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# ACE Scholars help foster students succeed

BY SONNI SIMMONS  
COMMUNITY NEWS EDITOR

CSUSM recently established a new center on campus in order to promote student well-being, facilitate engagement and advance its commitment to student success.

ACE Scholars Services provides a comfortable, close-knit environment and individualized scholastic services for extended and former foster students at CSUSM.

After a \$1 million donation by Jan and Esther Stearns, ACE, which began on campus in 2007, now has its very own building. The new Jan and Esther Stearns Center for ACE Scholars was officially opened on Feb. 10 and features a lounge, study area and conference room for ease of study and focus.

"[The ACE Scholar Services] is a place to call home and belong," said Leigh Quijada, ACE coordinator and counselor. "ACE students now have access to comfortable, welcoming spaces."

Along with access to the new Center for ACE Scholars, students are offered per-



Photo courtesy of Christine Vaughan

From left to right, County Supervisor Dave Roberts, Esther and Jan Stearns, ACE Scholar, and Jim Nicholson at the grand opening of the Jan & Esther Stearns Center for ACE Scholars.

sonal support from the three ACE Scholars staff members, personal assistance in navigating the financial aid process, emergency financial assistance, financial assistance for textbooks, recreational events and priority class registration and advising.

"The goal is to remove barriers for success," Quijada said. "We want our students to develop their

own identity and be proud."

Jan and Esther Stearns have been involved with ACE Scholars Services for several years now and they are looking forward to many more. They hold a certain passion for supporting foster youth, and have three adopted foster children of their own.

"We consider it a blessing to be connected to this University ... and to be

able to support a program with a proven track record of changing so many young lives for the better," Esther Stearns said. "We have found kindred souls in Jim Mickelson, in President Haynes, and in many others in this campus community – people who are committed to identifying needs in our society ... and taking bold action to make it better."

During the Grand Opening, President Haynes took some time to thank the Stearns for their generous donation and recognize them for their outstanding dedication to the community.

"We know that those coming from the foster care system are confronted with unique challenges in getting into, and through, college," said Haynes. "But

we also know that, if given the chance, these students have much to offer our University, our region and the world. Cal State San Marcos is so fortunate that two community-minded heroes share that appreciation for our ACE Scholars."

There are 55 students currently involved in the ACE program with more students projected to join the program in the following months. The national retention average of college students is 50% and, due to their focus on foster student's success, the ACE retention rate is 88%. This is a significant accomplishment, considering the average college graduation rate for individuals formerly involved in the foster care program is between 3-10%.

This new center is sure to have a long lasting effect on former foster youth students for years to come. For those CSUSM students who wish to get involved with ACE Scholars Services, the organization is currently in need of tutors, specifically for math and the sciences. If you are interested in tutoring for ACE, call the

# Candlelight vigil held in memory of lives lost in Chapel Hill shooting

BY JASMINE DEMERS  
NEWS EDITOR

CSUSM students are standing in solidarity to mourn losses and to support one another in a powerful movement to end religious and racial violence.

About 40 students, including members of the Muslim Student Association (MSA) and Afghan Student Association (ASA), gathered for a candlelight vigil on Thursday evening, Feb. 12, at the Cesar Chavez Courtyard, in memory of the Chapel Hill shooting victims.

The incident occurred on Tuesday, Feb. 10 in Chapel Hill, N.C. Three university students, Muslims of Arab descent, were shot and killed in their home after what the police described as an ongoing dispute between neighbors over parking. Newly-



Photo courtesy of Chris Morales

Students and members of the Muslim Student Association gather to mourn the loss of the three individuals killed in Chapel Hill, North Carolina.

weds Deah Barakat, 23, and Yusor Abu-Salha, 21, and his sister, 19-year-old Razan Abu-Salha are said to have been respected members of their community and engaged

in several volunteer based activities such as feeding the homeless and providing dental care to Syrian refugees.

The alleged shooter, neighbor Craig Stephen Hicks, dis-

appeared from the scene but later turned himself into the police. Hicks was indicted by a grand jury on Monday, Feb. 16, and is facing three counts of first degree murder.

While the specific motive behind the shooting remains under investigation, some observers speculate that Hicks may have acted out of hatred for the victims and their religion. This is based largely off of reports about his outspoken disdain for many different religious beliefs displayed in his social media rants. The incident has caused public uproar and community members are in disbelief over what they are calling racial and religious injustice.

Students are looking to spread awareness for these issues and stop the violence.

In an interview last week, Leena El Maleh, MSA President, explained her concerns with how the media handled this particular event and her hopes to change these perspectives. "This was a very tragic

event where three accomplished and generous young people were shot and killed. In the media, it didn't get portrayed correctly and it was downplayed," El Maleh said. "We heard things like 'they were in the wrong place at the wrong time', but they were in their own home."

El Maleh is hoping to gain the support of the student community in order to change the portrayal of Muslims in American society.

"We encourage the community to learn about Islam and the true meaning of being a Muslim instead of just blindly following the media's depiction of our religion. The generosity and compassion of the three victims encompasses the most highly regarded values in Islam," El Maleh said.

Noha Khalil, MSA Event Vigil continued on page 3

## CSUSM organizations to host Black History Month events

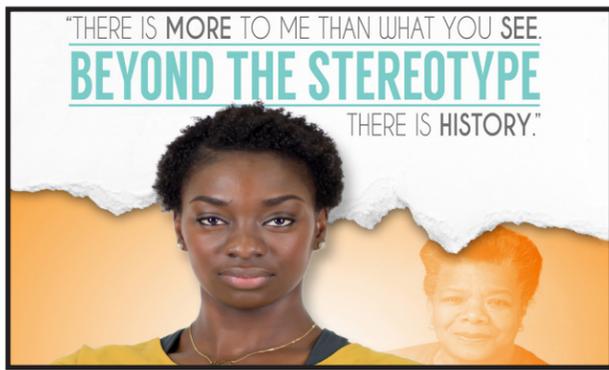


Photo courtesy of Kellogg Library

BY SYDNEY SCHABACKER  
SENIOR STAFF WRITER

CSUSM students are coming together this month to recognize and celebrate a legacy that is rich in history and culture.

On Feb. 19, the Black Student Union (BSU) is hosting a commemorative festival to celebrate Black History Month. Themed “Still We Rise!,” to honor the late Dr. Maya Angelou, the festival will be held during U-Hour outside of the Library Plaza.

This is an annual festival, and is the BSU’s biggest spring event. It will highlight various African-American performance pieces ranging from spoken word, poetry and songs. Some light entertainment and food will be provided, as well as in-

teractive activities such as Double Dutch, solidarity posters and dance crazes.

This is just one of the many events planned to celebrate Black History Month. Another event to look forward to is Black History Month Movie night from 5:30 p.m. to 8 p.m. on Friday, Feb. 20 in the USU Amphitheater. The movie will be a special screening of “Selma,” which chronicles Martin Luther King Jr.’s march from Selma to Montgomery, AL in 1965.

The Student Health and Counseling Services will also be doing their part to celebrate Black History Month along with featured authoress Stephanie Covington-Armstrong. The event entitled “Not All Black Girls Know How to Eat - A Story of Bulimia”, will be held from 5

p.m. to 7 p.m. on Thursday, Feb. 26 in the Social Justice Training and Resource Center (USU 3300). This combination event ties together Black History Month and National Eating Disorders Awareness Week by bringing attention to minorities with eating disorders.

BSU President, Akilah Green, comments on the organization’s admirable mission and highlights the empowering message that Black History Month creates.

“Our mission statement is to promote a belief in ourselves, strive to succeed and to unite as one. Believe. Strive. Unite,” Green said.

Jamaela Johnson, BSU member and the ASI Student Representative for Diversity and Inclusion, explains what she and other students hope to achieve through these events.

“We hope to spread cultural awareness throughout our campus community and encourage all people to educate themselves about black culture,” Johnson said.

The Black Student Union encourages all students to attend these events, educate themselves about African American culture and keep showing their support for Black History Month.

## Student Access Initiative returns to Academic Senate

Members to review proposal for possible endorsement



Photo courtesy of Chris Morales

As the campus population soars, class availability has diminished.

BY KATLIN SWEENEY  
EDITOR-IN-CHIEF

With many students finding themselves waitlisted for classes that they need in order to graduate or continue in their major, the Student Access Initiative is being considered for possible implementation next spring.

The Student Access Initiative (SAI) proposes a shift in course scheduling to accommodate the rapidly growing student populace, which totals 12,152 students as of last semester. This reflects a large growth in student enrollment since fall 2013, when the campus population totaled 10,610. The SAI would restructure campus schedules so that some three unit classes would shift from twice a week, 75 minute blocks to 50 minute blocks, three times a week.

According to data provided by the Office of the Registrar and Reporting and Data Analytics Repository, the spring 2015 semester had 516 courses with students on the waitlist. Vice Provost, Dr. Kamel Haddad, explained that the SAI is a necessary move for the campus so that students can get the classes they need in order to graduate sooner rather than later.

“We are increasing by 100 courses a year, so either we open the classes and serve the students or we don’t,” Haddad said. “If we accept the premise of opening classes, the question is not whether or not we come to campus on Fridays, but how we come to classes on Fridays.”

While some students have opposed the SAI because of the increased amount of Friday classes, Haddad said that the new time blocks do not require students to be on campus five days a week.

What the SAI provides is a higher number of course sections with a variety of time slots, giving students more options when scheduling their time on campus.

“We are growing and we do have available space; this is a fact. However, that available space is in the evenings after 5 p.m. and on Fridays,” Haddad said. “But even if we begin utilizing evening time slots after 5 p.m., we can only accommodate the surplus of students for maybe a year or two. That is not enough time to get a new building, which means that if we are going to serve the students that are coming to CSUSM, we must use Fridays as well.”

The ASI Board of Directors (BoD) passed a resolution of support for the SAI in December. However, there were mixed reactions from Academic Senate members last semester as to whether or not they should also endorse its implementation on campus.

