



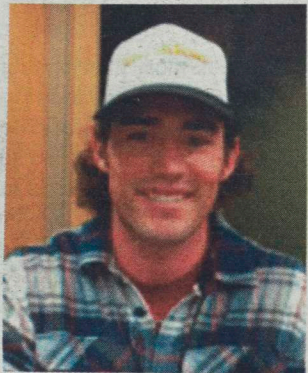
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4 - Read about great Cougars doing great things. Our Cougar Hero spotlight looks at kinesiology student Curtis Bovee. Read here about how he helps others.

And

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OUR NEXT ISSUE

March 6

Ex-student charged with fraud

By KRISTIN MELODY
Co EDITOR-IN-CHIEF

SAN DIEGO -- Former CSUSM student Matt Weaver was charged in federal court with four counts of fraud on Feb. 8. The FBI investigation has been ongoing since Weaver's on-campus arrest on March 15, 2012.

According to the FBI report, Weaver was attempting to rig the 2012 ASI elections and win the office of president, and he stole 740 student identifications in the scheme. He was charged this month with four counts of fraud and released on \$20,000 bail pending trial.

Further research into the case showed that Weaver had

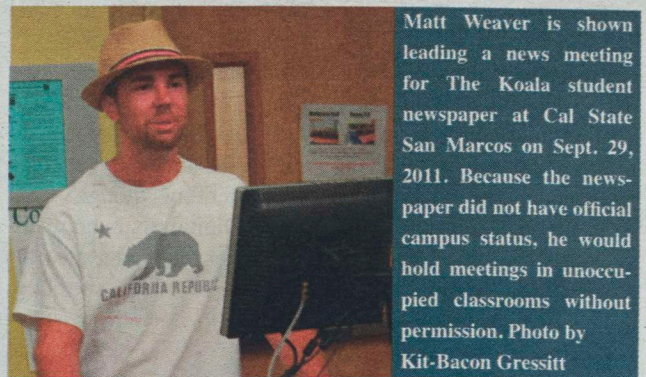
allegedly been planning to run for ASI office as early as July 2011. According to the report, he sent a request to ASI for the budget and salary rates for ASI student officers --- who earn an annual salary ranging from \$1,000 to \$8,000. The ASI budget is \$300,000.

FBI investigators found a PowerPoint presentation on Weaver's computer that proposed that he and his Tau Kappa Epsilon (TKE) fraternity brothers (a fraternity banned from CSUSM) run on a slate to obtain five ASI positions. The presentation suggested that Weaver run for president and his fraternity brothers run for vice president positions.

According to the investigation, the method Weaver used to fraudulently access information and cast votes involved plugging keylogging devices into 19 university computers in January and February of 2012 to obtain students' logins and passwords. He kept the information on 740 students in multiple Excel spreadsheets on his computer, one of the largest files was titled "Fu** ASI alpha."

Access to campus accounts also gives access to one's account network-based university services which include email accounts and other private information.

On the final day of voting March 15, IITS traced the



Matt Weaver is shown leading a news meeting for The Koala student newspaper at Cal State San Marcos on Sept. 29, 2011. Because the newspaper did not have official campus status, he would hold meetings in unoccupied classrooms without permission. Photo by Kit-Bacon Gressitt

unusual voting surges to a single computer in a lab in Academic Hall 202, the report states, IITS staff was able to remotely watch his actions. At the time of his arrest by UPD officer Brian McCauley, Weaver told officers he was "working on school project."

Following his arrest, Weaver is alleged to have attempted to blame the election fraud

on another student using Facebook. According to the report, he created screenshots using fake identities to create a Facebook conversation that implied an intentional attack on Weaver's reputation by these other students. The screenshots were sent to local news sources by Weaver using a false identity.

The UPD seized Weaver's FRAUD CONTINUED ON 2

Internet expert: ASI election hacking job was an 'aggressive, primitive act'

By COUGAR CHRONICLE
STAFF MEMBERS

A local Internet security expert praised CSUSM's detective work that brought down an election-rigging scheme on campus last spring. But the case against the ex-student charged with the crime shows how vulnerable computers—and their users—can be to cybercrime.

On Feb. 8, Matt Weaver was charged in federal court with two counts of wire fraud, one count of access device fraud and one count of unauthorized access to a computer, for allegedly attempting to rig the votes in the ASI election in March 2012. The criminal complaint said that Weaver, who was running for the office of ASI president, purchased and installed up to 15 keylogging devices on 19 on-campus computers in order to gather the username and passwords of 740 students (which he allegedly used to cast votes for himself).

Chris Gruenwald, owner of Bayside Networks in Sorrento Valley, described the ASI election-hacking scheme as "an aggressive, primitive act" that is likely to have severe consequences if Weaver is found guilty.

"He sounds like a young wise guy who thinks he's the smartest guy in the room," Gruenwald said, adding that if Weaver is found guilty of the crimes, then: "he's ruined his life and thrown away a good chance at an education for something he didn't really think through."

Gruenwald described keylogger hacking as a relatively unsophisticated form of cybercrime.



Above: A web screenshot of an online ad selling the keygrabber, the keylogger.

"Installing these devices is like physically breaking into a house," said Gruenwald, whose 26-year-old company provides information technology and troubleshooting support to small and mid-sized companies. "He didn't do anything people would begin to consider clever."

A keylogger is a simple, finger-sized device that can be plugged in between a computer's keyboard cord and its CPU hard drive to log each keystroke. Investigators say they found evidence on Weaver's laptop that he purchased several keyloggers in the months leading up to the election. They also found a record of Internet search queries on the laptop for phrases such as "invasion of privacy cases," "jail time for keylogger" and "how to rig an election."

Although keyloggers can be purchased online, Gruenwald said they're not seen as a legitimate business product. "I can't begin to think what kind of legitimate purpose there could be. It's a hacking tool."

Although university IITS staff did not detect the keyloggers on the computers during the two to three months

they were being used to gather data, Gruenwald praised the IITS team for discovering Weaver's alleged efforts to cast the illicit votes.

According to investigators, alert systems staff noticed clusters of votes coming in from the same campus IP addresses (an internet access points) on four separate occasions during election week. They were able to trace the final surge of 259 votes to a laptop that Weaver was using in Academic Hall 202 on the final day of voting, March 15. Network administrators remotely accessed his computer screen to watch what he was doing, and another staffer entered Academic Hall 202 and used a cell phone camera to film Weaver allegedly cutting and pasting students' logins and passwords into the voting system.

"It's interesting that the university was following some checklist of best practices for managing the voting system," Gruenwald said. "That's something that could've been overlooked very easily but they were paying attention and they need to be complimented on INTERNET CONTINUED ON 2

CoBa Rep. Sarah Do discusses how to make a difference at school

By JULIANA STUMPP
A & E EDITOR

Markstein Hall, which opened in 2006, quickly became the campus' official building for the College of Business Administration (CoBA). Since then, many organizations and programs have been established in CoBA, such as the co-ed business fraternity, Alpha Kappa Psi, Global Business Management and clubs for business emphasis'.

Sarah Do, a CoBA representative for Associate Student, Inc., has had the position for the past two years, is involved in Alpha Kappa Psi and is the vice president of the Entrepreneur Society. In her third year in the business administration program with an emphasis in management, Do has been an advocate for both ASI Board of Directors and CoBA.

