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CSUSM students tackle marriage & singlehood

Why some are rushing to tie the knot and others aren't

BY SARAH HUGHES
NEWS EDITOR

There are many concerns people have about marriage and a great body of research on the subject of marriage. There are many sources of debate on how, if and when one should get married.

With regards to modern concepts of marriage, a shift in age at first marriage as well as economic factors come in to play. The Cougar Chronicle asks a few women on campus to explain and consider their feelings towards marriage, in order to get a concept of how students plan and feel on the topic in comparison to national trends.

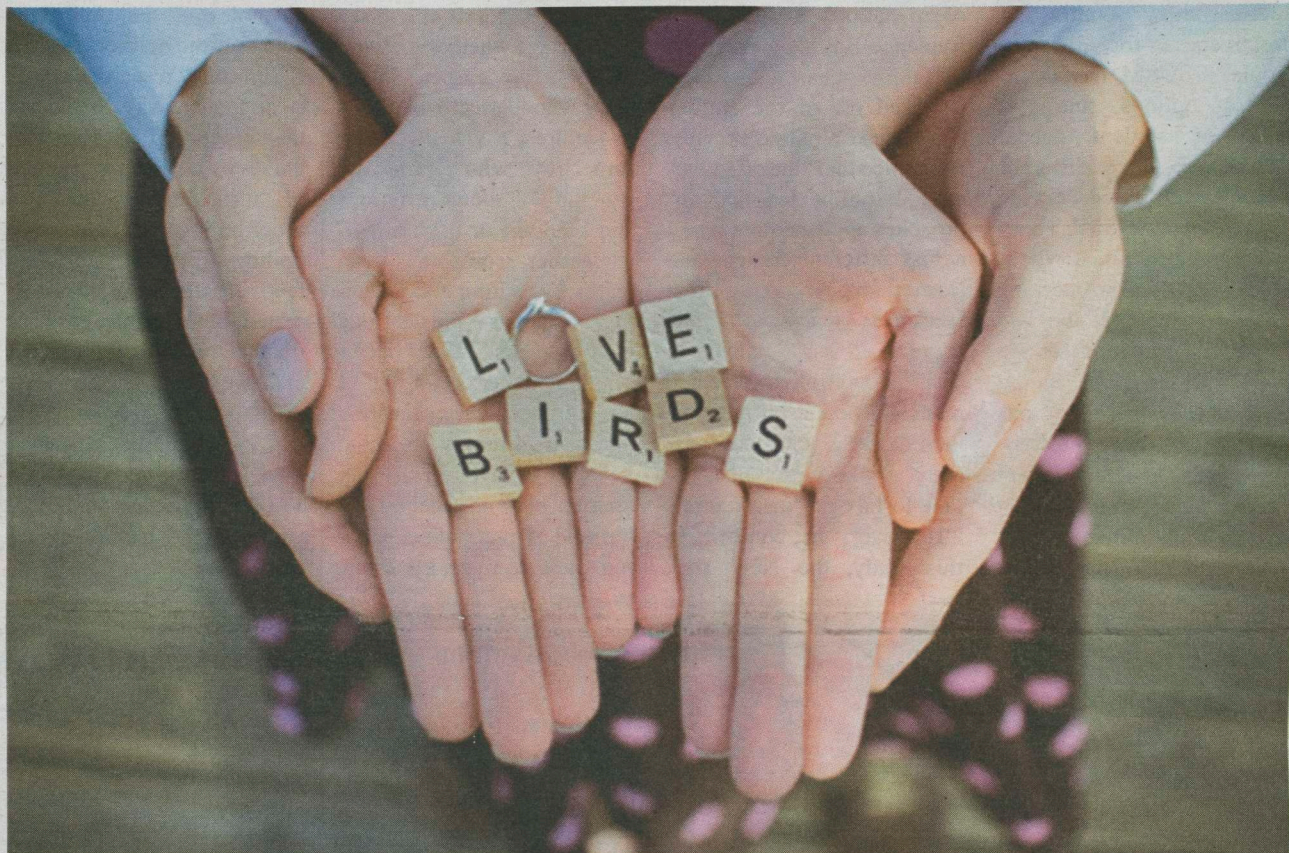
A vast body of research has been conducted on the subject of marriage from varying sources, for diverse reasons. The idea that marriage should be discussed in educational institutes for students is a controversial one that some believe would prevent a great deal of problems in young people's later marriages. Throughout time, marriage

has been championed by many governments on the basis that it provides stable family-structures and more citizens born. Records are kept of marriage to track trends and do other clerical tasks from.

According to U.S. Census data, the estimated median age of first marriage by sex for 2011 was 28.7 for men, and 26.5 for women. In 1890 average ages were 26.1 for men, and 22.0 for women. In 2001 men and women married at 26.9 and 25.1, respectively. Ages at first marriage are being delayed and lasting longer according to most psychology textbooks.

In a small sample of convenience, conducted of five women at CSUSM on Oct. 14, a few questions related to marriage were asked. Participants surveyed were 18 to 25 in ages. On how they felt about marriage, students seemed to generally concede that it was a positive thing. They had some differing perspectives. "I feel like nowadays, in modern times, people give

up on marriage, as opposed to back in the day when you had to stay with the person." Celeste Estrada, 18, said. "I like marriage - it's a



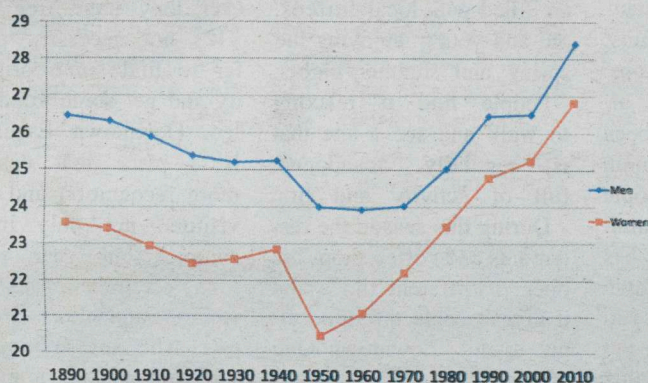
Newly engaged couple enjoying their photography session with photographer. Image by Chris Kennedy.

good thing if people do it right." Zana Taylor, 18, said. "I really like the idea of marriage. I feel like marriage allows someone to have a best

friend, and someone to lean on." Julie Meram, 20, said. "I would really love to be married someday. I don't know if it's be-

cause we're supposed to. [We] feel something missing and just want someone there." said Amy, 22.

Figure 1. Median Age at First Marriage by Sex: 1890 to 2010



Source: U.S. Decennial Census (1890-2000); American Community Survey (2010). For more information on the ACS, see <http://www.census.gov/acs>

Table showing marriage demographic information can be found at:

<http://www.census.gov/hhes/socdemo/marriage/data/acs/Elliottetal-PAA2012figs.pdf>

Courtesy of the United States Census.

Semi-Truck flips over on the I-15

Students late to morning classes Oct. 28

BY SARAH HUGHES
NEWS EDITOR

Around 10:30 a.m. on Monday, Oct. 28, a large yellow semi-truck could be seen on the I-15 near Rancho Bernardo on its side, spread across all lanes of traffic. Many CSUSM students were late to classes as a side-effect of the accident. Some were only slowed down briefly, for what

seemed like 15 to 20 minutes, if they crossed over into HOV lanes, which were temporarily "open to all" according to electronic signs above them. Gridlock made entering HOV lanes slow and cars were lined up across a few lanes. Freeways were wet that morning and a light drizzle appeared to be falling during the aftermath of the accident. According to re-

ports by the Union Tribune and the Seegmiller Law Firm, other vehicle(s) were involved in the accident and going too fast for the conditions may have been a factor. Some sources report there were injuries. Reportedly, traffic alerts were not lifted until 2:15 p.m. by the California Highway Patrol. It has not been confirmed yet if that driver was killed in the crash.



OUR NEXT ISSUE
Nov 20, 2013

Photo of autumn leaves by Anne Hall.



Traffic on the I-15 photographed by Anne Hall.

Classes moving away from traditional

By CHELSEY SCHWEITZER
STAFF WRITER

Many colleges and universities are offering more online courses and course materials, moving away from the traditional classroom format.

Many courses currently offered at the school do not have homework that is distributed in class, instead opting for online homework through a specific website or through Cougar Courses. Some classes have even transitioned from the traditional classroom setting to an entirely web-based course.

Students have more options for classroom settings and online involvement than ever, but need to be careful in selecting, as different studies show contrasting effectiveness for different people. CSUSM has a variety of options, suiting a range of student needs.

There are three different types of web-based courses offered for CSUSM. There is the online course, where there is no face-to-face instruction. There is the hybrid course, where there are some lectures given in the classroom and some online. Then there is the web-facilitated course, where there is face-to-face interaction through online means. According to the online



Technical school for animatronics only offered as a correspondence course through Stan Winston School of Character Arts. Photograph taken at Stan Lee's Comikaze, in Los Angeles on Nov 2 by Anne Hall.

instruction policy set up by the president of the university, these courses are run by the same rules and regulations as are applied to the classroom courses and are often instructed by teachers that have been trained to run a web-based curriculum.

There have been numerous studies conducted to measure the effectiveness of online courses. The US Department of Education's Evaluation of Evidence-Based Practices in Online Learning, which is based off of the studies conducted on online courses, concluded that "the effectiveness of online learning approaches appears quite broad across different content and learner types." The final consensus reached in this paper was that "students in online conditions performed modestly better, on average, than those learning the same material through traditional face-to-face instruction."

However, in contrast to this study, the New York

Times article Measuring the Success of Online Education found the success of online instruction suspect and said that when it comes to many online courses "as few as 20 percent of students finishing an online course is considered a... success."

These opposing findings indicate that online courses are successful for some, but not for others. A student's success in these kinds of courses depends on whether they are an auditory learner, somebody who learns by listening to lectures; a visual learner, somebody who learns by watching demonstrations and reading; or a kinesthetic learner, somebody who learns by writing and engaging in hands-on learning environments. When deciding on whether or not to take an online course, a student needs to strongly consider how they have historically learned best in order to determine if the online learning path is right for them.

Buying Male Birth Control

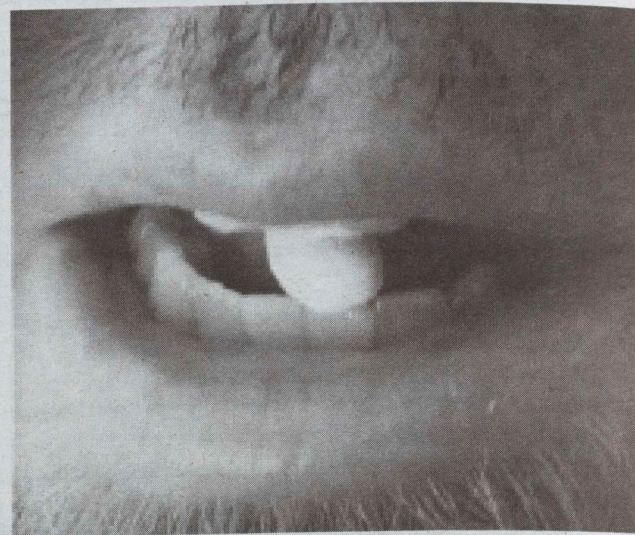
By KARLA REYES
STAFF WRITER

After years of research, the concept of a male contraceptive pill has been revisited for commercial purposes.

