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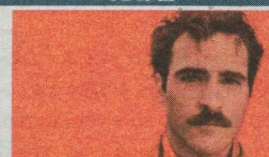
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ROTC students want to end SDSU trips

By KATLIN SWEENEY
EDITOR-IN-CHIEF

Students currently enrolled in ROTC must travel 60 miles round-trip from CSUSM to SDSU to take the appropriate classes, which has sparked the debate over whether military science courses should be offered on campus.

A favorable vote from the Academic Senate would allow ROTC members, as well as any students interested in the subject material, to take military science courses at CSUSM. The classes would focus on leadership skills while having military principals.

Students can participate in ROTC at CSUSM, however the courses that are required for them to take are cross-enrolled through SDSU. ROTC students are required to commute to San Diego on Tuesdays for an outdoors leadership lab and on Thursdays for work in the classroom. The program is extremely time intensive, some participants commuting up to four times a week for extra training to help them excel.

ing to help them excel.

Proponents for military science courses say that making them available at CSUSM will save ROTC members currently driving to SDSU on a weekly basis drastic amounts of time and money.

In the case of former ROTC member Jeff Gutowski, commuting to San Diego cost him \$2000 a semester in gas. While financial aid was able to help with the expenses, Gutowski says that many members have to drop out of the program because they cannot afford the gas on their own.

A student that wants to complete the ROTC program must finish it within four years, or five years if they have an approved special major. This adds an even greater sense of urgency for students to build the rest of their class schedule around when the ROTC courses they need are offered. However, students must also graduate with a college degree in order to ensure that they meet all qualifications necessary for pursuing a job in the armed forces post-graduation.



ROTC participants performing color guard at the Cougar baseball game. They work hard inside and outside of the classroom to obtain their college degree and establish experience and understanding, while participating in military training. This image and more can be found at <http://csusmarmyrotc.weebly.com/>.

"I had to quit because I didn't have enough time to graduate, and because of the cost factor," Gutowski said. "I'm such an advocate [of ROTC] because it is such a good program. It teaches you things you can't get around school. But some students have to be down to SDSU by 6 a.m. They are there for three hours and then have to rush back to CSUSM for a 10:15 class, and are on campus as late as 8 p.m. so that they can get the rest of

their classes they need. The commute limits their ability to actually invest in the program."

David Casas, who has stayed in the program and still commutes to SDSU on a regular basis, echoed similar sentiments about how the time and financial burden have negatively impacted his experience. Casas, who graduates this semester, is working towards a career in the Air Force.

"To compete, you have

to put in extra time and effort to your responsibilities and take the initiative to get them done. The day you join, you're in charge of people. Learning to manage people requires a lot of face time, so I have to be there for three hours, twice a week," Casas said. "It's a lot of management right off the back. And you have to make sure that you yourself are competitive so that you can work towards a career as a pilot, nurse, or any other professional career

you want. You have to promote yourself so that they see that you are worth the Air Force's dollar for them to invest in you."

Critics of having military science courses on campus argue that integrating them into the university course catalogue would be a step in the wrong direction. Opponents say that the military's message of bloodshed and violence are not as productive on a college campus as offering nonmilitary and diplomatic solutions.

"[CSUSM] has a different purpose for our existence. We are not about military engagements. I'm always sympathetic to students of how difficult it is to piece together work, classes, family and personal time. It's not that I totally don't hear that issue," Sociology Dept. Chair, Dr. Sharon Elise, said. "But that's not what the CSU means or what we came here to build. This is the people's university and we can show people other options they

(Military science continued on page 2).

Political Corner



Health care law changes point to college students

By SARAH HUGHES
NEWS EDITOR

Recent changes involving health care have many concerned and questioning, but information regarding the Affordable Care Act may look different depending on whether one is a student or the supporter of a large family.

Under the Affordable Care Act, everyone must enroll for health insurance or pay a fee as of Jan. 2014. The fee is scheduled to increase. The 2014 annual penalty is \$95 for the individual, with up to a family maximum of \$285 or 1 percent of the family income, whichever is greater. The 2016 annual penalty is extended to \$695

for the individual, with up to a family maximum of \$2,085 or 2.5 percent of the family income, whichever is greater. In three years time, that is a \$600 increase for the individual without health insurance.

Though the pre-paid student health fee allows enrolled CSUSM students to receive free basic services for colds, physical exams, cryotherapy, biopsies, immunizations and other ailments, it is not health insurance.

"You do not need health insurance to utilize Student Health and Counseling Services. However, supplemental health insurance is strongly recommended. . . . We strongly urge you to maintain health insurance," Student Health and Counseling's information on

health insurance states.

The Student Health and Counseling Services page has links for applying for health insurance through CSUSM and information about it. If a student is covered by their parents' insurance, they don't need to get it through CSUSM. Covered CA lists the Affordable Care Act's changes for customers as "more health insurance options," "protection for consumers," "fines for no coverage," "affordable coverage and financial assistance," "increased coverage" and "what businesses will need to do."

"All health insurance plans (not counting most plans sold before March 10, 2010) must provide health insurance for individuals and their families even if someone has a health

condition such as diabetes or asthma. That health insurance cannot be dropped if someone gets sick," Covered CA said.

If one follows the CSUSM Student Health and Counseling Services health insurance page, they will see a list of available policies provided through Wells Fargo Insurance Services. The insurance options are based on whether a student is a U.S. Citizen, an International student or other options.

A domestic student who is a U.S. citizen can get health insurance through Anthem Blue Cross with a deductible of \$250 per insured person, or \$750 per family. The available student dental plan is \$196 for the annual rate, covering Sept. 1, 2013 to Sept. 1, 2014. It is also run

through Anthem Blue Cross.

Eligible enrollees for the domestic campus medical plan must meet certain requirements.

"Regularly matriculated students who are enrolled in nine or more credit hours or registered graduate students are eligible to enroll. All eligible students must have paid fees to the University, and be actively attending classes on main campus," according to the Student Health Insurance Domestic Medical Plan flyer available through the Student Health and Counseling Services link.

If a student does not have insurance through a parent and can't afford the campus policies, they may qualify for Medi-Cal.

"Covered California will help individuals and families

determine whether they may get federal financial assistance that will cut the cost of health insurance or whether they qualify for free health insurance through Medi-Cal," Covered CA said.

Insurance plans are prohibited from placing lifetime limits on coverage. Other changes seem aimed to help students obtaining insurance through school plans.

"If you are on a school plan and undergo a severe medical issue, you'll be covered no matter how high your medical costs are," USA Today reported.

Changes to health care are numerous, but whether a family's breadwinner or an individual, it's clear the affordable care act means all students and adults must enroll in health insurance soon.

Frontiers in Science

Lectures to shed light on cancer cause and treatments

By RYAN DOWNS
STAFF WRITER

Every year, the science faculty on campus work together to provide an event series meant to spread the word about the latest innovations from scientific minds, and Spring 2014 is no different.

For the upcoming semester, the Department of Physics is debuting a lecture series called "Frontiers in Science" in celebration of such innovations, which kicked off on Feb. 6 and will continue through May 1. Each lecture focuses on a different matter in the forefront of science, covering topics from disease, to food, to the Internet.

An expert in that very field is scheduled to speak at each lecture. One vital subject the lectures will cover are discoveries related to treating cancer.

The series kicked off last week with "The Targeted Delivery of Chemotherapeutics to Tumors," with Dr. Dowdy Jackson, the Principal Scientist/Assistant Director at Agensys. Jackson has worked with companies at the forefront of the development of pharmaceuticals meant to combat cancer. During the lecture, he described the process of enabling the body's antibodies to target cancerous cells within the body with impressive pre-

dictice; allowing the treatment to reach the harmful cells without damaging too many of the healthy ones. This treatment, which has recently begun adoption at medical centers, helps deal with some of the more harmful side effects of chemotherapy.

Dr. Jackson was keen to remind that the company and its scientists are still working on a litany of projects using similar technology.

"It's one of the exciting new breakthroughs for cancer patients," Jackson said. "There's two [treatments] already out there, but there's a whole lot we've been developing right now that are making their way through

the pipeline."

However, Jackson is just one of the many experts who can be expected this series, which continues on Feb. 27 with a lecture on "Social Media Helping Global Disaster Response (in 140 Characters or Less)" with Dr. Eric Frost, in Arts 240.

The rest of the lectures will be held during U-Hour in Science Hall 2, Room 242.

The Department of Physics - CSUSM presents

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Spring 2014 Seminars

February 6	The Targeted Delivery of Chemotherapeutics to Tumors Dr. Dowdy Jackson, Principal Scientist/Assistant Director, Agensys
February 27	Social Media Helping Global Disaster Response (in 140 Characters or Less) Dr. Eric Frost, Department of Sociology and Director of the USC Center, MEd *This seminar will be held in Arts 242
March 20	From Protein Folding on the Ribosome to Synthetic Biochemistry Dr. Rander Housh, Department of Chemistry & Biochemistry, CSUSM
April 17	Advances in Remote Sensing with Application to Flood and Landslide Prediction Dr. Art Porter, Research Scientist, Hydrologic Research Center
May 1	Heads and Tails: Asexual Reproduction in Freshwater Planarians Dr. Tim Martin, School of Life, Division of Biological Sciences, UCSD

For information, contact:
Michael J. Burn, PhD
Department of Physics
CSU - San Marcos
mburn@csusm.edu
(760) 750-8575

Thursdays, 12 - 1 pm
Science Building 2,
Rm 242 (SCI-242)
CSUSM

www.csusm.edu/physics/csm-frontiers-in-science.html

with support from
CSUSM Department of Physics, The Center for Theoretical Biological Physics (CTBP) at UCSD, Associated Students, Inc., and The Office of Graduate Studies & Research (OGSR)

More information can be found at <http://www.csusm.edu/csm/events-resources/index.html>

President reports to the community

CSUSM continues to grow at a fast pace

By SARAH HUGHES
NEWS EDITOR

In the President's Report to the community, Karen Haynes gave her 10th annual address, relating the accomplishments and future of CSUSM to community leaders.

The event was held Thursday, Feb. 6, in an Event Pavilion set up in Lot N. The report discussed the achievements of the students, faculty and programs. Haynes presented many stories of successful students to illustrate the impact of CSUSM programs.

The fuchsia-suited Haynes began with a recap of how CSUSM has grown under her leadership since her start Feb. 1, 2004. About the struggle to become a modern education model during a recession, Haynes said, "Could any of us have imagined how far, how fast we have come?"

