

THE COUGAR CHRONICLE

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CALIFORNIA STATE UNIVERSITY, SAN MARCOS, INDEPENDENT STUDENT NEWSPAPER

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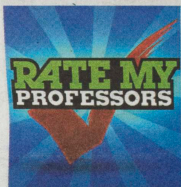
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SPORTS



3 - CSUSM's Intramural flag football team, "Suspenders," won the Regional Championships in Arizona. Read our interview with the team captain as he explains his plans for the National Championship.

FEATURES



4 - Did you know that one of CSUSM's own professors is ranked in the top 20 on Rate-my-professor.com? Read all about Linda Hickman and why students view her as a phenomenal professor.

And

6 - Do you personally know someone who's life has been saved thanks to a blood donation? Read an inspirational story about the importance of giving blood and how you can truly save a life

OPINION

7 - This time of year is the best time to give thanks for the things that mean the most to you. To promote the feelings of thanks, this issue's opinion page is covered with thanks you from CSUSM students for their favorite teachers.

A & E



8 - Have you ever heard of the legendary boxer, Kassim "The Dream" Ouma? Read briefly about his inspirational story and when and where you can watch his documentary.

OUR NEXT ISSUE
December 5

Incoming Chancellor White to take pay cut to prevent tuition increases

By MELISSA MARTINEZ
News Editor

Since Nov. 12, students have been in a panic regarding the CSU Board of Trustees (BOT) meeting to be held on Tuesday, Nov. 13 and Wednesday, Nov. 14, to discuss and vote whether to approve fee increases to CSU students in an attempt to give students an initiative to graduate and make space for those who need classes. This initiative is a response to an SQE survey taken by thousands of students regarding "Obstacles to Graduation."

On Nov. 5, the board announced they were planning to take action in proposing student



Chancellor
Timothy White

fee's, assuming Prop 30 was approved. The board planned to punish students who've accredited more than 160 units and have not graduated. In their attempt to alter the behavior of students, the board pro-

CHANCELLOR CONTINUED ON 2.

CSUSM student and BOT member shares his opinion

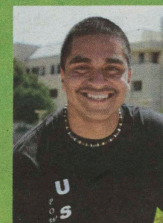
The Cougar Chronicle was given the chance to interview member of the board and student at CSUSM, Cipriano Vargas on his position as a member of the board, opinions regarding the fee increases and Chancellor White's initiative to help the CSU.

When asked his view on the increases as a student and a member of the board, Vargas stated, "I do not support the fees either as a student myself or as a student representative on the board. At the same time, I recognize the need to preserve access for all students. I share the views of the California State Student Association on the right strategy to approach this issue—

including presenting other solutions or alternatives as amendments."

As for Chancellor White, he sent a clear signal of the need for a new dialogue on rebuilding higher education. I believe his decision demonstrated the type of steward he will be of our system's resources. The trustees selected him because he is the ideal candidate to represent the CSU (students, faculty and staff). He is the product of the California Master Plan for Higher Education and a first-generation college student from a migrant family. Chancellor White's deep connection to the university community clearly influences his leadership.

My time with the board has definitely given me a much deeper knowledge of the policies and issues



Cipriano Vargas

that the CSU and higher education currently face. I look forward to the opportunity to work with Chancellor White, Student Trustee Ruddell and the rest of the board to secure state reinvestment in the CSU. I also welcome the chance to share this first-hand experience with students in the region and statewide.

KPBS can now call CSUSM home

By KARLA REYES
Staff Writer

Two reporters from KPBS, Alison St. John and Kenny Goldberg, will move into their new CSUSM studio in Craven Hall in a week or two after the remainder of their recording equipment is installed.

As a result, students now have an opportunity to be a part of a well-rec-

ognized agency through internships. The details of selecting interns or what the requirements will be are still pending but will be announced soon.

Both KPBS journalists will continue to work on their own stories independently from the campus. There is a possibility that students will be able to participate in certain aspects of KPBS. It is also a possibility that some of

the campus' news might make it into their stories, or that the school will be featured in some video segments.

"[KPBS office at Cal State San Marcos] will grow, but we see it as a tremendous step," Associate Vice President for Communications, Cathy Baur said.

This inclusion of such a well-known program like KPBS suggests that

the campus is continuing to expand. With new buildings, more students, and now KPBS in our offices, CSUSM is showing growth.

KPBS is a non-profit organization, whose mission statement includes "serving the people of the San Diego region with trustworthy, in-depth information that allows the community to hold its leaders accountable. We show

how global and local current affairs change our lives, and how San Diego changes the world. We tell you more than just what is happening—we tell you why."

They accomplish this through television and radio. Their television license is held by the California State University Board of Trustees and the FM license is held by San Diego State University.

The Political Beat

Obama's important policies for college students

By KATLIN SWEENEY
Features Editor

With Barack Obama re-elected to serve a second term as the President of the United States, his policies are of the utmost importance to the American people, especially college students.

For the next four years, Obama is focusing on job creation, cutting taxes, rebuilding America, investing in clean energy, revising education and affordable health care. To achieve a stronger job market, Obama plans to create 1 million new jobs in the manufacturing sector, as well as boosting the American economy by means such as getting rid of trade barriers that currently prohibit the in-



crease of the exportation of American goods.

To cut taxes, Obama plans to revise spending and reduce the deficit. He wants to rebuild America by ending the war in Afghanistan by 2014 and using the money saved from ending it to put into lessening the debt and rebuilding roads and buildings that need it. Obama

seeks to invest in clean energy that is created in America as another form of job creation and means of making the United States a frontrunner in the creation and use of clean energy. With health care, he plans to continue strengthening Obamacare, a program that places health care at the federal

POLITICAL CONTINUED ON 2.

UPD chief of police ready for new role

By CHRISTINE LEE
Staff Writer

Recently appointed chief of police for CSUSM university, Robert McManus, shares his thoughts on how to better improve campus safety and his plans for the future.

McManus had served as interim UPD Chief of Police since 2012 and as a Police Lieutenant since 2005. In total, he has 28 years of law enforcement experience, 26 of those in University law enforcement.

"Community relations and interaction is important. They are going to have a key component to what is working and what is not," McManus said. Within his last five years



Robert
McManus

with UPD, McManus has overseen threat assessment investigations and has been fundamental in building the foundation of the UPD that we see today. He looks forward to the continued development of the current system.

Some fundamental goals UPD CONTINUED ON 2.

POLITICAL FROM I.

level rather than leaving it to the states' jurisdiction.

