

THE COUGAR CHRONICLE

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CALIFORNIA STATE UNIVERSITY, SAN MARCOS, INDEPENDENT STUDENT NEWSPAPER

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Sexual assault reported at residence hall

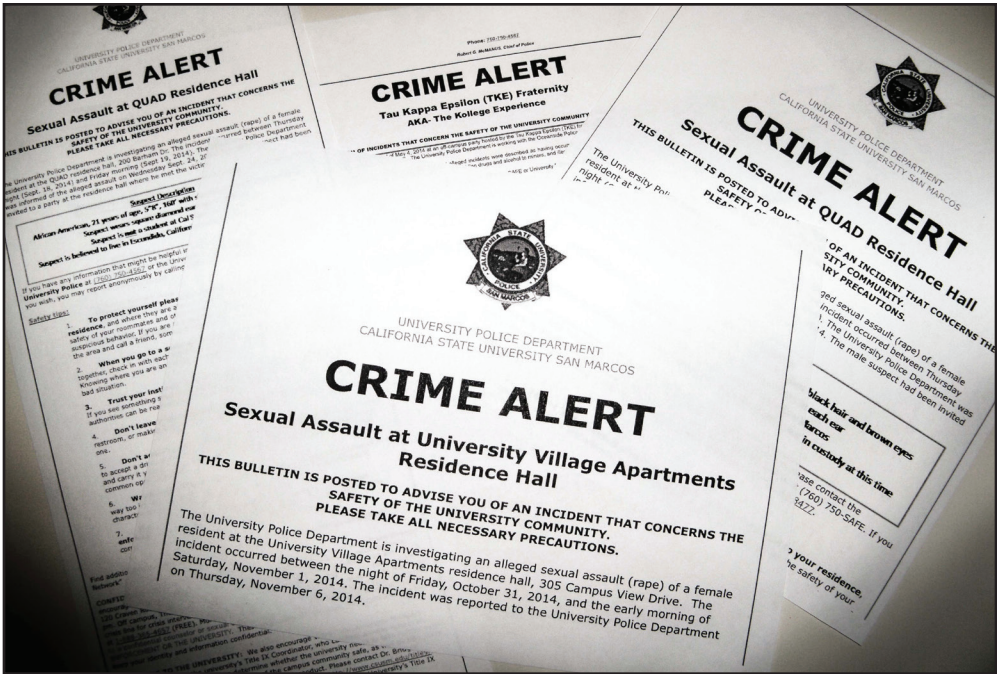


Photo by Chris Morales

CSUSM Police Department issues another sexual assault alert.

By RYAN DOWNS
News Editor

The University Police Department (UPD) is currently

investigating a fourth alleged rape in connection to campus that occurred at the University Village Apartments. The alleged sexual assault occurred on Halloween

night, before the early morning of Saturday, Nov. 1, and was reported five days after. According to a press release by the UPD, the suspect is a white male of ap-

proximately 20 to 21 years of age, 5 feet, 9 inches, 130 pounds, with green eyes and short brown hair and is not a student at CSUSM. This is not the first of such events to happen on the CSUSM campus. In fact, it follows several reported incidents, most recently being the alleged sexual assault at The Quad on the night of Sept. 18. According to a disclosure by the campus' annual Jeanne Clery report, sexual assaults have allegedly tripled within the last several months of the school year. In response to this, the CSUSM administration, as well as multiple organizations both on and off campus have taken to raising awareness both of sexual assault crimes and their prevention. "We're notifying the campus community if there is a presence of an ongoing threat," Title IX Coordinator,

Dr. Bridget Blanshan, said. "We want to encourage students to take precautions and intervene if they see a friend in a vulnerable place. It's about building awareness. One should never say it never happens here, wherever here is, but the best thing that we can do is to be prepared." A UPD press release emailed to students reminds them of the various ways to practice safety including remembering that any sex without consent is illegal, especially in the event that one or both parties are intoxicated. The release also reminds students to be mindful of whom they let into their residence, to avoid attending social gatherings alone and to be on the lookout for fellow students in danger. On campus, the Office of Diversity, Educational Equity, Inclusion and Ombud Services recently partnered

with CHABSS to raise awareness of Rape Culture as part of the Conversations that Matter series. Held on Nov. 18 at the USU Ballroom, the Rape Culture lecture taught students about the cultural attitudes that normalize violence, primarily sexual violence, against women. According to the event pamphlet, "This conditioning results in victim-blaming, the normalization of violence against women and a lackadaisical approach to combating sexual violence." The event worked to make the campus a safer place for all students regarding violence of any sort. The UPD encourages anyone with information to report to the SAFE hotline at (760) 750-SAFE or Dr. Blanshan. Confidential support is also available to students at the CSUSM Student Health and Counseling Center.

CSUSM Harry Potter class goes to England

Experience the world of Hogwarts and more during summer tour

By CHELSEY SCHWEITZER
Senior Staff Writer

All aboard the Hogwarts express! This summer, from June 3 to 24, students will be able to travel through England and Scotland to visit locations associated with the Harry Potter franchise. This experience will be led by British tour guide and American Institute for Foreign Study (AIFS) staff member Debbie Schmidt, who is a huge Harry Potter fan and knows all of the locations that will be visited during this trip. In addition, students can earn three units of upper division social science (DD) general education credit for this course while experiencing the culture and history of London and Scotland, and the effect they had on the Harry Potter series. "[In my experience] in a group of eight to ten [students], only about two

or three have ever been out of the country. [This trip will allow students] to broaden their horizons and learn about and participate in other cultures" said Professor Linda Pershing, the one behind the study abroad course as well as the Harry Potter course that is available on campus. Students who are enrolled will begin their experience in London on June 3, and visit locations that both inspired, and were featured in, the books and films, including Scotland Yard, Oxford University, the Parliament building and King's Cross Station. Students will also undergo a tour of the Warner Brothers Studios in Leavesden, as well as other filming locations to learn about the making of the films. A visit to the café where Rowling got her start and a possible broom-flying lesson at Alnwick castle are also on the schedule as well as a ride on the Hogwarts Express itself. Students who are interested

night, before the early morning of Saturday, Nov. 1, and was reported five days after. According to a press release by the UPD, the suspect is a white male of ap-

CSUSM Professor Linda Pershing dresses accordingly while lecturing to the Harry Potter course students. in participating in the course must fill out the application materials at <http://www.csusm.edu/global/studyabroad/UK%20Harry%20Potter.html> by Monday, Dec. 1, 2014 as well as attend an information session hosted by Professor Pershing on one of the dates below. A



Photo by Chris Morales

non-refundable \$300 deposit to the Office of Global Education must be submitted with the application materials on the same date. For those who are selected to participate in the course, a final payment of \$4,600 is due on Monday, Feb. 2, 2015. This will cover

the cost of transportation through London and Scotland as well as the cost of hotels, classrooms, internet access, health insurance and daily breakfasts. This does not cover the cost of airfare or other meals, however. For those who wish to get the upper division

credit for the trip, an additional \$252 will be added to the previous costs. Some scholarship opportunities are available for the trip on the study abroad website as well as some that are offered elsewhere, which will be covered in more detail at the information sessions. This opportunity is available for anybody who is interested, even those who are graduating before the course can still apply. Due to the travel accommodations associated with the course, space is limited to 25 to 30 students, with 25 being most likely. For any additional questions, contact Professor Pershing at lpershing@csusm.edu. More information can be found at the same web address as the application. Remaining Information Session Dates: 12 p.m. to 12:45 p.m. on Wed., Nov. 19 in Markstein Hall 205 6 p.m. to 7 p.m. on Thurs., Nov. 20 in Markstein 203

California Indian Culture and Sovereignty Center celebrates Native American Heritage Month

Educational events open to students and community alike

By BEULAH SUPRIYA
STAFF WRITER

With Native American Heritage Month in full swing for the better part of November, the California Indian Culture and Sovereignty Center (CICSC) has been abuzz with activity. The CICSC, located in the SBSB building on campus, serves not only students, but also the tribes around the state. “There are in fact,” CICSC Director, Dr. Joely Proudfit, said, “18 reservations in San Diego itself, but the center serves the entire state.” Dr. Proudfit also teaches Native American studies on campus, and hopes to one day upgrade the study from a minor to a major, in the hopes that a variety of courses on the subject can be offered to better relationships between the lo-

cal tribal community and the educational community. Some of the projects undertaken by the CICSC include the translation of the “how to get into college” posters into the Luiseño language, an undertaking accomplished with the collaboration of linguist, Dr. Elliot. Indeed, the research accomplished by the center is recognized nationwide. The center is also now providing certificate courses, including “Law Enforcement and Indian Country” and is working on post certification for police officers. Language sustainability is one of the priorities of the center, which has gone as far as working with a tech company to design video games in native languages. The fact that Native American Heritage month falls in November, is not a coincidence, considering that the day after Thanksgiving is



Photo by Matthew J. Kuhlman

Members of a Native American dance group perform for CSUSM students in front of the Student Union Center in celebration of Native American Heritage Month.