"CoBA appreciates our help because we have two orientations, fall and spring. ASI helps with fliers, food, marketing and other resources. Student organization meetings inform CoBA how ASI can help market these programs," said Do.

One of the biggest events that CoBA has is the Wine, Food and Brew Festival during the fall. The fundraiser includes local sponsors and vendors while supporting the College of Business Administration's student achieve future goals.

As a representative for the past two years, Do has seen changes in both departments. "CoBA has always been organized even before I started. They have a great faculty and staff that are so welcom-

ing and efficient. While ASI, there are always different people that come together and help one another. Each college has two representatives, so for CoBA its myself and-Israel Irizarry. It's helpful to have a second person there so we can collaborate and get different perspectives," said Do.

Do has also learned what it takes to be a leader on campus. Do has learned that to make a change you must share your opinions with others because ultimately the board of directors is on campus to represent the students.

Last year's Student at Large Representatives started a survey they would give out to students to understand the concerns they had as a student body. This process has been continued this year adding a new questions such as "If you could ask President Haynes something, what would it be?" The surveys are then given to ASI President Scott Silviera to review during monthly meetings.

Do's advice for anyone wanting to run for CoBA Representative is "talk to students before running so you have a plan of what you want to accomplish and goals. If you don't then people might be skeptical. Get involved in CoBA because they appreciate students that are involved."

Coming up for CoBA is their spring orientation on March 28 during U-Hour in Markstein Hall where students can learn about the different opportunities the business administration has to offer.

Renting textbooks cheaper

Chancellor White addresses CSU student concerns

By MELISSA MARTINEZ
News Editor

Earlier in February, Chancellor Timothy P. White held a press conference from his office in Long Beach, where students had the opportunity to voice their questions and concerns for future changes in the CSU system.

On Feb. 6, many of the topics discussed were policy issues for the CSU such as the current CSU budget, online education (something that White has advocated for) and the quality of education one expects to obtain while attending a CSU.

Along with last fall's reimbursement of 9 percent of the fall 2012 tuition increase some students were awarded, Chancellor White is advocating to save money for stu-

dents, like taking advantage of resources such as CSU Rent Digital.

Students throughout the CSU last fall took advantage of the 60 percent or more discounts they received from renting through CSU Rent Digital than competitive other rental websites. As the cost of tuition continues to rise, so does the cost for textbooks. CSU Rent Digital is one of the many aspects of Affordable Learning Solutions initiative, a program beginning in 2010, that aims in offering affordable course materials to students as well as greater access to lower cost academic material for faculty among the 23 CSU campuses.

CSU Rent Digital incorporated the partnership of CSU with Cengage Learning,

Coursesmart® and Follett, which was announced in February 2012. It is a way for students to rent eTextbooks at lower prices in a system-wide digital textbook rental program to help relieve financial burden.

Since his replacement of Chancellor Reed, White has conveyed his passion for students and respecting the financial burden CSU students face while attempting to obtain their Bachelors and Masters degrees.

Chancellor White stated in the live-stream conference, "The people that have paid for this amazing system over the years are Californians and we owe a lot to make sure we meet their needs. This is the California State University and we should never lose track of that."

FRAUD FROM I

laptop computer and bag, finding keyloggers, keylogger user guides and a placement drawing of different computer labs on campus. In this computer lab, officers immediately found two installed keylogging devices on university computers.

The university has since taken steps to prevent keylogging devices from being in-

stalled on campus computers but declined to describe how.

The university had no comment on the charges Weaver is facing but it did confirm that spring of 2012 was Weaver's last semester at CSUSM.

During the 2012 election, running on a slate was against the election rules. In October of last year, the ASI Board of Directors voted to

allow candidates to run on a slate with a limited collective budget.

"We changed the rules to allow candidates to run on slates is because it made the most sense to the board. Before, students from the same club or organization could not say who they were voting for let alone campaign with someone else," ASI President Scott Silveira said.

INTERNET FROM I

that." Margaret Lutz Chantung of the communications office said that details of the university's methods of enforcing internet security are somewhat private. The keyloggers were removed from the on-campus computers and "the university now

has methods and policies in place to detect keyloggers," Lutz Chantung said.

Gruenwald said that the whole experience should shatter any illusion students have that the work they do on campus computers—or any centrally administered network system—is private.

"Universities always have

students trying to get away with stuff, but everything is tracked," he said. "You can bet that most any computer you don't own, that's managed in some central way, has a tool where they can hop on and see what a user's doing. He thought he was the hacker, and he got hacked right back."

His nose is keeping us out of danger: Sergeant Derouin and his vivacious K-9

By JESSIE GAMBRELL
Opinion Editor

In addition to this campus being the No. 1 safest four year university in California according to Stateuniversity.com, we are also the home of our own bomb-sniffing EOD K-9, Vince.

Vince was brought to our campus three years ago by Sgt. Raymond Derouin, who had a hunch to bring an Explosive Ordinance Detection (EOD) K-9 on campus to protect students from harm. Though Vince has not yet encountered a real bomb, they have been called in on several accounts of potential (but false) threats.

"Dogs are smart, he loves it here, he knows the campus very much, and especially loves the parking structure where he gets to play and twice a day we go to search the campus. He is very approachable and friendly," Sgt. Derouin said.

Vince is an 88 lbs., 6-year-old field Labrador who was a rescue from Idaho, set to be put down, when someone had the idea to test him for police K-9 skills and he passed. After discovering him to have heart-worms, he

was almost going to be put down again, but was successfully treated and cured of his health threat. David Dorn of K-9 S.T.A.C. (Specialized Training And Consultant) from San Francisco took Vince in and trained him for police work. Sgt. Derouin, who has been here since 2007 (previously spent eight years as a Riverside sheriff) proposed to the UPD the importance of having an EOD K-9 on a college campus.

"I wrote the program for Vince in 2009, Vince is our first K-9. I wrote out the need for a K-9, what I articulated in my PowerPoint was that campuses are a target. You have to add another level of safety," Sgt. Derouin said.

Vince is a "passive-alert" police dog, meaning that he will sit down when he finds the bomb, and gets repeated training four to five times a day with a sample bomb-sniffing exercise to keep his nose sharp. He is also a "single-purpose" police dog, meaning that his only purpose is to detect smells, not control (military dogs).

"Everyone loves him, he [Vince] was on TV at a Charger's game once and was even featured on the

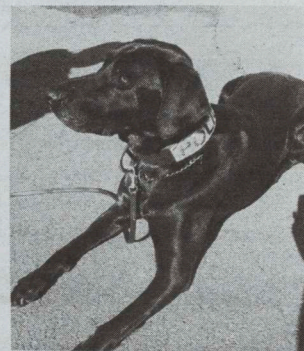


Photo by Jessie Gambrell

front page of the North County Times. He was even in a competition in Modesto County and won first place for the fastest finding time. We get a fair amount of brand recognition," Sgt. Derouin said.

Vince is most likely going to be retiring next year due to a bad (but attended to) case of hip dysplasia that led to the need of finding a smaller car for him to get into, given that he must jump in and out the car many times a day. They hope to find a replacement or two once Vince goes into retirement.

"We don't want to run him into the ground, we want him to have a comfortable retirement. He isn't property; he is more like a human to us. He has been a great asset and everyone loves him," Sgt. Derouin said.

