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Heightened concern over increased sexual assault reports

Third documented assault since semester onset

By Jasmine Demers
Community News Editor

CSUSM students have been exposed to a harsh reality and have reacted in response to a significant increase in reported sexual assaults on campus.

Campus police are currently investigating two additional sexual assaults that occurred at The Quad in September. On Sept. 24, UPD was informed of an alleged rape that reportedly occurred between Sept. 18 and 19. Another assault was reported on Oct. 3 and was said to have occurred between Sept. 12 and 14, less than two weeks prior to the first report. Each of the alleged rapes reportedly took place at the residence hall where both suspects had attended a party.

Since the semester began in August, crime alerts have been issued for a total of three sexual assaults. The university recently issued its annual Jeanne Clery report, which

shows campus crime statistics for 2011 through 2013. According to the disclosure, there were zero reported sexual assaults in 2011, one reported sexual assault in 2012, and one reported sexual assault in 2013. CSUSM's reported assaults have tripled within just a couple months of the 2014 school year.

CSUSM student, Lizbeth Moreno, commented on the issues surrounding assault in the campus community.

"It's infuriating that this keeps happening but people need to know that this is a reality for so many different people," Moreno said.

She explained the importance of students coming together to end sexual assault in the community, but she also said that there are some positives that come from survivors being brave enough to tell their story.

"In a way, I think it is a very good thing that we are seeing more reports. In past years, there have been a very small



Karen Guzmán and Cecili Chadwick discuss a Feminists' point of view to campus questions at a meeting on Monday Oct. 6.

amount of sexual assault cases that were actually reported to the police," Moreno said. "There are so many women who don't want to be re-victimized and who are afraid of being blamed, so they would rather sweep it under the rug than have to relive it. But, it looks like that may be changing little by little."

Moreno and other advocates against sexual violence

have taken it upon themselves to become the voice of survivors who have had these experiences. Groups such as The HOPE and Wellness Center, Student Health and Counseling Services and STARS are sponsoring a handful of lectures and advocacy events in October. These include the STARS Peer Theater on Oct. 20, Know Your IX Rights and

No More! An Evening of Advocacy and Spoken Word on Oct. 21. In addition, there is the Healthy Relationship 101 discussion and Healing Through Art Reception on Oct. 22, Yes Means Yes! Advocacy Tabling on Oct. 21 and 22 and the Cougars Step UP! Bystander Intervention Training on Oct. 24.

These CSUSM students and faculty are doing what

they can to raise awareness against domestic violence and sexual assault, and are providing support for the "No More" Public Service Announcement Campaign, which features more than 50 celebrities and public officials who are also speaking out about these issues.

"What we want survivors to know is that they have a whole community of people who are supporting them. It is not your fault and it will never be your fault. We are here to be your voice," Moreno said.

CSUSM students are ready to take a stand against the increase of sexual assault within the campus community. Confidential support and counseling is offered to anyone who has been victimized by sexual violence and the university encourages anyone with information regarding the investigation of these sexual assaults to please contact campus police or the SAFE hotline.

CSUSM's new Veterans Center inspires elevated involvement



Photo by Matthew J. Kuhlman

Even CSUSM President Karen Haynes feels at home at the new Veterans Center to casually stop by for a chat with colleague Laura Stowell, Director of the San Marcos Writing Project.

By Matthew J. Kuhlman
Photo Editor

Ever since the ribbon cutting ceremony at the new Veteran's Affairs center, the new facility has become a welcoming hot spot for veterans, staff and the en-

tire CSUSM community. There has been a noted increase in both veterans already associated with the center as well as newcomers who previously never really had the chance to visit. "The new central location and design of the VA Center seems

to invite and draw people in as if it just 'looks' like the type of place to stop in and get answers or direction," said Alexis Bruno, a SN Criminology and Sociology major.

The layout of the new center was designed specifically for, and succeeded at, creating a space that is welcoming, informative, relaxing and constructive as well in the way of study and administrative designated areas. The first few steps into the front door present a friendly and informative member at the front desk leading right into a large social area with a large screen TV and seating for anyone who wants to relax for a while or just stop by for a quick break.

"The layout of the center makes it much easier to focus on school work at one end of the center and leaves room at the other end for camaraderie, entertainment and a more

social setting for exchanging information with fellow members and students," said Aixa Escobar, a SN Psych major. "It sets up a more open exchange of knowledge and shared experiences."

One of the major accomplishments of the new VA Center, whether it was an intentional goal or that is just happened, is that the atmosphere seems to automatically break down previously existing barriers. Far too often the very idea of a veteran facility, or any military based center, almost always sets people 'on guard' because they have a preconceived notion that they have to be very formal and expect a struggle with red tape.

"Ever since the opening of the new VA Center, we've noticed this sort of aura in the atmosphere," said Claudia Oregeal, a SN Business major. "My personal goal,"

said Oregeal, "is to make anyone who walks through the door feel comfortable."

Since the new Veteran Center is attracting every walk of student, the staff is always mindful that each new visitor may have specific needs that they think no one will understand or be able to help them with. After just a short period of time experiencing what the new VA Center and staff have

to offer, students, veterans, and dependents all end up realizing that someone at the center has been through what they are going through.

The inviting atmosphere of the new center combined with the knowledge and information available from the dedicated staff continue to live up to the new center's goal of being a beacon of support for the entire CSUSM community.



Photo by Matthew J. Kuhlman

Student veterans find the new social area incredibly inviting and relaxing.

CSUSM hosts Guelaguetza festival

Community celebration of Oaxacan culture



Photo courtesy of Latino Association of Faculty & Students.

By Katherine Ramos
Staff Writer

Guelaguetza, the latest initiative to celebrate diversity and heritage on campus, was celebrated this past Sunday. A festival meant to celebrate Oaxacan heritage, the event has been on campus annually since 2000. The Guelaguetza has been traditionally organized by Coalition of Indigenous Communities of Oaxaca (COCIO), for 19 years in San Diego. It is modeled after the original Guelaguetza

festival in the city of Oaxaca, Mexico, a region filled with a mixture of cultures and people. Every year people gather in the city for a day of dance, music, food, crafts and an overall sharing of community and culture. That same festival is now reproduced and held on the front lawn of the Kellogg Library. The festival showcases Oaxacan Mexican culture with native folklorico dances and musicians, artisan crafts and traditional foods that are all authentically Oaxa-

can. All proceeds from the festival go directly to projects within the community. At least 8,000 people from the communities of the San Diego area visit the festival every year, as the Guelaguetza is considered a particularly good place for families, according to COCIO board director Cuez Rodriguez, since there is no drinking, nor any kind of discrimination against those who attend the event. “We create a safe space where the family can come and be away from hostile environments,” Rodriguez said. “Our festival is where they can be comfortable.” CSUSM student organizations and the Anthropology department both work with COCIO in order bring the festival on campus, and so far it has benefitted both sides of the partnership. According to Rodriguez, the association with CSUSM creates jobs each year for the school and helps spread COCIO’s message to the community. It also allows children

who would not otherwise experience a college campus to do so as a way of encouraging them to become more acclimated to making the transition in the future, according to Rodriguez. Student volunteers are also a part of the staff, although many did not know what to expect when they first came in. However, they all share a desire to learn something about the Oaxacan culture. “It’s a way different culture from my own and it’s very beautiful,” second-year volunteer at the Guelaguetza, Angelica Santiago, said. “I want to keep my culture and learn more at the same time,” student volunteer, Yohita Mendez, said. “There is a lot to learn still.” For COCIO, the primary purpose of the festival is to create an environment that is safe for family attendance, which is, in general, successful. “The idea of family and community together, that is our definition of festival,” Rodriguez said.

Creating the dynamic, digital portfolio

CSUSM resumes will now stand out

By Katlin Sweeney
Editor-in-Chief

The ways that students can catch the eyes of potential employers is constantly evolving, evidenced by the advent of the interactive, digital portfolio. Portfolium, the new way that students can bring a youthful spark to the traditional resume, was introduced to students in early September. The campus has partnered with the company by providing each student with an account and encouraging them to utilize the portfolio tool for an added visual component when going into job interviews. Nicknamed by some individuals as a “LinkedIn geared more for students,” Portfolium allows the user to demonstrate their professional and personal interests by actually showcasing the projects that they normally would just mention in a resume. With the success that Portfolium has enjoyed at other universities in California since its creation last year, the administrators at CSUSM became interested in providing Portfolium as a resource to students. Since its official “introduction” to campus a few weeks ago, the CSUSM Portfolium network already features over 1,000 entries and more than 8,000 students have logged in to begin their portfolio. “Portfolium will benefit CSUSM as an institution by benefiting the communities we serve,” Vice President of University Advancement, Neal Hoss, said. “With the ability to translate academic work and experiences into the skills and criteria that employers are looking for, we hope our students and alumni will be better equipped to get the job or promotion that will help them advance in their careers.” According to Vice President Hoss, the administration’s primary goals for Portfolium are to help students build a more detailed, well-rounded portfolio, to connect them to their peers and alumni and to attract more employers to hiring students at CSUSM that meet the qualifications they are looking for. In addition to this, the portfolio network will give pro-

spective students an opportunity to learn about the campus and student body by viewing CSUSM Portfolium profiles. Eventually, the administration plans to possibly expand its reach to more of the campus community as well. “At some future point we anticipate that this will be made available to faculty and staff, primarily in an effort to support CSUSM students and alumni who have their digital portfolios on Portfolium,” Hoss said. Some students may shy away from using Portfolium in its entirety due to the fact that it makes an individual’s projects and work public online. However, there are ways to protect intellectual property from being copied or stolen. “Our team built Portfolium with the end user in mind. That’s why we made sure each piece of content within a user’s portfolio has its own privacy and visibility settings,” Portfolium CEO, Adam Markowitz, said. “For the sensitive content, a user can set it so that only trusted connections and employers may view. For the portfolio entries showcasing a student’s passion, lifestyle and hobbies, we recommend keeping these public to increase exposure and ‘searchability.’” Portfolium takes many aspects of student usage into consideration, including the omission of fees to join, and use, the network and no selling or sharing of user content or information. “Portfolium does not have unrealistic terms of service,” Markowitz said. “They are almost identical to other e-portfolio and social networks, including Wordpress, DropBox and LinkedIn.” In addition to the current features, users can look forward to updates to how portfolios look, which according to Markowitz will be in use within the next few weeks. Students that are interested in logging into their Portfolium account to learn more about updates and the ways that they can share their experiences can go to <https://csusm.portfolium.com/>. “If ‘a picture is worth a thousand words,’ then Portfolium is worth a terabyte,” Hoss said.

