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Student Health and Counseling Services makes return to campus

By Jasmine Demers
News Editor

CSUSM is celebrating the return of a campus organization that is dedicated to raising awareness for issues concerning student health, and providing services that promote the strength and well being of the student community.

Student Health and Counseling Services (SHCS) was welcomed back to CSUSM on Jan. 22 as a kick-start to the spring semester. A ribbon cutting ceremony was held during U-hour for the Grand Opening, and guided tours were offered to those who wanted to explore the new addition to campus. The organization itself has been located off campus at the Palomar Health Center since 1997, and many would say that the homecoming was long overdue.

Karen Nicholson, the Medical Director at SHCS, has been working for CSUSM



Photo by Chris Morales

President Haynes, faculty, and students cut the ribbon at the grand opening of the new Student Health and Counseling Services building.

since June of 1996, and has been a crucial advocate for the transition back to campus. Dr. Nicholson emphasizes the benefits that she believes the new location will bring to the student community.

"The big takeaway from being back on campus is now that we have student housing, a larger campus population and are closely located

to the student union at the heart of the campus, the accessibility will increase tremendously," Nicholson said.

Dr. Nicholson also describes the many different services that SHCS offers and explains her desire for students to take advantage of these health care options.

"The main services that we provide are those that

support students wellness and we take into consideration both the health side with medical care, as well as counseling," Nicholson said.

SHCS provides many different resources that students can utilize including routine checkups, family planning, counseling, lab care, immunizations and pharmacy services. These services are at

little to no cost for students.

The HOPE and Wellness Center is also another organization and service that is offered through SHCS. Their goal is to focus on student outreach and to inform the student body of healthy lifestyle behaviors regarding issues such as sex, drugs, alcohol, mental health, and nutrition.

The HOPE and Wellness Center is also home to student run organizations that advocate for healthy lifestyles through peer education. Some of these organizations include Students Talking About Relationships and Sex (STARS), and Active Minds, a group whose purpose is to destigmatize mental illness.

Victoria Sandoval, Peer Educator and President of Active Minds, explains how she got involved in these programs and what kind of influence she thinks peer education has on students.

"I found the home of the Hope and Wellness last year (my first year) and watching how much the programs helped others motivated me to do the same," Sandoval said. "Additionally, peer education in my opinion is very effective. We relate to our peers and are a liaison to resources that sometime our peers need but do not always want to search for alone."

Health continued on page 4

Latin@ Center to be opened at CSUSM this year

Raza Center movement reaches important milestone

By Katlin Sweeney
Editor-in-Chief

Many members of the campus community and surrounding San Marcos area saw their dream become a reality when President Haynes announced that CSUSM will implement a Latin@ Center this year.

On Jan. 28, President Haynes notified the campus populace of the news through an email from the Office of the President, confirming CSUSM's plans to move forward with the creation of what was formerly referred to as the "Raza Center." In her email, Haynes announced that the Latin@ Center would open in fall 2015 and be located in the USU, a process that will be overseen by Dr. Lorena Meza, Vice President of Student Affairs. According to Haynes, Meza will also oversee the development



Photo courtesy of United Students of Color Coalition

Members of groups including M.E.Ch.A., USCC, and STAND at one of the first meetings to plan the Raza/Latin@ Center at CSUSM.

of "operational structure, budget, location and timeline for the Center's opening."

While the implementation of the Latin@ Center may come as a surprise to some, many members of the campus and local community have been working to bring this center to CSUSM for more than a year. CSUSM is

considered a Hispanic Serving Institution, with 4,036 of its 11,300 students identifying as Hispanic or Latino/a in 2014. This translates to approximately 35.6 percent of the entire student population on campus, a percentage only surpassed by the Caucasian student population of approximately 35.8 percent.

Due to the demographics of the campus and surrounding communities, student organizations such as United Students of Color Coalition (USCC), M.E.Ch.A., Ballet Folklórico and S.T.A.N.D. have participated in starting conversations demonstrating the need for a center at CSUSM.

Methods for raising awareness have included drafting a petition which garnered about 600 signatures in total, meeting with Dr. Arturo Ocampo, Associate Vice President of the Office of Diversity and Inclusion and creating the hashtag #RazaCenterCSUSM. In 2014, Cipriano Vargas,

former Vice President of Operations on ASI's Board of Directors (BoD), met with members of these and other student orgs. to draft the ASI Resolution for a Latino/Hispanic center on campus. The BoD voted in favor of the Resolution on Feb. 28, 2014, and it was then sent to President Haynes to be either approved or dismissed. Haynes approved the Resolution and created a work group that was tasked with depicting how to implement the center at CSUSM, as well as how it could benefit students. These proposals were submitted for review this past December. Now Meza and her search committee will begin looking for candidates to fill the position of the Latin@ Center's assistant director.

The Center will support not only Hispanic and Latino/a students on campus, but the entire campus community in an effort to celebrate Latin@ culture and provide important resources for success.

Campus events aim to increase student involvement

By Sydney Schabacker
Senior Staff Writer

CSUSM traveled back in time and revisited the 1990s, with its hallmark plaid clothes, denim, Capri Sun drinks and ring pops as a way of providing its students with an enjoyable social opportunity with their fellow Cougars.

Hosted by Associated Student Inc. (ASI) and the University Student Union Activities Board (USUAB), the '90s themed dance was held on Jan. 23 at the Clarke Field House and was the first of many events that these organizations plan to promote this semester.

ASI and USUAB are the lead coordinators for fun events on campus, such as last semester's Masquerade Ball. By collaborating with other on-campus organizations, they plan to hold a variety of events

that will offer CSUSM students affordable, safe and interesting entertainment.

ASI Representative Hannah Hawker explains the importance of these events and the goals that they are trying to achieve.

"We want to gauge the college culture, to see if it's changing. We want to attract all types of students. We've noticed that the students, underclassmen fresh from high school especially, really like the dances. It's a free and/or cheap way to have fun," Hawker said.

Past events, such as the CSUSMixer last semester, have proven to be successful by bringing together a diverse crowd of students for fun mingling.

USUAB representative Kadie Heck also comments on the events that are geared towards student interaction, specifically organized dances. "For those reminis-



Photo Courtesy of USUAB Marketing Assistants

ing about prom night, it's a good time to get formal and have fun," Heck said.

Outside of dances, these organizations are putting together many other events as well. There are free movies the first Tuesday of every month at Edwards Cinema, USU excursions (like Disneyland last semester), Cougar Eats, a Valentine's Day movie and many more events.

Organizers hope that students will take advantage

of these events and that they will also take the time to contact them to give instructional feedback.

"It's a community effort. We want to know what you [the students] think," Heck said.

Letting the organizing committees know there is minimal interest in some events will allow them to concentrate efforts on what more people enjoy.

"We want everyone's col-

lege experience to be the best we can make it," Heck said.

For students who want to put their social or organizational skills to good use, ASI and USUAB are fun options for community involvement. The student population is better represented with an increase of involvement and feedback.

"We want students to know that we're a resource," Hawker said. College is a time to have

fun, meet more people and learn about new things you may enjoy. Have fun at these safe and affordable events, find other people who enjoy the same things as you do and let ASI and USUAB know how they can make these events even better.

For the full event schedules, visit <http://www.csusm.edu/usu/usuab/UpcomingEvents.html> for USUAB and <http://www.csusm.edu/asi/events/> for ASI.

The Prowl kicks off 25th anniversary celebration

Scavenger hunt helped students, staff learn more about campus

By Chelsey Schweitzer
Senior Staff Writer

CSUSM students and faculty kicked off the spring semester with a campus wide celebration of the University's 25th anniversary.

The Prowl, a scavenger hunt that took place from Jan. 27 to 28, encouraged students to explore the campus and earn free prizes along the way.

"[We wanted to] encourage all (student and employee) participants to learn about department 'student oriented' services and their locations," 25th anniversary Chairperson, Tina Bell, said.

The event included 25 student service offices to visit such as Craven Hall, the USU, the UVA and the Clarke Field House.

"The committee wanted the locations to be of interest to most students (first year to graduates), whatever their major/minor," Bell said.

Upon arriving at each location, students would be greeted by a staff member who would tell them about some of the services offered at that site and any upcoming events to be on the lookout for. Afterwards, they would mark the corresponding number on the students' scavenger hunt cards and send them off with some prizes associated with the location or the school itself.

Students picked up their scavenger hunt cards at the USU info desk, which included the 25 different locations to visit around campus and a bag to carry anything



Photo by Chris Morales

CSUSM kicked off its 25th year with a scavenger hunt that offered \$4,000 in prizes.

they collected along the way. Participants ended their Prowl journey at the Alumni Office and turned in their scavenger hunt cards there.

According to Bell, over 700 students and faculty members participated in the Prowl and they were able to learn more about the campus as a result.

"I saw an online Facebook post [about the Prowl] and thought it looked like a fun way to get involved on campus," third-year student, Sarah Jacot, said.

Through the Prowl, students were able to learn about student services that they may not have taken advantage of otherwise, and discover places on campus that they did not know existed or had never been to before.

"[It was interesting to] go into the [new] Veteran's Center for the first time," fourth-year student, Javier Enriquez, said.

Those who participated in The Prowl not only learned more about the campus and all it has to offer, but they also gained the opportunity to win various prizes. In addition to the free prizes at each location, the participants were entered into a drawing to win over \$4,000 in prizes which included items like parking permits, an iPad Air and Disneyland Park Hopper Tickets. In addition, students could take selfies at 10 designated locations and post them using the hashtag #csusm25 on Twitter, Facebook, or Instagram, for the opportunity to win one of 10 Starbucks gift cards.

