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## FEATURES



2 - In honor of Sept 11, student veterans reflect on their memories of the day of the attack.

And

3 - This semester students can look forward to reading about fall fitness classes, events during U-Hour, information about campus activities, getting involved in student organizations and learning more about study abroad opportunities in countries all over the world.

## SPORTS



5 - From trying a gluten-free diet to avoiding over-training, students explore healthy exercise and lifestyle.



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## A & E



7 - Fall is loaded with new TV shows, classic music, new internship opportunities and new comics.

# Social justice at the forefront ASI community centers promote inclusion, integration

By KATLIN SWEENEY  
EDITOR-IN-CHIEF

When you give passionate leaders a place where they can share their thoughts and initiate their dreams into action, you spark a revolution.

At CSUSM, students, faculty and staff have worked together to create a campus that is not only serving students in the classroom, but through various educational programs as well.

The development of programs and spaces dedicated to the exploration and understanding of social justice has been at the forefront of the university's mission to build a diverse campus. One of the most successful routes towards educating students has been through the Social Justice Centers. Individually known as the Gender Equity Center, Pride Center and Cross Cultural Center, these three spaces have been pivotal in creating student leaders and promoting awareness of significant social issues.

While Student Life & Leadership (SLL) oversees the Cross Cultural Center, the Gender Equity Center and Pride Center are provided through Associated Students Inc. (ASI). The common misconception in the past has been that all three centers were through either SLL or ASI, due to their location and umbrella

term of Social Justice Centers. While they all share similar goals, each of the Social Justice Centers is its own entity, equipped with different student employees, identities and goals.

In an effort to represent themselves as ASI organizations and highlight the changes to their structure the Gender Equity Center and Pride Center have rebranded themselves as the ASI Community Centers. The two groups, which previously operated under the leadership of two separate program directors, have refocused so that they function more as a team rather than completely separate from one another.

The Pride Center and Gender Equity Center are now under the leadership of Robert Aiello-Hauser, director of ASI Community Centers, and Kenyatta Parker, coordinator of ASI Community Centers. The goal in combining the two centers under one title is not to extinguish the separate identities of each center, but rather to encourage students from both groups to work together. The title ASI Community Centers will be used to refer simultaneously to both centers, but the Gender Equity and Pride Centers will still keep their individual names to highlight their differences in priori-



The staff of the Gender Equity & Pride Center. Photo by Robert Aiello-Hauser.

ties and means of outreach.

"Things are going to be bigger and better this year. The more we give, the more students will follow their dreams," Aiello-Hauser said.

One of the reasons that the Gender Equity and Pride Centers have teamed up is to refocus their images and encourage students from all backgrounds to explore what each group has to offer. The Pride Center is not geared only towards LGBTQA students and the Gender Equity Center is not solely for students that identify as feminists or seek to combat injustice. By changing their title to highlight 'community,' Aiello-Hauser hopes that it will make all students feel

more comfortable to walk in, open up to their peers and faculty, ask questions, and learn about all sides and opinions of social justice.

With a conjoining door that makes it easy for students to walk in between the two, the ASI Community Centers students that are interested in both centers can easily walk next door to explore both options. Aiello-Hauser expressed that each student that walks into the centers are at different phases of their journey, and that his job is to encourage them to explore and learn as much as they can.

"Everyone's path may be different, and yours may not be the same as mine. We are

just supporting and offering as many paths and opportunities to grow in understanding of social justice as possible," Aiello-Hauser said.

The ASI Community Centers have also integrated in various other organizations to their projects, partnering up notably with the Greek Leadership Council and Student Health and Counseling Services.

Their goal is to create an environment that is not only inclusive of the students that spend time in the Community Centers but also to connect the campus as a whole so that CSUSM functions as one unit rather than a collection of groups separate from one another.

# Harry Potter course to be offered in the spring

By CHELSEY SCHWEITZER  
STAFF WRITER

Fans of the "Harry Potter" series can now take their experience a step further with the new course that will be offered in the upcoming spring semester.

Although much debate exists in the realm of academia on whether or not the series maintains substantial educational value, Professor

Linda Pershing has decided to share with the university her professional opinion on the series. She will be teaching a class called Harry Potter Folklore and Culture (ID 370), which will immerse 120 students deeper in the magic of J.K. Rowling's books. Professor Pershing decided to create the course for a variety of reasons.

"I found [the books] fascinating in many ways: as a scholar and instructor of folklore and culture, I love the books for their critical commentary on systems of social hierarchy," Pershing said.

This course will bring to surface the various motifs and themes that are found in the beloved series. Students will learn of the mythology and folklore that J.K. Rowling has utilized, examine the culture of the magical world she has created and explore the various social issues that appear throughout the seven novels.

"These include major life issues, such as the sanctity of life and coming to terms with death (particularly the death of loved ones), social hierarchies of power and privilege and the injustice of these, courage and stepping up to take action in the face of injustice and evil, the

value of friendship, and the shortcomings of bureaucracies and social institutions," Pershing said.

The H.P. course will be educational, immersive and entertaining. Students will begin the journey with their own sorting ceremony. Each student will be assigned to one of the four houses (Gryffindor, Slytherin, Hufflepuff or Ravenclaw) based on a personality exam.

The students will then be transported to the world of "Harry Potter" with a House Prefect, commonly referred to as a teacher's assistant, to guide them through various activities and projects, making Harry's magical world their own.

"We will read all seven novels and learn to analyze, discuss and apply the principle concepts that appear in each novel, making the connections between the magical realm of Harry Potter

and our own world. We're planning lots of discussion, interaction, and participatory activities to make the course interesting and rewarding. Some of the topics we'll cover include how race, gender, social stratification, and economic class shape Harry Potter's world," Pershing said.

Rest assured that with this class you would be getting a truly educational experience.

Thorough background research has been done leading up to the course, both by Professor Pershing and her "Head Girls," Amanda Lennox and Lauren Hammond. This includes numerous academic articles and books that focus specifically on the topics that will be discussed in the class as well as research gathered by Pershing personally, directly from numerous locations in England and Scotland that are important to the "Harry Potter" books and films.

Six CSUSM students that had helped with the original research have been awarded the opportunity to present their findings at the annual American Folklore Society Conference this October.

This class will have much to offer students, whether they are a die-hard "Harry Potter" fan or someone who is just getting into the series and wants to explore the books more in depth.

