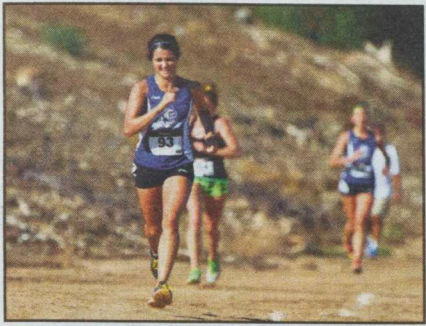


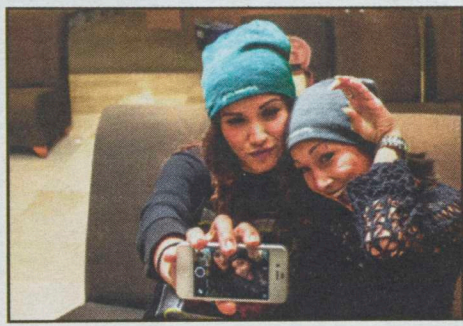


Sports



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Features



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A & E



15 - Find out why John Wick was in our A&E Section.

Student Access Initiative seeks to expand class schedules

By KATLIN SWEENEY
EDITOR-IN-CHIEF

As the CSUSM student population grows beyond its current 12,000, administration has proposed diversifying class scheduling and increasing the number of sections offered.

The Student Access Initiative, which seeks to improve classroom utilization, has been a subject of contention among students, faculty and lecturers.

The university suffers from critical space constraints that prevent large, future growth of the student population. CSUSM has 71 classrooms on campus, with fewer than 10 of them seating more than 50 people. Without adding more buildings or increasing the amount of online courses taught through the university, CSUSM may face the possibility of having to restrict the student body growth, said administrators. However, this process of

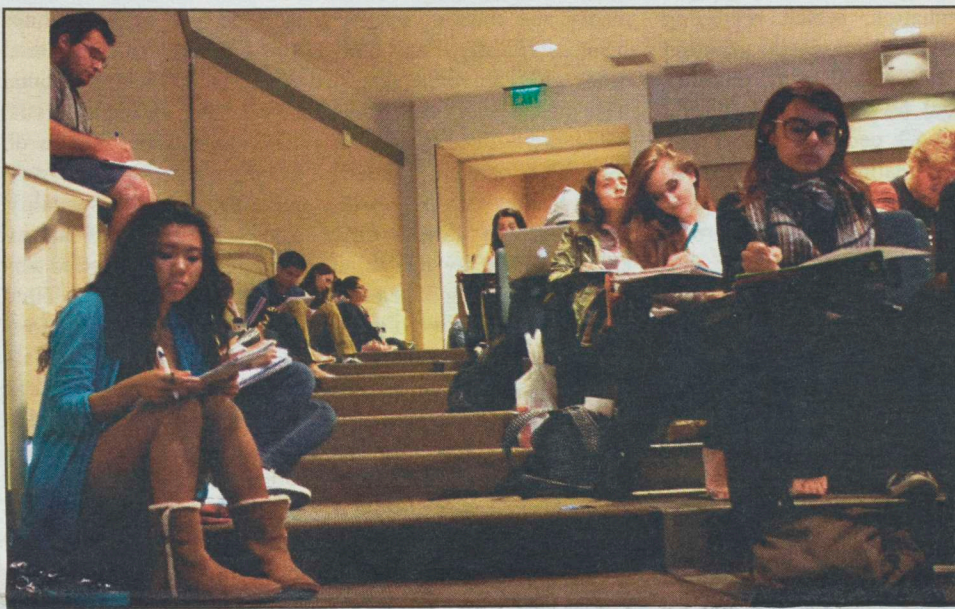


Photo by Chris Morales

Due to class size, both student enrollment and physical space, some students find seating wherever available.

creating more room for new students may take longer than finding more efficient ways to use the classroom spaces that already exist.

"Getting a new building is not easy because we cannot make a case to the Chancellor's Office if our

space utilization is not in the ninetieth percentile," Vice Provost Kamel Haddad, said. "We are in the mid 80s, which puts us as average for the CSU system."

Dr. Haddad, who joined the university in May, said the need for

more space is coming.

"We are expected to grow in students by five percent every year for the next five years," Dr. Haddad said. "The number of classes we added alone this year were 100. We expect to add another 100 every year to ac-

commodate the growth."

The initiative has been in the works since summer 2013 and was proposed by the Scheduling Task Force. Under Provost Graham Oberem's charge, the group was given the task of looking at the effects of increased population and the campus' lack of space to better accommodate the influx of new students.

One of the task force's major goals included increasing student access to classes in the hopes of reducing overlapping class times, reducing conflicts between required classes and giving more options to students. The second goal was to increase space utilization by becoming more efficient with existing classroom space and finding justification for new facilities and instructional space on campus.

The Student Access Initiative proposes new time blocks for some of the classes offered on campus, shift-

ing away from the current structure that has presented some of these scheduling problems in the past. 98 percent of classes at CSUSM are three or four units. Three unit classes meet in 50 minute blocks three times a week, 75 minute blocks twice a week or in a 150 minute block once a week. Four unit classes meet in 50 minute blocks four times a week, 100 minute blocks twice a week, a 90 minute and a 110 minute block during the week or in a 200 minute block once a week. While the Student Access Initiative would retain some class sections being offered in these intervals, it would alter how the overall school days are structured before 2:30 p.m.

Under the new proposal, some three unit classes would shift from the twice a week, 75 minute blocks to 50 minute blocks, three times a week. In the Student Access

Continued
"access" on page 3

Students march to demand change in sexual assault policy

Carrying the mattress, shouldering the weight

By JASMINE DEMERS
COMMUNITY NEWS EDITOR

Students are coming together in order to voice their concerns over the growing number of sexual assaults around campus and to demand that the university change its current policies.

On Wednesday, Oct. 29, a group called Feminists Anonymous, along with other concerned students, rallied together in an effort to raise awareness for issues of sexual assault. They marched across campus carrying a mattress and powerfully demonstrated the need for change.

Oct. 29 was the National Day of Action for a movement to end sexual assault on

college campuses. It was inspired by a student at Columbia University, Emma Sulkowicz, who has been carrying a dorm mattress around with her since the beginning of the semester. Sulkowicz says that she was raped by a fellow classmate on the first day of her sophomore year and when she reported her case, he was found innocent. She refuses to put down the mattress until her rapist has been expelled from campus.

Sulkowicz is one of 23 students at Columbia who have made complaints against the university for their alleged mishandling of sexual assault cases. Students at CSUSM have similar concerns.

Karen GuzmXn, a CSUSM student and organizer of the march, explains that their message was in support of Sulkowicz and all survivors who have had to experience sexual assault.

"We want to show people that we are here to stand in solidarity with all survivors and that we can carry that weight for them," GuzmXn said.

GuzmXn also expressed her concerns over the university's policies and explained that they marched to President Haynes' office in order to deliver a list of demands, including the need for a sexual assault advocate.

"An advocate's role is so important because this person would know every single action that a survivor could take. Not only would they be there to navigate through this very extensive process, but survivors would also have support and someone to be there for them," GuzmXn said.



Photo provided by Feminists Anonymous

Student advocates question when a sexual assault advocate will be hired at CSUSM.

GuzmXn says that CSUSM does not offer an advocate for survivors and students are concerned with where their tuition money is going otherwise.

"The university talks a lot about how they are in compliance with the current sexual assault policies such as the Yes Means Yes Bill, yet we still do not have an advocate. It is important that we as students are able to question these things," GuzmXn said.

She explains that their ultimate goal is to expand and highlight on these issues of policy and persuade the administration to make a change.

"Feminists Anonymous wants to have an advocate on campus because even as the safest CSU campus, the university hasn't really served survivors," GuzmXn said.

CSUSM students participated in this National Day of Action along with 130

other campuses around the world. The message across the board was to correct sexual assault policies on college campuses and provide support for survivors.

Students hope that by carrying these mattresses, they are proving their dedication to end sexual assault and are expressing their commitment to "Carry that Weight," in order to lift the burden of sexual violence from those who have lived through it.

Editor's Note

In the fourth edition of The Cougar Chronicle, published on Oct. 22, 2014, a mistake was made in the article titled "CSU system faculty calls for fair contract" by Ryan Downs. The quote read, "This resolution came on the heels of a budget analysis performed by Dr. Howard Bunsis...which concluded that CSUSM does not have the resources to fund such a program." The quote should not have included the word "not."

Running beyond cancer

Famed distance runner Coach Scott won't stop



Photo by Chris Morales

Coach Steve Scott, former Olympian, faces his toughest adversary in cancer.

BY BURLAND DIXON
STAFF WRITER

"If there is one person who I believe can overcome a hardship, it's Coach Scott," CSUSM alumni, and former athlete coached by Scott, Kelly Thompson, said. "He is truly relentless."

Twenty years ago, Cross Country Coach Steve Scott was diagnosed with a rare form of cancer, a battle he was victorious in as if it were one of the many races he has competed in during his illustrious career.

In the month of June 2014, he was diagnosed again, but this time with prostate cancer. Results are pending, but far from grim. Yet, just as Kelly Thompson believes Coach Scott can overcome this, so do those who have built a relationship with him.

If anyone were to meet Coach Scott, they would add him to the list of the friendliest and nicest people to

have the pleasure of meeting. Epitomizing humility, it's the simple things he enjoys.

"Anyone who has been to my house knows I love my vegetable garden," Coach Scott said of his favorite things to do at home.

Imagine going to a Hall of Famer's home and notice him or her gardening. People vie for good grades, a better jump shot or even a better paying job with disgruntled looks on their faces. This man is fighting for his life with a loving smile.

"It was not until well into his treatment that he told me that he had cancer," CSUSM Assistant Track and Field Coach, Wes Williams, said. "And because he is a quiet and assuming person, I would have never had guessed he had cancer."

Even though Coach Scott has achieved so much, he still manages to stay levelheaded.

"He is selfless and cares more about the people

around him than himself," Thompson said.

Being the world record holder for the most number of miles ran under four minutes, one would think that would generate at least an ounce of an egotistical personality, but not with Scott. Simply put, the man is class personified; modest, caring and determined.

A 15k race or even a 1500 meter race is, its safe to say, a long and strategic race. Similarly, the battle with cancer is a long process that has to be approached in a particular manner. Coach Scott knows this and chose to treat his cancer with proton radiation, which according to The National Association for Proton Therapy has minimal to no side effects and an 89 percent success rate on treating prostate cancer.

Given his fighting spirit, you can go outside to a CSUSM practice and you will still see Scott coaching. Nothing has changed.

"He has overcome a lot," Coach Williams said. "First with [a rare form of] cancer [and] second with the blood clot that went through his heart."

All those who have rooted for Steve Scott, friends and family alike, will only continue to show their support during this time of overcoming. All signs point towards another victory for Coach Scott and more time in his vegetable garden as well.

Lecture to discuss differences between masculinity, femininity

Challenging who you are "expected" to be

BY KAT DILTZ
STAFF WRITER

The Gender Equity Center will be hosting a free event from 12 p.m. to 1 p.m. on Thursday, Nov. 6 in the USU, discussing the interpretations of masculinity and femininity in today's society.

The speakers on this event will discuss how, throughout childhood, adolescence and adulthood, we are expected to portray specific "gender roles," unspoken rules that are mainly influenced by the media and modern society.

Stereotypically, as children, girls are expected to wear pink and play with dolls, while boys are expected to wear blue (or other "masculine" colors) and play with toy trucks. As teens, girls are influenced by magazine advertisements and celebrities to be thin yet voluptuous, and boys are influenced by professional athletes to become muscular and fit.

During adulthood, women are expected to "save themselves for marriage," while it is socially acceptable for men to become sexually active during their teenage years. Women are also expected to drink cosmopolitans and martinis while men can order beer or whiskey. Men are considered the "superior" sex, and women are "second-

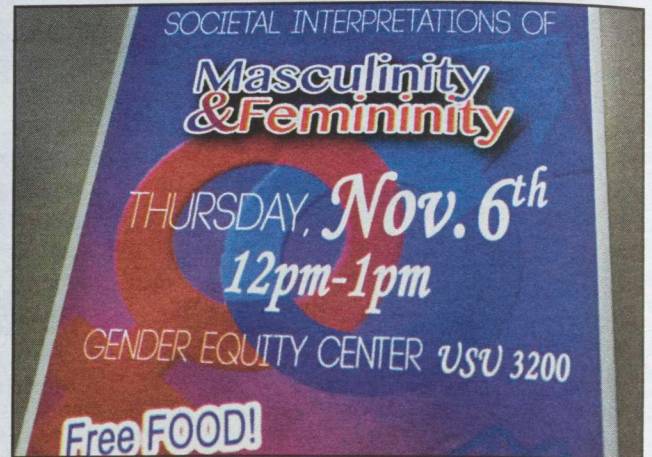


Photo by Chris Morales

This event at the GEC will encourage a re-evaluation of what it means to be masculine/feminine.

ary." If any of these lines are crossed, an individual would be considered a social misfit, the speakers argue.

However, most people do not follow the "social norm," regardless of their sexuality. Some men may say that although they preferred to stay away from sports as a child and enjoyed designing forts or baking cookies, they are still 100 percent masculine in terms of their attraction to females. There are many women who liked to participate in sports teams or running marathons when they were young, and don't like to cook or wear makeup, but they still dream of having their own children someday after meeting or marrying "Mr. Right." Of course, there are still others who share an attraction to their

same sex, but feel uncomfortable with the alternative notions of masculinity and femininity they are assigned.

Essentially, one's initial genetic makeup does not always determine permanent sexuality. Still, some question if the pressures of society or expectations, seen even at such a young age, shaped how they identify themselves today, or if they consider their sexuality something that was assigned at birth.

The Gender Equity Center hopes to curb these worries with this event, as well as provide an open discussion space for students.

The "Social Interpretations of Masculinity and Femininity" event is open to everyone. Audience participation is encouraged and free food will be provided.