The Prowl, which was only the first of a yearlong series of activities and events to mark the 25th anniversary of the school, served as an engaging and informative way to kick off the spring semester for many students on campus.

Students encouraged to expand horizons by studying abroad

By Sonni Simmons
Community News Editor

CSUSM is working to provide students with opportunities that will push them towards self discovery and lead them to countries unknown.

CSUSM's Study Abroad Sessions provide students with the information and resources necessary to begin a journey to a foreign country. These opportunities allow students to not only continue major-specific study, but to become more cultured and grow as individuals as well.

"[Studying abroad] will stretch you in wonderful ways... and is a key feature of growing up," said Tiffany Gabbard, Study Abroad Coordinator. "You have to put yourself out there."

Students are welcome to attend any of the Study Abroad Information Ses-

sions held on campus during the Spring 2015 semester. Dates can be found under the Global Education's Calendar of Events on the CSUSM website. At these information sessions, student questions are answered and the steps necessary to studying abroad will be discussed. Topics that are also explained include types of programs that are offered, length of time away from home, how to choose a country based on major, finances, financial aid and scholarships.

"Our Info Sessions...cover a lot of questions that prospective study abroad students have and give them a good idea of the many wonderful overseas options they can explore," said Danielle Baldo, a Study Abroad Advisor and former study abroad student.

Baldo also emphasizes the reasons why study abroad

programs are so important for students to take advantage of, and how they can ultimately benefit from them.

"From my personal study abroad experience, I've seen myself become more involved and more focused about my future," Baldo said. "At times I think college students become so overwhelmed with their lives and future that they shut out new opportunities just because they want to graduate, doing anything to get by. Study Abroad helps you realize that there's more out there for you, past the limits that you place on yourself."

For students unable to attend an info session, the Study Abroad Advisors are located in Craven Hall 3200. Walk-in hours are from 10 a.m. to 11 a.m. on Mondays and Wednesdays and from 3 p.m. to 4 p.m. on Tuesdays and Thursdays.

ASI ELECTIONS

**Interested in running for a
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http://www.csusm.edu/asi/get_involved/bod/elections.html**

Self-defense training provides women with necessary tools for safety



Photo by Chris Morales

RAD instructors demonstrate self-defense techniques.

By Nicole Holman and Jasmine Demers
Assistant News Editor & News Editor

CSUSM students are learning how to fight back against domestic and sexual abuse through a hands-on campus training program. Rape Aggression Defense (R.A.D), the world’s largest self-defense program, is dedicated to teaching women practical and effective techniques to prevent assault. Courses are available to all women attending CSUSM and are taught by nationally certified defense instructors. Classes cover a range of topics, including how to react in high-risk situations and hands-on defense techniques. R.A.D Instructor, Matthew Curran, explains the importance of adopting habits that will work to increase your personal safety. “One of the ways women can avoid becoming targets is to always be aware of their surroundings,” Curran said. “If you feel something is out of place, act on it. Don’t ignore your gut instinct. If you feel that something is wrong or that someone is giving you a bad vibe, listen to that feeling and get yourself somewhere safe. It’s better to be safe than sorry.” Curran also goes on to highlight the reasons why it is so important for women to take advantage of self-

defense training, specifically in a college setting. “Any female can benefit from learning how to better defend herself in high-risk situations. Their self-confidence improves and they are more aware, especially in college, where this is many students’ first time on their own and away from their parents,” Curran said. Melissa Olmos, CSUSM student and R.A.D Training participant, explains that she wanted to take the course for reasons of self-fulfillment and practice. “You can always improve your skills in order to catch attackers off-guard. Even if you feel that you are prepared, it’s always good to keep yourself in practice,” Olmos said. She also goes on to explain the ways that she feels she has benefitted from the training itself, and how she plans to use it in the future. “I feel like there’s a lot of individual growth that takes place during this training,” Olmos said. “You’re learning how to be prepared. You can also take what you learn and share it with your friends so that they can be safer, too.” Staying safe has become an increasing concern on college campuses, with reports showing that at least one in four college women will experience sexual assault. The CSUSM campus itself has been affected by similar

cases, such as the investigation of the unaffiliated fraternity, Tau Kappa Epsilon. Last semester, TKE was under investigation for multiple sexual assault allegations. Added to these reports were other criminal activities such as hazing, providing illegal drugs and alcohol to minors and vandalism. At the start of December 2014, campus police served TKE with search warrants at two different locations where they found evidence to support these allegations. According to the police report, evidence retrieved at the locations included \$1,000 in cash, human growth hormones, marijuana, cocaine, LSD, ecstasy and illegal prescription drugs. They arrested two CSUSM students and TKE members after the completion of the search. The reported sexual assault cases in question still remain open and under investigation. College campuses and students have begun taking matters into their own hands by organizing self-defense and sexual assault awareness campaigns. The newly opened H.O.P.E. (Health, Outreach, Promotion, Education) and Wellness Center offers many support programs for those who have been a victim of assault of any kind. More information on R.A.D. or any of these services are available on the H.O.P.E. and Wellness Center website.

Initiative to halt cultural appropriation debuts at Kellogg Library

By Katlin Sweeney
Editor-in-Chief

What started out as a few passionate people creating a project to take a stand against cultural appropriation has become a three-month-long exhibition of student photographed and designed posters in Kellogg Library. These posters are unlike other anti-racism and anti-stereotyping campaigns. They feature the faces of CSUSM students, photographed by their peers, taking a stand against the cultural appropriation that marginalized communities face on a regular basis. Individuals are depicted ripping apart photographs of offensive Halloween costumes that stereotype various cultures such as Latino/a, American Indian and African American. Models for these posters include individuals such as Amiyonette Hesaynehe Goodblanket and Carlos Morales, who are also

featured on the fliers promoting the poster unveiling. The campaign’s powerful motto is emblazoned across the posters and fliers: “There is more to me than what you see: beyond the stereotype, there is history.” In addition to the phrase and the CSUSM student models depicted on the posters, they also show the faces of important figures from these communities. This is done in an effort to show what an individual from each culture “actually” looks like, rather than the stereotyped costumes and images that are perpetuated in American media and culture. The work for this project has been a collaborative effort spanning various student orgs. and depts., including the California Indian Culture and Sovereignty Center, Office of Diversity and Inclusion, Public Relations Club, American Indian Student Alliance, Civility Campaign and Student Life & Leadership. “I am very proud to have

been part of such a dynamic group of individuals and organizations on this campus,” Tracey Engleton, current PR Club member and former PR Club President, said. “A lot of time and effort went into producing these amazing pieces of work. The message should be clear, there are powerful histories behind all of the stereotypical images out in our country that we seem to have forgotten. PR Club feels especially honored to help spread this message. I would like to give a special thanks to members Erin Taylor, Drew Littlewood, Anne Hall, Tina Martinez and Alexis Ison for their continued diligence to this project. We are also entirely indebted to Dr. Fredi Avalos as our wonderful [PR Club] advisor and Dr. Joely Proudfit for welcoming us on this journey.” The Beyond the Stereotype exhibit is now on display during regular library hours from Feb. 3 until May 22 in Kellogg Library.

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Health continued from page 1

Sandoval also comments from a student's perspective on the return of SHCS to CSUSM and the effect that she hopes it will have on the campus.

"The new SHCS Building is going to benefit the campus in so many ways. I am an RA for the UVA and I have had times where residents needed to go to the clinic but could not due to transportation issues," Sandoval said. "The convenience of the building will allow students direct access to health services. Also I have seen that students feel more comfortable knowing that in case of an emergency... the clinic is there, accessible, and ready to help."

Sandoval also explains how rewarding her experience has been while working as a Peer Educator and being a part of such an important campus organization.

"The whole outreach portion of the SHCS has blessed me with so many opportuni-

ties such as this one, through being apart of their amazing student team," Sandoval said. "Everyone in the clinic inspires me in different ways being that their personal jobs all give back to the students of CSUSM in a unique way. I feel the genuine effort every staff member gives whether they are direct counselors/educators or those that work the magic behind the scenes."

CSUSM students are encouraged to get involved and help spread awareness about health issues on campus. To learn more information about student organizations and peer education, visit <http://www.csusm.edu/shcs/>.

If you are a student who has questions about specific health services, would like to schedule an appointment or just want to know more about SHCS, the building is open from 8 a.m. to 4:45 p.m. on Monday through Friday, or you can call (760) 750-4915.

New degree program

By Collin Vaz
Features Editor

The College of Humanities, Arts, Behavioral and Social Sciences has added a Child and Adolescent Development (CHAD) degree program this semester.

Students enrolled in the program will learn essential skills applicable to a wide range of careers. Program Director Dr. Sharon Hamill explained that the CHAD program's focus is on the empirical understanding of the development of children and adolescents." Graduates will have the skills necessary to work with families and know how to best cater to the specific needs of individual children.

In addition to being prepared for child care related jobs, graduates will better understand the behaviors of children in a multi-faceted manner and become better suited to efficiently handle a variety of both professional and personal situations.

In families where both parents work, child services are a necessity and high quality care is vital for proper development. According to Forbes, only 10 percent of childcare programs can be identified as "high quality." This creates a large market for trained individuals in the field of adolescent development.

The U.S. federal government has also acknowledged

the need for improved child care. Two bipartisan bills were signed into effect in 2014, making background checks and annual inspections a requirement for child care workers. In January, Speaker of the House John Boehner met with Senate Majority Leader Mitch McConnell on 60 Minutes to discuss the state of American child care.

During the interview Boehner said, "in the overall context of simplifying our tax code and bringing rates down for everyone — simply improving access to child care isn't universally good if the quality of care doesn't improve too."

