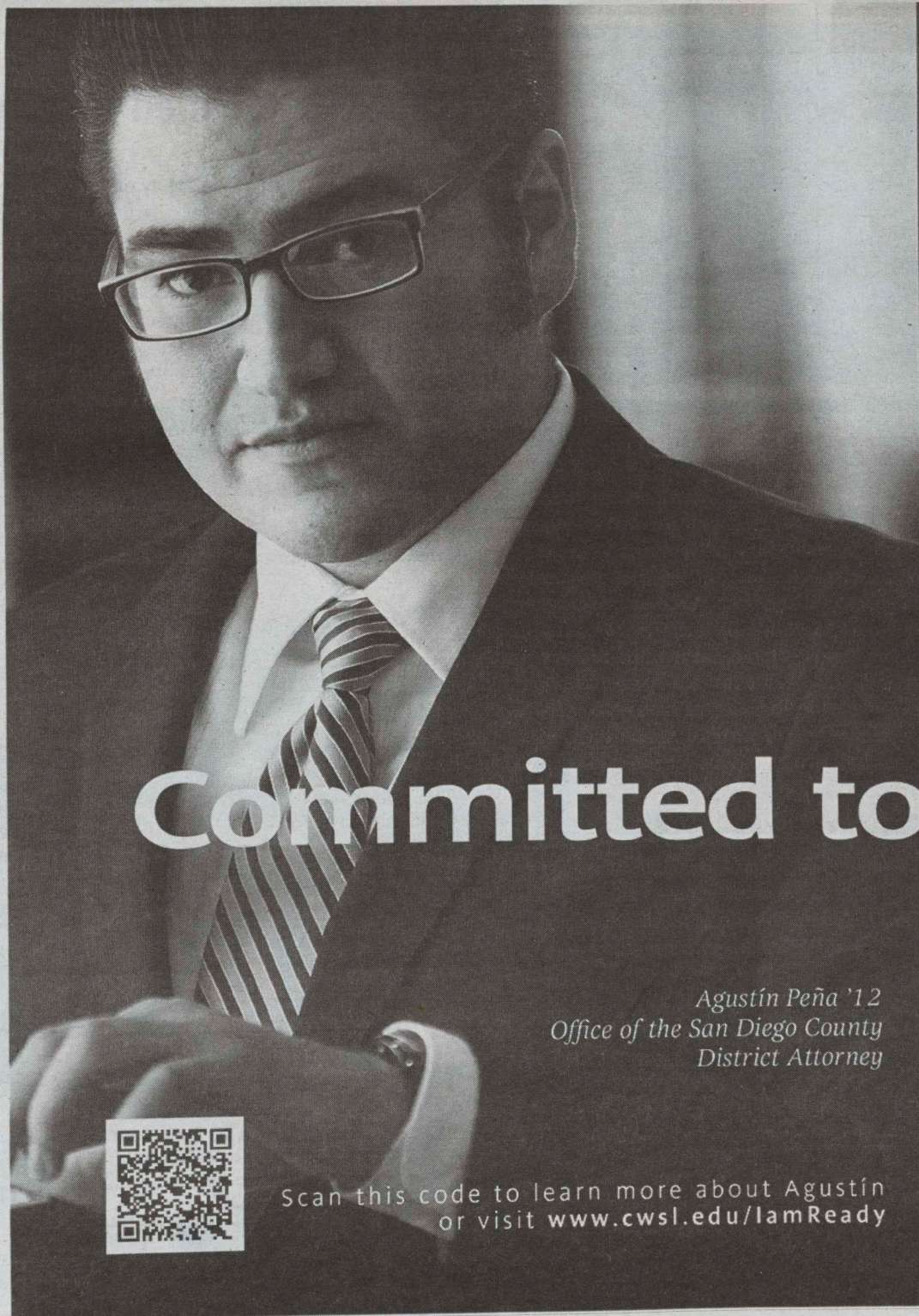
will expose him to a multitude of new opportunities.

"I'm the 307,294th member of Sigma Alpha Epsilon. It's not necessarily a number to me, but something that supports my decision," Joseph said. "It represents all the hard work I had to do to get to college and the hard work that I will do when I get out."

Joseph manages to bring together the multiple dimensions of his college career while maintaining a full course load, a skill that he attributes to being organized and qualities that he has learned from being a member of a fraternity.

"It's been a way to find friends, but they're not just my brothers because of a title. Truly each and every one of them is my family," Joseph said. "The reason for my success is because going Greek helps foster growth within a person. It really has opened my eyes to what I can accomplish in the business world."

Joseph's dedication to GLC and the Greek community has only continued to fuel the tremendous success that fraternities and sororities have enjoyed at CSUSM. He can be contacted via email at josep015@csusm.edu.



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Club spotlight Feminists Unite

BY RICO PALMERIN
FEATURES EDITOR

Students can learn about social justice and feminism through multiple outlets on campus.

Feminists Unite (FU) is an organization dedicated to educating students about the truth behind the loaded term "feminist," and the need for students to be conscious of social injustices carried out everyday.

Without a doubt the term "feminist" raises all sorts of interpretations, and the majority tend to be negative. Feminists Unite holds regular club meetings and participates in events on campus to help erase any prejudices or misconceptions students might have.

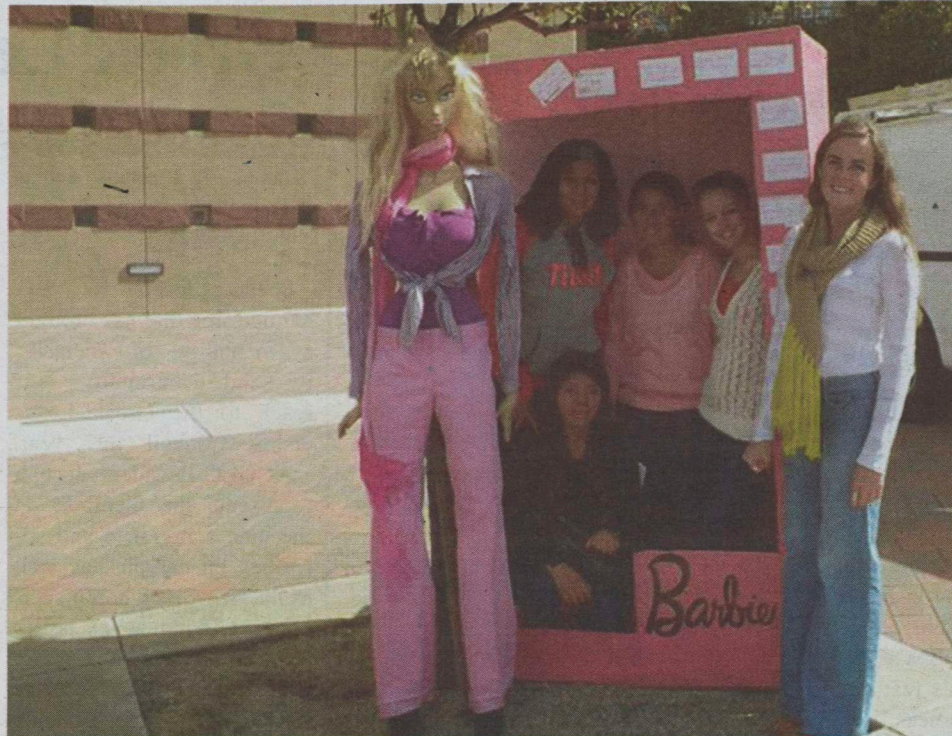
"A lot of times people already have a lot of feminist

ideas, they just don't necessarily want to call it feminism because of the negative label that comes with that," FU Vice President and Treasurer, Sophii Sandoval, said.