California Native American Day. Dr. Proudfit is keen to point out that, because one day between Thanksgiving and Black Friday is hardly enough to encompass the experiences of various peoples during the season, the center decides instead to utilize the

where students were encouraged to explore and learn about the center’s activities. Most recently, on Nov. 18, the center held an “ask an American Indian day,” during which both the faculty and several native students were present at the center’s offices to interact with students and share knowledge of their culture. However, arguably the most anticipated event is the upcoming second annual San Diego American Indian Film Festival, during which about 12 to 18 Native American students will have the opportunity to participate in a workshop held by an award-winning director, learning how to use media and film to portray their stories. The festival will be from Nov. 20 to 22. According to Dr. Proudfit, “they are films you just can’t go and see at the movie theater.” The Pechanga tribe will

host the third and final day of the festival, with free tickets for students. Each movie will be preceded either by a short film, animation or music video, and will end with a question and answer session from the filmmakers. Among the films to be screened is a documentary titled “Once There Was a River,” about the San Luis Rey water rights case. The festival will mark the Southern California premier of the film. “Using film and media to deliver a better understanding of Native American people is an excellent approach for the community to get to know who American Indians are in the contemporary,” Dr. Proudfit said. “Far too often, schools, movies, and books focus on American Indians in the past, but we’re here today.” To learn more about the festival, or to order tickets, visit www.sdaiff.com.

Common Read shares Wes Moore novel

Event encourages communal conversation

By SONNI SIMMONS
STAFF WRITER

Once a year, CSUSM campus community members converge to share critical thoughts and ideas, learning more about each other and themselves in the process. This year on Oct. 23, students, staff and faculty met in the USU ballroom to discuss the novel “The Other Wes Moore: One Name, Two Fates” by author Wes Moore for the fourth annual Common Read. The annual Common Read began in 2011 when CSUSM partnered with local colleges to bring Rebecca Skloot, author of The Immortal Life of Henrietta Lacks, to San Diego County. Since the first Common Read, library faculty members identify three or more options for the Common Read in the Fall, then an online survey is administered in early Spring with the different book selections and feedback from First Year Programs. Once the data from the survey is collected, the Common Read selection is announced in late spring and the fall events are planned

“By reading and discussing the one book over the course of the school year, we can identify important issues, examine our views and grow together as an academic community,” Outreach Librarian and Common Read Coordinator, Melanie Chu, said in regards to the impact the Common Read has on the CSUSM campus community. All students had the opportunity to attend and engage in intellectual discussion centered on one novel with other students, staff and faculty. Chu encourages students to attend the Spoken Word event that will be held from 6:00 p.m. to 7:30 p.m. on Thursday, Nov. 20 at the USU ballroom where questions regarding defining moments, second chances and last chances will be addressed and those in attendance will be encouraged to imagine their life as the “other” version of themselves. The library has ten copies of The Other Wes Moore: One Name, Two Fates available at the third floor Check Out Desk for students who are interested in reading the novel.

Introducing the CSU Institute for Palliative Care

Program provides services for chronically afflicted patients

By JASMINE DEMERS
COMMUNITY NEWS EDITOR

CSUSM is home to a healthcare institute that is making a difference in the lives of patients with serious or chronic illness and their families. The CSU Institute for Palliative Care, which has its home at CSUSM, is a statewide initiative that focuses on educating the healthcare workforce necessary to provide support for patients with serious or chronic illnesses, both today and tomorrow. CSUSM was specifically selected to commence this program because of the belief that the school has a talent for innovation and excellence. The term “palliative care” refers to therapies that provide patients with relief from the symptoms, pain and stress that comes with any serious illness. Palliative care offers therapies that ease

symptoms and improve quality of life that are delivered on their own or as a complement to curative therapies. In the midst of National Hospice and Palliative Care Month, Executive Director of the Institute, Helen McNeal, wants to educate and spread awareness to the community about Palliative Care. “Palliative Care is really ensuring that patients with a serious or chronic illness and their families are able to deal with illness and any symptoms or side effects, and achieve the best possible quality of life,” McNeal said. She explains that the benefits of Palliative Care are important to understand as they can provide patients and families with the opportunity to have the best care possible. “Research shows that people who receive Palliative Care, along with their curative treatments, live longer,

are happier with their care and have a better quality of life,” McNeal said. McNeal also explains the reasons why the CSU is such an important venue for the advancement of Palliative Care and other healthcare work. “Across the CSU system, we graduate about 15% of the health care workforce in the United States,” McNeal said. “We are well positioned to educate current and future health care professionals as well as the community, who need to understand and access Palliative Care.” As the Institute celebrates National Hospice and Palliative Care Month, McNeal also emphasizes the differences between Hospice Care and Palliative Care. “Many people think that Palliative Care and Hospice Care are the same, but that’s not the case. Hospice care is appropriate for pa-

tients who have 6 months or less to live and have chosen to stop curative treatment. Palliative Care can be used from point of diagnosis onwards and is delivered along with curative treatments. National Hospice and Palliative Care Month focuses public attention on both and helps people understand the differences,” McNeal said. Palliative Care is a growing necessity as the number of people with serious or chronic illnesses increases. The CSU Institute for Palliative Care offers courses for healthcare professionals and classes for community members who are looking to learn more. These educational resources are increasing the knowledge of health care providers and enabling them to provide patients with important therapies and resources during a difficult time in their lives.

CALL FOR SUBMISSIONS

Celebrating Religious Diversity

with

The Cougar Chronicle

The Independent Student Newspaper at Cal State San Marcos

The Cougar Chronicle is looking for writers, artists and photographers that are interested in contributing articles, artwork and photos that revolve around the Religious Diversity theme for our Dec. 3rd edition. We would like to feature work celebrating what Cougars embrace as we approach the winter holiday season. Work will be featured in the seventh edition of the Cougar Chronicle as part of our third thematic issue of the year.

DEADLINE: Friday November 28th at 12:00 p.m.
SUBMIT TO: csusm.cougarchronicle@gmail.com
Photos and Artwork must be formatted in JPEG/JPG format.
WORD COUNT: Articles should be between 150-500 words, formatted in Microsoft Words Document (.doc/.docx) or in Google Docs.

Wanted

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for the Cougar Chronicle

- + Must be proficient in Photoshop to create advertisements for clientele.
- + Duties include checking in with Ad Manager or Ad Manager Assistant to collect large files and text to create advertisement jpg files to publish in the Cougar Chronicle for every issue.
- + Must be able to create new documents based on size specification and have a strong knowledge of layout and design basics: including color, balance, depth, aesthetics and spacing.
- + Must submit all work to the Ad Manager for completion and be available to complete any edits required by the clients.
- + Positions will begin Spring 2015 and can be taken as a for credit course or just be counted as a resume builder.

Please contact
csusmchronicle.advertising@gmail.com or
call (760) 750-6099 if interested.

