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CALIFORNIA STATE UNIVERSITY, SAN MARCOS, INDEPENDENT STUDENT NEWSPAPER

SPORTS



3 - Find out what the new CSUSM soccer coach is all about.

FEATURES



6 - Campus Recreation shows exercising is more fun than it looks.

OPINION



8 - Want to know what Uganda is like? Take a peek and enlighten yourself.

A&E



10- Check out what makes Alex Villa our music spotlight!

Alleged student assault prompts demands for action

Investigation sparks campus response

BY JASMINE DEMERS
ASSISTANT TO EDITOR-IN-CHIEF

Students have taken a stand against rape and sexual assault in an effort to refocus the conversation around supporting survivors.

Demonstrators rallied during U hour on August 26 in Library Plaza with posters, chants and demands for change. Supporters included Cathy Nguyen from Student Health and Counseling Services, as well as members of STARS, Active Minds, the Health and Wellness Center, Sigma Chi, MEChA, STAND, the United Students of Color Coalition, BSU and other CSUSM professors and faculty.

The rally was organized in response to the pending investigation of the Tau Rho chapter of Tau Kappa Epsilon. UPD issued a crime report regarding allegations that in May of this year, a CSUSM student was sexually assaulted at an off-campus party hosted by members of TKE. Students have responded to these claims by protesting against the victimization of survivors,



CSUSM students rally in protest against the victimization of survivors. Photo by Miguel Magana.

notably those at CSUSM.

Karen GuzmXn, who organized the rally along with members of Feminists Anonymous, did this to specifically offer support to survivors of all sexual violence.

"Being survivors ourselves, we know what this process feels like," GuzmXn said. "There is so much that goes into being victimized and we just want this survivor to know that we stand behind them."

Although TKE is not a recognized organization at CSUSM, the alleged sexual assault is closely associated with students and the surrounding campus community.

Jeff Salas, the chapter President of TKE, explains that fraternity members are doing what they can to aid the investigation.

"We have been cooperating with anything that law enforcement has asked us to do to help with the situation," Salas said.

The university also responded to these reports by focusing on student welfare and encouraging any victim of sexual assault to take advantage of confidential counseling services.

"The safety and well-being of our entire campus community is our highest priority," CSUSM's Public Information Officer, Margaret Chantung, said. "We will not tolerate nor ignore sexual assault and we will hold members of our community accountable for their actions."

Chantung emphasized the university's involvement in this investigation by sharing their partnership with the California Attorney General's Office and local law enforcement.

These issues have resulted in an increase of student concern and public awareness of sexual assault in the community. Karen GuzmXn and other members of Feminists Anonymous explain that being able to confront this violence is the most important thing.

"We want to create a campus who is talking about it. We want to facilitate those discussions and eventually change our campus climate," GuzmXn said.

Greek Life response to the TKE incident

Sororities and fraternities speak up

BY JASMINE DEMERS
ASSISTANT TO EDITOR-IN-CHIEF

Greek Life organizations at CSUSM are looking to move forward from recent news of the investigation of Tau Kappa Epsilon so that they can continue to improve themselves, the campus and the community.

Although the local fraternity has not been a recognized organization since 2005, the TKE rape and sexual assault allegations may have had a significant impact on sororities and fraternities at CSUSM.

Jason Schreiber, Director of Student Life and Leadership, explains that public scrutiny in this type of situation is inevitable.

"Beyond the investigation, it's important that we take a step back and examine Fraternity and Sorority Life to ensure that we are implementing best practices and continually improving the resources and services offered to the entire campus community," Schreiber said.

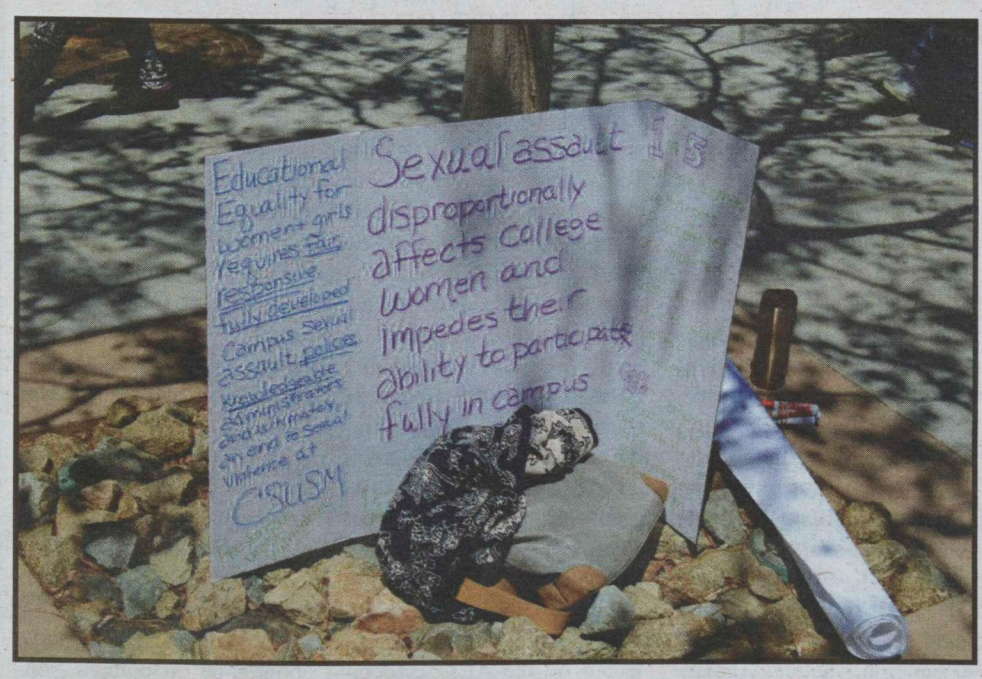
He also points out that TKE's actions should in no way reflect that values of our own Greek Life organizations because they receive a significant amount of training and leadership development.

"The topics of the training and education include risk management, sexual assault/rape, alcohol/drugs and hazing," Schreiber pronounced.

Schreiber indicates that there are several misconceptions and stereotypes embedded in the portrayal of Fraternity and Sorority Life (FSL) across the country.

"We have the benefit of being able to thoughtfully develop our fraternity and sorority culture so that there can be a paradigm shift away from that stereotype and back to what fraternities and sororities are supposed to be about," Schreiber said.

CSUSM FSL has proven to be much more than just a stereotype. They pride themselves in being big contributors to the community and in holding themselves to a particular set of beliefs that embody leadership development, intellectual development, service to others, community impact, diversity, inclusion, community development, lifelong membership and organizational standards/chapter operations. Schreiber says that these organizations have even made an important impact in charity events, raising over $76,000 for Vista's Big Give in benefit of the Make-A-Wish Foundation.



Students utilize posters in order to demand change about treatment of sexual assault cases. Photo by Miguel Magana.

In light of the recent events and pending investigation of TKE, Schreiber looks to make a negative situation into a positive one.

"This is an opportunity for the recognized fraternity and sorority community to come together to strengthen and support one another," he said.

OUR NEXT ISSUE
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Kinesiology Club organizes award winning food distributions

A response to hunger in America

By Katlin Sweeney
Editor-in-Chief

Local food distribution program, Donate Don't Dump, was honored by the Environmental Protection Agency for its outstanding work in bringing almost one million pounds of food to people across the country that are suffering from food insecurity.

Donate Don't Dump (DDD) is a program that works with local food banks and grocery stores to collect food that has reached its expiration date but is still good for about another week. Since these products can no longer be sold after its expiration date, grocery stores end up having to throw away food that is still safe to consume. This results in about 96 million pounds of food wasted every year.

The problem is not that there is too much food; it is that many people cannot afford how much these products cost. This inability to buy enough food to eat, known as food insecurity, affects approximately 1 in 6 Americans across the country. In an effort to reduce the amount of food that becomes trash and give it to those in need, DDD was created.

Carlsbad High School student Gabri Posard created DDD at the age of 12 after learning about this disparity between food that is thrown away and how many people are in need. Five years later, Donate Don't Dump now saves up to 30,000 pounds of food per month. For some individuals, these are all of the groceries they rely on to meet their needs for one week.

Dr. Laura de Ghetaldi, a Kinesiology professor at CSUSM and the faculty adviser for Kinesiology Club, established the relationship between the club and the Donate Don't Dump creator when she became one of their mentors.

In addition to other youth environmental awards, de Ghetaldi nominated Posard and DDD for the Presidential Environmental Youth Award. Posard, along with her younger brother Ethan, DDD organizers, Grace Manuel and Mia Pacheco, and Dr. de Ghetaldi, attended the EPA ceremony on Aug. 12 at the White House. This is DDD's second award, having received the President's Volunteerism Award last year as well.

"It is a great experience knowing that you are helping others, more than anything else,"

"Cal State has been the most active chapter of Donate Don't Dump out of the 20 chapters across the nation," Posard said. "They have been a huge help in keeping the program running, with many of the volunteers being from the Kinesiology Club and the university."

CSUSM's chapter of Donate Don't Dump has worked avidly to ensure that the campus population and surrounding community benefit from the donated food as much as possible. This year, they have increased the amount of food distributions to every second and fourth Tuesday of the month, even on Dec. 23 when school is out of session. While the program used to only be offered during the academic year, Dr. de Ghetaldi said that they now have the funding to distribute food even when students are not in classes.

Kinesiology Club President, Madison Silvas, looks forward to increasing the ways in which the DDD program helps individuals in the San Marcos area in the upcoming year.

"We are determined to provide a steady food distribution schedule for the individuals of the community and students who rely on them as their food source," Silvas said. "This [award] has also motivated us to extend DDD out to other universities in hopes that they will be inspired to start their own chapter and help their communities and students."

Participation with the food drives has not been limited to the campus student body and faculty. Members of the local community have adopted the cause as well, including individuals like Scott Mack, who heard of DDD through friends. He attended the food distributions four to five times before he became one of the truck drivers that delivers food to the DDD sites.

"It is a great experience knowing that you are helping others, more than anything else," Mack said.

Donate Don't Dump looks forward to continued growth, notably throughout the state. According to Dr. de Ghetaldi, she and ASI President Haley Perko will be presenting the idea of bringing DDD to all of the CSU campuses in January when they meet with the other ASI presidents.

For information on when food distributions take place and how you can get involved, please visit facebook.com/DonateDontDump and facebook.com/csusm.kinesiologyclub.

What happened while you were away

The good, the bad and the weird

By Sarah Hughes
Senior Staff Writer

May 4 - The first in a series of reported rapes is declared to CSUSM, allegedly involving fraternity Tau Kappa Epsilon (TKE). The frat is not recognized by CSUSM and the rapes allegedly occured off campus at a party in Oceanside.

May 14 - Finals are disrupted by the Cocos Fire. Graduation ceremonies are postponed when flames appear within the vicinity of campus.

May 20 - CSUSM reopens after the fire, two days after roads open again and evacuation notices cease. Unfinished finals are cancelled and grades are calculated through other means.

May 24 and 25 - Rescheduled graduation ceremonies take place.