Commuter lounge adds carpool board

Offering a new resource meant to save commuting costs

By Sydney Schabacker
Staff Writer

Students looking to reduce parking costs, spend less on gas, meet new people, or just get a ride, are in luck. This semester, the Commuter’s Lounge in the USU is introducing a bulletin board called the Carpool Board, with the purpose of allowing students to coordinate carpool schedules. It is a solution that Deborah Schmidt, the Commuter Coordinator, has just introduced to make commuter contacts more accessible. “I’ve noticed over the past few years there are these kids [especially] in Riverside that don’t have a good transit alternative,” she said. Schmidt hopes the Carpool Board will provide updated and visible carpool information. This new project is a response to the past ineffectiveness when the board was previously online on the school website. It failed be-

cause people did not know where to access it, and the information became outdated. The question becomes, are students using the Carpool Board in the lounge? That is one of Schmidt’s main concerns. “It’s a good idea, [but] not enough people know about it or care,” student Loi Dao said. “I’ve had one request and one non-response. I’ve started riding the sprinter to avoid parking costs.” Some people may not be checking the Carpool Board because they may not have thought about some of the perks of the carpool program. Aside from avoiding the \$6.43 annual fee in parking permits, carpooling also gives students access to over 75 exclusive parking spaces on campus. Another concern, as voiced by commuter Kath-



Photo by Chris Morales

CSUSM students utilize many of the USU’s new features, such as the carpool board, which helps students coordinate combined transportation. lin was that, “It’s smart, [but] a little intimidating.” Her feeling is that posting contact information on a public board may not be wise. However, the Carpool Board’s location in the Commuter’s Lounge is meant to encourage use by commuters, specifically those who frequent the lounge, allowing prospective carpoolers to put a face to the names on the board. Also, prominently displayed on the Board is a list of tips on how to make your experience safer. Many of these tips are common sense, such as meeting in a public place, or giving out only your school email. In addition, there is also an online carpool resource page that includes a web-link to help you find a compatible passenger or driver. However, it receives little traf-

fic, especially compared to other, third party services on Google, including Zimride, Craigslist and Ridejoy. The Carpool Board “should be a Facebook page,” commuter Daniel said. Other commuters have expressed this as well, as a way to reach students who may have difficulty getting to know other commuters outside their respective circles. In the same way that catalogues can drive a lot of online buying; having a large, physical Carpool Board in the Commuter’s Lounge is primarily meant to raise awareness, not only for alternative methods of commuting, but for a more user-friendly prospective board online. However, this initiative requires additional funding. Until then, students are free to visit the board, and see if they can find a ride while getting to know fellow commuters. After all, new friends might just be a ride away.

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White House unveils “It’s On Us” campaign

Raising awareness and support for the sexual assault cause

By Beulah Supriya
Staff Writer

On Sept. 19, President Barack Obama, along with Vice President Joe Biden, launched the “It’s On Us” campaign, in response to the endemic cases of sexual assault on American college campuses. In a press release on the issue, the President has noted “an estimated one in five

women has been sexually assaulted during her college years -- one in five. Of those assaults, only 12 percent are reported, and of those reported assaults, only a fraction of the offenders are punished.” Since its inception, various organizations, and more than 200 colleges have pledged their support to the campaign. The initiative gained popularity very quickly. While many celebrities like Kerry Washington, Alex Morgan

and Jon Hamm extended their support to the cause via videos on YouTube, people all over the country joined them on social media like Instagram and Twitter. This includes students here at CSUSM. “The college celebrated ‘It’s On Us’ day on Sept. 25, the primary purpose is that we want to promote a community of care and respect and had about 50 students take the online pledge,”

STARS (Students Talk About Relationships & Sex) advisor, Cathy Nguyen, said. When asked on how the college can get involved and help victims, Nguyen said, “we should become proactive bystanders and, as humans, need to be more sensitive and compassionate.” In solidarity with this philosophy, during the end of October, many workshops and lectures are lined up on-campus to educate stu-

dents about their rights, as well as to provide a community for victims of assault. “I believe that his [Obama’s] approach and initiative is likely to be successful because it engages multiple stakeholders, including the media and possible future perpetrators and bystanders,” Professor Fernando Soriano, whose area of expertise lies in School-Based Violence and Delinquency Prevention Programming, said. “I think

that this campaign should be publicized widely here on campus, and that we as a campus make it mandatory for all incoming students to read about the problem of sexual violence, and that they sign a pledge indicating that they will help prevent sexual violence from taking place.” For those who want to support the cause, learn more about this campaign and make a difference can find further information at itsonus.org.

Community of Vista enjoys annual Viking Festival

Coming together to commemorate history

By Katie Garner
Senior Staff Writer

On Sept. 27 and 28, the Norwegian Fish Club and the Sons of Norway hosted the annual Viking Festival in Vista, welcoming a crowd ready and willing to honor their ancestors. Families, enthusiasts and students all joined in on the fanfare, some sporting Valkyrie costumes, and others decked-out in traditional leathers and furs. Despite the heavy beat of the sun during the festival, no

one truly seemed to mind. The first sights to greet attendees are the booths selling anything from handcrafted weapons to Scandinavian candy. Ornate Celtic jewelry and leather-bound journals were other popular sellers, but none so much as the fresh bread that was made from scratch and baked in a kiln before the very eyes of the spectators. The mead garden, of course, also received frequent visitors. The live performances throughout each day fea-



Photo by Katie Garner

Visitors at the Viking Festival were able to see scaled replicas of viking artifacts. tured multiple musical concerts and comedic acts. For those with a taste for heavy Celtic Metal, The Dread

Crew and Oddwood proved fitting. The Baudy Juggler told lewd, less-than-family-friendly jokes, all the while hurling three machetes into the air and catching them before they rained down on the terrified audience. More specifically, one audience member sitting in the front row prayed she would not die via a juggling act. But what would a Viking Festival be without violence? Amongst mock combat, the festival held archery contests, sword fights, and the long-celebrated,




sacred fish tossing contest. Children were even given the opportunity to decorate their own sword and shield. If one felt so inclined, one could also participate in the Rune Quest. This entailed seeking out signs with runic symbols and translating the script into modern English. Even while saturated with entertainment, the festival was an educational experience that offered an opportunity to explore a history which is rarely adequately presented.

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Women's Soccer looking to finish strong

Cougars head into final games of season

By Resty Grey
Sports Editor

The Women's Soccer team continues to display their competitive prowess under new head coach Bobby Renneisen. CSUSM opened its season with a tie against Eastern Oregon, but have gone on to win seven of their last nine matches, dropping only two games against No. 18 Masters College and No. 3 Concordia. Cougars have gathered exceptional contribution from nearly the entire team. Women's Soccer finds help on offense and defense from the starters as well as many role players coming off the bench. "We have a lot of depth on our team and it shows," senior defender, Brianne Searl,



Photo by Marcel Fuentes

CSUSM Women's Soccer senior defender Brianne Searl safely handles a loose ball.

said in a post-game interview after having scored on a free-kick from midfield. Despite only having one goal for the season, Searl's exceptional play does not go unnoticed. Searl can defend with a forceful kick that looks to engage her entire body. When the ball nears her direction, her 5'6 frame leaps towards it, suspending herself in mid-air as she gracefully snaps her

foot to send the ball across the field, helping to change the momentum of the game back in CSUSM's favor. Senior defenders, Nicole Luna and Brooke Carter, spend nearly every minute

of the game on the playing field alongside Searl. Luna and Carter help to find ways to stop opposing plays along with helping to dictate the playing field. Defenders Karly Dunning and Monica Aguilar show an eagerness on the field to be a part of every play. Every minute is spent zealously disrupting passes and creating offensive opportunities for the Cougars. CSUSM has seemed to have also found depth from the freshman class in defender, Morgan Simmons. Her ambition for soccer can be seen to match many of the veteran players on the team. "Our team has really been focusing on being a team," Paulina Good said in a post-game interview after having scored on a break away. "We can't just run through the games half-doing it. We have to run through the games running as hard as we can and connecting passes." Good's presence in the midfield has been a substantial addition to the Cougars' soccer prowess. Not only is she an incredible defender, she also has the ability to create opportunities for other players on her team such as Amy Albur and Amy Young. Players like Young and Albur add speed and tenacity to CSUSM's offensive arsenal. Albur's speed on the dribble is unmatched, often beating opponents down the field. The depth goes on. CSUSM has started off strong and the Cougars are hoping to continue building momentum in their final five games at home. Go Cougars!