Sandoval points out that a lot of women feel a general sense of competition amongst each other. This type of competition can be unhealthy, unproductive and foster barriers between women which don't necessarily need to exist. According to Sandoval, Feminists Unite wants to promote "healthy relationships among women."

"We can all stand together and support each other without there having to be this barrier of competition," Sandoval said.

Feminists Unite events feature tables providing information and activities, such as customized bracelets



inscribed with empowering words about each person's body. One of FU's more recent events included making and presenting a life-size Barbie doll meant to educate women about body image.

For men, participation is more than welcome, but naturally there are certain expectations of men who join. Feminists Unite already currently has two male members. "Men identifying as femi-

nist can be very productive if they remain aware of the fact that they do have male privilege and that it's important to let women speak for themselves," Sandoval said. Anyone interested in learn-

ing more about feminism or joining Feminists Unite go to <http://www.csusm.edu/orgs/feminists%20unite.html> or check out their Facebook page at <https://www.facebook.com/feminists.unite>.

"For women it's scary because, automatically, if you're a feminist you become this man hating lesbian."

-- Sophii Sandoval

Barbie dolls, music videos, magazines, media and everyday life influence the perception of how young women perceive their roles in society. Barbie dolls photo provided by Professor Nancy Cairns-Pietrangelo.

'TIS THE SEASON Quick and easy Christmas recipes

BY TARA MORALES
STAFF WRITER

Cheesy Potatoes

If you are looking to surprise mom by showing up with a delicious dish for the holidays then this "Cheesy Potatoes" recipe is perfect for you! Holiday meals are such a wonderful time to spend time with family and loved ones, and to enjoy the beautiful world of food while giving thanks. Contribute by cooking these easy, delicious recipes for the holidays!

"Cheesy Potatoes"

In a big bowl mix together:

1 bag of frozen country fried (squared) potatoes

2 cans of cream of chicken

1 medium size container of sour cream

1 cup of melted butter or margarine

Once you are done with that, take a medium size baking dish and add a layer of the potato mixture and then add a layer of sharp shredded cheddar.

Add another layer of potato mixture and top it with a second layer of sharp shredded cheddar.

Take a large bag of plain Lays potato chips and add half a cup of melted butter/margarine and then crush up the chips mixture.

Now take the buttery crushed chips and layer them on top of the cheesy potatoes.

Bake the dish in the oven at 350 degrees F for 45 min. to an hour.

Let the dish cool down.

Your dish is ready to be served!!!



Cheesy Potatoes original recipe can be found at <http://toddbransky.com/family-recipes/cheesy-potatoes-cubed-party-potatoes/>



D.I.Y. Acid Washed Denim

BY ALEX MARAVILLAS
FASHION COLUMNIST

In the 80s, and early 90s, acid washed denim was a significant fad.

Today, acid washed denim is still a huge trend especially for this season. SDB-WD readers could put their own little creative-modern twist to this D.I.Y. tutorial.

To learn how to do this easy, do-it-yourself project on acid washing, read more.

Ingredients:
Bleach Spray Bottle Water
Denim (Jeans, jackets, etc.)
Blow dryer (optional)
Washing Machine

Directions:
Step 1: Fill a spray bottle halfway with bleach and dilute it with warm water to activate the bleach.

Step 2: Lay out denim outside on a tarp or newspaper to lessen mess.

Step 3: Spray denim in a sporadic motion all over until desired effect with bleach spray bottle.

Step 4: Let it dry. You may use a blow dryer but that is optional.

Step 5: Now that you have the color and effect that you want, remove bleach by rinsing it out with water, then put denim in washing machine.

Step 6: Then let it hang dry outside or put it in the dryer.

Tips: Wear something that you don't mind getting dirty when working with bleach. Wear gloves, and have fun with it!



Easy Dump Cake original recipe can be found at <http://allrecipes.com/recipe/easy-dump-cake/>

'TIS THE SEASON Quick and easy Christmas recipes

BY TARA MORALES
STAFF WRITER

Dump Cake

Shock your family by baking a simple dessert too! This easy "Dump Cake" recipe will satisfy everyone's sweet craving!

Preheat the oven to 350 degrees F.

Grease and flour a Bundt pan.

In a bowl,

mix 1 package of yellow cake mix,

1 package instant chocolate pudding mix,

4 beaten eggs,

2/3 cup vegetable oil,

2/3 cup white sugar

and 1/3 cup water.

Gently fold in 1 (8 ounce) container of sour cream and 1 cup semisweet chocolate chips.

Pour the batter into the prepared Bundt pan.

Bake in the preheated oven for 55 minutes.

Cool in pan for 10 min.

Your dessert is ready!!!

Happy Holidays

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CSUSM showing profound growth in dance

By ANNE HALL
DESIGN EDITOR

"I love the dance program. I wish they had more classes."

-Suzy Gallegos

CSUSM currently offers dance as a minor for graduating students, but many have shown a strong interest in seeing the program offer dance as a major.

Enthusiastic faculty and students work hard to establish new discoveries and constantly develop their skills in the art of dance.

"By introducing all these dance classes to our fellow students, the school is providing the opportunity to help students express themselves physically and mentally. Not just that, but it is a helpful way to get students involved and find their passion for dance," Emy Medina, who is new to the campus this semester, said.

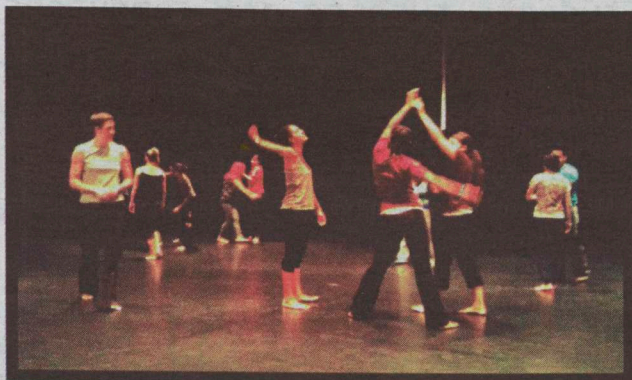


Photo of Professor Anya Clouds Introduction to Improvisational Dance class offered this fall as DNCE 311. Department Head for the dance program on campus is Dr. Karen Schaffman, by Anne Hall.

Anya Cloud, a graduate student at UCSD, had met Dr. Karen Schaffman while studying for her Masters in dance and was offered to work part-time for our campus as an instructor in fall 2011. Dr. Schaffman was the originator of the dance program on this campus and has done a profound job at establishing growth within the department in her 12 years of service here.

"She established the curriculum. The ethos of the program is centered around the confluence of embod-

ied and scholarly studies. So, how we can think about dance and how can we also have a moving experience with dance. Every class is built around the combination of those skills, which is fairly unique in how dance programs are established," Professor Anya Cloud, a researcher in the human body's range of motion, said.

Numerous classes are being offered for spring 2014. For more information and available classes, go to <http://www.csusm.edu/vpa/dance-studies/index.html>.

Club spotlight Kinesiology Club

By KATLIN SWEENEY
EDITOR-IN-CHIEF

The CSUSM Kinesiology Club is one of the best representations on campus of a group that combines enthusiasm, ingenuity and teamwork.

