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SPORTS



3 - Did you know that there are 80,000 deaths attributable to excessive alcohol use in the U.S. each year? Read all about alcohol moderation in this issue's Heart Beat.

FEATURES

4 - With finals right around the corner, your stress levels may be dangerously high. Read about some stress relieving animals that will be making their way on campus through the Pause for paws program.

And



5 - Like wine and want to support a good cause? Read about the "Walk in the Vines" event on April 28 in Temecula to help raise awareness for autism.

OPINION



6 - Trying to get that perfect tan just in time for summer? Read one staff writer's opinion on the hidden dangers to the sun as well as tanning beds and her personal cancer scare.

A & E

7 - The non-profit organization, Charity Wings, will open a brand new art center close to CSUSM. Read about the opening and how you can get involved with this organization.

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8 - Are you a fan of NBC's "The Office?" Read one staff writer's thoughts on all nine seasons as the hit TV comedy comes to a close.

OUR NEXT ISSUE

May 8

RecycleMania 2013 brings recycling pride back to CSUSM

By KATLIN SWEENEY
FEATURES EDITOR

After a devastating loss in last year's RecycleMania, this year's competition brought good news back to CSUSM.

The eight-week competition, which lasted this year from Feb. 3 to March 30, sought to motivate colleges and universities to increase their recycling, prevent more toxins from being created in landfills and to teach students to separate their trash into different bins when they throw things away.

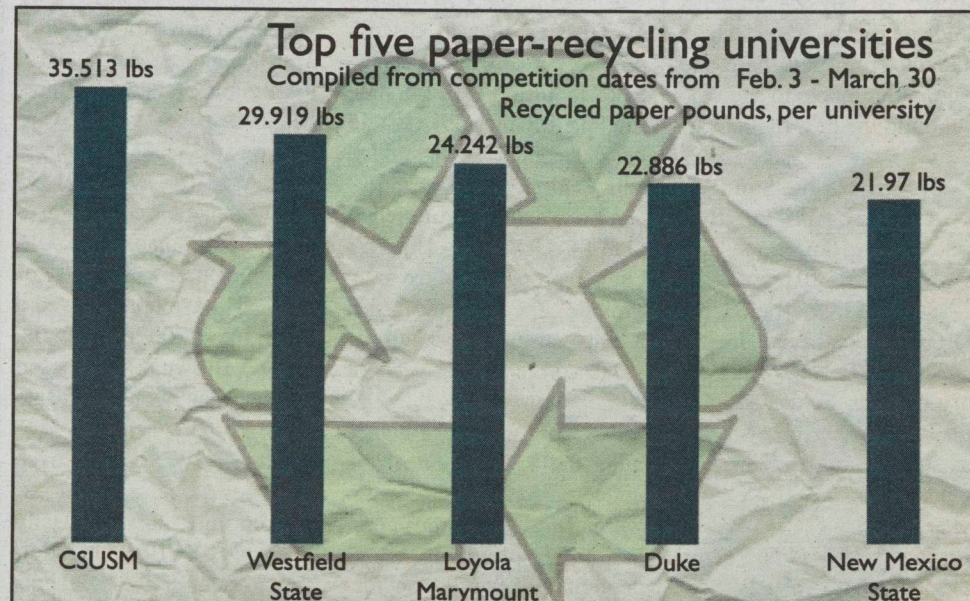
RecycleMania awards schools in three primary categories: "Grand Champion," "Per Capita Classic" and "Waste Minimalization." 523 campuses across the United States and Canada participated in the 2013 RecycleMania competition, hoping to win the coveted "Grand Champion" title or to place in various other categories.

"Grand Champion repre-

sents the true measure of your recycling on your campus. It is waste divided into two categories: trash and recyclables. We are in other competitions that are important, but Grand Champion is the prime, overall champion, and that's the one we aim to win every year," CSUSM Recycling Program Coordinator Carl Hanson said.

While CSUSM failed to place higher than third in the competition for Grand Champion, this year, the university took home first place in the Targeted Materials Category for Paper category.

However, CSUSM's biggest win was in the major category Per Capita Classic, defeating the other campuses with an impressive 53.11 lbs., or total pounds of recyclables collected per person. This is calculated by combining the full weight of recycling done and not done on campus and dividing it by the amount of students and faculty members that con-



tribute regularly to the waste stream (the Full Time Equivalent number). CSUSM's final score was a recycling rate of 82.6 percent, which is also a new campus record.

CSUSM has become an avid RecycleMania competitor, 2011 marking the university's seventh consecutive win of the Grand Champion title. To the dismay of stu-

dents and faculty alike, 2012 was the first year to break the winning streak, CSUSM placing fourth in the category it previously had dominated. This became part of the motivation behind trying to revive the recycling spirit and recovering the title in this year's competition.

"Winning involves the whole university, from fac-

ulty, to administration, to students and staff, everybody, even contractors who come on campus and work here. We've had great support from all of the campus' presidents as well, especially President Haynes, who has been with us for RecycleMania since 2005," Hanson said.

RECYCLE CONTINUED ON 2



CSUSM named sixth-best university for first-generation students

By MELISSA MARTINEZ
NEWS EDITOR

In April, CSU San Marcos was named the sixth best college for first-generation college students in the country by Thebestcolleges.org.

Through programs that focus on outreach towards first-generation college students, more colleges are finding ways to retain students as they complete their course work and earn their degree.

Along with Cornell, Trinity, Yale, Texas Tech and Colorado State University, CSU San Marcos provides multiple programs in aiding first-generation college students on the path to college and provides multiple resources to ensure student success through their academic career.

Among the many programs offered, CSU San Marcos provides guaranteed admis-

sion for students in the San Marcos Unified School District if they meet designated course and GPA requirements.

Since 2006, the program has expanded and partnered with multiple local districts providing information and assistance to prospective first-generation students.

CSU San Marcos also provides the College Assistance Migrant Program (CAMP) for first-year students from migrant and seasonal farm worker backgrounds, the Educational Opportunity Program (EOP) for low-income students and parents who qualify, and TRiO Student Support Services (SSS) for students also from first-generation, low-income and disability backgrounds, all available to provide support services to ensure that students are both able to attend

GENERATION CONTINUED ON 2

CSUSM bucks trend with fewer impacted majors than other campuses

By JULIANA STUMPP
A & E EDITOR

As students enroll and apply to CSUSM, many probably aren't aware of the effect impacted majors has on registering for classes or graduating on time. CSU San Marcos is listed with a total of five impacted majors that include business administration, communication, kinesiology, nursing and mass media. Recently, calstate.edu released a 2013-2014 Undergraduate Impacted Program's Matrix, which outlines the majors that have the most applicants throughout all 23 campuses.

Compared to other campuses, San Marcos is one of the few schools with the least amount of impacted majors. Several other universities have all their majors impacted such as CSU Fullerton, Long Beach, San Diego, San Jose and San Luis Obispo.

A major that is impacted across the whole spectrum is nursing—impacting 16 of the CSU campuses. While business has always been a competitive major, only 10 of the universities give the major an impacted status.

