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# Campus bomb-sniffer retires Crime-fighting K-9 honored by university

BY ELIZABETH CRUZ  
STAFF WRITER

CSUSM's very first bomb-sniffing K-9 retired after three years of service last week with a ceremonial salute.

On Tuesday, Nov. 12, UPD honored Vince, a black Labrador. Vince was trained as an Explosive Ordinance Detection (EOD) dog and was the only police K-9 with this skill in North County. This made him a constant resource for reports of suspicious packages. He was not trained to bite and, according to his handler, Sgt. Derouin, Vince "does not have a mean bone in his body."

Having experienced his playful and energetic demeanor, it is easy to see why Vince was a favorite to the CSUSM community. Vince roamed the campus during his 12 hour shifts making appearances for students and working his usual rounds to make sure the campus was a safe place for everyone. Vince also helped our



Our dedicated quadruped in front of the Kellogg Library. Photograph is part of a series created by Christine Vaughan. This album can be viewed at <https://csusm.box.com/s/la9n68sf4hcwqy6mksb9>

county by working Charger games at Qualcomm Stadium, Comicon at the San

Diego Convention Center and also attended local schools to perform demon-

strations for young students. Some groups raise concern as to the humanness of work-

ing animals like police dogs. "How happy would your dog be if he got to go to

work with you every day?" Sgt. Ray Derouin said.

Vince worked from the age of about four and a half years old and was retired approximately a year early due to hip dysplasia: a genetic disease commonly seen in his breed. Though Vince could continue to work with the aid of pain medications, VP Hawk and Chief McManus with UPD have decided that Vince has fulfilled his duties as a police K-9, and the rest of his years should be spent chasing tennis balls and being a regular dog.

He will now live out the rest of his days as a family pet with another CSUSM police officer, Tony Maraschiello.

The K-9 pilot program was deemed very successful, and with Vince's help our school earned the title of the safest public university in California two years in a row. CSUSM does plan on obtaining another EOD dog, there will most likely be a delay until sometime in May or June because of budget and staffing related issues.

# Guilty plea in 'sexploitation' case CSUSM student confesses to hacking allegations

BY KATLIN SWEENEY  
EDITOR-IN-CHIEF

The CSUSM student arrested last month for allegedly hacking into the webcams and computers of women around the world—including Miss Teen USA—pleaded guilty to the crimes in an Orange County courtroom last week.

Jared James Abrahams, 19, of Temecula, pleaded guilty to three counts of extortion and one count of unauthorized computer access in a U.S. District Court in Santa Ana on Nov. 12. He could face up to 11 years in prison. In a brief interview with The Cougar Chronicle on Nov.

18, an FBI official said Abrahams will remain on bond until he faces sentencing, which is scheduled for March 17.

Abrahams admitted to gaining unauthorized access to multiple women's computers and infecting their computers with malware. He hacked their online accounts to extort them into sending naked photos and video, threatening to post those photos online unless his victims agreed to a five-minute Skype session with him, according to a joint statement by the FBI and U.S. Attorney's Office.

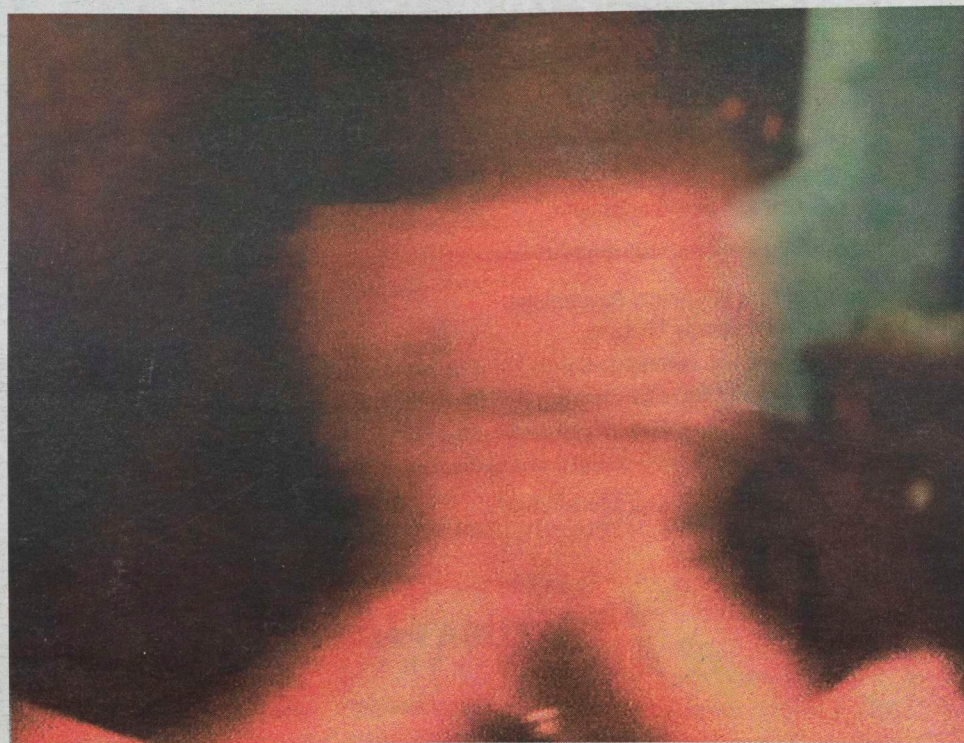
The suspect's victims allegedly included women from all over the world, including Southern California, Canada, Russia and Ireland. According to the FBI, these

victims included Miss Teen USA Cassidy Wolf, formerly of Temecula, and one minor.

While it has been widely reported that Abrahams is a computer science major, CSUSM university officials confirmed last month that he is actually a second-year psychology major. The university's policy involving students who have been arrested for crimes is handled by the Office of the Dean of Students.

For extended coverage of the case and information on how you can protect yourself from different forms of hacking, visit our web site at [www.csusmchronicle.com](http://www.csusmchronicle.com).

Defiled spirits of women defaced through abuse and invasion of privacy. Photo by Anne Hall.





## Unusual classes beat boring ones

Registration for Spring 2013 underway

By SARAH HUGHES  
News Editor

Here it is again - as students are edging ever closer to finals, it is also time to sign up for winter and spring classes.

Students are painstakingly scurrying to pick the right classes, despite approaching finals. For many of us, crafting a schedule is an added annoyance to the combination of studying for finals and other important responsibilities.

"I hate how they have us signing up before finals, it is super stressful! I am more excited for graduating than for next semester," CSUSM student, Stephanie Borders, said.

Other students expressed excitement for choosing new classes, but were still stressed by small selections.

"I'm very excited for next semester, school and signing up for classes has always been very intense and fast paced, but I always get excited to see what classes will soon be available. I wish there were more options!" CSUSM student Kristin Bebout said.

Most students are struggling to make their schedules fulfill both general education and major requirements. Many of them are also trying to make a schedule that will give them adequate time for the rest of their lives: work, study time, friends, family and sleep. But there are a whole host of unusual sounding classes which many may not know about.

The following are just a few noticeable options that can be found while searching the class schedule. ENTR 320, taught by Bennett Cherry, is titled "Creativity, Innovation and Entrepreneurship" and meets Tuesdays and Thursdays at both 8 a.m. or 1 p.m.

A bit of an enigma, LTWR 107 is taught by "Staff" and is simply titled "Humor." It meets at 1 p.m. on Mondays and Wednesdays. Other artistic pursuits include MUSC 395 and VSAR 110.