Kinesiology Club seeks to get students involved with health awareness, outreach in the community and providing guest speakers in the field. Their guests range from chiropractors to physician's assistants to behavior modification specialists and prosthetists. The club is also in the process of establishing a mentorship program between Pre-Kinesiology and Kinesiology students.

While the club is student run, Kinesiology Club also relies on the support of their faculty adviser, Dr. Laura de Ghetaldi, as well as Dr. Todd Astorino, Dr. Jeff Nessler and Dr. Arnel Aguinaldo. Club Vice President Ross Edmunds said that each professor encourages students to conduct research, public outreach and are excited about what the club can accomplish.

Kinesiology Club also has access to numerous devices such as a Velotron Dynafit Pro electronic bicycle er-



An example of the ample amount of food that the Kinesiology Club works to distribute every other Tuesday to fight against hunger in the community. Dr. Laura de Ghetaldi is the advisor for the program and contributed this photo.

gometer, Monark Wingate Peak bicycle ergometer, Biodex isokinetic dynamometer, Burdick treadmills that specialize in heart rate and a Dexa scanner that looks at bone density. The use of this equipment is what aids students in conducting research outside the classroom.

"This is an incredible opportunity for CSUSM students. When I have talked to other universities, I have found that normally only graduate students would have access to these materials," Edmunds said.

But the enormous impact of the club is not confined to research projects that stay on campus. Edmunds and other students have gone to conferences at other universities to present their projects and spread the knowledge they have amassed. They also work with Donate Don't Dump, where Kinesiology

Club students distribute food to those in the area that suffer from food insecurity. The club successfully completed six food distributions in the last semester, and have helped pass out over 36,000 pounds of food last year.

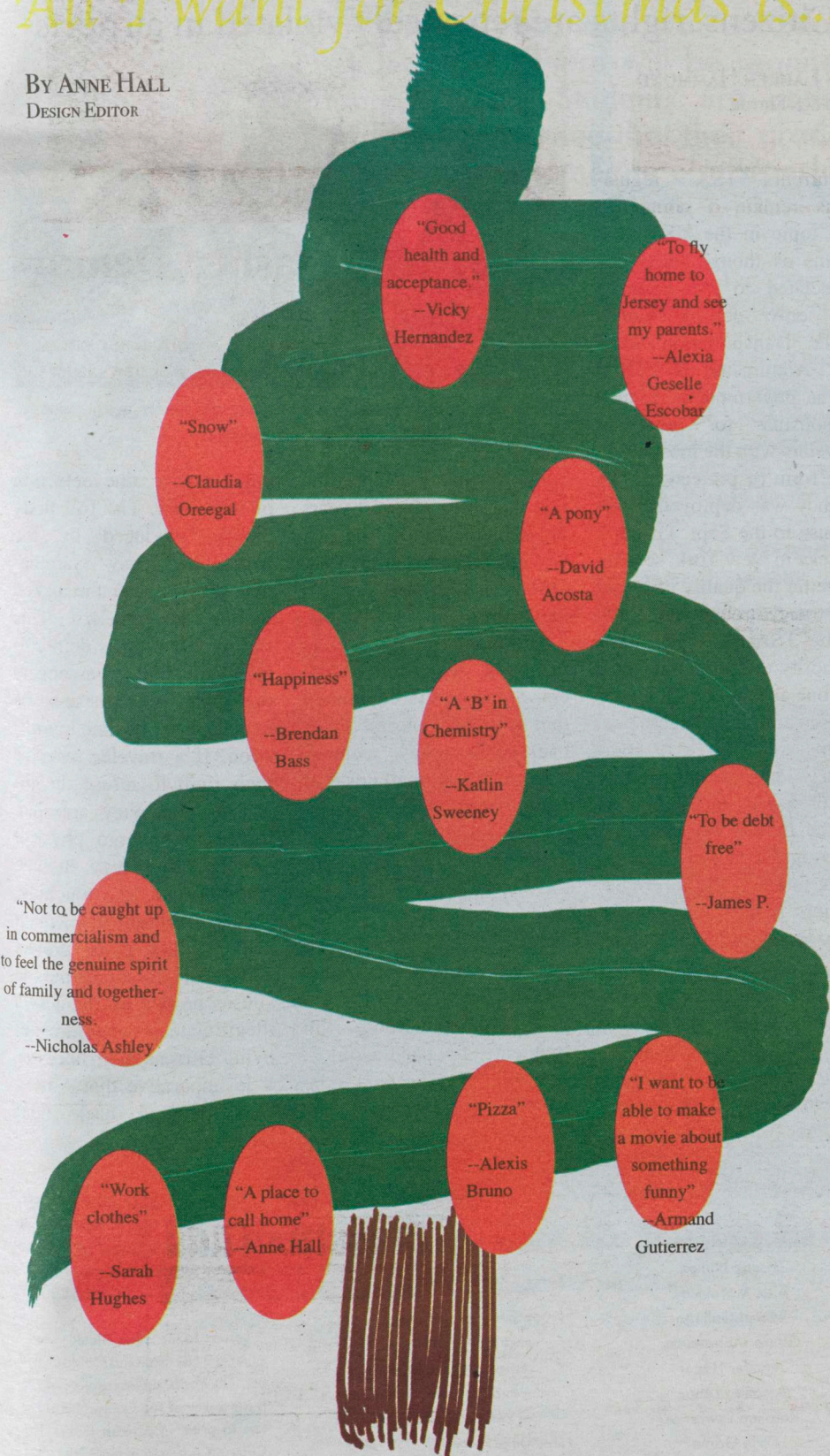
The club welcomes any Pre-Kinesiology or Kinesiology students that are interested in meeting and working with students at all stages of their academic career.

"We have students that are going into pre-physical therapy, applied exercise science, health science, physical education. We have a very healthy diversity and CSUSM opens up so many doors for students," Edmunds said.

For more information about Kinesiology Club, contact President Amy Clark at clark170@cougars.csusm.edu or Dr. Laura de Ghetaldi at ldegheta@csusm.edu.

All I want for Christmas is....

By ANNE HALL
DESIGN EDITOR



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Homelessness Perspective Being without shelter but not without hope

By JEFF MEINTS
STAFF WRITER



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Many people dismiss all concerns of those who are homeless through placing assumptions and judgments upon this mostly ignored group of people.

I have found that homelessness discriminates against no one, but so many people discriminate against the homeless. Most of the time they do not even realize that they are doing it.

In the past I took no notice of things such as “No Loitering” signs, locks on bathroom doors in fast food restaurants or city ordinances of not being allowed to sleep in your car. Now when I encounter them, I have come to realize that those restrictions are mostly directed at the homeless population.

In the middle of the night when that urgency to go the bathroom arises, you have to start up your car to burn gas to simply find an open establishment that has accessible bathrooms. The places with locks on the bathrooms doors require that every single time you need to go to the bathroom you now must ask, “Can I please use the bathroom?” Also, dismiss the thought of going to the bathroom outside in the bushes somewhere because if caught you would be added to the sex offender list.

Never in the past would I have considered the plight of the homeless, where you’re forced to spend money every day on fast food and on very unhealthy food at that. There has been many a night where I literally cried into my McChicken because it was the only thing I was able to afford and to consume for weeks on end. However, I remind myself everyday that other people have it far worse off than I do. This provides brief flares of passion to want to survive this to ensure all people can attain food and shelter in all of the United States.

