

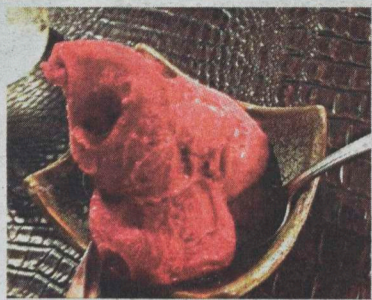


## SPORTS



4 - The campus Athletic Department finally applies for NCAA DII status.

## FEATURES



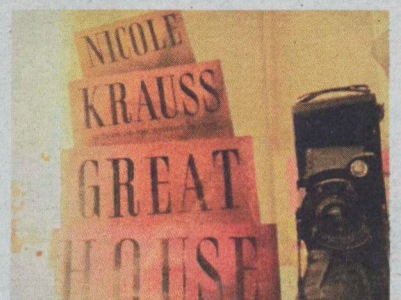
5 - Come see what gloriously tantalizing food we have encountered just across town.

## OPINION



7 - Writers argue why a vegan, vegetarian or carnivorous diet is the best decision.

## A &amp; E



8 - To write about love, loss and a desk. Yes, that's what we're talking about here in A&E.

# Protocol for mountain lion encounters on campus

Recent sightings of mountain lions in the area raise concern for local officials for the safety of students and residents

BY NADA SEWIDAN  
STAFF WRITER

A mountain lion sighting occurred on Wednesday, Feb. 12 in CSUSM parking lot F.

A reliable source confirmed the sighting to CSUSM campus police at 10:00 a.m. Although the sighting was confirmed, CSUSM campus police officers did not have a visual on the animal. There is a special protocol CSUSM campus police officers follow once a sighting as this one is called in.

CSUSM Sgt. Herman Hernandez explained that if a sighting is confirmed from a reliable source who can accurately describe the animal, then campus police notifies CSUSM students and staff via e-mail. A patrol officer is sent to the scene where the sighting was originally reported and conducts a visual evaluation of the perimeter.

Campus police also notifies the San Diego County Fish and Game Department. The Fish and Game Department



Mountain lion photo courtesy of fish and wildlife services can be found at <http://digitalmedia.fws.gov/cdrn/singleitem/collection/natdiglib/id/12981/rec/3>.

sends an officer to patrol the area and once the animal is

spotted, it is captured, tagged and eventually released back

in the wild. Sgt. Hernandez said the only circumstance

where an officer would shoot the wild animal is when it

is life threatening to people nearby.

Sergeant Hernandez said CSUSM campus police officers are trained and briefed on how to respond to mountain lion and other wildlife sightings on campus. He emphasized that students and staff should be familiar with the procedure as well.

"Keep the campus police phone number programmed in your cell phone," Sgt. Hernandez said. "Whenever wildlife related, or anything else, it's always good to be aware of your surroundings."

In the past 10 years, there have been a total of 3 to 5 both confirmed and non-confirmed mountain lion sightings. Other animals that have been previously found around the perimeter include bobcats and coyotes.

In order to maximize safety in situations as this, students and staff are also advised to not run from the animal and to not seem intimidated, but make themselves seem as large as possible.

## New University Student Union building adds personality to campus

BY GLORIA MACALLANES  
SENIOR STAFF WRITER

The new University Student Union Building located next to Chavez Plaza has given CSUSM a new color.

Its construction began in February of 2012, with a total project budget of \$43,980,000. After 23 months of construction the building opened up to students this spring semester of 2014.

Part of the university experience is to have a campus that students may connect with, without that connection; a university is simply a place to get an education. Both Palomar College and

SDSU have student unions on campus. UCSD has a Student Services Center dedicated to being the "one-stop resource located in the heart of campus" according to the website.

The USU is unique in its layout and design; it has an air of sophistication and modernity that envelops every student who steps through the clear doors. However some students have mentioned that they have had some trouble with the new design.

"The bathrooms are strange, it's difficult to find them," one CSUSM student said.

Along with its fantastic design come many new and convenient locations for students to eat a meal or simply soak in the sun. The USU has an amphitheater that has the capability to seat around

400 people. It also has a spacious roof patio on the fourth floor that connects one wing to the next. On this patio students may be found sitting on silver chairs and tables or lounging on big comfortable sofas that face the beautiful view of San Marcos.

"I like to read on the patio whenever I have free time. Especially when it was earlier on in the semester, I was able to enjoy the sunset" Yadira, a CSUSM student, said.

The USU, along with the new lounge areas, now provides new food locations for students to choose from, although reviews have been mixed about whether the changes have been good. A CSUSM student lounging on a couch on the patio voiced her opinions, saying that the USU "has its good and its bad."



The new University Student Union building provides repose on the campus. Photo provided by Sarah Hughes.

"It looks super nice, the bad thing is that I wish that they had somewhat better food and also heaters on the patio to warm us up on cool evenings," she also said.

Although many things can be said about the USU Build-

ing now, there is no doubt that it is a great new addition to CSUSM's campus. Whether students find themselves loving the new location or disliking some things, it has definitely earned a spot in the university and in the

hearts of many students.

The University Student Union Administration contact was not available for comment at this time. The University Student Ribbon Cutting ceremony will be held April 15 at noon.

OUR NEXT ISSUE  
March 19, 2014

Email us at:  
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## Political Corner

### How military cuts affect our way of life

By NADA SEWIDAN  
STAFF WRITER

Military budget cuts threaten the future of several U.S. military service men in reserve and active duty.

The size of military troops in the Air Force, Army and Marine Corps are being reduced in order to accommodate impending budget plans. CSUSM veteran students personalize this issue and explain what to expect according to USA Today.

The Marine Corps is projected to decrease its size by 5,000 troops in the following three years reducing the military from approximately 190,000 to 175,000.

The Air Force also faces cutbacks of roughly several thousand troops through 2019. Likewise, the Army estimates that more than 100,000 soldiers will be cut to a force of 420,000 by 2019.

Formally in the Marine Corps, CSUSM student and Student Veterans Organization President, Claudia Oreegal said that cutting military personnel will cause "lower morale" within the military. Oreegal suggested budget cuts should instead be implemented in other areas in the military where money is possibly being wasted.