If Obama's plans prove successful, they will be benefitting from a stronger job market and lower tax rates. This will result in a greater chance of them finding a stable job to support themselves, as well as less taxation, which prompts consumers to spend more money.

However, college students especially need to be aware of his policies since President Obama

considers education one of his top priorities for the next four years. He seeks to make getting a college education more affordable, tuition cut in half by 2022, and to make America the country with the most college graduates in the world by 2020.

One of the ways that Obama has worked to achieve this is by making large investments in Pell Grants, something that has a huge impact on college students. Pell Grants, which is federal

student aid that does not need to be repaid by the student it is awarded to, lead to more opportunities for students to afford college. Since scholarship and financial aid funds are limited, increasing the amount of funding given to students gives more of them an opportunity to afford school long enough to get their degrees. By getting more students graduating from college and educating more of the nation's youth, this ensures that the next gen-

eration of workers will be qualified for better jobs, which also boosts the nation's economy by getting more people to work.

Regardless of students' political affiliations, President Obama's policies will have a huge effect on their lives for the next four years, and it is extremely important that they stay informed on what changes or stays the same during his time in office.

*Information acquired from barackobama.com

Cougar Poll

How CSUSM Students Voted on Prop 30 & 32

By JESSIE GAMBRELL
Co-A & E Editor

In light of the recent elections, I asked students on campus how they voted on Prop 30 & 32 to see the general feel of some student voters.

Prop 30		Prop 32	
Yes	No	No	Yes
25 out of 28	3 out of 28	5 out of 28	23 out of 28

Prop 30 (Sales and Income Tax Increase), which passed the election on Nov. 6 is a constitutional amendment proposed by California Governor Jerry Brown.

It is a combination of "Brown's First Tax Increase Proposal" and the "Millionaire's Tax." With the passing of Prop 30, sales tax will increase from 7.25 percent to 7.5 percent and puts a 10.3 percent tax increase for those making more than \$250 thousand in taxable income, 11.3 percent increase for those making more than \$300 thousand, 12.3 percent increase for those making more than \$500 thousand and 13.3 percent increase on for those making more than \$1 million. The Millionaire's Tax increase will begin "retroactively"

from Jan. 1, 2012 and will stay in place for seven years, while the sales tax increase will be revisited in four years.

Prop 32 ("Paycheck Protection" Initiative or SB 202) which did not pass in the November's elections was a constitutional amendment that would have withheld state and local candidates from receiving contributions from unions and corporations, contributions to politicians from government contractors, and politics to utilize deductions from corporations, unions, and government of employees' wages. This was not passed, so none of the aforementioned will be enacted.

For more information on propositions (among others), you can visit: <http://ballotpedia.org>

CHANCELLOR FROM I.

posed three fee increases for students including: charging students per unit for every unit taken after they've reached 160, discourage students from double-majoring or minoring as well as charging students per unit who do so and charging students an additional fee per unit if they are retaking a class they've failed.

Due to rumors of student protests in different regions in California, the board decided to postpone the meeting. Shortly after, incoming Chancellor Timothy P. White requested the board reduce his salary funded by the state, by 10 percent, according to a media release by the CSU.

White believes that since many employees haven't

received raises themselves, he feels the pay cut is appropriate, saying "Despite the passage of Proposition 30, there remain grave economic issues to solve in California and the California State University. The success of the measure was the voice of the voters and taxpayers of California to start to reinvest in education. I also recognize that Californians expect me to properly steward these resources. Consequently, as I join the faculty, staff and students who have experienced cuts, salary freezes and increased fees, I, too, must do my part. This is the basis of my request to reduce my own compensation to contribute to the rebuilding of this great university."

UPD FROM I.

of his are to expand investigation units to identify problems early and uphold a proactive approach.

A role McManus plans to take is enhancing safety awareness on campus.

"We're going to allocate resources to help educate the campus community on preparedness for earthquakes and evacuations as part of our emergency management component," McManus said.

McManus began his career with the SDSU police department and was promoted up the ranks.

In 1997, he attended the Federal Law Enforcement Training Center (FLETC) and became a Special Agent with the Diplomatic Security Service of the U.S. State Department. He was responsible for providing executive protection for the Secretary of State and visiting Foreign Ministers as well as counter-terrorism investigations.

"It was a great experience. I saw some amazing things. It served me well and my time there has helped me in the Universities," McManus said. McManus was named Chief of Police for the CSUSM University Police Department (UPD) on Oct. 31.

CSUSM enacts temporary restriction on unit enrollment

By JESSIE GAMBRELL
Co-A & E Editor

In an effort to allow every student to register for the appropriate classes and due to an increased demand for enrollment, CSUSM is implementing a new "first pass" unit cap.

With the spring 2013 semester's priority registration opening Nov. 15 and running through Dec. 7,

students will only be able to register for a max of 13 units and be waitlisted for no more than 8. Although CSUSM views students taking 6.1 or more units as full time, the 13 unit cap was put in place to allow students to carry at least the 12 required units for financial aid purposes.

"CSUSM is sometimes referred to as a 'hot campus' now, so we had to

enact a restriction to allow everyone to have an opportunity to sign up for classes. Although we have been seeing that the average of units per student has been 12.3. We are hoping this helps the 'bottlenecks' that occur during class registration," Associate Vice President For Planning and Academic Resources, Dr. Graham Oberem said.

According to a student-wide email from the Office of the Registrar, the 13 registered and 8 waitlisted "first pass" unit cap will be lifted on Dec. 17, allowing students to then register for up to 17 units.

CSUSM is not the only CSU campus that has made this restriction this semester. CSU Northridge (CSUN) and CSU Long Beach (CSULB) have also

enacted this restriction to help curb the overflow of student sign-ups. Both CSUN and CSULB actually lowered their restrictions to 16 units.

In regards to the class limit, not all students are opposed to the new "first pass" process put in place. "I like it. I think it's good because then everyone gets their classes," student Chelsea Power said.

According to Dr. Oberem, the only exceptions that can be made are for spring 2013 graduating students, veterans and military students who require it.

"I got to petition the unit cap because I am a graduating senior, it didn't affect my spring schedule after all," senior Amanda Peace said.

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THE HEART BEAT: CONTROL YOUR URGE, COMBAT HOLIDAY OVEREATING

By CURTIS BOVEE
SENIOR STAFF WRITER

The holiday season has arrived, the time of the year filled with endless obstacles to healthy eating. Whether it's the abundance of Christmas parties to attend or the never-ending baking of pies, cookies and cakes, temptation during the holidays is inevitable.

The following are ways to avoid overeating during the holiday season.

