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CALIFORNIA STATE UNIVERSITY, SAN MARCOS, INDEPENDENT STUDENT NEWSPAPER

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6 - In honor of Craft Beer Week this issue's editorial is a feature on the hidden gem of Stone Brewing World Bistro and Gardens. Read about our staff's experience at this beautiful place and how beer is made.

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7 - Want to read a good book written by a CSUSM 2012 graduate and a former Chronicle editor? We sat down and talked with Kyle M. Johnson and his book "Naknek, or Life in the Cannery."

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OUR NEXT ISSUE
November 21

Dr. Martha Stoddard-Holmes receives CSUSM's top honor

By MELISSA MARTINEZ
News Editor

On Oct. 24, professor of Literature and Writing Studies, Dr. Martha Stoddard-Holmes, received the 2012-2013 Harry E. Brakebill Distinguished Professor Award, presented by President Karen S. Haynes.

Dr. Stoddard-Holmes' passionate efforts to inspire students through Literature & Writing are recognized greatly by her colleagues and students. Inspired by her own teachers at her high school in New Hampshire, Dr. Stoddard-Holmes gained a passion for literature, poetry and medicine. After studying Corporate Communication at Cornell University, Dr. Stod-

dard-Holmes began her career at writing short stories, poetry and creative writing.

Through her 13 years of teaching at CSUSM, Dr. Stoddard-Holmes carries a passion for rediscovering concentrations she loves in the classroom and believes that with each new class, new ideas emerge from students creating in-depth class discussion, which inspires her to share the beauty of literature.

When asked what her hope is in impacting students through literature, Dr. Stoddard-Holmes said, "Personally, reading and writing can get people through the most challenging parts of life. It can help people understand what living means."

Though Dr. Stoddard-Holmes enjoys Victorian Literature (she received her Ph. D. in English from the University of Colorado), her passion also lies in her research of disability studies. Published in 2004 by the University of Michigan Press and reissued in paperback in 2009, Dr. Stoddard-Holmes' groundbreaking book, titled "Fictions of Affliction," focused on disability studies and Victorian literary studies representing cultural meaning in history of Victorian Britain. Dr. Stoddard-Holmes also researched medical humanities, focusing on preparing health care providers to become better listeners, especially to patients undergoing treatment for illnesses

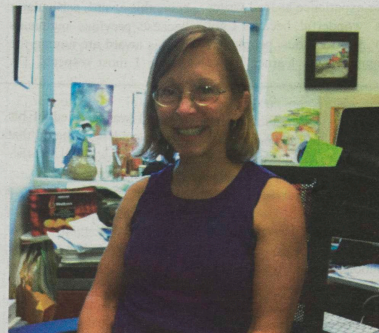


Photo by Melissa Martinez

such as cancer, so patients are respected as people and not merely representing their illness. Dr. Stoddard-Holmes also co-lead a course with Dr.

Ron Strauss at UCSD Medical School called, "Reading/Writing/Doctoring."

Among her many leadership roles, Dr. Stoddard-Holmes also co-lead a course with Dr.

Remembering Solomon Atighi

By COUGAR CHRONICLE STAFF

Solomon Ahmad Atighi, a 25-year-old honors psychology student at Cal State San Marcos, was killed Oct. 28 in a solo motorcycle accident at the intersections of Interstate 15 and State Route 52 in San Diego.

Atighi, a resident of San Diego, was found by a passing motorist just after 2 a.m. on the southbound connector ramp from I-15 to westbound SR-52. He had been thrown from his late model Honda CBR 600 motorcycle and died at the scene, according to a report from the San Diego County Medical Examiner's office.

Atighi, a psychology student, was named to the

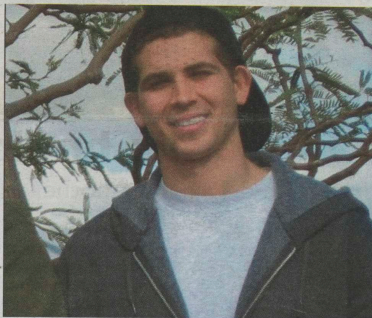


Photo Courtesy of <http://www.tributes.com>

Dean's List for CSUSM's College of Humanities, Arts, Behavioral and Social Sciences in both fall 2009 and 2011, according to reports on the university's website.

One of his former professors, Psychology Department Chair Miriam W. Schustack, remembered Atighi as an outstanding student who got along with everyone.

"I got to know Solomon Atighi when he was a student in one of my psychology classes a few years ago," Schustack said. "I have taught thousands of students in my many years at CSUSM and I confess that I don't remember all of them, or even most of them, but I do remember the students who make an impression and Solomon was one of those."

"He wasn't only a good student — he also seemed like a good person in his interactions with me and with his fellow students. I know that he later became of a member of the CSUSM campus chapter of PsiChi, the international honor society in psychology — that means he

SOLOMON CONTINUED ON 2.

Possible mountain lion spotted on CSUSM campus

By CHRISTINE LEE
Staff Writer

Fall is cougar season, and there have been two possible cougar sightings on campus in the past three weeks.

University police was contacted by custodial staff on the evening of Oct. 15 to report a possible mountain lion (also known as cougars, which is the university mascot) sighting on the east side of campus near the University Services Building, according to Associate VP for Communications, Cathy Baur.

After receiving the call, officers conducted a complete check of the campus; how-

ever they did not see signs of a mountain lion.

The university sent an email to students, staff members and faculty alerting them to take precautions when walking through campus, particularly at night.

A nearby resident reported a second mountain lion sighting off-campus to University Police on Oct. 23, eight days later. A second email to the campus community was sent at that time.

California Department of Fish and Game say mountain lion attacks on humans are extremely rare.

They are quiet, solitary, elusive and typically avoid

people. However, conflicts are increasing as California's human population expands into mountain lion habitat.

Previously, a mountain lion having been spotted on or near campus occur typically in the fall, Baur confirmed.

Bruce Bradley, Occupational Safety and Environmental Health Specialist at CSUSM, offers tips to stay safe against a mountain lion threat:

Do not hike, bike, or jog alone.

Avoid hiking or jogging when mountain lions are most active—dawn, dusk, and at night.

Do not approach a moun-

tain lion.

If you encounter a mountain lion, do not run. Instead, face the animal, make noise and try to look bigger by waving your arms; throw rocks or other objects.

