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CSUSM students victims of hacking

By KATLIN SWEENEY
EDITOR-IN-CHIEF

Students need to be aware of the harsh reality and prevalence of hacking in the modern era, especially in light of the cases involving CSUSM students in the past few years.

What may have previously seemed like an issue that was not relevant has become a central concern for many students. While many people are aware of the warning signals of an email containing a virus, hacking is ever expansive, sometimes resulting in the manipulation of your own device against you.

According to Information Security Officer Teresa Macklin in CSUSM's Instructional & Information Technology Services (IITS) department, three major kinds of hacking are what typically target college students, or have already done so in the past.

The most well-known type of hacking amongst college students is phishing or spamming. In this particular form, the hacker will send an email or notification to the user's computer/device, asking for personal information or some sort of attention. If opened or responded to, the person's information can be sold to various criminal organizations and their account will be used by hackers to manipulate further.

"In our case, hackers would try to get your username and password to log in to one of our mail servers as you, and then they use that to send out thousands and thousands of messages in our mail server. They [also] want to get



access to your social media account, and if they do that then they can use your access to access your friends and post things for them to click on," Macklin said.

With the existence of large databases containing the personal information of thousands of people like at CSUSM, Macklin said the university takes extra precaution to make sure students are not at risk when they put trust into the school.

"Your campus email address is directory information, so it's not that difficult for people to get email addresses for people on campus; we list those. One of the things that we do is we pay for filtering software so that when people get those and try to send us spam, they are generally blocked. We have a number of things we do to try to protect those things from happening," Macklin said.

Another kind of hacking that threatens college students is gaining access to their webcam. Hackers may use the first tactic of hacking into an email or social media account to gain access to personal information or figure out how to break into the user's device without them knowing. In the recent arrest of Jared James Abrahams, the FBI reported that he allegedly utilized hacking software and the domain name "cutefuzzypuppy" to infect his victims' computers so that he would have access. He also was allegedly linked to hacking forums where someone with the same domain name was asking questions and researching how to use malware and control webcams. Macklin asserted that crimes with a personal element are a huge risk for college students more than large-scale viruses are.

"Some people have a mission to target an individual instead of a group of individuals, so you have to watch out for both things. For students, it's more common that it would be a sex-exploitation-type crime that they could be at risk for, versus a CEO of a company has to worry about the hacker looking for access to the financial records in their system," Macklin said.

The use of physical hacking devices are also of concern, CSUSM students exposed to their existence first-hand about a year ago. In July of this year, former CSUSM student Matt Weaver was sentenced to a year in prison for counts of wire fraud, unauthorized access of a computer and identity theft, to which he plead guilty. Over the span of January to March 2012, Weaver installed keylogging devices on various

computers on campus so that he could get the user identification and passwords of 745 students and staff. He stored the information on spreadsheets in his computer and then used them in order to try to rig the ASI presidential election in his favor.

Macklin stated that the use of the keylogging device to gain personal information of students and staff at CSUSM made the issue of hacking a greater concern for the university as a whole.

"It's pretty rare to see [those devices used]. It is an unusual amount of effort, and expensive, to see a physical device used by a student. The way more common thing is phishing," Macklin said. "We had never had that happen here before, those devices a couple years ago were \$35 to \$50 a piece, so the idea that someone would want this so bad to install

them and use them, it was so highly unlikely. After that incident, we've purchased something to lock down the back of every computer on campus and want students to be more aware of protecting personal information."

While it may seem like students are becoming more tech-savvy, Macklin said that expansion of resources is the real cause of the problem.

"Over the past few years, what's more common is that the resources needed to do this kind of thing are available publicly. The tools you need are available; what you really need is the will. I wouldn't say that it's more common or people are more capable. I think that people use more computers on a day-to-day basis so there is more of an opportunity," Macklin said.

The best way to arm yourself against becoming a victim of hacking is to follow simple precautions that will in the end, save your identity.

"The key is for everybody to protect themselves is to get virus protection and keep it current. Also have a consciousness that your identity and your identity information are valuable to somebody. Students should also change their passwords as often as possible. If you're faculty/staff here, you have to change and update your password every twelve weeks."

For more information and resources on how to prevent hacking, check out the Information Security portion of the IITS department website at <https://csusm.edu/iits/security/index.html>.

Image by Anne Hall.

Social media privacy

Facebook and Twitter to assess the real you

By BLANCA SARABIA
PHOTOGRAPHER

With such a competitive job market, employers are now able and willing to look through prospective employees' social media to determine whether they are fit for a particular job. Many employers use social

media to learn more about an applicant than solely going off of what their resume states. Some people may argue that this is an invasion of privacy, but we unwillingly give up that right when we post different content on social media networks. A potential employer may not pay much attention to last week's "mani-pedi with the girls" post, but depending on the position you are applying for,

that "Thirsty Thursday" post (if you're not 21, or depending on how the picture looks) may spark their attention.

According to the Huffington Post, 37% of employers use Facebook to prescreen their applicants and 11% said they plan to do so soon.

"When I first applied to my last job, my coworkers told me that my boss looked through our Facebook to see how many friends we had, I guess the amount of Facebook friends determined how social we were," CSUSM student Stephanie Perez said.

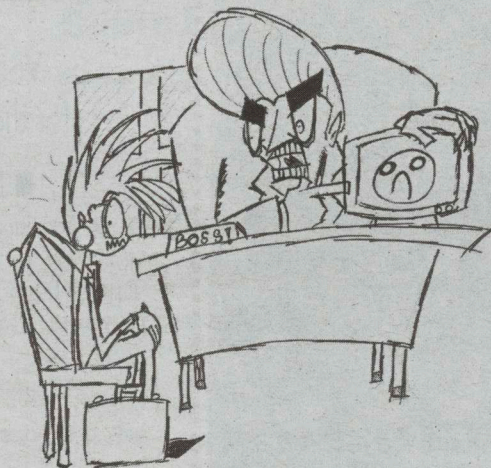


Illustration of potential employer refusing to hire based on unsavory Facebook and Twitter content by Dane Vandervelden

Remember, before posting anything that may come back and haunt you in the future, always ask yourself, "Would I willingly show this to my future employer?" Yes, that party Friday night might have been unforgettable...but you don't want your boss remembering it as well, would you?

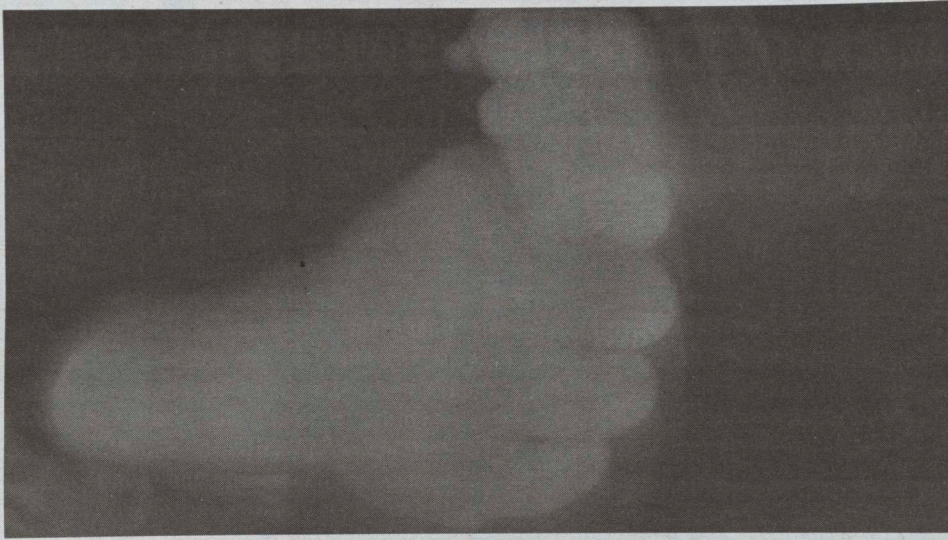
Of course, technology will only keep progressing, so asking you to completely refrain from using social media networks would be

Privacy continued on page 2.

Privacy continued from page 1.

outrageous; instead let it benefit you. Think of them as a medium to show others who you really are, the most important thing is to be yourself while always remaining cautious.

Blurred fists flying to emulate male violence. Photograph by Anne Hall.



Fighting from the perspective of students Physical aggression among males

By SARAH HUGHES
News Editor

Fighting and school violence are frightening social issues that many people are concerned about. Many students have seen a fight in high school or middle school. Some have seen them at bars, concerts or other locations. Some have been involved in a fight.

