

# THE COUGAR CHRONICLE

ISSUE 2  
VOLUME XL

WEDNESDAY  
SEPTEMBER 26, 2012

CALIFORNIA STATE UNIVERSITY, SAN MARCOS, INDEPENDENT STUDENT NEWSPAPER

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## SPORTS



3 - With temperatures rising, read this issue's "Heart Beat" on hydration. Are you drinking at least the recommended eight 8-ounce glasses of water per day?

## FEATURES

4 - What do you do during U-Hour? Read about how some CSUSM students spend their free hour and how U - Hour was established in 2006.

Also



Did you know that CSUSM is also known as Cal State University Stair Master? Read one writer's thoughts on how the stairs can be both a help and a hindrance.

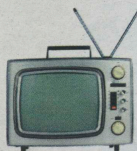
## OPINION



6 - Being sick or dealing with a cold is no joke. Read our opinion editors thoughts on staying healthy in college. Here's a tip, never lick your computer screen.

## A & E

7 - CSUSM has two new theater professors. Read about Kaja Dunn and Victor Contreras and their plans to spice up the theater program.



Also

8 - We asked student what their favorite TV shows were in this weeks "Cougar asks" beat. What are your favorite shows and are any the same as the students we interviewed?

## OUR NEXT ISSUE

October 10



Photo courtesy of www.csusm.edu

## National Science Foundation gives \$1.2 million to CSUSM Noyce Science and Math Teacher Scholars program

By MELISSA MARTINEZ  
News Editor

On Sept. 17, CSUSM was awarded 1.2 million by The National Science Foundation (NSF) to fund the Noyce Science and Math Teacher Scholars program for the next five years.

CSUSM's School of Education and College of Science

and Mathematics uses this interdisciplinary program in hopes of having students enter into careers as high school Science, Technology, Engineering and Mathematics (STEM) teachers.

Reports from The California State University Chancellor's Office estimate that in the next ten years, California is projected to need at

least 33,000 new science and math teachers.

"The hope is that the Noyce program will help alleviate the barriers perceived by our students and create a pipeline of well-qualified STEM teachers for our region," chair of CSUSM's Mathematics Departments, Andre Kundgen said.

STEM CONTINUED ON 2.

## Should CSUSM students support Proposition 30?

By MELISSA MARTINEZ  
News Editor  
& WENDOLYN SERRANO  
Staff Writer

This fall, Governor Jerry Brown announced his initiative to raise revenue for the K-12 schools and colleges across the state of California by introducing Proposition 30.

If Prop 30 passes in November, California sales tax will rise from 7.25 to 7.5 percent, also a 10.3 percent tax rate on taxable income above \$250,000 11.3 percent over \$300,000 and 12.3 percent over \$500,000 will be imposed for the next seven years. Brown estimates that the additional income tax increase will only affect 3 percent of Californians but will add up to a \$6.8 to \$9 billion for the 2012 - 2013 year.

If Prop 30 does not pass, the immediate impact the CSU system would face is a \$6 billion deficit causing a proposed 5 percent tuition increase next semester and additional tuition increases for the 2013 - 2014 academic year.

According to CSU Board of Trustees, if Prop 30 is approved there will be a tuition

fee rollback which would reimburse the 9 percent increase that was implemented for this fall.

The CSU Board of Trustees is currently considering a proposed back-up plan if Prop 30 is rejected which would include reducing the pay and benefits for faculty, staff and administrators plus decreasing future enrollment.

Lobby Corp, a new political and non-partisan group on campus has emerged this fall in hopes of getting students to actively participate in the 2012 election. Lobby Corp is also responsible for visiting the local legislatures and pressuring them to support higher education and any bills that could benefit students. Their goal is to register at least 2,000 students for this upcoming election.

In addition to Lobby Corp, CSUSM's ASI will be actively participating. "ASI of CSUSM will also take an active role in advocating for higher education, its benefits to the state of CA and the issues affecting each campus to state and local representative and the general public," recently appointed Board of Trustees member, Cipriano Vargas said.

## Sodexo new sole food provider for CSUSM

C.A.T. meal plan boosts food sales

By JESSIE GAMBRELL  
Co-A & E Editor

In August, CSUSM announced several of the on-campus food and beverage providers would be managed by the Sodexo company in hopes of creating positive growth.

Sodexo, a food and facilities management services company, was introduced to CSUSM students on Aug. 16 by campus email. Sodexo already serves more than 900 educational institutions, including hospitals, military bases, government agencies and conference centers across the nation and in some parts of Mexico and Canada. The Big Cat Bistro,

Big Cat Market, on campus Starbucks and all conference and event catering will now be managed by Sodexo, just one semester after PepsiCo was chosen as the sole beverage provider for the campus.

One of the most visual changes came in the form of new uniforms for employees at the Dome's Big Cat Bistro. All of the food servers and cashiers are now in Sodexo official uniforms.

"I love it, I feel like they're taking our Big Cat Bistro to a better level. I hope that the student body is noticing the change. I wasn't a fan of [the uniforms] but work's work. It makes it look more clean cut, I guess," food server and cashier, Celeste said.



Photo by Jessie Gambrell

Since Sodexo took control of the campus food services, many changes and improvements have taken place and staff members seem to be pleased with the progress.

Including a new food plan called C.A.T. It is a meal plan with a C Plan - 150 Cougar Dollars gets you 10 free Starbucks coffee/iced tea or fountain beverage, an

A Plan - 400 Cougar Dollars gets you 30 free (above drinks), and T Plan - 1000 Cougar Dollars gets you 50 free drinks. Since the SODEXO CONTINUED ON 2.



## The political corner

By MORGAN HALL  
Co-EDITOR-IN-CHIEF

In 41 days, the 2012 presidential elections will take place and during that time the race will be heating up for several states.

Colorado, Florida, Iowa, Michigan, Nevada, New Hampshire, North Carolina, Ohio, Virginia and Wisconsin will be key to the 2012 presidential election. Candidate Barack Obama (Democrat) and Mitt Romney

(Republican) will spend the remainder of their time and resources attempting to campaign the last few weeks for the remaining close or undecided battleground states.

For Romney, his plans POLITICAL CONTINUED ON 2.



**CAMPUS CALENDAR**

**Voter registration & canned food drive**

9/27, 11:30 a.m. – 1:30 p.m.  
Kellogg Plaza area

Register in September. Make it Count in November! Come meet candidates for office from the Region. Elections are Nov. 6, get informed on the issues!

Radio Station Jammin' Z90 and 7-Eleven will be out to help rock the vote and rock out hunger in San Diego. Bring a canned food item to help CSUSM Fight Hunger!