To illustrate CSUSM's

growth, Haynes went through a list of what had doubled and increased at CSUSM in her time as President. The student population has increased from 6,000 to 12,000 according to Haynes. Buildings have doubled from 10 to 20.

Academic Degree Offerings have increased from 27 to 58. Athletic teams have more than doubled. The Alumni has grown from 13,000 to 35,000. The employees at CSUSM has increased from 700 to 1,900. The endowment has been raised from \$10 million to \$20 million.

An endowment is the total amount of money or property donated and invested for a university. There are rules for how it's utilized and it mainly goes to aiding students.

"Over a three-year period, \$143 million in new endowment gifts has been added to endowments throughout the

"Our goal . . . was to raise educational rates in our region" --Karen Haynes

CSU. Collectively, CSU institutions distributed nearly \$32 million from endowment in support of student scholarships, faculty research and academic programs.

Endowment investments gained an average 20.38 percent in 2010-2011, recovering much of the losses incurred from 2007-2009," the 2010/11 Philanthropic Annual Report on calstate.edu stated.

Haynes' speech addressed goals CSUSM is working towards, including more campus space and the desire to

improve educational rates in the region.

"Riverside and San Diego counties are among a handful of counties in California that have experienced a moderate or even robust growth in high school graduates," Haynes said. "However, the statistics show that most of the growth is in populations not expected to go past high school, if that far. Statistics also indicate that California will be short one million college educated workers by 2025."

Hayne's goal to increase

educational rates in the area is tied closely for her with persons who are at risk of not graduating college. Haynes touched on the Ace dollars service program for former foster youths, as well as other vital causes.

"We now educate more former foster youth per capita than any institution in the United States," Haynes said.

Former foster children appear to face incredible odds and disadvantages that affect their ability to obtain a college education.

"Surveys report that there

are 500,000 foster youth in the United States. Even though 70 percent of them desire a college experience, most age out of foster care only to find themselves ill-prepared and unsupported for success: 65 percent become homeless, 20 percent are arrested or incarcerated, and less than two percent graduate from college," CSUSM Steps Magazine stated, in an article referencing the scholarships.

Students walking up Craven Drive may have recently noticed signs for a "Report to the Community" and/or emails from the Office of Communications. Many of these messages were an effort to inform them of the President's annual Report to the Community.

Though the report has come and gone, it can still be viewed through watching the video versions available online in a 34 minute version and a five minute summary posted on the days after the speech.

(Military science continued from page 1).

have besides being trained in the art of killing. How does that fit with what I do as a faculty member?"

The Cougar Chronicle recently surveyed 240 students about their opinion of

military science courses and whether or not they should be allowed on campus. An overwhelming majority was found in favor of Army ROTC, and many participants were open to military science courses being offered on campus. However,

there was no unanimous agreement to either entity.

Out of 240 students, 201 participants answered that they were very or somewhat familiar with Army ROTC, whereas 39 participants were not at all familiar. 213 participants answered that they thought there should be an Army ROTC program on campus, 5 participants were opposed to it and 20 participants did not feel informed enough to answer.

When asked about their familiarity with military science courses, 103 participants answered that they had heard of these classes, 70 participants had taken them in the past and 66 partici-

pants were not familiar with military science courses at all. After receiving a brief definition of what military science courses are, 110 participants said that they would be interested in taking the courses, 56 participants answered that the classes were of no interest and 73 participants said they would want to learn more information about them before deciding.

Finally, participants were asked if they would be opposed to other CSUSM students taking military science courses. 232 participants answered that they were not opposed, and seven participants answered that they were opposed. Two students

chose to comment on the last question, one participant stating that they were neither for nor against military science courses because there had not been sufficient communication and information provided about the classes.

"We have enough military all around the world. Plus, we're in the Marines' backyard. I hope CSUSM is one place the students can get away from military influence. As a veteran, I see this as propaganda," the other anonymous survey participant wrote.

The Academic Senate is comprised of approximately 50 members, ranging from faculty to administrators to

students. The diverse range of opinions about military science will be the crucial deciding factor in whether they will vote for or against bringing the courses to campus.

"The Academic Senate at CSUSM will hold a discussion about ROTC on campus sometime this spring. We value, and will take into account, student opinion when we hold our discussion," Academic Senate Chair, Dr. Vivienne Bennett, said. "We will use the responses to this survey as a measure of student interest and support for or opposition to ROTC and/or military science courses on campus."

Southern California Summer Day Camps

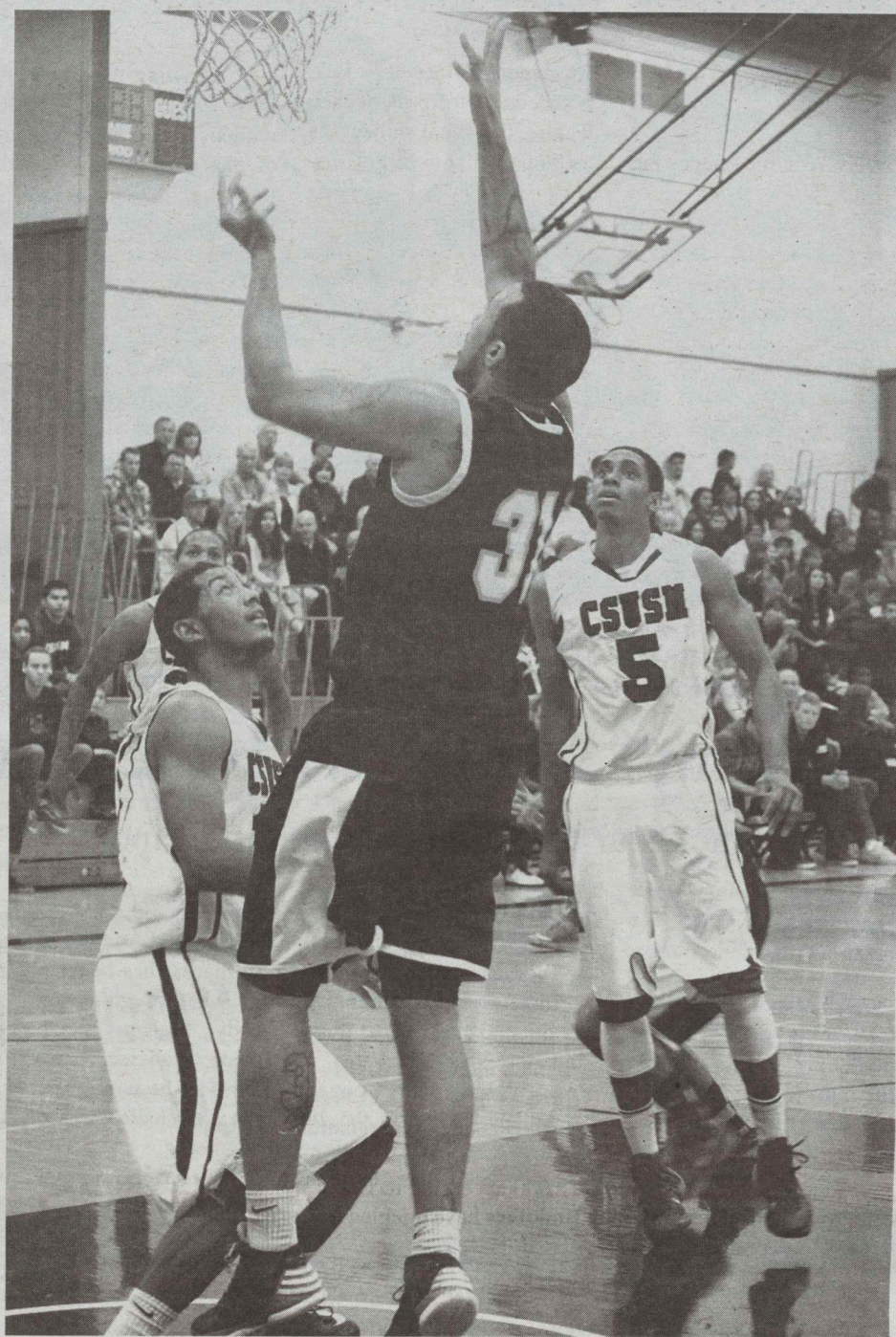
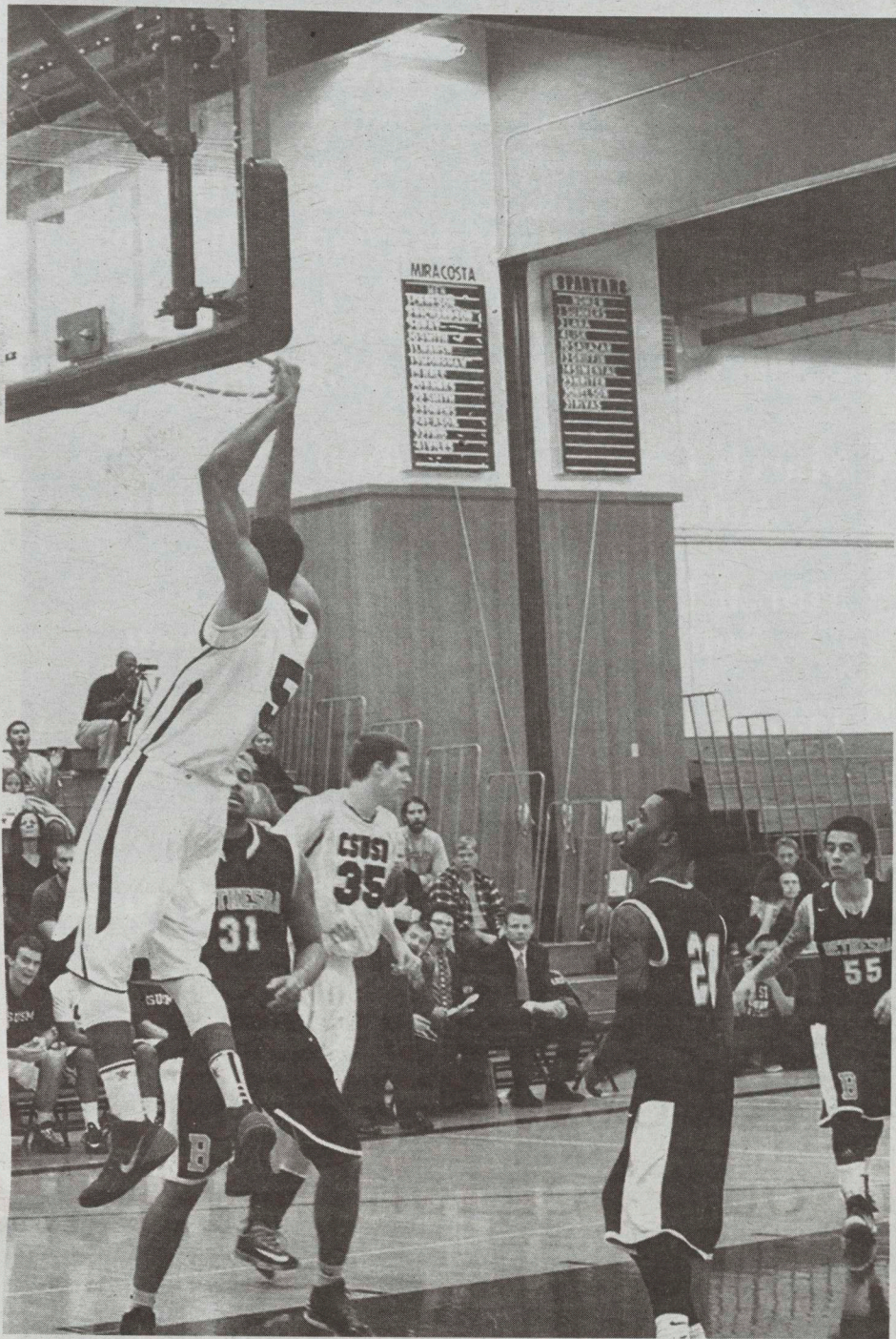
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Basketball playoff excitement nears