Dr. Hamill and her coworkers have been working to make the degree available to students for the last 10 years. The recent national focus on child care is perfectly timed with the introduction of the program.

When asked about the recent political movements, Hamill said, "We built the degree in part with that bill in mind."

CSUSM students who graduate with a degree in Child and Adolescent development will be prepared to fill the need for skilled specialists in a growing industry. If interested in learning more about the program, make an appointment with your academic advisor or stop by Craven Hall 1300 during drop-in hours.

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Lady Cougars look to blaze the track

2015 Indoor Track Season Preview

By Burtland Dixon
Sports Editor

Last year the Lady Cougars finished their season ranked twenty-third, but now they look to improve on that ranking not just as a team, but as individual runners as well. The CSUSM Women’s Track and Field team begin their indoor season on Feb. 7, 2015. What exactly is indoor track? Indoor track takes place in an indoor arena, as opposed to outside as many of us are accustomed to. Indoor also has differ-

ent events to compete in that outdoor track does not have. For instance, indoor competitors race in a 60 meter hurdle race whereas outdoor hurdlers duke it out at a distance of 100 meters. Track and Field is just as much a mental sport as it is a physical sport. If you come out to a practice any given day, you see athletes slumped over with agony all over their faces, and if you are not mentally tough, you will not be able to finish a workout. The sight of agony is a coach’s delight however, because it means the

intense workouts are doing their job. With all the tough practices, it would almost be blasphemous to not see benefits when it is time for competition. That is exactly why athletes on the CSUSM team are primed to improve on their speed from last year. Sophomore Kamarria Rehn and Senior Brittany Hollie are a few that are poised for a takeover at the National Championships. “One of my goals this season is to finish in a higher ranking,” Hollie said. “I finished seventh last year, so I want to try

and go top five this year.” Yes, you read correct: top five. Considering how difficult it is to even be ranked at all, this would be a lofty goal for anyone to set, but for Hollie, it is nothing short of fully achievable. Almost similar aspirations were also true for the sophomore athlete. “I’m hoping I can run a fast enough time to go to Nationals,” Rehn said. “The goal is to run a faster time than what I did last season.” Both Hollie and Rehn are striving to do better and that may not be a coinci-



Photo by Chris Morales

Cougars’ home field track has been prepped for an outstanding season.

dence. Based off those two alone, the mindset of the Women’s Track and Field team is to reach Nationals and compete at the highest level. Head Coach Scott and Assistant Coach Wes are known to coach athletes to success. This year should be no different as we look to see that twenty-third ranking improve.

Making time to exercise this semester

Four helpful tips for healthier student life

By Resty Grey
Staff Writer

Getting in shape can be difficult when midterms and essays are due just around the corner, so how can a busy college student stay in shape during a hectic semester? It’s hard for anyone at CSUSM to make time to get that weekly workout in; however, studies have shown exercise and proper nutrition can improve a person’s brain function and cognitive abilities. According to WebMD, exercising can help boost a person’s memory and improve his or her overall health and happiness.

So how can a busy college student make time for exercise and proper nutrition? Here are four simple tips to follow this semester to help with keeping those 2015 resolutions to get in shape.

1. Make goals

Ask yourself what activities do you like to do? What personal achievements would you like to pursue in those activities? Try a sport almost anyone can do like walking or running. Make simple goals like finishing a mile and then gradually critique those goals as you progress. Achieving simple, practical goals can help improve confidence to take on more difficult goals like run-



Photo by Cody Cook

Don’t let a muggy day prevent you from exercise.

ning sub-seven minute miles. **2. Schedule time** Dedicating time to exercise creates a sense of commitment. It’s easy to say, “I’ll workout after this episode of Parks and Recreation,” but dedicating time to ex-

ercise mentally prepares a person for the upcoming activity. Having a set time can help build a regiment of exercise into a busy school schedule. Fitting in at least an hour a day, three days a week can drastically

improve an individual’s health. Having a schedule can also help make it easier to plan studying around your schedule because you’ll know what to expect during the upcoming weeks.

3. “Just Do It”

Nike hit the nail on the head with this iconic three-word slogan: walking, running, bicycling, basketball, tennis, volleyball, swimming, yoga; the list of activities can go on. You’ve already dedicated the time to exercise so all you have to do now is, “just do it.” Just get out there and do something, anything! Get out and dribble a basketball, take a walk around the block, go on a hike or

my personal favorite, try to walk every step at CSUSM. **4. Have Fun!**

It’s easy to get into a redundant regiment of working out the same muscles, on the same machine, at the same gym, seeing the same people; so mix up your workouts to keep things fresh. Try out a new sport or run a different route. Do something you like to do instead of doing workouts just to “look good.” People look their best when smiling, so find something you love and stick with it. Along with an academic workout, the spring semester is a great time to start getting healthy for the upcoming spring break!

High aspirations for lady Cougars

CSUSM softball enters season ranked No. 12



Photo by Chris Morales

“Lady Cougars’ first home game will be Saturday, Feb. 7.”

By Erik Sandoval
Assistant Sports Editor

The Lady Cougars have great aspirations for the upcoming season and why not? They wrapped up a successful 2014 campaign with 39 wins and also earned their fifth straight trip to the opening round of the NAIA tournament. The squad is led by former UCLA National Softball champion, Head Coach Laurie Nevarez. This marks her

second season in charge of the program and Coach Nevarez is very confident about this season’s group of players. “This year we’re taking it up a notch. We have some fantastic returners, leaders on the field who have really bought into what we’re doing so they are able to teach that to our newcomers,” Coach Nevarez said. “I think we have strong newcomers, transfers and freshmen as well, this team has a better dynamic compared to last

year and that is important as we unite together collectively as a unit. We have added about three pretty fantastic players, so I think we are going to be stronger this season and exciting to watch.” The team returns many accomplished and experienced players including A.I.I. Conference honorees, Tani Leasau, Melyssa Bellamy, Ashley Dagenais and Katie Wilkinson. Senior second baseman, Olivia Lucatuorto has been a starter the prior three seasons with the team and she intends to end her last hurrah on a high note. “I’m sad about this being my last season, but I am also excited because I feel like this will be our best season,” Lucatuorto said. “I want to be a leader for everyone and step up for everyone here and I think we can all be successful as a team.” The Lady Cougars’ first home game will be Saturday, Feb. 7 against Cal State San Bernardino.

Benefits of personal trainer

By Burtland Dixon
Sports Editor

A beach trip is coming up and you are no longer self-conscious about your appearance. Your body is fit and you want to showcase it any chance you get. For many, that just isn’t a desire anymore and in fact, is a reality. Others are still dreaming with their eyes open and second guessing getting in the pool at the party they were recently invited to. How do they stop the dreaming? Our society has seen a huge cultural shift with people wanting to be fit and being a part of the popular #gymselfie movement on social networks. We’ve seen fitness guys and girls hop on the Herbalife train having it escort them to a land of chiseled pecks and toned calves. And who can forget about the LA Fitness employees handing out those infamous orange three day trial cards and leaving them on our windshields? There are plenty of methods to get fit, but there is one way in partic-



Photo by Cody Cook

Personal trainer Kyle Johnson awaits future clients.

ular that is sure fired help. “If a client wants a personal trainer, it’s nice for them because they can get a personalized workout program made specifically for them and what fitness goals they have,” said Brendyn Heath, CSUSM’s highly acclaimed trainer. “If they had no clue on what to do in the gym before, they will have a much better understanding of fitness and exercising after.” Nevertheless, it is completely reasonable to those

who are full-time students, have a job and spend their free time with studying and homework; no knock to your hustle. However, to those who just are not motivated or say they do not want to go to the gym because they have not the slightest clue where to start, fret no more. A personal trainer is just what you need. CSUSM offers a plethora of services and activities, and hiring your own trainer is one of them. The pool party and selfies await you.

Remembering Stuart Scott

A tribute to a sports broadcasting icon

By Burtland Dixon
Sports Editor

The year was 1993 when ESPN hired what turned out to be one of their most special employees to this day. The sports world was certainly unprepared for what was to come next, but it was surely overdue.

There are some people in life who seem to just get it, whatever it may be, and Stuart Scott is truly one of those people. From his catchphrases to his fervor towards whatever he was doing, audiences who tuned in to watch him discuss sports always walked away satisfied.

As the years went by during his stint at ESPN, Stuart's popularity began ris-

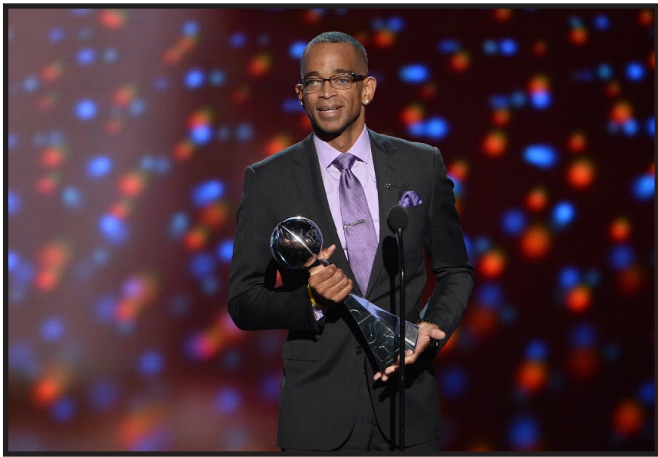


Photo courtesy of Rich Arden/ESPN Images
The late Stuart Scott accepting his award at the 2014 ESPYs.

ing gradually. Not only did he entertain viewers with his transcendent style of anchoring, he also inspired colleagues as well as many others who aspired to hav-

ing a career in sports media. This is due to the fact that no one else on-air prior to Stuart had the same commenting style as him. No one brought that fresh in your

face vocabulary, such as "Boo-Yah!" or "Just call him butter cause he's on a roll." Stuart was one of a kind.