It will be both fun and educational to delve deeper into the cultural phenomenon that is "Harry Potter" and expand students' perceptions of the books in an exciting environment.

A few students who are very familiar with the series can even get involved in assisting with the course outline by contacting Pershing at lpershing@csusm.edu



# Building community on and off campus

## Kinesiology majors club provides food donations to local aid organizations

By KATLIN SWEENEY  
EDITOR-IN-CHIEF

When students take what they learn in the classroom and use it to better their community, the result is transformational education.

Last year, CSUSM's Kinesiology Majors Club teamed up with Kinesiology Service Learning Students, Donate Don't Dump and North County Community Services Food Bank to change the North County area for the better. Over the span of 12 food distributions, the collaborative efforts of these groups resulted in the distribution of 36,000 pounds of food to students, staff and members of the community that needed it.

The Kinesiology Major's Club embraced reduction of student hunger as one of their biggest goals after their adviser, Professor Laura de Ghetaldi, got in contact with Donate Don't Dump. De Ghetaldi learned about the organization at the San Diego Film Festival when she watched "One in Seven, the New Face of Hunger," a documentary by UCLA freshman Camille Posard.

Inspiration ran in the family for Posard, spreading to Posard's younger sister, high school sophomore Gabrielle, to create Donate Don't Dump, which works with grocers and food companies to supply food to those in need rather than having it go to waste.

The Kinesiology Majors Club then teamed up with

pastors Daniel and Theresa Jones of Summit Church to host the food distributions across from campus, a location that was not only convenient to students but all members of the community.

At each food distribution, anywhere from 10 to 20 students, some who are also interns with Donate Don't Dump, volunteer their time to supply attendees with approximately 20 pounds of free fruits and vegetables. In one hour, anywhere from 5,000 to 6,000 pounds of food are passed out.

But the true spirit of teamwork and community is also demonstrated through the fact that distributing this food comes at absolutely no cost to the Kinesiology Club. The only cost that is required for the process to

run smoothly is a total of \$50 for the trucks to bring the food, a fee which Summit Church and Donate Don't Dump split so that the distributions do not require the financial support of the Kinesiology Club.

"We've gotten tremendous support from various individuals, and people like our Club President Amy Clark, Vice President Ross Edmunds, last year's Lead Intern Curtis Bovee and last year's President Junemy Pantig all worked so hard to make these distributions happen. And our partnerships with the North County Food Bank, Donate Don't Dump and all of the various groups involved have all just been great working relationships to help the community. It just shows

how people can work together with that commonality of wanting to help others," de Ghetaldi said.

This past year, the Kinesiology Club enjoyed honors such as the Office of Community Service Learning Award for Student Group of the Year, two nominations and five received individual student leadership awards, a Tukwut Organization of the Year nomination, recognition as an official ASI Club on campus and a total of 14,850 hours of internship hours completed by 162 students. In collaboration with Donate Don't Dump, the Kinesiology Club also received President Obama's Volunteer Service Award.

"I don't know who gets more out of this, the people who need help or the

ones giving the help. In a way, it's a selfish thing to give back because it makes you feel good too. I'm just so proud of the whole thing and my students that volunteer. Every time we do this, it just all comes together. We are building community and I hope that this can serve as a prototype for other schools in the CSU system," de Ghetaldi said.

Food distributions take place at 2 p.m. on the second and fourth Tuesday of every month (except on holidays and during finals week) at Summit Christian Church, located across from campus next to the dorms.

For more information contact Dr. Ghetaldi at [ldegheta@csusm.edu](mailto:ldegheta@csusm.edu)

# Student veterans remember Sept. 11

By ALISON SEAGLE  
STAFF WRITER

Sept. 11 is a day that brings back harsh memories, especially on a campus considered as veteran-friendly as CSUSM.

Based on figures released in late August from the Office of Communications, CSUSM is home to approximately 900 students that identify themselves as a veteran, service member or military dependent.

Many of these student veterans remember the day vividly and wanted to share the ways in which Sept. 11 resonated with them.

An 8th grader at the time, David Acosta remembers being sick from school that fateful day and watching the news at his home in Fallbrook.

He was familiar with New York and witnessing something so disturbing made him question humanity.

"Seeing people jump from the towers was crazy. I already wanted to join the military, but that really instilled the idea," Acosta said.

Meanwhile on the other side of the world, Gregg Snow was working as a contractor in Tokyo when one of his Japanese co-workers called him up, frantically trying to tell him what had happened.

Snow thought that what he was seeing was a movie rather than real events. He then called another friend in Japan to tell him about what happened and they stayed up all night watch-



Cal State San Marcos serves 900 active duty military, veterans and dependents. Photo courtesy of the Office of Communications.

ing the news.

Snow was supposed to fly back to the U.S. the next day, but instead had to go to the Embassy and was unable to fly home until a week later. He had been out of the military for a while at the time, but after the attack he contemplated re-enlisting.

Nicholas Ashley was also out of the country on Sept. 11. He was living in Indonesia in the middle of a large Muslim population.

He felt very uncomfortable due to the circumstances and began telling people he was Canadian to avoid talking about the attack.

He was also in disbelief when he saw on TV what

had happened. He had just seen a movie the previous night about a plane that crashed into a building.

At the Personnel Administration Center on Camp Pendleton, Claudia Oregeal saw what happened on the TV in the office's waiting room. She remembered that there was a palpable change in the mood on base.

"It was the quietest our office ever was. Not much work got done that day because everyone was in shock. It wasn't frantic, but the security did become very tight," Oregeal said.

Alexis Bruno was a third grader in Mission Viejo at the time, and when she went

into her mom's room that morning she saw her watching the TV and crying.

Later that day, she remembers that they went to a donut shop and that everything seemed weird.

"My mom wouldn't let me go to school that day so we stayed home and watched TV. [When we went to the shop], the TVs were all on, but no one was talking," Bruno said.

Sept. 11 is now officially called Patriot Day to remember those who were lost. Flags are flown at half-mast and many people observe a moment of silence at 8:46 a.m. EST, the time that the plane first flew into

the World Trade Center. This Sept. 11 will mark 12 years since the attacks occurred, but for many the images and the shock of the events are still very clear memories.



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# Clarke offers a number of fitness options for students

BY TATIANA ZAVODNY  
FEATURES EDITOR

Whether students want to lose those freshmen 15 or are just looking for a way to stay healthy this semester, fitness classes may be the perfect way to achieve their goals.