**Sukkot: A Festival**

**Holiday of Giving**  
9/27, noon - 10/10  
Kellogg Plaza area

Sukkot is a seven day holiday, with the first day celebrated as a full festival with holiday meals. They are hosting a canned food drive in partnership with Hands Up Youth Food Pantry of Jewish Family Services, with all donations going to thousands of San Diego's hungry and homeless.

**ASL differed action event**

9/29, 10 a.m. – noon  
Academic Hall 102  
Associated Students Inc. at California State University of San Marcos, in collaboration with STAND, M.E.C.h.A. and the Meyer Law Group will be doing an informative session on deferred action.

**Majors and minors fair**

10/2, 11:30 a.m. – 1:30 p.m.  
Kellogg Plaza area  
Undeclared? Not sure about a Major? Need to declare a concentration or emphasis? This is your opportunity to speak with faculty and advisors all in one place to discuss any CSUSM major!

**ASI'S Oktoberfest!**

10/2, Noon – 1 p.m.  
University Hall Plaza  
Join ASI as they celebrate Oktoberfest and experience the German Culture! There will be free food and entertainment.

**Career expo 2012**

10/4, 11:30 a.m. – 2 p.m.  
Kellogg Plaza  
Discover your future at the Career Expo 2012. This is a comprehensive career event allowing you to meet with employers and graduate school representatives all in one place.

**College democrats & Dave Roberts**

10/4, 5 – 7 p.m.  
Clarke 113  
Escondido Democratic Candidate Dave Roberts will come to CSUSM to speak on the Affordable Care Act.

**International coffee hour**

10/11, 11:30 – 1 p.m.  
Tukwut Courtyard  
Come enjoy a monthly campus tradition! Get to know people from around the globe, share stories of travel and dream of more travel. Free coffee and snacks, everyone is welcome

**POLICE UPDATE**

**Keep your valuables by keeping them out of sight**

By ALISON SEAGLE  
STAFF WRITER

Theft from vehicles is a prevalent issue, especially on the CSUSM campus and happens more often when vehicles are left in a vulnerable state.

Some of the common reasons vehicles are broken into is that students leave valuables easily visible in their cars, leave windows and sunroofs open or their doors unlocked.

Anyone walking through the X,Y or Z parking lot on any given day can easily spot valuables in at least a dozen

cars. One car even had a box from Amazon full of textbooks in plain view. Other items such as CDs, personal belongings and laptop cases were in plain view. Although a thief wouldn't be able to see whether the case had a laptop in it, it would only take about nine seconds to get access and find out, according to the Police department's video found at [http://www.csusm.edu/police/video\\_series.html](http://www.csusm.edu/police/video_series.html). With temperatures in the triple digits this fall, it's easy to see why students might have their windows and sunroofs cracked a little, but leaving any car window

open and unattended is not wise.

Items inside cars aren't the only target of thieves. The University Police Department regularly receives reports of parking decals and permits being stolen from windshields by thieves who don't want to spend several hundred dollars to buy their own.

The UPD's advice to students is to always remember to lock and secure unattended vehicles.

For more information on campus safety, visit [www.csusm.edu/police](http://www.csusm.edu/police).

**STEM FROM ON I.**

In hopes of gaining student interest, an annual supply of \$12,000 from the NSF fund will be given to 38 Noyce Scholars, who are qualified mathematics and science majors.

In order to participate, the scholars selected must commit to teaching two years of high school level science or mathematics, once

they earn their credential at CSUSM's School of Education, for each year the scholarship is accepted.

Prior to acceptance into the program, scholars will be given the opportunity to participate in the paid Learning Assistants program, where undergraduates work with faculty and fellow students in a Learn by Doing Lab that

provides hands-on experience in the field of teaching at in the area high schools.

Applications for the CSUSM Noyce Science and Math Teacher Scholars program will open in spring 2013 for a fall 2013 admission. For more information, contact Brian Lawler at 760-750-4260 or at [blawler@csusm.edu](mailto:blawler@csusm.edu).



**POLITICAL FROM ON I.**

might include attempting to appeal to Independents and women in Colorado and retirees and Hispanic voters in Florida. In the '08 elections, Obama won Florida with 50.9 percent of the popular vote and Colorado with 53.5 percent.

Two of Obama's biggest hurdles might be Florida and Nevada. The economy in both states has dipped substantially and both Nevada and Florida have the highest foreclosure rates in the U.S., which might have some voters uneasy with Obama's economic plans. Obama will attempt to appeal to the Hispanic voters in Nevada but will also be faced with the possibility of an unexpectedly high election day turnout of Mormon voters for the Mormon candidate, Romney. Nevada has the fourth largest population of Mormons in the United States, with 6.5 percent.

Romney has been campaigning hard with anti-Obama attack ads in Iowa and New Hampshire. Recent

Iowa polls show Obama's approval rating has taken a significant dip since the '08 elections, but still shows Obama on top.

Although Michigan seems to be leaning Democrat and North Carolina seems to be leaning Republican, each party's lead is only slight. Romney's home state of Michigan shows a nine-point margin between the two candidates and 30 percent of voters remain undecided.

Both candidates will be attempting to appeal to Ohio's and Wisconsin's white middle class voters. Obama has the difficult task of winning over Republican vice president candidate Paul Ryan's home state of Wisconsin. Ohio's low unemployment rate seems to be in Obama's favor.

Virginia seems to be Obama's to lose after a population shift in political demographics in '08 caused Obama to be the first Democratic candidate to win a Virginian vote. Virginia's low unemployment rate also gives Obama an upper hand.



Cartoon by: Stephen Di Padova

**SODEXO FROM ON I.**

C.A.T. plan has been enacted through Sodexo, the food sales have gone up, and business is good.

"There have been no complaints; the employees like that they are all now part of the Dining Services Student Board of Directors. Sodexo pays for the uniforms and the shoes, plus they have a great sustainability program," Dora Knoblock said, University Auxiliary and Research Services Corporation (UAR-

SC) Executive Director. "One of the questions that we had heard was that Sodexo doesn't hire students, but they do have student employees and participation."

Sodexo plans to provide a weekly food menu for the students and a new website, set to be released soon.

Questions and comments about the Sodexo change can be emailed to Knoblock at [knoblock@csusm.edu](mailto:knoblock@csusm.edu) or visit the UARSC website at [www.csusm.edu/uarsc](http://www.csusm.edu/uarsc).

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## Athlete spotlight

### Mary Green

By ALLY RUIZ  
STAFF WRITER

Junior Mary Green, a kinesiology major, is the premier outside midfielder for the CSUSM women's soccer team.