Several military personnel have already been or are in



Flags adorned outside of the Veterans Center. Photo by Katlin Sweeney.

the process of being let go from their service with limited benefits. Some high ranking officials are also affected by budget cuts and maybe forced to retire early with reduced pension plans.

Numerous military troops will soon have to decide what to do once they are discharged from their military duties. CSUSM student and former Marine, David Acosta,

considered the positive outcomes of military cuts on CSUSM.

"There will be an influx of new veterans using the GI bill which gives more money to the school," Acosta said.

With these changes, people hoping to enlist into military service will also struggle to reach their goals of serving their country.

### Demolished Net Neutrality unlikely to hurt customers

By RYAN DOWNS  
STAFF WRITER

Network neutrality formally demolished, it's likely it won't hurt consumers.

Yet choices between cable companies are limited, so if one has a problem with the policies of the industry, they have little to choose from if they wish to use cable. Seven CSUSM professors from a variety of fields were contacted for a comment on Internet neutrality implications.

Rika Yoshii, Ph.D and computer science and information systems professor said of recent events in network neutrality "Interesting. I have not talked about it in my class but I will."

One of the founding principles behind the Internet has been the concept of net neutrality, or the notion that all data on the Internet should be treated with equality. That means no website is acquiring any kind of preferential treatment or discrimination in the eyes of the government or businesses.

It's a provision that has, arguably, helped make the Internet what it is today. In the eyes of many experts, it has just been demolished.

In January, after a long-standing legal battle over the issue, the Federal Communications Commission (FCC) took the issue to a circuit court in Washington D.C. While attempting to legalize



Image from www.forbes.com

the concept of Internet equality, they were rejected when the court ruled that corporations had no legal obligation to give neutral treatment with regards to data.

The ramifications of this are simple; cable companies such as AT&T, Verizon, Comcast and Time Warner are legally allowed to charge web based companies like Google or Netflix for use of their bandwidth.

A lack of payment and the cable companies can strangle the bandwidth, which can force websites to take longer to load and cause a decrease in quality.

However, it's important to remember that this had been the case before the ruling; it had just never been set in stone. Telecom lawyer, Marvin Ammori, stated how, even before the ruling, cable companies still technically had the power to do with their bandwidth as they pleased.

"Whim. Envy. Ignorance.

Competition. Vengeance. Whatever," he lists as reasons a cable company would hurt a website's download. "Or no reason at all." However, many, such as Verizon, waited for a court ruling on the subject before going so far as to enforce payment.

Naturally, the ruling has not sat well with many in the industry, but its doubtful customers will be hurt. Timothy Lee from Forbes states that the problem with legislation about neutrality is that neutrality is not explicitly defined.

"However desirable a neutral Internet might be the rule of law is more important," Lee said.

It is possible that rates to use services like Netflix may increase, but its unlikely mega corporations like it and Amazon will be unable to pay the fees.

The real problem comes from the somewhat limited share of power inherent to the new system. There are less than six major companies that control cable, a number that could grow smaller with a potential acquisition of Time Warner by Comcast.

It seems as if little will change for the customers, especially as more and more people turn to wireless data and cloud computing. But the race for power in the network industry, nothing will be the same.

## Food that motivates thoughts: the paleo diet

By RACHEL SMITH  
STAFF WRITER

Every day during U-Hour, students make their way towards the University Student Union and are offered a variety of food options.

The human act of consuming food is one of our most basic instincts, but food choices have an effect on brain chemistry.

According to Professor Gary Wenk Ph.D., at Ohio State University, almost everything we consume, from coffee to meats, can directly or indirectly affect the brain. Foods that positively affect our brain function, over a long term period, contain high levels of anti-oxidants, such as fruits, vegetables, fish and olive oils.

Anti-oxidants are connected to extended life spans. They combat the negative effects of oxygen and its correlation with aging.

Foods consisting of high levels of carbohydrates have a high-glycemic index. This system measures the effects on blood sugar and can leave one feeling hungry when they're physically not according to Caroline Ced-

**Foods that positively affect our brain function, over a long term period, contain high levels of anti-oxidants, such as fruits, vegetables, fish and olive oils.**

erquist, M.D., a nutritionist and a medical director for Bistro MD, an online diet delivery program.

The 'Paleo' Diet is a term coined by anthropologists Eaton and Konner in 1985 in regards to the Paleolithic era. Up until ten thousand years ago, according to a study done in 2009, homo sapiens primarily ate grass-fed animal-source foods and uncultivated plants, in this case mostly fruits, vegetables, and nuts (not legumes). After agricultural cultivation and animal domestication took



Image of mind filled with proper nutrition that includes fruits, vegetables, whole grains, nuts and proteins from the USNews, provided by Kimberly Leonard.

place, the rapid development of technology left little time for evolution to 'redesign our metabolic structures' in order to keep up with the dietary changes.

Our brain is made of sixty percent fat, it needs food that is high in fatty acid to provide what it needs for optimum

health. Therefore, according to David Perlmutter MD, the author of Grain Brain, the more fat and cholesterol you eat, the healthier your brain will be and the less likely it will develop future disorders, like Alzheimer's.

Even further, studies have shown that going back to a

traditional diet that is, eating unprocessed and locally grown foods rather than 'refined' foods that are potentially higher in saturated fats and simple sugars, can result in a lower risk in certain cancers, diabetes and cardiovascular issues that had previously been practically

nonexistent.

Though human beings cannot fully go back to the traditional diets once obtained through hunter-gatherer methods, knowing what we eat and how it affects us in the long term is highly important.

## The Cycling Club is a great opportunity for students who are seeking ways to experience a more active lifestyle

By ELIZABETH CRUZ  
SENIOR STAFF WRITER

If you love to ride your bike, you may enjoy working out with your fellow Cougars of the CSUSM Cycling and Triathlon Club.

The club is currently open

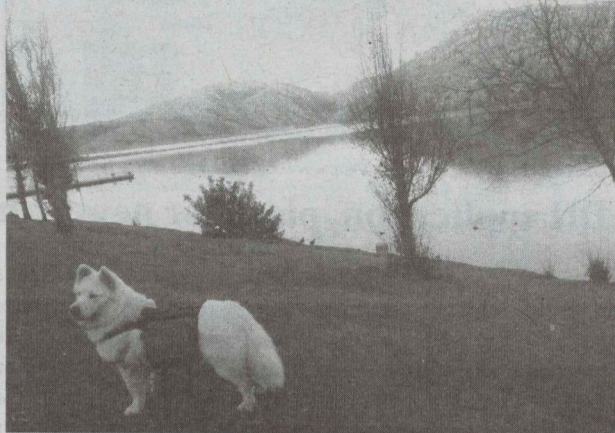
for members to join that want to work out and have a great time on wheels.

