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Students aim to reduce waste from coffee runs

Kill the Cup, save the world

By Katlin Sweeney
Editor-in-Chief

Grabbing coffee before class is a societal custom that many college students have implemented into their daily routine. However, the plastic cup that these drinks are purchased in are utilized one time and then immediately thrown away.

For individuals that have harbored guilt over throwing away hundreds of coffee shop cups after only a few hours of use, the Kill the Cup initiative provides a simpler way to make consumption more eco-friendly. Kill the Cup is a four-week program in which participants devi-

ate from getting their morning drink order served in a plastic cup and instead bring their own reusable one. With establishments offering incentives to contribute to this eco-friendly trend, such as Starbucks offering customers 10 cents for utilizing reusable cups, Kill the Cup further motivates participants with the opportunity to win prizes, for example \$50 cash award or an iPad.

This program, which originally started out as a grant project at UCSD, has evolved into an initiative that not only seeks to reduce waste, but makes eco-friendly consumer behavior fun as well. Kill the Cup has provided training and resources to students interested in heading their own teams at various universities in an effort to widen the program's reach and increase the use of reusable cups.

"We want to celebrate the environment and consumer behaviors that benefit it," co-founder of Kill the Cup, Drew Beal, said. "The goal is to have these student ambassadors that are passionate about doing something in society, but maybe don't have the tools, experience running a four week campaign that helps with sustainability."

Beginning in October, CSUSM will join seven other college campuses in competing to garner the most participants, and the most reusable cups utilized, during their four week long campaign. The winning program will receive a \$2,000 grant to fund their own project for sustainability.

Alex Caratti and Daniel Geisler are the student leads for the CSUSM branch of the project as well as President and Vice President, respectively, of the new CSUSM

Sustainability Club. The club, which is heading the organization and marketing for the campaign, encourages students, faculty and staff to participate in the Kill the Cup initiative.

"One of my passions is sustainability, which is why I started the club this fall," Caratti said. "I was connected to Drew through faculty and staff on campus, and we thought that the [Kill the Cup] challenge would be a great way to start our presence."

The campus has been extremely supportive of the campaign thus far, Caratti citing ASI and Office of Communications as being interested in helping spread the word to students and staff.

"We're partnering with Jazzman's and Starbucks [on campus] so that when you use your reusable mug, you are entitled to the 10 cent discount," Caratti said. "They



From left to right, Alex Caratti and Daniel Geisner lead the Kill the Cup campaign at CSUSM in the hopes to make sustainability more attractive for students, faculty and staff. Photo by Chris Morales.

will keep track of how many of these cups have been used."

In order to be entered into the raffle to win prizes for joining the campaign, participants can go to killthecup.com, enter their university email address and upload a selfie with a reusable cup.

Each photo is worth five points, participants can post one photo per day and they receive bonus points for sharing it on social media.

Kill the Cup starts on Monday, Oct. 6 and will end on Friday, Oct. 31.

CSUSM celebrates new veterans' home base

New Veterans Center bridges military and academic community



Karen Haynes joins other dignitaries and staff in a ceremonial ribbon cutting for the new Veteran's Center. The new center aims to focus on offering support for the entire community in every aspect of military and campus life. Photo by Matthew J. Kuhlman

By Matthew J. Kuhlman
Photo Editor

Veterans, CSUSM dignitaries, and students gathered at the ribbon cutting ceremony for the new

Veteran's Center Tuesday, September 23, 2014. After formal introductions, ceremony leaders welcomed everyone in attendance to join in celebrating the well-deserved veteran's facility that has culminated from years of planning and hard work. "A great deal of hard work, dedication and collaborative planning have gone

into building this new Veteran's Center," said Claudia Oreegal, a Senior MIS major who has been working with campus veterans for over eight years. "This new center is so thoughtfully designed to support not only veterans, but their families, and in turn, the entire CSUSM student body as well." The new center will strive

to focus on any and every subject and concern veterans, active duty and military families could ever need assistance or guidance with. Although the Veteran's Center Staff has been working on campus supporting members for many years, the entire CSUSM community is looking forward to the positive impact the new facility will have on the lives everyone involved.

"Involvement" is a key word when recognizing both the purpose of the new center as well as the combined efforts to bring the facility to fruition. So many pillars of the community jumped at the chance to contribute to the new center from design to construction. According to Margaret Chantung, CSUSM's Public Information Officer, the new 1,000-square-foot energy-efficient building was donated and designed via the Stevens Institute of Technology students who undertook the entire project for the U.S. Department of En-

ergy's 2013 Solar Decathlon.

Involvement is a notion adopted by the Veteran Center Staff as well. More than a couple of the student veteran speakers made certain to let the entire crowd know that they credit the Veteran's Center Staff's immediate involvement and taking ownership of their concerns as the reason for their success as CSUSM students. "As a military dependent, one of

the first things that impressed about the Veteran's Center Staff is that my questions and concerns were no less or more important than anyone else's," said Chis Morales, a second year criminology major. "It seemed like they automatically got involved, knew what stage in my efforts I was at, and stayed involved until I got all of the resolution I needed so I could focus completely on my studies."



CSUSM student veteran and Senior MIS Major Claudia Oreegal attentively listens to questions and concerns of fellow student veterans at the front desk of the new Veteran's Center. The new center is the culmination of many hours of work on behalf of many people and organizations focusing on providing support for the entire community. Photo by Matthew J. Kuhlman

Our Next Issue
October 8, 2014

Email us at:
csusm.cougarchronicle@gmail.com

First installment airs in Conversations That Matter

Opportunity for students to engage in educational discussion

By Ryan Downs
News Editor

Over the course of the coming year, the Office of Diversity, Educational Equity and Inclusion will be hosting a series of guest lectures on the subject of diversity and inclusiveness on campus. However, what makes these particular events different from others hosted by the campus in the past is the more open forum they provide for students to communicate with both the lecturer and each other about racial, gender and religious diversity on campus. The first in the series will debut Sept. 29, where Dr. G. Cristina Mora, an Associate Professor of Sociology from UC Berkeley, will be discussing a topic about the etymology of Latin-Americans, and where the terms “Hispanic” and “Latino” come from. This is also meant to lead into a wider discussion on how individuals from multiple nations, such as Puerto Rico, Mexico and Cuba, are consistently put under one or two generalized names. Dr. Mora is also the author of a book

on the subject, titled Making Hispanics: How Activists, Bureaucrats and Media Constructed a New America. “I’m actually very excited about the series because I think it’s going to be a great opportunity for our campus community to get together and talk about these issues, whether it’s about gender, sexual orientation, religion or nationality,” VP of the Office of Diversity, Arturo Ocampo, said. Ocampo has played a part in bringing the series to campus. However, although his office will help provide funding to the series, he has mentioned that, for the most part, he wishes to not become too authoritative. Instead he wants to allow the people involved to take a sense of autonomy, so, ultimately, the series can better reflect the attitudes of students on campus. Dr. Mora’s presentation will take place from 12 p.m. to 1 p.m. on Sept. 29 in the USU ballroom. For more information about the Conversations that Matter series, students may contact Arturo Ocampo at the Office of Diversity at aocampo@csusm.edu.

“Yes Means Yes” reorganizes the sexual consent agenda

By Jasmine Demers
Community News Editor

Lawmakers of the California State Senate have recently passed a bill that will change the definition of sexual consent on college campuses and will require a shift in policy regarding student safety. SB-967, also known as the “Yes Means Yes” Bill, was proposed by State Sen. Kevin de Leon on Aug. 28, 2014. If approved by Governor Jerry Brown, the previous representative slogan, “No Means No”, will be replaced by an alternative approach, which emphasizes consent as an “affirmative, conscious and voluntary agreement to engage in sexual activity.” Under SB-967, California campuses will not be able to receive state funds for financial aid unless they “adopt certain sexual assault policies and protocols.” These policies include a partnership with on and off campus resources that will serve as assistance to

survivors of sexual assault and the implementation of outreach programs that advocate for these issues. Karen Guzmán, a student and advocate against sexual violence at CSUSM, explains that these requirements are necessary in order to provide adequate survivor support. “This bill makes it a requirement to have established relationships with survivors, to have advocates for survivors and to have a campaign against sexual assault, domestic violence, dating violence and stalking,” Guzmán said. “This gives us visibility and presence as students who have been affected by these issues.” The California State University system, including CSUSM, already has a detailed memorandum that was revised and republished on June 3, 2014. It highlights many of the points that are listed in SB-967 and incorporates a comprehensive investigative plan for sexual assault cases.

This system wide memorandum is in accordance with Title IX, a federal law that requires educational institutions to prohibit sex and gender discrimination, including sexual harassment and violence. The proposal of SB-967 is reportedly in response to several Title IX violations amongst higher education institutions. The U.S. Dept. of Education, on May 1 of this year, released a list of 55 college campuses who are under a federal investigation for violating policies of sexual assault. On a positive note, CSUSM is not a violator of the law and is not included in this list. Bridget Blanshan, the Title IX coordinator at CSUSM, explains that the proposal is not very different than the policies that the University currently upholds. “There is not a great deal of difference between how our policy defines consent. It kind of takes laws that are already in existence and af-

firms them,” Blanshan said. She explains that this bill, along with the already implemented policy, is important because of its goal to protect students and to create outreach for these issues. “We are trying to expand our outreach and education so that people understand what healthy sexual behavior is,” Blanshan said. “We want to talk about the importance of approaching sexual encounters in a way that it’s cool to communicate about it. It’s important to get consent, it’s important to not feel funny about asking, and it’s important to intervene when you see something going wrong.” “Yes Means Yes,” according to Blanshan, is a new phrase that can be used to advocate against sexual assault and to provide crucial support for survivors. SB-967 is unanimously supported by California State Universities and its fate will be determined by Governor Jerry Brown by the end of September.