A year ago, I met a woman that, when I mentioned being homeless and then heard that I live in my car, she responded, “Well you aren’t homeless then.” There is

definite truth in that I have a car so I would have more shelter than another homeless man who is living out of a cardboard box. However, would you want either of those living situations placed upon yourself, your friends or loved ones? I have had issues with my car battery dying after a night of charging my phone or leaving the heater on because it is so cold outside only to then wake up and find my car dead.

By far the worst thing I’ve encountered because of being homeless is the effects it has with relation to family and friends. Whether it is my parents ignoring my calls to friends and coworkers displaying the same lack of concern, in the end all is the same result: solitude and isolation.

The mental, physical and even spiritual decimation of an individual occurs through this solitude and isolation. If this individual is unplugged from social environments and the simple interaction of other human beings for too long, that individual has the very real risk of disappearing into themselves and into the dark and ignored pockets of society. When society has given up and written you off for so long, it is only a matter of time before you give up and write off yourself.

I have chosen to be homeless through the act of giving my ex-wife the salon I built for her and taking almost nothing for myself so she could be well off. Oddly I have no regrets. But last night while I curled up for sleep and as I pondered over my story, the story I now write, I was reminded once again and overwhelmed with an emotion I have felt every night, which is fear.

There is the fear of getting my car impounded for sleeping in it, or fear from assault and robbery due to the isolated and vulnerable posi-

tion I place myself in each time I park on a dark and foggy street. There is fear of sweltering summer nights, frigid winter dawns and overwhelming downpours of rain. There is the very powerful fear of dying in the back of my car all alone, and I not being found for days or weeks on end. Each little noise slaps you awake from sleep to ensure no defensive actions are required. This has been by far the most present and prevalent emotion that I carry with me every day.

The silver lining in all of this is I have found a certain and once seemingly rare characteristic in people which I now consider “true humanity.” These are the people who learn about my living situation who continue to make eye contact with me, call me on the phone to simply ask how my day went, do random kind deeds such as bringing me food at school or invite me to their social gatherings and those who display compassion and understanding. I have found that openness and honesty, while sometimes briefly being detrimental, in the long run creates new friends, family and alliances stronger than any I have known in my whole life.

The best advice I can provide to others that might find themselves in my situation is to first and foremost, curb your pride. If someone you care about offers you food, a place to stay or simply wants to chat with you, I recommend accepting the offer and opening up to them. Take the food, display the gratitude required and be glad there are still those who care.

It is time we started shining the light into the darkest corners of society because there are so many that are lost and can easily be found and guided back into the light with compassion, patience and understanding.

Going online is waste of time

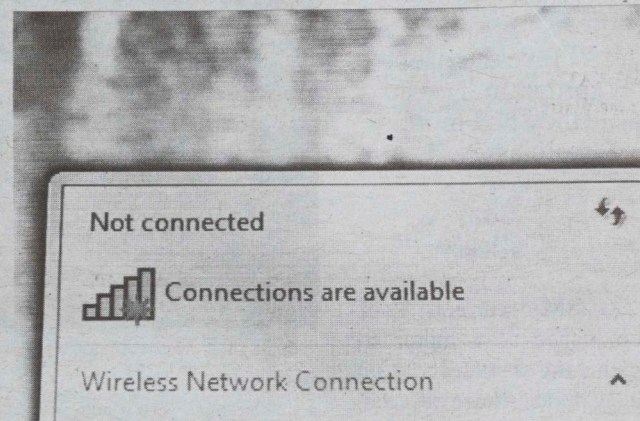
Students turning off computers in frustration

By CHELSEY SCHWEITZER
STAFF WRITER

CSUSM students use their computers to work on assignments in the little down time that they have between classes but the campus wifi is too spotty to be effective.

The school wifi only works perfectly in a few locations. This wastes the little time students have to spare and by the time they pull up the page they need, it’s time to head to class. If a student needs access to a webpage for the in-class assignments for the day, it takes most of the class for the webpage to load and makes it harder for that student to complete assignments. If a student’s only time to complete homework assignments is between classes on campus, they have to navigate through the difficult wifi in order to access what they need to get done.

The wifi at the school should be improved in order



Connections are available? Once connected, the service is run dry, image by Chelsey Schweitzer

to fit the needs of the students. College students rely heavily on their computers and good wifi connections. While there are computers in the library that work much better than the wifi at the school, there just aren’t enough computers available to meet the needs of all of the students on the campus. Students often don’t have the extra time required to wait for a computer to open up in the library and

if their class isn’t located nearby, they have to take additional time to get there.

The wifi that the school currently offers does not fit the needs of the students and makes it difficult for them to get their assignments done. It is important that steps are taken to improve the quality of the campus wifi in order to provide students with the opportunity to be successful in college.

TSA regulations unconstitutional Citizens’ rights are repeatedly violated in airports

By LAUREN HAMMOND
OPINION EDITOR

Current TSA regulations remain a controversial topic in the US and it seems as though violations associated to the program are only getting worse.

The Transportation Security Administration (TSA) is the governmental agency responsible for providing travelers with the most effective form of protection. The agency was deployed in response to the Sept. 11, 2001 attacks in New York, serving to better the quality of safety and travel throughout the US.

The TSA currently holds authority to search and seize anyone as they see fit. Under administrative law, these programs are allowed to completely disregard the terms of “probable cause.” Officers of the Behavioral Detection Program, a subdivision of TSA, look for “clusters of behaviors indicative of stress, fear or deception.” Anyone who is presumed to be showing such symptoms may be unjustly removed, analyzed and interrogated. This backwards view of condemning citizens as guilty until proven innocent under inspection



TSA security inspecting vehicles along the border patrols, image found online from <http://therealnewsjournal.com/?p=9024>.

continues today, despite the fact that even after 10 years of implementation the US Government Accountability Office (GAO) has deemed the program unreliable.

Airports currently require full-body scans of travelers. Some of the equipment that is used, referred to as backscatter x-ray technology, emanates small doses of radiation that can be harmful for some travelers. The main health concern for travelers passing through the x-ray technology is the development of skin cancer. Passengers that are the most susceptible to ionizing exposure risks are those who frequently fly, such as pilots and children, who tend to be more sensitive to radiation. However, these scans not

only expose the detection of weaponry. The full body images produced by the backscatter x-ray examination also expose the naked outline of travelers. This virtual stripping is demoralizing for many passengers but opting out to these scans may lead to further humiliation. If a traveler reserves their right to refuse the invasive scan, they are then forced to undergo physical searches that may include inappropriate touching.

The government’s main responsibility is to protect Americans’ freedoms but the abuses probed by the TSA’s illegitimate regimes are denying citizens their liberties. It is imperative that Americans demand back their rights.



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Let's start the GMO conversation

Creating public awareness about toxic food

By KATALINA LAWRENCE
STAFF WRITER

Students at CSUSM have the right to know what they are consuming, and building awareness of GMO's implications can save lives.