If attacked, fight back.

Contact university police immediately if you see a mountain lion, 760-750-4567.

This adds to the increased cougar sightings in the area.

"We think it may have been driven to the area by the 2007 fires," Bradley said.

To find more information on risk management and campus safety, visit csusm.edu/rms/.

Robert McManus named Chief of Police

By MELISSA MARTINEZ
News Editor

On Oct. 31, University Police Department (UPD) announced Robert McManus as Chief of Police.

Since 2005, McManus has held the role of Police Lieutenant with UPD and since Aug. 2005, has served as Interim Chief of Police. Among many of his roles in the police field, McManus has spent 28 years in law enforcement. Of those 28 years, McManus has served University Police Departments for 26 years in universities including SDSU. Through the years, McManus has worked up through ranks to eventually be promoted from Dispatch to Police Lieutenant.

In 1997, McManus worked with the Diplomatic Security Service of the U.S. State Department as a Special Agent, in which he administered executive protection of the Secretary of State as well as visiting Foreign Ministers and counter-terrorism investigations.

HONOR FROM ON 1.
ship roles. Dr. Stoddard-Holmes held the chair position for the Literature and Writing Studies Department for three years as well as lead writer in the most recent CSUSM WASC report. Dr. Stoddard-Holmes recounts her experience as lead writer as "wonderful, because I got to meet various people on campus and learned more

about what they do and how hard staff and faculty work." As a former student, Dr. Stoddard-Holmes inspires her students to fall in love with life and life's simplicities, such as literature. "I am really incredibly honored and surprised to receive this award, particularly because previous recipients of this award are among the people I most respect," Dr.

Stoddard-Holmes said. In President Haynes' press release, she states, "Dr. Martha Stoddard Holmes clearly exemplifies the highest values of Cal State San Marcos and embodies what it means to be a faculty member committed to sustained excellence in teaching, research, and community partnership that enhances student learning."

SOLOMON FROM 2.
met PsiChi's very rigorous academic standards. Solomon also had the distinction of being a presenter at the annual CSUSM Psychology Student Research Fair in 2011, as co-author with another student of a poster about an experiment they had done. "I often ran into him on campus after he had finished my class, and he always had something good to say about his studies or about his life.

When I was notified of his tragic accident, I shared that information with all the faculty in my department. "Since Solomon was a psychology major, he took courses with many psych professors. Several of us remembered him, as a good student and a positive presence in our classrooms. That is a great distinction, since we serve hundreds of psych majors every year—and remember only the handful who made a big impression

on us," Schustack said. Police believe that Atighi, who had been wearing a helmet at the time of the crash, was driving at an unknown speed on the connector and failed to negotiate a curve, veered off the ramp and was ejected from the motorcycle. After being summoned to the scene, California Highway Patrol and San Diego Fire paramedics were unable to resuscitate Atighi and pronounced him dead at the scene at 2:39 a.m.

21st Century Wars: Veteran's perspective

BY: ALISON SEAGLE
STAFF WRITER
& JULIANA STUMPP
CO-A & E EDITOR

Veterans Day is a holiday that should not be known as a three-day weekend, but rather one to remember those who gave and risked their lives for the good of our country.

This year, history club Phi Alpha Theta and the history department will be having a special event featuring a panel of CSUSM student veterans discussing their personal perspective. The panel consists of: John Kubik, Kevin Cole, Ricardo Enriquez, Amber Bouge, Issac Orta and Jonathan Volden, all of whom have experienced

military service. Moderating the panel will be Dr. Ibrahim Al-Marashi.

Having these six students share their voice and opinion will make the event less of a lecture rather more storytelling and a discussion of some of the biggest wars in history. Kimber Quinney, of the history club stated, "storytelling is a powerful tool in history. Not only will the event allow our CSUSM student veterans to tell their stories, but the event will be important to the wider student body because they will learn about the real world experiences of peers sitting next to them in their respective classrooms."

In addition to this event, the history club is launching

a War at Home and Abroad (WAHA) Story Lab.

"Recognizing that our campus currently serves a unique community of active duty and veteran students and their families, as well as the significant role that the military has played in our region's history, WAHA focuses on the collection and preservation of stories from veteran who have experienced the wars in Iraq and Afghanistan."

This event will be held 5 - 7 p.m. Thursday, Nov. 8, in Markstein 125. Look out for the WAHA Story Lab to open on Tuesday, Nov. 13, in the Digital History Lab (SBSB 2102).

Happy Veterans Day from the Cougar Chronicle!

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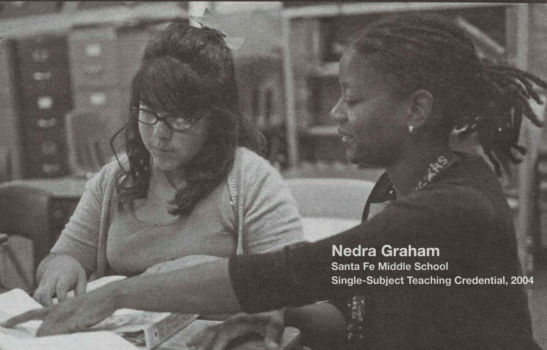
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Suspenders pull off thrilling win for flag football championship

BY KARLA REYES
STAFF WRITER

The beginning of November means the end of a great month of intramural flag football. On Friday Nov. 2, at the CSUSM Lower field, intramural flag football came to an exciting end with the championship game.

The game pitted the defending champs "Sandusky Swag," sporting their trademark blue shirts, and "The Suspenders" who wore white for the championship title.

Both teams knew that they were not only playing for the title of CSUSM flag football champions but also the opportunity to compete against other college teams at Arizona State University for the regional finals on Nov. 10 and 11.

Campus Rec got everyone who attended fired up in an-

icipation for this game by providing free food and opportunity prize drawings. Crash the cougar made an appearance and performed the game's opening coin toss. The radio station Z90 also made an appearance to announce and give the play-by-play of the game.

After keeping a nearly undefeated record going into the championship game, both teams had the chance to go head to head for the second and final time. Sandusky Swag started the game with a bang and wasted no time getting points on the board with a touchdown. However, The Suspenders quickly answered back with a touchdown of their own. Swag responded with yet another touchdown, but their joy was short lived right before the half ended, Suspenders scored and took advantage



Members of Sandusky Swag and The Suspenders intramural flag football teams during the Nov. 2 CSUSM championship game.

of the one-point conversion, making the halftime score tied at 13-13.