June 16 - Local beloved baseball legend, Padre superstar, and SDSU coach, Tony Gwynn dies due to salivary gland cancer.

July 7 - Head Basketball Coach Sheri Jennum is fired due to alleged racial discrimination.

July 30 - 13-year-old girl is set to be tried for suspected arson in the Cocos Fire. Preliminary hearing is held.

Late July through August - The ALS Ice Bucket Challenge, popular among students on social media, goes viral and raises more than double the funds collected by the ALS Association the previous year. Some people in California are fined $500 for using unnecessary water during a massive drought in accordance with the Water Conservation Act.

Aug. 11 - Robin Williams dies at 63 by suicide, shocking many. A social media discussion about depression ensued. Netflix is streaming many of his movies.

Aug. 25 - The fall semester begins at CSUSM. With nearly 13,000 students, it brings CSUSM's largest student body ever. Three Palomar students die in an Oceanside crash on I-78. Witnesses are urged to come forward to local California Highway Patrol (CHP).

Aug. 26 - Feminist Anonymous organized a rally at U-hour to raise awareness about rape on college campuses. The rally also warns that the suspect in the alleged TKE incident is still at large. Campus authorities encourage safety in college parties.

The new off-campus parking predicament

Changes to off-campus parking affects commuting, resident students alike

By Ryan Downs and Katlin Sweeney
News Editor & Editor-in-Chief

For years, students at CSUSM have used the Industrial district on Barham and Discovery Street as a place to park their cars during school hours. However, that's all coming to an end this semester, now that a new City Ordinance is limiting parking in the area to only two hours in some sections, and restricting it altogether in others.

Naturally, this presents a problem to students who may need to park on campus for more than just a single class.

It's easy to see the effectiveness of the streets near La Moree as a haven for students looking to escape some of the more expensive parking lots offered by the school. However, perhaps most affected by the change are the approximately 300 new students moving into The Quad, itself without a specific, designated parking area. This forces residents to make the often-excessive trip to the parking structure or UVA lot.

"You have no choice but to park on campus if you want to go to the classes you paid for, and that's not only expensive, it's a huge hassle," one student resident at The Quad said. "Not only do I have to walk up a huge hill every time I want to go somewhere, but if I want my car parked the whole day, I have to pay for a parking permit. So basically, living at The Quad now costs $600 more than it used to."

Students face parking restrictions on the following streets: Industrial Street, East Carmel Street, Enterprise Street, Distribution Street, Production Street, Hill Dr., Trade Street, Venture Street and La Moree Road. There is two hour parking, 24 hours a day, seven days a week in these sections. However, there is no parking allowed between 7 a.m. to 10 a.m. on Mondays for street sweeping. Students that are in violation of these new rules will face citations starting at $48 per ticket.

The cost of purchasing a parking pass at CSUSM is $643 per academic year and $338 a semester, which leaves students frustrated and searching for alternatives. Students who opt out of this method of payment are forced to either use the ticket systems in the parking lots, which can cost up to $9 a day, or risk parking on campus without any pass whatsoever, which may result in a parking ticket from UPD.

"It's completely unnecessary and unfair," one student, who wished to remain anonymous, said.

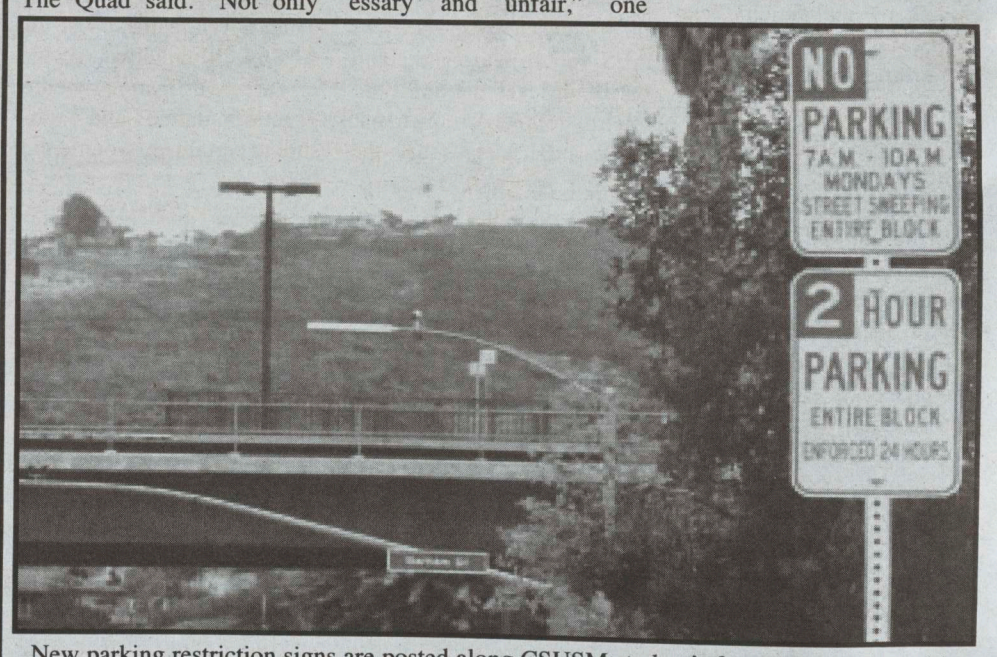
If students choose to opt out of utilizing the parking structure, the other option is purchasing a monthly pass from the Sprinter/Breeze Station. Students are allowed to park their vehicles at any of the sprinter stops for free and then ride the sprinter to campus. This option of purchasing such a pass is available to CSUSM students for $40.

However, the city is keen to point out that the matter has more to do with local homeowners and businesses than the school and its costs.

Karl Schwarm, the Director of Housing and Neighborhood Services, has said that student parking in the area has prevented street sweeping, accumulating up to 1,500 pounds of debris. A lot of this ends up in the sewer, with the ultimate cost of polluting the ocean.

The city council voted 5-0 in July on the matter, which also takes into account alleged complaints from businesses and homes on the street.

While many students continue to complain and seek out alternatives for parking this semester, there is no plans for changing the current status of parking around the university.



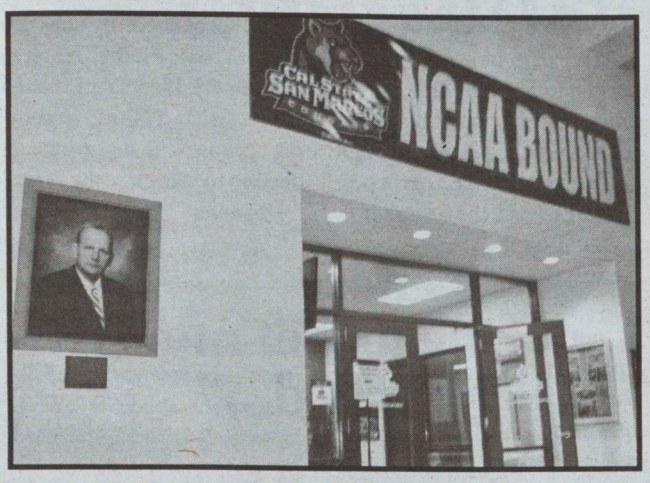
New parking restriction signs are posted along CSUSM student's former parking stand-bys by Chris Morales.



Sports Editor:
Resty Grey
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CSUSM takes step towards NCAA Division II

Realistic hope for the expansion of athletics



NCAA banner is proudly displayed above the Sports Information office located inside the Clarke Field House. Photo by Matthew J. Kuhlman

By Resty Grey
Sports Editor

CSUSM heads into its final year of competing in the Associates of Independent Institutions (A.I.I.) tournament and its first year of transitioning towards full National Collegiate Athletic Association (NCAA), Division II membership.

Having been previously denied twice, CSUSM has finally been admitted into the provisional stages of the NCAA D2 and succeeded in expanding its athletics program.

The Fall 2014 and Spring 2015 seasons will be CSUSM's final chance to compete in the A.I.I. and the National Association of Intercollegiate Athletics (NAIA).

When asked what she expects in her final year competing in the A.I.I. tournament, Women's Head Volleyball Coach Andrea Leonard was optimistic about the team's goals.

"We are expecting to come in and win the conference," Leonard said. "We're expecting to go in there number one and we're also expecting a top 25 ranking."

In this first provisional year, the Cougars will play one last season in the A.I.I. and have its final opportunity to compete towards N.A.I.A. championship while rising to meet NCAA competition regulations.

According to CSUSM Sports Information Director, Matt Berson, if CSUSM fails to meet any of the NCAA requirements, the campus may expect to repeat any provisional year.

CSUSM has taken measures to expand their Athletic Dept. staff to help foresee any gaps that may otherwise be missed.

"It's very important to us that we're not breaking any rules in the NCAA or NAIA," Coach Leonard said.

Along with several athletic requirements, CSUSM student athletes are also required to maintain a graduation rate equal to, or greater than, the general student body.

While athletic competition is important in NCAA Division II, a high academic standard is required of all performing athletes.

CSUSM is expecting full membership in the NCAA D2 by fall of 2017.

Heart Beat

ALS Ice Bucket Challenge defined

By Alexis Saucedo
Sports Columnist

Who would have thought that a bucket of ice water could raise over $100 million for ALS research, as well as bring awareness to so many?

The latest craze has swept the nation the last few months, taking Facebook in particular by storm. All the cool kids are doing it; even celebrities such as LeBron James and Jennifer Lopez have jumped on the bandwagon. So what is the ALS Ice Bucket Challenge? More importantly, what is ALS?

There are many cold water challenges out there, but the ALS Ice Bucket Challenge, in all its authenticity, can be credited to Pete Frates. According to syracuse.com, Frates is a former Boston College baseball star, who is two years into an ALS diagnosis. The rapidly progressive disease has since claimed Frates' ability to walk and talk. Yet, Frates still managed to take part in the Ice Bucket Challenge with a smile last month in Fenway Park, with all of his family and friends by his side.

According to the National Institute of Neurological Disorders and Stroke, ALS stands for Amyotrophic Lateral Sclerosis and is considered to be a neuromuscular disease. ALS is also known as Lou Gehrig's Disease and can be more specifically classified as a motor neuron disease. According to the NIH, motor neurons serve as the communication between the nervous system and the voluntary muscles of the body. In ALS, motor neurons die and the brain loses the ability to control voluntary movement.