Described as "Intro to Sculpture," VSAR 110 meets on Fridays at noon taught by David Avalos or 2 p.m. taught by "Staff."

Titled "Javanese Gamelan Ensemble," MUSC 395 meets Wednesdays at 5:30 p.m. or 6:30 p.m.

and is taught by "staff."

Some music classes feature studio recording segments and give students an opportunity to utilize the on-campus recording studio. Recently a student in passing said how the recording studio is "really good and has great sound equipment," as well as how he was going to use it while he was a student here. Visual and Performing Arts classes also often give students access to a long list of creative resources students may not have at home. These range from a black-box theatre and art gallery to studios and digital media labs.

A class near and dear to The Cougar Chronicle's heart, VPA 495 is called "Internship" and provides journalistic knowledge from an academic advisor from The Union Tribune. Students can take it as VPA 495A which counts for 1 unit, or VPA 495C which counts for 3 units. This allows students with busy schedules to have more ease in fitting in the course. It meets Tuesdays and Thursdays from 10:30 a.m. to 11:45 a.m. and is open to all interested in journalism, regardless of major. To get the

## ARTS 177 - RECORDING STUDIO

(Scroll down for reservation instructions.)



Various courses for visual and performing arts are being offered over the spring semester at the main campus. This is one example. Visit MyCSUSM to enroll.

permission code necessary to register, email csusm.cougarchronicle@gmail.com.

Though a lack of available classes, finals and a long list of requirements are frustrating, students may have a chance to try something different. Try to take advantage of credit difficulties which sometimes make for a less than desirable schedule and consider looking for an elective to create a better

schedule. Under "Additional Search Criteria" one can specify times and days they would like to go to class with a few simple mouse clicks.

On limits for course registration, the CSUSM website says that "undergraduate students will be allowed to register for up to 17 units and to waitlist for no more than 10 units for the Spring 2014 semester." Sometimes, it is good to

have a bit of diversity built into a busy schedule, since this helps build well-rounded students. For those trying to get through school quickly, it may seem difficult to add more classes for fun, but it is definitely worth the time.

Registration for winter intersession began Nov. 4 and early registration started Nov. 14.

## Booze banned on Oceanside Coaster

By SARAH HUGHES  
News Editor

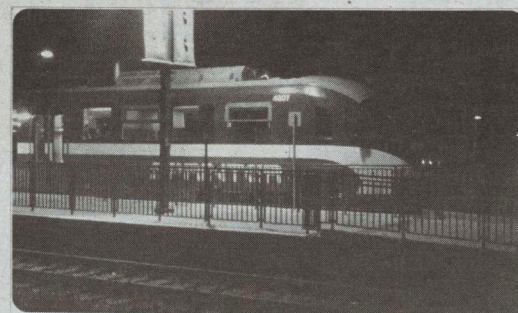
Recently, the Coaster's leadership proposed banning booze among riders.

While that ban has been withdrawn, drinking on the Amtrak trains have been restricted after 9 p.m. since 2009. The proposed and couched ban is one move in a long history of San Diego's aversion to booze in its public spaces. Many riders, who may be coming from work or school, like to unwind while riding with a beer or wine.

Some people have argued that since those riding the train are using public transportation and not driving, they are not being reckless or technically driving intoxicated.

"The Coaster is one of the region's few public-transit services that permit alcohol consumption. Open alcohol containers are banned on all of San Diego County's trolleys and buses, as well as on the Sprinter light rail that travels between Oceanside and Escondido," Chris Nichols of The Union Tribune said.

The Oceanside ban would have taken effect Nov. 21 when the North County Transit District's board of directors had scheduled to evaluate it, due to an increase in complaints about obnoxious drunken passengers.



Oceanside Coaster making its last evening stop. Image by William Walbourne.

The district spokeswoman, Deborah Castillo, cites the withdrawal as being because of a recent backlash against the ban that has surfaced since the it was proposed.

Previous bans began early with Prohibition affecting the nation from 1920 to 1933. Beer, wine and liquor were made illegal except for medicinal uses by hospitals and medical officials. It was mandated by the 18th Amendment (enacted in 1920), which was made possible by the Volstead Act (1919). The 21st Amendment would repeal the 18th in 1933.

In the 1970s, most CA beach communities banned alcohol on the shore. It took San Diego until 2008 to do this, shattering a link between these luxurious beaches and the image of a vacationer with a cocktail. The ban had been voted on after a series of complaints about disruptive drinkers and solidified with Labor Day riots on Pacific Beach that elicited riot gear and pepper spray from officers of the peace. This

furthered the resolve of ban proponent Kevin Faulconer.

"Under no circumstances is it ever OK to have that environment happening... We have an obligation to protect people at the beach, and what happened on the beach was not safe," Faulconer said.

In 2010, the booze ban extended from beaches to the bays themselves. Protests ensued into Mission Bay, in an innertube-assisted 'floatopia' leading up to the ban's enactment.

Self-checkout for alcohol was banned in 2011 and went into effect Jan. 1, 2012. It was part of an effort to prevent sales to minors.

Temperance, prohibition, beaches, bays and grocery stores appear to be the movements leading up to the proposed booze ban on the Coaster. There may be little connection, other than the land they occur on, which is California public space. For now, a total ban has been put aside on certain transit cars, but riders still can't drink before 9 p.m.



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# Cougars prowl into Kansas

Cross country teams will be well represented in Nationals

BY CORRINA BABIASH-CLARK  
STAFF WRITER

Members from the CSUSM men's and women's cross country teams are heading to Lewiston, Kansas for the NAIA National Championships.

The men's and women's cross country teams are currently ranked No. 7 and 5 respectively. They are looking to make a strong showing at the upcoming National Championship meet, which takes place on Nov. 23.

The teams are hard at work after their impressive showing at the recent AII All-Conference Championships. Held at CSUSM this past weekend, the No. 12 ranked men's team finished first. In doing so, they beat the higher ranked team from British Columbia. The women finished second behind defending champs and the current No. 1 ranked British Columbia team.

Head coach Steven Scott was more than ecstatic with both teams' performances.

"It went as good as I could



Cross Country team showing great enthusiasm. Photograph by Corrina Babiash-Clark.

have hoped. I wanted to have a good showing to prepare us for nationals and our top four women did outstanding," Scott said. "On the men's side, they showed so much heart. They wanted it so bad; they were willing to run themselves to complete exhaustion to win that conference championship."

A combined 20 male and female cross country team members will travel to Kansas for the upcoming National meet. However, only 14 will actually compete. "Anything can happen. I think we have the mak-

ings of a team that can be on the podium but everyone is going to have to be on that day," said Scott.

According to Scott, Nationals is a completely different atmosphere with 310 people on the line at the start of the race. The whole race is won or lost in the first mile.

Over the next two weeks, the team will focus on maintaining their fitness and staying relaxed in order to keep pressure at a minimum. Beyond Nationals, the cross country teams will have many of their top runners returning next year.