The Clarke recently posted their updated schedule for their unique and exciting fitness classes that will be available throughout the fall semester. With seven different options to choose from, students are sure to find a class that fits their needs and their schedule. So how does the Campus Recreation Department select which classes

make the cut?

"We try to keep [the classes] that are most popular," Sonya Starr-Mclin, the Administrative Coordinator of Campus Recreation, said.

Among the list of most popular classes are Ashtanga Yoga and Indoor Cycling. These low-impact activities can help improve your strength and flexibility. Ashtanga Yoga is offered on Tuesdays and Thursdays during U-hour, while Indoor Cycling is held on Mondays from 5 p.m. to 6 p.m. as well as Friday during U-hour.

For anyone interested in a high-intensity activity that will exercise your entire body, then Boot Camp may

be the perfect opportunity. The Campus Recreation flyer explains that the course provides "a variety of intense group intervals over a one hour period of time."

Another way to fight the boredom of going to the gym every day but still receiving a total body workout is through Total Fit. The class is promoted by Campus Recreation to "tone and tighten your entire body...leaving you with a complete feeling of satisfaction and balance." Boot Camp and Total Fit are offered on Wednesday at 5:15 p.m. to 6:15 p.m. and Monday at 5:15 p.m. to 6:15 p.m., respectively.

Another option to relieve

some stress and burn calories at the same time is Taekwondo. Offered from 5:15 p.m. to 6:15 p.m. on Wednesday evenings, this fitness class welcomes beginners since no prior experience in the sport is required.

If you're looking for a more light-hearted way to burn a few extra calories, then laughing along while taking Laughter Yoga or dancing to the beat of Latin music during Zumba may be just for you.

All fitness classes are meant to provide a non-intimidating environment, as most of them are often adaptable for all fitness levels. Also important to this environment are

the instructors.

"All of our instructors are great," Starr-Mclin said. "Most of our instructors are students here on campus."

One of the best aspects of these seven unique fitness classes is that every single one is free for registered students and available for a small fee to faculty and staff.

To participate, students simply need a free membership to The Clarke gym, since the fee to use it is already included in most matriculated students' university registration fees when they pay tuition. No other sign-up forms are required and students can attend the classes that suit their needs whenever they

choose.

Most classes do not begin until the week of Sept. 16 and locations for each class vary from The Clarke gym, the University Village Apartments (UVA) and the University Commons building depending on the activity.

"If [students] haven't tried a fitness class, they should," Starr-Mclin said.

The Campus Recreation Department also offers personal training and intramural sports at an extra cost. For more information, check out the campus recreation website for fitness classes at [www.csusm.edu/rec/fitness-classes.html](http://www.csusm.edu/rec/fitness-classes.html) or call (760) 750-7400.

## Campus Filipino club welcomes new members

BY MARGERY URIL  
STAFF WRITER

Students that are interested in learning about a new culture, playing games, meeting new people and having fun should join Kamalayan Alliance (KA).

According to their website, KA spreads knowledge and awareness about Filipino and Filipino-American history and culture at CSUSM. Five students founded the club in the summer of 2005. Now eight years later, the amount of members has almost tripled.

The name Kamalayan, which in Tagalog means 'consciousness' and Alliance, which refers to a group of people striving to build a community, seeks

to introduce Filipino culture to students from all backgrounds.

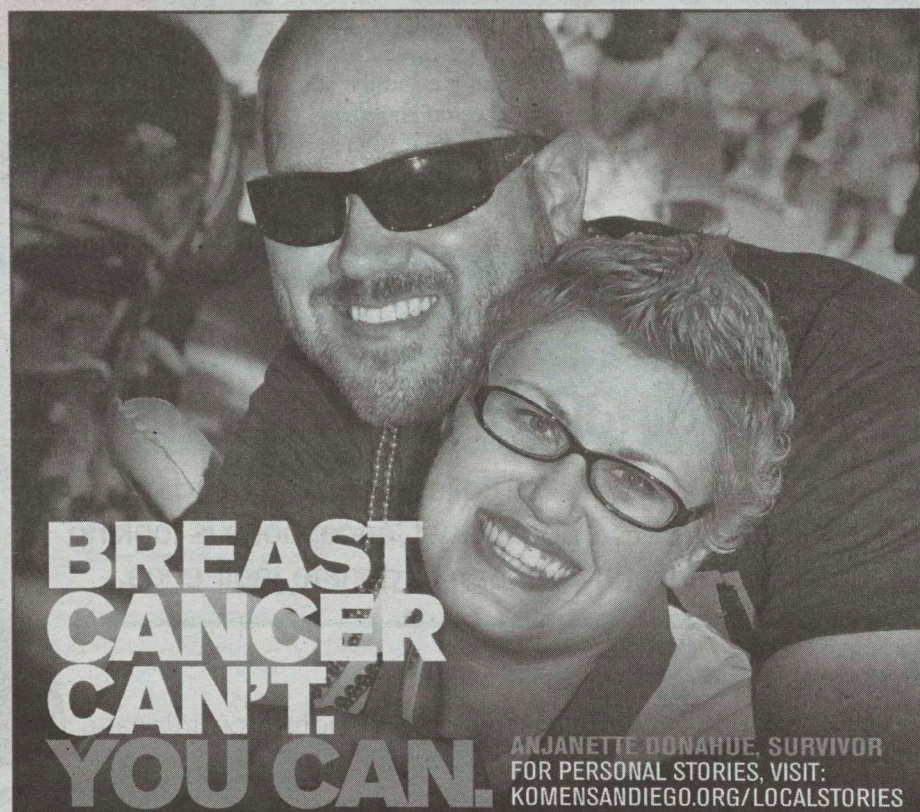
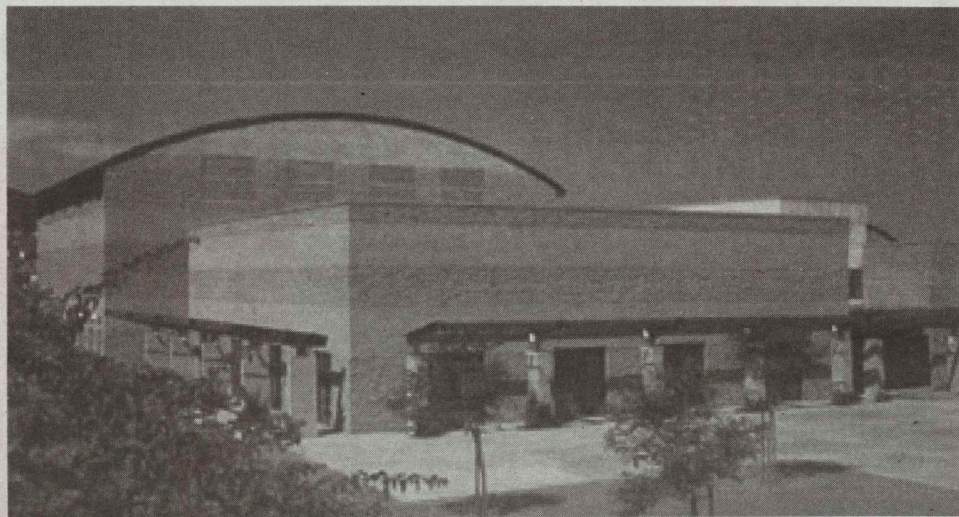
The group also educates students on campus with events that introduce different aspects of the Filipino culture.