Stretching people’s physical and mental well-being

The advantages of a commonly overlooked physical activity

By NICOLE HOLMAN
STAFF WRITER

After a hard workout, you’re probably not interested in much aside from showering and getting something to eat, but you may be skipping one of the most important parts of your workout: stretching. Stretching after exercising can alleviate soreness, aches and pains, and put you in a peaceful state of mind. Your muscles contract when you work out; to counterbalance this, stretch-

ing can help get your muscles back to their normal length. This can also help create lean, toned muscles as well as ease any soreness that may start to set in. Just by walking to class our bodies create lactic acid, which settles in our muscles and makes them stiff. Stretching releases this acid, creating more limber muscles and helping prevent athletic-based injuries. After all, the less sore you are, the faster you can get to feeling the benefits of your workout. Not to mention, you will be more likely to exercise

again if you are not in pain. Not only are there physical benefits to stretching, it can also improve your mental well-being. Stretching for just ten minutes a day can reduce stress and anxiety tremendously. By taking time to stretch, you increase blood flow throughout the body. In turn, this sends more oxygen to the brain, which boosts your mood and gives you a sunnier outlook on life. Added perks of increased blood flow throughout the body include: increased metabolism, clearer skin

and higher energy levels. As college students, many of us have hectic lives. It’s important to take some time to treat ourselves well and do things that can help reduce stress. If you are interested in getting a workout as well as a good stretch, try one of the on-campus yoga classes. There are also many free videos and classes online for beginners that you can try at home. Whether you are an athlete, occasional gym visitor, or sitting in class for hours a day, stretching can benefit your overall health.

FOOD PROFILE

Turn to dark side

Commonly unknown benefits of dark chocolate

By MACKENZIE CLARK
SPORTS ASSISTANT

If you have a sweet tooth then picking dark chocolate is the healthy way to go. Not only is dark chocolate delicious and used for many desserts, but it is also surprisingly healthy. Most people prefer milk or white chocolate to dark chocolate because dark chocolate has more of a bitter or an acquired taste. However, once you start to love dark chocolate there is no going back and luckily it can have many positive effects on your body. Dark chocolate is made from the seed of the cocoa tree and is one of the best sources for antioxidants to clean your body. Some studies have shown that dark chocolate that is not sugary can help improve and lower the risk of heart disease. While it may seem to be too good to be true, dark chocolate may be the secret healthy dessert many people are constantly seeking. Dark chocolate is also the

perfect snack to have when you are craving sweets, especially with peanut butter. Though many people don’t know, dark chocolate increases blood flow to the brain as well as to the heart and helps reduce the risk of a stroke. It contains several chemical compounds that have a significantly positive effect on your mood and health as well. This can help explain why getting a box of chocolates, a sign of love, can make a girl happy. Dark chocolate contains phenylethylamine (PEA), the same chemical your brain creates when you feel like you’re falling in love. PEA encourages your brain to release endorphins, so eating dark chocolate will make you feel happier. Next time you’re craving something sweet or are in the mood for chocolate pick dark chocolate. Not only does it taste delicious but it also has many positive effects on your body and will put you in a better mood.

PLAYER PROFILE

From Sweden to the States Basketball player’s perseverance shines in the game

By SHAINA PARDO
SENIOR STAFF WRITER

Senior Jacob Anderson is a hard-working, dedicated, aspiring athlete. Anderson, a returning basketball player this season who had been a walk on to the CSUSM team, came from Sweden just for his love of the game. Anderson discovered playing in the States from a former teammate, who played for Allen Hancock Junior college and where he went to play for two years. After being in America for two years, he went back to Sweden and was playing for a club team when he came in contact with Coach Saia and decided that CSUSM was for him. When compared to the

United States, there are not as many basketball fans in Sweden, but that didn’t stop Anderson from playing the game he loved. According to him, the Cougars are going to have a great season. “Last year’s team was close, but this season the team became much closer than how it was last year,” Anderson said. “This year was not as easy as last year and we had [to make] more progress and looking to a successful season ahead of us.” Anderson has moved to the starting line-up this season, illustrating he has come a long way with the sport he loves. He tells us about the key components required as a returning player.



Photo by Marcel Fuentes

CSUSM basketball player Jacob Anderson readies himself for a field goal in a recent game. “I have to take a lot more responsibility making sure that everybody knows how things work in the program,” Anderson said. “I just want to help my teammates as much as possible.”

HEART BEAT

Quick, easy workout perfect for busy holiday season

By ALEXIS SAUCEDO
SPORTS COLUMNIST

The holidays are quickly approaching and to some this means joyous events with family and friends. To others it means anxiety and financial stress that comes with traveling and gift giving. Let’s face it, our daily routines around the holidays become non-existent. Everything from work schedules to eating habits can change during the holiday season and we could all use some balance. What better way to achieve and maintain a balance in life around the holidays than with exercise? The National Institute of

Health categorizes exercise into four categories: aerobic, balance, muscle strength and exercise. Aerobic exercise increases heart rate and breathing, benefitting all organ systems and keeping us disease-free. Balance exercises assist in preventing falls in older individuals, while stretching and exercises that focus on muscle strength can assist with carrying out daily activities. Not only does exercise produce physical benefits but psychological benefits as well. According to WebMD, exercise produces endorphins that can improve mood and ward off symptoms of depression. WebMD also states that exercise

reduces stress, improves sleep and boosts self-esteem. Here is a quick and easy workout, involving all four categories of exercise:

- 100 Crunches
- 90 Jumping Jacks
- 80 Lunges
- 70 Squats
- 60 Seconds running in place
- 50 Second Plank
- 40 Jumping Jacks
- 30 Squats
- 20 High Knees
- 10 Push-ups

A relatively unconditioned individual could potentially complete this workout in thirty minutes or less. It is even possible to split this workout

in half, completing the first half in the morning and the other half in the afternoon. This workout can also easily satisfy the recommended 150 minute per week recommended amount of exercise. According to acefitness.org, short workouts at just the right intensity can be very beneficial. Benefits include: weight loss, reductions in body mass index and reducing the chance of obesity. So after eating that delicious turkey dinner or before opening gifts this year, consider donating 15 to 30 minutes of your time to yourself. The balance you will achieve through exercise will be the most priceless gift you will receive this holiday season.

Athletes’ Thanksgiving

How they will spend this holiday

By RESTY GREY
SPORTS EDITOR

Thanksgiving is quickly approaching and many CSUSM athletes are planning to stay in shape with strict workout regimens, even with this athletic season coming to a close. “Before the big feast, since our season’s over for cross country, I’m going to try to really just do minimum mileage, keep my shape up before I start pigging out,” track-athlete, Joshua Copeland, said. The holiday season makes it easy for athletes to slack off due to the cold weather and delicious homemade cooking. Despite the many available hindrances to one’s fitness, this holiday season is a great opportunity to get ready for the upcoming spring semester. “I [plan to] do what I do every year and that is continue to work out regardless of the opportunities I may have to slack off,” track-athlete, Burtland Dixon, said. “You know, [around this time] family comes around, all that good food, you want to get lazy but you can’t. You have to keep going hard no matter what’s going on.” Many CSUSM athletes are looking into their upcoming athletics season with aspirations of continued effort. “I plan to be training for

track over the holidays like running every day, getting mileage in, going to the gym and getting stronger,” cross-country runner, Shaina Pardo, said. “Just having the right mindset to stay on a strict schedule to be where I want to be this track season; It’s all about discipline and commitment.” The holiday season is a time for bringing people together, so The Cougar Chronicle had a few athletes also share what they will be doing and what they’ll be thankful for this Thanksgiving. “I will be spending it with my family, family I haven’t seen in a while, ya know,” Dixon said. “They always come around this time of year to celebrate and eat the good food.” “I am thankful for everything in my life,” Pardo said. “My family who are my number one supporters and fans, and the fact that I am given this opportunity to go to a good school and am surrounded by teammates and friends who care about me.” “I am thankful for another year at Cal State San Marcos,” said Copeland. “I am thankful that I’ve made it this far and that I have only just a year left. I’m thankful for the friends and connections that I’ve made and I’m thankful for the lessons that I’ve learned on campus. Love Cal State.”

Student Organization Spotlight

American Indian Student Alliance promotes cultural awareness

BY SHANICE DAVIS
STAFF WRITER

CSUSM's very own American Indian Student Alliance embodies what it means to be American Indian by educating non-American Indian and American Indians alike about their culture.

AISA is an org. whose mission is to promote Native American, American Indian and Alaskan Native cultural and lifestyle experiences on campus.

Anderson Gould Jr, who is of Navajo descent and is president of AISA, explained that through group events and activities, the org. promotes a positive learning environment for Native American and non-Native American students.

