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CSU system faculty calls for fair contract

Improvement demanded by professors and staff

By Ryan Downs
News Editor

Earlier this month, Cal State University, San Marcos faculties have taken action across the CSU system, demanding a renegotiation of their contract, which expired June 30.

According to a press release issued by the California Faculty Association, the call for renegotiation stems from what many consider unsatisfactory hiring and pay practices intended as a response to the recession, but which have not shown improvement over the course of the last year.

"Much of the focus is on local campus presidents who, during the recession, did not use their discretion in hiring and spending to correct whatever had become chronic problems involving unfair spending policies," according to the press release.

"As a consequence of the economic issue, we wound up with a salary structure that both sides agree was broken," CFA President Lillian Taiz said. "We had a situation where faculty who had been working for years



Photo by Chris Morales

CSUSM faculty assemble to demonstrate their support for contract reconsiderations.

had a worse salary than people who had just been hired. We have lost faculty who simply couldn't live in California on the salary offered by the system."

At CSUSM, the action took the form of the "It's Time for Action" march on Oct. 7, when faculty and students gathered to address the finance issues plaguing both parties. This was in an attempt to bridge the issues of

the faculty's contract and the issues regarding student fees and tuition, in order to foster a collective push against alleged unfair spending on the part of the CSU system.

According to the press release, "Under the banner that 'Faculty Working Conditions,' CSU Faculty will connect their own need to earn a living and support their families with students' urgent

need for good, quality education in our state Universities."

On Sept. 22, the California Faculty Association chapter at CSUSM addressed President Haynes in an open letter, written by Chapter President Dr. Darel Engen. In the letter, Engen discusses the proposed Equity Pay Increase Program and what the CFA would like to see change on campus. "The Equity Pay Increase

Program [would] address the extensive salary inequity issues among CSUSM faculty," Engen said. "This resolution came on the heels of a budget analysis performed by Dr. Howard Bunsis...which concluded that CSUSM does not have the resources to fund such a program."

The CFA letter disputed the conclusion made by President Haynes and the Senate that there were not sufficient funds to approve the Equity Pay Increase Program.

"The CFA research office has since acquired more data and informed the chapter that for mere pennies on the dollar--just 0.37% of the university budget--you, President Haynes, could fund our campus' share of what it would take to close the gap between the CSU's and CFA's salary proposals," said Engen.

Other campuses that took part in these protests include Cal States Bakersfield, Fullerton, Fresno, Los Angeles, Monterey Bay and Northridge, as well as at least 15 other state Universities.

According to EdSource, the California Commission on Teacher Credentialing

met on Oct. 10 to discuss the annual report on teacher prep programs and concluded that programs dedicated to the preparation and credentialing of prospective teachers have declined by 52 percent in the last five years.

From the actions of the CSU system since, it would seem the initiative has made progress. According to the LA Times, California State University announced on this past Thursday, Oct. 16, to have reached a renegotiated contract with the California Faculty Association. This new contract provides a 1.6 percent salary increase for teachers and faculty.

Although the increase is tentative, the pact allows the parties to reopen negotiations for salary benefits for 2015 and onward, allowing faculty in the CSU system to keep a level of involvement in the contract.

"The contract doesn't fix the problems, it just begins the road to fixing them," President Taiz said. "On the one hand, we're pleased with the outcome, on the other hand, we both recognize there needs to be improvements."

Groups urge creation of Raza Center

Proposal would provide resources, space for undocumented students, others

By Katlin Sweeney
Editor-in-Chief

Many members of the campus community have advocated that creating a Latino/a center at CSUSM is essential in order for the campus to become more diverse and welcoming.

CSUSM is considered a Hispanic Serving Institution, which is an institution of higher education where at least 25 percent of the student body identifies as Hispanic or Latino/a. According to CSUSM's "2013 Cougar Stats," which breaks down the diversity of the student body, students that identified as Latino/a were the second largest population. Out of 10,610 students, 3,352

identified as Latino/a, only surpassed by 4,205 students that identified as Caucasian.

This trend of a large Latino/a population extends to the San Marcos community itself, as reflected in the city issued demographics that reports that 37 percent of the community identify as Hispanic or Latino/a. This makes Hispanic/Latino/a individuals the second largest population to those who identify as Caucasian, which amounts to 49 percent.

Proponents of implementing a Raza Center argue that due to the high Latino/a populations in the community and on campus, it is impossible to accommodate student needs without providing certain resources. Proposed

resources to be offered at the Raza Center include assistance in completing graduate school applications, easing the transition for first generation college students, providing information on Latino/a culture and educating all students on how to be supportive peers.

The center would also be a resource for undocumented students that struggle with, or feel uncomfortable disclosing, their identity in order to receive help with various processes on campus.

"I think that the Raza Center would create a safe space for immigrant students that are afraid of coming out of the shadows," Co-Chair of S.T.A.N.D., Julio Chavez, said. "It would provide that

feeling of welcome and provide resources for us to figure out what we can do to become better informed persons and help out our families since most of us are first generation students that don't have the support we need."

Various groups have been involved in the work to achieve getting a Raza Center on campus, including members of S.T.A.N.D., M.E.Ch.A., United Students of Color Coalition, the Office of Diversity and Ballet Folklorico.

The plans for the Raza Center are detailed in the ASI Resolution for a Latino/Hispanic Center on campus, which was approved by the ASI Board of Directors on Feb. 28, 2014, then pro-

posed to President Haynes.

Currently a committee has been created to research the plausibility of bringing a Raza Center on campus, tasks ranging from visiting Latino/a centers on other campuses to creating a timeline for when the center should be completed to finding a space at CSUSM for it. In addition, students have hosted four Raza Center Forums thus far to educate students on what the benefits to having the center are.

"Our goals are to engage and support first generations students to improve retention and connectedness," Associate Vice President of Student Affairs, Scott Hagg, said at one of the forums. "We want to partner with students to

develop an engaging and vibrant community to facilitate students' sense of belonging and campus pride."

Many students believe that the Raza Center will function as a second home and motivator for individuals in search of their niche on campus.

"This life is like a journey," said ASI Board of Director's VP of Marketing and CMO, Christian Cayetano. "Within a journey there are many obstacles that you overcome. But when things get tough, just know that there are others that will help and support you."

Students in support of the center can post a photo of themselves with the hashtag #RazaCenterCSUSM to try to get the Raza Center trending.

One million dollars allocated to ACE

By Jasmine Demers
Community News Editor

The ACE Scholars Services at CSUSM has accepted a one million dollar gift that will provide a new Center for the organization and will further the development of a program that enriches the lives of participating students.

The Jan and Esther Stearns Center for ACE Scholars will be the official new home of the university program that assists former foster youth students in their journey to obtain higher education. Jan and Esther Stearns, who have adopted their own children from the foster system, are generously donating one million dollars towards ACE Scholars in order to show their overwhelming support for the program's purpose and goal.

"We strongly believe in the

mission of CSUSM's ACE Scholar Services Program. To be able to play a role in these students' continuing success and help them realize their dream of a college degree is extremely important to us," patron and member of CSUSM's Foundation Board, Esther Stearns, said.

ACE Scholars Services began in 2007 with the intention to change the lives of foster youth and provide opportunities to achieve their goals through education. Jim Mickelson, Director of the ACE Program, has been with the organization since its beginning and has worked as a social worker for 35 years.

"Foster youth have the lowest educational attainment rates of all other non-traditional populations, with 49% who receive a high school diploma and 3% who ever step foot on a college campus. Of that 3%, only half will earn a



Photo by Margaret Chantung

ACE Scholar Services members look forward to what new funding allocations will mean.

degree. We developed a program that is geared towards supporting and guiding this population," Mickelson said.

With 57 students in the program, more students per capita than any other University in the U.S., and an 88% retention rate, Mickelson takes pride in the ACE program and is ready

to take this organization to new heights with the Center set to open in early Spring.

"The new space that has been given to us has far more meaning to ACE students than just a computer lab, a training room, and a lounge. One of the things we hear from them is that they are given a place and

that they are a part of a family. They have a sense of belonging and a sense of pride," Mickelson said.

Olivia Battle, CSUSM Student and ACE Scholar, has been part of the program for 5 years and she is ready to see the change that comes with the new Center.

"I think it's going to be

great because right now everything is really squished together and we share an office with three other organizations. I think it will be great that we will have our own space," Battle said.

She explains her own personal experience with the ACE program and how the support she receives from the counselors has helped her throughout her college career.

"ACE scholars is a really great program because they aren't really focused on what happened in the past. They are focused on your future," Battle said.

The new Center for ACE Scholars Services will be located in the University Student Union and will be celebrated with a ceremony in the spring of 2015. Jan and Esther Stearns will be honored for their dedication to this program and for the value that they hold for education.

CSUSM hosts lecture on Black/Latino dropout crisis



Photo by Chris Morales

Dr. Louie Rodriguez discusses his upcoming book which focuses on black and latino education retainment.

By Courtney Jones
Features Assistant

In keeping with Diversity Month, CSUSM recently brought attention to an endemic sweeping the countries' universities, primarily a perceived issue with graduation rates of

Black and Latino students.

On Monday, Oct. 20 CSUSM hosted a lecture on the Black and Latino student dropout epidemic in high schools across the country. Hosted as part of the 'Conversations that Matter' lecture series that seeks to emphasize racial diversity, the lecture was

headed by Dr. Louie F. Rodriguez, an author who has studied this issue in depth.

According to a report published this past April by America's Promise Alliance, an organization that devotes itself to "helping to create the conditions for success for all young people," the country's high school graduation rate has recently risen above 80 percent for the very first time in United States history.

Moreover, the number of students enrolled in "dropout factories," "schools in which the reported twelfth grade enrollment is 60 percent or less than the ninth grade enrollment three years earlier," has significantly decreased by 47 percent. However, a sizeable gap still exists between Caucasian, and African American and Hispanic students.

Shockingly, "one in four African Americans and nearly one in five Hispanic students still attend high schools where graduating is not the norm", according to an article published by PBS on Feb. 3 of this year. This substantially increases their odds of not finishing high school at all.

In the United States today, the bulk of these dropout factories are located in urban areas, like Detroit and New York. In areas such as these, African American and Hispanic populations tend to be greater.

Additionally, other factors, such as access to successful adults, living in a school-oriented home environment, regularly receiving positive messages concerning school achievement and being a part

of a community with a strong support system (afterschool programs, neighborhood organizations, etc.), also play a crucial role in the determination of academic success.

The report also states that "in spite of gains made by all students of color over the past six years, young men of color continue to lag behind other subgroups of student", according to an article published by GradNation in April of this year. The graduation rate for African American men continues to hover between 50 and 60 percent, well below the national average.

In order to alleviate these issues, the report suggests that four key areas be addressed immediately: (1) chronic absenteeism, (2) the general lack of attention al-

lotted to middle grades, (3) the colossal amount of individuals between the ages of 18 and 24 who are, at present, not in school, not in possession of a high school diploma and not working and, lastly, (4) the shortage of positive role models in low-income communities. By concentrating of these issues, the graduation gap will begin to close and, it is likely that, the United States will be able to achieve a 90 percent national graduation rate by the year 2020.

If you are interested in learning more about this issue, cruise on over to amazon.com and order a copy of Dr. Louie F. Rodriguez's book, The Time is Now: Understanding and Responding to the Black and Latina/o Dropout Crisis in the U.S.

Hogwarts Professor Severus Snape to lecture on wizardry

Educational event to allow students and community members to become pupils of sorcery

By Chelsey Schweitzer
Senior Staff Writer

Turn to page three hundred, ninety four.

In what is sure to be a first for the campus, CSUSM is going to be hosting a lecture held by Severus Snape himself from the Potions Dept. at Hogwarts School of Witchcraft and Wizardry. This unique experience, which is sponsored by the Arts and Lectures department, features performer V. Nigel Taylor, as he portrays the character from the famed Harry Potter series.

In his lecture on November 4th, Taylor will be discussing topics from the series such as the common theme of bullying as it appears throughout the books, the misunderstandings surrounding Snape and his status as hero or villain and how Lily Pot-

ter influenced Snape's actions throughout the story.

"[This lecture] can actually answer some questions [that] I have about the story," said freshman international student, Rodolpho Carvalho, who is planning on attending the event.

Taylor will also include the audience in his discussion by interacting with them as Professor Snape would during one of his potions classes.

"[The lecture is like] real life role playing. It seems cool to actually experience [a Hogwarts style lecture] and not just see it in the movies," sophomore, Breanna Maltby, said.

Fans of the Harry Potter franchise will be able to experience a completely immersive atmosphere during the lecture.

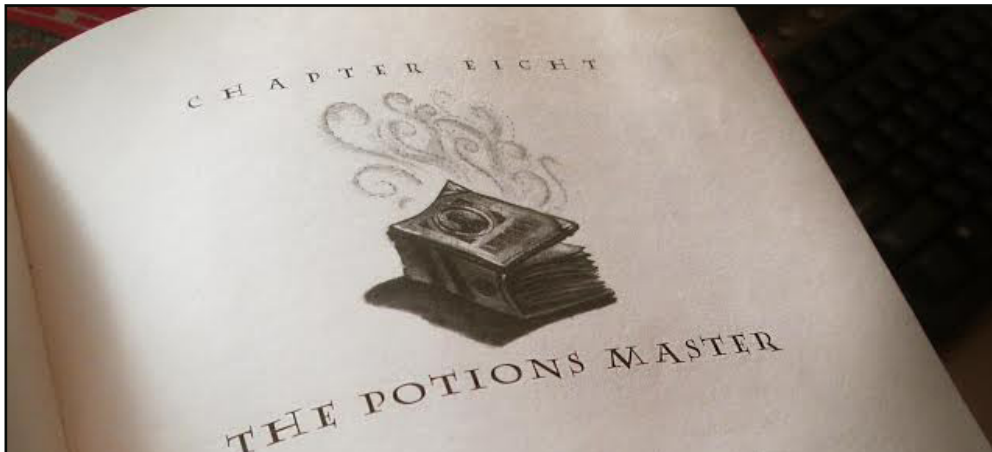


Photo by Chris Morales

CSUSM to host Hogwart's most famous potions professor.