Bryan ten Bosch, a gradu-

ating kinesiology major, reflects on when the major wasn't impacted a few short years ago.

"I came into college the semester before my program became impacted. I learned that I would've been let in with the academic qualifications I had if it had been impacted, but it was definitely an easier matter for me compared to others to enter the program," Bosch said.

"One of the reasons I changed my major is because the eight additional lower division courses I would have to take for business. I'm not stressing about 'what if I don't get classes,'"

-Lily Nguyen

Criminology major

With the current impact status for so many majors, students have pressure to pass the class on the first attempt. Classes such as anatomy and physiology can't be retaken if you fail. This is done to ensure that the major can accommodate space for other students wanting to declare the major.

Sophomore Amanda Guse is another kinesiology major who has tried other outlets to get classes she needs.

"I have gotten recommen-

dations to get classes at Palomar which is what I had to do this semester. Although everyone I have talked to or have seen trying to get into Palomar to get needed classes have a hard time as well since both Palomar and CSUSM students are trying to get into the same classes," Guse said.

The difference that students notice between impacted majors and regular majors is pre-requisite classes they need to take.

Lily Nguyen, a former business major but now a criminology major, explains why impacted majors are a stressor.

"One of the reasons I changed my major is because the eight additional lower division courses I would have to take for business. I'm not stress-

ing about 'what if I don't get classes,'" Nguyen said.

Impacted majors can vary year to year, so it is important to know your standing academically. Visiting your academic advisor to discuss graduation dates and staying updated with pre-requisite classes is vital when it comes to graduation dates.

To find out where you can locate your major department's academic advising, please visit csusm.edu/academicadvising/.

UPCOMING CAMPUS EVENTS

SPS Rocket Race
Thursday, April 25
Noon – 2 p.m.,
Library Plaza

Every year the CSUSM Society of Physics Students hold a rocket race where students from both here and Palomar compete to see who can build the best rocket car.

"Dreams in the Sand"
Friday, April 26
8 – 10 p.m.,
Arts 101

A story of immigration, deportation, death and dreams by Joseph Powers with poetry by Juan Felipe Herrera, directed by Marcos Martinez. Admission: students \$10, general \$15.

Student Success Fee Forum
Monday, April 29
11 a.m. – noon,
Academic Hall 305

Changes have been made to the proposed student success fee, and CSUSM wants your feedback once again.

Bike to Campus
Tuesday, April 30
7 – 10 a.m.,

Campus Way & Chavez Circle
Bike to campus is part of the Wellness Month of activities. With a "pit stop" for bicyclists riding to campus in the morning, earn fit bucks for registering your bike and for riding your bike to campus.

CSU faculty and staff may receive pay raises

\$38 million to be used for 1.2 percent raise

By MELISSA MARTINEZ
NEWS EDITOR

In March, the CSU Board of Trustees met to discuss proposed plans on how the \$125.1 million extra in state funding for the CSU would be distributed. After much anticipation, the Committee on Finance proposed a plan for Gov. Jerry Brown's budget proposal which may provide faculty and staff a pay raise, after multiple strike voting and six years of anticipation.

The Committee of Finance budgeted \$38 million of the allocated \$125.1 million towards faculty and staff compensation, providing a 1.2 percent raise for all CSU faculty and employees.

The remainder of the Prop. 30 tax increase of \$125.1 million would be divided within cost increases of the CSU—\$48.2 million for employee health care benefits and \$7.2 million allocated for student success in increasing graduation rates as well as reducing the achievement gap, according to The Sacramento Bee.

In the fall of 2011, the CSU faculty held massive one-day strikes at CSU East Bay and Dominguez Hills in regard to labor disagreements that shut down the entire campuses for both CSUs. In the spring of

2012, the Board of Directors of the California Faculty associated voted unanimously to vote on whether they wanted to move forward with a strike and in April 2012, discussion of new contracts began. Strike votes were held on all 23 CSU campuses from April 16 - 27 of 2012.

However, according to CSU Spokesman Mike Uhlenkamp, staff and faculty of the CSU have not received a raise since 2007 and 2008. Gov. Brown's proposed budget plan would allocate funds to be specifically distributed to CSU employee compensation.

According to the Daily 49er of CSULB, "In addition to salary raises, CSU officials said they would spend the remaining amount of Brown's proposed budget increase on enrollment growth, student access and success initiatives, mandatory costs and redesigning 'bottleneck' courses, according to the agenda."

With the increase from Brown's budget proposal, allocated \$21.7 million would also potentially allow 5,700 students enroll in the CSU, according to Daily 49er.

What are your thoughts?
let us know at csusm.cougarchronicle@gmail.com.

RECYCLE FROM I

While CSUSM enjoys the prestige that comes with being champions, Hanson also asserted that RecycleMania and conserving materials in general is important because it helps to save the campus up to two-thirds of their regular trash bill costs. Large institutions like CSUSM are already required by the law Assembly Bill 75 to recycle or divert 50 percent of their trash and waste from going into landfills. But recycling the materials in the cardboard and paper-specific bins on campus reduces the

amount of trash that the trash disposal service EDCO has to pick up from CSUSM, thus preventing a larger bill to pay.

RecycleMania has become synonymous with CSUSM pride, and after a successful win at this year's competition, there is already excitement beginning to form over next year.

"I just wanted to say a big thank you to everyone in the campus community who helped us win by simply doing their recycling and making the effort every single day to do the right thing,"

Hanson said. "That's why we win. It isn't just the staff or some grand plan we have. We just do it. When you're in San Marcos, you recycle."

Despite all of the success, the Sustainability Department is still looking for ways to improve the convenience and user friendliness of recycling on campus. If any students have suggestions as to how make the process easier or more exciting to be a part of, please contact Carl Hanson at chanson@csusm.edu.

Thank you for recycling and keep up the good work!

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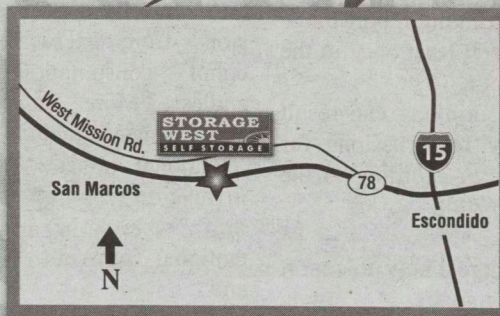
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GENERATION FROM I

college and succeed by earning their degree.

"Without the support and guidance from EOP and other services, I don't think my transition from high school to college would have been as smooth," third year student Jennine Marquez said. "Being able to receive assistance from these programs

has provided me with motivation to succeed in college and obtain my degree."

Along with academic programs, CSU San Marcos also offers a faculty mentoring program, in which students are partnered one-to-one with a faculty member for advice and encouragement for academic support.

To read more about first-

generation programs offered at the top six best colleges for first-generation students, please visit thebestcolleges-for-first-generation-college-students/.

To find out more about academic support for those who qualify, please visit csusm.edu.