**Q: What got you started in soccer?**

A: I just played a variety of sports when I was younger and just happened to like soccer the most. My older sister played soccer as well so that might have drawn me towards it more, and the fact my dad was my coach.

**Q: Do you think your future involves soccer?**

A: I think that I will try and always keep myself around soccer like watching games and hopefully my kids want to play soccer, but I don't plan on going professional or playing at the next level after this. I know I'm going to miss it so much though because I've been involved with soccer since I was 4 (years old). It's all I know.

**Q: What are your goals for this season?**

A: It's always to do my best, but as for the team, it is to go farther than we did last year and win nationals.



Photo courtesy of  
www.csusmcougars.com

I think because our team is so young this year and I'm a junior, one of my goals is also to be a leader on and off the field this year, be an example and be encouraging to everyone.

**Q: What teams are you most excited to play this season?**

A: Probably Westmont, who we played Sept. 18, because they ended our season last year and knocked us out of nationals, so we had unfinished business still.

You can root for Mary and the rest of the Lady Cougar Soccer team at their next home game Wednesday, Oct. 10

By CURTIS BOVEE  
SENIOR STAFF WRITER

Hydration is arguably one of the easiest ways to help maintain your physical and mental health.

Inadequate water consumption can impair cognitive function, impairing concentration, alertness, and short-term memory.

According to the European Hydration Institute (EHI), the brain represents only 2 percent of total body weight. However, it utilizes greater than 20 percent of total blood circulation. When you are dehydrated, blood volume

decreases. Consequently, the amount of oxygen and vital nutrients that are sent to your brain can also decrease, impairing brain function.

Hydration can be a critical determinant of physical performance. The effects of dehydration are exacerbated by physical activity, especially in hot environments, longer exercise duration, and greater exercise intensity. In vigorous activity in hot environments, some athletes are capable of sweating at rates greater than 100 ounces per hour, according to the Centers for Disease Control and Prevention (CDC).

Adequate water consumption during exercise helps prevent the reductions in blood volume, muscle blood flow, skin blood flow, the rise in core temperature that accompanies dehydration.

According to the Mayo Clinic, it is recommended that adults drink at least eight 8-ounce glasses of water per day.

To calculate how much water you need, divide your body weight in half and use this number in ounces as the amount of water you should consume.

Dehydration also impairs school performance by caus-

ing headaches, dizziness, poor concentration and reduced cognitive abilities, according to the CDC.

If these consequences aren't enough to persuade you to drink adequate amounts of water, lethargy is a common effect of dehydration.

Lethargy, or exhaustion, often leads to inactive lifestyles, which is a main cause of obesity.

Dehydration initiates a domino-effect of problems throughout your body. Why not drink a few more glasses of water each day to prevent this?

#### SOCCER SCORE REPORT

9/13 Women's Soccer  
VS Concordia  
L 0 - 1

9/18 Women's Soccer  
VS Westmont  
W 3 - 2

9/22 Women's Soccer  
VS Vanguard  
W 2 - 1

9/13 Men's Soccer  
VS Concordia  
L 0 - 4

9/19 Men's Soccer  
VS Biola  
T 1 - 1

9/22 Men's Soccer  
VS Vanguard  
L 0 - 1

#### CROSS COUNTRY SCORE REPORT

9/15 Women's Cross Country  
at UC Riverside Invite  
1st out of 18 teams

9/15 Men's Cross Country  
at UC Riverside Invite  
3rd out of 19 teams

#### Volleyball SCORE REPORT

9/14 Volleyball  
VS Cal Baptist  
L 0 - 3

9/18 Volleyball  
VS San Diego Christian  
W 3 - 0

9/21 Volleyball  
VS Westmont College  
L 2 - 3

9/22 Volleyball  
VS UC Merced  
W 3 - 0

#### GOLF SCORE REPORT

9/25 - Women's Golf  
at Grand Canyon Invitational  
5th out of 17 teams

9/25 - Men's Golf  
at California Intercollegiate  
3rd out of 9 teams

#### UPCOMING HOME GAMES

9/26 Volleyball  
VS La Sierra  
8 p.m., Escondido High School  
10/2 Volleyball  
VS Chapman  
7 p.m., Escondido High School  
10/4 Volleyball  
VS San Diego Christian  
7 p.m., Escondido High School

#### UPCOMING ASI EXCURSIONS

- Oct. 1, Indoor Rock Climbing  
\$10, at Mesa Rim  
- Oct. 6, Deep Sea Fishing  
\$35, at Sea Forth  
- Oct. 13, Surfing  
\$20 at Oceanside Beach

#### UPCOMING INTRA MURALS

- Powder Puff  
Sign ups, Oct. 8 - 31  
Games, Friday's and Saturday's  
Nov. 2 - 3  
\$40 per team  
- Softball (coed)  
Sign ups, Oct. 15 - Nov. 7  
Games, Friday's and Saturday's  
Nov. 9 - Dec. 1  
\$50 per team

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# What do you do during U-Hour? Happy Chang

By JESSIE GAMBRELL  
Co-A&E Editor

Twice a week CSUSM devotes time for student interactions and mingling during the Tuesday and Thursday U-hour from noon - 1 p.m.

In 2006, Cal State San Marcos proposed a program that increased campus engagement while meeting the needs of CSUSM's diverse population of 6,300 students. University Hour, or U-Hour, was established in hopes of engaging freshmen in college life, encouraging student participation in extracurricular activities and connecting students and faculty outside of the classroom.

After extensive research

by Institutional Planning & Analysis (IP & A), it was determined that peak lecture hours were between 9 a.m. and 3 p.m., and a larger student population was on campus on Tuesdays, Wednesdays and Thursdays.

In the 2006 IP & A preliminary study of U-hour, the department packet report said "With a continued robust Tuesday and Thursday class schedule, a University Hour on those days would further strengthen the tradition by allowing for focused and consistent programming and accommodate student organization meetings, department meetings, workshops and seminars and high profile events."

Many students usually go off campus for lunch or to run errands.

"During U-hour, I usually just go get food with my friend. I don't hang around school, but I do know that there is always some kind of event or tabling at U-Hour to check out," Ashley Aronson said.

"I like to go get a slice from Flippin'!", someone who wishes to remain anonymous said.

Some students also like to work on homework.

"I would normally just go into the Starbucks room and do homework and sip on a cool drink," said Amanda Koshley.

"I usually do homework,

or meet up with my friends for lunch, or I go to the College Republicans meetings," Jackie Perciado said.