Although the focus is now on cycling, due to the lack of members interested in triathlons, students are welcome to join & bring the focus back

to these events. The team has done five to seven cycling races this season. The races take place from January to the summertime, and the team will do more depending on funds. Races are held all over California, with their next one in Santa Barbara. Competitions are held at beginning to expert levels.

Members are not required to race but are welcome to attend events to volunteer or just cheer on their teammates. Students can join to ride for fun, no specific type of bike is needed. The Cycling & Triathlon club enjoys one of the lowest membership fees on campus, which pays for the races that members participate in throughout the year. Interested members can contact club treasurer, Nicole Bryant, at bryan018@cougars.csusm.edu.

"We are really fun! We want to make the team closer and do things together on outings and practice runs," Bryant said.



Beautiful dock side view of Lake Poway Photo provided by Alison Seagle.

## Get Out!

### Escape to fun at Lake Poway

By ALISON SEAGLE  
SPORTS COLUMNIST

Lake Poway Recreational Area offers a number of activities for anyone looking to get away from the urban chaos and enjoy the outdoors.

The beautiful lake and surrounding mountains offer the perfect backdrop for hiking, fishing and camping.

The lake, generally open from sunrise to sunset, has opportunities for fishing and boating. Pedal boats, rowboats and motorboats are all available for rental.

Fishing seasons vary at the lake, but the types of fish that are usually caught are trout, bass, sunfish, trout and bluegill.

Around the lake, there are several trails to choose from for a nice stroll through nature. Some of the hiking trails even venture off into other hiking areas for those

who are looking for more of a challenge.

Dogs are allowed on them as long as they are not within 100 feet of the lake.

Within the park area, there are sites for camping and picnics, playgrounds, gazebos and pavilions for events, volleyball courts, horseshoe pits and a softball field.

There is also a concession office that offers snacks, fishing supplies and is also the place to go for boat rentals. There is even an archery range located just on the outskirts of the recreational area.

Lake Poway is only about a 20 minute drive from campus, just a little ways off of the 15 at the Rancho Bernardo exit.

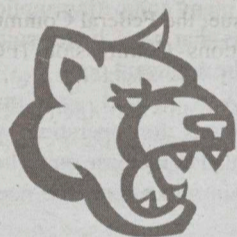
The hours and fees at the park vary, so it is best to visit their website, <http://www.poway.org/LakePoway/>, before planning an awesome adventure to Lake Poway.

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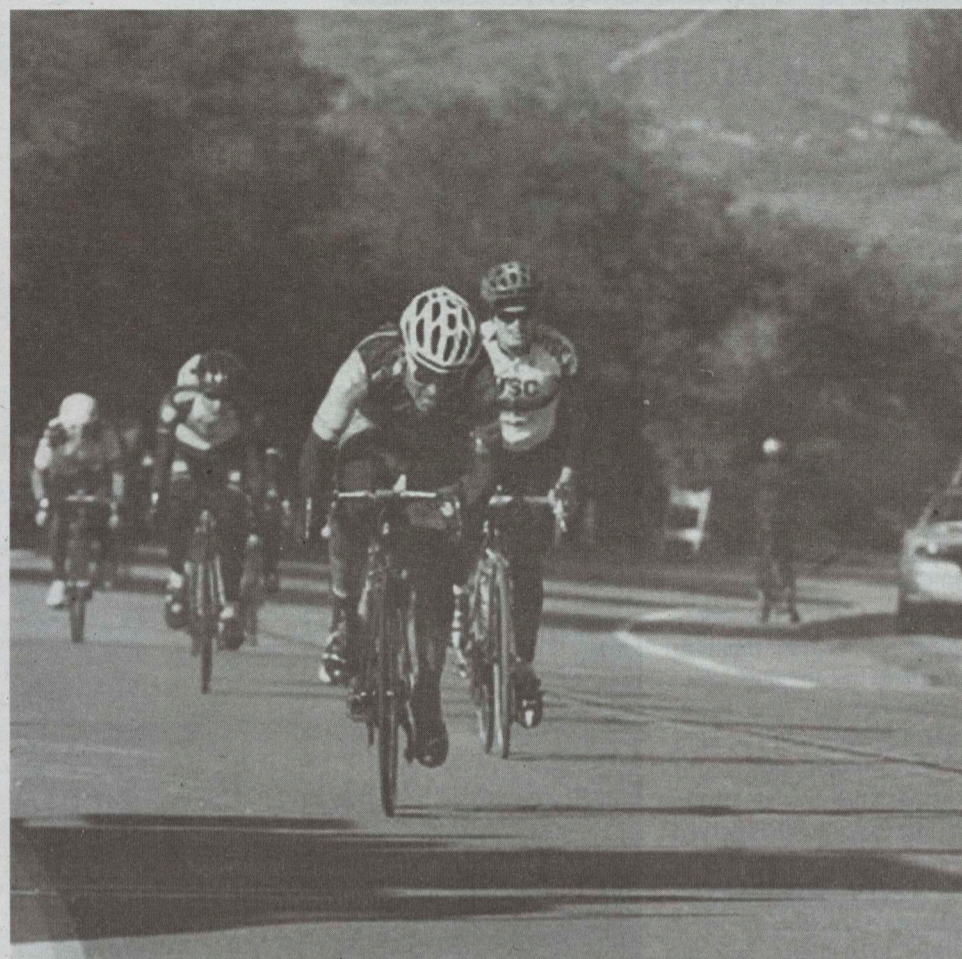
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Working hard pumping the pedals up hill while working together as a team. Photo provided by Pink Shorts Photography.

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## Heart Beat

### Juice cleansing beyond being trendy

BY RACHEL GALLEGO  
HEALTH COLUMNIST

Juice cleansing is a popular trend, with people using everything from mainstream brands such as BluePrint and Nèkter to their own pressed fruits and vegetables.