Mock trial teaches fourth graders social justice

Catering to the need of learning about the law at an early age

BY BEULAH SUPRIYA
STAFF WRITER

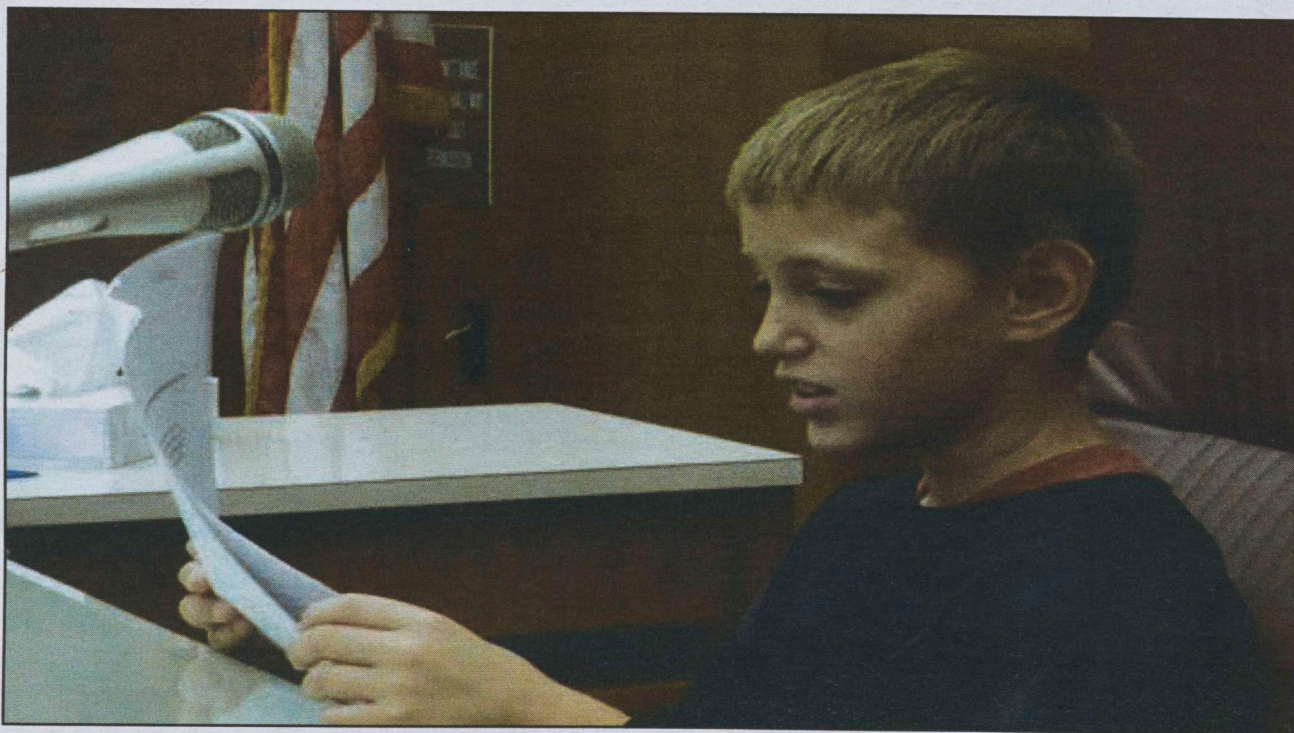
On Oct. 8, in Department 20 at San Diego Superior Court, a young boy named David was put on trial. The accusation: stealing stickers from the teacher's desk.

Fortunately for him, this was a mock trial, conducted by the fourth graders of San Diego's Monarch School for the homeless, with the guidance of CSUSM Professor Fran Chadwick, who teaches in the School of Education. Also fortunately for David, he is fictional, a character in the popular book, "No, David!" by David Shannon.

"It was a recommended reading by the California Department of Education, and since it was a picture book, it is easily understood by the 10 year olds," Chadwick said.

The main aim was to teach the students the rule of law, which she said was lacking among not just children of that age group, but in older adults as well.

For the purposes of the project, Professor Chad-



Local fourth graders enjoyed the experience of reenacting a court room.

wick worked with Monarch School instructor, and former San Diego County Teacher of the Year, Stephen Keiley.

"It was not a one-day commitment," Chadwick said.

Rather, the enterprise required a significant amount

of time and effort, though fortunately the children were charming and enthusiastic.

In addition to civics, the students also learned vocabulary, theatre and persuasive writing as jury members. At the end, they held a cartoon-

ing class to sketch David and what he would have to say about the law. The collected cartoons were made into a book called "David says yes to the law," recoloring the character as a boy who follows the rules

instead of breaking them.

Once the students demonstrated a grasp of the material, they were treated to a tour of the court, which is open to the public and has various outreach programs.

The group was even al-

lowed to attend a real-life felony case. As soon as the case ended, the judge welcomed the little visitors and asked if they had any questions, upon which one of the girls asked, "Are you impartial?" This reflected her education about how the judge must put the law before his or her own preferences, to which the judge replied, "Of course, of course, I have to be." Finally, the group held David's trial in an empty courtroom, in which the jury came to the conclusion that David was not guilty.

Though the lesson is over for this group of students, the movement is not. Professor Chadwick works as part of a larger project called the Literacy and Law program, and hopes to implement the mock trial program in other schools throughout the state. To encourage those showing interest in civics, Civic Learning Awards are given as incentives.

Check out powerofdemocracy.org to know more about the movement or to find out how to get involved.

Photo obtained from CSUSM NewsCenter

Female hackers are celebrated at CSUSM Hackathon

Coding creation to show the good in hacking culture

By RYAN DOWNS
News Editor

"Hackers" have been in the news a lot recently, often under controversial circumstances, and without much depth into the hackers themselves.

Fortunately, the CSUSM "PC Gang" is determined to change that, reminding the public not only that women are active participants in hacking and computer culture, but also that the culture itself has many positive aspects.

These ideas were celebrated at the International Women's Hackathon event, held on campus on Oct. 11.

First brought to the school by Dr. Youwen Ouyang in April 2014, the event returned this semester, with nearly 60 students from high schools and colleges in the area. Their objective was coding a program to help bring awareness of climate change. The program could take the form of a game, an app or a website, and had to be completed during an eight-hour period.

Of the 60 students, 10 were from CSUSM, including the



Photo by Anderson Gould, Jr.

Students participating in the CSUSM Women's Hackathon.

PC Gang, who took home the prize at the end of the day.

The event showed that computer and coding culture is about more than just hacking, but also about creating new things that serve a variety of purposes. But, more importantly, it showed that women are an active voice in the computing industry. Not only that, but these voices are women from various majors and backgrounds. Only a few of the students from CSUSM that attended the event majored in computer science.

For everyone with a non-computer science major, tu-

torial programs and industry professionals were on hand to provide assistance. The important thing was to remind the students that coding can be for everyone and is not an exclusive club. In some ways, the diversity of the group proved useful as many on the team came from backgrounds outside of the computer sphere, providing for a diverse team experience.

The effect seems to be clear; as a result of the event, a chapter of IEEE (Institute of Electrical and Electronics Engineers) has opened on campus.

Taylor Carroll plays at RADD road safety event

Advocates push against drunk driving with music



Photo by Chris Morales

Taylor Carroll and members of his band poses for a photo with his fans.

By RYAN DOWNS
News Editor

He may be a supermess, but he's here to make sure you won't be.

Last Thursday, Oct. 23, from 6 p.m. to 8 p.m., rockstar Taylor Carroll performed at the USU Amphitheater on behalf of Recording Artists Against Drunk Driving (RADD), the self-proclaimed "Entertainment Industry's Voice for Road Safety."

Carroll, a singer from Los Angeles whose credits include opening for Taylor Swift, performed several songs from his new album SUPERMESS, before addressing an ecstatic crowd about the dangers of drinking and driving.

During the performance, Carroll frequently held up "RADD cards," prepaid

credit cards with \$20 to be used in case the recipient was inebriated and in need of a taxi. These cards, all adorned with the singer's face, were handed out at various points during the concert to the loudest fans. Taylor and his band also stuck around for a while after the concert to meet with the concertgoers and take pictures.

Though the event broadcasts the message of RADD, the HOPE and Wellness Center's organization of it was done in a coordinated effort. They worked with the California Office of Traffic Safety as part of a program to promote responsible partying and road practices.

In addition to the credit for taxis, the "RADD card" also allows users to participate in

the RADD Rewards program, a program created in 2009, wherein cardholders may earn special incentives from participating bars and restaurants, including free non-alcoholic beverages, food, gift certificates and even free cover charge. A list of participating bars can be found at collegeisradd.org/bars.html

Carroll, of course, seemed more than happy to participate. While the lighting and sound for the event proved costly, Carroll himself waived his fee, asking his audience only to check out his album, enjoy the show and, of course, not drink and drive.

For more information, students are advised to contact Cathy Nguyen, or visit the HOPE and Wellness Center, as well as the collegeisradd.org website.

Continued from page 1

Access: Initiative addresses student needs

Initiative's proposed time block, for classes that are scheduled before 2:30 p.m. on Monday/Wednesday, they would switch from 75 minute intervals twice a week to 50 minute intervals three times a week, the extra class time being scheduled for Friday. This would increase the amount of class sections from what is currently five courses (between the hours of 7 a.m. and 2:15 p.m.) to seven courses (between the hours of 7:30 a.m. and 2:20 p.m.).

"There is a lot of concern on the side of faculty because this would be a big change," said Academic Senate and Executive Committee Chair, Laurie Stowell. "Not everybody would be moving

to three day a week classes, and with some classes, it might make sense to do so because the pedagogy would be easier to transition into a shorter class period. This is not a one size fits all schedule and it is not intended to be."

Dr. Stowell said that while the Executive Committee has discussed the proposal, the consensus is not unanimous as to whether or not the Student Access Initiative is ready to be implemented.

"The Executive Committee was considering a resolution in support to take to the Senate on Nov. 5. It was a vote of 7 to 6 not to take the resolution of support," Dr. Stowell said.

The switch to 50 minute class intervals may necessitate that students be on campus four or five days a week if they are unable to coordinate all of their classes to fall on Monday/Wednesday/Friday. Some faculty members have expressed concerns over whether or not the Student Access Initiative will prove successful in accelerating graduation rates and accessibility of classes for students if it increases the amount of time they are spending on campus.

"If you are a Literature

& Writing student, unless you only need one or two classes to graduate, you will most likely end up with a five-day schedule," Literature & Writing Studies Department Chair, Dr. Salah Moukhlis, said. "As a chair, I cannot schedule all core/elective courses on either Tuesday/Thursday or Monday/Wednesday/Friday because they have to be spread out to avoid class conflict."

"The main concern among faculty as far as consequences is that it will disproportionately impact students that are poor and working class, and impact those that have family obligations of family, children or siblings to look over," history lecturer,

"The number of classes we added alone this year were 100. We expect to add another 100 every year to accommodate the growth"

Professor Michael Henderson, said. "Also, there may be more campus and local congestion because more people may drive to campus per day using more gas. Also equity--access for poor students or those with other obligations is important. Very few students have the luxury of just coming to campus and doing nothing else."

"90 percent of our students are commuter students, with more than 9,000 students taking 12 or more units," Scheduling Task Force Committee Chair, and history professor, Dr. Patricia Selski, said. "Of these people, 88 percent already come at least three days a week."

Questions also arose as to whether or not faculty and lecturers would have adequate time to transition their syllabi to a 50 minute interval class structure and if their workload would be adequately compensated.

"We may need to revamp several courses in a short period of time, so that is a workload issue that concerns the union because it increases workload with no corresponding increase in

our pay," California Faculty Association President, and Associate Professor of history, Darel Engen, said. "There is the issue of research and service too. If we have to spend more time on restructuring courses and commuting more often, that's going to take away from the other things we are required to do as well."

"Lecturers and faculty get short term contracts that range from one semester to one year contracts to three year contracts. If this measure goes into place, it won't necessarily change class amount but the amount of time to be on campus," said Professor Henderson. "For tenure track it will probably

have slightly less of an effect on them because they get allocated their classes first. Lecturer faculty will probably

have the same consequences as students where we are here three, four, five days a week rather than two. It's not more work but more time in the car and not being able to do other things at much. Things like preparation and grading are done at home."

Thus far, the proposal has been brought to the Academic Senate and ASI, two open meetings have been held with various dept. chairs and the Provost conducted an open forum with the university at large for faculty and staff to share their comments and concerns.

"As far as the Student Access Initiative goes, ASI has not taken a formal stance in support or against this initiative," said ASI Executive Committee President and CEO, Haley Perko. "Dr. Kamel Haddad, presented at our first ASI Board of Directors meeting, and gave his reasoning of why the university would like to alter the current class schedule. The change would open more course offerings, helping students get the classes they need in order to graduate in a timely manner."

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PLAYER PROFILE

Set-up player commands Cougars in final run

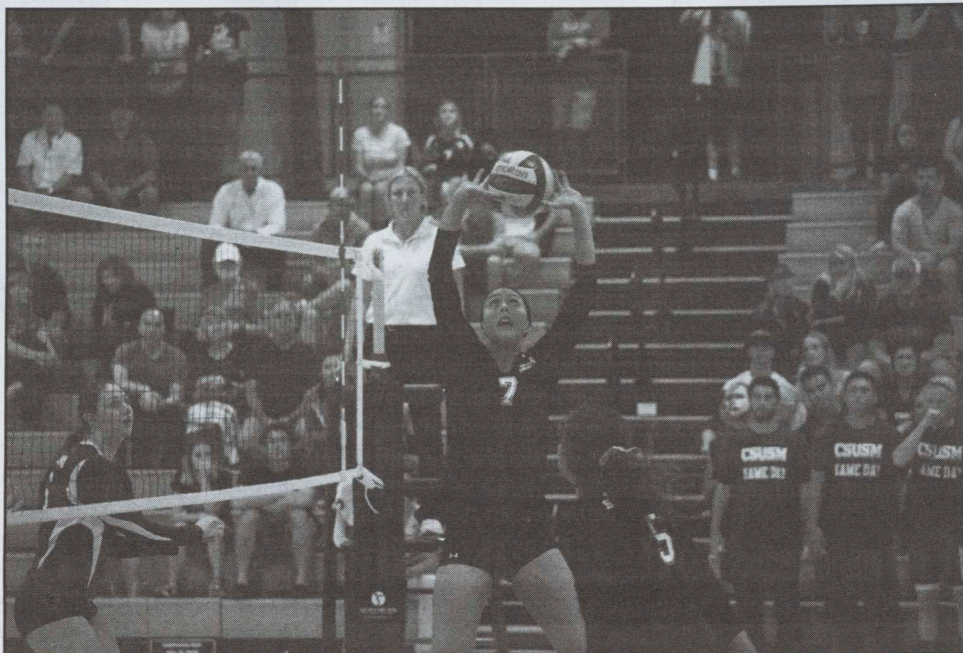
Alyssa Foster's phenomenal four-year tenure on volleyball team

BY RESTY GREY
SPORTS EDITOR

Leading the women's volleyball team, senior setter and captain Alyssa Foster continues to add to her 1100 assists on the season in an effort to reciprocate another championship, just as she has helped to do so before during her three years of attendance at CSUSM.