Men's basketball looking to capitalize on near perfect season. There is one more home game for the Cougars this season. Photo montage of the February 11 game provided by Anne Hall.

By JUSTIN DONNER
SPORTS EDITOR

The student union is the "poster child" of rapid growth for the CSUSM campus, and men's basketball is the same for the athletic department.

It may be time for the administration to put combining the two into full throttle and build an arena on campus for the team to play in for

their home games.

The Cougars practice at a local Boys and Girls Club right up the street from campus. Their home games are not really at home, but they are around 12 miles away at MiraCosta College of Oceanside.

This is a small facility with a large Spartan logo, the community college's mascot, painted at center court. At first, it sounds like the recipe

for a mediocre program but that couldn't be further from the truth.

With only three years of existence, the Cougars are currently No. 1 in the NAIA national rankings, own a 27-1 overall record and have the longest current winning streak in NAIA Division I with 18.

When asked about a comparison with last year's season, Coach Saia was nothing

but ecstatic.

"Last year's team has a lot to be proud of. This year's team might be just a bit deeper, more mature in spots and bigger in size," Coach Saia said.

The Cougar's recently played Bethesda at home and finished with a 93-54 victory. Not only were the starters one point, but as always, the bench made some noise.

Of the 14 total 3-pointers

for CSUSM, 6 of them came from Zack Zaragoza off the bench. Zaragoza also had a game high of 18 points.

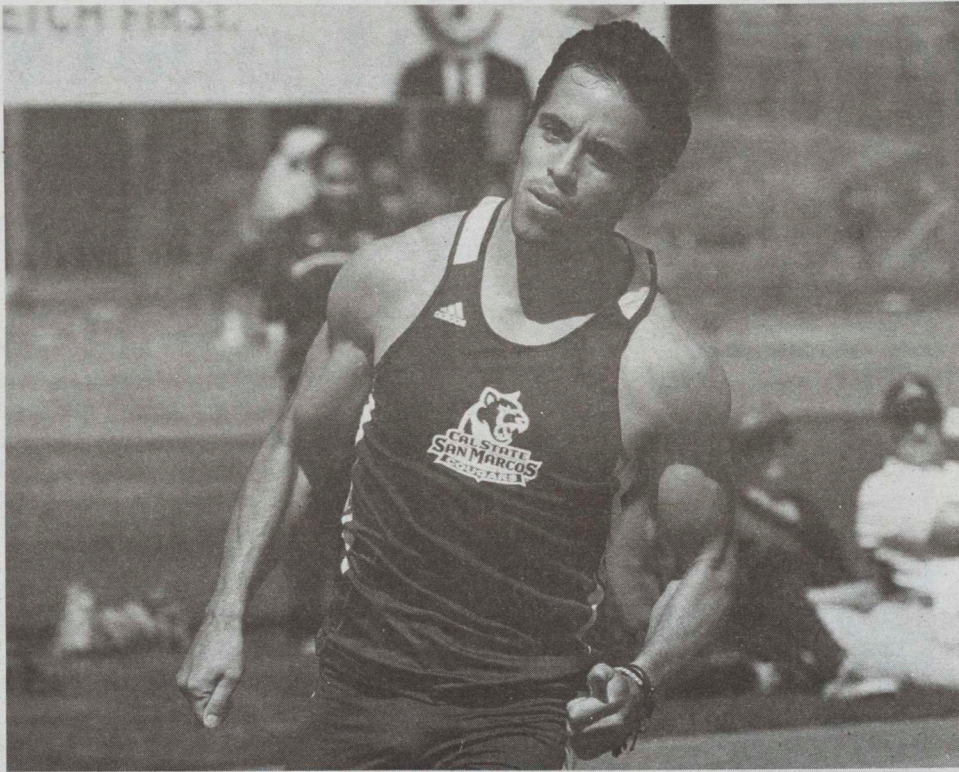
In regards to keeping his focus coming off the bench, "It's visualization and mental preparation for the game. I see myself making my shots and giving it my all out there," Zaragoza said.

The seniors of the team will be recognized in an exhibition game against St.

Katherine Saturday, March 1 at 7:30 p.m.

From there the Cougars have their eyes on a conference tournament in Georgia and a National Championship in Kansas City.

"Kansas city is the top 32 team of the NAIA. You have to win 5 games in 6 or 7 days to win a national title. That's the golden prize and that's what we are shooting for," Coach Saia said.



Hector Collazo working up a sweat on the CSUSM track and field. Photo provided by the CSUSM athletic department. More information can be found at <http://www.csusmcougars.com/roster.aspx?path=mtrack&print=true>

Getting "Swole" with Hector

Track star uses humor to get in shape

BY JUSTIN DONNER
SPORTS EDITOR

CSUSM track star, Hector Collazo may be filled with numerous jokes and playful remarks, but this guy is a fierce competitor on the track.

Don't let humorous responses like, "Know how to look good when you run, and know where the cameras are at all times" fool you. There is a lot to learn from his preparation for season when it comes to nutrition and training.

After getting some much needed relaxation in the off-season, Collazo dramatically increases the amount of time he spends training. Along with that, Collazo multiplies the amount of food he eats in

order to repair his body from the rigorous preparation.

To make it all the more difficult, he is sculpting his body into the perfect shape for the specific events he competes in for the Cougars.

Athletes who run the 100 meter tend to have bigger frames and powerful upper bodies.

Those who run the 400 meter, such as Collazo, need to be lighter with powerful legs in order to be quick for a longer distance. Collazo is naturally a swole guy and he needs to get his "six pack game on point." [Swole-The state of being very muscular and in good shape.]

Getting his body into this kind of shape takes strict dedication. For example, Collazo stays away from

most of the food sold at school, and brings his lunch so that he has better control of what is going into his body. Perhaps the biggest piece of advice comes from the way he confronts possible diet challenges from the beginning.

"You have to get your boys on the game plan and let them know—no bad foods—no drinking.

Let mom and dad know your game plan too. From there it's a lot of water and discipline," Collazo said.

Collazo's secret weapon though, is coming home to Mom's home-cooked Mexican food every day after a hard practice. Just the thing to rejuvenate the mind, body and soul.

Calendar of Events

February 25 2:00 PM
Baseball vs. San Diego Christian

February 26 1:00 PM DH
Softball vs. Lindenwood-Belleville

February 28 11:00 AM DH
Baseball vs. La Sierra

March 1 10:00 AM
Softball vs. San Diego Christian

March 1 2:00 PM
Softball vs. Tennessee Wesleyan

March 1 7:30 PM
Men's Basketball vs. St. Katherine

March 2 8:00 AM
Women's Golf - CSUSM Lady Cougar Invitational

March 2 11:00 AM DH
Baseball vs. La Sierra

March 2 12:00 PM DH
Softball vs. Tennessee Wesleyan

March 2 2:00 PM DH
Softball vs. Tennessee Wesleyan

March 3 8:00 AM
Women's Golf - CSUSM Lady Cougar Invitational

LOOKING FOR A WAY TO LEAVE YOUR MARK?

Work for the Cougar Chronicle CSUSM's independent student newspaper as a photographer and/or a filmmaker.

Make a record of school events and produce videos of unique news stories and features.

Some prior experiences needed. Please provide some past works to be reviewed.

Meetings in Craven 3500 on every Tuesday during U-Hour (noon - 1PM)

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Ellie Freeman, MS (2013)

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Mount Woodson *Get Out!*

By ALISON SEAGLE
SPORTS COLUMNIST

Hiking Mt. Woodson is something many people like to do, not just for the awesome view, but also to get an epic photo on Potato Chip Rock for their Facebook or Instagram.

Coming up the mountain from either side offers an enjoyable challenge, as well as rewarding scenery.

One way to begin the trek is to start at Lake Poway. Parking is free during the winter, but the gates to the recreational area do close, so it's important to be mindful of the hours.

More information about Lake Poway's seasonal hours and parking fees can be found at <http://www.poway.org/Index.aspx?page=1615>. Restrooms and water fountains are located in the recreation area, but it is important to take water on the hike due to there being no facilities on the trails.

Plenty of signs are positioned around the lake to show where the trails go and how to get to the Mt. Woodson trailhead. The trip con-

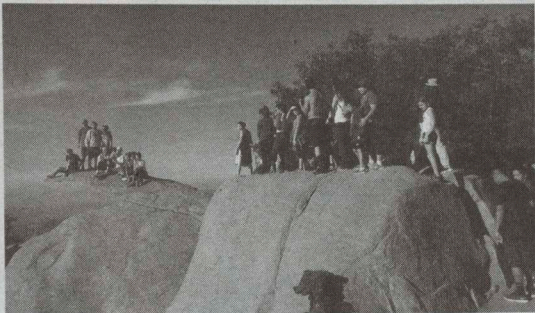


Photo of patrons taking turns walking out to the ledge, by Alison Seagle.

One great summit, two challenging trails.

sists of well-maintained dirt and rock trails.

The beginning of the journey is relatively level around the lake until reaching the trailhead. As the incline of the trail increases, markers continue to dot the path to the summit to inform hikers which way to go, what trail they are on and how much farther they have to go. Just before reaching the summit which has power towers scattered around it, Potato Chip Rock will be on the left.