‘Documented’ film humanizes the battle for rights

By Katlin Sweeney
Editor-in-Chief

The debate over whether or not undocumented in-

dividuals should receive citizenship has sparked the creation of a documentary following one man’s journey. In “Documented,” filmmaker Jose Antonio Vargas, a Pulitzer prize winning journalist, recounts his experience growing up in America while hiding his identity as an undocumented individual. The movie will be screened at CSUSM, giving students, faculty and staff an inside look into how labels like “illegal alien” can negatively define and shape people’s lives. After the film has been viewed, those in attendance will have the opportunity to participate in a discussion with a four-person panel. The speakers seated at this

panel will include Dr. Vincent Pham from the CSUSM Communication Dept., Dr. Gail Perez from the USD Ethnic Studies Dept., Joseph Allen Ruano-Ramirez from the UCSD Cross-Cultural Center and Thiana Ruiz from various CSUSM student orgs. Thiana Ruiz shared that being a part of the panel gives her the hope of beginning more conversations among undocumented individuals about becoming comfortable with their identity as an undocumented. “I believe that I have commonalities with the film characters,” Ruiz said. “I think that being an undocumented student on campus is often difficult and there is the fear that you will be

judged. We live in a country where you are pointed at, there are issues and government policies that don’t allow you to do certain things. But these are just obstacles that we have to overcome.” According to Dr. Matthew Atherton, an Associate Professor in the Sociology Dept., the film screening is sponsored by the CHABSS Global Commitment Initiative and the Engaging Diverse Dialogues Initiative. “Documented” is the first of three films that will be shown on Global Migration at CSUSM. “Documented” will be screened from 5:30 p.m. to 7:00 p.m. on Sept. 24 in the USU Ballroom, followed by the panel discussion from 7:00 p.m. to 8:00 p.m.

History presented through film


Honoring local tribe with documentary screening

By Katlin Sweeney
Editor-in-Chief

Students, faculty and staff had the opportunity to explore Native American culture and history with the screening of “First People -- Kumeyaay.” For California Indian Day on Tuesday, Sept. 23, participants gathered in Arts 240 in the evening to watch the KPBS film and participate in a community discussion. The conversation was facilitated by Stan Rodriguez, known as a Master Kumeyaay Speaker, cultural teacher and mentor. Director of the California Indian Culture & Sover-

eighty Center (CICSC), Dr. Joely Proudfit, expressed her excitement over welcoming all members of the community to attend the event and to learn about Kumeyaay history. “As everyone at CSUSM knows, our campus is located on Luiseño ancestral lands,” Proudfit said. “We take an enormous amount of pride in reminding our campus community about the history, traditions and worldviews of Luiseño people in the region. This year for CA Indian Day, the CICSC wanted to honor and celebrate another of the region’s four indigenous

tribal groups, the Kumeyaay. The Kumeyaay are the largest tribal group in San Diego County with tribes extending across the US Border into Baja, California, Mexico.” For more opportunities to participate in CICSC’s events, go to csusm.edu/cicsc/.



CALIFORNIA INDIAN DAY
“First People – Kumeyaay”
Film Screening, Tuesday, September 23, 2014

5:00pm - Community Reception at the California Indian Culture and Sovereignty Center
6:00pm - Screening, Arts 240, “First People – Kumeyaay”
7:00pm - Panel Discussion

Panel discussion with Stan Rodriguez (Host, Nation of Santa Ysabel, Master Kumeyaay Speaker, Culture Teacher, & Mentor)

Hosted by:
The California Indian Culture and Sovereignty Center
Office of the Vice President
for Academic Affairs

Photo provided by Dr. Joely Proudfit.



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Run with me.. Come quick see

What you’ve been missing out on from cross country

By Burtland Dixon
Staff Writer

Cross-country is a sport where the athlete is purely fueled by determination and motivation. If competitors show up on the day of competition without those two traits, they might as well have stayed home.

Teammates want competitors to succeed, fans want competitors to win, and with that sense of community on your side, excitement is bound to erupt at any moment.

The truth is, the sport of cross-country doesn’t seem to be as striking as other sports at CSUSM. Dozens of runners line up before the sound of the gun and then proceed to run an extensive amount of miles. This is not as much of a team sport as soccer and basketball, or even a sport that you can keep track of the entire time.

However, none of these miniscule details should keep anyone from giving the cross-country team the recognition they so highly deserve. The exceptional mental capacity and physical prowess a great runner requires is almost unparalleled. That is exactly what the cross country team at CSUSM is made of, great runners.

It’s not often that a Silver Medalist World Champion and Gold Medalist Olympic Champion gets to help an



Cross Country coach Steve Scott, former Olympian and member of the USA Track & Field Hall of Fame. Photo obtained from The Orange County Register, taken by Michael Goulding

athlete in any sport. Luckily for CSUSM, Steve Scott, who just so happens to bear the aforementioned accolades, is in fact the head coach of the men’s and women’s cross country team.

With having ran the most sub-four minute miles in history, it is not absurd to believe Coach Scott can turn a golfer into a highly competitive runner. This only makes the idea of rooting and being proud of the sport that much more exciting.

“It’s exciting especially if you have a good team, you know to be out there and you can run around,” Coach Scott said. “It’s almost like being on the sideline of a soccer game coaching the team”

All the cross-country team seems to do is harvest the fruits of their labor. With the men’s and women’s team being ranked in the top 10 in the NAIA and bringing home banners year af-

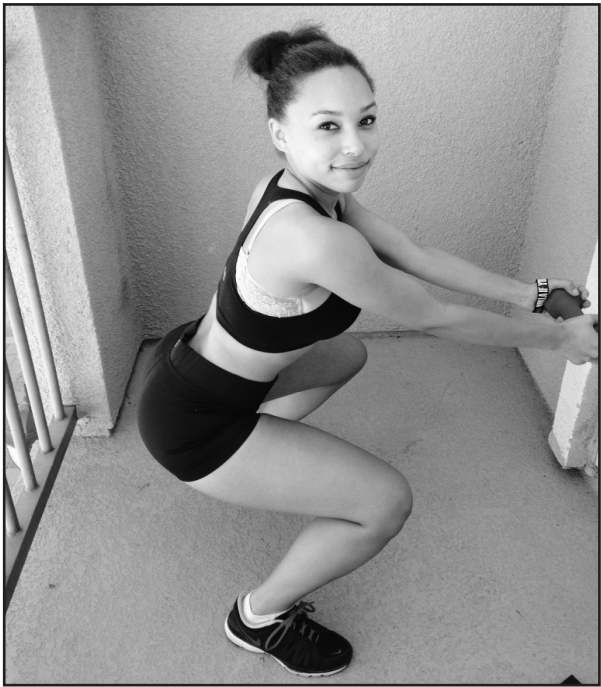
ter year, cross-country has earned at least an inch of respect from even the biggest pessimist. Practicing strides of up to 80 miles per week appears to be a stepping stone of which they leap off to redeem their success.

Not all sports teams have the same flexibility as the cross-country team. During a competition, a viewer can actually run with the person while cheering them on, giving them the proper motivation they need as they run their hearts out.

Now knowing all of the information about the hard work put in, high-caliber coaching and one’s ability to be seamlessly integrated in the races, what is preventing the cross-country team from being more notably recognized? The answer to that would be nothing at all. Remember becoming a bandwagon fan for your own school is completely fine.

The dreaded freshman 15

Advice to ditch the baby fat



Freshman student Brianna Galloway excercises with sets of deep lunges which help her stay active while adjusting to the new structured style of campus life. Photo by Brianna Galloway.

By Mackenzie Clark
Assistant to Sports Editor

The Freshman 15 may have already affected many students on the CSUSM campus, but this doesn’t have to happen to you.

Needless to say, many students gain 15 pounds their freshman year of college. However, there are many tricks to avoid the Freshman 15. Luckily the Quad and UVA both have kitchens, which makes it much easier to eat healthier.

Brianna Galloway, third

year at CSUSM majoring in business, said she successfully beat the Freshman 15, suggesting many strategies to avoid it. “I found the time around classes and homework to make it to the gym as much as possible. Sometimes it was only two days, others it was six,” Galloway said. “I utilized our Clark gym throughout my freshman year.” Working out is a key component to avoiding the Freshman 15, but eating healthy is just as important. Galloway said some

of her favorite things to eat were smoothies, broccoli and fish. Not only is it critical for you to eat healthy but it is also essential to take good care of your body.

“I definitely try to stay away from alcohol,” Galloway said. “I know that we are in college, and we like to party, but alcohol every weekend could add on more pounds than you think if you don’t live an active lifestyle.”

Taking care of yourself and being aware of what you put into your body will help you stay in the best shape.

Kiana Highsmith, first year at CSUSM and currently living at the Quad, usually cooks her own meals in the kitchen provided in the dorms to try and stay away from frozen and artificial foods.

She also uses the gym in the Quad and takes the stairs on campus instead of the elevators.

“I go to the gym when I have free time but simply taking the stairs on campus can play a huge role in staying fit,” Highsmith said.

The legendary Freshman 15 doesn’t have to affect you. All you need to do is stay healthy and active. Even walking around on campus all day can be a workout if you choose to take the stairs.