There are also some students who like to relax at the many benches or walls and enjoy a beautiful day on campus.

"I like to sit in the sun like a flower absorbing the sun," Walter Valle said.

"I like to just sit and 'people-watch,' Darryl Mendoza said.

What do you like to do during U-Hour?

Tell us how you spend your free hour, twice a week, on our Facebook page or online at [www.csusmchronicle.com](http://www.csusmchronicle.com).

## Local restaurant offers variety and sense of community

By SARAH HUGHES  
STAFF WRITER

If you've ever spent time at CSUSM or Palomar College, you are probably already aware of the hidden Thai food gem that is Happy Chang.

In the midst of a small, older strip mall off of West Mission Road near Palomar College, is a perfect hang-out spot for locals and students craving organic Thai food. Whether it's lunch or dinner, the portions are generous and delicious. Most entrees are under \$10, with occasional specials for lunch and students.

Favorites include Panang, Pad Thai, Pad Se-Ew and Orange Chicken. Panang is a type of curry with coconut milk, bell pepper, sweet basil and lime leaves. Pad Thai is made with chicken and Pad Se-Ew is made with beef. Their Orange Chicken, made as spicy as possible, is served with a tall glass of water or a Thai Tea.

"I enjoy the restaurant," patron Christine Hake said. "My friend and I will go just to hang out and have fun during our breaks."

The guy gave us free Thai ice tea." Jonny Hughes agreed, "Service wise, they're pretty

cool. Sometimes they give you free food if they get to know you."

The décor is an eclectic mix of Thai trinkets, whimsical flowers, elephant sculptures and an unexplained collection of Betta fish. Happy Chang has a real sense of individual enterprise and is outside the typical chain-restaurant, designed for an unadventurous palate. Expand your horizons, hang out and try either the fried rice or the Orange Chicken made to a low level of spiciness, 1-3.

Patrons can take advantage of the 1-10 spicy scale. If you are more accustomed to traditionally spicy Thai food, specify a higher level of spiciness.

"I think it's pretty good. Especially their fried rice. I also like how they let you select how mild or spicy you want it to be. Not to mention they have boba," patron Arianna Contrado said.

Happy Chang is open 11 a.m. to 9 p.m. Monday through Friday, noon to 9 p.m. on Saturdays, and 3 p.m. to 9 p.m. on Sundays at 1450 West Mission Rd., San Marcos, CA 92069.



## CSUSM welcomes its newest sorority

By KATLIN SWEENEY  
FEATURES EDITOR

Finding a solid support system in college is essential to success, and the women of Alpha Omicron Pi exemplify the qualities necessary to help young women on the path to greatness.

In the chapter's inaugural year at CSUSM, Alpha Omicron Pi has constructed a framework built upon the values that will give each member a unique sense of character and confidence.

"As a new organization, our goal is to follow the values that over 150,000 members of AOII chapters across the United States and Canada follow," CSUSM president of the Alpha Omicron Pi,

Jenneca Bacon, said. "Some of these values include inspiring women to grow personally and professionally, giving back to CSUSM and the community through our involvement on campus and establishing bonds that last a lifetime."

Alpha Omicron Pi's members are no strangers to campus involvement. Many members are heavily rooted in organizations such as Tukwut Leaders Circle, Intervarsity, ASI, Resident Advisors, Peer Mentor Programs, and Honor Societies.

Besides participating in campus events, the sorority will be hosting its own national philanthropy event, "Strike Out Arthritis," later this year.

Their goal is to eliminate arthritis and the effects it has on people of all ages.

This dedication to campus organizations and their strong foundation of friendship and service allows for Alpha Omicron Pi to represent women of exemplary characteristics. "Our sorority prides itself on the diversity of the members and the friendships that we have created together," said Bacon. "We stand for character, dignity, scholarship, service and college loyalty and we strive to exceed the expectation."

Alpha Omicron Pi believes that participating in Greek Life helps to support their members' education by giving them a strong group of friends, increased communi-

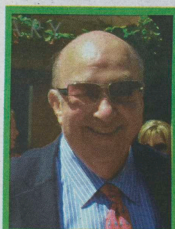
ty involvement and academic events such as study nights and workshops.

Recruitment week is at the beginning of each fall and spring semester.

In order to rush any sorority or fraternity, students must have completed 12 units through CSUSM, transfer student units, or AP credit.

While they just completed their fall recruitment week, Alpha Omicron Pi is still interested in meeting new women to join their sorority.

Contact their Vice President of Membership Recruitment, Myra Ochoa at [ochoa029@cougars.csusm.edu](mailto:ochoa029@cougars.csusm.edu) or President, Jenneca Bacon at [bacon008@cougars.csusm.edu](mailto:bacon008@cougars.csusm.edu) for more information on joining AOII.



Did you know that Chancellor Reed was on campus?

Last week, Reed and associates were on campus for the launch of CSU Institute for Palliative Care where local philanthropist, Darlene Shiley, donated a surprise \$1.2 million to the newly created institute.

## Sorority works to create good in the community

By KATLIN SWEENEY  
FEATURES EDITOR

Of the fundamental reasons that Alpha Xi Delta is so successful is leadership and sense of community.

This year, the sorority plans to continue their tradition of giving back to its community through philanthropic events and sisterhood activities. One way they aim to accomplish this is through AmaXing Challenge. It is a week-long philanthropy event on Oct. 15-21 that seeks to raise \$10,000 for Autism Speaks, an organization dedicated to Autism research.

Puzzlepalooza, an event included in the AmaXing Challenge, will take place on Tuesday, Oct. 16 during U-Hour in Library Plaza. It is a NCAA bracket style puzzle tournament where the goal is to see which team can complete different puzzles the quickest.

The following event, Xi Challenges, is scheduled for Friday, Oct. 19 from 11:30



Photo courtesy of Alpha Xi Delta's Facebook page

a.m. to 1:30 p.m. in Library Plaza. The event will finish up the Puzzlepalooza segment and teams will be participating in different relay challenges. AmaXing Challenge will end on Sunday, Oct. 21 with a banquet that includes an auction and raffle.

Their second charitable event, the Autistic Walk, or "Walk Now For Autism Speaks," is scheduled for

Oct. 6 at Liberty Station in San Diego. The walk was created by community members and those affected by Autism. While it is not an event hosted by Alpha Xi Delta, the sorority seeks to show their support by participating in the walk as a team to help raise awareness for research.

In order to qualify to rush Alpha Xi Delta, members must maintain a 2.5 GPA,

have already completed at least one semester as a full time CSUSM student and pay a small registration fee by the specified deadline to the Student Life and Leadership office.