Although most will argue that a male contraceptive is not required, studies show that half of pregnancies are still unplanned, thus there is a need for a third option. Fellow students gave their opinion on the issue.

In the 1950s, researchers tested "WIN" (a control contraceptive drug) on male prisoners and found success. However, when the drug was tested on the general public, it had severe side effects triggered by the consumption of alcohol and therefore was taken off the market.

Currently research is focusing on a way to disrupt the maturation of sperm in the testes, to decrease chance of fertilization. However, according to Science Mag, finding a method that is effective, safe, cheap, well-tolerated, bioavailable, easy-to-manufacture, side-effect-free and completely reversible male pill is the challenge. Right now the objective is to develop a version of the 1950's "WIN," that encompasses all the mentioned factors.



Mass quantities of yellow number 5 in pill form. Image by Anne Hall.

"I wouldn't take it, personally because I am really skeptical of new products like that because they can end up having unintended, serious consequences. I think it's an interesting idea," CSUSM student, Clark Conforti, said.

"I totally support the idea and the implementation because there are almost no options for male birth control [other than condoms] while women have a few to choose from, but there are so many steps in the research process during drug development that I would most likely wait a few years after it's been on the market to see if there are any other side effects," CSUSM student, Nick Allen, said.

Alex Williams, another CSUSM student, agreed. "I don't have a lot of information about the use of male contraceptives, but I wouldn't be interested in using it, even if it were available to me. I would stick to using condoms safely to prevent pregnancy," he said.

Overall it seems men would be interested, so long as there is more information about the the delayed side effects, overall safety and the only way to ensure that would be with time. Although promising, the research has been stumped in the early testing stages and more costly human trials.



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Downtown Escondido being revamped

By GLORIA MACALLANES
STAFF WRITER

CSUSM is located in a perfect area for students. There are great local places that are perfect to relax or simply hang out with friends.

One location that is great for such activity is the downtown part of Escondido and it has recently begun its reinvention after being abandoned by daily activity. It's a long street containing antique shops, Italian restaurants, art galleries, museums, libraries and coffee shops.

Although this sounds alluring enough, it hasn't been enough to attract maximum attention from local people and it began its downfall years ago. Although this has been a problem, downtown isn't ready to give up just yet.

Escondido has begun the process of reinventing this part of the city by opening up more restaurants and

art galleries. They recently opened up Maple Street Pedestrian Plaza, which citizens embraced nicely.

Downtown Escondido only seems to be occupied during spring and summer. It's their busiest time of the year with people flocking in from every inch of the city. Every Friday, starting in April and ending in September, there is an activity called Cruise'n Grand. People use this time to showcase and sell models of antique cars. The streets are filled with local citizens, old and young, enjoying the spring and summer nights.

People find it relaxing to walk and see a site that is regularly abandoned, full of activity and life.

During this season the restaurants and coffee shops are open at different times and it gives people the opportunity to enjoy downtown. One of the many disadvantages of the local businesses in downtown is their opening

hours. Some stores and coffee shops have odd hours that don't allow customers to stop by whenever they please, checking the hours is something that is required.

The building and opening of new businesses, along with a new film school in the area, all seem promising for this abandoned yet charming street in Escondido. Students should take time to visit and enjoy some of the restaurants or art galleries in downtown whenever they have free time.

It's not necessary to go far to find some originality and get some good coffee. Downtown Escondido is a place that deserves more recognition and more visitors, not only in the summer but year round.

There's hope in its reinvention and there are locals who are anxious to see what will become of it.

*Visit csusmchronicle.com for
For full-length articles, the complete Arts &
Entertainment section, and more photo/video
content created by The Cougar Chronicle staff
for the November 6 issue. To join the staff,
email us at csusm.cougarchronicle@gmail.com.*

Cougars show talent in exhibition

Men's basketball falls to San Diego State in exciting matchup

By JUSTIN DONNER
SPORTS EDITOR

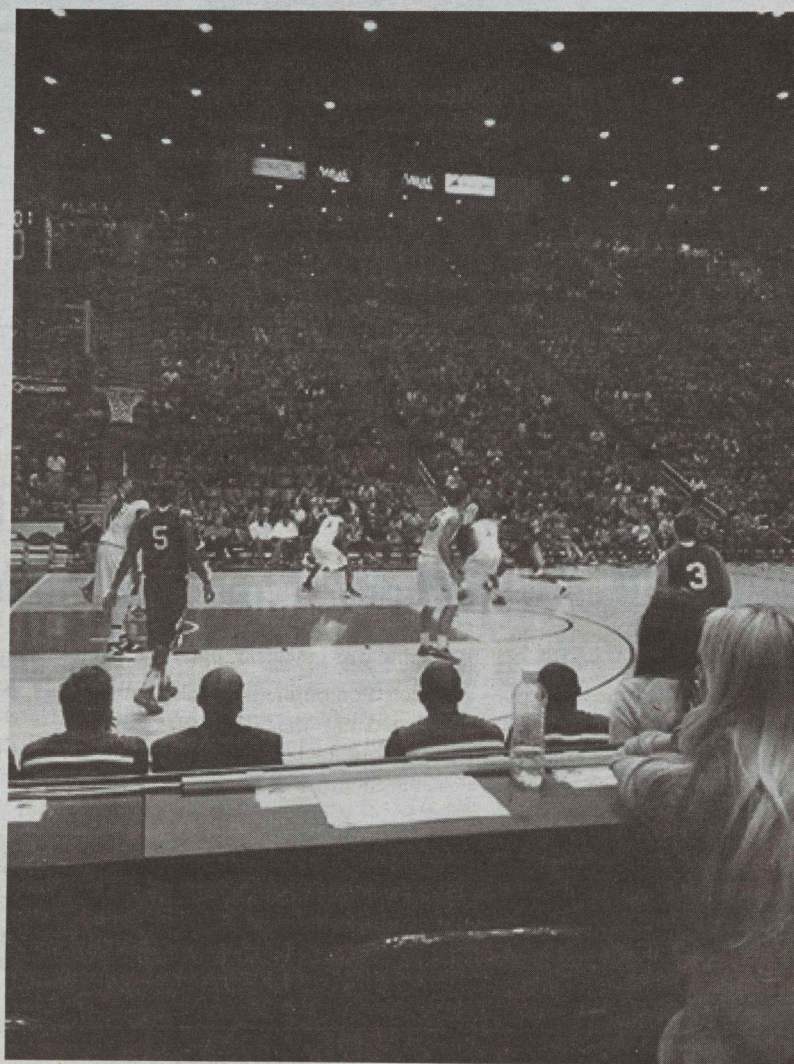
The Cougar's exhibition loss, of 81-66 to a high caliber NCAA Division I program, revealed a team that is ready to take on their conference.

Viejas Arena was loud, but the men's basketball team contended throughout the matchup.

When the Cougars entered the arena after the half, the Aztec fans booed loudly and tried to intimidate the team. This didn't seem to faze the Cougars as their style of gameplay was smooth and on point. The team moved the ball around well and kept up with the Aztecs.

Jason Johnson scored a game high of 27 points in 34 minutes of gameplay for the Cougars. De'End Parker also scored in the double digits with 14. The Aztec's JJ O'Brien scored a team high of 21 points.

Overall, it was an exciting games with moments like Quincy Lawson's one-handed slam during a Cougar rally that kept fans interested.



Men's Basketball charging up to win Cougar style as they compete against SDSU for the start of the season. Photos of the opening game by Justin Donner.

Designing a great brand of play

Coach Saia developing class-act basketball program

By JUSTIN DONNER
SPORTS EDITOR

Coach Saia is the piece that has accelerated the growth of the CSUSM men's basketball team.

He came in with a blank canvas to work with and is the man for the job. Being handed the keys to a brand new program is special, and Saia is now in his third year of developing his vision. The opportunity to mold a new program is a big one.

"It's very rare in this day and age for a college of this stature to not have a team," says Saia.

He was excited by the opportunity, loves the area and felt that it was a good decision for his family.

With experience coaching for big Division I programs at UCLA and USC, Saia knows what it takes to recruit the kind of players that will win championships. He has already shown his recruitment genius by bringing players who have played at the Division I level onboard such as De'End Parker.

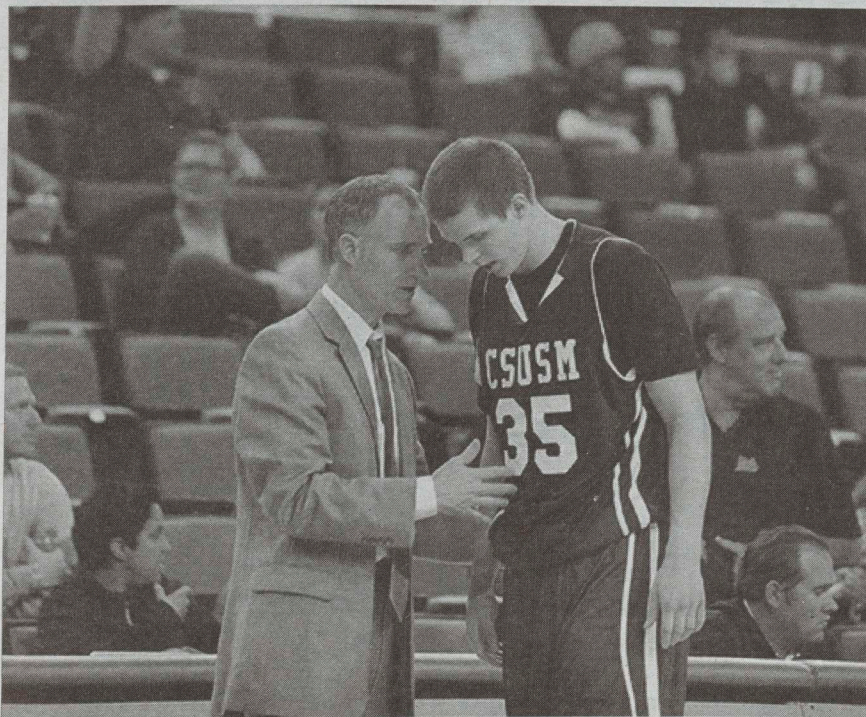
"We knew mutual people at UCLA and they said Coach Saia would have a good plan for me," said Parker.