Gould stressed the importance of togetherness and solidarity as he said that one of the main goals of the AISA community is to continuously strive to reach out to other American Indian and non-

American Indian students and inform them about AISA.

The president of the org. also encourages anyone who is interested to come join the club and get involved regularly.

AISA's secretary, Stephanie Silva, concurred with Gould on matters of being united as one as she explained her take on being a Non-American Indian member of AISA.

"Despite the fact that I am not American Indian, I feel very honored to be a part of such a culturally immersed club," Silva said. "AISA teaches respect, not just on a cultural level, but it teaches respect at an individual level as well.

"We learn to value everything in life and we in turn teach other to do the same," Silva said. "Since I've joined AISA, I've grown as an individual through increasing my knowledge and empathy and decreasing my ignorance that is associ-

ated with American Indians."

As this month is American Indian Heritage Month at CSUSM, AISA has several events planned for students to actively address any misconceptions regarding their culture.

Events include "The American Indian MythBusters" and "Ask An American Indian Day" from 11 a.m. to 1 p.m. on Nov. 18 in SBSB 1118. These events will be an open conversation with American Indian students and Dr. Joely Proudfit addressing myths, stereotypes and anything concerning American Indians.

The other event is the annual San Diego American Indian Film Festival from Nov. 20 to 22. The first two evenings of film screening will be held at CSUSM, then on Saturday, Nov. 22, the screenings will be held at Pechanga Resort & Casino.

The films are directed by American Indian directors

and star American Indian actors. This film festival serves as an opportunity to see the culture through their lens instead of Hollywood depictions of the culture.

For more information about the annual San Diego American Film Festival, visit <http://www.sdaiff.com>.

When AISA is not tending to school functions, they work with local tribes and their communities to foster a better working relationship. The org. also works with the youth in researching and preserving cultural practices for the future.

They also enjoy spending time with one another and getting to know each other outside of classes and events. In addition to that, AISA also works together to create more opportunities for students to get involved and make a difference on campus and in the community.

On campus, the org. enjoys sharing their culture of mu-



Courtesy Photo

Members of the American Indian Student Alliance gather in celebration of their culture.

sic, dancing, history/traditions and lectures addressing issues of American Indians.

"We are sometimes misrepresented and misunderstood," Gould said. "We would like to educate others about our culture and what it means to be American Indian. We are more than mascots and stereotypical images."

Throughout history and even in the media today,

American Indians are not depicted in the best light due to ignorance, but Gould debunks the notion of society's backward views towards American Indians.

"Being American Indian means being strong, brave, thoughtful, caring, respectful, spiritual, resilient, proud, giving and understanding of each other and the world around us."

CULINARY CORNER

Try pumpkin bars this Thanksgiving Delicious alternative to pumpkin pie

BY COURTNEY JONES
FEATURES ASSISTANT

This Thanksgiving, arrive at your family's home with a dish that'll surely earn you a spot in the Thanksgiving Record Book. Forget that store bought Pumpkin Pie, try Pumpkin Bars.

They're a unique deviation from the usual desserts family and friends parade in with during the holiday season. Modernize your Thanksgiving this year.

Ingredients:

- ½ tsp. of cloves
- ½ tsp. of ginger
- ½ tsp. of nutmeg
- ½ tsp. of salt
- 1 – 15 oz. can of pumpkin

- 1 cup of salad oil
- 1 tsp. of baking soda
- 2 cups of flour
- 2 cups of sugar
- 2 tsp. of baking powder
- 2 tsp. of cinnamon
- 4 eggs

Instructions:

Mix 4 eggs, 1 cup of salad oil, 2 cups of sugar and 1 – 15 oz. can of pumpkin together.

Stir 2 cups of flour, 2 tsp. of baking powder, 1 tsp. of baking soda, ½ tsp. of salt, 2 tsp. of cinnamon, ½ tsp. of ginger, ½ tsp. of cloves and ½ tsp. of nutmeg together.

Add the mixture described in step two to the mixture described in step one.

Mix the entire batter thoroughly.

Cooking Directions:

Pour mixture into a greased pan. Bake at 350 degrees for 25 to 30 minutes.

Frosting for the Pumpkin Bars:

This frosting recipe is a simple and easy way to add extra flavor to the Pumpkin Bar.

Ingredients:

- ¾ stick of margarine
- 1 tbsp. of milk
- 1 tsp. of vanilla
- 4 cups of powdered sugar
- 8 oz. package of cream

cheese (2 to 3 oz.)

Instructions:

Beat 8 oz. package of cream cheese (2 to 3 oz.), ¾ stick of margarine, 1 tsp. of vanilla and 1 tbsp. of milk together until softened.

Add 4 cups of powdered sugar and beat until you acquire a creamy texture.

Frost the bars after they have finished cooling and serve.

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

CULINARY CORNER

The Perfect Thanksgiving Turkey The classic recipe

BY COURTNEY JONES
FEATURES ASSISTANT

Are you tired of your Thanksgiving turkey coming out dry or worse yet, still kind of frozen? Then give this recipe a try.

Ingredients:

- 1 turkey
- Paper towels
- Salt
- Seasoning salt
- Tin foil
- Vegetable oil

Choice of any type of stuffing

Directions:

1. Run turkey, in and out, under cold water.
2. Pat dry with paper towels.
3. Rub salt on turkey.
4. Stuff turkey on both ends.
5. Lightly rub vegetable oil on turkey.
6. Sprinkle seasoning salt on turkey.
7. Create a loose, tent-like structure with tin foil and place it on top of the turkey.

Cooking Directions:

1. For the first 20 minutes, cook the turkey at 400 degrees.
2. For the remainder of the time, cook the turkey at 325 degrees.

Hint: 1 pound = 20 minutes
For example, if the turkey weighs 20 pounds, then it should be cooked for 400 minutes, or a little over 6 hours.

Pull the turkey out, carve and enjoy.

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

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Thanksgiving around the world

How holiday is celebrated in other countries

By ALEX MARAVILLAS
STAFF WRITER

Thanksgiving is formally known as an American occasion, yet it is celebrated in other countries as well. Here are a few ways different societies honor Thanksgiving. Thanksgiving Day in Canada started in 1578 when voyager Martin Frobisher held a function in Newfoundland to express gratefulness to God. This festival is the most homogeneous to the American Thanksgiving, actually emphasizing large portions of the same sustenances and psalms. The related characteris-

tics stem from the American Revolution when numerous Americans who stayed devoted to England peregrinate to Canada, bringing their American traditions with them. The harvest season in Canada is in October, therefore Thanksgiving is celebrated in October instead of November and on Monday rather than Thursday. The Vietnamese also commend a harvest time celebration amid mid-August. Their celebration is called Têt-Trung-Thu (tet-troong-thoo) or the Mid-Autumn Festival. It is also called the Children’s Festival where numerous practices are organized for young people. As indicated by Vietnam-

ese fables, older folks would demonstrate their affection and thankfulness for their kids at the Mid-Autumn celebration. One prominent movement is a candlelit light parade at day break, frequently with lights the kids make themselves. The lights speak through a bright luminosity while the parade itself flourishes through the streets. The Korean celebration is called Chusok. Families get together and consume unique rice cakes made out of rice, beans, sesame seeds and chestnuts. They also visit the tombs of their ancestors as part of harvest tradition. In Ghana and Nigeria the Yam Festival is celebrated in light of the fact that yams are not the most remarkable

cakes symbolize family solidarity and flawlessness. Chinese individuals offer mooncakes to their companions and relatives as a way to express gratefulness. Legend has it that amid wartime the Chinese hide mystery messages in mooncakes that had capability to ruin their adversaries. The Korean celebration is called Chusok. Families get together and consume unique rice cakes made out of rice, beans, sesame seeds and chestnuts. They also visit the tombs of their ancestors as part of harvest tradition. In Ghana and Nigeria the Yam Festival is celebrated in light of the fact that yams are not the most remarkable

type nourishment in numerous African nations and are the first product to be reaped. Southern India commences the harvest celebration called Pongal in January of every year. Named after a saccharine rice dish, the dining experience consists of gatherings with neighbors where individuals express gratefulness to everybody who helped yield a prosperous harvest. The archaic Greeks, Romans, Hebrews and Egyptians all held harvest celebrations and thanksgiving festivals as well. These festivals propagate today in sundry structures. Jewish families celebrate with a seven-day harvest time harvest celebration called

Sukkoth. Sukkoth honors how God watched over Moses and the Hebrew individuals as they meandered in the desert for a long time before entering the Promised Land. Amid Sukkoth, families assemble hovels out of limbs and foliage. Inside the hovels, they hang food grown from the ground such as grapes, corn and pomegranates. An exceptional service is held every day to remember their Hebrew ancestors and to thank God for the harvest. Families consume in the hovel during the evening and spend the night as well. Although Thanksgiving is celebrated differently around the world, it remains a time of celebration and togetherness.