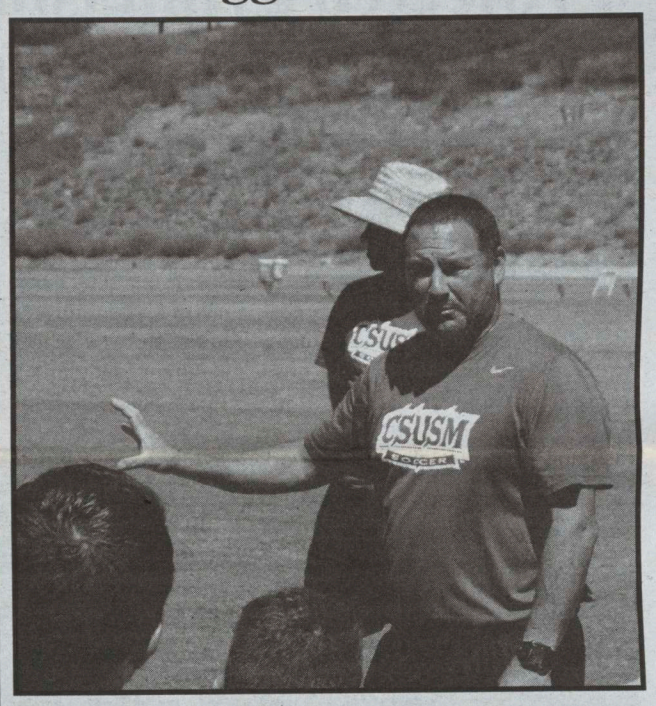
The NIH states that the average life expectancy of individuals with ALS is two to five years and the majority die from respiratory failure. This is due to the weakening of muscles in the diaphragm. The NIH also says that symptoms associated with ALS vary widely from tight muscles to slurred speech.

Individuals suffering from ALS do not lose all cognitive ability, therefore they are often aware of the rate at which their body is betraying them. Due to the similarity of symptoms with other diseases, no one test can be used to confirm ALS. As a result, physicians rely on a compilation of neurological exams, as well as an extensive medical history, to diagnose each patient. While the cause of ALS is still unknown, scientists are investigating specific genetic mutations and exposure to certain environmental toxins as possible causes.

With over 12,000 individuals in the United States who are suffering from ALS, an Ice Bucket Challenge might be just what scientists needed to fund research for a cure. According to the New York Daily News, prior to the Ice Bucket Challenge, fundraising efforts for ALS research only raised $26.3 million this past fiscal year.

Now, how can you join the already three million people who have donated to ALS? Originally, it was customary to wait for a tag on Facebook, daring you to either complete the challenge within twenty-four hours or donate. This challenge has grown so large it is now a movement and many are accepting the challenge for fun, in addition to donating. Those wishing to donate to ALS research or other charities associated with the disease can visit alsa.org.

Men's soccer head coach Ron Pulvers returns with bigger focus



Head coach Ron Pulvers instructs players on strategies for upcoming matches. Photo by Miguel Magana.

By Shaina Pardo
Senior Staff Writer

Ron Pulvers' role in the CSUSM Athletics Department has changed despite continuing as head coach of the men's soccer team.

Returning for his ninth season, Men's Soccer Head Coach Ron Pulvers has decided to focus on just the men's team instead of coaching both men's and women's soccer teams.

"I could spend more quality time with the players, providing more opportunities for them to learn and it adds life, balance and initiative of NCAA," Pulvers said.

Pulvers believes with his new sole focus on the men's soccer team, he better benefit the team entering the NCAA Division 2.

As the 2014 season begins, all the talk is about how exciting it is to be getting ready to join other NCAA competitors next season. Pulvers is ready to end this last season in the NAIA with a bang.

"Going to NCAA D2 is a big excitement for everyone," Pulvers said. "It adds to our recruiting profile and being affiliated with the NCAA label is a big recognition and it will help our program in every way. The NCAA will be a challenging experience but it will make us get stronger as a whole team."

In regards to this season, Pulvers believes that the men's soccer team has experienced players and a handful of fresh new talent that could benefit the team in massive ways.

"He inspires all of us to be better players. How [he is] encouraging and positive about every aspect, and as a result it reflects on how we play and how much we want to be here. We practice harder because of him," senior athlete, Evan Myers, said.

The upcoming season appears to be one that the team is looking forward to overall.

"He likes to change it up a lot and keeps you on your toes. We have to be aware for anything he's going to throw at you," athlete, Erik Mueller, said. "I am excited for this season now that he is just coaching the men's [soccer] team. He has so much more time to focus on just the men and he has that extra enthusiasm to pump the team."

Women's soccer coach Bobby Renneisen heads new era

Renneisen steps into head coach position with hopes of continued growth



New women's soccer coach Bobby Renneisen celebrating the first win of the season 2-1 with assistant coach Courtney Drummond by Ashley Odom.

By Erik Sandoval
Staff Writer

CSUSM appears to have selected the best man to lead the Lady Cougars to new heights as Bobby Renneisen has become the Women's Soccer Head Coach after nearly ten years of assistant coaching experience.

Renneisen has credited former women's soccer coach and current men's soccer head coach Ron Pulvers for preparing him for this new challenge.

"I was really fortunate to be able to handle day to day operations during practices as if I were the head coach," Renneisen said. "I wasn't out there just fetching cones, I was able to be a part of the required hands-on duties of coaching, which has allowed me to make a seamless transition into head coach."

With the season being in its early stages, Renneisen will be relying upon his veterans, which includes nine seniors and four juniors.

Unfortunately, the women's soccer team has been blind sided by a slew of unrelenting injuries, which has forced the squad to redshirt six players. However, according to the new Head Coach, that is the name of the game and that shouldn't prevent his team from achieving success.

"We do not have any specific, one standout or all-star type of player on this team," Renneisen said. "We are going to get this done collectively as a unit to become a team that achieves our goals."

Renneisen is confident that his team's leaders will help them succeed this season.

"Our captains Nicole Luna and Natalie Lara are players that will have leadership roles, but we have plenty of experienced players that we will rely upon so I look at leadership among the whole squad to be key."

Coach Renneisen is looking forward to continuing a winning tradition that includes four Association of Independent Institutions (A.I.I.) titles, most recently in 2013, along with five appearances at the NAIA national tournament.

"We want to repeat as conference champions again and get back to Orange Beach, Alabama to compete with the best teams around the country," Renneisen said. "Last season we advanced to the second round and I would like to improve on that by advancing even further into the tournament. Being able to go play against some of the best teams last year has given us plenty of experience for the upcoming season."

What students listen to at Cougar gym

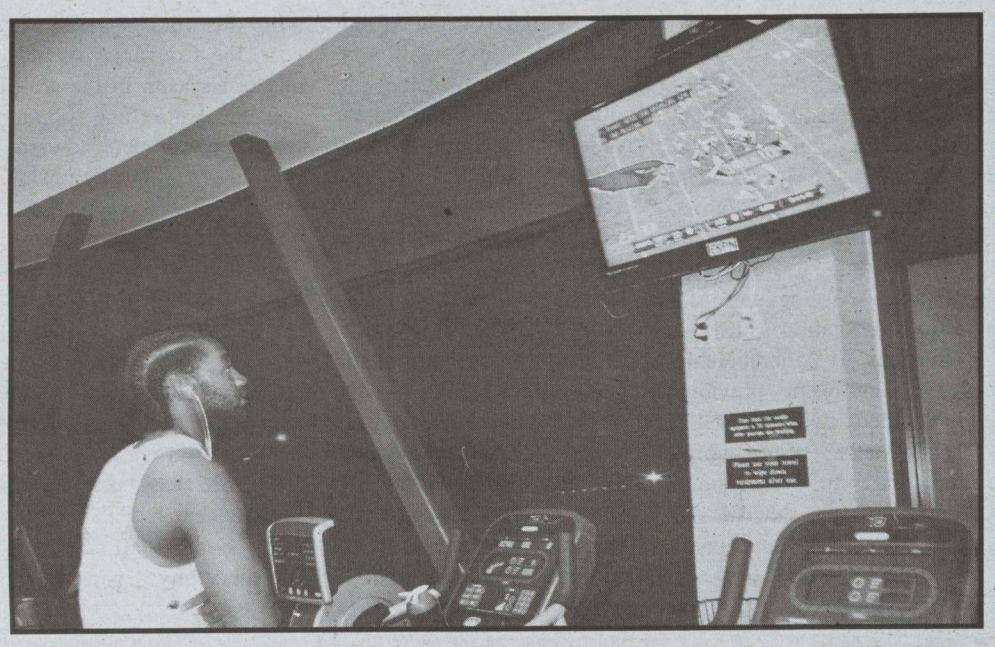
Music to keep motivated

By Mackenzie Clark
Assistant to the Sports Editor

Many CSUSM students often listen to hip-hop and rap while running on the treadmill or lifting weights at The Clarke gym.

Men's freshmen soccer player, Kevin Graham, enjoys getting pumped up for big games by listening to his favorite music as a way of keeping up his energy during workouts.

With a playlist full of his favorite artists such as Juicy J, Drake and also peppered with classic rock legends such as Led Zeppelin and Tom Petty, Graham can be found focused on his most intense workouts with headphones over his head, blasting his favorite song "I mean it" by G-Eazy.



CSUSM junior Daniel Phair listens to Tupac while he works out on stationary bike by Matthew J. Kuhlman

"I go to the gym to refresh my legs and get ready for the next practice or big game," Graham said.

Music can be a way to help motivate not only this soccer player during workouts, but also anyone getting through those last five grueling minutes on the treadmill.

"Those beats get me pumped..."

Austin Schiff is a student that is not on a sports team this semester, but is a Clarke regular. An avid listener of music for both reasons of pure motivation and relaxation, Schiff enjoys listening to hip-hop, rap and trap music while working out.

"Those beats get me pumped so I am able to perform [my] best," Schiff said.

His favorite song, "On Top," produced by his favorite artist, Flume, features a hook by New York based RAP artist T.Shirt, repeating phrases that express a desire to reach "the top."

However, not everyone is picky about his or her choice of music.

Freshmen men's basketball player, Dylan Eamigh, has a playlist filled with various artists from genres like hip-hop, rap and R&B that he prefers to put on shuffle.

For these and many other students on campus, music is what keeps them pumped throughout the day and during long hours of working out.

Projected gymnasium expected to expand student community

Building student spirit in the Cougar experience

By Burtland Dixon
Staff Writer

CSUSM takes a huge stride in building campus pride with the addition of a new state-of-the-art basketball gymnasium, scheduled to be complete and ready for use by the start of 2016 women's volleyball season.

The possibilities this gym could have for positively impacting the experiences of students are limitless.

"I think it's another building to bring the community together," CSUSM third year track athlete, Allen Brown, said. "With the gym, it's like we'll be able to see our basketball team and I know we have a great team but it's just hard to go out and see their games."

Due to not having a large gym, CSUSM has struggled in some ways to increase the size of crowds in attendance at games.

Lacking a football team at CSUSM seems to also be a common topic of discussion with students and athletes. However, lacking a local gymnasium to cheer for the Cougars that play indoor sports remains one of the biggest concerns on campus.

Without this resource, students do not have a large scale location to cheer on their peers and participate in the game day experience.

"I think it definitely opens people's eyes to be active in college and with it being on campus people aren't going to worry about driving to the other gym," student Brianny Williams, set to graduate in 2015, said. "I think it will affect our college campus as well as probably get more prospective students instead of students not wanting to come when they see we don't even have a gym."

Home basketball and volleyball games are currently played off campus, forcing CSUSM athletes to drive a number of miles to compete in what is considered to be a "home" game.

With a staggering 1 percent of students living on campus, this gym will allow the other 99 percent to feel like they are part of a school community and express their Cougar pride.