Graduation 2013 Shabbat

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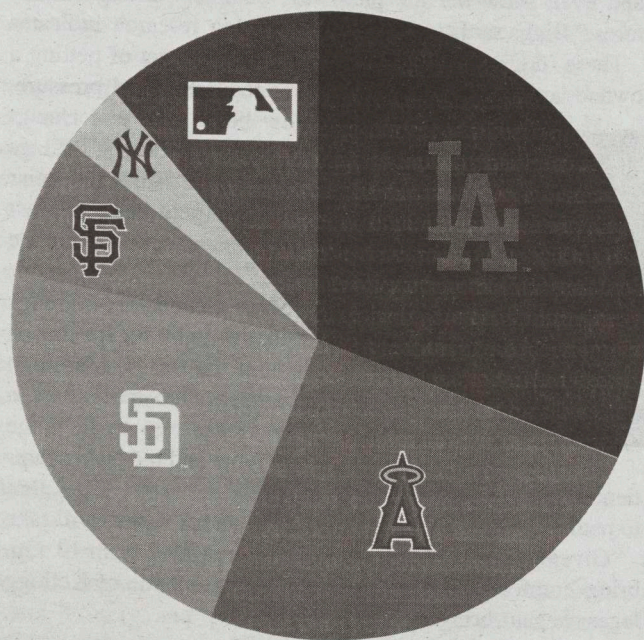
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■ Dodgers 33 ■ Giants 5
■ Angels 24 ■ Yankees 3
■ Padres 22 ■ Other 13

Out of 100 students polled. Information compiled by Alex Franco

Decathlon dominates, school record shattered

One on one with CSUSM junior decathlon runner, Maurice Strickland

By ALEX FRANCO
SPORTS EDITOR

A record that has withstood seven years of trial and error is no more. CSUSM Junior Maurice Strickland from San Diego, has become the school's "greatest athlete," a title that has traditionally been given to decathlon winners since King Gustav V bestowed the honor upon Jim Thorpe, the world's first Olympic Decathlon Champion in 1912.

Strickland broke Aaron Parker's former school record by a staggering 550 points, with a total of 6,557 points in decathlon's 10 disciplines last Thursday afternoon at the always competitive Mt. Sac Relays. Strickland reflects on his

performance and what the accomplishment means to him and his legacy.

Question: Was breaking the record a goal of yours coming into the season?

Answer: My main focus coming into the season was to better myself and to keep improving in each event. In the decathlon, I have some weaker events and I just wanted to train hard in those. The record was in the back of my mind and I knew if I trained hard I could beat it.

Q: What does it mean to you to have a record like this, in such a tough event like the decathlon?

A: It really means a lot. It is a symbol of all my hard work and long weeks of practice. It will be nice to know that even when I am no longer a

student here, I have left my mark.

Q: What was it that drew you to run the decathlon instead of a single event?

A: I have always felt that one event was not enough. I started in high school in the pole vault and hurdles, then as my career progressed, I became infatuated with the idea of being able to do all types of events. I always liked the idea of being a well-rounded person and I guess that same idea applied to track. After two long days and feeling like I can't stand anymore it feels amazing to think about what I just accomplished.

Q: After breaking such an impressive record, where do you look to go from here? How will you

keep yourself hungry/motivated for more?

A: Staying motivated is easy for me; there is always room for improvement and I am never satisfied. I constantly set new goals for myself and one of my new goals is to be the national champion in the decathlon. That would be the cherry on top of an already amazing season.

Although there may be no king or queen in San Marcos to declare him the "world's greatest athlete," there is an entire campus of almost 10,000 to revere in the astounding feat Strickland pulled off.

Records were meant to be broken, but Maurice Strickland showed that some were meant to be destroyed.

THE HEART BEAT:

Moderation is essential for alcohol consumption

By CURTIS BOVEE
SENIOR STAFF WRITER

According to the Centers for Disease Control and Prevention (CDC), there are approximately 80,000 deaths attributable to excessive alcohol use in the U.S. each year.

In the U.S., a standard drink consists of 0.6 ounces of pure alcohol. This amount is typically found in 12 ounces of beer, 8 ounces of malt liquor, 5 ounces of wine, or 1.5 ounces of distilled spirits or liquor.

Moderation is considered one drink per day for women, and no more than two drinks per day for men.

Unfortunately, statistics reveal that most people fail

to stay within these limits.

A binge occurs when men consume greater than five drinks in two hours and when women consume more than four drinks in the same period. The CDC reports that one in six adults binge drink about four times a month, consuming about eight drinks per binge.

Furthermore, 92 percent of adults in the U.S. who admit to drinking report binge drinking at least once in the last month.

Binge drinking can result in hefty repercussions for everyone. According to the CDC, in 2006:

- Binge drinkers were 14 times more likely to report alcohol-impaired driving than non-binge drinkers.

- Binge drinking cost the U.S. \$223.5 billion, or \$1.90 a drink, from losses in productivity, healthcare, crime and other expenses.

- Binge drinking costs federal, state and local governments 62 cents per drink.

- There were more than 1.2 million emergency room visits and 2.7 million physician visits due to excessive alcohol consumption.

Health-related repercussions from excessive alcohol consumption are endless. More immediate consequences include unintentional injuries; which involve traffic injuries, falls, drownings, burns and unintentional firearm injuries; and violence towards oneself and others.

Seniors honored as CSUSM splits series against The Master's College

By ALEX FRANCO
SPORTS EDITOR

It was Senior Day at CSUSM on Saturday, April 20, where the No. 11 ranked Cougar Baseball team honored their nine graduating seniors.

The team's seniors include: Kody Sepulveda, Marcus Meraz, Steve Messner, James Dykstra, Mike Guadagnini, Kyle Secciani, Frank Charlton, Mike Scarmella and Kenny Belzer.

It was a tale of two teams as CSUSM fell to Masters College 11-4 in game one, and turned the tables and routed Master's 10-2 in the second game.

Senior ace James Dykstra took the mound in game one and pitched well into the seventh inning before running into a jam in the top of the eighth and allowing two runs to give Master's College the lead and ultimately the win.

A comeback effort would fall short for the Cougars in the ninth inning when Bran-

don Bentson belted a huge 2-run home run, his second of the year, but it wasn't enough to overcome the bevy of runs Master's produced, falling 11-4.

Game two of Saturday's double-header featured an onslaught of Cougar runs and hits as the offense put up 10 runs on 15 hits. On a day to honor the seniors, it was a couple of underclassmen that really stepped up and helped the team to victory.

Junior pitcher Hunter Brown started game two and held the Master's College bats silent for the better part of his 5.1 innings pitching, only allowing two runs while striking out five hitters. On the other side of the game, freshman Brandon Bentson was the catalyst for the Cougar offense, continuing his monstrous hitting from game one into game two as he scored the game's first run on a two run double down the right field line finishing the game 2-4 with two runs.

Tyler Bernard and Kyle

Secciani contributed with their own two run hits in what was a big fourth inning, where they put up five runs to carry the team to an impressive 10-2 win over the No. 9 Master's putting an end to a three game losing streak and improving to 30-9 this season.

