

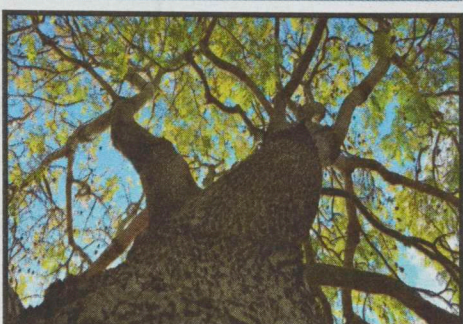


## Sports



5 - Find out how L.A. Gamo dominates in baseball.

## Features



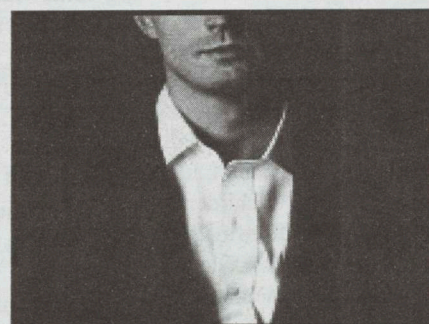
7 - The new Environmental Studies major debuts on campus.

## Opinion



12 - Water conservation methods help to protect our planet.

## A &amp; E



15 - Check out the pros and cons to the movie 50 Shades of Grey.

## CSUSM reduces, reuses, recycles its way to sustainability

By KATLIN SWEENEY  
EDITOR-IN-CHIEF

While a rapidly growing university has the potential to generate large amounts of waste, CSUSM is taking action to ensure that the campus maintains its commitment to sustainability through various initiatives.

Sustainability encompasses a wide variety of efforts, including water and energy conservation, recycling, waste management and air quality. By prioritizing these methods, CSUSM helps to reduce the negative impacts on the environment that come from consuming large amounts of resources.

Recently the campus has seen a surge in sustainability efforts. In the last year, the Sustainability Master Plan was implemented on campus and the Sustainability Manager, Juliana Goodlaw-Morris, was hired. Last se-



CSUSM is well-known for its recycling efforts at the national level, being the RecycleMania champions 2005-2011. Photo by Cody Cook

mester, Alex Carratti and Danny Geiszler formed the Sustainability Club and the organization competed in the Kill the Cup campaign.

Additionally, CSUSM has made enormous progress with recycling and water conservation on campus.

CSUSM is well known for

its recycling efforts, with a current campus recycling rate of 73 percent. The campus has participated in RecycleMania for a number of years, which is an eight-week competition where colleges and universities across the United States and Canada work to increase their recycling

rate and the amount of trash that is separated into the appropriate bins. This is done in the hopes of being crowned in one or all three major categories: "Grand Champion," "Per Capita Classic" and "Waste Minimalization."

In 2011, 630 colleges and universities competed

across North America, the most of any RecycleMania Tournament. 2011 marked CSUSM's seventh consecutive win of the Grand Champion title, 2012 being the first year to break the streak. However, CSUSM achieved another notable victory in 2013, taking first

place in "Targeted Materials Category For Paper," "Per Capita Classic" and setting a campus recycling rate record of 82.6 percent.

While the campus has not competed in RecycleMania since then, Recycling Coordinator Carl Hanson said that CSUSM is still a top program whose efforts are making tremendous strides towards sustainability.

"We are continually pushing to divert from the landfill and increase our recycling numbers," he said. "The number of items that we can recycle is expanding. EDCO is our waste hauler at CSUSM and when they expand what they recycle, we benefit. We can now recycle all plastic cups, whereas before we could only do Plastic Number 1 and Plastic Number 2. We are also recycling yogurt cups, milk cartons, juice containers and even Styrofoam."

Conservation continued on page 10

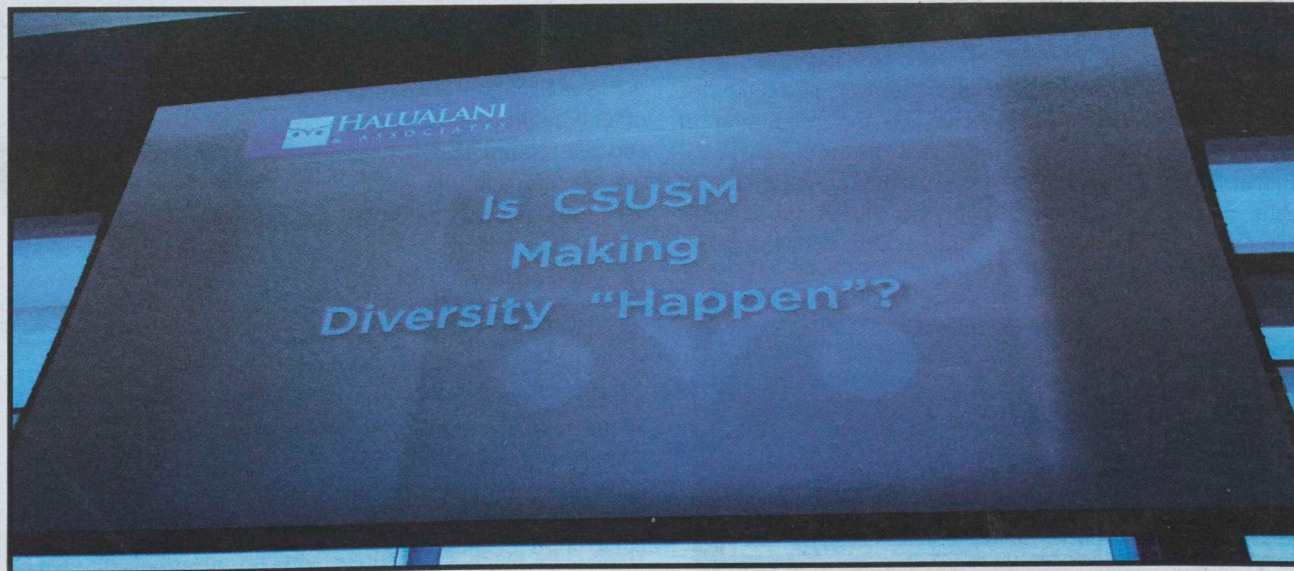
## Diversity Mapping Project results show progress, opportunities

By SYDNEY SCHABACKER  
SENIOR STAFF WRITER

In the Fall semester of 2014, Halaulani and Associates was hired to do a diversity mapping of CSUSM. The results are now available, and while CSUSM is strong in many areas, there are still improvements to be made.

In order to conduct the diversity study, Halaulani and Associates held three campus visits with 28 group or one-to-one sessions, as well as online open forums, with students, faculty and staff. They received 196 responses, which were reviewed, coded and cataloged. An additional part of the study was information that was submitted by CSUSM, totaling 525 different documents. The aim was an in-depth look at CSUSM's diversity efforts over the last four years.

Rona Halaulani, Principal and Founder of Halaulani and Associates, remarks that this critical analysis, "[Takes] a very deep look



The Diversity Mapping Project results were presented recently to students, faculty and staff.

at the nature and quality of diversity....It's not how many things you've done, it's the quality and effects that we're able to analyze."

What Halaulani was looking for was a level of effectiveness in two areas: Diversity Efforts and Diversity Courses. Diversity Efforts is anything outside the classrooms such as events,

programs and initiatives that relate to diversity, inclusion and culture. Diversity Courses are Undergraduate and Graduate programs that appear in the most recent catalogs that either feature or mention diversity.

The analysis was presented to President Hayes in December 2014 in the form of a slide cast, which can be viewed at

<http://www.csusm.edu/equity.diversitymapping.html>.

There are seven maps total. Three of them focus on Diversity Efforts by unit, theme and effort function of taxonomy, and four of them focus on Diversity Courses regarding Undergraduates, Graduates and Undergraduates and Graduates, each by definition of culture. In these

seven maps, Halaulani notes several key themes. First and foremost, there appears to be identity politics, where some people speak up about diversity while others are muted, which leads to politics of speaking around diversity. In addition, there are elements of diversity without social justice, and there is some over-inclusion at the expense

of real advancement on diversity issues. Some of these issues can be attributed to the campus trying to be too careful regarding issues of diversity, not wanting to offend. Further, while the campus is committed to diversity, it is not demonstrably committed to core issues of race.

"All of these will impede CSUSM's progress," Halaulani said. "Since while everyone is on board, they don't look at how inclusion is connected to inequality."

Students had much to say on the subject of campus diversity during this study. An overarching comment is that there needs to be more action by administrators regarding diversity action, and more recognition and assistance dealing with microaggressions in the classrooms. This student sentiment was reflected by almost 82 percent of the faculty that participated in the data collection. The faculty wants more training on how to deal with microag-

Diversity continued on page 11

Photo by Chris Morales



# Remembering late Lauren Wallace Childers

## Celebrating life, legacy of former Kinesiology student

By KATLIN SWEENEY  
EDITOR-IN-CHIEF

With heavy hearts, the CSUSM community has come together to mourn the loss of our beloved alumni and friend, Lauren Wallace Childers.

Childers passed away on Feb. 3, at age 24, from complications of pneumonia. She is survived by her husband Wyatt, parents, Patricia and Randy, sister Lindsey, 19 and brother Ryan, 19.

Childers was a highly admired member of the Kinesiology Department, where she excelled in her academics and made countless friends. She had a passion for exercise physiology, biomechanics and nutrition, a knowledge set that helped her inform her friends about the benefits of health and fitness. Childers later became a trainer to motivate others to prioritize their exercise regimens by creating fun workouts.

"She was a very competitive person, she knew how to be competitive enough

to where she was still being somewhat modest about it, but enough to where you knew it was game on," said Childers' best friend, Ali Cullors. "It was that competitive drive though that allowed Lauren to excel at so much, whether it was school, sports or life in general. There was always something she felt that she could be or do better."

"Lauren's spirit was contagious. She had a thirst for life," said fellow CSUSM graduate and childhood friend, Heather Williams. "She never saw the bad in any situation but rather the opportunity for adventure. She was a friend to everyone, she was the truest, kindest and most selfless person I have had the honor to know. Although her life was short, it was influential. She touched the lives of so many with her spark. I wish I could have met her sooner, so I could have admired her for longer."

While at CSUSM, Childers worked at Kellogg Library, where she would meet her future husband Wyatt. They

got married on Jan. 8, 2011 and spent their honeymoon in Hawaii. They became involved with CrossFit, where Childers excelled as a competitor and realized her dream to become a CrossFit coach. Childers' bond with her husband was a strong and loving marriage that led her parents to refer to them as a "Dream Team."

"From the moment I met her I knew that Lauren was the friendliest and most welcoming person in my life," Lauren's husband, Wyatt Childers said. "She had this way with people that I still don't understand. Talking to her just made whatever I was going through that much easier. It was evident by the amount of people at the service how many lives she had touched. She was my better half and I thank God everyday for letting me be a part of her short, but meaningful life."

In addition to her academic and work success, Childers was admired for her kindness and passion for life. She approached every day with a smile and

positive attitude, leading by example for the rest of us.

"I got a lifetime of knowledge.' This was one quote that Lauren always said," Cullors said. "It is from one of our favorite movies, She's the Man, and whenever there was an opportune time to use this line she would. She was a very intelligent, funny and vibrant person. She had gained so much knowledge through school and life experiences and utilized all that she learned to the fullest."

At her graduation ceremony from CSUSM in 2012, Childers graduated Magna Cum Laude and was awarded seven of the eight possible honor cords a graduate can receive. Her determination, hard work and drive are traits that the Kinesiology Department fondly remember her for.

"Lauren was the type of student that you remember," Kinesiology Department Chair, Dr. Jeff Nessler, said. "Her hard work and talent were certainly noteworthy, but her personality and character are what made her stand



Photo courtesy of Wyatt Childers

Lauren Wallace Childers passed away Feb. 3.

out. Of the hundreds of students that have come through our program in recent years, I haven't forgotten Lauren."

"[She] embodied to me what higher education is all about," de Ghetaldi said. "It is about finding yourself, your passions. Lauren not only helped herself to learn but she helped others. I remem-

ber her receiving her degree from President Haynes and she stopped, looked off of the stage to her Kinesiology family and just beamed. She stood and soaked in all of it. That is exactly what Lauren did with her life. She soaked it all in. Lauren, I shall always save an empty seat in my classrooms just for you."

# CSUSM continues to improve its sustainability efforts

## Sustainability Master Plan outlines campus goals

By CHELSEY SCHWEITZER  
SENIOR STAFF WRITER

Even after 25 years, CSUSM is still striving to improve sustainability in the face of expansion and plans to follow the guidelines laid out in the Sustainability Master Plan to achieve this goal.

Sustainability is the practice of preventing the depletion of natural resources and reducing the harm done to the environment in order

to preserve the state of the planet for the future. Over the last decade, the campus was recognized nationally for its sustainability efforts with several awards due to the recycling programs that were set up as well as energy and water conservation programs that were developed.

Going forward, the campus will continue to look for new ways to make progress in the field of sustainability while paying special attention to student life, campus climate, academic excellence, community partnerships

and educational equity as outlined in the University's Sustainability Master Plan.

"We have to continue to set a good example and work to preserve the planet for the future," said student Aly Wilson, who is currently in her second year on campus.

Over the past 25 years, CSUSM has worked tirelessly to increase overall campus sustainability. Through the promotion of alternate forms of transportation, including public transit and car pools, the campus helped cut back on the green-

house gas emission caused by car exhaust by reducing the amount of single occupant commuters on campus.

In addition to the reduced emissions resulting from cars, the campus reduced the amount of energy used by "40 percent since 2008," according to the Sustainability Master Plan. The University accomplished this through the use of renewable sources of energy like solar panels and the minimization of the overall amount of energy used throughout its facilities.

The Sustainability Master Plan highlights the energy use goals by stating that the University hopes to "one day produce as much renewable energy as the campus consumes."

Waste management is another area of sustainability that has progressed over the years. The amount of paper waste has been steadily decreasing through the use of electronic communication for classes and the use of hand driers instead of paper towels in the bathrooms. In addition, water bottle refill stations were added to the drinking fountains in order to reduce the amount of plastic waste generated on campus.

Ryan Nieto, a fourth-year student, offered his own ideas as to how CSUSM could further decrease the amount

of waste among students and promote sustainability.

The recycling program that was established on campus has also yielded a highly positive result in terms of sustainability, with a current recycling rate of over 70 percent. According to the Sustainability Master Plan, the campus aims to "accelerate waste minimization efforts in order to achieve zero waste by 2025."

Living in Southern California, water is another area that is cause for concern in sustainability. In order to reduce the amount of water used, the campus uses local well water for the purpose of irrigation, maintains primarily drought tolerant and edible plants and closely monitors the amount of water used by the campus. The ecosystems of the region are also closely studied in order to ensure that the campus has no negative impact on the surrounding land, plants and animals.

With more than 14,000 students, faculty and staff currently on campus, a number that is projected to grow substantially in the coming years, sustainability has been a pressing matter for the campus.

"As the university expands in the years ahead, CSUSM will need to do so in a way that supports and advances

sustainability," says the Sustainability Master Plan.

In order to achieve this goal, any future buildings will be set to the specific campus standards regarding water, energy, environmental, waste and land management techniques that have previously been set in place.

Professors can also help students learn how to aid campus sustainability, as many of them are teaching sustainability in the classrooms, and will occasionally even do class projects related to the topic.

"By using the campus as a living laboratory and by ensuring students are learning about different sustainability issues and innovative critical thinking skills to solve some of our most pressing issues as a nation and globally, CSUSM is ensuring students are prepared for careers in a wide variety of areas and are leaders as they go out into the job market," said Juliana Goodlaw-Morris, the Sustainability Manager at CSUSM.