Saia admits that it's a

challenge to recruit without having a court on campus, but they still have great selling points with the school's location.

CSUSM men's basketball is currently ranked twelfth and is exciting to watch. Saia feels that they are a great brand of basketball to watch and that they are "the best product in North County." The team is getting better every year.

Saia feels that there is not a large amount of entertainment around campus and that he is molding a team that offers a good experience for the community.



Coach Saia working hard to encourage, guide and motivate his players. Photo by CSUSM athletics photographer Bruce Sherwood. Visit www.csusm-cougars.com

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Women's Cougar Volleyball excited for another win. Photo by Gloria Magallanes.

In position to conquer Iowa

Volleyball earns top spot in conference tournament

By GLORIA MAGALLANES
STAFF WRITER

The CSUSM women's volleyball team has captured the No. 1 seed for the AII Conference Volleyball Championship Tournament beginning Nov. 15.

With a fantastic regular season, the Lady Cougars are showing no signs of slowing down on their

way into post season play.

The team has won seven home games, five away games and ten neutral games, leaving them with an impressive 22-11 record. Looking back on the regular season, a standout moment for CSUSM was a home game against Westmont College on Sept. 17. CSUSM trailed close behind on the first set but fell 27-25. A three strong sets followed where the Lady

Cougars won 25-16, 25-19 and 25-23 leading to their victory. Hard work and dedication has the team sitting confidently in the No. 1 seed for the AII Tournament in Clinton, Iowa that is scheduled for November 15-16. The winner of the AII Tournament will have an automatic bid into the NAIA National Volleyball championships which begins on Nov. 23.

Get Out!

Spend time going for a jaunt in Julian

By ALISON SEAGLE
COLUMNIST

The perfect way to enjoy the new crisp fall feeling in the air is to take a day trip to Julian.

A short trip away, this small town provides many outdoor adventures. The look of the buildings on the main street transport visitors back to California's gold rush days, but besides all of the historical sites Julian offers it also has a great deal of natural scenery too.

A walk around Julian will

actually allow visitors to realize it is in fact fall in southern California when they see all of the leaves changing from green to red, yellow, orange and brown. While walking through town you might catch the scent of wood burning in fireplaces.

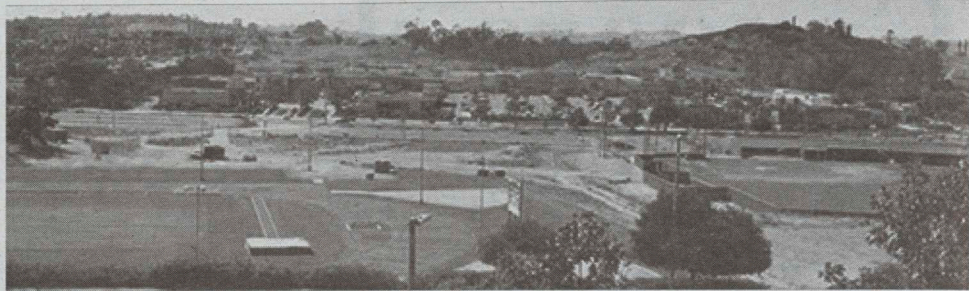
Several hiking trails can be found near Julian, ranging from distances of less than a mile to over eight miles. Some of the trails are paved and some are dirt, but most are well maintained. While a majority of the trails are self-guided, it is possible

to find guided hikes in Volcan Mountain Wilderness Preserve and Santa Ysabel Open Space Preserve. More information about the strenuousness, length, hours and location of trails can be found at http://www.julian-ca.com/hiking_nature/index.htm#List of Hikes & Trails.

Of course no trip to Julian would be complete without grabbing a slice of apple pie after all of that exploring. Even just walking the hills in town can work up quite an appetite!



Julien apple pies are a great way to take a break while spending the day in Julien. Photo by Anne Hall.



The athletic field is a training center and central arena that leads to all Cougar battles won. Image by Blanca Sarabia.

Fall sports shatter the competition

CSUSM will be well represented in playoffs

By SHAINA PARDO
STAFF WRITER

As the fall seasons are coming to an end, the Cougars are all ending on a good note.

The teams have some big playoff expectations. Both the men's and women's cross country teams will be going to nationals. The men are currently ranked ninth in the NAIA. A couple of the men's top runners are hurt but should be back to help their team beat the competition. Women's cross country was ranked third, but lost to Biola and Masters, and dropped to sixth. The women are far from worried, due to the fact that their

top four runners have been doing well. The conference championship will be held at CSUSM Nov. 9 at 9 a.m.

As for the women's soccer team, they are currently ranked 23 and are the number two seed for the AII Tournament. Even though the ladies lost to Ashford in the Championship last year they still made the NAIA tournament and won the AII tournament in 2008, 2009 and 2011. The women are looking great this season and have won five of their last six games.

Men's soccer had a solid season. They will most likely need to win the Conference tournament in order to make it to playoffs. The men

were ranked two times this year and won the AII for the first time in 2011. The men will have to beat Ashford, Georgia Gwinnett and Lindenwood Belleville in order to make it to the playoffs.

The volleyball team has delivered a stellar season. Currently they are ranked 24 in the nation. They are 22-11 and are currently the number one seed in the AII Conference Tournament. The women won the conference tournament the last two years and will be looking for the three peat.

Fall sports have done their part to make CSUSM stand out on the radar of collegiate athletics.

Pose your way to peace and tranquility

Yoga offers many benefits to students

By RACHEL GALLEGO
HEALTH COLUMNIST

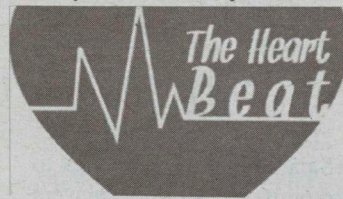
Balancing school, work and your social life can be stressful and yoga is a great remedy to address this tension.

It may seem intimidating, or even foreign, but anyone can do it and studies have shown many health benefits.

Yoga can help to reduce stress and anxiety through focused training of your physical and mental disciplines. Using breathing and meditation practices allow you to unwind and feel at ease. Yoga can help to improve flexibility, lower blood pressure and enhance heart function. It may also aid in improving chronic conditions such as depression and pain.

A local yoga instructor puts it into a simple perspective and says that it releases the bad energy and supports your overall sense of well-being.

One of the great aspects of yoga is that there are many different styles that



you can find to fit your own personal needs and goals. If you are a beginner, you may want to start out with Hatha yoga, which uses basic poses or postures. If you are looking to push yourself a little more, Ashtanga yoga would be a good fit. This is

commonly known as power yoga, which is more physically demanding in order to increase your strength. Another common and popular style is Bikram yoga, or hot yoga, where you practice proper alignment in a setting of around 100 degrees Fahrenheit. Another benefit of yoga is that instructors encourage you to explore your limits while not overdoing it. If you find yourself uncomfortable, you can always resort back to a simpler pose.

Don't be afraid, roll out a mat and give yoga a try and watch your stress subside.

CSUSM offers free yoga. Visit <http://www.csusm.edu/rec/fitnessclasses.html> for more information.



Movement helps reduce stress and increases happiness. Photo by Anne Hall.

Challenge yourself with club sports

A member of club sports talks about the experience

BY CORRINA BABIASH-CLARK
STAFF WRITER

CSUSM offers club sports, such as lacrosse, for active individuals like Dylan Perry to get involved.

Lacrosse is one of the club sports on campus and is always looking for new talent.

For Perry, an attacker for the men's lacrosse team, lacrosse is a family affair. It was passed on to him and his younger brother by their father. The three of them

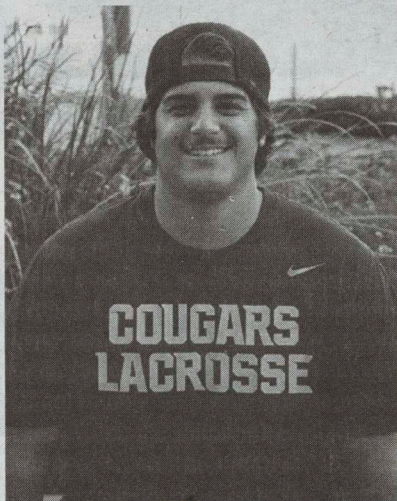
would spend hours together after school playing the sport in the backyard.

Beyond that, lacrosse provided him with the opportunity to meet new people and gain new experiences.

He described it as similar to a fraternity in that way, and that is the message he would like to share with all the students on the CSUSM campus.

The men's lacrosse club here at CSUSM offers students a number of benefits.

"If you aren't into the frater-



Featuring
Dylan Perry,
who plays for
the CSUSM
Lacrosse team.
Even if you're
not interested
in playing the
sport, come out
and watch the
home games.
Games are
always exciting.
Photo by Corrina
Babiash-Clark.

nity lifestyle, clubs in general is a way to get yourself out there and meet new people.

The lacrosse club doesn't turn anyone away even if they have never played. Our coach also wants us to be as much like a varsity sport as it can possibly be as a club level so we try to do everything the big time schools do.

"We have a weight program, lifting program, dieticians and nutritionists," Perry said.

There are a number of clubs available at CSUSM,

including both men's and women's club lacrosse.

The men's lacrosse club season begins on Feb. 2, with the first home game on Feb. 22.

The team is hoping to improve upon last year's 7-5 record so come out and support them in that effort.

Contact information for the various campus clubs can be found online at www.csusm.edu/orgs/ or on the individual club websites.

Upcoming Sporting Events

7-Nov	Women's Basketball	La Sierra	7:30 PM
8-Nov	Men's Basketball vs Warner Pacific	Las Vegas N.V.	3:00 PM
9-Nov	Men's Basketball vs Rocky Mountain	Las Vegas N.V.	12:00 PM

Cross Country Championships at CSUSM

9-Nov	Men's Cross Country	A.I.I. Conf Championship	9:00 AM
9-Nov	Women's Cross Country	A.I.I. Conf Championship	11:00 AM



The San Diego Electric Run is Saturday, November 9 at the Del Mar Fairgrounds. The Cougar Chronicle is putting together a group of students who are interested in participating. If you would like to join please email Ali at seagloo1@cougars.csusm.edu for more information.

FEATURES

THE COUGAR CHRONICLE, WEDNESDAY, NOV 6, 2013

Features Editor:
Rico Palmerin
cougarchron.features@gmail.com

Campus nursing program

What and Where is the SoN

BY MEGAN HABEGER
NURSING COLUMNIST

Due to the distance between the School of Nursing building and the main CSUSM campus there has developed a bit of disconnect between the general student population and Nursing students.

Here at CSUSM we have over 500 students pursuing nursing degrees through what is affectionately referred to as SoN.

Many students may not even know where the School of Nursing is, let alone what the experience involves.