GMOs are not placed inside the foods that we eat. It is put in the seeds that are used to make all the foods that we eat. Many GMOs also contain something called glyphosate, which is a weed killer that can be extremely damaging to humans. It poisons our healthy bacteria, and goes into our bloodstream causing neurological damage. GMOs also contain promoters with proteins that wake up genes and bacteria in our bodies that do not need to be woken up. Our bodies are biologically made to heal itself even without vac-



Injected food, from <http://servicefoods.com/blog/gmos-pros-and-cons>

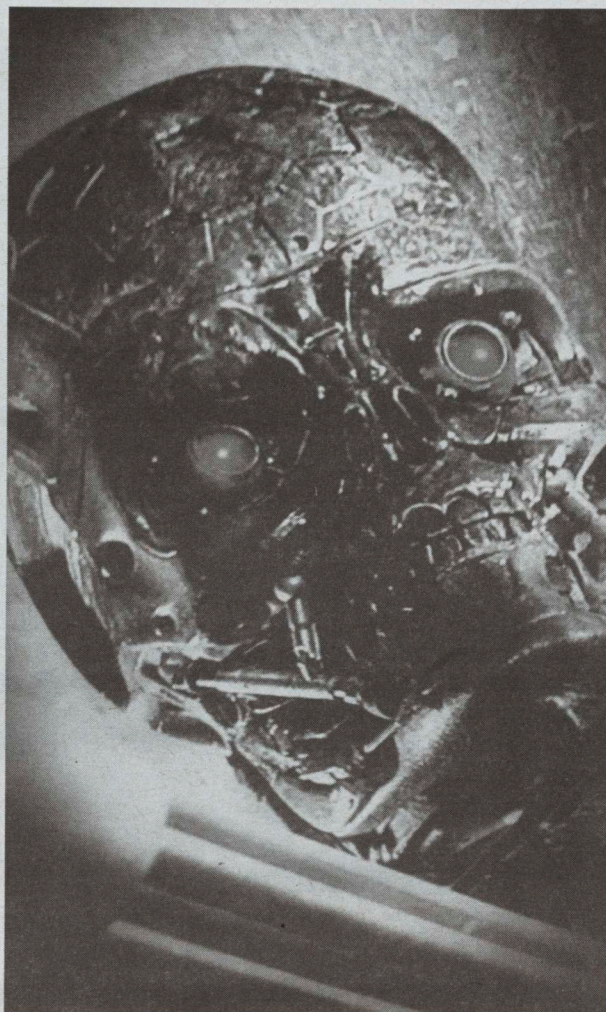
cines, however the effects of GMOs weaken our system and make our bodies open to tons of germs and diseases. The food industry is always looking for new technologies to make food fast, last longer and inexpensive but, every efficiency leads to another problem.

The government is here to protect us but, in this circumstance they are killing

us. 50,000 FDA food inspections were made in 1972 and only 9,164 were made in 2006. Our very own regulatory agencies are being controlled by the very own companies that they should be scrutinizing. At one point the head of the FDA was also the late President of America's Food Processors Association. There is a revolving door of people controlling

our regulatory agencies and they are putting our nation's health at risk for money. The FDA does not conduct any first-hand checks on the chemicals that are put into our food. We are clearly seen as lab rats not human beings.

Spread the word and put forth the effort to educate yourself and others on this important issue. Start to become more aware of the foods that you eat and pay attention to labels. You might be very surprised to find out what might be in your favorite snack foods. We all have fast paced lifestyles so, fast food is an easy alternative. But try going to a joint that is known for using real foods, such as In n' Out and Chipotle. Going organic is the best solution and making small steps everyday will help us all get to where we need to be.



Artificial intelligence photo provided by Anne Hall.

Group projects are controversial class dynamic

By RICO PALMERIN
FEATURES EDITOR

Following an announcement of a group project, many students moan and groan because of bad experiences.

Lack of partner participation results in a lower grade for the group, not just the individual. Other students are very independent and enjoy relying solely on their own abilities to earn their grade.

With so much antagonism toward group projects, why do teachers continue to assign them? Do they just not care what students think? Or do they see group projects in a different light?

Professor Doller uses group projects as a large portion of the grade for her FMST 300:

"In general, I find students are at first quite anxious and worried when they learn that there will be required group projects. Students are understandably concerned that their grades will depend on someone else's performance." - Sandra Doller

Elements of Cinema course.

"I believe group work challenges students in some very productive ways, inviting them to think beyond their own perspectives, to share ideas, to be inspired by each other's creativity, and to form bonds with other students," Assistant Professor of Literature & Writing Studies, Sandra Doller, said.

Perhaps nothing in our courses gives us a taste of the real world as much as group

projects do. They force us into uncomfortable situations, with people we don't know very well, and demand that we work together productively. Any students who have had a job, volunteered at an organization or even joined a club can see the parallels here.

This is why group projects, for as much as they hurt, help us even more. They pull us away from our academically reinforced sense of

self-dependence and help to prepare us for reality outside of school.

As Doller points out, "Group projects build a sense of camaraderie and community, which I think is one of the most important things in keeping students engaged in their own learning."

Group projects aren't the flu, but the bitter medicine we need. So next time a group project comes up, instead of responding with the negative, habitual groan, students should make a conscious effort to have a good experience and invest themselves in the assignment, and others, will follow hopefully follow their lead. This is college. Time to stop acting as if caring about academic curricula isn't cool.

Physical constructs of society

Damaging to cognitive development

By ANNE HALL
DESIGN EDITOR

Present day America primarily exists within technology and coded information, causing the general population to lack the ability to exercise common sense.

Society is built of social constructs that tell us what and how to think, how to perceive and understand the world around us. People, whose socioeconomic backgrounds are more 'modern' and do not stem from a more or less "primitive" environment, see the world far differently than others. For example, cultures that live in rounded huts, tipis or spherical domains do not have the same perception of angles and shapes as people that live their whole lives in square, cube and rectangular buildings. The environmental conditioning was not inherent in their life to adapt to the perception that is inherited within the cubed society. "Common sense" comes from these constructs.

In today's age, people spend less time in the physical world and more time in the digital. Common sense is no longer perceived by the present generation as being the formal definition of what its existence was meant to be. This could be the sense of safety, survival and general ability to function within the

world under the premise that one can naturally survive in the world on one's own. Common sense is becoming the generation that more quickly knows how to create web pages, adapt to new electronic equipment, design their own apps, etc. The need to function within the physical world appears less than necessary.

This creates the question of whether or not we have evolved closer to Artificial Intelligence, if Artificial Intelligence has caught up to us or if there is some medium. Artificial Intelligence is limited by the constructs of embedding "common sense" into coding that directs the machine to function for itself without being directed to do so. Instead, it adapts so that it can do so for itself and adjust to the environment it exists within.

Technology has advanced so rapidly in the past lifetime that limits are constantly being pushed for mechanical purposes, but organic means of survival become less prevalent of a concern. We are more concerned about having the latest machinery and video game than we appear to be about feeding ourselves, as the American people increasingly suffer in hunger from a population driven by living in the moment and not questioning the now.

Under age patrons are often given the cold shoulder and shunned away from venues that serve patrons that are only over the age of 21. This limits entertainment options for students who have friends of varying ages or are just among the younger generation that still have to wait to no longer be bound by limitations of age restrictions, by Anne Hall.



Over 21 venues are unfair to young fans

Age shouldn't be the only thing to determine audience eligibility

By CHELSEY SCHWEITZER
STAFF WRITER

21 and over venues exclude many students from concerts and shows.

21 and over venues make it so that some students have to miss their favorite

bands live. What makes this even worse is that with some bands, these venues are their only local stop and the sole chance to see them.