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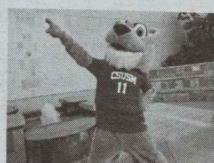
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Cougar baseball remains undefeated

Chapman, Bethesda both go down as team improves to 7 - 0

BY ALEX FRANCO
SPORTS EDITOR

The CSUSM baseball team leaves no doubt in anyone's mind that its mission this season is to win a national title.

After the Feb. 8 game vs Chapman was delayed due to weather, the game was rescheduled to Monday Feb. 11. The delay wasn't enough to stop them from exerting their will on visiting Chapman, beating them 3-0 to improve to 4-0 on the season.

Pitcher James Dykstra fueled the win, pitching seven innings of nearly flawless baseball, only allowing three hits, while striking out nine batters and walking none. Brandon Bentson got the cougars ahead early and gave Dykstra an early lead to work with when he belted a single to right field to bring around Mike Guadagnini for the score. The Cougars would add two more runs in the game but would only need the one run to win, as Dykstra, Frank Charlton and Hunter Brown all combined to complete the shut-out.

On Feb. 12, Chapman would return and face the Cougars once again and would put forth a better fight.

Just like the first game, Brandon Bentson got the Cougars off to an early lead in the first inning with a right field single to bring in Tyler Bernard.

Chapman would answer

back in the third inning with a run of its own, to tie it up against starting pitcher Steve Messner. In the bottom of the inning, Kenny Belzer would put the Cougars up again with a 2 RBI single up the middle, and would add another run in the inning to go up 4-1. The game would continue as a back and forth affair as Chapman scored 3 runs of its own to tie the game in the next two innings.

With the game tied up 5-5 in the seventh inning, Belzer would once again come up with runners on base and give the Cougars the winning run. After an error from the left fielder, Belzer would bring around two more scores to put the cougars up 7-5. The cougars would later go on to win 9-5 and improve to 5-0 on the season.

"5-0 is a real good start for us, we played well the previous week against Concordia, and took a step back after the rain delay but important thing is we won the game," Head Coach Dennis Pugh said. "February is our month to do well in, March and April are going to get real tough for us."

On Friday, Feb. 15, Bethesda came to town for a double header and the cougars wasted no time making a statement. Six different pitchers made CSUSM history and combined to pitch the first no-hitter in the programs history.

Pitchers Mike Scaramella,

Kevin Hilton, Addison Domingo, Jackson Gaskins, Tony Guerra and Matt Bataska all surrendered no hits to Bethesda batters.

Not to be outdone by the pitching staff, the offense of the team scored an astounding 9 runs in a 9-0 win. The Cougar offense soared thanks to Kenny Belzer who once again got the game started with a first inning 2-run home-run and ended the day with 3 RBIs. Mike Guadagnini also contributed to the success, going 2-3 with an RBI and 2 runs.

The second game of the doubleheader was more of a pitchers duel as both offenses struggled to bring any runs across the plate, going 3 and out for the majority of the game until the sixth and final at bats for the cougar offense. Tyler Bernard would score off a passed ball on the catcher to put the cougars ahead 1-0 going into the game's final frame when Frank Charlton would close the door for the win to improve to 7-0 on the season.

"Pitching was outstanding, it's great to be off to a 7-0 start, these were the games we were losing last season," coach Pugh said. "Pitchers are great at getting ahead in the count early and the hitting will get better as the weather gets warmer."

Due to publication time, we were unable to report on the Feb. 19 game vs Biola.

THE HEART BEAT:

Healthy eating, is cost truly an obstacle?

BY CURTIS BOVEE
SENIOR STAFF WRITER

A common reason why many Americans fail to eat healthy is because it "costs too much."

Fortunately, healthy foods can be as inexpensive as unhealthy foods. For a family of four to eat dinner at McDonald's, the total cost should they order Big Mac meals will be around \$20 to \$25.

At the grocery store, to feed the same family of four free range organic chicken, red peppers and squash and a sweet potato, you're going to spend roughly the same price, if not less. Comparing the nutritional information per meal at McDonald's with a soda and fries is going to surpass 1000 calories and 50 grams of fat. The meal at the grocery store is unquestionably healthier, amounting to less than 500 calories and adequate amounts of essential vitamins and nutrients.

Although the home-cooked meal is around the same price range as McDonald's and far healthier, fast food is always going to be easier and arguably cheaper, especially for under-educated individuals. Without an understanding of how to eat healthy, simply comparing the cost of healthy food with fast food and junk food is

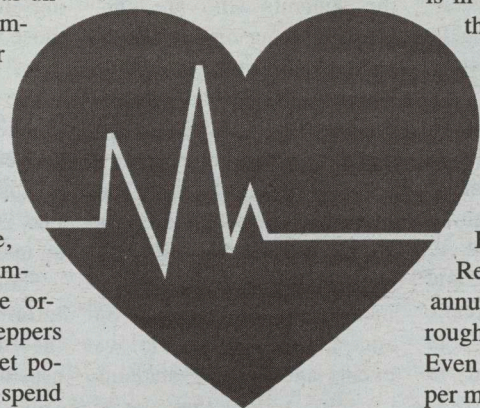
pointless. Healthy affordable foods include potatoes, beans and lentils, nonfat Greek yogurt, sweet potatoes, whole wheat pasta, canned tuna, eggs, tofu, spinach, oats, and frozen vegetables, among many others.

foods based on portion size, the fruits and veggies are lower in price overall relative to unhealthy foods. Educating yourself about portion sizes will certainly help you save money when eating healthy. Buying produce that is in-season will help tackle these price issues.

If the cost is the main reason people fail to eat healthy, their justification is inaccurate: according to the National Bureau of Economic Research, obesity raises annual medical costs by roughly \$2,800 per person. Even if you spent \$200 more per month to eat healthy, you would still be saving money by preventing obesity. In addition, recent studies have shown that the annual cost of obesity in the U.S. is \$190 billion, or roughly 20 percent of total healthcare expenditures. It is no question that cutting out fast food and junk food will help prevent obesity-related medical expenses.

Yes, these costs of eating unhealthy are often deferred until later; however, this is exactly the point. A Big-Mac meal at McDonald's may be cheaper initially relative to organic whole foods, but the costs associated with unhealthy eating later in life certainly aren't worth it.

The cost of unhealthy food isn't just the price tag.



Sadly, many people prefer fast food because of its convenience, regardless of associated risks. To have to go to the grocery store and cook dinner seems like a tedious task. Just think, when you make that trip to the grocery store, you are burning far more calories than sitting in the drive-thru at McDonald's. Furthermore, numerous studies reveal that the average family in the U.S. spends less than an hour together per day. Importantly, this statistic can be increased dramatically if you plan healthy dinners together on a nightly basis.

If you go to the grocery store and compare fruits and vegetables to unhealthy

Athlete spotlight: Cortney Allen

BY KARLA REYES
SENIOR STAFF WRITER

Senior Cortney Allen has made her team, coaches and family very proud by pitching a perfect game in the Cougars' season opener against La Sierra on Feb. 10. She also won CSUSM's Student Athlete of The Week, and received the "All-American athlete award."

Question: How long have you been playing?

Answer: I started playing when I was 6 years old, all the way till high school. I stopped playing for five and a half years at 18 due to a back injury. I wasn't planning on coming back but a friend at Sac City College told me the team needed a pitcher,

so I checked it out. Then the CSUSM coach contacted me, and I started playing here.

Q: Do you plan to continue playing softball after college?