SPORTS EVENT CALENDAR

WOMEN’S SOCCER

9/28/2014: Sunday, Opponent: Embry-Riddle (AZ), at: CSUSM, Time: 1:00 PM
10/4/2014: Saturday, Opponent: Mills College, at: Oakland, Time: 12:00 PM
10/5/2014: Sunday, Opponent: UC Santa Cruz, at: Santa Cruz, Time: 11:00 AM

MEN’S SOCCER

10/3/2014: Friday, Opponent: Menlo (CA), at: Atherton, Time: 3:00 PM
10/5/2014: Sunday, Opponent: UC Santa Cruz, at: Santa Cruz, Time: 1:00 PM

WOMEN’S VOLLEYBALL

9/24/2014: Wednesday, Opponent: Concordia (CA), at: Irvine, Time: 7:00 PM
9/26/2014: Friday, Opponent: UC Merced, at: CSUSM, Time: 7:00 PM
10/4/2014: Saturday, Opponent: West Coast Baptist, at: Lancaster, Time: 2:00 PM

10/7/2014: Tuesday, Opponent: Concordia (CA), at: CSUSM, Time: 8:00 PM
10/8/2014: Wednesday, Opponent: Hope International, at: Fullerton, Time: 7:00 PM

MEN’S CROSS COUNTRY

10/4/2014: Saturday, Opponent: Pomona-Pitzer Invite, at: Claremont, Time: 8:00 AM

WOMEN’S CROSS COUNTRY

10/4/2014: Saturday, Opponent: Pomona-Pitzer Invite, at: Claremont, Time: 8:00 AM

MEN’S GOLF

9/29-30/2014: Monday-Tuesday, Opponent: Embry-Riddle (AZ), at: Prescott, AZ, Time: 7:00 AM

WOMEN’S GOLF

9/29-30/2014: Wednesday-Thursday, Opponent: Embry-Riddle (AZ), Fall Invite at: Prescott, AZ, Time: 7:00 AM

Diversity Awareness Month

Moving Towards Cultural Intelligence

October 7

Join us in kicking off CSUSM’s first Diversity Awareness Month. The kick-off will be in the USU ballroom. Reception at 5:30 PM with a lecture from activist Suzan Harjo at 6:30 PM. Her talk is entitled, “Clasping Hands Across Cultures for Unity and Strength.”

Diversity Awareness Month was established to help create greater awareness of diverse and underrepresented communities as well as to develop a better understanding for why we infuse diversity into everything we do.

In addition to asking the campus to join us in this event, we are encouraging departemnts and units to organize their own mini diversity celebrations in October. Ideas can include anything from holding a multicultural lunch, reading an article or book on diversity and discussing it, sponsoring a safe zone training, attending a cultural event, or creating a diversity collage that represents your unit or department. Feel free to contact the Office of Diversity, Educational Equity & Inclusion for videos, resources and ideas.

Conversations that Matter Series

Sept 29 - “I say Hispanic. You say Latino. How did the whole thing start?”

Oct 15 - *Veterans and Invisible Disabilities*

Oct 22 - This Time We Call It Ferguson:
Racial Shootings, The State, & Resistance

Oct 28 - LGBTQA Discussion

All Series will be from 12 - 1 pm in the USU

To find out more information about these events, contact the Office of Diversity.

Big turnout at surf tryouts

On the search for talent to ride the waves

By Shaina Pardo
Senior Staff Writer

Over 40 surfers showed up to Crosswaithe Street in Oceanside, ready to show their skills for tryouts and hoping to obtain a spot on the CSUSM Surf Team. In order to join the team, President Tanner Huibregtse is in search of three impor-



Junior contestant showing off his best down in Oceanside at the Surf Club tryouts Saturday, the 13th. Photo by Ashley Odom.

tant components. “Good communication, a good competitor and someone who is an all-around team player,” Huibregtse said. This organization has been working hard to spread the word about the club around campus, an effort that seems

to have paid off as shown in the turnout for their tryouts. The morning of the surf tryouts was hectic. There was a mass of surfers, all waxing their boards, getting last-minute paperwork in and paying fees before mentally getting prepared to find that perfect wave that would wow the judges. These judges included former team member and all-star surfer Jason Hernandez, Co-President Mike Leterneau and treasurer/Co-captain Max Roseman. With new goals in mind, Max Roseman is raising the intensity of practices. “We’re changing practice to every Friday” Roseman said. “As co-captain I would like to see our team do better than last year, which is qualifying for nationals again and moving from seven in the nation to number five. With a lot of new team members, I think we should be able to achieve that goal.” The CSUSM Surf Team is an important component to the school. The club is a big part of the school spirit on campus. Support them by following them on Instagram @csusmsurf.

Wide awake drunk: The dangers of mixing energy drinks and alcohol

By Alexis Saucedo
Sports Columnist

What if there was an alcoholic beverage that masked the effects of alcohol, further complicating the thought process? There is such a drink and many are not even aware of it. This beverage is a mixed drink, containing both alcohol and caffeine. The younger generation is well aware of the risks associated with drinking alcohol. Whether it is a few beers with friends at

happy hour or a weekend bender, alcohol can impair judgment, which may lead to poor decision-making. According to the Washington State Liquor Control Board, in addition to impaired judgment, the stimulants in energy drinks can mask the depressant effects of the alcohol. The caffeine reduces the feeling of drunkenness, which results in the inability to sense the true level of intoxication. This inability can lead individuals to drink even more and

engage in risky behavior. The Washington State Liquor Board also says the combination of a depressant and a stimulant can have a negative effect on the heart and cause rapid heartbeat, shortness of breath and even heart attack. In an article by the Student Health Department at California State University Chico, those consuming such beverages have a higher chance of becoming dehydrated, since both alcohol and energy drinks are diuretics. Depending on the indi-

vidual, higher levels of dehydration while drinking can also produce a more severe hangover. Bloombergnews.com states that California joined the other six states that banned selling alcoholic beverages containing caffeine in 2011. This occurred shortly after nine Washington college students were hospitalized due to the consumption of such bev-

erages. However, this ban does not prevent local bars and restaurants from serving these mixed beverages. Some bars have actually

become particularly creative at formulating alcoholic energy drinks. PB Shore Club in Pacific Beach makes a Vodka Red Bull in a slushy form. Sounds delicious and refreshing, especially with the current heat wave in San Diego, but the negative implications involving health and well-being should always outweigh the best buzz.

CSUSM welcomes new baseball club to campus

High hopes of growing in collegiate competition



CSUSM students Chris Benson and AJ Vega, founders of CSUSM’s Baseball Club. Photo by Chris Morales.

By Erik Sandoval
Staff Writer

The passion for the game of baseball has driven Chris Benson and AJ Vega to begin the creation of a brand new baseball club that will have their inaugural campaign this upcoming spring. Both students enrolled with the intention to be on the university’s baseball team; however, they were unable to overcome the difficult task of making the roster during walk-on tryouts. Benson and Vega did not let their own personal shortcomings deter them from their preeminent goal of playing baseball during college. “I went to the tryout as a walk-on last October and didn’t make the team but I still didn’t want to give up on baseball,” Benson said. “I asked Coach Dennis Pugh how I can be a part of baseball and he mentioned the pos-

sibility of starting a baseball club. From there, I just began doing everything I could do to get this thing going.” Once Benson began the promotional process of the baseball club around campus, AJ Vega took notice of Benson’s persistence on creating the baseball club. “I also was unable to make the team as a walk-on,” Vega said. “Once I noticed his flyers around campus, I wanted to take the initiative to contact Chris and help him create the club. I was able to use social media outlets and my fraternity to spread the word about the baseball club and we’ve received a lot of interest.” Plenty of interest is coming from many students around the campus community. Tryouts will be held with the prospect of attaining a 25 man roster. Competition will be stiff as both Benson and Vega have knowledgeable sense for scouting talent,

having each possess many years of playing competitive baseball on their resume. “From other students perspectives they will think I don’t know what I’m doing, but I have played baseball for 17 years and had offers to play baseball at division three colleges,” said Benson. “I have a good eye for talent, guys that are hard workers and guys that have the baseball skill set to compete at a high level. This opportunity will be a great stepping stone for my career because I would like to pursue a career in coaching baseball after college.” An added incentive on being on the club roster seems to be the Division II club competition the team will encounter. CSUSM will be joining schools such as Arizona State University, University of San Diego and Cal State Northridge in the South Pacific West conference. The competition will highlight attention to the new club, which will aid the growth and stability of the club for many years to come after Benson and Vega graduate. “The season is similar to the NCAA College World Series,” said Vega. “If we can succeed and advance in the playoffs, then we travel to Pittsburg, Kansas for the Club Baseball Finals. We want to set a solid foundation for the future starting this year.”

Heart Beat

Bloombergnews.com states that California joined the other six states that banned selling alcoholic beverages containing caffeine in 2011.



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Organization Spotlight: Kamalayan Alliance

By Celeste Morales
Outreach Assistant

Student org. Kamalayan Alliance advocates creating a diverse community at CSUSM. The organization’s main focus is awareness and community, aiming to represent the Asian American Pacific Islanders (AAPI) community of California State University San Marcos and to provide a diverse environment for CSUSM students. CSUSM student Andrea Aduna, student affairs coordinator, and Huy To, the mediator between Kamalayan Alliance on campus and the other AAPI communities, are among some of the faces behind the organization. Kamalayan Alliance was developed because racial slurs began circulating about the AAPI community. The organization came together to fight against this maltreatment against students and, out of their fight, blossomed a family of purpose and values. The organization started in 2005 with five founding fathers who wanted to continue to have a place for people to come together and have a voice. Kamalayan Alliance tries to rep-

resent the community as much as possible, while making it fun and exciting for people to join, come together and have a good time. Some of Kamalayan Alliance’s goals are to continue to get students to join the community, but to also build collaboration through other organizations in order to join forces and share resources, thus creating a school that is more diverse. Aside from community, Kamalayan Alliance is also concerned with student life, especially for first year students. They help first years to come forward by offering a mentoring program called Kapatid, where each Ate gets a Kuya. In the mentorship, a student is matched up with a big brother or big sister in order to ease the transition into student life. This mentor acts as someone you can create a family with. Your family is called a KA family where you will eventually form traditions. There are several upcoming events that the organi-

zation is excited about announcing. One particular event is the Friendship Gathering at Cal State Fullerton in honor of Philippine culture month. Over 40 organizations all over the Southwest will be there this semester. Another scheduled event will be held in the spring in celebration of the organization’s 10 year anniversary. One thing the Kamalayan Alliance wanted students to understand is that the school is fruitful and that students should be proud of it. It is especially important for students to become active in the CSUSM community. Kamalayan Alliance also encourages anyone to join, even if they’re not part of the AAPI community. Kamalayan Alliance meets twice a month during U-hour on Thursdays in the ballroom; their next meeting will be held on Oct. 4. If any students are interested in joining, contact Kamalayan Alliance at kamalayanalliance@gmail.com for more information.

Kamalayan Alliance meets twice a month during U-hour on Thursdays in the ballroom.