The Suspenders and Sandusky Swag played to the bitter end, firing up the crowd with every play. The Suspenders were given plenty of opportunities to score and capitalized in the games second half, taking the score to 20-13.

With seconds remaining in the game, Swag had the chance to hold Suspenders

from scoring and give themselves the chance to tie the game. The Suspenders' offense proved too much for Swag to handle when Suspenders scored in the waning seconds of the game and won this year CSUSM's Flag Football championships with a final score of 26-13.

The Suspenders will be representing CSUSM at ASU for the regional championship.

Photo provided by AJ Kirkpatrick.

Athlete spotlight Amy Alber

BY JESSIE GAMBRELL
Co-A & E Editor

Outside midfielder Amy Alber loves soccer and loves playing for the CSUSM women's soccer team, which is currently ranked No. 13 in the nation. Although she sprained ligaments in her left ankle in the beginning of October, she still supports her team.

Question: How long have you been playing soccer for CSUSM?

Answer: Two years. I am a sophomore.

Q: So what are you majoring in?

A: Well, I was pre-business, but now I am communications.

Q: What position do you play on the women's soccer

team?

A: Now, I am the outside midfielder and right defense, but last year I was just right defense. I am predominately more comfortable being defender. I would rather do anything than be forward or goalie.

Q: How do you like your team?

A: Oh my gosh, I love them. I guess if I didn't that would be pretty bad. They are my family. I love those girls.

Q: Do you plan on staying on the team your whole college career?

A: Yup, for the rest of my college life.

Q: Do you plan on becoming a professional soccer player?

A: It's definitely a dream.



You know, ever since you were little, you always have that dream of becoming a professional athlete, but for right now I'm not going to let it get in the way of my other goals. But if the opportunity comes along, I'll definitely take it.

Q: What do you love about soccer?

A: It keeps me in really good shape and it gives you and an automatic family of friends. I love the different aspects of the game. You really have to read the sport.

Q: How did you feel about your injury when it happened?

A: I was really, really upset about my injury. I felt like all my hard work and fitness over the season was going to wash away. I quickly began to realize that my injury is very minor compared to some of the sports injuries I've seen or heard about. Lots of athletes sprain their ankles, and are able to bounce back quite quickly.

Photo by Jessie Gambrell

THE HEART BEAT:

PREVENT OSTEOPOROSIS, STRENGTHEN YOUR BONES

BY CURTIS BOVEE
SENIOR STAFF WRITER

Osteoporosis is a disease of the bones and occurs when you lose too much bone or your body doesn't produce enough of it.

According to the National Osteoporosis Foundation (NOF), over 44 million Americans have low bone density, or osteoporosis. Furthermore, by 2020, over half of Americans are expected to have low bone density. This staggering statistic presents tremendous health care issues for years to come.

What you might not know is that bones are actually living, growing tissue. They are made up of collagen, calcium-phosphate minerals and living bone cells. More importantly, as you age, you lose more bone than you make, stressing the importance of taking preventative measures to blunt this process.

Having an adequate diet is essential to preventing osteoporosis. The following are especially important:

-Calcium: Calcium is not made in our bodies. If we don't consume adequate amounts, it is leached from our bones, ultimately weakening them. It aids in building bones and keeping them healthy, but also helps with

coagulation, nervous system function, and muscular contraction. Calcium-rich food sources include many dairy products and green vegetables.

-Vitamin D: Vitamin D aids in strengthening your bones by ensuring that they absorb calcium. This vitamin can be obtained via diet, sunlight, and supplements.

-Vitamin K: Vitamin K has proven to improve bone-mineral density and bone metabolism. Foods high in this vitamin include dark green vegetables such as kale, spinach, and broccoli.

In addition to having an adequate diet, the following are controllable risk factors for osteoporosis, according to the NOF:

-Not eating enough fruits and vegetables.

-Consuming too much protein, sodium, and caffeine.

-Having an inactive lifestyle.

-Smoking and excessive alcohol consumption.

-Excessive weight loss.

Your bones aren't hard and lifeless like rocks are. Just like the rest of your body, bones need proper nourishment and care. Otherwise, the inevitable is going to occur. Promoting bone health will greatly increase your longevity and ability to live an active life.

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11/17 Women's Basketball
VS Menio
at Mira Costa, 7:30 p.m.

Good luck to the women's and men's soccer teams as they compete in the A.I.I. tournaments

Lucio's American Grill

Great food with a great atmosphere

By ARIEL GOSSETT
STAFF WRITER

Lucio's American Grill in Escondido is the place to go if you're tired of the same 'ole thing, with a menu featuring a healthy alternative and gourmet twist to your classic "American Grill."

Proprietor Lucio Di Pace grew up in Italy and not only created the menu, but constructed many of the decorative pieces inside the restaurant, such as the tables, racks and shelves. Di Pace has obtained a permit through a pilot program that seeks to allow cooking outdoors for restaurants, therefore a majority of the food preparation is done outside.

Here, your meal will not only be locally grown but fresh off the grill.

With your choice of comfortable booths inside or the backyard feel of the patio seating outside, it's just the kind of place to sit back and relax with friends or your significant other for a date night. There is also live music, which typically consists

of featured bands playing a mix of jazz and blues. Di Pace explained that he tries to book bands from different cities in order to introduce a different sound for those who don't have the time to venture out.

Reasonable main dish prices range from \$11 to \$27. You can make it a budget friendly night by simply ordering appetizers and drinks or go all out! If you choose the latter, I suggest the authentic Italian burger with mozzarella, romaine lettuce, roma tomatoes and a slice of prosciutto to top it off. Alongside their burgers, a plethora of grilled veggies is available in lieu of fries.

If you're 21 or older, they offer a nice selection of local handcrafted beers and wines.



They are a little expensive but are great compliments to your meal. Happy hour is two dollars off the beer. Check their calendar because dates and times vary and make sure to designate a driver!

For those of you under 21, the restaurant is family friendly and does not have an age requirement. Located just 10 minutes away from CSUSM in Escondido at 239 East Valley Parkway, Lucio's allows you to enjoy the various products North County has to offer, all under one roof!