One of the biggest events the group had last year was the "K A goes to CSU Fullerton," where schools throughout California partake in the biggest Filipino college event. One of the highlights of this event is the Friendship Games, which demonstrates Spirit, Pride, Unity and Friendship (SPUF). In the spring, there was the "Filipino Cultural Showcase" (PCS) where KA members performed a play about Filipino Culture.

"I joined KA because it was fun and a great way to meet people. From the first time I joined KA as a freshman 'till now I'm still a proud member because KA has done a lot for me. Not only great memories, but I have made friends that I know I can trust even when I graduate from CSUSM," KA President, Jerome Jovenal, said.

Students that are interested can attend meetings every other Thursday during U-hour. For more information about their events, check out their Facebook at <https://www.facebook.com/groups/csusmkamalayan.alliance/>.

THE CLARKE (PICTURED BELOW) ENCOURAGES STUDENTS TO TAKE ADVANTAGE OF ITS SERVICES AND PROGRAMS THROUGHOUT THE YEAR. PHOTO COURTESY OF CSUSM.EDU.



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# Cougars across the globe visit Spain

BY ALISON SEAGLE  
STAFF WRITER

CSUSM offers many opportunities for students to study abroad and explore a number of different languages and cultures.

One of the options that is being offered over the summer is traveling to Spain. Students like Neil French have benefitted tremendously from the program and highly recommend it.

"If you're looking to learn another language this is the way to go. I learned more from one month in Spain than I did in six semesters in the United States," French said.

Neil, along with approximately 20 CSUSM students and many other students

from around the world, had the opportunity to study at the University of Valladolid. The courses they attended ranged from beginning to advanced Spanish, as well as Spanish culture and literature. Students spent four hours a day in classes, Monday through Friday, for four weeks. Though the coursework was intense and the students learned much more than just what was taught in the classrooms.

"The experience of going abroad was one that I honestly can't capture into words," Jordan Taylor said. "To be so outside the bubble I thought was my comfort zone and step into a whole new world was as if I had gone from black and white to color. I truly believe going to a new country is the best way to invest your time."

Besides the classes, students also had the opportunity to take excursions to nearby cities. Since Valladolid is well situated just a couple of hours northwest of Madrid in the Castilla y Leon region, students were able to visit Madrid, Segovia and Salamanca. The professors from the university provided tours of the cities with much information about the history and culture, and students were also able to use their free time in the cities exploring castles, museums and cathedrals.

Some students, like Karen Mascarinas, have transferred to other countries like the UK through Study Abroad, but reflect on Spain as a life-changing experience.

"I grew so much as an individual while learning Spanish in Spain. I realized



that I was a stronger person who was capable of things I would have never discovered before. It's not all about the fun stuff [...] it's about finding yourself and where you see yourself in this world,"

said Mascarinas.

Students who are interested in studying Spanish in Spain in the summer of 2014 should stop by the Office of Global Education in Craven 3200 to speak with the study

abroad advisor, Tiffany Gabbard.

More information about the program can also be found online at

<http://www.csusm.edu/global/studyabroad/valladolid.html>.

## Heart Beat

# Making a decision about gluten-free dieting

BY RACHEL GALLEGO  
STAFF WRITER

You've probably heard about the increasing number of people jumping on the bandwagon of becoming gluten-free.

You may also be noticing more gluten-free products in stores. What you are probably not hearing is that there are some important things to consider before eliminating foods with gluten from your diet.

Many people state that they feel healthier after going gluten-free. Some individuals feel it may even be the answer to weight loss,

clearer skin and more energy.

Gluten is a protein complex that is most commonly found in wheat, barley, rye and triticale. It gives dough its elasticity and helps to keep its shape.

The main reason someone would want to consume a gluten-free diet is to help treat the symptoms of celiac disease. Gluten causes inflammation to the small intestine of those with the disease.

This can eventually damage the lining of the small intestine and prevent the absorption of certain nutrients.

Even if you do not have Celiac disease, you could possibly be intolerant or sen-



sitive to gluten. Common symptoms include bloating, abdominal pain, diarrhea and fatigue.

Products that do not contain gluten include: beans, seeds, nuts (natural & un-

processed), fresh eggs, fresh meat, fish and poultry, fruits and vegetables and most

dairy products.

But be careful when picking gluten-free options because many times they can be higher in calories, fat and carbs.

WebMD states that a gluten-free diet avoids many common nutritious foods that are rich in essential vitamins and minerals.

You should consult with your doctor or a dietitian before considering or switching to a gluten-free diet. A major concern is that if you consume only gluten-free food, you can develop a gluten intolerance which is a major health risk.

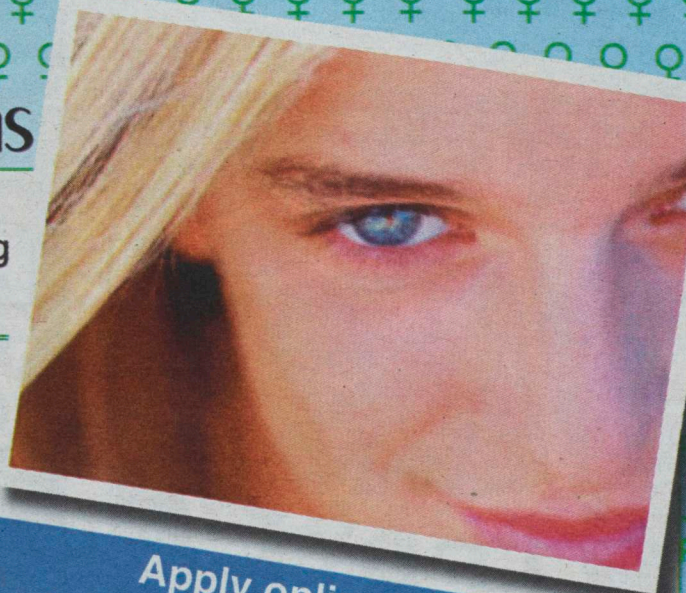
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## Get Out!