Cougar travels to the City of Light

The benefits of traveling abroad

By Courtney Jones
Assistant to Features Editor

Bonjour! Comment allez-vous? Hello! How are you? This is how student Owraanos Suljuki, an Anthropology major and French minor at CSUSM, began many of her conversations during her time studying abroad in Paris, France. Suljuki jetted off to one of the most romantic cities in the world during her summer vacation in 2012. For five weeks, Suljuki lived and studied at the Institut Catholique de Paris. Unlike CSUSM, the Institut Catholique de Paris is over a century old. Each weekend, Suljuki’s program went on excursions to what she regarded as some of France’s most breathtaking sites and cities, including the Palace of Versailles and the Loire Valley--a small region inundated with vineyards, or-

chards and grand châteaux’s. Suljuki’s favorite excursion was to the city of Normandy, mainly because she was able to tour Mont Saint-Michel--a quaint little island famously known

Suljuki reflected on her experiences of studying abroad and shared how much the program influenced her. “Even though I was there for a short amount of time, I feel like it was enough to make an impact on me,” Suljuki said. “It empowered me to become more ambitious and more hardworking.” CSUSM has an entire office dedicated to helping students realize their study abroad dreams. The CSUSM Study Abroad department offers numerous programs to best suit students and their educational as well as cultural interests. Suljuki describes how passionately she believes in studying abroad and encourages students to do the same. “Everyone should study abroad because you learn so many things and not [just] about the area you’re studying but about yourself” Suljuki said. To quote one of Pixar’s most celebrated animated films—Up, “adventure is out there” Cougars! Au revoir! Good-bye!



Photo provided by student Owraanos Suljuki.



Professor Mustard urges student mentoring

By Chelsey Gonzalez
Outreach Assistant

Professor Mustard is a great example of how being in a field you love can not only enrich your life but also provide great inspiration for those around you.

CSUSM Adjunct Professor Robert Mustard of Biological Sciences expressed his love for biology and the joy he receives from being a professor of biology.

Professor Robert Mustard was born and raised in Madison Heights, Michigan, where he graduated from Lamphere High school. From there, Mustard continued on to a number of different colleges and universities without a specific career path in mind.

He obtained his AAS degree in Computer Science at Oakland Community College, where he held a career in Information Technologies for 20 years. Professor Mustard went on to get his second degree in Environmental Studies at DePaul University in Chicago.



Second year student Chelsea Gonzalez catches up with one of her very first biology professors. Photo by Matthew J. Kuhlman.

Restaurant Review

Get your buzz on with Better Buzz coffee

The coffee shop, reinvented

By Anna Maria Petrov
Staff Writer

Better Buzz coffee near CSUSM is a unique and quaint coffee shop in San Marcos, perfect for grabbing a tasty cup of coffee on an early weekday or weekend morning.

It might not be a traditional coffee place since there is no option to sit inside like other coffee shops, but it does offer the best coffee around.

Overall, the atmosphere is pleasant. There are three tables, two of which have umbrellas, and two wicker benches with comfortable cushions overlooking the San Marcos Hills. There is soft music playing in the background imparting a relaxed mood.

Their prices are similar to other coffee shops in the area and range from \$3.75 for a regular size coffee to \$4.55 for a large size.

They offer different varieties of coffee from hot lattes to Mexican Mochas to iced coffee. Better Buzz even has a drink called Best Drink Ever.

Additionally, there are some coffee alternatives offered like Iced Tea, Hot Tea with assorted varieties, Tea

Professor Mustard also previously attended CSUSM and received a masters in biology.

“I was burned out from my previous position and I decided I wanted to go back to my first love, Biology,” Professor Mustard said. “Two days after I graduated from DePaul, I got on a plane and came out to Escondido, and I wanted to go back to school and formalize my studies in Ecology, and so I finished my Masters here at Cal State San Marcos in 2008.”

During his undergraduate studies, Professor Mustard worked as a research assistant for three years under Dr. George Vourlitis. Mustard encourages students to get involved in any form of student mentor relationship as he credits Dr. Vourlitis with much of his professional growth during this time in his life.

“Talk to your professors, you have a lot of subject matter experts here on campus, and they are always looking for enthusiastic intelligent students, or they may know

someone off site to refer you to,” Mustard said. “Go do an internship over summer to gain some experience and see what you like.”

Professor Mustard’s devotion in combining the classroom and the great outdoors to enrich a person’s life comes through in what he offers to the classroom.

Through his involvement with the Shedd Aquarium in Chicago and The Daily Ranch in Escondido, he has both learned from others and shared his knowledge and love of science and nature.

He explained his love for both biology and ecology including his appreciation of natural spaces and his dedication to the subject.

There is not a lot of delineation between my personal life and my work life,” Mustard said. “I don’t mind if work overflows into my personal life and my personal life overflows into work.”

When it comes to wanting to purely enjoy the environment, Professor Mustard takes time to appreciate nature. For Professor Mustard, one of his favorite hobbies is scuba diving.

Mustard continues to encourage students in all fields to pursue a career that they are passionate about.

“Find something you love, find something you have a passion for and do it well,” Professor Mustard said. “If you don’t like what you are doing, get out of it; life is too short to be unhappy.”

Professor and published creative writer: Mark Wallace on the craft of writing



Professor Wallace sits attentively explains his love for creative writing. Photo by Anthony Trevino.

By Anthony Trevino
Staff Writer

Professor Wallace has a deep love for the craft of writing and what it can do, and he hopes to instill the same passion in his students.

Creative writing professor, Mark Wallace, is one among many CSUSM faculty members who has published several books. As a versatile writer, Wallace doesn’t stick to only one form of writing. Over the years, he has written on an assortment of topics from experimental poetry to straight forward prose.

“I don’t do the same stuff with genre every single time,” Professor Wallace said. “Each one of these books is very different.”

Over the years, Professor Wallace has published 10 books, and he is currently working on another novel, more specifically, a Science Fiction piece called Crab set to be re-

leased sometime next year.

Professor Wallace advises young, aspiring writers that seek to see their work published to get to know their surrounding writing community.

“What people need to be doing if they’re interested in a field is they need to be readers and they need to get involved in the communities of activity that surround literature, whether that be

a community of poets or an online community of writers and readers,” Professor Wallace said.

His love for writing lead him to attain a BA in English with a minor in Statistics from the George Washington University, an MA in Creative Writing from SUNY-Binghamton and finally a second MA and Ph.D. in English at SUNY-Buffalo.

“I’ve been interested in being a writer almost my whole life,” Professor Wallace said. “My parents read to me and I read books early and I started writing my own poems and stories when I was in third grade.”

After college and before teaching writing at CSUSM, Professor Wallace had several jobs, most distinctly as a freelance journalist and professional editor for a number of years.

Despite holding down full time gigs that demanded his attention, Wallace snagged moments for his personal writing projects whenever possible—notably, one of his collections of poetry was completely written during bus rides to and from work.

Some of his published novels include Complications from Standing in a Circle, Dead Carnival, Felonies of

“I’ve been interested in being a writer almost my whole life,”

Illusion, Haze: Essays, Poems, Prose, Nothing Happened and Besides I Wasn’t

There, Sonnets of a Penny-A-Liner, Temporary Worker Rides a Subway, The Big Lie, The Quarry and the Lot and Walking Dreams.

“You’ve got to get involved and, in fact, that makes it no different than anything else,” Professor Wallace said. “If you want to succeed in something you’ve got to figure out what’s going on in that area of life and be a part of it.”

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CSUSM singer/songwriter Gian Caballero

By Nada Sewidan
Features Editor

To Gian Caballero, music is more than lyrics and guitar strings, but rather an art that he hopes will move and inspire people.

Caballero recalls his first performance as a child when he would stand on the kitchen table, Beatles track playing in the background, singing along to the lyrics “Shake It Up Baby.”

He is a self taught singer/songwriter who previously released an album and is currently working on producing a second. Caballero’s music is inspired by memories of real people who greatly impacted his life.

“Anything that deals with struggle and pain inspires songwriting,” Caballero said. “I like writing about the human condition, fall of man, heavy details, all kinds of relationships and religion.”

In further discussing his future goals with music, Caballero explained that when it comes to his music, he doesn’t like to get ahead of himself. He prefers to take it one step at a time. When constructing music, he also believes in taking time to create and write a song.

Future plans for Caballero’s music include recording his songs live and producing



Gian Caballero entertains the crowd at a local coffee shop in downtown Escondido. Photo by Noelle Friedberg.

an album in the upcoming year. He hopes to produce the new EP (an extended play album) in vinyl as well as regular CD format. His next step will include promoting his music and gaining support by playing local shows.

“My big dream for my music is to hopefully tour the West Coast,” Caballero said.

When asked who influenced his pursuit for music, Caballero quickly spoke about his family.

“My mom taught me the first four guitar chords but after that I became self taught,” Caballero said. “But it was my dad who taught me how to be a fan of music.”

When performing a song on stage, he expressed

how a song always transports him back to how it felt when he first wrote it.

“Normally I like to close myself off and close my eyes,” Caballero said. “All I hear is my guitar and vocals.”

Caballero produced an EP in 2012 called A Hint of Feeling. Some of the songs off the album include Feathers Float, Dirty Girls and Sheep. He is currently working on recording a new album for the upcoming year which will include his new song, My Mind is North.

Some of the places he has performed include Normal Height, “The Sats”, Coffee House, 5th Avenue in Gaslamp, Kettle Coffee and Tea in Escondido and Hill

Street Cafe in Oceanside.

Caballero’s musical influences included The Beatles, Simon & Garfunkel, Elliott Smith and Damien Rice, among others.

Caballero advises other student artists interested in pursuing music to just get out there.

“Do it for the love of it,” Caballero said. “Write a lot because the more you write the easier it is to figure out what about you works.”

Caballero will be performing some of his new songs off his upcoming album on Friday, Sept. 26 at Kettle Coffee and Tea in Escondido. Caballero’s music is available for purchase on giancaballero.bandcamp.com.

CULINARY CORNER

Fluffy white frosting

By Chelsey Schweitzer
Senior Staff Writer

When making cake, a yummy frosting recipe can come in handy. This fast and easy frosting is a family recipe that can easily be made using ordinary utensils found in the kitchen.