If you aren't selective in choosing the right cleanse that's best for you, it could backfire and leave you disappointed.

There are a couple key points to keep in mind in order to recap the benefits associated with juice cleansing. You don't need to cleanse to be healthy, so if you are doing it to be trendy it could leave you struggling, instead of feeling physically and emotionally balanced. Cleanses are meant as a means to detoxify and reset your metabolism, which is why exercising during a cleanse isn't the best decision. Juice cleanses don't provide all the nutrients that are necessary for working out and recovering, and as a result you may become dizzy or nauseated.

It's important to not use a juice cleanse as an excuse



Nekter Cleanse juices are one resource for juice cleansing. Photo provided by Rachel Gallego.

for overindulging or feel like you have to do it because you over ate. This can cause you to jump back and forth between cleansing and eating

poorly.

When you find a juice cleanse that works for you, while still maintaining a healthy balance, it can be a



Photo of Strickland provided by the CSUSM Athletics Department. Visit [www.csusm.edu/calendar/athCal.html](http://www.csusm.edu/calendar/athCal.html)

### CSUSM files NCAA DII application, plans for new gym

BY JUSTIN DONNER  
SPORTS EDITOR

CSUSM athletics has come a long way since its inception in 1998 with three original teams. The program now boasts 13 teams, 24 conference championships and three national titles.

Now in 2014, the athletic program is applying for NCAA DII membership and is confident in their resume.

The Department of Athletics has had the vision of taking the university to the next level for a while now, and this is actually not the department's first attempt. With two previous applications, the department was turned down both times. There were too many competing applications that were better suited in the applicant pool.

"We needed additional funds for operating, we needed to increase our scholarship allocations, we need-

ed to add sports, we needed to build athletic facilities and lastly we needed a comprehensive compliance program," Director of Athletics, Jennifer Milo, said.

There have been some big changes in the 2014 application that will really make it stand out and have drastically increased the program's chances. This includes plans for a full court gym on campus that is predicted to be completed by 2016.

An application for NCAA membership is so extensive that the department hired an outside consulting firm to help with the process. When the application was finally submitted on Feb. 1, 2014, the document was a hefty 600 pages. From here, the NCAA will arrange a visit in April to check and see if the application matches with what the program is really doing.

Although the NCAA was

not pushing for CSUSM to apply, the CCAA, a conference within the division has been awaiting the application. This conference is full of 11 CSU campuses and UC San Diego. With a large assortment of close competition such as Cal State LA, Dominguez hills and UCSD in the conference, the Cougars will have an easier time scheduling games and it will be better for the overall budget.

"There are so many positives right now in our department. Really the sky is the limit with what we can accomplish. We have amazing student-athletes, top notch coaches and a committed support staff to make it all happen," Milo said.

CSUSM has outgrown its current home in the AII conference of the NAIA, and the NCAA is a logical next step that the players and coaches are very deserving of.



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Coach working hard to keep the players at their best. Photo provided by Anne Hall.

### Big win for Cougar squad poised for turnaround

BY SHAINA PARDO  
SENIOR STAFF WRITER

It's been a rocky start for Cougar baseball with a 5-8 record, but they may be on the verge of a turnaround with plenty of season to play.

They recently pumped themselves and their supporters up with a 9-7 win over San Diego Christian on Feb. 25.

Overall, the team has plenty of hot bats and the offense side seems to be producing well for the Cougars. The pitching staff still appears to be having some trouble with their lowest ERA sitting at 3.24. One of the Cougars' key pitchers, Hunter Brown, a DI bounce back, currently has a 4.18 ERA in his 5 starts.

According to head coach Dennis Pugh,

the Cougars needed this win to get back in the game and they did. San Diego Christian is a top 20 team, so bringing back a victory is an accomplishment. The Cougars showed the Hawks that they really wanted the win in the fourth inning with Matt Arlington's home run and an RBI double from Dylan Costello. Key player Tyler Bernard finished the game with a base hit to score Matt Arlington for the win.

"With all this new talent on the field it takes a while for it to get going, but they work hard and will see results," Coach Pugh said.

The Cougars just started their season and with this win against San Diego Christian their future is appearing brighter. Their next home game is 11 a.m. on March 8 against University of Antelope Valley.

# Wrench & Rodent Seabasstropub serves up great sushi

## Restaurant Review

By NIKKI THOMAS  
FEATURES COLUMNIST

Wrench & Rodent Seabasstropub is a local's sushi joint. You wouldn't notice it at first because there is not a sign up and it is attached to Bull Taco, a Mexican restaurant.

But once you arrive you'll be glad you did. The Seabasstropub gives off a surf-rock flair. It has surf boards and skateboards posted up, as well as United Kingdom Flag artwork over green mossy walls. The space has a cozy feeling because it can't be bigger than 500 square feet. Our server was actually a sushi-chef (he broke his arm so he

could only serve until it was healed) so he knew to hook us up with good choices.

We started off with a Beach Honey beer (\$5.50) and a fruit wine (\$6), where you can choose flavors such as raspberry or pomegranate. The wine had a very unique, sangria-like taste. For starters we opted for the Ceviche Flight (\$8), which changes daily. When I tried it, it included a tuna tartare, mango infused yellowtail and albacore with miso glaze. It was served with an extra large puffed sesame crisp that had an unfamiliar, crunchy texture but paired well with the soft delicate fish. The next round was hamachi nigiri, at just \$5 a pair you can't beat



Delicious crunchy sushi roll that hits the spot when you're looking for lots of flavor. Photo by Nikki Thomas.

it! Nigiri sushi are slices of yellowtail fish over a bed of rice. One order had an arugula chimichurri and pickled red onion sauce, it was very creative and extremely tasty. Next to it was the traditional style, with the yellowtail belly over rice, and lemon to drizzle on top, which just

melts in your mouth, to die for.

After, we moved on to the sushi rolls, which included The Chronic (\$12) and the Hedgehog (\$13). The Chronic was crab, spicy tuna and avocado, wrapped in rice then seaweed and flash fried for a crunchy exterior. It was

finished off with a spicy aioli as well as a sweet citrus sauce, excellent. The Hedgehog was different; it was a shrimp tempura roll inside with seared yellowtail on top finished with roasted garlic, truffle oil, salt and pepper. It was a little overwhelming and only recommended for

those who like extra garlicky, spicy truffle flavors. After that we ordered some salmon sashimi that tasted extra fresh and amazing. We could tell this place makes sure their fish is top-notch quality. To finish off dinner we chose a raspberry-rum sorbet (\$5) that was huge and icy with a deep purple color, a perfect way to end the night.