This should not be the case as music is a popular outlet for the stressed student. In

addition, venues that are 21 and over make it difficult for students that have friends over and under 21 to find things to do together. The majority of comedy clubs are also 21 and over venues. Students are unable to see

their favorite comics perform live and denies students an outlet where they can laugh after a stressful day.

These venues are usually designated as 21 and over due to the fact that alcohol is served on the premises or because the show is being held within a casino. While it makes sense that these busi-

nesses want to avoid underage drinking and gambling, excluding all people under the age of 21 is not the best method of prevention. These venues could sell tickets specifically for those under 21 and have a separate seating section for these patrons, ensuring that those in this section are kept from alcoholic

beverages. These venues could provide plastic fastening colored wristbands for those under 21 to make these individuals easily identifiable when passing. These methods would allow all students to unwind after a long week by listening to their favorite bands or watching a comedian perform.



Group picture taken at the groundbreaking of the new building for the Veterans Center. Present parties include the advisor for the Veterans Center, Mrs. Vicky Hernandez, student staff, active members of the SVO and Veterans that regularly visit the center, by Anne Hall.

The reactions that raise the statement of 'Veterans are people too'

Stereotypes and presumptions of identity are harmful to members of the community

BY ANNE HALL
DESIGN EDITOR

As a growing population of active duty military transition to veterans, perception of their purpose in life becomes somewhat of a blur.

Veterans on campus are constantly mentioning how they notice that they are treated differently than other individuals when the population realizes that they served in the military.

"Veterans have a different world view because we've lived more than 50 miles away from home. So we can talk about another culture after experiencing it, as other people want to impose belief of what's their perception of perfection and what's acceptable in other cultures," Human Development Club member,

James Pinckney Jr., said. "As a Hispanic military dependent; common courtesy is instilled, and as a veteran it is stronger, but people seem to lack the reciprocation in the sentiments," student David Acosta said.

Sometimes the behavior towards veterans is similar to that of being treated as though we are ex-convicts: avoided, ignored, given strange looks and sometimes approached in fear. People look at veterans like we have something to hide.

"Veterans are often misjudged on this campus. Not so much in the case that they are a different population, but its more that they are misunderstood. They are a separate piece of the population that no one seems to understand. I think that it's very important that veterans know how to integrate with the rest of the civilian

population and really understanding that we're just people, like every other student here. We've had different experiences but if you still cut us we still bleed. We're still human as well. Through ASI, we're trying to build a sense of inclusiveness with the veteran population on campus. The Veterans Center is intended to create a space where people want to spend their time and get to know one another," SVO Treasurer, Michael Betancourt, said.

Veterans and military personnel are stereotyped as being only comprised of men. Any women that are recognized as military members suffering from post-traumatic stress disorder are often generalized as having had experienced sexual trauma.

"Veterans come in all shapes and sizes. They are men and women. People forget about women being

veterans. When I tell people that I'm a veteran, they kind of give me this look. They forget that women can be veterans too. Three women just graduated from Marine Corps Infantry Officer Training. Just saying. We were normal people before we joined the military and we're still normal people. We just went through a different life experience than other people did and that's it. We're just like everybody else," SVO President, Claudia Oregal, said.

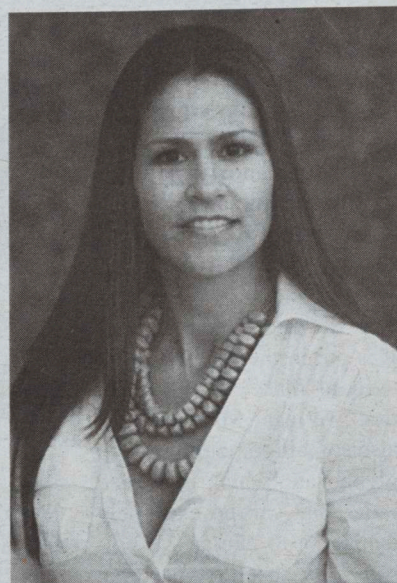
Veterans made the choice to give up their freedoms to become a soldier or sailor for the sake of supporting the freedoms of others. Regardless of one's chosen path in life, everyone's life experiences are different and no two encounters in life are exactly alike. This is the same for any military personnel.

Faculty profile

Dr. Joely Proudfit

"This was always where I wanted to be when I graduated from my doctorate program. I'm glad to be able to teach students who are from my tribe and other neighboring tribes. I'm really excited to be a part of a campus that values all of its stakeholders, especially its tribal community partners."

--Dr. Proudfit



BY AMANDA LENOX
EDITORIAL ASSISTANT

Although November is Native American Heritage Month, CSUSM Professor Dr. Joely Proudfit recognizes her heritage all year long through her Native Studies classes.

Professor Proudfit received three degrees in Political Science. She first received her Bachelor's degree from Long Beach State with a concentration in Public Policy in American Politics then went on to earn her Master's from Northern Arizona University (NAU) with a concentration in Public Policy and American Indian Policy. She also continued her education at NAU, receiving her doctorate in American Indian Public Policy.

"I always knew that I wanted to do something that worked for the betterment of my people, to improve upon the lives of my community, to improve upon the future of American Indian people," Dr. Proudfit said.

She had met a professor who encouraged her to seek a degree in political science, believing she could have more of an impact on the community as a professor instead of just being a lawyer, which had been her original career choice.

Professor Proudfit is a three-time tenured Cal State professor. She was originally tenured at San Francisco

State where she chaired the American Indian Studies Department. She then went on to be the Director of the Master's in Tribal Government Management and Leadership at Cal State San Bernardino. Dr. Proudfit knew she always wanted to be at Cal State San Marcos because it is the homeland to her people. She is a descendent of the Pechanga band of Luiseño Indians.

This semester, Dr. Proudfit teaches Imagining Indians: American Indians in Media, Film and Society (NATV 380-1). Her class helped launch the first Annual San Diego American Indian Film Festival. Next semester she will be teaching American Indian Women and Activism (NATV 380-3) and American Indian Communities (SOC 348). Dr. Proudfit has restructured Native Studies to grow it into a department and has developed six courses.

"I love teaching; I love that you can really impact someone's life. I believe that education is the path to self-determination and its something that no one can take away from you," Dr. Proudfit said.

She loves when students are engaged and excited about being in the classroom. She also encourages all students to take a Native Studies class and not think that it is just for Indian students because "it is for everybody. You're an American. Our history is your history."

Review of Sky Ferreira - Night Time, My Time

BY ALEX MARAVILLAS
FASHION COLUMNIST

"What did I do to make you so cruel I've got this ache inside my heart I know that it's you / What should I do now that I know that we're doomed I loved you most / And now you're a ghost I walk right through" goes the chorus of a hypnotic song by Sky Ferreira on her previous EP Ghost. With Ferreira's meaningful lyrics, dark choice of topics that leaves the listener with a curious feeling and with Ferreira's black-and-white tone, balances with sentiment. My favorite songs on the EP are songs like "Everything Is Embarrassing," "Red Lips,"

"Sad Dream" and most importantly "Ghost." These songs have a huge significance in my life.

According to YouTube "theneedledrop", in his review video about the album, link here: <http://www.youtube.com/watch?v=hwEA9vhpQDA>, he said, "Californian singer and model Sky Ferreira's full-length debut leaves a lot to be desired outside of the album's handful of enjoyable pop songs."

My subjective take on "Night Time, My Time," Ferreira's new album is my opinion. I do not intentionally discredit the artist of his or her talent and or effort.