A: Not personally, but maybe coaching. I teach little girls how to play, my youngest one is 6 years old. And maybe stop by CSUSM field and help coach with pitching.

Q: Any advice or motto you live by or keep in mind?

A: Just, do what your heart feels. Enjoy the game you play and don't let anybody stop you from what you believe in.

Q: What do you think attributed to the teams success, like being a Top Ranked NAIA'S team?

A: Training a couple weeks before season starts. Do our gym workout and out in the field, from 9-5, and good chemistry in the team so we all work well.

Q: Any advice for an aspiring pitcher?

A: Just work everyday to better yourself. It's like



Photo by Karla Reyes

coach says. "You all go to school and come to softball practice, that's your job." Softball is our job.

Q: What are some of your goals for this season?

A: Personal, Pushing myself to have more wins than last year. I had 24 [wins] last year. Just be stronger and dominate on the mound and get All American this year again. As a team, win number one in the National Championship and conference championship.

You can cheer on Cortney and the rest of the softball team at their next back-to-back home game on Friday, March 1 at 9 a.m. and 3 p.m.

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Come to the last men's basketball home game of the season
2/23 vs Bethesda at 7:30 p.m., at MiraCosta College

BSU and Black History Month Celebrating Black history all year long

By KEANDRE WILLIAMS-CHAMBERS
COPY EDITOR

With the month of February coming to a close, so is Black History Month. Although the month is almost over, one of CSUSM's student organizations will continue to celebrate African-Americans and their history throughout the year.

The Black Student Union, BSU, was formed to connect and establish both members of the Black community and those affiliated with it. Its activity has been on and off over the past few years, but the members have high hopes for campus activity in

the near and distant future.

"The purpose of this celebration is to celebrate Black Americans and African-Americans who have made history throughout the years. We celebrate them and their accomplishments. Also for the students who are currently making history themselves. It is just a time to celebrate the past and the future ahead," BSU President Akeisa Abercrombie said.

Robert Aiello-Hauser, The BSU advisor, has high hopes for the rising student organization, noting their efforts to increase their visibility on campus by tabling various events and keeping students

informed.

"The percentage of [Black] students on campus has raised from 3 percent to 5 percent. We're a small org due to those [who are] most involved graduating after a semester. We've been working on generating interest in those willing to get involved now," Aiello-Hauser said.

The BSU has events planned for the rest of the semester, including the Black History month celebration on Feb 26 during U-Hour, and an upcoming talent show.

Those interested in more information can contact the Black Student Union at csusmbsu@gmail.com.

Making friends with coffee in hand at International Coffee Hour

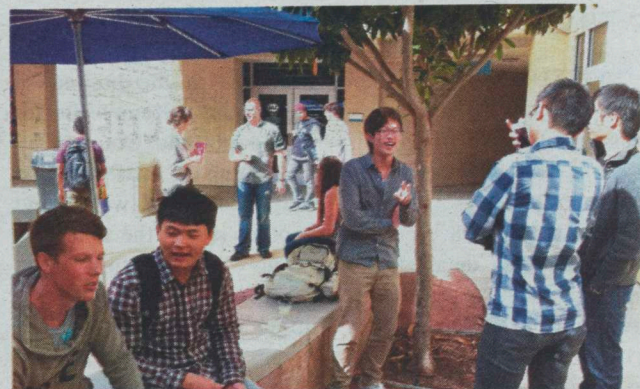
By KARLA REYES
SENIOR STAFF WRITER

Hosted every month, CSUSM's International Coffee Hour is a great opportunity to meet and exchange ideas with students from all over the world.

Besides providing free snacks and coffee for the midday blues, it is a great source of information for those considering traveling abroad in hopes of getting first-hand experience about what it is like to live and study in a new country.

Students who have traveled abroad, as well as those currently in the exchange program, can answer questions and share their experiences to those who attend.

At the Feb. 7 event, students from Japan, Germany and England gave fresh perspectives about our school and the city of San Marcos. It's intriguing to hear what international students found weird or likeable about our city. Several of them said that they are keen on Mexican food and were recommended some local restaurants. Students who came from larger a city, such as Tokyo, found it hard to adjust to the lack of



Students enjoying free coffee and good company at the February 7 International Coffee Hour. Photos by Karla Reyes

public transportation here.

International Coffee Hour also allows students to use and practice their foreign language skills that have been learned as part of the Language Other Than English requirement, LOTER, which requires every student to be proficiency in a language other than English.

For students who want

more information on studying abroad, practicing learning skills or even making new friends from a different country, the International Coffee Hour is a good start to getting that information.

The next International Coffee Hour will be hosted Thursday, March 7, from noon - 1 p.m. in Craven 3200.



The best egg omelet you will ever have!

In light of the season of Lent, for those of you fasting from meat on Fridays, you are going to need something "hardy" (protein wise) to sustain you for the day. So here is my recipe for the best egg omelet you will ever eat. We have a little homemade secret that will make your egg omelet creamy.

What you'll need:

- Frying pan - 2 eggs (organic if possible) - 1 Tbs. of butter
- 2 Tbs. of milk - Dash of salt - Dash of pepper
- Dash of parsley - Smaller dash of basil - Parmesan

Melt butter in frying pan, then crack eggs into a small bowl. Pour milk, salt, pepper, parsley and basil into the bowl. Whisk (breaking the yoke) eggs with a fork by hand quickly until the mixture is solid yellow. Pour into frying pan (make sure the melted butter has spread over the whole bottom surface of the pan) and let cook evenly. After a minute or two on medium heat, check that the bottom is lightly brown, then flip over to cook the other side. Once flipped, sprinkle parmesan on half of one side of the omelet and fold the other half on top of it. Once both sides are lightly browned take off heat and serve (with cottage cheese). Enjoy!



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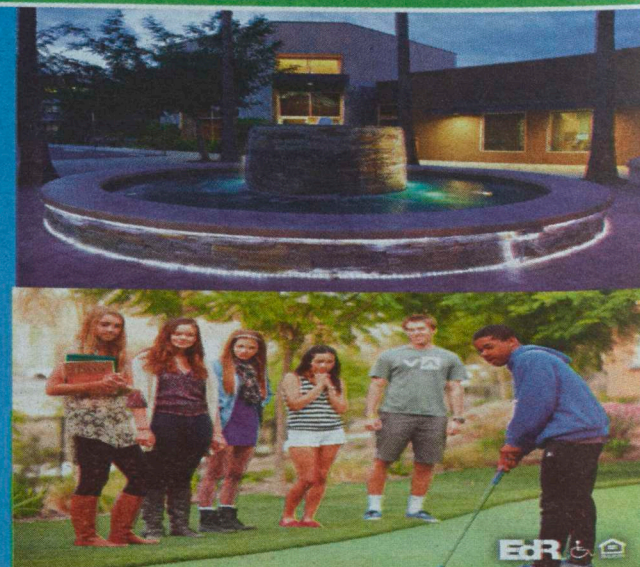
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Old California Coffee House

The San Marcos Coffee house with flair

By RYAN DOWNS
SENIOR STAFF WRITER

Of all the distinguished restaurants on San Marcos Blvd., few have more personality than the Old California Coffee House.

The quaint café is tucked away next to the IHOP and offers some of the best atmosphere found on San Marcos's own Restaurant Row.

The Coffee House is primarily a more stylish alternative to Starbucks and any of the other more mundane cafes in the area. According to the website, approximately 100 different drinks are offered, including coffee, tea and smoothies.