These chefs have a true passion for presentation and display their creativity beautifully through their ingredients and fish selection. They profess that their "ingredients are carefully chosen, grown ourselves or made from scratch" and that is apparent at this new joint. If you want to try some new-age sushi try out Wrench and Rodent Seabasstropub! It is located on 1815 South Coast Highway in Oceanside.

## The Literature and Writing Club creates unique addition to CSUSM community

By NADA SEWIDAN  
STAFF WRITER

When asked what makes the Literature and Writing Club unique, club President Michael O'Marah and Vice President Marie Parrish spoke about the importance of promoting literacy and love for books.

However, the club is not only exclusive to literature and writing majors in general. O'Marah and Parrish emphasized the larger aspects of the club's purpose of getting involved in the CSUSM community and getting to know one another in a fun, relaxed atmosphere.

known as Club Cognoscenti, was originally started four years ago by Michael O'Marah and Marie Parrish and is overseen by faculty Professor Heidi Breuer. At the start of the semester there were a total of four people members, however, the club has now expanded to approximately 30 to 40 people.

There are several events planned for the semester including an open mike poetry reading on March 19, a trip to the Huntington library and a bonfire at the beach. There is also an ongoing Easter egg hunt where Club members hide Easter eggs throughout various places on campus.

Parish and O'Marah highlight the relaxed, laid back and friendly environment of the meetings.

"You don't have to come to every meeting," O'Marah said. "We want people to enjoy being there and we want it to be fun."

Some of the events the LTWR club has held in the past include three minute skits of Shakespeare's witches from Macbeth and the whole Harry Potter Series. "We got to dress up and act out the plot in three minutes," said Parrish. "It was a rewarding experience because it got the attention of other students and got them

interested."

The club president's duties include increase membership, raise money and generate ideas for events and meetings while club vice president Parrish plans, organizes and implements the events.

"We have a good team dynamic," Parrish said.

In order to raise money for club and campus events, club members employ several fundraisers throughout the semester. Such fundraisers will include a create your own T-shirt event where students purchase a shirt and have the opportunity to print anything they like on it. Other



Michael O'Marah, Marie Parrish, and Daydree Snow in a 3 minute skit of Macbeth's witches. Photo provided by the Literature and Writing Club.

er fundraisers include a book sale and some signed copies of professor's books.

"We try to be as welcoming as we can be," said O'Marah.

"You don't have to be a Literature and Writing major to

join the club," said Parrish.

Club Cognoscenti meetings are held on the first and third Wednesday from 5 p.m. to 6 p.m. and Thursday from 3 p.m. to 4 p.m. of every month in Markstein 322.

## CSUSM has a new club in town

The Public Relations Club expects to make noise



The first members to join the Public Relations club, photo by Anne Hall.

By ANNE HALL  
DESIGN EDITOR

The first Public Relations Club to ever grace the halls of CSUSM has begun convening this spring. Members have high aspirations to help make a positive impact on society and motivate intellectual thinking.

Each semester, the club will be aiding a specific campaign or organization to allow students to perform tasks and expectations of the public relations field. Students that are already involved in the org. are excited about the opportunities provided.

"The main purpose of the Public Relations Club is to develop practical public relations skills through participating in community outreach and building civic

relationships while fostering campus involvement," PR Club President, Tracey Engleton, said. "The mission of the club is to combine theory and application for use in the real world, while also gaining experiences from professionals in the field, using social media and networking, along with many other PR tools that make public relations a fascinating career. Our club uses the definition of praxis to set our agenda [Praxis: putting theories to work]."

"Our goal is to educate people. For me, personally, the experience I will gain from participating in this club will give me the leg up on the competition. I want to be in public relations and having this club in my background will show that I'm

already doing campaigns and already making taglines and doing crisis letters. It's going to help me to look better against any competition," PR Club Secretary, Erin Taylor, said.

"This club has been a dream of mine for a number for years, and for many of those years students have come to me, knowing my background in public relations, and have asked me about internships and how they might get involved in this field," club adviser, Dr. Fredi Avalos, said. "For me, this club allows the students to take what they've learned; their skill set knowledge, and connect the dots to a real profession. An exciting profession: public relations, putting theory to work."

There is plenty of room for participants and the club is looking for people that have the motivated spirit to help the club achieve its goals. For more information, contact Tracey Engleton at prclubatcsusm@gmail.com. There is a strong demand for people with various talents and skill sets.



## Organization Spotlight

### Civility Campaign exercises strong values on campus

By KATLIN SWEENEY  
EDITOR-IN-CHIEF

Students will often see their peers wearing bright green t-shirts marked with the name "Civility" on the first Tuesday of every month.

The Civility Campaign seeks to bring together the values of care, respect and empathy while acknowledging culture and humanity on campus. The first two years of the program were designed to spread the awareness of Civility's core beliefs. They developed an event called Civility Champions, where peers nominated students, faculty and staff that represent the values of the program on campus. In its third year, the Civility Campaign shifted its focus to partnering up with orgs. on campus that are doing this and much more.

"We want to focus our programmatic emphasis on anti-bullying, bystander interven-

tion and intergroup dialogue," program coordinator, Greg Toya, said. "We envision looking at more opportunities to have activities that will spark conversations around diversity dialogue."

"We need to bring awareness to our campus and expose students to what they're not used to," Cross-Cultural Center peer educator and Civility Campaign member, Arely Ramos, said.

The Civility Unity event in October brought together all dimensions of the campaign's values by creating activities for students. For the concept of respect, the LGBTQA Pride Center created activities centered around bullying. For empathy, Student Health and Counseling Services focused on domestic violence and alcohol awareness. For culture, Kellogg Library had participants contribute to a mural. For humanity, Civility created "couch conversations," where people talked about their

hopes and dreams.