Some people have notions of how often men fight versus how often women fight and how intensely each fights. Five CSUSM students were asked some basic questions about the prevalence of fighting in a quick survey of whoever was available to find out a little bit about how prevalent fighting is among CSUSM and students' histories.

A component of a fight is often aggression and intended violence. According to Social Psychology: An Applied Perspective by CSUSM professor P. Wesley Schultz and Stuart Oskamp, aggression is the "cause of violent behavior".

"Aggression is defined as any behavior that is intended to hurt another living being" said Schultz and Oskamp. One related activity to aggression that tends to con-

cern society is non-sports related physical fighting. According to Schultz and Oskamp "In 1994 . . . an estimated 4,513,000 acts of violence occurred (Bureau of Justice Statistics, 1997)."

The website dosomething.org has various statistics on social concerns. Those on school violence are taken from sources such as the CDC, School Violence, NCES and the NY Post.

"In 2011, 20 percent of high school students were bullied at school, and 33 percent reported being involved in a physical fight in the last year," reads dosomething.org in an article titled "11 Facts About School Violence."

"In one month, nearly 6 percent of high schoolers stayed home because they felt unsafe at or on their way to school," said dosomething.org

In a survey of convenience five CSUSM male students were questioned to examine a colloquial idea that "almost every guy has been in a fight" which many people seem to believe.

When asked about whether they had ever been in a fight, two had and three had not. One [Joseph] asked for a definition of the kind of fighting indicated. Of the

three men who had never been in a fight, all had witnessed at least two fights. Three had seen girls fighting and two had not. Most of the fights witnessed or fought in were in high school or middle school. Some of the guys asked about fighting preferred to give just their first name.

Some people like to make jokes of how attractive girl fighting is. CSUSM students did not mention this. They seemed to happen only slightly less frequently than male fights.

"I've seen about five girl-fights. It's a smaller number than amount of times guys fight, but not a small number," Luke said.

"I've seen fights where girls were involved [as well as females fighting each other]. I've seen more women fight than men, but I think that is only my experience - [however] I don't think it generalizes. Men typically talk more, there's a pack mentality or a mob mentality, and then someone sucker punches. The fights are usually brief and broken up quick. Females tend to have longer hair, which makes fights harder to separate [when grabbed], and altercations last longer. Men can also

have long hair and can express their candor similarly" said Brett Goudy.

"I've seen two girl fights including the one I mentioned. They start for the same reason; one person is talking trash. Of the fights I've seen two were girls and the rest were guys. One was actually a makeshift 'Fight Club'. It was unofficial and only lasted a day in 8th grade. My cousin was in it," Joseph said.

When asked to identify a reason for a fight witnessed starting, or who was to blame for a fight witnessed, trash talk seemed to be involved. Females were sometimes involved or had similar reasons for fighting.

"The latest fight I saw was between two girls. One girl was talking trash, the other one was fed up, confronted her, full on punched her and wipped her butt" said Joseph.

"Typically a random person affiliated with a friend of mine will be in a fight and I'll get sucker-punched. The fights are sometimes affiliated with alcohol, petty arguments, sometimes there's a woman involved with one of the men and she's upset with the party. Like a girl will stick her current boyfriend on an ex-boyfriend

Fighting continued on page 3.

Test tube burger on the menu?

By RICO PALMERIN
Features Editor

Last month Dutch scientists revealed the first ever lab-grown hamburger, leading to speculation of possibilities within the mass market.

Led by scientist and professor Mark Post, the team of scientists used beef stem cells to grow thousands of tiny pieces of meat which were combined to form a burger patty. The first volunteer to taste responded with "close to meat, not that juicy." Apparently the juiciest thing about the lab-burger was the price: about \$350,000 for a single five ounce patty.

With 33 million cattle being slaughtered each year and global meat consumption on the rise, lab-grown meat poses a breakthrough for animal rights activists. Non-profit organizations such as New Harvest and PETA have been investing in artificial meat research for years. PETA even has a million dollar contest awarding the first person able to successfully create lab-grown chicken for retail. Surprisingly, despite animal rights interest direct funding for the lab-burger came from Google founder Sergey Brin.

Being an evidently forward thinker, Brin was motivated to invest in this burger after speculating about the inefficiency of current methods of harvesting meat. Considering the increasing costs of meat production, Brin shares a few possibilities for our meat-loving nation: "One is that we'll all become vegetarian...I don't think that's really likely. The second is, we ignore the issues—and that leads to continued environmental harm. And the third option is, we do something new."

Whether that something new is going to be mass consumption of lab beef is up to the public. CSUSM Economics professor and Chair of the Economics

Department Robert Rider offers some valuable insight into the possibility of this test tube burger making it to our lunch menus.

"The innovation is highly preliminary. In order for it to have any meaningful impact on the economy it would have to scaled to mass production level. The currents costs are probably prohibitive...we can produce beef fairly cheaply with...current techniques," states Rider.

Unless advancements in the creation process are made, this \$350,000 beef patty is extremely unlikely to make any headway in the mass market.

Professor Rider raises another key point in regards potential purchasers. "The market for this genetically modified beef might be very small. Already Europe and other countries restrict US export of GM foods... some nations restrict our beef exports because we use antibiotics in the raising of cattle," said Rider.

If entire nations are already turning away beef for simply being exposed to antibiotics, then that leaves little room for doubt as to whether or not they will be embracing entirely lab-grown meat.

Even within the US, where the average person consumes around 270 lbs. of meat a year, there are thousands of people who are inclined to eat natural; not lab-grown.

"Yes I think it's pretty disgusting. Sounds like we're going to turn into a soylent green society! There's nothing better for the body than whole foods," said CSUSM junior Elizabeth Cruz when informed of the beefy breakthrough.

Soylent is a food substitute that supposedly contains all the nutrition necessary for average daily function.

When asked if she would eat a lab-burger, Cruz stated, "Not if I can help it. There may come a time in the future when I will have

no choice, but as long as there is the alternative, I will have real food."

Although animal rights activists and other supporters are elated at the possibilities for the future of lab-grown beef, their efforts in persuading the public away from consuming traditional meat may mean having to wait until the cows come home.

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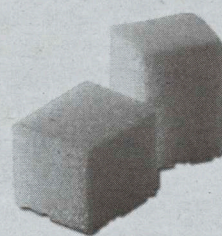
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Fighting continued from page 2.

or on anyone random in the vicinity that who maybe said something inappropriate to them," Brett Goudy said.

The men surveyed often believed fights had occurred for other reasons unrelated to females. "I grew up playing soccer and we'd fight after games. Or we were testing our martial arts skills," said Luke.

High school fights were often recalled as barely visible.

Of two high school fights he saw Salvador Perez said "It seemed like there was no one to blame and no reason for the fight that I could see. I just saw it."

"You really couldn't tell who was to blame or what the reason was. Everyone would always swarm around. You were always the last one there. Someone always shoved someone around" said Bryce Heathcock.

When asked about how the fight witnessed or fought in made them feel, most seemed to feel unaffected. None seemed to feel very distressed or threatened or unsafe about the fight.

"I felt the same afterwards as I did before the fight. I was not afraid for my well being," said Joseph.

"It's a pretty good feeling after, especially because, you know, the tensions relieved. Sometimes there's a history of friction and its relieved after a long time. There's a good feeling after a fight, regardless of who won – a sense of relief," Luke said.

"Not really. I thought they were kind of cool and

interesting to witness. I always wondered what they were fighting about. And they were kind of dumb for fighting at school," said Bryce Heathcock.

"I felt less safe than before the fight, no one did anything to stop the fight," said Salvador Perez.

"I think that fighting in general is completely unnecessary and 99 percent of the time can be dealt with by walking away or trying to reason with the more aggressive person. As far as safety goes, I personally train in self-defense, specifically with women [on sex-related assault]. I usually feel pretty comfortable [in the presence of fights]. I'm educated to handle the situation with as little physical altercation as possible," said Brett Goudy.

Even in areas with a higher number of unsafe activities, like fighting or aggression, options exist to modify socially concerning behaviors. Education or martial arts represents a way some people protect themselves. There are also many ways to change the behavior of fighting, including "social competence training" and "monitoring" which are "aimed at providing schemas for positive social interaction," said Schultz and Oskamp.

Though non-sports related fighting is often violent and injuring, it appears many CSUSM students have not experienced fighting in college, an important note as CSUSM was praised for being the safest school in California by State University.com in 2012.