Cougars’ Thanksgiving traditions

By SHANICE DAVIS
STAFF WRITER

Thanksgiving, a time when everyone gathers around the table and devours delicious food with friends and family after giving thanks for life and loved ones, is just around the corner. Many Cougars anxiously revealed their plans for the upcoming event as the sole thought of food came to their mind. CSUSM Freshman, Jessica Amezcua, cel-

brates Thanksgiving by helping her mom set up. “I always help my mom with the food,” Amezcua said. “My mom doesn’t prepare turkey; instead, she makes smoked ham in the oven with pineapple and a chipotle gravy sauce that she makes herself with mashed potatoes and bread.” For Amezcua, Thanksgiving doesn’t simply stop with dinner. “After that we start putting up Christmas decorations, both outside and inside of the house,” she said.

Ravenjade Sansano, a junior at CSUSM, proudly describes his Thanksgiving tradition as consisting of family gatherings and parade watching. “Tradition in my family is us getting together at my auntie’s house and watching the Macy’s Parade,” Sansano said. “Right after that we eat, and then towards the night, we all gather around in this big circle...and we say what we are thankful for and what we can do better on as a family member.” CSUSM Junior, Todan

Ascencio, reveals that Rock n’ Roll classics always kick off his family’s Thanksgiving celebration. “Since I was thirteen my brother and I would jam out until dinnertime providing entertainment for our family, usually playing classics like Metallica, AC/DC and Led Zeppelin,” Ascencio said. “Sometimes my mom would do vocals on some Zeppelin tunes.” When it comes to food, Ascencio explained that a traditional turkey is not the only option.

“We eat chicken, and my mom makes mole, and my dad makes his special rum cake,” he said. “Basically mix[ing] Mexican/Spaniard food into the traditional Thanksgiving meal.” CSUSM student, Jonathan Garcia, chuckled as he recalls his aunt’s secret to the perfect turkey. “In the past five years when we go over to my aunt and uncle’s, I always look forward to their turkey because it’s something different,” Garcia said. “It’s a bacon covered turkey; they put bacon strips

all around the turkey and then they cook it like that.” Evidently Cougars will be grubbing this Thanksgiving for sure. Regardless of where or what everyone will be doing this Thanksgiving, be sure to remember that while the food is great, Thanksgiving is a time to be surrounded by loved ones, to be thankful and to give thanks. Be safe and get full off of all that hearty food.

Happy Thanksgiving Cougars!

RESTAURANT REVIEW

Friendsgiving at Francesca

Celebrating Thanksgiving, Italian style

By WILL MCCURDY
RADIO ASSISTANT

Thanksgiving is a time to spend with family around a newly cleaned table, waiting to carve into a dead avian stuffed with an assortment of spices and bread, while ignoring offensive political comments from someone who dipped into the wine a bit too early. For those who are unable to experience a traditional Thanksgiving with family due to a lack of funds or the inability to travel and reunite with kin, come together with like-minded individuals for a college Thanksgiving at Del Mar’s Mia Francesca. Located on 12955 El Camino Real in the scenic Del Mar Heights Plaza of San Diego, the newest of Italian restaurants brings a new twist to the holiday with gnocchi and

truffle oil replacing sweet potato pie and cranberry sauce. For around 30 to 40 dollars, you and a friend can enjoy a full-course meal with garlic bruschetta, tomato and blue cheese salad, a shared pizza or individual pasta dishes and finish with a slice of tiramisu or a cup of coffee. There are multiple food options to choose from; however, previous visits have rendered a mild verdict as for what to recommend to even the most discerning of palates. Although odd at first glance and concerning to those worried about raw meat, the carpaccio tricolore is an excellent appetizer with a variety of flavors best enjoyed with water or a weak beverage so as not to overwhelm the taste buds. This is best followed by the ever popular Caesar salad to quench

any remaining acidity. Best options for the main course would be either the napoletana pizza served with cherry tomatoes, parmesan and arugula or a personal favorite: the gnocchi bolognese with parmesan cheese (you can request a different type of pasta to be served with it). For dessert, a good option is the panino gelato, which despite the name is not related to gelatin. However, if in need for a more classic approach, a café latte accompanied by tiramisu also makes for a tasteful dessert. So, while you may be bereaved of company during the holiday season, there is no need to wallow in isolation. Save up your money, don that sweater you’ve been saving for a special occasion and make your way to Del Mar to celebrate the holiday, Italian style.

MOVEfest at 15th annual San Diego Asian Film Festival

By ALEX MARAVILLAS
STAFF WRITER

Melissa Adao, who runs Outreach Through Dance (OTD), says that this year’s MOVEfest on Nov. 9 was a success. Pacific Arts Movement (Pac-Arts), formerly the San Diego Asian Film Foundation, is one of the largest media arts organizations in North America that focuses on Asian American and Asian international cinema. Outreach Through Dance works in partnership with Pac Arts Movement to produce MOVEfest. OTD is a charitable organization that produces dance showcases and community events to benefit non-profit organizations in a national and global level. MOVEfest launched an inaugural program during the fifteenth annual San Diego Asian Film Festival, showcasing live hip-hop and contemporary dance by the very talented API (Asian Pacific Islanders) performers as well as the works of API cinematographers. MOVEfest featured some of the biggest names in the region such as

Galen Hooks and Fiharmonic. It also featured choreographers such as Gigi Torres, Anjanette Maraya-Ramey and Carlo Darang and featured videography by Syrene Bartolome, Anna Sarao and Eugen “X” ramos, Rachel Woods and Kevin Jenkins. Lee Ann Kim (Executive Director of Pac-Arts) approached Melissa Adao who runs Outreach Through Dance about the idea of involving hip-hop and urban contemporary dance in the San Diego Asian Film Festival (SDAFF). Today’s dance community has a very dominant Asian American demographic, so they wanted to create an exciting space where these dance filmmakers and choreographers can showcase work that is relevant to the dance industry as well as in their personal lives. SDAFF and OTD believed that dance is one of the most beautiful forms of storytelling and the fact that APIs are exploding in this space in social media and other productions should be experienced. Anyone interested in the art of dance and filmmaking should attend MOVEfest. Audiences

will experience live concert dance, a vocal performance from Filharmonic (The Sing Off) and dance on film featuring works from Galen Hooks, Gigi Torres, Carlo Darang, and Anna Sarao. Students can stay up to date with information from Pacific Arts Movement and Outreach Through Dance by liking the Facebook pages or visiting the website: <https://www.facebook.com/SDAsianFilmwww.pacarts.orghttps://www.facebook.com/OTDancewww.outreachthroughdance.com> If anyone wants to get involved in volunteering with OTD they can contact melissaadao@gmail.com High school students can fulfill community service hours by volunteering at these events. Various featured artist get in these events and are hand selected to showcases work each year. These artists then cast their dancers to perform in their project. If any artist is interested in showcasing work for Dance For A Wish, or any other OTD sponsored event, they can contact executive director Melissa Adao at melissaadao@gmail.com.

LETTERS TO THE EDITOR

Celebrating with a thankful heart



Courtesy Photo

CSUSM students appreciate Dr. Laura de Ghetaldi as their professor.

BY DR. LAURA DE GHETALDI
CONTRIBUTOR

It is at this time of year we celebrate the practice of giving thanks.