Social justice summit in review

By KEANDRE WILLIAM-CHAMBERS
COPY EDITOR

The Social Justice Summit was a life-changing experience for all who attended.

The annual event, held this year from Oct. 19 - 21 through the Gender Equity Center, Student Life & Leadership and the Cross-Cultural Center, has since passed, but it is definitely worth attending next year.

The Social Justice Summit advocates its four major points through its statement of purpose: "Embrace Diversity. Create Change. Practice Leadership. Advocate Equity. Social Justice is not just a goal. It is a journey. Join the journey. Make a difference."

"The purpose [of the summit] is to educate students in issues of social justice, empower students to act as and become advocates and allies to all and encourage students to build communities that focus on all they've learned," director of the Gender Equity Center, Lea Burgess-Carlant said.

Participant and student facilitator Ari Rivera detailed the event as "an empowering weekend." As a facilitator, she felt joy in her role, stating that it gave her a chance to "see others experience justice and become allies to themselves and others both inside and out of the summit." Such an event has further encouraged her to learn

more than just what's on the surface regarding people, and use her voice to empower others and give them the strength to build up others.

Amidst many bonding activities and informative exercises regarding the four major components of social justice—diversity, change, leadership and equity, participant Isis Lopez noted the experience as amazing and mind-blowing. Information got to her through word of mouth, and it wasn't long after before she signed herself up to join.

From the summit, she gained new connections and friends as well as a sense of camaraderie with those who participated.

Jessie's Recipe Corner:

Candied Pecans

By JESSIE GAMBRELL
Co-A&E Editor



This is one of my family's favorite Thanksgiving time recipes. My mother started making this for everyone as something to nibble on as all the people arrived for Thanksgiving dinner, and let me tell you something—they are addictive!

What you'll need:

- A Pan - A Small Bag of Halved Pecans
- 1/3 cup of sugar - (Optional: Ground Cinnamon)

(1) Get frying pan out and put a small bag of halved pecan in, let it heat up the pan and pecans. (2) Sprinkle a pinch of sugar over all pecans and let set for about 15 seconds. (3) Stir gently and reapply sugar to all areas. (4) Repeat this until all of the sugar is gone and stuck to the pecans. WARNING: Do not let pecans overheat or burn. (5) Let cool in pan for about 5 minutes, then serve in decorative bowl for everyone to enjoy!

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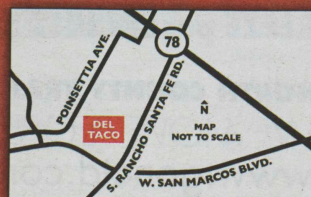
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Veterans Day event Nov. 6

Students have opportunity to honor veterans

By ALISON SEAGLE
STAFF WRITER

Students were able to honor the nation's veterans in another way besides getting a day off from classes.

During U-hour on Nov. 6, students were able to show support for veterans by observing a color guard presentation, listening to guest speakers and even eating cake. The CSUSM Veterans Center hosted a special ceremony to celebrate Veterans Day and the Marine Corps' birthday. The guest speakers included both retired and active duty members of the military, and there was also a traditional Marine Corps birthday cake cutting ceremony, after which refreshments were served.

One guest speaker stated that he was "proud to serve a great country and blessed to attend school thanks to the GI bill," said Marine Gunnery Sergeant Brian Kiraly. It was a great opportunity for all the members of the campus to come together and show their support for our veterans.

There are several students on campus who are veterans



Marines from the Naval ROTC Color Guard. Photo by Fredrick Mischel and many believe their experience in the military has made a significant and beneficial impact on their success here at CSUSM.

Ajah Silva, a liberal studies major, has served both active duty in the Navy as well as in the Air Force Reserve. She said because of her experiences, she "can follow structure really well [and is] more focused on detail and can communicate with the professors better." Silva also shared that "because of [her] experience in the military [she] has more understanding and exposure to other cultures."

Rick Enriquez, a business major, said his "maturity level is different" and after spending time in the military, your "passion and drive to get your degree is

more refined." He feels that "school's easier after having been in the service and needing to get things accomplished."

Enriquez finds multitasking easier considering he "already had a career with different responsibilities to balance."

Mike Betancourt, a Criminology and Sociology major, agrees that military experiences and training transfer into great classroom abilities, saying he is "more focused and [his] work ethic has taken off. Life experiences in the military help [him] see things in a new way whether in a business class or a history class."

Betancourt also said one of the best things was that "it's different being part of history than just studying it."

Showcasing Thanksgiving spirit

By JULIANA STUMPP
Co-A & E Editor

For many of us, we hear Thanksgiving and immediately think of football, the Macy's Day Parade and all of our favorite foods, of course.

However, many tend to forget the intended reason for this holiday. This year, enjoy the holiday with loved traditions, but think of the true meaning behind Thanksgiving. Be selfless and get involved in your community by helping others.

Step 1: Reflect on your past experiences

Before you can go out and help others, you need to have a good sense of who you are and what you believe in. Looking back on your past or family background can help you identify what is best for you. If family members have had cancer, then get involved in the American Cancer Society, but if you aren't a dog lover, then it probably isn't a good idea to volunteer at a dog shelter. It's all about knowing what you stand for

and what you are willing to spend your time doing.

Step 2: Motivation

It's so easy to say you will help others and take action, but many times very few do. Everyone has his or her own version of motivation. If you are the type that is sensitive, then try thinking about something or someone you really love, and focus on using your time on others who might not have that. Search inspiring quotes and understand what they mean. Motivation can come from anything and everything.

Step 3: Research

The Internet is where we spend most of our time because it seems like every answer for everything is on there. Visit some websites designed to help you find a perfect match based on your interests and location. It's completely personalized and offers lots of results so you can try different things. Try one of the following sites to get started:

www.volunteermatch.org
www.serve.gov

www.aarp.org

Step 4: Honesty

If one volunteer experience doesn't go as planned, don't let that discourage you. There are thousands of more opportunities that could use your helping hand. Be honest about your experience; if you walk away thinking negative thoughts, then odds are it wasn't for you. Think about what you would have liked to happen instead and make those changes next time to the best of your ability.

Keep in mind that volunteering isn't about feeling better about yourself, but using the best of your abilities to help serve others because you genuinely care.