## Get Out! Upcoming fun 5Ks

San Diego Electric Run lights up the night

BY ALISON SEAGLE  
SPORTS COLUMNIST

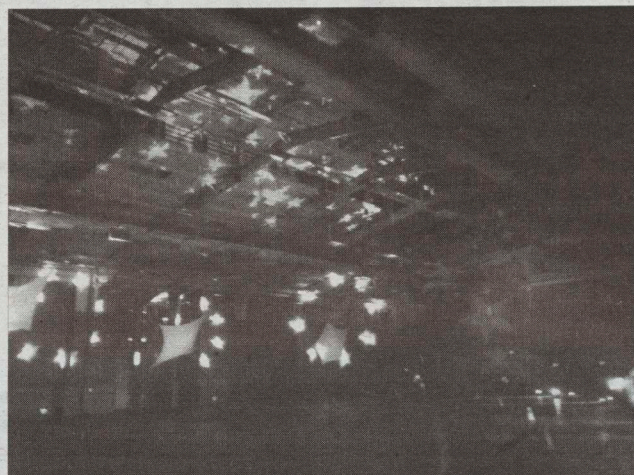
If only one word could be used to sum up the experience of the San Diego Electric Run 5K, it would be energy.

After the sun set, the party got started down at the Del Mar Fairgrounds Saturday, Nov. 9.

The lights and jams of the San Diego Electric Run filled the air. Over 5,000 people packed the chute to start the 5K. It looked more like a dance club than a starting line. Runners and walkers waited in anticipation as the DJ blasted some grooves.

Finally the countdown came, and the first wave of runners were off down the course. It was lined with lights, amps and enthusiastic volunteers. The course wound its way through several different themed areas and eventually made its way to the finish party, where there were more lights, music, a stage and refreshments.

With the holidays approaching, it is the time of



Having fun at the Electric Run. Photo by Alison Seagle.

year when the silly and fun 5Ks start to happen. On Thanksgiving, Oceanside will be having their annual Turkey Trot out by the pier. It's a satisfying way to work up a sweat and earn that extra piece of pumpkin pie.

On Nov. 30, the Ugly Sweater Run will be held down in San Diego at the Naval Training Center. Participants of this race will receive a knit hat and all of the hot chocolate

they could hope to drink.

Run or Dye will also be having an encore event in San Diego, Dec. 14, and this time it will be Christmas style. As they say on their website, "you can get festive, give to those in need and stay fit during a season of never-ending treats. Join THE holiday party of the year."

You may have missed out on the Electric Run, but there is still more fitness fun to come.

## Fitness & Health

# College students misled with hookah

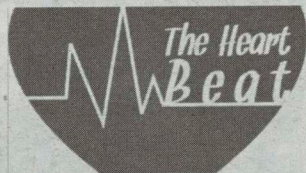
A deeper look into tobacco trend

BY RACHEL GALLEGO  
HEALTH COLUMNIST

Water-pipe smoking, also known as hookah, has become increasingly popular among college students due to false beliefs.

Through research and evidence, hookah has been shown to pose many harmful health effects and is not a safer alternative to cigarette smoking.

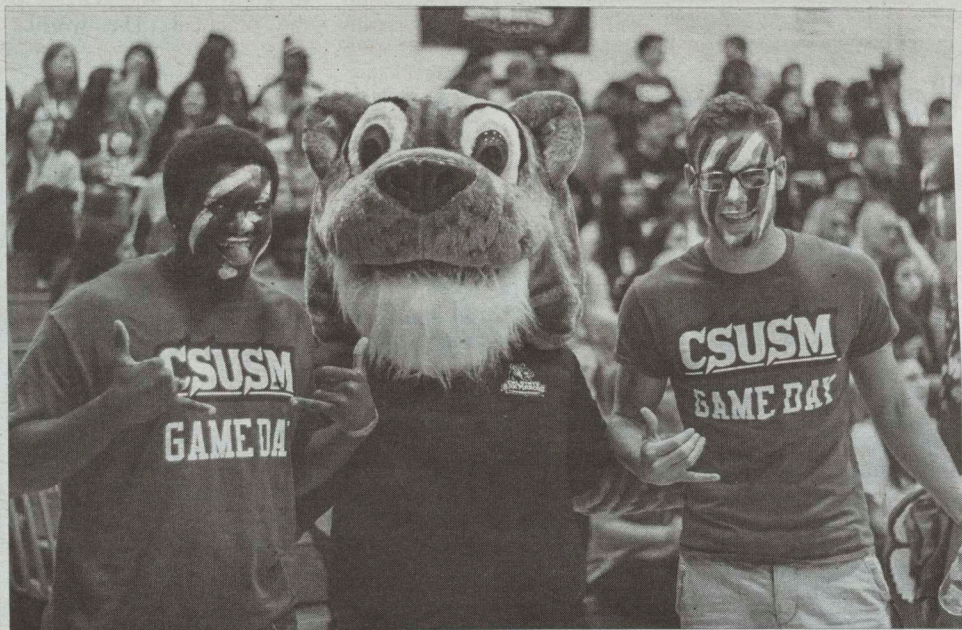
According to the Journal of American College Health, many college students believe that hookah contains less nicotine and is less addictive. In reality there have been reports of tobacco



dependence. This includes cravings and repeated attempts to quit. The tobacco in hookah smoke is no less harmful than that of cigarette smoking, and the water does not filter out the toxic ingredients. Hookah smoke includes tar, carbon monoxide, heavy metals and carcinogens. Hookah smoking has been associated with increased health risks such as lung and oral cancer, heart disease and infectious diseases.

Hookah has also become integrated into the social scene due to the increase in hookah bars. Many people believe that hookah is more socially acceptable than cigarette smoking. In some cases, athletics are more against cigarette smoking and not necessarily hookah smoking. However, it has been shown that hookah smoking decreases cardiovascular functioning and could potentially affect performance.

Despite the belief that hookah smoking is safer, it has many associated health risks that are quite startling and should be considered when used.



Fans in an uproar as the team rocks the house. Photo by Anderson Gould, of the athletic department. Visit [www.csusmcougars.com](http://www.csusmcougars.com) for more.

## Cougars thrill sold-out crowd

Men's basketball team improves to 4-0 on the season

BY JUSTIN DONNER  
SPORTS EDITOR

The seats surrounding the court rumbled as a packed house came out to cheer on the men's basketball team against Daemen College Saturday night.

It was the headliner for CSUSM's homecoming week, and the team did not disappoint.

The Cougars maintained a healthy lead throughout the game. With 9:05 to play in the second quarter, CSUSM had a commanding 28 point lead. The Wildcats did not go down without a fight, and

they closed the gap before losing to the Cougars 88-74.

Four of the Cougars starters scored in the double digits. Malcolm Lemmons led the Cougars with 20 points. Lemmons poured in a few key shots from behind the arc that sent the student section to their feet. D'End Parker played well both offensively and defensively, finishing the game with 14 points and 6 steals.

Bobby Macias was big off the bench and scored 15 for the Cougars in 25 minutes of game play. The 5'11" senior drives the lane in a way that leaves you feeling he is a foot taller than he really is.

Macias and the entire team seem to mirror the energy and enthusiasm that Coach Saia brings to the court.

The Cougars let time run out on the clock during their last possession and the Cougar faithful erupted in the MiraCosta gymnasium. After the game, the team went over to personally thank their fans in the student section. Both the players and students celebrated the win together as the Cougars move to 4-0 on the season.

This is the first of many showings of Saia's class-act team to the home crowd this year.

## Fall provides optimistic outlook

Some key players have stepped up for baseball team

BY SHAINA PARDO  
STAFF WRITER

The Cougars averaged 35-12 last season and won the AII tournament in Georgia, but unfortunately did not have the best of luck at the national tournament.

Coach Pugh feels that there are some key factors to help them get back to nationals this year. "Our team looks good so



Photo by Anne Hall.