"Stuart was a pioneer, he brought a style to sports commentary that was exciting and upbeat, and he also took pride in what he did," fourth-year CSUSM student, Chris Melendez, said.

A pioneer is a precise description of Stuart Scott. Of course there were other Black Americans broadcasting on-air about sports, but Stuart stepped outside the repetitive lanes that all these anchors were going down and ended up creating his own. Stuart Scott made talking about sports more relatable to people of color. He made the way that

a group of Black Americans would talk about sports only among themselves, acceptable to talk about with a person of any color.

We do not truly know if Stuart's goal was to open doors for mankind as a whole, but he did it whether he was planning to or not. Just the way he spoke brought people of different backgrounds closer together. Tragically in 2007, the sports world stopped as Stuart was first diagnosed with cancer. He fought through it and thought he was clear of cancer up until 2011 when he was diagnosed again. Having battled through it once more, Stuart thought the coast was clear up until 2013 where it had sprung

up again. On Jan.4, 2015, Stuart Scott unfortunately lost his fight against cancer.

During his amazing career he had the pleasure of interviewing some of the biggest names in sports such as Michael Jordan, Shaquille O'Neal and Tiger Woods. One does not simply get in the same room with star-studded talents such as Michael Jordan and get to ask them questions without being an established individual. That is just what he was, established. He will be remembered for many things, but not just for being "As cool as the other side of pillow," another catchphrase he brought to pop culture, but for being a trailblazer and a believing in being himself.

ACROSS THE POND

Introduction to English Premier League Football

By Erik Sandoval
Assistant Sports Editor

British football is truly a beautiful sport to watch. The matches contain an abundance of drama consisting of match winning goals, red cards, spectacular skills, and of course, flopping.

All 20 of Britain's top flight football clubs are in the second half of their grueling 10 month season. The true contenders for the title have risen; however, others have faltered due to unfore-

seen injuries, inexperience and overall rigors of multiple matches on a weekly basis.

Heading into the twenty-third round of a 38 round campaign, there has been two elite clubs that have distanced themselves from the rest of the league. Chelsea leads the way in first place, five points ahead of second-place Manchester City. Both clubs boast world class international talent and have very wealthy owners whose bank accounts have no limits.

English football isn't like the NBA or NFL in America

when it comes to restrictions on the amount of money owners can spend to purchase players. English Premier League owners can spend as much money as they desire to purchase top class talent. The lack of financial fair play has been fundamental for these clubs to rise above their counterparts, particularly in the last four seasons.

Chelsea has won the English Premier League title once and was also crowned European Club Champions in 2012. As for Manchester City, they have won the

English Premier League title two of the past three years and are world-renowned as the best attacking team in England. Manchester City is led by goal-scoring machine, Sergio Agüero, and former World Cup champions, David Silva and Jesus Navas. Agüero has scored the most goals in England since 2012 and nobody statistically has scored at a quicker rate than the Argentinian!

On the other side, Chelsea is led by the current top goal scorer known as England Diego Costa, and



Photo by Chris Morales

former World Cup champion Cesc Fabregas. Diego Costa has been an amazing talent in his first season playing in England but has picked up seven yel-

low cards, or in other words fouls, and looks set to be suspended for his next three matches. Both clubs went head to head for a decisive title showdown on Jan. 31.

CALL FOR SUBMISSIONS BLACK HISTORY MONTH EDITION

The Cougar Chronicle is looking for writers, artists, and photographers that are interested in contributing articles, artwork, and photographs that revolve around the theme of Black History Month for our February 18 edition.

We would like to feature work embracing diversity, celebrating Black History Month, and exploring the dimensions of race in our society. Work will be featured in the eighth edition of The Cougar Chronicle as part of our fourth thematic edition of the year.

DEADLINE: Thursday, February 12 @ 8 p.m.
SUBMIT TO: csusm.cougarchronicle@gmail.com

Photos and artwork must be submitted in JPEG/JPG format. Articles should be between 150-500 words, formatted in Microsoft Word Documents (.doc/.docx) or in Google Docs.

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ALUMNI FEATURE

John Glasoe,
role model for aspiring students



Photo courtesy of John Glasoe

By Michael Marino
Staff Writer

Is it possible to use a degree to further both a passion in life and to land a solid job? John Glasoe, a Temecula native and CSUSM graduate, proves that merging hobby and work life is not an impossible feat for the college graduate. “Do something that makes you happy. Do not just look towards the money,” Glasoe said. Equipped with a degree in Economics and an impressive resume, Glasoe was able to land his dream

job, working for a golf course management company. Golf is one of his biggest passions and he knew from the start that he wanted to work in the industry. After graduating from CSUSM in fall 2014, he wasted no time in sending out his resume. Warrior Asset Management (W.A.M.), a golf administration company located in Irvine, Calif, granted him an interview within a month. Because of Glasoe’s outstanding resume and self-confidence, they hired him after the first interview. Glasoe said that he knew he was going to be hired, even

before walking through the door. As a retired varsity golf player and a former employee for Cross Creek Golf Course in Temecula, he felt that he was prepared to take on this new job. Glasoe said that with his combination of experience, academic achievement and lifetime interest in golf, no employer could turn him down. Glasoe advocates gaining as much experience as possible in the workforce and in school in order to get ahead of the competition. He suggests that people “sell themselves” in order to do well in an interview. Anything that sets them apart and makes them look better than the next applicant is important to include in a resume. “Be yourself. Find something that you actually want to do, and not just because it looks good financially. Being happy is more important than being rich,” Glasoe said. An example of success, Glasoe and his story can prove to be encouraging to many students, especially to those who near graduation this upcoming spring.

CULINARY CORNER

Pan fried lobster tails

By Pierre Yaldo
Staff Writer

Living on the coast of California, we often forget how close we are to many sources of fresh seafood. Lobster is an easy meal to make at home, as it is often overpriced at restaurants, where a single lobster can cost upwards of \$40. Luckily, raw lobster tails are available at Costco and other supermarkets for \$8-15 a tail, which is comparable to a home cooked steak. It is important to note that because of their small claws, the meat of California lobsters is nearly all in the tail, making them even easier to cook than a Maine lobster.

- Things you’ll need:
- Fresh/frozen lobster tail(s)
 - Salt
 - Pepper

- Garlic powder
- ½ stick of butter (for cooking and dipping)
- Olive or vegetable oil
- Optional: vegetables (carrots, potatoes, onions)

Instructions:

- 1) Make sure lobster tails are properly thawed. Place tail or tails on a stable cutting board, shell side up. Using a heavy knife, such as a butcher’s knife, split the shell down the middle, butterflying the shell and meat. Remove the lining that runs through the center of the meat. It should be clearly visible and easily come out.
- 2) Season the exposed meat with salt, garlic powder and just a pinch of pepper.
- 3) Microwave butter in a small cup or dish, using a minimum of ¼ stick per lobster tail, and microwave for 10 seconds at a time, until the butter is melted

- enough to dress the meat.
- 4) Heat up a pan to medium-medium high heat and add olive or vegetable oil, along with any vegetables you may wish to serve.
 - 5) Once the vegetables begin to simmer in the oil, add butter to the exposed tail meat and place on the pan meat side down.
 - 6) Let sit for two minutes
 - 7) Flip the tails and let cook the shell side for another two minutes, giving the meat one last coat of butter.
 - 8) Turn heat off and serve lobster tails meat side up with the vegetables and a fresh lemon, and more melted butter. 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.

FACULTY SPOTLIGHT

Professor Metcalfe
An exemplar of passion

By Shanice Davis
Assistant Features Editor

On the first day of any class with Professor Dale Metcalfe, one would definitely be in for a ride. As students sit and wait with anticipation to see who the professor is, whether she is rude, nice, a hard grader, or intimidating, they will find that she is a professor who is animated and clearly loves her job. Anyone who has seen her knows that she stands out immediately because of her chic, shoulder length, gray hair. Born in Boulder, Colorado, but spending a good chunk of her childhood in Tulsa, Oklahoma, Metcalfe was always a restless soul on a quest for something more. Professor Metcalfe is very fond of the time she spent growing up on farms, experiencing rural life. She says that she is very grateful for having endured this period of her life. But at the time, Metcalfe remembers the constant desire of escape from it all, which swung into full force once she went to college. “I did some undergrad work at the University of Oklahoma and I did my M.A. and PhD work at the University of California: Davis,” Metcalfe said. “I grew up in Oklahoma and did everything to escape, it felt very provincial and small town, especially after being in college for a couple of years. I ended up going to New York and lived there for a number of years, and I really loved it there. I came to California to



Photo by Chris Morales

Literature & Writing Professor Dale Metcalfe looks forward to sharing her experience with her students in this, and future, semesters.

go to grad school and never really left since, I lived in Chicago for a few years and Washington D.C., but always came back to California.” Here at Cal State San Marcos, Metcalfe is a Professor of Literature with eight years under her belt, but initially, she wanted to obtain a degree in acting and directing due to her love for theater. She ultimately ended up teaching Intro to Literature because she loved reading so much. Even though she did not go into theater, Metcalfe says that she loves her job as a professor here at CSUSM, but on the other hand while laughing and shaking her finger from side to side she adds, “What I don’t like is grading papers!” When asked what her dream job would be had she gone a different route, her eyes begin to glimmer as she says, “acting.” “I actually still have fantasies of when and if I retire, maybe doing community theater. I think that this was more feasible, working as

a professor, in terms of being able to support myself than taking my chances like some many brave people do and trying to make it in the theater; so it’s more of a practical choice that’s worked out very well.” And if she could have magical powers she declared while giggling, “I would enlighten everyone, I would have everyone on the planet achieve instant enlightenment!” As for advice that not only fellow literature majors can take from, but anyone else as well, Metcalfe cites passion as a good motivator. “You have to do something that you genuinely love. And sometimes it doesn’t look very practical, but if it’s something you love, you will find a way to make it work in your life and you won’t hate yourself for making the wrong choice and you won’t burn out and get bored. Joseph Campbell, a famous student of mythology said, ‘Follow your bliss,’ and I think he was right.”