Born in Santa Rosa, California, Alyssa Foster moved to Portland, Oregon at the age of seven where her mother began teaching her the fundamentals of volleyball. Foster started playing volleyball in the fourth grade, after her mother taught her the basics. Foster's mother played an incredible influence on Foster's volleyball proficiency.

At 17 years old, Foster came back to California and finally reached college level competition. She was fortunate enough to have her first year coincide with the year CSUSM created its volleyball program. Despite an incredibly hectic start, she's gone on to help tally three Associates of Independent Institution



Senior volleyball player Alyssa Foster sets a team member up for a volley in front of a home crowd.

[A.I.I.] championship titles.

"[Freshmen year,] we kinda had to go with the flow," Foster said. "We didn't have a gym, we didn't have a set schedule; we didn't even know half the schools we were playing or how we were going to get there. It was chaos for a little bit, but it was fun. It was almost like we went in with no pressure."

Over the course of her stay at CSUSM, Foster has considered herself "lucky enough" to be the starting setter for all four years. Despite Foster's modesty, she has developed into the kind of person that understands what it takes to stay in such a demanding position.

"As I've gotten older I've had more responsibilities,"

Foster said. "My junior year I became a captain and this year I'm a captain again. I hold a higher standard for myself now that I'm older and now that I'm a senior."

Alongside seniors Alyssa Hubbard, Kelli McLin, Erin Talafus and Taylor Degraaf, Foster can attribute much of her success in furthering her volleyball expertise to play-

ing together for CSUSM.

"The seniors that we do have, they've really grown," Foster said. "I know they always have my back and I know I can always count on them. Especially on the court, I know I can go to them and I can trust them."

As a setter, the importance of Foster's role is similar to a quarterback's in football or a point guard's in basketball. Her role is to analyze the defense of the opposing team while systematically distributing the volleyball to her offensive outside hitters.

"I just know it's my job to perform every game," Foster said. "A setter is such an important role on the team that I can't take any days off. I know if I have a bad game, it doesn't just affect me, it affects the entire team."

Foster has been the go-to girl for the Cougars as reflected in Hubbard's remarks on Foster's exceptional play.

"Alyssa definitely runs this team, as she should as a setter," Hubbard said. "Without her, we wouldn't be where we are today. She's the MVP."

As the postseason draws

closer, Foster prepares herself towards her final championship run with CSUSM.

"Alyssa Foster always gets better at the end of the season and we're starting to see that now," Head Coach Andréa Leonard said. "She's executing our offense, she's making sets that are even deceiving me. You're really starting to see her competitive side emerge as we inch closer to the championship."

Her continued developing prowess in volleyball has her aiming for a fourth A.I.I. title.

"I'm looking for a championship, for sure," Foster said. "We already have three, so I don't want to let this fourth one slip away."

Aside from volleyball, Foster is majoring in Business Administration with an emphasis in Marketing. She hopes to find an internship in Sports Marketing after she has graduated.

"I want to be involved, especially with San Marcos," Foster said. "I would love to come back and practice or be a part of the staff somehow; help out or maybe be a mentor."

PLAYER PROFILE

Cross-country runner's fierce dedication inspiring for team

Getting to know Kate Bouvatte

BY SHAINA PARDO
SENIOR STAFF WRITER

Senior Kate Bouvatte is on top of her game this cross country season. She has lead the Cougars to be one of the most competitive teams in the NAIA Conference.

It is not an easy task to be an elite runner like Bouvatte. The secret behind her

consistency is "having faith in the work [she has] put in."

"I have an end goal and I intend to reach it," Bouvatte said. "I put confidence in those goals and faith in my training to keep my head in the game."

Bouvatte is a very positive and hard-working person; as a psychology major she plans on going to grad school and having a career in research

or clinical psychology.

Bouvatte is a mom, wife, mother, student and athlete. In her spare time, she likes to read, assist in a research lab in the psych department and hang out with her husband and son, Jackson.

"There are so many challenges to balancing all of my roles; my biggest challenge is that there never seems to be enough time. Time management is key," Bouvatte said.

She has a big impact on the team not just as a captain, but as a person. Raelyn Werley commented on how awesome of a captain and person Bouvatte is.

"I look at Bouvatte as such a hard worker and someone I can trust to go with questions, advice and to follow her by the example she sets," Werley said. "She doesn't only lead with her words but with her actions. She influences me in a positive way and challenges me to be the best athlete I can be because of her positive attitude and work ethic. She is super talented, but also puts in the work, which is inspiring."

Kate Bouvatte is a great inspiration and is leading the Cougars to a great end of the season.

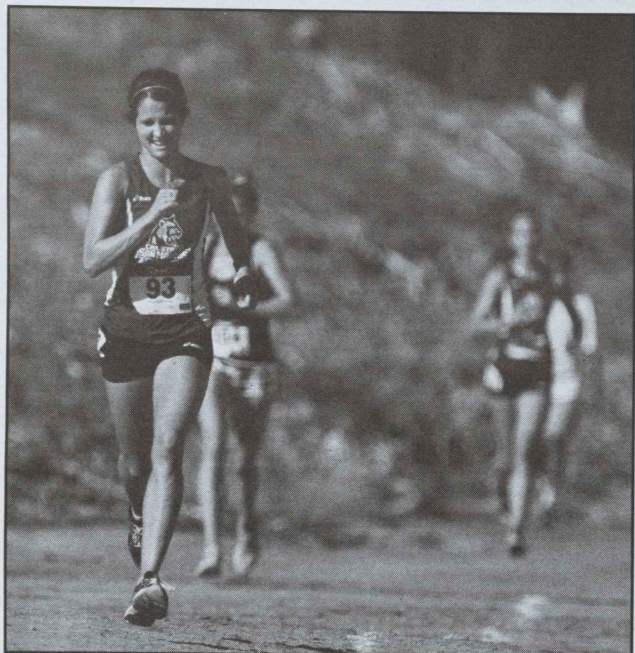


Photo provided by Matthew Berson

CSUSM student athlete Kate Bouvatte leads the pack in a recent cross-country meet.

PLAYER PROFILE

Thompson continues on path to All-American greatness

Cougar leads women's basketball team to success

BY BEULAH SUPRIYA
STAFF WRITER

Meet Heather Thompson, the first NAIA all-American for CSUSM's women's basketball team, who also averaged a double-double in rebounds and points last season.

Standing at 5'11", Thompson plays starting forward for CSUSM.

As the season begins, Thompson speaks about the team, her achievements and how to continue on this path of success by putting forth her best efforts during this year, her final year.

"Every year, I'm getting faster and stronger and the experience gained through the years plays a huge role," Thompson said.

Her goals for the upcoming season are to secure a NAIA all-American title again, average a double-double every game and keep running as fast as possible throughout the game.

In preparation for the season, Thompson pointed out that she has been practicing since the second week CSUSM reopened its campus. She has been concentrating on offense and with



Photo provided by Matthew Berson

CSUSM student athlete Heather Thompson shoots a basket for the basketball team.

many of the players being veterans, the matches will be worth watching.

Thompson identifies her strong points as rebounding and being a fast post player. Her favorite shot is the turnaround jump shot.

Thompson is part of the first graduating basketball team, for she was part of the first women's basketball

team here at CSUSM in 2011.

In a short span of four years the team has done extremely well in the NAIA and this year they have been accepted into NCAA 2nd division.

Thompson's hard work and commitment have contributed to the team's success, actions she plans to continue this year while building upon her own achievements.

PLAYER PROFILE

Secret weapon on men's soccer team

Buckets of goals and advice from Erik Lopez

BY MACKENZIE CLARK
& RESTY GREY
SPORTS ASSISTANT
SPORTS EDITOR

Leading CSUSM Men's Soccer team with 8 goals and 6 assists, midfielder Erik Lopez has helped to carry the Cougars through an amazing season so far.

At a young age, Lopez matured quickly making him taller than many of his friends. This gave him an advantage when it came to sports. Soccer and baseball were the two main sports Lopez played while he was growing up; however, evidently Lopez grew to love the game of soccer.

Over the past weekend, Lopez broke CSUSM's school record for most career goals. According to the Athletic Department's website, Lopez's two goals and one assist in Saturday's match against Antelope Valley puts him at 54

goals and 20 assists on his career, trumping CSUSM's previous school record held by Bradley Seidenglanz.

Now that Lopez is playing his last season at CSUSM, he has an abundance of advice to pass on to his fellow underclassmen.

"I try to prepare them for what is going to come because it's a way different game than high school soccer," said Lopez. "College soccer is really fast-paced and physical."

Lopez's best strategy for helping the lower class players is to be tough because that is what prepares them for the types of things they are going to have to deal with in a game.

"Coming from my position playing forward, a lot of my success comes from my team," Lopez said.

Starting forward Evan Myers gets incredible praise from Lopez. They have been friends before they started college.

"Evan is flat out the most consistent soccer player you will ever meet," Lopez said.

Lopez comments on starting center midfielders Yuki Hate and Sullivan Tobin's work ethic.

"[Hate] really stepped up this year, he isn't holding back," said Lopez. "He is like a little pit bull throwing his body everywhere... I don't know what it is about this year [for Tobin] but something clicked with him; he is just on fire."

As much praise as Lopez gives his teammates, his own work ethic has helped him to achieve the title of captain of the Men's soccer team along with Scott Rice and Erik Mueller.

"Eric Lopez is really great; he's a hard-working guy," said Lopez's roommate and attacking center mid with 14 assists for the season, Angel Mora. "He's strong and he's a hands-on guy. He creates a lot of problems for the cent-



Photo by Cody Cook

CSUSM student athlete Erik Lopez shows off skills that illustrate why to many he is considered the men's soccer team's 'secret weapon.'

er backs he goes against."

Throughout the season, Lopez has shown exceptional leadership among his team.

"Erik Lopez has been one of our most dangerous players in the entire time he's been here," head coach Ron Pulvers said. "I think first and foremost he's a great guy. Erik's a tremen-

dous kid off the field and a super-spirited competitor."

"Lopez is a really good guy," Mora said. "He's always motivating the whole team, trying to keep everyone heads up and trying to stay calm, cool and collected."

As the season comes to an end, Lopez is making plans for life after gradua-

tion. Lopez is currently in the midst of his fourth year at CSUSM while working towards a degree in Business Management.

"I want to try and play soccer as much as I can at the highest level I can," Lopez said.

Soccer may not be a career for him, but believes he will always have soccer in his life.

CSUSM HOME GAMES NOV. 5 – NOV. 18

BY MACKENZIE CLARK
SPORTS ASSISTANT

Standings as of Monday 11/3

MEN'S SOCCER 12-3

WOMEN'S SOCCER 9-2-3

WOMEN'S VOLLEYBALL 22-10:

7pm 11/7/2014, vs. Hope International

MEN'S BASKETBALL 1-0:

7:30pm 11/11/2014, vs. Pomona Pitzer

WOMEN'S BASKETBALL 0-1:

7:30pm 11/8/2014, vs. La Sierra

BASEBALL:

1pm 11/7/2014, vs. Cypress College (Scrimmage)

12pm 11/10/2014, vs. Southwestern College (Scrimmage)

1pm 11/14/2014, vs. Grossmont College (Scrimmage)

Intramurals

PICKUP SOCCER:

From 5pm to 6:30pm Fridays on Mangrum Field. The final game will be held on 12/19/2014.

DODGE BALL:

Monday/Wednesdays, the first game will start at 6pm and the final game will end at 10pm

BOWLING:

Sign-ups are from Oct. 27 – Nov. 12. The activity will be held on Friday, Nov. 14, 2014.

CO-REC SOFTBALL:

Saturdays between 10/18/14 and 11/22/14. The first game will start at 11am and the final game will end at 5pm

IRON MOUNTAIN HIKE:

Registration begins as of Nov. 3, 2014 and admission is free.

The hike will be held on Nov. 15, 2014 from 9am to 1pm

ULTIMATE FRISBEE:

Tuesday/Thursdays between 10/28 and 11/20/14. The first game will start at 6pm and the final game will end at 10pm

2014-15 Men's Basketball season preview

BY ERIK SANDOVAL
STAFF WRITER

Expectations and hype around the campus community have reached new levels after the team's results last season.

The Cougars experienced a remarkable 2013-14 season where they spent seven weeks ranked No.1. They also won 23 consecutive games and finished the year with an overall record of 32-2. A season résumé with those types of credentials will raise the bar for any school program.

Coach Jim Saia has the task to now lead a team that features many new faces and only three returning players from last year's roster.

"I think we got shooters, we got people who can pen-

etrate, we have some inside physical post players that our program has never had in the past," Saia said. "We have a lot of pieces. Our point guard has the ability to score over 20 points per game and we have another point guard who can run a team. So hopefully we figure out a way to put all these pieces together."

The Cougars face some tough challenges ahead as they search to build new team chemistry and integrate the new players into the system.

"You have got to remember we have to replace 90 points on offense that we've lost from last year's team," Coach Saia said. "We are in a learning curve right now. Everyone has to learn how to defend, rebound and not allow transition points. High scoring offenses brings peo-

ple to the games but you got to defend and rebound and those are constant in everything we do as we look to build team chemistry."

With all the new players still trying to build relationships on and off the basketball court, Coach Saia would like to curb some of the pressure from the risen expectations; at least for the time being.

"Right now I don't have any expectations, our main goal is to get back to the National tournament and win the championship," Saia said. "That's the standard of our program and that doesn't change, but it is all about the process for us at the moment. I think we can be good and hopefully by February and March we will be really good."

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CSUSM men's soccer team prepared for stretch run

Team aims for second A.I.I title in four years

By ERIK SANDOVAL
STAFF WRITER

CSUSM men's soccer began their 16-game regular season schedule in a stellar fashion by earning victories in their first four matches.

Men's soccer followed up its impressive start by losing three of their next five matches, but has regained momentum by winning their last three consecutive games.

The Cougars have a current record of 12-3 with one game remaining. Their season résumé includes high-profile victories against top ranked opponents such as Concordia University (CA) and Biola University (CA). The Cougars have held

their opponents scoreless in four games behind their well-organized defense and have average scoring of over two goals in each of their victories.