Coffee, depending on size, usually goes from \$1.60 for a small and \$2 for a large, while the tea is generally under \$2. Smoothies are around \$4, and most of the Espressos cost around \$3.25. There's also a rich selection of food, perfect for any time of the day, including sandwiches and wraps, hot soup, salads and even pizza.

What truly sets The Coffee House apart from other cafes is the quirky atmosphere. The interior has a sort of French design, and every table, chair



and sofa is different from the others. This, along with the free wireless Internet, gives the café a lounge feel.

There are also plenty of board and card games available in the restaurant for rent. At night, the restaurant often books bands to play for dinner guests, such as the Bi-Polar Bears, a rock band set to play at 7 p.m. on Feb. 23.

Over the course of its thirty years in existence, the res-

taurant has won a litany of awards, including the San Diego A-List for 2011 and 2012, and was named "the best coffee shop in San Diego" according to 10news.com.

The Coffee House is located at 1080 W. San Marcos Blvd and is open from 7 a.m. to 9 p.m. Sunday-Thursday and until 10 p.m. on Fridays and Saturdays.

Heroes among us: Curtis Bovee

Helping others with his medical knowledge

By KATLIN SWEENEY
FEATURES EDITOR

Curtis Bovee has become one of CSUSM's most prominent influences, using what he has learned in the classroom and at his job to educate his fellow students on ways to be healthier.

Bovee, a Kinesiology major, has been using his extensive medical knowledge to teach students about various ways to live a healthier lifestyle. He writes the Heart Beat for The Cougar Chronicle, a column that is dedicated to informing students on important health issues like healthy dietary habits and organ donation. In addition to this, Bovee works in an emergency room, extending his contributions to the community to outside of campus as well.

His desire to work in a medical-based profession and educate others was not something that he was always certain of, but developed over time.

"It's been trial and error. I've worked fifteen different occupations, everything from construction to accounting, and I happened to shadow an ER and that was

what really caught my attention," Bovee said.

In addition to working full-time in an emergency room, Bovee has played a pivotal role in running the food drives at Summit Church that occur the second and fourth Tuesday of every month. These food drives have become an overwhelming success, 15,000 pounds of food being distributed to students last semester.

"Originally Dr. Laura and I were trying to figure out a way to tackle hunger issues on campus. Through programs like Donate Don't Dump, we began organizing food distributions over at Summit Church. This [program] wasn't initially part of my degree, but I was able to utilize my internship for this," Bovee said.

Dr. Laura De Ghetaldi has been one of Bovee's biggest inspirations. He attributes much of his success in helping students to having had the privilege of working with and becoming friends with her.

"I write for the newspaper because of Dr. Laura. She told me that she felt my writing was good and should be something that I pursue. She

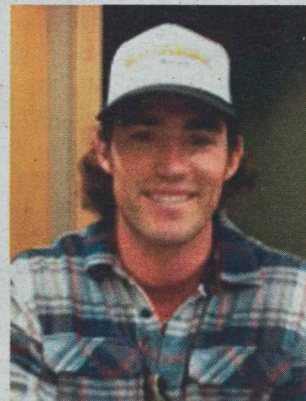


Photo by Katlin Sweeney

is the most unconditionally giving person I have ever met in my life. She is so dedicated, it's like her mission is to help you. I had her as a professor for two and a half years. Her work and the kind of person she is makes me want to follow in her footsteps," Bovee said.

Bovee hopes to honor Dr. Ghetaldi's legacy by continuing his work in the medical field. One of his main goals for the future is to become a professor that teaches anatomy, physics, health or another science-based course. He also hopes to start a research project on campus hunger and continue his work helping students by hosting more food drives and spreading more information about healthy living.

Creative Writing Community and Workshop

eager for submissions and new members

By RYAN DOWNS
SENIOR STAFF WRITER

For those interested sharing their written works with other like-minded individuals, look no further than the Creative Writing Community and Workshop.

CSUSM's CWCW brings together writers and literature enthusiasts every Wednesday from 3 to 5 p.m. in room 303 of Markstein Hall.

The primary idea behind the CWCW is for students to get together and share and receive feedback on creatively written stories, poems and other works that they have created. Members are allotted several minutes to respond to the work with helpful and creative criticism.

"They describe in helpful, not insulting, terms what might be holding the piece back," CWCW President Jessica Mulqueen said. "Whenever possible, we describe the problem in terms of how it can be fixed and offer specific suggestions."

The CWCW is not limited to only Literature and Writing majors and does not require students to bring work to share.

If you don't have time to join, or you're shy, the CWCW also accepts written works online, by submitting them to csusmsubmission@gmail.com. This opportunity gives students a chance to be published in a weekly chapbook, or a magazine every semester. These publications are often celebrated with a



Photo by Ryan Downs

reader's series, where the writers present their work to an audience.

Regardless of whether you write short stories, full novels or even plays, bring your work to a meeting and see what CSUSM's fellow writers think.

ASI's Red Dress Gala puts the heart back into February

By RYAN DOWNS
SENIOR STAFF WRITER

The body's most important organ is plastered all over every advertisement and every department store for the first couple weeks of February.

Although ASI never needs an excuse to have fun for a good cause, this is probably

why the Red Dress Gala, benefitting heart disease, seems fitting to hold this month.

ASI will host the Red Dress Gala on Feb. 26 at 6 p.m. at the Clarke Grand Salon. The proceeds will be going to the American Heart Association, while providing information to students about heart disease and how they can help.

The attire will be semi-formal, and it is requested that, consistent with the name of the event, guests arrive in red to show support. Women are also encouraged to wear dresses.

Best of all, while the event itself is free, opportunity-drawing tickets will be sold as part of a shuffle.

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Why Beyonce can get away with lip-syncing

By JULIANA STUMPP
A & E EDITOR

On Jan. 22, Beyonce was scheduled to sing the "Star Spangled Banner" at President Obama's second term Inauguration. However, it was not scheduled for her to lip-sync the anthem. It is not confirmed the reason why; Beyonce pre-recorded the performance last minute. Good news, her performance during the Super Bowl half-time show showcased her ultimate diva alter-ego and why I think she is the best superstar of this generation.

I remember first hearing Beyonce in the nineties with the all-female R&B group, 'Destiny's Child' (as most of us have) in middle school. Honestly, I was too obsessed with Hilary Duff (guilty) and Lindsay Lohan (remember when she barely could sing?) to focus my attention to their

music. But I am proud to say that my ear has learned to appreciate good music. Their album "Destiny Fulfilled" really caught my attention even though it was the last album the group made together, I still followed Beyonce's solo career (again, as most of us did).

Since leaving 'Destiny's Child', she has won 14 Grammy's and seven Billboard Music awards. She has also become one of the most influential musicians of all time, and has now established herself as an actress most known for her work in the film adaptation of "Dreamgirls" and showing her goofy side in "Austin Powers in Goldmember."

I really don't need to list of all her accomplishments to explain what an amazing and talented person Beyonce is, but it doesn't hurt to refresh people's minds. Her talent

doesn't just speak wonders but her personality and charisma is what makes people all over the world love her. She always appears with such class, grace and respect for herself and those around her. Let's not forget her show of compassion when Kayne West interrupted Taylor Swift's acceptance speech at the MTV Awards in 2009 and Beyonce called her back up onstage to finish properly. I don't know many artists that would do that.