On campus, we have the Civility Campaign that strives on the values "care, empathy and respect." This mantra also comes hand in hand when doing selfless acts for others. Get involved with the campaign at www.csusm.edu/civility and make sure to think of all you are thankful for this Thanksgiving season.

Fall with grace, not disgrace

Autumn trends to keep or avoid

By KEANDRE WILLIAM-CHAMBERS
COPY EDITOR

The autumn season has appeared and the seasonal trends are surfacing. However, whether old or new, they are not always fashionable.

With the allure of Thanksgiving breezing around the corner and Halloween just making its exit, it is tempting to break out the typical fall fashions. This includes the fall color palette: the earthy colors and soft, aesthetic hues that are reminiscent of the upcoming holidays.

The colors encompass the Thanksgiving palette—browns, deep reds and dark greens with a dash of orange and muted gold, and the Halloween palette—much like the Thanksgiving palette, but with bolder emphasis on the orange and the addition of deeper yellows and a sprig of white as a creative accent.

Creative advice while we're on the subject of colors: If you like a look that carries that bold clash of colors, try for polar opposites that blend the muted with the bold. Don't let the clothes scream at everyone with an over-emphasis on the bold colors, but don't let yourself fade into the background with the muted. When in doubt, balance it out.

The two major things to focus on during the fall season are sensibility and functionality. With the changing weather, it is always difficult to correctly accommodate. People dress for cold weather and it ends up being

hot, or vice-versa.

The best thing to think of when having this inner debate is to carry some sort of themed bag or other bag-like accessory to hold spare clothes if you need to change. Don't go for the obvious pumpkin or cornucopia theme that will leave people snickering in the background (unless it is for adorable appeal), but ones with little holiday designs are fine.

Don't bundle up too much.

If anything, layer appropriately with matching colors. I may not be a meteorologist, but it may not be necessary to dress for snow in Southern California. Bulky isn't always best.

Don't try to go for the exceedingly long scarf. As fun as it is to feel it blowing in the wind, imagine the hassle of it blowing in everyone's faces as you walk by. If you must, wrap it around you for more warmth and less trouble.

Don't think that black can be or goes with everything. It doesn't always.



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Editorial: Craft Beer Week and Stone Brewery

By COUGAR CHRONICLE
STAFF MEMBERS

Craft Beer Week is a popular tradition for locals, so much so that this year started Nov. 2 and continues through Sunday Nov. 11. Beer week celebrates excellence in taste, aroma and texture as craft beer aficionados celebrate what can be referred to as the wine of beers.

During various interviews, City of San Diego Mayor Jerry Sanders has cited that supporting our local breweries is a "civic duty" for those 21 or older who can drink responsibly. At CSUSM, we are fortunate enough to be located 10 minutes away—driving time, from a hidden gem, Stone Brewing World Bistro and Gardens.

You can find Stone beers at local restaurants and out in chic Singapore bars. Widespread distribution doesn't equal instant liking; Stone

makes beers that require an acquired taste. Their reputation consists of scary gargoyles, bitter beer and an uncompromising mission to be different and unique.

Stone's main location sits next to the hospital overlooking Escondido and the southern portion of San Marcos. The facility houses three major components: A restaurant, the company store and a vast majority of the building's space goes towards housing the actual brewery itself.

As a staff, we had the opportunity to tour the brewing facilities, which is an opportunity available to the public Monday through Sunday in the afternoon and early evening hours. The ability to see flowering hops that share characteristics to cannabis and taste sweet malted barley—the main ingredients in their brews, reflects a quality in beer that is produced.

Until the visitor arrives, they are unaware of how extensively complex the process of brewing is, as well as how many people it takes to operate the system efficiently. In fact, it is estimated that for every employment opportunity generated on-site, six related jobs elsewhere are created. Quality control might just be the perfect lure for the 136 students majoring in Biochemistry on campus.

Stone is nothing short of a work of art, from the architectural design that is based on the namesake of the brewery and restaurant to the on-site brewery that radiates a simple "Charlie and the Chocolate Factory" feel. Simply substitute the thick smell of chocolate and airy sugar scent for the pungent aroma of citrus hops. On the far side of the brewery is the eating area, a stunning modern-deco establishment with a gorgeous bar and seating to

match.

Even though the prices at Stone tower over your typical "40s," they back them with good food and a killer beer selection. Locals should make it a point to visit Stone at least once so they know where their fantastic, neighborly brew comes from.

Stone IPA (India Pale Ale) is a signature brew. This amber, golden-hued beer has a muddy, transparent body with well-blended ingredients and a crisp flavor. The first sips do have a lingering bitterness taste with a straightforward deliciousness that allows you to drink it effortlessly. It is completely solid with aroma that is very hoppy, quite earthy and chockfull of citrus.

Arrogant Bastard Ale has everything from the hop and malt flavor characteristic to a rich amber-red color and the perfect foam head. The name itself gives you the idea that

this was the heaviest beer of the day. It consists of complex flavors that complement each other, to create a strong firm flavor that perplexes and charms your taste buds.

Smoked Porter is another favorite with earthy flavors subdued with an unmistakable smoky aftertaste. It is a dark beer, like Monday morning "I need to wake up now" black coffee; best served a little warm. You'll taste nuts, malts, a bit of chocolate and a bit of coffee. At a lovely 5.9 percent alcohol-by-volume, you'd do your meal a favor if you paired this beer with a red meat entrée.

Levitation has its own way about it that shuns bold hops flavor. It is tenacious and inviting by finding that balance of color, aroma and taste. With a bitterness that compliments its smoothness, a light brown hue and hazy body; this brew reminisces

to the time you tried beer, for the first time.

Old Guardian is a tribute to special occasions, with 10.7 percent alcohol-by-volume. This barley-wine style ale is aged in a bourbon bottle, giving it a pale color and a rich bourbon flavor without any burn.

One of the most unique aspects of the tour was being shown Stone's stock of dry ingredients and proposed upcoming flavors. Without giving too much away, a giant bucket of cinnamon smells reminds us of Christmas. Could this be a prelude to the highly anticipated 12.12.12 brew?

For this year's Beer Week, we recommend Five Years of Four Stone Beers on Friday Nov. 9 at 11 a.m. Learn to appreciate nature's yield and taste the variations between each year. Order lunch and drink responsibly!