## Experience the outdoors near campus on local hiking trails

By ALISON SEAGLE  
STAFF WRITER

Conveniently located next to CSUSM are countless San Elijo Hills trails, one of their most popular challenges being Double Peak.

At the top of the peak, hikers, bikers and runners alike are rewarded with a great view of surrounding cities, the ocean on a clear day and amazing sunsets.

A good place to begin a trip up to Double Peak is from Discovery Lake. Parking, restrooms and water fountains are available but are only open from dawn

to dusk. It would be wise to park on the street near the park on a late evening adventure. Water fountains and restrooms are also located at the top of Double Peak.

The trails between the lake and the peak switch between dirt and pavement and are well maintained. In some places the incline can be quite a climb, while other parts are fairly level. The trek to the top is not easy, but people of many different abilities, and even dogs, can be seen enjoying the trail. It is also possible to park atop double peak and hike around from there if you're not ready

to tackle the full climb.

Taking a lap around Discovery Lake itself can be a pleasant trip. The whole path around the lake is paved and relatively flat. Fishing at Discovery Lake is also another option for enjoying a beautiful day in San Marcos.

San Elijo Hills offers students an excellent opportunity to get out and exercise outdoors to relieve the rigors of constant study.

A map of the area including the trails can be found online at <http://www.ci.san-marcos.ca.us/Modules/ShowDocument.aspx?documentid=650>.

TRAINING SAFELY IS JUST AS IMPORTANT AS EXERCISE IN GENERAL. INSTRUCTORS AT THE CLARKE CAN HELP YOU DO SO CORRECTLY. PHOTO COURTESY OF BLANCA SARABIA.



## Are you overtraining?

By JUSTIN DONNER  
SPORTS EDITOR

With the beginning of the new semester many of us have outlined ambitious fitness goals and are sprinting full steam ahead to accomplish them.

The old adage "quality over quantity" may be more important in this case than some think.

American Fitness defines overtraining as being, "a state of burnout as a result of the combined negative emotional, behavioral and physical symptoms that occur as a result of persistent training without proper recovery."

The amount of recovery time needed per person is going to vary, but the key is to listen to your body. A

few common signs of overtraining are halted progress, decreased motivation and self-esteem, loss of concentration, insomnia, personality changes and even depression. Another thing to look for is prolonged muscle soreness.

Being sore for a couple of days after a workout is expected, but prolonged soreness could be a sign that your body is not being given enough time to recover.

It is essential to realize that days off are as important to personal growth as the days spent training. Some other ways to help prevent overtraining include fueling your body with nutritious meals before and after workouts, staying hydrated and getting a good amount of sleep each night.

Personal trainers are a great

option to help you develop both a fitness and recovery plan.

The Clarke here on campus offers certified personal trainers. Working with these trainers comes at a small cost, but it is a great investment that will offer you both a personalized plan and a great learning experience. They also offer discounts for groups of friends wanting to get fit together.

Developing a proper plan for yourself with ample recovery time is a key component of staying motivated and ensuring that you reach your fitness goals this semester.

Visit the CSUSM Clarke personal training page here <http://www.csusm.edu/the-clarke/clarkept/index.html>

Scholar-athlete Heidi Swanson  
How she manages time and stays focusedBy SHAINA PARDO  
STAFF WRITER

Many students complain about not having time, but the bright and sweet Heidi Swanson holds a 3.7 grade point average, has two jobs and is a student athlete.

The key to being a student-athlete in Swanson's opinion is prioritization. Swanson believes in prioritizing your activities by what is most important to you. From there, you should allocate the most time to the activities at the top of your list so that you are not stressed about becoming side-tracked. She also finds that it is important to make sacrifices in order to accomplish what you want to achieve. Swanson lives by the quote, "Don't give up on what you want most for what you want now. The hard work and experiences will be worth it in the future."

Currently, Swanson works as an assistant at an engineering office and as a coach for an after-school program. There is a lot of

focus on chasing her dream of going to the University of Denver to study sports psychology. Her effective time management skills have already led to many notable accomplishments.

The star athlete has been a track All-American in the 4x800 meter relay and the 1-mile run. She was also a part of the 2010 and 2011 National Championship Women's Cross Country Team. A top 30 finish in nationals this year would make Swanson an All-American for her last season of cross country. As team captain, Swanson's goal is for the team to finish in at least the top five.

"My goal for races is to

run in a pack because it leads to championships," Swanson said. The lady Cougars will race Sept. 14 at U.C. Riverside.

Photograph of Heidi Swanson provided by Sherri Cortez (team mom).

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\*Pregnant Woman=2 People

# Of People In Your Family*	Gross Monthly Income
2	\$2,392
3	\$3,011
4	\$3,631
5	\$4,251
6	\$4,871

Not all pay is included i.e. BAH or OCONUS COLA

## WIC Services Include Checks for:

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- Whole Wheat Bread
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## A hidden gem in plain sight A look at the White Rose Memorial

By CHELSEY SCHWEITZER  
STAFF WRITER

The White Rose Memorial is a CSUSM commemorative plaque that is passed by thousands of unaware students each day.

I first heard of the memorial after being assigned by my sociology professor to locate its whereabouts. As a freshman at the university, I started asking other students around me for assistance in hopes that they could point me in the right direction.

I then came to the halting realization that most CSUSM students are not at all that familiar with their campus. Only one of the 15 students I came in contact with was able to give me the location of the memorial along with a vague description of its tribute.

It was when I read the plaque that I gathered a clearer understanding of the monument's history. The White Rose refers a group

of students in Nazi Germany that urged the Germans to passively resist the regime.

They anonymously passed out six different leaflets that urged active opposition on the part of the Germans, using covert means of distribution such as leaving the pamphlets in phone booths or having female students travel by train to bring the pamphlets to other areas.