"We have a lot of depth on this team," leading goal scorer, Eric Lopez, said. "The competition among the players has been driving this team and pushing us forward. There is a lot of pressure to perform well and that makes everyone want to do the best that they can because if you don't, you can lose your spot in the starting 11, but the depth makes us better."

The key component behind all of the team's victories has been their imposing defense. The Cougars have permitted only eight goals in their nine



Photo by Cody Cook

As the season comes to an end, the men's soccer team prepares for a fierce postseason.

wins, but have allowed eight goals in their three losses.

Midfielder and Co-captain Scott Rice believes the team

must continue to zone in defensively in order to replicate their early season success.

"Coach always says to

keep a block of eight men defensively," Rice said. "These last few games we've lost sight of our defense by trying to become more attack-minded on offense, but we really need to focus on becoming tight again as a defensive unit, not allowing goals and we're more than capable of doing it."

With one match left, and the prospect of playing the remaining part of their schedule in front of the friendly home confines of San Marcos, the Cougars seem to exude plenty of confidence and optimism looking forward to their remaining fixtures.

"We'd like to keep positive momentum going and focus on the things we're doing right," senior forward,

Sullivan Tobin, said. "The final games are at home so come out and support."

Carrying the winning momentum will be crucial for the remaining portion of the schedule because these players have aspirations that extend beyond the regular season.

"We'd like to win out our remaining schedule and end our season 13-3," Lopez said. "We have the ability to reach NAIA tournament, but we all want to win the A.I.I conference championship. I was on the team in 2011 that won the conference title and that was such a great feeling, being around that team was so much fun and I'd like to end my time here with that feeling again."

FOOD PROFILE

Eating potatoes has never been so sweet

By LEXY PEREZ
A&E ASSISTANT

While it can be assumed that potatoes are a food favorite across the nation, the new fad of eating sweet

potatoes seems to now be popping up everywhere, providing more health benefits that many are not aware of.

Sweet potatoes have become the next popular item

on the menu and their versatility allows them to be made into just about anything: Sweet Potato fries, Sweet Potato pie, Sweet Potato soup and even

Sweet Potato smoothies.

While these orange potatoes may not be as popular as regular potatoes, they provide nutrients imperative for our bodies to

function and be healthy.

If you're battling a flu, consider eating a sweet potato. Consuming this Vitamin D-filled food item is another way of gaining the

antioxidants needed in order to assist your body to battle inflammatory issues. Vitamin D is crucial for

Continued
"potatoes" on page 7

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HEART BEAT

Add flip-flops to shoe-icide list

Is dressing down better for feet?



Photo by Matthew J Kuhlman

Flip-flops are a common shoe among CSUSM students and Californians.

By ALEXIS SAUCEDO
SPORTS COLUMNIST

Living in So-Cal we can't help ourselves, flip-flops are just so comfortable and convenient. But does this comfort and convenience come with a price? How are wearing flip-flops affecting our musculoskeletal system?

Flip-flops are quick to slip on after a long day at one of San Diego's beautiful beaches. Some flip-flops are even fashionable enough for a night out on the town in the casual Pacific Beach area.

In fact, CSUSM students rock flip-flops on a daily basis.

"Flip-flops are my go-to shoe," Genevieve Baskiel said. "I wear them at

least three out of the four days I am on campus."

Six students were randomly stopped and asked how often they wear flip-flops to school. Four of the six students admitted to wearing flip-flops everyday, even during the cooler winter season. One of the two remaining students said she wears them, one of the two

days she is on campus. The remaining student stated he never wears flip-flops nor did he even own a pair.

The human foot is far more intricate than anyone gives it credit for. According to the American Podiatric Medical Association (APMA), "The heel bone is the largest of the 26 bones in the human foot, which also has 33 joints and a network of more than 100 tendons, muscles and ligaments."

The APMA also explains that flip-flop wearers can experience chronic foot pain, hair-line fractures and tendonitis due to the lack of arch support, heel cushioning and shock absorption. Flip-flops can also leave ankles vulnerable to spraining and crush injuries from objects in the environment.

WebMD also states that flip-flops can be the culprit for many hip, knee and lower back issues. Additionally, WebMD has even added flip-flops to the very same 'shoe-icide' list that include high heels.

So next time you decide to dress it up or dress it down, keep in mind the beating your feet are taking.

FOOD PROFILE

Continued from page 6

Potatoes: A good addition to a diet

building healthy teeth, bones, etc. It also plays a role in elevating our energy levels and moods. Sweet potatoes' high amount of Vitamin C is also important in building a stronger immunity system.

Sweet potatoes are also beneficial in alleviating

If you're not a fan of bananas, sweet potatoes can also be a great source for potassium, preventing heart disease, averting onsets of heart attacks, strokes and maintaining balance throughout the body under stressful conditions.



Photo by Matthew J. Kuhlman

Potatoes are a great source of vitamins and nutrients with a varied bank of preparation styles.

stress-related symptoms. If you're having a stressful week filled with midterms, your stress is causing your body to use a large amount of potassium and other minerals. It's threatening to have a low intake of potassium, because it's an electrolyte needed to assist in regulating essential body functions such as heartbeat and nerve signals.

While iron is known as an energy boosting mineral, it is also important for metabolizing proteins, ensuring the immune system is functioning properly and producing red and white blood cells. Those with iron deficiency can consume sweet

potatoes for they contain an adequate amount of it, as well as natural sugars, magnesium (aka: the anti-stress mineral) and Vitamin B6.

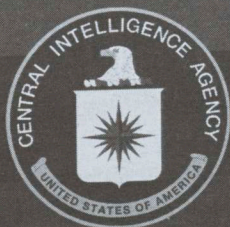
Whether your taste buds prefer salty or sweet flavored potatoes, it seems that sweet potatoes are a new food frenzy that doesn't seem to be going anywhere, so it could be beneficial to include them in your daily diet.

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Professor of History: Dr. Ibrahim Al-Marashi

Middle Eastern scholar has fascination with region's past

BY NADA SEWIDAN
FEATURES EDITOR

To love a subject so deeply that you become consumed by it, it's no longer simply a job, but a way of life. CSUSM Professor of history, Ibrahim Al-Marashi, reflects this exact sentiment.

As an assistant History professor with a teaching emphasis in Middle Eastern history, Dr. Al-Marashi hopes to impart the same fascination and awareness of the past into his students.

He stresses that there is always a major event in the Middle East: Arab Spring, War of Libya and the debate of whether the U.S. will strike Syria. He discussed how relevant Middle Eastern studies is now and how important it is to learn, understand and address misconceptions in re-

gards to these global events.

"Students not only learn the history, but learn a lot about the regions that shape most American foreign policy to this very day," he said.

Professor Al-Marashi enjoys being a history professor because history is a reflection of the human condition and of identity. He explained how it is an all-encompassing subject that looks at the past in order to gain an understanding of the present.

"When you are a professor of history, you are always learning; it's a continuous process," Professor Al-Marashi said. "I can honestly say no day of work is ever the same. I may be teaching the same subject, but no matter what I am teaching, I'm teaching from a different approach or different material from the present to tell these students why these events

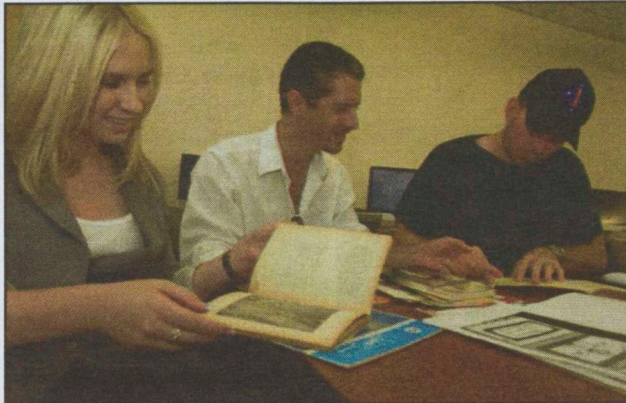


Photo attained from csusm.edu
Dr. Ibrahim speaks to members of the history department.

in the past are important."

Professor Al-Marashi's family is originally from Iraq. However, he was born in Baltimore and grew up in California.

He earned a B.A. from University of California, Los Angeles, his M.A. from Georgetown University and eventually

his Ph.D. from University of Oxford in the U.K.

He was motivated to become a history professor in order to learn and discover more about the region of his ancestors. He explained that the time he was studying to become a professor of Middle Eastern history was a different time than now-

-it was pre 9/11, pre Iraq.

After graduation he decided to travel to the Middle East and experience the region he was studying. Among some of the places he lived includes Morocco, Yemen and Egypt.

"I felt like I needed to live there to really understand the culture and the region and apply what I was studying to the places I was going to," he said.

Professor Al-Marashi confessed how he is never in one place for more than seven weeks and how he is continuously on the move, traveling for work and for conferences.

He is also currently working on writing another book on the '91 Gulf War, and as a side project, he works with the local community to teach the history of Iraq to refugees still in high school.

Professor Al-Marashi

currently teaches general history, War and Society, several courses on the Middle East and a course on women in the Middle East.

Next semester he will be offering a class about Spain and the Middle East which explores the Arabic influence in Spain and how a Catholic country deals with a Muslim past. The class will be offered in the spring from 2:30 p.m. to 3:45 p.m. on Mondays and Wednesdays.

Teaching isn't simply a job for Professor Al-Marashi, but a hobby as well. There is no delineation between courses taught in classrooms and his way of living.

"History is not just something I teach; it's a philosophy; it's a way of life; it's a way of living," Professor Al-Marashi said. "It's not work for me; it's something I am passionate about."

FACULTY PROFILE

Professor Yuan Yuan encourages critical thinking

BY SHANICE DAVIS
STAFF WRITER

CSUSM professor, Dr. Yuan Yuan, is known to be both upfront with his expectations and fair while charming the class with his warm smile and funny jokes.

Dr. Yuan Yuan, a Literature and Writing professor here at CSUSM, talks about how much he loves his job as a Literature and Writing Professor.

"I enjoy being a professor because you have a lot of time to read and think," Professor Yuan said.

"As the Chinese saying goes, thinking without reading leads to laziness and reading without thinking leads to confusion. Especially for a professor engaged in theories, thinking helps put ideas into different perspectives

and reading further challenges those perspectives."

Professor Yuan was originally born in Jinan, the capital city of Shandong Province, China.

"[Jinan] is about a hundred miles away from Qufu where Confucius was born about two thousand years ago," Professor Yuan said.

Before arriving in the States, Yuan received his Bachelor's Degree in Foreign Language and Literature and his Master's Degree at The Institute of Modern American Literature, both located in Shandong University in China.

Professor Yuan later received his Doctorate Degree in English at the University of Wisconsin-Milwaukee. Living and studying in both China and the United States, Professor Yuan acquired

language proficiency in both English and Chinese.

Professor Yuan has been living in the states since 1985; he first migrated to Milwaukee, Wisconsin from

Jinan under the Fulbright Scholarship. He lived in Milwaukee for six years before settling in San Diego in 1991.

Shortly after Yuan's arrival to San Diego in 1991, he began working at CSUSM.

"I have been teaching at CSUSM for about 23 years

now, and I witnessed the huge change of CSUSM from a university without a campus and with only a couple of hundred students, to now a campus big enough you could get lost amidst over ten thousand students," Professor Yuan said.

For Professor Yuan, being a professor was not something he had always wanted to do, but deems his dream job was to be able to fix all problems.

"For instance, I like to repair stuff," Professor Yuan said. "Whenever something is broken at my home, I al-

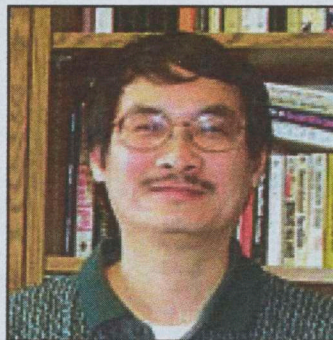


Photo attained from Department of Literature and Writing and Studies

"I enjoy being a professor because you have a lot of time to read and think"

ways try my hand to fix it; of course, I always make it worse. That is why we bought a new stove last year."

As for Dr. Yuan's life outside of school, he said reading, citing, traveling, painting and photography as some of his hobbies.

Professor Yuan also dabbles in instructing a Chinese film course; Yimou Zhang is his favorite Chinese film director.

"His movie, Hero, is one of the most artistic movies of all time," Professor Yuan

said. "Both the cinematography and the narratives are splendid in that movie."

As a last note, Professor Yuan advises CSUSM students to continuously challenge their minds.

"Read, think over what you read and remember your reading and thinking," Professor Yuan said. "I see a tendency of putting one's brain in one's pocket, I mean, the iPhone. If you lose your iPhone, you go crazy—a total loss. Try to be an 'organic' human in a post-human world."

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STUDENT ORGANIZATION SPOTLIGHT

M.E.Ch.A. advocates for higher education and unification Students strive for equal opportunity for generations to come

By SHANICE DAVIS
STAFF WRITER

CSUSM's M.E.Ch.A. is more than an organization; it is a movement that implements concentration on higher education, political involvement, culture and history. ME.Ch.A. stands for Movimiento Estudiantil Chicano de Aztlán, and ultimately, the organization's mission is to strive for higher education and awareness of the history and struggle. "M.E.Ch.A. is determined to contribute and develop political, social and culturally competent projects that will prepare

our people to become the future leaders of our community," M.E.Ch.A. secretary, Lizbeth Moreno, said.

The organization's goals consist of having equal opportunity in higher education for all people, especially underrepresented communities. Among their objectives include establishing a Raza Center on campus, ensuring that their ancestors and their culture is never forgotten, giving back to the community and staying united as one.

This movement has many Hispanic/Latino members, but Moreno expresses that the org. is open for everyone on campus.



Photo provided by M.E.Ch.A.

Members of M.E.Ch.A. show support for Raza Center.

"MEChA is for anyone interested in helping out the community and helping those who do not have a voice," Moreno said. "Everyone and anyone is welcome to attend and be part of our wonderful organization; all that we ask

is that you care for our community as much as we do."

Moreno also emphasized an essential benefit achieved through M.E.Ch.A.—unification. "A minority and a non-minority can take a lot from be-

ing part of this organization," Moreno said. "Unity is a huge benefit from the organization [because] we support each other in all that we do, and [we] make sure that we all graduate and balance the stresses this life has to offer."