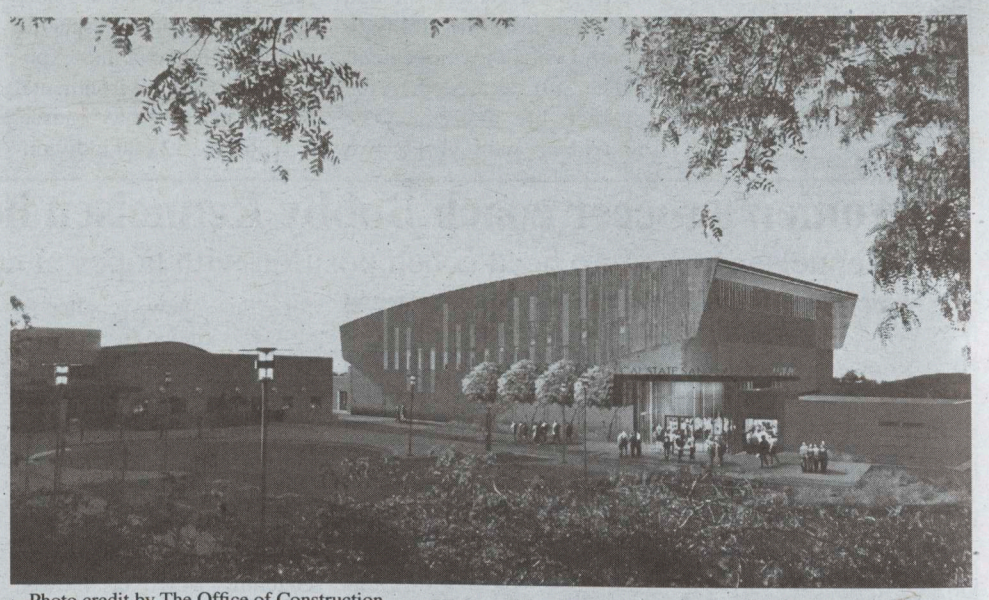


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'Buds' rather than just counselors

Ombuds Office works to make difference

By Katlin Sweeney
Editor-in-Chief

Creating a safe space for students, faculty and staff to express their concerns and find pathways towards success is one of the highest priorities of the Ombuds staff.

The Ombuds Office is a unique space on campus in which individuals can discover what resources are available to them and talk through issues such as communication difficulties, conflicts with peers or individuals with more power than them. Because it is separate from administration and is completely confidential, all students, faculty and staff can use this resource without worrying if their feelings will cause problems at work or school.

Dr. Fritz Kreisler, from Student Health and Counseling Services, has been part of the Ombuds staff for a few years and has spoken with faculty and staff about personal issues as well as those that arise in the workplace. He has discovered that many times, individuals are in need of guidance to direct them as to how to best address conflict, what the policies and procedures at CSUSM are and how to find solutions.

"I think that it helps to find actual pathways, bring people together and sometimes work towards a compromise," Kreisler said. "It is amazing how much you can sort it out into this or that. We look at the options you have, how you can move past things and sort out issues while shedding light on them."

Dr. Kara Kornher, from Disabled Student Services, joined the Ombuds staff eight months ago to serve as the consultant for students. She has found that all students can benefit from an open, informal conversation with someone that is willing to listen and help.

"It is the opportunity to see problems get solved and to see people take responsibility, and take charge, of what is happening to them," Kornher said. "This way, they do not feel like a passive victim. They have choices, options and they can make informed decisions."

Both Kornher and Kreisler credit the Ombuds Office for being a unique resource in the sense that neither of them will repeat any of the information that is told to them and they do not keep records of who visits the office. Any notes that are taken during a session are immediately shredded to keep the highest degree of confidentiality in place.

"We are not advocates and we do not have the power to make policies or say individuals should be punished," Kreisler said. "It is a completely safe and confidential space where people are able to address their confusion and feelings before searching out a formal process to change things."

The only circumstances in which either Kreisler or Kornher will speak about what goes on during a session are if the individual says they are going to hurt themselves, threatens to kill someone, speaks of child abuse in their household or other issues that legally require the listener to report it.

For more information on the Ombuds Office and to schedule an appointment, visit www.csusm.edu/ombuds/

Campus Break Time: 5 Things to Do

Ways to spend your extra free-time on campus

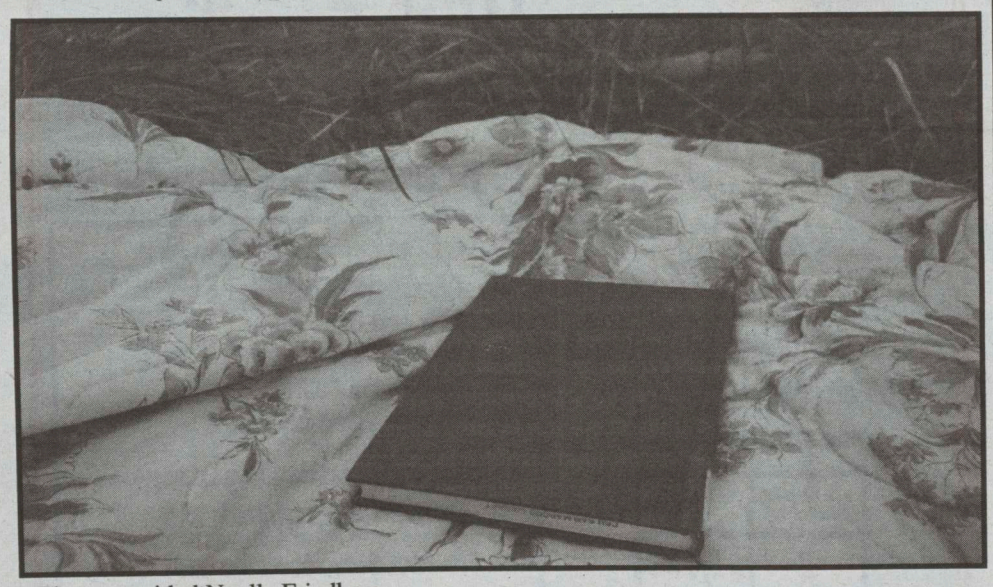


Photo provided Noelle Friedberg.

By Noelle Friedberg
Opinion Editor

Everybody dreads that day of the week when they have a four hour gap in between their classes. You can choose to leave campus when you have a break in between classes, or you can save some gas and hang around.

If you decide to stay on campus and wait it out on your break, here are some things you can do to fill the time:

1. **Watch a movie in the library.** Some students may not know this, but you can actually check out movies from the Kellogg Library at the media library on the first floor. They have a wide variety of new and old movies, as well as private study rooms with TVs, DVDs and VHS players for movie-watching. Or you can watch a DVD on one of the many computers in the first-floor computer lab. If you have Netflix, think about watching it on your laptop, or on one of the computers in the library during your break.

2. **Grab lunch with a friend.** This one may take some planning ahead. If you're stuck on campus with nothing to do, text a friend or plan to have lunch together. There are some yummy food options on campus in the new USU building. Or you can pack yourselves a lunch and enjoy a nice picnic on a grassy spot somewhere on campus.

3. **Take a nap.** Everybody knows the couches in the reading room on the top floor of the library are the perfect place for a nap, and if you don't, you're missing out. Or you can find a nice shady spot under one of the trees somewhere on campus. You can even take a nap in your car. Naps are the perfect way to recharge in between classes.

4. **Do homework.** While this isn't the most exciting option, it is a productive way to spend your break. Long breaks are an excellent time to catch up on homework or to get ahead on your studying.

5. **Get caffeine!** Feeling sleepy? Go caffeinate at one of the three coffee places on campus. Looking for a new drink? Head over to the campus coffee cart in the founders plaza. They have one of the sweetest chai tea lattes around.

Restaurant review

Money night football at Hooters



Photo credit by Matthew J. Kuhlman.

By Matthew J. Kuhlman
Staff Writer/Photo Editor

The iconic view of the internationally known Hooters marque never fails to rally up thoughts, images and memories of food, fun and sporting events. The new San Marcos Hooters location certainly provides for its patrons all of the above and then some.

The wide variety of appetizers and starters are what people have come to expect from Hooters. Most sports bars/restaurants offer fried cheese and chicken strip type foods, but Hooters puts their own unique flare on their appetizers with their signature hot sauces and cooler sauces for dipping. Fried pickles, "Buff Chicken Sliders" and "Lots-A-Tots" are a few of the menu items unique to Hooters.

For your main course, Hooters has a wide variety of classic sandwiches and fresh ground chuck burgers. Menu selections that stand out the most when something a little different is in mind are sandwiches like the Shrimp Po Boy, the Pulled BBQ Pork Sandwich and the Speedway Sandwich with bacon, cheddar, green onions and Daytona sauce. In the mood for something on the healthy side tonight? Hooters also has more than seven salad and seafood choices from a brand new Shrimp and Spinach Salad to fresh Alaskan Snow Crab Legs.

No one can think of Hooters without the lively server staff and the wall to wall wide screen TVs displaying every desired sporting event and/or news worthy programing. When it comes to the service, the layout of the main floor, outdoor patio and bar at the San Marcos Hooters, it is arranged perfectly. This allows the staff to pay extra attention to all of the guests without having to stand over their shoulders. Servers like Ashley provide attentive and friendly service with the right amount of attention and space for the patrons to enjoy themselves.

One of the more unique events Hooters offers is the ever so popular feeling of being at a sporting event-Money Night Football. Every Monday and Thursday evening, Hooters' patrons are given $60 in entertainment money.

"The guests use the $60 in Hooters cash to bet on questions pertaining to the featured football game," a bartender at the main Hooters bar, Evan Ammon, said. "The prizes range from small items like shot glasses to large ticket items like wide screen TVs."

Considering that most people have an idea of what to expect when they visit a Hooters restaurant, the San Marcos location is incredibly successful at providing guests with familiar yet unique menu choices along with friendly and attentive service staff. Since going out for the evening is supposed to be a memorable experience with friends and family, the San Marcos Hooters is definitely worth checking out on any evening for good food and memories that a person could get used to.

The total experience was a definite 5 out 5 paws for the cleanliness, staff and food.

Extended learning: CSUSM self-support division

Learning in school and beyond

By James Massengale
Web Assistant

Extended Learning offers exciting opportunities to students that they may not be aware, or take advantage of.

Laura Segall, Marketing and Public Information Officer for CSUSM Extended Learning, discussed the opportunities Extended Learning (EL) has to offer for CSUSM students. Segall explained how the breadth of programs, courses and certificates are extensive and present a myriad of possibilities for students.

Extended Learning is not just responsible for organizing Summer Session and Winter Intersession. This educational arm of CSUSM operates all the international programs for the university, such as Study Abroad. It also simultaneously takes steps to involve businesses in the region (e.g. ViaSat)—businesses and organizations which CSUSM students may one day enjoy working for.

This fall, Extended Learning offers its usual programs in Science, Business and Legal Studies, to name a few, but also introduces a new program in water leadership, with another program in cyber security on the way.

Programs for credit are not the only opportunities available for CSUSM students. There are several certificate programs offered as well. Tasting room management is one of several courses involved with the budding, or experienced, sommelier's growth in the wine industry. Wine is not the only thing under the Californian sun, EL also offers certificates in digital arts, education and paralegal work.