"Facing a very good team, it's not always going to go the way you plan," coach Pugh said. "I was happy that we were able to get a win out of today despite the days struggles."

The performance against Master's puts the team at the 30 win plateau for the first time in the programs history and puts them in great position heading into the season's final games next week and eventually the playoffs afterwards according to Pugh.

The Cougar's wrap their regular season up at noon on April 26 at home, in a double-header against Arizona Christian before heading into the playoffs.



Athlete of the week

CSUSM baseball: Third Basemen Kenny Belzer, who batted .322, hit two home runs, drove in eight RBIs and scored seven runs, to earn the Cougar Chronicle's athlete of the week.

Photo courtesy of CSUSM Athletics

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For a few hours on Sunday, April 21, CSUSM's Mangrum Track and Field was home to the NFL Play 60 program where over 400 youth played flag football with inspiration from the NFL's past and present heroes. NFL touchdown leader James Jones of the Green Bay Packers and Chargers Hall of Famer Darren Bennett took part in the action and coached from the sidelines. Photos by Alex Franco.

Art & veterans on campus

BY KATLIN SWEENEY
FEATURES EDITOR

Earlier this month, students had the opportunity to give back to the men and women who have served our country.

In the course Art and Social Change, students learn how to become leaders and change their society with art. Students Courteney Henley, Megan Koelln, Shayna Benavidez, Jorge Hernandez, Aimee De Leon, Kelsey Pinedo and Salisha Carr are taking what they have learned in this class to help the veterans on campus.

The Art and Social Change has already collected 100 books and \$100 in donations for CSUSM's Veteran's Center, but they hope to surpass this amount with donations from students, staff and faculty on campus.

According to group member Courteney Henley, the idea to help the veterans on campus came from fellow group member Aimee De Leon, who knows people in the Veteran's Center and after talking to them, recognized the need for textbooks and reading books.

"It is important that veterans receive textbooks and reading books because text-

books are expensive and some [veterans] can't afford them, so we thought as a group, it would be nice of us and the whole school to donate used textbooks that we're not using anymore and give it to them," Henley said.

On April 9 and 11, the Art and Social Change group and veterans from the Veteran's Center held events to encourage students to donate books and art pieces. The veterans cooked hamburgers and gave out desserts to those students that stopped by and donated.

For students that missed the opportunity to donate earlier this month, the Art and Social Change group has created more ways that students can contribute to their cause. There will be bins set up around campus where students can drop off their books and art pieces for donation or students can go to the Veteran's Center in the third floor of Craven Hall in room 3724 and deliver them personally.

If students have any questions about donating or the project in general, email csusmbooks4vets@yahoo.com.

Good to the bone: The benefits of 'Pause for Paws'

BY JULIANA STUMPP
A & E EDITOR

At the end of every semester, "Pause for Paws" is an event that takes place in front of Kellogg Library, where certified therapy dogs are awaiting stressed students to send some love their way.

The foundation that sponsors these college-based events, "Love on a Leash," started in the early 1980's by dog obedience instructor Liz Palika. She introduced the thought of pet-provided therapy to schools, hospitals, nursing homes and more. Palika's intent for "Love on a Leash" was for these therapy

pets to brighten someone's day.

Bonnie Biggs, Board Vice President, has observed firsthand the effect these dogs have on people.

"UC Davis did a study that indicates that kids who read to dogs can improve their reading skills by 12 percent. I've witnessed this potential in kids who are shy about reading but loosen up and enjoy reading to toy dog, Koshi,

and even show her the pictures," Biggs said.

These dogs are privately owned and go through extensive training, but knowing a dog's temperament is vital in the sense that they need to be able to give affection to a hospice patient or allow a group of kids to pet her.

"Given their ability to bring comfort and joy, colleges began bringing dogs

to campus during finals. Emerging research indicates that the very act of petting a dog reduces blood pressure, slow heart rates and changes brain chemistry," Biggs explained. "Students miss their own pets and some just drop to their knees to hug the dogs."

Most recently, some dogs were brought to Boston in light of the Boston Marathon bombings that took place a few weeks ago to help the survivors and mourning families.

"Pause for Paws" will take place on May 2 from 10 a.m. to 2 p.m. outside of Kellogg Library.



Gaypril continued: The month drawing to an end

BY KEANDRE WILLIAMS-CHAMBERS
COPY EDITOR

The month of Gaypril has been jam-packed with many amazing events that have blown away the students, staff and faculty on campus.

While Gaypril may be almost over, there are still a few more opportunities to take part in the festivities.

The Pride Center is continuing to show movies every day and is, and always

has been, open and welcoming to students that are curious about what the center does. Frequent discussions are continuing, some during U-hour and some during occasional evenings, which tackle heavy and often controversial topics that are open to the contributions and interpretations of students from all walks of life, so long as an open mind is kept.

One particular event to look forward to is the Cam-

pus Pride Walk that will be taking place during U-Hour on April 30, with sign-making preparation on April 29. Be prepared to come out in full force with your pride to be who you are and shine with the confidence that makes you who you are.

If students have any further questions about future events directed by the Pride Center, they should contact the Pride Center staff in Commons 201.



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Take a walk through a vineyard to raise awareness

By KATLIN SWEENEY
FEATURES EDITOR

People who enjoy good food, wine and walking for a good cause should mark their calendars for the April 28.

The Our Nicholas Foundation (ONF), a local non-profit organization in Temecula that seeks to raise awareness for autism and raise funds for families and schools that need it, will be hosting their first "Walk in the Vines" event on April 28.

Walk in the Vines is a two-mile walk through Temecula Wine Country, where participants begin at Leoness Cellars Winery and get to experience the beauty of the vineyards up close. The walk is not intended to be competitive but just a way to have fun while raising awareness for autism. Those who do not feel they can complete the full two miles have the option of only walking one mile and then stopping to check out the winery while everyone else finishes. Participants also have the option of walking in a group to make the experience even more fun.

"If people form a team to walk with, 75 percent of the money raised by the team

will go back to that child's needs. Typically 100 percent of the money raised at these events goes back to the foundation hosting it. But for this walk, it's up to the group to fundraise," Our Nicholas Foundation co-founder, Kathy Anselmo said.

Despite the fact that the walk is hosted by a winery, all ages are allowed to participate in Walk in the Vines. For those who are below the legal drinking age, there will be vendors selling popcorn, muffins, cookies, gluten-free options and various other foods after they complete the walk. Children can also look forward to inflatable jumpers and face painters. People looking for more information about autism will be able to visit various booths that will be set up at the end of the walk as well.

Mark and Kathy Anselmo, whose son Nicholas was diagnosed on the autism spectrum at the age of two, started the Our Nicholas Foundation to help other families in the area that had children with autism. Mark and Kathy have successfully helped hundreds of families across the Southern California area and have garnered the support of their commu-

nity by their efforts to raise awareness. They hope that the Walk in the Vines will be another route to helping autistic children receive the school supplies, help and understanding that they need.