I agree, though digressing, and believe Ferreira is showing her weakness and

her pain through a Tears for Fears feel, which I can relate with her songs personally. Also, she looks so fierce on the album cover. The songs on the album are killer. Her previous sound was indie and pop techno based, but now her songs on the album have an eclectic sound. It feels so fresh but yet seems to have a vintage tone. Her lyricism still is meaningful as before. Her dark themes leave me paralyzed and wanting to memorize each lyric. The tones of songs bring up nostalgic and sentimental feelings. For example, within seconds of hearing my favorite song "24 hours," it talks about wishing these 24 hours would never end. I strangely want to try to fix everything that

is wrong in my life by turning back time. Practically like time travel. Other songs like "Nobody Asked Me (If I Was Okay)," "You're Not the One," "Heavy Metal Heart" and "I Blame Myself" that make you feel so heavy inside. I personally had the courage especially to sing "Heavy Metal Heart" in front of a crowd of people that are close to me and come out to them, like at the "Coming Out Monologues" from the LGBTQA Pride Center on campus here at CSUSM.

Just listen to the album, "Night Time, My Time" while reading this column in the dark, and let's hear what you feel?

4.5/5 Paws up!!!



Sky Ferreira album cover courtesy of twitter.com.

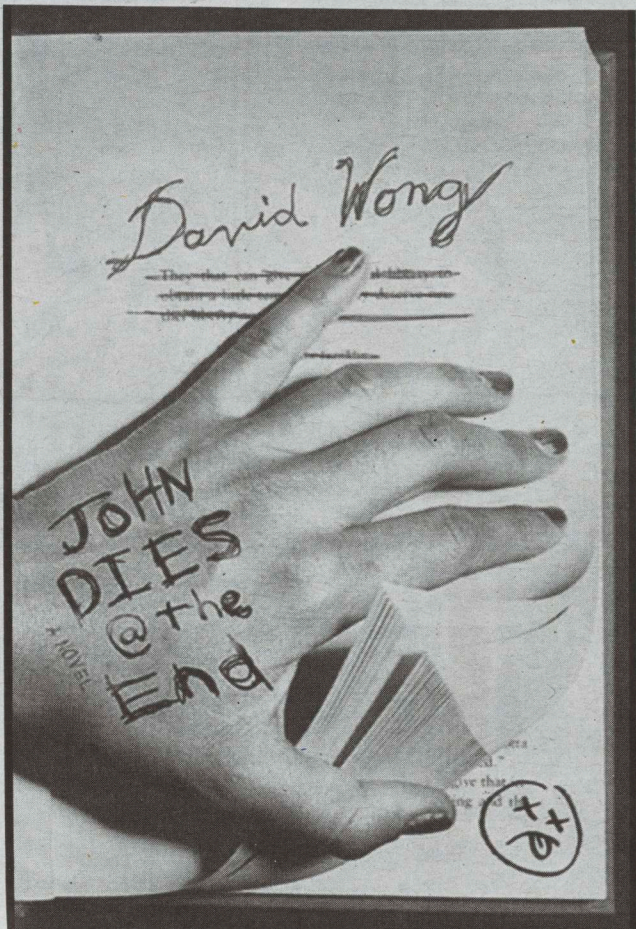
'John Dies at the End'

By KATIE GARNER
STAFF WRITER

There's something satisfying about a good ghost story.

The pulse-raising, spine crawling tales of murder and mystery are refreshing no matter what the season. Horror fans everywhere will appreciate a chilling novel that keeps you biting your lip and fearful of shadows on the wall for days on end. Well, this book isn't quite like that.

David Wong delivers a never-ending stream of laughs in his debut novel John Dies at the End. Successfully blending the genres of horror and comedy, Wong's novel promises nothing but the most insane spiral into crazy you may ever read, in this life and the next. The plot revolves around two college dropouts, Dave and John, who gain the ability to see all manner of supernatural creatures after a party one fateful night. Amidst flying mustaches and girls bursting into snakes, Dave and John have no idea what they're doing and their decision-making skills leave much to be desired. But can they save the day from the most powerful entity of evil in the universe?



All signs point to no.

Dave's deadpan narration and John's Don Quixote-esque persona are a hilarious contrast and tremendous fun to read. Although the action packed plot proves confusing at times, once you pick up John Dies at the End you'll be laughing too much to con-

sider putting it down. The author is currently the executive editor of the humor site Cracked.com and last year published the sequel to John Dies at the End, which is entitled This Book is Full of Spiders (Seriously Don't Touch It).

Atrophied Landscape Glance into MCASD downtown

By LISSETTE NUNEZ
STAFF WRITER

As we almost approach winter break, I would like to recommend the Museum of Contemporary Art of San Diego, a museum known to have various types of eye catching artwork.

One which stood out more than the others was Atrophied Landscape, an art piece made by Travis Somerville. The painting detailed a lone house that is perched on top of Martin Luther King's head and a collage of luxury ads from 1960's magazines surrounded it. Moreover, the medium Somerville used in his artwork was oil on a canvas, which he completed in 2009.

Travis Somerville grew up in towns throughout the southern United States. Being born and raised in the South influenced Somerville to explore the history of race and racism through his art. Most of his large-scale oil paintings incorporated a collage of which illustrated political icons associated with their notorious cultural

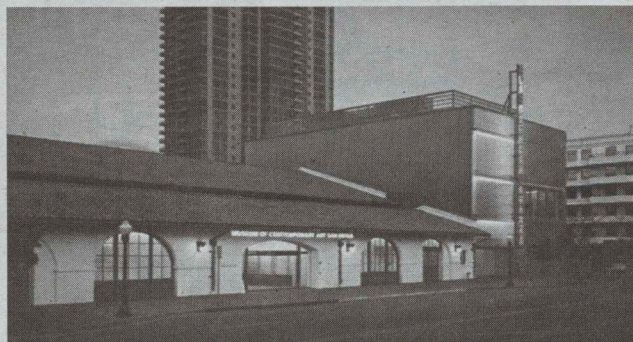


Photo courtesy of mcasd.org.

setting such as the piece mentioned above. His sculptures and installations also reflected on the complexities of racism that enlightened a point of how departed society is from discussing U.S. oppressions and colonial attitudes.

His education sprouted through the works of Maryland Institute College of Art in Baltimore, where he studied and attended San Francisco Art Institute after getting situated in San Francisco.

Today, Somerville's work has been included in numerous museum exhibitions. One in particular enlightens the view on human rights, which is "The State of Human Rights." It is an international exhibition consisting

of 70 contemporary artists who devote their styles of art to human rights.

Overall, this would be a great place to see as a family. It opens a sense of unusual thoughts that are not usually triggered during the realm of being part of society caused by of all its distractions such as the media, politics, religion and propaganda.

That being said, let us enjoy a true sense of freedom for once under the open-minded views brought by contemporary art and its attempts of expanding thoughts far beyond one's imagination.

The museum is in Downtown San Diego at the Jacobs Building at 1100 Kettner. It is open from 11 a.m. to 5 p.m. every day except Wednesdays.

Movie review

Thor 2: The Dark World

By ZACH SCHANZENBACH
STAFF WRITER

There are hundreds of superheroes nowadays, but how many of them are gods? At least one, that's for sure.