In this way, CSUSM is set to continue at the forefront of sustainability efforts.

As stated in the Sustainability Master Plan, "[The vision is to] meet our present needs without diminishing the abilities of future generations to do the same."

## Are you looking for a great career?

\$\$\$\$\$

JOIN US  
for a rewarding adventure  
in the  
**Financial Industry**

- Learn to work in a team and build a solid business

- Start building a life-long career on a flexible schedule

For information contact Hamid Radvar  
at  
(760) 805-3809  
"hamidradvar@gmail.com"



# Gender, Race and Money lecture provides eye-opening insight on social inequality

By NICOLE HOLMAN  
ASSISTANT NEWS EDITOR

CSUSM recently hosted a lecture event that provided students with insight to important social issues and emphasized the need for students to take action.

On Wednesday, Feb. 18, the Arts and Lecture event entitled Gender, Race, and Money was held in the USU Ballroom where enigmatic performer and lecturer Kimberly Dark spoke on the various issues surrounding wealth distribution and wage gaps in America.

Dark is a professor in both the undergraduate Women's

Studies and graduate Sociology programs at CSUSM, as well as an award-winning writer and presenter.

The USU Ballroom was full as Dark spoke on a wide range of topics, all involving social inequalities in America and how these inequalities affect job opportunities and pay.

Dark used interactive activities to engage her audience as well as to provide a visual representation of how power imbalance works.

"At this lecture I learned that whether it's big or small, we as individuals can make a difference. The diagrams Dark provided really helped



Photo by Chris Morales

Professor Kimberly Dark discusses class inequality with students.

me see how unequal things really are even though we talk like America is completely equal," said lecture attendee and graduate student, Brian Sanchez. During one particularly

compelling discussion, Dark addressed how the media is increasingly portraying wealthier lifestyles as the "average American" lifestyle and how that alters what viewers perceive as "nor-

mal." In contrast, the only television shows that portray people with low incomes are shows such as "Cops." These representations only contribute to negative stereotypes that prevent people from any upward mobility in terms of economic class.

"This lecture brought to light social justice issues in a way that doesn't blame the individual, but the institutionalized powers in place in society," said Tanya Camacho, a CSUSM student in attendance.

Although Dark used a colloquial tone with her audience, she did not shy away from calling out the blatant racism

and sexism that occurs today in job searches, income earnings and even relationships.

Dark also captivated the audience by providing graphs to illustrate that the gender wage gap has not improved in over a decade.

"Marriage is seen by employers as a stabilizing institution for men and a destabilizing one for women," Dark said.

After taking time to answer the audience's questions, Dark emphasized that even though there are long standing power imbalances in American society, it is the job of students to learn about these matters and help propel society to a better place.

## HOPE and Wellness Center brings eating disorder awareness to CSUSM

### National Eating Disorder Awareness Week held in February

By SONNI SIMMONS  
COMMUNITY NEWS EDITOR

CSUSM's HOPE and Wellness Center emphasized the importance of eating disorder awareness by hosting a number of educational and spirit-lifting events across campus.

Eating Disorder Awareness week was celebrated during the week of Feb. 23 to Feb. 27 on CSUSM's campus. The National Eating Disorders Association (NEDA) chose

the theme "I Had No Idea..." for this year's awareness week to illustrate the importance of early detection and intervention because of the common misinterpretation of eating disorder symptoms as insignificant. Bringing awareness to college-aged individuals is especially important because of the prominence of eating disorders on college campuses.

"[Eating disorders] have proven to be prominent on a college campus due to the mindset that many col-

lege students have to fit in and different assumptions that have grown, such as the Freshman 15," said Victoria Sandoval, Peer Educator and President of Active Minds.

Many events were held in order to raise awareness for issues such as anorexia, bulimia and binge eating disorders as well as all manifestations of body image obsession.

The events held on campus included "Eating Disorders Screening Day and Health Fair" where students could

be screened for symptoms of eating disorders, Stephanie Covington Armstrong's discussion of her book "Not All Black Girls Know How to Eat—A Story of Bulimia" and Benjamin O'Keefe's reception and keynote, highlighting his struggle with body image as an Afro-American gay male and his global movement against size-based discrimination, especially with the Abercrombie & Fitch clothing company.

"Eating disorders do not discriminate and can affect

anyone regardless of race, age, gender or sexuality," said Cheryl Berry, Mental Health Educator with the Student Health and Wellness Center. "Positive self-esteem, body confidence, healthy nutrition and knowing the signs and symptoms of eating disorders can protect an individual against eating disorders."

Knowledge and awareness of the dangers of eating disorders is the first step to the physical and mental well-being of CSUSM students and individuals everywhere.

"I firmly believe that by knowing the signs and symptoms of different eating disorders as a college campus, we can significantly aid in bringing the awareness that eating disorders need," Sandoval said.

If you or someone you know may be struggling with an eating disorder, visit the Student Health and Counseling Services Center or contact NEDA's 24-hour anonymous helpline at 1-800-931-2273.

## Sigma Chi strives to end cancer with philanthropy event

### Derby Days will be held to raise funds for cause

By JASMINE DEMERS  
NEWS EDITOR

A CSUSM fraternity is breaking boundaries and

setting the bar high with their upcoming event that they hope will make a big impact on an important organization whose

purpose is to save lives.

On Monday, March 16 through Friday March 20, CSUSM Sigma Chi Delta Colony will be hosting their Second Annual Derby Days event.

Derby Days is Sigma Chi's philanthropy event, in which they fundraise money for the Huntsman Cancer Institute, an organization that is committed to finding the cure for cancer.

According to the 2015 Derby Days Handbook, "In December 2012, Sigma Chi designated the Huntsman Cancer Foundation as its sole preferred philanthropic partner. Founded by Huntsman, the Huntsman Cancer Institute is dedicated to finding the causes of cancer, developing new and better treatments and preventing people from ever developing cancer."

Derby Days Chairman and Philanthropy Chair, Perry Palleja, highlighted the reasons why Sigma Chi partners with this particular organization and the importance of donating.

"Something that is unique about the Huntsman Cancer-

Institute is that all the money and proceeds go directly towards cancer," he said. "John Huntsman actually pays for most of his own staff and doctors personally out of his own pocket. So, donating to this cause is important because everything goes straight to cancer research."

Derby Days is a fun week-long event that allows sororities to get involved and compete against each other to be crowned the 2015 Derby Darling. This year, the competition will include the following Derby Darling Nominees: Taylor

Stachacz from Alpha Chi Omega, Elizabeth Nadeau from Alpha Omicron Pi, Maddie Williams from Alpha Xi Delta and Linda Carter from Alpha Pi Epsilon.

Participants will attend events throughout the week in order to raise funds for the Huntsman Cancer Institute. They are graded on a points system and can gain points for a variety of different activities, with fun-

draising being the most important. At the end of the week, the points will be tallied and a 2015 Derby Darling will be crowned.

Palleja explained that the Derby Days events are geared towards campus community involvement, and that anyone can take part in helping to fund cancer research by supporting the competing sororities, and of course, donating.

**"Something that is unique about the Huntsman Cancer Institute is that all the money and proceeds go directly towards cancer"**

"With these events we want to spread awareness that we are the generation that is going to end cancer. We want to make it interactive, fun, meaningful and impactful for students, families and the campus community," said Palleja.

Derby Days will kick off on March 16 with a Coaches Rally for the Derby Darling Nominees. During U-Hour on Tuesday, March 17, in

front of the USU, there will be a Banner Signing that students can participate in to take a stand against cancer along with Sigma Chi. On

Wednesday, March 18, there will be a Field Day event where sorority members, Derby Darling nominees and Sigma Chi coaches will participate in a competitive game of capture the flag. There will be another Banner

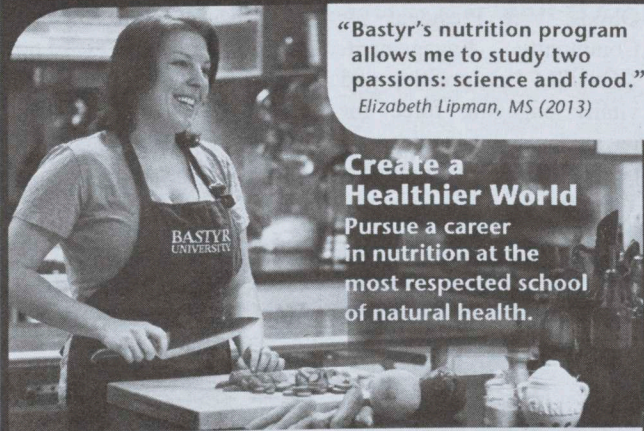
Signing held on Thursday, March 19, and lastly on Friday, March 20, there will be a Derby Dance Off and Crowning event.

Sigma Chi encourages all stu-

dents to show their support and take part in these events in order to raise awareness for cancer research and fundraise for their cause.

For more information on how to donate, students, faculty and staff can visit [www.derbychallenge.org](http://www.derbychallenge.org), where they can choose to sponsor the CSUSM Chapter of Sigma Chi in their effort to support the Huntsman Cancer Institute.

**NURTURE  
• YOUR •  
CALLING**



"Bastyr's nutrition program allows me to study two passions: science and food."  
Elizabeth Lipman, MS (2013)

**Create a  
Healthier World**  
Pursue a career  
in nutrition at the  
most respected school  
of natural health.

**BASTYR UNIVERSITY**  
California



Learn more:

**Profession.Bastyr.edu**

**855-4-BASTYR • San Diego**



# Pulitzer Prize-winning journalist exposes students to issues in need of justice

By ANTHONY MICHAEL  
TRAN  
STAFF WRITER

Students recently gathered for an event where they were able to discover an important message hidden within the depths of photography. On Feb. 24, in the USU ballroom, an event entitled “Product of Mexico” took place and was hosted by Director Freddi Avalos of CHABBS in Engaging Di-

verse Dialogues. Don Bartletti, a Pulitzer Prize-winning photojournalist from Los Angeles Times, took the audience on a journey as he showed his photos of exploits in Mexico. These photos also depicted the Castillo Family, a poor, hardworking Mexican family who struggled to survive as farm workers. Bartletti explained that some of the produce that is sold in everyday grocery stores such as Wal-Mart, likely came directly from Mexican farms where under-age children, like 12-year-old Alejandrina Castillo, har-

vested fresh produce in order to earn about \$8 for a whole day’s work in the fields. “The foods we eat have invisible consequences that most of us choose to overlook,” Dr. Freddi Avalos said. The poverty and misery can be seen throughout Bartletti’s showcase of photos. However, these photos also provided the audience with a sense of inspiration as they saw these strong groups of people doing their best to make a living for the sake of their families. They couldn’t afford to spend too much of their hard-earned

money on buying new shoes or clothes, because otherwise they wouldn’t be able to spend it on groceries, clean water and other necessities for their household. Bartletti took many enlightening photos of Alejandrina Castillo, along with her family, as they all display their magnificent will to work in order to sustain their livelihood in the labor camp. “Alejandrina said she was always hungry and tired while working in the fields picking peppers and tomatoes, yet she pushed on to fill 60-pound sacks

that were almost as tall as she was,” said Bartletti. Although the photos were beautifully taken with precision and care, the most important aspect of this art is the intention and message that Bartletti was trying to portray. He is attempting to spread the message that there is so much more we can do in order to contribute to the proper care of these farm workers who earn much less than what they truly deserve. Bartletti spoke about how many of the farm workers tried to complain about their conditions to higher authori-

ties but were only met with silence. The workers were more than happy to tell their story to Bartletti in order to finally have their voices heard. Bartletti ended his presentation with a series of videos along with some of his other work from the Los Angeles Times website. He also held a Q&A for the audience who had a lot of interesting questions. Bartletti hopes that CSUSM students will continue to spread the word about these issues and make the commitment to support Mexican farm workers.

# Hiking through spring break, a new outdoor adventure

## Campus Rec takes students to National Parks destinations

By CALEB HOGLAND  
STAFF WRITER

Spring break for college students is a time for outdoor adventures and new experiences. Living in sunny San Diego next to the beach definitely has its perks, but CSUSM’s Campus Recreation is offering students a change of scenery. Each year, Campus Recreation puts together a seven

day trip to see three national parks in Utah. These beautiful destinations include Arches National Park, Canyonlands National Park and Zion National Park. CSUSM’s very own Kali Holt, who graduated and has come back to work on her masters, went on this trip multiple times as a student and will now be leading the outdoor spring break adventure. “The Outdoor Spring Break (OSB) trip is a

great opportunity to see some of the most beautiful and famous landscapes in the world,” Holt said. The trip will take place from Saturday, March 28 through Saturday, April 4, and the group will depart from the Clarke Field House. Sign-ups begin at 12 p.m. on Saturday, March 1, but get there early because space is limited. There is an application with a checklist of addition-

al documents that must be completed and turned in during sign-ups so do not delay. This national park experience is only \$399 for students. This price covers transportation, some food, admission for all three national parks and lodging. Good times and memories are free, but remember they are perishable so be sure to bring a camera. Although there will be plenty of hiking and sightseeing in the desert, the

lodging is very accommodating with fully furnished hotels and hot tubs. This is a school run trip so students will get the chance to learn the geology and history of each park as well as environmental responsibilities, navigation and leadership skills. To see the specifics and a detailed day-to-day itinerary, go to the CSUSM home page, search for ‘Campus Recreation’ and find the

‘Outdoor Spring Break’ tab. This spring break adventure is a once a year opportunity to experience three national parks all in one shot. The red rock wonderland of Arches, the amazing canyons of Canyonlands and the Mount Carmel Highway and Tunnel of Zion. Students are encouraged to sign up for this event in order to take on a new adventure and experience something different this spring break.

# CSUSM receives award for excellence in engagement

By SYDNEY SCHABACKER  
SENIOR STAFF WRITER

CSUSM has been striving for new heights this past year and has gained well-deserved recognition for its honorable initiatives. CSUSM has many recent achievements to take pride in. The University was acknowledged as a top school for veterans, and opened a spacious and welcoming Veteran’s Center in the Fall of 2014. Last Tuesday the Jan and Esther Stearns Center for ACE (Achieving College Excellence) Scholars was also opened in order to provide former foster youth a home and place to excel on campus, and the Latin@ Center has an implementation schedule to open this fall.

Due in part to these exciting events, the University rejoined the ranks of 360 colleges in the nation that earned recognition for their commitment to the community. On Jan. 7, 2015, CSUSM received the 2015 Community Engagement Classification from the Carnegie Foundation for the Advancement of Teaching. Originally recognized in 2006, CSUSM once again carries this prestigious distinction, valid through 2025. The Carnegie Foundation for the Advancement of Teaching is a national organization in charge of classifying all institutions of higher education. This particular classification, the Community Engagement Elective, was initiated in 2006. This classification is evidence-based,

and institutions submit their evidence in two categories: Curricular Engagement, and Outreach and Partnerships. In order to be selected, CSUSM submitted a 72-page document that included data and documentation of its community involvement and partnerships. In 2006, CSUSM received classification in both categories, and has done it again for 2015. Community involvement has always been a central aspect of CSUSM. In President Haynes’s recent Report to the Community, she said, “Our unique culture; our agility; our forward focus on emerging regional, national and global trends; and our commitment to community engagement have enabled us to do amazing things.”