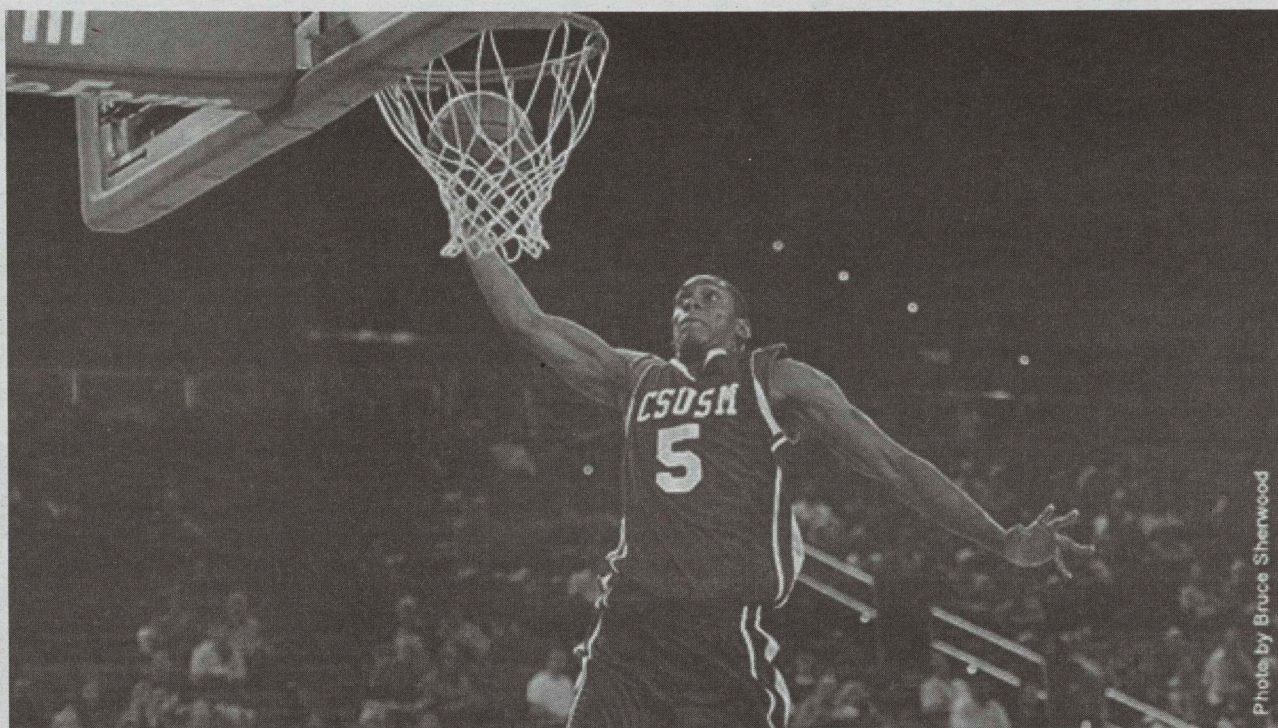


Image by Bruce Sherwood provided by Cougar Athletic Department.

Basketball teams facing heavy competition

Both the men's and women's teams have added the tools they need to compete

By SHAINA PARDO
STAFF WRITER

The first men's and women's basketball games are right around the corner with both teams facing some big competition this 2013-2014 season.

With some big changes, both teams look to bring home a championship.

The men's team ended the 2012-2013 season on a good note. The Cougars made it to the NAIA Division 1 National Championship Tournament, were ranked in the top 25 every week of the season, went 4-0 against teams in the top 10 and finished the

season with a 23-7 record.

Coach Jim Saia, with a proven track record at UCLA from 1997-2003, the University of Southern California from 2004-2005 and Fresno Pacific University from 2007-2010, has been instrumental in the men's success.

The Cougars have improved drastically since Saia arrived two years ago and have ranked as high as sixth in the nation. As for this season, the men's basketball team has 11 new players, four of which are Division I bounce backs. Saia wants his team to be the best possible team that they can be, by increasing stature, so that they can make it

to the National Tournament in Kansas City. The Cougars have upcoming games on Nov. 1 against SDSU and Nov. 4 against UCLA.

The Lady Cougars have a brand new pack this season and are determined to win. There are five returning players and nine new members.

"I'm looking forward to this new group of freshmen and transfers to mix with our returners because we have a lot of potential and competitiveness to win," said returning senior Sharika Miller. She also would like the new additions to her team to experience winning and to begin a legacy by ending

on a high note and winning a national title this season.

Coach Sheri Jennum speaks very highly of her team.

"Since we have a lot of young talent mixed with experience we are growing everyday improving, getting smarter and working harder I see cohesiveness striving toward one unit which will lead to the road to a national tournament and winning conference," said Jennum. The Lady Cougars begin their season Oct. 26 at Mira Costa at 7:30 p.m.

With their revamped rosters, the men's and women's teams have the tools to improve upon last year's season.

FDA doesn't regulate so you should

A deeper look at the proper use of workout supplements

By RACHEL CALLECO
STAFF WRITER

A lot of athletes use supplements as part of their regular training routine to get the most out of their time spent and enhance their overall performance.

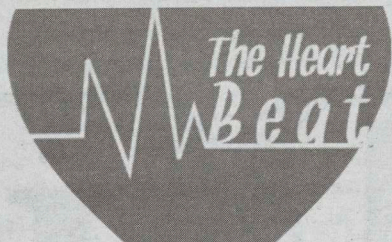
Many do so without a full understanding of the associated risks and benefits.

The use of supplements has become very common for various benefits, such as improving health, preventing illness, increasing performance and enhancing appearance. Among the most popular are diet and workout supplements. Common supplements taken by athletes are vitamins/minerals, creatine, protein and glucosamine.

Shockingly, manufacturers do not have to register or get clearance with the FDA before a supplement goes on the market. According to the FDA, there is no regulation on the potency, purity or biologic activity of the ingredients in the dietary supplements. The FDA is responsible for labeling and

claims. It is not until after the product is on the market that the FDA can intervene if it is proven to be unsafe.

Supplements can have serious side effects to the body and there can be an increased risk when using multiple supplements together without proper knowledge. They can have adverse effects as



fundamental as nervousness, fatigue or increased heart rate. It is important to realize that the term "natural" may not always mean safe. According to the Office of Dietary Supplements, safety depends on the chemical makeup, how it is prepared and the dosage. Certain herbs can even cause liver damage.

Although taking an adequate amount of a supplement might be beneficial, taking it in excess can have

dangerous side effects. For example, taking too much protein can cause dehydration and intestinal distress. You may be getting a sufficient amount through your diet, so it is important to be cautious. Some dietary supplements may also interact in a negative way with prescription drugs. Also,

it is important to realize that supplements should not replace meals that provide additional essential nutrients.

Look through the nutrition label and look for any ingredients that may be part of the "Dirty Dozen." These are ingredients that claim to have

positive effects, but have serious health risks. Some of these are kava, bitter orange and aconite. The three of them go by three to four other names as well. Consult with a dietician and talk with your doctor before taking a supplement, so you know if it is best for your overall health.

In general, supplements can be a beneficial part of your training routine with proper knowledge of the subject matter.



Louie Farfan in action on the soccer field. Photography by Jessamyn Trout.

Louie Farfan aims for the professional level

By JEN HAGER
STAFF WRITER

For the first time in program history, the men's soccer team has reached the NAIA top 25, which is well deserved after years of hard work and determination put in by these dedicated athletes.

Coach Ron Pulvers credits their success to not only their returning class, but also their strong incoming players this year.

One of those new players is Louie Farfan, a freshman criminal justice major. Farfan, who chose CSUSM because of how close it is to his family, has contributed to the program's success this year by being a force in the central midfield. He is an aggressive player both offensively and defensively. He is exceptional at free kicks and aggressively taking on defenders. Farfan says he strives to, "keep the morale up on and off the field." With a 8-3-2

record on the season, he is definitely doing just that.

Farfan's older brothers both play in the MLS for Chivas USA and Philadelphia Union. Farfan's ex-

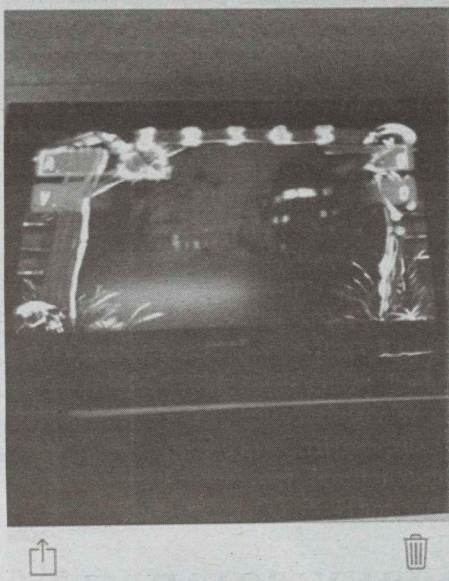
Farfan continued on page 4.