"Nicholas has been our inspiration and motivation behind starting our foundation because when he was first diagnosed, there was little to no information and direction [for families like us]. So we thought that the least we could do was try to help people find direction, and maybe support and kind of create a family atmosphere," Kathy Anselmo said. "But we don't have all the answers. We're not political, and only go by our own experiences. We just want to help things move forward rather than hinder the progress. We find the positive and go with that. I'm grateful for all of the people who try to learn about and work with our kids."

Anselmo predicted that those participating in the Walk in the Vines should be done with their walk by noon, which gives them time to check out the Big Reds, a free wine tasting event that Leoness Cellars Winery is hosting shortly after the walk concludes. Mark, Kathy and

their son Anthony, who also helps to raise awareness for autism, are very optimistic about Walk in the Vines and hope that the turnout will be tremendous.

"We have been enormously blessed because of the people and opportunities that help us to grow and help us to do what we originally planned when we first started the organization. People are becoming more aware and won't judge as quickly. They're giving a few more minutes to try to understand what these kids are trying to communicate. That has been our ultimate goal anyways," Anselmo said.

The Walk in the Vines will take place at 9 a.m. on Sunday, April 28 at Leoness Winery, located at 38311 De Portola Rd. in Temecula, CA. Those walking should show up at 8 a.m. in order to register or check in. Interested participants can register before or on the day of the walk. Those who register for \$12 online will receive a free race t-shirt. For more information or to register for Walk in the Vines, visit walkinthevinesforautism.org or ournicholasfoundation.org.

The eats of the Hungry Bear A Restaurant with great sandwiches

By RYAN DOWNS
SENIOR STAFF WRITER

Tucked away in a corner of Escondido, the Hungry Bear Restaurant is a personality-rich and unique sub-shop whose notoriety has apparently managed to reach San Marcos.

Hungry Bear is usually crowded, which is a fair example of its popularity. As a result, it's not uncommon for the restaurant to become packed, and the line can go out the door during lunchtime. However, Hungry Bear makes good use of its space, and has plenty of seats and tables. As a result, strangers will often sit down with one another, contributing to an overall friendly atmosphere.

The Hungry Bear offers a wide array of various different sub sandwiches with various meats including steak, chicken and teriyaki. A regular size sub will generally cost about \$7.99, where a more specialized sub of a similar size will usually cost a dollar more. Larger subs can cost as much as \$13.

Hungry Bear is significantly pricier than Subway and is a bit slower but it also offers a more complete and

filling sandwich. The staff, at least upon my visit, was very friendly and had an overall positive attitude that no doubt contributed to the calm and patient tone of the customers in line. The space can become rather cramped, especially while waiting for one's order. But the staff makes sure that the customers, who can snack on chips and a drink for just \$2 more, are not kept for too long. In my case, I received my sandwich order before too much time had passed.

Given its rather secretive location, (there are no other restaurants close by) it was surprising to see how many people had flocked to the restaurant. At 2 p.m. there was still a crowd, despite the fact that most people's lunch break had already ended. The enthusiasm of the customers, and the consistent size of the line, should justify the popularity of what initially looked like a hidden eatery.

The Hungry Bear is open from 10 a.m. to 8 p.m. Mondays through Fridays, 11 a.m. to 7 p.m. on Saturdays and 11 a.m. through 5 p.m. on Sundays. The Hungry Bear is located at 302 El Norte Parkway in Escondido.

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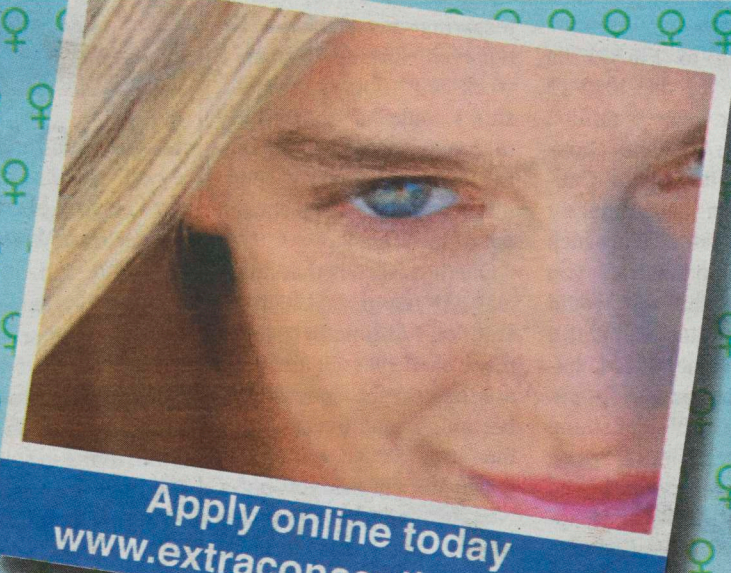
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Extraordinary Conceptions

Student debt vs degree

By WHITNEY MAHON
CONTRIBUTOR

As many college students are beginning to prepare for finals coming up within the next month, the wait begins to find out their financial aid eligibility for the upcoming academic year. While some are preparing for summer vacation in some exotic city, others are excited to be able to put in more hours at their jobs to save up for the following semester.

During my undergraduate studies from 2007-2011, California State University consecutively increased their tuition 10% each academic year. When will increases in tuition and fees stop? Recently, President Haynes posted on the California State University San Marcos website homepage the proposal of a "Success Fee" maxing out at \$275 per semester by the 2016-2017 academic year. That just adds to the money coming out of student's pockets.

I plan to stay in school for the rest of my life to postpone paying back my loans because everyone knows that trying to get a career within the six months grace period they give us is highly unlikely in this economy. I need a loan just to start paying back my loans.

According to FinAid, in quarter one of the 2012-13 school year, over 9 million free FAFSA applications were submitted, with California having the highest submission rate. With such a high participation rate, you would think that this would be an easy and delightful process. Financial aid has been anything but...

The most efficient thing about financial aid is when they gave you the ability to automatically link your application to the government page which transported your tax information over for you. That saved you a whole 30 minutes; the time I wish they would take to realize that my parent's information had absolutely no correlation to my life expenses.

The second year I was in college was the same year my parents stopped supporting me after declaring

me independent according to government regulations. However, none of that really mattered since I was under the age of 25 and was still considered "dependent", forcing me to put their tax information on my financial aid application which altered my eligibility of receiving the necessary funding.

And then when I did get accepted for a grant or loan, the wait to receive your check feels longer than eternity. I am thankful to receive any type of aid, but it doesn't help that my check gets sent to my house 3 weeks into the semester at the point where I have already missed 2 homework assignments and failed one quiz because I couldn't afford to buy the \$97 required textbook for the course.

According to The College Board, two-thirds of full-time undergraduate students receive some sort of financial aid, whether it is loans, grants, scholarships, and/or work-study. It is evident that over half of students depend on these sources of financial support and without it; they would be stuck living life with nothing more than a high school diploma.