Recently evaluated by Halualani and Associates in a Diversity Mapping Project, CSUSM strives to involve all students. Across departments and divisions, CSUSM works daily to strengthen its already vibrant college community by connecting CSUSM with the surrounding communities. “As a public university, I believe that community engagement is an obligation,” said Haynes. “...It builds on a core CSUSM strength: putting academic inquiry at the service of solving real-world problems.” Earning this classification validates the endeavors CSUSM has taken to promote unity and engagement with all its students and the larger community. “The Carnegie Reclas-



Photo by Nick Nootbaar

The ACE Scholars Services is open to students.

sification is important for CSUSM because it recognizes our long-standing commitment to the region,” said Dr. Patricia Prado-Olmos, Vice President for Community Engagement. CSUSM is a positive and vitally engaging force for its students, businesses and people in the community. This most recent recogni-

tion award showcases how CSUSM faculty, students and administrators all contribute to this institution’s mission of engagement. “I wish to emphasize...that everything we do - every initiative, every project, every event - grows out of a deeply ingrained institutional culture of community engagement,” Haynes concluded.

# COUGAR CHRONICLE STAFF

Editor-in-Chief
Katlin Sweeney
Design Editors
Lana Cook & Rachel Pratt
News Editor
Jasmine Demers
Sports Editor
Burtland Dixon
Opinion Editor
Noelle Friedberg

A & E Editor
Faith Orcino
Copy Editor
Maria Valencia
Distribution Team
Jeff Meints & Cody Cook
Advertising Manager
Joshua Ray
Features Editor
Collin Vaz

Academic Advisor
Kent Davy
Photo Editor
Chris Morales
Community News Editor
Sonni Simmons
Writing Staff
Pierce Brenner
Kinaya Bryant
Amy Chastain
Shanice Davis

Kat Diltz
Katie Garner
Resty Grey
Caleb Hogland
Nicole Holman
Gloria Magallanes
Alex Maravillas
Will McCurdy
Lexy Perez
Amanda Quilling
Kayla Richardsom
Chelsey Schweitzer
Sydney Shabaker
Beulah Supriya

Anthony Michael Tran
Pierre Yaldo
Contacts
csusm.cougarchronicle@gmail.com
cougarchron.layout@gmail.com
cougarchron.news@gmail.com
cougarchron.sports@gmail.com
cougarchron.features@gmail.com
cougarchron.opinion@gmail.com
cougarchron.arts@gmail.com
csusmchronicle.advertising@gmail.com
Our Website: csusmchronicle.com
Office Phone: 760 - 750 - 6099
Office Fax: 760 - 750 - 3345
Our office is located in Craven 3500

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



# Sports Commentary: Will the new Sports Center be eco-friendly?

## Insight on CSUSM's newest project

By BURTLAND DIXON  
SPORTS EDITOR

Changes are stirring here at CSUSM and around the world, ones with environmental implications.

The student population is increasing at a rapid rate which has caused for our campus to build new facilities to accommodate the large number of students. With the change from NAIA to NCAA coming sooner rather than later, the need for our own gym is a necessity. Construction for the new gym, or Sports Center as it will be called, has already commenced.

As for the changes around the world, it is vital for mankind to know that our ecosystem is slowly taking a turn for the worse. However, just like the recent addition to the CSUSM campus, the USU, the Sports Center

will go to great lengths to stay as environmentally responsible as possible.

What are some ways a building can be eco-friendly? Well, for starters there are the devices called solar panels that drain the sun's light and converts it into free power. Unfortunately, solar panels are not included in the initial construction of the Sports Center, but can possibly be added on later.

"The new arena is being built by student fees," Sustainability Manager, Juliana Goodlaw-Morris, said.

With the overall cost of this project already at \$11.4 million without solar panels, our student fees would raise higher if the plans included the solar panels. Fortunately, the Sports Center will be utilizing other resources and options outside of solar panels.

"They are going to be building this building to



Photo courtesy of Office of Construction

The Sports Center, which is set to be complete in 2016, will be located next to the Clarke Field House.

LEED silver specifications," Goodlaw-Morris said.

This is good news for multiple reasons. LEED is a green building certification program whose buildings save money and resources

and have a positive impact on the health of the occupants, while promoting renewable, clean energy. A building cannot be LEED certified if it isn't up to sustainable measures that include water effi-

ciency, indoor environmental quality and materials and resources. LEED has four levels of specifications: certified, silver, gold and platinum. CSUSM is required to have at least a minimum

level of silver with each new building that is built, an accomplishment many institutions don't reach.

"Even getting LEED silver specifications is a feat in itself, there are many schools across the country that don't have that as a standard," Goodlaw-Morris said.

What it comes down to essentially is the money and that is always the case with anything when it comes to systems and corporations. If the money was there the solar panels would be installed and the Sports Center would be up to LEED platinum specifications, simple as that. That's just how the cookie crumbles in this situation, the money just isn't there, but the most is being done to enable the Sports Center to be as eco-friendly as it can be. As it would appear, CSUSM is doing its part to adjust to both the university and worldly fluxes.

## PLAYER PROFILE

# L.A. Gamo strives for greatness on and off diamond

By AMY CHASTAIN  
STAFF WRITER

The value and worth of an athlete is more often than not measured based on their athletic performance alone. However, the best athletes in all sports are those who are able to reinforce their athletic prowess with their intelligence in the sport they play and in the vision they hold for their athletic and personal lives.

Cal State San Marcos baseball player L.A. Gamo is one of those admirable athletes who holds an incredible understanding for the game he

loves and the role he plays for his team. Gamo pointed out that not only does he like to be an offensive and defensive threat to opposing teams but also a mental threat.

Gamo said that he takes pride in his ability to be the "guy to pick signs, read the pitcher and find the flaws in the other team," which results in wins for the CSUSM baseball team.

In using his intelligence, Gamo has become a valuable asset for CSUSM in his role as leadoff batter, and he is currently tied with Stefan Miladinovich and Dylan Costello as the team's high-

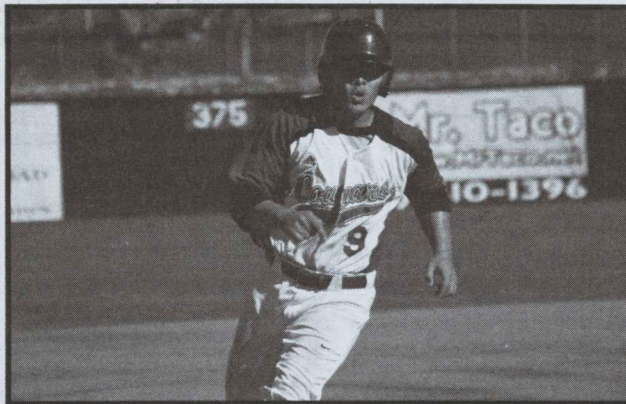


Photo courtesy of Ariel Robbins

Outfielder L.A. Gamo rounds base during a heated game.

est scorers with 16 runs. Gamo's ability to thrive in his position on the team

has resulted in the expansion of his playing time and his role. At the beginning of

the season, he started off as a designated hitter and second baseman, but is now getting more time in the outfield as his ability to understand the game and his contributions are being recognized.

Perhaps Gamo's most admirable trait is reflected in his desire to be someone that his teammates and coaches can put their faith in.

"I want to be known as the guy to be trusted to [be] put in certain situations like getting on [base], hitting, stealing and winning the game," Gamo said.

L.A. Gamo and his ability to apply his intelligence to

his love for baseball is a great representation of the athletes who thrive here at CSUSM. Not only is Gamo confident in his ability as a player, but as a Communication major, he seems to have a definite plan for his life. Whether he chooses to pursue a career in the major leagues, own his own team or coach baseball, it seems inevitable that his love for baseball will continue to guide his choices for some time.

Be sure to make note of CSUSM's very own #9, L.A. Gamo, as one of our most talented athletes to definitely watch out for.

## Padres baseball season opens with spring training in Arizona

### First year general manager's roster moves are on display for first time

By AMY CHASTAIN  
STAFF WRITER

With the first week of March approaching, Major League Baseball's spring training is finally in full-swing. Teams across the country are coming together to train, much to the delight of the fans.

San Diego's Major League Baseball team, the Padres, will call Peoria Sports Complex in Arizona and its six major league fields home for the duration of spring training, according to the San Diego Padres Ballpark Information Page. Spring training is the first time that

media and fans will be able to witness the newly formed lineup as orchestrated by general manager A.J. Preller.

To the Padres and General Manager (GM) A.J. Preller, this spring training is a big deal. This is Preller's first season as General Manager. Preller was hired as general manager on Aug. 5 of last year, says Anthony Witrado of Bleacher Report, and he is already making a name for himself as he seeks out some of baseball's best free agents. Witrado also says that the offseason signings made by Preller and staff "has led to wildly high expectations" for the season to come.

Under Preller, the Padres have made bold moves to acquire well-known and talented ball players. These big names include James Shields, Matt Kemp and Justin Upton.

James Shields, who was signed off of the Kansas City Royals roster less than three weeks ago, will add depth to the pitching lineup. Shields' 2015 Preview in his Major League Baseball (MLB) bio says that he is "one of the most dependable pitchers in baseball." In order to grow as a team, the Padres will need to rely on Shields' dependability.

Matt Kemp, formerly of the Los Angeles Dodgers,

will be joining James Shields as one of many veteran additions to the Padres roster. Not only is Kemp a household name as a left fielder, but according to Kemp's MLB bio, he is a two-time All-Star Team member and winner of the 2011 Hank Aaron Award.

The Padres also acquired another noteworthy left fielder, Justin Upton. Like Kemp, Upton is also a two-time All-Star Team member. Justin Upton's MLB bio lists that one of his biggest accolades was in 2014 when he won the Silver Slugger Award as a member of the Atlanta Braves. With training camps fully

underway in Arizona, it will be exciting to see how the Padres' millions of dollars in new roster additions will pay off. This year marks the beginning of a rebuilding year for the San Diego Padres and

the start of a possible legacy for GM A.J. Preller. Baseball fans will be able to witness the Padres newly improved roster on April 9, as they host their home opener against the San Francisco Giants.

ra·ka·de·ka™  
Fresh Thai Kitchen

FREE THAI TEA WITH PURCHASE OF ENTRÉE  
FOR STUDENTS AND FACULTY  
801 S. Twin Oaks Valley Rd. # 101  
San Marcos, CA 92078  
760-798-4280 RAKADEKA.COM  
OFFER NOT VALID FOR DELIVERY



## THE HEART BEAT

## Immunizations: What students should know about vaccines

By AMANDA QUILLING  
HEALTH AWARENESS COLUMNIST

With media highlighting the current outbreaks of diseases like Ebola and measles, it's essential that college students educate themselves on vaccines and how these fit into their lives.

While this topic is a sensitive one, it's important to address the difference in opinions and to recognize where science itself stands on the issue, not just focus on the information found on social media.

One of the largest concerns students have about vaccines is their safety. Currently, the United States has the safest supply of vaccines in the world and all vaccines are tested prior to FDA licensing. Most vaccines take up to ten years before being approved and continually monitored, as noted by the Centers for Disease Control and Prevention (CDC).

The most controversial conversation regarding vac-

cines is their alleged correlation with autism. The CDC continues to support a review done by the Institute of Medicine, which concludes, "there is no relationship between vaccines and autism rates in children."

While this topic is recurrent in media, the science community continues to stand by the fact that there is no vaccine safety debate and the implementation of vaccines is as prevalent as ever.

Another large concern for college students is the availability and cost of vaccines. For students at CSUSM, the Health and Counseling Services Center (HCSC) collaborates with the San Diego County Health and Human Services Department to ensure that students have access to affordable vaccines in order to prevent the spread of infectious diseases.

Students can call and make an appointment at the new HCSC for a simple flu shot or other immunizations. Other immunizations include the MMR (measles, mumps, rubella) vaccine, Hepatitis

B and Meningitis vaccine, all of which are offered for a reduced fee to students.

Locally, students at Carlsbad High School have made an effort to educate the public about vaccines in their film *Invisible Threat*. This documentary addresses the significance of vaccines and is endorsed by the CDC and the National Institutes of Health (NIH), and was shown at the American Public Health Association Film Festival. In an interview with Lisa Posard, producer of *Invisible Threat*, she stressed the importance of students obtaining credible information about immunizations and understanding that choices towards vaccines affect an entire community.

In all, choosing to receive a vaccine is an individual choice. However, seeking scholarly and peer reviewed information is vital in assessing how vaccines fit into an individual's lifestyle. By receiving proper education about vaccination, we will all be able to lead the healthy life we desire.

## Women's track and field gear up for Indoor Nationals



Photo courtesy of Ariel Robbins

Athlete Brittany Hollie hurdling in preparation for Nationals.

By BURTLAND DIXON  
SPORTS EDITOR

The women's indoor track and field season is coming to a conclusion this upcoming week. Select Cougars will be taking their talents to Geneva, Ohio to put their skills to the ultimate challenge, Nationals.

With a collective impressive showing from the whole team, only athletes who hit the "A" standard in an event will be competing. Runners like Charlotte Kuzminsky, Kate Bouvatte, Natalie Rodriguez and Cristen Lane are among those who qualified.

While at Nationals, CSUSM will have a total of ten athletes in competition, which is a slight increase from last year. The anticipation is building for these athletes as they await for their chance to engrave themselves in history. Placing in the top nine gets you identified as an All-American. Sure, becoming All-American is a great milestone for athletes, but why not first place? That will get you known as the fastest indoor runner in the nation.

Nationals is where the sweat and pain is all accounted for. All the work put in

comes down to a race or two depending on if there is a preliminary round before finals. For athlete Brittany Hollie, it'll come down to a matter of seconds due to how short her race will be. Hard to imagine that being crowned a national champion is decided by milliseconds in many races.

Coach Scott and Coach Wes have done their best in preparing their athletes for what comes next. Ask any of them and they will all say they're ready.

Our Cougars will be demonstrating their skills Ohio from March 5 through 7.

## Open a Free Cal Coast Checking with eStatements and Get \$50.\*

Free mobile banking, bill pay and mobile deposit\*\*

600 local fee-free ATMs and 22 branches

Get answers to your financial questions

Friendly staff and great service



Plus, get \$25 more for every friend you refer!\*

\*Limited time offer; program subject to change without notice. New member must be at least 13 or older to qualify. One-time \$50 dividend bonus paid to new member's savings account when qualifying accounts are opened within 60 days of membership date. Must maintain \$25 minimum savings or checking balance. Bonus subject to tax reporting. Membership and credit subject to approval. Serving everyone who lives or works in San Diego or Riverside counties. A one-time \$5 membership fee and savings account required. Cannot be combined with any other offer. Some restrictions apply. Federally insured by NCUA. \*\*Check with your wireless provider to determine if data and text messaging rates apply. 15-089 PUB 02/15

**CALIFORNIA COAST** CREDIT UNION  
Your best interest.™

calcoastcu.org | (877) 495-1600



STAFF SPOTLIGHT

# Juliana Goodlaw-Morris seeks to improve sustainability across CSUSM campus

BY PIERRE YALDO  
STAFF WRITER

In California, environmental activists say we have a serious problem. They say we waste too much, we pollute too much and it's coming around to bite us in the butt.

Our campus has recently opened a new position, that of the Sustainability Manager, and has hired Juliana Goodlaw-Morris to help our school battle the growing problems we face. Goodlaw-Morris has a big plate of responsibilities and needs our help to create change.

Goodlaw-Morris' previous job was with the National Wildlife Federation, based in Ann Arbor, MI, where she assisted with major sustain-

ability projects in the state. She has also spent around eight years working on and off with the Peace Corps in Jamaica, where she worked alongside local farmers on implementing sustainable agriculture. Alas, her dream was to move back to her home state, California, where our campus managed to get a hold of her.