“There are a lot of questions and concerns from faculty and staff as to how these scheduling changes will af-

fect them and these classes,” Academic Senate Chair, Dr. Laurie Stowell, said. “It is especially a large change for department chairs when they are creating schedules.”

It is not required that the SAI be supported by ASI BoD and the Academic Senate to be implemented on campus. However, Dr. Haddad and the Office of the Provost are looking to gain support from both groups before making a decision as to whether or not to move forward with it. This semester, the Academic Senate will decide whether or not they will pass the resolution of support after all.

“There was a first reading of the Student Access Initiative for discussion at our February meeting,” Stowell said. “At our March meeting, there will be a second reading to take action and vote.”

If the SAI were to receive Senate endorsement in March, it is likely that the proposal will be implemented in the spring 2016 semester.

“The campus is already creating the fall 2015 schedule, so the Student Access Initiative would not be im-

plemented for next semester,” Stowell said. “It is easier with scheduling to integrate it into the spring because there are less class sections happening in that semester than in the

fall. It gives the campus a little more time to adjust.”

The Academic Senate will make its decision on Wednesday, March 4. Senate notes from each meeting are accessible at <http://www.csusm.edu/senate/>

**“We are increasing by 100 courses a year, so either we open the classes and serve the students or we don’t”**

**“There are a lot of questions and concerns from faculty and staff as to how these scheduling changes will affect them and these classes”**

**GABLES.**  
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## Vagina Monologues bring women's stories into spotlight

BY NICOLE HOLMAN  
ASSISTANT NEWS EDITOR

CSUSM students, teachers and community members will be participating in an annual monologue performance in hopes to raise consciousness about women's issues.

The Vagina Monologues, written by Eve Ensler, is an episodic play that debuted on Oct. 3, 1996 in New York City. Esteemed playwright and feminist Eve Ensler spent years interviewing women from various socioeconomic backgrounds and collecting their stories of feminine experience. Ensler realized a trend in these interviews: that despite the wide range of the women's backgrounds, they were all affected by similar experiences.

Since its initial performance in 1996, the Vagina Monologues has gained recognition for bringing wom-

en's stories and experiences to center stage and is still performed on hundreds of college campuses today. The monologues focus on topics such as sex, relationships and violence against women, and range from the hilarious to the heartbreaking.

Student activist and Monologues performer, Karen GuzmXn, spoke highly of the play's message to viewers.

"We live in a patriarchal society that allows us to talk about men's issues more so than women's. That's why this play is important: it prioritizes women's voices and women's issues," she said. "This play opens audience's eyes to the backlash of patriarchy such as rape culture, femicide and violence against women."

From the stories shared during the Vagina Monologues, the audience learns that the negative effects of a patriarchal society span throughout the world. These

are experiences and issues not often discussed in our society, but that affect millions of women every day.

"These performances allow women to be heard by large groups of people. It lets women talk and relate to each other on topics we are told never to talk about, from rape culture to women's sexuality," GuzmXn said.

While the Vagina Monologues does address very serious issues, it is not without comic relief. Audiences are encouraged to engage in many of the more upbeat monologues.

Performances of the Vagina Monologues will be held on Friday, March 13 and Saturday March 14 in Arts 111. Tickets are 5 dollars each and one hundred percent of the proceeds go towards organizations who are committed to helping women. Fellow students, family and community members are welcome and encouraged to attend.

## Campus leaders develop plans, timeline for Latin@ Center opening

BY KATLIN SWEENEY  
EDITOR-IN-CHIEF

After President Haynes' announcement confirming the implementation of a Latin@ Center in the fall, many students, faculty and community members anxiously await the Center's relatively prompt opening.

The Center is a result of the combined efforts of multiple student orgs., depts. and campus leaders who have been proposing its inception for years. Much of the work from the past year has been the product of student orgs. working together, including United Students of Color Coalition, S.T.A.N.D. and M.E.Ch.A.

In her email announcement on Jan. 28, President Haynes confirmed that Vice President of Student Affairs, Dr. Lorena Meza, has been selected to "develop the operational structure, budget, location and timeline for the Center's opening."

Dr. Meza confirmed that the Latin@ Center is set to be opened at the start of the fall semester and will be housed in the USU. She also said that she has received multiple emails from students, faculty and staff expressing their enthusiasm about the Center's implementation.

"This [Center] is a good opportunity to be transparent about our diversity that we value and pride ourselves on," she said. "Not only do we walk the walk but we talk the talk, and it is exciting to see things flourish as they get delivered and accepted."

According to Dr. Meza, the

process has already begun to find a director for the Center. The Center will also hire peer educators to help the Center's director with programming and student mentorship.

"The Center's director will be reporting to the Associate Vice President of Student Academic Support Services," she said. "We are looking for a student services professional that has the skill set to handle different levels of development, as well as providing referrals and support to the students. There has been interest in the position already and we will choose whoever we feel is qualified to provide that level of guidance to the students."

Students that have advocated for a Latin@ Center voiced similar expectations for the future director. United Students of Color Coalition President, Thiana Ruiz, has been involved with the proposals for the Latin@ Center for more than a year. She also was part of the work group tasked by President Haynes to develop the proposal for the Center, which was submitted in December.

"Finding the right director will be key to the way the Center is run," Ruiz said. "They will help a lot with the programming and we need someone who is inspirational, motivational and has a passion for helping all Latino and undocumented students."

Having a Latin@ Center at CSUSM in the fall will provide a diverse range of resources to students, notably those who are Latino/a and/or undocumented. In spring 2010, the U.S. De-

partment of Education recognized CSUSM as a Hispanic Serving Institution. This distinction is given to universities where at least 25 percent of the student populace identifies as Hispanic/Latino. In 2014, students that identified as Latino/a were the second largest group on campus, accounting for 35.6 percent of the population while Caucasian students totaled 35.8 percent.

According to the recently released Cougar Stats for 2015, CSUSM students that identify as Latino/a are now the largest population on campus. 39 percent of the student populace identifies as Latino/a, surpassing the Caucasian student population by 6 percent.

However, the Center is not intended to be a resource solely for Latino/a and undocumented students, but the entire campus.

"We hope that it is a positive place, a place of resources, culture, acceptance and diversity where all students can go to learn about different centers," Ruiz said.

"I think that the value of having a center for the campus, with almost 40 percent of our students being Latino, is that it is a place for dialogue where we can gain understanding about a lot of cultures," Meza said.

"This is an opportunity for understanding other Latin countries, dialogue about their richness and culture and enrichment for faculty and students. It is a place to have those conversations. This is an exciting time to implement the center."

## V-Day events aim to educate students on sexual violence

BY JASMINE DEMERS  
NEWS EDITOR

CSUSM students and health educators recently took part in a global phenomenon in order to represent important social issues and to take a stand against violence.

V-Day, held on Feb. 14, is an annual, worldwide movement to end violence against women, and to raise awareness for related issues.

On Feb. 10, organizations such as Student Health & Counseling Services (SHCS), the HOPE and Wellness Center, Active Minds, Students Talking About Relationships and Sex (STARS), Planned Parenthood and North County Health Services, gathered together to create interactive education opportunities for CSUSM students.

Organization booths and tables were set up right outside the University Student Union (USU) and surrounding the Library Plaza. Students were able to participate in activities and educate themselves on issues regarding women, including health and sexual violence.

Cathy Nguyen, CSUSM Health Educator and HOPE and Wellness Center Coordinator, explained that V-Day was created after the Vagina Monologues took off in 1996. She hopes that they will be able to reach out to all students and encourage them to take part in this movement.

"Our message for students is more along the lines of what is considered sexual violence, what is considered consent and if you have consent, how do you engage in



Photo courtesy of Chris Morales

Sister Develyn Angels and Postulant Dolly Mama discuss safe sex techniques.

sex and make it safer. We then, of course, want students to know what their resources are and what their options are as survivors," Nguyen said.

The V-Day effort also gave life to another powerful event called One Billion Rising. Launched in 2012, One Billion Rising is a flash mob that has taken place in over 200 countries and allows for the expression of outrage against women's injustice, gender violence and patriarchy.

"The One Billion Rising dance is an accompaniment of V-Day to express sexual violence awareness artistically. We will be performing it at the Vagina Monologues on March 13 and 14," said Nguyen.

Karen GuzmXn, student activist and campus leader, says that the importance of V-Day and One Billion Rising is that they have the ability to evoke empowerment.

"As women, you are taught to only take up a small amount of space and to be quiet. We want to rebel

against these social norms. In One Billion Rising, we are taking up space and being loud," said GuzmXn.

She highlights the need for students and community members to be an active voice in these issues.

"One in three women around the world will experience a form of abuse in their lifetime. We want to put faces to the numbers and tell people that it is time to stand up and do something. This is why we rise," GuzmXn said.

CSUSM students are encouraged to take part in this movement to end violence against women and to initiate change amongst the student body and community.

For students who have experienced any type of violence, SHCS offers free confidential counseling and a safe place to connect with other survivors. For more information on campus support and health services, visit their website at <http://www.csusm.edu/shcs/> or <http://www.csusm.edu/hope/>.

Vigil continued from page 1

Coordinator and Model United Nations Club member, also commented on the role of the media in the portrayal of Muslims.

"Although I understood that the negative depiction of Muslims in the American media will have an impact of some sort, I never thought that this would manifest in the horrific crime that took place in Chapel Hill, killing three Muslims inside their homes, execution style," said Khalil.

As a transfer student from the American University in Cairo, Khalil has experienced violence first hand, and she said that she is frightened by the persecution that she can still be subject to in here.

"For the first time in the US, I was scared to walk in a parking lot alone, scared to stay alone at home when my brother was in his volleyball practices," Khalil said. "I lived during the revolution in Egypt and have seen how violence depicts itself in many forms. But I couldn't imagine that because I am wearing the

hijab, the Muslim religious dress, I could be singled out to be subjected to harassment and maybe even murder."

ASA member and vigil organizer, Zala Askarzoi, highlighted the importance of sharing these issues and remembering the fallen victims.

"The reason ASA decided to put together the candlelight vigil was mainly for two reasons. First, we wanted people to become aware of the Chapel Hill shooting since a lot of people on campus were not aware," Askarzoi said. "Second, we wanted to let our fellow students know that the Muslim community at Cal State exists and we have a voice."