The frosting should be stored in the fridge since it has perishable ingredients. This may cause the texture to change slightly, but don’t worry, the taste will remain the same. For a slightly less fatty frosting, you can use butter instead of shortening.

No matter which way you prefer to make it, this frosting recipe will serve as a delicious addition to any cake.

Ingredients:

4 tablespoons flour
pinch of salt
1 cup milk
1 cup sugar
1 cup shortening (or butter if desired)
2 teaspoons vanilla

Directions:

Cook flour, salt and milk in a saucepan over low heat until a paste forms; stir constantly. Let it cool.

Beat sugar, shortening/butter and vanilla in a mixer until a fluffy texture is formed. Add cooled paste mixture and continue to beat until it becomes fluffy once again.

Spread frosting on cake as desired.

Do you have a favorite recipe that you would like to share? Send any recipes or suggestions to Culinary Corner at cougarculinarycorner@gmail.com and you may see your recipe featured in the next issue.

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What I learned while interning in Mexico

By Britt Camarillo
Contributor

This summer I was given the opportunity to intern with YUGO Ministries in Rosarito, Mexico for ten weeks. YUGO is a Christian organization that partners American and Canadian churches with local churches in the Tijuana/Rosarito area to provide the community with physical resources such as clothing, food, homes, as well as the intellectual and spiritual needs of women, children and teenagers. My only experience with the Spanish language prior to this summer had taken place strictly in the classroom over the course of three years. During the first week of my arrival across the border, I made my meager abilities known to the staff, who then scheduled me to teach a lesson to a group of local women, based only on my ability to “kinda sorta” speak the language. My bilingual assistant was unable to accompany me at the last minute, which ushered me into the most frighten-

ing state of panic. Though speaking is sometimes an intimidating task, it’s far easier to present oneself and one’s ideas in a language that is native as opposed to one that is foreign; greater familiarity and stronger intuition allows one to readily select words that align more precisely with his or her intentions, which increases the accuracy and overall quality of communication. Though I felt inept and utterly incapable, the job managed to get done. Without having had any prior experience, I acted as an interpreter in lessons and on construction sites for the rest of the summer. Every morning, I woke with a pit in my stomach, knowing that today I would be challenged, and it would not be comfortable. By speaking Spanish, I relinquished my ability to comfortably represent myself in social situations. This, however, was a sacrifice I would willingly make because my purpose for being there was not to serve myself, nor to preserve my own comforts. Additionally,

any success I managed was not won by the result of any sterling language ability I possess. Consequently, my pride could not be fed; all the glory went elsewhere, along with my gratitude. It’s incredibly humbling to be in a constant state of stumbling, making mistakes and relearning the whole world like a child seeing it all for the first time. Oh, that’s what a broom is? You mean you’re asking me to sweep? Moreover, it’s a blessing to be embraced by a loving culture of people who gladly spend the extra time and effort it takes to understand a language learner. More often than not, I was met with encouragement and other kind gestures, such as the helpful finishing of my sentences, by both adults and children alike. Though the United States may be a richer country monetarily, Mexico felt, to me, richer relationally. Generous and warm, in Mexico they seem more likely to drop everything they’re doing just to seize the opportunity to spend time with a person they love, an incred-



Britt Camarillo and her young companion enjoy a bright, warm, sunny day. Photo provided by Britt Camarillo

ible display of the value of relationship over task in Mexican culture. Coming from a culture that allows language learners a very small margin of error and does not tolerate those who surpass that margin, I initially felt an unrealistic need to speak Spanish perfectly. It wasn’t until I was having dinner one day with the pastor’s family when I finally let go of that need. Seated across from the pastor’s son, a student at the Techni-

cal University of Tijuana, I began conversing with him in English. I did so, not because I desired to be comfortable myself, but because I thought it would annoy him less to listen to my English than it would for him to decipher the meaning behind my butchered Spanish. He soon asked if we could switch languages. I was shocked that someone would suffer the nuisance of my insufficiency. I was stunned to discover that these insufficien-

cies, though undoubtedly existent, were not enough for him to consider me a nuisance at all— the conversation lasted for 45 minutes. It is amazing to witness mutual love and care for one another disarm personal fears and foster a greater resolve to continue the cycle of love. I’d encourage anyone to seek out ways of serving others. You can be used for great things and you don’t have to cross the border to accomplish them.

My love-hate relationship with my smartphone

By Jeff Kennedy
Contributor

I think technology is ruining the world. For twenty-three years, I have resisted getting a smartphone, but now I have one. Here’s an example of why I like it: Last week I was trying to find my friend’s house, but I’ve never been there. Normally I would print out directions before I left my house, but I didn’t have a chance to this time. But I remembered that I just got a smartphone. So I looked up the directions on my phone. This made finding the house a lot easier than it normally would have been because in the past I would have had to call my friend and ask for the directions, which can get complicated. There have been times when I’ve had to call someone for directions and I have to memorize them because I didn’t have a pen. So much to my unwillingness to convert to the dark side, there are some useful tools that come along with a smartphone. The reason I dislike having a smartphone is because it’s ruining my relationships. Before I had one, I hated when

people would pull out their smartphones in the middle of conversation. Now I do that to people all the time. A lot of my friends have noticed a big difference in my conversational skills. I don’t listen as actively as I used to. As much as everyone says they can multi-task, it just doesn’t work that way with smartphones. You can’t be on your phone and listen to whoever’s talking to you at the same time. Also, I’ve never had to worry about taking such great care of a phone before. And now I feel like I’m carrying a baby around with me wherever I go. It’s also affecting what I do with my free time. In the past, I would bring a book with me so that if I had downtime I could spend it reading. Now when I have downtime, I just sit on my phone, wasting my brain away, trying to beat my highest score on Temple Run 2. This is why I think technology is ruining the world. It’s forcing us to depend on it, and it’s jeopardizing our relationships. So next time you have free time, instead of pulling out your phone, talk to the person sitting across from you.

By Sarah Hughes
Senior Staff Writer

Clothing choice reflects individuality and people shouldn’t be disrespected in the name of modesty. I’ve heard full-grown adults of both gender tirade about how they thought bigger people shouldn’t wear revealing outfits. I’ve witnessed people talk about how they “don’t like seeing that, it’s disgusting,” when the “that” was a man, a woman or a child. This bashing doesn’t limit itself to body type. I’ve also heard it done on the basis of how someone’s lack of clothes made them somehow dirtier than the rest of us. Worst of all, I’ve had people close to me judge me harshly because they didn’t agree with my choices. Words and insinuations have been said resembling “slut,” “whore,” etc. I’ve been told my tankini in a pool at summer camp would cause boys to have difficult impure thoughts. But their naked chests, nowhere near the pool, were presumed to have no effect on me as a high schooler.

Modesty undressed

How prescribing dress can lead to problems

A comment from a stranger comparing me with a prostitute was once given because I was wearing the equivalent of more than a string bikini. Whether the apparel-prescribing person’s motivation is religion or an aversion to a particular flesh, I find the constant advising of modesty to be controlling and ill-considered. There are many reasons why people wear what they do. Climate influences dress. Areas of high heat often have less clothing or looser, more natural fibers. Activity of the day can determine how one dresses. People wear clothing for others and themselves. These choices reflect individuality and choice, as well as provide a pastime. Dress can be a sign of individuality and rebellion. In *Survey of Historic Costume*, Phyllis Eubank and Keith Tortura point to flappers, hippies and youth culture. These are all examples of young people who explored themselves through clothing. College is often a time where new adults are expressing themselves with less dress code rules than

they had in high school. They are exercising buying power and freewill. The clothing shrinks on many women, and youth play with new styles. Clothing investigation seems to be a phase many have to go through, though many will inevitably pick sensible shoes over high-heels on stairs eventually. Silly as some clothes many look, they offer valuable cues to others about who we want to be and who we want to attract. Dress is adhered to in part to signal to a subculture our inclusion or availability. “Objects become signs of forbidden identity, sources of value,” Dick Hebdige said in *Subculture and Style*. When it comes to modesty, it is a fine trait when one chooses it for themselves, but a rude command when others dictate it. Each determines what the word means, for it can be moderation, be it internal or external, limited to one virtue, but not the next. We shouldn’t tell people what to wear because how a person dresses should be based on their comfort and choice. How some-

one dresses is essentially their choice. By respecting someone else’s decision, you respect your own. By judging someone based on what they wear, we reveal ourselves as judgmental and slander their reputation. I find it odd that modesty is often dressed as a lack of nudity. The hasty generalization from “barely clothed” to “of dubious moral character” doesn’t make sense. It is as if the body is an object of shame, or at least the narrow bits that can’t be seen in polite company are. People are born naked. Disrespecting someone based on an aversion to their body is your problem, not theirs. Stonings, gossip, alienation and other tragedies have been committed in the name of modesty. It often seems to be a trait that is applied to women specifically. Could this be a carryover from times when lineage relied on a son being unquestionably his father’s? From a time when women were considered the weaker sex, were told to say in the domestic sphere and were thought to be more emotional?

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Community News Editor

Jasmine Demers

Contacts

csusm.cougarchronicle@gmail.com

cougarchron.layout@gmail.com

cougarchron.news@gmail.com

cougarchron.sports@gmail.com

cougarchron.features@gmail.com

cougarchron.opinion@gmail.com

cougarchron.arts@gmail.com

csusmchronicle.advertising@gmail.com

Our Website: csusmchronicle.com

Office Phone: 760 - 750 - 6099

Office Fax: 780 - 750 - 3345

Our office is located in Craven 3500

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

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

A plea for modesty

By Chelsea Lightfoot
Contributor

Hey you, I can see your butt hanging out of those shorts. If you had to check right now, this article is one hundred percent about you. I get it, college is a time where students finally don't have parents dictating what they can and cannot wear. But just because we now have all this freedom, doesn't mean that it should be abused.