Goodlaw-Morris said that CSUSM is on a good path to becoming more sustainable.

"We are actually doing really well, especially on recycling, and have been for many years," she said.

However, there is still much more room for improvement, where small changes can really have a big impact on how environmentally minded we are. For example, 12 percent

of the entire waste volume our campus produces is in the form of bathroom paper towels alone. Goodlaw-Morris would like to see us move more towards air dryers.

There are also the collective efforts that we as a student body can work towards, which could be huge for the school. For example, a tiny \$1 to \$5 "green fee" per semester could allow for huge projects such as solar power installation for many buildings, as well as fund other sustainability projects that students choose themselves.

Goodlaw-Morris notes that the concept of the student green fee is something that goes through the student body first, and is not something she decides on. "Anything we do can and

will make a difference, and it is a serious matter," she said. "Sustainability seems like a buzzword in many cases, but when you have Fortune 500 companies developing offices of sustainability for million dollar companies, they take it seriously."

When asked about what she does most of the day, most of her time is dedicated to meeting people, doing research pertaining to our campus and assessing our plans to attack waste.

Goodlaw-Morris also mentioned that she is looking to meet more people, especially students. Over the next year, the Sustainability Department may have multiple positions open, including various internships, all the way up to having a stu-



Photo courtesy of Chris Morales

Juliana Goodlaw-Morris works to strengthen sustainability efforts.

dent sustainability assistant.

When it comes to getting green, Goodlaw-Morris really does need our help in creating active change. Sim-

ple shifts in practice such as bringing refillable water bottles to school, carpooling and turning off lights will make a world of a difference.

## PROGRAM SPOTLIGHT

# Springing green at CSUSM Environmental Studies program debuts on campus

BY SYDNEY SCHABACKER  
SENIOR STAFF WRITER

As of Fall 2014, students at CSUSM have the opportunity to declare a brand new major: Environmental Studies. This program focuses on providing a collaborative setting for students, faculty and community partners to study land-use and environmental issues.

The curriculum of this major is comprised of life and physical sciences, social science and policy, research methods and arts and humanities. Since this is an interdisciplinary major, students will be introduced to a wide variety of classes that create an overview of how we interact with our environment and how we can better protect it.

Student Rocio Fuentes, who declared this major last semester, remarks on the importance of being mindful of our environment.

"In our lifetime we are seeing all the harmful footprints that are being created," he said. "We are seeing the changes that one day we are not going to be able to fix."

The idea for the Environmental Studies major began 12 years ago amongst Michael McDuffie, Associate Professor Philosophy, Dr. Wes Schultz, Professor of Psychology, Dr. Pamela Stricker, Professor Political Science and Environmen-

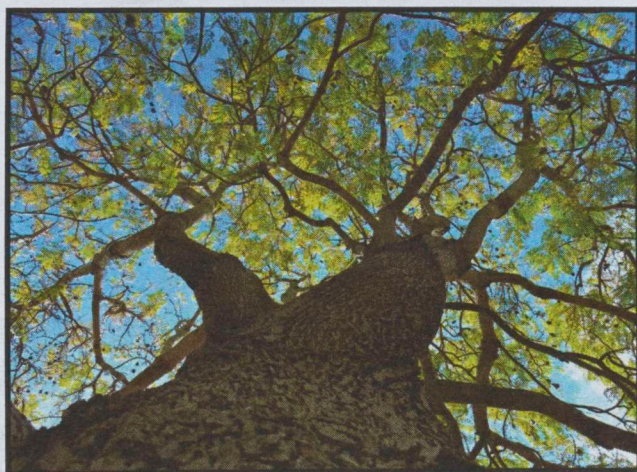


Photo by Nick Nootbaar

The program will focus on human interaction with the environment.

tal Studies Program Director and Dr. Bonnie Bade, Anthropology Department Chair. Their collective interest in Environmental Studies grew over time, culminating with this new program, which is now a part of the College of Humanities, Arts, and Behavioral Social Sciences. Already, 22 people have declared this major, starting with an initial eight declarations last semester.

As a follow up to the now-available Environmental Studies major, Dr. Stricker says that he hopes to set up an internship program. Majors in this field would then have both the internship and a community service network to help prepare them for related careers such as environmental advocacy or environmental law.

"When it is asked how much it will cost to protect our environment, one more

question should be asked: How much will it cost our civilization if we do not?" said Gaylord Nelson, founder of Earth Day, in an Environmental Studies textbook.

It is very possible that this major will become one of the more popular ones at CSUSM, and the fact that it is now available reminds us that we can each play some part in making an effort to preserve our planet.

"A principle...[that is] critical for every one of us to learn... is sustainability, which means meeting the needs of the present generation without compromising the ability of future generations to meet their own needs," Fuentes said. "We see so many problems in our environment, but it is up to all of us to get together and to become educated about how we can add our tiny grain of sand to make a change."

## CULINARY CORNER

# Grilled Pacific Yellowtail

BY PIERRE YALDO  
STAFF WRITER

In the world of hook and lining, last year was known throughout California as the "Year of the Yellowtail," as currents much warmer than past years delivered a heavy bounty of this fish into our local waters.

The Pacific Yellowtail is prized for its beautiful looks, great strength and even greater fare on the dinner table. Unless you've got the time to fish for one, your local seafood market is the easiest way to get your hands on this sustainable source of protein. Once you've got some, preparing it is easy.

### Things you'll need:

- Fresh/frozen Yellowtail

fillet(s)

- Salt
- Pepper
- Garlic (optional)
- Oregano (optional)
- ½ stick of butter
- Olive/vegetable oil
- Aluminum foil

### Instructions:

If fish is frozen, thaw it out in the fridge for a few hours (Do not thaw on the kitchen counter, as Yellowtail is a delicate meat).

Preheat the grill to medium heat or 350 degrees Fahrenheit.

Cut a sheet of aluminum/tin foil large enough to wrap each fillet separately and very lightly coat the foil with olive or vegetable oil to prevent sticking.

Microwave the butter and pour into a bowl, marinating the fillets for a few seconds.

Place fillets on the foil and add the remaining butter from the bowl onto the fillets, then season both sides with a few pinches of salt and a pinch of pepper.

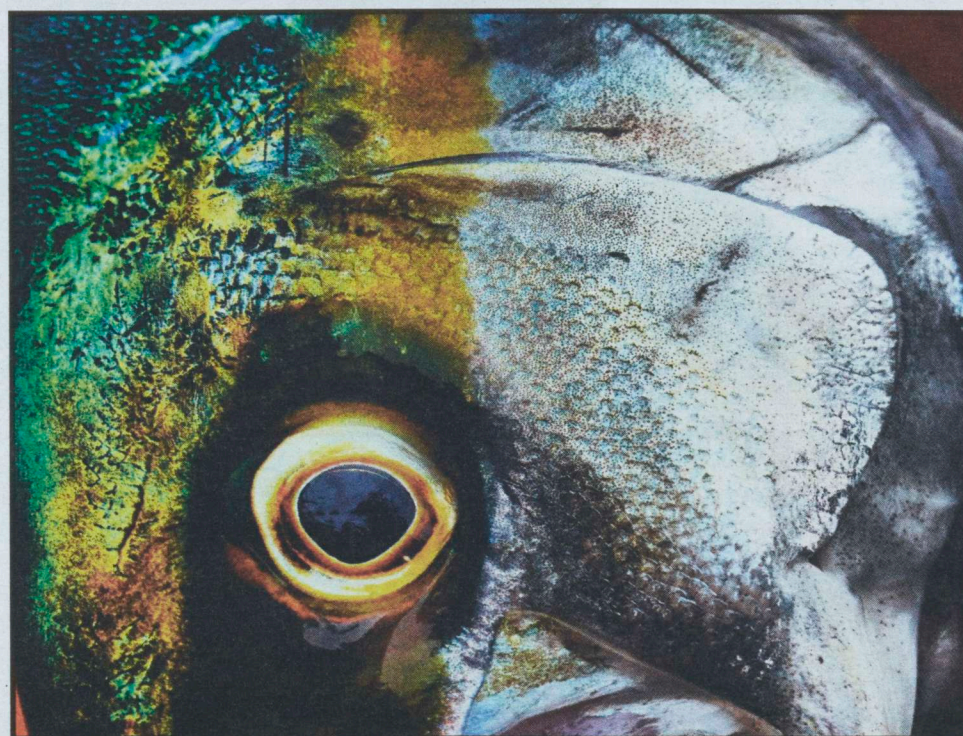
Lightly season with garlic and oregano if desired.

Wrap the fillets in the foil and poke a few small holes with a fork to stop the meat from overheating.

Let the fillet(s) grill for 5 minutes on each side.

Serve immediately after removing from grill, with a lemon wedge.

Do you have a favorite recipe that you would like to share? Send any recipes or suggestions to Culinary Corner at cougarculinary-corner@gmail.com and you may see your recipe featured in the next issue.



The eye of a Pacific Yellow Tail fish.

Photo courtesy of Pierre Yaldo



## ORGANIZATION SPOTLIGHT

## Club helps build a sustainable CSUSM

BY SHANICE DAVIS  
ASSISTANT FEATURES EDITOR

Last Fall, friends Alex Caratti and Danny Geiszler created the CSUSM Sustainability Club in order to help CSUSM be a more sustainable campus. Their mission is to inform students on what it means to be sustainable and commit students to live more sustainably.

With the Sustainability Club being fairly new to CSUSM, not many students are aware of their overall objective for the campus. However CSUSM is no stranger to the idea of being eco-friendly. But, the Sustainability Club aims to take it a step further, and not have being sustainable something everyone only does while on campus, but for it to become a way of life for fellow Cougars.

Throughout the community, the Sustainability Club strives to educate people on the importance of being green.

"We focus our time on the educational point of it and we do some active stuff like tabling events," Sus-

tainability Club President, Alex Caratti, said. "Last semester our first event was the Kill the Cup campaign, which was a campaign that raises awareness on reusable cup usage and how it's better than disposable cups."

For the months of March and April, the club has events lined up leading to the greenest day of the year, Earth Day. On March 14, there's Super STEM Saturday, Discover CSUSM on April 11, Kick Butt on April 17 and Earth Day on April 22.

As the Sustainability Club is a newfound member to the array of organizations offered on campus, both President Caratti and Vice President Geiszler say they are aware of the struggles that come with new organizations getting their name out.

"Kill the Cup was a big accomplishment, it was really nice seeing the recognition, a lot of people recognized us through The Cougar Chronicle, so thank you!" Geiszler said. "But it was really nice seeing people recognize what we were trying to do and the fact that they cared enough about it to actually participate in it. And I feel like we



Photo courtesy of the Sustainability Club

did make a difference because I've personally seen a dozen of my friends stop using disposable cups and start using reusable cups, so that's an accomplishment and it actually encouraged me to start using reusable items."

Geiszler and Caratti also spoke about what motivated them to start the club.

"Sustainability has been something I've always been passionate about, I've just never really had an opportunity to share that passion with anyone else, so Alex

really gave me that avenue to share that," he said.

"For me personally, one of my passions in life is sustainability and wanting to do work in a career that involves sustainability," Caratti said. "Part of my passion manifests in teaching and educating people how to be more sustainable, so I saw the club as a great opportunity to do that with the support from the campus and SOL. It could help educate our generation about how to be more sustainable."

## READING THE STARS

## Sun in Pisces &amp; Moon in Taurus

BY ALEX MARAVILLAS  
ARTS ASSISTANT EDITOR

With the combination of the elements of Water, Earth and Air in the heavens, the feelings of sensuality intensifies.

**The Fire Signs** - Aries, Leo, and Sagittarius with the combination of the Sun in Pisces (Water) and the Moon in Taurus (Earth) you will experience wanting to stay in. Fire Signs would like to cook food to eat. The Fire Signs would enjoy snuggling to keep warm. However fire can do great harm when played with. So take this time to relax. When there's rain, Fire Signs can feel emotionally volatile. Young Aries, work hard! Lady Leo, play hard! Adventurous Sagittarius explore more!

**Dear Water Signs** - Cancer, Scorpio, and Pisces with Fire and Water elements in the heavens canceling each other out, things can get peculiar. Water signs are intuitive and emotional in their aspects. If you google, "Why is blank sign is like...", water signs usually get a moody

adjective to describe them. Cancers, take care of yourself, watch your favorite movie. Scorpions, indulge yourself because you deserve it! Pretty Pisces, looking gorgeous as ever, treat yourself!

**Greetings Earth Signs** - Taurus, Virgo, and Capricorn with the Moon in an Earth Sign conjunction with a combination with the Sun in the constellation in Pisces, feelings are intensified so put your guard up. Stay authentic Taurus! Virgo, keep up the good work! Capricorn, my fun exuberant friend, finish your homework so you can have a fun weekend!

**Yo Air Signs** - Gemini, Libra and Aquarius, with all this Water in the heavens things can affect the Air Signs. Air the element that you cannot see nor touch. Transparent however lively, the Air Signs will experience indecisiveness or an important decision. Gemini, flip a coin! Libra, your help is always appreciated! Aquarius, keep dreaming big and work hard on your craft.

**GABLES  
SAN MARCOS**



| 506 E. Barham | San Marcos, CA 92078 |

| o: 760.471.8599 | f: 760.471.7052 |

| www.gables.com/sanmarcos |

| smrc@gables.com |

Newly Renovated 1 & 2  
bedroom apartment  
homes.



Pet Friendly  
(Breed Restrictions  
Apply)



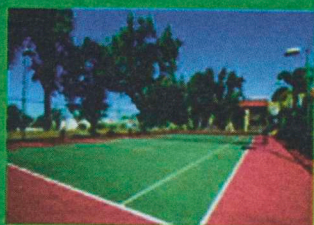
New Kitchen Appliances  
in each home.



Washer & Dryer Included  
in each home.



Cosigners welcome.

TRAVEL AND TEACH  
ENGLISH ABROAD!

## The Program

This 120-hour certificate program focuses on best practices used to teach English as a Second/Foreign Language. Highlights include:

- Hands-on training and practice with English language learners in university setting
- Professional development and guidance in finding employment in the field
- Sessions taught by master teachers with extensive experience in TESL/TEFL, teacher training, and curriculum development.
- Solid foundation in TESL/TEFL methodology
- Optional Field Practicum with possibility of placement at overseas partner institutions

## Sessions

- Summer: 6-week Intensive Daytime Program
- Fall: 15-week Evening Program
- Spring: 15-week Evening Program

Call 760-750-3200 or email [alci@csusm.edu](mailto:alci@csusm.edu)  
for more information.



California State University  
SAN MARCOS

Extended  
Learning



# Simple ways to save precious water

## Easy tips for helping the environment

By NOELLE FRIEDBERG  
OPINION EDITOR

Water scarcity is an issue that affects every continent, so it's important to conserve this non-renewable resource in every way possible. Even the simplest changes in our water use can lead to a world of difference. Conserving water doesn't have to involve any huge lifestyle changes - even the

smallest things add up. Here are some simple ways you can start saving water today: In the shower: When the topic of saving water comes up, it's common to hear people say, "take shorter showers." But there are ways to save water while you shower that don't necessarily mean you have to spend less time showering. An alternative is to simply turn off the water when you don't need it, using the nozzle found on most shower heads. You can turn

off the water while you're shampooing, shaving, lathering, using your loofah, etc. This is a great way to save water because you don't really need water for your full shower time anyway. Brushing your teeth: Don't leave the faucet running while you're brushing your teeth. We've all heard this one million times, but it's a good thing to be reminded of. It really does save a lot of water because it all adds up in the end.