Simply put, Beyonce can get away with lip-syncing because we know her talent is genuine. She sells out concert venues in minutes and her albums sky rocket to the top on iTunes. Honestly, it seems this woman can do no wrong (even by naming her baby "Blue Ivy"). Beyonce is just barely over thirty and has a legacy that will last for generations.

Editors' Topics: Working out

Given that our school provides a fully equipped and assessable gym, we thought it might be interesting to see if students actually take advantage of it, think it's not that great, or would prefer to workout at home instead. The Cougar Chronicle editors discuss their opinions of an on campus gym.

Having a gym on campus makes motivating myself to go work out a lot easier. Since I live at The Quad, it is great to have such a close proximity where I can walk to and from. The fact that all students have access to it helps because my roommates and I often go together, so it allows for working out to be a social thing rather than just

another chore.

Features Editor
Katlin Sweeney

I have been working out at the Clarke gym for the past year and love it. Not only do I take advantage of the spinning bike and ab cruncher machines, but I also love the Ashtanga yoga that the Clarke provides. I enjoy it when it is time to go to the Clarke to do my workout, especially because it is free. If I were to do the same workout out in town it would cost me a pretty penny. Plus it's conveniently on campus for us students to take advantage of anytime we feel so inclined.

Opinion Editor
Jessie Gambrell

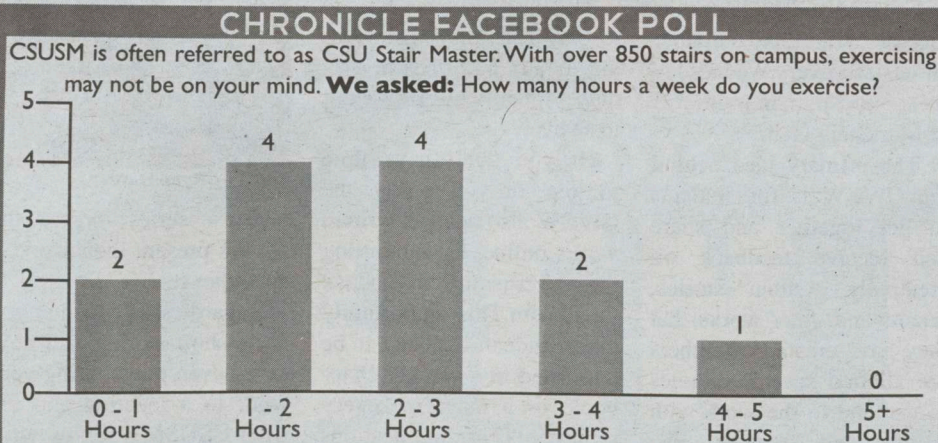
I like the Clarke because

they always have awesome events and cool classes going on like Zumba. It's just a nice place to go to workout with friends. I love their treadmills too because you can plug in your iPod and watch Netflix or Hulu Plus on it. Plus, it's free to students! It's a great deal.

A & E Editor
Juliana Stumpp

I enjoy the Clarke because of its convenience in my daily schedule. It is open even during my off times and has the equipment necessary for a good, full enough workout. I always leave feeling accomplished and proud of my overall efforts.

Copy Editor
Keandre Williams-Chambers



See your opinions in print,
friend us on Facebook to take our polls

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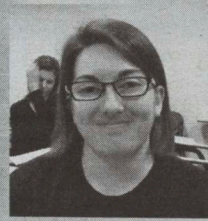
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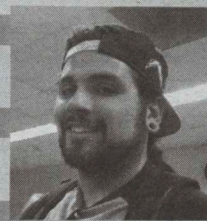
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Alison Seagle
Kia Washington

Cougar Asks: What's your favorite thing to do when it's cold outside?

By ALISON SEAGLE
SENIOR STAFF WRITER



Lauren Toomes,
chemistry major:
Turn on the fireplace,
snuggle up in a blanket and
read a good book.



Tim Grant,
biology major:
Do homework and smoke a
bunch.



Bidusha Mudbhari,
sociology major:
Drink hot chocolate or tea,
preferably milk tea.



Sayma Alam,
sociology major:
Stay inside, drink coffee, and
watch movies.



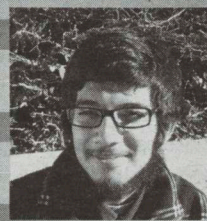
Gerald Tovar,
VPA major:
Go snowboarding.



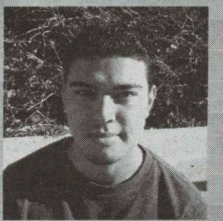
Tatiana Fernandez,
business major:
Stay inside.



Melissa Leyva,
business major:
Read outside with a blanket.



Cesar Flores,
sociology major:
I just like to sit outside



Victor Saucedo,
business administration major:
Bonfire with friends

How 'You Only Live Once' term is effecting the mind, body, soul

By JESSIE GAMBRELL
OPINION EDITOR

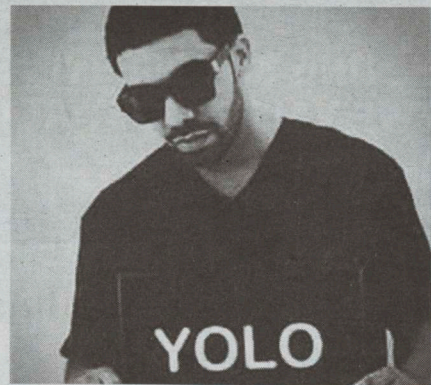
Not sure if you are aware of this popular acronym being used everywhere; YOLO – You Only Live Once. It's all the rage right now, which makes sense since our society seems to have tendencies to go out and do things that may not be all that moral or right.

They go out and do these things just because they think that it will be the only chance they've got to live life the way they want to. Yes, we are only on earth for a "short" time, which can justify doing fun things or taking up once-in-lifetime opportunities. However, being that we only "live once," this does not mean that we should go out and do things that would otherwise be illegal or immoral.

And as I have already seen, salesmen have already started to use it against us. I saw an ad the other day that showed a pair of sassy high

heels saying, "Buy these heels! YOLO!"

Even your friends can dangerously use it against you. For example, someone could say, "come drinking with us, YOLO" or "YOLO, why not smoke a joint with us?" See what I mean? People who are vulnerable to this mindset can get caught up in some nasty stuff very quickly.



People seem to think that when you die, you die and nothing else happens, you're just dead. However, according to the Adventist Review, 78 percent of Americans who fall under the Christian religion believe that there is an "afterlife," or a place that your soul goes to after your

body has passed from this earth.

According to Catholic belief, there are three places where your soul can go after death; Heaven, the ultimate goal and life purpose; Purgatory, a place of judgment for those who are not quite worthy of Heaven yet; and Hell, the place where all who reject God and accept Satan

go. Keeping this in mind, this life becomes rather important as far as our actions and reactions go.

If our soul's final destination weighs completely on what we do on earth, wouldn't we think twice before "taking this" or "doing that." Wouldn't we consider how could affect our mortal being? I know

I have that consideration, which is why having the mindset of our only living once could potentially be extremely detrimental to our final destination.

We may YOLO on this earth but our souls do not OLO. So think twice before you act, your eternal happiness may depend on it.

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Father Boyle attracts 1400 to a night of laughter and inspiration

By JESSIE GAMBRELL
OPINION EDITOR

Father Gregory Boyle is a name that has been floating around campus the past several weeks.