The sorority holds each member's positive personal growth as one of their most important goals as a group.

"Every person that is in our organization graduates

with something that she can be proud of that she found inside of herself," said member Julie Miller said. "We are friends and leaders. We have women who are friends of everyone on campus and in the community."

"Greek Life helps you gain long lasting relationships that will stay strong even after college is over," member Katie Fronke agreed. "The relationship between girls in the chapter is very strong."

If you are interested in participating in the AmaXing Challenge, presale tickets are \$7 and \$10 at the door.

They can be purchased from any Alpha Xi Delta member or by contacting Abby Ineman at [inema001@cougars.csusm.edu](mailto:inema001@cougars.csusm.edu). Contact Ali Cullors at [aliop1014@msn.com](mailto:aliop1014@msn.com) before Oct. 5, to create a team for the AmaXing Challenge.

Visit [autismspeaks.org](http://autismspeaks.org) to join the Alpha Xi Delta team for the Walk Now For Autism Speaks event or to donate.



## Steps to the 15: CSUSM Keeps Students in Great Physical Shape

By KEANDRE WILLIAMS-CHAMBERS  
COPY EDITOR

One look upon the San Marcos campus and it is clear what stands out. Steps upon steps leading up to higher places, and there is no metaphor about it.

CSUSM, often referred to as CSU Stair Master, and its flights of stairs seem to be an acquired taste. Despite the void and often emotionless expressions on students' faces as they climb the stairs, they appear to find ways to cope with the less-than-favorable form of exercise. Some find alternatives hidden within the many eleva-

tors scattered around campus, in the cool crevasses of hallways and inside the many main buildings. Others simply get used to it. Some see it as an opportunity to get moving.

Freshman Perry Palleja even suggested using the activity to overcome the feared "Freshman 15."

"The Freshman 15" essentially is the average weight change in incoming freshmen due to a transition to a more independent schedule. Depending on the eating and exercise habits gained, incoming freshmen may either gain or lose an average of 15 pounds during the first aca-

demic year. However, that doesn't seem to be much of a concern on students' minds, as senior Reggie Almojuela notes that climbing the towering campus can be a way to combat the Freshman 15's ill effects, and even beat them.

Incoming freshmen are commenting on the flights of stairs in ways that aren't very optimistic.

Dread is a common expression on their faces upon seeing that they have yet to reach the top and that they won't be able to make it to the top in the condition they started. "Ugh," freshman Isis Lopez remarks upon even thinking about the stairs, the look of

displeasure clear across her face at the mere mention of the gruelling movement.

Should the stairs not be the route you feel like taking, there's the somewhat stationary way of combating the Freshman 15.

According to CNN, one of the best ways to avoiding the Freshman 15's ill effects is to stay active. That can be achieved by going regularly to a gym, and a good suggestion would be to workout at The Clarke Fitness Center whenever possible, whether it is between classes or in your spare time. It's either that or the stairs!

Photo by Morgan Hall



Photo by Kristin Melody

## Fall fitness classes

A fun way to stay active at CSUSM

By KARLA REYES  
STAFF WRITER

a great way to get a routine started.

Classes are offered throughout the week on different days and at different times. All CSUSM students have free access to these classes.

CSUSM students are offered a variety of free fitness classes and elite fitness classes at The Clarke from Sept. 17 through Dec. 7.

Every semester, Campus Recreation and The Clarke team up to provide students with a variety of classes, including: Abs Blast, Ashtanga Yoga, Indoor Cycling, Jiu-Jitsu, Salsa, Total Fit, Zumba and several more.

The majority of these classes are taught by students who are certified instructors. "Come try a class," said Sonya Starr-McIn, administrative coordinator of Campus Recreation. "They are fun and healthy for you. Plus they are free."

Attending a class, or classes, can help spice up a student's gym routine or can be

For elite fitness training, Cougar Moves is a great option to tone muscles. Students can attend Rev Abs and Les Mills Pump classes on Oct. 23, Body Best and Rocking Body Nov. 27, and Les Mills Combat and Turbo Jam Dec. 10. These classes are also at The Clarke and free snacks are provided after class.

For fitness class selections, Campus Recreation will take student suggestions via email or through surveys occasionally passed out after class. Fitness class schedules can be found on The Clarke's website [www.csusm.edu/rec](http://www.csusm.edu/rec).



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## Administration backpedals on Libya attack Terror attack not 'spontaneous' as officials claim

By FREDRICK MISLEH  
SENIOR STAFF WRITER

On Sept. 16, U.S. Ambassador to the United Nations Susan Rice appeared on ABC News' "This Week" and said that the attack on the U.S. Consulate in Benghazi, Libya, was not premeditated, but "a spontaneous response" to a highly offensive YouTube video titled "Innocence of Muslims."

This statement is highly offensive to the memories of the four Americans killed in Benghazi at our consulate on Sept. 11: Ambassador J Christopher Stevens, Foreign Service Information Management Officer Sean Smith, and ex-SEALs Glen Doherty and Tyrone Woods. It is also offensive to the American people as a whole.

It would seem when examining the sequence of events that unfolded that night in Benghazi, the attack on the U.S. Consulate were, in fact, planned and well executed.

It started with a barrage from an 82-millimeter mortar, followed by another with rockets from RPG-7 anti-tank weapons. This was followed by the penetration of the Consulate by terrorists armed with AK-47 assault rifles and PKM machine guns.

The simple truth is that no one "spontaneously" decides to attack any state consulate, let alone the U.S. Consulate. No one "spontaneously" kills our ambassador (who was highly loved by the Libyan government and people for his desire to immerse himself in their culture).

No one "spontaneously" brings forth an arsenal of such heavy weaponry and lays siege to a consulate.

It is in my opinion that the attack on our consulate was revenge by Al-Qaeda for our targeting and killing of Said ash-Shihri, al-Qaeda in the Arabian Peninsula's (AQAP) second-in-command the day before. AQAP contacted al-Qaeda in the

Islamic Maghreb (AQIM), who then contacted their allies in the Libyan Islamic Fighting Group (LIFG) and put together a joint force of AQIM-LIFG to retaliate.

As for the Obama administration's backpedaling on the planned attack to "a spontaneous response," the answer lies in electoral politics.

If the administration maintains the truth that this was a planned attack, it could hurt the reelection bid, as someone would ask how our intelligence missed this.

Someone had to pick up some form of SIGINT (signals intelligence [phone calls, emails, radios, etc.]) about this attack. Where was the ball dropped?