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Get Out! Three strikes gets turkeys at the bowling alley

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Back 207 of 210 Edit



Screen shot of screen shot of games. Photograph provided by Alison Seagle.

Of course there is the classic theme, but it is way more fun to watch crazy disco dancers gyrate after getting a gutter ball than simply watching a 0 appear on the screen. "Great atmosphere," CSUSM student and Eagle Lanes fan Nicholas Jaffari said. "It's a great place to hang out with friends and it makes you keep wanting to come back for more." Eagle Lanes has recently had some changes in management, and is looking forward to some remodeling, including makeovers to the

bar area and concessions' menu. They currently have glow bowling on Friday and Saturday nights and leagues that are starting up in November. Instead of lounging around after midterms, get out and relieve your frustration on some pins. The bowling alley is located on San Marcos Blvd at 945, near Restaurant Row. Calling the bowling alley at (760) 744-7000 or visiting the website <http://amf.com/eaglelanes> is the best way to inquire about that information.

Farfan continued from page 3.

pectations are to play at the professional level as well. "I've seen the professional atmosphere. Watching my brothers firsthand makes me know how hard I have to work to get to where I want to be," Farfan said. His goals are to, "get better as a player and be able to play with high quality players that are better...and have had more experience." Staying busy with homework and soccer is definitely an understatement. With a rigorous travel and class schedule, Farfan likes to

draw and go fishing to take his mind off his hectic life. Although dealing with chaotic scheduling is stressful, Farfan notes that his team makes it all worthwhile. "My favorite part of being on the team would have to be the fact that every single person on the field has tremendous work ethic," Farfan said.



By ALISON SEAGLE
STAFF WRITER

Bowling balls could actually be considered just colorful round weights that, instead of being lifted

up and down repetitively, get rolled at 10 tauntingly waiting wooden pins. If this sounds like more fun than a typical gym workout, then AMF Eagle Lanes in San Marcos is the place for you.

Besides working those arm muscles from chucking the ball at the pins, bowling can also provide an opportunity to relieve your midterm frustrations. Not only does the bowling alley

have 40 lanes available, but each lane allows bowlers to choose their own themed animations that range from ocean creatures to crazy birthday bunnies. There is even a Halloween theme.

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From the classroom to the job market

Pre-Pharmacy Society is key to success

By KATLIN SWEENEY
EDITOR-IN-CHIEF

Students interested in entering the medical field or just wanting to learn more about a different profession should invest time in the Pre-Pharmacy Society on campus.

While the group used to exist on campus, current President Rustin Rohani and Treasurer Hassan Imani have decided to re-create the Pre-Pharmacy Society under new leadership, a cluster of goals and with a fierce passion that promises great things for the future.

"Our primary objective is to inform students about what they want to become, what major is necessary and applicable or what the points are that they need to cover before they apply to medical school. We're really helping them make a

checklist of the steps of how to succeed," Rohani said.

Rohani and Imani came up with the idea to bring the group back to life when they realized the need for it on campus. While there are various groups in existence dedicated to different sides of the medical field, there was nothing more focused on pharmacy and the professions in that field. Inspired by the existence of societies like Pre-Dental and Pre-Health, Rohani and Imani decided to team up to create an organization that can operate as a forum and source of information for students.

"There is a certain mindset that students walk into college with, some of them knowing what their major is going to be and others not. But sometimes you know your major but have no idea what it really is or

what you will be doing. So we want to help students be level-headed and prepare them," Rohani said.

This "starting from scratch" mentality speaks volumes to the strength of Rohani and Imani's vision. Both are Biology majors and have plans to enter the pharmaceutical or medical worlds after college. However, their genuine excitement and desire to help other students reach their potential demonstrates a keen sense of leadership and ability to teach that will be invaluable to others.

Their dedication to making the Pre-Pharmacy Society a premium resource for other students is evident by the fact that the duo is not only investing their time, but their own money. As Rohani explained, without money it is difficult for the group to plan events and make the

club noticeable on campus. Thus, the two friends have been creating financial stability for the club out of their own pockets, paying for the banners and fliers that will generate interest and awareness that the society exists.

When the group eventually grows, membership fees will help to pay for the existence of the club. The duo's long-term goals for the Pre-Pharmacy Society include providing guest speakers, food, activities and field trips for the members to enjoy. In the meantime, Rohani and Imani have already started educating their peers about the pharmaceutical world.

"During each meeting, we're really going to be providing a run-down of individual topics and spend those meetings talking about them. It could be in regards to the job environment, the

process of applying for medical school, applications to pharmacy school, what the deadlines are, forms that are due, etc." Imani said.

In addition to providing information in accordance with application season and helping students understand what opportunities the profession has to offer, Rohani and Imani will be looking to members to tell them what they want to get out of the organization as well. Their objective is that by the time students leave CSUSM and have spent time with the Pre-Pharmacy Society, they will feel more invigorated and confident about pharmacy. Being involved in a group that gives students the means to communicate their hopes and challenges is a key element in what helps them progress to the next stage of education.

"For students that want to

apply to medical school, it is important for the administration at these schools to see that they are not only one-sided. Students need to be not only book oriented and know the information from their science courses, but have social skills as well," Imani said.

The Pre-Pharmacy Society gives dimension to students that will benefit them far beyond their years at CSUSM. It is inevitable that with the amount of excitement the duo has the club will become one of the best ways that students can become stronger forces in the job market and when applying for medical school. The group meets once a week on Thursdays during U-Hour in various rooms. For more information on the group email them at csusm-prepharm@gmail.com.

Learning language and loving it

By KATLIN SWEENEY
EDITOR-IN-CHIEF

Whether you need help passing your language course or just want to test out of it completely, the Language Learning Center is the best resource available.

The three main goals of the Language Learning Center (LLC) are to advise on testing and the Language Other Than English Requirement (LOTTER), assist students to become better foreign language students and help bilingual students improve their English. The LLC also functions as a quiet place where students can study and do their homework.

Tutoring is offered for any of the languages that are taught on campus, which include Spanish, French, German, Japanese and Mandarin. ASL tutoring is now

offered as well, since many CSUSM students take these courses at Palomar. Students can either schedule an appointment or try drop-in for tutoring whenever the tutor specializing in that language is available. Bilingual students are also encouraged to take advantage of the LLC to work on their writing skills. The LLC can help with academic writing so that students can improve their English grammar and structure. According to the LLC Director and LOTTER Advisor, Hilary Comerchero, having that dynamic of student tutors is key to their success.

"For students that are already stressed out, they may feel more relaxed to talk to a student that has already taken the class and knows the information really well," Comerchero said.

The LLC takes its job very

seriously, only hiring tutors that are specially trained and embody the most impressive characteristics needed to help students succeed. Tutors have to be patient, empathic, know the subject matter very well and many of them have taken the same class they are tutoring for.

"We joke that we're working ourselves out of a job because we're trying to make students better learners and more confident on their own," Comerchero said.

One-on-one tutoring is not the only method available for students. The LLC also offers University Hour Workshops, where they teach lessons in accordance with the students' course. The most popular workshops take place the first and last weeks of the semester. The first Tuesday that students are back to school tutors provide a



Learning languages from anywhere in the world. Image by Anne Hall.

crash review of the previous semester; the week before courses end they do a finals review. Comerchero said that she sends an email to every student that is enrolled in the course and informs them what they will be reviewing for and tries to ensure that what is being covered is similar to what the students have learned from their professor the week before.

"We go along with the university's goal of trying to create lifelong learners. We don't tell you the answers, but we ask open-ended ques-

tions to help you figure them out. For example, we might ask what page the example is on, walk you through the sample and have you explain why you think you got the answer wrong," Comerchero said. "Students often times end up figuring out the correct answer as they start explaining their mistakes."

The LLC also provides testing for students that want to complete their LOTTER early. At CSUSM, a student has to take three semester of a language (101, 102 and 201). If they want to complete the requirement sooner, they can either test out or jump ahead to the 102 or 201 courses. According to Comerchero, the LOTTER two-year rule allows a student that took their last language course in their sophomore year of high school to jump to 102 or 201 by

the spring semester of their freshman year at CSUSM. After the spring semester, students must begin their language courses with 101.