Free on-campus group fitness classes

Encouraging students to adopt healthy lifestyle

By Sarah Hughes
Senior Staff Writer

Given the cost paid to be a student at CSUSM, many will be happy to learn about the complementary

group fitness classes offered by the Campus Recreation program that they are free to participate in. This is especially applicable when the opportunity is of high quality and relates to health. Students at CSUSM have free access to the Clarke Field House to work out at the gym or take a variety of group fitness classes. "For instructors, classes are \$20 a month or \$5 a

class, but for students they're free," the Clarke Field House receptionist said. Fitness classes are usually offered by students, dance majors doing special projects and fitness teachers from other places. This year's classes include Core and More, Full Body Challenge, Indoor Cycling, Insanity, Jiu-Jitsu, Kettlebell, Morning Bootcamp, Yoga and a rotating Mystery Class. Yoga has been a huge hit in the past, garnering the most attendees of group fitness classes. One reason for this is the potential the class has to help students relax from the pressures of studying, classes and busy schedules. In Spring 2014, yoga was offered every day, Monday through Thursday, by various teachers. This year, however, it is being offered on Tuesdays and Wednesdays and twice on Thursdays. Insanity is being taught by third-year Kinesiology major, Vanessa Estoesta, on Tuesdays and Thursdays at



Photo by Cody Cook

CSUSM student Stephanie Ferro stays fit practicing yoga. Fitness classes will continue until December 5th at The Clark. 4:10 p.m. It features motivating music, high intensity intervals of movement and frequent 30 to 90 second breaks. Saturday mornings can be productive too, with a rotating mystery class designed to feature many of the classes currently on the schedule. The Facebook page and/or website for The Clarke will explain these each week. The mystery class meets at 10:00 a.m. in Quad Tukwut 1 and 2. Clarke Field House representatives are often helpful with explaining the schedule and classes. It is important to note that if attending, special attention should be paid to the location, as they are different for each class. Students seeking to do something good for their heart, stamina and body should consider taking a free fitness class this week. If interested, the full schedule can be found most conveniently at http://www.csusm.edu/rec/fitness_wellness/group_fitness/index.htm.

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Organic food: more good, less bad

Demystifying the healthy-eating lifestyle

By Rico Palmerin
Contributor

Organic food is what comes to mind at the grocery store as you notice the “organic” label on the fruit next to the one you were about to grab. For some of us, just knowing where we can get the extra-large strawberries for our chocolate covered desserts is enough. Many people have heard about the risks associated with non-organic, industrially harvested food: genetically modified organisms (GMO), pesticides, recombinant bovine growth hormone (rBGH), etc. The question is what are the benefits of eating organic for ourselves and others?

“I feel more energy, I feel more full after a meal because I’m supplying my body with nutrients and vitamins that GMOs lack,” CSUSM student and organic food enthusiast, Neil Zaremba, said when asked about why he chooses organic food.

A recent study by Washington State University revealed that consumers repeatedly judged organic strawberries to be sweeter than non-organic. The reason for this increased flavor came from the higher level of nutrients in organic food, as well as the decreased level of toxins, particularly the toxic metal cadmium. “The taste is real, [and] a lot more filling,” Zaremba said. Keeping ourselves healthy means many things, but when it comes to organic the answer is simple: organic foods contain more

nutrients and less toxins. For the cavemen reading this article, in summary that means: more good, less bad. The reason organic foods contain less toxins and more nutrients is because organic farmers use healthier soil that is not flooded with pesticides and other harmful products. Among others, organic.org is a website working to increase awareness about organic foods. Rather than stating the harmful effects linked to non-organic foods, organic.org offers a “10 Reasons to Go Organic” list that focuses on the benefits of organic food. While the list goes more in depth, the main points have to do with keeping ourselves healthy, our environment toxic-free and perhaps the most important reason, the fact that organic

“I feel more energy, I feel more full after a meal because I’m supplying my body with nutrients and vitamins that GMOs lack”
– Neil Zaremba

foods have been scientifically proven to taste better. “For one, they are the way nature intended food to be,” Zaremba said. Modern society makes it easy to think of humanity as existing outside the bonds of nature. In our cars, trains, airplanes, etc. we travel over



Photo by Cody Cook
At Jazzman’s Cafe in the USU, you can request organic soy milk to be included your refreshments.

natural obstacles with incredible ease; with our life-sustaining gear we travel to depths and altitude unnatural for our species, as well as pull people back from the brink of death. But until we step into the sci-fi futures of our favorite fantasies, our bodies and our minds are one hundred percent organic. While it may seem that with GMOs, pesticides and other shortcuts we have found a way to override the need for “nature-intended” foods, the truth is, our bodies and minds are paying the price for our ambition. So, take care of yourself and give organic food a thought—or, you could always just borrow caveman’s motto: more good, less bad.

Health Food Spotlight

Benefits of green tea

By Beulah Supriya
Staff Writer

As athletes, one basic thing to know, other than to warm up, is to stay hydrated during a game, practice or a workout. But sometimes drinking water can get boring and that’s when green tea comes to the rescue. Green tea originated in China. Quite unlike the other teas, the main differences between this tea is the degree of fermentation. Though white, green, oolong and black teas come from the same plant, green tea has half the amount of caffeine found in black tea, which is the most popular one around. There is a lot of hype surrounding green tea and apart from a shift in taste, it actually does have a few important health benefits attached. Green tea contains antioxidants called polyphenols, and what they do is fight free



Photo by Chris Morales
Benefits of green tea can be experienced at various locations around campus.

radicals which can damage the body. Green-tea extract promotes metabolism, which leads to healthy weight loss and helps to keep cholesterol, the silent killer, under control. Nothing is perfect and while it helps us a lot, it also hinders the body from much required iron which it usually absorbs from fruits and vegetables. That’s why lime juice is added to counteract the negative side effects. Lime juice also

helps to improve the flavor significantly as well. And for all those who love counting calories, this has almost none. Though the benefits are pretty obvious the sad part for those who only try the instant or the decaffeinated version is that it isn’t as effective as the freshly brewed one. Whether you are a tea drinker or a first timer, green tea is a highly recommended fad that is here to stay.

Heart Beat

CSUSM Stairmasters

By Alexis Saucedo
Sports Columnist

“It ain’t how hard you hit. It’s how hard you can get hit and keep moving forward.” Rocky Balboa’s most notable quote runs through your mind as you climb up the concrete staircases coming from the drop-off zone in front of the Craven building. The training montage is famous among the minds of students here on campus. Let’s face it, waiting on an elevator can be time consuming when in a hurry and the parking lots are not exactly conveniently located close to the lecture halls. How many steps do you think you take in a day here on campus? How many stairs do you think you take? Kinesiology professor, Dr. Laura De Ghetaldi, calls students on campus “Cal State Stairmasters.” Melissa Browne, a junior majoring in kinesiology, wore a pedometer for a day and her results were astonishing. Starting in the Craven parking lot, Browne walked to her first class lo-

cated in University Hall. Browne then walked from University Hall to the Clarke Gym for her final class of the day. She took 4,092 steps total, 394 of which were stairs. Browne burned approximately 300 calories just coming to school, not even taking into account the rest of her daily activities. Vanessa Arroyo, also a junior majoring in kinesiology, conducted the same experiment which produced similar results. Starting from the circle in front of Craven Hall, Arroyo walked to her first class located in University Hall. She then walked to her second class in Markstein Hall, followed by her final class in the Social and Behavioral Sciences Building. She walked a total of 4,104 steps and 542 stairs. Arroyo burned about 400 calories just showing up to school for three classes. This is the equivalent to that 380-calorie, grande pumpkin spice latte you enjoyed this morning. One would not believe that walking could yield such positive health ben-

efits. Briskly walking around CSUSM’s campus can burn some serious calories in a day, especially for those too busy with work and school to exercise daily. According to the Mayo Clinic, a brisk walk can help maintain a healthy weight, strengthen bones, as well as improve balance and coordination. Walking can also help prevent or manage certain chronic illnesses, such as high blood pressure, heart disease and type II diabetes. The Department of Health and Human Services recommends about two hours and 30 minutes per week of moderate aerobic exercise or one hour and 15 minutes of vigorous aerobic exercise. A reasonable goal for most individuals would be 30 minutes a day or two 15-minute sessions a day. So think twice next time you wait on that parking spot closer to campus or you contemplate taking the elevator. You could possibly accomplish your daily-recommended amount of exercise just parking further or taking the stairs, instead of the elevator.

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Good vs. bad motivation



Photo by Chris Morales

CSUSM student J.R. Angeles finds his motivation through dance.

By Jasmine Demers
Community News Editor

Motivation is a key aspect of any fitness goal, but it's important to push yourself to develop healthy aspirations that are centered on your own desires.

In today's society, weight loss and exercise have become increasingly important. However, the motivation behind a person's willingness to lose weight is not always geared towards the right reasons.

Understanding the difference between being healthy and being skinny is an important step in developing internal motivation. With pictures of pencil thin people depicted all over the media, it's difficult to not derive

motivation from this impossible standard. There is a lack of diversity in the body shapes and sizes that are portrayed by society. This idea leads to unhealthy and unrealistic weight loss goals.

CSUSM student, J.R. Angeles, shares his own experience with finding motivation to get healthy and feel better about himself.