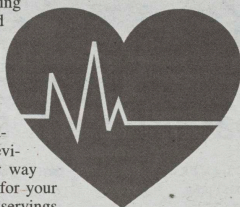
-Extra time: during the holidays, we tend to have more free time, especially students. Although this time is a "break," plan to utilize the extra time each day to participate in some kind of healthy activity. Utilize this as an incentive program—the more calories you burn, the more you can consume without negative repercussions.

-Portion sizes: turkey, mashed potatoes, stuffing, cranberry sauce, pies, etc. The list goes on. You do not need to create a mas-

terpiece by seeing how much food each plate can fit. Instead, try limiting portion sizes to the size of your fist or smaller. In addition, as you inevitably make your way back to the line for your third and fourth servings, make a point to take less each time.

-Alcohol consumption: the more you can limit your consumption of alcohol during the holidays, the better. Not only is alcohol empty calories, greater consumption will cause you to eat more and be hungry for longer, a combination for uncontrollable caloric consumption.

-Moderation: just because your grandma makes a pumpkin pie today does not mean you need to eat the entire thing. Focus on limiting yourself and the amount of each food that you consume. As goes with por-



tion sizes, try just to eat enough. Yes, there may be 4 deserts offered, but this does not mean you have to eat every one of them. Leave the table feeling satisfied, not stuffed.

During one holiday season, overeating and the resulting weight gain will not hurt you; however, cumulatively it adds up over the years and will increase the risks of obesity. Making and sticking to a plan this holiday season will provide you with a template to follow for the rest of your life to combat overeating during the holidays and the risks associated with it.

Cougars go for four straight wins

CSUSM basketball downs Biola 85-78 and Vanguard 85-69

By ALEX FRANCO
SPORTS EDITOR

The CSUSM men's basketball team hosted their first home game of the season with a bang on Wednesday Nov. 14, when they took on BIOLA University in front of a strong Cougar fan base at Mira Costa College.

The No. 20 ranked Cougars looked to improve and keep their two-game winning streak alive against the No. 13 BIOLA Eagles, who entered the night's contest undefeated. The Cougars got off to a blazing start opening the game to a 15 point lead over the Eagles. BIOLA wouldn't fold easily to the CSUSM offensive onslaught as the Eagles fought back to erase the early deficit and bring themselves within four points late into the first half.

With the half coming to a close, the Cougars opened up the lead again, thanks largely in part to Jose Rivera, who hit a team high four three-point shots. The Cougars took a 42-35 lead into halftime, a lead they wouldn't give up for the rest of the game.

The Eagles came within two points of the Cougars midway through the second half but CSUSM would respond building the lead back up to nine. With time dwindling away late in the game, BIOLA charged at the Cougars,



#15 Jose Rivera looks to steal the ball against Biola during the Wednesday Nov. 14 game. Photo by Alex Franco

pulling with four with a few minutes left in the game.

Ali Langford's late intentional free throws solidified the win for CSUSM, beating BIOLA 85-78 and handing the Eagles their first loss of the season. CSUSM improved to 3-1 on the season and will look to move up in the national rankings after their second impressive win over a high-ranked opponent.

Langford led the way with a game high 27 points and eight rebounds to pace the Cougars offense throughout the game. Rivera contributed 20 points of his own, sparking the offense when it appeared to have slowed down hitting clutch three-pointers.

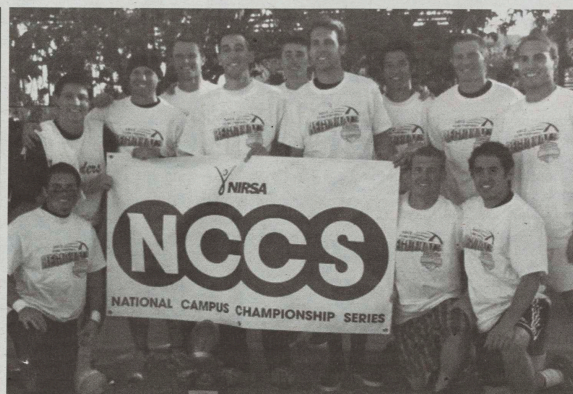
Just two days later, On Friday Nov 16, the Cou-

gars faced off against Vanguard University and extended their winning streak to four with a 85-69 victory.

After trailing by 9 in the opening minutes of the first half, the Cougars were able to use a 20-4 run in over a seven minute time frame to take a 41-33 lead with a minute and 22 seconds left in the half.

Jacob Ranger, Quincy Lawson and Hakeem Washington were the teams leading scores with Ranger scoring 18 points and both Lawson and Washington scoring 17.

*Due to our publication schedule, we were unable to publish the results of the 7:30 p.m. Tuesday, Nov. 20 home game against San Diego Christian. We apologize for any inconvenience.



CSUSM's 'Suspenders' take Arizona by storm

By MELISSA MARTINEZ
NEWS EDITOR

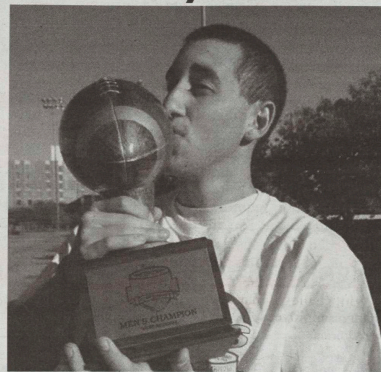
CSUSM's undefeated flag football intramural team the "Suspenders" defeated six West Coast teams at the Regional Championships on Friday, Nov. 9 held at Arizona State University. This marks the first ever trip by a CSUSM team to the National Campus Championship Series at the University of Central Florida on Jan. 4 - 6. The Cougar Chronicle interviewed team captain AJ Kirkpatrick on this glorious win.

Question: What were the games like leading up to the playoffs?

Answer: We started off with two pool play games against smaller schools: CSU Northridge and Fort Lewis College (Colorado). We figured those were good schools to start off against, seeing as we had no previous experience and had no idea what to expect. We ended up beating CSU Northridge pretty easily, and then same against FLC. Once we realized we had the best point spread and the number 1 seed in the whole tournament, we knew we had something good going. That moment was when we turned our mindset up a level and never looked back from there.

Q: How did your team practice throughout the season?

A: We had two "get-togethers" with a couple players at a time, before the season, but nothing even close to a real practice, and once the season started we still didn't have a full practice. We were all just on the same page from the beginning and we all knew our role on the team. Everyone just executed every play and it just happened to mesh perfectly.