Photo by Morgan Hall

Propaganda debunked

By CASSIDY HAMILTON
STAFF WRITER

Since the early 1990s, the city of San Marcos and the students of CSUSM have been confronted with the demonstrations of the shamelessly opinionated pro-life organization known as the "Survivors of the Abortion Holocaust."

The group is comprised of young adults, ages 18 - 30, who travel across the country setting up graphic posters and handing out Human Life Alliance advertising supplements, at various health clinics and universities. Their intent is to dissuade young and impressionable college students against the choice of abortion, regardless of the circumstances surrounding the pregnancy.

Two decades have passed since these "Survivors" began demonstrating in the San Marcos area and it is past due that student feedback is presented regarding their presence on campus, as well as shocking persuasion tactics.

On Sept. 4, the Survivors organization was set up for the duration of U-hour in front of Kellogg Library. The most prominent visual the group displayed was indisputably disturbing. For all students to observe, there was a lengthy banner with a visual comparison drawn between the Holocaust of

World War II and abortions conducted in the U.S. today.

The top image was a photograph of a pile of emaciated corpses inside of one of Hitler's many concentration camps with the text "Hitler's Holocaust" across the bottom of the photo. The bottom image was that of an aborted fetus against a white background with the title "America's Holocaust."

Next to this banner, members of "Survivors" handed out their Human Life Alliance papers titled "...And Justice for All," a 12 page long supplement put together in traditional newspaper style. The Human Life Alliance papers contain information concerning supposed psychological and physical effects of abortion, abortion in cases of rape and incest, and other topics of relevance.

Not all students disagree with the anti-abortion message being propagated here, but that the interaction between student and organization generally appears to be negative.

Nicole, a freshman, came across the demonstration within her first week at the university. "I thought it was a bit much," Nicole said. "It was really shocking and it just seems like there are better ways to get their message across."

One student, who shall go unnamed, claims that when

she responded with a polite "No thank you" to the Survivors' efforts as they tried to hand her The Human Life Alliance supplement, a girl from the group told her "You're going to die."

While the opinions regarding the antics of "Survivors" may vary among students, there are flaws in the content of their propaganda that must be brought to the attention of the public, especially at a time when the information presented could affect the decisions students make. It is absolutely imperative that students are well-informed about a choice that could potentially alter the course of their lives if ever faced with it.

The Human Life Alliance section titled "The Long Term Effects of Abortion" claims that "feelings of depression and despair are some of the common psychological complications from abortion." The footnote of this article reveals that this information was gathered from a study of adolescents in Minnesota dating back to 1986.

Naturally, science has advanced over the past 26 years and according to the Harvard Review of Psychiatry of 2009, "post-abortion depression and psychosis" is not recognized by the Diagnostic and Statistical Manual of Mental Disorders of the

American Psychiatric Association. Gail Robinson, one of the researchers of The Harvard Review of Psychiatry, explains how many studies allegedly proving the occurrence of depression and psychosis among women who have had abortions were flawed in their procedures.

The researchers conducting these observations often sampled groups of women who were abused as children or "exploited" in other ways before the experience of their abortion, thus altering the results of an observation that should be representative of all women in order to accurately measure the after effects of the abortion procedure. As stated in the Harvard Review, "clinically significant adverse symptoms occur in a minority of women and when they do, the strongest predictor is mental health before abortion."

Not only has the myth of "post-abortion depression and psychosis" been disputed by authorities in the psychiatric field, but they have shown that it is the demonstrations of groups such as "Survivors" that would be the root of any post-abortion depression occurring in women after their procedure, if any.

Because of the stigma society has implicated with abortion, the fear of judgment and disappointment from peers could be an outside factor inducing psychological trauma in women after a procedure that does not normally result



"Not all students disagree with the anti-abortion message."

in the deterioration of mental health. The Harvard Review of Psychiatry explains it as so, "later feelings about an abortion may be influenced by...current depression related to stressful life events, or the effects of public campaigns attributing psychological problems to abortion."

We are all entitled to our rights of free speech and expression, which "Survivors" does not hesitate to exercise, but with this right are standards and expectations of decency and accuracy of information presented, neither

of which is respected by this group.

"Survivors" intentionally presents their ideas among students who are young and still developing their views of the world. It is simply unfair and immoral for them to be permitted to distribute propaganda with outdated and disproven information. While they have their right to free expression, students have a right to be properly informed about life choices, which is where "The Survivors of the Abortion Holocaust" fail to serve.

Photo provided by: Lisa Faulkner

CSUSM grad and former editor publishes book

By MELISSA MARTINEZ
News Editor

"Naknek; or, Life in the Cannery," is travel novel of 2012 CSUSM graduate Kyle M. Johnson's experience working in a cannery in Alaska. The former Features Editor for The Cougar Chronicle documents his adventure working exhausting hours, serving stressed fishermen and trying to find the beauty in the solitude of his travels.

Paralleling Henry David Thoreau's "Walden," Johnson seems to find the beauty in the scenery of Alaska and the people that inhabit it. Only referring to characters by their occupation or physical observations, Johnson uses anonymity to allow the readers to appreciate them for what they meant to his experience, rather than their name.

Throughout his time at the cannery, Johnson reveals his thoughts, emotions and need for a few of life's simplicities, giving the reader insight of not only his day-to-day activities, but a peek at who he is as a person. Meeting people he becomes quite fond of like his "coworker with the glasses" and "the girl with the tattoo," Johnson

keeps the reader enticed, wondering what discoveries each new day will bring and what people he will meet.

Reading "Naknek; or, Life in the Cannery" is more than a story. It is an experience. The Cougar Chronicle interviewed Johnson to catch up on his life since he graduated and his newly published novel.

Question: When you started writing your book, was your intention to write a travel novel of your time in Alaska or did you know you wanted to write a book?

Answer: I kept a journal while I was there and I knew I wanted to do something with it, so I kept it. A few months before, I read "Travels with Charlie" by John Steinbeck and after reading it I thought, this is the kind of book I want to write.

Q: In your book, you wouldn't disclose the names of characters and referred to them by their characteristics. Why?