While doing laundry: Wash dark clothes in cold water. This saves water and energy, and helps your clothes retain their color. Also, do a full load of laundry wherever possible. Multiple smaller loads use more water than one large load. When you do have to do a smaller load, make sure you match the water level to the size of the load. While doing dishes: Don't leave the water running while you're doing dishes. Instead, fill up the sink with soapy



Photo by Noelle Friedberg

water and clean your dishes that way. This allows them to soak and keeps you from leaving the water on too long.

# Addressing America's obsession with protein

## How meat affects sustainability on Earth

By RESTY GREY  
SENIOR STAFF WRITER

Bacon grease sizzles on the skillet every morning, engulfing your apartment with the pleasant aroma of burning flesh. Two links of sausage sit beside your tall glass of prepackaged produced protein powder. American society is obsessed with protein, but what are these meat and food products really costing us? The American population is rapidly increasing. The consumption of food lies parallel to this statistic. Diminishing natural resources points to the instability of American meat-based diets. Predominantly meat-based

diets consume more natural resources to produce the equivalent amount of protein when compared to a common lacto-ovo vegetarian diet. A lacto-ovo vegetarian does not eat animal flesh of any kind but does consume dairy and eggs. The recommended dietary allowance (RDA) for protein is 0.36 grams of protein per pound. This information is all arbitrary to the individual and depends on many different factors, but this roughly amounts to 56 grams of protein to maintain the body weight of a person weighing 155 pounds. A person is required to consume 29 slices of bacon in order to amount the

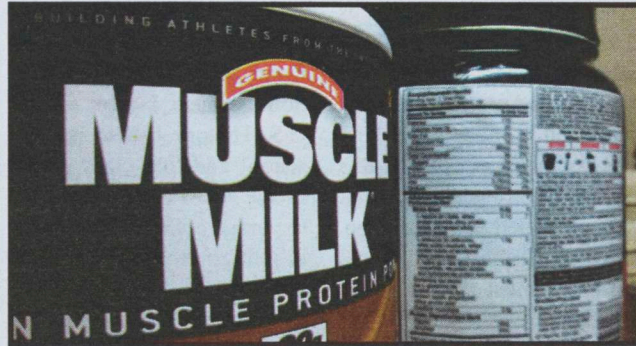


Photo by Chris Morales

Many students fulfill their protein needs through different sources.

density of one cup of oatmeal. 29 slices of bacon roughly yields 87 grams of protein, which is 158 percent of the RDA before you've even reached lunch. Not only is overconsuming protein "bad" for the body, but according to Da-

vid Pimentel and Marcia Pimental's article, "Sustainability of Meat-Based and Plant-Based diets and the environment," the amount of resources needed to produce livestock to feed Americans equates to roughly seven times the amount of grain

that would be required to directly feed American society. Meat-based diets concentrate on the consumption of protein in favor of micronutrients necessary to help the body function properly. However, most American meat-based diets focus on the consumption of macronutrients, failing to consider the micronutrients necessary for proper sustainability. Meat just is not as nutrient dense as vegetables, grains, nuts, seeds, fruits and legumes. Furthermore, David and Marcia Pimental write that "the food storage and malnourishment problem is primarily related to rapid population growth in the world plus the declining per

capita available of land, water and energy resources." Considering that the livestock population required to feed Americans is five times the amount of the human population, the sustainability of the lacto-ovo vegetarian diet seems much more plausible in the larger scope of life on earth. David and Marcia Pimental write that "for every 1kg of high-quality animal protein produced, livestock are fed about 6kg of plant protein." Switching to a plant-based diet would result in fewer natural resources being consumed to feed the same amount of people on Earth, which is why it is a more sustainable way of eating.

# Re-evaluating climate change

## Does your carbon footprint matter?

By COLLIN VAZ  
FEATURES EDITOR

The negative effects of humans on the environment are undeniable. From deforestation, to air and ocean pollution, we are failing at maintaining a sustainable lifestyle. To some degree, most people are concerned about their personal effect on the world. With all of the possible lifestyle changes and eco-friendly choices possible, it can be hard to determine which are most worthwhile. "Carbon footprint" is a term that refers to the overall carbon dioxide emissions of a person, organization or nation. Many politicians and mainstream media outlets stress the importance of carbon footprints and urge consumers to use energy responsibly, claiming that humans' carbon dioxide emissions are causing Earth's climate to fluctuate. There are several miscon-

ceptions surrounding this theory that deserve attention. During President Obama's State of the Union Address, he stated that, "[T]he debate is settled. Climate change is a fact." He is not simply referring to the process of climate change in general being a fact, but instead the idea that humans are altering it. The argument that there is no debate among scientists is simply not true. Sustainability Manager at CSUSM, Juliana Goodlaw-Morris said, "98 percent or 99 percent of all scientists/climate scientists agree that climate change is happening and that it is human induced." The idea that the vast majority of scientists agree on the issue is common among advocates of human induced climate change. In reality, this concept is hotly debated among the scientific community. A recent survey by Purdue University Professor of Natural Resource Social Science, Linda

Prokopy, found that 90 percent of scientists, including climatologists, agreed climate change was occurring, but only 50 percent agreed that it was caused by humans. Another topic of confusion is the idea that 2014 was the hottest year in the history of the planet. "Yes, the Earth goes through natural cycles, but there has never been a period of time in the Earth's history that we have had multiple years of the warmest - every year getting warmer and warmer and warmer," Goodlaw-Morris said. "It's been like five, six [or] seven years in a row we've had the hottest years on record." Unfortunately the evidence in support of this claim is unconvincing. The idea that a recent pattern of perpetual heating is unique to the modern era is incorrect as periods in history such as the Medieval Warming Period showed a consistent rise in global tem-

perature over several years. NASA's Goddard Institute for Space Studies, the organization that stated 2014 was the hottest year since 1880, has recently expressed some doubt over their previous statement, expressing that they are only 38 percent sure the finding is accurate. Even NASA's own records shows Earth has only warmed 0.36 degrees Fahrenheit over the past 35 years. The Earth's overall temperature has actually, on average, lowered by 1.08 degrees since 1998. Many organizations which support the theory of man-made climate change have been caught manipulating data charts to reflect their stance. The National Oceanic and Atmospheric Administration has a history of replacing real temperature values with those fabricated by computers in order to "adjust" records. Whistleblower Professor Robert Stavins went on record to Breitbart News stating that politi-

cians forced him to change parts of the 2014 United Nations Climate Report. Those who do not adhere to the idea of anthropogenic climate change look to naturally occurring phenomenon for an explanation. The Milankovitch Cycles are proven to cause changes in Earth's climate. The Earth does not revolve around the sun in a perfect circle. It has a fluctuating eccentricity or rotation. Additionally, the Earth wobbles and tilts on its axis. These three elements in addition to the sun's solar cycle determine shifts in global climate. In order to understand the big picture regarding humanity's carbon dioxide output, it is important to know how our levels compare to nature's. If all of the carbon emissions from the entire planet were represented by the length of a 100 yard football field, humanity's contribution would add up to 4.21 inches or 0.117 percent of the field. Con-

sidering that there are 3,600 inches in a football field, this is an insignificant amount. Whether or not you subscribe to the theory that climate change can be attributed to humans, everyone can agree there is more we can do to limit our negative impact on the environment. Juliana Goodlaw-Morris reminds students of this and the school's contribution. "Whether or not you believe in climate change, think it's human induced or what have you, these are the impacts we are having right now. Water scarcity is like oil now... Here on this campus we are doing a phenomenal job with water conservation measures and we're trying to make it even better," she said. Lifestyle decisions like using refillable water bottles and taking alternative methods of transportation might not save the Earth from changing temperatures, but it still contributes to a cleaner Earth.



## LETTER TO THE EDITOR

# Re-writing history is not exceptionalism, it's a cop-out

By KINAYA BRYANT  
CONTRIBUTOR

Lawmakers in Oklahoma have overwhelmingly voted to pass law HB-1380 which bars funds from being used on AP US History.

According to state representative Dan Fisher, it's because history isn't quite "pro-America" enough for him. During their legislative committee meeting, Fisher stated, "[The new framework] trades an emphasis on America's founding principles of Constitutional government in favor of robust analyses of gender and racial oppression and class ethnicity and the lives of marginalized people, where the emphasis on instruction is of America as a nation of oppressors and exploiters." In other words, hearing the truth is just too much for him to handle.

I'm sorry Dan Fisher, but you don't get to ban facts. For far too long we have learned history from the perspective of the winners and that isn't real history. Fisher's motives become all too clear when you read his proposal for the type of "American exceptionalism" history he wants students to learn. The new proposed framework for U.S. History focuses on the U.S. Constitution, The Gettysburg Ad-

dress and Thomas Paine's "Common Sense." Fair enough, these are all important works that shaped this country. However, Fisher has no time for pesky so-called "blemishes" such as Martin Luther King, Jr.'s "Letter From Birmingham Jail" and his "I Have a Dream" speech. He also wants to strike out Malcolm X's epic "Ballot or the Bullet" speech and instead replace these amazing works with three speeches by Ronald Reagan and one by George W. Bush.

Erasing the voices of marginalized people of color in order to emphasize the voices of powerful white Christian men, does that sound familiar to anyone else? Before we go any further we must also acknowledge that Fisher is a member of the Black Robe Regiment which seriously tries to make the argument that the separation of church and state is a progressive conspiracy to stamp out religious faith in the United States. I wish this was an Onion article, but it isn't.

Rewriting history is not American exceptionalism, it's actually the exact opposite. This is the kind of blind patriotism that holds this country back. By revising U.S. History to fit a biased "pro-American" (let's be real, pro-white) narrative, these lawmakers are forcing our children to be

remedial. If they go to college, they're automatically put at a disadvantage in class because they wasted so much time learning history that's actually incorrect.

Please don't think this is just something that happens in Oklahoma. The same thing happened to me right here in California. One of my first college courses was a U.S. History class where I learned the pure, unregulated facts about this country. It angered me that I spent so many years in high school learning watered down history and blatantly false history. Not all of my peers went to college after high school so as far as I know they're still walking around with false information about America's history. And you wonder why there are so many people in this country who actually think slavery ended 300 years ago.

All of this anti-educational insanity must be stopped.

Georgia legislature introduced a resolution that rejects American history that doesn't emphasize "America's Founding Fathers, the principles of the Declaration of Independence [and] the religious influences on our nation's history." In Arizona, they banned ethnic studies altogether. Does anyone else think banning education is the most un-American thing ever? Our children deserve better than this. Take it from

me, nothing kills your faith in the American education system faster than learning that it doesn't actually educate you. If all we learn in school is half-truths, indoctrination and blind patriotism, there is no way we are going to compete in a globalized economy that encourages actual exceptionalism. Germany teaches the whole truth about their tragic history and recently they even abolished tuition fees to open up access to education for everyone. We need to take a lesson from Germany and be honest about our history or else we will be doomed to repeat it.

AP U.S. History is actual American exceptionalism. I can say that with conviction because I took an AP U.S. History course in high school and that class is one of the main reasons I chose to pursue college. Every peer in that class went on to pursue college. I enjoyed the fact that we could not only learn history but discuss and deconstruct history at the same time. AP U.S. History taught me how to think critically and thinking critically is a very exceptional trait to have. I am a proud history buff and even though I know all about our dark past, I still love this country and I'm proud to be American. So there you go Dan Fisher, your crackpot theory has been officially debunked.

Conservation continued from page 1

Hanson attributes part of CSUSM's recycling success to the prevalence of waste containers around campus. In an effort to encourage students, faculty and staff to separate their bottles and trash into the right containers, the campus implemented new solar powered trash and recycling bins last semester. When the trash bin fills up, an internal compactor crushes the trash down so that it not only creates more room in the bin, but reduces how often Facility Services needs to change the bag.

Water conservation is another major campus focus. One of the main reasons to consider changing wasteful habits is the ongoing drought, which when coupled with a lack of substantial rain, impacts the availability of water and its cost. According to Hanson, two of the most substantial water uses on campus is for domestic water, which caters to the buildings, and irrigation, which is the external water.

"Irrigation takes as much as domestic water because of watering lawns and landscaping," he said. "60 percent of campus usage goes to irrigation and 30 percent of domestic water is used by University Village Apartments because more water is needed for cooking and showering. With landscaping, one of the things that we are trying is going back to drought resistant plants and a natural terrain where possible."

CSUSM is also working to make commonly used resources in campus buildings more efficient in conserving water. According to Hanson,

some of the men's restrooms on campus already feature waterless urinals and the USU is working to implement a new type of toilet in the building's restrooms to reduce water usage.

"The new toilet model has green and red buttons, giving the user the option to choose the "lower flush" button. If you go with that button, it can save 35 percent of the water," Hanson said. "We are also converting faucets to new aerators, where spray comes out and reduces the water usage from 2.5 gallons to .5 gallon per minute flow."

CSUSM is also working to replace all of the campus water fountains that do not offer the "water bottle refill" feature, where users can place their reusable water bottle under the spout and refill it. These are currently available in Markstein Hall and the USU, but Hanson said that plans are underway to put them in all of the buildings.

"When it comes to the reduce, reuse, recycle mantra, reduce and reuse are better than recycle," he said. "If we can reuse a cup, that is better for the environment."

As the Sustainability Master Plan and other initiatives continue to be implemented on campus, CSUSM will continue its successful streak of conservation and recycling efforts. Hanson said that it is the collaborative efforts of students, faculty and staff that help to create this change.

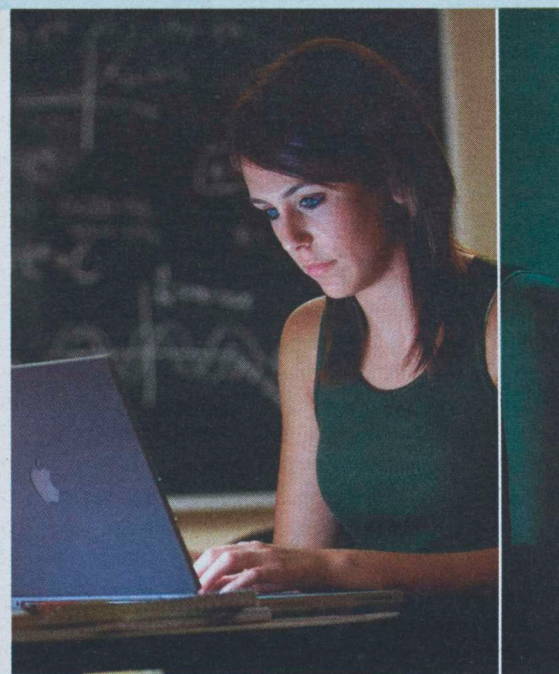
"Thank you to the campus community for their great work that they are doing," he said. "We have a culture that we have established where the new folks come in and know that recycling is what you do."

## Accelerate Your Progress Towards Degree Completion

CSUSM Summer Session 2015

June 1 - August 8 2015

- Take classes in San Marcos, Temecula or online
- Choose from morning, afternoon or online classes
- Catch up on classes you dropped or missed
- Open to the public
- Financial-aid eligible



To view the class schedule and for additional information visit [www.csusm.edu/el](http://www.csusm.edu/el)

California State University  
SAN MARCOS

Extended Learning



## LETTER TO THE EDITOR

# Dangers of disposable tampons and pads Bad for your body, your wallet and environment

BY KAYLA RICHARDSON  
CONTRIBUTOR

Disposable tampons and pads are, by far, the most commonly used menstrual products amongst menstruating girls and women. The use of these products has become so normalized that most women do not question them or search for other options.