By claiming the attack was "spontaneous," it allows the administration to cover themselves by denying any knowledge of the attack before it happened.

This comes at the cost of the memories of four deceased Americans.

## Editorial: Thank you for civility

By AMIRA EL-KHAOUI  
OPINION EDITOR

Have you heard the news? Any news day is often littered with things to get upset about, but the recent embassy attack in Libya and anti-Islam film "Innocence of

Muslims" seriously remind us about global issues and intolerance.

Protests to each are underway and several university campuses have received bomb threats as a form of retaliation.

It is at this point that I am

thankful to the dean of students and the campus civility campaign for holding CSUSM to a higher standard of excellence. The tenets to this campaign are care, respect, empathy, culture and humanity.

Take the pledge.



The fact of the matter is most things that can make you sick are odorless, colorless, and tasteless. This could be a cold or it could be so much worse, as something intentionally placed in your drink. Never leave your drink unattended and never share your germs!

Photo by  
Amira El-Khaoui

## Never lick the computer screen and other advice

By AMIRA EL-KHAOUI  
OPINION EDITOR

Getting sick is never any fun and while misery loves company, I am not a fan of spreading the illness. Tips to staying healthy on a college campus are as follows:

If you have a fever: You are contagious. Please stay home.

Fever is associated with the common cold, the flu, and mononucleosis. I am now on day 18 of a cold. And go figure, I know who I caught it from. Think about the classes, work and other activities you will be robbing others of when you come to school like that.

Don't share drinks, towels, makeup, pillows or anything else you can think of that is a personal item. Your face is your most precious resource. Think about how pink eye spreads and guard yourself carefully. Also helpful is

washing your hands.

Sexually transmitted diseases are no joke. Stop being gross and put on a condom. I always hear the "it's easier said than done" excuse and there's really only one thing to say. Figure it out. I get pretty pissed about colds, so don't even think about playing Russian Roulette with a life-threatening or lifelong ailment.

Also, if you haven't noticed, there is (arms spread wide apart) this much walking and (fingers held together) this many elevators, which may only work intermittently. Coming to campus after drinking the night before is not a good idea.

Your mother might not have told you, but don't eat leftovers. Refrigerator shelf life is merely five days. Consider anything that's not in the fridge toxic, with few exceptions.

If you are a caffeine or

sugar addict, try interchanging your drinks with water. One Red Bull, one water, one soda, one water.

You may not think about caffeine intoxication but it's very easy behavior to pick out. You will start acting ... hmmm ... a good way to describe it would be bizarre, stupefied or unable to think and feel properly.

Allergies can be the bane of existence. Items you should always have with you if you're a fellow allergy sufferer are an extra shirt or coat, hand sanitizer and eye drops. On a similar note, could we get refills at the campus' sanitize stations? Also, I wouldn't mind less AC and more energy conservation.

As for the title of this piece, while it might go without saying, your tongue + germs and radiation are not a good mix. In fact, don't lick any inanimate objects.

COUNTDOWN  
TO GRADUATION

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We have weekly

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Noon - 12:45, Craven 3500

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The Cougar Chronicle is published twice a month on Wednesdays during the academic year. Distribution includes 1,500 copies across 13 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.



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## Book Review 'No Easy Day' an easy, worthwhile read

Mark Owen's Navy SEAL memoirs rife with humor, patriotism

By FREDRICK MISLEH  
SENIOR STAFF WRITER

When I heard there was a book being released by a retired Navy SEAL, especially a SEAL who was a member of the Naval Special Warfare Development Group [a.k.a. DEVGRU, formerly known as SEAL Team 6] and was on the raid that killed Osama bin Laden, I had to get it. I bought it the day it came out, Sept. 4, and one week later thanks to school and work, I turned the final page. I loved this book entirely.

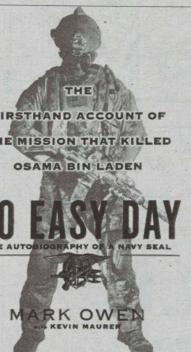
The government, however, has been investigating whether or not Mark Owen, the author, can be charged with leaking classified information, since he did not follow Department of Defense protocol in submitting his book to the D.O.D. for the pre-publication review. Instead, Owen submitted the manuscript to a team of lawyers who had experience in dealing with other Special Operations Forces (SOF) personnel and their own memoirs as experience in making the edits. With that said, "No Easy Day" offers an uncensored, eyewitness

account into the death of the world's most-wanted terrorist.

Owen enlisted in the Navy to become a SEAL; after completing his training with the "Green Team," Owen joined DEVGRU and found himself on a whirlwind of combat operations around the world.

He wrote, "(I've) been on hundreds of deployments all around the world (since 9/11)." Despite this, Owen only details four operations.

"No Easy Day" is a thrilling read for those interested in our military, our SOF community, and what they endure on a daily basis. Owen writes eloquently and succinctly (keeping the actual story to 299 pages) and maintains his professionalism while inserting humorous political commentaries along the way. I highly rec-



ommend this memoir as a must-read for all Americans eager to know more about the raid that took out Bin Laden.

(A note about this piece: Although Mark Owen's real name had leaked into the press and is now common knowledge, I chose to use the pseudonym the author published under as per the wishes of Owen and his publishers to protect Owen's identity out of respect for him and the sacrifices he has made for our country.)

## '¡Chicana Power!' review

By ALLY RUIZ  
STAFF WRITER

On Sept. 20, Markstein 125 was filled with students, faculty and staff anxiously awaiting Dr. Maylei Blackwell's lecture on her sold out book, "¡Chicana Power!"

Dr. Maylei Blackwell is an associate professor in the Cesar E. Chavez Department of Chicana and Chicano studies and women studies at University of California, Los Angeles. "¡Chicana Power!" was published from University of Texas Press in 2011.

The book addresses the legacy of Chicana feminism that continues to reverberate today as contemporary activists, artists and intellectuals struggle to revise and rework this vision of liberation. Dr. Blackwell was informative, enthusiastic, passionate and peppered the speech with cultural jokes like, "Now I know some of you have tried hot dogs in a tortilla."

She kept the last ten minutes open for anyone who had further questions regarding her lecture. Ceresa Hernandez, a junior here at Cal

State San Marcos, thought Dr. Blackwell's lecture was an eye opener and a good learning experience.

"I didn't know about some of the information she talked about," Hernandez said.

Needless to say, the lecture was phenomenal and Cal State San Marcos showed her great respect with continuous applause. The event was sponsored by Cal State San Marcos' own Associated Students Incorporated (ASI) Gender Equity Center, MEChA, and the Women's Studies Department.