MSA and ASA members urged all students to educate themselves on these issues and most importantly, educate themselves on the Islam religion in order to break down stereotypes and shift the portrayal of Muslims in America.

"I would like people to know that the negative depiction of Muslims in the media is causing hatred in the American society and is causing Islamophobia amongst the

Muslim community," Khalil said. "I encourage anyone to research and study to know more about Muslims and Islam without using the mainstream media as a source. I am very happy when people come and ask me questions about why I wear the hijab and why I am Muslim."

These organizations' leaders are planning for future events and they welcome the student body to participate as well. They said they intend to keep advocating against violence and continue to push these issues towards the forefront of the American psyche.

"We are planning an interfaith dialogue in collaboration with the other clubs on campus to create a space where students from different faiths can have place to discuss and share topics, to harbor an environment of understanding on campus. Professor Kim Quinney was very generous to help us make this possible," said Khalil.

To take part in these upcoming events, contact MSA or ASA for more information. Follow the organizations on social media by sharing #MuslimLivesMatter.

PLAYER PROFILE

# Heather Thompson, basketball standout

BY BURLAND DIXON  
SPORTS EDITOR

Heather Thompson is a 5-11 forward from Escondido, California currently in her senior year here at CSUSM. Thompson is nothing short of a warrior on the basketball court.

Recently winning the A.I.I. player of week award only cements how much a great player Thompson is. The A.I.I. is the conference the sports teams here at CSUSM compete in. With the tons of athletes in the A.I.I. from all the 18 schools in the conference, that is a big ac-

complishment, not just for Thompson, but for any player.

"There are many amazing athletes throughout the nation and I feel blessed that I was chosen to represent the female athletes," Thompson said.

Not only is Thompson a great individual player, she understands what it means to be a successful team and has the utmost confidence in her teammates.

"Usually when statistics are spread evenly among a team, those teams are the most successful," Thompson said. "We have a hard working and talented group of la-



Photo by Jessamyn Trout

Senior Heather Thompson shoots for success.

dies that have what it takes and more to finish the season strong and with momentum

going into post-season play."

Speaking highly of your teammates is usually the po-

litically correct path players usually take, but Thompson is sincere with her remarks.

You can tell honesty from an athlete when you ask them about individual statistics and they have the response Thompson had.

"I am always trying to score, rebound and block as much as I can and I am disappointed when my numbers don't exceed my averages," said Thompson. "Statistics are a way of measuring my effectiveness on the court."

With stellar averages of 13 points and 9 rebounds to go along with 1.7 blocks a game, all bets are on if

you are betting on Heather Thompson being effective.

This being Thompson's last season, you can only hope the best for her.

"The ideal way to end the season is to win out the rest of our schedule, win the conference tournament and compete in the national tournament," Thompson said.

Some may see those statements as unachievable goals, but others view them as achievements within arm's reach; place Thompson in the latter category. If you ever see Thompson around campus, be sure to wish her luck on her final season.

## The Real Super Bowl MVP

Tom Brady gave up his MVP truck for good reason

BY AMY CHASTAIN  
STAFF WRITER

It goes without saying that Super Bowl XLIX will forever be defined by the goal line interception where Patriots cornerback, Malcolm Butler, picked off a pass from Seahawks quarterback, Russell Wilson.

Moments before that play, it seemed as if the Seahawks were a lock for the Lombardi Trophy. The Seahawks were second and goal at the one yard line with 25 seconds left in the game. Instead of running for one yard, the Seahawks ran a pass play, where Russell Wilson dropped back to the eight yard line to throw to his target. Rookie Malcolm Butler jumped the route and intercepted the pass. Butler effectively

sealed the Patriots victory in the last possible moments of Super Bowl XLIX.

There is no need for a statement about that play, because Deion Sanders already summed it up perfectly when he stated in the post-game broadcast that the pass play by the Seahawks was "the worst play call in the history of the Super Bowl."

Instead, there is reason to argue that the Super Bowl MVP should not have gone to Tom Brady, but should have gone to Malcolm Butler. The Super Bowl MVP should go to the player who is the most memorable and impactful out of all the athletes on the field. Tom Brady was solid, with a quarterback rating of 101, but when thinking back to this Super Bowl, people aren't going

to be talking about the passes that Brady made. Instead, football fans will reminisce over Butler's goal line interception because it shocked a stadium and a nation of football fans who were convinced they were witnessing the Seattle Seahawks win another Super Bowl title.

With 25 seconds left on the clock, no one -- not even Tom Brady who was quietly sitting on the sidelines-- could have predicted that Butler, an undrafted rookie free agent, would have made a game-changing interception when it mattered the most. Fans are going to remember Malcolm Butler and his critical interception as the highlight of the Super Bowl, and that is why he is deserving to be the true MVP of Super Bowl XLIX.

BY AMY CHASTAIN  
STAFF WRITER

With a rise in fitness trends on social media, one clear correlation has developed; almost every fitness plan or idea has a price tag.

Gym memberships themselves average around \$30 a month, which makes it a struggle to get any added inspiration without having to pay a steep price for it.

Here is a secret for you if you want to keep your money in your pockets. Search the web and you'll stumble across fitnessblender.com which was created by husband and wife duo, Daniel and Kellie. Their website and YouTube channel features free full-length workout tutorials in a variety of

areas of fitness. These workouts range from strength training to pilates and high intensity interval training.

On the website, you can search for a workout in any number of categories including training type, equipment needed and time duration. They have over 400 workouts on their YouTube channel and website. One of the best things about their workouts is that they have an explanation for every single thing they list in the workout. Also, they don't just have workouts that have to be done in a gym. In fact, a lot of their workouts can be done outside or at home with little or no equipment.

Here is one of the favorite workouts from their collection, which can be found at their web-

site [fitnessblender.com](http://fitnessblender.com).

Mass Workout for Legs: Each group of exercises is done 3 times with 8 reps. Use a barbell, kettlebells or dumbbells.

**Group 1:**  
Squats  
Deadlifts

**Group 2:**  
Lunges  
Hip Raises

**Group 3:**  
Side Lunges  
Calf Raises

**Group 4:**  
Single Leg Squats  
Squat Jumps

## Hidden gem for free workouts

Getting in shape has never been better on your pockets

## CSUSM Men's Basketball tearing up the courts

Men's hoop team playing lights out

BY BURLAND DIXON  
SPORTS EDITOR

Public service announcement to the kind folks here at CSUSM, the men's basketball team is no joke.

If you or a friend were not already a fan, now would be the time to ride this wave. During the 2013-14 season, the Cougars accumulated a total of only two losses out of 34 games. During that season, they went on a 24 game winning streak. Some teams do not even achieve

24 wins after two seasons combined! You would think that would be a tough act to follow, but this season it appears as if the Cougars are up to their same tricks.

Currently on a nine game winning streak, The Cougars are clearly bent on progressing further than they went last year. With the NAIA game of the week against Concordia on Feb. 7 in the books, which extended the Cougars home game winning streak to 25 wins, the sky is limit for the Cougars. Having players like Blake Nash and Wade Collie averaging 17.4 and 10.2 points a game

respectively, the Cougars are a force to be reckoned with. These impeccable accomplishments may seem to be the epitome of achievements, but the future is even brighter than the present is.

Big changes are on the way. CSUSM currently competes in the NAIA which is technically speaking, a step down from the widely known NCAA (National College Athletic Association). In our next season however, we too shall be competing in the NCAA. That automatically means two things. First, it gives us the potential to recruit players of a

higher caliber, as if we do not already have enough fire power. Second, we will finally have our own gym which will make it that much more of burden for opponents to try and withstand the debacle we place upon them when they travel to play us.

It is almost safe to say that at this point, one wouldn't think twice if he or she was told that the CSUSM Cougars played the Los Angeles Lakers and came out victorious. That is not a knock on the Lakers and how abysmal they look without Kobe Bryant, but more of a well-deserved praise towards our



Photo by Bruce Sherwood. File Photo.

Cougar athlete goes up for a score.

great team. Even when you attend one of the games, the atmosphere is chaotic. Imagining what it will be like with our gymnasium

should bring a smile to the faces of all the fans and players out there. Our Cougars are nothing to mess with now, and moving forward.

STUDENT ORGANIZATION SPOTLIGHT

# Black Student Union Promotes student activism

By SHANICE DAVIS  
ASSISTANT FEATURES EDITOR

In 2011, CSUSM's Black Student Union was re-recognized as an organization, according to their now president, Akilah Green. On campus, there's mostly Caucasian and Hispanic students; Green recalls being in a state of shock upon first arriving.

She found there weren't many African American students at CSUSM.

"I was looking for something of blackness, some community to belong to; it was a culture shock. I'm used to seeing Black and Latino everywhere," Green said.

In Fall 2013, CSUSM had only 3 percent African Americans. Because of that, BSU strives to be a group for African Americans to connect, as one of their goals is to make sure African Americans are aware of their presence.

"BSU has given me the opportunity to have that black community and has allowed me to meet the most amazing people and fac-

ulty," Antonette Herndon, fellow BSU member, said.

In addition to fellowship, BSU's other goals include raising awareness about low enrollment rates in higher education, with only 5.6 percent of San Diego County consisting of African Americans. It plays a part with schools having lower percentages of Black students.

"We have local high school students who have guaranteed admission to our university by meeting basic requirements and a lot of these students are not African American. How do we reach out to those students to let them know about this great opportunity?" Green said.

BSU also seeks to make sure that currently enrolled African Americans graduate and raise awareness about societal issues like police brutality.

"It's not only effecting Black communities, Latino communities; it's effecting a lot of people," Green said.

It's Black History Month and BSU has many upcom-



Photo courtesy of Daniesha Thornton

BSU members gather to hang out with friends.

ing events for February.

"We have a Natural Hair Show on Feb.10 in Ballrooms A&C from 6 p.m. to 8 p.m. Our texture is looked at as bad, it needs to be permed, weaved, changed, but we should embrace our natural beauty," Green said.