It's embarrassing to me, as a woman, when I see other girls walking around campus with their butt cheeks hanging out of their shorts. And it should be embarrassing for all of you, too. I am someone who firmly believes that there is a time and a place for all different types of dress. I'm not saying that you can't wear these shorts at all, they're great for say, the beach or a pool party, but I am saying that you should be dressing appropriately for being on a college campus where you are seeking higher learning. If someone were to walk into a classroom scantily clad in a Vegas-style nightclub dress, you would think they were ridiculous. And yet, if someone walks into a classroom wearing booty shorts that show the same amount of skin, they are



Differing opinions on acceptable campus attire range from the extremely modest to extremley daring and sometimes student/business smart. Photo by Noelle Friedberg.

somehow deemed appropriate. This isn't okay. We're all here to earn an education, and hopefully not waste our/the government's/our parent's money. So we should be dressing for success, not to grab the attention of the cute boy who sits two seats behind us in Psych 100. Ladies, let's take a step back and look at how we're portraying ourselves and our self-worth. Do you really want a guy to like you because you wear shorts that show off your assets to everyone and their mom? Probably not. If you do, then you have bigger problems to worry about than the clothes that you choose to wear to your college classes. Guys, do you really want to date a girl who wears clothes that make it so everyone on campus is getting to see the areas of your girl-

friend that only you should have the privilege of seeing? Just as an example, my friend Brian thinks that "it looks trashy" when girls wear shorts that show off their butt cheeks and that "anyone who feels the need to attract people with just their bodies probably doesn't have anything else to offer." I know you're expressing your freedom to wear whatever you want, but let's be a little more classy and discerning while on campus. We all need to focus on our studies, do well and be the best versions of ourselves that we can be. The way that we dress isn't just a reflection on ourselves, but also on the values and ideals of our generation. I hope to be part of a campus community that exudes confidence, self-worth and potential, rather than butt cheeks. Stay classy, CSUSM.

Advice for surviving as a transfer student

By Tiffany Trent
Staff Writer

Transferring to a new school can be intimidating. Last Fall I transferred to CSUSM as a junior. I didn't know what to expect since the only college I had ever gone to was MiraCosta College for the past three years. When I went to the transfer orientation, I was astounded by the large and beautiful campus. The Kellogg Library alone must be bigger than all of MiraCosta. I was under the impression that except for the size, there would not be that much of a difference studying at a university compared to a community college. However, as my first semester here got underway I was surprised that the classes all seemed to be paced a little faster and the expectancy for good work was a little higher. That was when all of my happy ideals of being at a university were replaced by reality. For the entirety of that first semester I felt like a stranger in a new city. I didn't know where I was going most of the time and

got lost more than once trying to find my classrooms (although this wasn't too surprising since I am the poster child for getting lost). I had just changed my major before coming to this school so I didn't know very many people in my classes. That first semester for me was mainly an adjustment period. My second semester went much better. I really enjoyed the classes I was in, I had friends in most of my classes and my professors were amazing. I was beginning to feel more at home at CSUSM. I remember when the USU building opened, my friend and I explored it with such wonder and awe. I felt so privileged to go somewhere that had such fancy and grand places for the students and faculty. Now when someone asks me where I go to school, I tell them with pride and enthusiasm. There were three main things that helped me settle in at CSUSM as a transfer student. The first was that I pushed myself to be outgoing and strike up conversations with as many people as I could.

Not only did it help me get to know some really great people, it also helped me feel more comfortable at the school. I actually met one of my closest friends during Orientation because I complimented her headband. That was all it took for us to start talking and realize how much we had in common. The second thing I tried to do was talk to my professors after class and during office hours. They have all been very welcoming and helpful. There is a professor that has inspired me more than anyone else and by getting to know her better, she has become my mentor. The last thing I did was give myself time; time to adjust, time to feel like I belonged, time to let familiarity replace the awkward newness. This is a great place to earn your degree and while it can be a little difficult to acclimate initially, it is completely worth it. My advice to a transfer student would be to take a deep breath, use your campus map if you need it, and enjoy the journey.

Why Literature & Writing is best major

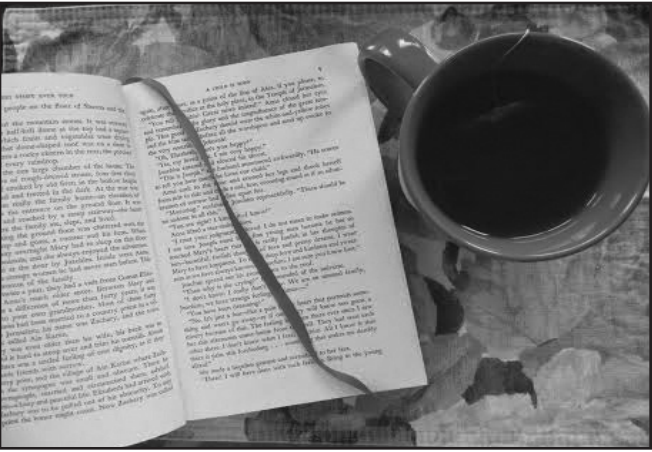



Photo by Noelle Friedberg.

By Caleb Hogland
Staff Writer

Have you chosen a major yet? It's kind of important. When we were preparing to leave high school, we were all told to think about a career. We were supposed to know what career we would want for the rest of our lives. But the first step in getting to that final life-changing career is to decide on a major. You know, that one area of study you are about to spend the next four years of your life focusing on. In order to decide your major, you have to think about what you want. So what is it? What are you the most interested in? Is money your driving factor or is it something else? The major I have chosen is Literature and Writing, and if you're wondering, yes, it is the best major you can choose. Sure, you can ask what good is it knowing about Hemingway, T.S. Eliot or everyone's favorite, William Shakespeare. But there is much more to it than knowing old and outdated

writers and literary works. Literature and Writing is called literary arts because it is in fact an art. People often think of art as paintings and music and forget that writing is one also. It is quite possibly the most powerful and moving art form of all. Writing is an art where anyone can learn how to express his or herself. Not only is it a form of expression, but it is just as importantly a technique of exploration. Exploration through writing brings forth all your thoughts, subconscious and conscious, into one profound moment of expression and meaning. We all have beliefs, but how do you truly know and understand what you believe unless you have thoroughly thought it out? Writing will help you explore not just who you are, but why you are. Through writing you can better understand all topics that present themselves. Issues of ethics, beauty, economics, government, war, religion and politics can all be understood once you have written about them.


The next time you think about saying "I don't know" to a tough question about something going on in the world, go write about it. You will find out that you actually do know more than you think. If it turns out you really just want a good, well-paying job, and who doesn't, a major focused on writing is still the way to go. I once heard a CEO say, "Give me someone who can write and I can work with them. Give me someone who can effectively communicate complicated ideas and I will give you someone who will get promoted." Even one of our very own CSUSM professors said that "when you turn in your resume with your cover letter, they do not see you. They only see your writing." If you're still doubting the relevance of writing, consider this: Last year Forbes, one of the leading magazines and websites on information about the world's business leaders, did a study on the top ten most desirable skills that would get you hired. Of that ten, the top four are closely tied to writing. Forbes did say the major that's "most worth your tuition" is biomedical engineering. But if that's not what you're into, and you still don't know what you're doing at CSUSM, I would suggest Literature and Writing. Plus, if the economy goes downhill you can always travel anywhere in the world and teach English. So what major are you working on for this chunk of your life? Consider Literature and Writing.



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The Comic Book Corner

Long Beach Comic-Con

Convention enters sixth year with much anticipation

By Faith Orcino
A & E Editor

Before September ends, head to the Long Beach Convention Center for Long Beach Comic-Con where many activities will be held regarding the comic industry and fandom.

Long Beach Comic-Con (LBCCO) announced earlier this month that they invited a line of Guests of Honor including veteran husband-and-wife duos Mike and Laura Allred of Marvel's Silver Surfer and Amanda Conner and Jimmy Palmiotti of DC's Harley Quinn. Conner and

Palmiotti created a variant cover of Harley Quinn #10, only available at the Phat Collectibles booth during LBCC. Organizers planned a vast number of interesting programs for attendees, hoping to fill their wants and needs. Partner Hero Complex of the LA Times will be moderating a number of panels in the "Hero Complex" theater room at the event while Ka-BOOM! provides interactive children's activities where they can learn to draw. While they offer many things towards comics, they also have panels about fiction writing, animation and movies, es-



pecially of the horror genre. Like last year, SGX Print helps LBCC present one of the largest artist alleys with

over 200 participants with a wide range of talent from web comic creators, writers to illustrators and inkers.

Most recently this past week, the event revealed news that they will be honoring the late Dwayne McDuffie by creating an award under his name. More details regarding the award will be made with LBCC co-founders Martha Donato and Phil Lawrence and several distinguished members of the comic and animation industries at 10:30 a.m. on Saturday, Sept. 27.

Tickets for the convention will still be available for on-line purchase until Sept. 26. For those wanting to go for the whole weekend, they can get a pass for \$45. Saturday

costs \$30 while a Sunday ticket is \$20. There are a number of special packages also available with certain fan incentives. If you do plan on traveling, expect to pay for parking in and around the area. The convention center is by the Queensway Bay and many local attractions and shopping areas so there are options for dining and other activities outside of LBCC. It is best to create a schedule of your day(s) if you are to join the festivities. There will be much in store for attendees when LBCC takes place on Sept. 27 and 28.

Fence/La Barda exhibit shows binational art

By Anne Hall
Advertising Manager

This exhibit is an interactive installation that includes paintings, drawings, sculptures, text and writing. A team of artists worked together to create the art that fills the indoor and outdoor landscapes that was adorned with symbols of identity, culture and what could appear as everyday norms.

The gallery opening reception for The Fence/La Barda took place on Sept. 13 at Art Produce Stone Paper Scissors Gallery in San Diego.

They adorned the building's windows and rear garden fencing with what appeared to be paper sea-gulls that were cutouts of birds from magazine pages that reflect on freedom and flight. Entering the doorway, observers were greeted with the months' itinerary as the art series is scheduled to have numerous events take place through Oct 25.