On Feb. 18, 1943, two of the White Rose members personally distributed pamphlets by scattering them across their campus for students to pick up. They were caught and turned in to the Nazi party. Soon afterward, the rest of the White Rose members were caught and put on trial. Six of the members were executed by guillotine and the remaining were imprisoned for treason.

The White Rose Memorial is decorated with tall, white roses alongside a small well of water and stands just north of the Arts building on the San Marcos campus.

The tribute has been in place since 2003 and acknowledges the efforts of the White Rose members, the only resistance group to denounce the horrors of the Holocaust, and allows for the group to be remembered by today's students.

Even more so, it shows us all here at CSUSM that as students, we can make a great and influential impact on the world. Our voices can be heard. There also lies a ladle inside of the well that gives people the opportunity to give water to the roses.

I ask my fellow students to take a moment in passing and feed this symbol of strength and determination. The lack of interest in the memorial is a truly sad oversight and I hope that urging awareness will allow for more students to share in the incredibility of White Rose.

To find out more about the White Rose and their actions go to my source for much of this information, holocaustresearchproject.org.

## Keep professor opinion out of the classroom

By LETTY PUENTES  
STAFF WRITER

CSUSM needs to acknowledge that nobody has the right to diminish the sexuality of another.

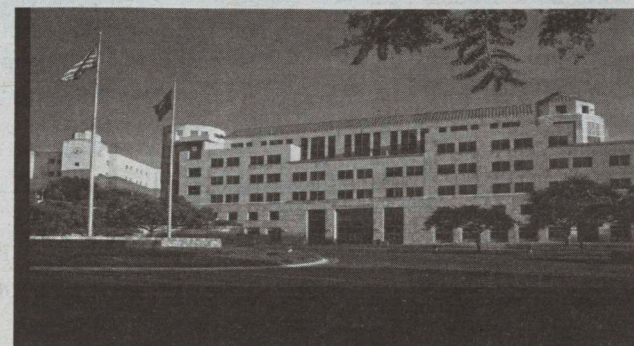
I became aware of social justice in my sophomore year of college. Prior to that, I had never heard of the term and was initially unsure if I understood the concept. I began to gather a clearer perspective when I heard stories from my peers about ways in which they had been hurt emotionally by comments made from others at CSUSM. Scarring remarks had come from peers, professors and administration on campus.

I had experienced such ignorance when a professor on campus had stated that bisexuality did not exist. This professor went on to explain that bisexuality was a mere stepping-stone

towards becoming gay or lesbian. For a while I believed this professor. This professor had a Ph.D. and I did not, so I had taken this statement as fact.

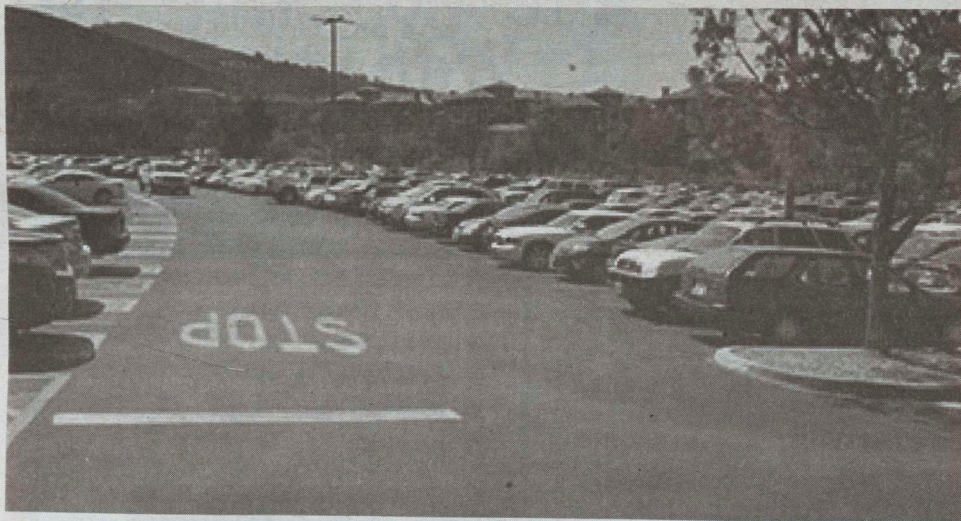
It wasn't until later that I realized that nobody has the right to question or diminish a person's sexuality. That day in class, this professor had taught indifference to the students present. After dismissal, the students left the classroom and went into the real world with what they had learned, most likely spreading the pain that

comes from such misconceptions. These misconceptions are hurtful to everyone, not only at the person that they are aimed at. Instances like this can be avoided if the knowledge of social justice was more readily shared on campus. Everyone at CSUSM should have social justice training, including all students, professors and faculty. I trust that if every person on campus were to attend social justice training, the university itself would become a true safe zone.



Photograph courtesy of the Office of Communications.

## University parking prices high compared to others



ARE PARKING PRICES MUCH TOO EXPENSIVE? PHOTO COURTESY OF BLANCA SARABIA.

By CHELSEY SCHWEITZER  
STAFF WRITER

CSUSM parking permit fees nearly cost more than the SDSU and UCLA campuses combined.

Most students will agree that paying \$338 a semester for general parking is excessive. This high cost leads many students to try other methods, like going out of their way to take the

bus, walking, biking, taking the sprinter and carpooling. Even carpooling costs students a large sum of money when considering the financial struggle of also affording tuition and textbooks. Not to mention, there are those that live too far to even have a chance to consider alternatives. Most students would agree that the parking prices are hard on their budget, but not many students know

who decides these prices or what the money goes toward.

CSUSM prices are extremely high in comparison to other universities. Two relatively local examples are San Diego State University and University of California, Los Angeles. SDSU has a fee of \$135 dollars per semester and UCLA charges \$213.

If they were to inquire at the police station, students will find out that the ini-

tial price for parking was created prior to the 2000 school year. The price was set once a three-tier increase in cost was implemented by those high up in the university, resulting in a sum of \$293. Current campus pricing is justified based on the fact that the school is self-paid. The university does not get any government funding and students are therefore forced to pay for themselves. As of now, however, students do not have to worry about price increases. The last price implication was the last in the tier, meaning that hopefully we won't have another increase for quite some time.

While fees go toward the upkeep of the parking lots, many students have difficulty paying the current amount. Although parking permits will always remain a strain on student's wallets, they can at least find comfort in knowing that the money is helping maintain a beautiful and safe campus.