A: In the journal that I kept while I was there, I never referred to anyone by their name besides my little brother. There's one point in the journal where I wrote 'anonymity is exciting' and I wrote that in the disclaimer

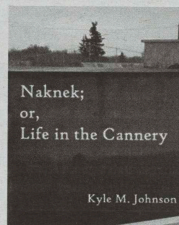
that that's my reason for doing so. It wasn't so much about their name but more so about the impact they had on me.

Q: I liked your references to Walden throughout the novel. Do you feel that had you not read Walden, would your experience be different?

A: Yeah, I really do. I've always loved to read and for some reason, I felt like it was really perfect the way that book was placed in my life at that moment. I took four or five books with me and the fact that I read two the couple of days leading up to it to go to Alaska and started it right when I got there; it was flawless timing that so many things lined up to it. I mean, I still would've had a great experience but I feel like that was something magical about the whole thing.

Q: I noticed in the beginning of chapters, your introductions usually foreshadowed the experiences that the chapter told. For example, the chapter about your grandmother suggesting you might meet someone foreshadowed the day you met "the girl with the tattoo." Is there a specific reason for that?

A: Um, no not really. I kept



a journal and so a lot of the placing was that because, like the conversation I had with my grandma, I was thinking about that on that day and within a couple of days I met "the girl with the tattoo." It was structured in the way of how it happened.

Q: What theme would you say is carried throughout your novel?

A: There are so many things people can take from it. I think it would be that even the most mundane and exciting details of life can provide you with the necessary insight into living. There are so many good treasures of good wisdom and growth that you can find anywhere, and if you just expose yourself, you'll find it.

"Naknek; or, Life in the Cannery" can be purchased online for download on amazon.com for Kindle or barnesandnoble.com for Nook.

COUGAR SHUFFLE

By JESSIE GAMBRELL
Co-A & E Editor

For those who have not tried yoga yet, it is truly a state of mind and a complete "reset" for your body. Yoga gives a sense of peace, which is great to have in the mornings before busy school days or work days.

Listen to these songs and take it easy while you stretch out on the yoga mat and get your mind in the right place to finish off our last five weeks of school.

"Latika's Theme" by A.R. Rahman & Suzanne
This song is soothing and methodical, with low humming and singing in a mnemonic tone that would really set the mood for peace to set your mind at rest.

"Awake My Soul" by Mumford & Sons
This beautiful conglomeration of the voices from the Mumford & Sons band is so relaxing and puts a smile on your face. This song will get you singing along to the heart-warming words.

"Vanilla Twilight" by Owl City
This rhythmic song flows along as if you're floating through the starry sky, pulling at the heartstrings with the loving words sung by the tender voice of Adam Young from Owl City.

"Put Your Records On" by Corinne Bailey Rae
This is a classic song about taking a break and letting go. With all the never-ending supply of exams and essays due, taking it easy is essential to our well being. Sing or hum along to this catchy tune.

"O Children" by Nick Cave and the Bad Seeds
This long song will have you slowly bobbing your head. The beat is great, almost a waltz, and can also be a great study aid.

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HOT OFF THE REEL

Enjoying the flight, with 'Flight'

By KARLA REYES
STAFF WRITER

Director Robert Zemeckis has produced yet another hit, "Flight," to add to his already loved favorites such as "Castaway" and "Forrest Gump."

The movie follows the story of commercial airline pilot, Whip Whitaker (played by Academy Award-Winner, Denzel Washington) and his struggle to keep sober, while pending the investigation of what was the real cause of the terrible airplane accident. The opening scene of the movie jumps right into Whip-

taker's lifestyle and habits. There is no denying his skills and charisma, but on that same note, one quickly realizes that his addictions overshadow his skills. After being baptized as a hero by the media and the community, the legal consequences of the incident eclipse his new life with his old habits coming to keep him company.

Washington does a flawless job in engaging the audience and creating authenticity in these issues. The rest of the supporting cast: Kelly Reilly (Nicole, an addict), John Goodman (Whitaker's dealer), Bruce Greenwood

(Charlie, an old friend from the Navy and now Union representative), and Don Cheadle (Hugh), all add genuineness to the story.

The special effects go unnoticed and actually look realistic. You feel like you are experiencing and seeing everything first hand.

"Flight" is a profound and moving story about facing your addictions, accepting help and taking responsibility for your actions. It's a very moving story that quickly captivates the audience and takes you through the ups and downs or Whitaker.

★★★★★/5

The comic book corner:
So Cal Comic Con – comics onlyBy FAITH ORCINO
CARTOONIST

For fans who want a convention that is just about comics, then look no further than Cal Comic Con.

Collectors Rey Reyes and Joel Elad held the first event in 2010 and are returning for their third annual event. This year, it will be at the QLN Corporate Center in Ocean-side, Calif. on Sunday Nov. 18.

Compared to bigger con-

ventions such as San Diego and New York's Comic Cons, which features many of the popular arts, So Cal's event focuses only on the comics.

This year's guest of honor is Marc Silvestri, founder of Image Comics' Top Cow studio and iconic artist. Silvestri and other artists such as Sina Grace and Mike McKone as well as G.A.S. Studios will be there for fans to meet. Along with Top Cow, publishers IDW and Apsen

Comics will set up exhibits with local vendors.

The event will go from 10 a.m. to 5 p.m. Anyone under 13 years of age is free to attend while those older must pay \$7 for admission. Several comic shops around the southern Californian area have special event flyer's which have a discount of \$1 off the price.

For more information, visit SoCalComicCon on Facebook and/or www.socalcomiccon.com.

Theater student to debut first self-written play

By JULIANA STUMPP
Co-A & E Editor

The play "Undisclosed" is a story many college students can relate to. It covers topics of love, heartbreak, troubles and acceptance of oneself.

Visual and performing arts major and CSUSM student, Sara Gibbons wrote, directed and choreographed the play. This will be her seventh play to debut on the CSUSM campus. Gibbons is a member of the Golden Key International Honor Society, theater department, works for CSUSM back Video in the Community, and is a member of the CSUSM Improv team.

"Undisclosed" will make its debut from 7 - 9 p.m. on Friday, Nov. 9, in Arts 101, also known as the Black Box Theater. For CSUSM students, tickets are \$3 and the general public is charged \$5. The play will also be performed that Saturday and Sunday, also from 7 - 9 p.m.

We had the pleasure of interviewing Gibbons about "Undisclosed" and her inspirations and past experiences.

Question: Describe the

plot and characters in "Undisclosed."