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SHINE LIKE A STAR

Astrology, retrograde and horoscopes

By Alex Maravillas
Assistant Arts Editor

As an astrologer, retrograde is paramount. From Jan. 21 through Feb. 11, Mercury undergoes retrograde. What exactly is Mercury Retrograde? From Jan. 21 all the way to Feb. 11, Mercury is going backwards. What does it denote? Mercury is going to stay in the same sign in Aquarius but it would indicate such an impeccable time to be studying the stars. During retrograde, the mind is no longer fixating on the

structure of going in order, especially during the transition into the new year. Things may go haywire. It can feel like you are not in sync with your thought processes.

It doesn't mean that things are chaotic. It just indicates that it is a time to give yourself a chance to get your mind, the business cooperative of all, (the monkey mind that we all auricularly discern about in Buddhism) to shift gears into awareness.

Until we can tell the mind to sit down, the esoteric law is in every spiritual practice. How do I get myself to be

able to stay in my observer? This is such a great conversation for Mercury retrograde. When things go erroneous and it bumps, we all get upset. When someone rear-ends your car or when someone decides to cut you off, you enter in attack mode. However, your first replication should be to take a breath when you feel like this.

With Mercury going backwards in Aquarius, you can stand on your head and verbalize to yourself, "Does it genuinely matter?" Aquarians are known to think that nothing

is as serious as we think.

During this next transit while Mercury enters retrograde, be mindful, and when mental glitches occur, smile and breathe. It is easier for people in their early twenties to authentically watch their internal dialogue in all the patterns of cerebrated processes during Mercury Retrograde. Make a list of the patterns in your thought processes. Whether it is about your income, health, or job, everyone can succumb to these dizzying fixations if not careful. When the observers on you can optically

see your surrounding, all of a sudden you are aware.

Identify your loop according to your natal chart.

Secondly, interrupt it. Once the pattern is interrupted, you discover yourself.

You all go, "Oh, I'm so emotional", "Oh, I'm so practical" or "Gee! I'm so captured by enthusiasm."

You find the juice and frolic in everything.

Or "I'm so verbal!" You can't keep your mouth shut.

Once you find your fixation is, use your vigilance as an off button.

So use Mercury retro-

grade, from Jan. 21 to Feb. 11 and while it is going rearwards, focus on the phrenic conception process that got you fixated.

For personal natal chart readings, email mar-av001@cougars.csusm.edu.

Coming this spring! Looking to read about your horoscope?

The up and coming magazine called the "QUEERY" will have horoscopes tailor made to your particular sign.

Whether you are a Valiant Virgo, a Lovely Libra, or a Pretty Pisces, the "QUEERY" has horoscopes for all signs.

Student Organization Fair depicts diversity of campus groups

By Collin Vaz
Features Editor

Curious minds packed the USU ballroom for the Student Organization Fair, which showcased a broad spectrum of student-led groups.

The event took place on Jan. 29 and included advocacy-focused clubs, career-oriented societies and club sports. There was something for every niche and interest to enjoy.

The new USU ballroom was an excellent venue offering plenty of room for the 70 clubs present at the event. Each organization had a desk set up with candy, fliers and sign-up sheets.

Students who attended were able to ask questions and meet members of the clubs. Each organization offered something special and unique. The Anthropology Club was especially interesting to attendees as they are in charge of the ethnobotanical garden on campus. Skulls and books full of tribal drawings were spread across their table.

The proactive Colleges



Photo by Chris Morales

Student led groups attract a diverse spectrum of interested participants.

Against Cancer members wore tie dye T-shirts that said, "Finish the Fight." The club is seeking to create a "purple day" where everyone shows their support for finding a cure for cancer by donning purple colors.

The Communication Society is another ambitious club with an interest in promoting student activity. They sponsor fundraisers and social events such as feeding the homeless and coffee house meetings.

Students interested in a career in law will find good company in the Pre-Law Society. LSAT tests can be very expensive and discounts on

study material as well as the tests itself are offered through membership in the group.

Anyone with intentions of making a positive change in the environment needs to look no further than the Sustainability Club. They offered recyclable polypropylene bags to students at the fair, providing awareness for the possibility of a statewide ban on plastic grocery bags in the summer.

Joining a club is a great way to meet people with similar interests and develop life-long friendships. Information on all clubs and societies are available at www.csusm.edu/orgs.

Favorite contemporary fashion designer, Raf Simons

By Alex Maravillas
Assistant Arts Editor

Dior strikes a chord when I think of my most doted design house, corresponding with who my favorite contemporary fashion designer, who at present is the architect for Dior's haute couture.

Though he is currently one of the incontrovertible lords of menswear, Raf Simons (born in 1968) never took a single fashion form course. Instead, he considered a mechanical plan in Genk, Belgium, near to the place where he grew up in Neerpelt. In any case, he took an ephemeral job at the Walter Van Beirendonk Antwerp Office while still at school, referring to compose as an authentic purport of investment.

"The aggregations have been a piece of a procedure of growing up," Simons says.

In 1995, in the wake of peregrinating to Antwerp and getting together with Linda Loppa, bellwether of the style office at the Regal Institute, he opted to switch employments. Fixed both by conventional and formal menswear along with the defiant attire standards of present and past youth societies, Simons refined revolutionary styles from these enthusiasms.

In spite of ecumenical accolade, Simons shockingly closed down his organization in the wake of displaying his 1999 hoard collection, so as to take a vacation and amend the inner structure of his business. In the wake of

fine-tuning a nearby co-operation with Belgian maker CIG, Simons returned for pre-winter/winter 2000 with a commencement, multilayered and radical look. With hands in the pockets of their dress or a dyad of weaved tennis shoes on their feet, they ambulate with simple, familiar types of kineticism. The Dior lady, as established by Raf Simons for the spring/summer 2014, haute couture store has an appeal of delicacy and insouciance starkly free and ethereal. The lines are liquid and the fabrics in delicate shades, white, atmosphere blue, pale pink or inky blue are supple and light, superimposed or finely layered in a downplayed session of straightforwardness.

Nonetheless, abate the ex-

quisite effortlessness of the night dresses, abate the ostensible balance of a jumpsuit or the coalesced down structural engineering of a bar suit, an astronomically immense number of subtle elements denude themselves, affirming abstract half moons, circles and petals, denuding the body in an unobtrusively arousing manner. There are the weavings of sequins, botanical themes, beaded pistils blossoming in the fabric layers, requiring a second, more proximate look much equipollent to whispered fashion privileged insights.

Communicating the same style as the set lodging, the shoes are a perfect structure whose delicate bends are thoroughly etched by hand, each of Simons' en-

from formal wear to casual. The all-white outfit combo can be seen as well, giving the impression that too much of one color in a whole ensemble is not overdoing it.

This upcoming season will also include popular color patterns inspired by traditional military shades.

Another trend that has caught everyone's eye is the Gingham style, also mentioned by Glamour. The trend reintroduces the classic plaid pattern in a sophisticated and laid back way, combining pencil skirts and cropped top or mid-length skirts and blazers. Mid-length dresses in the spring collections will share the same pattern.

The many different shades and patterns of new shirt dresses will be a welcome and comfortable addition to this season's lineup. Perfect for the warm weather,

the Kimono-Style Trench coat, as seen in Glamour magazine, brings a whole new perspective of the classic trench coat that has been popular in past decades, especially among men.

The polo-style shirt trend returns to runways and stores like JCPenney and LACOSTE. The very trendy one shoulder cut dresses or blouses have made the cut in this year's spring line up.

All-time favorite and timeless looks including denim in the form of dresses, trousers, jackets, vests, skirts, and jeans are also in style. These classic pieces can always be paired with white crop tops, t-shirts or denim seems to always be in style, makes an appearance every year.

The anticipation for spring is unbearable, but when the time does come, the wait will have been worth it.

FASHION COMMENTARY

Designers debut new and old trends

By Anna Maria Petrov
Staff Writer

The New Year is currently in its transition from winter to spring and the fashion world is preparing to introduce up and coming trends that are sure to catch the eye of every fashion lover.

As the seasons change in California, the warm weather opens the door for more light fitting clothing in pastel colors. The fashion designers bring forth new and returning ideas that have been improved upon each year.

According to Glamour magazine, black and white combinations as well as blue and white have dominated the fashion runways featured in many designers' collections. Another color pallet included in this spring's wardrobe is yellow, ranging

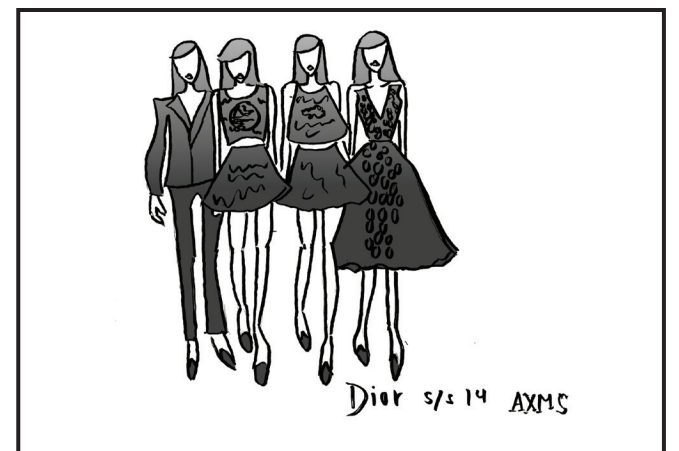


Illustration by Alex Maravillas

genderments and is a gimmick of mind boggling building design ascetic extolling the excellent art of the Dior ateliers, a one-of-a-kind work inclined to ladies in all their peculiarity.