"All of these programs help prepare people for jobs," Segall said.

In addition to the programs and certificates offered, Segall explained how affordable Extended Learning programs are.

"The cost of our programs truly reflects what they cost," Segall said.

Extended Learning is the "self-support division" that benefits the community at not-for-profit rates. There is an added bonus according to this fall's Extended Learning Catalog: CSUSM Alumni Members may actually receive a 15 percent discount on "most non-credit programs."

As students continue to graduate, there may be a remarkable growth of the extended learning program.

"We started a Temecula campus in 2009 that is 100 percent extended learning," Segall said. "This fall, we've started a second Temecula campus at the Old City Hall building in Temecula, which is a partnership between Mount San Jacinto College, CSUSM Temecula and the City of Temecula."

On top of the new buildings that will benefit incoming students, Segall informed that EL has grown by about 20 percent a year for the last three years.

"Of the 23 CSU's, Extended learning at CSUSM, last year, ranked number 10 in terms of revenue generation," Segall said.

Segall suggests for CSUSM students to look at the website at csusm.edu/el, review the catalog and discover what Extended Learning can offer.

A back to school list for first time Cougars

By Sarah Hughes
Senior Staff Writer

This year you might be at least partly responsible for checking off essential items on your back-to-school shopping list.

Here are some things that many have come to appreciate here at CSUSM:

1. A reusable water bottle- There are nifty water fill-up stations in almost every building.

2. Tennis shoes- Have you seen the stairs yet? Our pet name is CSU Stair Master, and for good reason. Wear comfortable footwear to avoid getting foot problems from walking in worn-out or painful shoes.

3. Sunscreen- To help reduce your chances of potentially appropriating age spots and cancer, use sunscreen daily to cover your hands, face and chest.

4. Shades with a carrying case- Sunglasses make driving a whole lot easier and seeing on campus a whole lot nicer. If you want your pair to stay smudge and scratch free place, them inside a carrying case.

5. Headphones- If your teacher assigns a video for you to watch, the internet connection here might work better than yours at home. If you don't bring headphones, you won't be able to hear it, as many computers don't have their own speakers.

6. A hand towel and a lock- As a student, you can use the Clarke Gym on campus because it is included in your tuition. After filling out the initial paperwork at the front desk for safety reasons, you just need to remember to bring a towel and a lock.

7. Get a print card with some money already loaded onto it and tuck it away in your wallet. Then, when you realize you forgot to print something for class that's due in ten minutes, you can do this without freaking out about how you have no cash and don't know how to work the printer in the library.

8. Syllabi- Print out the syllabus for every class and bring it with you.

9. Scantrons- Look at your syllabus and figure out how many scantrons and blue books you need for the whole semester. Purchase those supplies and place them safely in your notebook for future use.

10. Phone (or other preferred electronic) charger- while there are charging stations on campus, it can be convenient to plug your own into a computer or wall.

Campus Recreation

Events, excursions offered

By Nada Sewidan
Features Editor

Zombie runs, ultimate frisbee tournaments, backpacking in the Sierra Nevada, karaoke nights at the USU- just a few of the many trips and events Campus Recreation has to offer.

Campus Recreation encompasses fitness and wellness classes, outdoor excursions, intramurals and other sports clubs. They even have yoga sessions offered throughout the week.

CSUSM student and assistant to Student Outreach Coordinator, Natalie Ortega, explained that the purpose of Campus Rec is to advocate overall health, and to get students involved with campus while having fun in the process.

"Our main goal for Campus Rec this year is to grow and get as many people involved as we can," Ortega said. "We want to get students to experience new things."

Ortega recalls a memorable past experience with Campus Rec and how a new CSUSM foreign exchange student once joined them on a surfing excursion. The student did not know how to surf, and, on top of that, had never even seen an ocean before. Other students on the excursion partnered together, supplied her with surf boards and taught her how to swim.

"They gave her the best experience," Ortega said. "That's the way Campus Rec works."

Campus Rec offers a multitude of events and trips throughout the semester. Some of these trips include kayaking in La Jolla Cove, surfing, hiking San Marcos' own Double Peak Trail, climbing in Joshua Tree, paddle boarding on the Carlsbad Lagoon and paintballing in Camp Pendleton.

In addition, archery lessons for students are available at a discounted rate. Students can also choose from intramural teams such as flag football, soccer, softball and dodgeball. Sports clubs associated with Campus Rec also provide cycling, dance, lacrosse and volleyball teams.

The prices for events and trips range from free to $95. However, space is limited and usually caps out at about eight to 10 students for weekend trips such as Joshua Tree or Sierra Nevada, and around 15 to 20 students on day trips such as hiking or surfing.

Campus Rec's hours are 6 a.m. to 7 p.m. Monday through Friday and 10 a.m. to 6 p.m. on Saturday in the Clarke Field House.



Photo provided by Campus Recreation.

Campus Rec will be holding a Recreation Fair on Sept. 9 at the Clarke Field House for any students interested in finding out more about the events and trips offered. There will be tables and stands for outdoor adventures, intramurals and sports clubs, not to mention the obstacle courses and food.

Brenda Ferro, Student Building Lead for Campus Rec, has attended several excursions and weekend trips.

"Campus Recreation is a great way to make new friends and meet new people," Ferro said.

Faculty Profile

Meet the face behind the CSUSM Recreation Program



CSUSM Recreating Program Specialist Sonya Starr-McLin continues to promote enjoyable recreation for students and staff. Photo by Miguel Magana

By Courtney Jones
Features Assistant

Campus Recreation Program Specialist by day, student by night, Sonya Starr-McLin is quite the busy woman.

Campus faculty member Starr-McLin creates and oversees programs aimed at promoting health and wellness, as well as student involvement here in Campus Recreation. Specifically, Starr-McLin is in charge of outreach and tiny tournaments.

Starr-McLin's favorite part about CSUSM is the overwhelming sense of community felt on campus. Recreation Program Specialist, however, was not Starr-McLin's first position at CSUSM. She has worn many hats here at the university and has, in fact, been employed by our institution for over a decade.

Starr-McLin is extremely delighted that her position does not require her to be "chained," so to speak, to her desk all day. She thoroughly enjoys interacting with her fellow staff-mates as well as the student body.

"I like it (working with Campus Recreation) because it's different from day to day," Starr-McLin said. "I'm not stuck behind a computer all day, and I get to plan activities with the students."

She currently attends Ashford University, an institution headquartered in downtown San Diego, and is earning her degree in Sports and Recreation Management with a minor in Business Management. With a mere year and a half left, her moniker of student will soon be changing to that of graduate.

After graduation, Starr-McLin plans on staying right here at CSUSM. Starr-McLin feels that, although our university is relatively large, it exudes a similar aura to that of a small liberal arts college.

Outside of work and school, Starr-McLin tends to two athletically gifted children, a doting husband and two rambunctious dogs. Starr-McLin and her husband, a Master Chief in the United States military, have been happily married for 24 years and their ambitious nature has certainly carried over to their two children. Starr-McLin's son, a student at Linfield College in McMinnville, Oregon, played football for the vast majority of his athletic career. Her daughter, a high school student, participates on two cheerleading squads as well as her school's track team.

In her spare time, Starr-McLin enjoys hiking, watching television and coaching. She has also been coaching cheerleading squads for nearly eight years.



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*Pregnant Woman=2 People

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Into the blue

Learning about the world of spearfishing

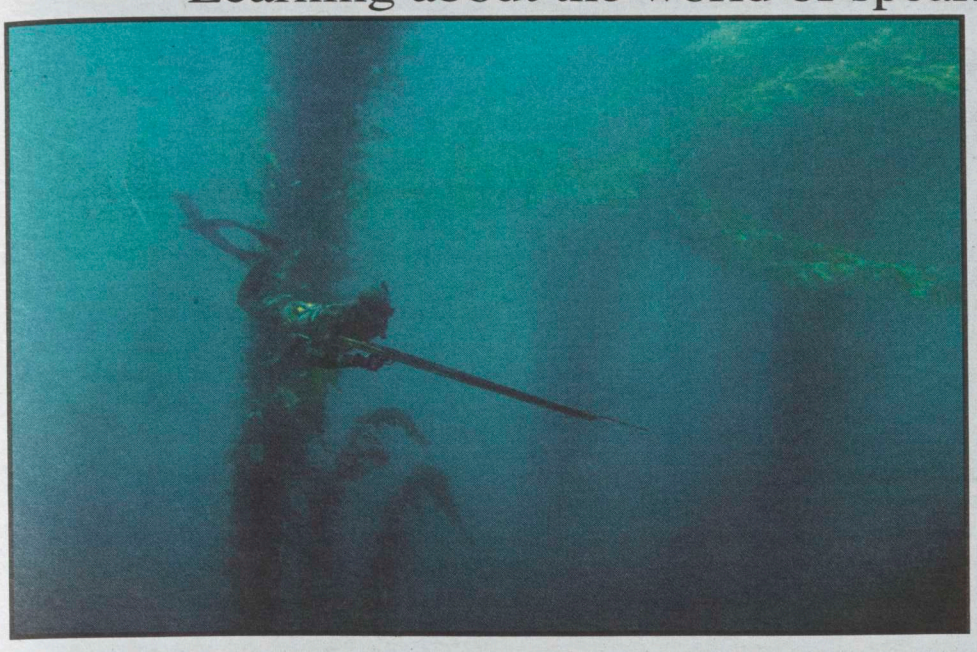


Photo provided by Collin Vaz.

By Collin Vaz
Assistant to the News Editor

The alarm rings sharply at 4am. The occasion does not call for work or school; therefore, the grogginess that generally overcomes one's senses at this hour is nowhere to be found.

Pierre quietly grabs his duffle bag and ice chest and heads for the door. The pre-dawn energy has an eerie though peaceful stillness. The passing of time has yet to take hold of the day. Upon arrival to his destination, Pierre opens the trunk and pauses to admire the sound of waves crashing nearby. After a calming breath, he begins preparing for what he came to do. Slipping on his neoprene camo wetsuit, memories of his first dive surface in his mind, creating an undeniable sense of nostalgia. Eyeing his favorite sandy cove, he slings the remaining gear over his shoulder and starts the short hike to the beach. Before stashing the rucksack behind a rock, he removes his most vital piece of equipment, his speargun. It is a handmade teak wood work of art, crafted by Daryl Wong- the state gun of Hawaii. Once at the water's edge, Pierre steps into his three feet long carbon fiber fins and secures his dive mask and snorkel over his face. Running through a last mental checklist, he makes sure his knife is sheathed in his belt and wades out into the water before kicking out into the depths in search of yellowtail, dorado and the elusive white sea bass.

Pierre, a CSUSM student, is not alone in his distinct adventures. Many San Diegans have taken to the "Spearo" lifestyle, reaping both the physical and mental benefits of this pastime. For spearfishing enthusiasts, the obvious dangers of such a hobby are outweighed by the blissful solitude that exists in the depths. However, diving to depths of forty plus feet on a single breath requires an immense amount of physical proficiency and emotional discipline. Although not a lifestyle suited for all personality types, Pierre describes his love for diving as an "escape from everyday life like no other."