The Natural Hair Show is only one of multiple events for Black History Month hap-

pening throughout February.

"We have 'The Harlem Renaissance Revealed' exhibit, [it is] highlighting individuals who drove the movement and highlighting the cultural awareness of bringing about Black Power," Green said.

"We also have our Black History Month Festival on Feb. 19 in the Library Plaza during U-hour and we are

screening Selma on Feb. 20."

BSU is about progression and alliance amongst people, as their motto is "Believe, strive, and unite," proudly cites Green.

However, a time when BSU felt discouraged occurred last semester during the release of the Michael Brown verdict. Immediately, BSU showed support but

was bothered by students' nonchalant demeanors. Even though eyewitnesses say Brown assaulted the officer, BSU felt the situation was mishandled. Students reacted, 'Well, he robbed a store.'

"That doesn't justify his death, he should've been in jail, that's what jails are for. He robbed a store, but have you ever done anything bad in your life? Have you ever broken laws in your life? If someone murdered you, how would your family feel? You wouldn't deserve that; due process is what you'd deserve," Green said.

Incidents like this case is why BSU is passionate in their endeavors.

"People need to know, when people say, 'That stuff happens all the time,' we can't have that, that attitude's not progressive," Green said.

"It happens all the time, but when are we going to say something? When are we going to change laws so it doesn't happen all the time and when it does, we have an emotional response."

## STUDENT SPOTLIGHT

### Kevin Adson Goes beyond the units

By PIERRE YALDO  
STAFF WRITER

We all come to campus, take classes and go home, week after week. But have you ever considered taking your college experience beyond the most basic requirements?

Kevin Adson, a 19-year-old sophomore here at CSUSM, shows us how he juggles a full schedule of classes, while also pursuing ambitious career and life goals. When Adson first arrived at the university as a freshman, he knew that he had to make his mark. Once he settled into the 15 units he takes every semester, he got involved with different organizations on campus, such as the Black Student Union and

the Gender Equity Center.

After just one year at San Marcos, Adson received the Outstanding Freshman of the Year Award, given to students who display outstanding academic performance, as well as on campus and community involvement. Up until December of last year, he held the role of president of the LGBTQA organization, serving as peer educator and discussion facilitator to the group.

When asked about his favorite organization to work with, Adson said that would be the Greek life association. He is not only a member of the fraternity known as Sigma Chi, but also serves on the Greek Leadership Council and is the Scholarship chair for his fraternity.

Even with this overfilled plate of responsibilities, Adson still finds time to chase his own academic passions, and even finds time for fun. He hopes to chase his dream of getting to the bottom of neurodegenerative diseases and psychotic disorders by going to medical school. Adson's endgame is to become a neurosurgeon, a position he believes will put him in the best place to help the people he cares about.

For the freshman and sophomores that are still hesitant to get involved on campus, Adson says it is one of the best decisions he has made, and he would not be where he is today had he not gone past taking his 15 units.

"Nowadays, college is not just about your academics;

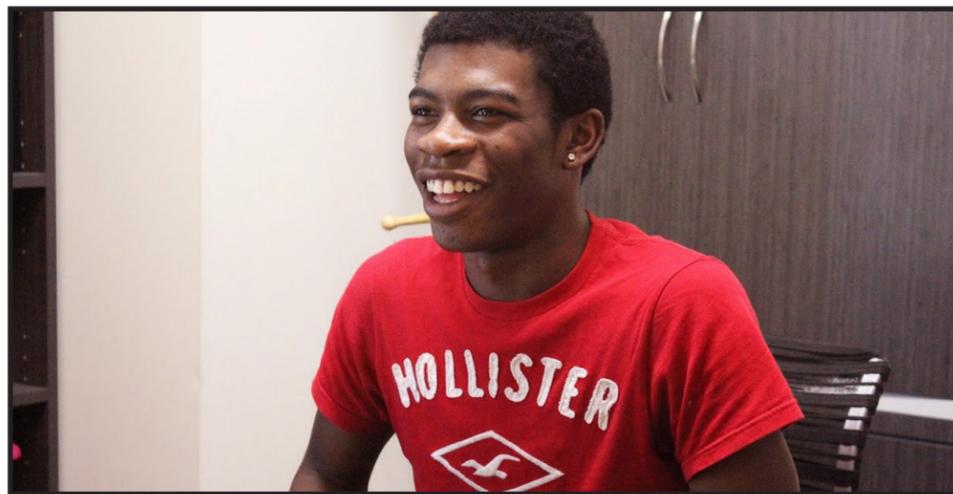


Photo by Chris Morales

Student leader Kevin Adson engaged in conversation with staff writer Pierre Yaldo.

there's another aspect of school, where a lot of jobs look for a more diverse and well-rounded student. Just take it slow, and don't over-extend yourself," said Adson.

Since it is Black History

Month, I couldn't leave without asking Adson what this historic time of celebration means to him.

"[It is] a time to celebrate all of the things that African American Icons have done

for people in my community," he said. "I wouldn't be here in this position, I wouldn't even be in college, if there weren't people who stepped up for the lives of African American people."

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## RESTAURANT REVIEW

3.5/5 Paws

# Yum Yum Donuts

## Cure for the midnight munchies

BY MICHAEL MARINO  
STAFF WRITER

It was 10 p.m. on a Monday evening. I had just come home from a long, stressful day of school and was craving something sweet.

My roommates suggested that we all get some donuts. I thought this idea was absolutely preposterous because obviously no one sells donuts at this time, unless you want to eat the stale, leftover round things at Seven-Eleven. Then one of my roommates explained to me that there is a 24/7 donut shop located in San Marcos. I was

hesitant to believe him at first, but eventually decided to go after some convincing.

After a few minutes of driving, the three of us finally arrived to our destination. There, in front of me, was a lit-up sign that said, Yum Yum Donuts, Open 24/7. Feelings of excitement and joy were overwhelming at that moment.

We walked inside and began ordering. Each individual donut cost 99 cents, a half of dozen costs a little over 5 dollars, and a full dozen (includes two extra donuts) costs roughly 9 dollars. These are average prices and something I would



Photo by Chris Morales

Yum Yum Donuts open all night for your late night cravings.

expect from a donut shop.

I ended up ordering a glazed and a raspberry jelly-filled donut. From my expe-

rience, the glaze donut was a little on the dry side. It did not taste freshly cooked and the bread of the pastry was

a little too stale for my taste. The glazed frosting was excellent, but I did not feel that there was enough to cover that taste of the bare bread. My gustatory system was not impressed. If you want to enjoy an outstanding glazed donut, I'd recommend making a trip to your local Krispy Kreme. Of course, this only applies to those fortunate enough to have one nearby.

The raspberry jelly-filled donut was a different story. I am a huge fan of jelly-filled donuts and I have to say, Yum Yum's take on the classic creation was absolutely amazing. The bread of the pastry was very soft and instantly

melted in my mouth. The jelly portion was sweet, but not too overwhelming. This is a mistake that I have noticed most donut shops will make.

Overall, my experience at Yum Yum was impressive. The service was great, employees were pleasant, and the donuts were quality. I would recommend going earlier in the day when the baked goods are more fresh. Stopping by late at night seems to be a hit or miss situation. If you are looking for something available, fair priced and pretty tasty, then make your way over to Yum Yum. I'll see you jelly-filled lovers there!

## CULINARY CORNER

## Mexican lime salad



Photo by Chris Morales

BY AMY CHASTAIN  
STAFF WRITER

The majority of flavorful recipes online don't travel well when packed and brought to campus. Mexican Lime Salad is a collection of several recipes with an added twist and a campus friendly meal that is full of flavor

### Cilantro Lime Ranch Dressing

1/2 cup light mayo  
1/3 cup Greek yogurt  
1/3 cup milk  
2 tbsp. Ranch seasoning mix  
Handful of cilantro  
1 clove garlic, minced  
1 lime, juiced

### Sriracha Lime Chicken

2 chicken breast  
3 tbsp sriracha

1 lime juiced  
Himalayan salt

### Salad

\*Add desired amount of the following\*

#### Layer 1:

Black beans, Corn  
Diced and seeded tomato  
Guacamole or Salsa

#### Layer 2:

Lettuce  
Tortilla strips or broken tortilla chips

Sriracha lime chicken cut into strips

#### Steps:

1. Whisk together the sriracha, lime juice and salt.
2. Put chicken breast in a Ziploc bag and add the marinade.
3. Make sure the marinade is spread around evenly.
4. Put the chicken in the

fridge and let it marinate for at least 20 minutes to an hour. It may be helpful to prep the chicken and come back later to finish the rest.

5. Once the chicken is marinated, cook it over a grill or in a pan.

6. Let the chicken cool and then cut it into strips.

#### Dressing

1. Put all ingredients in a blender and blend until the cilantro is pulverized and the dressing is a light green color.

#### Salad

1. Drain black beans and corn and set aside.

2. Seed and dice a desired amount of tomato.

3. Take a plastic container and layer the beans, corn and tomatoes on the bottom.

4. If you are going to put guacamole or salsa in the salad, add it to the bottom layer. Adding wet ingredients to the bottom will help the lettuce stay crisp and fresh when stored.

5. Then layer lettuce on top of the corn, beans and tomatoes.

6. Top the lettuce with cheese, tortilla strips and chicken strips.

7. Put dressing in a separate container and pack with the salad.

## FASHION COMMENTARY

## Fashion statements made at the Grammys

### Celebrities model the latest trends

BY ANNA MARIA PETROV  
STAFF WRITER

The 57th Annual Grammy Awards, held at the Los Angeles Staples Center, celebrated many mainstream artists and showcased both spectacular performances and elegant fashion styles.

Four time host, LL Cool J, introduced the first performers of the night, AC/DC, known for their 1979 track, Highway to Hell and new 2014 song, Rock or Bust. LL Cool J sported a navy blue with black accent tuxedo and wore a sapphire diamond ring with a black classic ascot cap.