And don't get me wrong, students can go through an entire college career without receiving any financial aid but even working 40 hours a week at 17 dollars per hour, sure I could have afford my tuition, but would end up being evicted from my apartment and eating Top Ramen out of the bag.

One last issue is that financial aid requires you to be enrolled full-time in order to receive all of your financial assistance, yet schools are becoming so overcrowded that it is almost impossible to get the classes you need. No classes, no money. No money, no classes. It looks like we got a case of a "Catch 22".

My plea is to provide more resources for financial aid services. For students who are aware of these resources, lend out a hand and share that information with your fellow struggling classmates. Together we can work toward a future of less debt and more opportunity.

The film industry and the 'American Dream'

By JULIANA STUMPP
A & E EDITOR

The American Dream is a concept that originated in the 1950's that often reflected what was shown in a Norman Rockwell painting, the one with the white picket fence and family dog. It's not just a concept, but a lifestyle that many Americans and immigrants thrived for.

While starting off as something small and simple to living in a nice house with a family and steady job, (think "Mad Men" but without the drama), over the years, this idealization has been corrupted with greed.

In the pursuit of inner happiness, people often turn to crime in order to get to live the American Dream. What people don't realize is that the American Dream isn't about the materialistic ob-

jects but the path it takes to get there and the hard work required.

The film "Pain and Gain," coming out April 26, tells the true story of three body-builders Daniel Lugo (played by Mark Wahlberg), Paul Doyle (Dwayne Johnson) and Adrian Doorbal (Anthony Mackie) as they search for their ultimate American Dream. Lugo, as their fearless and hotheaded leader, comes up with a plan to kidnap his millionaire client, Victor Kershaw. With their success of getting Kershaw to sign over his bank account to Lugo, the three live the high life until they get hungry for more again. The dysfunctional three strongly believe that their road to the American Dream involves being wealthy.

What I found to be the case is that the movie represented

different sins in all three characters. Lugo embodied wrath by killing a man in the heat of the moment and the envy of others to travel and enjoy luxuries. To fulfill his "coke" addiction and his faith in Jesus, Doyle epitomizes gluttony and lust since he consumes himself with the two conflicting matters. Lastly, Doorbal characterizes the sin of pride because he uses his body to compensate for an erectile dysfunction.

All three can easily be categorized under greed and sloth because even when they do succeed in the kidnapping and robbery, they spoil themselves and are back at square one. Instead of working hard like determined Americans in quest of "the Dream", they resort to crime as an easy way to get what they want.

A film coming out soon,

"The Bling Ring" tells the story of Los Angeles teenagers breaking into celebrity homes and stealing their merchandise in order to fulfill their own personal American Dream.

Often times, the film industry illustrates how society has changed and trivializes the audience to reflect upon themselves, even though they don't most of the time. The American Dream is one dream, one that is particular in the sense that there are no shortcuts. All of these films tell the story of its characters wanting more and finding loopholes. Is that what the American Dream has come to? Not working hard for what we desire but to go after it without limits. The harsh reality is that the American Dream hasn't changed, it has just been forgotten.

Cougar Asks: What do you think of the student hunger issue on campus?

By ALISON SEAGLE
SENIOR STAFF WRITER



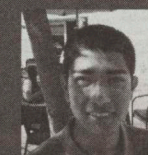
Haley Perko, kinesiology major: "It's a bit of an issue because of busy schedules, it's hard to find good food or pack a lunch. It would be better if there were more readily available options on campus, and if things were available earlier than later, for better prices."



Kyle Azcuna, kinesiology major: "It's an important issue to bring up because of the poor starving college student stigma of living paycheck to paycheck, but I think the Kinesiology Club is doing a great job by handing out free food."



Jose Munoz, psychology major: "It just happens, we're working and don't have time to take care of that."



Efrain Mata, business major: "I think since prices are rising at the Dome it's better to go across the street, plus it's not open late enough. I didn't know of any hunger issues here on campus."



Jennifer Keyes, business major: "There's a hunger issue on campus?"

Love your skin without the tanning booth

By CASSIDY HAMILTON
SENIOR STAFF WRITER

Spring is here, and with the change of seasons comes the necessity to adjust our habits in order to protect our skin from the sun, especially while living in southern California.

At this point in the year, it is widely accepted that most people would prefer a tan; darker complexion than a fair one. This preference in appearance would not be much of a threat to society if it were not for the measures that so many people, especially girls, take in order to achieve this look, which is unnatural for many people to begin with.

According to the CDC, Center of Disease Control, 29 percent of white high school girls have partaken in "Indoor Tanning," or tanning beds, which expose users to UVA and UVB rays,

which are both damaging to the skin and linked to the development of skin cancer. People who begin using tanning beds before age 35 also have a 75 percent increased chance of developing skin cancer. Is all of this worth faking a complexion you were not naturally born with or are naturally inclined to develop?

Among my Cambodian and African-American friends back home, having a lighter complexion is praised, and they pride themselves on being "light-skinned" relative to other darker members of their same race. So why are so many of us so unwilling to accept what we were born with? If you're a fair-skinned white girl, it is so desired to have a tan, and yet, on the opposite end of the spectrum, if you're of south Asian or African descent that typically characterized by a deeper complexion, being "light-

skinned" among the community is praised. It's a spectrum of dissatisfaction with only a fine, middle ground to be happy with oneself.

Last December, my dermatologist found an early stage melanoma on the outside of my left arm. I now have a two-inch long, pink scar on my outer arm, which draws a bit of attention. My health was not seriously at risk because they caught it early, but I will never forget the reality check that incident provided me with. I had my years of trying to fit the tan, beach goddess type.

I used to lay out and tan, during my middle school and early high school years. But now, at 19 years old, I have learned to accept myself for what I was born with. I'm a second-generation child of Irish immigrants, and I was simply not meant to have that bronzed skin that I so longingly wished for throughout

high school.

This issue is about more than just desiring a tan. It is about being happy with what you see in the mirror when you wake up every morning. To those of you who were born with skin that tans easily, more power to you, many would love to have those genes. But it is too easily forgotten that beauty is not a number or a level that must be reached, but rather, a spectrum of variety that should be cherished for what it is: varied.

After all this, the message I'm trying to put out here, is that it not worth compromising your health to be something you were not meant to be. If anything, get a spray tan, get some lotion, but for the sake of your body's well-being and overall health, avoid the tanning beds this summer.

What are your thoughts? share them on our website.

Have an opinion?
We want to hear it!
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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.

Pretty much dead already

By NICOLE IGNELL
STAFF WRITER

Over spring break, I had the opportunity to completely geek out and go to the sets of one of the most popular, captivating and nail biting shows on television, AMC's "The Walking Dead" in Atlanta, Georgia.