"My peak weight was 235 pounds at 5'5 or 5'6. I would always go and lift weights but it wasn't doing enough for me and I wanted to get healthier," Angeles says. "Eventually I found my motivation within dance. I became a b-boy and I realized that in order to get better at it, I had to shed the pounds."

Since then, Angeles lost nearly 65 pounds of body fat

from exercise and consciously choosing the right foods to eat. As a result, he currently weighs 175 pounds.

Finding a reason to get healthy can be as simple as doing the things that you love to do or finding hobbies that inspire you to be better.

"It comes to a point when your mind isn't just about your appearance," Angeles said. "We are all constantly critiquing ourselves on our flaws and it's not supposed to be that way."

Your motivation needs to be something that is inspired by your own self-desire. It's important to know that being skinny does not always mean being healthy and that you can find an internal motivation that is not based on social standards or stereotypes.

"It's just about how bad you want it," Angeles says. "Getting skinny was not my intention, I just wanted to become a better dancer."

By choosing to be motivated by health rather than by the desire to be skinny, you are making a commitment to change your lifestyle and are returning the focus of weight loss to your own personal self-worth and purpose.

CSUSM Home Games Oct. 8 – Oct. 21

By Mackenzie Clark
Sports Assistant

MEN'S SOCCER 8-3:
10/9/2014 3:00PM, OPPONENT: LA SIERRA
10/18/2014 3:30PM, OPPONENT: BETHESDA

WOMEN'S SOCCER 7-2-1:
10/16/2014 3:30PM, OPPONENT: MARYMOUNT (CALIF.)
10/18/2014 1:00PM, OPPONENT: BETHESDA

WOMEN'S VOLLEYBALL 14-7:
10/14/2014 7:00PM, OPPONENT: SAN DIEGO CHRISTIAN

*STANDINGS AS OF MONDAY, OCTOBER 6, 2014

BASEBALL:
10/10/2014 1:00PM, OPPONENT: SAN DIEGO MESA COLLEGE (SCRIMMAGE)
10/17/2014 1:00PM, OPPONENT: PALOMAR COLLEGE (SCRIMMAGE)

MEN'S CROSS COUNTRY:
10/18/2014 8:45AM, OPPONENT: COUGAR CHALLENGE

WOMEN'S CROSS COUNTRY:
10/18/2014 8:00AM, OPPONENT: COUGAR CHALLENGE

INTRAMURALS:

FLAG FOOTBALL: FRIDAYS/SATURDAYS BETWEEN 9/19/14 AND 10/24/14
THE FIRST GAME WILL START AT 11:00AM AND THE FINAL GAME WILL END AT 4:00PM

FUTSAL: MONDAY/WEDNESDAYS BETWEEN 10/6/14 AND 11/12/14
THE FIRST GAME WILL START AT 6:00PM AND THE FINAL GAME WILL END AT 10:00PM

CO-REC SOFTBALL: SATURDAYS BETWEEN 10/18/14 AND 11/22/14
THE FIRST GAME WILL START AT 11:00AM AND THE FINAL GAME WILL END AT 5:00PM

ULTIMATE FRISBEE: TUESDAY/THURSDAYS BETWEEN 10/28/14 AND 11/20/14
THE FIRST GAME WILL START AT 6:00PM AND THE FINAL GAME WILL END AT 10:00PM

Insanity turns up the heat for CSUSM participants Intense body workout part of group fitness classes

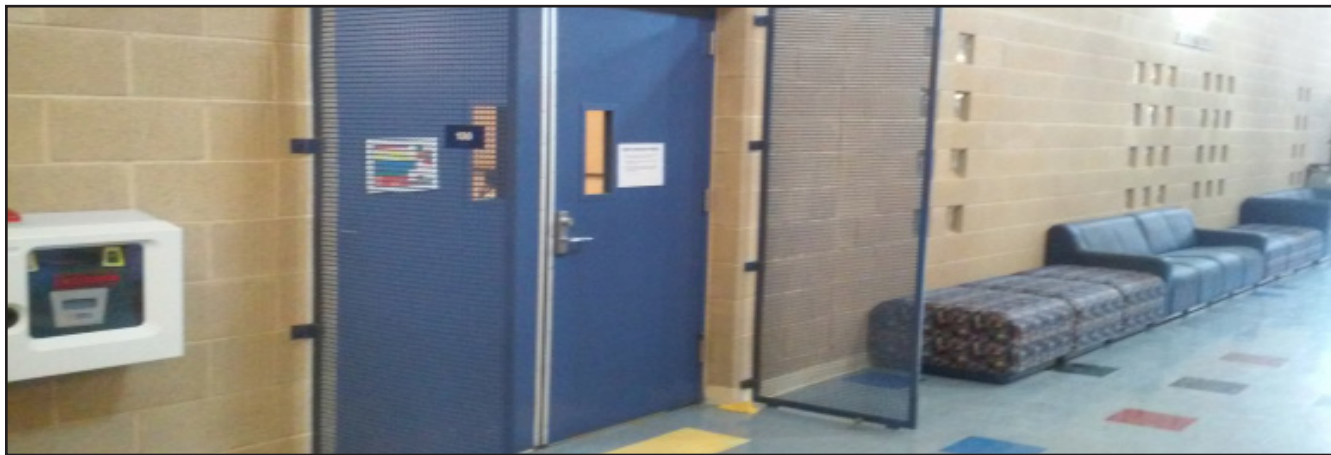
By Sarah Hughes
Senior Staff Writer

Third-year Kinesiology major, Vanessa Estoesta thought it would fun to teach Insanity as a group fitness class for Fall 2014.

Estoesta wears a turquoise tank top, black athletic running capris and black Nikes with a silver swoosh. Her hair is styled on-trend into a braid that is loose, but not messy. A floral headband holds any would-be stray hairs out of her eyes. She is probably an average height for a girl, standing a head or so shorter than 5'10". Very quickly, she reveals herself to be a natural teacher.

The Clark Field House Gym, where it's held, is a basketball gym that is used for many other purposes. It's lined with blue padding on the walls, for some athletic-seeming reason. A lighter than sand-colored floor glistens with a polyurethane-like substance.

Near the back of the room people are waiting for the class to start, possibly scared to be in the front. Many probably came promptly at the beginning of the Clarke Field House's Group Fitness class-



The doors to the Clarke Field House (CFH) Gym, where insanity is held.

es on Sept. 8. The classes are scheduled through Dec. 5, and like the use of the gym here, are free to students. Teachers and staff are permitted to attend, but have to pay.

"For instructors, classes are \$20 a month or \$5 a class, but for students they're free," the Clark Field House receptionist said.

"You might want a mat if you have bad knees and need to modify, but you don't have to have one," Estoesta said before class.

With a few minutes left before the class commences, there are already 19 students ready to work out.

Estoesta asks the class to move forward to her, though her clear voice is easy to hear. She introduces Insanity briefly and talks about

changes she has made to her lesson plan since last class.

She appears organized, with a page of "blocks" printed out and easy to see from the floor since one is standing within a couple feet from it. "Blocks" are how Insanity is laid out. They are a few sets of physical movements, which help to focus on "max interval training."

During the "blocks" Estoesta says the important part is to keep moving, modifying as needed. All the while, she always expects each individual's best efforts.

She begins the movement part of class at 4:13 p.m. At 4:23 p.m., a newbie to Insanity will feel their lungs burning, even if they are fairly physically active. After another 10 minutes, this same

newbie will wonder if time is even passing and whether they will make it through this routine. Yet in another 10 minutes, it becomes easier. Warming-up beforehand can be one strategy that helps the respiratory process.

Estoesta gives a modification for many of the moves, especially some that are more difficult or exhausting. She reminds people of the moves periodically and once says "not to fall", as unsure legs seem to slip slightly due to lots of jumping around. A pair of non-slip, grippy tennis shoes seem a sensible decision to always keep in mind.

Estoesta is easy to follow and motivating. She gives affirmations and counts. She does the blocks along with the class, but somehow

makes it look easy, while simultaneously putting more drive into it. She doesn't even appear to break a sweat.

A "ha" type of cry, reminiscent of martial arts, motivates the class to keep going. She walks around giving tips to remember, but doesn't single anyone out with these. Most importantly, she is checking for form and safety.

The music is perfectly suited to whatever moves the class does. It is a work-out electronic and pop mix, that slows down for the ending stretch.

The moves are different, focused and always new. A side to side move kind of resembles a turtle and hopping becomes core work. A skater move looks visually impressive, like a Just

Do It advertising campaign.

There are frequent water breaks and it appears that the entire class is choosing to take them. "Blocks" are followed by short, numerous rests. The "blocks" move into arm strength exercises. From an awkward, shaky plank, faces behind look thoroughly worn out.

A block or two later, Estoesta asks if people want to keep doing pushups. A yes is won by a voisterous group of men at the back of the class, yet many of the women appear to have pushup skills too.

In the last few minutes of class, Estoesta ends with some much needed stretching.

If an individual has never done Insanity but is moderately active, a lot of sweating should still be expected. Soreness can be felt in the next two days; however, it will not be the worst soreness to ever have experienced. Likewise, an Ibuprofen and stretching will help somewhat.

As an encouraging note, Insanity participants can look forward to appreciating their efforts in the results of such intense exercises, as the workout affects the glutes and core and leg muscles.

Insanity is offered every at 4:10 p.m on Tuesday and Thursday in the CFH Gym.