Boyle, a Jesuit Catholic priest, is known for his dedication to the service of the lost homeboys and homegirls of East Los Angeles County through his Homeboy Industries organization established in 1992.

On Monday, Feb. 11, Boyle came to speak to a sold-out crowd of 1,400 people in parking lot "N," under a large event tent. More than 500 CSUSM students and faculty members attended the event to hear the inspiring stories from Father Boyle and to learn from his compassion and humbleness.

Father Boyle spent the night telling stories of the homeboys and homegirls that pulled at heartstrings. People everywhere were grabbing for tissues in response to the tragic misfortune and the touching stories of healing and retribution shown to them by Father Boyle and his colleagues.

To lighten the mood



Father Gregory Boyle, seated, with members of the Catholic Club on Feb. 11

throughout the evening, he was constantly throwing in funny stories of his experiences and included relatable anecdotes throughout his speech. More than once, Father Boyle told the audience, "This tent is not the place you come to, but the place you come from."

"I was impressed at how humble he was, given all of the lives that he has impacted. He is an incredible example of how one who gives their life to God and neighbor can be filled with so much humble joy and peace," student Matthew Rossio said.

Father Boyle also spoke of his book "Tattoos on the Heart" and informed the au-

dience all about Homeboy Industries that provides tattoo removal, employment services, Homegirl Café & Catering and various other services that give hope to the desperate in the slums of L.A.

"I knew [Father Boyle] with my homies from Pico Alyso, but I didn't need his services because I was already on my way to college. He has always done favors for me whenever I needed him, coming down to speak to one of my classes, etc. [...] When they hired me here I felt like something was missing, I wanted to bring something that would bridge the silent voices with the com-

munity. We should always be inclusive of the silent voices we hear, they have a home here at CSUSM," Xuan Santos said. Santos proposed the idea for this event.

"I liked it very much, I was happy to see CSUSM offer a speaker like this, I found his story very motivating and humorous," a community member said.

Thousands flock to Father Boyle to find their way out, their way to the right path, he provides that hope for them.

"People don't show up for the person, it is the work that draws them," Father Boyle said after the event.

Did you see this event? Share your thoughts on our website.

A Good Read: 'Sky Bound' captivates readers

By KATLIN SWEENEY
FEATURES EDITOR

For readers in search of unique characters and a fast-paced plot, "Sky Bound" is a science fiction novel that will maintain their interest from page to page.

Set in an alternative realm where the Earth is divided into three separate kingdoms, "Sky Bound" follows the journey of 15-year-old Sam Cutter.

Living in one of the kingdoms that is ruled by a tyrant, Cutter dreams of escaping to the Sky Nation. He begins to question everything he has ever known and decides to make a drastic decision: to leave his oppressive homeland in favor of a better life, embarking on a life-threatening journey that no one else has returned from.

Science fiction is often geared towards a very distinct audience. However, as a current high school senior, author James Morris has tremendous insight into what readers in their late teens and early 20s enjoy reading.

"Sky Bound," his first novel, started out as nothing more than a simple idea

scribbled on an iPad. While the book was not inspired by specific people or from occurrences in his life, Morris does admit that many readers have seen parts of his personality in Sam Cutter.

"It took me about six months to write and six months to edit 'Sky Bound.' This is the first book in what will eventually become a trilogy.

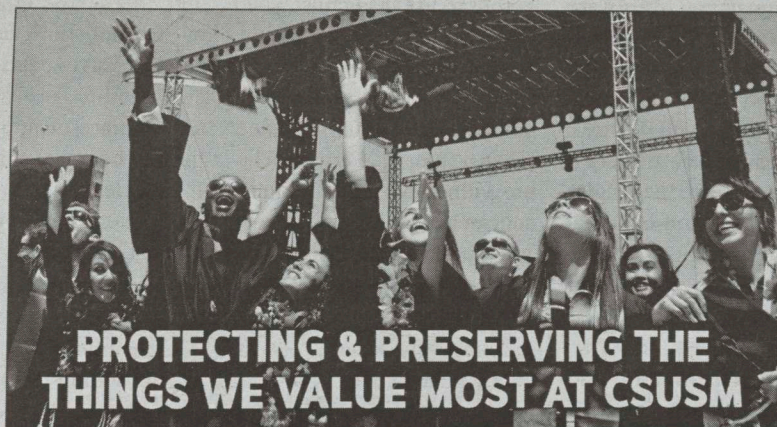
The second book in the trilogy will hopefully be done by this summer and I have already begun to outline my next series," Morris said.

In addition to the publication of "Sky Bound," Morris is also a successful musician amid a busy schedule.

He has more than three studio albums, plays live shows on a regular basis and spends thousands of hours raising awareness to find missing people in the community. Writing, however, is not taking a back seat to his music career and charity work.

"I want to pursue both [music and writing] equally. I love both," Morris said.

For more information on "Sky Bound," Morris' charity work and music, visit jamesmorris.com.



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Since 2007, the State appropriation to CSUSM has been cut by approximately \$20 million or 20 percent, while the number of students has increased by approximately 20 percent.

The budget reductions of the past five years have seriously undermined the ability of our campus to maintain the current levels of student support.

In order to protect and preserve the things we value most at CSUSM, the campus is exploring creation of an Academic Excellence & Student Success Fee.

To learn more about the process, what a Academic Excellence & Student Success Fee would mean to CSUSM, and provide your feedback, please plan to attend one of our open forums:

Date: Feb. 26

Or

Date: Feb. 27

Time: Noon

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Location: Arts 240

Location: University Village Apartments

You can also learn more and share how you would allocate a student success fee by taking our online survey at our website:

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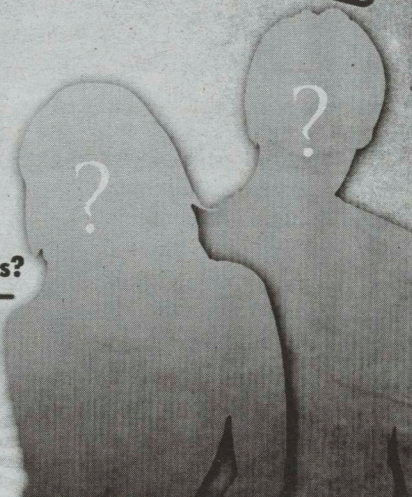
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Student A: "My Working Jam" by Faith Orcino



THE SHUFFLE

BY KARLA REYES
SENIOR STAFF WRITER

Monday mornings are always a challenge, especially during the winter. So to make these dreaded mornings a little more pleasant, this shuffle presents five tracks that will help get over your monday-morning-blues.

"Cough Syrup" by Young the Giant

Young the Giant is comprised of five musicians with diverse background, all from the neighboring city of Irvine, California, with a band name purposely chosen to evoke curiosity. Cough Syrup was number three in the Top 100 Billboard Alternative Songs. Being very uplifting and sunny, I guarantee you will want to look up the lyrics to sing along.

"Thrift Shop" by Macklemore

Some might find this song vexing, but I think it's genuinely catchy. It makes fun of those who spend too much money on a shirt and ended up dressing the same as everyone else, among similar situations. The quirky video is a combination of "The Fresh Prince" and modern hipster, all guided by a sax sample. Macklemore has a range of tracks, some talking about same-sex marriage and his struggle with addiction in his album "The Heist."