The fabric blooms and were gently cut into petals or

finely re-woven with pearl and sequin blossoms, the engenderments for Raf Simons' spring/summer haute couture presentation was an exaltation to the tribal savoir faire of the embroiderers who worked for the house of Dior.

Seasonal loneliness: The Valentine's naming dilemma

By Will McCurdy
Assistant to the Editor-in-Chief

Single's Awareness Day. To some it's a rallying cry, others are apathetic and still more consider it, with a snort of derision, as the preferred term with a cynical lens directed toward a day celebrating a celibate Christian martyr.

Valentine's Day, despite its religious roots, has developed into a secular holiday full of amorous ambitions and Ben & Jerry's. The term, Single's Awareness Day, was created to direct attention toward a crowd that is not within the celebrating demographic of the holiday.

However, the present tense is used because the term has largely turned into a larger joke than it was at its inception. There are no maroon cards shaped like anatomically correct hearts to hand out to friends and acquaintances and no apathetically wrapped gift boxes. Television networks would be hard pressed to air anything other than films about love.

Ultimately, the only change garnered with these words is a short-lived sense of comradery with whoever uttered



Photo Illustration by Nick Nootbaar

it, followed by an awkward high five and the subsequent repression of any unpleasant memories that come as a result of the interaction.

So if not Single's Awareness Day, then what do those without a date do to bring attention to themselves? The answer is quite simple: nothing. Valentine's Day is a commercialized mess to the point that the fact that there isn't a Charlie Brown special on it is quite surprising. But beyond capitalistic aimed cynicism, there's no real reason to get into a mood that requires making a joke about the name of a holiday.

While some rush around to get chocolates and flowers for their sweetheart, a person of the non-committed persuasion can exploit the

cheaper prices for chocolate and flowers while potentially enjoying a good romantic comedy film later in the evening. Dining out becomes considerably more simple as single and odd numbered parties can get in much quicker than couples that always pack the establishments.

Let the couples of the world have their holiday with deep red roses, absurd lines at restaurants and boxes of chocolate shaped like rear ends. A name is a small concession to pay for the benefits taken advantage of by all parties. May the joke of bringing awareness to those lacking in paramours be done with and instead be used as a chance to take advantage of its rampant commercialism through candy.

Why Valentine's Day is day to celebrate, not stress

By Lexy Perez
Assistant Arts & Entertainment Editor

Attention to all you hopeless romantics, Valentine's Day is fast approaching. Whether you're in a relationship or choosing to dub that Saturday as "Single Awareness Day," it's the one day that people tend to stress over more than Christmas.

This holiday has a reputation in which extravagant surprises take place, marathons of sappy love movies air on television and love songs to set the mood play on repeat. I don't know about you, but it never fails to bring out every PDA-centered couple to surround every inch of outside civilization. (Note: Love is a beautiful thing, but nobody really needs to see whose chapstick can last longer.)

It's a time where girls can finally have a reasonable excuse to take Forrest Gump's offer of having that savory box of chocolate, as if we need a day to remind us of the necessity of life that is chocolate.

While the idea of Valentine's Day is nice, it seems as if the male population is slowly starting to dread

the approaching love she-nanigans. Valentine's Day has altered its name to: "Don't Screw It Up Day."

Here's a little advice to all you guys feeling the pressure and stress to give that special someone a day to remember: Stop thinking so much, but please don't run away from the day.

It would be a lie to not admit that the media can create fictional fantasies filled with nothing but candlelit dinners, bouquets of roses, extravagant gestures, blinged-out gifts and males being every inch the Prince Charming that seems to be so rare to find in the real world.

While the glitz, glam and Prince Charming fantasy seems nice, is it that shocking to consider that maybe all of it isn't necessarily needed to make that special someone happy?

If you want to go all out and try to be that Prince Charming I think every guy can be, but secretly protests by committing all your love to video games and food, then go right ahead. But deep down, not all girls want just those knight in shining armor moments. Sometimes the smallest gestures are just as meaningful.

Forget the candlelit din-

ner and stay in for a movie night marathon together because maybe having alone, cuddle time beats being out in public with every couple in America.

Don't break your wallet trying to get that diamond jewelry that will add more stress to your already long list of "Oh, I need to pay for that" pile. Get your significant other a box of pizza in the shape of heart, because no matter how much we can try to fight it, carbs will always be a girl's best friend.

You don't need to get a myriad of gifts to prove your love, just take the time to talk and reflect on the feelings you have, but sometimes forget to express. Communication goes a long way and what better way to surprise her than by expressing your thought bubble, the one she secretly always wonders what it contains?

The moral of this day isn't to stress so much but to just enjoy spending time with whoever makes you happy. It would be a shame to run away from the day out of fear of "messing up." Life is already stressful, so why add more on a day that simply calls for the little things to celebrate something special?

Why history is best major

The world in the palm of your hand

By Erich Allen
Staff Writer

If you're undecided as to what major to declare at CSUSM, or if you already have, I encourage you to pursue a degree in history.

History as a discipline is critical in the analysis of self-identity, and facilitates the building of tools required for any and every investigatory task. It also effectively operates as a compilation of all human activity and discovery; therefore, as a practice it delves into all regions of academia.

Everyone likes history, because everyone does history. This is not a reference to the proverbial "You make history, everyday" trite. Historiography, the process of doing history, is the process of evaluating the relevant information regarding a specified topic for the purpose of building an argument. One analyzes the primary evidence (sources from the time period) and the secondary evidence (investigations by scholarly experts) so as to develop a complete and thorough conclusion. That's all history entails: making arguments based off of the evidence. But the possibilities are endless, as history is not merely the study of what hap-

pened, but why it happened.

We frequently use this process in our own lives. For example, if I want to understand why I received a poor grade on an written exam, I review the questions I got wrong, areas of the study guide or textbook that I overlooked, and my own notes (primary), as well as professor comments and/or input from fellow students who received better scores (secondary).

History is a tool by which we discover ourselves. Our individual identity is most completely established with a structured analysis of our decisions, worldview and the actions that have occurred within or without our control. To understand these things, we may initially make assertions based in the present, but we ultimately always delve into the past to substantiate those assertions. We look at the big events in our lives, such as a significant award, an act of compassion by friends, a breakup, council from trusted advisors, getting hired for a job, an ideological revelation or winning/losing a game. History is investigating what lead up to those events, and how those events affect us now. Understanding these causes and effects makes one a master of themselves by strengthening their capability to assess their own thoughts and ac-

tions to prepare a better approach to future situations.

If one then uses this process for broader applications, they can become masters of their own peripheral reality through understanding. The same historiographical process that one uses on oneself can be applied to the entirety of human history. It is this aspect that elevates the historian (which any of us can be) to the position of academic mastery, a scholastic jack-of-all-trades. History, in relation to the past, is the culmination of all human thought and action. The entirety of human experience is open ground for investigation, and indeed is necessary for a complete understanding of why the world is the way it is. Thus, history entails every academic discipline in the human intellectual arsenal. From political science to chemistry, literature to cartography, all is relevant and necessary for a complete and thorough study of the past. History is a smorgasbord of knowledge, a buffet of information, the seven-layer dip of the intellectual diet. It makes one a master of themselves as well as the world around them. Because of its profound potential for understanding through application, history puts the world in one's hands, which is why I urge you to consider majoring in history.

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LETTER TO THE EDITOR

Open Letter Regarding Class Shortage

By Sarah Hughes
Senior Staff Writer

DISCLAIMER: I submitted this on January 5, 2015. I have since attended my first week of school, been rejected from LTWR 317 and talked to the professor of that class, as well as a secretary, an academic adviser, a counselor and Dr. Salah Moukhlis, the Professor and Chair Literature and Writing Studies Department. Luckily, the counselor was able to find LTWR 425 on the schedule, which never appeared when I searched over the Winter break, though I searched for it by name. I am lucky enough to have taken the prerequisite for that class, but there are others still dealing with this issue who haven't, and therefore can't take the same course and graduate in time. It appears, at the word of my counselor that those students can either do an Independent Study with their academic advisor, take the course (possibly) in the summer, or hope that if they attend a class unenrolled that someone

else will drop out. If I were them I would be talking to faculty everyday until something is done about the class shortage. Though I'm lucky enough to be in the courses I need to graduate in May, I have not had the opportunity to take technical writing and will be seeking the course at other institutions.

While I understand we have budget restraints, I am distressed that we seem to have a lack of valuable classes and scheduling flexibility. There seems to be too little consideration to the needs of graduating seniors and there are spots that "priority registration" doesn't cover.

To Whom It May Concern; Every semester I try to build a schedule of classes I need to take the following semester and I find myself extremely frustrated.

Are there any plans to add any of the following classes to the schedule: LTWR 315/ 317/ 318/ 425/ 545? Though there is one class of LTWR 317 being offered this semester, it is full. That class is the only class I need to graduate this semester and has been a hard require-

ment to fill in previous semesters. I'm not alone.

I know other students have been in the same boat, as certain classes have had to turn away droves of waitlisted and crashing students in recent semesters. Two semesters ago, a student supposedly petitioned to have "LTWR 317 - technical writing" added to the schedule, and 28 people said they would join that class the next semester before it even was listed.