"The audience [will be] seated in house sections, like at Hogwarts School of Witchcraft and Wizardry (Gryffindor, Hufflepuff, Ravenclaw and Slytherin), and everyone is encouraged to come in with witch and wizard costumes," said event

organizer and Harry Potter course (ID 370) instructor, Professor Linda Pershing.

Currently, over 300 tickets have been reserved for the event, approximately 120 of which are students of Professor Pershing's class, and this number is expected to

grow much larger. Tickets are free for current students at CSUSM and can be reserved on the Arts and Lectures website. The rest of the community is invited to attend at \$15 for adults, \$5 for children and \$7.50 for faculty members. Every-

body needs to have a ticket for entry, even students.

Through this lecture, fans of Harry Potter will be able to learn more about the series from a man who has spent years honing his abilities in order to perfect his role as the infamous potions professor, as well as interact with fellow fans of the series in a unique setting.

"[This lecture seems like] a good way to bring the Harry Potter community together," said junior, Isamara Aispuro, who hopes to be able to attend herself.

To reserve tickets for the event, which will be held from 6:30 p.m. to 9:30 p.m. on Nov. 4 in the USU ballroom, visit www.csusm.edu/al/calendar.html.

Further questions can be mailed via Owl to Hogwarts.

Transgender feminism lecture offers insight

A safe space for open communication and dialogue

By Jasmine Demers
Community News Editor

Earlier this month, students at CSUSM gathered together in the Gender Equity Center to discuss important issues of the transgender community and emphasize the importance of diversity and acceptance.

Held during U-Hour on Thursday, Oct. 16, the lecture allowed CSUSM students to learn about Transgender Feminism and its role in the larger feminist community.

Chelsea Brown, a student and peer educator at the Gen-

der Equity Center, hosted the lecture event in order to educate other students about transgender issues and expose them to differing feminist perspectives.

As a transgender individual herself, Brown wants to teach others about transgender identity and allow people to ask questions in a safe space.

"I was male assigned at birth, and throughout my life I knew that I never felt way [male.] Freshman year of college was when I knew I could no longer handle the pressure to be male

any longer," Brown said.

In her lecture, she was able to tell her story and share her own experiences as a transgender individual, as well as discuss important feminist issues.

"A core tenet of feminism is that biology does not and must not equal destiny," Brown said.

"The idea that women should not be held down by traditional gender roles plays a major role in all feminisms. Trans Feminism expands on that premise to argue that people in general should not be con-

finied by sex and/or gender."

Transgender feminism, according to Brown, is an amplification of feminist views and progressive discourse.

"Trans Feminism argues that everyone has a fundamental right to determine their own identity and no one has the legitimate authority to define a 'real woman' or 'real man,'" Brown said.

Brown explains that there was a time when transgender individuals were viewed as mentally ill.

The American Psychiatric Association has since corrected that notion, but the

dysphoria that a transgender person feels is still considered a mental illness.

"Psychiatrists believe that the only way to cure dysphoria is to undergo gender transition because it is easier to fix the body than the brain," Brown said.

Brown also discusses the ways in which Trans Feminism is disputed in the larger feminist community and the transphobia that has been made clear by particular radical feminist groups.

"Transphobia in the feminist community isn't new and it continues to be pro-

moted by individuals who are known as Trans- Exclusionary Radical Feminists. Their ideas contradict the entire idea of feminist progression," Brown said.

Throughout the lecture, students found themselves engaged in a constant dialogue and were eager to ask questions.

Chelsea Brown is hopeful that she will host more lectures before the end of the semester and encourages anyone with further inquiries to contact her through the Gender Equity Center.

Raising awareness for 'invisible' disabilities

By Sydney Schabacker
Staff Writer

Imagine that one moment you are in a classroom, and the next moment your mind plummets you back into the hostile and brutal environment of a combat zone.

This is an effect of PTSD, post-traumatic stress disorder, an invisible disability affecting between 12 to 30 percent of the veterans returning from deployment. It is the mind's way of reminding these people of the moments they desperately wish to forget but have not yet come to terms with. Until recently, many veterans had

been undiagnosed, untreated and even viewed with fear because of it. PTSD is a normal response to abnormal stressors, combat experiences being one of the main examples of triggers.

In the Conversations that Matter: Veterans and Invisible Disabilities lecture on Oct. 15, guest speaker Joe Costello talked about many of the symptoms of not only PTSD, but also traumatic brain injury (TBI), military sexual trauma (MST) and acute stress disorder (ASD). All have similar symptoms, and may tend to overlap in their development. Outcomes range from disturb-

ing and intrusive memories/nightmares, increased irritability, survivor's guilt, relationship/marital problems to troubled sleep, engaging in high-risk behaviors and even suicidal thoughts and actions. In short, these 'invisible' disabilities are too serious to not be recognized as true disabilities.

Even if a returning veteran is fortunate to not develop PTSD, "100 percent come back with readjustment issues," Costello said. "All of a sudden, [these veterans have] no control, no say" in the lives of their loved ones, who have gone on with life while the veterans were serv-

ing tours. This lack of control, "where they were used to life being managed," Costello said, is one reason why so many veterans have issues with integrating back into everyday life, "[unaware] they are a different person."

And of the self-identified disabled veterans on campus, John Segoria of the Disabled Student Services says he "only sees a snapshot of what's out there. [The problem] is bigger than people think." Perhaps that is because veterans with PTSD, MST and TBI do not want to admit this condition, because if they do, someone might ask them what the trigger was.

"I'm not going to ask for details. I don't ask about the worst day or if they killed anyone," Segoria said. When the veterans go to seek help anywhere, be it the Veterans Center in San Marcos City Hall or Disabled Student Services, they will find compassionate people who understand these types of disabilities and want to help.

The Disabled Student Center offers exam time extensions and a referral system that helps the veterans seek the correct help. The VA Centers offer a slew of services ranging from individual/group counseling, workshops on stress, anxiety

and anger management, support groups for significant others, counseling for MST, PTSD and bereavement.

There are many resources out there for veterans who are struggling, but Costello sees "22 to 23 year old veterans who don't see 18 to 20 year olds as their peers." The disparity of experiences between those who have served and those who have not adds an extra level of isolation for veterans.

Given that these veterans bring so much valuable experience to the campus, it is time we give something back at least in the way of compassion, respect and acceptance.

First Asian Pacific Islander sorority to be established

Knowledge, Perseverance, Diversity and Legacy seeks to uphold the values of its name

By Katlin Sweeney
Editor-in-Chief

KPDL features a multi-dimensional college experience that allows its members to prosper as individuals, community members and students.

KDPL, a sorority interest group that has been on campus since 2009, has been moving towards their goal of establishing the first Asian Pacific Islander sorority at CSUSM. The group has been working with Coordinator of Fraternity and Sorority Life, Nicki Croly, and the existing Greek community in order to achieve this goal. According to KPDL President, Trisha Llanes, this dream is transitioning towards becoming a reality, approximately in 2015.

Reflective of its name, which stands for Knowledge, Perseverance, Diversity and Legacy, KPDL works to instill aspects of each of these four "pillars" in their members. To incorporate Knowledge, the group hosts a weekly, three hour "Study Hours" session at 5:30 p.m. on Tuesdays, where members meet up to do homework together. Knowledge and Diversity are represented in events such as

their weekly Hulu and Tahitian classes, which are open to all members of the campus community. Four-year KPDL member, Heaven Quiban, teaches these classes at 5 p.m. every Thursday in Arts 101. KPDL tries to get as many student orgs. as possible to learn at least one dance for the end of the year luau as a way to come together and celebrate while teaching others about API culture.

KPDL also participates in events like the Breast Cancer Walk, beach cleanups and Friendship Games. KPDL aims to include all students in their meetings and events, not limiting themselves to those who identify as API.

"One of the biggest misconceptions about joining a culturally specific org. is that you have to be fit into that to be part of that group," Quiban said. "A lot of people have asked us if they can join even though they are not Asian and don't know anybody that is API. [With KPDL], we're highlighting diversity and we're trying to break down the differences between us. Uniqueness makes us special, but together we are complete."

KPDL President Trisha

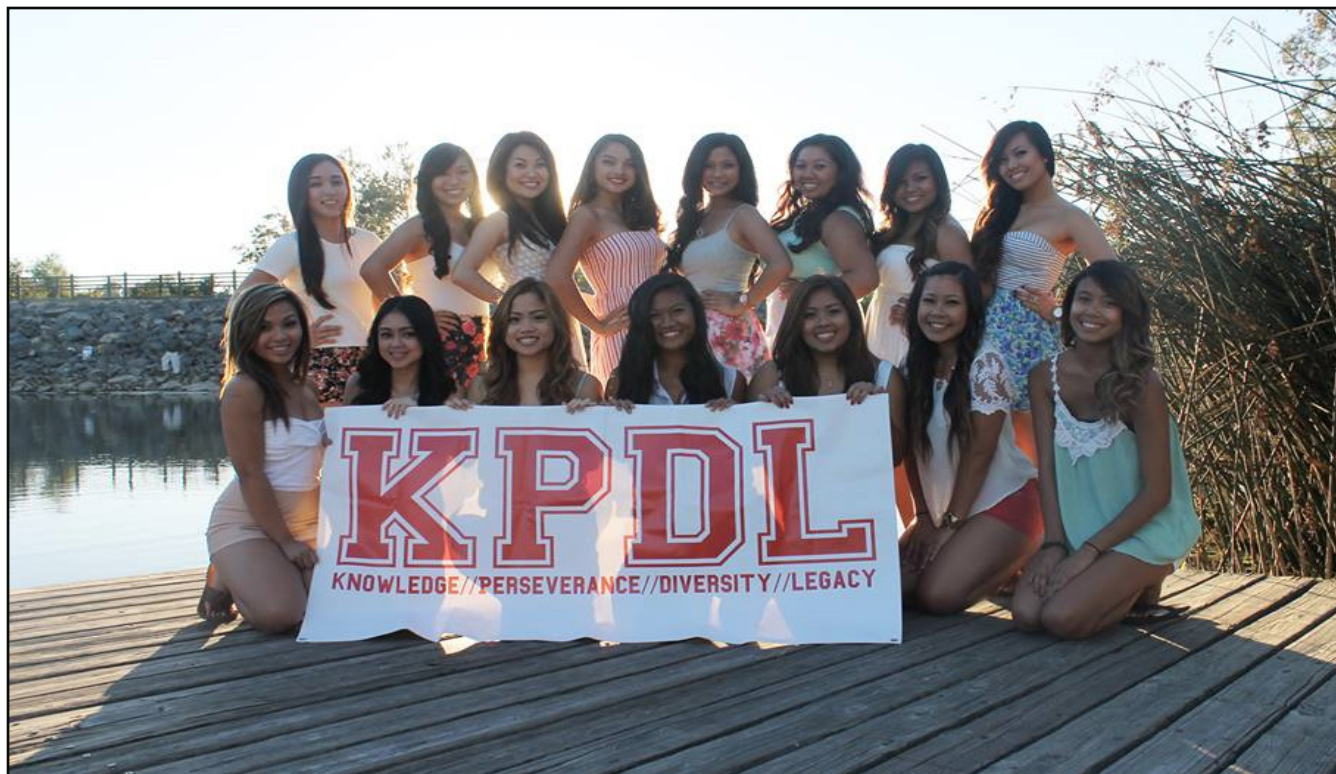


Photo provided by KPDL

The members of KPDL look forward to transition towards sorority status.

Llanes explained that having the group on campus has made her experience at CSUSM more enjoyable and increased her friend base.

"I joined the spring of my freshman year and liked it immediately," Llanes said. "The past presidents and members are the ones that have really motivated me to get where I am now. I would like to

see KPDL expand so that it inspires other API women to come onto this campus. We need to bring that diversity on campus, and we're here to make a statement."

Quiban joined KPDL the fall of her freshman year, and expressed how much the members rely on one another. She explained that when KPDL is established

as a sorority, it will help the campus community become even more diverse.

"I hope that new members will always learn the roots of where KPDL came from and how hard it has been for us to earn Greek letters," Quiban said. "I want them to have an appreciation for what they will have when they become a sorority because we have

worked on this for so long."

KPDL meets every other Tuesday, the next meeting taking place during U-Hour on Tuesday, Nov. 4 in Academic Hall 205. Those interested in the group can like their Facebook page at <https://www.facebook.com/csusmkpdl> or follow them on Instagram at KPDL_sororityinterest.

The prevalence of diversity in sports

How difference helps sports transcend to a new and better playing field

By Burtland Dixon
Staff Writer

What if I told you there was a realm in which the pigment of your skin, the dialect you are accustomed to or even the way society perceives you as a person, is completely obsolete? Well that realm is real. It can be found in front yards, public parks and residential streets, to mention a few. This world is none other than the world of sports. The cliché of “it doesn’t matter if you’re purple, green

or orange” applies liberally in this domain of life. If you have ever played on an organized sports team in a league, your coach would be the first to tell you that it doesn’t matter who you are; if you can play you are going to play. The same doesn’t hold true in other areas such as positions of power in the workforce or media representation. In other terms, you are not going to notice as many Denzel Washington’s or Jackie Chan’s as you would a Tom Cruise or even a Brad Pitt.

Then we have sports, a magnificent creation indeed. Let us take a second to delve into a diverse scene. Steve Nash, Kobe Bryant and Jeremy Lin; at least one of those names should ring a bell. Now what do all these people have in common? They each are players for the Los Angeles Lakers and love playing basketball. The diverse and uniqueness of those players is that they are Canadian, Black-American and Chinese-American, respectively. Rest assured this trend doesn’t stop with basketball.