## Digital Backpack eBooks in the classroom

By KATIE PICCIRILLO  
STAFF WRITER

Have you embraced the digital backpack?

Recently, technology has increased its influences on many college campuses across the country. CSUSM takes pride in being an innovative and technologically based campus. Students sometimes forget how much of their education is being fueled by technology versus what has been used in the past.

The digital backpack is the stuff you already carry with you that connects you instantly to the virtual world of entertainment, research and knowledge. In years past, students lugged heavy backpacks filled with oversized textbooks and back-breaking weight. Today, students have access to almost any piece of information at the touch of their fingers; from small personal laptop computers to smart phones to touch pads that slide easily into

your book bag or into the palm of your hand.

Although textbooks are still required for the basic course plan, virtual technology allows you to expand and explore your subject in a matter of seconds. Often times, you can find your course textbook in the form of an online eBook, which sometimes is much cheaper. Many eBooks can be found at eCampus.com. All you have to do is type in the author's name or book, add your desired textbook in electronic form to your cart and download it instantly once paid for!

Buying textbooks has never been so simple. If your professor requires bringing the textbook to class, bring your kindle, iPad, smart phone or laptop with your professor's permission. College campuses are becoming more innovative every day and so can you by embracing the digital backpack.

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## P.R. leader speaks on women in leadership

By LIEZEL HERRADURA  
STAFF WRITER

Women in leadership positions has become a prevalent topic in recent years, and now CSUSM is joining the conversation.

On Oct. 3, The Clarke Field House will host Puerto Rican Senator Sila González-Calderón as she leads a discussion on women and leadership. Discussion will focus on how women's decisions and ways of communicating help them secure positions of leadership. González-Calderón plans to discuss how even though the Women's Liberation Movement took place in the '60s and '70s, women are still dealing with the same problem their mothers and grandmothers did, with some variations.

The Women's Liberation Movement refers to Second Wave Feminism, a time in which the media helped to bring ideas of feminism to public consciousness. Though feminist beliefs varied between different groups, most of their goals were fundamentally the same – to achieve social and moral equality among the sexes.

The Arts and Lectures series provides an opportunity for students to enrich their learning experience through cultural, scholastic and artistic events. In bringing diverse groups of people together for a common interest, the Arts and Lectures series hopes to encourage discussion and debate on current issues.

Due to seating problems in the past, tickets are now required in order to attend all events. This event is free to all students who attend CSUSM. Tickets will also be open to staff and the general public for a small fee. To buy tickets go to <https://www.csusm.edu/al/index.html>. They are limited and will not be sold at the door.

The Clarke Field House is located across the street from the University Village Apartments, on the corner of Campus Way and Campus View Drive.

# Vanquish Interactive is a great internship opportunity for students

By ANNE HALL

DESIGNER/PHOTOGRAPHER

For students that are interested in comics and finding a cool, new internship, look no further than Vanquish Interactive.

The company's first comic book, "Telikos Protocol," was created by Jay Douglas and has been gaining rapid attention and fan base.

Kickstarter.com described the comic book as "an explosive science fiction action-adventure comic." Creators Nav Gupta and Jay Douglas worked hard to make "Telikos Protocol" a huge success. They broke records with their quick popularity and have already begun their new project called "Cycops," which was introduced this summer.

Peter Cooper and Adam Burn are artists at deviantART. The two men met Vanquish Interactive writers and clicked so well that they decided to join forces to publish

these works. The comics are available in print and digital. The interactive print version teamed up with children's charities and sponsors throughout their launches. The kick-start campaign broke 50,000 in just 30 days and as hoped, they were featured in Comic-Con in 2012 and 2013. At both events, they were greeted by dedicated fans dressed in costumes inspired by the comic.

These artists are fast paced workers with strong initiative. They are looking for students that are interested in working as interns in social media. This is a fantastic group of people to work with and can provide students with a unique opportunity.

You can find out more about Vanquish Interactive and open positions within their company at [www.facebook.com/CycopsOfficial](http://www.facebook.com/CycopsOfficial) and [www.facebook.com/telikosprotocol](http://www.facebook.com/telikosprotocol). Postings of their film session this past summer for "Cycops" can also be viewed at [www.syreniaimagery.wordpress.com](http://www.syreniaimagery.wordpress.com).



Photograph provided by Anne Hall for the filming for Vanquish Interactive's *Cycops*.

## New Fall TV Shows What to expect this fall

By KATIE ACNER

STAFF WRITER

Fall is in the air, and that means the start of a new semester, new classes and, most importantly, the start of a new television season! All our favorite shows are coming back, but don't get cozy just yet. Here is a sneak peak at four new shows coming this fall that everyone is talking about.

Marvel's Agents of S.H.I.E.L.D.: Fan favorite Agent Phil Coulson (Clark Gregg), from the Marvel superhero hit *The Avengers*, returns in this highly anticipated new show. He is the head of the organization S.H.I.E.L.D., which serves to investigate unusual cases with his team of highly-trained agents. Premieres Tuesday, Sept. 24 at 8/7c on ABC.

The Originals: This spin-off to the successfully popular show, *The Vampire Diaries*, follows the original

half-vampire, half-were-wolf hybrid Klaus Mikaelson (Joseph Morgan) as he returns to his hometown of New Orleans, a town he once ruled. However, it is now under the control of the vampire Marcel (Charles Michael Davis). Premieres Tuesday, Oct. 3 at 8/7c on the CW.

Once Upon A Time In Wonderland: After her first trip down the rabbit hole, Alice (Sophie Lowe), rejoins the White Rabbit (John Lithgow) and the Knave of Hearts. (Michael Sochare) She returns to the fantastical Wonderland in this spin-off of fairy-tale inspired *Once Upon A Time*. Premieres Thursday, Oct. 10 at 8/7c on ABC.

Almost Human: In this futuristic, high-tech show set in the year 2048, police officer John Kennex (Karl Urban), after losing his leg and waking from a 17-month coma, returns to work with a robotic prosthetic. He is forced to partner with a defective android (Michael Ealy) who strangely has human emotions. Premieres Monday, Nov. 4 at 8/7c on FOX.