Top: The "Suspenders" team after their win in Arizona at the Regional Championship. Above: Team captain, AJ Kirkpatrick with Regional Championship trophy. Photos provided by AJ Kirkpatrick

Q: What was your experience like in Arizona?

A: It was surprisingly not very hot, the temperature was about 65-70 degrees with a cold wind the whole time. It was really cool to hang out in a different state and with different people. Talking to locals and other travelers about their experiences who had no clue who we were or where we were from was interesting. We loved the area and had a blast all weekend.

Q: Can you give me a few highlights of the games?

A: There are so many highlights but there are a few that stand out. In our first game, Marc Berry had 4 interceptions and basically set the tone for the whole tournament. There were multiple great plays from one-handed catches to diving flag pulls on a fourth down goal line stops. Oh yeah, I almost forgot, our quarterback, Josh Leiber, ended up being the Tournament MVP with 34 touchdowns and 0 interceptions.

Q: What does this mean for your team in Florida? Who are you playing?

A: Our team is going to travel to Florida and play against the champions from all 6 of the regional tournaments. Those will most likely be the toughest competition as other local teams will be able to buy their way into the tournament. There will be good teams, bad teams and great teams, and we see ourselves as a great team.

Q: Is your team nervous? Are you nervous?

A: I don't think we are so much nervous as we are anxious. There is always "butterflies" before a big game or tournament, but all we can do is go out there and play football like we know how. We don't care who they are or where they are from. We will go out, play our game on every down and hope that is enough when the final whistle blows. After seeing what we are capable of in the regional tournament, there is no limit to what we can or can't do. We will train and practice and I guarantee we will be ready to compete with the best and put CSUSM on the map. Only time will tell. Keep an eye out for us.

'Love Your Body Day' inspires men and women alike

By KATHLEEN SWEENEY
FEATURES EDITOR

Students who were looking for a positive way to spend their time during U-Hour were not disappointed at "Love Your Body Day" on Thursday, Nov. 15.

CSUSM featured an event that celebrated every body shape and promoted positive body image, rather than generating the idea that there is only one "ideal" type.

"Love Your Body Day is an annual event that is meant to empower women and men. Whether they are on a diet, without a diet, whatever body shape, we want to make them feel good about themselves, and empower them in a positive way," Gender Equity Educator Raihana Siddiq said.

Multiple groups and student organizations were involved with the "Love Your Body Day" event, such as Gender Equity, Kamalayan Alliance, Hope & Wellness Center, LGBTQA and North County Health Services.



Photo by Keandre William-Chambers

Each booth was set up with different activities for visitors to partake in and information for them to learn about, ranging from art projects to learning about organizations that promote positive body image on a regular basis to Henna at a booth with the slogan that makeup is fun, but users are more beautiful without it.

At one particular booth, visitors could write signs with messages about what they liked about their body rather than what they disliked, which were then displayed to encour-

age others to be positive as well.

"At our booth, we are doing a Women's Studies project to promote feminism. We want to end 'fat talk' and instead promote a positive body image by letting everyone know all bodies are beautiful," student Julia Chamale said.

While every booth had its own theme and design, all of them were working towards the common goal of making CSUSM students feel more comfortable with their bodies and not feel insecure about their appearance.



Photo courtesy of Yelp

Mama Kat's brings home the bacon and so much more

By ALEX FRANCO
SPORTS EDITOR

For those looking for a one-stop-shop for everything breakfast, lunch or even brunch-related, look no further than San Marcos' very own Mama Kat's Restaurant and Pie Shop.

Mama Kat's is a restaurant with a very welcoming, family-friendly environment. The moment you walk through the doors, you are greeted with warm smiles and welcomes from the wait staff. The décor, complete with the antique pictures and wooden objects on the walls, makes the visitor feel as if they are walking into their grandmother's home for Sunday breakfast.

When planning to eat there, it is best to arrive

early. Mama Kat's can get very busy, and it may take a while for you to be seated. Mama Kat's offers coffee outside, so you can have a nice, hot cup of java as you wait for your party to be called and seated. But do not get discouraged with the long wait because the food is worth it.

Once you are seated, you are greeted by some of the friendliest servers this side of the Mississippi. They offer to get the table drinks, ranging from freshly brewed coffee to ice cold milk and fruit juices. Mama Kat's offers a variety of breakfast foods and lunch specialties, such as American staples like eggs, bacon, sausage, hash, biscuits, waffles, French toast, pancakes, fried chicken,

hamburgers, hot dogs and sandwiches; the list goes on and on.

The food and desserts are very reasonably and affordably priced, ranging from \$6 - \$13 for full entrees. Aside from the main dishes, Mama Kat's bakes some of the most delectable pies in town, freshly made in-house for anyone to enjoy by the slice or to have a whole pie to take home to their family.

Beware, however, when dining at Mama Kat's with the atmosphere, friendly staff and delicious food might make you feel so much at home, you may never want to leave.

Mama Kat's is located at 950 West San Marcos Blvd., and is open 6 a.m. to 2:30 p.m. Monday - Saturday, and 7 a.m. to 2:30 p.m. on Sunday.

Highly rated professor: Linda Hickman

By KEANDRE WILLIAM-CHAMBERS
COPY EDITOR

In recent months, Professor Linda Hickman was honored with one of the highest ratings in the nation on the RateMyProfessors website, ranking 20th on their Top Professors for 2011-2012 list.

The website is dedicated to the student evaluation of professors they have had and has served as a way to determine the best and worst professors nationwide. The website also uses student evaluations to rate schools.

Professor Hickman, a business writing professor here at CSUSM, has been teaching for over 10 years. She called the rating "fantastic," thanking her students for the ratings she has received.

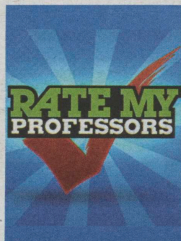
"I take what I teach very seriously and I do try to provide a learning environment. I am always interested in learning taking place," Professor Hickman said. "But there's no reason that learning can't take place under a happy, positive, fun environment. Nobody would go to school if it was all drudgery. Life is hard, and I want everyone to succeed."

Professor Hickman describes her class as one that is interactive, which

gives all her students a chance to participate and provide input to help students see other perspectives. She notes that the college experience is important for the student and that it is her duty to keep her students "safe and interested in learning," because each individual's future is important.

When sitting in her business writing class, it is easy to become enthusiastic about what is being learned. Professor Hickman's voice, both confident and caring, carries well across the classroom. She teaches in a style that allows for entertaining and informative anecdotes, adding a delightful splash of humor to the classroom. She makes use of real-world examples that catch the students' attention and hold it, but she does not ramble. Professor Hickman presents the class-pertinent information in a clear and concise format that makes the information look simple to understand, especially while teaching complicated formats for memos and business letters.