This is a particularly monumental year for me as I celebrate having taught for 40 years. It is now and always that I am grateful for my connections with students through the honor of my profession of teaching. Each year has blessed me interacting with the remarkable young lives that continue to enrich my own. They continue to teach me so very much. Each day I walk away from campus, I am enriched with gratitude that another day of mine has been blessed with having the opportunity to be with students.

We as teachers open the doors for learning but I see students themselves so much a part of their own learning. I teach content, yes, but I teach with my heart and I hope that my students will take their knowledge and rightfully share it with others. I remember the moment in my teaching where I learned that how you teach can make a difference. I was lecturing at the University of Colorado Boulder with a class of almost 500 students. The course was Nutrition, Exercise and Health and we met in the large chemistry lecture hall. I wondered how could I teach such an important content to a sea of humanity when I did not have the real opportunity to know them and reach them individually.

I decided to begin or end each class with a powerful reading - one that reached their hearts, their souls and their journey towards self-efficacy. I would get my chair, place it up on top of the long built-in chemistry table and climb up and sit in the chair. I would read stories from the then-popular series "Chicken Soup for the Soul." I knew that I was taking a risk doing something a bit off-base from the content. But lo and

behold they listened. They starting writing to me and sharing their own stories. On the last day of class, I went in for the final lecture, and there was my chair placed up on the table with over 100 cans of chicken soup placed on the chair. It was then and there I was strengthened to remember it is the student you teach and it is the content and how we teach it that makes the difference. I took all of those cans of soup and donated them to a foodbank but kept one can to always remind myself to teach with heart.

It is with a thankful heart that I extend my appreciation to students of my past, my present and to the yet unknown students of my future. While it is beyond the subject material that I cover in my classes, I have the opportunity to address "CIVILITY" - caring, compassion, empathy and respect, while celebrating the culture and diversity of others. I celebrate our interdependence upon one another and I look to the future where you as students will not say, "It can be done," but rather, "It has been done."

On to next semester!
With gratitude,
Dr. Laura de Ghetaldi,
Department of Kinesiology

Thanksgiving fosters gratitude

BY ANNA MARIA PETROV
STAFF WRITER

Thanksgiving brings forth a feeling of joy and anticipation. This holiday has the potential to bring people together with each other and their families.

During the holidays, people tend to feel more happy and full of cheer, but Thanksgiving takes that a step further by also fostering a sense of thankfulness. One thing out of the many things that I am grateful for is my family and friends. The second is the chance to go to CSUSM, and the opportunity to experience and be a part of this community.

The third thing is that I am

not afraid to be myself. I am thankful that I have grown as a person and student, and that is enough. The last thing that I am grateful for is the people in my life that are a big influence, and have inspired me to be brave and stand up for what I believe.

One thing I love and will be more involved in this year is helping my mom prepare the turkey and mash potatoes, her famous and delicious pumpkin cheesecake, as well as many other delicious dishes. Learning to cook has never been easy for me, but as everyone knows learning from mom is the best experience.

After missing the chance to go to CSUSM last year I was heartbroken, but finally transferring to this univer-

sity this year has been very exciting to me. And it's nice to feel like I can be a part of the community ever more.

In general, after graduating high school and starting college and now being here at CSUSM I have grown and truly become my own person for the first time. And, as I mentioned, there have been many people that have been a good influence in my life, like my parents and friends and even teachers. In a way, every student can admit that there has been a teacher in their life that has inspired them and helped them out.

Everyone has many things to be grateful for, and as Thanksgiving approaches it gives us time to think hard and thoughtfully.

picture. Our lives outside of school are virtually non-existent. We are pulled every which way. From the demands of our professors, to trying to desperately hold on to our crumbling social lives. Not to mention a majority of us work in addition to all of that. At this point we are all just trying to keep our heads above water.

So back to the original question. What am I thankful for? I am thankful for all the little things that I overlook every day. Like my exceptionally supportive family who nodded and smiled each time I changed my major. To

the amazing friends in my life who keep me grounded and teach me life isn't just about work and school. I am thankful that I somehow juggle two jobs and still manage to get my homework done. I am thankful that I live in a place so beautiful and that I get paid to photograph what I love. I am extremely thankful for my Friday nights off where I stay at home and watch Netflix. I am thankful for the holidays when everyone seems to be happier for no apparent reason. Finally, I am thankful for it almost being the end of the semester and almost being Christmas.

Thank you to Professor Glinecki

BY TIFFANY TRENT
STAFF WRITER

Thanksgiving is one of my very favorite holidays for several reasons such as eating delicious foods, watching Thanksgiving specials on TV and especially spending quality time with loved ones.

Another reason I also think Thanksgiving is so important is because it gives us an opportunity to express our gratitude for the people in our lives that often go unsaid throughout the year. Therefore, I would like to take a little time and say how much I truly appreciate psychology professor, Dr. Megan Glinecki (aka Dr. G to her students).

I have taken Dr. G for psych of personality, abnormal psychology and history of psychology and have never known such a great professor (and having been in college for four years, I have had

my fair share of teachers). From the very first lecture of hers that I listened to, I was completely enthralled. She is a master storyteller and extremely knowledgeable and passionate about psychology. Her lectures are humorous and lively and anything but boring. She always en-



Photo by Tiffany Trent

gages her students by asking questions and allowing us to share our own experiences if we want. Her enthusiasm for psychology and learning is very contagious. I have never learned half as much from anyone else as I have

from Dr. G. She is filled with invaluable information and advice not just for the class but for life as well. She is never too busy to talk to a student and treats us all like equals instead of inferiors.

I am happy to thank Dr. G for the countless ways she has been a wonderful mentor who regularly exceeds my expectations of a professor. She is always so open and kind and humble and takes a genuine interest in me and my life. She has taught me about psychology, life, relationships and resilience. She listens and encourages me to expand my boundaries and motivates me to thrive in school.

For these things and many others, I want to say a big and sincere thank you to the professor I admire the most.

Thank you Dr. G for being such a positive, happy, intelligent and kind influence in my life.

Why I'm thankful for Beyonce

BY KATIA BRUNSON
OPINION ASSISTANT

Her vocal chops are inspirational. Her passionate and poetic lyrics move you with themes about feminism, motherhood, sexuality, relationships and expressing your inner badass.

She manages her own career in addition to being a mother. Needless to say, Beyonce quickly became my biggest role model this year.

Aside from her well-deserved status at the top of the pop culture food chain, I am thankful for Beyonce because she made me fall in love with myself. She helped me find my sense of pride in being a woman. She is exactly the kind of person I want to be: a flawless original that embraces her individuality, sexuality and her right to be equal with a man.

Along with helping me find myself and my sense

of confidence, Beyonce taught me how harmful our society's norms of beauty can be and that curves are sexy. She taught me that all I need from a man is love and respect. She taught me that you can do your best in this world and still lose, but that shouldn't keep you from trying. Beyonce's relationship with Jay Z taught me that there is such a thing as a healthy relationship, but even the best relationships have rough patches. Lastly, she reminded me that the greatest accomplishment in life is to find happiness.

Beyonce is a pop culture icon whose work speaks to a wide variety of people including musicians, women, mothers and feminists. She's redefined the role of women in pop culture, but most importantly she redefined my own worth and made me embrace every aspect of myself as a capable, beautiful and a boss.

Katlin Sweeney

A.K.A the
Best Editor-in-Chief

To Katie Sweeney,

Thank you, thank you, thank you so much for all your hard work. We truly appreciate all of the help you've given us. You're

the precious soul of the team and we wanted to make sure you know that.

Love,
Your Cougar Chronicle
Staff a.k.a. your Ducklings

Thank you note

BY FAITH ORCINO
A&E EDITOR

To Dir. Ron Jesse,

Thank you for taking your time to help out with the vocal ensemble. You've done

so much to get us to reach new heights and discover talents that some never thought they have. I hope for more awesome performances with you and the group.
-- Faith Orcino

Thanksgiving

BY GLORIA MAGALLANES
SENIOR STAFF WRITER

In the morning I open my eyes, inhale and say thank you God.

Then my feet touch the ground and I walk forth.

Keeping my balance,
On the narrow path I've chosen.

Everyday I have a reason to be thankful.

No, I'm not ashamed.
I'll bow my head, close my eyes, and pray.

I'll thank God,
For life and

For what I can see and
What I can do.