Tampons and pads are the only menstrual products that you will find advertised on television, sold in grocery stores and hidden away in the bathroom cabinets of friends, mothers and sisters. Commercials for these products depict healthy women using them to overcome their menstruating bodies and do all

the activities they love to do.

Unfortunately, these commercials do not mention the toxins and chemicals their products contain or the toll they take on the planet. Tampons contain pesticides, dioxins, GMOs and fragrances, and it is estimated that a single menstruating woman will produce 1,000 pounds of waste in tampons in her lifetime (ruby-cup.com). Despite the facts, these products remain popular because since they are disposable, you have to keep buying them. This means more money for the companies that sell them. It isn't right that we are buying products that are not good for our bodies or the planet.

Fortunately, there are other options. First, a great alterna-



Photo by Noelle Friedberg

Tampons are a danger for your body as well as your economic status.

tive is the menstrual cup. The menstrual cup is reusable, so you only have to purchase one, which saves money and you don't have to throw it away, which reduces waste. It also does not contain any harmful toxins or chemicals. Some great brands to check

out are the Mooncup, the DivaCup and the Lily Cup.

Next, if you are a pad user, you can make the easy switch to reusable cloth pads. Cloth pads are used in the same way as disposable pads, but they are better for you and the environment. Some

brands that sell cloth pads are GladRags and Lunapads. Better yet, you can turn fabric you might have lying around into your own unique cloth pads at no cost to your body, the Earth or your wallet.

Another great alternative is the sea sponge, which might

be best for someone who is accustomed to using an absorbent product like the tampon. Sea sponges are more absorbent than tampons, but contain none of the toxins or chemicals, are low cost and do not contribute any waste. You can purchase sea sponges for menstruation from an incredible company called Jade & Pearl.

We should not have to spend excessive amounts of money on products that do not serve us. Also, we each have an individual responsibility to take care of the planet in any way we can. Ditching the disposable tampons and pads and opting for healthier, sustainable menstrual products is one way we can be active in doing so.

Diversity continued from page 1

gressions in the classrooms, as well as how to deal with difficult topics and critiques of discipline in terms of diversity. A faculty concern on this issue includes apparent lack of respect and inclusion for lecturers. One repeated faculty concern was that while CSUSM has one of the highest ratios of female faculty members in the CSU system, many of them report being overworked.

Given the wide range of these findings, the question is whether CSUSM is in fact "making diversity happen." Halaulani's response? Yes, in part. Of the study's four diversity ranking orders, with 1 being only a mission statement and no effort, and 4 being culture changing, CSUSM is a second order campus. This means CSUSM has good intentions, but does not at present qualify as having sustainable diversity efforts. In part this reflects many ideas thrown at the issue which are not organized or strategized. According to the study, 97 percent of our diversity efforts are programs driven by departments rather than by the university itself, to such an extent that such efforts are being paid for out of departmental budg-

ets. This approach lacks any cohesion, so it is not sustainable. The goal approach needs to be an overall university resource allotment.

One strong point about CSUSM is that we are intrinsically motivated, rather than relying on external factors such as potential lawsuits to motivate our diversity efforts. Of our diversity efforts, 88 percent of them are primarily geared towards diversity rather than having diversity as a subtopic. However, we have more events promoting diversity than we have programs actually striving towards strategic diversity inclusions. Added to that, we seem to have a vague notion of diversity, with our efforts such as they are focused on all campus members, but with little to nothing in fact being addressed on the behalf of our faculty and staff members. More inclusion of these members of our campus in our efforts would seem to provide a better overall campus result.

In terms of Diversity in CSUSM courses, the focus of diversity is on the Undergraduates, specifically at the 300-400 course level.

"I was surprised by the relatively low number of offered courses at the 100-200 level, and that we offer fewer domestic diversity courses

than we actually do," said Arturo Ocampo, Associate Vice President of the Office of Diversity, Educational Equity & Inclusion University Ombuds. "I was under the impression we had more domestic diversity courses, but we actually have more international/global courses."

One recommendation Halaulani makes is to increase the number of domestic/historical courses offered, as well as implement a GE Diversity Requirement. As it currently stands, there is insufficient diversity exposure in the lower level Undergraduate courses.

The diversity study findings are only the beginning. The full report will come out in a couple of weeks, and that's when President Hayes will begin to charge different units and departments with the next steps to take.

"It's going to take a lot of work and a lot of folks analyzing the curriculum and co-curriculum to get to the third order," Ocampo said. "But CSUSM has tremendous potential and a lot of well-intentioned, highly motivated and committed people. With the study providing specific areas to address, CSUSM can begin to progress effectively toward real diversity inclusion for every person on the campus."

## Life hacks:

## New uses for old things

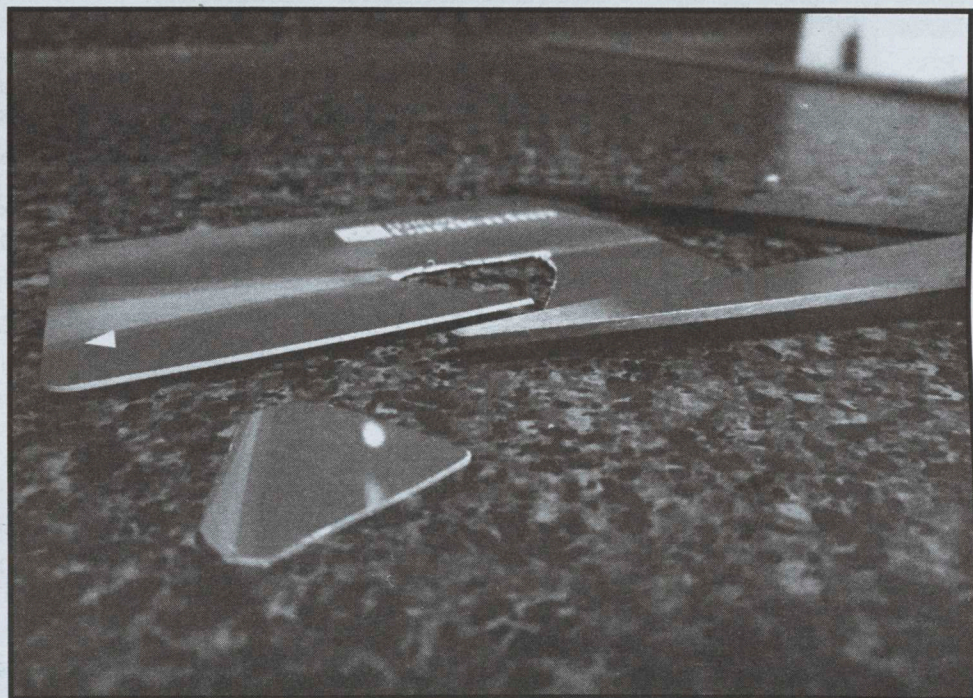


Photo by Chris Morales

Take old things and shape them into new things.

BY KAT DILTZ  
STAFF WRITER

When juggling family, friends, classwork, jobs and other everyday activities, it is very easy to get lazy and leave old, used items lying around the house. Instead of gathering everything up and throwing it in the trash, turn everyday items into useful tools, decorations or even a fun gift.

Here are multiple ways to get you started: Reuse ketchup bottles for ready-to-use pancake mix. Clean out an empty ketchup bottle and fill it up with pancake batter for easy storage. Squeeze out the batter onto a heated skillet for a faster, no-mess breakfast.

Turn old credit cards into guitar picks. Using scissors or an XACTO-knife, cut a pick shape out of the plas-

tic. Just be careful and be sure to do this on a flat surface so you don't get hurt.

Turn an empty tissue box into a bag dispenser. Instead of stuffing old grocery bags into a drawer that'll take up space, store them in an old tissue box. Take one plastic bag and place the rest inside, then store them upside down inside the tissue box for easy access.

Use an old cupcake tin as a jewelry organizer. Put earrings, necklaces, rings and bracelets in each row or column. You could also decorate the tin with scrapbook paper to make it appear more presentable. Or, as a gift to a friend, decorate the tin with patterned paper and fill it with small knick-knacks and candy.

Soundproof loud cabinets with felt and glue. If you have an early class and don't want to wake your roommates

with the sound of slamming cabinet doors, simply cut a small circle out of felt fabric and glue onto the corner of the inside of the door.

Use old suitcases as storage spaces. Store kitchen placemats or linen in an old suitcase. Vintage suitcases can make fun, rustic decorations or table settings.

Turn old calendar pages into wrapping paper. Personalize a birthday present by using an old calendar page of your friend's birthday month, and circle their birthday on the wrapping.

Turn a wooden ladder into a towel rack. Prop a wooden ladder (ladders made of wood can withstand humidity as opposed to metal ones) on the bathroom wall to store towels and other items.

With little to no work, you can turn trash into treasure. Have fun upcycling your old items into useful appliances.

### CALL FOR SUBMISSIONS: Herstory Edition

The Cougar Chronicle is looking for writers, artists, and photographers that are interested in contributing articles and artwork that revolve around the theme of Herstory for our March 18 Edition.

We would like to feature work exploring what it means to be a woman and/or female leader in contemporary society.

Work will be featured in the eventh edition of The Cougar Chronicle.

DEADLINE: Thursday, March 12 @ 8 p.m.

SUBMIT TO: csusm.cougarchronicle@gmail.com

Photos and artwork must be submitted in JPEG/JPG format. Articles should be between 150-500 words, formatted in Microsoft Word Documents (.doc/.docx) or in Google Docs.



# New Year, New Goals!

## Start Your Graduate Degree at APU.



Occupations that require a master's degree are projected to grow the fastest over the next eight years, making graduate school a worthwhile investment as you prepare to impact your field. Start planning now and further your career goals with a graduate degree from Azusa Pacific University, one of the nation's top Christian universities.

Join the  
**4,200+**

graduate students  
currently advancing  
their education  
at APU.

Choose from:

### Business and Leadership

MBA, Management, Leadership, Accounting

### Health Care

Athletic Training, Physical Therapy, Nursing

### Education

Educational Leadership, School Counseling and  
School Psychology, Teacher Education, Higher Education

### Helping Professions

MFT, Psychology, Social Work

Azusa | High Desert | Inland Empire | Los Angeles  
Murrieta | Orange County | San Diego | Online

Find your program today!  
[apu.edu/programs](http://apu.edu/programs)



**AZUSA PACIFIC**  
UNIVERSITY

God First Since 1899

## Positive body image improves quality of life

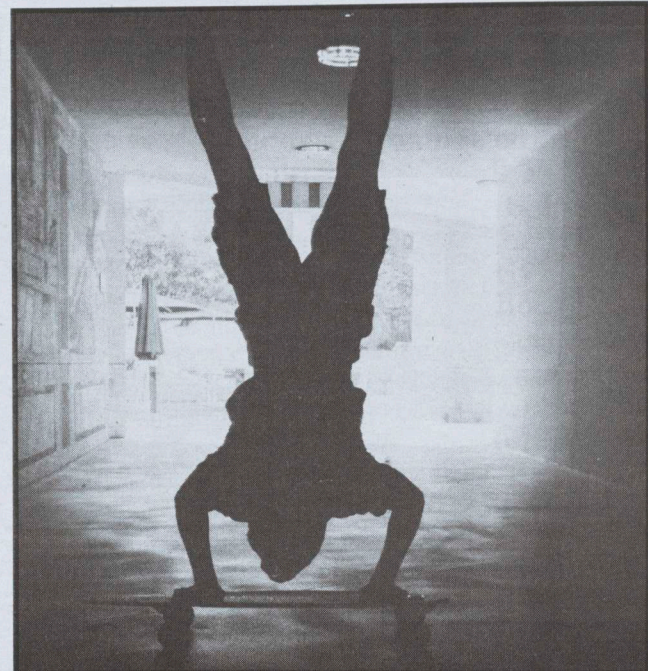


Photo by Cody Cook

Promoting health promotes a healthy body image.

By WILL MCCURDY  
ASSISTANT TO THE EDITOR-IN-CHIEF

The most important thing I can stress to anyone thinking of losing or gaining weight is to be healthy.

Last year, I was introduced to #thinspiration via the YouTube channel of Lacy Green. The pictures and statements attached to it border along the lines of religious fervor with sayings such as "the skinnier, the better" and "must stay skinny for summer," repeated ad nauseam, coupled with so-called workout regimens that ignore nutrition in favor of burning off calories to the point of serious physical damage.

In the prime of teenage years and the younger twenties, it's easy to get caught up in the wondrous (and occasionally inhuman) amount of food, sugar and alcohol one can consume without consideration for what creating a habit of such consumption will bring. Eat too much and obesity and organ issues are just around the corner in one's thirties and forties. Yet, eat too little and the organ failure coupled with stress comes in to wreak havoc on the immune system.

Thus, the perfect middle ground is healthiness. What is the healthy body type one might ask? Honestly, it's most of them. A thinner person can be just as healthy as their bulkier counterpart so long as their insides are functioning properly. The concern with outside appearances is a purely vain and pressured pursuit

subjected onto the masses for purposes of social homogenization and economic exploitation, both of which add unnecessary stress to an already daunting existence.

We all have those secret doubts, the thoughts in the back of the mind that question whether or not to go to the gym, or drop those few pounds for that guy or girl you've been eyeballing -- it's the voice that makes you question if you want to eat your favorite sandwich. To combat this is the Greek concept of *sophrosyne*: of existing in moderation. Simply being healthy and keeping moderation in mind is the secret to having a good self-image, but it is only true when one is truly happy with themselves, which if you're a perfectly normal (biologically speaking) human, you have no reason not to be.

A person who turns you down based on the fact that they don't care for your physicality is not someone you want to be with anyway. Instead, search for those people that bring you joy, new experiences and possibly sandwiches, for those are the people that will help develop you as a person, something no amount of dieting or food can do.

Humanity is full of individuals who come in billions of different varieties and it is statistically improbable that you will never be liked. So go ahead, go on a hike, sit on the couch, finish that candy bar and know that everything is fine so long as you like yourself.

## Summer Day Camp Jobs

Seeking outstanding summer staff!

Camps in Northern & Southern CA

**Make a difference  
in a child's life  
this summer!**

Counselors, Lifeguards,  
Instructors, & more!

Live at home, work at camp!

[www.daycampjobs.com](http://www.daycampjobs.com)



## MOVIE REVIEW 4/5 PAWS

## 50 Shades of Grey: An Unacknowledged Side to "Love"

BY LEXY PEREZ

ASSISTANT ENTERTAINMENT EDITOR

While the backlash and controversy 50 Shades of Grey received for its touchy subject (no pun intended) is not shocking, it's interesting how much of it is still surrounding the recent film adaptation for a story that was released three years ago. Call it the bookworm fangirl in me, but I felt as if the movie portrayed the first book perfectly and captured the essence to what the story truly is.

Anastasia Steele (Dakota Johnson) is preparing to graduate college when she lends her aspiring journalist friend a favor by interviewing successful businessman of Seattle's Grey Enterprises, Christian Grey (Jamie Dornan), for their school newspaper. Upon first meeting there is an immediate attraction between them. Steele is merely a shy, bookworm who feels invisible to the male species, hence she finds it surprising

when Grey expresses interest in her. It is only in time that she discovers that he isn't going to be the "hearts and flowers" boyfriend she dreamed of having, but one whom centers his "relationships" on BDSM. She is now left to contemplate whether she should comply with his offer to engage in a "Submissive/Dominant" relationship, all the while struggling with her feelings and curiosity for the broken man he works hard to hide from the world.