Photo by Sarah Hughes

Students supplement income with on-campus jobs

By Beulah Supriya
Staff Writer

With high tuition rates showing no signs of significant decrease, many students have opted for campus jobs. According to CSUSM students, working on campus seems to be the safest and most convenient option around. Although this isn't the only reason, it is a major one. CSUSM student Louis Adamsel, who holds a part time job in Jamba Juice, expressed what he enjoys most about his job on campus. The opportunity to meet new people who he'd never known otherwise and having an understanding manager were definitely the highlights of his job.

Another aspect of the job Adamsel appreciates is the flexibility that is offered for students who work on campus. There is no clashing of classes and work because the shifts are based on the class schedule. He emphasizes that flexibility is necessary for students. He adds that managers also understand the importance of classes and are very accommodative of all the student organizations. However, the least favorable part of his job involves the dreaded rush hour. CSUSM student Elizabeth Rodriguez, an RA at the UVA, agrees how important flexibility is in the context of college life. Rodriguez explained that aside from applying and



Jamba Juice employee, Victoria Cruz, working hard at her student job.

Photo by Cody Cook

getting through the interview, being in charge of a residence floor is no easy task, especially if you have to juggle studies as well.

Rodriguez emphasizes that her favorite aspect of working at the UVA is the community she creates. "Being the one who gets

to create a small community and show care to others is what I like the most," Rodriguez said. CSUSM student Nichole

Bryant organizes the cycling classes for campus REC. As part of the cycling team, they were asked if anyone was interested in leading a group exercise for which she volunteered. "While helping others become fit, I myself have been able to improve in various areas," Bryant said. "That's how something interesting and familiar turned into a job." Bryant advises students regarding campus jobs. To those who are interested in obtaining or working on campus it is important to maintain a positive attitude as things do tend to get challenging. "Being motivated is important," Bryant said. "It also helps to stay focused."

Why you couldn't just turn in that assignment

By Shanice Davis
Staff Writer

"My dog ate my homework." "My printer broke..." Sound familiar? It's safe to say that by now in our educational careers, we are all probably guilty of giving excuses to our professors as to why we don't have an assignment completed. For one reason or another, students believe that if they come up with the best excuse possible, then maybe, just maybe, they'll get a pass; or maybe not. Students may think they have come up with every excuse in the book, but no one knows them better than the professors themselves. So what kinds of excuses did students give their professors for not having their work in on time? The results were half and half.

Some professors said they didn't usually get excuses while other professors were overjoyed by the thought of the many excuses past students had given them. Professor Edward Balian, Data Analysis and Operation Management instructor, explained that in his eight years of teaching at CSUSM he has heard a boatload of excuses. "They forgot, they never got the assignment straight in the first place, they were absent from class when the assignments were first given, they were given the wrong information by a classmate," Professor Balian said. "There were also legitimate reasons like family emergencies; totally understandable." It was clear that he was not a novice in the trade of excuses, more like a Jedi Master in sensing phony justifications. "They lost their books, or they lost their class notes,"

Professor Balian said. "Basically excuses for the most part that will never fly in the real business world." CSUSM Sociology professor Garry Rolison also discussed some excuses other students have used. "It's computer problems, the computer took my paper, I forgot to get my disk, I went to print it out, but the printer is no longer working," Professor Rolison said. Among other notables Professor Rolison said to have had included excuses such as, "It's today? I thought it was yesterday," "I don't remember this, you sure you said it was due today," "I didn't read the book so I couldn't answer anything," or "I didn't know what you were talking about, I was so confused I couldn't write the assignment." CSUSM Physics professor Chuck DeLeone stated that he'd received a range

of excuses, some of them among the usual cliché excuses, while others maintained more creativity. "The other popular excuses being some traffic or vehicular excuses," Professor DeLeone said. "Every time an assignment was due, something happens to the road." Professor DeLeone began to chuckle as he remembered a more recent excuse that occurred during finals week.

Around the time that the fires broke out there was a paper he'd assigned to be due at 5 p.m., and a student told him, "The fires broke out at 4 p.m. that day" as their excuse as to why they never turned in the assignment. Because there was a fire, about half of the assignments had not been turned in, and at that point, everybody automatically assumed that since the fires began an hour

before the assignment was due, that the due date was indefinitely delayed. Professor DeLeone deems this excuse as the best one to date. The moral of the story is, do your assignments so you won't lose unnecessary points and perhaps become the source of a new story to tell. Remember, they know about almost every excuse in the book, and they've heard it all before.

Alpha Xi Delta's AmaXing Challenge

Upcoming events contributing to a good cause

By Caitlin Monnahan
Contributor

Oct. 22, 2014
Autism Educational
Clarke Grand Salon
TIME: 7 p.m. to 9 p.m.

Kay Curry from Autism Speaks will be coming to speak to and educate the community about Autism. She will be bringing Zach, who is on the spectrum to speak about Autism and his life experiences. This event is free for all, but donations will be accepted.

Oct. 23, 2014
5K Step it Up Walk
Mangrum Track and Field
TIME: 7 p.m. to 10 p.m.

Alpha Xi Delta will be hosting a 5K Step it Up Walk to raise Autism Awareness. Those who are participating are encouraged to wear BLUE! Athletic wear and tennis shoes are also suggested. There will be a DJ, games, prizes, food and A LOT of fun! The cost to attend this event is \$10. Tickets can be purchased from any active Alpha Xi Delta sister.

Oct. 25, 2014
AmaXing Challenge Banquet
USU Ballroom
TIME: 11:30 a.m. to 1:30 p.m.

This banquet will be honoring the sorority's sponsors and all those who have generously donated to Autism Speaks. Please adhere to a business wear dress code. Come take photos, have lunch and celebrate a great week of events with Alpha Xi Delta. We will be having a silent auction and a raffle! The cost to attend is \$15 and tickets can be purchased from any active member. Tickets are limited.

NOTE: If you plan on attending both the 5K Step it Up walk and the Banquet, tickets can be bought together for \$20



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CSUSM students published: The Offspring

By Shanice Davis
Staff Writer

Being a student in college with a published book or a book in the process of being published is quite the accomplishment to have under one’s belt. Nonetheless, CSUSM has amongst its students a soon to be published writer, Sarah Youngren. Youngren is currently working on a soon to be science fiction novel titled The Offspring. “It’s Hunger Games meets I, Robot,” Youngren said. The novel, as the title implies, is about the offspring. The main character, Olive, is the offspring of the president who is in control of all the robots that take care of the remaining humans. The characters live in a world where everyone lives alone without any human connection. Yet, when Olive learns of the corrupt society she lives in, she begins searching for her father. Olive plans on killing her father and assuming control as president in his place. Her ultimate goal is to get control of the robots in hopes of changing society for the better.

Youngren is no stranger to writing as she confidently confessed that she first discovered her love for the art of writing four years ago in high school while dabbling in screenplays. Although, she did admit that prior to her writing journey, she had been a story writer since her childhood. “Stories would develop from my childhood, and it never occurred to me that

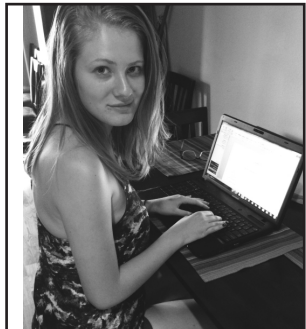


Photo by Sarah Youngren

I wanted to write until high school,” Youngren said. When asked who her favorite author was, she chuckled as though to imply “Don’t judge me.” “The author of the Princess Diaries novels when I was younger, but I’ve outgrown that, and the author

of The Hunger Games,” she said. Youngren’s work was not necessarily influenced by certain authors, however, it was more so that her own imagination inspired her storytelling. Youngren is not the only writer in her family as her father is one as well, and she also has a close friend whose family is in the literary business. Youngren completed her novel within two years and is currently progressing through the editing process. The next goal is to get the novel published. She shared that an important aspect of getting published includes providing a polished manuscript. “It has to be super perfect when finalizing it,” Youngren said. Youngren hopes her fellow Cougars will keep an eye out on it and make a purchase in support of her literary goals. Getting published is among the hardest aspects for new writers; however, Youngren hopes that her connections within the literary world along with her heart for writing may better prepare her for when it is time to publish.

Meet Candace Williams: Multi-faceted entrepreneur

Support local company spearheaded by fellow Cougar

By Courtney Jones
Features Assistant

CSUSM student Candace Williams along with her business partner Wesley Scholl started their own business this past summer--Konjo Technology Solutions. In 2006, a man by the name of Blake Mycoskie, better known as the founder of TOMS, crafted and implemented an entirely new business model that would come to inspire legions of entrepreneurs for years to come, including Williams. Williams is the Chief of Operations for Konjo Tech Solutions, the company she and Scholl operate together. According to their website, Konjo Tech Solutions offers “green solutions for all under the technology umbrella” as well as “a level of professionalism not offered in today’s market.” “This venture’s main purpose is to contribute Konjo to the world through our products and services,” Williams said. “Konjo Tech is

a technical and digital solutions one-stop-shop with all of our services leaving a Konjo footprint.” So what does the word Konjo mean exactly? “Konjo is the Amharic (a Semitic language spoken in Ethiopia) word for good, wonderful, delicious, tasty [etc.],” Williams said. “We want to make your experience with tech beautiful and to leave a positive impact on the environment,” Williams said. Williams and Scholl are extremely passionate about contributing to local, as well as global, communities and making a positive difference in the lives of others. While stationed in Ethiopia, Scholl witnessed countless instances of devastating poverty. In response, Scholl essentially grabbed a page right out of Mycoskie’s playbook and decided that, as

part of the company’s business model, a portion of its profits would be allocated to philanthropic endeavors. Although Scholl hopes to have a small school constructed in Ethiopia by the end of this year, Williams clarified that it might be some time before the company is able to carry out such an ambitious, and costly, project. Most recently, Konjo Tech Solutions helped sponsor the People’s Climate March, a massive rally that was held in New York City in September of this year. Konjo Tech Solutions is still, very much so, a start-up company. At the moment, Williams and Scholl are not taking salaries; instead, they are putting everything they earn back into their company. A CFO, two technicians, two assistants and three or four handymen, so to speak, constitute all of Scholl and Williams’ staff. So Cougars, if you’ve been on the hunt for a new tech guy, look no further, Konjo Tech Solutions has your back. To learn more about the company or products offered visit www.konjotech.org.