This "bi-national art installation, performance and lecture series" is designed to be an "interactive, collaborative installation" according to the press release, which includes a tentative performance by Moya Devine on Sept. 25 and a bi-national exhibitions lecture featuring Jill Holstin and Anna

Stump at 7 p.m. on Oct. 2.

A large part of the work focused on how Mexico utilized a means for recycling homes that are commonly identified as transported houses. These homes were made up of plaster, recycled wood, old wood pallets and other easily accessible materials. Because these homes had no foundations when they were abandoned, they were simply picked up and recycled to be reused elsewhere as additions to other people's homes or to satisfy the needs of new tenants.

The campaign will end at 7 p.m. on Oct. 18 with a presentation about these transported houses by Laura Migliorino and Anthony Marchetti, who are coming from Minnesota to present Occidente Nuevo: Recycled Tijuana. Anna Stump chaired the whole year-long collaboration. Students from Southwestern College contributed the transported houses that were models hanging from the ceiling of the gallery. There was a considerable amount of difficulty in the collaborative intentions of the artists for creating this event due to the

fact that the artists had such a difficult time meeting.

"They never met because they had so much trouble getting across the border," a professor and contributing artist, Grace Gray-Adams, said. "The reason I became involved in the campaign is because I had a fence."

The fence that is far more "transparent" than the original, as so eloquently stated by a nearby spectator had shared, was donated by Gray-Adams to help create

"They never met because they had so much trouble getting across the border"

the divide where the participants must decide where the differences lie on one side of the fence as opposed to the other. Where one side of the fence is far more dense, smaller and cut off from so much, the other side of the fence is lush with a garden that leads to a path filled with lines from a poem called "Discontent" by Nilly Gill. It directs the public to the other side of the fence that has no other way finding a way out than retracing footsteps back into the garden and outdoors.

There is much for the spectator to observe and ponder. So much is addressed in the exhibit that it becomes powerful as a unit.

The good, the bad and the decent

My experience at Mad Decent Block Party

By Collin Vaz
Assistant to Features Editor

DJ/Producer Diplo managed to bring a killer lineup of artists and a healthy helping of controversy to downtown San Diego for his Mad Decent Block Party.

Located on a fenced in parking area on the South Side of Petco Park, the event was very affordable, costing only \$45 for entry. The block party offered the 18+ crowd a chance to see several top name DJ's, at a nearby location, for a reasonable price.

After paying for parking, my group and I anxiously waited in line, dealt with security and headed for the free water fill up station. My biggest gripe with the event was with the security rules in place. Not allowing standard rave items like plush backpacks and kandi (plastic beads made into bracelets then traded with other ravers as a sign of peace and friendship), was an obvious attack on the rave subculture. The reason for this was that Diplo wanted "everyone... there 100 percent for the music. Not other stuff." This statement upset many, including the CEO of EDM promotion organization Insomniac, Pasquale Rottella. He expressed his discontent via Twitter stating that,

"Since the early days, dance culture has always been a non-judgmental environment where you could express your individuality through art, music and positive energy." He also mentioned that he "love[s] that these beaded works of art create a special bond between the giver and recipient when traded."

Securing the smuggled bracelets back onto our wrists, we made our way to the sweet spot between being close enough to see, but far enough to dance in order to catch the last half of Cashmere Cat. This set contained a solid mix of old and new school rap that the crowd was feeling, but not really dancing too. TJR changed that dynamic dramatically within the first thirty seconds of taking the stage. Dropping a fun Melbourne Bounce style set, he managed to maintain the crowd's energy for his entire mix. The only complaint I heard repeatedly was in regards to the heat.

After TJR left the crowd begging for more, EDM kingpin Laidback Luke gladly provided, spinning mainly bounce, electro and future house with a trap section to please the crowd. We opted to hang back for Flosstradamus's set, which consisted entirely of trap beats, as expected, and the crowd seemed

to enjoy it. Trap is currently at the popularity level dubstep was five years ago.

Diplo took the stage after Flosstradamus, dropping a blend of new trap tracks along with his signature dub sound. Unfortunately, about halfway through his set, he turned off the music in order to bring four girls from the crowd on stage to twerk (shake one's booty rapidly). He even announced to the attendees that he wanted the "guys [to] get some girls on your shoulders, I want them to twerk on top of you." Not to mention I got wacked in the head several times when Diplo ordered everyone to remove their shirts and swing them around while he did so on a table on stage- a standard occurrence at his Major Lazer parties.

Zeds Dead saved us from this saddening display of attempted male dominance by closing the night with a dubstep heavy mix, with future house and electro tracks thrown in. The duo sent everyone home on a great note.

I would definitely recommend the Mad Decent Block Party to anyone with an interest in electronic music. Judging by the success of this year and years previous, Diplo and friends will be back to San Diego next year.

BOOK REVIEW

An epic adventure worth delving into

Age of the Seer

By Jessie Gambrell
Contributor



Five days to freedom, four drops of blood, three faithful friends, two hidden doors and one relentless slave. Age of the Seer is the first book of a new attention-grabbing, high-fantasy adventure book series that is going to have you craving for the next one! Much like the hit book series: Lord of the Rings, Harry Potter and The Hunger Games; The Epic of Ahi-

ram will have you flipping through the pages of the story as if your life depended on it. Penned by Michael Joseph Murano, a local author from right here in San Diego, this series is going to be the next big hit for all you fantasy readers out there. Age of the Seer is coming soon to Amazon on September 24, 2014.

Look for more details at www.epicofahiram.com and like the Facebook page at: www.facebook.com/epicofahiram

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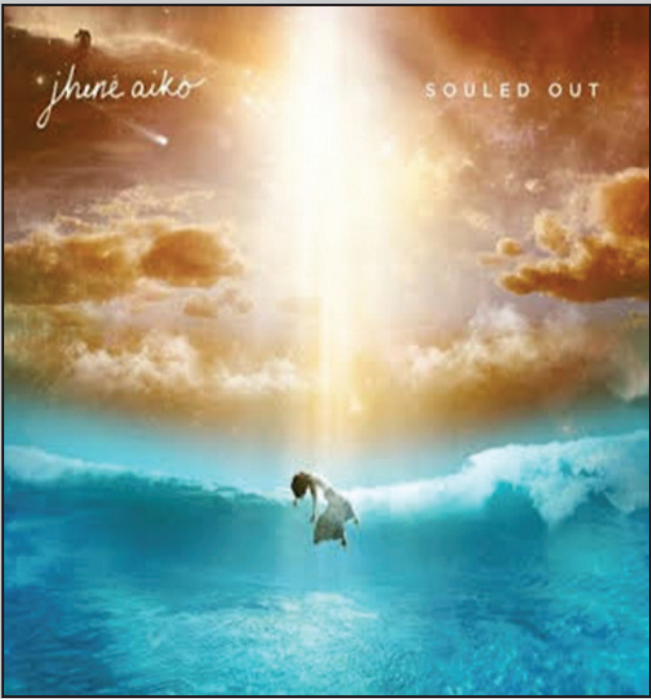
Album Review

Jhené Aiko’s “Souled Out”

By Shanice Davis
Staff Writer

Many are not familiar with the singer-songwriter Jhené Aiko.

She originally hit the scene in the early 2000s, affiliated with R&B artists of TUG Entertainment Marques Houston, Omarion and the then popular boy group B2K, writing songs for them. She eventually disappeared for a number of years from the music scene. In 2011 Aiko came back and released her mixtape Sailing Soul(s) and by this time everyone is like “Jhené who?” in response to the dropping of her album. But, as people started listening to her tracks and noticing, she rolled with Drake, Kendrick Lamar and various other members of TDE. It was clear to people that who ever she was, she was about business. With the much success of Sailing Soul(s), she wasn’t ready to stop there. So when fans heard of there possibly being a second album, they couldn’t wait. Aiko then debuted her first album, Sail Out last year in 2013, which was applauded with much approval as well, and finally her sophomore album.



On Tuesday, Sept. 9, Aiko dropped her highly anticipated album, Souled Out with hit songs “To Love & Die” and “Spotless Mind.” After listening to the album, you will be impressed. Aiko never lets you down ever since Sailing Soul(s), which hooks you into becoming a loyal fan. The album is nothing different from what Aiko released before, with the exception of a sense of growth. The songs are slow, mellow and simple with deep lyrics,

almost as though she tells short stories of her own personal relationships with men, both the good and bad. Top hip-hop artists today deem her as the “female version of Drake” to give listeners a little perspective on her music. If you like artists like Drake, The Weekend, Frank Ocean and Sam Smith then you will probably enjoy her albums. I give Souled Out five cougar paws out of five!

5/5 PAWS!

Indie bands rocked big time stage

By Nada Sewidan
Features Editor

For Indie Jammers, Sept. 7 was unlike any Sunday in Oceanside Beach. The musicians--talented, the crowds--rousing, the energy--riveting; after all, it was a sold out event. There were two oceanfront stages, seven bands and seven hours of nothing but music. Indie artists from Little Hurricane, Wild Cub, J Roddy Walston, Joywave, Walk the Moon, Bad Suns and Phantogram performed in the 2014 Independence Jam hosted by FM 94.9 located in the Junior Seau Ocean-side Pier Amphitheater. Indie Jam kicked off the day with Little Hurricane and ended the

night with the most anticipated band, Phantogram. Walk the Moon replaced MSMR in a last minute line-up change and they did not disappoint. The band’s on-stage energy moved the crowd in possibly one of the most memorable performances of the night. However, Phantogram stole the show with their electro rock beats, on-stage charisma and the many excited fans who chanted “encore” and “one more song” soon after Phantogram’s set closed. Independence Jam was a place for artists and performers to display their music and to be seen and heard. Independent artists each had a one hour set and performed songs from their latest albums while some performers

such as Walk the Moon came out to promote their new single “Shut Up + Dance.” Major crowds lined the pier for a special meet and greet available to all Indie Jammers. Photographers and videographers captured the crowds and posted all pictures, videos and special interviews of the event on their website. Some of Independence Jam’s past performers included Cage the Elephant, Imagine Dragons, the Black Keys and Edward Sharpe and the Magnetic Zeros. Live music, talented artists, up beat crowds, food trucks and oceanfront views made this Indie Jam one to remember. for nearly eight years.