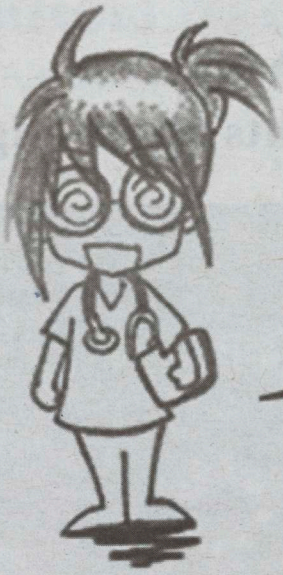
far. We have strong pitching and competitive new players who are hungry for success," said Pugh.

There are a few players who will step up into key roles. Tyler Bernard, who is a senior this year, is a shortstop for the Cougars. He was AII first team, led the

team with 131 assists, 47 runs and was ranked No. 22 in NAIA in runs scored per game in the 2012 season. Kyle Kuck, who is also a senior this year, started 35 of 36 games. As a freshman, Brandon Bentson was named AII all team and led the Cougars with 59 hits. He also has a .349 batting average, recorded 9 doubles, a pair of homeruns and 36 RBIs.

The Cougars are looking forward to a competitive season.





Hey peeps! The name's Small. I am a nursing student. I will be appearing in the "Life of a Nursing Student" comic strip series from now. Stay tuned for the next release!

Cartoon courtesy of Kate Chillanonda, with the Nursing Department on campus.



The Global Business Management Group participating in the latest International Travel Study. Photo provided by Professor Klaus Schryen.

# Going global creates future leaders

By KATLIN SWEENEY  
EDITOR-IN-CHIEF

Students that are seeking to expand their horizons and dive into new cultures feel right at home in Global Business Management.

GBM is designed for students that want to build a career in business with a global perspective. Students can either go down the marketing or entrepreneurship track, for which they must do foreign study or work experience.

One of the most fascinating aspects about GBM is the Intl. Travel Study program offered through the

class GBM 440 C. Taking place this year from May 19 to June 3, the course is a hands-on experience where students travel through Germany, Austria, Switzerland and France during the summer. Here they visit companies like Axel Springer, Hewlett-Packard and Mercedes-Benz for a tour and to learn how they operate. Students will also be sitting in and participating in classrooms in schools like Freie University Berlin, University of Zurich and University of Constance.

This trip is a unique combination of foreign classrooms

and behind the scenes of big-name companies. The trip's faculty leader, Professor Klaus Schryen, asserts that the experience allows students to understand the world on a broader scale. Spending time abroad, understanding other cultures and networking with people in other countries allows students to truly understand what 'global' business means.

"The trip shows them how people operate in different parts of the world and how internships work abroad. Students learn how to apply the theoretical to the practical. The world's

economies are not isolated, and each one affects the world," Schryen said.

In preparation for the trip, students attend a class in April so that they can begin researching the companies and places they will be going to. The sessions will occur on four Fridays for five hours each.

Students have met throughout the semester with Professor Schryen and others that have signed up for the trip to learn more about the trip and receive the full itinerary. The last info session will occur from noon to 1 p.m. on Thursday, Dec. 5 in Markstein 107.

"Going on the trip opened up my eyes as far as the business aspect and learning about myself. The companies we went to were very well planned out and informative. You could use this trip as a section within your resume that also looks good to employers. I highly suggest it and that you take the opportunity to travel abroad," CSUSM senior Girard Evalle said. Other students that had gone on the trip in previous years echoed similar sentiments. They shared how the trip pushed them out of their comfort zone, taught

them to be flexible, provided them with real-life skills and allowed them to network with big-name companies. One student mentioned that she even secured an internship out of the trip.

To be eligible for the trip, students must have a minimum 2.75 GPA, have upper-division class level standing and completed Pre-Business Core. Space is limited. For more info, contact Professor Schryen at [atkschryen@csusm.edu](mailto:atkschryen@csusm.edu).

## Veterans Center Groundbreaking

By ANNE HALL  
DESIGN EDITOR

Government officials, supporters of CSUSM and many Veterans attended the groundbreaking ceremony of the Veterans Center's new "Smart House" to extend their appreciation and support.

Many look forward to this generous contribution being made to the campus, as well as what this new building is going to offer. The Smart House will provide greater opportunities for students, plans for development include features that concentrate on resources and functionality. The building will have an office space, conference room, a kitchen area, lounge and event space. The groundbreaking was held on Nov. 8, and the new facility will be open for occupancy in Fall 2014.

Speaking on behalf of the student veteran community, Kinesiology major and Navy veteran Gregg Snowden noted that without a veteran friendly organization like the one at CSUSM, we would have a more difficult time accomplishing our goals. The Veterans Center does so much to help the one out of 10 students who are active duty, veterans and dependents.

"Cal State being such a friendly veterans organization was the reason I am able to graduate in December and move through my education program so quickly. The staff of the Veterans Center really provides a great service that does not get published," Snowden said.

The facility was donated by the Stevens Institute of Technology from Hoboken, New Jersey. President Haynes voiced her enthusiasm in receiving this honored gift and stated how much she looks forward to the newfound relationship between the Cougars and Stevens Institute.



Groundbreaking honors were given to the participants of the planning and development of the facility transaction. Photo by Anne Hall.

## What being 'white' means Whiteness Forum explores societal norms

By KATLIN SWEENEY  
EDITOR-IN-CHIEF

White mythologies and ideologies are prevalent characteristics of society that the 'Whiteness Forum' has been educating the public about for the past decade.

The forum serves as an interactive opportunity where students teach what they have learned and researched in class to their peers. In the course Communicating Whiteness (COMM 454), students explore the way that white domination, supremacy and privilege affect people from all walks of life.

Students research a wide variety of the ways that whiteness affects society. Past projects have investigated social policy like No Child Left Behind, representation in media forms like television and film, parenting, social media, sororities/fraternities. Students have also researched religion, Islamophobia, college admission, sports and hiring practices in restaurants.

After evaluating various aspects of society through an anti-racist lens for a semester, the class leads up to students becoming the teachers. Those enrolled



Photo of last year's event courtesy of [laprensa-sandiego.org](http://laprensa-sandiego.org)

in the course are required to write an analysis paper, conceptual project overview and self/group assessments in order to develop their group's plans for the forum.

Dr. Dreama Moon is the powerhouse behind The Whiteness Forum, simultaneously teaching COMM 454 and putting the event together for the past 10 years. As the woman behind the scenes, she has found that challenging students to take the forefront in the discussion is what makes the forum and class so successful.

"The Whiteness Forum gives students confidence in their abilities to teach on the subject. It teaches them to think on their feet and tailor their responses to that particular situation or family they are talking to [or about], since it's never one answer fits all," Dr. Moon said.

The projects are on display for the campus and

community in "science fair" style. Students create poster boards and interactive games geared to get people talking.

"We want to involve the outside community, as well as include students and professors on campus. What we're really hoping to have is a conversation with the audience," Dr. Moon said. "This experience gives students the opportunity to be on a semi-equal playing field with their professors because they are teaching them things that they might not know about."

The Project Viewing for The Whiteness Forum will take place from noon to 2 p.m. on Dec. 5 in Commons 206. In celebration of the tenth year anniversary, there will also be a panel entitled Conversation With Scholars: "Color Blindness and the Post-Racism Era: The Continuing (In) Significance of Race" from 5:30 to 8 p.m. in Arts 240.