Testing out of taking language classes can also be accomplished through AP, IB or CLEP credits. The LLC provides the proficiency exam that students need to take if they want to test out of language, which focuses on their writing and speaking skills. Students can test out of the LOTTER if they can pass a proficiency exam in any language, not just the ones that are taught on campus.

For more information on the LOTTER or the LLC, go to csusm.edu/llc. The Language Learning Center is located in Kellogg Library 1107. It is open from 9 a.m. to 5 p.m. Monday through Wednesday and 9 a.m. to 3:45 p.m. on Thursdays.

Good news for unsure grads: Switching your major is not a waste

By JANE FULLER
CONTRIBUTING WRITER

I never dreamed I'd be doing what I'm doing now for a living.

I was torn in college between getting a degree in something I love versus getting a degree in something that could actually land me a job. Hey! Good news for all you undergrads who don't feel quite sure of your life's path: Things do work out! But let me start at the beginning.

When I first entered college, I was dead-set on majoring in music...no matter what my dad said. In fact, his disapproval made me more determined to go after it. I took every music class possible, got straight A's and suddenly, somewhere at the two-year mark, changed

my major to Literature/Creative Writing. Feeling like a failure, I was certain I had wasted two years and my parents' money on the wrong major. My fix? I pushed harder to finish and earned my B.A. degree from UC Santa Cruz with a thumbs-up from my dad. He thought finding a corporate job or academic career would be easier flaunting a Literature/Creative Writing degree rather than one in Music.

When I graduated from UC, I had spent so much time as an introvert with my nose in a book that I realized my need to develop a more outgoing personality. I seized an opportunity to attend the American Academy of Dramatic Arts earning my A.A. in Theater

Arts, which was super fun. Finally it was time to work.

My first real position was a supervisor at a marketing research firm. I discovered that old dad was right. The firm hired me because of my degree. First of all, they were glad I had one. Second, they needed someone to help write, edit and monitor the research studies, which utilized much of my language arts and writing skills. Interestingly, I also saw my Theater Arts training come into play when I had to interview clients repeatedly, keeping it lively and fresh each time.

My next job was in a public relations department of a hospital. We wrote and edited various publications for the community. I used more personality (from

my Theater Arts background) more language arts and writing (thanks, dad).

The next career was in education. This is where I've stayed for many years. I've found many opportunities in teaching at various public and private schools because of my degrees and my work experience. I use all the skills from my college education in my current career as an elementary school teacher.

I use my music training in the classroom all the time for unique instructional opportunities such as helping special needs students learn multiplication. I use my theater arts background to teach drama and make boring literature come to life for my students. I also host "Open Mic for Kids," events to give

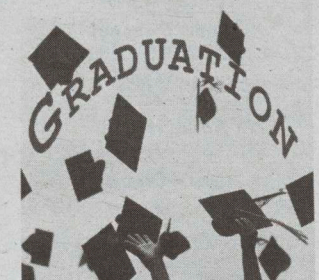
kids a chance to perform original music. The best part of this story is that I get paid for all those units that I took in music and theater arts.

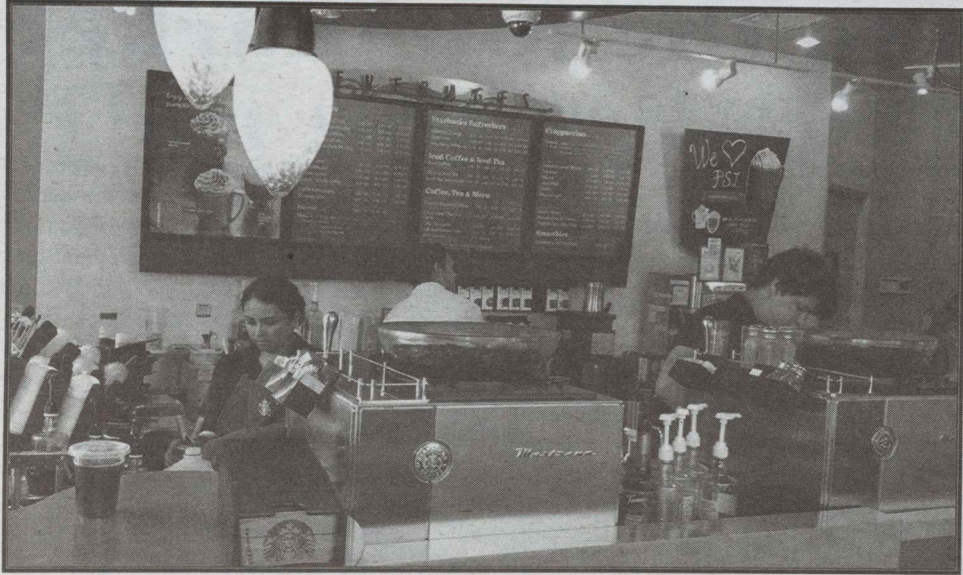
Get this: I entered the school district salary scale at the top because I could verify that all those classes provided me with skills and training directly applicable to teaching kids. Who'd have thought? I actually make more money now in education because of those theater arts and music classes in college. I didn't waste my time or my parents' money after all. Plus, my teaching job allows me the time off to pursue my music and acting. Don't worry fellow colleagues. You will use what you have learned along the way and it will

come together in a way you never would have dreamed.

Jane Fuller is both a teacher and a singer-songwriter-guitarist who performs professionally throughout Southern California. With 4 CD releases, her original music is currently getting radio, television and Internet airplay.

Her new CD, "Someone to Listen" is inspired by her experiences as a teacher. You can hear song clips at www.janefuller.com





Baristas working hard to serve the long line of customers at Starbucks. Photo by Anne Hall.

The Battle of the Brews Starbucks is where it's at

BY RICO PALMERIN
FEATURES EDITOR

CSUSM offers two locations to get fresh coffee, Campus Coffee and Starbucks, and each are located a short distance from Craven Circle.

Want to avoid hiking even more stairs before that hot roast hits the spot? Campus Coffee is still another double set of stairs away so hit Starbucks right outside the library.

Since caffeinated watering holes are no longer limited to plain ole cups o' Joe, Starbucks offers a wide variety of lattes, coffees, espressos, mochas, smoothies, frappuccinos, the list goes on and on, each customizable with various flavored syrups, sweeteners and creams.

Evoking Holiday spirit, Starbucks also offers the beloved seasonal drinks, such as the Pumpkin Spice Latte, a steamy espresso sweetened

up with pumpkin-syrup, milk, whipped cream and topped with pumpkin pie spices.

Not only is Starbucks loaded with delicious caffeinated drinks but there are tons of tasty treats in the bakery and cold food section: scones, bagels, banana walnut bread, paninis, bistro-boxes and more.

"When I've been at the cart, I've bought sandwiches. I like the ones at Starbucks better and I feel like they have more of a variety," CSUSM student Kim Naraine said.

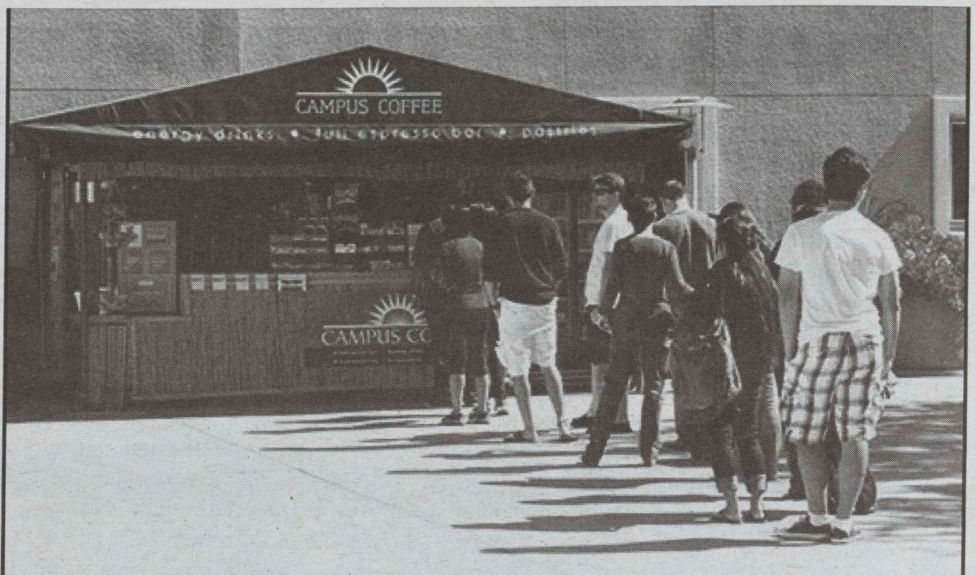
Clearly the menu speaks for itself, but at CSUSM, Starbucks' superiority goes beyond just the product by providing a pleasant hint of privilege. Stepping into the air-conditioned coffee bar creates a mingled sensation of exclusivity and intimacy, something that is just not possible over at the outdoor Campus Coffee.