To become a nurse, you first must put in your time as a pre-nursing student. Pre-nursing students are typically intelligent, highly-motivated and committed individuals who are willing to put in several years of hard work.

This means carrying a heavy class load to get through a long list of prerequisites (including Human Anatomy and Physiology, Microbiology and Organic Chemistry courses), while also beefing up applications with extra activities such as volunteering at local hospi-

tals—all this is just to qualify for the Nursing Program.

There is no guarantee that pre-nursing students will be accepted because most nursing programs are highly impacted, meaning that many more students apply than can possibly be admitted. Some students might believe that after acceptance, the hardest part is over. They couldn't be more wrong.

The academic requirements to qualify as well as remain in the program are indeed extensive, but the intellectual challenges are not the only things to consider.

Nursing School goes beyond testing its students mentally, and pushes them to their physical and emotional limits. Through many group projects students are forced to learn to work together for long hours, despite various abilities, personality types and levels of exhaustion.

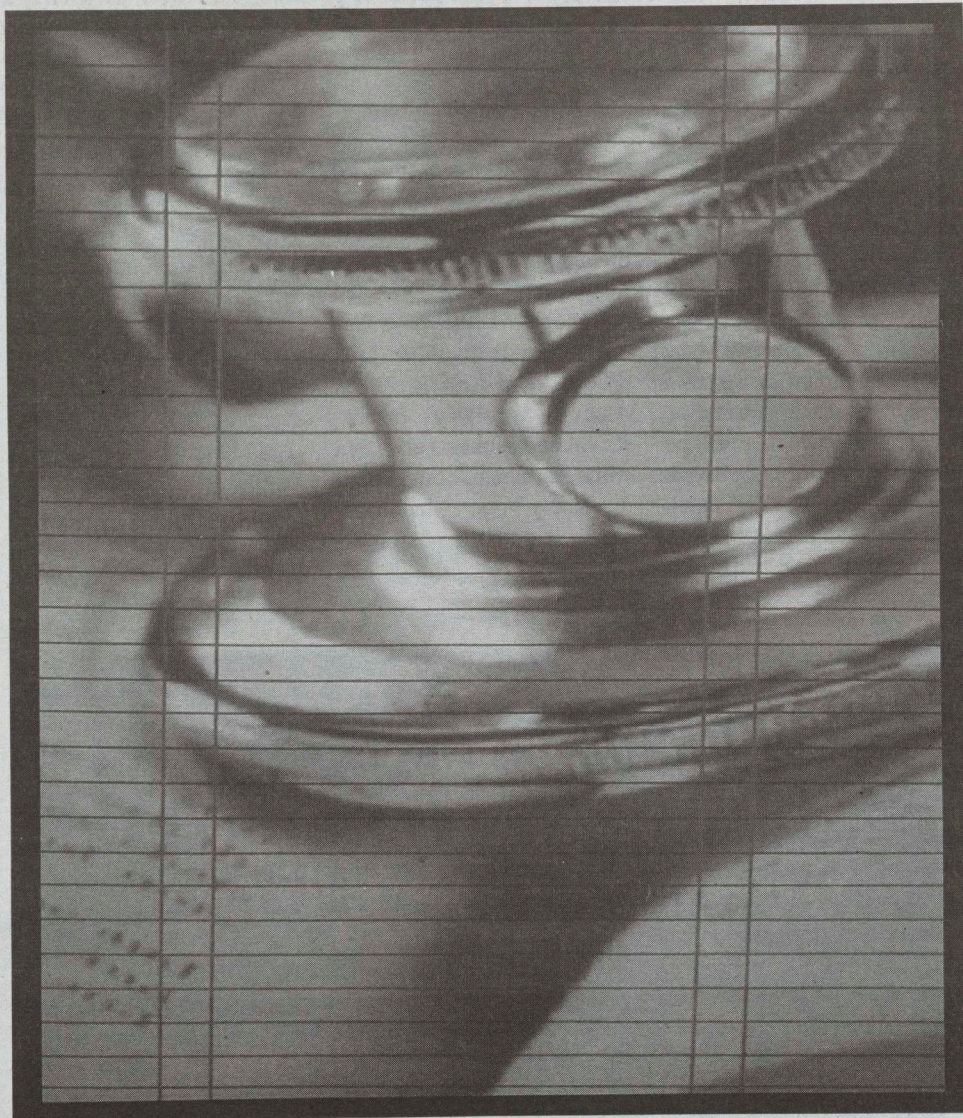
Working, hands-on with patients tests students' ability to communicate with the sick, pained and irritated patients, physicians who may be impolite and intimidating and nurses who are busy and overwhelmed.

Nurses-in-training have to be kind yet confident, setting aside the fact that they are terrified of doing or saying something wrong, and are likely sleep-deprived from staying up the night before writing a 40-page care plan assignment.

There are several degree programs offered by the SoN, with the majority of Nursing Students pursuing their Bachelor's of Science in Nursing (BSN) via either the 33-month Traditional (TBSN) or the 24-month Accelerated (ABSN) paths. In either case, students are admitted into a specific "cohort" which continues through the duration of the curriculum – in other words, the students who attend orientation together ultimately end up graduating together.

The School of Nursing has two campuses with one in San Marcos and the other in Temecula. The San Marcos campus is located just down the hill from the CSUSM main campus, on the northwest corner of S. Twin Oaks Valley Road and Craven Road.

The SoN leases space



Nurses hard at work studying and practicing their craft. Image by Anne Hall.

on the second floor of the Palomar Pomerado Health (PPH) building, which also houses the Student

Health and Counseling Services on the first floor.

The Temecula campus opened in 2008 and of-

fers a more convenient location for students who reside in the southern region of Riverside County.

Student Veterans Organization promotes awareness

By ANNE HALL
DESIGN EDITOR

Staff from the Veterans Center and students that participate in the Student Veterans Organization (SVO) can be seen all over campus participating in events, working to help the community.

As the school acknowledged Dia De Los Muertos, SVO members featured a table that took a moment to honor the fallen. Students put together a memorial with photos of those we've lost and the branches of military they served. Cougars gathered to observe the artwork and Veterans helped to create public awareness about the realities of being a part of military service and how youthful these lives were that were sacrificed. Female casualties were also recognized and people were in awe to find that women continue to carry a strong role in serving

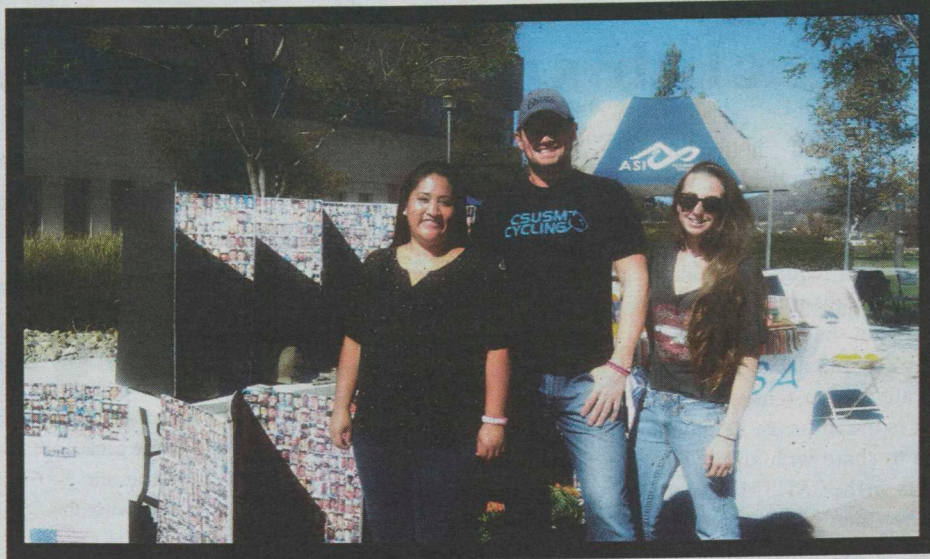
in combat.

SVO is a "one stop shop for veterans on campus," SVO President, Michael Betancourt, said.

The space is a place to get academic help, find comrades, be assisted with any student matters that one might find need for guidance and assistance in education.

There is no need to be a Veteran to be a part of the SVO. All students are encouraged to participate in this student organization. Benefits include building leadership skills, participating in events, volunteer work and building a business network within the community both on campus and within the neighboring community to get people into the workforce.

This Thursday, VA will be holding the Annual Veterans Day Observance in the Tukwut Courtyard to honor military veterans. Participants in SVO are doing events to cre-



Members manning the booth for Dia De Los Muertos and creating public awareness as student organizations utilize the day for remembrance of those who have passed. Photo by Anne Hall.

"On Veterans Day we take time to honor those that have served before us and to come. To commemorate and honor people who have protected the freedoms we have in the U.S."

--Michael Betancourt

ate awareness of the military presence on campus and addressing the issues of the demographic. ASI has recently created a new VA Officer position in student government to provide a representative for this population. Veterans are constantly finding ways to be a bigger part of the community on campus.

Friday will be the groundbreaking ceremony for the new Veterans Center that will open Fall 2014.

"Very exciting. CSUSM is known to be the most veteran friendly CSU. To have this building is to create a space that veterans can call home as far as community on campus. It's a great way for the school to thank us for all we've done and are doing," Betancourt said.

Everyone is encouraged to come and participate in the event. For more information visit <https://www.facebook.com/csusm.veterans?fref=ts> or visit the Veterans Center.

A lecture on the Miss America Pageant

By SARAH HUGHES
NEWS EDITOR

A discussion was hosted by the Gender Equity Center on Oct. 10 which focused on the Miss America Pageant awarding the largest scholarship available to females.

A board standing outside the center in the weeks prior read "Pageants - the biggest scholarship given to women in U.S. - is this a problem?"

The discussion lead by Cecili Chadwick, a CSUSM Women's Studies Professor, dealt with how diverse Miss America winners are, what the process of the pageant is and whether the states of these are acceptable from a feminist perspective. The winner of the Miss America pageant receives a \$50,000 scholarship, which must be used for school. Chadwick suggests that this is much higher than scholarships available to men and ques-

"If you can look good in a bikini and float across the stage then you can go to college."

tions the nature of it.

During the discussion Chadwick gave a lecture on the Miss America pageant. She had played with possible titles such as "Cheerleaders for War, Playing Dress-up for Money, Little boys become president / little girls become miss America, Miss America is always heterosexual and (almost) always a white Christian," but settled ultimately on "Madonnas, Whores and Girls-next-door. Some of the titles, like

"Cheerleaders for War" stress how in order to appear "wholesome" and "not opinionated" Miss America is expected to give political sounding answers, such as supporting the troops.