MEChA has two main upcoming events—Jornaleros and a high school conference.

"Jornaleros, which means 'day laborer,' are the men and women who stand at corners looking for jobs," Moreno explained. "We set aside a Friday of every month to wake up bright and early to make burritos for these day laborers and take it to them along with some water."

"The high school conference is to promote higher education," Moreno said. "We provide food and workshops for the youth so that they know higher education is a possibility for all."

In addition to those events, M.E.Ch.A. is having another upcoming event, Baile de Los Muertos on Nov. 21 at the Clarke, so mark your calendars cougars!

If anyone is interested in joining M.E.Ch.A., all are welcome to attend the meetings held from 4 p.m. to 6 p.m. every Tuesday in Common 206. Email the org. at csusm.mecha@gmail.com for more information.

The Cougar Chronicle helps support fight against breast cancer Maxwell Dickson Art Company continues its efforts to raise awareness

By ANNE HALL
ADVERTISING MAAGER

The Cougar Chronicle was among those recognized for helping to promote Maxwell Dickson's "Pink Tie Affair" art show fundraiser for breast cancer care and research. The Pink Tie Affair—a charity gala produced to

raise money and awareness for breast cancer research—hosted hundreds of patrons that included local celebrities and politicians for a night filled with art auctions, live music, food and drinks.

This group of artists associated with the Pink Tie Affair have helped develop and host this event in Los Angeles for

the past couple of years now.

The Oct. 11 event kicked off with a fashion show by TREA DAY, THE GENTS CLOSET and The Notice Network & L.A. Fashion Corner to break into LA Fashion week's end.

Live performances included Shanica Knowles, Morgan St. Jean, Megan Shung Smith,

B. Howard and Sarah Daye.

One-of-a-kind photography experiences by Reid Goodshaw of Haromic Lights were part of the guest entertainment, along with tapas, wine, pool tables, classic arcade games and club music.

As guests graced the red carpet, The Cougar Chronicle logo adorned the wall

of fame that included various other sponsors that helped make the event possible. All proceeds earned by the event went directly to the Breast Cancer Care and Research Fund.

Dickson's art pieces created the atmosphere for the evening, and all the artwork was available for silent auction.

The entire event earned a little more than \$10,000 for the foundation.

To learn more about Maxwell Dickson visit www.maxwelldickson.com.

For more information about the yearly "Pink Tie Affair," visit <https://www.crowdsie.com/pinktieaffair>.

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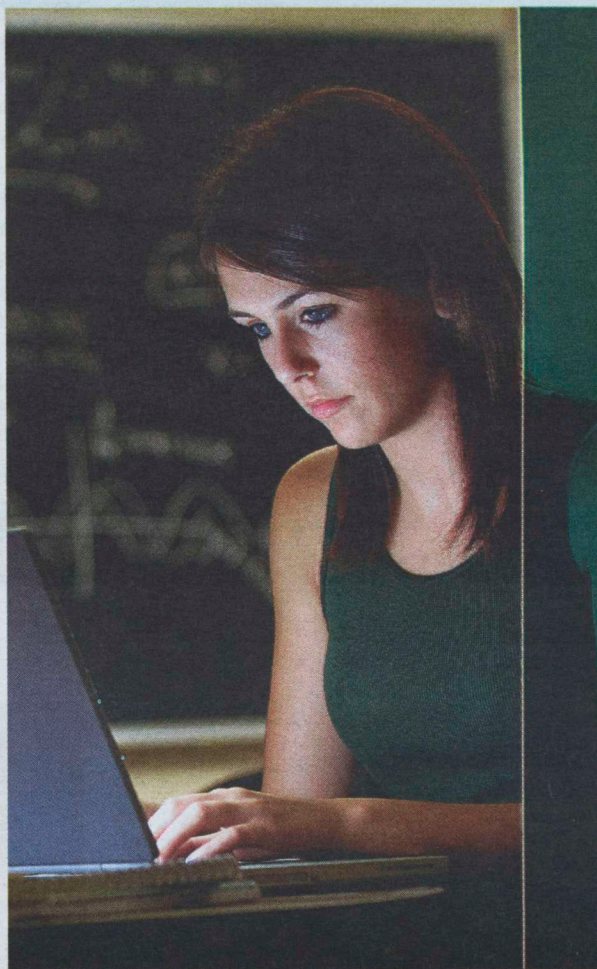
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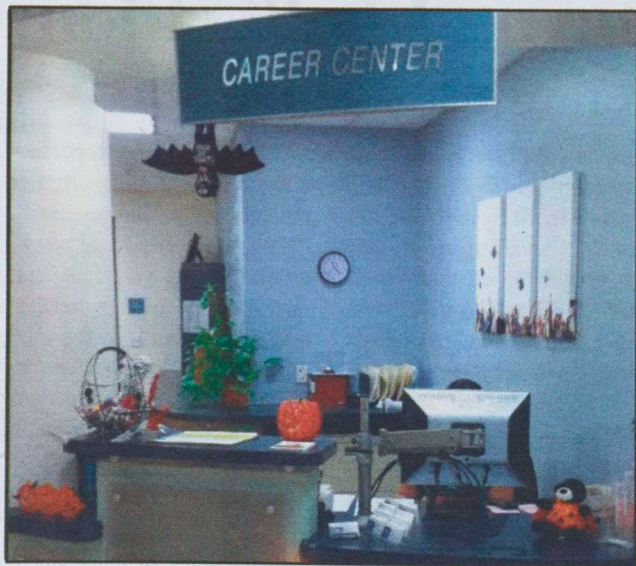


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BY SYDNEY SCHABACKER
STAFF WRITER

Please raise your hand if you'd like to make some money. While it's up there, wave and smile pleasantly at someone to practice social skills, and then make your way to the Career Center. There are people in the Ca-

reer Center who want nothing more than to help you find the employment that will lead you to that money. California's unemployment is currently at 5.9 percent, and if students all would rather be in that other 94.1 percent, then students need to know what employers want. "What employers look for

are 'soft skills,'" Career Center Director, Pam Wells, said.

These skills include: communication efficiency, both oral and written, experience working in teams, tech[nology] skills, experience in a diverse environment, leadership potential and the capability to learn new things.

"[The] majority of these are [skills] students are getting [at CSUSM]," Career Counselor, Dian Sanchez, said.

GEO and GEW, required for every student, focus on oral and written communication skills. There is no shortage of group work as students progress through classes. The technological skills she referred to can be gained through the computer classes that are offered.

CSUSM is a diverse environment with students from all over the country. Thanks to the international student program, we are globally diverse. The clubs, activities and organizations students participate in can in-

dicade leadership potential.

As college students, the capacity and ability to learn can hopefully be assumed here at CSUSM.

Graduates of the CSU system offer strong skills to employers. A CSU executive summary, published January 19, 2012, reviewed the results of a survey of employers in California. The four distinctive characteristics of CSU graduates are teamwork, flexibility, capacity to learn and representation of the diversity of the workplace.

However, according to the above mentioned research, this is what students need to improve on: interpersonal skills. In any workplace of any size, these skills matter. As a specialized area of interpersonal skills, CSUSM students need to cultivate their interviewing skills.

"Feedback is that some of our students are not as polished as other colleges," Wells said.

Employers know what they are looking for in potential

employees, and the interview process is when they are considering most who to hire.

Here are some things to keep in mind to get to that point. The Career Center offers "mock interviews" where students can practice and gain familiarity with possible questions and appropriate answers.

Social media has also become a significant and even a determining factor in what employers are looking for, so strong interview skills can be undermined by unprofessional revelations online.

As follow up to an interview, thank-you notes are imperative. In every business, time is valuable. Every candidate for a position must acknowledge and show appreciation for the time spent on their interview. These notes are standard in business and networking, and the lack of them can also undermine a strong interview performance when it comes to deciding which candidate will be hired.

As a show of strength, having some pertinent work experience before seeking employment could put you at the top of the candidacy pile. The answer to this conundrum is internships. The Career Center offers students assistance in finding a variety of internships that best fits the students' needs. Some internships pay, some offer class credit, but all look good on a resume.

As college students, we are building our employment futures right now. Don't wait until you are sitting in an interview to contemplate how you will answer "What are your weaknesses?"

Thinking about what employers look for in college graduates now and addressing what needs to be addressed can only strengthen your opportunities.

For more information, stopover at the Career Center or visit the website www.csusm.edu/careers/ to see what they can help you with as you prepare for your future.

ALUMNI: WHERE ARE THEY NOW?

From CSUSM student to English teacher

Accomplishing life after college for local student

BY CODY COOK
PHOTO ASSISTANT

Where does life take you after graduation? Some students may be terrified of what happens after graduation while others are ready to experience reality outside of CSUSM.

Former CSUSM Cougar, Sarah Kinney, is currently working as a high school teacher and part-time professor. While attending CSUSM, her main focus was primarily work

and school. She worked on campus at the Online Writing Lab (OWL) and the Writing Center. During one summer she worked at the Admissions office giving tours of the campus as well.

Kinney discussed how CSUSM helped her prepare for her career as both a high school teacher and a college professor.

"The credential program at CSUSM has definitely helped me to get hired not only because it prepared me well, but also because others know about its rigor," Kinney said.

She received her Bachelor's Degree in Literature and Writing in 2006 and received her teaching credential in 2007, both from CSUSM. Since then, Kinney has been teaching English at Temescal Canyon High School, located in Lake Elsinore, California.

Recently, Sarah received her Master's degree in English from National University and has begun teaching college level English courses at Mt. San Jacinto College.

"CSUSM has helped me get my jobs because the reputation of the school is well

known," Kinney said. "My department chair at MSJC is an alumni from CSUSM and I think that made her feel confident in hiring me."

Not only is Kinney a teacher, but she is also married and lives happily with her dog and husband.

CSUSM has definitely paid off for this Cougar. With her huge accomplishments and outstanding achievements, it all goes to show that with hard work and dedication, students here at CSUSM can succeed in their future endeavors.



Photo provided by Cody Cook
CSUSM English professor Sarah Kinney relaxes with her loved pet while reflecting on her experiences as a CSUSM student.

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Questions? Ask Dr. Veronica Anover, vanner@csusm.edu or 760-756-4143



Lucas Dunn

FASHION PROFILE

A local, must-have brand for fall weather



Photo provided by Stichhands

Stichhands group members pose for a selfie.

BY ALEX MARAVILLAS
STAFF WRITER

A CSUSM student and creator designed a line of beanies along with a clothing line under the alias Stichhands.

The brand was established in late 2009 as a symbol of modern day counter-culture manifesting its ideas into reality. Stichhands posted his original designs on the Internet and established

himself as a visionary.

Stichhands also has a conceptual line of clothing that emphasizes in photography and urban street fashion. The brand hopes to expand to various states and eventually other countries.

Beanie weather is approaching and Stichhands has created a new line of beanies out with four different color options—forest green, dark grey, cotton-candy pink and light blue. On the beanie, the logo "Stichhands" is written in white font. This can be seen in the photos where, the models, Denise Nguyen and Lani Dizon, are wearing beanies by Stichhands. Beanies are the exemplary

icy climate cap. To transform the beanie to a refined fashion declaration, stick with a chic style and wear your beanie in a way that accentuates your aspiration for elegance rather than plain usefulness.

On Instagram, Stichhands is doing a Stichhands giveaway and you and friend can enter for a chance to win a beanie. Rules to enter: first, post a picture of you and friend doing something fun. Second, use the hashtag #IWantStichhandsBeanie as a photo caption. Third, follow @stichhands on Instagram. Enter as many times you like, with the same or different friend and winners will be announced on Halloween.

CULINARY CORNER

Try the tasty tomato tofu dish today

The vegetarian recipe appetizing enough for everyone

By NADA SEWIDAN
FEATURES EDITOR

For those who want to try their hand in cooking or who are in the mood for something different, this Tomato Tofu recipe is a good place to start.

Tomato Tofu is a simple and easy dish to create and is usually served over white rice. It is also a good vegetarian option for those who do not eat meat.

Cook time: 30 to 40 minutes

Recipe provided by CSUSM student Gian Ca-ballero.

Do you have a favorite recipe that you would like to share? Send any recipes or suggestions to Culinary Corner at cougarculinary-corner@gmail.com and you may see your recipe featured in the next issue.

Ingredients:

- 1/2 -whole onion
- 3 to 4 cloves garlic
- 1 cup water
- 4 to 5 tomatoes (the more the better)
- Pre-packaged mushroom seasoning
- 1 teaspoon olive oil
- 1/2 package of tofu oil
- 1/2 package of tofu

Directions:

1. Chop onions and

- throw them in olive oil on medium to high heat; cook until caramelized.
2. Dice up tomatoes and garlic; add to pan.
3. Cut up tofu into blocks and add to pan; add salt and pepper.
4. Add one cup water, simmer on low heat; slow cook (the longer, the better).
5. Add mushroom seasoning for flavor; continue to slow cook.
6. Serve over rice.



Photo by Matthew J. Kuhlman

Tofu and tomatoes, perfect pair.

RESTAURANT REVIEW

Date night in San Diego

Athens Market Café versus The Spot

By WILL MCCURDY
RADIO ASSISTANT

For date night, an evening you've been preparing for meticulously down to your best outfit, where do you take him or her? Where can you show your date a good time without breaking the bank?

There are two local restaurants, one tucked away in the suburban reaches of San Diego, Athens Market Café, and the other in the high rises of downtown La Jolla, The Spot. The Athens Market Café is located on Carmel Mountain Rd in San Diego while The Spot is located on Prospect St. in La Jolla.

With an unassuming look but a richly seasoned menu, the Athens Market Café couples affordability and a taste of Greek culture. If both parties are lactose tolerant, order some pita bread with saganaki, a goat cheese soaked in oil set ablaze at the table before being quenched with lemon juice as a starter (it is tradition to say opa when the cheese is on fire).

Main course dishes range from spiced gyros (made of pork or beef) to simmered lamb chops and citrus seasoned salmon. For those who don't eat meat, there are equally delectable dishes such as spinach spanakopita and falafels.

Finally for dessert, there is baklava, a pastry with ground nuts and honey held together with a flakey outer crust.

Another location for date night is The Spot located in the sprawling urban center of downtown La Jolla. The Spot acts as a cozy bar and restaurant haven away from the hustle of the city.

Their bar provides much ambience for those of age, though it is the main dining room where one can achieve the romantic atmosphere. With a fireplace tucked in to the right and televisions scattered for the bar patrons, one can enjoy an appetizer with their date in one of the more isolated booths or catch the sunset from one of the tables near the windows.