Classes on technical writing and "small press publishing", as well as various writing workshops and creative writing courses, have been in the Literature & Writing Studies catalogue since I transferred here in Fall 2012. Yet, in the case of small press publishing and technical writing, I have never been able to enroll either because of class size limitations or the fact that they have not been offered. Classes like technical writing and publishing promise skills that many Literature and Writing students would benefit to have on their resume. Many of us intend to go into careers related to these subjects. Dane

Vandervelden, a CSUSM grad recently shared with me how he doesn't feel this college did a good job preparing students for the submitting and publishing process as a writer with a degree.

Another course not offered at CSUSM is grant writing. I have gone so far as to take this through Grossmont-Cuyamaca online adult education, for the affordable price of \$84. I encourage other students to find valuable courses outside of CSUSM and share with The Cougar Chronicle and their fellow students where these more career-specific classes can be found. Also, what skills do you believe would make you more valuable as an employee after graduation? Does CSUSM offer them? Please, write to your advisors, school faculty and this paper to share your experience.

I am currently wait-listed for LTWR 317. Can I take a class somewhere else for the workshop requirement and if so what? Will you also address this issue and share the information publicly?

Thank you,
Sarah Hughes

Tips for successful semester

Talking yourself to better comprehension

By Noelle Friedberg
Opinion Editor

With the start of another semester comes the same dream of good grades and success in the classroom. One sure-fire way to help these dreams come to fruition is to talk about what you're learning in class outside of the classroom. By this I mean that talking about the material you're learning in any given class outside of the classroom, be it with friends, family, coworkers, etc., will help you to do better in your classes.

Let's say you're in a marine biology class and you're learning about coastal bluff erosion. If you're not remembering all of the needed information as well as you would like, try explaining how bluff erosion occurs to someone who isn't in the class with you. If no one wants to listen to you talk about it, try taking them to the beach and explaining it to

them there so you both have a visual of the bluff and a nice excuse to visit the beach.

Or perhaps you're in a history class and you're trying to remember the specifics of the American Civil War. Talk with someone about it. Explain the different battles to them. Use your notes or your textbook or whatever you have to do to have a conversation with someone about the things that will be on your test, or that you have to write an essay about.

The reason I say all of this is that talking about school outside of school does so much to help you better remember and understand the concepts you need to know in order to do well in your classes.

So next time you're feeling stuck in school or are having a hard time remembering what you're learning, try talking with someone about what you've been discussing and reading in class and see if it doesn't help you turn things around.

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MOVIE REVIEW 4/5 PAWS

Ringing in the new year with “The Wedding Ringer”

By Lexy Perez
Assistant Entertainment Editor

It’s a new year, which means the next “bromantic” duo enters the movie theater screens. This new duo hopes to get a chuckle out of anyone willing to see a story that has been told in previous films, but is the first one to reinvent it for a new year.

Popular stand-up comedian Kevin James and Josh Gad (the man behind the voice of Olaf in “Frozen”) star in “The Wedding Ringer,” a film

about two guys that are nothing alike, yet find an unlikely bond that screams “sappy, bromance” level friendship.

Doug (Gad) is a lonely, yet wealthy outcast failing to be the “cool guy” every male wants to be friends with. Surprisingly enough, he is about to marry his “miracle girl,” Gretchen (Kaley Cuoco-Sweeting) but is faced with a predicament of not having a best man or a posse of groomsmen to stand beside him on his wedding day.

Enter Jimmy (Hart), the man behind Best Man

Inc., a business that allows lonely men, like Doug, to rent-a-best-man for their wedding days.

While most men simply need a best man, Jimmy is forced to attempt “The Golden Tux” for Doug, in which he must provide full-service treatment: acquiring groomsmen, throwing a bachelor party, making speeches and creating stories that convincingly portray fake life-long friendships with all of them. Jimmy not only searches for a group of eligible groomsmen, but

also must make them be the “best friends” Doug has always had and never introduced to his bride-to-be.

It’s not that hard to assume what the rest of the movie will play out: dysfunctional moments bonding with Doug’s future in-laws, the introduction and bonding with his “best friends” and nonstop comedic banter and occurrences while Jimmy attempts to teach Doug how to be the “cool guy” he always dreamed of being.

A bromance movie wouldn’t be complete with-

out the deep, cheesy bonding moments that exemplify a once client-businessman relationship to a blossoming friendship that allows both Doug and Jimmy to grow as individuals. Doug progresses into becoming someone he feels happier with, while Jimmy realizes the true importance and meaning of his business and himself as a “best man.”

While the film is just another story to add to the already list of “unlikely duos becoming the best of friends” films, it is both

Hart’s and Gad’s comedic wit that makes the film.

Throughout the film, it seems as if Hart successfully brings out the comedic chops of Gad, for he is a newcomer acting alongside an already established comedian. While a newcomer, Gad successfully brought out Hart’s sweet side, representing a deeper, more relatable character.

This film will not only bring you laughs, but it’s also another film that portrays two guys whom you can’t help but root for as they become genuine best friends.

MOVIE REVIEW 4/5 PAWS

The Guardians of the Galaxy rocks the universe

By Zach Schanzenbach
Senior Staff Writer

It’s not as iconic as “The Avengers”, and it’s not as deep as “Captain America: The Winter Soldier”, but “Guardians of the Galaxy” is great fun to watch.

Older folks will enjoy the throwback 80’s music, while

fans of sci-fi and/or Marvel will also have a fun time. Chris Pratt, who landed his first leading role in “The Lego Movie” earlier last year, hit the box office on the head with this one as Peter Quill (a.k.a Starlord). Supporting characters Gamora (Zoe Saldana), Drax (Dave Bautista) and Rocket Ra-

coon (Bradley Cooper) are also great fun, and the dynamics between these different figures makes for an interesting team, one more dynamic than the Avengers. Groot (Vin Diesel) is, quite literally, a breath of fresh air, as the most innocent and heartwarming character in the movie. Though he is a

tree of few words (literally), he speaks more volumes than most of the other characters.

Hardcore Marvel fans will also be happy with the nod this movie gives to “Avengers” with a brief cameo by the dark character “The Other,” as well as a humorous scene at the end featuring the infamous Howard the Duck.

We finally get our first, full glimpse of the villain Thanos, who briefly appeared at the end of “Avengers.”

On the downside, Ronan the Destroyer and his assistants don’t break a lot of ground as villains. And why is there so much swearing? I know it’s typical of a movie like this to include swearing,

but I just thought it was a little too much here. Well, I guess that’s what Groot’s for.

**Movie to add
to your DVD
collection**

MOVIE REVIEW 4/5 PAWS

The Hobbit: The Battle of the Five Armies
Final installment in Hobbit Trilogy is as epic as you’d expect

By Zach Schanzenbach
Senior Staff Writer

Peter Jackson’s three-part adaptation of J.R.R. Tolkien’s “The Hobbit” has overall proven to be less than what it could have been. The first installment, “An Unexpected Journey” was a nice adaptation. The next installment, “The Desolation of Smaug” was not quite so much. Now we have “The Battle of the Five Armies,” the long-awaited conclusion that lives up to the hype surrounding it.

It picks up immediately where the second one left off, showing us why the magnificent Smaug is so feared. Of course, that only lasts for the first five minutes, as he’s shot through that hole in his armor.

With the dragon dead and winter quickly approaching, Bard, now leader of the townsfolk, places his hope and trust in the dwarf Thorin Oakenshield. However, Oakenshield is obsessed with finding the Arkenstone, a precious gem that drove his fathers mad. The greed that now infests his heart drives him to break his promise to the townsfolk. But the townsfolk aren’t

the only ones who want something from the mountain. The elves from the previous film also have a stake: bright gems made of a certain material. Also, Azog, an evil Orc-lord and Thorin’s archrival, is leading a considerable force of Orcs on the mountain in order to take it for the reviving Sauron as a strategic point.

And who is caught in the middle of it all? Bilbo Baggins (Martin Freeman), who once again shows us why he is the title character. I’ve always enjoyed the moments with Bilbo in these movies. He’s the only one of his kind in the mix: a hobbit whose life used to revolve around trivial things like doilies. Whenever he does something heroic, we’re reminded of how far he’s come since he left Bag-End.

The first part of the film does a very nice job at its assigned task. While the other two films involved a blend of main plot and subplots, this one has only to build up to the battle that we’re already anticipating. Everything we see throughout this first part, whether it’s main plot or subplot, is geared toward

this climactic battle. The battle itself takes up the bulk of the rest of the film, ranging from clashing armies to rallies to victory, and then, at long last, Thorin and Azog meet and have their long-awaited final battle.

While the results of said-battle are just what I expected, the actual battle itself was more original than what I’m used to. I’m not sure why there was snow and ice around them, but Bard did say that winter was coming, so it’s not out of place. And how did it end? Thorin killed Azog, and Azog killed Thorin.

There were two things, and two things only, that majorly disappointed me in this movie. One of them, brought back from the last movie, was the once-implied romance between Kili the dwarf and Tauriel the elf. They should have left it as “implied,” but they didn’t. Nope, they just had to let the romance bloom.

The other majorly disappointing thing about this movie was the ending, by which I mean everything following Azog’s death. I remember well how Thorin passed away in the animated

version of The Hobbit from before I was born: it was long, somber and a heart-jerker. Here? Just a few last words to make amends with Bilbo before the hobbit weeps for his dead friend.

The end of the main story has Bilbo returning to his home, only to find the hobbits in the village auctioning off his stuff, as he is presumed dead. An indignant Bilbo makes things straight and returns home a changed hobbit. You’d think he’d settle down, but instead his focus is on the ring. Next thing we know, it’s sixty years later all over again.