As far as seating goes, Starbucks

offers both outdoor and indoor seating. Outside the front door is a cozy nook with umbrellas at every table and a tree for shade. Indoor seating is up one floor above the store, and offers a quaint room overlooking Library Plaza—a far cry from Campus Coffee's minimally shaded outdoor chairs.

Starbucks even gives back to its customers. By simply going online and registering a Starbucks card, customers can earn "stars" with every purchase. 12 stars grant a free drink or food item, and that includes the more pricey salads and sandwiches.

Why choose the largest coffeehouse chain in the world over Campus Coffee? Starbucks offers the possibility of free food and coffee, sensations of exclusivity and community, quick and detailed service and a deliciously elaborate menu.



Campus Coffee working just as hard to satisfy the caffeine crave. Photo by Gloria Magallanes.

The Battle of the Brews The new best thing in coffee

BY GLORIA MAGALLANES
STAFF WRITER

Cal State San Marcos has multiple options when buying coffee, but if you are a student who enjoys the wind's breeze, the shade of trees and originality, Campus Coffee is for you.

When you think about coffee, you imagine the taste of it in your mouth and you automatically know where to get the best cup. At CSUSM, students are fortunate to have coffee especially designed and created for them. If you are a coffee lover and want to try something new this semester, head over to Campus Coffee.

Campus Coffee is located in Founder's Plaza in the midst of movement and student activity. In comparison to Starbucks, the location is convenient for students who have classes in the area or are simply taking a break from their hectic schedules

filled with endless lectures. The seating is located under big and bodacious trees that envelope students with shade in the spring and yellow leaves in the fall. Unlike the Starbucks seating, there is no need for umbrellas to cover the shade when students have natural shelter from the sun.

Campus Coffee offers more than just coffee. They also have a variety of drinks and snacks that include fruits, snack bars and pastries. They have so much originality. For such a small place they know how to make students feel cozy with their warm and caring attitudes. The employees always greet students with a smile, infecting others with positive energy.

"My favorite thing about Campus Coffee is that the employees are really approachable and friendly, even if there is a long line. I also like how convenient it is because it's near all my classes. I am also discovering

that the prices are lower than Starbucks," said Chelsea Tucker, a CSUSM student that utilizes Campus Coffee.

At Campus Coffee students can't help but feel original themselves. They won't find Campus Coffee anywhere else. Every season, students are guaranteed a spot under the trees, whether it's relaxing while drinking an iced coffee or enjoying a nice hot cappuccino with a warm scarf around your neck. The smell of coffee and the buzz of students' conversations make Campus Coffee the perfect location to sit, have a cappuccino or make a pit stop to buy a snack before heading to class. Campus Coffee gives students the opportunity to feel like they're a part of a campus community. Fall season is now upon us and as wind blows by rustling the leaves, making students forget the stressful load of college duties, Campus Coffee is the place to be.

Commentary: Smoking benches should stay

BY JARRATT ROBINSON
CONTRIBUTING WRITER

The smoking benches by Markenstein Hall should remain open to smokers. These benches are a way for students to alleviate the stress of school as well as developing lasting relationships with other students they might not have ever met if it were not for the designated smoking areas.

Every student can tell you that attending college is extremely stressful especially when a big project or exam is around the corner. Every student deals with that stress in different ways and smokers

handle that stress with the vice of having a cigarette.

Ask yourself a question, when you have been studying and going to classes for a few hours straight, what do you do to take a mental break? Well smokers enjoy a cigarette during those breaks. Also, the Markenstein benches are placed in an area that has minimal effect on others because it is in an open area that has optimal time to dissipate second hand smoke.

Another benefit of the smoking area is the relationships that develop with other smokers. Smoking is a social habit and you can see that by just walking past

Markenstein benches or any other designated smoking area on campus. For instance, I have met many people at the Markenstein benches and made friendships that will last a lifetime.

All of that was possible by CSUSM forcing smokers to only smoke in designated areas. One aspect of college beyond obtaining a degree is developing friendships and relationships that can last a lifetime. The designated smoking areas do serve that purpose for the student smoking community.

Furthermore, I personally witnessed this sense of togetherness on the



Smoke cloud floating away, provided by Anne Hall.

first day of classes back from a summer break.

There was a group of people I routinely saw throughout the spring semester, well on the first day of campus it was joyous because we all were back together. Our discussion became so lively I noticed people passing looking at us as if we were crazy, but that is the smoking area.

The group of people that convene there have the most in-depth thought provoking discussions whether it be something we learned in class, interesting topics in the news, teachers to take and avoid, or even just joking around with each other.

Making the campus smoke-free I do not believe is the answer. I think a win-win

situation needs to be sought out to make all parties happy.

Maybe that means moving the Markenstein benches into the dirt lot that is 150 feet to the south. Maybe a new style of smoking area needs to be planned.

One solution that Paradise Valley Hospital created was having an enclosed smoking area with a vent fan which sucked up smoke and make surrounding areas more pleasant. Solutions are available but they need to be researched. The designated smoking areas are an integral part of college for the select few that enjoy the habit of smoking.

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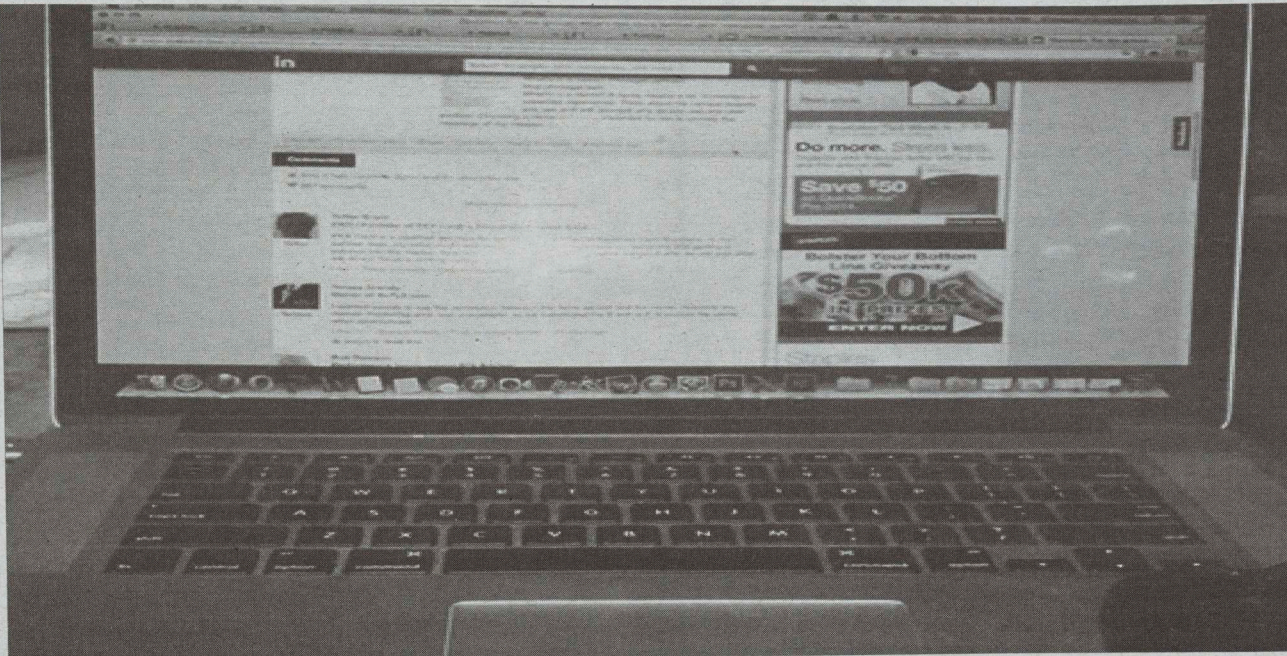
The Cougar Chronicle is published twice a month on Wednesdays during the academic year. Distribution includes 1,500 copies across 6 stands positioned throughout the CSUSM campus.

Letters to the Editor should include a first and last name and should be under 300 words, submitted via email. It is the policy of The Cougar Chronicle not to print anonymous letters. The Cougar Chronicle reserves the right to reject any letter to the Editor for any reason.