Answer: "Undisclosed" is a memory play with a twist, that centers on a handful of college students and a professor. Jase, the main character, recalls the past few months of his life as it relates to a music class and a woman, Cadence, who would forever change his world. Jase is cocky and arrogant turned romantic and hopeful. Upon meeting Cadence, he is immediately struck by her profound energy and poise and their journey ensues. Cadence is a woman of confidence who is a bit quirky and a ball of energy, but underneath her outer enigma, she is complex and troubled. Ultimately a love story, "Undisclosed" encapsulates a love triangle in the reality that is the human drama with a dose of characters that range from an eccentric music professor to a man's-man of a roommate that you'll have to see to enjoy!

Q: Where did you inspiration for this story come from?

A: ... I began writing this play as an assignment over a year ago, spring of 2011...

Writing has always been a form of release therapy, funny as that may sound. I tend to fictionalize the bits and pieces of my life and utilize the stories, the poetry, and the plays as a catalyst to work through my emotions. This play is based on a series of events in my life from a different person's perspective, but of course with some overly fictionalized moments for entertainments' sake. The story may be autobiographical fiction, but it is 100 percent from the heart.

Q: What are your past experiences with writing, directing and choreography?

A: I have been writing ever since I started school. In fact, I still have the very first "book" I ever wrote from the fifth grade. It was called "My Precious Little Socks." It's about my cat that my mom accidentally ran over. So, I guess I have been using writing as a form of therapy for a long time. I have never taken any writing specific classes except for the two playwriting classes that I have taken here at CSUSM. I have choreographed many dances in my life. Of course,

these were all mostly for fun. I recall choreographing an entire show from the entire "The Lion King" cassette! Does that date me? Anyway, my most recent choreography was with David Chavez (who is also choreographing and dancing with me for this show) for last spring's "Off Centre" CSUSM Dance Concert... I have been Assistant Director two other times in my life, one being for the CSUSM New Play Festival last Fall.

Q: What are the biggest struggles you overcame with the play?

A: Oh gosh, this is a toughie. Can I say everything? This is the first full-on production that I have ever done so I guess, to me, a lot of struggles have been overcome. I am officially every role that a theater production can offer. I am the producer, writer, co-director, dancer, choreographer, sound designer, lighting designer and prop master. Literally everything!... But I feel that each struggle that I come across is just a huge lesson. And that is the point, I think. This is after all my capstone...so here it is!

Cougar asks...

By ALISON SEAGLE

STAFF WRITER

What is your favorite military movie?



Chadd Dunn,

undeclared:
"Band of Brothers"

Dunn thinks it is as realistic as it can get



Josh Torres,

business major:
"Saving Private Ryan"

Torres likes it for all of the action



Jessica Zarate,

pre-nursing major:
"Act of Valor"

"It gives you a perspective of what it takes for one to be a leader in our military system, their struggles, and what the family has to deal with"



Erica Kuck,

communications major:
"Act of Valor"

Kuck has a brother in the Marine Corps and a brother in the Army so she is "just kind of connected with it"



Sue Aqil,

human development major:
"Jarhead"



Mike Betancourt,

business major:
"Saving Private Ryan"

and "We Were Soldiers"

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Top 10 SNL political skits

By JULIANA STUMPP
Co-A & E Editor

It wouldn't be an election year without the actors on "Saturday Night Live" (SNL) poking a little fun at Mitt Romney and Barack Obama as well as their corresponding vice presidents. In previous years, comedians have made some legendary skits that shined some light on the seriousness and heaviness that comes with the election.

10. "Shepherd Smith-Mitt Romney Cold Open"

Done in the early stages of Romney's campaign, this skit featured the conservative Romney family, the provocative Kid Rock who supported the candidate, and a creepy interviewer. The Romney boys explained to America how they relate to them by liking similar things such as cinema and "do-wop."

9. "Halloween Party"

The year before Obama took office, he was still a senator but was known as the head Democratic candidate and had a surprise appearance on SNL. The skit was a Halloween party hosted by the Clintons. Amy Poehler portrayed Hillary Clinton when she was hoping to run for president.

8. "Mitt Romney Ads"

This was a mock commercial,

approved by Obama, about Romney closing down a steel plant and interviewing former workers about their experiences with the Republican candidate. Stories included Romney not being considerate in a hospital.

7. "Bill and Saddam Cold Open"

President Clinton called up Saddam Hussein to try and start a war to get the publicity away from the affair between him and Monica Lewinsky (his mistress). The three then entered a three-way call gossiping and plotting like teenagers.

6. "Sarah Palin Rap"

During Weekend Update, the actual Sarah Palin made an appearance but declined to perform her piece. Amy Poehler, then Weekend Update anchor, performed instead. The skit featured Esquimos, Palin's husband and Poehler shooting a moose.

5. "Cosby Obama"

Michelle Obama, played by SNL veteran Maya Rudolph, presented a new show about the Obama family, a knock off of "The Cosby Show." The family included Michelle, Barack, Sasha, Malia Obama, Joe Biden and Secret Service Agent Connors in the show titled "The Obama Show."

4. "Dad and Son Go Hunting"

In this sketch, Dana Carvey played the 41st president George H. W. Bush and his son George W. Bush who spent some father-son time. As father Bush attempted to have a serious conversation about his son being president, George W. was focused on shooting a deer.

3. "Palin/Clinton Open"

This is one of the skits that put Tina Fey (as Governor Sarah Palin) on the map as an impersonator with outstanding one liners such as, "I can see Russia from my house." Along side her was Poehler, as Hillary Clinton, visibly annoyed at Palin's casual attitude about politics.

2. "Obama Visits Biden"

When Will Ferrell came back to host the SNL show, he reprised his famous impersonation of former President George W. Bush as Joe Biden's "imaginary friend" who had been hiding in the White House since his term ended.

1. "Couric/Palin Open"

Sarah Palin, played by Tina Fey, was interviewed by journalist Katie Couric, played by Amy Poehler. Couric gave Palin a "second chance" to explain her foreign policy but she comes off as unqualified and senseless.

What are your favorite "SNL" political skits? Share your thoughts on Facebook.

COUNTDOWN
TO GRADUATION

AS OF NOV. 7, THERE ARE 191 DAYS
UNTIL THE 2013 COMMENCEMENT