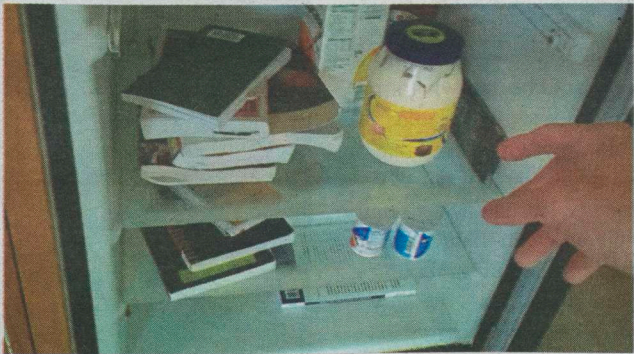


# CALM-ing down textbook costs for students

BY RICO PALMERIN  
FEATURES EDITOR

Cougars. Affordable Learning Materials Project (CALM) works hard to reduce textbook costs for CSUSM students. Most students are familiar with the textbook scramble at the start of each semester and the pain that comes with spending hundreds of dollars for short-lived resources. Thankfully, the CALM project was created by teachers for students in response to rising textbook costs. “The aim of the project is to produce a groundswell of actions across the five colleges here at CSUSM so that keeping material costs as low as possible without comprising quality becomes a campus-wide practice,” project liaison, and LTWR and WMST professor,

Dr. Natalie Wilson, said. Being disinclined or unable to purchase a textbook because of costs is a sad reality for CSUSM students. According to CALM’s website, “as many as 7 out of every 10 students don’t buy a required text due to the cost.” Without access to the required course material students are not only being cheated of a fulfilling education, but also increase their risk of falling behind or dropping the course. CALM’s website shares that “textbook costs are cited as one of the top two reasons students drop out.” CALM combats these statistics by raising awareness among faculty about the burden of textbook costs on students and the benefits of using cheaper alternatives. CALM emphasizes open educational resources (OER) as a primary means for teach-



The cost of books eat up student funds to purchase food and other life necessities. Photo by Rico Palmerin.

**“The cost of a textbook should not keep a student from taking a class they need or want to take, or, just as bad, preventing their success in a course because they can’t afford the needed materials. Our students deserve the best education we can give them”**

-- Dr. Natalie Wilson

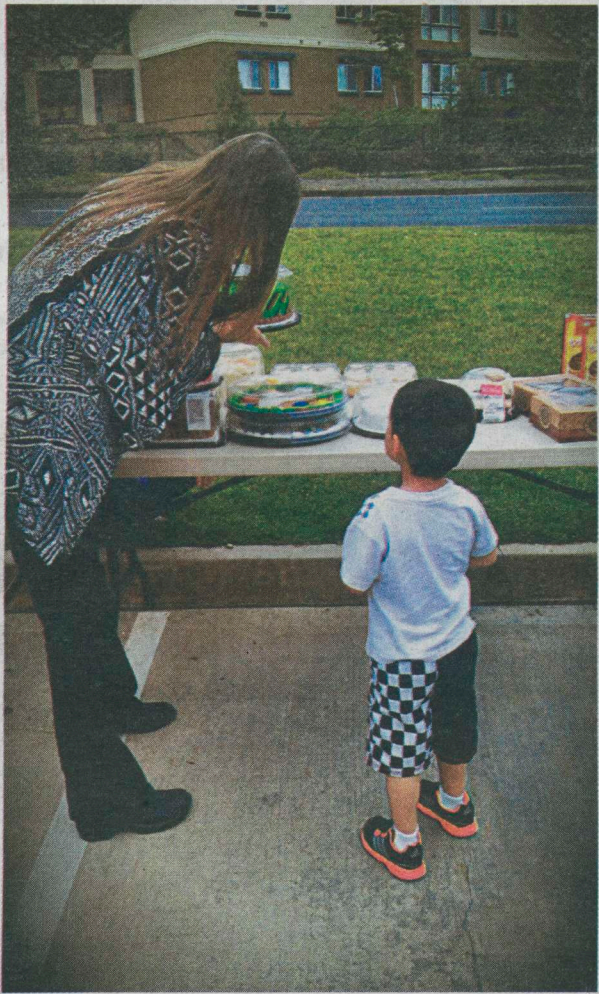
ers to avoid costly textbooks in their courses. These resources are educational materials that are not privately licensed, which means that teachers are free to modify these resources to better suit their course and even make copies for students. “[Teachers] were also unaware of the cumulative cost for students in specific majors, and many faculty [members] are now looking for ways they can work together to reduce this cost within their disciplines,” a member of the Instructional Development Staff (IDS) on campus, Susan Wilson, said. Closing the gap between teachers’ awareness about textbook costs and students’ frustration with rising costs is essential to CALM’s mission. But teachers are not alone in this fight against unnecessary spending; students can help too.

CALM advises students to check out and promote CALM’s website, <http://www.csusm.edu/ids/calm/>. There are also other ways that students can get involved. “Talk to their professors about the impact of expensive textbooks, and their preferred instructional materials delivery methods. Share with their instructor and other students the lower-cost sources they have found online,” S. Wilson said. CALM’s website is full of statistics on textbook costs for students, as well as advice for obtaining cheaper alternatives. Students interested in lowering textbook costs should check out the website, and email CALM about personal experiences about the struggle to afford textbooks. CALM can be reached at [calm@csusm.edu](mailto:calm@csusm.edu).

## Faculty Profile Dr. Laura de Ghetaldi

BY AMANDA LENOX  
EDITORIAL ASSISTANT

Kinesiology professor Dr. Laura de Ghetaldi encourages students to outreach and be advocates for their own health. When Professor de Ghetaldi attended a state convention in her field she met Dr. Ash Hayes, the recipient of a prestigious award. After introducing herself to Hayes, he asked for her business card and the next day she received a call from CSUSM to interview for a position. Professor de Ghetaldi describes herself as a “people person.” She believes that “there is a one-degree of connectedness between all of us” and “that if you take the time to know someone, you will find something connecting you to them.” Currently, Dr. de Ghetaldi is looking into and researching student food insecurities. She, along with her Kinesiology Majors Club students, distribute food every second and fourth week of the month. In the past year alone, they have given over 45,000 pounds of fresh fruit and vegetables to students and the San Marcos community. “1 in 5 adults in North County and 1 in 4 children have hunger insecurities,” explained de Ghetaldi. She hopes to see the CSUSM food distribution become a model for all of the Cal State systems. When asked what she likes most about teaching she said, “I’m still learning, I learn from my students” and “I’m honored to be a part of their education.”



She believes that teaching is the most honorable profession because it creates a ripple effect. She emphasizes that “whether it’s a child or a college student, your ability to learn is directly related to your own health and wellness.” When students take her classes she wants the students to “continue to love to learn.” In teaching health and wellness she hopes “individuals understand the importance of a healthy lifestyle.” Dr. de Ghetaldi received her undergraduate degree and teaching credential, in K-12 Physical Education, at Cal State Chico. She received her Master’s degree

at the University of Oregon where she studied Kinesiology, Physical Education and Adapted Physical Education. After, she went to the University of Arizona for her post-Master’s work in Exercise Physiology. She later moved to Colorado where she taught at the University of Colorado, Boulder for almost 20 years in Kinesiology and Education. She received her doctoral degree at the University of Northern Colorado in Education. At CSUSM, she usually teaches Health and Drug Education (Kinesiology 405), Personal Health and Wellness (Health Science

200), Physical Education and Health Education (P.E. 203) and Exercise Nutrition (Kinesiology 336). She also teaches at the Temecula campus every fall semester.



Photos by Anne Hall.