For every possibility under the sun.

I'll thank God for every beating heart I've been given to love.

And for all the hands I have to hold.

I'll say thank you,
For all the little and big things,

Which means,
Thanksgiving is more than just a day

More than just a word
It's a feeling

One of emotion
One of raw sincerity and truth

Everyday is Thanksgiving
Day

For those who know the difference

Between the good and the bad.

Between life and death.
It's being thankful even when it hurts,

Even when we're weak,
Even when we don't believe.

Being thankful may turn your life around.

So you see,
Thanksgiving is not just one once a year,

It's everyday.

Thankful for education

Take step back and appreciate blessing

By NOELLE FRIEDBERG
OPINION EDITOR

With Thanksgiving just around the corner, now is the perfect time to stop and reflect on what we’re most thankful for. I for one am thankful for my education. School is something that is so easy to take for granted. And why wouldn’t we? It can be such a drag. At this point in our lives, we’ve all been in school for over a decade, so most of us are just over all of the work at this point. Even if we’re feeling burnt out from too much schoolwork, we should still stop and reflect on the positive way that education has shaped our lives. It is our education that has fostered our ability to read, to write, to think critically and has afforded us the opportunity to see the world in

new ways. Without all of my years of schooling I would not know nearly as much as I do, I would not be able to engage ideas in the same way – so school is definitely something to be thankful for. Our educations have shaped us into the people we are today. Let’s try to take a break from complaining about all of the exams we have to study for, the speeches we have to give, the group projects we have to work on and the papers we have to write, and appreciate the way that our educations have shaped and molded our lives for the better. So when you’re sitting around the dinner table this Thanksgiving, take a moment to reflect back on all of the positive opportunities your education has provided you with.

Technology:

Blessing and curse

By KAT DILTZ
STAFF WRITER

It’s inevitable--we are surrounded by technology 24 hours a day, seven days a week. Access to entertainment, communication and information is at our fingertips. While having this luxury has quickly become the norm in our society, I’ve noticed that so many people spend more time looking at their phones than actual human beings. I must admit that I am a fan of texting and communicating on social networks, but I genuinely miss the simplicity of having a conversation that doesn’t focus around “what’s trending on Twitter,” or “who has the most followers on Instagram.” Most of all, I hate the fact that calling up a friend just to say hello appears strange--I called my friend a few weeks ago just to catch up, and he asked me if there was an emergency as to why I was calling. Talking, not typing, is what

“I encourage everyone, if just for one day, to attempt to keep your amount of screen time at a minimum”

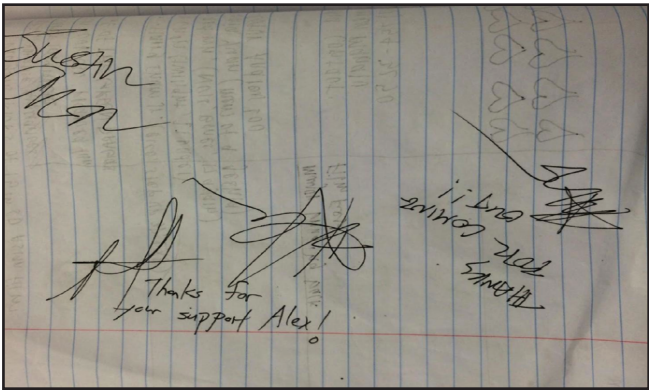
the phone was made for, and yet most young people don’t even make one call a day. Today’s modern humans have forgotten how to converse properly, which is incredibly saddening. We are capable of so much more than staring at a screen all day. We have the ability to learn and use thousands of words to say how we feel and yet we degrade our vocabularies to abbreviations, slang and profanity. We coop ourselves up in our bedrooms, playing video games and checking Facebook, when we could be outside in the real world, meeting real people and having real conversations. I encourage everyone, if just for one day, to attempt to keep your amount of screen time at a minimum. Look up while you walk to class. Call (don’t text!) a friend to meet for lunch. Go to the library and read a book. Say hello to someone new. You can check your news feed later--don’t miss out on what is happening right in front of you.

A&E commentary: Meeting cast of ‘Return of the Green Dragons’

By ALEX MARAVILLAS
STAFF WRITER

Hong Kong based director Andrew Lau and bina-tional Andrew Loo accom-ppanied the cast Justin Chon, Kevin Wu, Harry Shum Jr. and Leonard Wu. Eugenia Yuen, Jin Au-Yeung and Ray Liotta on the San Diegan red carpet. “Return Of The Green Dragons” was set in the 1980s and is about Chinese American gangs in New York Chinatown. I attended opening night, and I enjoyed the film. In this expository blurb, know-ing the fact that meeting the cast of an indie film is a bourgeois dream. Dur-ing my experience, I felt the intimacy of the cast as I asked questions during the Q&A portion of the festival. I had the opportunity to take a selfie with Henry Shum Jr. since I was able to

sit three seats away from him during the film. I also met his manager who happened to sit next to me. I posted the selfie on instagram, and seconds later Leonard Wu comment-ed on my post saying, “Find me after the screening so we can do an interview. :)” After the festival, I had the pleasure of interview Leonard Wu. He was so friendly and down to earth. AM: Did you en-joy shooting Return Of The Green Dragons? LW: “I had an amazing time. It may not seem like it because how intense and dark the film was but being around such amazing tal-ent and waking up everyday knowing I get to do what I love is always a blessing and I am always grateful for that.” AM: Any fu-ture projects for you? LW: “I am currently you know, aside from the nor-



Staff Photo
From left to right: Autograph of Justin Chon, Leonard Wu, Harry Shum Jr, and Andrew Lau

mal auditioning as being an actor, I am currently work-ing behind the scenes pro-ducing a lot. With the hopes of getting hopefully more Asian American faces out on screen and that is kind of the goal. Preliminary work.” AM: How do you like festivals like the SD Asian Film Festival? LW: “I think festivals like San Diego’s is fantastic and

that there needs to be a fo-rum for smaller films. Oh you know, of course we have those...everybody goes and see the 150-million dollar superhero, Transformers, ro-bot movie, and that’s great but it is nice to have a ven-ue where people can watch smaller films, more intimate films. In many ways, more relatable stories and I think it is fantastic and important.”

A&E Commentary:

Escape from midterms

Insomniac throws premier Halloween party in Southern California

By COLLIN VAZ
FEATURES ASSISTANT

An incredible lineup of killer artists, five stages, two haunted houses, mul-tiple food vendors and free water. Escape from Wonder-land: All Hallows’ Eve, an Insomniac event at the NOS Event Center in San Ber-nardino provided everything party goers could want at the standard “massive” event price tag of roughly one hundred dollars per night. This Halloween-themed music festival was in com-petition with the L.A. based event, HARD Day of the Dead. Both festivals were two-days, only clashing on Nov. 1. Insomniac claimed Halloween all to them-selves, while Day of the Dead took place on the first and second of November. Having attended many HARD and Insomniac parties, I developed a preference for the latter. HARD events openly disapproved the ele-ments essential to the under-ground dance music scene, not allowing most rave ac-cessories past security. These policies were not grounded in safety concerns, but were in

place to rub out cultural ele-ments vital to the community responsible for the popularity of dance music. Insomniac, on the other hand, fully sup-ported the rave movement and took measures to foster the existence of the scene. Aside from music festi-val politics, Escape from Wonderland featured some of the best décor and stage set-ups imaginable. The larg-est stage, Slaughter House showcased a DJ booth within an enormous clown head surrounded by LED panels, casting the perfect backdrop for some of dance music’s top artists. Deorro, Benny Benassi, Tiesto, Dash Ber-lin, Moby and Sander Van Doorn, among others, took the stage on the first night. Tiga, Michael Woods, Dusky, John Digweed, UMEK, The Chainsmokers, W&W, Steve Angelo and Armin Van Buuren worked their magic on the second night. The other giant tent stage was Ghouls’ Graveyard, which DJ/Producer Laid-back Luke’s specialty show hosted, Super You and Me took on the second night. Staying true to the Super You