Now if these were still the Glory days where certain athletes would be scrutinized and demeaned when they stepped foot onto a court or field if they were of color, the topic discussed here would be different. Fortunately for human sake, those days are long gone. “There is no race in sports, all players have the capability to succeed and work hard,” CSUSM senior, Abraham Vargas, said. “I have been playing sports

since I was eight years old, and have never encountered any sort of prejudice.” It appears as if sports is the exception to the rule in regards to racism and other issues alike. This would serve sports as an outlet for many people and they would hate to see that environment tampered with. “The fact that sports are so diverse makes them more enjoyable for me,” CSUSM sophomore, Stephanie Ferro, said. “Athletes

and coaches have the same goals, to get better as a team and to win, so why should race or background have an effect on this?” Whether it be for intramurals or the official school teams, CSUSM is littered with players of different backgrounds playing side by side. Why diversity is so unaccounted for elsewhere in life can be speculated, but it’s clear that sports breeds diversity. When you toss in factors like passion, determination and competition, what is there not to love?

CSUSM men’s soccer team prepared for stretch run Team aims for second A.I.I title in four years

By Erik Sandoval
Staff Writer

Students have taken a stand against rape and sexual assault in an effort to refocus the conversation around supporting survivors. Demonstrators rallied during U hour on August 26 in Library Plaza with posters, chants and demands for change. Supporters included Cathy Nguyen from Student Health and Counseling Services, as well as members of STARS, Active Minds, the Health and Wellness Center, Sigma Chi, MEChA, STAND, the United Students of Color Coalition, BSU and other CSUSM professors and faculty. The rally was organized in response to the pending investigation of the Tau Rho chapter of Tau Kappa Epsilon. UPD issued a crime report regarding allegations

that in May of this year, a CSUSM student was sexually assaulted at an off-campus party hosted by members of TKE. Students have responded to these claims by protesting against the victimization of survivors, notably those at CSUSM. Karen GuzmXn, who organized the rally along with members of Feminists Anonymous, did this to specifically offer support to survivors of all sexual violence. “Being survivors ourselves, we know what this process feels like,” GuzmXn said. “There is so much that goes into being victimized and we just want this survivor to know that we stand behind them.” Although TKE is not a recognized organization at CSUSM, the alleged sexual assault is closely associated with students and the surrounding campus community.

Jeff Salas, the chapter President of TKE, explains that fraternity members are doing what they can to aid the investigation. “We have been cooperating with anything that law enforcement has asked us to do to help with the situation,” Salas said. The university also responded to these reports by focusing on student welfare and encouraging any victim of sexual assault to take advantage of confidential counseling services. “The safety and well-being of our entire campus community is our highest priority,” CSUSM’s Public Information Officer, Margaret Chantung, said. “We will not tolerate nor ignore sexual assault and we will hold members of our community accountable for their actions.” Chantung emphasized the university’s involve-



Photo by Cody Cook

CSUSM Men’s soccer team warms up before practice in preparation for title game.

ment in this investigation by sharing their partnership with the California Attorney General’s Office and local law enforcement. These issues have resulted in an increase of stu-

dent concern and public awareness of sexual assault in the community. Karen GuzmXn and other members of Feminists Anonymous explain that being able to confront this violence is

the most important thing. “We want to create a campus who is talking about it. We want to facilitate those discussions and eventually change our campus climate,” GuzmXn said.

Women’s volleyball team prepares for tournament

By Resty Grey
Sports Editor

CSUSM Women’s Volleyball continues its hot streak under head coach Andréa Leonard with a win percentage well above .500 as they look to finish off the season and defend their Association of Intercollegiate Institutions (A.I.I.) conference title. As of Monday, Oct. 20, cougars hold a record of 16 - 8 on the season. Cougars seem to have struck a goldmine in its freshman class. Middle-blocker Kristen Parker, libero Samantha Flores and outside-hitters Cheyenne Richards and Ashley Kaylor have all found a place in the rotation during almost every set. Kristen Parker receives exceptional praise from Leonard. “She’s been really consistent for us, especially for a freshman,” Leonard said. “She’s a kid that comes in there with no

fear, she’s a gamer. I think we see her best when she’s in pressure situations.” Senior setter Alyssa Foster continues to demonstrate exceptional leadership on her team. Foster methodically distributes the ball to every one of the Cougar hitters on the court, often displaying her incredible volleyball IQ. Composed and calm, nearly every set is dictated by Foster, implementing lessons learned from Coach Leonard during practice. “Things we’ve been working on in practice is putting ourselves in pressure situations in order to find a way out of that and still be aggressive,” Coach Leonard said. “More importantly, mentally; they have to keep their mental focus and stay aggressive. We can’t get complacent.” Junior outside-hitter Jordan Banich and senior outside-hitter Alyssa Hubbard have combined to tally more than 400 kills over

the course of the season. “My setter is really good,” Hubbard said. “I trust everyone around me and I know I have to put the ball away, there is really no other option. Any way I can help my team to get a victory.” Cougars find consistent effort and production from their role players sophomore outside-hitter Brooke Butler, sophomore middle-hitter Morgan Willis and senior middle-hitter Kelli McLin, many times helping to tip the scale in CSUSM’s favor during matches. “We have players coming of the bench and making impact points, which is really hard to do,” Leonard said. “It’s easier to be a starter, but it’s more difficult to come off the bench and have to perform right away under pressure.” The depth on the Cougars’ bench seems to go on endlessly as CSUSM continues to find excellent contribution from sophomore

setter Taylor Harris and sophomore middle-blocker Markisha Henderson-Diaz. Despite earning plenty of success against other teams in the A.I.I. and N.A.I.A. conferences, Cougars are still looking to improve upon their volleyball proficiency during competitive matches. “There are definitely areas of our game we need to work on and address,” Coach Leonard said. “However we’re battling. We’re back to that gritty determination, which is what we really want to build up towards the end of the season for a championship.” CSUSM will host only four more home games before competing in the A.I.I. tournament on November 14-15 in Denver, Colorado. “This is exactly where we want to be,” Coach Leonard said. “Rather than fear that moment, this gives us an opportunity to really embrace it.”

Food Profile Benefits of brown rice

The healthier alternative to white rice
By Beulah Supriya
Staff Writer
Rice has been grown and consumed mainly in Asian countries, but its use is now slowly catching up here in the United States. Brown rice is not a different type of rice, rather an unrefined version of the white rice we now eat but with much more nutrients than its refined counterpart. Though it takes almost double the amount of time to cook it, approximately 40 minutes, brown rice is definitely worth the wait. When rice is refined, all that is left is starch. Even in the production of enriched rice, quite a few essential minerals are lost in the process which cannot be regained. It is not only consumed as a grain, but also as oil which is made from the by-product of refining brown rice into white called rice branning.

According to the American Journal of Clinical Nutrition, rice bran oil can help reduce cholesterol. One cup of brown rice gives 5 grams of protein and 3.5 grams of dietary fiber, which aids digestion and helps maintain a healthy weight. Consuming 100 grams of brown rice produces 111 calories, which is quite small when compared to white bread that gives 289 calories, more than double the amount found in brown rice (USDA Database). This rice is also known to contain a trace element called Selenium. “Some scientific evidence suggests that consumption of selenium may reduce the risk of certain forms of cancer,” said the Food and Drug Administration. So be it for health or just to have variation in diet, brown rice seems to be the right companion.

Think pink in October, spread breast cancer awareness

By Ciara Walker
Staff Writer

The girls, boobies, Ta-Tas, fun bags, hooters, chests...whatever you call them, October is all about Breast Cancer Awareness. One in eight women will be diagnosed with the disease and early detection is the best prevention. The first line of defense is right at home. You are your own healthcare advocate and should begin with self-examinations. Although, self-breast exams should not be used as a sole means to identify cancer, just an aid. The purpose is for you to become familiar with your breast tissue, so in the event a lump appears you will be able to tell your doctor

whether or not it is abnormal. Breast cancer is NOT limited to women. Although a rare occurrence, men can develop the disease as well. However, women are nearly 100 times more likely to be diagnosed than men; breast cancer is the second leading cause of death for women in the United States. The exact cause of breast cancer is unknown besides genetics, as is the case with most cancers, but there are a few lifestyle changes associated with decreasing the likelihood of breast cancer developing: Maintain an active lifestyle by exercising and eating a well balanced diet, stop smoking and limit alcohol consumption.

If you have a family history of breast cancer, contact Student Health Services at 760-750-4915 to schedule an appointment. If you do not have medical insurance, you may qualify for free or reduced health services. Contact North County Health Services at 760-736-6734 for more information.



Flag football team evolves to co-ed

By Shaina Pardo
Senior Staff Writer

The Campus Recreation Center at CSUSM has started an intramural flag football team for students. Women are not always the first athletes you think about when you think of football; many players on these teams are men. One girl who decided it would be fun to join is transfer-student Rashell Mascardo. This is not her first time

playing flag football though. Rashell has been in the military for seven years and played flag football for fun while she was deployed in Africa. She spoke about her experience so far as being the only girl on the flag-football team. "Sometimes it is not fair because I have to prove myself so my teammates could trust me," Mascardo said. "The fact that I was a complete stranger made it a little bit harder."

Despite having to overcome the female-athlete stereotype, Rashell exhibits exceptional play on the field, often matching the fitness levels of many of the men. Even though it seems like a difficult situation, other female students should be grateful that Rashell is taking a stand to become the first female on the flag football team. She is a great asset to the team and it encourages other women to feel more comfortable to join as well.

Heart Beat

Cultural views on health, wellness and exercise Comparison among Hispanic/Latino, Filipino and American Indian cultures

By Alexis Saucedo
Sports Columnist

Do your views on health, wellness and exercise reflect those of your parents? Are those beliefs dictated by cultural practices? Let's face it, we are living in a world of wheatgrass, kale and protein shakes, but what are these practices a result of? Are they a result of us breaking patterns of a sedentary lifestyle or elaborating on what already was? No matter the culture, there is always a stigma associated with its lifestyle choices.

The Hispanic culture is known for its hard working individuals, rich family values and delicious food. However, Hispanic individuals have interesting, yet somewhat conflicting, views on health and wellness. Many individuals that identify as Hispanic or Latino value hard work, particularly physical labor. This value is instilled early on during childhood. Children are often put to work at a very young age. As a result, they learn the importance of physical labor in family restaurants, on farms or even around the house. Hispanic/Latino individuals associate exercise with the strength and stamina that are attained through the amount of physical labor they do associated with their jobs. Strength and stamina carries a certain level of pride with it. This pride keeps Hispanics/Latinos from disclosing any sign of weakness, especially regarding health.

For example, Mexicans are historically known to be taught to focus on the now. Therefore, if he or she has experienced an injury or a health condition in the past that is not present at a doctor's visit, it will likely go unreported. More often than not, Hispanic/Latinos are reluctant to seek treatment for health issues at all. Many Hispanics/Latinos believe in balance, if that balance is disturbed they often rely on natural or homeopathic remedies, as well as their deep spirituality to correct it.

Part of the Hispanic/Latino culture is that many of them do not believe in processed or pre-packaged foods. Every meal is homemade, prepared with the utmost love and care. Traditional Mexican meals include: beans, rice, potatoes and tortillas. "My family always says that they will eventually die



Photo by Cody Cook

CSUSM has become a haven for witness and wellness for members of all races.

somehow, so they may as well enjoy what they are eating," a Mexican student at CSUSM, Luis Carrillo, said. Carrillo has chosen to live his life differently from his traditional Mexican family. Carrillo served in the military and is pursuing his degree in Kinesiology with an emphasis in physical education, so that he can pass on his healthy habits to school aged children. Hispanics/Latinos might be skeptical about health care but many Filipinos, on the other hand, delve deeply into the health care field. Some Filipinos dedicate themselves so selflessly to the field of health that they often forget about their own well-being. Filipinos, like Hispanics/Latinos, also have a culture full of hard work, tradition and great food. Filipinos are culturally known to measure their success based on their hard work and busy lifestyle.

Consequently, stress often accompanies hard work. According to the National Institute of Health (NIH), heart disease is the leading cause of death in Asian and Pacific Islanders. The NIH also states that hypertension is especially prevalent in the Filipino community due to diet and stress. "My mom has been in the health care field as a nurse for as long as I can remember, yet she urged my brother and I to take a more preventative route toward health care when choosing our careers," a Filipino student at CSUSM, Leila Cruz, said. Cruz is passionate about her own health and has chosen to pursue a career in health and

wellness in order to educate others. Health promotion is important in order to educate individuals about wellness. "As American Indians, we view health as being important because diabetes is high among our race," an American Indian student at CSUSM, Linda Nieto, said. "We know that we have a genetic predisposition to the disease, so we try to exercise and eat right but we are not perfect and many of us still need more education on how exercise and eating right affects blood sugar levels."

Nieto is a Kinesiology major here at Cal State, who hopes that her emphasis in exercise science will help her educate her family, especially her son, on how to live a healthier lifestyle on the reservation. Diversityresources.com says that animal foods, fried bread and Indian corn are all considered 'strong foods' that promote good health. In reality, these foods are high in cholesterol and can be linked to diabetes. According to diversityresources.com, tribal religion and traditional healers continue to be used to diagnose and treat American Indian patients on reservations. Although, it is common for Native Americans to seek modern medicine advice in order to treat symptoms as well as a tribal physician to eliminate the cause.

As you can see, our campus is a melting pot. There are so many different cultural views on health, wellness and exercise. Yet, we all have a common goal and that is to be the generation that changes the cycle of poor lifestyle habits. Perhaps, the recent health revolution is not just a fad, but a new understood way of life that we can all help share with one another here on campus.