“This venture’s main purpose is to contribute Konjo to the world through our products and services,”

CULINARY CORNER

Stuffed Grape Leaves

By Nada Sewidan
Features Editor

Looking for a great recipe to make for that special someone? Or maybe to impress your parents during family gatherings? Maybe you’re just sick of Top Ramen nights and fast food runs. Whatever your reasoning, this recipe is almost guaranteed to rock the tastebuds. Stuffed Grape Leaves is a family recipe passed down through the generations and is a popular Mediterranean and Middle Eastern dish that can be served as a main dinner course or as an appetizer. *Recipe can be altered according to one’s preference. Remove ground beef and beef broth for an alternative vegetarian option. Total Time: 1 hr
Prep: 30 min
Cook: 30 min
Yields: recipe feeds 6 to 8 people



Image Provided by globaltableadventure.com

- Ingredients:
1. 1 pound grape leaves (Jar)
 2. *1 pound of ground beef
 3. 2 cups of rice
 4. 1 can of tomato sauce
 5. *1 cup of beef broth
 6. 1 large onion
 7. 1 parsley
 8. 3 large red tomatoes
 9. 1/4 teaspoon black pepper
 10. 2 teaspoons salt
 11. 2 tablespoons of butter

- Directions:
1. Chop onions, tomatoes and parsley (finely).
 2. In a frying pan mix ground beef, chopped onions, parsley and butter; cook on medium heat until beef is browned.
 3. Add 1/2 teaspoon salt and 1/4 teaspoon pepper to ground beef mix; let it cool.

CAMPUS RECREATION CALENDAR

Upcoming CSUSM Events

By Nada Sewidan
Features Editor

OCTOBER

- Oct 10 - Outdoor Adventure Paddle Boarding
- Oct 16 – Dodgeball (UVA vs Quad)
- Oct 17- 19 – Outdoor Adventure Joshua Tree Camping
- Oct 18 – Intramural Softball Starts
- Oct 18 – Casino/ Bingo Night
- Oct 20 – San Marcos Hike Opens
- Oct 24 – Flag Football Championships
- Oct 27 – Paintball Opens
- Oct 27 – Intramural Dodgeball Starts
- Oct 28 – Intramural Ultimate Frisbee Starts

NOVEMBER

- Nov 1 – San Marcos Trails day @ Discovery Lake
- Nov 1 – ZOMBIE RUN
- Nov 6 - Thursday Night Bingo @ UVA (Free)
- Nov 7 – Outdoor Adventure Paintball
- Nov10 – Outdoor Adventure Archery Opens
- Nov 14 – Bowling
- Nov21 - Outdoor Adventure Archery
- Nov 22 – Softball Championships

DECEMBER

- Dec 1-5 – Last week of Group Fitness Classes

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Letter to the Editor

Rally against student debt and for quality education

By Kelly Wyrick
Contributor

Student debt today is at an all-time high, now even surpassing both auto loan debt and credit card debt nationally. Student loan debt continues to balloon at an ever faster rate due to increasing interest rates and campus tuitions and fees. At CSUSM alone, fees have gone up 97.4 percent in the last seven years. Seeing the enormity of the

crisis, California Governor Jerry Brown ordered a moratorium on tuition increases, yet many CSU campuses, like our own, have begun implementing “student success fees” as a way around the Governor’s orders. This success fee started out in 2013 to 2014 at \$300; after that they will increase \$100 each year until 2016 to 2017 when it hits \$500. These “student success fees” are not actually help-

ing us be more successful at CSUSM. They are simply transforming what was once an affordable institution of public higher education into a private university that sucks money out of our pockets and burdens us with more debt. If we had the money to go to a private university, we might have, but since we don’t, we chose CSUSM because of its reputation for quality education at a cost we could actually afford.

So here’s the big question, where does the money from all our fees go? Not to our faculty- that’s for sure. They have not received more than a 1.34 percent raise since 2008, even though they’re the ones most responsible for providing us with quality education. It’s also apparently not going to the opening of more classes and class sections that we all could really use. The top CSU executives’ salaries rose 71 percent from

1998 to 2011. CSUSM alone currently spends over \$1 million a month (yes, a month!) on administrative salaries. That’s not right, we need to stop the increases in student fees (“success” or otherwise), and make sure our money is well-spent. Administrators seem to be sucking in way more money than they should, and many students are paying more and more to have fewer available classes and less attention from their

overburdened, underpaid professors than they deserve. We need to show the administration that we will no longer sit quietly while they gouge students with fee hikes and “success fees” and lo-ball faculty with inadequate pay. Support events such as on Oct. 7, when we gathered during U-hour at the Cesar Chavez stairs as we rallied in protest of the mismanagement of campus funds by the administration.

Letter to the Editor

Your plea for modesty, my plea for feminism

By Melissa Martinez
Contributor

Hey you, I can see your bitter judgment. If you had to check right now, this article is one hundred percent about you. I get it, you’re young and you’ve spent your whole life listening to what mommy and daddy taught you what being “lady-like” is all about. But just because what mommy and daddy believe is “lady-like” isn’t how women at CSUSM choose to dress, doesn’t mean you can judge others based on their wardrobe.

I am someone who firmly believes that women should be allowed to dress as they wish, for every time and place of their choosing. I’m not saying that you can’t have opinions, I am saying that instead of putting others down, you should probably keep your opinions to yourself while being on a college campus where you are seeking higher learning. If someone were to walk up to campus with a megaphone and screaming obscenities while calling any woman who walked by a whore (this has happened) you would think it’s ridiculous (it was). And yet, if someone passive-

aggressively writes an article for The Cougar Chronicle and passive-aggressively says the same thing, they are somehow deemed appropriate. This isn’t okay. We’re all here to earn an education. So we should be focusing on success, not passing judgment at the girl who looks fabulous in the shorts that she feels absolutely comfortable in rocking to Psych 100. Who gives a crap about what that boy who sits two seats behind us thinks? You look amazing. Ladies, let’s take a step back and look at how we’re portraying ourselves and our self-worth. Do you really

care about what a guy thinks, at all? You shouldn’t. If you do, you have bigger problems to worry about than the girl who decided she was comfortable in wearing whatever she feels like to class. Guys, you should respect women, regardless of their wardrobe. Women should not be perceived as mere sexual objects, and they are not objects for your viewing pleasure or judgement. These women are a wonderful example of self-love that society’s unrealistic beauty standards seems to destroy in many young girls before they even reach puberty. I know you’re expressing

your freedom to say whatever you want, but be a little more educated about the oppression women have faced for centuries, and still continue to face today. Society has come a long way from oppressing women, to teaching women that they can be doctors and engineers (professions that still are predominantly male). When you judge a woman receiving higher education as “trashy” based on her wardrobe, you are destroying hard-earned progress she and millions of women have fought all their lives to achieve. You are body-shaming a woman into believing she shouldn’t

dress the way she wants. We all need to focus on our studies, do well, and be the best versions of ourselves that we can be. The way we decide to dress isn’t up for discussion and it is no one’s business but our own. Our generation is one of progress and you’re holding us back by wasting our time (and yours) publicly judging a fellow student just because you don’t like the way she is dressed. I hope to be part of a community that manifests confidence, self-worth and potential, rather than immature judgement. Stay classy, CSUSM.

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Letter to the Editor

Addressing issues of diversity at CSUSM

By USCC
Contributor

To Students, Faculty and Staff:

Throughout the years we have witnessed the racial divide amongst faculty, staff and students- the most critical factor being that there is a lack of involvement and genuine interest of our students' success. While there exists a small

percentage of students who are involved on campus, it is overshadowed by an even greater percentage of students who lack the necessary cultural sensitivity in making our campus a welcoming environment for all marginalized and under-represented communities. Cultural sensitivity can be defined as being aware of the cultural differences and similarities that exist between groups, which allows you to understand the multifac-

eted global and local issues that trickle down and impact students on a personal, academic and behavioral level. Though there are a few faculty and staff that go out of their way to help students, there are many more who by choice or ignorance do not push a more inclusive campus where cultural sensitivity is practiced and embedded within our campus community. The university as a whole seems to shame and target students, faculty

and staff who go above and beyond to create a more cultural intelligent campus. The institution forgives and forgets those who commit ignorant racist actions, which go against the university's mission and vision. We are calling on everyone to get involved, get informed, and participate in our collective effort for the betterment of the university. As United Students of Color Coalition we value the importance of commitment to

consciousness and the responsibility to act on integrity. Amongst ourselves there are faculty, staff and student organizations who have taken the steps to create a positive change on our campus and towards our student academic careers. We only ask that you make a commitment to better this university for the genuine interest of all future incoming students. Here are three simple ways in which you can join these efforts:

Whenever you hear a rude comment made by a peer in class, challenge yourself to speak up. Regularly attend campus events that are hosted by cultural or social justice oriented groups. Push yourself to get involved in the community and do research about global issues. In Solidarity,
United Students of Color Coalition

Save money, buy food off campus

By Chelsey Schweitzer
Senior Staff Writer

While the overall quality of the food served in the USU is satisfactory, the fact remains that the prices for what you are receiving are higher than what some nearby competitors charge for similar products.