He heeds warning to anyone wishing to take up spearfishing and reminds novices that it is crucial to always dive with a buddy and stay within one's limits. It is recommended that beginners practice dive techniques in a safe coastal swimming area, during calm water conditions, with no spear gun, before attempting to venture out in search of game fish. For more information, clubs and forums, such as the San Diego Free Divers and the Spearboard, are some of the resources available.

"From birth, man carries the weight of gravity on his shoulder. He is bolted to earth. But man has only to sink beneath the surface and he is free."
- Jacques Cousteau

CAMPUS RECREATION CALENDAR

Upcoming CSUSM events

By Nada Sewidan
Features Editor

August:

Monday 25th- Sierra Trip Opens, Flag Football Opens
Thursday 28th- Karaoke Night @ Hawk's Nest (USU)

September:

Tuesday 2nd- Kayaking Opens
Thursday 4th- Free Bingo Night 4-8p @ CFH
Friday 5th- Sierra Backpacking Trip
Saturday 6th- Sierra Backpacking Trip
Sunday 7th- Sierra Backpacking Trip
Monday 8th- Fitness Classes Begin
Tuesday 9th- REC FAIR, Surfing Opens
Thursday 18th- Board Game Social @ CFH
Friday 19th- Flag Football Game, Kayaking Trip
Saturday 20th- Flag Football Game, Kayaking Trip
Tuesday 23rd- Paddle Boarding Opens
Wednesday 24th- Movie Night 6-10p
Thursday 25th- Giant Twister 6-8p @CFH
Friday 26th- Flag Football Game, Surfing Trip
Saturday 27th- Flag Football Game
Monday 29th- Joshua Tree Trip Opens

October:

Thursday 2nd- Free Bingo Night @ Quad
Friday 3rd- Flag Football Game
Saturday 4th- Flag Football Game, Surfing Trip



Advice to master while you're still young

Stop comparing yourself to others

By Noelle Friedberg
Opinion Editor

As we start another semester, let us consider the wise words of Theodore Roosevelt: "Comparison is the thief of joy."

If you listen to the conversations of people of all ages, you will most likely hear the comparison of themselves to others. Women your mother's age tend to wish they had the skin of so-and-so. Your dad could wish he had the car his boss drives. The little girl down the street might wish she was as "popular" as the other girls.

So many of us are constantly comparing ourselves to others; why do we even bother? It's something that only leaves us feeling dissatisfied. That is why overcoming this habit is something many of us need to master now, while we're still young.

Social media can make comparing ourselves with others more tempting now than ever. Our news feeds are filled with so many happy couples, beautiful faces and exciting adventures; however, what is often the problem with comparing your life to someone else's based off of what they post online

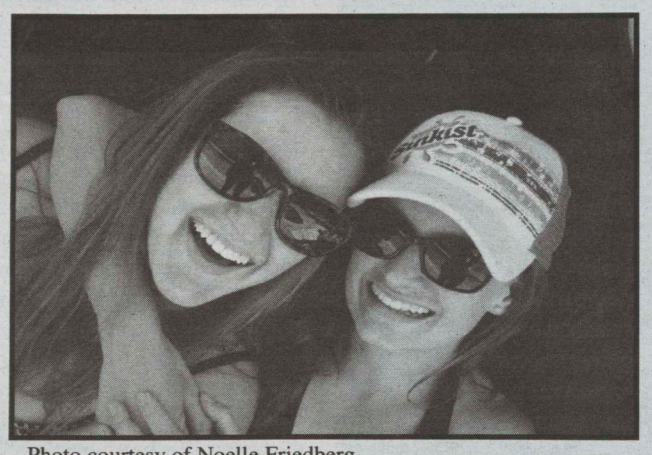


Photo courtesy of Noelle Friedberg.

is this: most people only share their best moments. I witnessed a perfect example of the flaw in this tendency a couple of weeks ago when I heard a dad say, "People I'm friends with on Facebook always tell me I have the happiest son in the world. But they only think that because I don't post pictures of him when he's crying."

It can also be extremely tempting to compare ourselves to our classmates. The guy who sits in front of you got a higher score on the test he didn't even study for, while you studied for hours and you failed it. Or that girl's parents pay for her education while you have to work two part-time jobs just to support yourself. But here's the thing, comparing ourselves to others doesn't "fix" any of the problems we face or see in our own lives. It only brings us down. Break out of the destructive cycle of constantly comparing by thinking instead of how you can work harder to do better next time, or by developing an attitude of gratitude.

Instead of envying the lives and possessions of others, choose to be satisfied with your own circumstances. It is a much more rewarding way to live, if you ask me. You might be surprised by how much better you feel when you break out of the small but dangerous habit of comparing yourself to others.

Can You Really Find Love Online?

A personal take on dating websites

By Anthony Trevino
Staff Writer

Recently, I was complaining to a buddy of mine that I couldn't remember the last time I went on an actual date. He suggested that I try OK Cupid, since he was going to have a go at it himself.

He must have seen the look on my face because he immediately followed it with, "Stop taking yourself so seriously and try it out."

So over summer break I ventured into the world of online dating. While my experiences were tame compared to those of whom I communicated with - no one offered to show me their homemade dungeon or paint me in their "studio" much to my chagrin. I did find myself asking one question over and over: can we really find "the one" by answering a set of questions and filling out a profile that's dangerously close to a job application?

The quick and easy answer is that it depends on what you're looking for. A lot of people utilize online dating for hookups or summer romances, while others try to seek out a solid individual who's in it for the long haul. The way OK Cupid works is that you're matched with people by a percentage that is based on how you answer their never-ending questionnaire.

This matching system, based on questions one might find on a psychological test for the FBI, is meant to make meeting people easier; however, it doesn't take any kind of genius-like intuition to know that this algorithm can be manipulated or flat-out wrong. For kicks, I looked at what percentage of a match my friend and I were, and was aghast at the fact that we were only a 66 percent match.

My point is that not everyone can really get a good idea of who someone is based on these questions, oftentimes leading you to miss out on what may have been a relationship or friendship. For example, one woman I had been chatting with informed me a few days before our date that based on how different our answers to the preset questions were, there was no reason for us to meet up.

That was fine. My feelings were only moderately singed - definitely better than a bad or awkward date. However, I find it interesting that this is what caused the change in interest. To me, an algorithm cannot predict chemistry.

So, while maybe it's true that she enjoyed the beach and Jason Mraz, while I preferred the wilderness and Die Antwoord, there's still a possibility that we may have hit it off. But because I checked X instead of Y, it meant we were too different and therefore not compatible on any level.

Therein lies my problem with the system of online dating. It provides a way for people to filter out traits they find undesirable in potential partners, without really understanding how those aspects shape the individual they're talking to. In a way, the online dating system eliminates the chemistry that can form when meeting people in person - much like applying for a job online can make one feel like just another number in a corporate inbox.

Keeping all this in mind, I actively sought out people that were only seventy percent matches or below. Most people I contacted were operating under the same "I don't talk to anyone that isn't 90 percent compatible" perception, which is fine; however, after a few unfruitful attempts, a woman (who I'll call E) around my age replied, and we went out a few days later. E is the complete opposite of what I typically look for: energetic, loud, bubbly and careless about what people think of her. Other than a very similar love of film, we are totally different.

Flash forward a few months later and we've developed a great friendship that may or may not blossom into more. Even if it doesn't, I'm still overjoyed to have gotten to know the woman with pink hair that OK Cupid told me was only a 70 percent match.

In short, the online dating's system of connecting people isn't bad or malicious. It's merely flawed in that it's not going to be correct 100 percent of the time. I think it would be beneficial for potential users of these various sites to be aware that love isn't something you find by reading a profile of checking boxes; it's something you discover by getting to know people in the real world.

Operation Uganda

Making a difference in children's education

By Garrett Hatch
Contributor

I hope everyone has had a smooth enough transition from summer into your new school routine. I would like to share with you some reflections I've had since my trip to Uganda, Africa this summer.

You might be thinking, "Wow, he went to Africa!" or, "Why should I even care enough to read this?" Either way, I promise it won't be a waste of your time. I went to Uganda with a team of 13 college-aged friends who all had the desire to do more than just work all summer; they wanted to make a difference. I can confidently tell you that they each did just that through our work with Operation Uganda.

Our journey started by traveling 11 hours in a small, four-wheel drive bus to the far northern part of Uganda, where the grass was green, the ground was usually muddy and the people were beautiful. On the way, we passed many children, young kids on dirt roads in the middle of nowhere, eagerly running alongside the bus waving at us - the Mzungu or "white people" as they called us. They each had the brightest smiles you can imagine, yet were barefoot and wearing the only pair of clothes they had. It was quite an experience, and made me really think about what is important in life.

Here in beautiful, sunny San Marcos we can easily take our education for granted. It's expected for most of us to get a college degree after high school. But after being in Uganda with the 400 kids in the village we visited, I will never take my education for granted again.

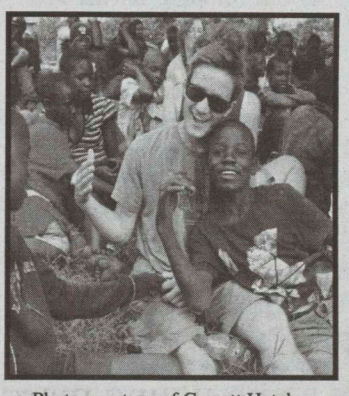


Photo courtesy of Garrett Hatch.

Education is one of the greatest shortcomings of rural Uganda. It is supposed to be free for the kids, but it costs them money to buy uniforms, and they are also often required to pay a small fee to take their exams, which enable them to graduate to the next grade level in primary school. Although these costs may only be a few dollars, many villages like the one we were in have no money at all. They live by trading and bartering for their necessities. This is where Operation Uganda comes in. They work to build schoolhouses and find local teachers that make education possible for the multitude of children growing up in these rural villages. Where we were, the closest public primary school was about a five to six-hour walk away.

One major misconception is the idea that building school rooms in Africa can be made for an extremely cheap price. For the school building we are working on right now, the cost is about 35,000 US dollars, which seems expensive, but makes sense when you realize that supplies and labor must be brought in from over a seven-hour drive away. Because of this, Operation Uganda has a heart to involve the local community in the construction of schools. They strive to have locals provide a good portion of the bricks, and use day laborers from the community to help boost the local economy.

Operation Uganda is an Australian-founded and run organization that has multiple locations throughout Uganda, and plans on impacting as many kids as possible. They currently get people from Australia to support the students in their schools for 45 US dollars a month, but sadly there are still many unsponsored children.

My team that went was the first ever American team to volunteer with Operation Uganda, and we have each decided to sponsor a kid we met there. Now I would like to challenge you to do the same. Maybe you don't have 45 extra dollars to spend a month, but I bet if you partnered with a friend you could make it happen. Please go to operationuganda.org and sponsor a child today! Also, check them out on Facebook at Operation Uganda.