"As American Indians, we view health as being important because diabetes is high among our race,"

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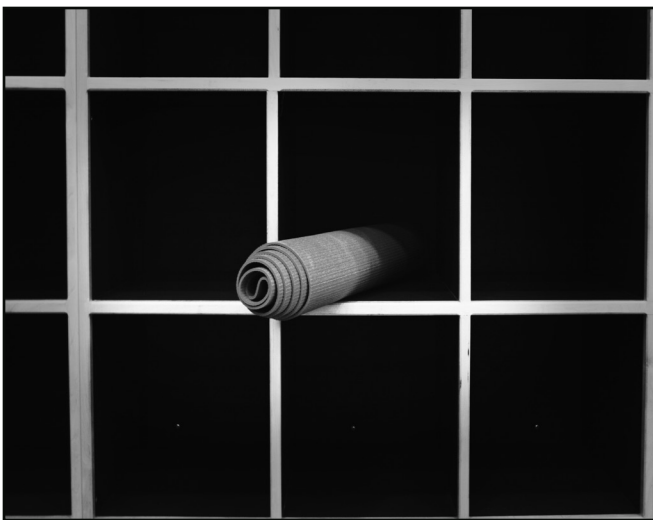


Photo by Cody Cook

CSUSM students are more often finding stress relief through yoga. By Joshua Copeland
Staff Writer

Need a stress-relieving escape in between classes? The CSUSM Clarke has got you covered.

On Tuesdays and Thursdays at U-hour, The Clarke provides a free Ashtanga Yoga class. Yoga is an exercise that improves strength, flexibility, concentration and balance. It encourages meditation and clarity and allows you a brief intermission between the everyday school grind.

The class begins with everyone sitting in a big circle (depending on how many participants arrive to the

class). Sometimes the instructor will sit in the middle of the circle or join the participants on the outside. As the class progresses, the instructor will carefully monitor the participants in the class, ensuring the safety and support of the poses. If a pose proves to be too difficult, the instructor will provide you with an alternate position with equivalent effectiveness to fit individual needs.

"The main goal is to teach you guys [students] the physical practice of yoga but then also to show you a little bit that it's more than just a workout," yoga instructor, Louise McDugal, said. "You learn a little bit

about the breathing and the mindfulness; a little bit about the philosophy and history, weaved into the practice."

One of the many highlights of the class is the last pose of the class – the Savasana Corpse pose, in which you lay on your mat completely relaxed and do nothing but listen to the music.

"I love the class, and I think Louise is a great instructor," one CSUSM student said. "I've taken yoga classes from all around and she's by far my favorite."

The difficulty level of the class ranges from beginner to intermediate, keeping the class suitable for anyone to learn quickly while also providing a challenging and satisfying workout.

The class is only 45 minutes, leaving enough time to change back into your casual attire and head back to class. The Clarke also provides mats and support blocks that are free to use during the class.

"It's important to focus on your breath," CSUSM student and yoga regular, Svetlanna Joan Vincente, said. "Do yoga because it also helps with stress management...The key to developing more energy and vitality is to make it a regular practice."

By Resty Grey
Sports Editor

Sports Event Calendar

MEN'S SOCCER 9-3:

10/25/2014 2:30 p.m., Opponent: Johnson & Wales (Colo.)

11/1/2014 1:00 p.m., Opponent: Antelope Valley

11/4/2014 3:30 p.m., Opponent: Point Loma

WOMENS SOCCER 7-2-5:

10/24/2014 3:00 p.m., Opponent: San Diego Christian

10/25/2014 12:00 PM, Opponent: Antelope Valley

11/4/2014 1:00 p.m., Opponent: Point Loma

WOMEN'S VOLLEYBALL 15-8:

10/23/2014 7:00 p.m., Opponent: La Sierra

10/26/2014 1:00 p.m., Opponent: Simpson

10/31/2014 7:00 p.m., Opponent: West Coast Baptist

BASEBALL:

10/31/2014 1:00 p.m., Opponent: Cypress College (Scrimmage)

INTRAMURALS:

TINY TOURNAMENTS:

Zombie Run, activity date: Nov 1, sign-ups: Sept 15 - Oct. 31, Location: Mangrum Field 4 p.m. Fee: \$10.00

DODGE BALL:

Monday/Wednesdays between 10/27/14 and 11/19/14; first game will start at 6:00 p.m. and the final game will end at 10:00 p.m.

CO- REC SOFTBALL:

Saturdays between 10/18/14 and 11/22/14; first game will start at 11:00 p.m. and the final game will end at 5:00 p.m.

ULTIMATE FRISBEE:

Tuesday/Thursdays between 10/28/14 and 11/20/14; first game will start at 6:00 p.m. and the final game will end at 10:00 p.m.

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Events, lectures set for Diversity Awareness Month

Office of Diversity's inaugural event

By Courtney Jones
Features Assistant

Get ready Cougars, in addition to wearing pink for Breast Cancer Awareness, you can also attend a variety of events and lectures all month long in honor of Diversity Awareness Month.

The events and lectures are among the resources provided by CSUSM and its speakers to encourage students to learn and understand the world and the diverse individuals who occupy it.

Tuesday, Oct. 7, marked the kickoff of Diversity Awareness Month as guest speaker Suzan Shown Harjo

lead students in a powerful exercise aimed at promoting unity and strength.

The following day, Wednesday, Oct. 8, Noa Baum left attendees amazed following her stellar performance during A Land Twice Promised.

On Oct. 9, CSUSM's exceptionally diverse community had the opportunity to mingle over a cup of coffee during International Coffee Hour. The same day, a screening of Underwater Dreams, really knocked the socks off of attendees as presenters shared the "epic story of how the sons of undocumented Mexican im-

migrants learned how to build an underwater robot from Home Depot parts and defeat engineering powerhouse MIT in the process."

During U-Hour on Oct. 14, students had the option of attending ASI's "interactive and educational" anti-bullying event or playing a few exhilarating rounds of Loteria, a Mexican game similar to bingo, in the Kellogg Library.

On Wednesday, Oct. 15, Joseph Costello hosted an event at the San Marcos VA Vet Center about veterans and the various "invisible disabilities" they combat on a daily basis. Also

that day, the Arts building hosted guest speaker Sonia Gutiérrez as she spoke about the "struggles, power and responsibility of being a bilingual writer today."

This past Monday, Oct. 20, Dr. Louie F. Rodriguez, author of *The Time is Now: Understanding and Responding to the Black and Latina/o Dropout Crisis in the U.S.*, lectured about a silent epidemic that has been plaguing students of color for some time now.

The above mentioned events have been the events that have taken place thus far this month, and there's

still more to come. Feel free to drop in on one or more of the remaining lectures taking place this month:

Ferguson: Racial Shootings, the State and Resistance lecture from 12 p.m. to 1:30 p.m. on Wednesday, Oct. 22 at the USU, Ballroom B.

Transgender Identities lecture during U-hour on Tuesday, Oct. 28 at the USU, Ballroom C.

Love, Always: Exploring Identity through Spoken Word will take place from 6 p.m. to 8 p.m. on Wednesday, Oct. 29 at the USU, Ballrooms A&C.

The lecture, Frontiers in

Science, will be held from during U-hour Thursday, Oct. 30 at Arts Building 240.

Also, if you're interested in exploring the Half Moon Wall, then head on over to the Study Abroad Fair from 10 a.m. to 2 p.m. on Tuesday, Oct. 28 at the Kellogg Forum Plaza.

The last event for the month, International Coffee Hour, will take place on Thursday, Oct. 30.

Continue celebrating Diversity Awareness Month, Cougars as someone once said that "the beauty of the world lies in the diversity of its people."

Student organization spotlight

Muslim students organize to promote understanding

Group seeks to raise awareness of its religion

By Shanice Davis
Staff Writer

At CSUSM, there is an array of student organizations that anyone can join that caters to students' needs, hobbies, beliefs and specifications; the Muslim Student Association (MSA) is among those organizations.

CSUSM student Amber Mahmood, president of the Muslim Student Organization, explains that a major component in the group's mission statement is unity. Mahmood also emphasizes that the organization is open to all students, Muslim or not.

"[Our mission statement is] to unite both Muslims and non-Muslims in order to better understand one another," Mahmood said.

With many different ste-

reotypes and misconceptions out there, MSA encourages students to understand what being Muslim means.

"It means being the best possible person one can be," Mahmood said. "Our religion encourages its believers to be kind, just, humble, a role model and pushes for equality for all."

Some of the MSA's goals they are proactively working on achieving include growing and becoming a better known entity on campus in addition to spreading knowledge throughout campus. MSA also encourages others to better understand Islam and its principles and values. The org. hopes to better connect with the campus and the local community in order to help increase awareness.

"[In Islam] there is the



Photo provided by MSA

MSA group members gather to plan ways to open communication with other campus students.

central theme of building a strong relationship with God as well as others and striving to achieve the best self one can be in this life," Mahmood said.

MSA has grown by nearly 50 percent within the last year and hopes to continue to expand on campus.

MSA also holds fun

events for students to participate in including hikes, movie nights, rock climbing, ice skating and many other activities.

MSA believes in giving back and helping the community by participating in ventures such as food donations to the homeless and various other volun-

teer opportunities that arise throughout each semester.

In addition, MSA is holding their biggest event of the year--Islam Awareness Week.

"Each year MSA holds Islam Awareness Week, an entire week of lectures and events dedicated to dispelling misconceptions and eradicating stereotypes about Muslims and Islam," Mahmood said. "We have knowledgeable scholars who have volunteered to come to CSUSM and speak about a variety of topics (Islam in the Media, Jesus in Islam, Muslims: America's newest minority, Islamic influence in Chicano Culture)."

These lectures will be held from 6 p.m. to 8 p.m. from Monday, Oct. 20 through Thursday, Oct. 23 in UHall 100.

Mahmood and fellow members of MSA encourage newcomers from all around the campus to join or to attend at least one meeting.

The org. currently has biweekly meetings held during U-hour on Thursdays. The org. gathers at this time in order to discuss their thoughts on a variety of informative topics and issues like Feminism in Islam and Love in Islam.

For more information on the org. email MSA at msa.csusm@gmail.com.

"We strongly encourage everyone to come out and attend at least one event," Mahmood said. "It is a great opportunity to build connections, clear up any misunderstandings and gain knowledge about a highly discussed topic."

Priority Christian Challenge discusses community

Strengthening faith within CSUSM

By Celeste Morales
Outreach Assistant

CSUSM student org. Priority Christian Challenge offers a safe environment where students can come together and participate in shared prayer along with other events within the community.

The organization is spiritual based and promotes connections and fellowship among students. Their main focus is to help one another stay on the spiritual path through mentorship.

CSUSM student Karl Vitor, president of Priority Christian Challenge, wants to put the organization on

CSUSM's radar as a good organization to join for those students who want to build strong relationships with each other as well as help others in the community.

One unique feature of Priority Christian Challenge is that they interact with a large part of the international student population. "There is something like forty-two different countries represented at this school who are looking for a way to connect," Vitor said. "We try to help with that."

The faculty advisor for the org., Karno Ng, administers the International Coffee Hour where the organization comes together and assist these international

students with transitioning into CSUSM. Many of these students are looking to find a sense of cohesive community.

Priority Christian Challenge creates this community during meetings where students come together and participate in Bible study and fellowship. Vitor defines fellowship as means of communication that brings students closer to one another and to God.

"It's a type of Bible study that is concerned with the connection with Jesus," Vitor said. "We hold each other accountable."

One of the major events they have coming up this November is called Operation Christmas Child. Operation

Christmas Child allows students within the organization to gather donated clothes and food from around campus

and put them in shoe boxes. Once they have them all packaged, organized teams will ship the donations to countries in need.

The organization also recently had an event called "See you at the Pole" where they organized a public prayer by the flag poles. The

group prayed for the campus, the community and the rest of the world. Some of the students from Intervarsity,

another spiritual based organization on campus, joined the organization in prayer. Priority Christian Challenge hosts

such events in hopes to help strengthen the faith of those students who attend. The organization wants to provide the new members a bit

of encouragement in continuing to follow their faith and to help students realize that there are others who are willing to pray with them.

Vitor also believes that providing a place for students to pray gives people a sense of camaraderie.

"This also inspires some of our members to be more aware of the concerns of others and the community that we are in, since we think about them as well when we are praying" Vitor said.

Priority Christian Challenge is open to all students on campus, and for those interested in joining, the org. meets from 12 p.m. to 1 p.m. every Tuesday and Wednesday in the USU 2310-A.

"There is something like forty-two different countries represented at this school who are looking for a way to connect,"

CULINARY CORNER

Spetletz—homemade brown butter egg noodles

Traditional German recipe made easy



By Chelsey Schweitzer
Senior Staff Writer

If you are in the mood for a noodle dish with a twist to break up the routine of regular old spaghetti or macaroni and cheese, then this German dish is for you. Spetletz is an egg noodle dish that is served in browned butter. In Germany, it is also normally served with sauerkraut and pork mixed in for additional flavor. This recipe has been used in my family for generations, and now you can try it too.

Ingredients:
2 cups flour
6 eggs
Dash of salt
Cold water
Butter (as much or as little as desired)
Directions:
Mix flour, eggs and salt by hand. Add cold water until it has the consistency of a thick cake batter. Boil a pot of salted water (to a soft boil). Slice strips of the batter into the water and cook until fluffy. Strain

into a bowl of warm water. Brown the butter in a small pan by cooking at the highest heat until browned. Strain the noodles, toss and butter them. Add salt and pepper to taste. Add sauerkraut and pork as desired. Enjoy.
Do you have a favorite recipe that you would like to share? Send any recipes or suggestions to Culinary Corner at cougarchron.culinary-corner@gmail.com and you may see your recipe featured in the next issue.

International students start to feel at home

By Sydney Schabacker
Staff Writer

When students go to college, some seek to find what makes them special, what talents they may possess and what possibilities await. For international students Brian Park and O.C. Si, coming to CSUSM is a means for self-exploration. Brian Park, a Business Major, came to CSUSM to extend his study of English. He finds American culture fascinating, and very different from his home in South Korea. “In South Korea everywhere is busy,” Park said. “There are too many people and too many cars.” But here at CSUSM, Park expresses how friendly and helpful everyone is, whereas in South Korea, people might be less inclined to ask for, or give, assistance and advice. Park believes that studying English will help him succeed in the business world. He hopes to one day help his father manage their family-founded construction business, Shintaeyang.