Need for adjustment as online forums become too aggressive

By CHELSEY SCHWEITZER
STAFF WRITER

The comments that people post in forums are less about expressing ideas and more about insulting others. With freedom of speech and the internet allowing people to comment on anything, opinions have become a common part of any online experience. This ability to make your voice heard can have a very positive impact and lead to educated discussions and debates over certain topics. More often than not, however, I have seen what starts as a good conversational topic deteriorate into people insulting one another. The areas where this is most apparent are on online newspaper articles, online magazine articles and YouTube. On these websites you are able to either create a screen name that cannot be traced back to you by the



average person or you can choose to stay anonymous when you post. While this allows a great number of people to make their opinions heard, it also allows people to hide behind a pseudo identity when making comments. By posting comments that

cannot be traced to a specific person, some people feel as if they can post whatever they want without ramifications. This often leads to educated arguments in the comments sections of the newspaper to deteriorate into people directly insulting specific users

and calling them bad names or accusing them of being racist. I come across this often when doing research for school papers and it is very distracting. It also makes every other commenter increasingly angry, leading to multiple personal attacks be-

ing posted. Eventually there is nothing but an angry argument that has no relevance to the original article whatsoever. This is an unfortunate downhill slide that detracts from the article itself and leads to unpleasant internet experiences, leaving users

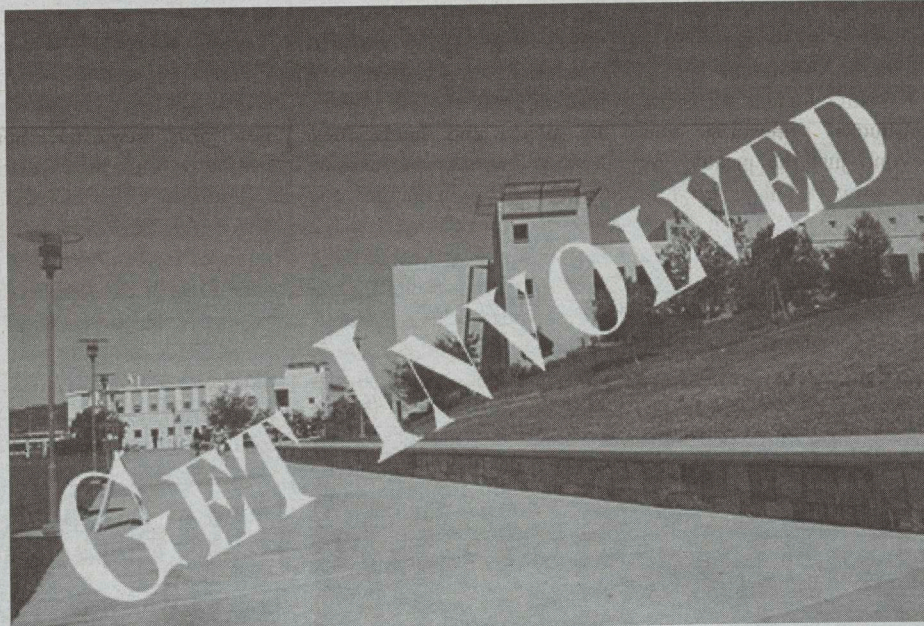
feeling irritated and upset. Students should always be aware that what they say is still viewed by many people and that words can hurt. I hope that all of the students here at CSUSM are kind enough to know that what they say does have an impact on others. Sadly, in this online age people often hide behind their usernames. This is not a good policy to have as it generates unnecessary hate and aggression. The golden rule of treating others how you would want to be treated should not only be incorporated throughout face to face interactions but also within the online public sphere. That's not to say that you can't voice your opinion, simply make sure that your opinion is connected to the article and is not a direct attack on anybody. Remember to respect other internet users and we can all have a positive and enriching online experience.

Replace boring classes with what your passion is Finding a way to personalize college

By LAUREN HAMMOND
OPINION EDITOR

Taking time to get more involved with campus affairs can help CSUSM students gain a sense of community as well as achieve scholastic success. As an undergraduate student, I have been told repeatedly throughout the past few years of the importance of extracurricular involvement on campus. However, living on my own, having a job and fitting in time outside of the strenuous hours of homework to join a club or organization had previously seemed both frivolous and impossible. It wasn't until more recent semesters that I began to consider any form of campus involvement. Getting closer to the completion of my undergraduate education, I felt it necessary to build up my resume. I understand that aside from maintaining a good grade

point average, the only way to stand out during the graduate application process is to participate in at least some academic activities outside of the classroom. For the past nine months I have been working with Professor Linda Pershing and several other students to create a folklore and mythology course based on the Harry Potter series. Over the past week, I attended the annual American Folklore Society Conference held in Providence, Rhode Island and presented some of the research my group has accumulated thus far. The conference itself gives profound scholars from all over the world an opportunity to meet, gather and share their passion for folklore, mythology and culture as well as other academic disciplines. During my stay in Providence, my co-presenter and I had the pleasure of meeting several inspiring indi-



Get involved on campus to make your college experience more fulfilling. Image provided by Anne Hall.

viduals. The room in which we presented was filled with amazingly supportive scholars who spent hours after the actual presentation to delve further into our topic and provide us with incalculable advice. Aside

from being in a beautiful new area of the country and our presentation going exceedingly well, my partner and I were most impressed with the aptitude and power spewed by these intellects. "The conference changed

my perspective on a lot of things and caused me to rethink my future. It inspired me to want to reach further in life and go after a Ph.D. It was an invaluable and exceptional experience," said my co-pre-

sender and fellow CSUSM senior, Joseph Deragisch. Being surrounded by such brilliant minds and hearing of their many accomplishments within the academic sphere, Deragisch and I have left there feeling more motivated than ever before. For the first time in our academic careers, we were able to experience the true power of knowledge. This conference will forever remain in our hearts as one of the best moments of our lives and will continue to instill a sense of passion throughout our many future years of study. In sharing this personal experience with others, I hope to inspire my fellow CSUSM students to become more involved in the realm of academia. It will not only help you to a brighter future, but it will also foster long lasting relationships with others.

Malala Yousafzai: Education activism in Pakistan

By KATALINA LAWRENCE
STAFF WRITER

I was recently watching an episode of 20/20 in which Dianne Sawyer interviewed a petite, young and seemingly ordinary girl from Pakistan. But as the show continued I realized that she is definitely out of the ordinary; she is extraordinary. The road to equality in our country is vibrant and exciting. Education is a natural right for all people in our country, and it is something easily taken for

granted. However, in certain parts of the world, education is something that is exclusively permitted to the male gender only, making many young girls' dreams just a distant memory. The Taliban bombed and banned all the girl schools in Pakistan, preventing many young women from getting an education. Dreams were shattered because of the extreme traditional ideas. The woman's place is not in school but in the home, where they are barely seen and never heard. This did

not stop Malala Yousafzai. She had dreams of becoming a doctor and she was not letting the Taliban hold her back. Malala began to write a blog under the BBC, about her life, and her views on education for girls. Her activism became even more known when the New York Times created a documentary about her as a young girl living under Taliban rule. Her father, Ziauddin Yousafzai, pushed Malala. He told her that she could do and be whoever she wanted no matter the circum-

stance and when the Taliban put threats on her life, he did not make her stop the fight. They both knew that she was fighting for something greater than her, it was a fight for equality. Malala was a threat in the Taliban's eyes and her strength frightened them. On October 9, 2012, they shot Malala in the head while riding the bus with friends. Her survival from such gun shots was a true miracle, and it told the world that no one could hold this young girl down. Malala has shown courage,

dignity, and passion for educational equality in front of us all. She has paved the way for young girls around the world who only see the simple right of education as just a dream. Malala has shown us the true meaning of strength and we can all learn from her. Global Organizations stand next to Malala in the fight for educational equality world wide. Her heroic acts also led to her being nominated for a Nobel Peace Prize, making her the youngest person to ever be nominated.

I truly hope that no other young girl or woman in any part of the world has to ever face an assassin because of their dreams to have an education. We do not need to wait for another Malala Yousafzai to come around to fight for this simple right. There must be a change in the equality for women and education and the time is now. The fight is not over until every girl and woman are able to get an education and be the person they dream of being.

Charity Wings hosts Halloween crafting events

By KATHERINE RAMOS
STAFF WRITER

In the light of the season, the Charity Wings Art Center will be hosting Halloween themed events this month just across the street from the San Marcos campus.

Until the end of October, the center will be open to the community for the creation of Halloween costumes as well as special crafting classes for the holiday.