Also in October, Civility partnered up with the Majors and Minors Fair to promote the campaign to new students. In honor of Veterans Day in November, Civility had community members write thank you notes to students at the Veterans Center. In December, Civility partnered up with Hillel to play dreidel games. Participants learned different facts about Judaism, Jewish people and history. In February, Civility partnered up with BSU for Black History Month and did a "couch conversation" about discrimination. On March 4, they partnered up with USUAB, the Gender Equity Center, SLL, and the Pride Center to do a Herstory Month event.

Students interested in joining the campaign or nominate people that represent the core values of Civility can find more information at <https://www.csusm.edu/civility/>.



Delicious cucumber burger made fresh at home by Lauren Hammond. Photo provided by herself.

## Being vegetarian easier than you think

BY RESTY GREY  
STAFF WRITER

American society is eating too much meat and not enough vegetables.

I am willing to bet the last thing you ate had some sort of processed meat added to the plate to give the meal a sense of “completeness.” Vegans and vegetarians have a good chance of winning that bet, but I think the odds are in my favor.

Why do we eat dead animals? Most of us have come to believe that it is our best source for protein but where do you think the animals get their protein? Our society is consuming enough micronutrients.

When protein is consumed in abundance, the nutrients that are not immediately used become stored as fat. In a time where feast or famine was normal, storing fat would be ideal. However, the advancements in our contemporary culture make the convenience of the dollar menu too accessible.

Eating has changed from a conscious decision of sustenance to a habitual action to fulfill some innate desire to feel good. Don’t get me wrong; I think meat is deli-

cious, but so are cigarettes. There are countless studies showing the positive benefits from reducing the amount of animal intake.

Fun fact: cholesterol is only found in animal products.

Meat seems to dominate our culture. Men are seen as wussies if they refrain from eating meat. Satirical twitter account @overlymanlyman makes apparent our societal stereotypes by tweeting, “How do I like my steak? Next to my other steak.”

In her book, Main Street Vegan, Victoria Moran states “at some point it entered the collective consciousness that meat and masculinity were inextricably linked.” But it’s 2014, Victoria. I thought we were past those preconceived notions of inequality between genders; apparently not.

I’m pesco-lacto-ovo-vegetarian, but let’s just refer to it as semi-vegetarian. I still eat eggs, cheese and fish, but I have completely cut out cow, pig and chicken from my diet. I have abstained for two months and I honestly feel fantastic. I don’t feel weak, sick or deprived in any way. My body feels and looks better.

I’m active; serving tables, running, riding and playing basketball. My stomach never feels heavy from food and I feel an increase in energy. My bowel movements are timely, meaning my digestive system is working properly and I have a greater appreciation for vegetables.

Since cutting out practically 33 percent of my diet, I have been filling that excess space with delicious nutrient-dense whole grains, vegetables, fruits, legumes and nuts. What vegetarians would consider their five basic food groups.

My eating changed from a habitual action to a conscious choice. I became aware of how much animal flesh I actually consumed on a daily basis. I no longer believe dead animals should be a staple food group, but I can still enjoy the occasional tilapia and fish sinigang my mother loves to cook when I come home to visit.

Instead of letting your next meal pick you, try to remember the last time you ate a bright green granny smith apple or even add crisp red cabbage on your burger instead of habitually buying that bland, dead animal.

valid permits.

According to NBC, “#DumbStarbucks was the top trending hashtag on twitter in Los Angeles.”

Many wonder if Fielder’s decision to open the shop was truly because of his commitment to keeping it open or if it was just a publicity stunt in

## Being vegan is about being satiated with purpose

BY LAUREN HAMMOND  
OPINION EDITOR

The topic of dietary preference can be just as touchy of a conversation as politics or religion.

Veganism is often labeled as radical and even dangerous, both for the diet’s limitations in food choices as well as its profound respect for animals’ lives. Vegans are not only concerned with who they eat but are often more concerned with the amount of nutrient density that comes with each bite.

My personal progression into veganism, or what I like to refer to as “plant-based,” has been a life changing experience in a number of ways.

Growing up, my body had an inability to digest foods such as meat, dairy and gluten efficiently. Due to my body’s shortcomings, as a child and far into my teenage years, I often found myself fatigued, bloated, having abdominal pains and suffering from degenerative arthritis.

Despite frequent trips to medical specialists, there was never more offered to me than painkillers, laxatives and physical therapy. The notion of perhaps changing my diet was never mentioned.

It was at the age of 19 that I decided to begin searching for alternative ways to improve my health. After doing some research, I discovered the benefits of restricting my diet to the bare essentials. I came to find out that the most nutrient dense and easily digestible foods are produce items such as fruits and vegetables.

For the past five years, I have been working towards transitioning myself into the plant-based lifestyle. Although it takes time, and is not something I advise anyone to do overnight, it has helped to better my overall quality of life. I no longer suffer from exhaustion spells or irritable bowel syndrome. Even the joint pain caused from my osteoarthritis, which will affect me for the



Lauren Hammond enjoying the wonderful vegan friendly food from the Native Foods Cafe in Encinitas. Photo provided by herself.

rest of my life, has dramatically alleviated. Even more so, the plant-based lifestyle has helped me become better associated to the natural world.

Not only do I love my own body, but I have found a new respect for the body of all beings. The innocence of animals and the maltreatment they face within the overly abundant slaughter houses and factory farms spread across the United States, which is alarming.

The industrial meat and dairy industries confine hundreds of animals into small areas where they are often exposed to chemicals, disease and injuries. These factories are also known for their practice of injecting antimicrobial agents and hormone supplements into the animals as a way to fatten them and eliminate illness. These animals suffer throughout their entire lives as they are restricted to cages and are unable to move about naturally.

My disapproval for the way factory farming conducts this grotesque sense of assembly line production has altered my initial decision to become plant-based into more of a compassionate,

ethical stance.

I believe strongly that humans have lost touch with nature, animals and plants alike. We have been responsible for innumerable amounts of innocent deaths for centuries and have now made this idea of slaughter and comfort consumption a corporate conglomerate based solely on profit.

I understand that the idea of converting everyone to a plant-based lifestyle is unreasonable. However, there are both health and ethical benefits into limiting animal product intake that most people do not consider or are even knowledgeable of.

I urge everyone to take the time to understand what it is they are putting into their body and where it has come from. If, and when, choosing to eat meat, people should be sure to get it locally and organically.