Perhaps one of the best aspects of the course is professor-class interaction. Professor Hickman is able to keep the class's attention without even having to command it, result-



ing in high participation and involvement in even the low-energy informative moments. Students are not afraid to provide answers unprovoked and with a clear understanding or desire to further understand concepts brought up. The students remain awake and attentive throughout the entire lecture.

Congratulations is in order for Professor Linda Hickman on a job well done. This class is recommended for freshmen and sophomores interested in learning about how to write in a professional manner in a fun and informative environment with interesting assignments that will make the homework much more enjoyable to complete.

A complete list of the top rated professors and schools can be seen at www.ratemyprofessors.com/.

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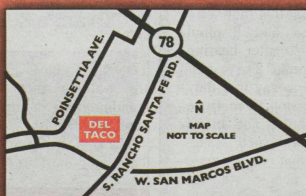
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The importance of blood donation

By JACKSON GASKINS
CONTRIBUTOR

I am not and will never be a blood donor. I am a blood recipient. The gift of blood donation has been and always will be a huge factor in my life. I was born with a hereditary blood disorder known as spherocytosis. The disorder results in my body rejecting and destroying my own red blood cells. This potentially debilitating condition has affected many of my family members, but so has the gift of blood donation. This is what inspires and motivates me to be involved with the blood drive at my school.

Blood donations have helped form and unite my family. My grandparents met when my grandmother was ill and in need of a blood transfusion. My grandfather responded to the request for donations to help her. My mother would not be here without blood donations. My life, and my sister's life, were both saved because of blood donations. I knew I had received blood transfusions, but it wasn't until I was recovering from a month-long stay in the hospital that I became very aware of the importance of blood donations. I did not understand where the blood I received came from.

My mother took me to a blood drive being held at our local church to see the people who were giving blood and

to show me what giving blood looked like. Before then, giving blood was something I could not visualize. When I saw the people I had seen in the grocery store or at church or at the park or at school gathered in the church, lying with needles in their arms and blood flowing into the familiar bags, I was overwhelmed with emotion and gratitude.

My sister had been seriously ill, and had just returned from yet another trip to the hospital. I was 8 years old, and the reality that I might lose her was frightening. Seeing all these people gathered in the church giving their blood gave me the reassurance that she would survive. I said thank you to all the people who were giving blood for saving our lives.

This little thank you made an impact on the donors and the blood drive organizers. My family was later contacted by the BloodSource director who asked if we would allow them to tell our story. We became poster children for BloodSource. Our pictures and stories are still used today to help encourage others to give blood. My sister's picture is on the side of a donation bus, and articles had been written in the paper about how we are able to live full lives today. People approach me all the time and say that they have seen my family's picture in BloodSource locations, on the website

or in posters and other advertisements around town and that because of our story they now give blood regularly. I learned at that early age that saying thank you and telling my story to others could make a difference to help others in need of blood.

I participated in the school blood drive because I wanted students and faculty members to know that donations like theirs are what allow me to be healthy and strong today, and so that they could put a face to their donation and truly understand the difference they are making in someone else's life. Several donors came to me after the blood drive and said that they had been hesitant or afraid to donate, but that they were touched and inspired to do so after hearing me speak. They continued to say that they were going to continue to donate. The blood drive was such a success that there were more people wanting to donate than could be accommodated.

Speaking about my experience and thanking people for the life-saving donation of blood is something I consider a lifelong dedication. This is my way of giving back and paying something forward. I may not be able to give blood, but I can and will give my thanks.

Bi-annual fall student poster showcase presents array of interesting topics

By AMIRA EL-KHAOULI
OPINION EDITOR

Tuesday, Nov. 7 marked the beginning of the fall Student Poster Showcase at the Clarke Field House Grand Salon from noon to 1 p.m.

The showcase is a bi-annual conference, which presents student research and accomplishments through creative arrangement in a non-competitive environment.

This semester most submissions encompasses the biological sciences as well as political science fields; although, other subjects included are: applied physics, biotechnology, communications, global studies, history, kinesiol-

ogy, liberal studies, psychology, sociology and visual & performing arts. The broad range of topics covers everything from desert tortoises to gang research to voting trends.

The student community is encouraged to attend this free showcase to show support, it catches inspirational and reminiscent accomplishments from this calendar year. Student participants will be interacting with faculty, community and student observers, providing oratory supplement.

"We encourage research across all disciplines, across all levels, both undergraduate and graduate. We are always looking to grow. This is a great op-

portunity to see what our great students are doing," Lisa Bandong, Graduate Studies Office Coordinator, said.

Students are expected to utilize both digital and poster presentation formats and to encompass completed work as well as research in progress. Submissions were accepted up until earlier this month.

The Student Poster Showcase is hosted by the Office of Graduate Studies and Research, which was created in the Spring of 2010 by the council for

*Undergraduate Research. Submissions for future showcases are accepted on a rolling deadline basis. For more information, go to <http://www.csusm.edu/gsr/student>.

Jessie's Recipe Corner: Orange Zest Cranberry Sauce

By JESSIE GAMBRELL
Co-A & E Editor



With Thanksgiving just a few days away, it is time to roll up your sleeves and dig your hands into some cranberries. This recipe is a Thanksgiving classic with a twist, or should I say zest. I have been making my (almost) famous cranberry sauce every Thanksgiving for the past five years. So I am sharing it with you to make for your family dinner table or to take to your friend's house this Thanksgiving.

What you'll need:

- One bag of cranberries
- One and a half cups of sugar
- Half a cup of orange, apple OR cranberry juice
- The zest of an orange
- 3 - 5 quart pot

1.) Dump cranberries into strainer, and under water pick out any mushy or particularly blonde cranberries. 2.) Pour the rinsed cranberries into your pot and add the sugar, juice and zest. (After zesting the orange I usually slit a hole in it and squeeze the juice into the pot for flavor). 3.) Heat on low and let cook for about 20 minutes until it is a deep, thick, saucy mixture. CAUTION: The cranberries pop when hot so keep an eye on them and stir periodically. 4.) Once the cranberries have all popped, smash any left with the stirrer or pull out a potato masher. 5.) Let cool for a bit, then pour into serving bowl and chill overnight.

That's it! Now you have made a beautiful, decadent and quite tasteful dish for your Thanksgiving dinner table.