Performers also dressed to impress, selecting fashion choices as impressive

as their voice qualities. For example, Sam Smith, winner of four Grammy's including best new artist, wore a black and venetian red striped suit during his performance alongside Mary J. Blige. Additionally, Katy Perry wore a white mid-length sheer dress with an extremely vibrant short hairstyle with chandelier earrings. Perry contributed to the fight against domestic violence with a moving performance of the song, By the Grace of God.

The night of festivities brought a lot of classic black ensembles; Beyoncé, Meghan Trainor and Jessie J all sported black elegant floor-length dresses. Lady Gaga also wore a vintage inspired, curvy long dark dress paired with a diamond necklace and bracelet. Mi-

ley Cyrus modeled a cut-out black dress and Nicki Minaj wore a shimmering long fringe dark dress.

Though black dresses were a popular choice, other unique pieces also made their way into the limelight. Anna Kendrick and Rihanna both wore black tuxedos and stilettoes. Gwen Stefani dressed in a stylish black jumpsuit and rhinestone dark stilettoes in a crimson long dress.

Towards the end of the show, Beyoncé performed Take My Hand, Precious Lord, which was first sung to her by her own mother. She dressed in all white and had the pearly appearance of an angel.

The 57-year-old awards show never fails to surprise and always introduces new artists, music and fashion.

### CALL FOR SUBMISSIONS: Sustainability Edition

The Cougar Chronicle is looking for writers, artists, and photographers that are interested in contributing articles and artwork that revolve around the theme of Sustainability for our March 4 Edition.

We would like to feature work embracing Sustainability, celebrating healthy living and exploring ecofriendly ways to improve our society. Work will be featured in the tenth edition of The Cougar Chronicle.

DEADLINE: Thursday, February 26 @ 8 p.m.

SUBMIT TO: [csusm.cougarchronicle@gmail.com](mailto: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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# Reflections on work of Martin Luther King, Jr.

## Laws don't create justice, beliefs do

BY CALEB HOGLAND  
STAFF WRITER

Martin Luther King Jr. Does anyone really remember who he is or what he did other than have a dream and tell the world? It must have been a moving speech.

MLK, Jr. was a black Civil Rights activist who was unjustly beaten, jailed and eventually assassinated for his convictions. He was an inspirational, charismatic spokesman who won the Nobel Peace Prize in 1964 by rallying a nation to stop racism.

What more is there to know? How about how he became a great leader, how about what he rooted his reasons and convictions in, how about how he was able to change the world?

King is one of the greatest Civil Rights activists because of his character, convictions and education, all of which encouraged him to fight for social justice.

MLK, Jr. was a pastor like his father and his grandfather. Also, like his father and grandfather, he graduated with a B.A. degree from Morehouse College in Atlanta, Ga.

He studied theology at Crozer Theological seminary in Pennsylvania, graduating with a B.D in 1951 as the class president and went on to receive his doctorate from Boston University in 1955.

In his most famous speech, "I Have a Dream," delivered at the feet of the Lincoln Memorial 100 years after the Emancipation Proclamation, he called for the end of racism and demanded justice as it was promised to them.

In his "Dream" speech, he reminded the people that all men are created equal; and there would not be satisfaction in treatment of anything less.

He spoke of justice as if it was something to be grasped — like a virtue independent of those withholding it. He spoke of men being created equal as if there were some sort of transcendent laws that gave all men intrinsic value.

Could these same ideas be grounded in anything today? When beliefs run rampant and culture is so quick to say that no one's judgments are valid or invalid, how do we advocate for justice?

Where did or does justice come from? Can justice be defined by those who wield

the pens of legislation?

Martin Luther King, Jr. believed in a Creator of the universe, a Creator of transcendent laws and a Creator of justice. He was moving because he appealed to those that held the same beliefs. He appealed to reason.

Another of his most moving works is the collection of letters from the Birmingham jail — less famous yet more eloquent, persuasive and filled with reason.

In these letters he explains the importance of his non-violent direct action methods. With these methods he sought to create tension — a tension that we must never be afraid of. Tension forces those who refuse to negotiate to act.

His methods, as he says in his letter from Birmingham jail, were inspired from specific Biblical characters, Christian persecutions by the Romans and Socrates in Greece.

There are those who are still ignorant enough to blame religions for racism and slavery. It is time to face the reality that one of the greatest Civil Rights activists was highly educated through a Christian and theological education.

MLK, Jr. recalls that "everything Hitler did in Germany was 'legal,'" and through Hitler's example, we know that it is not laws that create justice. No law can make any immoral action good. Like a man losing his sight who doesn't know it, these wrongs will only become acceptable and no longer realized. We still face issues of racism. We still face issues that are deemed legal or socially acceptable.

As MLK, Jr. sat in jail, he described his frustration with the moderates. Moderates are those who know what to do yet will not act. Moderates are those who know when a wrong is occurring and when injustice is happening, yet do not have the character to stand up for what is right.

Martin Luther King, Jr. knew that life has meaning. He knew that we are not just animals that evolved by accident. He knew that justice was not a product of culture but a virtue to be grasped by all people. This is what is important to know about Martin Luther King, Jr. This is why he and his convictions remain relevant.

Preconceived notions can impact both parties.



Photo by Chris Morales

Preconceived notions can impact both parties.

BY ZACH SCHANZENBACH  
SENIOR STAFF WRITER

It's no secret that racism was deeply embedded in American culture in the past.

In fact, black men didn't succeed in obtaining the same rights as white men until President Lyndon B.

Johnson signed the Civil Rights Act in 1964, a mere 50 years ago. Since then, the prevailing ideology is that all men are equal, regardless of skin color, and that no one should be treated less because of the skin color.

That's how it's stated, but is that how it's lived out? Sure, black men as a whole

are no longer explicitly treated as inferiors, and that's a good thing. But racism still exists in America. Anyone who says otherwise is either ignorant or in denial. They are ignorant if they don't understand that racism is a philosophy as opposed to a set of laws, in denial if they don't want to acknowledge it.

Interestingly enough, the only time I personally have noticed racism getting no attention is when the tables are turned. In other words, if a black man expresses racist thoughts towards a white man, the media will shrug and say that he's just venting anger. If a white man did this to a black man, everyone would lose their minds and be condemning him for racism.

As you read this, one word may come to mind: Ferguson. The riots that broke out when a white cop killed a black criminal were a horrifying response to what the protesters believed was

an act of blatant racism.

What many people fail to understand, however, is that racism is, as I like to put it, a two-way street. It goes both ways. Look it up in the dictionary and you won't read that it's when a white man hates a black man. You will read that it's the belief that one skin color is superior to another.

So if a black man hates a white man because his skin is white, he is just as racist as a white man who hates a black man because his skin is black.

A white man who calls a black man racist as a result of a hateful or racist action against a white man will be ignored, even though he's correct in pointing it out. Flip the tables, and the world will sympathize with the black man.

A man who calls white hatred for black people and black hatred for white people what it is, namely racism, is a man who can be trusted.

# Why we are afraid of some police

BY KIA WASHINGTON AND KENDRE WILLIAMS-CHAMBERS  
CONTRIBUTORS

Living as a black individual in America is not an easy thing.

As events in the present and recent history have shown, those responsible for public safety often present life and death fear in many non-white individuals. Those who cause the fear are sworn to protect the general public in instances that can be both domestic and foreign. Yes, we are talking about the police.

Recent events ranging from the Ferguson events still fresh in everyone's minds to the infamous Los Angeles Riots that rocked not only southern California but the rest of the nation, have the common theme of police brutality. Such repeated incidents have left a sting of heavy and legitimate fear in the black community for the intents behind many officers' desires to protect. Many ask, "from what?"

Growing up as black individuals, we have been instilled a code of conduct around officers, passed down throughout the generations. We are told to uphold as much forward respect as we can and not give any officer any reason to assume we are doing anything wrong. As "ThisIsACommentary" YouTube channel star Tre Melvin notes in his social

analysis of the invasion of the "BlackLivesMatter" hashtag by the "AllLivesMatter" hashtag, black individuals do not even have to commit a crime to be labeled by many as criminals, when our crime is simply being black.

Furthermore, Melvin notes that two things commonly occur when black individuals take a stand for themselves and try to get their message heard. He notes that black people are more often than not painted as savages by the media and then, when any sort of truth is heard by the general public, it is somehow assimilated into a general message that robs the original movement of its mean-

ing. While "AllLivesMatter" is a valid hashtag that people should live by, it overshadows how much "BlackLivesMatter" strives to achieve. It erases the visibility that black people try to reach on the scale of life and death in the eyes of the law enforcement that has made habits of trying to victimize black people and pass it off as the inevitable end "black-on-black crime" would bring.

Not all police officers are bad. Many do their job with the sole intent of serving and protecting the public from harm. While we do sincerely respect that, it is those few who abuse the power that leaves us wary, and the lack

of visible punishment for those who abuse that power that leave us afraid. Inaction has been shown in history to be taken as a sign of consent in this day and age, and isn't much of a leap to believe that the absence of punishment is encouragement of this behavior. Otherwise, history would not continue to repeat itself.

"If you have done nothing wrong, what do you have to hide?" remains as valid justification for many ethically, morally and legally wrong actions taken by law enforcement towards not only black individuals but all people of color. This causes us to believe this era of fear is far from over.



Graphic drawn by Shakara Thompson.

# Let's stop HIV together

## Taking a proactive approach to awareness

By CIARA WALKER  
STAFF WRITER

Saturday, Feb. 7, 2014 was National Black HIV/AIDS Awareness Day. I had no idea.

Disappointed about my failure to keep up with Black History Month happenings, I decided to be proactive and attend an event sponsored by CHASE North County, San Diego (Curbing HIV/AIDS and Substance abuse in Ethnic young adults) in partnership with the Vista Community Clinic, Palomar College, MiraCosta College and CSUSM.

Nestor Venegas, head of CHASE, has been an activist for a while and the Black Lives Matter Movement is especially important to him. He and his team

wanted to raise awareness as well as address some of the race relations concerning black America through spoken word. Prior to the performances, Nestor coordinated three different testing sites in the TriCity area where students received free testing. Combined, it drew approximately 150 people who were not ashamed to find out their status - which is the first step in prevention.