With both restaurants having their strong points, it comes down to a matter of comparison to decide which restaurant has the best criteria for a romantic evening.

First is the food. With Athens Market Café's exotic variation of Greek food against The Spot's classic American menu, the choices of Athens Market provide for a more diverse culinary experience.

The Spot is a safer bet for people who enjoy pizza and there are other options as well if one does not care for or is allergic to cheese.

Next is atmosphere; which restaurant provides its guests with the romantic feel they're looking for?

The Spot mainly functions as a sports bar with the televisions often showing the latest football or baseball game. However, this can be offset by the ocean view and the proximity to the coast with the sea themed decor providing a more laid back feel for the place.

Athens Market Café, on the other hand, is very secluded from the local neighborhood, instead relying on the painted interiors of Greek cities and portraits for the customers to lose themselves in.

Finally, the third and arguably the most important category rears its head—cost.

The Athens Market Café offers quite a few desirable dishes, but often patrons will find themselves in the forty dollar range with alcoholic beverages excluded.

The Spot on the other hand does not boast as broad of a palate as Athens Market, but can have both parties reasonably satisfied with twenty to thirty dollars.

Both Athens Market Café and The Spot offer a unique and quaint perspective to date night; whichever restaurant is chosen depends on one's preference.

ARTIST FEATURE

Getting to know Karri Vitor from the band The Strangers

Representing CSUSM student talent in the field of music

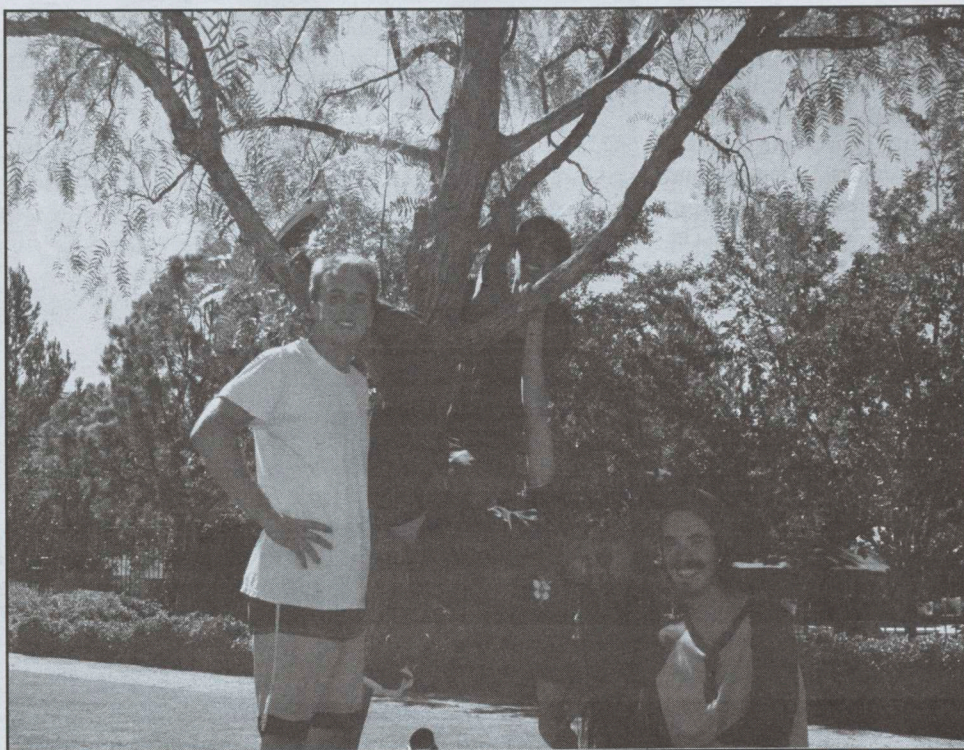


Photo provided by The Strangers

Members of the band pose for a photo while taking a break from playing music.

By CELESTE MORALES
OUTREACH ASSISTANT

For Vitor, music gives him encouragement and comfort, feelings he hopes to translate to others through his own music.

CSUSM student Karri Vitor started a band during the summer with his friends Andrew Velasco, Colin Hagan and Arman Dolphin. The band was an idea that was not initially planned. Vitor would

usually meet his friends at the beach in Carlsbad or the Oceanside Pier just to play for fun.

The band's name is The Strangers, which happened to be a suggestion made by a stranger who saw them play together during one of their meet-ups.

"We started off as strangers but came together with a common interest and started playing," Vitor said.

After playing there for a while, Vitor's friend, Josh Fowler, helped them record their first album in his home studio.

Vitor plays the guitar and sings but everyone in the band contributes to the music in other ways. The group brings a lot of variety to the music because each band member uses an instrument that reflects their background such as an acoustic guitar, an electric guitar, a keyboard and a melodica.

"Each of them, however, is extremely talented and bring something different to this group, and I'm glad that the first band I'm in is with these guys," Vitor said.

The band's first official performance was at the Mission Asian market in Oceanside. They did not have a set list so instead, they improvised.

They played "Saved Room," "Happy" and "Creep." It was a good first experience because people cheered and danced as they played.

Vitor is mostly self-taught. His musical education started when he received a guitar at the age of 16. He began by watching videos online and reading the guitar tabs of whatever music he was into at the time.

One of his first memories is

side Filipino Cultural Festival where he met Katherine Sinsuan, who later played with him at other shows.

Vitor plans to take a road trip with his band in the spring and hopefully play music in various venues, as well as work on producing a second album.

Other bands such as Mumford and Sons, The Head and the Heart, Paramore and Jeff Buckley all are part of his musical influences.

Their next performance is at 9 p.m. on Saturday, Nov. 1 at the Mission Asian market in Oceanside.

"If students want to pursue music then they need to be open and willing to explore different kinds of music and be willing to put effort into improving," Vitor said.

Vitor also holds meet-ups on campus for students who are interested in playing music together in a relaxed environment. Music meet-up is designed for those who like music and who want to share that passion by connecting with fellow musicians.

"Thursday meet-up is more of just a music jam session with different people coming over to play," Vitor said.

The music meet-up gathers at 12 p.m. on Thursdays in the third floor of the Arts Building on the grass. Students can either bring their own instruments or use some of the extra instruments that he and his friends Andrew Velasco, Colin Hagan and Immanuel Brown bring.

If you would like to know more about The Strangers, you can check out their Facebook page at www.facebook.com/thestrangersjamband.

"We started off as strangers but came together with a common interest and started playing"

when he learned how to play "Stop and Stare" by One Republic. He was so proud that he succeeded at playing the song that he wanted to show his family what he had learned. His family were the ones who initially encouraged him to play in front of others during family gatherings or parties.

"I didn't like it at first, but it helped me get used to playing for people," he said. Before starting the band, Vitor would perform at open mic nights. He played his first acoustic show at a bar in Temecula about a year ago. This was a new experience for him because he had never prepared for a live performance before. He had to consider things like vocal endurance and material. The crowd was small, but he got to know the people there, which made it worth it.

The most memorable moment for Vitor was the Ocean-

Think fast in Improv Club

Join Improv Club for fast-paced, fun club experience

By SYDNEY SCHABACKER
STAFF WRITER

Fast-paced and action-packed, there is never a dull moment with the CSUSM Improv Team.

What is improv, you may ask? Improvisation is anything made-up on the spot. The Improv Team specializes in concocting characters, scenes, dramas and laughs in seconds based on audience suggestions. The club team was started in 2010 by Nicole Hernandez, Aaron Chase, Molina Milbourne and Lorenzo Taylor. Originally, Improv was offered as a class, but then these three students took the idea and formed the club.

I joined this past semester, and I am 100 percent biased in its favor. To get on the club team, auditions are held once a semester for anyone interested. Senior Player Ryan Downs, who joined Fall semester of 2010, has some insider advice:

"The auditions are to see if you can act on a stage, in a team as a team player. The only problem is if you're trying to be too funny," Downs says. "Just be



Improv club poses for a group photo during practice.

Photo provided CSUSM Improv Club

yourself, and we'll worry about [being funny] later."

There are a few rules in keeping with classic improv, but it's mostly just one

game after another. One of my favorites is "Zip-Zap-Zop," when the players have to point at someone else in the circle, yelling one of

the words, and you've got to keep track at high speed which word is being zoomed at you. While surprisingly difficult, messing up can be

fun. This kind of stimulating fun for the brain is addictive.

Despite improv exercises being made up of games, improv has many important

uses in real life. In all of the games, players have seconds to come up with a character with reactions and feelings.

"You learn to think on your feet," Downs said. "[Which is] very important in other things."

Just consider public speaking or class participation for that matter. It can't hurt socially either. The confidence this builds with practice can easily be transferred to everyday experience.

I've only been on the Improv Team for about a month now, meeting once a week on Monday nights. Every practice is different, and even the basic games vary from practice to practice and get energized with laughter and good company. If you aspire to always be on your toes and ready to react to what happens next when surprises are part of the game, please come audition for the Improv Team next semester. would be beneficial for potential users of these various sites to be aware that love isn't something you find by reading a profile of checking boxes; it's something you discover by getting to know people in the real world.

Why break-ups don't always have to mean goodbye

Remaining friends after heartbreak

By LEXY PEREZ
A&E ASSISTANT

Let's face it: Break-ups suck.

In movies and television, break-ups are treated as an over-dramatic buildup to that fated happy ending. But what happens when in real life, it can be common for a break-up to simply be a break-up?

Insert what I like to call the "breakup mode." That consists of common thoughts such as: "My life is over," "I'm so happy," "I lied, I'm not really happy," "Maybe I'm destined to be a lonely cat woman" and "Why can't Channing Tatum enter my life already?" Then it is time to channel Julia Roberts and Eat, Pray, Love—except the only thing that is actually accomplished is conquering that jar of cookie butter while watching The Notebook 50 times.

While I'm not sure how

guys handle a breakup, it is assumed that sports games, video games and adrenaline activities with friends are involved.

It's a common debate as to whether guys and girls can in fact be friends after a breakup. The decision can lie on the myriad of situations that could have occurred: cheating, lies, distance, growing apart, or, like me, the fact that it was too difficult to accept that Ryan Gosling is a father and is never truly entering my life.

Whether you're the "dumper" or the "dumpee," the hardest factor is feeling as if you lost a huge part of yourself. It's important to realize that just because this person isn't necessarily in your life as a partner, that doesn't mean you have to lose them completely.

Regardless of everything, feelings are still there and memories still exist. It can be difficult to let go of the life you once had and to "shut off" feelings.

While it can vary with each person, break-ups are a time for personal healing. Time apart is essential if there is ever intent on remaining in each other's lives. Distance allows there to be a time to find yourself again and learn

to be your own person, finding your own happiness. Tears may be shed and a film of memories may play. Whether the break-up was amicable or not, this person mattered for a reason and there is nothing

"Time will heal all wounds"

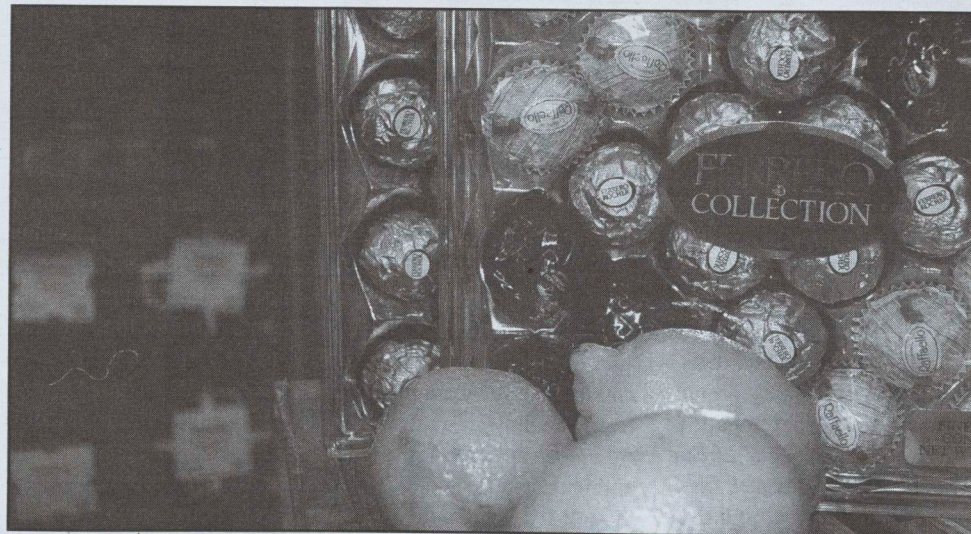


Photo by Matthew J. Kuhlman

Relationships gone sour can sometimes end up sweet.

ing wrong with them still meaning something to you.

The important thing to note is to not rush or force things. If this person is truly meant to be in your life, then time will heal all wounds and your relationship can blossom into an alternated ver-

sion of the bond you shared.

Just because you broke up, doesn't mean your relationship is technically broken. It's simply in repair, preparing to experience a metamorphosis. It is nice to have the idea of being friends with your ex, but that

doesn't mean there won't be obstacles in getting there.

Take time for yourself and hope that in time, you both will feel comfortable with the new direction your bond is taking. Be patient, trust the journey and the broken pieces may fall right back into place.