Photo by Chris Morales

International students enjoy doing school work at the Global Education room. “English is good for me since English is a prominent language throughout the business world,” Park said. Another international student here at CSUSM also believes how essential language can be in everyday life. Communications major O.C. Si wants to learn all about the intricacies of English. Si is originally from Macao, China and was influenced to come to CSUSM by her brother. “My brother studies here, and he said it’s a good school and a nice, quiet place,” she said. Si also expresses how busy she has been since settling in. “I have lots of things to do: get a phone, water, gas, an apartment,” she said. Despite the many extra responsibilities that are part of starting a life in a new country, Si is excited to be here. She loves the freedom of American culture, delights in the English immersion and appreciates being part of a diverse community. Though both O.C. and Brian are far from home, their experiences here at CSUSM are an exciting and satisfying first step towards their trans-global futures.

CSUSM reaches zenith in its 24 year course

The mapping of the university throughout the years

By Anna Maria Petrova
Staff Writer

With record enrollments this fall, CSUSM has been named one of the fastest growing universities in the Cal State system. From the first graduating class of 1991 to the 2014 fall semester’s record enrollment, CSUSM has come a long way. As the years passed and more students were accepted, the university was expanded, new buildings were added and new programs were founded. “It has changed a lot since I started in 1991. Initially we had only a couple of hundred students without a campus. We rented a part of Business Park by Jerome’s,” said Literature & Writing Professor, Dr. Yuan Yuan. “Now we have over tens of thousands of students on a

well-developed campus.” The current fall 2014 semester welcomed 12,853 students to CSUSM, which included 2,175 new freshmen and 1,644 transfer students, surpassing the 12,000 student mark that had not been broken in the past. The CSUSM campus has also been recently ranked as one of the best universities in the area. “As a relatively speaking young institution, it is admirable to be ranked among the top 20 best universities in the area,” said Gezai Berhane Associate Director of Operations of Dean of Students Office. Another notable accomplishment attained by CSUSM is the recently awarded Higher Education Excellence in Diversity or HEED award. “The Office of Diversity was established three



Photo by Chris Morales

Craven Hall stands as a beacon of progress.

years ago, and within the last couple of years we have been operating off our strategic plan,” said Marilyn McWilliams, Administrative Assistant of the Office of Diversity, Educational Equity and Inclusion. “We have five years of strategic planning, and based on

that plan we have been implementing a lot of things” CSUSM’s accomplishments and progress can be first attributed to its unique history. The CSU campus held its first classes in 1979 at Lincoln Middle School in Vista and served approximately 148 students. How-

ever, in 1982 the campus moved into a larger office building in Los Vallecitos Blvd., San Marcos, also known as the Jerome’s area. “I was here the first two years as a student, we didn’t take classes here the first two years on this site we were at what was back then the Jerome’s area,” Berhane said. “CSUSM was founded in 1989, and that’s when they started hiring faculty and staff administrators,” he said. “I was one of the first students enrolled in the fall of 1990.” CSUSM was the twentieth campus in the CSU system at the time and was headed by Bill W. Stacy as its first president. Alongside President Stacy, there were 12 other founding faculty members. In Feb. 1990, CSUSM introduced its first junior and senior class with an enrollment size of 448 students while the CSUSM campus

was still under construction. In May of 1992, CSUSM had its first official commencement ceremony prior to the grand opening of the CSUSM campus. In 1996, Jean and W. Keith Kellogg II pledged a donation to the school which helped support the future development of the Kellogg Library. Moreover, in 2010, the university celebrated its twentieth anniversary, and the enrollment of students reached 9,767 and has continued to grow since. With a ranking placing it in the top 20 best Cal States, a diversity award and record enrollments, CSUSM has become one of the fastest growing schools in the region. The opportunities CSUSM has to offer to its students along with the accomplishments obtained, makes this campus a truly exceptional one.

COUGAR CHRONICLE STAFF

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Students’ Halloween traditions

Cougars remember the most memorable Halloweens

By Shanice Davis
Staff Writer

It is that time of the year where the leaves transition to oranges, reds and yellows, where the air gets cooler, days get shorter and where for one night of the year people dress up in costumes, scare little kids and pass out cavity ridden candy. Childhood Halloween celebrations were riddled with candy, trick or treating, scary movie nights, halloween parties with friends and getting dressed in flirty or scary costumes. When asked about Halloween traditions, our fellow Cougars grew excited and nostalgic from the simple



thought of Halloween alone. CSUSM freshman Josh Morones reminisced about Halloween time with his friends and family. “When I was younger, or still, my neighborhood has been one of the most popular destinations for trick or

treating,” Morones said. “We would get people from Tijuana, we would get buses with tons of people and my street would get totally packed. We would also get a huge mob of people, some would be twenty-five and others would be two years old. It would just

be a whole bunch of people trick or treating together.” CSUSM junior, Nicholas Bruno, pondered his early childhood as he mentioned that he does not currently have much of a tradition as he once did. However, as a child, he would get ready

for the festivities by preparing their home for the mysterious night to come. “As a kid, I’d paint ghosts, pumpkins and spooky things on my window,” Bruno said. CSUSM junior, Diana Garcia, celebrates the same way every year, while sometimes helping kids in the process. “I watch Hocus Pocus every Halloween either by myself or with others and since I’ve been working with kids at Project REACH, I have them watch it too,” Garcia said. CSUSM junior, Michael Martinez, sticks close to his Mexican heritage as he describes that he and his family commemorate Dia de Los Muertos.

“Our Halloween tradition is the Day of the Dead,” Martinez said. “We would place a table in our living room and just have it open to put food on it for those who have passed away; the ones (foods) we know they liked, and we’ll leave it there for two nights.” Regardless of what Halloween traditions students have grown up with--trick or treating, partying, apple bobbing or just kicking back watching Halloween classics--it still remains a holiday that brings out the kid in us all. Whatever Halloween shenanigans you’re involved in, be sure to have fun and be safe out there Cougars.

What halloween costume will you wear this year?

Fun group costumes to consider



Photo by Tiffany Trent
Staff Writer Tiffany Trent and co-workers dressed for Halloween.

By Katherine Ramos
Staff Writer

Looking to get in the Halloween spirit this year with some friends? Here are a few costume ideas that can help you stand out. Mystery Gang: Old school but still works. Choose whoever wants to play which character and dress accordingly. You could even get a cardboard

cut-out of the Mystery Machine to zoom around in. Minions: This is one of the popular ones this year. Basically get yellow shirts, sweaters and some overalls or suspender straps. Glue some Styrofoam cups to a headband for the eyes and you have minions. If you can get a tall guy to be Gru it would be even more perfect. Super hero group: Recommended for large groups.

There are different groups like the Avengers or Justice League that give you a wide range of characters to dress up as. Or if you feel like messing with people, friends could dress up as a bunch of different Deadpools for kicks. Crayola Crayons: This one is easy. All you need is a T-shirt of the color you want to be. Adding a cone shape for headgear in the proper color will add to the costume. Pac Man and Ghosts: Get a lot of cardboard and cut out the shapes of the classic Pac Man shape and four other ghost shapes to wear. Tetris: Take a cardboard, cut it in the shape that you want and paint it any color. For a group variation, have everyone’s pieces all fit together once they line up. Beer Pong: This one will get some laughs. Take some cardboard, paint it red and wrap it in a cylindrical shape to make it look like a solo cup around the person. Grab a volleyball and start tossing it around.

RESTAURANT REVIEW

Kettle Coffee & Tea for me

Local treasure on Grand Avenue, Escondido

By Matthew J. Kuhlman
Photo Editor

Back in 2012, the quaint main strip on Grand Avenue was left without the perfect place to relax and enjoy specialty coffees, listen to some good local musicians and commiserate with like-minded patrons. Phillip & Tricia Howerzyl answered Grand’s unspoken request with the opening of Kettle Coffee & Tea. “We knew we wanted to open exactly this type of place, with the specialty coffees being the main focus and the featured artists supporting the atmosphere,” co-founder/owner, Tricia Howerzyl, said. “This location just seemed to be the right place available at the right time when we, [Tricia and husband Phillip,] were deciding the ‘where’

for our shop,” she added. Located at 119 E. Grand in downtown Escondido, the Kettle Coffee & Tea



Photo by Matthew J. Kuhlman
Local singer/songwriter Gabriella Mammia plays one of her original pieces to a relaxed crowd.

offers a comfortable and spacious space for patrons to enjoy food and specialty coffee drinks. In addition, every seat has a perfect view of the main stage. Even with every seat filled, the atmosphere remained very welcoming and open. There is enough space to freely walk around to any area of the coffee house and casually order coffee without having an obstructed view of the singers performing their original music.

“It’s just a great place in town to stop by for an hour or two and listen to local artists and student artists from around the area,” said a resident of the central Escondido area, Doug Bush. “For example, the artist playing now, (speaking of local singer/song writer Gabriella Mammia) always has a new song or two that’s melodic while at the same time being somewhat socially and culturally connected.” The general crowd seemed to be the down-to-earth type of cross section perfect for enjoying a good cup of coffee and having a pleasant conversation with. If you are looking for a good local spot to either stop in for a quick cup of coffee, to meet a friend, or to just relax, kick back, and listen to live music, then Kettle Coffee & Tea is the right place for you.

Halloween around the world

By Alex Maravillas
Staff Writer

There are different cultures around the world that celebrate Halloween, some are unique while others are rooted in tradition. Halloween originated from Ireland and was a Pagan Celtic practice. Youngsters wore outfits and went trick-o-treating and most individuals went to occasions or gatherings with family and companions. In Latin America and Spain, for three days, individuals praised on All Souls Day(s).

On the third day they have a traditional feast, which begins on Oct. 31. The end goal is to demonstrate their endowment for the spirits. There is also an altar with an offering to honor the dead. The French celebrate Halloween by going to parties, social gatherings, bars or clubs. Individuals celebrate by hosting parties with scary themes or by going trick-o-treating. Lastly, in the Philippines, Halloween lasts up to three days and is built upon a Catholic foundation. Similar to Spain and some Latin American countries, Hal-

loween in the Philippines begins from Oct. 31 to Nov. 2. where Nov. 1 and Nov. 2 are used to remember the deceased. During these two days, families gather at cemeteries to honor the dead. Some individuals actually live in the cemetery in homes made out of coffins. Halloween is celebrated all around the world. Furthermore, the common phenomenon that is Halloween connects students’ traditions with the traditions of other countries such as Ireland, Latin America, Spain and France.

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"Transcending II"



"Stuck in Needles"



"Observer"



"Aloha"

Take time to learn about new culture
Check out diversity events on campus

By Noelle Friedberg
Opinion Editor

October is National Diversity month, so now is the perfect time to learn something new about a different culture. One way to learn about a new culture is to build a friendship with someone who has a different cultural background than you. Another way is to attend the diversity events offered on campus. I've attended two such events this month that each taught me something new about cultures other than my own. The first event was called "A Land Twice Promised," and was about encouraging a better understanding

of the complex relationship between Israelis and Palestinians. The event involved Israeli storyteller Noa Baum doing a theatrical one woman performance which explored the idea that perhaps Israelis and Palestinians have more in common than they think. Something she said that really stuck out to me is that "once you hear someone's story, there's no going back." Which leads us to the wise words of Gene Knudsen Hoffman when he says, "An enemy is one whose story we have not heard." The second event was the first installment of the three part Community and World Literary Series that's being put on by the Literature and Writing Department. Toni

Jensen, a published author and professor of creative writing at the University of Arkansas, was brought to campus to read from her collection of short stories

"Once you hear someone's story, there's no going back."

entitled From the Hilltop. Her work explores issues of gender and Native American identity. Going to literary readings is a great

way to learn more about different cultures. This event shed a new light for me on the struggles being faced by Native Americans in our society. It was also a great time because Jensen's work is funny and refreshing. All of this to say that attending the different events

and lectures which the campus offers for free to students is a fruitful way to learn new things about different cultures. I encourage all students to attend at least one such event each semester in order to engage more fully with the diverse world that surrounds us all.

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Letter to the Editor

Questioning diversity at CSUSM



Knowledge, Awareness, Equity, Lunch official seal

By USCC
Contributor

Dear CSUSM,

As United Students of Color Coalition, we are taking the initiative to communicate the vision we have for CSUSM in hopes of helping our campus live up to its core values, mission and vision statement. Despite reaching the 25 year anniversary, it is both tragic and unacceptable that acts of racial and hatred

racism continue to transpire on this campus. Over the last few years there have been incidents on campus that have served to increase the racial division among faculty, staff and students, including racist and sexist graffiti, harassment of certain faculty and students and acts of cultural misappropriation. These incidents have negatively affected our community in ways that makes students feel like their culture is under attack. Recently the

university received the prestigious "National Diversity Award," giving a false representation of our university. A university that does not have enough faculty of color, that does not have Chicana studies, Black studies, or Asian studies; and a university that has continued to fail students of color on an institutional level is not diverse. While we acknowledge that the university is aware of these issues, we feel as

though these concerns tend to be thrown under the rug rather than immediately addressed. As students of color we are working hard to make a difference, but the university needs to do its part too.