The room was rather chilly, but the topic at hand is also cold. Although this event focused on minorities, the disease does not discriminate. There were only 17 attendees, inclusive of the organizers and speakers, yet it was still a profound show. It definitely awakened the

poet and advocate within.

Nick Sabree recited "Who Am I," which was a conversation that challenged society to view black men through a more positive lens. Khalid AbuDawas spoke emotionally about being labeled white-washed. Isaac aka Astroboy rapped about love, specifically interracial relationships. Josh Copeland, fellow Cougar, was also a featured artist that has been performing for a year. His message for students is "to be more responsible. Make sure that the person you intermingle with is worth it. You never know when it can be your last. If we are gonna fight this disease, we must fight it together." There were a few more poets and professors who

took the stage in what eventually turned into open mic.

The poor turnout is alarming considering all the lives HIV/AIDS claim each year, African Americans comprising half of the total. There are approximately 1.2 million people living with HIV in the United States (including 14 percent who are unaware they have it). Over half of that number is made up of Blacks, although they only make up 12 percent of the population. This is the reason awareness is so important—this health crisis blacks face is completely preventable. Safe sex or no sex!

Even if you take all necessary precautions and you are in a committed, monogamous relationship, regular



Photo courtesy of Ciara Walker

Activists speak for HIV prevention.

testing is still recommended. Until one of our awesome Cougar scientists discover or develop a cure, unfortunately I don't see HIV or AIDS going away anytime soon.

Just because it's here, it does not mean you have

to live with it. Don't put yourself or your loved ones at risk. For more information, or to get tested, contact Health Services at (760) 750-4915 or the Vista Community Clinic at (760) 407-1220 for confidential counseling.

## LETTER TO THE EDITOR

### What Black History Month means to me

By CIARA WALKER  
STAFF WRITER

It is a time to pay homage to my ancestors and reflect upon all the strides we have made as a people while never becoming complacent. There's so much work left to be done.

I am re-dedicating my life's purpose and being a part of the change in which I wish to see and instilling in my children all the traditions and cultures I had growing up. I am reenacting the past and learning beyond the surface of Black History.

There's more to our great race than MLK, Rosa Parks and Harriet Tubman. I am researching the many inventors, scientists and all around world changers. We must have a solid foundation of where we came from in order to know where we are going.

Today, I stand on the shoulders of my ancestors. Like my late English teacher told me, when it gets too tough, I lace my boots up and keep pushing myself. There are far too many people that fought and died for the opportunities and privileges that I have to-

day. I don't take it for granted. Black History Month is about all of that and so much more. Let's not get bored with it. Let us all vow to be a part of our future generation's history books. What you do today can in fact make a difference and positive impact

tomorrow. Most importantly, Black History Month means the freedom to build my own legacy from the ground up. I am eternally grateful.

**Black History Month means to me a month of remembrance.**

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Extended Learning

# Using SPRINTER offers many benefits

## Dismantling stereotypes about public transportation

BY TIFFANY TRENT  
STAFF WRITER



Photo by Cody Cook

The SPRINTER offers an affordable and convenient mode of transportation for many North County residents.

There are many stereotypes associated with riding the SPRINTER. Let me take a moment and set the record straight. As a rider of the SPRINTER myself, here are some of the comments I've heard that just aren't true.

"Oh my gosh, the SPRINTER is dangerous!"  
Let's be honest for a moment, shall we? Everyone knows there is a belief that the SPRINTER is dangerous. Even my own boss refuses to ride the train. Last May one of my co-workers was graduating from CSUSM and some of us were going to his commencement ceremony. Let me just put all of your train-related fears aside. First of all, there are security guards who regu-

larly ride the train to check tickets and maintain order and safety. Secondly, I have been taking the SPRINTER for over a year and I can honestly say that I have yet to see Freddy Krueger or that

dude from all the SAW movies riding the train (I think they're more of the hitchhiking type, but that's just my opinion). I have, however, seen students, workers, elderly citizens, teens and kids

on the train. If any of these groups of people scare you in the slightest then I highly recommend staying far away from the SPRINTER. Otherwise, you'll be fine. A semester permit here

costs a whopping \$338.00. I don't know about you, but between tuition and books and luxuries like food and rent, I do not have that kind of money to be shelling out for parking.

A one-way ticket for the SPRINTER that lasts two hours costs two dollars. A month long pass for CSUSM students is \$40.00. If someone bought monthly passes for the whole semester, it would cost \$160.00. Something about \$160.00 is just so much more appealing than \$338.00, but maybe that's just me. "Taking the SPRINTER wastes time."

While taking the SPRINTER to campus can take anywhere from five minutes to an hour depending on which station you depart from, you can use that time to get homework done. I am a world-class procrastinator

and getting last-minute studying done on the train has saved me countless times. The train comes with free Wi-Fi which is also helpful.

"A SPRINTER that size must be bad for the environment."

Actually the SPRINTER is very eco-friendly. An estimated 8,500 hundred people take the train on an average workday. That's a lot of emission, smog and pollution saved compared to if even half of those passengers drove a car for their commute instead. The SPRINTER is like an enormous carpool, only you don't have to wear a seatbelt and you don't get stuck in traffic. Does it get better than that?

In light of all of this, I challenge you to set your preconceived notions of the SPRINTER aside, and try it out as your new method of getting to and from school.

# Black Student Union presents first annual Natural Hair Show

BY CIARA WALKER  
STAFF WRITER

its own oil? Is she wearing a weave (as if she can't grow long, healthy hair)? What is good hair? What is bad hair?

These are some of the questions and unspoken concerns that were addressed via a student-led panel of seven women and one man.

BSU President Akilah Green had this vision for a little over a year, simply wanting to persuade more people to embrace natural beauty and what better way than to show off the many different types of kinks and curls? The panel on Feb. 10 included a natural hair show where each model was introduced, as well as their hair

motto, which centered on self-love and acceptance.

Brianna Cordova says that her natural hair journey helped her to find her identity because she can be free and feel beautiful. She said she is comfortable in the skin she's in through her hair because once she accepted her naps, she accepted herself. "Nappy" is a term originally coined to describe kinky hair that used to have a negative connotation, but now it is more frequently associated with a more positive message. People are actually happy to be nappy. Mikal Davis says that his hair has become his icon because it is an

identifier. People recognize him close and afar just from his hair. He said embracing his natural hair is difficult and managing it is time-consuming. However, it's worth it because he loves his hair.

Hair journeys and regimens were shared. A video of interviews of people from around campus shed light on the misconceptions of good and bad hair. They were also asked to think about how companies target a certain demographic through their marketing. Unless it's a product specific to "ethnic hair care" then you don't usually see an African American woman being

featured on the commercial.

A brief clip of some of the models candidly talking amongst each other about their hair was also played. There was spoken word, laughter and it drew a very diverse audience. Most importantly, what seemed to be the central theme of loving yourself from the crown of your head, was repeatedly reiterated.

Although I am against perming (chemically altering my natural hair) and I rarely use heat, I want to stress that there is nothing wrong if you choose to do either. The problem is if you are doing so solely because society

teaches that is the only way to be beautiful. Or you are doing so because you don't like your natural self - that's more of a self-esteem issue as opposed to hairstyle preference. My personal message about embracing your natural beauty is to make sure that behind the layers of makeup, underneath the tracks of weave/hair extensions, without your fly outfit, even on a bad hair day... love who you are. Don't feel inadequate just because you don't have to fit into the prototype of mainstream beauty. Don't worry if your big, beautiful afro makes others uneasy - relax. Pun intended.

# True gentlemen show courtesy in everyday life

BY KAT DILTZ  
STAFF WRITER

a few simple ways to express oneself as a true gentleman in everyday life:

**Holding/Opening Doors:** A guy who takes the time to open or hold a door for a girl shows that he is putting himself before her, and it is simply polite. Even if this gesture lasts for only a few seconds, it is highly appreciated.

**Sharing Food:** They say that "the only way to a man's heart is through his stomach," and this usually appears to be true. However, even if a guy can relate to Joey Tribbiani from Friends, ("Joey doesn't share food!"), saving the last bit of food or sharing his dessert says that in that moment, he cares about the girl he is with

more than the food he was eating, and that says a lot.

**Appreciating Her Family:** A guy who does his best to find common interests with his girl's father or puts in a good word for her mother's cooking says that he is ready for commitment, or at least expresses his good intentions.

**Endures Through Something Girly:** If a guy agrees to see the latest chick flick instead of an action movie with his girlfriend, he knows that it will resonate with her in a positive way -- even more so if he doesn't expect anything in return.

**Helping Her With Her Jacket/Pulling Out Her Chair:** Both of these actions are things that women have



Photo by Cody Cook

Even the smallest gestures have a big impact.

zero problem doing on their own, but it is gentleman-like to do so, especially if it's cold out, or if he knows that she's had a stressful day.

Small acts of kindness will always be appreciated, and can turn someone's whole day around. Being a gentleman does not mean that

a guy has to be a knight in shining armor. It just means he is willing to take the time to show an important woman in his life that he cares.

# Adventures in Europe opens student's eyes

## Traveling fosters learning and self-confidence

BY MELISSA DERR  
STAFF WRITER

This winter break I had the opportunity to explore Europe, a trip which included London, Paris and Rome, three of the most influential and iconic cities in the European Union.

Traveling has always been a dream of mine. As a history student I have always wanted to see the many places I have studied as well as experience new languages, cultures and scenery.

This trip proved to be the adventure of a lifetime. I ended up seeing Big Ben, Abbey Road, Westminster Abbey, Stonehenge, the Eiffel Tower, Versailles, the Roman Forum and the Coliseum, as well as soak-

ing up the local culture through the cuisine, music and quirks of each city.

The first city that I encountered was London, which was similar to New York City in its vibrant nightlife and beautiful structures. Although the food was disappointing (big shock, right?!), the people were extremely polite and charming.

The second city which I arrived at via the English Channel, also known as the Channel Tunnel (an experience in itself), was Paris. Our group ended up arriving here 20 minutes after the tragic terrorist attacks at the Charlie Hebdo office. This prevented our group from going into the heart of the

city because of strict security measures, but two other girls and I snuck out via taxi and got our much anticipated Eiffel Tower "selfie."