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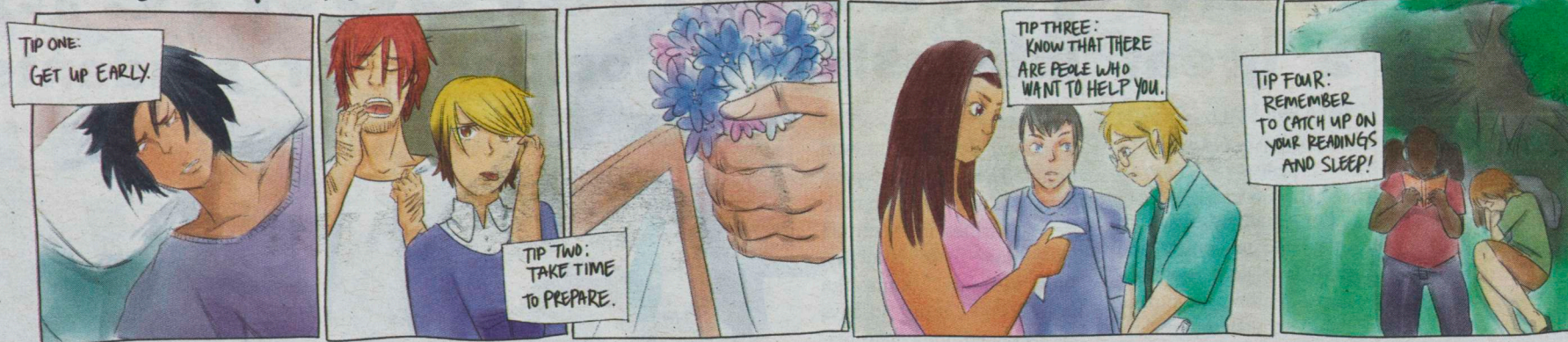
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## STUDENT A: "TIPS FOR THE NEW SEMESTER" BY FAITH ORCINO

The Comic Book Corner –  
Dark Horse's 'Resident Alien'BY FAITH ORCINO  
ARTS & ENTERTAINMENT

The publisher Dark Horse will be releasing Issue One of "Resident Alien: The Suicide Blonde," the newest installment in the comic series, on Sept. 11.

Writer Peter Hogan and artist Steve Parkhouse return to continue the tale of Dr. Harry Vanderspeigle, an extraterrestrial alien who tries to keep a low profile in the United States countryside. As he waits for contact from his home planet, Vanderspeigle cares

for those needing treatment and assists in police investigations. This new story arc starts where readers left him, resting on a hospital bed. While Vanderspeigle recovers from the past adventure, another brews. The new storyline involves a unique set of characters, once again taking place in the little town of Patience.

Both Hogan and Parkhouse are British veterans in the comic industry. The two worked with the critically acclaimed creator Alan Moore in separate projects (America's Best Comics and the Bojefferies series, respectively). Now the duo combines their talents to create this sci-fi

comic.

Hogan's writing is a style that reminds readers of classic murder mystery novels and has a steady flow, even with the many twists. Parkerhouse's illustrations have interesting color palettes and he puts a lot of detail in the characters.

For new readers, it would be best to start with the first collection, "Resident Alien Volume 1: Welcome to Earth". The next step would be getting the zero issue before picking up this new book. Visit [darkhorse.com](http://darkhorse.com) or your local comic vendor for more information.

## Cougar Shuffle

BY ABEL CASTILLO  
STAFF WRITER

School is starting again and it can mean many things to different people. For some, it's the beginning of their first year and for others, the beginning of their last. Whether you're a freshman or a senior, the feeling of starting a new year is all the same. With a set list like this, anyone can look at the new school year with a positive attitude.

"It's Time" by Imagine Dragons:

This upbeat and hopeful song is sure to put a spring in the step of anyone entering the class on the first day. The idea of growing up, as Imagine Dragons talks about, is

something that freshman and seniors can relate to without feeling any sort of regret in the process.

"Cherub Rock" by Smashing Pumpkins:

Instead of feeling hopeful, this upbeat song gives a sense of coming together. The feeling of being together, be it in the same class or of the same mindset, is a feeling anyone would want coming back to school.

"Learn to Fly" by Foo Fighters:

School has begun and now all anyone would want to do is soar through the skies to this song's heavenly riffs. But no one can fly by themselves at first. We look for a sign of life; looking to the sky to be saved.

"I've Got A Feeling" by

The Beatles:

Everybody has some sort of feeling about the upcoming school year, be it good or bad. Before we start working on finding X, we look back at the past year and remember how everybody had a good, or for a few, a hard year with this song that's both explosive and calm.

"More than a Feeling" by Boston:

I feel that it was only appropriate to finish off this Back to School Jam set list with this song. Why finish it off with this song you ask? Through the godly solos and almost melancholy tone, we feel that we're both welcoming the new school year but also saying goodbye to summer in the process.

## CDs and DVDs Dropping

BY FAITH ORCINO  
ARTS & ENTERTAINMENT

Nine Inch Nails' "Hesitation Marks"

Trent Reznor returns to Nine Inch Nails with a brand-new album. Pitchfork reported on the band's hinted hiatus in early 2009 which

became true after their tour with Jane's Addiction.

This album contains 14 tracks, including the singles "Came Back Haunted," "Copy of A" and "Everything." The iTunes version has a special interview with Reznor while the deluxe version contains three remix tracks.

For those that purchase through NIN.com, the band's official website, buyers have the option to receive the "audiophile" mastered version, a different mastering of the same album. On the website, mixer Alan Moulder said,

"The Audiophile Mastered Version is more true to how the mixes sounded to us in

the studio when we were working on the songs."

According to Tom Baker, their mastering engineer, the standard master has a "loud" and edgier sound compared to the audiophile one. Check out Nine Inch Nails online for more on them and this new album.

"Now You See Me"

Directed by Louis Leterrier, the hit movie released earlier this May is now available on DVD and Blu-Ray.

The cast features notable talents like Mark Ruffalo (The Avengers), Jesse Eisenberg (The Social Media) and Morgan Freeman (Oblivion).

The story deals with a team of magicians, led by Eisenberg's character, J. Daniel Atlas who robbed a bank in Paris during their grand fina-

le in Las Vegas.

The FBI then brought Dylan Rhodes (Ruffalo) to work with an Interpol agent to investigate the team known as the Four Horsemen. The agents later enlist the help of a witness, Thaddeus Bradley (Freeman) who is a former magician. The official website lists that the DVD will contain commentary and a featurette while the Blu-Ray pack will include a longer director's cut.

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