"My Body" by Young the Giant

There is a reason Young the Giant is listed twice, and that is because they are worth listening to. "My Body" was written and performed exactly for that purpose, to jam out and get pumped. Some argue that Sameer Gadhia (vocalist) is talking about ice cream, but I personally think he is referring to the Monday mornings in which your body is immobile and glued to the bed.

"Ho Hey" by The Lumineers

Although the band left this years Grammys empty handed, they have earned a spot on our iPods. It is the first single from their trending self-titled album. This folk-rock song is so genuinely refreshing that it will guarantee a smile on your face for the rest of the day. It has been featured in numerous commercials in the U.S and even in the U.K.

"Drunk" by Ed Sheeran

The title basically says it all. It is an anthem to remember (or not) the past weekend as you walk into your GES or business law class with a much needed Starbucks drink in hand. Many know Ed Sheeran from the chart-topping "The A Team," and you can recognize his mellow yet intoxicating voice alongside an at-ease beat in this song.

Hitting the shelves Feb. 26

BY TRICIA ALCID
STAFF WRITER



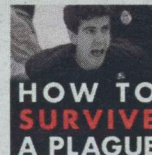
"The Master"

Starring the talented Joaquin Phoenix, "The Master" focuses on the story of Freddie Quell (Phoenix), a World War II naval veteran struggling through his PTSD and his inability to fit into the world. By a stroke of luck, he stumbles upon Lancaster Dodd (played by Philip Seymour Hoffman), the leader of an organization known as The Cause. As Quell steadily submerges himself deeper within the group's system, his own philosophy and lifestyle choices are challenged, and his life is forever changed.



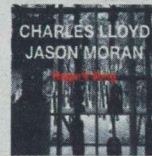
"Zion" by Hillsong United

As the third studio album by the highly popular Hillsong United, "Zion" contains the fuses the elements of modern rock and contemporary Christian music to reinvent not only the modern worship music, but also recreate their sound. Such songs included in this album will be "Relentless" and "Oceans," songs that will undoubtedly draw in new listeners for their exquisite elements of rock, worship, and even subtle modern pop.



"How to Survive a Plague"

Based on a powerful true story, "How to Survive a Plague" is the inspirational documentary tracking the stories of young men and women who fought against the tide of AIDS prejudice to lay down the first steps to AIDS awareness and treatment. They fight tooth-and-nail for scientific research and penetrate pharmaceutical and governmental industries. This underdog group of grass-root activists battled against high risks to gain revolutionary medication to treat an epidemic no other group would support, changing the world as we know it today.



"Hagar's Song" by Charles Lloyd and Jason Moran

As an established jazz musician of over fifty years, Charles Lloyd has come once again to release a joint album with the talented Jason Moran. With mixtures of Lloyd's pensive flutes and Moran's dark-toned accompaniment, the five-part dedication to Lloyd's great-great grandmother's life heads this masterpiece of an album with beautifully composed and heart-wrenching songs.

CSUSM faculty member to present piano recital

BY RYAN DOWNS
SENIOR STAFF WRITER

It could be said that there is only one thing more pleasant than a recital by a talented and dedicated pianist, and that is a free recital by the very same talented and dedicated pianist. Fortunately, CSUSM will be showcasing the latter at 7 p.m. on Tuesday, Feb. 26 in Arts 111.

Last year, CSUSM's very own music professor, Dr. Ching-Ming Cheng, mesmerized the school with a fantastic showcase of her talents, backed by a life of extensive experience in solo and collaborative concerts all over the globe. Her career has also involved multiple

teaching positions at schools across America, ultimately leading to her incredibly welcome arrival at CSUSM in the fall of 2011.

The recital is one of the many ways Dr. Cheng's involvement at the school goes beyond teaching; she also has plans to develop a complete music department, separate from the music and theater department.

"We want to expand, and take this program onto a different level," Dr. Cheng said, mentioning how few students at the school major in instrumental music. In fact, majors in specific instruments, such as piano, were not previously available until Dr. Cheng's arrival.

"Now that they have me, we are trying to recruit more music majors," she said, emphasizing the focus on piano.

She hopes the set-up can involve one-on-one instruction, so she can have a hands-on interaction with students who are interested in piano and other music.

Dr. Cheng hopes to get a music department up and running at the school at least by the next semester, but she believes the primary obstacle to this goal is the fact that students who may be interested may not be aware of her efforts. She hopes the recital can raise awareness of what she is trying to do, and hopefully draw students who may be interested in becoming music majors and helping to establish a department on campus.

As for the concert itself, Dr. Cheng enjoys playing music from several major historical musicians in chronological order, beginning with the seventeenth century and moving to modern day, in a show that will cover music from Chopin, Beethoven, Rachmaninoff, and Bruni.

"He actually arranged a piece written by Bach," she said excitedly of Bruni, the most modern of the featured musicians, "so it kind of brings it full circle."

The recital will go for about ninety minutes, and, of course, it is free.

For your Entertainment: 'Arrested Development' and 'Take Me Home Tonight'

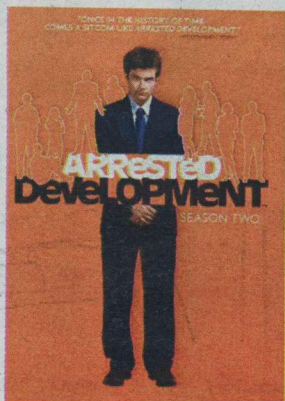
BY JULIANA STUMPP
A & E EDITOR

"Arrested Development"

Must Watch Episode: Season 2, Episode 3: Amigos!

The most original and underrated comedy of all time, "Arrested Development" is a show that aired on the Fox network for only three seasons. The show is so unique because of the diverse and quirky characters as well as outrageous storylines. Jason Bateman plays Michael Bluth, the lead character that

takes charge of his family and their mini mansion company when his father George Michael (played by Jeffrey Tambor) is imprisoned for "creative accounting." During the process of the investigation, the rest of the Bluths' moves into a model home. In addition to being the single father of George Michael (played by



Michael Cera), he is responsible for his two immature brothers Gob (played by Will Arnett) and Buster (played by Tony Hale). His twin sister Lindsay (played by Portia de Rossi) and her family, aspiring actor Tobias Funke (played by David Cross) and scandalous teenage daughter (played by Alia Shawkat) also take residency there. To complete this talented cast

is Jessica Walter who plays the vain and self obsessed Lucille Bluth, mother of the Bluths. Ron Howard offers his voice as the narrator who offers the sarcastic and witty tone. In spring 2013, Netflix will reboot the series with brand new episodes.

"Take Me Home Tonight"

Set in the late '80s, the film follows the protagonist Matt Franklin (played by "That 70's Show" Topher Grace) in a coming of age tale featuring similar struggles that many of us might face after

we graduate college. After graduating from MIT, Matt moved back home and works at a movie rental place in the mall to much of his father's dissatisfaction. While at the video store with his twin sister Wendy (played by Anna Faris), Matt runs into his high school crush Tori Frederking (played by Teresa Palmer). Meanwhile, Matt's best



friend Barry (played by Dan Fogler) is fired from his job at a car dealership. With Matt and Barry being down on their luck, the two friends crash Wendy's boyfriend's Labor Day party. Throughout this crazy night the group discover themselves and are given hope for the future. A hilarious and encouraging film for college students everywhere.