Our last destination, which captured my heart, was Rome. Rome was more than I expected. It was a mixture of antiquated buildings from centuries ago but amongst the ruins were also apartment buildings in which young, hip, modern people dwelled. Among my favorite parts of Rome were obviously the red wine, the cappuccinos, as well as discovering my affinity for opera. I felt that of all the cities Rome was the friendliest. With a Mediterranean climate much like that of San Diego, people are out

and about all the time and are always willing to help if you get lost. The culture there was captivating in that it was so different from America.

I recommend travel to students in college because it not only gives you confidence but opens your eyes to how others live and view the world. Through this experience, I was able to also solidify my plans after graduation. Because of the experience, I realized that I want to teach English in Italy. Although I will have to brush up on my Italian, without traveling I never would have realized how much I was missing and I would have never fell in love with a country and a people.



Photo courtesy of Melissa Derr  
A London scene with Big Ben in the background.

# Learning how to avoid distracting your classmates

## Resolutions for the new semester



Photo by Cody Cook

Acting out in the classroom can be disruptive.

BY ELIZABETH ROUSH  
STAFF WRITER

Spring semester is just beginning. We're all getting a feel for our new class

schedules and professors, our legs are re-acclimating to the scores of unavoidable stairs and our binders are yet to become the chaotic

masses of loose papers that they'll inevitably grow into.

A new semester has the feel of a new year—a clean slate, another chance to excel. We want better grades than last semester and to get more involved on campus. We want to do more than make awkward eye contact with that hot piece of classmate sitting across the room. A lot of hope and expectation can be mingled in the first few weeks of a new semester, and with a fresh semester in front of us, maybe it's time to make a new new-semester resolution.

There's a right and a wrong way to behave when we sit

down for class, and maybe it's time for us to start thinking about what that is.

Classroom etiquette is the sort of thing we all learned back in kindergarten, when a wide-eyed, enthusiastic teacher taught us about "criss-cross applesauce, hands in your basket" and the alphabet. It starts with simple things, like paying attention, not talking while the professor or another student is and not making unnecessary, distracting noises. A comment to your neighbor can wait until after class, and it wouldn't kill you to actually listen to the lecture.

And what about phones,

tablets and laptops? Simple ideas of classroom etiquette get more complicated with the infusion of technology into the learning environment. Personally, I love technology in the classroom. It's engaging, easy to manage and more organized than a binder. But that doesn't mean that any and all technology-driven activities are sanctioned in the classroom.

The same grade-school rules can be applied to technology. Don't talk while the professor is speaking; texting is a digital form of talking. Even if your professor doesn't hear your conversation, you're still being

disrespectful. Be attentive; checking your Facebook rather than taking notes on your laptop, or working on an assignment for another class, is not paying attention.

The concept behind these absolutely novel actions is really very simple: respect people. Instead of putting the focus on petty rules, you can think of classroom etiquette as an act of honoring people as valuable human beings. Respect your professors enough to not interrupt them, respect your peers enough to not distract them and respect yourself enough to actually learn and grow even in the smallest way.

# New Year's resolutions: The Other Side

## Solution for the common failure of resolve

BY ZACH SCHANZENBACH  
SENIOR STAFF WRITER

New Year's resolutions. Lots of people make them. 99 percent of people break them.

No, that's not an official statistic. I wouldn't be surprised if it was, though, given the knowledge of how easily these resolutions are made, only to be broken in less than a week. Of course, there are

those who successfully stick to their resolutions, but they are few and far between (or so the culture has told me).

These past couple of years, I tried making resolutions, or some variant thereof, but I would wind up with a scatter-brained mess that lacked a solid foundation. Oh, I had the materials for the foundation, but I never bothered

laying it out before January 1. Next thing you know, it would blow to smithereens.

Okay, that's a very rough (and puzzling) sketch of how resolutions have failed me, but you get the point and, unless popular culture has thrown a massive lie to me, you can probably relate.

Last December, as the year was nearing its close, I reflected on the year that just went by and briefly considered making resolutions before I abandoned the idea. What good are resolutions if you can't—excuse me, you won't—follow through with them? Exactly. So this year, I did something a little different.

Instead of listing a bunch of stuff I wanted to change or do differently, I decided that there was only one thing I wanted to change about

myself and how I do things. I decided that I wanted to be more dynamic.

Dynamic has two popular meanings: constantly changing and full of energy. If you asked our Editor-in-Chief if I was a dynamic person, she would probably say yes. If you asked the people I went to high school with if I was a dynamic person, they would probably say yes (assuming that they remember me). After all, I got voted as having the most school spirit as a senior. My energy, however, has dwindled significantly since I left high school, and I want to bring it back up. I'm doing okay so far.

But enough about me. The point is, instead of listing a bunch of things to change, I decided to pick one word and focus on improving

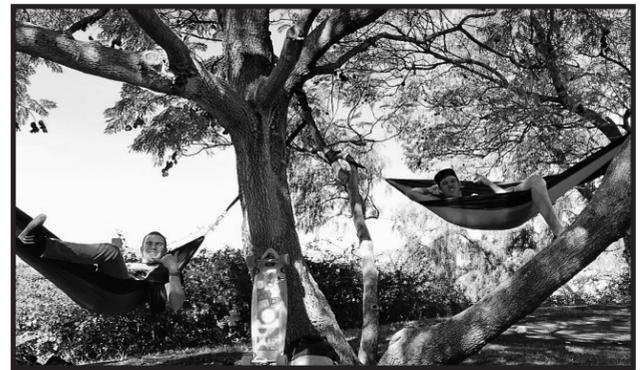


Photo by Nick Nootbaar

Relaxing and reducing stress is a great New Year's resolution.

that part of me in 2015. I could have picked a number of words: selfless, kind, patient, outgoing (actually, I wouldn't pick that one). There are a lot of words I could pick, and there are a lot of words you can pick, too. If you don't feel up to the challenge of writing a list of things, or you know you're

gonna fail, pick one word, one concept, and resolve to work on that throughout the year. If resolutions work for you, then go ahead and make them. But they probably don't. So take my advice: one word or concept. It's simple enough... and I'm sure you'll get results. I know I am, even if they're small to start.

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## ALBUM REVIEW

## Sleater-Kinney's "No Cities to Love"

BY NICOLE HOLMAN  
ASSISTANT NEWS EDITOR

Fans of indie rock girl groups rejoice as Sleater-Kinney releases their newest album, "No Cities to Love."

After a decade of studio silence, Sleater-Kinney returns with a fun and upbeat album that is fantastic from start to finish. Sleater-Kinney formed in Olympia, Washington in 1995 and was a pivotal part of the "riot grrl" and indie rock scene for a decade before they called it quits.

But Sleater-Kinney is back with the familiar sound their fans love yet sung with fresh vocals.

True to form, Corin Tucker's lead vocals are nothing short of powerful. New listeners may recognize lead guitarist Carrie Brownstein from the hit comedy show Portlandia, who absolutely kills on every track. With Janet Weiss (of the Shins) on drums, each track delivers an expressive yet clean sound.

If you haven't heard any of Sleater-Kinney's work before, they have a similar sound of some of The Black Keys and Bikini Kill's work. Sleater-Kinney's first single off the album, "Bury Our Friends", definitely pays homage to The Black Keys and the two bands' ongoing influence on each other.

Deviating from their more recent LPs, "No Cities" is a fast-paced and more optimistic album, yet it still retains the band's classic blend of social commentary and fantastic riffs.

The lyrics throughout this album are incredibly

smart. Addressing relatable experiences from as the draining monotonous daily grind of everyday life to expanding all the way to critiquing artistic mediocrity, "No Cities" leaves listeners with plenty to think about.

Never a band to shy away from a more aggressive sound, Sleater-Kinney delivers an energy in their new album that is sure to make you want to get up and move. With this album's energy and powerful vocals, this is what you should be playing as you and your friends drive off toward warm weather and Spring Break.

## Long Beach Comic Expo honors the late Dwayne McDuffie

BY FAITH ORCINO  
A&E EDITOR

Organizers of Long Beach Comic Expo (LBCE) will be hosting its annual event and announcing the first recipient of the Dwayne McDuffie Award of Diversity.

They opened submissions for nominees during the 2014 Long Beach Comic Con back in September. McDuffie passed away Feb. 21, 2011, leaving a legacy in both comic books and animated television. The animated series Static Shock was his iconic creation as well as Milestone Media, the comic book company he co-founded in 1993. His writing brought in diversity and more representation of minorities in the industries. The award will be presented on Feb. 28 recognizing the winner for promoting inclusiveness in his/her comic. LBCE invit-

ed writer and former BET President of Entertainment Reginald Hudlin as the keynote speaker for the event.

Looking at comics now, especially mainstream titles, the cast of characters has grown to gradually reflect the modern population. Recently, Marvel passed the mantles of title superheroes to new faces: Latino high schooler Robbie Reyes as the Ghost Rider, a woman now carries Mjolnir as Thor, African American Avenger Sam Wilson as Captain America.

While there is a diverse presence in the fictional universes, the industries are slowly building a workforce that is inclusive of diverse creators.

Writer Joseph Phillip Illidge commented in his Feb. 9 installment of his Comic Book Resources column, "The Mission," about DC Comics's Convergence event and the recent hiring of Ming Doyle,

David Walker and Gene Luen Yang, three critically acclaimed writers of color.

"It shouldn't be news that the publisher of comic books for more than seventy-five years, of the thousands of tales about heroes such as Superman, Batman, and Wonder Woman, hired people of color to write, give or take, one-twentieth of their monthly comic book output. But it is. It shouldn't highlight the lack of equality in the hiring of writers of color on the part of DC Comics' competitor, because there shouldn't be one," Illidge said.

Hopefully the news will be part of the bigger strives for more diversity in their workforce.