In Solidarity,
United Students of
Color Coalition

Globalizing education benefits students

By Alhijaz Althagafi
Contributor

It has been said by Kofi Annan that "arguing against globalization is like arguing against the laws of gravity." Edward Fiske says that if Americans are to continue to prosper and to exercise leadership in this new global context, it is imperative that that we understand the new global forces that have both shaped, and been thrust, upon us. The alternative is to be at their mercy. Technological advancement has created a new global culture. Each part of the world today is connected with each other. A company in Korea can sign a contract with another company in the U.S without physically meeting. A family in South Africa can watch the National Geographic channel at the same time as a family in India, both in their own language. Globalization and technological advances have played major roles in shifting the world toward a common culture, and it also

enhances education and peace by allowing learning, understanding and connection between diverse groups. Diversity is not only about race, ethnicity and gender, but also religion, sexual orientation, status and age. Globalization and diversity go hand-in-hand. The United States has worked to apply diversity and globalization to the education system, especially in higher education. But why is globalizing our campus important? The first reason is expanding experience. For some college students, interactions on campus might be the first time they have had interpersonal communication with people from different groups. A university campus is like opening the door to the entire world without the need to travel. The second reason is to improve social development. By interacting with people

from different backgrounds you can partner and develop relationships. Sometimes we have boring conversations with friends who have everything in common with us, which is why interacting with people from different backgrounds is so important. The third reason is that it prepares students for career success. Emerging markets mean economic growth, and therefore the need to prepare students for jobs that require new skills. Students will soon be looking for a place in an interconnected world as never before. The changing roles of the international community, the changing face of U.S neighborhoods, the challenges facing environmental, health and science, must be understood and managed by a new generation of workers, citizens and leaders. Dealing with all of these will require an education system that prepares future employees to lead in a global context.

"Why is Globalizing on Campus important"

Joining BSU changed my college experience

By Shalyn Reynoso
Contributor

I came from a campus that was slightly diverse. But coming to CSUSM there was definitely a noticeable difference in the diversity of the campus. I decided to be a part of Black Student Union because they were all incredibly welcoming and I really wanted to learn more about my culture. Participating in the BSU meetings has been a wonder-

ful experience for me. We have discussions that are interesting to be a part of and

that I admire most about the Black Student Union is that they encourage anyone of any ethnicity to attend the meetings. They emphasize that diversity is a wonderful thing to have on our campus and that we want every ethnic group to embrace their culture and heritage. Diversity is crucial for campuses to have because it gives students of all different races to learn and appreciate the heritage of their fellow classmates.



Photo provided by BSU Facebook Page

Need for more diversity on campus

By Darniesha Thornton
Contributor

The school is diverse, but not as much as it claims to be. When I look around the campus, yes, I do see a variety of individuals, but there is still a huge gap in the number of individuals like me. I am African American. When looking at various clubs and organizations there are very few that have members with people that look like me, let alone are run by people that look like me. Last year, my freshman year of college, before I

found Black Student Union, I felt very uncomfortable because I did not know or see many individuals like me. But that fall semester I saw that CSUSM had a BSU and I immediately joined and never looked back. BSU is an organization that makes sure individuals have a safe place to go to when you need to talk and an academically inclined setting that allows you to address your own opinions and to think critically. Before joining BSU, I looked at the Greek life and was astonished by how lacking it was in diversity. I looked at all the sororities' pictures and I immediately

felt like I did not belong with them. That is why we need a NPHC Divine 9 on our campus. It would not only spread diversity around the school but also the Greek life. This would give opportunities to other young African American woman to have a chance to have a sisterhood and have a life-changing experience. Also, individuals of other cultures will gain more knowledge of African American college history, instead of only the oppressive history which they are taught. They will be enlightened and not so ignorant on our accomplishments.



Photo by Katie Sweeney

Students raise their hands in solidarity in protest of police brutality.

Creating sense of community at CSUSM

By Daniesha Thornton
Contributor

Having diversity on our campus is extremely important to me. The reason I believe this is because diversity, in my opinion, symbolizes a thriving community/campus. Having multiple cultures on our campus allows many individuals to explore cultures, perspectives, topics, beliefs, ideologies and many key factors that make us as students better critical thinkers. I do believe that CSUSM has done a wonderful job with integrating diversity be-

cause I do love seeing people on my campus that resemble many different shades. But, with that said, I do believe as a campus we can do much more to expand diversity. Being a college student, it is my goal to graduate and get a career, but in doing so I want to change the lives of students that believe there is no hope in going to college. I am motivated by the idea that I can be the changing factor in a student's decision to come to college. That is why I am in the flourishing, cultural organization of BSU (Black Student Union).

It is our goal to start serving within our communities because we, as a cultural organization, realize how important it is to see a person that looks like you telling you to go to college. One quote I love to read and that I can relate to as a young black woman is by Maya Angelou which says, "My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor and some style." And with that I encourage you to be a leader today, tomorrow and forever.

My experience as an Egyptian American

By Nada Sewidan
Features Editor

Identity is a culmination of human experience, diversity and being part of a community that connects us. Being Egyptian American, my identity is closely tied to both the life I lived in Egypt and the life I live here in the United States.

My experience in Egypt consisted of living in large apartment flats similar to what you'd see in big cities like New York, of Pyramid adventures and camel rides on desert ground. I remember commuting through buses, minibuses and trams, and navigating through jaywalkers and traffic, side street markets and the many tourists.

I spent my childhood surrounded by my family-- a silly, loud, funny family. We'd have large family gatherings where uncles, aunts and



Photo provided by Nada Sewidan
Nada (left) and cousin on Nada's 6th birthday in Egypt.

cousins I didn't know existed would join us for dinner.

I learned English along with Arabic and had friends who I played with after school. I climbed trees and picked mulberries off its stems and watched sunsets with my family from our balcony.

When I was ten, I remember packing a large suitcase alongside my brother as my

mom told us of the adventures we'd be having in America. "We'll have a big house and a backyard," my mom would tell us with excitement.

I know now that what my mom was searching for was what many others from all over the world were searching for. I came to the United States with family who believed in the American dream.

When I arrived in the U.S. I was shocked in every essence of the word but more so, I was afraid of not fitting in. Soon after, my mom enrolled me in the third grade, and although I studied English in Egypt, it was still hard for me to communicate with classmates and teachers; language barriers became an enemy to my self-development.

Throughout middle and high school I was asked questions about my nationality. I was asked if I had lived in a hut back in Egypt, or if I had owned a camel, or if I was somehow a descendant of Cleopatra. I was always surprised at how little people knew about Egypt and how quickly people threw stereotypes around. Some people didn't even know that Egypt was in Africa.

But what shocked me the most was being told by a classmate that "I'd be afraid to ride in an airplane with you." Television

didn't help with those kind of stereotypes either.

I soon realized that some people's prior perceptions of Egypt were automatically attached to me. Even if I tried to crawl my out from under people's preconceived notions, I'd find myself pulled back.

It's hard to form an identity when a part of you is thousands of miles away, the other part of you is trying to adopt someone else's identity and the rest of you is being judged by people's standards, stereotypes and their ideas of you.

There remains this large disconnect between a picture of the Egypt I knew then, the Egypt I've grown unfamiliar with and my place in the United States now. That's the thing about living half your life in one country, brought up based on one culture's ideals and then transported to find yourself immersed in completely different ideals -- you tend to lose who you are.

You may be wondering why you should care about my story, or any stranger's story for that matter. But the truth is, if you cared about my story, maybe you'd see me from a different perspective, beyond the superficial, beyond stereotypes, beyond brown hair and brown skin. You'd see a world outside your own; you'd see a perspective that television screens won't show you. Maybe you'd see a girl that struggles with something that everyone struggles with--identity. You'd get to know who I am, my life in Egypt, my life now, and you would no longer ask me if I lived in a hut, or if I owned a camel, or if I was a descendant of Cleopatra. You'd find yourself relating to me and maybe you'd find that we all beat to the same drum.

Everyone has a story, and their story matters. Ultimately, it's our stories that keep us connected.

Cultural appropriation is not fashionable

By Nicole Holman
Contributor

Cultural appropriation is the process by which a member of a dominant culture takes or uses aspects of another culture (often a colonized culture) without any understanding of the deeper cultural meanings behind the appropriated item. It is often

disrespectful and racist. Appropriating other cultures is not harmless. It often contributes to negative stereotypes of the culture being parodied.

The reason appropriation can be harmful is that rituals and history that have a strong meaning to the original culture are often be treated by outsiders as "just for fun." Then, the ritual or history is treated in a way that is dis-

respectful and offensive to someone who has it as a very deep part of their culture.

Now, none of this is to say that if you're not Chinese you cannot eat that lo mein you bought for dinner. Eating a culture's foods, enjoying its music and learning the language can all be enriching ways to show your appreciation for a culture. Cultural exchange and learning about

others' backgrounds can help create understanding and friendship around the world. But wearing a cartoon-like sombrero, poncho and heinous mustache isn't showing respect: it's downright rude.

It's important to learn why it's not okay for members of a dominant culture to appropriate others. "Ethnic" clothes and hairstyles are still stigmatized as unprofes-

sional, "cultural" foods are treated as exotic past times, and the vernacular of people of color is ridiculed and demeaned. People of color are stripped of their ability to express their cultural identities on a daily basis, but when white people do it it's often seen as self-expression. This is a privilege granted only to those of the dominant culture. Fortunately,

ly, we as a society can learn about these issues and work to become more sensitive to other people's cultures.

With all of this in mind, please think before buying that "Native American war bonnet" from Urban Outfitters or dressing as a "sexy Dia de Los Muertos sugar skull." These are real people, real cultures and real histories, not fashion accessories.

Is America really post-racial?

By Ciara Walker
Staff Writer

"I don't have a gun, stop shooting!"

Those were the last words spoken by Michael Brown as he was fatally gunned down in Ferguson, MO by a Caucasian police officer. Brown was supposed to start college that following Monday.

We have all heard someone complaining and thought, "It is not just because you are black." But this time, it is. I have silently watched various videos pop up on my social media newsfeeds of African-American men and teenagers being unjustly arrested, beaten, shot at and even worse, murdered -- all of them unarmed.

Remember, the staff member on campus who was thought to have had an assault rifle? It turned out to be his umbrella and he was able to walk away, later joking about it on his Facebook. I wonder if it were an African-American man, would the situation have been handled differently? Just recently, Levar Jones

was shot after a police officer fired at him multiple times in South Carolina. He was reaching for his driver's license after the officer told him to retrieve it. The police officer assumed Jones was reaching for a weapon. Well, why was he pulled over in the first place?

The events in Ferguson and South Carolina have not been given much attention locally. Meanwhile, it has sparked an outrage in other communities. In light of current events, I can no longer remain silent. I have two African-American boys who may someday be looked upon as a threat just because of the color of their skin. And this is not limited to the men either. I myself have been harassed by two Caucasian police officers just this past April. "Routine traffic stops" are just as dangerous nowadays for blacks as they were back in the 1950s.

So, why should you care about these occurrences? CSUSM boasts a diverse campus. This campus is no

stranger to racial profiling, dating back to incidents of photos surfacing that seem to have targeted Latinos.

Perhaps white privilege has many people blind to what is really going on. For example, just because President

"What happened to justice for all?"

Barack Obama was elected, does not mean America is post-racial. In fact, since the presidency, it seems that history has started to repeat itself. I myself have lost friends as a result of their racist comments during both elections.

I am focused on life, liberty and the pursuit of happiness, but police are in pursuit of me. What happened to justice for all? Minorities have to beat stereotypes while facing disadvantages. How do you deal with a society that claims to be post-racial, but really isn't?

Be culturally sensitive. Don't judge an entire group of people by the few representatives that you encounter. Learn about a race instead of criticizing them. And having

a friend of said race does not give you amnesty from being labeled racist. I understand that racism is a learned behavior and it is an age-old ideal in some families.

America as a whole was not ready to end segregation, the change was forced; an answer to the Civil Rights Movement.

So, this issue is not going to change overnight, nor will it go away by a few social media rants minus real action. Organize peace marches. You feel that you are not being represented appropriately? Join a diversity team at work or school to be a positive image for your culture. Then, use that platform to educate others. Raise awareness, remain vigilant and speak up. Don't wear black face (or sombreros or dress as cholas) this Halloween, simply making a mockery of something you will never understand. If you can't do anything to help, at least change your outlook. You never know what a person is going through or has endured to be sitting in class with you.

Culture

By Owranos Suljuki
Contributor

You find me delightful
as if I am obliged to be a delight
for you.
That the sole reason
for my existence
is to be your pleasure.
I am not another land that you can discover
and expect to own.
Just because you have happened
upon it
does not mean it owes itself
to you.
All for you.
You cannot drink my blood
the way you have drank the blood of my
country.
Ah yes! What a delight I am!
I have been waiting patiently for another
foreigner
to taste me.
Come! Drink my skin and feast upon my
face!
For I do not know my own beauty and
strength.
For I do not know the jewels inside my skin
and the laughter that echoes through the
mountains.
I am a mine of gold.
A river of lapis.
And I would rather
cave in on myself
than let you in.
I am not another land you can ravage.

My experience in Ecuador

By Bobby Rivera
Alumni

It has been said that a young couple went to San Pablo Lake, which is located below Imbabura Volcano. When caught, the couple ran off. They then went to a single tree high on a hill that overlooked San Pablo Lake. It was there that their kiss blossomed into love. The Lechero Tree still exists outside of Quito, Ecuador in a colonial town called Otavalo. The folklore ending is that the two souls were separated by rival families, one being the lake, the other being the tree. Today, many in love take their vows at the foot of this tree in hopes of having everlasting love.

I went to Ecuador this summer to research a fictional novel that took me to three indigenous communities within this beautiful scenic country. My return trip to Ecuador was motivated by an Andean medicine class which I took from Professor Bonnie Bade in the summer of 2013. What was to have been a 5-week trip, expanded to 3 months after I fell in love with the city of Otavalo and the people of Ecuador.

My novel took me to the three regions of Ecuador. First, to the Highlands where the city of Otavalo is located. Then to the Coastal area in the city of Santo Domingo home to the Tsachila Nation. Finally, to the Amazon region where the town of Lago Agrio, where the Cofan nation is located. What ties all three nations is the respect and love of mother earth. They call it Pachamama and it's shared by many Andean villages, towns, and cities where culture is preserved. It was quite

common to see homes with gardens. It's a spiritual belief that connects our planet earth to the outside cosmos.