"Madonnas, Whores and Girls-next-door" identifies a third archetype that a feminist could argue women are forced to fit into society's misconception that all women are either maternal mother-Mary types or whores. Chadwick argues that Miss America is supposed to be an in-between in everything, essentially not having a solid opinion or identity. In this case, the unthreatening girl-next-door. According to Chadwick, such a girl is pretty, approachable, laid-back and won't embarrass you at parties or scold you for being wrong. She always has something smart to say about political questions, but won't be controversial or offensive.

A visit to tantalizing Mi Guadalajara

By ELIZABETH CRUZ
STAFF WRITER

If you are looking for a place to do brunch Sunday mornings, then Mi Guadalajara restaurant in Escondido is definitely a spot worth checking out.

On Escondido's Main Street, Mi Guadalajara's unique and castle-like appearance is hard to miss. Walking inside, the main dining room has cultural Aztec murals that instantly enhance your experience, and taking your eyes off the décor, you'll see a lady making fresh tortillas by hand.

For the best deal, I recommend the Sunday Brunch three level buffet which runs from 10 a.m. to 1 p.m. and costs a reasonable \$17.99. If

you are over 21, bottomless mimosas come included in the brunch which is an all too welcome touch considering how expensive drinks can get.

The first level consists of a salad bar where you can choose from different fruits, salads and ceviches accompanied with traditional Mexican favorites like seafood soup and pozole (a mouth-watering traditional Mexican stew typically prepared with pork or chicken). Here you can also choose from an array of traditional favorites like beans, rice, enchiladas, potato with chorizo, chiles rellenos, meats in different salsas and so much more.

If you got a sweet craving, the second level contains traditional Mexican desserts like flan, tres leches

cake, apple filled churros and bunuelos, which are deep-fried pieces of dough dipped in brown sugar syrup, cinnamon, guava and topped with powdered sugar.

On the third level are the omelet station and, my personal favorite, the taco station. Here there is a lady making melt-in-your-mouth corn tortillas. Neatly placed next to her is an assortment of meats and salsas to make tacos.

You will leave here more than satisfied and I can guarantee it will not be a one-time experience! So head on over this weekend to Mi Guadalajara, 525 W 2nd Ave. Escondido, CA 92592, (760) 746-4371 miguadalajararestaurant.com

ROTC is campus community

By ANNE HALL
DESIGN EDITOR

Reserve Officers Training Course is a college program offered on campus focused on preparing young adults to become productive members of society and potential active duty military personnel.

Captain Orezza is one of three supervisors who oversee the program. Accompanying him are Sergeant First Class Angel Martinez and Lieutenant John Hibbert. These individuals are active duty military members assigned to three years residence for the CSUSM program.

Orezza states the mission of ROTC, as a course study, is

to focus on "the growing individual," the college student.

There are currently 35 students enrolled in ROTC. Requirements for joining the program come in three parts.

Part one, being the first two years in the program, intends for the student to gain experience and military insight. Deciding if it's for you is the main consideration for becoming a cadet—part two.

If one chooses to participate as a cadet all that is required is to register for the course on campus. The course fulfills political science requirements. Physical training and lab work are not included but the course work is credited. Enrolled students become contracted cadets.

From here, students move toward part three: deciding to pursue a career in military service and become a contracted member which could potentially continue on to become active duty or reserve.

Even when contracted, there is no guarantee that participants will be selected to serve in the armed forces. By the student's junior year they are either contracted or not. Participating students can be enrolled and contracted as officers with ambitions of becoming contracted for military service.

As a member of ROTC, students are given a four-

(ROTC continued on page 7).



The Miss America Pageant is an ongoing tradition that supports women in their pursuit of a higher education, as well as a claim to fame, as they continue on to compete for Miss Universe. Photo by Anne Hall.

General education courses aren't worthless Internship showcases science class value

By CASEY CARLSON
STAFF WRITER

Even just as interns, a lot of medical offices don't want to hire students due to liability. When a doctor is considering to hire an intern they need to see that, for you, the practice is a passion. Also, it's a good idea to know a few things before walking into the job.

Knowing how to use most of the blood work panel and urinary test machines is a definite appeal booster, especially since some of these machines can be very complex, and include key scientific devices such as a centrifuge or spectrophotometer (a device which measures light)—both are terms you'd pick up in a science class.

A commonly used piece of equipment, the blood analysis machine produces graphs resembling those you would

see in chemistry and biology classes. These include peaks and troughs that show if there are more or less white blood cells than normal. I

Working with a veterinarian has proven just how useful chemistry and biology class can be.

Interns also use the infamous testing strips that were used in science classes since middle school to test pH balance; the ones that made you afraid to drink lemonade because it was only a few measures away from battery acid.

People think that some of their classes won't help them in the workforce.

As a veterinarian intern it is likely that time

will be spent working with the many pets brought in.

Seeing tumor-like growths on a person's pet can be scary. Sometimes these

growths look much worse than what is this case. One dog came in with a large growth on the back of his head. The doctor thought it was a severe tumor and decided to remove it that day.

Upon removing the bulge it was clear that it wasn't cancerous due to the lack of spreading of the bulge on other parts of the neck. A different dog came in the follow-

ing week with a bulge on the cheekbone. During surgery it seemed that it could have been caused by an improper injection of shots. However, it soon became clear that the bulge was cancerous. Because it was caught early on, before it could affect surrounding cells, the dog made it out okay.

In science classes you learn about these deformed cells and how they can grow and take over surrounding cells, but it's different seeing it in real life rather than just pictures from a textbook.

The reality check is just a part of the experience of working with a professional. They can help you grow and educate you on subjects that may not be covered enough in class, but learning the basics beforehand could make the difference between landing that internship or not.



(ROTC continued from page 6).

year graduation plan. Education comes before all else.

"Students come first," said Captain Orezzaoli.

Cadets are involved in the community and provide their services helping the homeless, reading to students, assisting in other ROTC programs in elementary and high school grade levels, as well as carrying out duties in color guard and participating in various other events.

Equal Opportunity and Sexual Assault Prevention and Response programs are taught quarterly through

this course as well as the Army's standards of fitness. To enroll students can apply through the campus Veterans Center. Applications are processed through Vicky Hernandez and submitted to San Diego State University's Aztec Battalion.

The program also upholds a strong relationship with the campus Athletic Department, Pride Center, Gender Equity Center and the Veterans Service Center. For more information visit the campus Veterans Service Center in Craven Hall 3724.

Faculty Profile

Dr. Rajnandini Pillai

By AMANDA LENOX
ASSISTANT TO THE EDITOR



Dr. Rajnandini Pillai is a leader and inspiration for College of Business Administration students both in and out of the classroom.

She received her undergraduate degree in Microbiology and Chemistry but changed her career course when she earned her MBA from the University of Bombay. Dr. Pillai has always been passionate about studying leadership, so her master's thesis focused on the leadership styles of bank managers. She received a scholarship to attend the university at Buffalo, The State University of New York, where she obtained her Ph.D. in Organizational Behavior.

Professor Pillai explains her decision in choosing her field of study saying, "Ever since I was a teenager my mother exposed me to the autobiographies of great leaders...and so I read about Abraham Lincoln, Mahatma Ghandi and Churchill. And one of the reasons why I'm so interested in charismatic leadership is because I always wanted to study leaders who made a difference, especially when a company or a country is in crisis and along comes this person that everybody looks up to."

Professor Pillai was recommended by her advisor to Glen Brodowsky, fellow SUNY, Buffalo graduate and COBA faculty member, when CSUSM was looking for teachers to teach organizational behavior and leadership.

"Try to take a business class if you can because you learn a lot of things about how to be an effective employee in an organization."

--Dr. Rajnandini Pillai

"I interviewed here, loved the place, loved the fact that it was very entrepreneurial and it had miles to go in 1998," said Dr. Pillai.

The courses she teaches at the undergraduate level include Leadership and Organizations and the popular course, In the Executives Chair. The class brings in a new CEO each week to talk to students about the "stories of their successes and failures." At the MBA level she teaches Leadership and Business Ethics. She also supervises Senior Experience teams.

Dr. Pillai is also one of the co-founders of the Center for Leadership, Innovation and Mentorship Building (CLIMB). CLIMB is a resource "for both external

and internal communities: students, faculty, administrators, staff, as well as the business community and other members of the community."

"I get to share my passion with my students. I hope in some way I can make a difference in students' lives," said Professor Pillai when asked what she likes most about teaching.

She also loves meeting new students each semester and keeping in touch with them after they graduate. Dr. Pillai hopes that students "recognize that leaders have a major impact. And even if they cannot change the leaders that they currently have... they can go out and make a difference with the people that they lead in the future."

"We coach, teach and mentor cadets to become positive leaders and members of society."

--Captain Gino Orezzaoli

CSU The California State University

THANK YOU CSU SAN MARCOS

Thank you CSU San Marcos for your warm welcome. I was honored to meet the students, faculty and staff of this outstanding campus. You are an important part of our vital university system.

I learned a great deal about the campus and the community. It is clear that CSU San Marcos' students, faculty and staff are making a difference in the lives of many people. What you do every day matters.

Despite the challenges we face, our successes will come with the work we do together. I look forward to supporting your efforts and continuing to see and hear about your remarkable achievements.

Warm regards,

Timothy P. White

Timothy P. White, Chancellor



Autism Spectrum Disorder stereotyping Misconceptions breed negative effects

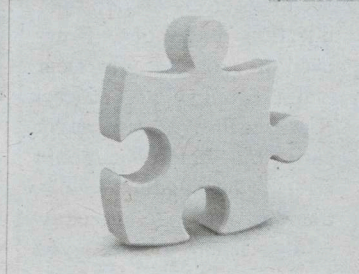
By CHELSEY NICOLE BROWN
STAFF WRITER

Media representations of autism have led to issues with labelling, causing those with the condition to feel hurt and frustrated.

We all remember the movie "Rain Man." It was the story of an autistic "savant" named Raymond who is Tom Cruise's character Charlie Babbitt's unknown brother. In the film, Raymond is incredibly gifted in "mental calculation," and can count literally hundreds of objects at once. This ability is extremely past the normal range of human men-

tal calculation abilities.

This film, while receiving rave reviews and numerous awards from the box office, has created a horrendously invalid stereotype about people with Autism Spectrum Disorders (ASDs) being savants. It has even gone so far as to be used as a short hand to refer to an individual with autism. Whenever I bring up that I have an ASD, nine times out of 10 the first thing someone says is "So you're like 'Rain Man,' right?" That's not to say that "Rain Man" was without its positives. The film did bring to light the abject failures



of many public agencies to accommodate individuals with autism and make use of the skills they do have.

What most people do not realize about autism is that it is a spectrum. Every single individual case of Autism, Asperger's syndrome and PDD-NOS (Pervasive

Developmental Disorder - Not Otherwise Specified) is unique. Two or more individuals might have similar symptoms, but the degrees in which they affect each particular individual vary greatly.