Holiday celebration 'Nightmare Before Christmas' style

By KATLIN SWEENEY
FEATURES EDITOR

On Sunday, Dec. 2, the Arab-American Association will be hosting their 'Nightmare Before Christmas' event to celebrate a Lebanese holiday. The event will be held from 7 p.m. to 10 p.m. in The Clarke Field House Grand Salon.

"In Lebanon, the women are the bomb, and the people celebrate Eid el Barbara in December, a Halloween-type celebration. The legend of Barbara dictates that she escaped persecution from the Romans by disguising herself in costumes and hiding in caves in the mountains. Her story is celebrated with feasts, decadent desserts and trick-or-treating by children. Everyone is encouraged to dress in costume," Amira El-Khaouli said, president of the Arab-American Association.

Taking its theme from the fact that the holiday is

like a Halloween in December, the Nightmare Before Christmas party will be a non-denominational, non-religious event where those in attendance are encouraged to show up in costume. A \$100 scholarship will be awarded to the best-dressed CSUSM student and a \$25 gift certificate to Sheikh (in the Escondido mall) for the best-dressed runner up. While only CSUSM students are eligible for the scholarship, anyone can win the gift certificate, but you must register at

the event. Those who attend will enjoy not only Arabian music from around the globe, but from musicians with a Middle Eastern background like Shakira. Food will be served to those who attend, such as kabobs, rice, salad, dessert and Halloween candy. The event hosts will give dinner and refreshments to the first 100 people who show up. Coffee will also be available to anyone who needs it for staying up late to study.

More information can be found by emailing arab.csusm@gmail.com.

Photo courtesy of Amazon media



Welcoming places to eat out this Thanksgiving

Local restaurants with a turkey dinner

By JESSIE GAMBRELL
Co-A & E Editor

With CSUSM students only having Thanksgiving Day and Friday off, some students might not have enough time to go home for the holiday. Here is a list that will get your taste buds watering and keep your spirits high while away from home.

1.) Marie Callender's in Escondido

Cost: \$19.99

Marie Callender's will be offering a delicious roasted turkey or chipotle-pineapple glaze, spiral cut ham dinner that includes

buffet-style sides of: Gorgonzola pecan and field greens salad, fresh mashed potatoes, Callender's coleslaw, fire-roasted yams, five cheese macaroni casserole, cranberry sauce, apple-sage stuffing, chef's vegetables, fresh baked cornbread and a slice of pumpkin or apple pie.

2.) Denny's Restaurant in San Marcos

Cost: \$9.49

Denny's will be offering Dwarves' Turkey & Dressing Meal (in light of the new Hobbit movie hitting theaters in Decem-

ber), which has sliced turkey breast, bread stuffing with gravy and cranberry sauce with your choice of two different sides such as mashed potatoes and green beans and a dinner roll.

Denny's is open 24/7

3.) Coco's Bakery in Vista

Cost: \$9.99

Coco's Bakery will be offering a classic Thanksgiving dinner of turkey, mashed potatoes and gravy, bread stuffing, vegetables, and cranberry sauce. It is first come, first serve and no reservation necessary.

COUNTDOWN
TO GRADUATION

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UNTIL THE 2013 COMMENCEMENT

By AMIRA EL-KHAOULI
OPINION EDITOR

This is the time of year where we are asked to give thanks. While it may be harder for some than for others, we asked students to

recognize their favorite teachers in this issue. The response was overwhelming and the messages poured in from near and far. While we asked students to follow guidelines (such as word count limitations), we did not edit out any

thank you.

As a staff, we want to give thanks to Pam Kragen, our advisor. She is amazing, wonderful, interesting, smart and we are lucky to have her at CSUSM. Her dedication to the art of journalism is inspiring.

Professor
Jodie Lawton is the kind of person that makes going to class a joy rather than a chore. True to its fascinating name, her women's studies course WWS 205: Gender and Identity in Popular Culture and the Media captivates students, educating them on the messages encoded in our daily lives via advertisements, music videos, and other various media tools. Professor Lawton encourages her students to engage in class discussions where they are offered the opportunity to voice their opinions and share their thoughts on class material. Her quirky sense of humor, life experiences, friendly demeanor, and enthusiasm for student perspective only amplifies the degree of interest you cannot help but have when in her class. Professor Lawton, thank you for opening my eyes to how much our lives are affected by pop culture on a daily basis and for teaching your students to develop coherent, educated opinions.
-Kaitlin Sweeney

Thank you professor Poole, and Crowdes for enlightening my mind and soul to grow tremendously, eternally grateful... society.
-Casey Eaton

Dr. Kimberly Guinney, I love your class and your bubbly personality. Your class is so fun and interesting and it is the ONLY reason I decide to get out of bed in the morning! Thanks for always making us laugh and I am sure most of your students think highly of you too! You're the best!
-Aminia Al Zayani

Mrs. Friedrichs, thank you for having such a wonderful class and positive spirit during those gloomy Mondays.
-Faith Orcina

Professor Maureen Fitzpatrick, she's such an awesome instructor and makes us laugh! She is also very patient and does not mind repeating herself for key things she says during lecture. Amazing, intelligent, warm hearted!
-Vida Garland

Dear Doctor Zaid, thank you for being an awesome teacher and great advisor, and for helping me believe that I can do it!
-Mariana

Few freshmen enjoyed their GEW class of 7:30 a.m. I'm one of those few. My professor, Lauren Mecucci-Spinger was young but intimidating, funny but challenging. When I came to college, I was overconfident in my writing. I thought I was a great writer with no need for improvement, until I wrote my first essay for Mecucci-Spinger's class. In one semester, my writing went from surface-level and adequate to developed and thorough. Mecucci-Spinger taught me that there is always room for improvement, one of the most valuable lessons I have learned in my four years at attending CSUSM. She is the reason I've worked as a tutor in the Writing Center for three years and am the News Editor for The Cougar Chronicle. Her support and encouragement inspires me to do my absolute best and remember, I can always improve. I would like to thank Lauren Mecucci-Spinger for not only being my cheerleader, but being my mentor as well. I wouldn't have worked so hard on my writing if it wasn't for her. Thanks, Lauren!
-Melissa Martinez

Mr. Stephen Nichols, thank you for being an awesome professor. PSCI 100 has been the best class. You make class interactive and fun. Also, you're always available during office hours and whenever I have questions. Thank you.
-Gabriela Lopez

I would like to thank my math 30 professor from last year, Bhavisha Talsania who has come to my aid this semester and who is always happy and uplifting whenever you are around her. Thank you Bhavisha!
-Jesse Gambrell

Professor Michelle Fraser, previous student ratings don't give her enough credit! She is a great instructor and can surprise you! Very glad to have had her and gotten to know her, and her teaching style!
-Vida Garland

I would personally like to thank Dr. Michael Hughes for adding humor and unique knowledge to my college experience! Harry Brakelb, material by far!
-Idman B.