Another place to start the ascent is near the fire station off of the 67 highway. Parking on fire station property is prohibited but the shoulder is plenty wide enough to accommodate many cars, and there are lots of signs to point out where the trail begins.

The route from this side of the mountain is steeper, but it is paved, shorter and it is even possible to do at night, especially when there is a full moon. There are no facilities at the base or along the route so it is critical to bring plenty of water.

This trail meanders up and through many huge boulders that dwarf hikers and intrigue rock climbers. While navigating the switchbacks, it may even be possible to spot rock climbers tackling these giant boulders.

Either trail offers plenty of spectacular views and a great workout. Furry friends are also invited to enjoy the trails. Mt. Woodson is a perfect day hike for anyone in need of fresh air and an adventure.



This semester's remaining food distributions are on Feb. 25, March 11 and 25, as well as April 8 and 22 in the parking lot at Summit Church (next to The Quad dorms) at 2 p.m. It is recommended that students show up early to get first-pick of food.

Distribution photo by Rachel Gallego

Heart Beat

Fighting hunger with Donate Don't Dump

By RACHEL GALLEGO
HEALTH COLUMNIST

When most people think of food insecurities, they think of low-income families or particular parts of the country and neighborhoods. While those issues still exist, many people do not realize that it affects college students as well.

Food insecurity refers to the inconsistent availability to nutritious foods and adequate amounts of food. According to Feeding America, 23% of adults who face hunger have attended college or a technical school.

Nutrition is one of the most

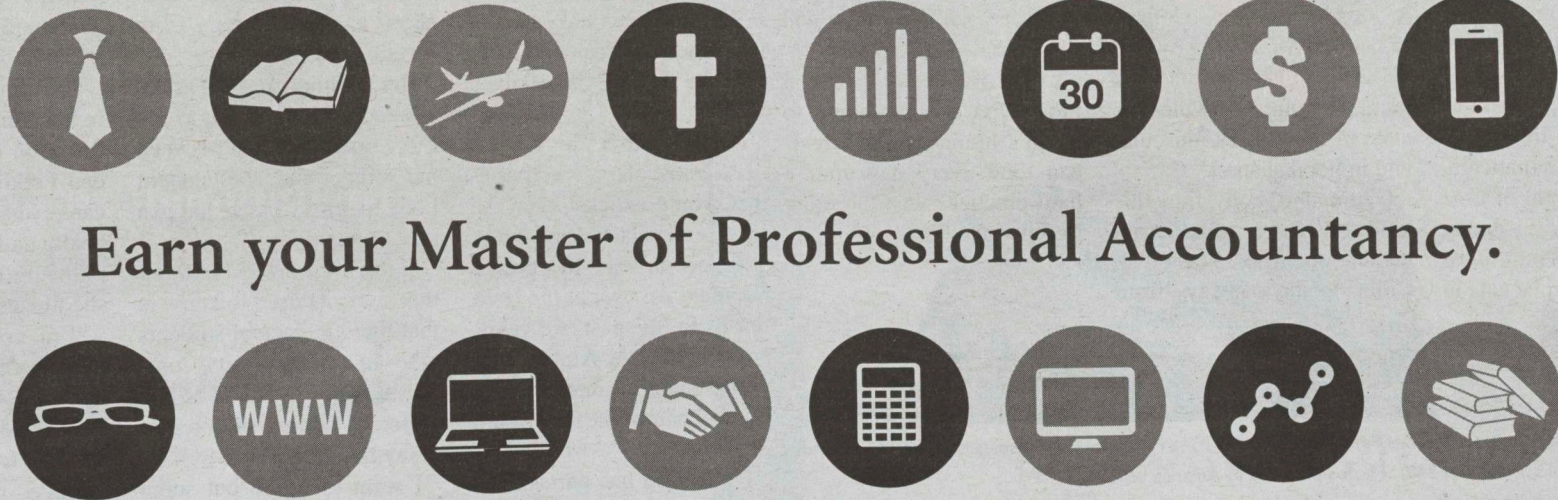
important and fundamental foundations to ensuring a healthy life. California, sadly, was placed in the top 10 states that were observed to have higher household food insecurities than the U.S. national average.

Fortunately, Donate Don't Dump is a volunteer and teen-run organization that strives to alleviate hunger while stopping commercial food waste. CSUSM works closely with this organization. We have many student volunteers, and they hold food distributions right across from campus. There is always more food than people, and the more people they

get, the more short-dated and surplus food they can save.

The food distributions are for everyone, so do not be intimidated to pick up some food, because as college students I think many of us can agree that we are on a tight budget. Nutrition is essential to academic achievement and optimal performance when participating in sports. Some serious health issues can arise from exercising without proper nutrition to help your body recover. For more information visit Donate Don't Dump's website at:

<http://donatedontdump.net/> or find them on Facebook.



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A Semester in Sweden

Colder climate, warm embrace

By EMMA GRACE FAIRCHILD
STAFF WRITER

When I landed in the Arlanda airport in Stockholm, Sweden, all of it kind of hit me - I was in Sweden, I was staying here for months, I was studying abroad.

Four weeks later, I feel like I've been here for much longer. Sure, I still get lost, and even yesterday I bought weird food from the grocery store on accident. But other than hiccups like that, I am comfortable and confident in my new home.

After months of applications and emails, I arrived in Stockholm to study social work. And although I'm fairly confident and adaptable overall, I certainly didn't expect to settle into the swing of Stockholm so effortlessly. Maybe it is because I always wanted to be in Sweden, or maybe because of the wonderful friend living here who showed me the ropes those first few days. Regardless, one month into my adventure and I feel confident in my environment and excited

to explore.

A huge adjustment was the climate. It gets cold sometimes in San Diego, but here I need waterproof boots, a super thick jacket, scarves and hats and gloves that serve more purpose than fashion. The days have been cold, snowy or rainy, and the nights long and dark (Sunrise at 8... sunset by 3).

One of the biggest differences from home in Escondido is how I get around. In San Diego, the public transportation frankly sucks. To get around Stockholm, it is easier to take a bus, the metro or walk than drive. You can buy a monthly pass at a student price (no limits on the discounted price, either) and use it to travel the entire city. The buses and subways are clean, easy to maneuver and run through the nights. Streets in Sweden are well lit, have a bike path and walking path away from the road, and feel incredibly safe.

Many people told me before my departure that Swedes are very friendly. This seems to be true, as

long as I present myself as approachable first. Probably because we are in a big city, people keep to themselves. Still, no matter if I stop and ask for directions, or to translate something in the grocery store, I have found people are not only helpful and friendly, but that everyone speaks English! I think this is a big part of why I am adjusting to Stockholm so easily - if I am lost, or curious, or confused, I just ask.

There is another aspect of this as well, and that is I am not alone! There are hundreds of other students in my same boat. In some cases, I have an advantage because English is my native language. But here we are, far from home and our regular routine, making a fantastic decision to change our lives and opportunities into something different. We have not one, but two, universities to support us, a will to try something different and the opportunity to do so in a beautiful, albeit cold, new home.



Haley Perko is excited about her communicative vision for CSUSM. Photo provided by Faith Orcino.

Leadership spotlight

Haley Perko

Powerful leadership and vision

By KATLIN SWEENEY
EDITOR-IN-CHIEF

Haley Perko is a name that is synonymous with success, her motivated spirit and intense drive creating one of the most dynamic leaders on campus.

The junior Kinesiology major, who is currently Pre-Physical Therapy, seeks to make a significant difference at CSUSM. She accomplishes this by combining the skills that she has learned from each dimension of campus life that she is involved with.

Perko boasts a list of extra-curricular activities that would exhaust even the most enthusiastic and energetic people. She has been a Resident Adviser at the UVA dorms for the past two years, is a member of Alpha Omicron Pi and currently serves as the Chair of the ASI Board of Directors.

Perko also has partaken in a Leadership Retreatment, where SLL and ASI go away for a weekend for different workshops. They are structured to find ways to help freshmen and sophomores integrate better into campus life and to take more advantage of resources.

tage of resources.

Perko also sat on the Student Fee Advisory Board last spring and was part of Alpha Kappa Psi her freshman and sophomore year. She volunteered for Campus Recreation, was the ASI College of Education, Health and Human Services representative and was on the club lacrosse team her sophomore year. Recently, Perko has also tackled on attendance to Tukwut Leadership Circle workshops and Kinesiology Club meetings as well.

Her position on ASI has cemented Perko's desire to see more open dialogue between her office and the student body to make change happen on campus.

"I think the really big thing that students need to know is that there are actual students who sit on university committees and the Board of Directors is capable of doing so many things.

I want to figure out some way to get it out to the students that we want them to come to our office," Perko said. "I don't think it's well known what BOD is for; we are the voices of students. I want to advocate that we are here for them. The more

questions and concerns you have, the more we can do."

Perko came into college looking towards a career in the health field. However, CSUSM introduced her to her love for student affairs as well. As an intern at Palomar Hospital through the Path Maker internship, Perko works at a clinic in an Albertson's in San Elijo Hills. Here she interns as a secretary/receptionist that interacts with patients coming in for flu shots and completes administrative paperwork.

Spending time with people in the clinic, and helping students on campus, has prodded Perko to lean towards a career that combines policy, health and possibly returning to the university setting after she finishes grad school.

"I'm not as outspoken as most people. I'm definitely more reserved and quiet," Perko said. "But when I see a need-be for me to say something, I will. I really like being a mentor and the behind-the-scenes person. I really like to listen to people's ideas and concerns, and give advice if I can. I really love processing and listening to other people's issues so that I can help them through it."



Professor Gliniecki usually teaches Abnormal Psychology (PSYCH 336), Psychology of Personality (PSYCH 334) and Survey of Clinical Psychology (PSYCH 340). Photos provided by Amanda Lenox.

Faculty Profile

Dr. Megan Gliniecki strives for education with a purpose

By AMANDA LENOX
FEATURES EDITOR

Dr. Megan Gliniecki is a fascinating professor that brings compassion and empathy to her courses.

Professor Gliniecki received her Bachelor's degree in Chemistry at the University of Michigan. She began to work on her Ph.D. in Organic Chemistry from the University of Texas, but then took time off to heal from a family tragedy that related to a family member's mental illness.

It was due to this tragedy that Professor Gliniecki switched her career course. She began volunteering at a mental hospital to learn more about mental illness.