Local farmers are more invested in both the animals’ welfare and the consumers’ welfare. Still, raw vegetables and fruits are considered to be the most nutritionally substantial foods due to their live enzymes. It is time that humans begin to eat to survive rather than live to eat.

## ‘Dumb Starbucks’ a big publicity stunt

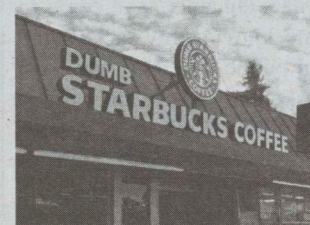
BY CAITLYN THIBODEAU  
STAFF WRITER

“Dumb Starbucks” was a worldwide phenomenon for a day in Los Angeles, when its doors opened and comedian, Nathan Fielder, came outside.

The star of the comedy

show, “Nathan for You,” was revealed as the owner of the parody shop.

Fielder claimed commitment to the store, as well as its widespread popularity was short lived when the LA County Department of Health Services shut him down for opening without



<http://nowaygirl.com/photos/dumb-starbucks-coffee/> captured this photo of the shop opening.

the hopes of obtaining a large

er audience for his show.

In my opinion, the opening of “Dumb Starbucks” was definitely just a publicity stunt meant to gain more viewers for a show I never would have heard of before his appearance as CEO. I mean let’s look at the facts; he opened a store with a patented world-renowned company.

“As long as we’re making fun of Starbucks, we’re allowed to use their corporate identity,” Fielder, on opening day, said.

I think the real question behind this entire debacle is whether Fielder is a really unqualified and uninformed business owner, or if he’s an extremely savvy self-promoter.

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# It's all about being a carnivore

By JUSTIN DONNER  
SPORTS EDITOR

My ancestors didn't work their way to the very top of the food chain for me to just throw the glory away and not consume meat.

I enjoy being primal and tearing meat from the bones of ribs. If it's so "unnatural", why do millions of people enjoy doing the very same thing?

If you throw an apple on the ground, chances are your dog is not going to purposely consume it. They may swallow some thinking it's a new ball, but they do not naturally eat or enjoy eating apples. The dog is by instinct a carnivore, just like we humans are instinctively omnivores.

You can make claims that we are not supposed to eat meat but the fact is we do. There are many more people in this world that consume meat than those who don't. In some countries like the U.S. and the UK it makes up the bulk of individuals' diets. In countries where it doesn't, meat is a rare delicatessen. Sometimes it is only to be cherished and eaten during times of celebration.

Many of our close primate relatives are omnivores. So are many primitive tribes that



Going so far as to taking a big bite out of a frozen steak, by Justin Donner.

are still excellent examples of human beings in their raw and unindustrialized form.

"Nearly all herbivores, like cows, have fermenting vats — large chambers in their stomachs where microbes attack plant material for digestion. Humans don't. Intestine function relies more on surface area than length. As mentioned earlier, creatures with plant-based diets need larger guts to absorb more energy, while carnivores have rather small intestines. Humans possess intermediate-sized digestive tracts," according to John McArdle of the Vegetarian Research Group.

Many important nutrients can be obtained from meat such as calcium, vitamin B12, and protein. A person who engages in heavy physical activity needs to rely on the nutrients from meat to help their body recover. For example, in the sport of body

building, it is recommended to at least get one gram of protein per pound of body weight. This would be nearly impossible on a vegan diet. One would be left to use soy, and that destroys your testosterone levels. Not exactly ideal for a man trying to build muscle.

Researchers at Oxford University recently followed 35,000 individuals aged 20 to 89 for a period of five years and discovered that vegans are 30% more likely to break a bone than their vegetarian and flesh-eating peers.

I have heard the argument that livestock production causes an excess of methane gas. Our human bodies have a hard time fully digesting the complex carbs in a vegetarian diet, and this results in more human released gas. In my opinion, we will have gas from either the vegetarians or the cows, so I will just enjoy my meat.

# The truth behind shopping at Walmart stores

By KATALINA LAWRENCE  
SENIOR STAFF WRITER

Many students at CSUSM probably benefit from Walmart's low prices but are unaware of where that money actually goes.

About two years ago, on Super Bowl Sunday, I told myself that I would never step inside a Walmart again. My mother asked me to make a "quick" run to the store to get a few things for the big game. Let's just say it was hell on earth.

People were running and scrambling around trying to get into the shortest check-out line; at least 20 people. The long lines and the herds of people were overwhelming, but there was one thing that stood out to me the most; the employees.

I thought to myself, how could they work in an environment like this? They work so hard dealing with people day in and day out. How much are they getting paid to break their backs for this company? The truth is alarming.

Walmart is a company with massive profits; greater than the gross domestic product (G.D.P.) of more than a few small countries. Unfortunately, the profits

are not used for the greater good. Instead, the company's profits go straight to the six heirs of the Walton fortune.

The average worker at Walmart does not even make enough money to survive, putting them under the poverty line, and on Welfare.

Let me remind you that we are paying for the thousands of Wal-Mart employees that are on welfare, with our tax money! This situation is completely unnecessary and preventable but most of the top one percent of our country is filled with greed and self-centeredness.

"In 2006 Wal-Mart reports that full time hourly associates received an average 10.11 dollars an hour, making \$17,874 per year. This pay is \$10,000 less than what the average two-person family needs to survive," the L.A.

Alliance For New Economy said.

This is the outcome of their extra low prices.

The Business Insider compared other business moguls, like Warren Buffet to the Waltons, who only donate roughly two percent of their net worth. If that does not make you sick to your stomach I do not know what will.

I was even more concerned when I found out that Walmart also had their hands in corrupting America by lobbying in Washington D.C. Their goal was to prevent increases in minimum wage so they would not have to pay their employees a decent amount to live.

This company is an assault on American values, crushing mom and pop businesses. A small-owned business has heart, soul and knowledge that Walmart will never have.