Long Beach Comic Expo will be held at the Long Beach Convention Center Feb. 28 and March 1. Tickets are available for purchase both online and on-site. For more information, visit <http://longbeachcomicexpo.com/>

## MOVIE REVIEW 1.5/5 PAWS

## Jupiter Ascending disappoints viewers

BY PIERCE BRENNER  
STAFF WRITER

Jupiter Ascending follows the story of Jupiter Jones (Mila Kunis), who works as a maid when an alien warrior named Caine Wise (Channing Tatum) suddenly visits her. Jupiter learns that she is the heir to the throne of a planet that is in the grip of civil war, and must stop a tyrant (Eddie Redmayne) who wants her dead.

Right from the time it was announced, I was skeptical about Jupiter Ascending. Its directors, Lana and Andy Wachowski, have been in a slump for over a decade, with their writing credits on

V for Vendetta being the lone bright spot since the end of the Matrix franchise. I was even more worried when the movie was pushed back seven months from its intended release day. However, I believe every movie has potential to be good, so I went to see it. Sure enough, I was completely right to be worried.

First, I'll give credit where it's due. Like most Wachowski movies, the visual effects are fantastic. Sure, there are a few times where the CGI falls flat, but the Wachowskis and their crew show that visuals are their greatest strengths. When we get to the planet (which

I don't remember being named), we get to marvel at all the glorious looking characters, landscapes and sets that only masters of CGI-art can create. There's also some decent humor. I didn't expect it to have any, but there were a few bits of clever dialogue that put a smile on my face, at least when the movie wasn't unintentionally funny.

Unfortunately, that's all the good things I have to say about Jupiter Ascending. If you took away the stunning visuals, it was a pretty terrible movie. The worst part was probably the acting; everyone from top to bottom was bad. It was pretty disappoint-

ing to see Channing Tatum, who has come so far from his Step Up-days, fumble after a hot streak. But the worst was the Oscar-nominated Eddie Redmayne as the evil Balem. He was so bad in this movie that I now think his chances at winning Best Actor for The Theory of Everything might be all but torpedoed. I don't blame the actors. Most of them are talented and have given good performances before. The blame lies with the Wachowskis, who have showed multiple times that they're better at directing visuals than people. Moreover, the story was a complete mess. It was too long, too

convoluted and filled with clichés. Even the action, which you'd expect the Wachowskis to be able to do, is stale and poorly directed.

I desperately wanted to like the Wachowskis. Bound and The Matrix were great movies, and I'm still not convinced that they were just flukes. But it seems that they lost their touch a long time ago. They had already failed with Speed Racer and Cloud Atlas, and now Jupiter Ascending is getting negative reviews and doing weak business. It's going to take a lot to revive their careers, but that revival is looking increasingly unlikely.



## It's a bird! It's a plane! It's the Baron!

Terry Gilliam brings Monty Python elements in quirky film

BY WILL MCCURDY  
ASSISTANT TO THE EDITOR-IN-CHIEF

Monty Python. For some, they are the British gods

of absurd comedy while to others they are those weird fellows who got arrested by the authorities while in medieval costumes.

For those who aren't die-hard fans of the troupe, their premiere film, Monty Python and the Holy Grail, was directed by two of the Pythons: Terry Jones and Terry Gilliam. After the group split apart, Gilliam stuck with directing and created a film wherein an elderly man with a rather large nose and a splendid hat is shot out of a fish. That film is The Adventures of Baron Munchausen.

The story begins in a town probably being besieged and barely holding out under the guidance of the Right Ordinary Horatio Jackson and his myriad of bureaucrats who don't particularly care for Sting. A young girl by the name of Sally (Sarah Polley) serves as the film's main narrative focus as her father puts on a show about the legendary figure, Baron Munchausen. The production is brought to a sudden halt when an elderly man (John Neville) marches into the theater, brandishing a sword and claiming to be the

real Baron Munchausen as well as the cause of the barrage by the Ottoman Turks.

While recounting the tale, the audience is treated to a flashback featuring the Baron's companions whose feats are more audacious than the man himself including the farsighted marksman Adolphus (Charles McKeown), the iron lunged man with superb hearing Gustavus (Jack Purvis), the freakishly strong Albrecht (Winston Dennis) and the lightning fast Berthold (Eric Idle). Upon having his story interrupted by a cannon blast and

the spirit of death, the Baron rides on a hot air balloon made of undergarments to save the city from the Sultan.

The film is delightfully silly with a mix of colorful characters and absurdity trademark of a Python, but with somber elements and genuine questions about how one might view the world which serves as the background plot of the film. There is the reason and order thrown about by the Right Ordinary Horatio Jackson which does serve to keep the city from being overrun by the Turkish army. Only through pandering and

diplomacy where he cannot even convince the Sultan to surrender on Wednesday. In stark contrast you have the Baron, the personification of all the tall tales and wonder what the world was before enlightenment forced the discarding of idealistic notions for a more controlled world governed by laws and logic. Although obscure and not quite contemporary, The Adventures of Baron Munchausen is a fun film good for a laugh and possibly a glimmer of wonder in the midst of rigid society.

# Spring Library exhibit: Beyond the Stereotype

BY BEULAH SUPRIYA  
SENIOR STAFF WRITER

Each semester, the Kellogg Library conducts a series of educational exhibits open to students and the campus community. This semester, it is poster collection called "Beyond the Stereotypes."

It is open throughout the spring semester during the regular Kellogg Library hours. Since its opening, it has received a huge response.

The various groups represented include African Americans, American Indians and Asian Americans. The posters show a person from that ethnicity por-

trayed with confidence tearing the stereotypes generally related to them and a historic figure of an influential leader in the background.

Dr. Joely Proudfit, Director of the California Indian Culture and Sovereignty Center (CICSC), was one of the many orchestrating this labor of love and said that it took 13 months for the posters to become reality. She acknowledged the help from various student organizations and people from the CSUSM community including Dr. Arturo Ocampo, Associate Vice President for Diversity, Educational Eq-

uity, and Inclusion, Black Student Union, The Cougar Chronicle, PR Club and Gender Equity Center.

"This is the best campaign and I hope it goes national," Proudfit said.

When asked what she hopes to happen through these compelling visual aids, she answers that good conversations may emerge and that the university will see value in this, which will help many more groups to be covered, be it religious, LGBTQ, gender, etc.

She also pointed out that the students are very courageous to put themselves out

there. One of the models that was willing to be a part of this project was business student Michael Murphy.

"All of the photo shoots were done at our very own Kellogg Library," he said. "The image portrayed is that of confident and empowered people."

Sitting Bull was the historic character for Michael's poster. Murphy shared his experiences with stereotyping at school.

"Yes, at first I used to block it out my mind during school but now I see it as an opportunity to inform them of my culture," he said. With this

month designated as Black History Month, being able to learn more about various ethnicities is appropriate. Since it is also the twenty-fifth year of CSUSM, the conversation under the spotlight definitely deserves consideration. As the college continues growing in various spheres, Dr Proudfit reminds us that this conversation is extremely important.

Some of the events planned for the semester are workshops: one for faculty, one for students and one for bystander intervention. For those interested in knowing more can check out the



library or CICSC. Students are encouraged to make full use of the opportunities of learning and resources provided by CSUSM.

# Escondido Center for the Arts features Beethoven

## Professor Ching-Ming Cheng featured as the guest pianist

BY ANNE HALL  
STAFF WRITER

The Center Chorale and Chamber Orchestra will be gracing the Center Theater of Escondido Center for the Arts this spring, as they will be performing Ludwig Van Beethoven's Mass in C major and Choral Fantasy.

The performance will be conducted by Dr. Joe Stanford (of Palomar College) and guest conductor, John LoPiccolo (of Poway Symphony Orchestra). Our very own professor of music, Dr. Ching-Ming Cheng, was asked to join these talented conductors as a guest pianist.

As the classic works for Beethoven are well known

by many, I stopped to consider the value in performing the particular pieces for the public and asked Dr. Cheng if she felt there might be a disconnect between the music and present day society.

"I actually don't think there is a disconnect," said Dr. Cheng. "I feel that, our North County community especially, that they are still very sup-

portive. For younger generations, however, there might be a little less interest."

Seeing a performer who mastered such pieces execute the work is far more dynamic than just listening to the music on an iPod or watching a recording on YouTube. Dr. Ching-Ming Cheng presented examples of her divine skill while working

and performing on campus.

This event is one of the few chances of this season that spectators will be able to witness and partake in the splendor of the melodies carried out through her hands.

The performance will take place at 3 p.m. on Sunday, March 1. For tickets visit art center.org or call 800-988-4253.



## ALBUM REVIEW

### Lana Del Rey - Ultraviolence

BY ALEX MARAVILLAS  
ASSISTANT ARTS EDITOR

Lana Del Rey, formerly known as Lizzy Grant, is an American songstress who released her second full-length album, "Ultraviolence."

This came after hitting it big with singles like "Video Games" as well as the LP she dropped shortly after, "Born To Die." With this record, she continued to drop big tracks like "Summer-time Sadness", "Blue Jeans" and the title track to the LP.

The fusion of vintage vocals and chamber pop vibe, mixed with hip-hop beats, is the focus of Del Rey's sound prior to her second full-length album, "Ultraviolence". Some critics discredit her by calling her lyricism cliché, dreadful and childish with a stereotypical



bad-boy love and older men as she tries to work her way into the Lolita lead angle.

However, her sound appeals to an audience with the emotional depth of a daytime hopeless romantic. "Ultraviolence", the sequel to "Born To Die", has a vocal and chamber pop with influences from the 50s and 60s.

Songs like "Cruel World", "Shades Of Cool", "West

Coast" and "Florida Kilos" are great songs on the album that have rock and roll influences. Del Rey is a very talented singer and I don't think she gets enough credit for writing her own songs that are beautifully dark and poetic from her style.

Del Rey loves the nostalgia from another time, which would be why she loves to cover songs like "The Other Woman", a song written by Robinson Jessie Mae.

In August, Del Rey will release another full-length album. Her album will be called "Honeymoon". Anticipated in early May, Del Rey will be in San Diego, primarily in Chula Vista at the Sleep Train Amphitheater for her Endless Summer tour. Notably, her special guest is Courtney Love.

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