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The positives of young love

Reasons why you shouldn't be afraid to marry young

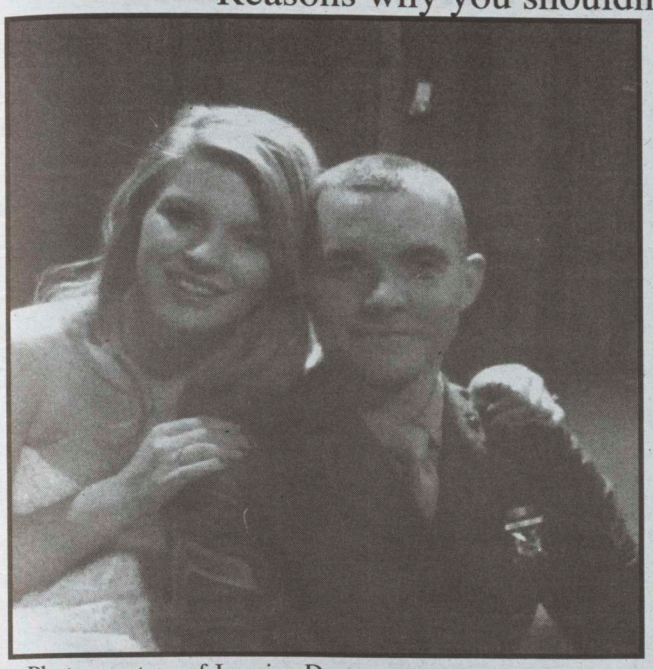


Photo courtesy of Jasmine Demers.

By Jasmine Demers
Assistant to the Editor-in-Chief

Never in a million years did I think that I would be married at 20 years old. I was supposed to just think that boys had cooties for the rest of my life.

Yeah, right. Most of us know it doesn't work that way, and have an undeniable desire to love and to give into attraction. So yes, I fell in love and married my high-school sweetheart, and I can honestly say that I have never been happier in my life.

I want to make a case for young love and young marriage. People should know that being young does not automatically assume a mere "puppy love" capability. A person's heart does not simply become "mature" enough to love when you hit a certain age. It is a constant and ever-evolving inner emotion, and it is indestructible.

When I married my husband, it was like I was suddenly sitting in an interrogation room, awaiting my own persecution. Everywhere I looked, I found judgment and misunderstanding. I could probably write a book about all of the young marriage stereotypes I've heard, so, let's start with the top three myths of young marriage:

Number one: The only reason you could possibly get married that young is because you're pregnant. Nope, not in my case. Believe it or not, I got married simply because I am head over heels in love. I found an amazing friend and partner in crime that I want to share the rest of my life with.

Number two: You must have had a courthouse wedding. Wrong again! I was married in a beautiful church surrounded by my friends and family. I had flowers, a white gown and the whole shabang.

Number three: You don't have family support. Just because YOU might not agree with young marriage, does not mean that my family is unsupportive. They have stood by me through everything and I am very proud of the relationship that my parents have with my husband.

Myths = busted.

I think it's important for people to understand that it is okay to be in love. It is okay to give someone your everything, and to allow them to love you back. I'm definitely not saying that you should get married after dating someone for a month, or after saying "I love you" for the first time; however, it is completely okay to make that decision when it is right for you and right for the person you love, whether that is at 20 years old or 60 years old.

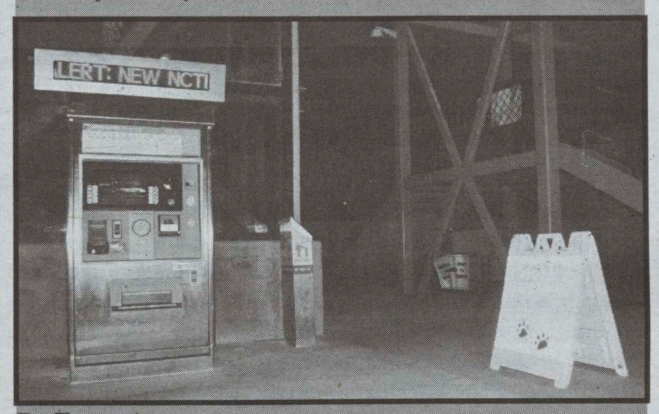
No one should ever tell you that it isn't okay to express feelings of love based on specific standards set by society. Young love is not wrong and you do not have to accept that ignorance. If you have the opportunity to share that with someone, then you have to hold onto it. Things in our lives are always coming and going, but true love will be constant and lasting.

Public transportation saves money, reduces stress

Sprinter Compass Pass Loads



Photos provided by Erich Allen and Matthew J. Kulhman.



By Erich Allen
Staff Writer

Paying out the wazoo for a parking permit? Tired of traffic? I submit to you a cheaper, cleaner and more dependable method of travel: the Sprinter.

While a yearlong CSUSM parking permit is $676, a full school year worth of Sprinter Compass Pass Loads comes out to only $400 ($40 per month), or even $320 if you're thrifty. It's a fantastic opportunity that Parking and Commuter Services provides for us students. I took advantage of it for the Fall 2013 and Spring 2014 semesters, parking at the Escondido Transit Center from the 15 North. Not once did I have to deal with traffic on the 15/78, or worry about my vehicle as the lot is monitored by NCTD security. The train was never late - it remains my most reliable method of travel, unlike the unpredictability of sporadic freeway jams or traffic lights. Additionally, my daily trip from Escondido to Cal State has provided me with vital studying time before crucial exams.

More and more students are realizing the benefits of the public transit option. When CSUSM and NCTD first began their Sprinter deal in Spring of 2007, only 22 students applied. That number is now up to 430 per month. That's 430 students who are minimizing their fees, saving gas and reducing the overall amount of commuters on the road. Completing your degree is hard enough on your wallet and stress level, why make it worse?

I encourage you to at least check it out during your experience at Cal State San Marcos. An all-day pass is only $5, which is more affordable than the price of parking on campus.

Reasons to wait to get married

Why some young marriages can be unsuccessful

By Celeste Morales
Outreach Assistant

For many students, and people in general, the question of when to get married is a huge decision.

Some people choose to get married depending on when they find their ideal partner; however, even if that ideal partner is found, the question is whether or not getting married now, while still in college, is a good idea. Many different age groups make up our student body here at CSUSM, but a good amount are in their early twenties. Which raises questions on when or why to get married if the right partner is found.

The temptation to get married while you're young and the relationship is still fresh has its appeal, but there are a few reasons to wait until the end of your time in college. Choosing when to get married has so much to do with what you want out of a marriage, out of your career, and out of life. The most important reason to wait until you're older to say "I do" is that you tend to know yourself better. You have grown enough and gained enough life experience to understand what it is you want from your future, and your partner in life. You have also given yourself enough time to understand what your goals are, allowing you to realize if you and your partner are going to be able to mutually share and benefit in each other's future.

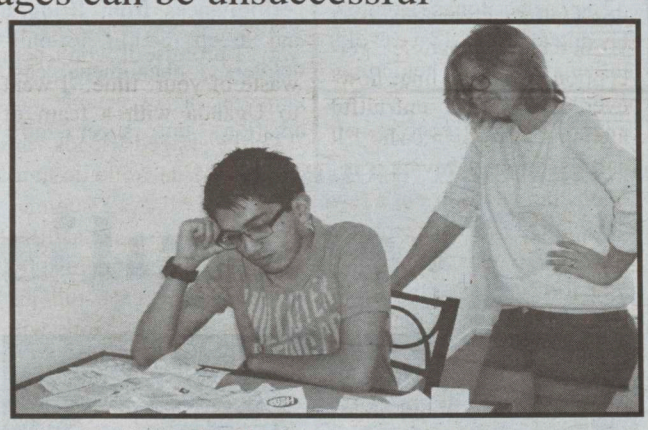


Photo provided by Chris Morales.

Some of the other reasons to wait have to do with finances and continuing your education. I'm not saying you can't be in college while you're married, but it can make decisions like choosing the location of your desired university easier, especially if you or your partner plan on attending graduate school. Marrying later in life may lead you to be more financially independent as well, so that your future married life can be more stable.

My experience with CSUSM's teaching program

How to jump-start your career in education

By Cody Warwick
Alumni

The idea of going to college was pretty scary to me, and graduate work - even more intimidating.

As it is with most things, you never really know what you're getting into until you're right in the middle of it.

Once I was in college, I realized that it wasn't as difficult as its reputation made it seem. I enjoyed the flexible schedule, and that I wasn't stuck in a chair from 7:30 a.m. to 3 p.m., Monday through Friday. In my mind, graduate work was still a whole different story. I knew that class numbers would change from 101 to 555, and that even if I put my best effort in, there was still a chance of failure.

I ended up going for it anyway. I enrolled in the Middle-level Education Credential program through CSUSM so that I could eventually teach middle-school math. The program has a stellar reputation among educators, and I knew that it would be no easy feat. It consisted of very in-depth instruction on how to best teach children, providing me with two opportunities for which I could practice in the classroom setting at different local middle schools. I learned to teach kids of different cultures, languages and learning needs that all happened to meet in the same classroom to learn math.

As I feared, it wasn't easy. It consumed most of my time for a year of my life as I worked through assignments, group projects, self-reflections and daunting state-required performance assessments. It involved waking up early and leaving school late. If I wasn't actively working on something, I was thinking about it. What assignment was due next? How were my students going to act the next day? Am I actually cut out for this whole teaching thing?

My questions eventually turned from worry to excitement as the program neared its end. What kind of teacher will I be? How will I motivate kids to be life-long learners? How can I make math exciting rather than boring (as it tends to be so often)? As my questions changed, I realized that my outlook had changed. I was no longer someone just trying to get through school and get a job to pay the bills. The program gave me confidence in my ability to educate kids. It changed me from someone who was fearful into someone that was now excited to make an impact in students' lives.

Thankfully, I'm blessed to work at an awesome charter school in the area exploring the option of blended and online education for students in difficult or unique circumstances that cannot attend a normal Monday through Friday school program. Every single day I get the chance to make a positive difference in students' lives by challenging them to grow and encouraging them to succeed, not just as math students, but as individuals.

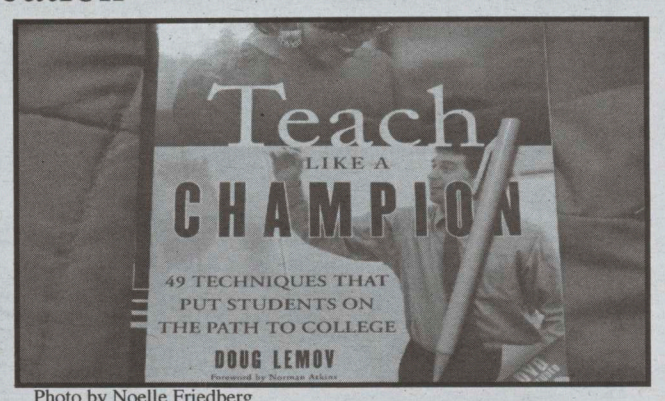


Photo by Noelle Friedberg.