For those of you that do not watch "The Walking Dead", stop reading this and go watch it now. For the rest of the sane population, "The Walking Dead" is a show about the zombie apocalypse that follows a group of southerners that face the normal challenges of the post-

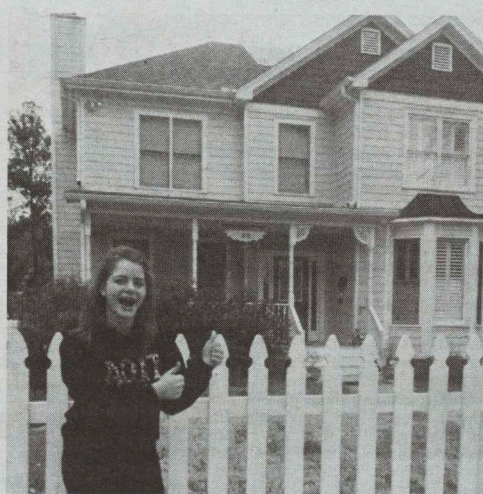
apocalyptic world and they get chased around by brain-eating people.

While on my trip, I visited the iconic geek locations such as Morgan's House, Downtown Atlanta, Rick's House, the Quarry and the CDC.

What was different with these sets compared to others was the fact that these were actually peoples homes, real work-filled buildings and real cities full of people. The realism of the show presented itself with how many people really did occupy the streets, parks and buildings. I felt engulfed into the world of the walking dead,

it seemed as though the locations were untouched and Morgan had just gone through the emotional break down about his wife becoming an undead flesh-eating walker.

An aspect that may draw viewers to the show is fact that our world is much like the zombie apocalypse. This show is all about beings that only consume and consume,



Ignell posing in front of "Walking Dead" location. Photo provided by Nicole Ignell

and that what is in front of them is never satisfactory. Maybe this idea is crazy, or maybe the television industry has actually shown the world its true colors.

Charity Wings: A new art center will open across campus

By FAITH ORCINO
CARTOONIST

On April 29, the non-profit organization, Charity Wings, will open their brand new art center in San Marcos, close to CSUSM.

Charity Wings started with founder Elena Lai Etcheverry in 2006 and ever since, she and her group have fundraised over \$300,000 and helped 73 different causes.

With the new center, Etch-

every's group can expand what they can offer to aspiring crafters and artists. Some of the services they will provide are sewing, paper crafts, ceramics, mixed media and metalsmithing classes. The center is open to local groups using the venue for gatherings and fundraising events.

The warehouse is 6000 square feet and filled with materials and space for people to work on their crafts and artwork. A student dis-

count will be available for center memberships and classes. Also, there will be chances for internships, apprenticeships and volunteering opportunities for those interested in working with the center.

The day before the official opening, there will be a soft opening reception from 1 to 6 p.m. The event is free and will offer many options for all ages. Artist Amy Burkman will be conducting a

live painting demo while live music is playing.

Visitors can also check out the new crafting stations to make art to display on the wall of the center. For those 21 years-old and over, Wetten Importers will be providing Belgian craft beer.

The center is located at 287 Industrial Street, San Marcos CA, behind the Summit church next to the Quad. For more information, visit charitywings.org

'Charmed' and 'Carrie' to give you a good scare

By KEANDRE WILLIAMS-CHAMBERS
COPY EDITOR

TV Show: Charmed,
Season 3, Episode 22,
All Hell Breaks Loose

★★★★/5

There is toil and trouble about the air, but double doesn't quite describe it. Where the third time is usually the charm, the Charmed Ones and their mystical power of three would beg to differ. Prue (Shannon Doherty), Piper (Holly Marie Combs) and Phoebe Halliwell (Alyssa Milano) are the Charmed Ones. The culmination of a prophecy which depicts the birth of three sisters blessed

with gifts and the fate of all that is good in their hands, quite literally. With action around each corner, the sisters must get a grip on their powers and blend their open life of sisters in the city of San Francisco in the late 90s/early 2000s with their secret life of battling the forces of evil. Demons, warlocks, ghosts and angels make some sort of appearance throughout each episode, and you never know what is coming next. But the show isn't without its light points. As the episodes are an average of 44 minutes, not everything is action-packed. There is some humor thrown in here and there, as well as a bit of romance. But

given the time frame, brace yourself for a lot of clichés and the feeling of "I could do that better," as you might get that feeling time and time again, with a bit of a déjà vu here and there. Although you may see these three witches wishing they were anything but, you might find yourself wishing you could be just like them.

Movie: Carrie (1976)

★★★★/5

In anticipation of the expected October 2013 remake Carrie, perhaps it is time to revisit the 1976 classic that will make you glad you survived high school as well as

you did. Based on the Stephen King novel by the same name, Carrie (Sissy Spacek) is your not-so-normal teen-aged girl who has spent the majority of her life sheltered by her over-protective mother, Margaret (Piper Laurie), and being harassed by the high school girls, namely Chris Hargensen (Nancy Allen). Things come to a bloody head when a sick prank is pulled on Carrie at the prom, which begins her massive telekinetic rampage in the city of Chamberlain, Maine. Certainly a lesson in revenge, and caution in who you cross, this film is certainly a must-see among film adaptations for King's books.

THE SHUFFLE

By JESSIE GAMBRELL
OPINION EDITOR

In a feisty mood lately? Need to let out that last-month-of-school angst? The listed songs are sure to express those feelings of revenge. Whether it was an ex-boyfriend or a friendship gone sour, these songs hold true to the feelings we have when good relationships go bad.

"Want U Back" By Cher Lloyd

Cher Lloyd gives off a feisty air in this upbeat hip-hop revenge song. With fun lyrics to sing along with the dancing tune, you will want to set this song on repeat to party to again and again.

"King of Anything" By Sara Bareilles

This is a song that illustrates a true woman's independent character. She stands up for herself against her overbearing, over controlling ex. Her sassy lyrics are exactly how some women feel when it comes to their previous relationships.

"Wide Awake" By Katy Perry

Katy Perry sings her heart out in this heart-wrenching song that expresses the feelings of a woman who was caught under the spell of a man who was not good for her. Some say this song has to do with the singer's divorce with Russell Brand.

"Set Fire to the Rain" By Adele

Adele is the best when it comes to revenge/comeback songs. 'Set Fire to the Rain' is one of those songs in her album '21'. In this song, she sings for all women to be strong and stand up for their own free will.

"Jar of Hearts" By Christina Perri

The mystic tale in this song, especially portrayed in her music video, is a true testament for women to not be run over. Perri has a very artistic way of portraying her thoughts in song, and this one is definitely one to listen to.

Entries sought for annual Student Media Festival

By COUGAR CHRONICLE
STAFF MEMBERS

The eighth annual CSUSM Student Media Festival returns next month, and organizers are encouraging students to enter their films and videos before the deadline next week.

Film professor Jonathan Berman, who is coordinating the festival with fellow VPA professors Minda Martin and Kristine Diekman, said that while most of the student entries come from arts and communications departments, the festival is open to all.

"We're looking for entries from all across the campus," he said. "Students should really know how to read and write video as much as they know how to read and write with words."

Berman said many former CSUSM student filmmakers have gone on to successful careers in the entertainment business. And one film featured at a past Student Media Festival on the Wounded Warriors Project at Camp Pendleton was later featured at a film festival in Washington, D.C.