I am in firm belief that this film laid the groundwork for all modern forms of ignorance about ASDs. While this particular film's problem is different from most modern forms, from it has stemmed a hydra of ignorance ranging from "People with autism are mentally retarded" to even accusing people with ASDs as being violent or prone

to violence. For example, MSNBC's Joe Scarborough had accused the Sandy Hook Elementary School shooter, Adam Lanza, on his show, "Morning Joe," of having a violent form of ASD despite the fact that Lanza didn't even have an autism disorder in the first place.

The issue that myself and many other individuals with an ASD is the constant second-class status we are nearly forced to live under, whether it be directly or indirectly. We already have to deal with the innumerable and inevitable struggles that come with living with an ASD. The general public should not

compound on it by treating us any differently than how they would treat neuro-typical people. Autism isn't a disease; it's not an illness. It cannot be cured, and nor do we want a cure regardless of what organizations like Autism Speaks have to say.

We are people. We have the same thoughts, feelings and intelligence levels as you all do. We might be really good at something, we might not be. We are not what the media and popular culture have portrayed us as being. We deserve the same respect as everyone else, regardless of our status.



*"In unity
we
remain."*

Group photo provided by the Kamalyan Alliance.

Kamalyan Alliance's Friendship Games

By BRANDO CASINO
STAFF WRITER

This past week, CSUSM's Filipino-American organization, Kamalyan Alliance, participated in an adrenaline-charged, high-spirited, S.P.U.F-tastic event called Friendship Games.

Friendship Games originated in 1985 to help unify different schools that had a Filipino-American organization. Over time, Friendship Games developed impressively in size, including different UC and CSU campuses north and south of California, and even campuses from Arizona and Nevada. Friendship Games is celebrated at the end of October, which is the Filipino-American History Month and through this, we, as one, celebrate the Filipino culture. As the years go on, Friendship Games has reached out their hands to other ethnicities. It not only uses this event to help unify the Filipino community, but to reach

out to other ethnicities, open up their minds and come in one with one another. That is the whole purpose of Friendship Games, which was celebrated this year on Oct. 26.

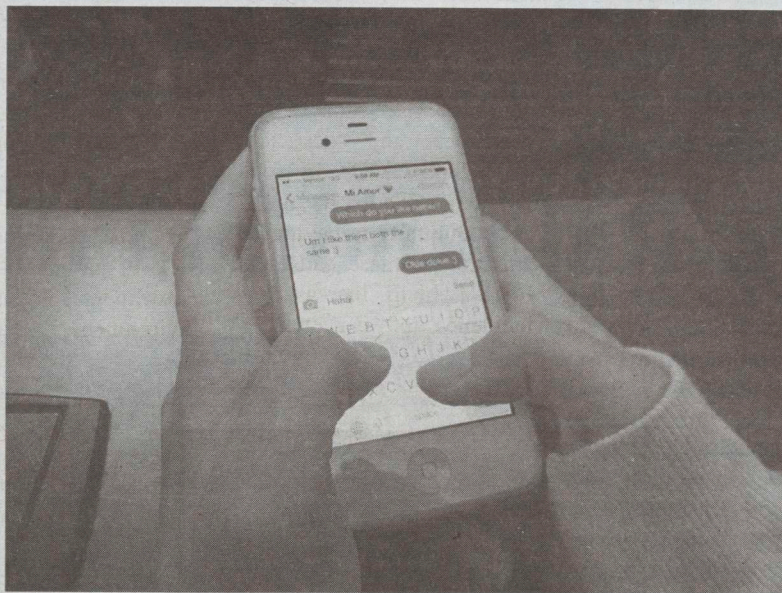
Once all of the schools participating arrived at CSU Fullerton, where Friendship Games was held, all of the schools immediately begin to show their S.P.U.F, meaning SPIRIT, PRIDE, UNITY and FRIENDSHIP, towards the other schools by chanting spiritedly, loudly, proudly, creating the feeling of togetherness with one another.

In Friendship Games, over 40 Filipino-American student organizations participate in a friendly picnic-like competition, and these are not your average types of games. Games include Alpine Green, The Nasty, Conveyer Belt, Ground Hog and Tidal Wave. Each year a school is crowned the first, second and third place of Friendship Games.

Kamalayan Alliance, this year, dressed up uniformly as

the Green Ranger. In one of our chants, we say together as one, "we may be small, but size doesn't matter! WE MAY BE SMALL BUT SIZE DOESN'T MATTER!" over and over again until the other schools can hear our hearts roar. The reason why we say this is because Kamalayan Alliance, compared to the other schools, in size is small, but when it comes to the heart, pride and love that we have for one another, the other schools could not compete.

Although our school did not come home with a trophy, the members of Kamalayan Alliance created a bond that is so strong, not even superman himself can break it. Kamalayan Alliance, a growing Filipino-American organization, will continue to take part in this exhilarating, eye-opening event we call Friendship Games, represent our school, Cal State San Marcos, and show the Cougars will always be number one!



Phone etiquette no-no's photographed by Noelle Friedberg.

Please put your phone away

Disruptive classroom behaviours or Proper classroom etiquette

By NOELLE FRIEDBERG
STAFF WRITER

Students using their phones during class lecture serve as distractions to those around them and as a thorn in their professors' sides.

We all know professors find it rude when we pay more attention to our cell phones in class than we do their lectures. So why do we do it? When we really think about it, I think most of us can admit that cell phone use in class has gotten a little out of hand.

In any given class you only have to turn your attention to the girl sitting next to you to find her texting "Mi Amor."

You only have to look up to see one of your fellow students Snapchatting a picture of the lecture to one of their friends. You only have to turn around to see the guy behind you scrolling through his Instagram. But is it really worth it?

I for one find it hard to concentrate when the person in front of me is constantly on their phone and I'm sure I'm not alone in this. Professors even point out how annoyed it makes them. My marine biology professor is always

calling people out for texting in the front row, and I have to agree with him that it's wrong.

Focusing on your phone instead of what your professors are saying is basically communicating to them and the rest of the class that you really just don't care about what they have to say. And maybe you don't. But next time you're glued to your phone during class at least ask yourself, "Can it wait?" Because if it can, you should probably put your phone away. Instagram, Facebook and whoever you're texting at the moment will still be there when class is over.

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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.

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CRAVEN 3500

TUESDAYS

NOON - 12:45 P.M.

Commentary: Benefits of lab-grown meat

By LAUREN HAMMOND
OPINION EDITOR

In the last issue of The Cougar Chronicle, Features Editor Rico Palmerin discussed the controversial nature of lab-grown meat.

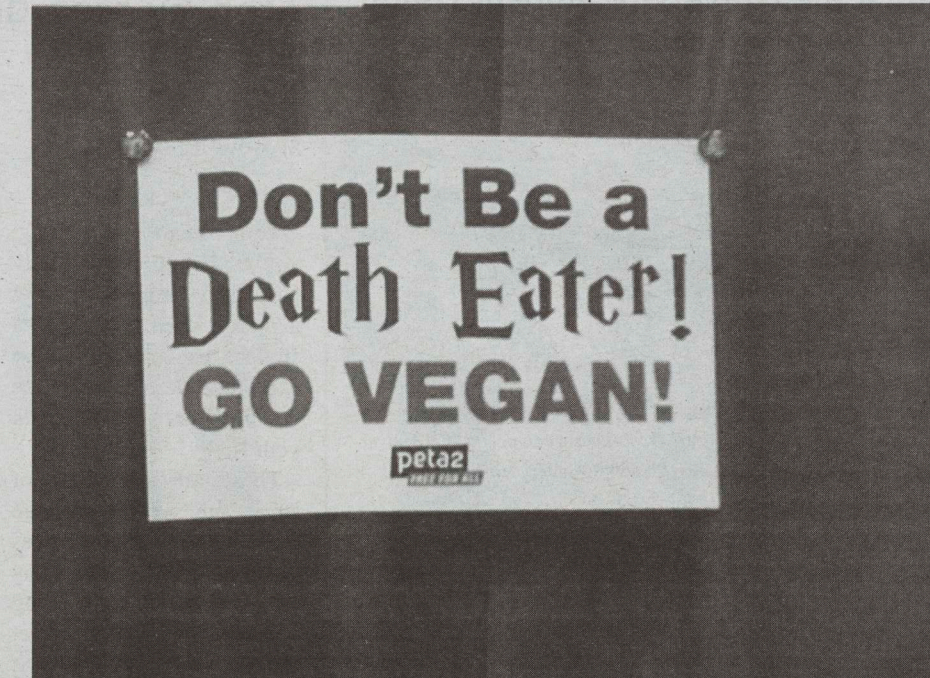
The CSUSM students and professors reviewed in the article suggested that this form of meat production was impractical and disgusting. Being a humanitarian, animal-rights advocate and having an organic, plant-based diet, I was thrilled to learn of this innovation. I beg that the community begins to reevaluate current agricultural biochemical standards and consider the benefits of producing lab meat.

According to Dr. Robert Rider, CSUSM Economics Professor and Chair of the Economics Department, lab-grown meat will restrict US exports to outside countries. Professor Rider also examined the existing restrictions on meat exports, as many countries currently refuse North American meat due to our use of antibiotics in the breeding of animals and growing of

crops. This should raise a red flag to American consumers. Why is it that other countries refuse the sale and consumption of genetically modified foods while American consumption increases? Perhaps it is due to the irrefutable evidence of GMO's harmful effects.

America, China and Canada have the highest amount of GMO productivity and consumption in the world. In a 2011 issue of the Canadian Medical Association Journal, scientist Dr. Shiv Chopra revealed some of the devastating affects GMOs have had on human health.

"Each year approximately 11 million Canadians suffer from food-borne disease (FBD). But there is more to FBD than food-borne infections. The Canadian food supply is now the most toxic on Earth, due to the indiscriminate use of hormones, antibiotics, and slaughterhouse waste, along with pesticides and pesticide-dependent GMOs in food production. Sadly, the medical community is paying no attention to these causes of FBD [which] increase the incidence of cancer, dia-



The carnivore vs. omnivore battle continues on and surpasses the stone age to evolve into vegan powers vs. mutant meat. Photo provided by Professor Linda Pershing.

betes, hormone disruption, neurological, immunological and other metabolic disorders," Dr. Chopra stated.

My initial suggestion would be to eradicate the exportation of meat and GMO productivity all together. The mass production of beef, in particular, has had a detrimental impact on the environment. Large-scale

conversions of natural habitats to farmland have significantly contributed to the increase of harmful water pollution, soil degradation and greenhouse gas emissions. Health and economic issues could be resolved if production was grown organically and sold locally.