"I felt very strongly about helping people who didn't have any resources; people who didn't have money, or family support, or education to fall back on. Those are the people that you see in state mental facilities," Gliniecki said.

She then went back to school and took undergraduate psychology classes at UT and received her Ph.D. in Clinical Psychology from University of Texas, Southwestern Medical School.

"There is no more exciting environment than a college campus, because there is a spirit of learning and excitement," she said. "So if I can't be a student, I want to have a reason to stay on a college

campus forever."

Professor Gliniecki followed her husband, a physician in the Navy, out to California and she applied and got hired at Cal State San Marcos. She loves teaching at CSUSM. She finds the students here to be very genuine and caring.

"There's this very human side of psychology, where there is a focus on understanding not just people who are mentally ill but understanding the people around us that we meet everyday," Gliniecki said.

She believes students will develop a sense of compassion. She hopes that when students learn we are here to care for each other.

CSUSM do's and do not's of the classroom

Professors reveal what irritates and impresses them about students

By ALISON SEAGLE
SPORTS COLUMNIST

The spring semester is just entering its fourth week of classes. School loads are beginning to increase and many syllabuses forecast exams.

As course loads get harder and more routine, students looking to do well might want to abide by their professor's advice. A few professors were interviewed about their pet peeves and advice on how to succeed.

Bonnie Mendenhall, Professor in the School of Education:

-Pet Peeve: "When I try hard to make everything clear but then a student asks a question about something I covered—I have to count to 10 before I answer."

-Advice: "Communicate with the professor and let them know what's going on, like if an assignment is going to be late. It's better to be proactive."

Jule Gómez de García, Pro-

fessor of Linguistics, Liberal Studies Department:

-Pet Peeve: "When a student knows they're having trouble and I know they're having trouble but they don't come for help—they're invited and they don't come."

-Advice: "Imagine that you have 10 percent more confidence and act like you have 10 percent more confidence and see what happens, see

(Do's and do not's continued on page 8).

Putting together your own work portfolio

By SARAH HUGHES
News Editor

Having a work portfolio is sometimes industry standard. Having a physical, old-school version is a project I had to try.

Supplies:
Materials should be acid-free to prevent yellowing or decaying of the pages.

- A Scrapbook (I recommend a plain design and neutral color, preferably 12" by 12" size. I got mine for \$2.99 at Michaels Craft Store, but they usually range from that to \$20. They usually come with clear page holders. You can buy them separately if you need more space).

- Acid-free paper in a variety of designs and colors (I bought one black textured pack and one varied design pack).

- Double-sided scrapbooking tape (Comes in a roll of sticky squares in most scrapbooking sections of stores like Michaels, JoAnns, Wal-Mart, etc.).

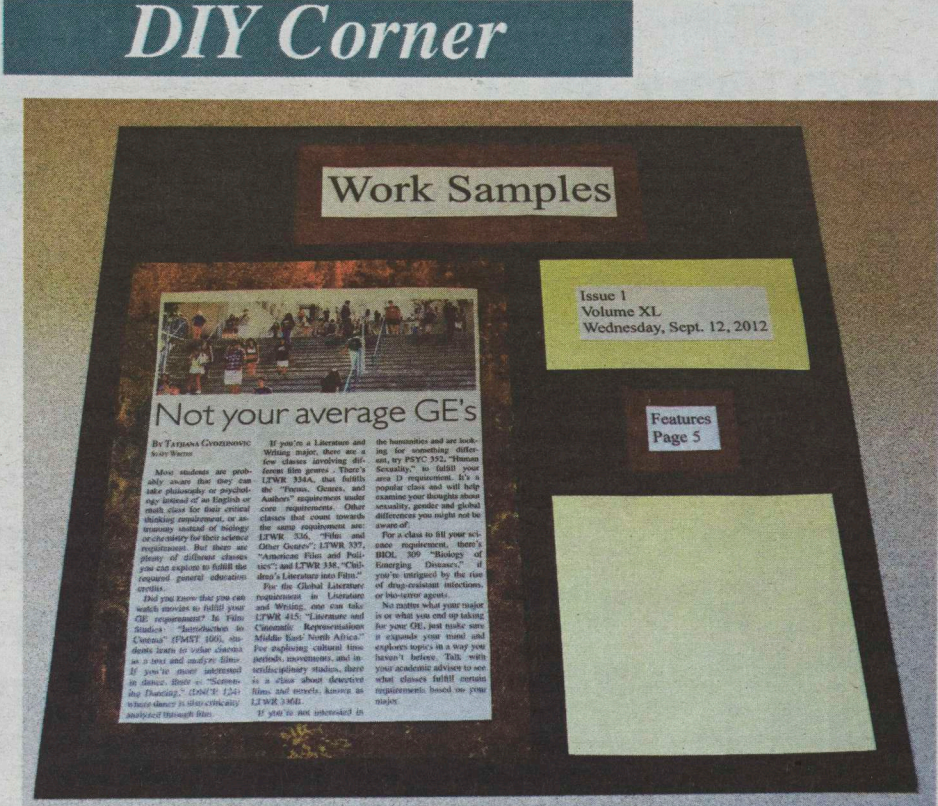
- Ruler
- Pencil
- Scissors
- Printed out headings or stickers for lettering so you can organize the portfolio and label what everything is

- (Optional) Any stickers, brads, stencils or cut-out tools that you think would make your portfolio look more polished

- (Optional) Headshot: pick a work-appropriate picture of your face. Headshots are important for certain fields

- Short profile: type out a small summary of who you are and why you are good for the job you're seeking. Include skills and interests relevant to your intended career or artistic passion. The profile section should be an extended version of the objective on your resume

- Contacts: Print a sheet that lists all ways you would like a prospective employer to contact YOU. This could include your website if you have one.



A beautiful page sample of Sarah Hughes starter page for her work portfolio featuring her News Editor experience with the Cougar Chronicle.

- Links to your work: Similar to contacts, but needs it's own heading and page. List links to your previous

work.

- (Optional) A cover letter: print out a general version of a cover letter.

- Resume: print a polished copy of your resume out.
- Work Samples: col-

lect a variety of work samples. The more you have the better. If you have too many to choose from, pick your best and a variety that highlights your different work and skills. If you are using newspaper articles, it's a good idea to make copies on acid-free paper, because newsprint has a habit of yellowing and curling. I have these, but wanted a portfolio that had the actual newsprint, because I kind of like the feel of old newspapers.

- Any letters of recommendation or awards you have

- A list of appropriate references. The list should be varied: people you've worked with, character references, people you've volunteered for, teachers. Above all, be sure they would say something nice about your work ethic and talents. Also, they should not be relatives or significant others...or worse, past significant others.



Offbeat Brewery shares a close connection with CSUSM

By JUSTIN DONNER
Sports Editor

Right up the street from the university, Sarah Garcia, an alumni of CSUSM's undergraduate and graduate business programs, is painting a vision with her husband Tom Garcia.

Between his experience in brewing and her business education, the two have created Offbeat Brewing Company, featuring a community atmosphere that students should take the time to visit and experience.

While Tom gained experience as a professional brewer and brewing consultant, Sarah received her undergraduate degree in business from CSUSM and a MBA as well. As entrepreneurs, the classes taught across the entire business program proved to be valuable for the couple.

"Having a solid, broad base of business knowledge is critical to anyone hoping to start their own business. Small business owners wear many hats and you will need the breadth of knowledge from those Foundation Classes," Sarah said.

Sarah maintains relationships with many of the professors from the College of Business Administration, and she is currently creating projects with a couple professors for their classes.

The steps Sarah has taken are especially motivating



Delicious sushi roll and brew photographed by Justin Donner.

to aspiring female entrepreneurs.

"I couldn't be happier to see our female alumni blazing a trail just as successfully as our male graduates. As a female faculty member, it is particularly gratifying to see that the young women that were in our undergraduate and graduate programs just a few years ago are now successful entrepreneurs, creating jobs in the local community and giving back to the university," business professor, Dr. Rajnandini Pillai, said.


Offbeat Brewery has a casual tasting room with picnic tables, a wall-to-wall mural done by a collection of artists and an open view of the brew house.

For the 21 and over crowd at CSUSM, the brewery offers a wide collection of

excellent craft brews and fun events.

Some of the events include gourmet food trucks, trivia nights, new local artists are featured every quarter and regular specials that benefit local non-profit organizations. You can visit their website at www.offbeat-brewing.com or Facebook for updates on events.

Growth is in the future plans for Offbeat, but they aim to always provide a community feel.




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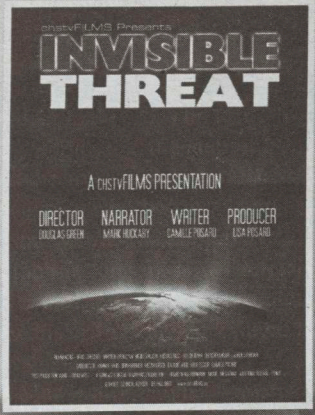
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CONTACT
AMY CLARK at:
Clark170@cougars.csusm.edu OR
DR. LAURA de GHETALDI at:
ldegheta@csusm.edu
for more information

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CONTACT
LYNDA TRUONG at:
lyndatrung@gmail.com
for more information

Students can look forward to this free event that will shock the mind and open the eyes. Courtesy of Dr. Laura de Ghetaldi. <http://elcaminopediatrics.com/vaccine-controversy-documentary-carlsbad-high-television-team/>.

Bringing attention to an 'Invisible Threat'

Student film poses important questions

By KATLIN SWEENEY
EDITOR-IN-CHIEF

A group of film production students from Carlsbad High School have taken on the controversy over whether vaccinations are effective investments or foundation for disaster.

"Invisible Threat," the latest installment in the talented teenagers' series of eye-opening documentaries, explores the variance of opinions that arise when parents contemplate the best way to take care of their children. They interviewed families, physicians and experts about what the positive effects of vaccination are, as well as discuss the myths of how harmful they are to children.

"Invisible Threat" was created entirely by students, directed by Douglas Green, written by Camille Posard and narrated by Mark Huckaby. Like their past projects, it was funded by the Rotary Club, with no stipulations on their part.

"It is done entirely by high school students, without

any influence from adults. They did the research and interviewing, they wrote the script, and it's very exciting. After the screening, we will have speakers such as a couple physicians and someone with a biology background. We're really promoting health literacy," one of the coordinators of the event, Dr. Laura de Ghetaldi, said.