## Theater students have two new professors

CSUSM welcomes Kaja Dunn and Victor Contreras

By JESSIE GAMBRELL  
Co-A & E Editor

This 2012 fall semester has brought two new faces to CSUSM's theater department. Kaja Dunn and Victor Contreras come to campus to bring new and exciting flavors to the theater program.

Merryl Goldberg, director of the Visual and Performing Arts Department, is excited for these new Cougar professors to bring something different and interesting to the department.

Professor Kaja Dunn has been acting for 14 years and has 12 years in education. She also directs theater, having just co-directed the CSUSM play festival. She has experience in teaching for Playwrights Project and Young Audiences. Some of her credits include: "The Best Christmas Pageant Ever," "One for the Road," "The Vagina Monologues" in West Los Angeles and "A Raisin in the Sun."

"I plan on staying here as long as I can. The classes are enthusiastic and there is a great energy on campus. The people are really great to work with here," Dunn said.

Professor Victor Contreras started teaching theater and speech in 1974, in the Sweetwater school district, which had the first "Fame" style school on the West Coast. In the late 1980s, he decided to pack up his bags and move from his native



Dunn



Contreras

home of San Diego to the mecca of theater, Los Angeles. There he got involved in the Screen Actors Guild (SAG) and The American Federation of Television and Radio Artists (AFTRA) and became the artistic director for Nosotros Theater.

"Well I was very honored to be asked to come here, to replace Marcos Martinez. I wasn't aware of the opening here," Contreras said.

Professor Dunn will be teaching TA 300 Theater for Social Change and TA 120 Intro to Theater. And professor Contreras will be teaching Chicano and Latino Theater, 325 Chicano/Latino Theater in the U.S.

For questions about these new theater professors or the Arts department you can visit [www.csusm.edu/vpa](http://www.csusm.edu/vpa).

## Dropping

By JULIANA STUMPP  
Co-A & E Editor

9/26 The Avengers



The ultimate superhero movie assembles Iron Man, Thor, The Hulk, Captain America and many more in this action packed film to defeat Thor's brother, Loki. The cast includes Robert Downey Jr., Samuel L. Jackson, Scarlett Johansson and Chris Hemsworth who became summer blockbuster stars this past year.

10/2 Dark Shadows



The dark comedy stars Johnny Depp as Collins, a 200 year old vampire returning to the mansion he once lived in that is now occupied with a new family. The movie was based off of a gothic soap opera during the late 60's and 70's.

9/26 Mumford and Sons, Babel



Following the huge success of the inaugural album, Sign No More, the indie folk band returns with their sophomore album. Mumford and Sons first got recognition at the 2010 Grammy Awards when they performed and received two nominations, Best New Artist and Best Rock Song for the popular "Little Lion Man."

FIFA '13



The newest edition of FIFA soccer comes out with more features for gamers. This game now supports PlayStation Move and Kinect controllers. There are a total of 31 leagues and 46 international teams. Some teams like Bolivia, India, Paraguay, Venezuela and the Czech Republic are new to this edition.

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## HOT OFF THE REEL

What makes 'Pitch Perfect' stand out

By JULIANA STUMPP  
Co-A & E Editor

Choir grouped themed shows and movies like "Glee" have lost the popu-

larity they once had a few years ago. At this point, audiences often feel that the choir underdog story has been there, done that. Although, "Pitch Perfect" plot centers around that theme, there are numerous pieces that

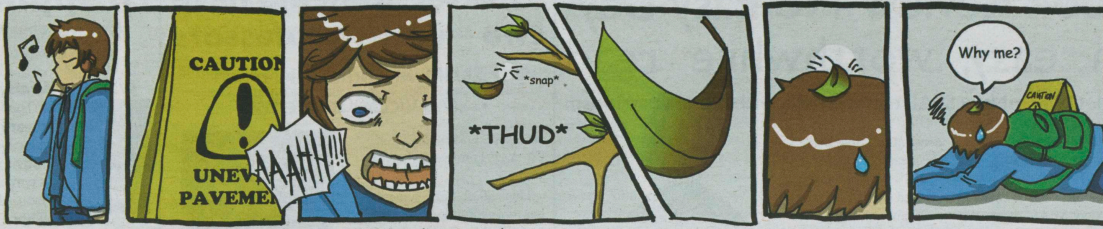
makes this film worth while. Anna Kendrick (Up in the Air, 50/50) plays Beca who doesn't want to give college a chance but rather follow her passion to become a DJ. After making a deal with her

dad to get more involved and make college memories, she joins the female acapella group, The Bellas. With an uptight leader trying to shake off a humiliating performance the previous year, Beca attempts to bring the group some of her own fresh DJ sounds.

While Kendrick brings an edge to her lead role, it is the supporting cast that brings the movie its special attributes. Fresh off her small but memorable role from "Bridesmaids," British funny girl Rebel Wilson shined in the commercials but delivers much more through PITCH. CONTINUED ON 8.



## Student A: "Falling into Fall" by Faith Orcino



A Note from the Creator: Please do watch your step while walking around campus.

## COUGAR SHUFFLE

By JULIANA STUMPP  
Co-A & E Editor

Scantrons are selling fast at the bookstore and students are consuming their favorite snacks at Big Cat Market. It's starting to feel like school again as we are cramming for tests.

However, there are times when it's hard to sit down and get our work done. Listen to these hot tracks for a study boost, and don't forget your M&M's and index cards!

**"Creepers" by Kid Cudi**

For all those people who get distracted by Facebook, the name says it all. The song featured on Kanye West's new album has an infectious sound that Kid Cudi is known for. This single will help you part ways from your profile and get you one step closer to writing that first paragraph.

**"The Boys" by Nicki Minaj and Cassie**

You're getting antsy and thinking waking up early might be a better idea, Nicki Minaj is the cure for that. Everything that the outrageous and theatrical artist represents is rolled up in this new track.

**"Silhouettes" (Lazy Rich Remix) by Avicii**

When you're in the groove of getting your homework done, nothing ruins it more than a slow ballad, the remix of the dance song Silhouettes helps you work harder.

**A dance break might be required.**

**"Do It Anyway" by Ben Folds Five**

A fast beat with motivating lyrics, this song is great when you're wrapping up that last problem or page. It gives you that little nudge to finish your work but mellow you out before you hit that pillow. Don't forget to turn in your assignment online and get your bag ready for the morning.

**"Push and Shove" by No Doubt**

After a long night of studying and walking to class, No Doubt's song from their new album is perfect to wake you up to after a hard night of studying. Stop by Starbucks to give yourself a little treat before class.