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CSUSM gains new School of Arts

By Celeste Morales
Outreach Assistant

Things are changing and growing at CSUSM. One of the new and exciting things that are opening up this year is the new School of Arts. The new college just opened this semester but many students do not know about it. Jacquelyn Kilpatrick, the Director of the School of Arts, is new to our school since starting in July. Her background is in literature and not art. However, she sees having a degree in literature as something that has helped her get where she is, having given her an appreciation for all areas of the arts. She developed the music and art department at California State University, Channel Islands, and CSUSM brought her in because of her experience with building programs. The administration felt that one department does not serve the needs of the students well. In order to help the students better, they brought her in to devise a plan that will help the five

disciplines (Music, Dance, Visual Art, Visual Culture, and Media and Design) become degree programs. She feels that making the department into a school will unify the Arts. Each discipline teaches different things, and she wants students to grow and flourish. Allowing students from these disciplines to be distinct and have opportunities. The faculty is working towards a forum where they will go through the curriculum to create a program for each degree. Currently, the Music program is almost complete, and possibly in the next year or two the Media and Design degree will be final. Each one takes time to become the start of a bigger picture within the art community. Newly transferred Visual Arts student, Jerry Slough, looks forward to the changes that the School of Arts will bring. “I think that the School of Arts is a very positive and exciting addition to CSUSM,” Slough said. “For me I’m

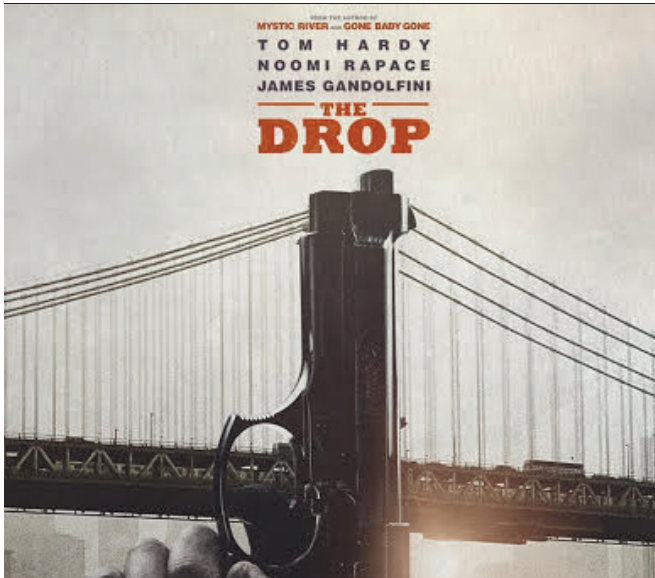
hoping to gain expanded programs and additional emphasis in the fine arts.” Director Kilpatrick says that the Visual Arts program is the only one in our region, which is a huge benefit for students so that they have a place to go, especially those transferring from Palomar College. One of her goals with this new college is for the students to be more active in the art community so that the school can be part of a larger hub for local artists. Right now, she says Oceanside has a vibrant arts community and is working on projects constantly. She would like the school to eventually work with people from that community in order to establish ourselves as leaders in the arts community as well. She hopes that the hands-on approach she plans to make will help students accomplish that goal. Eventually she would like these degree programs to develop enough in order to lead the way to a Masters program in the various disciplines offered.

The Drop is major flop

Movie review

By Pierce Brenner
Staff Writer

The Drop is one of these smaller films I’ve been looking forward to for quite a while now. It’s a crime drama starring Tom Hardy (Inception, The Dark Knight Rises, Locke) and James Gandolfini (The Sopranos) with a screenplay written by author Dennis Lehane (Mystic River, Gone Baby Gone). With an amazing trailer and largely positive reviews, you’ve got a winner, right? But after seeing it and I was completely underwhelmed. Bob Saginowski (Tom Hardy) works at a bar that Brooklyn’s mobsters used as a drop off for their money. When some of that money is stolen, Bob becomes embroiled in the criminal underworld that he worked so hard to avoid. Just as I expected, Tom Hardy and James Gandolfini are absolutely fantastic. Ever since his star turn in Bronson, Hardy proves again and again that he is the real deal. The Drop just offers further proof of that. He plays a guy who’s meek and unassuming, but every moment he



is onscreen he completely absorbs you with the sheer power of his talent. Also, James Gandolfini delivers his last performance with such charisma that you’re whisked back to the glory days of Tony Soprano and left in awe of how talented he was. A fine job to go out on. The Drop also does a good job at handling its tone. As per Lehane tradition, it’s got a very dark, downbeat story, and you feel the sense of foreboding dread throughout. You know from the first scene that this side of Brooklyn is not a nice place, and the movie sticks to its guns and makes itself a dark descent into Bob’s personal Hell. But there’re also some nice touches of dark humor, usually supplied by the remarkably deadpan Gandolfini. But even with all these good things, it seems Lehane and director Michael R. Roskam forgot to add good storytelling. This is a movie where the basic story could’ve been a strong one, but the way it

was told didn’t work. A lot of this comes down to pacing; it was slower than it needed to be, with long stretches of the movie leaving me waiting for something to happen. The movie also has some skewed priorities, focusing too much on the more mundane aspects of the story, leaving the plot very sluggish and meandering. I’m not joking when I say that in this crime drama about dirty money, there’s probably just as much emphasis on Bob’s paranoia about his new dog being taken away. I desperately wanted to like The Drop, and there were definitely some good qualities, especially the performances by the two lead but poor storytelling and arithmetic pacing bogged them down. It’s definitely my least favorite Dennis Lehane adaptation to date, and I believe he should stick to writing books. Still, Tom Hardy’s such a good actor that he makes the film bearable.

2.5/5 Paws

The final countdown begins

By Zach Schanzenbach
Senior Staff Writer

Super Smash Bros. is fast approaching its Nintendo 3DS release date in North America. Japan released the game on Sept. 13, 20 days before its scheduled release date here. Rewind to E3 2014 back in June and the hype is still real, though not as imminent. Following the April 8 Nintendo Direct, only one character was confirmed to be returning: Ike of Fire Emblem who appeared in Super Smash Bros. Brawl. During the Nintendo Digital Event on June 10, director Masahiro Sakurai gave fans a short trailer showcasing the various game modes available, alongside two brand new fighter options: the much-anticipated Mii Fighter, allowing you to play as your Mii in the game, and Palutena from the Kid Icarus games (particularly Uprising). Later that evening, after a smashing tournament showcasing the Wii U version of the game, Sakurai congregated with a number of Smash fans at a round table and unveiled other aspects of the game, including a brand new fighter option that was argu-

ably one of the overall top ten hopefuls for the game: Pac-Man. In a historic match where the four gaming legends Mario, Mega Man, Sonic and Pac-Man faced off, the newest addition to the roster took the cake...then again, that's probably because he was controlled by Sakurai. Following the E3 hype, on July 14, a new trailer (my personal favorite) was streamed showcasing two newcomers: Lucina and Robin of Fire Emblem. Of course, while Sakurai was giving us some new fighters to look forward to controlling, he decided to show us his moves and include confirmation of arguably the most popular character in the franchise's history: F-Zero's Captain Falcon. Later, at the start of a Japanese Direct streamed not too long ago, another newcomer was announced: Shulk of Xenoblade Chronicles.

With Shulk's announcement, however, there was also some consternation. Shortly before his confirmation, a supposed leak of the game's final full roster spread across the Internet. Shulk was seen in an image of said-roster, alongside the last two characters from the original game not yet confirmed: Ness of Earthbound and the Pokemon Jigglypuff. Besides these three, there were some interesting characters included as well: Dark Pit (Kid Icarus), who Nintendo teased at the end of the trailer unveiling Palutena, Dr. Mario (Dr. Mario), returning from Super Smash Bros. Melee after being cut from Brawl and the infamous sniggering dog from Duck Hunt (are you kidding me?!). This list is not exhaustive, in order to not spoil the whole game for you, but it's doubtlessly enough to make you wonder.



Musician Spotlight Midnight Satellites

By Kat Diltz
Staff Writer

Midnight Satellites (MSATS) is a band that thinks outside of the musical box. Playing punk riffs, bluesy jams, modern pop tunes and much more, MSATS refuses to be listed as another generic rock band. From playing small open mics in bars and restaurants to playing The House of Blues in Los Angeles, the band's top priority is performing music that will get you out of your chair and singing along. Based in Southern California's "winery capital," Temecula, MSATS is fronted by Sal Spinelli on lead vocals and rhythm guitar, with Brennan Kilpatrick on harmonizing vocals and lead guitar, Ryan Kilpatrick on bass and Nick Seiwert on drums. The four

share a serious passion for performing and writing music that started out as jam sessions, covering their favorite blues and classic rock songs. Weekly performances for their friends and families quickly developed into a realization of a full-blown profession in the music industry. In 2012, the band found

and percussionist Jackie Bertone (Beach Boys, Tower of Power). Their down-to-earth lyrics, seamless harmonies and enduring guitar solos sparked the interest of many more music lovers in the Valley, and since been featured on local and online radio, and self-booked 200 shows in 2013 that included performances with artists such as Hoobastank, Andrew WK and Uncle Kracker. Midnight Satellites also played the well-known Camp Pendleton Mud Runs and Fourth of July Beach Bash to an audience of over 50,000 people. The band's devotion to music is unmistak-



Image provided by band's publicity team.

themselves on a songwriting enterprise, finding their gritty, yet smooth sound, appealing to listeners of all ages. The following year, by popular request, the band recorded their first self-titled EP with Alex Pappas (Finch)

able, and their gleaming success is just the beginning. Midnight Satellites is available now on iTunes and BandCamp (digital), and at any live show (physical copy).

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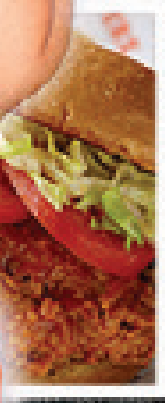
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