I would like to thank Professor Talsania for helping in math. She is very patient and has very unique techniques in teaching math. I am not a big fan of math, but she has made this semester easier for me. Thank you, Professor Talsania!
-Gabriela Molina

Thank you Professor Beavers for pushing me to learn more and be a better student in every class I take with you!
-Clark Conforti

Heydar Zahedani, I was one of your student from Brazil two semesters ago. I'd like to say thank you for the good, organized, fun, enjoyable class and the knowledge that I learned in mathematics through that class. Happy holidays!
-Marcelo Insabirelli

Dr. Linda Pershing, throughout the years you have opened the doors to various life changing experiences to many students. You're one of the best professors anyone can ever ask! Thank you for everything!
-Gloria Diaz

I wish to thank Dr. Nancy Caine for mentioning different career options during her lectures in Psyc 340, BioPsych. Doing this is not required of her, but it is of great interest to her students, many of which are still wondering what we will do after college. Her interest in her students' futures is very encouraging. She has helped me to look beyond the class at hand to real world career applications. Thank you Dr. Caine, and Happy Thanksgiving!
-Michelle Hackbart

Dr. Fitzworth, you have been a professor, mentor, and friend to me and I can't thank you enough for all the support you have given.
-Natalya Erbel

Professor Karen Ego, she is always upbeat and positive and shares funny, personal stories that are memorable and especially come in handy to remember for exams. She is hilarious and her HD 101 class is a blast!
-Vida Garland

Dr. Penny Perkins-Johnston (Biology dept., Human Anatomy & Physiology), you are the axis to our atlas: the tholamus of our undergraduate experience! Your enthusiasm and vigor (nearly) transpire your tests, and you will forever be as close to our hearts as we were to the Cadavers.
-David McMillan

Professor Dick Minot, thanks for being a such an engaging and knowledgeable professor and for making advanced accounting fun.
-Richard Provenzio

Vicki Hernandez, your support and dedication for the advancement of student veterans is always appreciated. We respect and admire all that you do. Thank you, so very much!
-Claudia Oregal

Prof. K. Kilpatrick - Always looking forward to your class! Continue to keep stats fun! You're #1!
-Hiba Diaz

Professor Stricker, thank you for genuinely caring for your students. You go above and beyond the requirements of a GEW professor.
-Heaven Leigh Quiban

Professor Trudel (PSCI), thank you for being loving, respectful, and always caring about your students. You were by far the best teacher I have had. Thank you once again for your dedication and commitment to every single one of your students!
-Lestie Camarillo

Dr. Watts, you are incredible. You have done so much for us as department chair, and you are always willing to do more. Thank you!
-Bree Faulkenberg

Dr. Marks, never would I have thought statistics would become applicable to real thanks for the enthusiasm and patience. In gratitude.
-Tara Flesner

Dr. Holling, it is amazing to have met you finally. Dr. Beavers, Dr. Castaneda Rosman, Dr. Chavez Melayor, Prof. Kragen, Dr. Masaroli, Dr. Matthews, Dr. Montiselle, Dr. Nichols, Dr. Santos - It has truly been an honor. Shout-outs to Prof. Al-Marashi, Prof. Chadwick, Dr. Greenwood, Dr. Moon, Prof. Samir - for being around campus. To STL, especially Josh, Floyd, Dilcie, Shannon, To Gender Equity Center, et al., especially Lea, Cathy. Thank you for being who you are and doing what you do. You know what?
-Amira El-Khaouli

We are incredibly thankful for Cathy Nguyen, who is the director of the HOPE & Wellness Center at the SHCSI A HUGE "thank you" for all the great life lessons and helping us grow as health educators. You are incredibly inspiring and fun to work with! We look forward to many more great times this year!
-From your lovely interns

Professor Ahlers, I can't thank you enough for believing in me and coming to my rescue when I was on the verge of giving up!
-Carolyn B.

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-Makaela Gilbert

Dr. Schultz, I just wanted to give you a quick shout-out. I truly appreciate you as a teacher at CSUSM. You go out of your way to help me understand things, and I just want to thank you for your time and true concern as a teacher. Cheers.
-From a student who asks a lot of questions for a class about water

Dr. Karen McGurk for being such a great nursing student advocate! We couldn't have done it without you! ABSN 8
-Elisabeth Whann

Francisco Martin, thank you for your support and guidance. I find myself so fortunate to have such a wonderful professor like you. Thank you for inspiring me and so many other students.
-Rafaela Cervantes

I would love to thank my 3 favorite professors for an outstanding job, and being so caring about student learning, very open and approachable. Thank you Dr. Betty Read, Dr. William Kristan, and Dr. Deborah Kristan!
-Petros Dertakoyan

My favorite teacher is professor Deborah Wall (span 101), or sehora Wall. Thank you for always being so helpful and energetic in class! It really makes class enjoyable and engaging. I love Spanish <3
-Kyle Marie

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-Julie

Klaus Schryen is definitely one of the best professors on campus hands down and he is the greatest of what he does. He is helpful, understanding, resourceful, knowledgeable, and dependable. I enjoy his advising nature as he wants his students to succeed not just through the subject matter, but in our future careers as well. Thank you professor Schryen.
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Fred Avalos: Thank you so much for all the hard work you put into during class! You've definitely opened my eyes and made me more media literate! Cecal Chadwick: Thank you so much for advocating for all the women out there! I truly appreciate all your hard work and helping me understand feminism more! You're great. Nancy Cairns-Pietrangola: You're by far my favorite teacher! Thank you for everything you've done. You continue to make a difference every single day.
-Kathleen Alenza

Thank you Professor Kostow for always making class entertaining. Some may think that behavioral statistics isn't exciting, but "that's ok," because those of us in your 3 p.m. 17th class have enjoyed many laughs, and I myself have been brought to tears from laughing too hard on more than one occasion. Thank you.
-Alison Seagle

I am one of many students who would like to thank Dr. Paul Stur for being a consummate professional, and always striving for excellence!
-Heather Andrews

I'd like to take a moment to thank and recognize Dr. Bill Burns for his wonderful approach to teaching and his consistently fantastic stories.
-Jonathan Richardson

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Student A: "Being Thankful" By Faith Orcino



COUGAR SHUFFLE

By MELISSA MARTINEZ
News Editor

It's the most wonderful time of the year...almost. Excitement is definitely in the air; people are trading in their spider webs for snowmen and their usual coffee for pumpkin spice. The air is getting colder and the drinks are getting warmer and suddenly, everyone has their old CSUSM sweaters on. Debating whether or not you have time to stand in the ridiculous Starbucks line for a peppermint mocha before your next class is a part of this holiday buzz. The best thing to go along with the new weather is a new playlist. This Cougar Shuffle is dedicated to those cold nights with a cup of tea, trying to finish those last papers before we celebrate a well-deserved winter break:

"Lover of the Light" by Mumford & Sons: If you haven't heard it, Mumford & Sons' new album, "Babel" is killer. After their success with "Sigh No More," I wasn't sure if they could live up to their sounds or words, and they've done just that. "Lover of the Light" is a perfect song to help you get started on that 12-page lab report due tomorrow.