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How one blog misunderstands true meaning of feminism

By KATIA BRUNSON
OPINION ASSISTANT

Hide your bras -- the feminists are coming. The term "feminism" has been somewhat of a taboo in Western culture, and for people living in many other parts of the world, it's completely unheard of. The oppression of women manifests itself differently all over the world, but in the case of Western society, some individuals are not fully aware of its presence on a daily basis. Many men and women argue that gender equality does exist in America today when, in fact, we are far

from tackling the perpetual disadvantages of our society's gender stereotypes. The theory of "anti-feminism" is the belief that women's disadvantages in society are exaggerated or non-existent, or assumes that feminists seek to oppress men. It is an ideology that has recently been popularized by a blog on Tumblr entitled "womenagainstfeminism.tumblr.com." On this blog, women send in pictures of themselves holding up signs explaining why they don't agree with feminism or why they choose not to be a feminist. The common denomina-

tor that holds true through each one of these women's arguments is that they are arguing against beliefs that differ from feminism. The term feminism is defined in the dictionary as "the advocacy of women's rights on the ground of political, social and economic equality to men." In recent decades, the term feminism gained attention due to the Women's Liberation Movement, which originated during the 60s and 70s. Many feminists prefer to cite a definition that comes from feminist theory and/or feminist writers such as bell hooks, whose definition says that "feminism is a move-

ment to end sexism, sexist exploitation and oppression." This movement launched awareness for issues such as reproductive rights, domestic violence, maternity leave, equal pay, women's suffrage, sexual harassment and sexual violence; all of which are issues still being dealt with today. So why all the animosity towards feminists? Somewhere along the line, society has convinced many people that women in the Western world are "out of the woods" in the sense that we have reached the equal treatment that men are born with. In reality, there are only 79

women out of the 435 members that make up the U.S. House of Representatives, and only 20 out of 100 make up the Senate. Pay inequality still exists, and even in the year 2014, some men grow up believing that they are entitled to women's bodies. This results in issues such as cat-calling, sexual assault and rape, which in some cases are classified as socially acceptable or deemed the woman's fault. Society needs feminism because women are tired of not being taken seriously and feeling that they constantly have to apologize for the way they act, the way

they dress, their sexuality, their ideas and their bodies. "Womenagainstfeminism" have got it all wrong. Feminism is not about burning bras or shaming women who enjoy cooking for their significant other. It's not about hating men or playing the victim card. It's about challenging society's expectations of women and being who you are without having to apologize for it. It's about the social justice that comes with equality. It's about taking pride in celebrating how great it is to be a woman in every beautiful shape, bra size and lifestyle choice they come in.

Why mass media is the best major

By KATIA BRUNSON
OPINION ASSISTANT

America is the consumer capital of the world; afflicted by a constant barrage of media selling us social norms, values and ideas. Almost everything we know to be true has been fed to us through various media outlets, whether it be through the news, a TV show or a friend's status update.

What we value as norms in our society are perpetuated through the media, which is why being an informed consumer in this day in age is crucial to making sense of what all of the constant information means to us as individuals. We revolve around our Facebook, Instagram and Twitter accounts; constantly seeking interconnectedness with the humans around us. We thrive on instant updates and nonstop information. The media holds a lot of power in our society, so if you can't beat 'em, might as well join 'em. Anything involving the distribution of information is classified as media. The subject of mass media is so vast and continues to grow exponentially, making it easy for anyone to find a specific interest in this major,

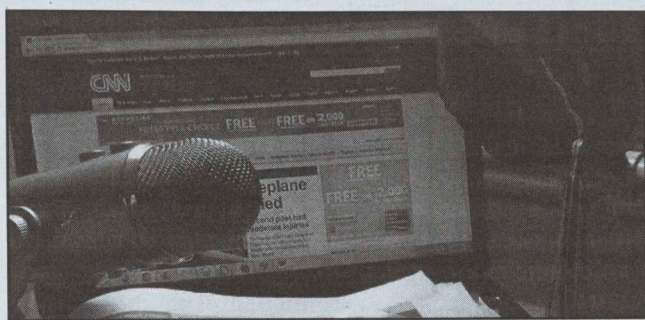


Photo provided by Katia Brunson

Mass media gives students diverse knowledge set.

Media is constantly evolving to keep up with new technology, and with a world that thrives on information, it's a subject that is sure to never go out of style. The first example of media being produced dates back to the fifteenth century with print media such as newspapers, books, magazines and pamphlets. This was the first time that information was spread in other ways than by word of mouth. Since then we have seen the growth of recorded media, cinema, radio, television, Internet and mobile devices, which all fall under the very large umbrella that is the media. The media is such a large, encompassing and powerful force that everyone in the world looks to for information; which begs us as consumers of the media to be responsible about how we

digest the facts and ideas thrown at us. A mass media major will provide you with skills to become an informed consumer as well as skills to be able to produce and distribute information for the world. As of today, 90 percent of what we read, watch or listen to is controlled by six corporation. These include Disney, Viacom, CBS, Time Warner, News Corp and GE. 90 percent of what we know is decided by 232 media executives, but you can change that 90 percent by being a part of the media and contributing your voice. The media is the most influential aspect of American culture. It is a growing movement of independent minds looking to express themselves to a global audience. Be a mass media major and be a part of the movement to have your voice heard.

Benefits of stem cell research lauded

Potential gains outstrip ethics concerns

By JASMINE DEMERS
COMMUNITY NEWS EDITOR

What if you were told that you had a 50 percent chance of inheriting a genetic disease by the time you were 30 years old? A genetic disease that will kill you 10 to 20 years after your diagnosis and that will slowly eat away at your nervous system until you can't talk, eat or breath. Huntington's disease has been passed down in my family for five generations. I have watched it slowly take over my grandmother's body and mind, and I am in a constant state of worry that it will begin to do the same to my dad, my siblings and myself. More than anything, I am afraid that I will be unable to experience the wonders of motherhood because I have to protect my future children from the burden that this disease will plague them with. There is no cure for Huntington's disease and not very many approved treatment options. Ever since I could remember, I have researched everything and anything possible about this disease and I have always laid

my hope in this truly amazing scientific advancement called stem cell research. Human stem cell research has the potential to cure devastating diseases and regenerate injured or destroyed bodies. However, since scientists discovered that they could remove stem cells from embryos in 1998, controversy followed closely thereafter. The ethical concerns of stem cell research have created a widespread debate about the moral consequences of using aborted human embryos for research. This controversy has raised many questions about the right to life and whether or not there is a valid justification for participating in it. More recently, however, scientists have introduced new study methods, which they call Induced Pluripotent Stem Cells (iPS). These cells are derived from a non-pluripotent cell in adults. Scientists can basically extract these cells and reprogram them to grow into any type of tissue that they might need. I would like to argue here that the benefits of stem cell

research significantly outweigh any issue of ethics that is presented. If a woman decides to have an abortion and that embryo is going to be destroyed, why shouldn't people be able to use that for something that is useful, powerful and life-changing? As a person who could directly benefit from this research, I definitely feel like stem cell research is an important and necessary idea. I would have the opportunity to spend more time with my grandma and my dad. I would be given a chance to bring children into the world and live a longer life. Stem cell research could create these opportunities and change the lives of so many other families all around the world. Stem cell research has the ability to treat some of the most common and life threatening diseases (including cancer), replace or repair damaged organs, create copies of organs for transplant and so much more. We need to take advantage of this amazing medical discovery so that we can improve the quality of life for all human beings.

Learn to teach.

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Facts about Ferguson: Another case of police brutality?

BY COLLIN VAZ
FEATURES ASSISTANT

Despite the shooting of Michael Brown taking place on Aug. 9, protests are still ongoing. With strong emotions surrounding the events in Ferguson, Missouri, it is crucial to examine all of the available information in order to understand the full scope of the situation. Officer Darren Wilson had originally stopped Michael Brown for jaywalking with his friend Dorian Johnson. According to police, a struggle ensued inside of the police cruiser between Wilson and Brown over the officer's weapon. Brown was then shot six times. He received multiple gunshot wounds to the hand and arm, before a final round to the top of his head fatally wounded him. At the time of the incident, Brown's friend Dorian Johnson told police that Michael put his hands up in the air and told the police officer that he did not have a gun. This sparked riots and protests in Ferguson, as the community

was outraged by the nature of the shooting. More information was released soon thereafter that cast doubt on the notion of police brutality.

After the name of the officer who shot and killed Michael Brown was released, a video was also given to the press showing Michael Brown along with his friend Dorian, robbing cigars from a liquor store and violently shoving the salesman in order to escape. Because Officer Wilson was not aware of the theft at the time of the shooting, Brown's family is claiming that the video is merely a "character assassination attempt." If character is to be called into question it is also important to understand the media's portrayal of Brown. Brown is often described as an "unarmed black teenager," indicating that Michael posed no threat to the police officer and therefore the situation did not justify lethal force.

However, it is not widely publicized that Michael Brown was 6'4", 292 lbs. at the time of his death. If an

altercation did take place inside Officer Wilson's car and Michael Brown did attempt to steal his weapon, the shooting was justified.

Medical examiner, Dr. Michael Graham, stated that the trajectory of the gunshot wound to the hand "does support that there was a significant altercation at the car." It should also be noted that Dorian Brown, Michael's friend whose statement sparked protests, has a record of theft, lying to police, skipping court and previously had a warrant out for his arrest.

While police brutality is a major problem in America and deserves the nation's attention, it is difficult to say with certainty that the incidents that have occurred in Ferguson qualify as such. Protests in Ferguson are still underway, and the police have responded in force with hundreds of militarized police officers and unconstitutional "free speech zones." New information is still surfacing as the chief of police in Ferguson is expected to resign.

Academic advising saves time and money

Reasons to make an education plan before you enroll for next semester

BY NOELLE FRIEDBERG
OPINION EDITOR

The myth has been spread around campus that walking over the seal on the ground in front of the coffee cart in Founders Plaza will keep you from graduating in four years.

But what actually holds you back from graduating on time is failing to make an education plan with your academic advisor.

The importance of an education plan is something I learned while attending a local community college. I met with my academic advisor before the start of each new semester to ensure that the classes I was enrolled in would transfer over to CSUSM.

This is a good habit to adopt no matter how far along you are in your degree. The reason is that creating an education plan allows you to make sure that each class you take counts towards graduation.

We want to finish our degrees in the least amount of

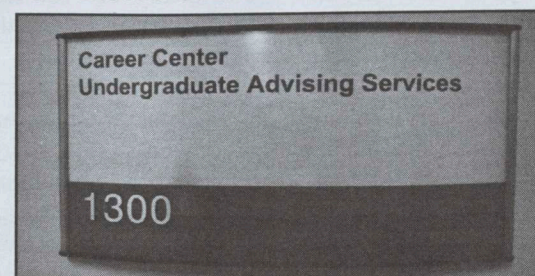


Photo by Noelle Friedberg

The office of Undergraduate Academic Advising can be found in Craven 1300

time as possible. We also don't want to waste any money on classes we don't actually need. Meeting with my academic advisor has actually saved me money on a class that I was able to take at MiraCosta instead of taking the same class for a much higher price here at CSUSM. I would not have even known that I needed that class until it would have been too late. This serves as just one example of the importance of meeting with your academic advisor.

I am now in the habit of meeting with them before I enroll in classes for each new semester. This might

sound like a hassle, but it actually ends up saving you time – and money – in the end because it ensures you're only taking the classes you actually need to graduate.

So no matter how far along you are in obtaining your degree, or even if you haven't declared your major yet and still don't know what you want study, I encourage you to make an appointment with your academic adviser by the end of this semester to guarantee that you don't waste any of your valuable time or money.

Go to <http://www.csusm.edu/academicadvising/> to schedule an appointment.

LETTER TO THE EDITOR

Is Student Access Initiative beneficial?



Photo provided Christine Vaughan from Office of Communications
The Student Access Initiative may be what helps students graduate sooner.

BY ALHIJAZ ALTHAGAFI
CONTRIBUTOR

CSUSM is growing. Last year there were 1000 more students on campus than there had been in 2011, just two short years ago. Two years from now we are projected to have 1000 more students that we do today. Do you think it is hard to get your classes today? Do you think your schedule is difficult to manage today? Are you going to have to push back graduation because you couldn't get your schedule worked out? If you answered yes to any of these questions, then brace yourself - under the current system all of these issues are going to get worse. What can we do about it? The Academic Senate will vote on the Student Access Initiative. Tell your representative you support it. The Student Access Ini-

tiative (SAI) promises to achieve more space, save more time, reduce overlap, and ensure that more students have better access to more facilities, classes and professors than the current system allows. By reducing the time of some 3-credit classes from 75 minutes twice a week to 50 minutes three times a week we can achieve all of these things. It is projected that this will allow more students to take the classes that they want, rather than the ones they have to settle for. This will give students more time on campus, and more time on campus means faster graduation times. It will use the space CSUSM has much more effectively, which will also reduce crowding and speed-up campus life. And aren't we all tired of ITPCs? (Impossible to place classes. Really? So common they

have their own acronym?!) All of us have to deal with these challenges, but the SAI will reduce them significantly. I believe it is in the best interest of all students.

Everyone has a war story about registration, class scheduling, and ITPCs. The question, then, is simple: What can we do about it? We can adopt the SAI, which will improve class scheduling, access to classes and the number of choices students will have. Isn't that something we all want? Better yet, the SAI will make things easier for all the students who will attend CSUSM in the future. It is not a stopgap measure, it will produce real change that will affect all students who will come to CSUSM. Many of us are concerned about ways we can impact a world that is rapidly getting more crowded, more inclusive and more diverse. We can start right here at home. The SAI promises to include more people, and isn't that something that we think is a good thing - inclusivity? For too long it has been hard to get a good education for many, many people. Doesn't anything we can do to be more inclusive, then, fall under the category of "better?"

It's not easy to change the world. It's not easy even knowing where to start. But here we have it in our hands to make a real difference that will help us now, and help all future Cougars.

BY CODY COOK
PHOTO ASSISTANT

Makeup is a great way for girls to look and feel confident when entering the professional field trying to get hired for a job. However, I challenge girls not to wear makeup on a first date.

It may be great for the professional world, important events and to dress up and look nice. However, I find makeup unnecessary when looking for a relationship.

If you are looking for a man that you want to see past your flaws and insecurities, then why cover it up? Sure, makeup makes you feel beautiful, but what about what we don't see? Some women would say, "That's

not true, men only care about what we look like." Some boys might act that way, but mature men act differently. Boys find girls attractive on the outside; men look for what's deeper in a person, not based off of looks. I challenge the boys out there to look deeper into a person than just what they look like, to look past people's flaws and imperfections.

What men find attractive more than anything is confidence in yourself and a winning personality. You can be the most attractive girl in the world but what really matters is what is underneath all the makeup. If a man is looking at you for only the way you look, then you are not looking at the right man. So why not start it off on the right

foot and show them who you are on the first date, not just what you look like with a little makeup on. Show them that you do not need makeup to become a beautiful person; you already are a beautiful person- makeup just enhances your qualities.

From the very beginning of the relationship, show him how confident you are without makeup; be upfront with someone you could potentially spend the rest of your life with. You never know who it might be. Eventually, this person is going to see you without makeup one day.

Challenge yourself and challenge some men out there to look past your flaws and imperfections and let them see how perfect you really are.