The young filmmakers have found controversial topics to be their niche in the documentary realm. Before "Invisible Threat," their first film was on the survivors of the Holocaust. This was followed by "One in Seven," which took a critical look at the fact that at the time of filming, one in seven people in North County had hunger insecurities. By the time of production, the figures had changed to one in five people and one in four children. Their next project will be about SeaWorld and killer whales.

The screening of "One in Seven" at a film festival is what created the link between Dr. Laura de Ghetaldi

and Lisa Posard, the mother of one of the filmmakers. De Ghetaldi called Posard to introduce herself, thus spiraling into the CSUSM Kinesiology Club's partnership with Donate Don't Dump and now the screening of "Invisible Threat" on campus. This is thanks to multiple partners with Kinesiology Club, Dr. de Ghetaldi citing Hugo Leconte and the Rec Center as one of their biggest supporters for the event.

Invisible Threat is being shown across the country, and students have the opportunity to watch the film for themselves. It will be shown on campus from 7 p.m. to 8:15 p.m. on Tuesday, March 4 in Clarke Grand Salon, Room 113. Students can also view the film from 5 p.m. to 6:15 p.m. on Wednesday, March 5 at Temeku Cinemas in Temecula. Temeku Cinemas is located at 26463 Ynez Rd, Temecula, CA 92591. Both screenings are free.

For more information, contact Dr. Laura de Ghetaldi at ldegheta@csusm.edu.



Wonderfully tantalizing fish and pasta alfredo photographed by Nikki Thomas. So many options to choose from.

Fratelli's offers affordable, outstanding dishes

Restaurant Review

By NIKKI THOMAS
STAFF WRITER

Walking into Fratelli's we were greeted by a big smile from the hostess and the owner, who invited us right in.

Fratelli's is the new restaurant that opened up in Restaurant Row of San Marcos. Fratelli's means "brothers" in Italian, and that's exactly what these two owners are.

Brothers Brandon and Austin Lorbert started this Italian restaurant that emphasizes homemade ingredients made daily, and authentic Italian cuisine.

The atmosphere has a family-oriented flair with a warm and rustic quality, including wooden beams that surround the restaurant.

They had several rooms, including a bar, and even a private banquet room for those special occasions. The service is welcoming and effortlessly attentive, sure to make anyone feel at home.

We started with their mouthwatering Burrata Caprese (\$13.95), an heirloom tomato and burrata

mozzarella caprese appetizer drizzled with a balsamic vinaigrette glaze and garnished with micro basil that was earthy and fresh. We paired this with their house Chardonnay, which had hints of apple, oak and blossom to compliment the starter. Their wine has their own Fratelli label and is made from One-Hope Winery.

Next was their Classic Caesar salad (\$5.95). Fratelli's makes their own homemade creamy tart dressing as well as garlic savory croutons.

This salad was unlike any other, topped off with freshly grated parmigiano cheese. This was paired with the house Sauvignon Blanc that was sweet, bright and refreshing.

Following was an heirloom tomato bisque (\$3.95 for a cup, \$5.95 for a bowl), a hearty soup full of onion and garlic flavor.

To accompany the entrée we had the house Cabernet that was smooth and rich. The main course was a perfectly cooked and very generous portion of salmon piccata (\$24.95), accompanied with steamed asparagus and

a side of angel hair pasta with spinach, mushrooms, capers and artichoke hearts.

The salmon had a white wine and butter sauce that made it tender while still having a crisp texture as well. And if you happen to be gluten free, they have the best tasting gluten-free pasta.

You would never be able to tell the difference. We tried out the Zingada Penne (\$14.95), which had a light tomato and cream sauce with mushrooms, black olives and sweet peppers added in, topped off with fresh grated parmigiano.

Fratelli's also has a great Happy Hour Monday through Friday, from 4 p.m. to 6 p.m. It includes \$5 wines, \$5 select appetizers and \$2 off all beers, great for those students on a budget.

Fratelli's Italian Kitchen left a great impression. The food was delicious, fresh and authentic and the service was astounding. We will definitely be back.

Fratelli's is conveniently located at 1020 W. San Marcos Blvd., just two-and-a-half miles from campus.

(Do's and do not's continued from page 6).

what you can accomplish."

Sherry Freeborn, Professor in the School of Education, ICP Coordinator:

-Pet Peeve: "It bothers me when students send frantic emails asking for information or due dates or whatever and then don't respond after

I've replied. It is courteous to thank the person who has taken the time to answer."

-Advice: "Organize your schedule. Put your school work first but be sure to set aside fun time for yourself—strive for balance."

Juliet Falce-Robinson, Professor of Linguistics, Liberal Studies Department:

-Pet Peeve: "Lack of email

etiquette when communicating with professors—using email like it's text messaging."

-Advice: "Make the effort to get to know professors on a personal level—go to office hours." "Focus on the information being taught, not the grade. Care about the learning and you will learn more."

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

Letters to the Editor should include a first and last name and should be under 300 words, submitted via email. It is the policy of The Cougar Chronicle not to print anonymous letters. The Cougar Chronicle reserves the right to reject any letter to the Editor for any reason.



Muslim Students Association gathered together for a day of indoor rock climbing, courtesy of Amber Mahmood.

Muslim Student Association addresses misconceptions

BY AMBER MAHMOOD
CONTRIBUTOR

The CSUSM Muslim Student Association (MSA) aims to increase knowledge, growth and awareness of Islam, not only on the campus, but to the community as a whole.

The term Muslim is often falsely associated to terrorism by many outside of the Islamic community.

Many individuals form this misunderstanding from the constant anti-Islam media portrayals.

Others simply do not know where to access correct in-

formation to educate themselves on the matter, or are afraid to confront those of Muslim faith to ask them. Although there may be many reasons, ultimately the majority of American society is unaware of the true concepts and practices of Islam.

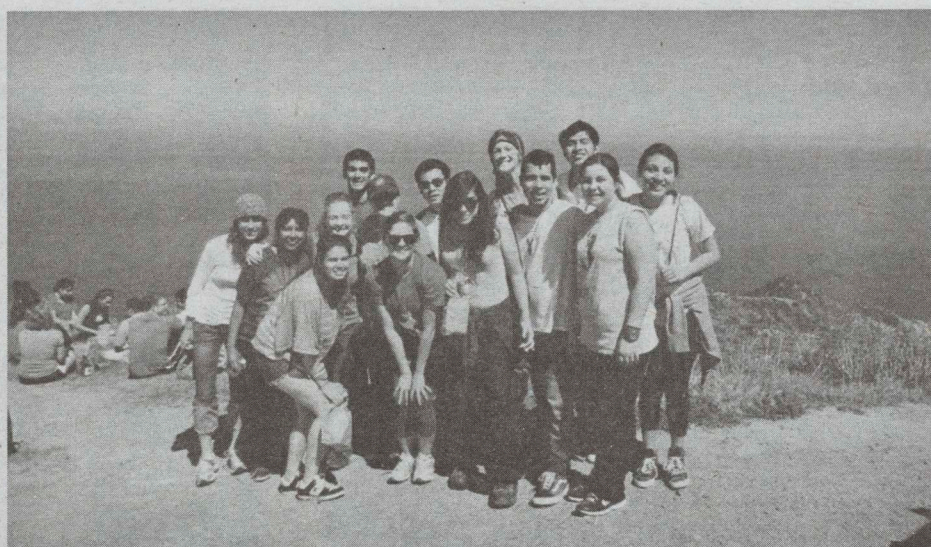
"If anyone asked me about Islam, I would want them to know that it is a religion of peace. The word Islam itself means peace."

The MSA also aims to form long lasting relationships and provide support for its members, which includes Muslims and individuals of other faiths.

Since the association's es-

tablishment a few years ago, the MSA continues to grow. The MSA has also become active in partaking in community service events, on campus meetings, other fun events, as well as educational events in which acclaimed scholars are invited to share their insight on intriguing topics.

Individuals interested in learning more about Islam, meeting people of the Islamic faith or attending one of our various events should visit <http://www.csusm.edu/orgs/muslimstudentassociation.html> or send us an email at msa.csusm@gmail.com.



If you want to know more about InterVarsity, when and where we meet, or more about our Spring Break trip, check out the website ivsanmarcos.org.

InterVarsity connects campus through community and spirituality

BY NOELLE FRIEDBERG
SENIOR STAFF WRITER

InterVarsity Christian Fellowship is an international organization that focuses on campus ministry with vision "to see students and faculty transformed, campuses renewed and world changers developed."


A collection of athletes, Greeks, international students and people just trying to graduate, who all come together with this one shared desire: to know Jesus and to make Him known.

My first experience with

InterVarsity was two years ago. As a new student, it is often just easier to go to class and then leave campus rather than try to make new friends. That is where InterVarsity came in. I started going to their events and was instantly amazed by how loving and encouraging the community is. They made me feel so welcome that I just had to stick around.

One of the best things about being a part of InterVarsity is that every spring break they do this thing called Mark Camp. It's a week on Catalina Island, where members

spend time going through the Bible and going deeper into the gospel of Jesus through the book of Mark. Some of my fondest memories of college and lasting friendships have been made there. Every Wednesday they have a weekly meeting called Large Group where a speaker shares a message. They also have various Bible studies on campus throughout the week. The Bible studies really focus on being a place of encouragement, and are a great place to make new friends and connect to campus life.




ASI ELECTIONS

Interested in running for a Representative or Executive position on the Board of Directors?

Election applications will be available
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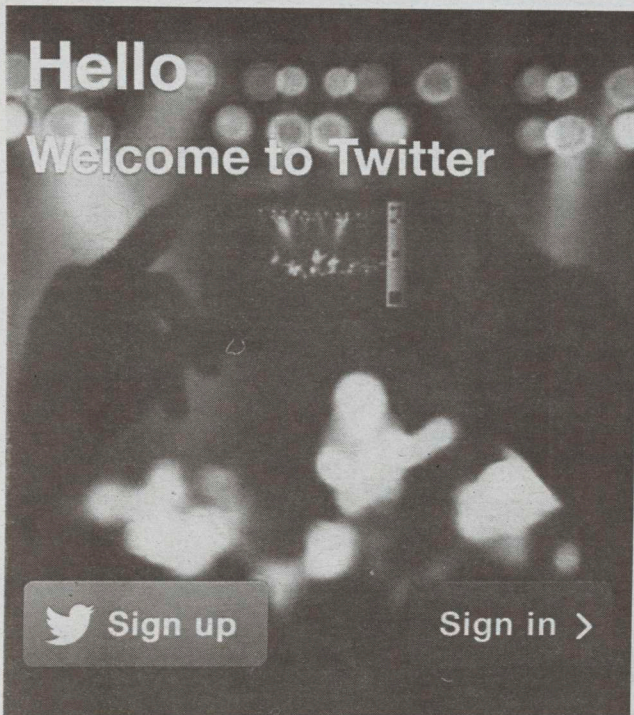


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To Tweet or not to Tweet. Photo provided by Lauren Hammond.