and Me norm, all of the DJs dressed up as superheroes. DJs Moska, D.O.D., Tujamo, Sandro Silva, Sunnery James & Ryan Marciano, Tommy Trash, Blasterjazz and Ste-ve Aoki were the top-notch acts that accompanied Laid-back Luke for a very memo-rable lineup of killer sets. The Chopping Block was the indoor stage that housed all of the drum and bass, dub-step, trap and several house artists. Notable names in-cluded Datsik, Yellow Claw, Noisia, 12th Planet, Friction, Wilkinson, Skism, Amine Edge & Dance, Duke Du-mont, Schoolboy Q, Adven-ture Club and Oliver Heldens. Across from the Chopping Block was Cannibal’s Tea Party, my personal favorite. Also an indoor stage, Can-nibal’s Tea Party pumped out house beats all evening long on both nights. Where on every other stage the DJ was highly visible all the way from the back, DJs at the Tea Party were shrouded in dark-ness, spotlighting the music and minimizing ego. Because no big “EDM” acts played at the stage, the dance floor was less crowded and one could

slide their way to the front at any point in time. Dancing was also far more prevalent at this stage for the same rea-sons. Some of the house mus-ic phenomenon who graced the stage over this two-day period included Matador, the Martinez Brothers, Hot Since 82, Richie Hawtin, Art Department, Loco Dice and Luciano. The Cannibal’s Tea Party seemed to be the go-to location for ravers who may have discovered dance music through EDM, but wanted to dig deeper into the genre. I highly recommend any Insomniac event to electronic music lovers, especially Es-cape from Wonderland. It is not as pricey as a full-blown trip to Las Vegas for E.D.C. (Electric Daisy Carnival), but it is a great opportunity to hear some of the best DJs with your closest friends in a one of a kind setting. Raves are a very unique music ex-perience. They give friends a place to connect with each other and groove to some of the most physically and emotionally moving music of our time in a non-judg-mental setting where it is okay to let loose and be you.

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ALBUM REVIEW 4.5 / 5 PAWS

“New era of Taylor Swift: “1989”

BY LEXY PEREZ
A&E ASSISTANT

Thanks to Taylor Swift, I now want to live in her eccentric, dance party pop universe that she has created in her new 80's techno inspired album, “1989.”

With the release of her fifth studio album, Swift departed from her image as a country music sweetheart, singing about the fairy-tale love she hoped would enter her life, to a now full-fledged pop singer ready to tackle the world, one head bob at a time to her new “sick beats.”

It surprises no one that Swift became the ultimate “girl's girl,” singing melodies that reflect the experiences and diary pages of what seems to be every girl in the country. Swift's past albums consistently comprised of tunes outlining the loss of yet another love gone wrong, seeming as if a cult of girls were assembled and ready to fight in the battlefield of love.

With “1989,” Swift attempts to take an alternate approach with depicting herself. She is no longer that girl who is an expert on battling the ruthless game of love, but rather a woman

who is comfortable enough to acknowledge that she is simply an outsider learning to navigate the world all with emerging confidence. The game of love is ruthless, but now the game of life is the most fun battle of it all.

While the sound of this album is a departure from her signature country roots, a Taylor Swift album wouldn't be a Taylor Swift album if it didn't outline her experiences with love and life. It can be assumed that songs such as, “Style,” “Out of the Woods” and “All You Had to Do Was Stay,” are odes to her ex-boyfriend, Harry Styles from One Direction. Before assuming that she's releasing a compilation of yet more cliché heartbreak formulaic songs, the important thing to note about this album is the level of maturity.

Swift is no longer yearning for that “fairy-tale” romance and why love can't seem to go her way, but rather acknowledges that the reality of life is a far cry from a fairy tale. When listening to this album, it is clear of the message that she is trying to convey: Having a great love doesn't define your happiness in life; rather, you

yourself define your own happiness, so why not go out and live a life for yourself?

Songs such as, “Shake It Off” and “Blank Space” are Swift's messages to the public that she understands her false stereotype as a man-hating, insane ex-girlfriend and will laugh with us, proving she is not one to allow any criticism to make her belittle herself.

Swift emphasizes that not everyone is going to be your friend in her almost “Hollaback Girl”-inspired anthem “Bad Blood,” but that it's okay, because you keep moving on with your life despite the sticks and stones that are thrown at you along the way. In her opening track, “Welcome to New York,” she urges everyone to take a risk as she did with moving to New York, for change is the start of a new adventure.

“1989” is an album that embodies the idea to live a life for yourself despite the hardships and criticism that can come with it. This album marks a new chapter for Swift as she was once the girl that taught everyone that it's okay to believe in love and to now learn that it's okay to be yourself.

Production and performance class takes theater back to basics

Risking Our Forbidden Narratives does not hold anything back

BY ANNE HALL
ADVERTISING MANAGER

Only three days are left for viewers to take the opportunity to witness a performance like no other.

The art of script writing for stage and theatre acting evolved as performance art could be witnessed with the stroke of our fingertips. Seriousness of content and well-desired performances that are worth repeating became scarce over the past decade as the old is somehow made new while nothing new is actualized.

TA 489 is a production and performance class that challenged students to really think about what is important to them and to the society they live in. It gives students the opportunity to express themselves in ways they never thought possible. Six students have come together to transform their individual narratives into a performance like no other.

“They wrote it. They're acting in it. All elements of production and marketing were conducted by the students themselves. It's been a fairly easy and fun process,” production director, Profes-



Photo by Lana Cook

Visual and Performing Arts students share in the success of another school production.

sor Marcos Martinez, said.

Nicolas Sandoval, Olivia Battle, Brandon Kennedy, Christine Dillard, Caroline Floto and Taylor Mu'min are VPA and theatre majors who poured their deepest contemplations into a tell-all script that has been brought to life with the help of Ryan Michael, Lana Cook and various other students enrolled in the course.

“This has been a bitter-sweet experience. Marcos really dug the scene writing experience out of us. Seeing the work progress is mind

blowing,” senior theatre major, Nick Sandoval said.

Risking Our Forbidden Narratives covers the taboo, “things that people we know and love would never expect us to say or think,” senior theatre major, Olivia Battle, said.

Tickets are still available at csusm.edu/sofa/events/. Students, faculty and staff can purchase tickets for \$5 and tickets are available for the general public at \$10. Remaining performances are 7 p.m. on Nov. 20, 21, and 22 in Arts 101.

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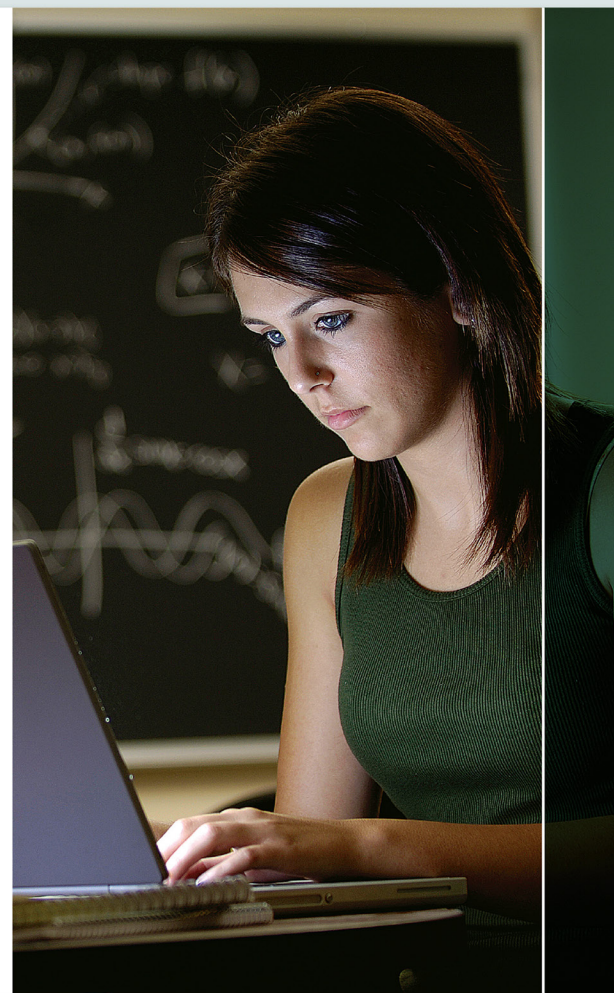
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