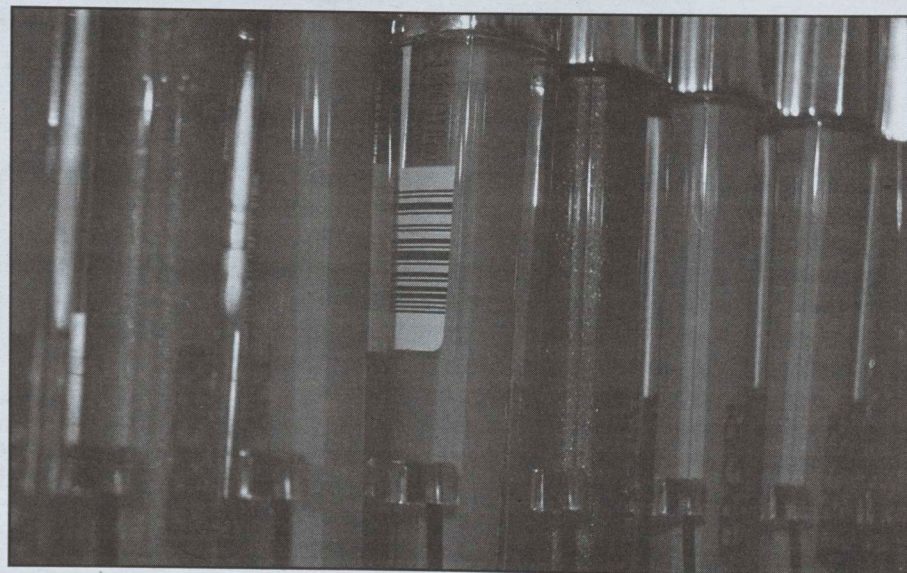


Photo by Matthew J. Kuhlman

Makeup can be beneficial or harmful to your relationship.

MOVIE REVIEW

2.5/5 PAWS

“The Best of Me” is not quite the best

Newest Nicholas Sparks film fails to meet expectations

BY LEXY PEREZ
A&E ASSISTANT

The time has come for movie-goers to be introduced to yet another love story. It is a new addition to the Nicholas Sparks collection, a.k.a: the sappy, tearjerker, Hollywood hunk-filled, ‘why can’t this be my real life’ type of films.

“The Best of Me” is Sparks’ new page-to-screen

adaptation. While it consists of his signature love story components, it is simply a 2.0 version of his nationally known masterpiece, “The Notebook.”

James Marsden and Michelle Monaghan star as Dawson and Amanda, former high school sweethearts who are reunited 21 years later after forming an inseparable bond filled with love and passion. While reuniting, they find themselves in a tug of war- reigniting their once puppy love or facing

the reality of their previous hardships that kept them apart even after two decades.

While Marsden and Monaghan are established actors in Hollywood, the young counterparts of their characters steal the show. Luke Bracey (young Dawson) and Liana Liberato (young Amanda) express an undeniable chemistry that makes viewers believe in the power of a first true love. All Marsden and Monaghan have is a lackluster chemistry that seems as if they

are just acquainted friends rather than past lovers.

Without watching Liberato and Bracey depict a blooming love story, it is unlikely to ever believe that these two people were once love-stricken teenagers. It almost seems as if two different love stories were being portrayed: the story of first love and the story of two sad and lonely adults turning to each other despite being strangers (surely another possible Sparks story).

If this movie was released

before “The Notebook,” it could have the potential of being recognized as a classic love story, but, unfortunately, all it does is follow the same cliché recipe of ‘rich girl falls for poor boy,’ families object, life drama happens, nonstop tears, the coveted rain kiss and even more kissing that makes the film seem as if it’s simply attempting to promote a brand of chap stick.

While I love romance movies as much as the next girl, this one fails to grasp my full attention and admiration.

Throughout the film, I found myself already knowing what would occur, seeming as if I wrote the script myself. While it could prove that I am worthy of being a screenwriter, the unfortunate reality is that it is a generic movie that offers nothing new and interesting to its viewers.

“The Best of Me” is definitely one of those films that could be viewed when in need of a complete cheesy chick-flick day, but if you’re looking for a true love story, stick to the classics.

BOOK REVIEW

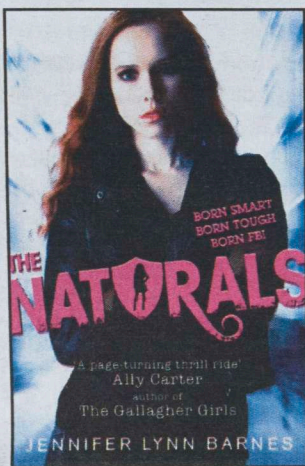
“Natural choice for criminal suspense”

BY SYDNEY SCHABACKER
STAFF WRITER

Cassandra Hobbes has a special talent: she is a natural profiler. It’s a talent that her mother, who made a living pretending to be a psychic, helped Cassie develop.

With one look, Cassie can discern more about a person than detailed studies could provide. She notices the little things—all of them. Though she lost her mother to a brutal unsolved murder, she continues to develop her skill. When the FBI offers Cassie a chance to become part of a secret program that uses gifted teenagers to solve cold cases, she accepts with the hope that she may resolve at least some of the questions surrounding her mother’s murder. The rest of the Naturals, those perhaps too gifted to get along with anyone, make an uneasy alliance as it becomes clear that their work on cold cases triggered a current threat to themselves.

With an excellent cast of characters making up the Naturals including teenage experts in data compilation, lie detection, body language, facial expressions and



more, the Naturals’ chapters should hook you in. If not, then the alternating chapters written from the point of view of the killer, known as ‘You,’ should do the trick.

Published in 2013, The Naturals by Jennifer Lynn Barnes is only the first in its series. With advanced degrees in psychology, psychiatry and cognitive science, Barnes is very well suited for writing criminal suspense novels. The second in The Naturals series is Killer Instinct. Based on how much I enjoyed The Naturals, I will definitely be reading Killer Instinct.

MOVIE REVIEW

4.5/5 PAWS

John Wick, successful film for Reeves

BY PIERCE BRENNER
STAFF WRITER

John Wick (Keanu Reeves) is a retired assassin turned grieving widower. Everything goes down when a trio of Russian mobsters (led by Game of Thrones’ Alfie Allen) breaks into Wick’s house, steal his car and kill his puppy, as the final gift from his wife. Fueled by vengeance, John decides to get revenge on the men who destroyed the last good thing in his life.

I never heard of John Wick until about two months ago, and I, like most people, was just waiting for a crapfest; however, the trailer completely won me over. It was cool, fun and looked like it could be Keanu Reeves’ return to form. Sure enough, I was totally right. John Wick is awesome, and, other than Gone Girl, better than any movie out right now.

If you can expect one thing from a typical Keanu Reeves film, it’s action. Well, the action in John Wick is terrific, probably some of the best I’ve seen all year. Director Chad Stahelski’s background in stunt coordination is obvious, with the action

being well choreographed and well shot. It’s also violent and gritty, with a great deal more blood than we’ve come to expect in this Marvel-dominated landscape. It’s a nice change of pace to see a great action movie that also lets all hell break loose.

I’m generally pretty cold toward Keanu Reeves as an actor, but if he’s put in the right role he can work towards the benefit of the film. John Wick is one of those roles. He’s a vengeful, heartbroken badass who has lost everything that matters to him—not very emotional or talkative—but very good at charming, fighting and killing. In short, this role plays to Reeves’ strengths and lets him do what he does best.

The supporting cast is also quite good. Michael Nyqvist (The Girl with the Dragon Tattoo, Mission: Impossible- Ghost Protocol) and Alfie Allen are well cast as a father-son mobster duo, with Nyqvist playing the cool, responsible one, and Allen being hot-headed and more than a little foolish. The other standout is Ian McShane as Winston, who



runs the Continental Hotel—a place where hitmen go to cool off after a hard job.

There’s also a lot of good, subtle humor as well. A lot of the best bits come from the fact that all the mobsters are so scared of John Wick. The best part is that none of it is accidental. John Wick could’ve been one of those movies that was ‘so stupid it’s funny,’ but thankfully

avoids that trap and becomes a genuinely funny movie.

John Wick is a fast-paced, fun, funny and thrilling ride that almost never falters. Although I didn’t even know it existed until very recently, it ended up being a wonderful experience and one of the defining films of 2014. Let’s hope Keanu Reeves can parlay this into a revitalized career.

Pacific Arts Movement brings fifteenth Annual San Diego Asian Film Festival

BY FAITH ORCINO
A&E EDITOR

Ever since it was established in 2000, the San Diego Asian Film Festival (SDAFF) has seen its popularity grow and gain a reputation for being one, if not the biggest, film festivals in the country. On Nov. 6, the non-profit organization Pacific Arts Movement will celebrate their fifteenth anniversary of the event.

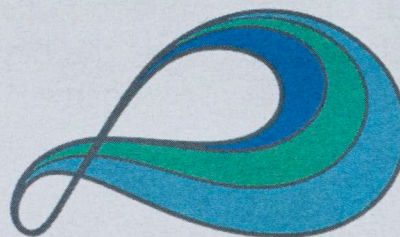
This year, the group selected 140 films from 21 countries. A number of those films will be shown for the first time in the United States including “From What Is Before,” the longest movie in this year’s SDAFF. The film

is 338 minutes long, which is over 5 hours of footage. It focuses on a town along the coast of the Philippines right before martial law was placed on the country. It is one of the must-sees, alongside many others that Pacific Arts Movement selected.

The Reading Cinemas Gaslamp 15 Theater in downtown San Diego will host the opening night of the festival. “Revenge of the Green Dragon” will be shown after the cast and crew arrive on the San Diego red carpet. Directors Andrew Lau and Andrew Loo are expected to arrive with actors Harry Shum Jr. (Glee), Leonard Wu (NCIS) and Eugenia Yuan

(Memoirs of a Geisha). The red carpet event will start at 6 p.m. and following will be the screening of the film at 7 p.m. on Thursday, Nov. 8.

SDAFF will also host an exclusive screening of the pilot television show “Fresh off the Boat,” hoping for a spot on ABC’s 2015 lineup. It is considered the festival’s centerpiece event and features a Taiwanese family who left their Washington D.C. home for a new life in Orlando, Florida. It focuses on Eddie, who tries to fit in with the rest of the 90’s kids in school. The screening will be at 1:30 p.m. on Saturday, Nov. 8 at the University of San Diego’s Shiley Theatre.



**PACIFIC ARTS
MOVEMENT**
2014
15TH ANNIVERSARY

After the episode, there will be a discussion with executive producers Nahnatchka Kahn and Melvin Mar.

The feature closing night film will be “Meet the Patels” at 7 p.m. on Friday, Nov. 14 at the Museum of Contemporary Art San Diego Sherwood Auditorium. It is a documentary directed by Greeta Patel

and is about her brother Ravi and his troubles with family tradition and love. It won a number of audience awards including at the 2014 Los Angeles Film Festival, 2014 Traverse City Film Festival and Hardacre Film Festival.

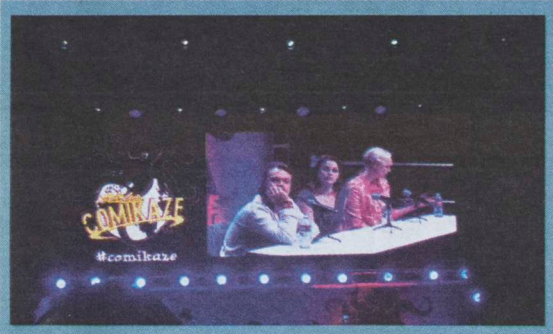
Most of the films will be held at the Ultra Star Mission Valley Theater near

Qualcomm Stadium from Nov. 7 to Nov. 13. Other venues include La Paloma Theatre, University of California San Diego and the ArcLight Cinemas La Jolla. With so much offered, there is something for everyone to enjoy. For more information on schedule and other locations, visit festival.sdaff.org.

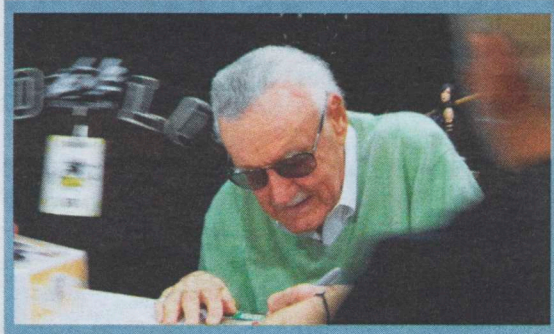
Photo Submission

STAN LEE'S COMIKAZE EXPO

Photos by: Anne Hall, Contributor



Game of Thrones: Alfie Allen (Theon Greyjoy/Reek), Esme Bianco (Ros) and Gwendoline Christie



Stan Lee continues to wow audiences and please crowds with his generosity in autographing fan memorabilia.



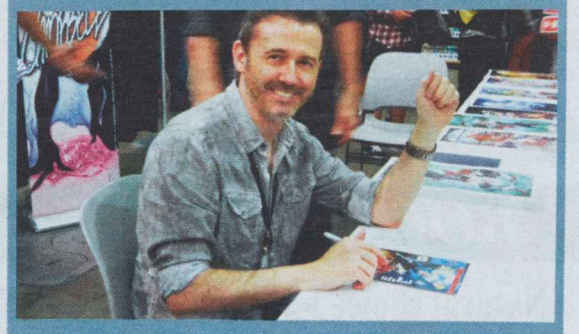
The cast of the 1960s Batman tv series comes together to celebrate Batman's 75th Anniversary with Comikaze crowd.



Joe Jusko shows off his current projects with Marvel and many other organizations through 2015.



Captain America Cosplay: Captain America sharing his USO performances with the Comikaze spectators.



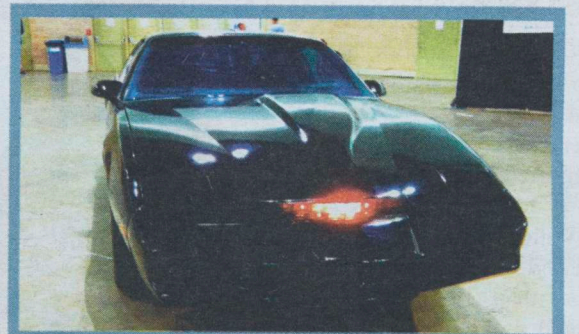
J. Scott Campbell Illustrator: Artists signings and illustrations at Stan Lee's Comikaze.



Walking Dead Cosplay



Geek Fashion Show



Kit Comikaze

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DEL MAR
COLLEGE DAY
Tailgate Party



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- ◆ Free Del Mar logo ping pong balls!
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