## Giving thanks this holiday season

### Reflecting on what is most important to us

BY NOELLE FRIEDBERG  
STAFF WRITER

Thanksgiving is just around the corner, and now is the perfect time to reflect on what we are thankful for.

I for one am grateful for my education. Education has molded and shaped all of us into the people we are today. School is something that most students take for granted because it is so time-consuming and requires so many hours of hard work. Some also feel the privilege of an education is a basic right, but in reality we are extremely lucky compared to others. The United States is one of

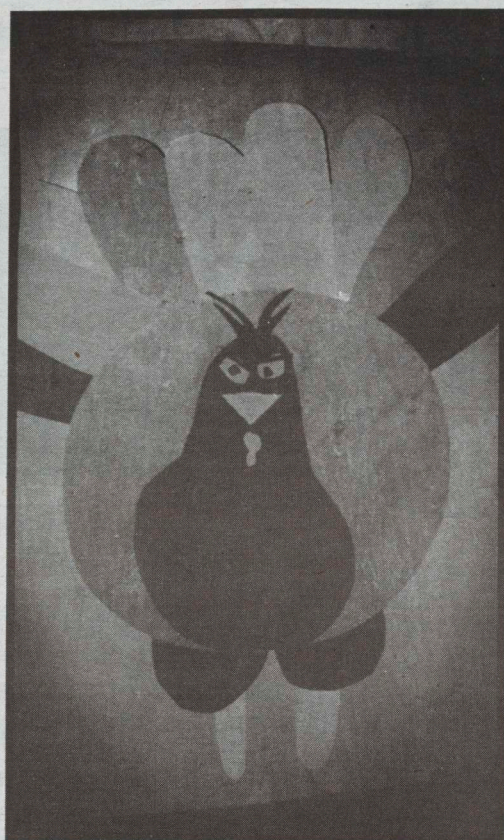
the top ten most educated countries in the world. We should feel fortunate to call this place our home.

I know it is easy to think of school as a chore, but it is also such a blessing. One of the main reasons we are who we are today is because of the teachers who have poured their knowledge into our lives, all of the time we spent learning to read and write and because of all of our crazy professors who challenged us to think more critically.

I think it is time that we become more appreciative of all of the years of schooling we have been privileged to learn from. Without them,

who knows where or who we would be and what kind of worldview we would hold. It was in school that we made some of our closest friends, learned how to multiply and were taught about the founding of our country. Your education is the only reason you can even read any of the words on this page and the ability to read is definitely something to be thankful for.

So on Thanksgiving when you are sitting around the dinner table stuffing your face with turkey and delicious pies, take a second to think about all of your years of education and how far they have brought you.



## Professors should follow their syllabus

BY ZACH SCHANZENBACH  
STAFF WRITER

Professors provide students with course outlines, but their habit of regularly changing the schedule leaves them feeling disorganized.

When professors hand you a syllabus, it's supposed to outline the course and what to expect through the semester. It often includes grading policies, guidelines and contact information for the professor. Most professors will also lay out the semester in a convenient and well-formatted schedule. Busy students will make use of this and appreciate formal layout as it will help them to keep track of their work as the semester continues.

What students may not have noticed was the little note on the bottom of the page that states that the schedule subject to change at any time. When the professor announces a change in the schedule, students begin to flip through their planners to rearrange their schedule and disregard the old syllabus that no longer applies.

In all fairness, professors don't usually plan on changing the schedule just to make students mad. Sometimes schedule changes are completely out of the professor's control. But if a professor anticipates a change in schedule throughout the semester, as some do, then it may be best to reevaluate creating a syllabus at all as the back and forth may cause confusion.

Including a schedule in certain courses, such as math, is a good idea as the formulas usually stay on task. With a class that doesn't deal with numerical concepts, including a continually disrupted schedule may be hazardous to a student's grade.

If professors are going to change a schedule, then it is advisable to give students a revised copy in order to maintain organization.

Photo by Anne Hall

## Offensive and tasteless Halloween costumes

### Backlash for global insensitive dress-up in light of recent tragedies in America

BY AMANDA LENOX  
EDITORIAL ASSISTANT

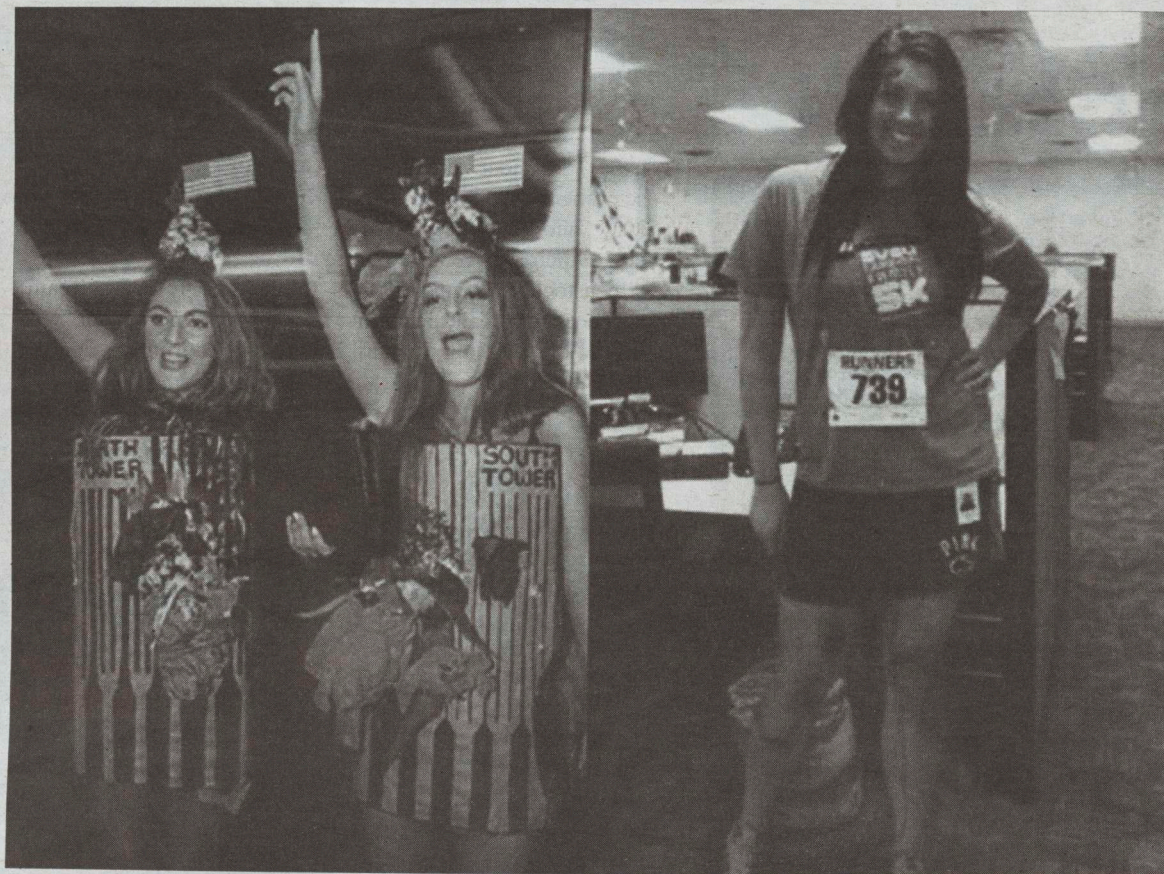
Halloween has come and gone, but people are still talking about the controversial Halloween costume choices made by young adults.