## The comic book corner

'Trailblazer' and Conjecture/ConChord

By FAITH ORCINO  
Cartoonist

Best known for their works with DC Comics, writing duo Justin Gray and Jimmy Palmiotti released the graphic novel "Trailblazer" in June 2011. Though Image Comics published the novel more than a year ago, it has a similar feel to the new movie "Looper." Both deal with crimes and time-travelling but with different and interesting scenarios. In "Trailblazer," it is the government that uses an experimental time-traveling machine as the new witness-protection option. The newest client is a hitman who provided evidence for the convictions of his former employers. Now this modern gunslinger must get used to his new life in the Old West, hoping everything before will simply be of the past. For more information on this comic and many more, either visit your local

or online comic vendors.  
**Conjecture/ConChord 2012**

On Oct. 5 -7, sci-fi and fantasy lovers will flock to the Town and County Resort Hotel and attend the fifth annual Conjecture 2012. This year, it is partnering up with the Southern Californian film music convention, ConChord 24. For those who have no idea what film music is, according to ConChord 24's site, it is a combination of original and parody musical pieces that reference sci-fi and fantasy. The convention has a wide variety of events for fans, ranging from film concerts, gaming venues and their own masquerade ball. The guests of honor are author Patricia C. Wrede, musician Heather Dale and artist Laura Reynolds. There is a special pre-registration price online until Sept. 30, so visit Conjecture.org to view the complete list of prices and events.

## Cougar asks...

What is your favorite fall TV show?

By ALISON SEAGLE  
Staff Writer



Carlo Araujo, Computer Science Major, "Big Band Theory," premieres Thursday, Sept. 27 at 8 p.m., on CBS



Krystal Jacildo, Communications Major, "The Mentalist," premieres Sunday, Sept. 30 at 10 p.m., on CBS



Daiki Ikeda, Business Major, "Supernatural," premieres Wednesday, Oct. 3 at 9 p.m., on the CW



Stephanie Pedroza, Business Major, "Vampire Diaries," premieres Thursday, Oct. 11 at 8 p.m., on the CW



Serena Cha, Nursing Major, "New Girl," premiered Tuesday, Sept. 25 at 8 p.m., on Fox



Nestor Pro, Human Development Major, "Sons of Anarchy," premiered Tuesday, Sept. 11 at 10 p.m., on FX

## HOT OFF THE REEL



### 'Hotel Transylvania,' no garlic necessary

By KARLA REYES  
Staff Writer

Set to hit theaters Friday, the 3D film "Hotel Transylvania" has a befitting cast that will keep kids entertained and adults happy.

The plot follows the story of the renowned Dracula (voiced by Adam Sandler) and his attempt to plan the perfect birthday party for his daughter Mavis (voiced by Selena Gomez) 118 birthday. Dracula also has to run a hotel and most importantly

keep his daughter from falling in love with the kooky human backpacker, Jonathon (voiced by Adam Sandler), who had wandered into the "monsters-only" hotel.

The animation was good, but nothing we haven't seen before. However, one strong point of the film was the camera movements, which give you the sense that you were actually inside the hotel watching the characters. Some 3D movies these days fail to keep the camera angles and movements nausea-free,

but "Hotel Transylvania" did. The music and jokes throughout the film parallel today's realities and buzz.

This was director Genndy Tartakovsky's first feature film. However his Emmy-nominated productions and animator's resume do not fall short after cartoon hits such as "Dexter's Laboratory," "PowerPuff Girls," "Samurai Jack" and "Star Wars: Clone Wars."

You can check out this movie on Friday, Sept. 28.

## Primetime Emmy's review

By JULIANA STUMPP  
Co-A & E Editor

On Sunday Sept. 23, for the first time, Jimmy Kimmel hosted the 64 Primetime Emmy Awards show honoring television's best.

Kimmel's put effort into hosting as he poked fun at trash TV such as "Here Comes Honey Boo Boo" for his monologue and enlisted the help of prankster Tracy Morgan to appear unconscious in the hopes of getting more viewers. Other skits included Kimmel calling security on his parents for telling him "he can do anything," when he actually failed to win an Emmy and had a special memorial dedicated just to himself.

The show also included multiple bloopers such as

Outstanding Lead Actress winner Julia Louis-Dreyfus reading fellow nominee Amy Poehler's would have acceptance speech and funny man Seth MacFarlane walking up to the wrong microphone but laughing it off with his well known Stevie voice from "Family Guy."

Big winners of the night included shows such as "Modern Family," "Homeland" and "Game Change." In previous years, "Mad Men" took home multiple awards but didn't take home any this year, despite 17 nominations. Another disappointment was "30 Rock," a favorite from previous ceremonies was robbed going into their final season.

The complete list of winners is on our website, [www.cusmchronicle.com](http://www.cusmchronicle.com)

PITCH FROM ON 7. out the film. Another scene-stealer was Adam DeVine (Workaholics) as the cocky opponent of The Bellas providing laughs alongside Wilson. Not only does the film feature a talented cast but characters with plenty of one-liners.

"Pitch Perfect" leaves all the singing and performing onstage rather than busting out a random Journey or cheesy 80's song in the middle of the quad. The music includes balanced mash-ups of oldies but goodies and new top 40 songs. To get a

## Nervous Films preview

TARA FLESNER  
Staff Writer

Next week, rural Appalachia native filmmaker, Brent Green, will display on campus his animated films of the "folk-gothic" genre stylistically similar to director Tim Burton.

Cougars, do the words "folk-gothic" make you shiver? Don't be nervous! Come and check out Nervous Films in Arts 111 on Oct. 3 at 6 p.m.

This event is geared towards any audience member who enjoys the whimsical and the mysterious. Nervous Films' creator Brent Green blends filmmaking, animation and visual arts to create on-screen fantasy worlds depicted by live narration and musical accompaniment.

Nervous Films has screened at several venues including Sundance Film Festival, The Wexner Center for the Arts, The Walker Arts Center and the Hammer Museum.

Tickets are necessary for admission and can be reserved online at <http://www.cusm.edu/al/calendar.html#nervous>. Admission is free to all students with a CSUSM ID, \$7.50 for all faculty and staff members and \$15 for general community member admission.

glimpse of what songs are featured, the soundtrack is now available on iTunes

"Pitch Perfect" provides funny, crude humor that our generation can appreciate. Moreover, the movie overcomes the corny and cheesy stereotype with well written humor. The comedy is nationally released on Oct. 5.

TIP: Can't wait to see it? Edwards Cinema in Mira Mesa will have a special preview of the movie on Sept. 28.