When Marvel's demigod from Asgard made his big-screen debut in 2011, Thor's film didn't have quite as big an impact as Iron Man or Captain America. But it's still a good watch. Thor returned a year later alongside our aforementioned heroes and others to stop his brother Loki's evil plans in The Avengers. Now after another year, Thor is back for more.

Thor: The Dark World engrosses its audience more than its 2011 predecessor. While Thor placed more focus on the Asgardian's character development than on super awesome action scenes those superhero movies are known for, The Dark World involves a lot more action than anything.

So what is our demigod hero (Chris Hemsworth) up against this time? An evil elf named Malekith (Christopher Eccleston) wants to destroy the universe with a destructive weapon known as the Aether (must be a South Pole elf...). With a crazy dimensional fissure of sorts coming to Earth, the destructive liquid finds a way to seep into the bloodstream of Jane Foster (Natalie Port-



man), Thor's human love interest from Earth. For about the first 50 minutes, nothing goes right for our hero and he is finally driven to such desperation that he actually busts his brother out of prison. This is where the film gets much more interesting, starting off with Loki (Tom Hiddleston) making some rather hilarious comments that make Jane's comic-relief intern look rather bland.

As for the crazy dimensional fissure that comes to Earth at the climax of the movie, well, let's just say that gravity is defied and a portal of sorts is created. When I say portal, don't be thinking of Loki's portal at the climax of Avengers. This one is much more chaotic.

The story as a whole is well-done, although it leaves

a little ambiguity about what's become of Thor's father Odin (Anthony Hopkins). Hemsworth and Hiddleston do a fine job creating tension between the two brothers, and ultimately the viewer's expectations are turned completely upside down.

When all is said and done, if you thought Thor was somewhat slow compared to other Marvel productions, then you'll have no problem with The Dark World. It's a worthy watch.

PS: Marvel fans may want to stick around after the credits start to roll; there's a little hint scene after the first quarter of the credits. But then what were you expecting? As for what's after all the credits? Well, it's not much...just an epilogue, really.

Cougar Shuffle - Winter jams

By Amanda Lenox

It's the holiday season once again!

Time to have the Christmas music on repeat if you haven't already started.

Some people may enjoy the classics while others prefer the newer hits by popular artists.

So take a break from studying for finals, grab a peppermint mocha and just relax with these two playlists.

If you prefer the classics:

Johnny Mathis - "It's Beginning to Look a Lot Like Christmas"

Bobby Helms - "Jingle Bell Rock"

Carpenters - "(There's No Place Like) Home for the Holidays"

Donny Hathaway - "This Christmas"

Thurl Ravenscroft - "You're a Mean One, Mr. Grinch"

Brenda Lee - "Rockin' Around the Christmas Tree"

+++

If you prefer the newer hits:

NSYNC - "Merry Christmas, Happy Holidays"

Madonna - "Santa Baby"

Britney Spears - "My Only Wish (This Year)"

Taylor Swift - "Last Christmas"

Josh Groban - "Believe"

Kelly Clarkson - "Underneath the Tree"

STUDENT A: "KINDRED SPIRITS" BY FAITH ORCINO



#SDBWD #Thrifting

BY ALEX MARAVILLAS
FASHION COLUMNIST

It is officially the holiday season.

According to rookiemag.com, "The mall is a very scary place during the holidays" and I agree, especially for a college student on a budget. "But never fear, there is an alternative to this nightmare: the thrift store. If you know how to maneuver one, you can find thoughtful, creative gifts that won't empty your wallet or contribute to the consumerist hype of the holiday season." Also, the thrift store is a great place to elevate your wardrobe. What I love about thrift

store shopping is the rush of wandering the aisles, looking at the endless selection of Holiday sweaters and especially having the feeling of knowing you could afford it all. According to rookiemag.com, "Shopping at a thrift store isn't easy like going to a department store—it's work. That's what I like about it. I like the digging. I like leaving with something special that was really cheap and looks awesome, then having someone freak out on me, going, 'OH MY GOD I LOVE your shirt, WHERE did you get it???' and casually tossing out, 'Thrift store,' and have them frown and go, 'Oh.'" Over the weekend, I went



Art by Caitlin Hazell. Her blog can be found at <http://rookiemag.com/>

to the Salvation Army thrift store at Poway. Everything was 50% off! And I was cruising down the men's aisle and I happened to stumble across a velvet blazer. I tried it on and it fit perfectly. Compared to department store prices, that blazer would have been priced around hundreds of dollars and I got it for less than ten bucks. I also got a black tee shirt with a cat on it for a dollar. I also got a cute little nick-knack for less than fifty cents. It was a wooden cat and it looked like something you would get at Urban Outfitters for like thirty dollars. Overall my thrifting experience was a successful one and I suggest that my readers take advantage of the wonderful world of the thrift store.

I am from Chula Vista, way down south from San Marcos. Whenever I go back home to San Diego, I try to go thrifting. I usually go to Broadway and the whole street is filled with thrift stores. I budget my spending to about \$20, and I usually come home with a trash bag filled to the rim with my purchases. Moving to San Marcos, I want to look for more thrift stores, and I know that there are plenty of them close by. I want to go to Oceanside and go thrifting.

I believe thrift stores are great places for students who are on a budget especially during the holiday season. Thrift stores are everywhere. No matter where you live, they are bound to be around somewhere.

Accelerate Your Progress Towards Degree Completion

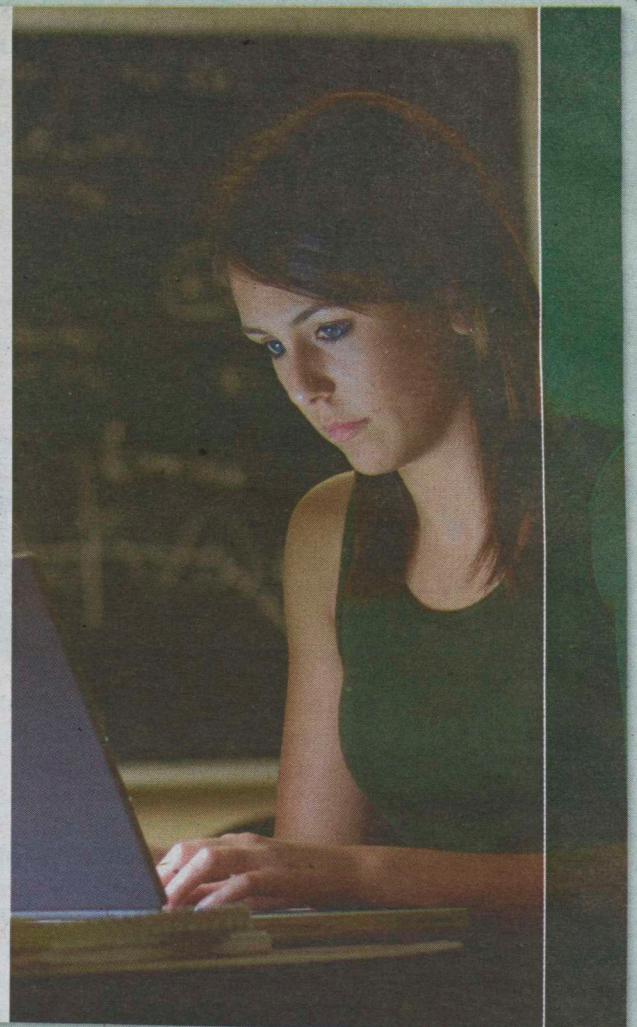
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