You would think that most people today have the mental capability to know when a costume is appropriate or not. All tragedies, where people have died or been injured, should be a time in which a costume inspired by that would be considered inappropriate.

Alicia Ann Lynch, 22, Amber Langford and Annie Collinge, both 19, seemed to not understand this concept. Lynch (from Michigan) wore a costume of an injured Boston Marathon victim while Langford and Collinge (from England) dressed as the World Trade Center Towers with planes, flames and topped with the American flag.

It is disgusting that these young adults would step out of their house wearing costumes like that. It is safe to say that these girls clearly were not thinking. Lynch has since apologized on social media accounts and uses the fact that she has been fired from her job as a consequence of her actions.

She should be fired; she wore that indecent cos-



Halloween costumes that reflect on some of America's most recent tragedies. Bearers are threatened with death and violence in outrage for their lack of respect for the dead. Images found at [www.cocoandcream.com](http://www.cocoandcream.com). More on these particular stories can be found at [http://www.cocoandcream.com\\_cms\\_wp-content\\_uploads\\_2013\\_11\\_twin-towers-costume](http://www.cocoandcream.com_cms_wp-content_uploads_2013_11_twin-towers-costume) and [http://www.cocoandcream.com\\_cms\\_wp-content\\_uploads\\_2013\\_11\\_boston-marathon-bombing-costume](http://www.cocoandcream.com_cms_wp-content_uploads_2013_11_boston-marathon-bombing-costume)

tume to work. Boston residents lived in fear for four days while police officers were hunting the Tsarnaev brothers, the bombers who attacked innocent people. Lynch's costume with blood splattered across her legs and face showed insensitivity to all those who suffered,

not just for that week but who will continue to suffer for the rest of their lives.

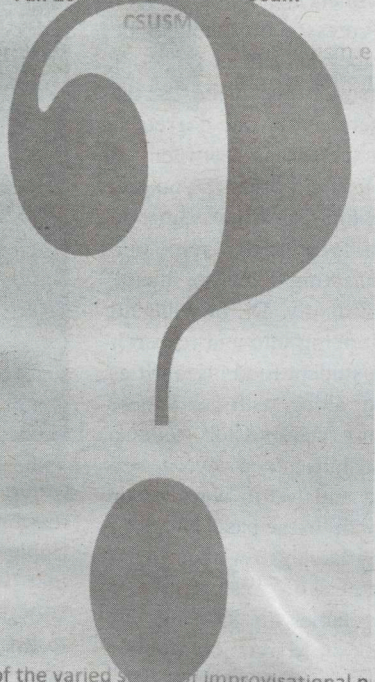
Langford and Collinge wore their costumes to a club and won the costume contest that night. Sept. 11 was a tragedy that impacted the entire world. For young adults in England to be wearing this

costume shows the ignorance expressed by some people.

These costumes were disgusting and offensive. Wearing these costumes is to make light of these senseless tragedies. Young adults seem to have no respect for the loss of life that resulted and one can only hope that oth-

ers can learn from these mistakes and not be insensitive enough to wear costumes next year that are so blatantly offensive.

Syllabi  
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of the varied styles of improvisational p

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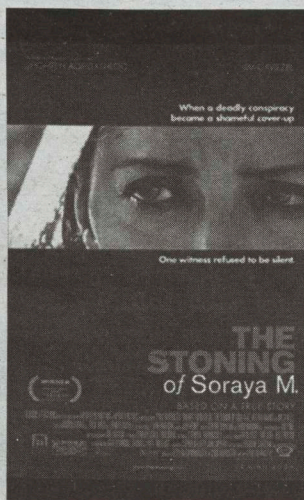


## Review of The Stoning of Soraya M. (2008)

BY SARAH HUGHES  
NEWS EDITOR

Available through DVD and Netflix, this film is one of profound sadness.

Soraya's story contains themes of women's oppression and unequal status in 1986 third-world Iran. A woman who has always done what she is supposed to, Soraya struggles for the sake of her and that of her daughter. Her husband abandoned them through divorce

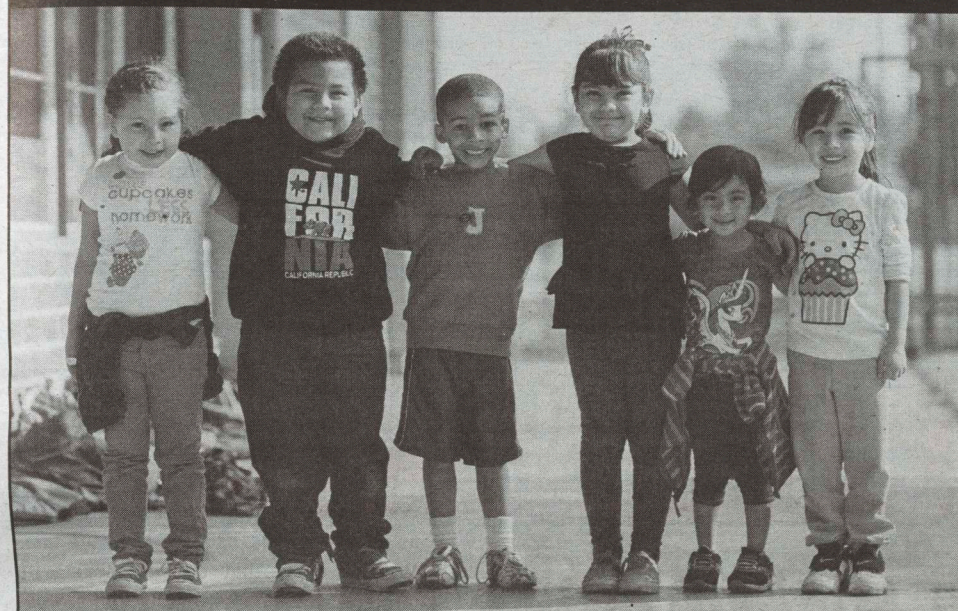


to destitute hunger for a rich, 14 year old bride. Through lies and a community closing in around her, she is faced with stoning for an adultery she didn't commit.

It is based on a true story and for this fact people should acquaint themselves with its message and injustices similar to this.

I give this film 4 out of 5 stars, though you should certainly watch it in a mood that is receptive to a serious and somber movie.

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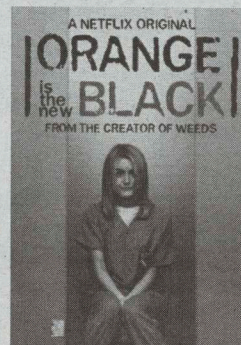
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## Orange is the New Black

BY ANNALEE MACRANN  
STAFF WRITER

With so many shows to choose from these days, it can be difficult to find the right one.

It truly is a commitment to sit down with a new show. Luckily, Netflix created a new, alluring series entitled Orange is the New Black. Amongst other renowned Netflix-produced series like Arrested Development and House of Cards, Orange is the New Black does not disappoint. It premiered in July of this year, with all 13 episodes available at once. The show already made a huge buzz and has a large, dedicated fan base.

The series focuses on Piper Chapman (Taylor Schilling), a woman in her thirties with a seemingly perfect life in New York. She has

a supportive fiancé (played by Jason Biggs) and a new business venture that is quickly taking off. This all changes, however, when Piper's past catches up with her and she goes to prison due to a drug-related crime.