"We're open to all kinds of films," Berman said. "We've seen personal stuff, documentaries, immigration films and even some fun little chase movies. But we prefer films that are more personal ... that have the imprint of the maker in them."

Each year, the festival jury receive about 40 to 50 student submissions, of which 10 to 15 are selected for screening at the festival,

which will be held at 7 p.m. May 10 in Arts 111 (a reception with free food precedes the fest at 6 p.m.). About 120 people attend the free event each year.

Students will introduce the films, which will be screened in two groups with a coffee and break in between. Afterwards there will be an awards reception, with prizes in categories that may include best narrative, documentary, social justice and personal memoir, among others. The audience can also vote for their favorite film. Past prizes have included cash awards, software, hardware and gift certificates.

This year's jury includes Berman, Martin, Diekman and Rebecca Lush of VPA, students, alumni, and Jacob Angelo, the former director of the San Marcos Student Film Festival.

The festival is open to films and videos that were made by students at CSUSM over the past two academic years (2011-12, and 2012-13). The films should be 15 minutes or less and in a digital format.

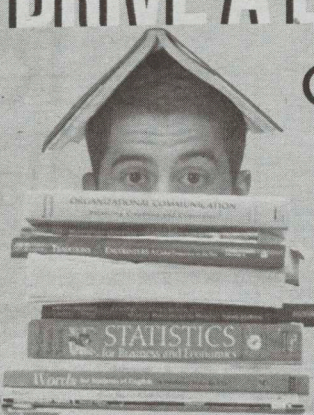
To enter, students must upload their videos before 9 p.m., May 2 at www.csusm.edu/vpa/mediafest. But because it may take up to two days to get the department's reply email to authorize the upload, Berman encourages students to register their entry on the site several days ahead of the deadline.

The festival is sponsored by the CHABBS Dean's Office, VPA, IRA, Communication Department, IITS, San Marcos Arts Council and more.



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Employees of Dunder Mifflin-Sabre turn off their mics

By MELISSA MARTINEZ
News Editor

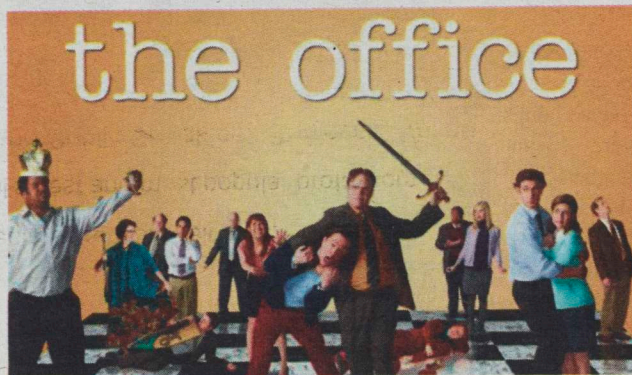
In 2005, television viewers in the U.S. were introduced to "The Office," a 'mockumentary' series based on the U.K. version of the same title. Fans of the series, which centralizes on the everyday lives of office employees at Dunder Mifflin-Sabre Paper Company, Inc., have ridden an impeccable, emotional roller-coaster as they witnessed characters transition through alluring situations in the office and in their personal lives.

The beloved Steve Carell, who played the "World's Best Boss" Michael Scott, left the series in season seven, viewers were forced to witness the catastrophes that have followed Scott's departure. With guest appearances of Will Ferrell, Ray Romano, Kathy Bates, Catherine Tate and recently the beloved Roseanne Barr, viewers aren't quite sure where Dunder Mifflin-Sabre's future is headed.

Though season 8 was particularly rough for the show, with the frustration added to employees when James Spader's character as Robert California, new regional manager was introduced,

season 9 picked up with comical scenes the audience is accustomed to. After Andy Bernard's character (Ed Helms) is reunited with the regional manager's position, the every day humor of working in the office is returned, much to the joy of viewers.

The past nine seasons have been memorable. Viewers have witnessed Michael Scott through heartache and heartbreak with various women, deal with racism in the office (though he was the cause of it most of the time) and transition from "friend" and menace to brilliant salesman, reminding the audience and employees the reason he was placed as regional manager for the Scranton branch. After leaving Dunder Mifflin temporarily and forming his own company (The Michael Scott Paper Company) in season five, Scott returned with gusto, ready to pulverize any and all of Dunder Mifflin's competitors. Viewers have experienced possibly the most romantic, heartfelt development of a relationship through Pam Beesly (Jenna Fischer) and Jim Halpert (John Krasinski) as Pam leaves her emotionally abusive husband and settles into the arms of Jim,



her best friend since the beginning of the series and the man who has patiently awaited her love and availability. And of course, we all remember the drama or "relationship" of Dwight K. Shrute (Rainn Wilson) and the hypocritical Christian, Angela Martin (Angela Kinsey) and watched her repeatedly cheat on then-fiancé Andy and marry a closeted-gay state senator, whom accountant Oscar Martinez (Oscar Nunez) is currently having an affair with. Though the lives of paper salesmen may seem standard, the employees are bonded together permanently from years of putting up with Scott and his adventures.

Though "The Office" is finishing their nine-season run strong, walking away with multiple awards and honors including four Primetime

Emmy Awards, one of which was for Outstanding Comedy Series, the show hasn't been the same since the departure of Carell (who earned a Golden Globe Award for Best Actor in a Television Series). However, Scott left for an appropriate reason--to marry the love of his life, Holly Flax (Amy Ryan).

Though viewers and myself have no idea what will happen to Dunder-Mifflin-Sabre Paper Company, Inc. in the next and final few episodes of "The Office," or its employees (like whether Jim and Pam will get divorced), the audience that has followed the series for almost a decade will walk away with phenomenal memories of both the acting and entertainment "The Office" has provided for the past 9 years.

"The Office" airs Thursdays at 9 p.m. on NBC.



Thoughts of 'Dreams in the Sand'

By ANNE HALL
Photographer

'Dreams in the Sand' is a small production that conveys a heavy message.

When attending the performance on opening night, April 17, audiences were greeted by a small theatre that projected desert scenes for a backdrop as Spanish music played. The "desert" floor was represented by khaki colored burlap that was ruffled over to look like sand filled the stage.

The advertising poster for the show made it clear that this performance would more than likely convey loss and sorrow. Little did the audience know that they were in for a reflective series of takes that trigger public awareness regarding violent acts of Racism towards the present day Hispanic communities in the local area and in the United States?

These stories specifically

take place in North County San Diego, so the shock of knowing that these events have been carried out in our own backyard strike one directly to the heart. Plus the added value of these stories, not often told outside of Hispanic communities, allow the audience to immerse themselves in a new cultural reality. Most time stories like these are swept under the rug and overlooked by many.

Audiences are already swarming to witness this historical and interesting debut. This is a show that you are not likely to forget. Please take the chance to witness history in the making.

"Dreams in the Sand's" next performance is Thursday, April 25 at 8:00 pm in Arts 111 and will continue nightly performances until Saturday April 27.

General admission is \$15 and \$10 for students. Tickets are purchased at the door.

Photo by Anne Hall

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