The city of Otavalo can be described as a highland colonial town. In recent years the government took a moral stance and implemented Buen Vivir (Spanish for the good life) to their constitution to preserve and integrate an indigenous language and protect indigenous people. It compares to where we stood as a nation during the racial conflict in the civil rights era of the 1960's. Indigenous people were regarded as second class and racial stratification created a have and have not way of life in Ecuador. People of color had fewer life opportunities to improve economically and lacked educational resources. Language is a common bond for the preservation of culture in Otavalo

Quechua (pronounced keechwa) is one of the remaining indigenous languages and Otavalo is a peaceful town. Men wear their hair braided and long and women wear gold beaded necklaces with white floral blouses. I spent nearly a month there learning Andean music, rituals and customs. As a contemporary sociologist in making, I truly evolved into an anthropologist.

I also met a musician, Ali Lema, who enlightened me on Andean traditional music. He was awarded a scholarship to the University of Otavalo where he is leading a grassroots movement to bring Andean music into academia. While studying music, he also teaches other students to play Andean instruments that can only be found in the Andean Highlands. His family of five

lives on a few thousand dollars a year. His 104 year old grandmother also lives adjacent to the home where his wife Carolina sings along with his 3-year-old daughter, Palomita. They also open up their home, which doubles as a music school, to students.

From Otavalo I went south to Santo Domingo, home to the Tsachilas nation. They use a vegetable dye to paint their hair red and they pride themselves on being self-sufficient. The Tsachillas were formerly called the Indios Colorados (redhead Indians) but a recent movement to change that has elicited the government to lead and correct this bias by using the appropriate name of Tshchilas.

It was just outside Santo Domingo that I met Henry Calazacon who represents his nation by sharing his history and customs. Henry has traveled the world and is eager to share his way of life. Henry spent a day trying to perfect my spear throwing technique and teaching me the names of hundreds of plants that they use for teas and remedies. As the son of an elder leader, Henry is responsible with the teaching the global community about the Tsachilas and the preservation of the ancient language, Tsafiki. It is one of the oldest spoken languages in the world.

The Tsachilas invited me to spend a few days with them. They still have numerous Shamans that lead the community. They are made up of a few thousand and are broken up into communities in Santo Domingo. At one point they had command of one the largest indigenous areas that stretched from Peru to Colombia. But little by little, they have either sold



Photo provided by Bobby Rivera

Bobby Rivera shares a beautiful view with a local from Ecuador.

land or had it taken away from past governments.

I was privileged to be let into the community as they shared their history. It is not common to see westerners visit them and stay a few days to learn of their medicinal plants and heritage. They have an incredible command of the biological plants that surround them for medicinal purposes. They thrive on the land and have maintained song and dances that go back thousands of years. From Santo Domingo my journey took me to the northern Amazon town of Lago Agrio along the Colombian border.

The sound of an outboard engine racing over the Aqua Rico River between two bodies of land. One side represents the Mestizos (Spanish mix) community and the other the indigenous Cofan nation. The Cofan nation rests in the Amazon area and they can be found in Colombia as well. They live off the land and receive a few thousand dollars to live on from the Ecuadorian government. Once you have cross the Aqua Rico River you know you are in the Cofan Nation from the sounds of monkeys, tapirs and chickens. There was no electricity during my three-day stay after it stopped from a recent storm. It was now time

to learn another indigenous language known as Aingae.

I did a cultural exchange where I was allowed to teach English in a school in exchange for learning their customs and history. The Cofan nation once numbered in the tens of thousands. But as oil companies entered the area the numbers have dwindled to a few thousand. A nearly decade long court battle over alleged oil spilling into the land and water table has many confused about the future for the Cofan nation. Yet the Cofanes have managed to protect what little area they still control.

I entered this tribal community that dates back thousands of years with only my backpack, camera, and field notebook. I start my initial meeting apologizing for not eating monkey when it was offered to me. It gave me a teaching moment to our guests on protecting endangered species of animals around the globe. It was the only odd moment I had during my visit and I did not want to offend my hosts. I did drink a boiled water drink called caculo (plantain drink) every 3 to 4 hours for my first day. During my visit I also ate freshly roasted meal worms on a stick and had wild boar meat.

My summer of 2014 was

marked with a personal epiphany of protecting those who lack the financial resources and luxuries that we see daily in most homes in the U.S. The Cofanes may lack television, computers, and high end cell phones, but their richness is in its people. They have great pride and are very humble. They are influenced by protecting our planet and giving back to our mother earth. They have a communal system of sharing that I was envious of and wish I could see more of here in the U.S. It is a contrast from what I see in corporate America and those who live their lives for themselves and not to improve on the human condition for others.

For anyone interested in studying abroad I highly suggest contacting the Global Studies Department on campus. The inner connection I made and shared will stay with me a lifetime. If you allow yourself to learn from those you meet, it will change your worldview and give you a more accurate account on global issues. I challenge all who read this article to look globally and help bring about individual change. Who knows . . . maybe you will also find yourself halfway around our planet thinking of ways to improve humanity, one chapter at a time.

Staying afloat in college

By Ciara Walker
Staff Writer

If you watch a television show or movie that portrays a college student, the character is typically 18 to 23 years old, either living at home with parents or frat house party hoppers with no real direction in life. Graduate schools tailor their programs to working professionals. What does that say about the face of students? Certainly not what I see on campus. I don't know about you, but I am trying to stay afloat with juggling a career, family and college. Some days I can tread water without any effort, other days I am drowning. I'm not a great swimmer and have not always been a great student. Some of the things I learned a day late and a dol-

lar short will hopefully help you to have a better start to your education. Here are my top four college lessons that I learned the hard way. I picked four, because you know, you are supposed to graduate in four years.

Don't enroll in more units than you are capable of SUCCESSFULLY completing. Don't double up just to graduate sooner or on time. Be realistic and do what is manageable in relation to your other obligations. Definitely don't settle for a passing grade.

Learn how to study. I did not learn effective studying habits until the end of my sophomore year. Don't ask how long it took me to become a junior, either.

Part ways with your social life if you cannot han-

dle balancing between girls night out and studying. Your 40-year-old self will thank your 20-year-old self for all of the sacrifices. Know that if you have to cancel plans far more often than you want to, it is only temporary and will be worth it in the end. Think of it as saving money in order to make more money. Really, this holds true for any distractions.

Find a mentor to help you navigate through the college process. No one in your family ever went to college? Don't worry, that's what advisors are for. There is no excuse to not succeed.

These suggestions may not work for everyone, but I guarantee if you try it sooner rather than later you won't be a career student like I am. Happy studying, Cougars!

WANTED NEEDED WANTED NEEDED

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WANTED NEEDED WANTED NEEDED

Fall TV shows lineup

By Anna Maria Petrov
Staff Writer

After summer’s departure, fall brings many new and returning TV shows this year. A number of shows either finally answer multiple unanswered questions from last year’s season finales, or introduces new and upcoming actors who play unusual, funny, terrifying, strong and even crazy characters. The networks provide the fun and gripping experiences of getting the chance to watch many TV shows or even TV Movies for audiences with different preferences.

Mid-September had the return of the exciting ABC superhero show “Agents of S.H.I.E.L.D.,” also CBS’s navy crime drama NCIS with an explosive new season and its new spin-off, “NCIS: New Orleans,” joining from last year’s episode “Crescent City Parts I and II.” “NCIS: Los Angeles” accompanied its counterparts in the CBS lineup before the end of the month. The network also introduced couple new shows to the fall TV lineup: “Scorpion,” “Madam Secretary” and “Stalker”. The CW started its October lineup with “Reign,” the

story of Queen Mary of Scotland, and then double brother trouble with “The Vampire Diaries” and “The Originals” in their second seasons. The fan favorite “Supernatural” returned for its tenth season after leaving fans with a shocking cliffhanger. The protector of Starling City makes a comeback. “Arrow” (Wednesday nights) and its spin-off, “The Flash” (Tuesday nights) bolt in The CW schedule. Fox brings its own superhero drama on Monday nights. “Gotham” is the story of Detective James Gordon in his early years on the police force before the

legend of Batman began. Another haunting thriller returned in FOX, “Sleepy Hollow” with its heroes Lt. Abbie Mills of the Sleepy Hollow P. D. and Ichabod Crane, come back for another season fighting for the greater good against the demon Moloch, Headless Horseman and Crane’s son Henry. October also brought forth on FX, “American Horror Story” which returned with yet another chilling season. A new creepier theme is introduced, Freak Show, set in the 1950’s. ABC brings back yet another thrilling season of

“Revenge” with a twist, having Emily Thorne come back from the dead but not knowing if Victoria used her to her advantage, especially after Emily placed her into an insane asylum in last season’s finale. Then there is “Castle,” “Nashville” and “Once Upon a Time” with Elsa, the character of “Frozen,” making an appearance with actress Georgina Haig portraying her. There also some new comedies: “Selfie,” “Cristela,” “Manhattan Love Story” and “black-ish.” ABC’s “Resurrection” made a comeback on Sundays with more questions

for its viewers. On Tuesday nights there is “Forever,” a new show about Dr. Henry Morgan, a New York medical examiner who just can’t seem to move on. He keeps coming back to life every time he dies in a horrible accident since his first death 200 years ago. This fall season made a grand entrance with many new and upcoming TV shows and returning ones as well. There is more to come in the upcoming months, even next year. So stay tuned and don’t miss all the comedies, drama, thriller and supernatural shows these channels offer.

The Big Bang keeps on going



By Will McCurdy
Radio Assistant

For eight seasons, the Big Bang Theory graced us with the laugh track comedy of Chuck Lorre, an entirely new take on the genre of intellectual comedy not seen since the days of Frasier, and, most importantly, the

gift of bringing Jim Parsons to the small screen. The show performed again and again with a colorful cast of characters which are why they’ve been able to stay on the air as long as they have, bringing viewers despite some nerds admonishing it. It brought a larger understanding of some of

the basic principles and concepts of the scientific community and even some that are more advanced such as theoretical experiments of quantum physics (Schrodinger’s cat). However, as much as I dearly love the show, there are some points that need to be addressed that will hopefully be revis-

ited and give the wonderful program a sound conclusion. First to be addressed in formerly one of my favorite couples on the show: Howard and Bernadette (Simon Helberg and Melissa Rauch respectively). When first introduced to Howard, he was a sleaze ball. He was the guy who you hoped your sister would never catch the eye of lest they accosted by displays of gadgetry and how much hair gel can be matted on to the human head. Through Bernadette’s introduction, Howard changed his ways and became a more sympathetic character with her quiet demeanor hiding a fearsome personality that was both endearing and haunting to audiences while providing what Howard needed to become a better man. In the newer seasons,

however, their relationship took a turn for the hostile where there was love there is now anger and lies that had no place in their dynamic. Next are Sheldon and Amy (Jim Parsons and Mayim Bialik) with a relationship that is clearly going nowhere and that is the problem: It is going nowhere. While Amy is coming out of her socially repressed shell, Sheldon’s anti-social personality and elitism have more or less established him as asexual with an almost abusive dynamic of leading Amy to a future with him that isn’t truly there and needs to be remedied lest the comedy take a darker turn. Finally we come to Leonard and Penny (John Galecki and Haley Cuoco) who have the same problem as Sheldon and Amy as their relationship is going nowhere, but it is made worse by the fact that after seeing season after season where they break up and get back together repetitively. I can’t honestly remember why they’re together. I can understand why these story lines drag on because the writers want the show to stay on television, but everything has to end eventually. They are approaching ten years on the air and now is the time to start wrapping up loose ends. Fix Howard and Bernadette, make Raj nice again, have Sheldon and Amy finally make a connection and remind us why Leonard and Penny are in love.

“From the desk of a concerned fan who wants one of his favorite shows to end well”

Conversations that Matter

Lecture covers the Ferguson Shooting

By Beulah Supriya
Staff Writer

This summer, a young African American man was shot by a police officer in Ferguson, Missouri, sparking protests across the country against racial profiling and the actions of Officer Wilson. With conflicting eyewitness reports, it has been difficult to identify the reason for the confrontation, but what cannot be argued is how the shooting has affected people all over the country, not to mention, the world. On Oct. 22, CSUSM’s “Conversations that Matter” lecture series will be hosting a discussion about the matter, titled “This time we call it

Ferguson: Racial Shootings, the State and Resistance.” The lecture, organized by the Office of Diversity, the Sociology Dept. and CHABSS, is to be held from 12 p.m. to 1:30 p.m. in the USU ballroom and will be followed by a Q and A session with the panel. The date of the lecture coincides with the National Day of Protest against police brutality and racial profiling. “The main aim of the discussion is to inform the community about the country still being a racialized state built on white supremacy and containment of color,” Sociology Dept. Chair, Dr. Sharon Elise, said. “Some other topics which will be focused upon are: how the law constructs race and racism, slavery and the his-

tory of white supremacy.” When asked how this discussion will help the school, Professor Karen S. Grover highlighted its importance. “Racial profiling creates a hostile learning environment for colored people who have come to study, not to live in fear,” Dr. Glover said. Dr. Elise also pointed out that the sad case at Ferguson is not a single isolated incident, but indicative of a crisis happening all over the country. An example closer to home was the 2005 case of Jorge Ramirez, a robbery suspect shot six times though he was lying on the ground due to a previous bullet injury. There are many more such incidents which have come to light. To learn more, check out stolenlives.org.