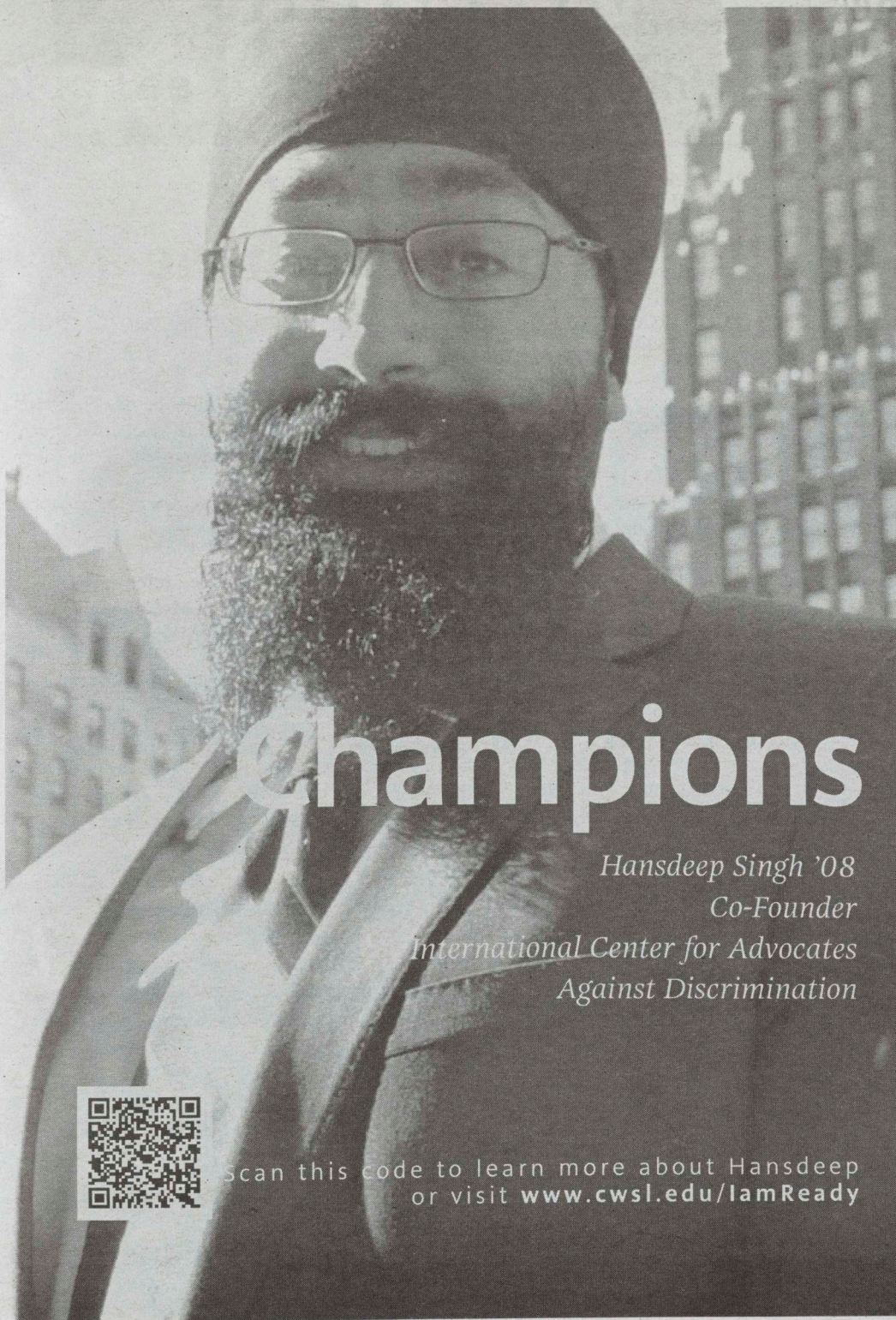
I understand that this ideological approach is most

likely inapplicable for the time being. US political heads have made it clear that the high economic income of meat and crop exportation is preferable to that of our country's health and I do not think that we will be seeing a change in views for quite some time. However, I do believe that supporting the advancement

of lab-made meat will lead to better economic and environmental sustainability.

In the last issue, Palmerin discusses the inclination towards "natural" meat. His interview with fellow CSUSM student, Elizabeth Cruz, suggests that if introduced to the possibility of lab-meat, the general public would probably prefer to consume traditional meat. It is important to highlight that the majority of the 270 lbs. of meat consumed by the average American each year is genetically modified. Meaning, the meat that is being consumed, in logical sense, is already lab produced!

There is little difference between producing meat within a lab and injecting caged, terrorized beings with plumping toxins for the pleasure of human consumption. When it comes to lab-made meat, the only differences that I concern myself with are the benefits that may arise. With further study it is hopeful that the lives of innocent animals will be spared, the whole of the environment will be bettered and the human community will stop being poisoned.



Champions of Justice

Hansdeep Singh '08
Co-Founder
International Center for Advocates
Against Discrimination



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Applauding paws for improvement

Better food to be offered at the University Student Union

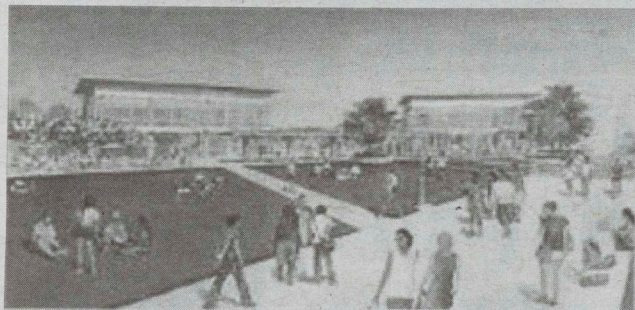
By SAIKA PITRE
STAFF WRITER

While there are many wonderful attributes to our campus, it is quite widely perceived that the campus food is not one of them.

The food on campus is not terrible but it's not considered to be top cuisine either. There have been quite a few complaints concerning the food quality and with the construction of the University Student Union, there are new high hopes for tasty food.

According to the University Student Union website, it is said that there will be many new food restaurants in the much anticipated Student Union including Sub-Versions, WOW café, Wholly Habaneros, Jazzman's Café and Bakery and the very well known Panda Express.

Along with many of my fellow Cougars, I am quite excited to see that we will be able to add food variety and



Art work of anticipated appearance of the University Student Union provided on the campus web site at http://www.csusm.edu/pdc/gallery/University%20Student%20Union/25_USU_Photo%20Gallery.html

additional comfort and convenience to our well deserving campus. Not only will we have the five restaurants that were previously stated, but we will also have a new convenience store that will feature a Jamba ToGo!

The establishment of the new University Student Union, which is to open in January, will be the perfect way for students to kick off the New Year.

Whether it be before, after or in between classes, students will be able to have a

fresh and exciting place to gather and socialize with other campus Cougars and maybe even meet new friends to add to your Cougar pack!

Either way, when making your first venture through the grasses to the Student Union, you can have comfort in knowing that after completely foraging through the floors of the building, you and your pack can rest your paws and feast in victory with higher quality dining.

Taking time to de-stress

Step by step directions to help ease your pain

By ZACH SCHANZENBACH
STAFF WRITER

Your heart is racing, you're sweating, mentally paralyzed and not getting a lot of sleep. If you're a student, chances are you've experienced all of these conditions at some point in your life.

These are symptoms of stress; ah, yes, a college student's best friend. Stress will just sit there and annoy your brains out, reminding you of all you need to get done for all your classes. It will remind you of that party you'll miss and, because you'll miss the party, you'll miss the chance to find a boyfriend or girlfriend, and then you'll be lonely while all the other college students have...

STOP STOP STOP!!! You're killing me, here! And you have just witnessed stress in action.

Of course, succumbing to

mental paralysis will only make things worse, so if you are feeling anxious you should probably do something to help de-stress. I have a few recommendations for those who are suffering with the pressures of school, work

breathing. During periods of stress people often take faster and more shallow breaths. Slowing down and breathing deeply can help calm you, and that's a nice way to start combating stress.

Organize yourself and prioritize. If you're overwhelmed with school, work and other stuff life can dish out to you, this is a must. Without straight priorities, everything can become a mess. I suggest starting out by making a small list of what's most important in your life. Following up on that, figure out what on that list is most urgent, and get that done first. That should take a load off your mind.

You could spend some time meditating or if you enjoy yoga, you could probably use some of its techniques. If you like music, put on some relaxing music so you can tune out of the world for a little bit. Once you unplug, you'll be refreshed and ready to roll!

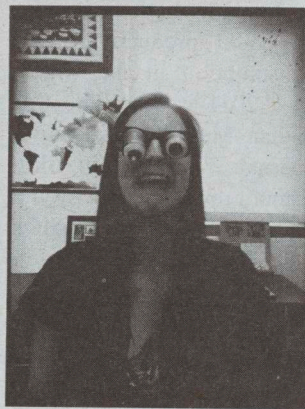


Photo by Lauren Hammond.

and social lives.

BREATHE. Well, no kidding. Who wouldn't breathe? We have to breathe to live. No, what I mean is "breathe deeply." Stressing out can have an effect on your

Slow Medicine approach to healthcare

SUPPORTING OUR COMMUNITY'S ELDERS

By LISSETTE NUNEZ
STAFF WRITER

CSUSM welcomed a guest speaker, Dr. Dennis McCullough, a physician and geriatrician who has brought a compassionate approach to caring for the elders.

McCullough visited campus on Oct. 23 and educated students about his ideas. Dr. McCullough's approach begins with what he identifies as Slow Medicine, a paradigm for partnerships between elders and their loved ones who care for them. Moreover, it is a philosophy and set of practices for approaching your life as you age in relationship with the health problems

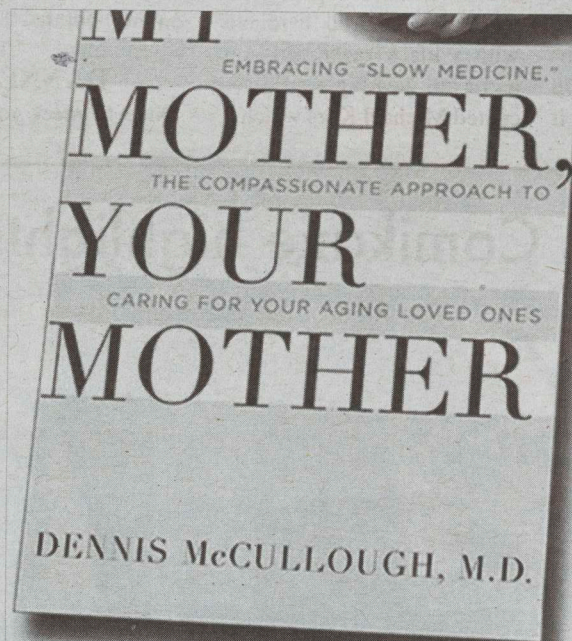
that come along in due time.