The series mainly focuses on Piper's time in Litchfield Penitentiary and the women she meets there. With a misfit cast that includes an ex-lesbian lover, a super-religious meth addict, a vindictive Russian cook and more, the show is entertaining and addictive. Orange is the New

Black successfully draws the viewer in with flashbacks, intellectual dialogue and intricate storylines. Because of its unique plot devices, the series is able to show what this experience can do to a person and how it changes them. It forces Piper to face the fears that she could otherwise avoid on the outside.

Although Piper is not necessarily a likeable lead character, she certainly is a relatable one. It is almost refreshing to find a female anti-hero in this golden age of television. In fact, you find yourself being drawn to each cast character in one way or another.

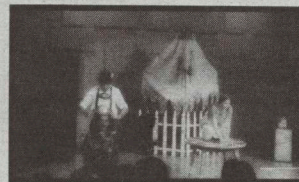
The series has received phenomenal reviews and a second season will premiere in early 2014. Orange is the New Black is a thoroughly engrossing show and its second season is one of the most anticipated series of 2014. I give it a 4.5 out of 5 paws!

## Alpenstock gets down and dirty

BY ANNE HALL  
DESIGN EDITOR

The Public Moves Ensemble presents an American assimilation of the contemporary French play, Alpenstock, by Remi De Vos.

The play will be performing at the Palomar Unitarian Universalist Fellowship at 7 p.m. on Nov. 22 to 23 and all proceeds will go



to the PUUF Peace Team.

They premiered in September during Concert Hour at Palomar College in the Performing Arts Center so that students could witness the portrayal of brewed mischief in society.

Stereotypes and innuendos flew all over the place during the performance, with so much content that is open for interpretation. The play reflected on a society of order within a country attached to cultural traditions that suddenly felt contaminated by foreign invasion. Audiences observed that the performance reflected on the idea that a "silence of the majority will make a lot of noise."

During the Art Talk after the performance, audiences observed: "We look for accep-

tance instead of tolerance."

The population stereotypes generated fear about the unknown. Eventually, neglecting what is most important in life will create opportunity to deform the importance to be pointless and without value.

Live music by João Lewis accompanied the physical comedy. Be aware that this performance is full of mature content and "dense intellectual language." Tickets will be sold for \$10 at the door. More information can be found at publicmoves.org.



Images of performance mischief taken at Palomar College by Anne Hall.



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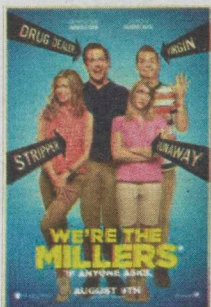
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## DVDs and New Music!

By VALERIA GIRONAS  
STAFF WRITER



### "We're The Millers"

We're the Millers by Rawson Marshall Thurber is finally available on DVD. It is a hilarious adult comedy that is about a fake family that goes through many adventures. A veteran pot dealer creates a fake family as part of his plan to move a huge shipment of marijuana into the U.S from Mexico.

The father (played by Jason Sudeikis from Horrible Bosses) is a drug dealer, mother (Jennifer Aniston from the hit show Friends) is a stripper, son (Will Poulter who starred in "The Chronicles of Narnia: The Voyage of the Dawn Treader") is a virgin, and the daughter (Emma Roberts from "Valentine's Day") is a runaway. They all came together as one big happy family so they can all get their money and go on with their lives. In the end, they realize what they really want to do with their lives. Watch and find out what happens.



### "X" by Chris Brown

Singer, songwriter, producer, actor and dancer Chris Brown is set to drop album six. Chris Brown is steering away from EDM soundscapes and is focusing on R&B and soul on his new album "X." "I wanted to touch musically on Michael Jackson, Stevie Wonder and Sam Cooke," Brown said. He adds his own special touch to his songs as well. One of his biggest hits on his album, "Love More" ft. Nicki Minaj, is a great song to let loose and dance to. Brown does have many other songs on the album such as a "Fine China" and "Thank You." Be sure to grab his new album on Dec. 3.

Alex Maravillas' Stre\$\$ed Depre\$\$ed but Well Dre\$\$ed column will be available online in the Arts and Entertainment section at <http://www.csusmchronicle.com>.

## The Comic Book Corner

### Long Beach Comic & Horror Con's Fifth Anniversary

By FAITH ORCINO  
A&E EDITOR

Fans of pop culture will congregate at the Long Beach Convention Center to celebrate the comic and the horror industries.

This year's event, which takes place on Nov. 23 and 24, will be an anticipated one as it falls on their fifth anniversary of holding LBCHC.

This fall convention invited special guests such as Emmy winner Rich Arons, animator and director of the classic cartoon "Animaniacs," artist LeSean Thomas who worked on Adult Swim's "The Boondocks" and "Black Dynamite" and professional cosplayer Linda Le who goes under the moniker Vampy Bit Me. Various other exhibitors and artists will be present on the LBCHC show floor.

The third weekend of November will be filled with activities including a costume contest, many panels, auctions and signings.

Tickets are available both online and onsite, though

day-of purchases will start at 9:30 a.m. It is \$25 for Saturday, \$20 for Sunday and \$40 for the full weekend, while there are discounts for those that are senior citizens and/or in the military and law enforcement. There are also a number of special packages that contain various show exclusives such as special art prints and collectibles that can be purchased online.

The big show will run from 10 a.m. to 7 p.m. on Saturday and 10 a.m. to 5 p.m. on Sunday. Have cash ready for parking for those that will be commuting to the event. You must pay for parking around the area, including in the convention center's lots. For more information, visit <http://www.longbeachcomiccon.com>.



This year's logo for Long Beach Comic and Horror Con.



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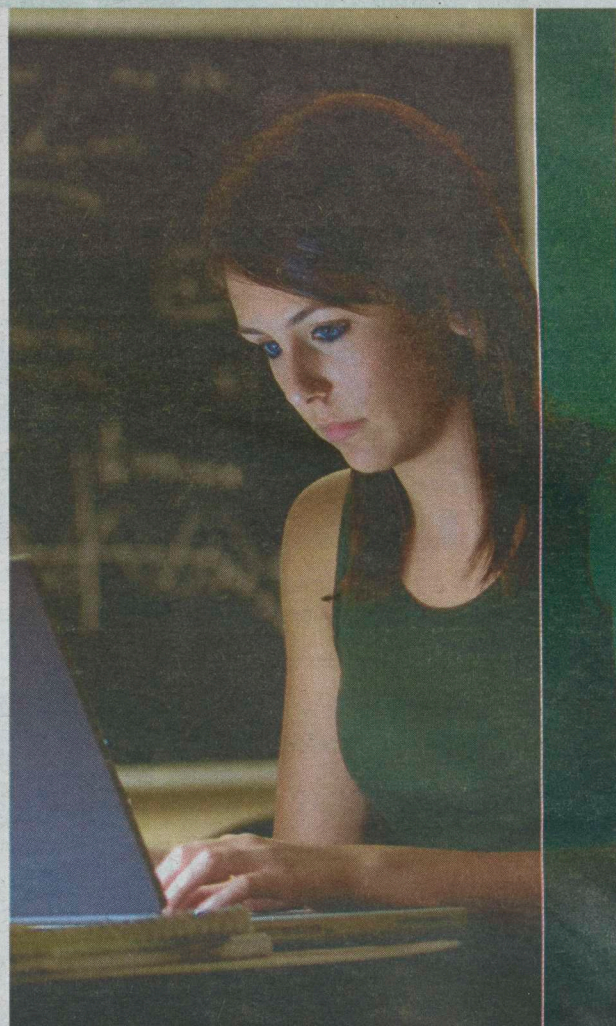
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