Since the USU opened in January 2014, the majority of students have taken advantage of the quick and convenient food choices that are offered in the dining area on the fourth floor.

The options offered in the USU cover a wide range of dining opportunities, from Mexican food at Wholly Habaneros to the fried American food options at World of Wings. While these meals are generally high quality and the portion sizes generally reflect the amount you paid for them, these options still add up to a lot of money if you eat there on a regular basis.

The fact is that across the street there are the same general options for a cheaper price than what is offered here on campus. Subversions is basically the same as Subway; however, at Subversions you are paying \$6 to \$7 for a footlong when the same kind of sandwich can be made at Subway across the street for \$5 to \$6. The same goes for Wholly Habaneros, whose menu is similar to that of Mr. Taco across the



Photo by Chris Morales

The USU offers many new dining services.

street, although Mr. Taco has many more choices. Also, at Mr. Taco the prices for the same options are generally lower, or include sides. Mr. Taco is the same quality as what is offered over here and may even be better, although that is for each individual to decide for themselves.

Even World of Wings has a cheaper option across the street in the form of the Ralph's grocery store, where they sell most of the same options in their deli and even options that aren't offered here by the pound for a lower price. The only option in the USU that isn't across the street is Panda Express, which is the only Chinese food place near the campus and has a standardized price since it is a well-known chain restaurant.

Even the places that have a good portion size compared to the price can become very pricy when eaten on a regular

basis, and the same goes for the options across the street. The best way to eat on a college budget is to try to only buy food from restaurants on occasion, because even if the price is fair it is still cheaper to make food at home. Even if you don't think you have time to make food for yourself in the morning, you can make it the previous night before bed and keep it in the refrigerator to quickly grab the next morning.

The fact is that the grocery store is the best deal and the majority of the options here can be purchased much cheaper from the store. Ultimately, it's up to the individual to decide whether they would like to explore cheaper dining options or if it is worth paying an extra dollar or two for the convenience of on-campus dining. But at least consider buying food off campus or bringing a packed lunch from home.

Why psychology is best major

By Tiffany Trent
Staff Writer

One of the many privileges of being an adult is the freedom of choice. We are blessed with choosing who we date, where we work, what we eat, what we believe, where we live... the list is endless. If we choose to go to college, we are faced with the choice of what major to pick.

For some lucky people, they know all along what major is for them without a doubt. Then there are those who have no idea what they want to learn about and what career they want to pursue after college. I happened to fall into the latter category.

I remember being faced with deciding on a major. I found the task to be exciting, daunting, overwhelming and thrilling. The options were endless. I initially settled for a major that I thought I could succeed in, but after a couple of years I could no longer ignore the nagging feeling that it wasn't the right one. I wasn't fulfilled with what I had been studying. So I went through what I considered a "mid-college crisis." I asked everyone I knew what major they were in and why and what they planned on do-

ing with their degree. After months of careful consideration and exploring, I finally decided to take my love of psychology to the next level and earn a degree in it.

There is no exact definition of psychology. It involves studying the mind, behavior, the psyche, the brain and its connection to the body and much more. The courses required for a B.A. in psychology vary from biopsychology to abnormal psychology to

rensic psychologists and psychiatrists are just a few of the career possibilities in this growing field.

If psychology is a major that you are wondering about pursuing, let me offer some advice that helped me. Psychology has many different branches and areas of study, but the common thread that ties it all together is the drive and desire to help people. By learning about people in general and individually and

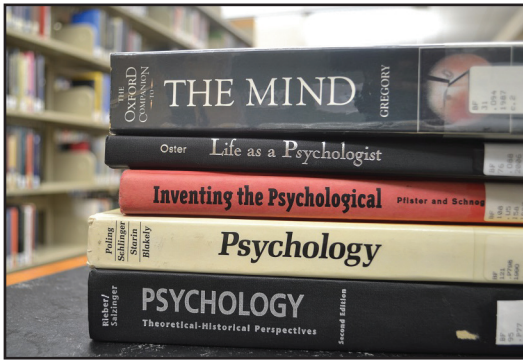


Photo by Chris Morales

Reference materials for the field of psychology are available in Kellogg Library.

how the human mind works, you are given the tools to help a wide variety of people. If you choose to become a therapist of any kind, you are able to help people and guide their growth. If you decide to devote your career to research, your findings and results may discover huge

research methods. You really get the opportunity to learn about human beings and in turn, you also learn about yourself as well. The education offered through the psychology program at CSUSM is well rounded and extensive and genuinely prepares students for psychology careers and/or graduate school.

Guidance counselors, lab and field researchers, professors, therapists, fo-

breakthroughs that will help entire populations. If you go into teaching psychology, you are educating new generations of students and investing in the future.

Therefore, if you want to help people and make a difference in many lives, psychology is a prime major for you to choose. I chose to major in psychology over a year ago and have never regretted it.

Student takes stance against rape through visual expression

By Alex Maravillas
Staff Writer

She has been carrying her mattress around campus for more than a couple of weeks for her senior thesis, which will continue until her alleged rapist is dislodged from the university.

New York City's Columbia University visual art major/senior, Emma Sulkowicz, is one of several students who documented a regime grievance in April, implicating the school of mishandling rape cases. Sulkowicz utilizes visual expression as a way to make her voice heard.

She carries a dorm mattress as a segment of her senior proposition, an execution symbolization piece called "Carry That Weight" or "Mattress Performance."

It has been essentially two years since Sulkowicz verbalized that she was violated by a classmate. What's more is that it has been seven months since she replied to the experience at a school disciplinary auricular inquiry, a procedure that she verbalized left her physically wiped out.

It is profoundly tragic when

establishments are blind to such issues. The school must be unhappy that she is bringing such negative press to Columbia University. What

"She uses visual expression to make her voice heard,"

is the college expected to do about an alleged rape that transpired two years prior?

Sulkowicz's mattress art piece impacts CSUSM students, especially with the recent alleged student as-

saults from members of an unrecognized fraternity in regards to the investigation for alleged rape. For rape victims who don't want to go to the police, the university system provides a specific classification where they can at least get their ravisher kicked out of the university. Most institutions entail a much lower customary confirmation, as opposed to beyond a plausible doubt. So in theory, rape victims should have much easier access to justice on college campuses.

Sulkowicz has one mes-



Image provided by <http://www.zimbio.com/pictures/wQy1pEdN731/Columbia+Student+Carries+Mattress+Around+Campus/10c1Cetk9hv/Emma+Sulkowicz>

sage for rape victims. "If you want to go to the police, this is what to expect: You'll be verbally abused. But at least

no one will yell at you for not going to the police and getting verbally abused," she said. "Just take your pick."

Kellogg library remembers World War I

By Beulah Supriya
Staff Writer

This fall semester, the Library has on display “Enlisting a Nation: American Visual Propaganda of World War I” to commemorate the centenary of World War I. The posters are on display on the third floor of the Kellogg library gallery and are open to the public. “During World War I, the government started its first major and organized propaganda, it was so effective that the same methods were used for the WW2 as well,” the curator, Heather Northway, said. Posters on display are a part of Northway’s private collection. With experience ranging from collection management to giving curatorial

gallery talks, her main aim in having the propaganda highlighted this year is not only to observe the centenary of the First World War but also to honor the soldiers, show the changes in society and give students a new perspective with the help of these compelling visual aids. Though under the backdrop of the war, many topics are covered by the posters, right from recruitment of soldiers to buying Liberty bonds to support the war. It is during this time that Uncle Sam became an iconic figure and stayed that way ever since. Buying Liberty bonds weren’t popular at first due to the low interest rates, but as the government got support from celebrities like Charlie Chaplin, the propaganda gained momentum.



Image on display at Kellogg Library

Since there were no radios those days these posters were the main way of communicating to the people, which is one reason for their importance. In it, war heroes like General Pershing were shown encouraging people to do their bit and patriotism increased while others showed

the darker side of war which let those who weren’t feeling guilty, thus they were considered very influential. Many organizations rendered their support to the cause like the Red Cross, Y.W.C.A, Y.M.C.A and even the Boy Scouts whose motto was “Every Scout to Save

a Soldier.” Ms. Northway brought to notice the fact that all shown in the posters were fair skinned, but times have changed and now various ethnicities are shown as an integral part of the country. Women slowly gained prominence in society and it was during this time that they started working in numbers which was more than ever before. “These posters also help mark the distance between past and present. During World War I, women gained independence as they entered the workforce in greater numbers than ever before,” history professor, Katherine Hajar, said. She also spoke about the exhibit and its relation with students. “If students were to dig deeper, there is a lot more to

find. For instance, these posters represent the early use of some advertising strategies that we recognize today, such as the use of beautiful young white women to engage men and women alike and draw them to the posters’ messages,” Hajar said. Music was another major influence on the society and to talk more on it and give us a glimpse into the past. The Arts & Lectures series are organizing an event called Time Capsule of Music: 1900-1930 by Howard Anton Duncan on Oct. 28. To know more about the exhibits or the war and the lessons we learn from it, there will be a Faculty Perspective on WWI on Tuesday, Nov. 18 at the USU. The WWI exhibit will be on display throughout the fall semester.