Differing from other healthcare systems, Slow Medicine was strictly developed through the beliefs and ideas brought by older people on how elders should be cared for. Slow Medicine combines an understanding coming from gerontology, which is the boarder study of how older people are in the world, along with study with their psychology, sociology, family relationships, economics and geriatrics; the study of health problems in order people.

What Dr. McCullough hopes to bring is a connection with Slow Medicine and Palliative Care in our healthcare system. Palliative Care is a

care system for those who are diagnosed with a chronic illness. This form of care centers on the needs of the person and focuses on their quality of life, regardless of age. What Slow Medicine and Palliative Care share is a focus on the individual, an engagement of the family and also on the whole person. The only difference is that Palliative Care is a form of healthcare that focuses on people with a chronic disease, whereas Slow Medicine focuses just on the elderly.

Slow Medicine demonstrates the most supportive approach when dealing with the care for our elders because as McCullough explains, "slow medicine brings



Book cover of "My Mother, Your Mother," by Dennis McCullough, M.D. Official web site can be found at <http://www.mymotheryourmother.com/>

together the best 'medical caring' with our age-old traditions of support and caring for elder and their families." please refer to Dr. Dennis McCullough's book, My Mother, Your Mother.

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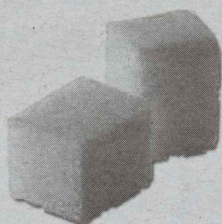
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'Stres\$\$ed. Depre\$\$ed. But Well Dre\$\$ed.'

BY ALEX MARAVILLAS
FASHION COLUMNIST

"Stres\$\$ed. Depre\$\$ed. But Well Dre\$\$ed." is here to help spark creativity for readers and also it works as a paparazzi to show spotlight on students here at CSUSM, who have interesting and unique taste in style, music and all around in everything. It is about expression. If you are a fashion, street-style, art and modern music junkie, this may be the place for you. The idea behind the madness was as an inspiring fashion designer and college student with a war in mind, I consistently look at street style blogs, fashion runway and looking more on Tumblr.

I am putting myself out there, taking "Outfit of the Day" (OOTD) photos of people out and about on campus. I will compliment their outfits, and ask them what are they wearing and a few interview questions.

First, one consistent question I will always ask is what kind of music they are currently listening to. I will ask them what five songs they are currently obsessed with, and develop a little playlist and put it

along with the OOTD photo of the lucky fashionista.

This is just a way to shine a spotlight on some of the students who take time to put together a one of a kind outfit, stir up some buzz on campus and definitely be a great way for me to connect with the community.

Hello, Adrineh

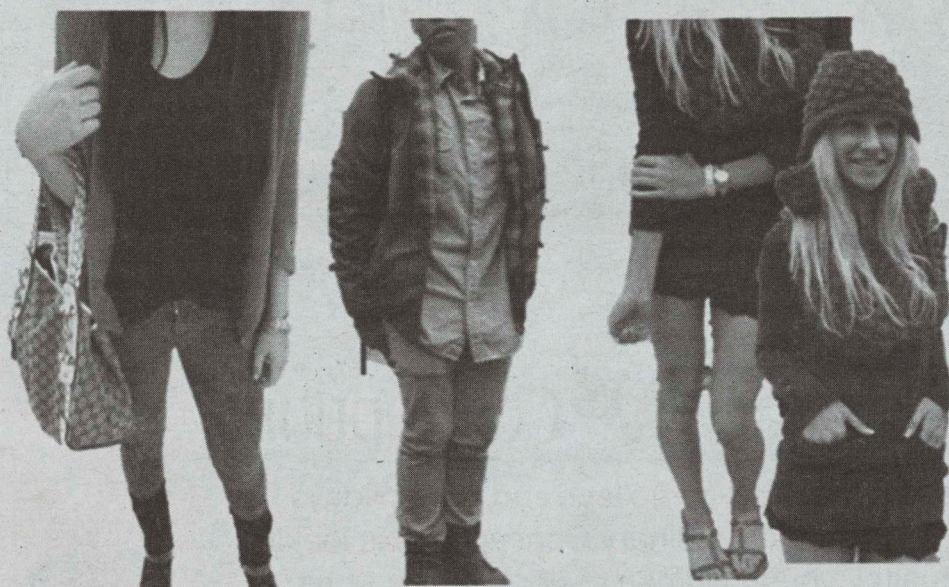
What kind of music are you listening to now?

"I am definitely into Rap, Old and New, like new era of Gangster Rap. Or like trill music and trap music. I am also getting into country music, which is kind of a juxtaposition, but I think somebody who is really interested in music and what it can do for you, is somebody who is interested in all types of genres of music not just one."

That is a great point and I agree with you.

So if you don't mind me asking, what are you wearing today?

"Today I am wearing camo print pants from Nordstrom, military style black boots with gold studs by Steve Maden, a regular cotton beige colored cardigan with a black racer tank top and I am wearing a gold-accented Michael Kors watch."



The fashionista's rocking their wear at CSUSM. Be fashion proud Cougars. Photos by Alex Maravillas.

I love it!! So any other words you would like to share with "Stres\$\$ed. Depre\$\$ed. But Well Dre\$\$ed."?

"I think everybody should research different styles and stay up with current trends, not only just to be cool or fashionable but because that allows everybody to send a message to whoever you see on the street and it just really allows you to bring your personality out to the world."

DANNEN

Nice to meet you! So my

first question is, what kind of music do you listen to?

"I listen to all kinds of music. I don't usually typically listen to scream-o or death metal, but I am into country, classical, Spanish music, as well as hip-hop and RNB. And I also love rap. I had like a rap phase, like five years in my life where I listened to nothing but rap."

Metoo! I am still in that phase.

"I'm just always between everything. It depends on my mood or day. If I need something up beat, or I might lis-

ten to something romantic or I might listen to pop. If I have down time, I'll listen to classical or when I have downtime with a relationship, I'll listen to country."

Okay, so my next question is what are you wearing today?

"Today, I am wearing Aztec-sandals. They are a little bit brown. Also I am wearing a citizen watch that is eco-friendly just because I don't want batteries in a watch, also I think batteries are bad for the environment. The bracelet, I am wearing is

actually a Hollister bracelet with some beads on it, and it's white, so it doesn't out-do everything, and It goes with my nails. I have French tips also. I am also wearing a Mossimo sweater. So it's very cheap and inexpensive, so which is great for college students and it's very fashionable. I paired it with a red scarf, and a red beanie, which is really warm, and the colors are very neutral, especially for the fall season."

KYLE

Hello, I am going to ask you a few questions, and my first question is what kind of music do you listen to?

"The type of music, I listen to is generally hip-hop, and I love underground music too. I also listen to all types of music. I listen to country, alternative, electro, folk, and indie. Those are the main ones I listen to."

Nice! So my next question will be, what are you wearing today?

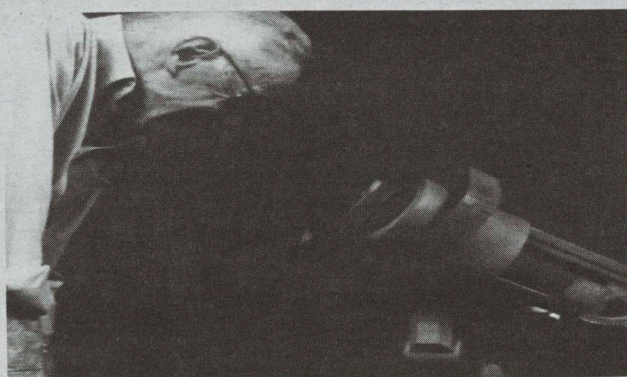
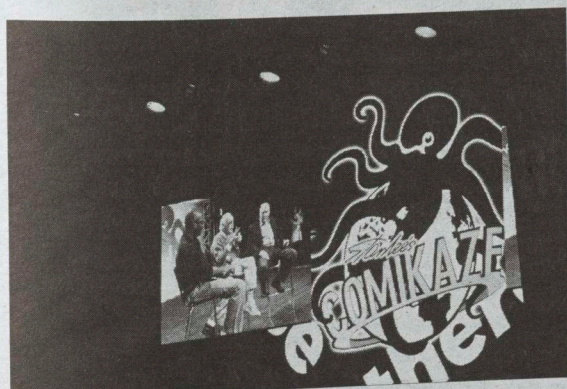
"I am wearing some Vans O.T.W. high tops, some active jeans, some type of gray long sleeve, and an H&M green jacket with my Casio black watch and Rayban glasses."

Stan Lee's Comikaze highlights at the Los Angeles Convention Center

BY FAITH ORCINO
A&E EDITOR

Visit csusmchronicle.com to see more photos from Comikaze and find out what all the bustle is about.

BY ANNE HALL
DESIGN EDITOR



STUDENT A: "NOVEMBER" BY FAITH ORCINO



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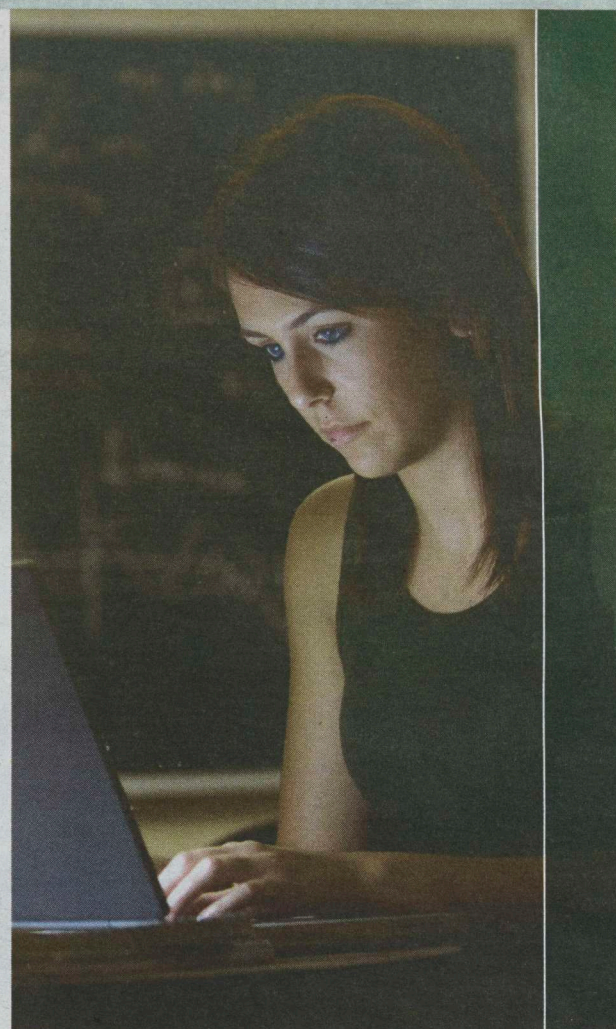
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