I would have been more satisfied if there was a sense of resolution to this story. Sure, you can give a nod to the future adventure that Frodo will embark on, but here, everything exists to point to that adventure. It’s almost like Peter Jackson is using these movies to say, “Go watch The Lord of the Rings!”

On the whole, I can’t complain too much. “The Battle of the Five Armies” is a satisfying third film; it’s a good conclusion overall. But why is it called the defining chapter? Because it’s the last



Illustration courtesy of IMBD.com

film that involves an official story from Middle Earth?

Yeah, right. I know how Hollywood is nowadays: they always try to milk every last drop out of a franchise. And I’ll have you know right now that Tolkien’s Middle Earth is FAR from out of content to work with (see The Silmarillion).

The Battle of the Five Armies is definitely epic. But is it the defining chapter in the Middle Earth saga? I highly doubt it.

North County Arts Network seeks aid

By Anne Hall
Staff Writer

This month, CSUSM hosted the first of a series of events by North County Arts Network in an effort to increase the amount of resources and opportunities available to artists.

The North County Arts Network (NCAN) group, developed by the California Arts Council and the San Diego Board of Supervisors, introduced ideas for the nurturing, expansion and growth of artistic endeavors in San Diego County and the State of California. Their goal is to establish a strong foundation for funding the art culture within our region during 2015.

The meeting was on Jan.15 and hosted various representatives from all over San Diego County, including

the California Center for the Arts, Escondido, the North Coast Repertory Theatre, the Oceanside Museum of Art, representatives of various school boards, teachers, artists and enthusiasts. The North County Arts Network hopes to gain momentum in finding individuals to help with marketing, fundraising, brainstorming implementation techniques, and so much more.

“[It is a] collaborative movement to raise the arts incorporation in San Diego culture,” said Craig Watson, keynote speaker and Director of the California Arts Council.

Many of the spectators of the evening’s presentation voiced their excitement for the upcoming plans, including CSUSM’s Community Liaison, Marilyn Huerta. If this movement becomes

a success, it could lead to a great deal of possibilities for our community. Focuses include (but are not limited to) reincorporating the arts in education, beautification of San Diego communities, rehabilitation and art therapy.

If interested in helping the cause, attend any or all of the NCAN’s future networking events:

5 p.m. on April 16 at the Escondido Center for the Arts

340 North Escondido Blvd.
Escondido, CA 92025

5 p.m. on July 16 at the Lux Art Institute
1550 South El Camino Real

Encinitas, CA 92024

5 p.m. on Oct. 15 at the Oceanside Museum of Art
704 Pier View Way
Oceanside, CA 92054

VIDEO GAME REVIEW

“Dragon Age: Inquisition”

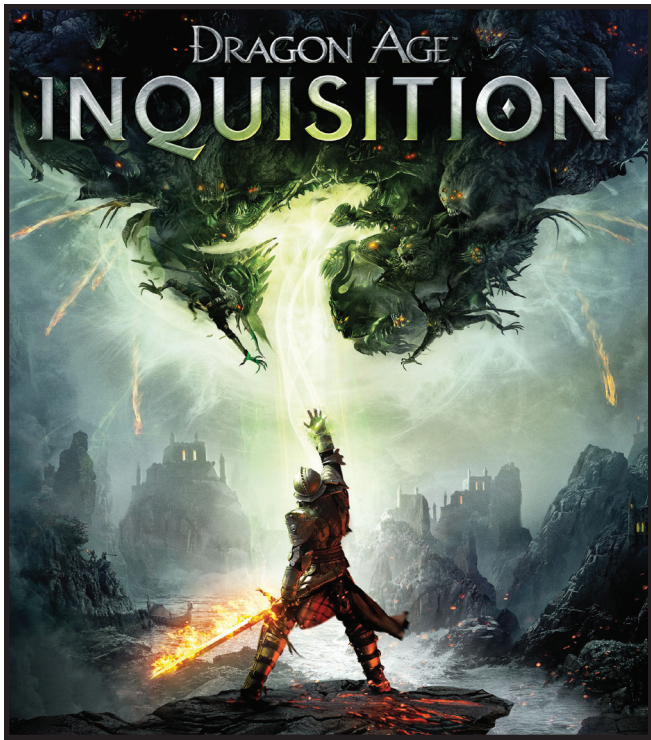


Photo courtesy of EA Games

By Will McCurdy
Assistant to the Editor-in-Chief

After Bioware finished their “Knights of the Old Republic” series and making the iconic space RPG “Mass Effect,” they took the role playing genre back to its Tolkien-based roots, with “Dragon Age” being the end result.

Although not a perfect series in terms of mechanics and story, with its first game, the series provided an expansive world where every choice mattered and the lore of the game was shown. However, it was largely unexplored unless goaded by player prerogative and downloadable content.

The second game was less than thrilling with the story being much smaller than the original, to the point where it could be realistically beaten in a long gaming session

without the side quests. Non-player characters (NPCs) weren’t all that developed with the game making one side against the invaders who are honestly quite a bit more reasonable than their human and elven counterparts. The story was less immersive than the first and it may as well have been called “Dragon Age: Sequel Hook.”

As a longtime fan of the series, it is quite a bit to say that the newest installment, Inquisition, though odd, is the best of the games that has come out so far. The base is fairly straightforward as after the destruction of a peace talk, the main character is made the game’s version of “the chosen one” by virtue of being in the right place and helped out with a deus ex machina right off the bat. Freedom of race and class choice is

even more expansive than in the first game with NPCs coming back stronger than ever, but one can get a tad distracted with the new design that makes their skin glisten like they just came back from a charity run. In addition to this, they make the other races seem more human with the once intimidating race of horned, gigantic Qunari appear to be cosplayers displaying character romanticizing at its finest.

Rather than hold the player’s hand even on easier difficulties, the game makes itself a challenge with pre-planned combat becoming a necessity against foes that may be weaker than the player one minute and kill the entire party in one strike the next with little room for error as a human bandit group can set up camp in rather dangerous proximity to a dragon that breathes lightning. In addition there’s an element of side quest delegation that involves an almost bureaucratic element that newer games seem to like including. While it adds a bit more to the game by making some missions considerably easier, it also takes a considerable amount of time depending on the mission and thus if not planned carefully can end up being a mess where the player gets caught in a deadly situation with their pants around their ankles.

Despite the flaws, “Dragon Age: Inquisition” is a lovely edition to an already fantastic franchise that will require one to be immensely bored with it or lose all of their appendages before they stop playing.

COMIC BOOK CORNER

Bryan Lee O’Malley’s new graphic novel plays with chances

By Faith Orcino
Arts and Entertainment Editor

Creator of the popular “Scott Pilgrim” series, Bryan Lee O’Malley published his newest story, “Seconds,” last year. It focused on the brilliant young Katie, the head chef of local restaurant Seconds.

It has been four years since her first day of work there and she has been planning to start up her own business in another part of town. Things have been in a stalemate but tensions rise between Katie and her co-workers the night she sees her ex-boyfriend on a date. Many things go wrong and it ends with someone in the hospital and some tears being shed. That night, Katie discovers a girl on her dresser and a mysterious box. The contents of the box included a magical mushroom and a notebook labelled “My Mistakes”. After testing it out, she realizes she has been given a second chance. Her life becomes more interesting and more of the mushrooms appear in her dresser. Little does she pay attention to the strange girl’s warning.

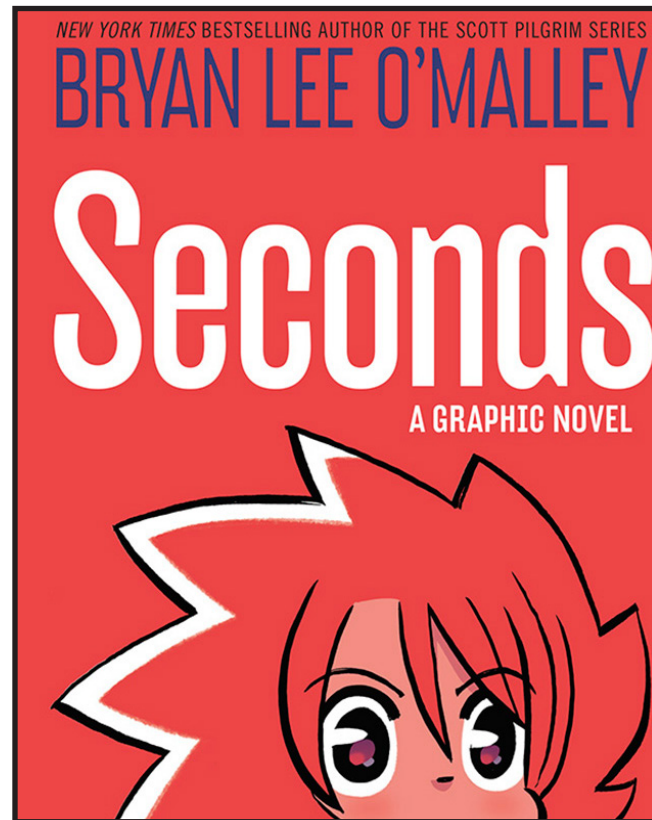


Photo courtesy of barnesandnoble.com

Unlike O’Malley’s other publications, he decided to publish this in full color with the help of colorist Nathan Fairbairn. It was a necessary element for this whimsical tale. With every new twist, the story spiraled down far from reality. Still, Katie’s

tale is one that many can resonate with, hoping for that second chance to rewrite history. The book is available as a hardcover and as a digital e-book. Which-ever way you choose to read it, “Seconds” is something you can’t read just once.



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