SAN DIEGO COMIC FEST! RETURNS



By Elizabeth Roush
Staff Writer

Let’s face it, Comic-Con tickets are almost impossible to get. People spend years trying to attend this hallowed epiphany of geek fandom only to have their dreams crushed by its menacing popularity and demand. But take heart. There are other ways to satisfy your inner (or outer) nerd, and this is where San Diego Comic Fest (SDCF) soars to the rescue. Coming to San Diego on Oct. 17, 18 and 19 this year at the Town and Country Resort and Convention Center, the festival boasts a “friendly, intimate Comic-Con experience” that reflects a young, blossoming San Diego International Comic-Con at its modest beginnings. This is a convention where fans can interact directly with a number of professionals they admire. The epic list of professionals for this year includes Nebula and Hugo Award-winning authors, artists who worked on animated classics such as “Avatar: The Last Airbender,” ef-

fects creators from movies including “X-Men: The Last Stand” and “Star Wars, The Empire Strikes Back”, not to mention Comic Fest’s guest of honor, the iconic comic artist Neal Adams. Not only is SDCF’s guest list studded with science fiction and comic big shots, but the festival also announces a number of fun attractions. There will be a café themed after Rob Serling’s “The Twilight Zone,” live music by Madus as well as The Digital Lizards of Doom, live sculpting demos and a caricaturist among other daytime attractions. The festival’s Artist Alley contains an impressive number of talented exhibitors and there will be a slew of interesting panels to attend. On top of all this, San Diego Comic Fest will host its second annual masquerade, the “Masked Ball,” on Saturday night. The hero that fanatics of Southern California deserve, San Diego Comic Fest 2014 promises a fun and relaxing weekend for appreciators of science fiction and comics. It’s a place to meet fans and professionals, try something new and indulge your nerdier side.

“Indulge your nerdier side!”

Movie Review 4.5/5 PAWS

The Maze Runner

By Sonni Simmons
Staff Writer

The movie theater experience isn’t cheap. You pay for the movie, the popcorn and the Swedish Fish with money and the experience with your time. “The Maze Runner” is a breath of fresh air, as it is everything a dystopian book-to-film adaptation should be and is anything but a processed film that fades from memory on the walk to your car. Thomas, played by Dylan O’Brien (Teen Wolf, The Internship) finds himself elevated into the Glade, a forest inhabited by boys ranging in age from pre-teen to young adult. A massive mechanized stonewall surrounds the Glade with doors that open at sunrise and close at sunset. These doors reveal the maze, a complex network of corridors whose wall shift into different position every night. The Gladers notice

that Thomas is unlike the others because of his unrelenting curiosity. It is clear to everyone, especially the first Glader introduced to the maze, Alby (Aml Ameen) and the suspicious Gally (Will Poulter) that his arrival is significant as things begin to change after a relatively predictable three years of coexistence. As Thomas attempts to make sense of his purpose and identify their imprisonment without any memory of the past, the movie takes the audience on a thrill ride as heart-pumping as a night in the maze. O’Brien was unquestionably convincing as the brave Thomas. Every relationship formed between O’Brien and his co-stars seemed genuine and made for a more poignant delivery of the film’s message. Aside from the theme of bravery and the responsibility that comes with it, “The Maze Runner” communicated the impor-

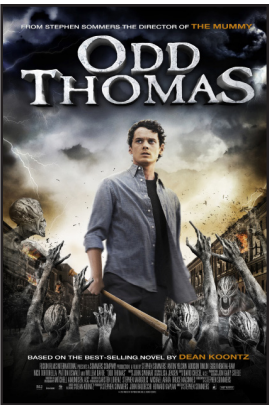


tance of compassion, faith and virtue. There was never a dull moment and the end had me marking the calendar for the next installment. “The Maze Runner” holds its own with impressive cinematography and a fast-paced storyline that felt as if it ended too soon. There are elements of mystery, action and beauty, leaving no base uncovered. The only area for improvement I noticed was

the character development but since there are more chapters to this one, that may come later. I also wish “The Maze Runner” came before “Divergent” and “The Giver” because it seems as though the young adult, post-apocalyptic wave is losing momentum, as did the vampires and the zombies. Still, this one is a truly entertaining experience that is very much worth the watch.

Netflix Review 2/5 PAWS

Odd Thomas is an odd failure



By Sydney Schabacker
Staff Writer

It’s almost Halloween, when many of us may have a chance to see ghosts and goblins and spirits of old walking amongst us. But for short-order cook Odd Thomas, he sees the

dead every day of the year. Blessed or cursed with clairvoyance, Odd lives a fraught life. When he’s not helping Police Chief Wyatt Porter catch murderers, he keeps a low profile so that the creepy, fear-feeding, pain-portending bodachs don’t figure out that he can see them. If they suspected Odd’s gifts, that’s a death sentence. When a man walks into the restaurant crawling with more bodachs than Odd has ever seen before, it takes everything he can do to keep cooking up orders and not reveal his awareness. Partnered with his quick-witted girlfriend, Stormy Llewellyn, Odd races against time to

track down “Fungus Bob” Robertson who is the eye in that storm of bodachs. If they don’t succeed, dark forces will overwhelm the town. Fast paced and clever, “Odd Thomas” has a lot of promise. It’s an intriguing mystery with moments that will make you laugh out loud. The movie stars the talented Anton Yelchin who is best known for his portrayal of Chekov in the recent Star Trek movies and also known as Charlie Bartlett from “Charlie Bartlett.” With that kind of acting talent, you’d think that nothing could go wrong and it doesn’t for the first quirky and enjoyable hour.

It’s better than average as a supernatural, comedy/mystery, but the movie sets itself up as a completely charming romance as well. To skirt a spoiler, we’ll just let you know that there is a common plot twist that allows the male character to avoid any relationship maintenance and in short, fails the romance angle. Some Dean Koontz readers forgave that plot twist are ongoing Odd Thomas fans, which might mean another movie one of these days. I may be too mad to watch another one, which is a shame because “Odd Thomas” started off so great. You decide, but for me it’s two out of five paws.

CD and DVD dropping

Alt-J and Age of Extinction

By Ariel Robbins
Radio Assistant

“Sleeplessly Embracing” Alt-J’s new album

At long last, English band Alt-J dropped their second album “This Is All Yours” on Sept. 22. Barely into its highly anticipated availability, “This Is All Yours” reached number one on charts in the UK, and topped globally in five other countries. The band’s previous album, “An Awesome Wave,” was nominated for three British music awards and went on to win the Mercury Award, issued to the UK’s best album by well-regarded officials in the industry. “Hunger of the Pine” was the first track released and propelled fans into a conflicting onset of emotions due to the unexpected cameo of Miley Cyrus after the first few verses. Love her or hate her, most can’t help but head-bob anyways. There’s no denying that “Hunger of the Pine” is only one of thirteen knockout tracks that’ll have you wondering what on earth you’d been doing with your life before listening. Luckily for



fans, Alt-J is touring across both America and Europe to promote their new album. More information their tour can be found at: aljband.com.

An Optimus Prime Time to Get Transformers: Age of Extinction on DVD

This fourth installment of the Transformer franchise grossed over \$245 million in theaters and hit stores on Sept. 30. Fans of awesome robots and gnarly special effect geared action will have their movie thirsts quenched by Michael Bay’s, Transformers: Age of Extinction. Despite harsh reviews and a Rotten Tomatoes rating of 3.8/10 from the critics and



3.3/5 from the fans, lovers of blaring mechanical robo-fights and Mark Wahlberg will not be disappointed. The story follows protagonist Cade Yeager (Wahlberg) in his desperate attempts to rescue his daughter, Tessa, from her bounty hunter kidnappers. Of course being a Transformer movie, the plot could not be complete unless the world was under attack and needed the assistance of Bumblebee and his fellow robotic buds. So, if you’re in need of a ridiculously loud, robot-heavy action film, Transformers: Age of Extinction might be perfectly geared for you.

Student A: “Necessities” BY Faith Orcino



Musician spotlight

By Kat Diltz
Staff Writer

New Years Day is not your average rock band. Mixing dark imagery, alternative punk beats and emotional, relatable lyrics, the self-proclaimed “haunted-mansion-core” group is tough on the outside, but soft on the inside. Hailing from Anaheim, California, the band consists of Ashley Costello on lead vocals, Nikki Misery on lead guitar, Anthony Barro on bass and Nick Rossi on drums. The band formed in 2005, building their fan base online through posting their music on MySpace. Their debut full-length album, My

New Years Day

Dear had a light pop-punk vibe, reminiscent of the early years of the band Paramore. The band’s latest album, Victim To Villain, gained them a stronger following with its darker, “spookier” rock sound, designed to get you on your feet and sing along. The music video for their song “Angel Eyes,” featuring Chris Motionless of the band Motionless in White, has over two million hits on YouTube. The band members heavily enforce individuality as the theme of Victim To Villain, in addition to overcoming personal insecurities and becoming a better version of you. The band keeps in touch with their fans over social media. They constantly

remind them that no matter what obstacles they are facing in life, they are not alone. New Years Day’s dedication to their fans and perseverance to create unique, engaging songs proves that they are full of compassion and determination. Their originality ensures them years of success to come. Ashley Costello also occasionally gives reasonably priced music lessons over video chat, for anyone who wants to break into the music industry. She announces the dates of the days when you can book your appointment on Facebook, Twitter and the band’s other social media accounts. Email her at MissAshCostello@gmail.com, business inquiries only.

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