Truth about Twitter Company tax breaks raise alarm

BY LAUREN HAMMOND
OPINION EDITOR

Many students at CSUSM probably have a Twitter account, but likely are unaware of the company's questionable history.

Twitter was first formed in 2006. Since its debut and coining of the legendary "Tweet," the social networking site has seen a rapidly growing user base. As of late 2013, the company has been estimated to be worth 31 billion dollars.

Since its opening, Twitter headquarters has been located in San Francisco, CA. In 2011, the company was threatening to move locations but was offered a six-year payroll tax break to maintain its California residency. More recently, the city agreed to stop taxing Twitter stock options. Calculations suggest that since the initiation of the company's tax breaks, Twitter has saved over 50 million dollars.

Twitter currently resides in San Francisco's Mid-Market area. Alongside the "Twitter Tax Break," the city has also included tax incentives to any other companies that moved to Mid-Market, a previously undeveloped area, and has seen tremendous corporate growth.

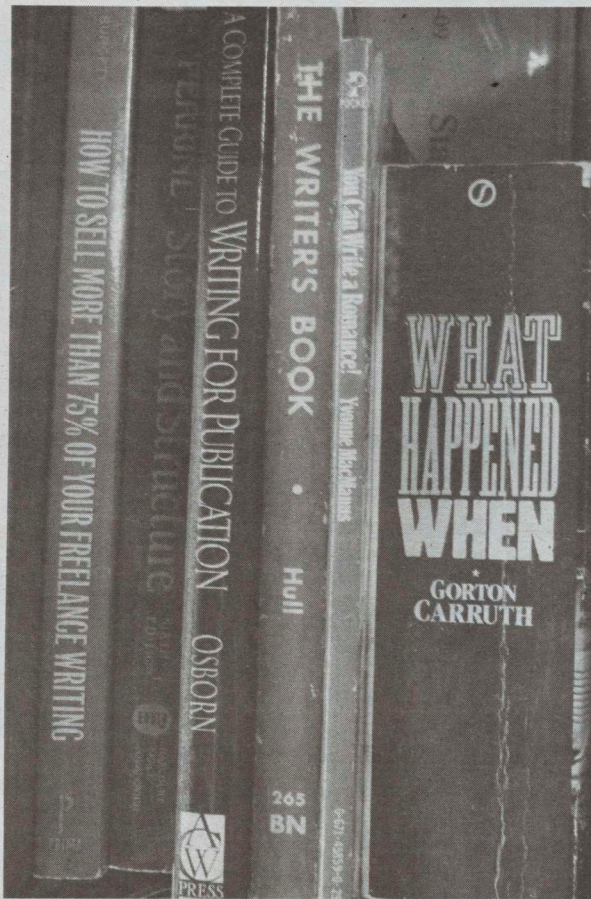
Much of the money Twitter has saved due to tax incentives could have gone towards improving the city's public transportation, health, education and more. Aside from major losses in city revenue, Twitter has had absolutely no involvement in giv-

ing back to, or investing in, its community. Twitter, along with fifteen other companies residing in the Mid-Market area, has also been affecting neighboring residential communities.

The technical industries within the Mid-Market area have aided in an increase of property value. With the high request for office space, many residential property owners have also been forced to sell, causing a large number of home evictions.

Several activist groups including South of Market Community Action Network, Senior and Disability Action, Eviction Free San Francisco and the San Francisco Housing Rights Committee have joined forces with local workers and residents to fight back. A number of protests have taken place outside of the Twitter headquarters and throughout the Mid-Market area to express outrage for the companies' tax breaks.

It is important that social networking users understand the implications associated to their Twitter memberships. Until Twitter realizes the injustice of their actions, users are unconsciously participating in the corporate conglomerate's indifference to the general public. This is not an uncommon practice for multi-billion dollar corporations to take advantage of lower-income demographics. Although this does not directly affect CSUSM students, it does harm communities similar to ours and that is something to consider.



Self-publishing. It sounds like an aspiring author's best friend and that's not far from the truth. Photo provided by Sarah Hughes.

Self-Publishing illuminated

BY ZACH SCHANZENBACH
SENIOR STAFF WRITER

"50 Shades of Grey."

Doubtlessly, you've seen a book with this title and an ominous-looking cover somewhere recently, possibly in our very own bookstore. It's a relatively new popular trilogy. Did you know, however that it was originally self-published?

It is what it sounds like: the author publishes his/her work him/herself or with the aid of a company that specializes in converting the product into eBook format, then distributing it to digital retailers. The author retains full rights to the work and keeps all the cash he/she makes off of it. For authors looking to get their novels out in the world, self-publishing is the quickest and cheapest route. There is no cost for printing physical books, and eBooks have become more attractive in this technological day and age.

Of course, it's not all sunshine and rainbows - no author's life could be like that, especially if their sole income came from writing. There's still no guarantee that someone will buy their

book. Aside from that the odds are generally against the author. On average, the self-published print book will most likely sell 100 to 150 copies. Pricing a standard book at about 10 bucks, that's a revenue of 1000 to 1500 dollars.

To a child, that might sound like a lot. To an adult, that's small. And how often do we see children publishing books? I rest my case.

With how easy it is to self-publish, it should come as no surprise that "everybody's doing it." Aspiring authors can expect the competition to be massive. And, of course, not every self-published book is going to be good. By "not every book," I mean the overwhelming majority of books. That being said, there can be some pessimism about the market and an actually good book may get turned down based on potential prejudices towards self-published books. People who are serious about getting their book published would really have to invest time and effort into making it the best it can be, and marketing it, if they want it to have a chance and stand out on the digital shelf.



You cannot tell the difference between toxic makeup and the good stuff by just looking at it. Photo by Anne Hall.

Toxic makeup poses threats to consumer health

BY CHELSEY SCHWEITZER
SENIOR STAFF WRITER

Many common beauty products contain toxic substances that consumers don't know about.

According to the nonprofit organization Campaign for Safer Cosmetics, the average American woman uses about 12 personal care products a day. This not only includes makeup but shampoos, lotions and perfumes as well. Also, according to the same source, of the more than 10,000 chemicals that are used in beauty products, over 89 percent have not undergone any kind of safety testing. This poses dangerous health risks as our skin absorbs these chemicals, which may lead to cancer and respiratory problems in the case of powders and sprays.

According to the Environmental Working Group, a group that created an online database that lists the concerning ingredients in beauty products and how safe they are to use, says, "Companies are allowed to use almost any ingredient they wish. The US government doesn't review the safety products before they're sold." This means that the products that we are purchasing are not being regulated to make sure that they're safe. According to the same source, beauty products aren't even required to have a full list of the chemicals that are used in the product, allowing the manufacturers to market items with dangerous chemicals without the consumer even knowing.

There have been various instances of dangerous chemicals in our beauty products, such as our shampoos having sodium laurel sulfate in them or many trusted name brand

lipsticks having dangerous amounts of lead in them. Even the supposedly natural mineral-based makeups contain small particles of mica that we can inhale, which Forbes online magazine puts into perspective by pointing out that construction workers have to wear masks when dealing with mica.

While women have more products that expose them to these dangerous chemicals, men aren't safe from the danger. Aftershave, cologne, shaving cream and shampoos are just a few of the items that men use that fall under the same category as all of the other beauty products. These products contain as many chemicals as the products women use and are regulated in the same way, putting men at as much risk as women.

I think that it is wrong that there are no regulations within the beauty industry. The food that we eat has regulations placed on it, so why not the items that we cover our skin with? I believe that we should have the right to know exactly what is in the products we use. I also think that cosmetic companies should strive to eliminate as many of these chemicals from their products as possible in order to provide their loyal customers with healthier products.

If you want to check the ingredients and the risk factors associated with the products you use, a good place to start is the Skin Deep Database, <http://www.ewg.org/skindeep/>, created by the Environmental Working Group. That is just one small step towards knowing your products better so you can make an informed decision on whether to continue using that product.

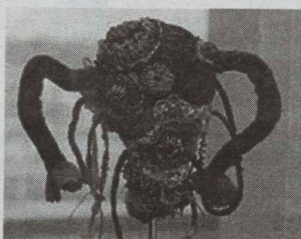
The Uterus Flag Project creates shock, awe and amazement

BY ANNE HALL
DESIGN EDITOR

Walking into the student library, I was anticipating a cloud of people showing interest in this blatantly titled project. The campus library released the Uterus Flag Project on Feb. 10 and will remain until May 20. This

installation, provided by Terilynn Quick, is a compilation of small flags that are adorned with uterus made by people from all over the nation. So much detail in each piece.

The space was like a ghost town. I was in awe at the ideas shared by artists who



addressed the issues behind women's health and the

blessings that exist with being a woman and having the ability to conceive.

While finding myself impressed and awe struck, I noticed that I was being watched. Passer by's were laughing at me for admiring the artists work. Others appeared to avoid the display,

as if they would catch some kind of disease if they came too close.

A friend of mine decided to draw attention to passers by and lured individuals to come and consider the artwork. Once one person started admiring Terilynn's presentation, more and more

people began finding interest. Once the pieces were noticed, interest was struck and people began admiring all of the display.

"The art work is amazing," student, Erin Taylor, said.

This is a presentation that truly touches the core of existence. Take a moment to observe and appreciate the artistry and creativeness.

Cougar Shuffle: Valentine's Day Aftermath

By Zach Schazenbach

It's a few days after Valentine's Day, but there are some still feeling affects from the holiday. Here are two playlists catered to certain outcomes.