Embracing pumpkin season

By Elizabeth Roush
Staff Writer

The first sign of autumn isn’t leaves changing colors or the onset of cooler weather; it’s the sudden arrival of everything pumpkin-related. From the infamous pumpkin spice latte that floods our Instagram feeds to pumpkin-scented candles, pumpkins and their assorted uses, scents and flavors dominate the season. We love pumpkin. But if you aren’t satisfied with merely buying various things made of pumpkin, it might be time to take autumn to the next level and try making your own pumpkin products. Why settle for something you simply pay for when you can have the satisfaction of concocting your own pumpkin creations? If you want to test your pumpkin-craftiness, consider attempting these pumpkin favorites: The Pumpkin Spice Latte— Surprise, Starbucks isn’t the only place you can

get this season’s favorite drink. Most recipes are simple with minimal ingredients, and they’re usually much cheaper than their fancy coffee shop counterparts. Pumpkin Pie— An oldie but a goodie, the traditional pie can be made from a can of pumpkin or from an actual pumpkin, if you’re feeling extra adventurous. (The sugar pumpkin required for this venture can be bought at Trader Joe’s

and similar grocery stores.) Pumpkin Soup— For those looking to make something slightly less traditional, pumpkin soup is a delicious (and healthier) alternative to pies, breads and sugary drinks. It’s time to embrace pumpkin season and try something different. Recipes for these three projects are readily available online, along with many more for other fun pumpkin treats.



Movie Review 5 / 5 PAWS

A&E Commentary: Kill Your Darlings

By Alex Maravillas
Staff Writer

Different lights uncover the bohemian kineticism that thrived amid the 1940s and 1950s in New York City. Today marks the one-year anniversary of the American biographical-drama Kill Your Darlings, written by Austin Bunn and directed by John Krokidas in his feature film directorial debut. Kill Your Darlings is

one of my favorite films. I remember watching this film a few days before Halloween last year. I was fixated by the film’s overall plot. I especially appreciated the raw direction the film decided to take. For example, in the film, there are intimate moments that do not revolve around the traditional heterosexual narrative, which were excellently portrayed by the cast. The cast included Daniel Radcliffe as Allen Ginsberg, Dane DeHaan as

Lucien Carr, Jack Huston as Jack Kerouac, Ben Foster as William S. Burroughs, Michael C. Hall as David Kammerer, Elizabeth Olsen as Edie Parker, Jennifer Jason Leigh as Naomi Ginsberg, David Cross as Louis Ginsberg, Kyra Sedgwick as Marian Carr and David Rasche as Dean John Cullum as Professor Steeves. Daniel Radcliffe, widely known for his lead role in the Harry Potter series, plays a young Allen Ging-

berg in the 1940s, in his college years with some of the earliest members of the Beat Generation (Carr, Ginsberg, Burroughs, Kerouac and Kammerer). The chemistry between Daniel Radcliffe and Dane DeHaan was phenomenal. In an interview, Dane DeHaan confessed that as a result for DeHaan to play this role, he fell in love with Radcliffe. This film revolved around a murder case, associating the future of the beat gen-

eration. New York City was the place to be and thrive for each one of the individuals who needed to evade their center American life to wind up free from their roots. The writers for the most part, the Beats (Allen Ginsberg, Jack Keruoac and so on), Norman Mailer, J.D. Salinger and other people came to New York became a segment of the scene which benefitted the 1960’s. The story was carefully and delightfully told with incredible dialogue and character development that resulted

from the charm of the plot. In my opinion, in the more prevalent social setting, whether you consent with it or not, the individuals characterized by New York were those who set out to leave the security of their made familial enclaves in minor towns and stake their case to impressionistic and uninhibited declaration. Their eternal words, music and craft are our legacy, one that sustains to move each yearning for craftsman and reverberates all through every aspect of society today.

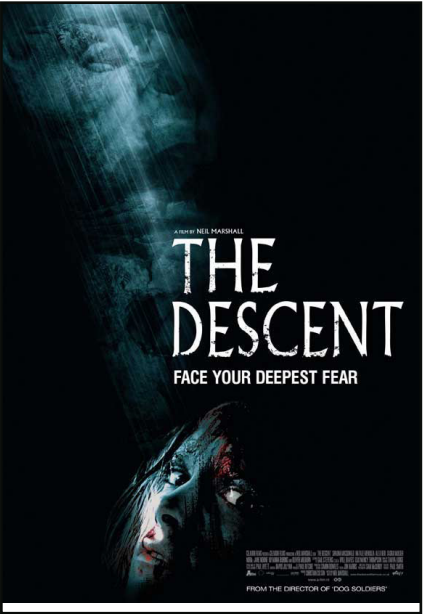
Movie Review 4.5 / 5 PAWS

The Descent does not disappoint

By Pierce Brenner
Staff Writer

A group of girlfriends have a tradition in which they go on a different adventure every year; this year, it’s cave-diving in North Carolina. However, what starts out as a fun vacation takes a turn for the worse when the women find a group of cannibals living in the caves. Trapped and isolated, they must find a way out before they all get killed. That simple description does not do The Descent justice. But make no mis-

take; it is the scariest movie I have ever seen. After the first 15 minutes give the necessary exposition, the movie shifts into a thrilling horror film and never lets you out of its grasp. There’s hardly a moment where you aren’t in a state of fear. When the tension is piled on, it is piled on, with the girls’ nightmares becoming yours. In the tradition of great horror, the lighting, music and even the claustrophobic cave itself all come together to create one very successful package.



Netflix Review 4 / 5 PAWS

Winter is Coming... and so is the soldier

By Zach Schanzenbach
Senior Staff Writer

Iron Man 3 and Thor 2 were decent, but Captain America: The Winter Soldier is just what you’d hope for from a Marvel Studios film, and maybe even then some. This latest installment in the Marvel Cinematic Universe takes some of the world’s favorite plots in the film industry and rolls them into two epic hours of Marvel goodness. The main plot is reminiscent of the original Mission Impossible, while the twists remind me of Salt. At the center of all this action is, of course, S.H.I.E.L.D. member and World War II hero Captain America, a.k.a, Steve Rogers (Chris Evans). One of the film’s main premises is the super soldier’s struggle with what appears to be a lack of integrity in this strange world around him. Director Nick Fury (Samuel L. Jackson) seems to be lying to him habitually. Tension increases when Fury shows Rogers three new helicarriers like the one in Avengers that will launch into the sky and work to eliminate threats before they can happen.

Rogers response is simple but true: “We [fought] so that people could be free. This isn’t freedom. This is fear.” This struggle with the morality of S.H.I.E.L.D. is not limited to the between-action scenes either. The development has clear implications in the action as it is revealed that the terrorist organization HYDRA has infiltrated S.H.I.E.L.D. The subtitle character, the Winter Soldier, is the strong, silent type: donning a mask for most of the movie. His identity is revealed shortly before the climax and the twist is surprising. Although the captain manages to whip all his standard foes into shape, the Winter Soldier is the only character who stands a solid chance against him. Other characters include Natasha Romanoff with the alias of the Black Widow (Scarlett Johanssen), returning from The Avengers to once again play a major role, along with S.H.I.E.L.D. agent Maria Hill (Cobie Smulders). Newcomer Sam Wilson, a.k.a. Falcon (Anthony Mackie), proves to be the antithesis of S.H.I.E.L.D.’s ambiguous morality, thereby



landing him the role of Captain America’s new sidekick. Then there’s Sharon Carter or Agent 13 of S.H.I.E.L.D., secretly assigned to protect Rogers. She seems to be on his side throughout the film, being the first general SHIELD agent to actively rebel against HYDRA’s regime. Rumor has it, she’ll have a bigger role in the future. Well-crafted action sequences, a strong atmosphere of conflict within and without, and a film that takes the best of action flicks and rolls them into one makes Captain America: The Winter Soldier

more than worth your time. If you were disappointed with Iron Man 3 and Thor: The Dark World because you thought they were lackluster compared to their predecessors, then I’m certain you’ll enjoy this film much more. On the other hand, I’ve heard people say that this film is better than The Avengers. Do I agree? Well, I don’t disagree...or agree. Oh, never mind. See you in the Age of Ultron. To read the full review, visit the Cougar Chronicle’s website, or got to Zach’s blog “The Reluctant Critic.”

STAN LEE’S COMIKAZE EXPO

STAN LEE BRINGS POP CULTURE FUN ON HALLOWEEN WEEKEND



By Faith Orcino
A&E Editor

The Los Angeles Convention Center turns into the ultimate party for fans of all aspect of pop culture. Starting on Halloween, many will flock to join the festivities including celebrities Kevin Smith, Tara Strong and Adam West. For three days, the area will be filled with costumed folk and icons of various industries. Co-founder and CEO Regina Carpinelli and her staff plans many activities for all to enjoy. Attendees have chances to interact with members of the entertainment industry and meet fellow fans. The team filled their Guest of Honor list with stars like “Game of Throne” actors Gwendoline Christie and Alfie Allen, comic book legends Jim Lee and Brian Michael Bendis, and internationally known composer Yoshiki. Special panels will be held giving at-

tendees insight to the life and work of those of pop culture. 2014 marks the event’s fourth year and will truly special, calling itself “LA’s Ultimate Halloween Trick-Or-Treat!” On Oct. 31, the convention will be holding a special costume contest for kids and the exhibitor hall will have candy for trick-or-treaters young and old. The hall has many vendors ranging for sponsors, exclusive collectible sellers and independent artists. Multi-passes for all three days are available online for \$70. Single day tickets are \$30 each while children under the age of 13 are free with a paid adult. Comikaze Expo also has special fan packages for those wanting special VIP experience with their favorite activities and celebrities. Be sure to dress your best for 2014 Stan Lee’s Comikaze Expo.

“LA’s Ultimate Halloween Trick-Or-Treat!”

Musician Spotlight

Book Review ‘Gone Girl:’ The new meaning of mystery



PlayFight

By Kat Diltz
Staff Writer

When asked to describe his band, PlayFight in one word, vocalist Kyle Castellani jokingly replied, “RockaFunkBlues...does that count?” From an audience’s perspective, it certainly does. As the recent winners of the 2014 Temecula Valley International Film Festival’s Audience Choice Award, PlayFight likes to blur the lines of musical genres, mixing upbeat, high-energy guitar riffs with smooth, modern blues rhythms and witty lyrics. With Castellani fronting the band, Matt Clayton joined him as lead guitar-

ist, Ross Garcia on bass and Noah Sherwin on drums. This memorable group of animated musicians is sure to exude motivation to hopeful performers. When Castellani was asked who or what inspired him, he says that it wasn’t a specific person or moment, “but I eventually made the decision that I wanted to do music for a living, and the [music] industry is a necessary evil...I still do it for the love of course, but sometimes it can seem like a conscious effort when thinking of music in terms of what the industry wants. Once the

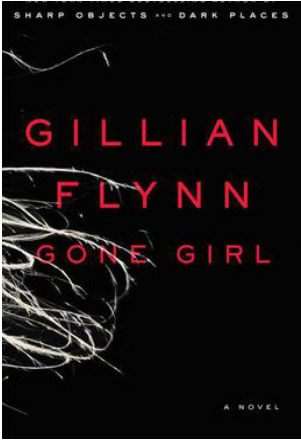
industry takes notice in you and expects you to play ‘the game’ it’s really easy to get wrapped up in the politics of it all.” As an independent band from San Diego, PlayFight goes against the grain of Hollywood’s expectations, being their own bosses and having all of the control. The band is very lyric and music-driven, but Castellani says that the music is what kicks off his songwriting process. “I’ve always taken the approach that first you find what feels good, then you figure out what the song is trying to say, then you set your personal ego aside and cater to the song’s message, not the one you want for it...it allows me to be a part of [the song], not the other way around.” PlayFight’s EP, Mutt, contains 5 distinguishable tracks, with the raw rock n’ roll jam “Big Brother” being Castellani’s personal favorite, contrasting to the bluesy, suggestive track “Around A Woman;” the most prominent song on the EP. Mutt is now available on iTunes, SoundCloud and PlayFight’s official merchandise store.

“PlayFight likes to blur the lines of musical genres,”

By Lexy Perez
A&E Assistant

There comes a time where you find yourself engaged in a book that reminds you why you loved reading in the first place. If you’re an avid reader like me, there’s nothing better than a story that enraptures you with its twists, turns and revelations leaving you wanting more. When I was younger, I found myself engulfed in “Nancy Drew” novels; solving a juicy mystery has always been a guilty pleasure. While “Nancy Drew” allowed me to channel my inner Sherlock Holmes, those mysteries were simply a warm-up for the mystery works of author Gillian Flynn. Her best selling novel “Gone Girl” is a work that completely alters the meaning of the mystery genre. While it’s no child-friendly mystery, it is evident that it is in a league of its own joining the ranks of other mystery successors: Stephen King and Agatha Christie. The story centralizes on Nick and Amy Dunne, a couple which gives new meaning to being in a relationship and “it’s complicated.” Nick is a struggling writer coping

with the loss of his job, owning a bar with his sister and living in the shadow of his prestigious wife. Amy is the daughter of an Ivy-League family, forced to forever live as a created product to her parent’s well-known book series “Amazing Amy.” After meeting, falling in love and getting married, the morning of their fifth anniversary changes everything for the couple. Amy goes missing, leaving Nick and readers on a journey to solving the mystery of what happened to her and whether there is more than meets the eye to Nick and Amy herself. The novel takes readers through the trials and tribulations of the Dunne marriage, revealing secrets and scandals, via Amy’s detailed diary, surely to make you wonder what kind of relationship they had. The best thing about this novel is it never seems to follow the cliché mystery formula: “murder + evidence + suspicious people = mystery solved.” This novel introduces you to an alternated formula:” murder + evidence + mind confusion + headache + willingness to throw the book across the room because you are unable to figure out where this story is going.” While its twisted, dark



component adds flair and interest, the only negative aspect of this book is its ability to give you a headache, becoming the novel version of brain challenged “Inception.” What sets this mystery apart from others is its ability to engross readers. This isn’t a story that can just be read. It’s a story that you become a part of. Although Gillian Flynn has other successful thrillers, “Sharp Objects” and “Dark Places,” it is “Gone Girl” that dignifies her position as mystery writer. I’m not sure if she will ever be able to pen another novel as brilliant as this one, but with a successful film adaptation starring Ben Affleck, it is discernable that Gillian Flynn is just beginning to make her mark in the literature world.

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