"Wonderwall" by Oasis: Who says we can't just take a trip back to the past and enjoy a great song by a great band? Now that it's cuddle season, listening to a song to remind you of the warm people you're grateful for puts anyone in a good mood.

"Us" by Regina Spektor: For some reason, winter always gets me in an "indie" mood. "Us" is a perfect song that reminds me of a perfect movie, "(500) Days of Summer," especially if you can identify with the characters.

"Let Go" by Frou Frou: So, I have a thing for movie soundtracks and if you spend most of your nights doing homework, you probably do too. "Let Go," from the "Garden State" soundtrack is a song that can get you thinking during your well-deserved break. "Let Go" tells a story experienced too often, but not told enough. Everyone loves that dance that happens right before a relationship blossoms or unfortunately, fizzles. A perfect dedication for someone you aren't sure about yet.

"Sparks" by Coldplay: If the relationship does fizzle, Coldplay will always get you through it. "Sparks" is the last word before two people go their separate ways and will always be the best company once you say "goodbye."

SHARE YOUR THANKSGIVING PLANS ON OUR FACEBOOK PAGE

Cougar asks... By ALISON SEAGLE Staff Writer

What is your favorite Thanksgiving food?



Ryan Padder,
psychology:

"Mashed potatoes and gravy"



Isabel Bueno,
psychology:

"Ham with pineapple"



Gian Caballero,
English literature:

"Yams"



Matt Broyles,
business finance:

"Fried turkey"



Alyssa Martinez,
psychology:

"Stuffing"



Lily Christy,
psychology:
"Pumpkin pie and sweet potatoes with marshmallows"

The comic book corner:

'Fables' and 'Fairest.' Another take on fairy tales

By FAITH ORCINO
Cartoonist

T.V. shows such as: NBC's "Grimm" and ABC's "Once Upon A Time" have changed the roles of classic folklore characters, and comic books have their own way of revamping the myths and fairy tales. On Nov. 21, the first trade paperback of the series, "Fables" and issue 123 of "Fables" will be on comic shop shelves. "Fairest" is a recent spin-off of Vertigo Comics' ongoing "Fables" books.

While "Fables" deals with a cluster of many characters from the classic stories in a modern setting, "Fairest" focuses on the lead female characters in that realm. The volume contains the first two arcs featuring heroine, Sleeping Beauty. Once again, she wakes up after being kissed by her true love, but it is uncertain if this particular person truly is her true love or just an accident. Chronologically, the stories take place after issue 107 of "Fables." As for the latest addition

to the original storyline, readers dive into a strange event concerning main characters Snow White and the Big Bad Wolf. Bill Willingham writes for "Fables" and (with the help of other staff writers) writes "Fairest." Adam Hughes creates the main single-issue covers for "Fairest" while various artists draw the interior pages. See what other familiar characters appear in these series. Visit your local comic vendor and/or VertigoComics.com for more information.

Dropping In November

By KARLA REYES
Staff Writer



The Weeknd
"Trilogy" Nov. 13

This Canadian R & B singer's mixtape will include all tracks from The Weeknd's "House of Balloons," "Thursday," and "Echoes of Silence," and includes three brand new songs, with "The Zone" featuring artist Drake.



Rihanna
"Unapologetic" Nov. 19

The much anticipated album will be Riri's fifth. It had been said that it will be much like her earlier records, getting you pumped to dance. Through Twitter and Instagram, she has given fans a sneak peak at the 15 track list. The list includes artists like: Eminem, Mikky Ekko and Chris Brown.



"ParaNorman"
Nov. 27

The movie follows the story of Norman, a boy who can speak to the dead as he takes on ghosts, zombies and adults to save his town from a centuries-old curse. Has had good ratings from critics and audience.



"Lawless"
Nov. 27

Starring Tom Hardy and Shia Labeouf as brothers fighting the Virginian authorities during the great depression, more specifically prohibition era, as the authorities try to get a cut of the brothers bootlegging alcohol profits.

Students able to celebrate a boxer's dream

CSUSM Arts & Lectures Series to highlight Kassim 'The Dream' Ouma

By JULIANA STUMPP
Co-A&E Editor

Like most sport stories, there is always a beginning to that athlete that explains their hard work and determination, such as Kassim "The Dream" Ouma, a World Champion Boxer with a rocky background.

Ouma was born in Uganda, surrounded by poverty. At the time, the National Resistance Army (NRA) was formed as opposition to the army. At age six,

Ouma was kidnapped and forced to be a child soldier, not being able to see his family until five years later.

After he left the rebel group, he took up boxing and made his name known with an impressive record of 62 wins as an amateur. Ouma was even invited to the 1996 Olympics held in the United States. However, he was not able to attend because of financial difficulties that him and his family were faced with.

Twelve years after the poverty and trouble caused by the NRA took its toll on him, he moved to the United States to make a better life for his family. After his move, he won the International Boxing Federation Junior Middleweight world title.

Since then, Ouma has won many more titles, such as NABA middleweight title at the Grand Sierra Resort and defeating Sechew Powell at Madison Square Garden. Although he lost his world

title in 2006, he still remains a truly talented boxer.

In 2008, director Keif Davidson filmed a documentary about the world famous boxer's road to achieving the "American Dream," as well as Ouma's training for a world title against Jermain Taylor.

At 5:30 p.m. on Tuesday, Nov. 27 in Arts 240, the documentary film "Kassim the Dream" will be shown for the public with special guest, Keif Davidson, the director.



Tickets for CSUSM students are free, faculty and staff are \$5 while other community members will be charged \$10. All tickets must be purchased online, printed and brought to the screening with an ID.