While there are the supporters and protesters for what the story conveys, I feel that many overlook the true love story between the main characters. The hype and focus is solely centralized on Grey's preferred mechanisms with his lifestyle. It is also argued that Steele negatively portrays a woman as one whom should be submissive and powerless to a male figure. While the idea of BDSM plays a prominent role in the film and overall

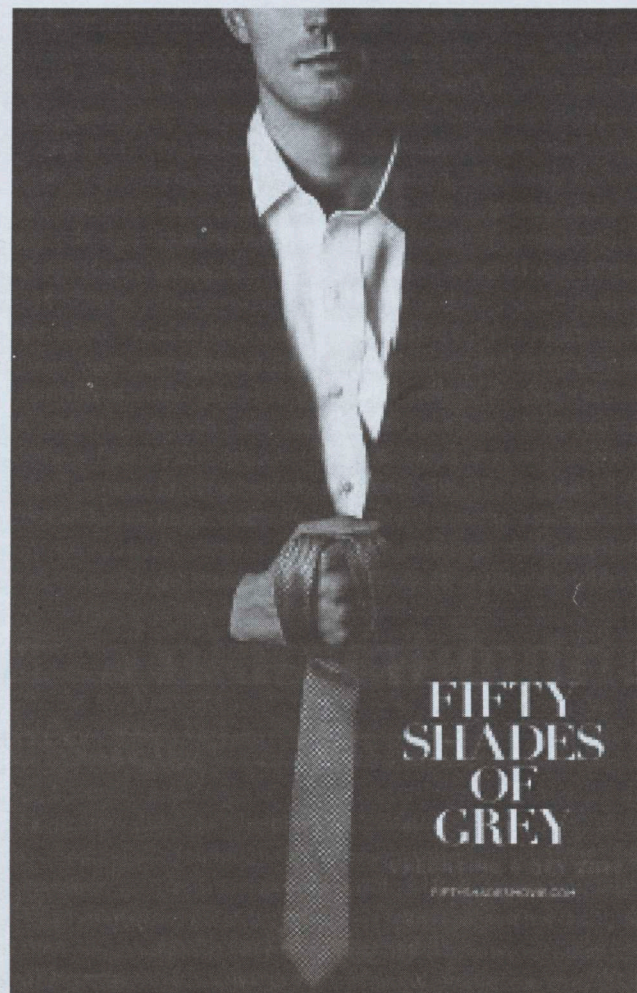
story, I felt as if Steele was anything but powerless.

While Steele is naïve and inexperienced, her realness to whom she is as an individual affects Grey in a way that he has never experienced before. Steele not only learns about a lifestyle she has never known about, but Grey is learning what "genuine love" is. What I liked about the film was its ability to take a difficult subject matter and give insight into the struggles of living the kind of lifestyle Grey abides by. It can be easy to hate Grey for his chosen lifestyle, but it can also be easy to sympathize for his past struggles and hope he stops living his life in fear.

Grey portrays the ultimate "dominant" as being handsome, successful, envied by every male and yearned for by every female. While he has the ultimate "power," the film explores the brokenness he hides, for his past struggles have created the "dark" man he has become.

With Steele entering his life, he struggles with remaining the man he has always been or allowing himself to be the man he always said he would never be. I found Steele's ability to abide by herself as an individual something powerful in itself. It is ironic, because while they engage in acts preferred by Grey, it is Steele whom holds the ultimate power. She refuses to instantly become a "servant" to Grey and emphasizes that everything still remains her choice.

I don't foresee the backlash for the film disappearing anytime soon, but I do think that the story shouldn't be overlooked simply because it is exploring a topic that many have known about but have never chosen to address publicly in the media. While it may be controversial, it still doesn't change the fact that it has broken records, making \$81.7 million in its opening weekend. Clearly it remains to spark curiosity.



## MOVIE REVIEW .5/5 PAWS

## Against Fifty Shades of Grey

BY KATIE GARNER

STAFF WRITER

On general principle, I normally don't tell people what they should do with their lives. That would be presumptuous of me.

No one really likes being told what to do or what to like, anyway. But I will say this: in the two hours I spent watching Fifty Shades of Grey, I could have been repeatedly beating my head against a wall while listening to Nickelback and it still would have been time better spent than watching this awful movie.

This movie sparked a fair amount of controversy, and

from what I saw, I understand why. The major subject of the movie is Christian Grey, who for the remainder of this review I will call "Abusive Batman." Anastasia Steele, a young college student and the lens through which we watch this cinematic masterpiece, finds Abusive Batman to be an alluring and mysterious figure after she interviews him for an article. From there, she signs a scary sex contract, Abusive Batman leads her to his sex dungeon, and they have sex in various positions. Abusive Batman rejects Anastasia's affection, as he was apparently emotionally stunted as a child when his parents were

murdered in front of him in an alley of Gotham city.

In Fifty Shades, a sequence of events was strung together with a glue stick and someone in the editing room called it a "plot." I could talk for hours on the fact that this movie

portrays a relationship based on domestic violence, or that it

horribly misrepresents the BDSM community. But that isn't why I didn't like it. No; it is because this movie managed to somehow be both terrible and boring. Even

bad movies can at least be fun to watch. I have an archive filled with horror movies for that very reason.

The dialogue is one of the more absurd aspects of the movie, and the depth of the characters is so shallow that

**The dialogue is one of the more absurd aspects of the movie...**

they could have replaced Anastasia with a lamp and next to nothing would have changed. Several details are extremely vague, such as what it is exactly Abusive Batman's company does (which I personally hope is selling doilies).

It also glosses over the fact that Abusive Batman was sexually assaulted as a teenager by his mother's friend, but the audience is somehow expected to feel like this was a positive experience rather than completely horrified.

Alas, a movie adaptation can only be as good as its book. A book, I'd like to point out, which was originally posted as Twilight fanfiction on fanfiction.net. The title was originally "Master of the Universe", and the author's pen name on the website was Snowqueens Icedragon. So here we have a movie, based on a book, which was based on a fanfiction, which was based on another movie,

which in turn was based on a series of books. Fanfiction should remain in the dark corners of the internet where it belongs, but for reasons beyond my understanding, it was adapted into a major motion picture. Go figure.

It strikes me that there are people out there who enjoyed this film, and I'll admit that there were aspects to it that weren't grueling. The soundtrack was alright, for one thing. I'm having some difficulty thinking of the second thing.

**All in all, I give it a half star out of five.**

## GAME COMMENTARY

## Sustainable Gaming: Call of Duty Zombies

BY WILL MCCURDY

ASSISTANT TO THE EDITOR-IN-CHIEF

Modern culture has taken an odd spin on the idea of horror, particularly monsters. It seems to be a mad whiplash that goes between reimagining them as brooding anti-heroes, turning them into sexual icons or in the very rare case these days of actually being afraid of them.

It is the last category that is the subject of this video

game review regarding the Call of Duty series and its near consistent homages to George Romero through their zombies game mode.

Call of Duty recently might be considered great advocates for environmental conservation. They have guns, new abilities for using those guns and a plot that amounts to "insert potential United States conflict here." But by far, the part that fell most into the compost heap is the zombies mode which is quite a shame as the story began as quite intriguing, if

not slightly innovative. After fighting a brutal war across Germany and the Pacific in Call of Duty: World at War, the game showed a plane crash viewed by a man, recovering from a head trauma induced slumber, when he sees wandering shadows shambling like wraiths in the foggy evening. Suddenly, you see one moving with an inhuman sprint coming closer until the screen cuts to black and the title written in blood emerges.

It was the last time the zombies mode surprised anyone.

Since then, they've included new abilities, perks and giant steam powered robots but the formula remains the same: fight zombies until you die or start questioning where all those fairly well preserved bodies are coming from and why they seem to have a serious case of hating kids who are on their lawn.

It's survival mode, that much is understood, but they made an error from the beginning by giving it a story. Survival mode is not supposed to have a story. It's merely an exercise in pre-

tending to be a war criminal against a race of pixels. Once it is given a plot, however, it becomes subjected to the criteria that are used to scrutinize the rest of the game. If it is implied that there will be a conclusion to the plot, then there had better be one. Otherwise all those hours were for nothing and the player is worse off for being played as the dunce in the bullfighting ring that is gaming. Unless Activision and Sledgehammer games are recycling their developers, then the mode amounts to what

the franchise has become; namely a repeating piece of propaganda about American military exceptionalism that can barely try to recapture the magic of its glory days.

So, fellow gamers, feel good about your game choices and slap an "environmental friendly" logo on the next copy. If the developers are going to feel alright about recycling plot and gameplay, players should feel good about perpetuating their attempts at video game conservationism.



MOVIE REVIEW

2.5/5 PAWS

# Kingsman's ending discredits female leaders in film

BY KATLIN SWEENEY  
EDITOR-IN-CHIEF

"Kingsman: The Secret Service" reimagines the "English spy" archetype, giving audiences a younger, cheekier protagonist who may save the world in a contemporary fashion, but is still rooted in a dated, sexist ideology.

The film is only decently successful in providing audiences with a diverse representation of women. While there is an obvious lack in the quantity of female roles, the quality of these characters are split right down the middle. Out of the main cast, there are 15 male roles and only four women (three of whom are blonde Caucasian women). These four females are evenly split as far as the amount of agency they are given in the film.

We have Eggsy's mother, a woman living in a lower income neighborhood with a small baby, rebellious teenager and abusive husband. She is often portrayed as submissive, placing her relationship with

her husband above her children's (and her own) safety.

We have Princess Tilde, a Swedish princess who refuses to join Valentine when he offers her a spot in the elite group that will be taken to safety when the planet erupts in chaos. This "safety offer" is a courtesy extended to the world's ruling powers (, which is a triumphant commentary on how the lives of the "elite and powerful" are prioritized. Upon her refusal, Princess Tilde is imprisoned by Valentine.

Then there is Roxy (Sophie Cookson), who is one of the candidates that is competing for the sole open spot in Kingsman, a position referred to as "Lancelot." Eggsy develops a friendship with her, who in addition to being the sole female contender for the position, is at the top of their "class." Ultimately Roxy defeats all of her male competitors and becomes the new Lancelot.

Then we have Gazelle (Sofia Boutella), the ring-leader of Valentine's team of assailants. She executes the master plan and makes sure that Valentine stays on

target. She also defies the stereotype that all or most individuals in spy films be "able bodied." Gazelle has bladed prosthetic legs, which instead of holding her back, give her incomparable speed and allows her to easily slice opponents in half.

Where the film's progressive plot plummets is at the very end of the film. Eggsy's teammate Merlin successfully rewires the SIM card system in the building they are hiding in, which then kills all of the elite individuals and security guards that have congregated to watch the planet erupt in chaos. Eggsy is set to kill Gazelle and Valentine before finally escaping on Merlin's plane. However, he hears pounding on a cell door, opening the "peep hole" to discover Princess Tilde. Rather than trying to find a way to help her escape, he immediately expresses his attraction to her. Tilde promises Eggsy anal sex if he defeats Valentine and comes back to rescue her.

Suddenly the film becomes about the young male protagonist reestablishing himself as the victor, who must

be more dominant than a woman in order to truly be "the hero." Eggsy asks Merlin to figure out the password for the locked cell, which he ultimately unlocks and then enters while carrying champagne. Because Eggsy's glasses have a "video feature" that allows Merlin to aid him in combat strategy by showing him what he sees, the audience watches as Princess Tilde lays down on the bed naked and shows her butt to Eggsy. Instead of Merlin making a comment discouraging Eggsy from using his ability to "rescue or leave" Tilde in the cell as an abuse of power, he merely closes his screen and leaves him to it.

While this may not seem like a problematic way to end the film, it is a deeply offensive "joke" that should not have been placed in the script at all. In a recent interview with Entertainment Weekly, Matthew Vaughn criticized viewers that were upset by the joke, saying instead how empowering it was for women and that people needed to "lighten up."

If Vaughn genuinely thinks

that female empowerment is derived from a female prisoner offering anal sex to a man (a 17-year-old, nonetheless) who has the power to leave her in that cell if she does not abide by his wishes, then he is hopelessly confused. It would be ignorant to say that Tilde has the same agency in the film as Eggsy.

Because he immediately tells her that he wants to kiss her, Tilde must make the choice to use his immature, uncontrollable sex drive as a way to ensure that Eggsy maintains an interest in her. Yes, it is perfectly possible that she enjoys the sexual encounter. However, it cannot be ignored that if she were to have denied his desires, there is a strong chance that she would have been left behind (in a cell on a secluded mountain that you can only get to by plane, where no one will ever find her).

Vaughn also needs to take into consideration that if he is going to talk about female empowerment, his film was doing a great job up until this point. While Eggsy's mom is a stereotyped character, the film does not try

to make her marriage look happy or healthy. Roxy's status as the top of her class and the new Lancelot demonstrates that men can be supportive of strong, independent heroines. The fact that Valentine hides behind Gazelle showcases that she is the true opponent to beat.

I applaud Vaughn's attempt to be progressive and change the way that women are represented in "spy films." If he genuinely believes that his anal sex joke is a tool for empowerment, this seems to indicate that he is completely ignorant of what female empowerment actually is. However, trying to approach this relatively complex notion through the framework of a masculine film genre like action is a difficult task. By ending his film with this joke, it discredits all of the work that he did as a director and co-writer to make a movie where women are on an equal platform to men. By infusing the dialogue with this poor attempt at a "James Bond"-style joke, he has sacrificed his ability to refer to Kingsman as empowering for women.

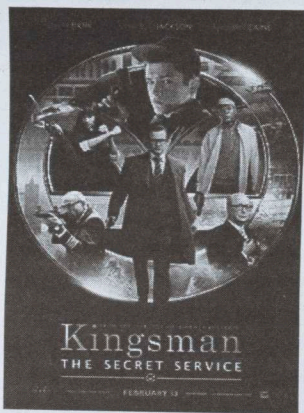
MOVIE REVIEW

4/5 PAWS

## 'Kingsman: The Secret Service' a nice surprise

BY PIERCE BRENNER  
STAFF WRITER

When a spot in the Kingsman agency becomes vacant, agent Harry Hart aka Galahad (Colin Firth) recruits his



deceased friend's son "Egg-sy" (Taron Egerton) to become an applicant for the job. Meanwhile, off-kilter billionaire Richmond Valentine (Samuel L. Jackson) attracts the attention of Hart when it looks like he's up to no good.

I'm a huge fan of Matthew Vaughn. So far, he directed Layer Cake, Stardust, Kick-Ass and X-Men: First Class. They were all great movies that deserve all the praise they got. To be honest, I was not looking forward to Kingsman very much. I thought the first trailer was pretty bad, and even though

the subsequent marketing improved, I was not completely sold. Fortunately, Kingsman was far from a bad film. In fact, it might be the best of the year so far.

When Colin Firth's name is on the cast list, it tends to evoke images of romantic male leads or British royalty, not that of a spy. But I always maintained that if any part of Kingsman were going to work, it would be him. Sure enough, Colin Firth was awesome. He was completely believable as an intelligent, efficient spy. Not only that, he was a ruthless

killing machine! It was pretty much a combination of all the incarnations of James Bond rolled into one character, and it worked perfectly.

Firth was not the only one that impresses. Pretty much all the actors were great in their respective roles. But the biggest surprise was Taron Egerton, playing our young protagonist "Egg-sy" Unwin. I was worried about Egerton going into the film. In all the trailers, he looked like he would be the weak link. I could not have been more wrong. Egerton made a punk-like Eggsy a very en-

dearing character, and seeing him live up to his potential was a really fun experience.