Tracklist For the Lovebirds:

1. "As Long As You Love Me" by Backstreet Boys
2. "Truly Madly Deeply" by Savage Garden
3. "Naturally" by Selena Gomez
4. "Jet Lag" by Simple Plan
5. "Stay Stay Stay" Taylor Swift
6. "Just the Way You Are" by Bruno Mars

Tracklist For Those that Didn't Get So Lucky:

1. "Gotta Be Somebody" by Nickelback
2. "That's the Way It Is" by Celine Dion
3. "Firework" by Katy Perry
4. "Good Life" by OneRepublic
5. "Shooting Star" by Owl City
6. "It's Time" by Imagine Dragons

Netflix Review

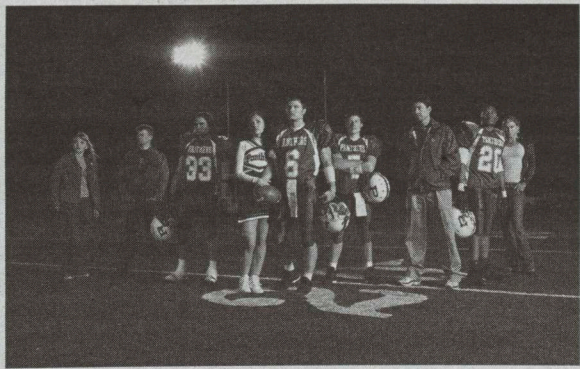
'Friday Night Lights', 'The League' keep gridiron going during off-season

By AMANDA LENOX
FEATURES EDITOR



The first few Sundays after the Super Bowl are always the hardest for football fans. However, Netflix has some football themed shows to help fill up your time while you wait for the next season to start.

One show I highly recommend is the drama series Friday Night Lights. The show focuses on head coach Eric Taylor (played by Kyle Chandler) as he helps lead the high school football team, the Dillon Panthers, to the Texas State Championship. Viewers might forget



they aren't watching a real football game. You wait in anxiety to see if the team makes the play and cheer in excitement for a touchdown.

With an ensemble cast, the show also looks at the individual players as their lives are woven together both on and off the field. The sweet yet insecure Matt Saracen (Zach Gilford) struggles with balancing being the starting quarterback and trying to date the coach's daughter (Aimee Teegarden). Fullback Tim Riggins (Taylor Kitsch) is the bad-boy character who tries to prove he is more than a stereotype. Throughout the series, the players deal with issues including steroid use and college recruitment.

Friday Night Lights is a critically acclaimed series

with two Primetime Emmy wins, including Outstanding Lead Actor in a Drama Series (Kyle Chandler) and Outstanding Writing for a Drama Series. It has 76 episodes within five seasons available on Netflix.

The second season is the only lackluster season because of its multiple dull storylines. Recommended episodes include: "Mud Bowl" in Season 1, "There Goes the Neighborhood" in Season 2, "The Son" in Season 4 and "Always" in Season 5.

One of the best parts of football is the way it can bring together a community, whether you are tailgating at a stadium or watching the game with family and friends. Friday Night Lights will remind you of that feel-

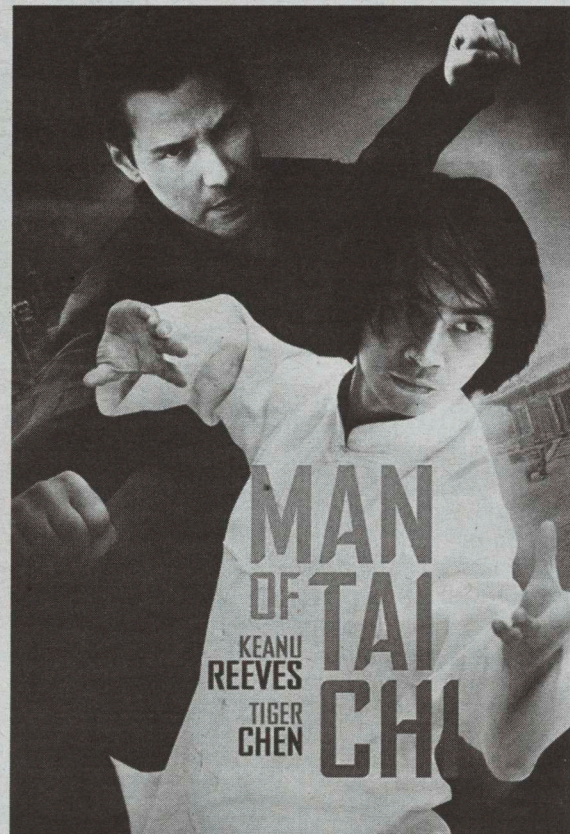
By RYAN DOWNS
STAFF WRITER

One of the better things about Netflix is its showcase not only of western films, but also foreign films. This allows martial arts movies that normally would go straight-to-DVD, like "Ip Man" or "The Raid: Redemption," to become surprise cult hits.

Standing in the middle of these, in a bold attempt to merge both western and international audiences alike, is "Man of Tai Chi." It is primarily a Chinese martial arts film. However, it features American star Keanu Reeves in two uncommon roles; the villain and, for the first time in his career, the director.

The story attempts to tell a martial arts legend in a contemporary setting. It focuses the story on Tiger Chen (Chen Hu in his film debut), a young practitioner of Lin Kong Tai Chi, an ancient Chinese method of exercise and meditation. However Tiger comes to learn that this peaceful art can be applied in combat as well.

It is stunningly effective, even though it strays from the art's purpose. Nonetheless, it is not long before Tiger attracts the attention of Donaka Mark (Reeves), the head of an underground fighting ring. He sees Tiger's potential and tempts him



with money and fame. Tiger needs it to save his master's temple from demolition.

It is not long before Tiger's involvement with the fighting ring begins to corrupt his character. Worse still, it becomes clear that Mark is conditioning him into something deadlier than just another fighter. It may be too late for him to escape.

For the most part, the film works for the same reason Keanu Reeves works. It's simple, cool and strangely

likeable. On the other hand, like the actor, it tends to get awkward when it tries too hard and there are some embarrassingly silly moments. However, Reeves is understated as ever both in front of, and behind, the camera.

Coupled with some awesome fight choreography from Hollywood legend Yuen Wo Ping, the end result is a straightforward but enjoyable action flick.

3/5 Cougar Paws!

ing and will prepare you for the next football season. I give Friday Night Lights a 4.5/5 rating.

Another football-themed show to watch is the comedy series The League. The show follows friends, Pete Eckhart (played by Mark Duplass), Rodney Ruxin (Nick Kroll), Andre Nowzick (Paul Scheer) and Kevin MacArthur (Stephen Rannazzisi).

Also, Kevin's brother, Taco (Jon Lajoie) and wife, Jenny (Katie Aselton) as they all play each other in their fantasy football league.

The show has a raunchy style of comedy as the friends argue over things like draft picks and trades. The series is also abundant with notable NFL guest stars, including San Diego Chargers player Antonio Gates in Season 1

episode "Mr. McGibblets."

There are currently 45 episodes within four seasons available on Netflix. Recommended episodes include: "The Shiva Bowl" in Season 1 and "The Marathon" in Season 2. I give The League a 3.5/5 rating.

A REMINDER THE DREAM ACT APPLICATION DEADLINE FOR AB540 STUDENTS/UNDOCUMENTED STUDENTS IS MARCH 2ND.

Please provide the following information to fill out the Dream Application:

- Parent or your own 2013 W2s (if 2013 W2s are not available students can use 2012 tax data)
- Dollar amount of student's and parent's checking and savings accounts
- Business value (if applicable)
- Student PIN number and Parent PIN number

If you need further information please go to Financial Aid on the third floor of Craven or contact STAND directly at standcsusm@gmail.com or their [facebook page at Stand Csusm](#).

P.S: Cash for College will be having a Dream Act Application workshop to help students fill out their application on **Saturday, February 22nd from 8 - 12 in Academic Hall 102**

-- Thank you!

United Students of Color Coalition

STUDENT A: "SPARE TIME" by Faith Orcino



A Spike Jonze love story: 'Her'

BY ALEX MARAVILLAS
FASHION COLUMNIST

In a future where you can fall in love with an artificial intelligence behind an advanced operating system, the film "Her" portrays a tragic love story of a man and his computer.

Theodore Twombly is in love with his operating system named Samantha, essentially an evolved Siri. The film definitely approaches the dramatic question, "Could love have no boundaries?" There are countless moments in which Theodore and Samantha demonstrate character development in regards to their relationship, a unique characteristic of this fascinating movie.



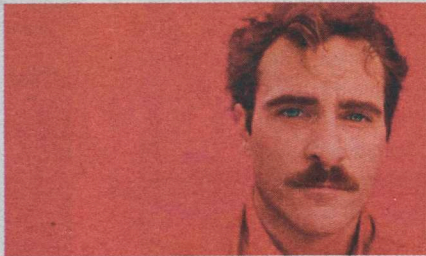
The film also boasts a cast of well-known actors. Joaquin Phoenix plays Theodore and Scarlett Johansson plays the voice of Samantha. Rooney Mara plays Theodore's ex-wife Catherine and Amy Adams plays Theodore's friend Amy.

The "Her" soundtrack especially adds sentiment to the film. Film soundtracks are just like mixtapes by the directors. Spike Jonze's mixtape for "Her" is definitely appropriate for this tearjerker of a film. For example, Ka-

ren O's song plays a prominent role in the film during a scene where Theodore and OS Samantha were singing together to "The Moon Song."

The film has its heart-filled moments. When Samantha continues to grow in intelligence, she develops human characteristics. She desires to feel emotions in unknown territory. Soon afterwards, Theodore falls in love with the funny, sweet, intelligent Samantha.

5/5 Cougar Paws up



Book Review

'American Gods': a modern lore and timeless tale

BY KATIE GARNER
STAFF WRITER

Myths and legends are the odd ingredients that shape us, and our cultures.

Religions follow humanity wherever we go. America contains some of most divergent beliefs and cultural systems in the world. Starting with tales told by Native Americans, mythologies have poured into America via the mass migration from settlers worldwide. What if every one of these old gods were alive and struggling to survive in this country?

Neil Gaiman asks this question in his novel, "American Gods." The story follows the

reticent Shadow, an ex-con who upon his release from prison finds that his wife has died. Alone and without a home, Shadow meets Mr. Wednesday, a mysterious con-man who offers Shadow a job as his bodyguard.

Soon Shadow's world turns upside down as he discovers that all Gods not only exist, but exist amongst humans and are preparing for war. The Old Gods are clashing with the New Gods, which in America are represented by the various deities of Media, Technology and the Black Hats. Mr. Wednesday, who reveals himself early on as an incarnation of Odin, recruits Shadow to rally the Old Gods

against the New Gods. But in a country where beliefs are shrinking every day, can Shadow help these Old Gods survive?

"American Gods" is a powerful, enchanting story etched with folklore in every page. Lovers of fantasy fiction will adore this novel tremendously. This book is ripe with myths from cultures all over the world. Neil Gaiman weaves a poignant, but humorous, tale that starts off at a slow pace that soon dives right into a journey that will keep you entertained and thoughtful. "American Gods" has won multiple prestigious awards, including the Hugo, Nebula and Locus awards.