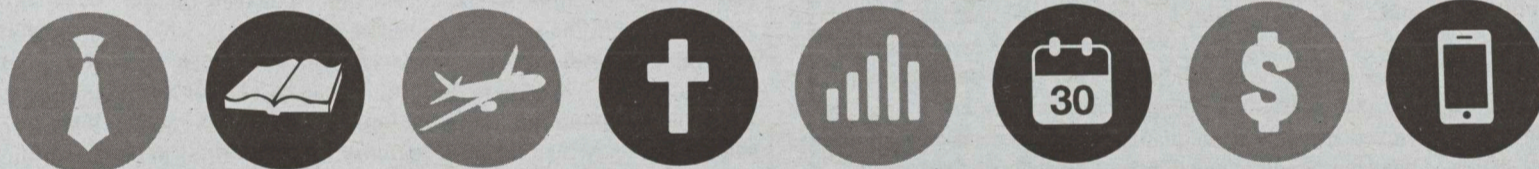
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## STUDENT A: "A RAINY DAY" by Faith Orcino

Cougar Shuffle:  
Espresso Mix

By Alex Maravillas

Need an extra pep in your step?  
This mix is inspired to give the listener a boost of energy.  
May it be for studying for an exam,  
or you only got 2 hours of sleep,  
a shot of espresso is here to wake you up.

## Tracklist:

1. "Call On Me (Disclosure Bootleg Mix)" by Janet Jackson ft. Nelly
2. "Dynasty (Dada Life Remix)" by Kaskade
3. "If (Kaytranada Remix)" by Janet Jackson
4. "Say it right (Kaytranada Remix)" by Nelly Furtado
5. "Party ft. Andre 3000 (Summer Occasion remix)" by Beyonce
6. "Make a Move" by Sweater Beats
7. "Mirrors (J&ZUS MILLION Edit)" by Jhené Aiko
8. "Down4U" by Kaytranada & Sango
9. "Soul X" by Kevin Over

## The art vibe of San Marcos showcases talented work

By RYAN DOWNS  
STAFF WRITER

Art has always been an important institution on campus, with exhibits commonly being featured in both the library and the Arts Building. What many may not know about is the off-campus gallery in Old California.

CSUSM owns the gallery and features artwork both for and sometimes by, the students behind the Old California Coffee House, neighboring IHOP and the movie theater.

The gallery was founded in early 2012 and outlasted most of its neighboring businesses in the area during that time. Since then, it acts as both a celebration and a gathering place for artistic minded individuals both on and off campus.

The gallery showcased a multitude of artists in the past. For the first time, it has formed a joint partnership with the Oceanside Museum of Art to display the "Altered Landscapes" Exhibit, with a student art showcase set to premier on March 14.

"We change the exhibits every six weeks," Marilyn



Huerta said. "So we generally have about two or three exhibits per semester." This does not include the exhibits over summer, during which the gallery remains open.

While the Altered Landscapes Exhibit is set to hold its closing reception on Friday March 7. The student art showcase Redefined II is set to hold its opening reception

on the March 14, featuring a performance by the Cal State San Marcos Jazz Ensemble.

The off-campus gallery is open Fridays and Saturdays from 5 p.m. to 8 p.m. and located at Old California Restaurant Row, 1080 W. San Marcos Blvd., San Marcos in the village shops area. Admission is free to both students and the public.

## Great House. The Story of a Desk

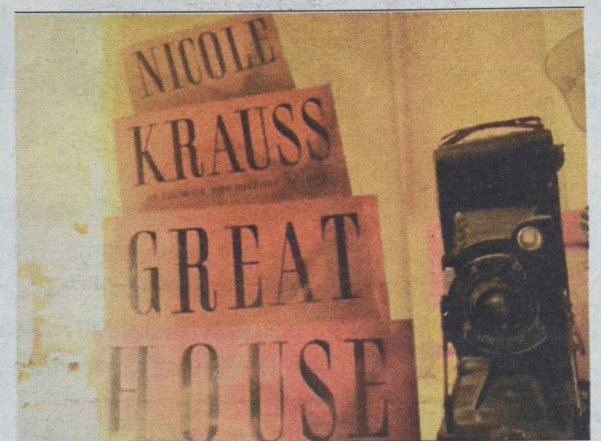
## Book Review

By NOELLE FRIEDBERG  
SENIOR STAFF WRITER

Nicole Krauss' third novel is a story of revolution, love, loss - and yes, a desk.

It is a tale of an American novelist who has been writing at her beloved desk for 25 years. As the story goes on, it becomes known that she actually inherited this desk from a Chilean poet who disappeared at the hands of Pinochet's secret police. But the women's world is turned upside down when the poet's now-grown daughter comes to take the desk back.

This catapults the novel into a collection of scenes from around the world that all tell of the lives of the characters who once called the desk their own. The reader is transported from New York, to a London suburb, to an antique shop in Jerusalem, to a poet trying to survive



under a harsh dictator. For all of these different characters, the desk stands for all that has been taken from them. This allows the novel to ask the crucial question: how do we survive change?

Krauss' novel gives a beautiful and well-written answer to this question. By the end of the book, the desk is no longer just a desk. It lives on as a symbol of what has been lost, but also as a source of hope.

I couldn't put this com-

elling book down. Krauss paints each of the characters so intimately that you feel as if you are experiencing their struggles alongside them. You feel loss over their losses, and joy over their triumphs. I suggest this book for anyone looking for a stimulating read amidst the humdrum of classes. It will transport you from the boring reality of your accounting homework into a world that is wondrously intertwined by a single piece of furniture.

## VPA seniors create Capstone concert

By NADA SEWIDAN  
STAFF WRITER

An upcoming Capstone event hosted by several CSUSM music majors is a Billy Joel tribute.

The Visual and Performing Art major requires students to set up a Capstone as part of their curriculum. Music students have a choice between putting on a concert or producing an album. The Capstone is a production showcasing the skills and knowledge students learn.

Since November, the students involved in this event contributed more than 20 hours practicing and setting up for the concert in preparation for the show. CSUSM students, Stephanos Georg-

es and Scott Middough, are hosting. Georges will be on piano and vocals while Middough is on drums.

"I am looking forward to playing with my fellow musicians who are more advanced than I," Georges said. "Playing with others who are more advanced than you encourages you to practice harder and play better."

Middough's role in the concert also includes setting up the technical aspects of sound and lighting. CSUSM student Josh Fowler will be playing bass.

"It'll be a fun show," Fowler said. "We try to make it feel like a concert experience." The show is free of charge. It begins at 7:30 p.m. on March 7 in Arts 111.