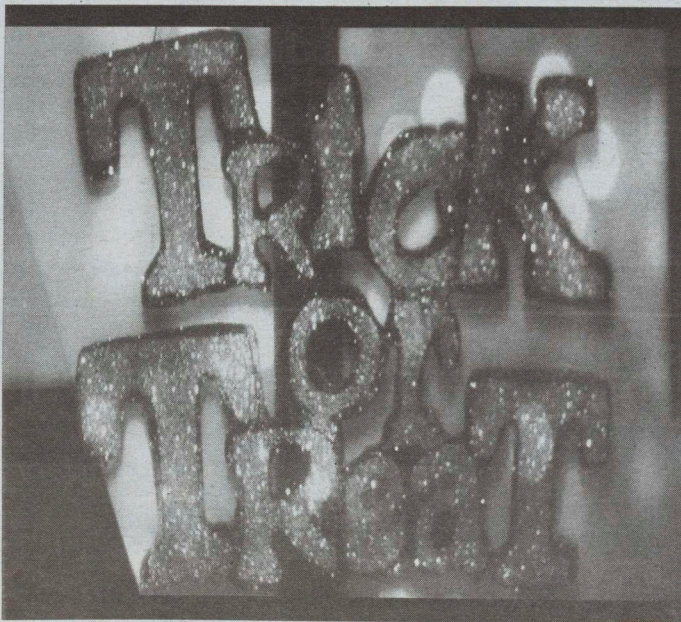
Tools and materials will be provided at the center. The cost will be \$10 for students to go in for the open studio sessions, so it is a good

way to create a personal costume while on a budget.

Every kind of art and craft medium is offered at the center for a student to go wild with their own artist flair from jewelry, scrapbooking, stamp making, metalwork, silk screen and more.

The Halloween themed classes include creating masks made out of gourds, Halloween banners, felt Day of the Dead skulls, hand-made polymer clay earrings, a mini-album and a spooky mosaic out of mixed media. Each will cost between \$10 and \$20 for students.

The Art Center has been



Halloween in North County is bustling as arts and crafts are displayed in windows and hung on doors. Images provided by Anne Hall.



open since April, however it has yet to see many students come in according to Elena Lai Etcheverry, founder and executive director of Charity Wings.

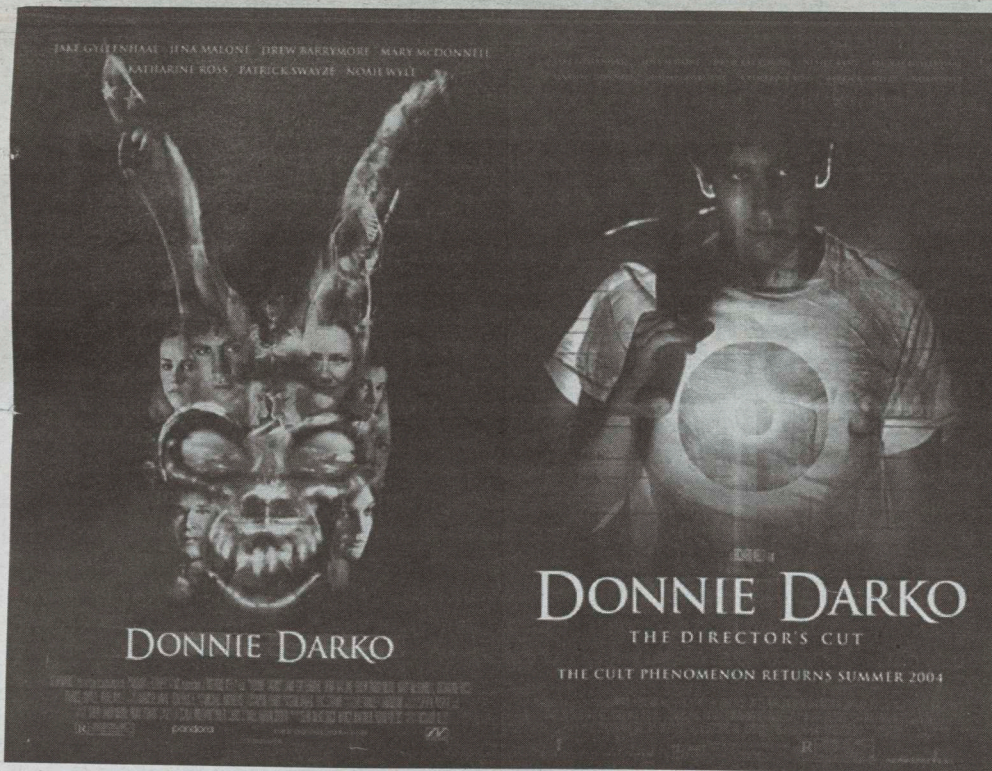
"We want the students to come," said Etcheverry, "It's just a very inspiring place we have."

All events will be held at the Charity Wings Art Center at 287 Industrial Drive.

It is not a far drive from CSU San Marcos and is open from 10 a.m. to 5 p.m. Tuesday through Saturday and from noon to 5 p.m. on Sundays.

A schedule for classes at <https://charitywings.org/cms/>

STUDENT A: "WHAT TO WEAR" BY FAITH ORCINO



Netflix review – Halloween edition

By THOMAS WHITTINGTON
STAFF WRITER

This time of year definitely transforms the media.

From The Human Centipede and A Nightmare on Elm Street to the classics like Night of the Living Dead and Dracula, we celebrate all things horror or Halloween-themed in the month of October. So, to abide by the laws of tradition, this review will cover an unusual modern classic, currently available for streaming on Netflix.

Donnie Darko (2001) was not a success at the box office upon its release, but thanks to the new DVD format it soon

became a cult classic. Set in the 1980s, the plot revolves around Donnie, a troubled teenager, who sleepwalks out of his bedroom one night and gets told by a six-foot-tall rabbit named Frank that the world will end in 28 days.

The rabbit manipulates Donnie to do a series of mischievous tasks, possessing him to commit a series of crimes and involve himself with unsavory people.

We are able to sympathize with our protagonist and we become more worried about him than his own family. Donnie Darko is a film that includes multiple genres. It is not quite horror, but also not quite science fiction.

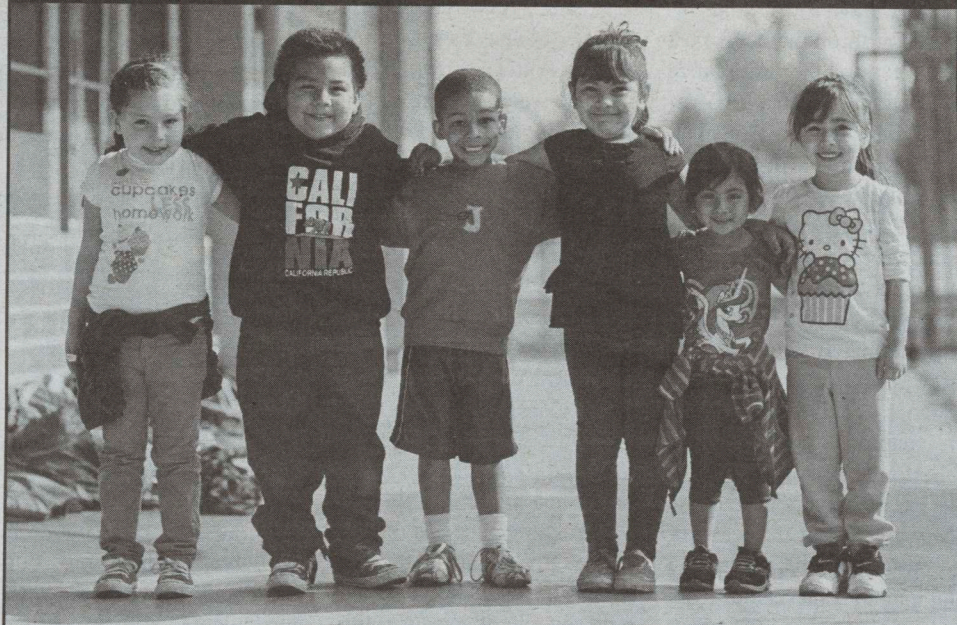
You will be trying to make your own interpretation of this film long after you watch it. The film boasts an eclectic 80s' soundtrack that is exciting and memorable to people of all generations.

Even if psychological horror is not typically your genre, this movie definitely has the range and capacity to keep any viewer involved and entangled in the brilliant characters.

Directed and written by Richard Kelly, the film includes actors such as: Jake and Maggie Gyllenhaal, Drew Barrymore and Patrick Swayze.

I give this film 4 out of 5 Cougar Paws.

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