The action was so awesome. I knew Matthew Vaughn could do action. Kick-Ass was proof enough. But what he was able to put together here is on a whole new level. It's not quite on par with something like John Wick, but it was really exciting nonetheless. On top of being a great action movie, Kingsman is also a great comedy. Whenever it tries to be funny, it passes with flying colors.

Not everything about King-

smen was great. I thought the CGI was pretty poor. I get that it was supposed to be ridiculous, but that's no excuse for looking bad. There were some parts where the action was a little disorienting, but it usually sorted itself out in the end. As a sidetone, if you didn't like Kick-Ass, you might not like Kingsman.

I was afraid that Kingsman might be Matthew Vaughn's first miss, but I really misjudged it. In fact, it might be my most pleasant surprise in a long time. With a stellar cast, action and humor, what more could you ask for?

## Learn to teach.

> The Point Loma Nazarene University's School of Education offers graduate degrees for both K-12 and non-K-12 teaching careers. Prepare with us for a career in teaching as a:

Classroom Teacher  
Instructional Designer  
School Site Principal

Professional Developer  
District Office Administrator  
Instructor in Business and Non-Profit Organizations

School Counselor  
Training and Personnel Director  
College Counselor/Advisor

- Most programs take 12-18 months to complete
- Master's degrees and/or certifications available
- Face-to-face, hybrid and on-line learning experiences
- Relevant, professional and caring faculty

Contact admissions counselor Amanda Bolton, Mission Valley Campus, at [amandabolton@pointloma.edu](mailto:amandabolton@pointloma.edu) or Natalie Ramirez, Bakersfield Campus, at [natalieramirez@pointloma.edu](mailto:natalieramirez@pointloma.edu) or program director Connal Campbell at [connicampbell@pointloma.edu](mailto:connicampbell@pointloma.edu)



POINT LOMA  
NAZARENE UNIVERSITY



## ARTIST SPOTLIGHT

## How Ladd Brothers reuse ecofriendly materials in their art

By ALEX MARAVILLAS  
ASSISTANT ARTS EDITOR

Using subjectivity and objectivity was a concept that the Ladd Brothers, Steven and William Ladd, had in mind when they collaborated. For example, the brothers used different methods of presenting art by recycling materials in the medium in their artform.

Art as function, as an exhibit, and additionally for fashion was the way the two brothers presented their work. The brothers were additionally mastered at the Couture Trade in New York and that was an immensely colossal inspiration to their art. The collections that the two brothers shared, in their past experiences, helped influenced their artwork. Three art pieces that exhibited at the Mingei International Museum in 2014 by the Ladd Brothers were "Kickboard" (2012), "Shadow Tower" (2002) and the "Shaboygen Tower" (2012). "Kickboard" was a piece that was made of recycling

belts, wood and metal. The panels on the piece were predicated on a kickboard that Steven's father built on the fields of the brother's elementary school. According to William, kids practiced kicking balls against it during soccer practice, and the fields were the pride of the brother's school. The piece had a unity and a variety within the piece. The dark blues, and shades of purple of the belts tied together, plus pins, which provided a transient and fleeting quality to the piece, held it down.

"Shadow Tower" was created using various mediums included an archival board, fiber, beads and metal. "Shadow Tower's" main concept presented is about containment. The ebony boxes cumulate the interior objects into a cohesive, comprehensive whole. The tower is a presence in the space, a shadow of our processes. The closed butterfly box is a cocoon for the interior object. The silhouette appears solid, but the zipped

top invites you to activate the object. The aperture of the butterfly box is rooted in a gesture of the circling of the arms, an aperture to the heart. The aperture reveals the object's environment. The pleated structures are predicated on the gestural forms of kineticism of the hand. The butterfly boxes were placed on a white surface to contrast and present the vibrant colors of the interior. The piece has a surrealistic quality to it as well, because of its ambiguity of how is it art for function or fantasy.

The Ladd Brothers composed "Shaboygen Tower" from a board, plywood, metal, fiber, beads, paper, tulle, hair and pins. The 24 box tower is exhibited as a landscape mounted on the wall, instead of being exhibited on low platforms, an incipient approach that sanctions the viewer to get astronomically proximate to the entire sculpture to investigate its intricate details.

"Shaboygen" emanates from a fleeting high school

recollection that evolved into a code word that denoted "utopia". This work explores the light and dark recollections of the brother's high school experience. Each box contains its own backstory, a visit to a friend's house on Goosecreek inspired the white beaded trees, while the red fabric spirals reference how the family station wagon caught on fire and burned while parked in front of the brother's high school. The piece is reminiscent of a volcano. There is a variety within the landscape, with the intriguing textures of the transparency of the beads and the pins. In addition, the scrolls and adjuncts were a fascinating touch that helped bring the piece in conjunction.

Exhibitions at the Mingei included "Function + Fantasy: The Ladd Brothers", which focuses on reusing eco-friendly materials in their art. The duo continue to work on new pieces and plan on a fall show at the Invisible Dog Art Center in New York.

## Thrift is win-win solution

By GLORIA MACALLANES  
ASSISTANT OPINION EDITOR

There are many ways we can make our lives better by adopting habits of sustainability. One of them is by donating and shopping. Yes, I do mean shopping.

Instead of heading over to the mall or your favorite store, drive to your local thrift store and check it out. I encourage you to become a recycler of more than just plastic water bottles and cans - get creative. One way you can do that is by donating your clothes.

Don't throw away the things that you no longer want, especially if they're in perfect condition. Many times we have clothes hidden deep in drawers or hung in the back of the closet. What can you do with those? It's actually pretty simple. Instead of throwing your perfectly reusable clothes away, put them in a box and drive to your local thrift store. Every thrift store has a place where you can drop

off your old stuff without any questions or interferences. You can donate your clothing, shoes, books, electronics, CDs, movies, etc., the list goes on and on. You can be sure that your stuff will be bought and reused by someone else in the world.

The other thing you can do, as mentioned before, is shop. Personally, I love to thrift. About 80 percent of my clothes comes from thrifting. The trick is to be, first of all, very patient. After a while it becomes easier and somewhat natural. With time you'll be able to know where and when the "good" stuff will be. Not only do you get extremely cheap and brand clothes, but you also get to be creative and create your own style. The awesome thing about shopping at the thrift store is many times you find items that cannot be purchased anywhere else. It adds a "one of a kind" sense to your style. Not only will you walk out of that store with a bag full of clothes, but you will also be a contributor of recycled items.

## Tuesday is best for finishing homework.

Studies show it is the most productive day of the week. You can learn even more earning a master's degree from National University. Online. On campus. Non-profit.

Don't think you have time to learn something new? You just did.



NATIONAL UNIVERSITY

Keep learning at [advance.nu.edu](http://advance.nu.edu)

Carlsbad Campus  
705 Palomar Airport Road  
(760) 268-1500

## ALBUM REVIEW 3.5/5 PAWS

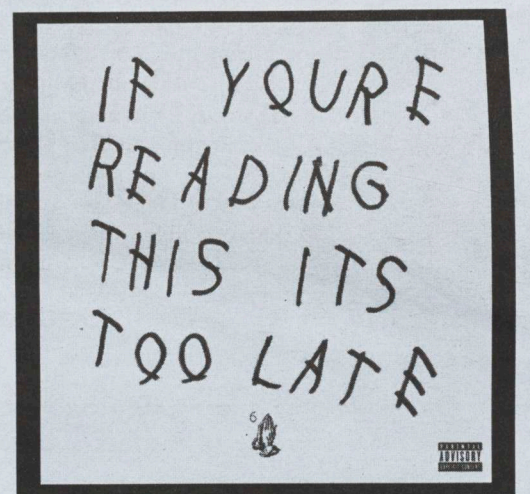
## Drake- "If you're reading this it's too late"

By BURLAND DIXON  
SPORTS EDITOR

Aubrey Graham, Wheelchair Jimmy, Drizzy or Octobers Very Own; these are just a few of the alias' that Drake is known by. The rapper hailing from Toronto, Canada or as he calls it "The Six," pulled a "Beyoncé" on Feb. 13 by giving the world a surprise release of his album.

Critics and fans were not upset. If anything, it confused people. This was not just by the surprise release, but also by the title of the album, the album cover and the fact that it was not the expected, highly anticipated album Drake eluded to in the middle of 2014, "Views from the 6."

"If you're reading this it's too late" is not your traditional Drake album. This isn't "So Far Gone," the mixtape that helped build Drake's huge following by introducing the hip-hop world to melodic sounds paired with sensitive lyrics. Nor is this "Take Care," his second album that was bolstered with artistically emotional songs like "Marvins Room" that had every guy calling his ex-girlfriends saying to them "you can do better." This album is chalk full of straight-up rap songs



that you and your friends play unnecessarily loud while on the way to the club.

If you plan to listen to this album as you relax, do not do it. This album will make you want to go out and hit the gym or dance in a mascot outfit on the sidelines of an insanely hyped basketball game. With lyrics like "Oh my God, Oh my God if I die I'm a legend," Drake sure isn't being meek. It's like we are hearing an aggressive Drake that's realized he has established himself in the rap game as one of the best, so he's holding back on trying to cater to anyone by giving us a different sound and no release date. Another lyric that preaches to that would be "they think I'm soft, think I'm innocent I'm

just lookin' in the mirror like I'm really him man, I'm really him, you just fillin' in."

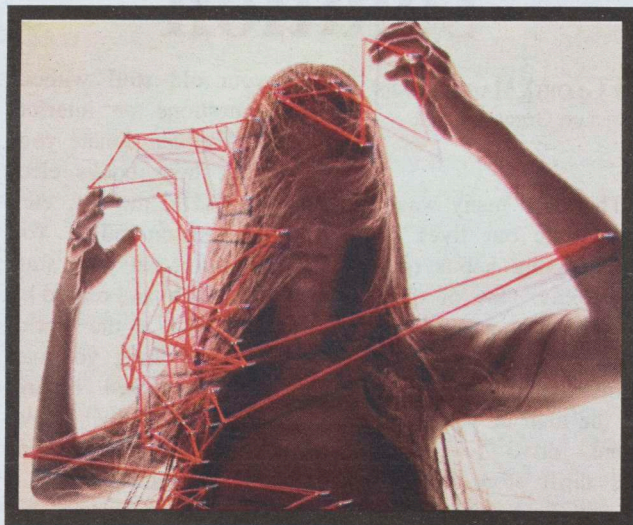
This is definitely not Drake's best work, but it is better than 75 percent of other artists' albums that have been put out recently. Will it win a Grammy? No. What it will do is have you reciting lyrics randomly on the way to your destination. However, it wouldn't be a Drake album if it didn't have at least one of those nice slow songs you can cuddle to with your significant other. Just skip to the song "Jungle" if you're in one of those moods.

Otherwise, be prepared to delve into a musical journey that contains plenty of expletives and Drake showing us he is indeed not as soft as we think he is.



# ARTS & ENTERTAINMENT COMMENTARY

## VSAR 311 Exhibition: Students display work in Arts 111



BY BEULAH SUPRIYA  
SENIOR STAFF WRITER

In the lobby of the School of Arts (SofA), the final projects of the fall 2014 VSAR 301 students are for view to all until the end of April. The beautiful art pieces look so flawless though they were the result of one and half month of hard work. There are different types of mediums ranging from photography to sculpture and it is interesting to know how they

given many of the same influences yet reach different sensibilities and interpretations. The class is called Materials and Structure of art exhibition in which the book "Themes of Contemporary Art: Visual Art After 1980" played a crucial role. The class learned a number of themes throughout the semester that they coordinated to their art pieces such as "Time", "Identity" and "Science". They also had field trips and artist research assignments that

added areas of influence. "Art is a mirror through which we look at the world," Professor Judit Hersko said. Tiersa Cosaert, one of the students in her class, created a project known as a curiosity cabinet. She had an interest in both art and science, which is very evident through the various sculptures, owl pellets and other interesting objects in the cabinet. She is currently a junior with experience in sculpting from age 16. Cosaert spoke highly of

the class and the projects that she is working on. "They are cool. I love it, it was a small and intimate class and a lot of effort was put in by all of us for the project," she said. Some of the other art pieces were "Tracking Chaos" by Jessamyn Trout, a mother of two, who tracked her movement around her home using GPS and showed it in an interesting way, using her photography and red string. Professor Hersko said that everything was made by the

students themselves, including our own Arts and Entertainment Editor Faith Orcino's piece that had more than a thousand folded paper stars in "The Wishing Cloud". There are various materials and styles shown like a chocolate sculpture by Lauren March, anime-influenced art, protest pieces and much more. "It is wonderful to see them do their best, to have found a way to express their thoughts," Hersko said. "In the end everyone

needs to channel ideas in their own way, who they are and their experience."

**Visit Arts 111 and have a glimpse into the minds of these creative Cougars.**

### THE COUGAR CHRONICLE NEWSPAPER



#### GRADUATION DEDICATIONS

NOW FOR SALE!

Price: \$70.00 One Size: (3.5" x 2") Order Deadline: April 18<sup>th</sup>, 2014

\*Place your order soon! The first 60 orders will be printed in FULL COLOR at no additional fee.

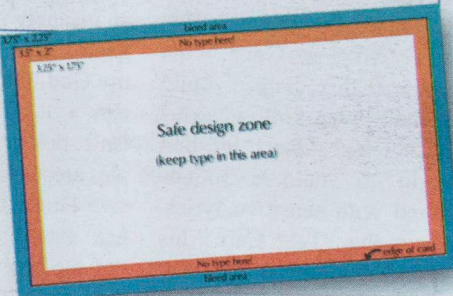
#### Advertiser Information:

Contact Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City/State/Zip: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
E-mail Address: \_\_\_\_\_

Payment Method By Credit Card: ☐ Visa ☐ MasterCard Or order advertising online via the Cal State San Marcos Secure Portal: CSUSMCHRONICLE.COM/ADVERTISE

Name Of Card Holder: \_\_\_\_\_ Card Number: \_\_\_\_\_  
Card Expiration Date: \_\_\_\_\_ Expiration Date: \_\_\_\_\_  
Total Cost: \_\_\_\_\_

California State University, San Marcos |  
333 N. Twin Oaks Valley Road  
San Marcos, CA 92069  
Phone: (760) 750-6099 | Fax: (760) 750-3345  
Web: csusmchronicle.com/advertise  
Contact: Hannah Webster at (571) 215-0328 or  
E-mail: csusmchronicle.advertising@gmail.com



## Cal State University San Marcos Electronic Waste Recycling

Saturday March 14<sup>th</sup> 2015

9:00am to 1:30pm

333 S. Twin Oaks Valley Rd- Parking Lot B

FREE  
E-Recycling



GOT  
E-WASTE?

Computer Monitors/Speakers - CRT Monitors - Telephones - Stereo Equipment  
LCD Monitors - Cell Phones - Keyboards/Mice - Laptops - Copiers/Printers - Scanners  
Televisions - Cameras - Fax Machines - Miscellaneous Wiring - Plasma Screens/TVs  
MP3 Players - Items with Electronic Boards - DVD Players - VCRs and Much More!

**\*\*We Do Not Accept: Household/Commercial Appliances or Hazardous Materials/Waste\*\***

SPONSORED BY



Safety, Risk and  
Sustainability



Individuals with disabilities, who would like to attend this event, please contact Humberto Garcia (760) 750-4502 regarding any special accommodation needs. It is requested that individuals requiring auxiliary aids such as sign language interpreters and alternative format materials notify the event sponsor at least seven working days in advance. Every reasonable effort will be made to provide reasonable accommodations in an effective and timely manner.