If you want to be a teacher and cannot decide what program to enroll in, I highly recommend the middle-level program. The professors are passionate about what they teach, and getting the chance to enrich the lives of middle school students on a daily basis is so rewarding.

Netflix Review

Cafe de Flore



By Kayla Arbini
Staff Writer

The exploration of human interconnectedness in cinema is not a novel concept. It is frequently purported that the theme of integral human relationships can be found in almost every genre of film from the outlandish science fiction to even the radical dark fantasy. After all, it is not too often that a film manages to capture the essence of such congruence with a lens of realism that transcends the complexities of such a familiar concept, making it as effortlessly simple as the concept lends itself to be. French-Canadian director Jean-Marc Vallee governs the notion of love and its timeless interrelation in his film Cafe de Flore (2011) with an artistic reverence simultaneously sensual and melancholic.

The movie introduced two seemingly extraneous stories that are built in respective isolation. In present-day Montreal, Antoine Godin (Kevin Parent) lives comfortably, enthralled with life, for his happiness is obvious and exuding. He has a ravishing girlfriend named Rose (Evelyne Brochu), two daughters, living parents and a successful career as an international DJ. In retrospect, his life is perfect. As he and Rose become further and further transfixed with one another, Antoine must weather the hurdles of his previous relationship without damaging the familiar thread tied to his ex-wife and children.

Vallee also snapshots the life of a devoted single mother named Jacqueline (Vanessa Paradis) to her son Laurent (Marin Gerrier) with Down's syndrome nearly four decades past in Paris, France. Superficially her life constitutes of financial and emotional downfalls but her dedication to her son provides her with a most rewarding relationship, and Laurent is like Antoine, undeniably happy. It is not until he encounters a young girl at school named Veronique who also has Down's syndrome that the very fabric of their relationship is reconstructed, Jacqueline succumbing to the pitfalls of jealousy and Laurent not understanding quite why.

Narratives are paralleled using clever cinematic slights-of-hand, cutting sound and image to redirect attention in an atmospheric manner that allows the movie to be read as wistfully dream-like. The success of Cafe de Flore is hidden in the film's intimate relationship with its soundtrack. No doubt the addition of Pink Floyd's "Time" as the replacement for an orchestrated score enhances the ethereal feeling of watching two separate timelines coexist in the aftermath of love and love lost.

The narratives combine and attempt to build a bridge of cohesion, but the blend requires a stretch of the imagination. The concept is at best artistically abstract and can be viewed alternatively as a justification for infidelity. The latter assertion loses validity, however, when one attempts to assign it to the film holistically. In exploring the universality of human love, the connectedness of the soul, Cafe de Flore manages to dismantle the confines surrounding the concept with philosophical license. Metaphysical in nature, possibly yes, but every whimsicality is underlined with touching displays of unconditional love. However in being metaphysical, it may require a second viewing. Luckily for you, it is on Netflix. Watch it incessantly if you need to but probably because you want to see it for yourself.

Rating: 4.5/5 Paws.

In theatres now

The Giver: Giving life new meaning

By Lexy Perez
Assistant to the A&E Editor

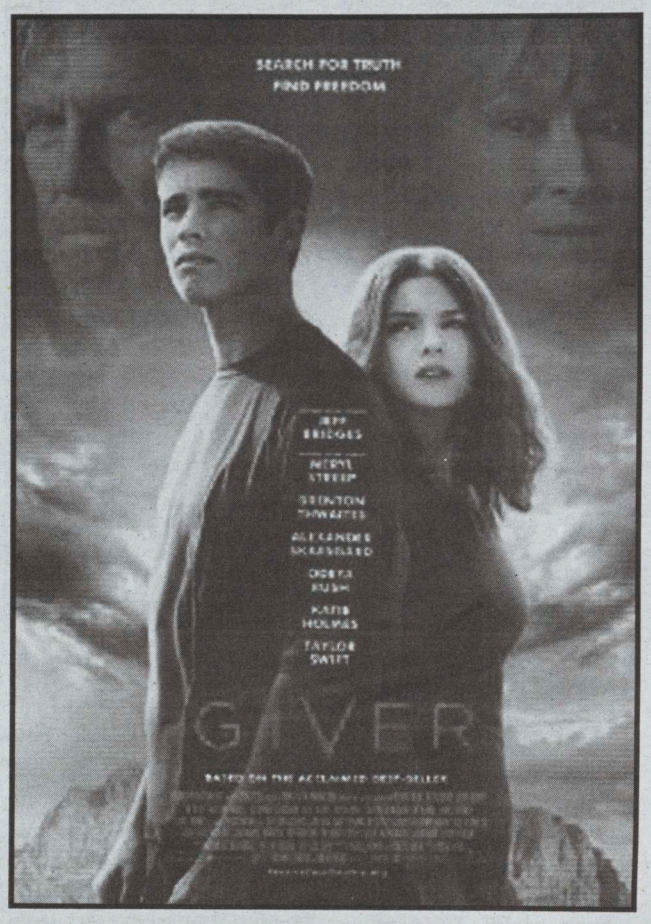
If it hasn't been conspicuous enough, today's cinema world revolves around the generation of young readers. While "The Hunger Games" and "Divergent" proved to be box-office successes, director Phillip Noyce attempts to achieve more towards young readers by bringing the beloved worldwide classic "The Giver" onto the big screen.

The film portrays Lois Lowry's world of a secluded culture in which citizens spend their lives abiding by the strict rules enforced since birth. Citizens live their days residing with their respected family units, working in their selected careers and living in a perceived "ideal" community that promotes harmony and equality by prohibiting emotions, freedom of choice, suffering, war and colors. Believing in their leader Chief Elder (Meryl Streep), the story is analogous to the idea of "Big Brother is always watching," with citizens consistently under the radar of their town elders, ensuring harmony and sameness remains within the community's borders.

They select Jonas (Brenton Thwaites), an 18-year-old anticipating the beginning of a new adult life, to be the society's new receiver of memory. Being the young protégé to his teacher, The Giver (Jeff Bridges), guides Jonas through a journey in which he learns about the world he never knew existed- feeling the natural human responses of emotions represented through visions received from the Giver. The film takes the audience on a journey through Jonas' widening view of his surrounding world that leaves them pondering over life's purpose and whether they have done an adequate job at appreciating the world they live in.

While Bridges resembles a kooky elder that failed to receive daily adequate sleep, his interaction with Thwaites is both charming and respected. Their trusted camaraderie creates an unbreakable bond that could rank with the likes of Anakin and Obi-Won or Dumbledore and Harry Potter.

Following the typical young-adult plotline, Jonas is a young hero yearning to break free from his society's way of life, who Thwaites with his Hollywood looks and relatable demeanor proves he isn't just a newcomer, but a rising movie star. With the star power performances from Bridges and Streep, the film not only delivers a phenomenal cast depicting a respectable adaptation, but successfully



conveys the overall theme of the book: there's more to life than meets the eye.

If Noyce released the film prior to its fellow dystopian tales, it might've avoided the immediate comparisons and categorization of another cliché, dystopian teen film. What sets this film apart from the rest is its attempt to take a simple plot line and tackle complicated themes of conformity, identity, camaraderie and death, all with ease. "The Giver" may seem like another film to add to the list of dystopian tales, but its uniqueness qualifies it as a front-runner amongst its counterparts. Aside from being an entertaining adaptation, it gives audience members something to consider when choosing how to live their lives.

4.5/5 Paws

Musician spotlight

Oversoul's Alexa Villa



By Katia Brunson
Assistant to the Opinion Editor

If you haven't heard her on the radio already, then you better watch out, because this girl knows how to bring the pop to her brother's rock.

This musical duo has already made a name for themselves in the local music world, performing at Warped Tour and rocking venues like the House of Blues. Alexa Villa and her brother, Ryan, have been jamming together since Alexa started playing the piano at seven years old. Growing up in a musical family, Alexa and Ryan looked up to their parents, who were always performing in their own bands.

This musical inspiration led to the creation of Alexa and Ryan's band, Oversoul, which Alexa describes as "a cross between Lady Gaga and the Black Keys." Alexa says working with her brother is a lot of fun, but just like all siblings, there is the occasional rivalry between the two.

"It's like instead of fighting over the remote control we fight over solos and song arrangements," Villa said.

Arguments aside, we're glad Alexa and her brother were able to agree on such a sick name for their band.

"Honestly, we had been looking for a name for a while. We tried going to the library and reading book titles, anything to spark inspiration, but we didn't like anything," Villa said. "One day I just flipped open a dictionary and Oversoul was the first word I saw and we liked the meaning. Oversoul: the spirit that motivates and inspires all living things."

"I pretty much love every type of music. Nerdy, but I do love classical music. It's my escape from all the current stuff"

Some of the artists that inspire Alexa in her work include a range of artists from Led Zeppelin ("cliche but an all time favorite") to top 40 faves like Lana Del Rey and Rihanna.

"I pretty much love every type of music. Nerdy, but I do love classical music. It's my escape from all the current stuff," Villa said.

If the serious, heavy rock sound of Oversoul isn't your thing, check out Alexa's solo work. Her brand new music video for her single, "Do What You Do," features a more "upbeat and fun" sound. Anyone can relate to her lyrics, which focus on the love/hate nature of relationships and important messages such as taking risks and being comfortable in your own "weirdness." One of her favorite songs she has written is titled "My Miracle," which she wrote for her aunt after she had passed from battling cancer.

Music has been a positive influence in Alexa's everyday life, and her source of therapy throughout the years.

"Music is all I do. I'm obsessed with the fact that you can just make something out of nothing and that there are no rules. It's what I enjoy most," Villa said.

Alexa will be performing at the world-famous Whisky-A- Go-Go in Hollywood on Sept. 13.

Find Alexa on her youtube channel, "weareoversoul" or on soundcloud at soundcloud.com/alexa-music. Oversoul al-

Check out the latest Cougar Shuffle online!
www.csusmchronicle.com

By Zach Schanzenbach

Welcome back to school! We hope you had an awesome summer and Labor Day break, but now let's all work for an even sweeter fall semester.

The Breakfast Club: VPA senior brings movie classic to stage

By Ryan Downs
News Editor

A geek, a jock, a criminal, a princess, an athlete and a basket case—these are the characters that make up John Hughes' The Breakfast Club, which will be coming to CSUSM as a stage play in October.

Every semester, one of CSUSM's graduating theater or VPA students gets the opportunity to showcase their work to the school with a capstone project. For theater students, this involves adapting a play to stage (or, if they're bold enough, writing their own) to perform in front of the school. This October, Alex Conteras will instead be adapting one of his favorite movies to the stage for three nights only.

"I went with this story because I feel that it is more than a 80s movie" Contreras said. "The movie really is timeless, and it really resonates with high school students. Even now, almost 30 years after it came out, the movie is still relevant."

It is not difficult to see the effectiveness of the transition from film to stage. Most of the film takes place in a single classroom, with a principal cast of about six characters.

"What lends Breakfast Club well to theater is that the story is set in a single location, which makes it ideal to stage great characters that everyone can relate to in some way," Contreras said.

He even goes so far as to say the entire screenplay is left more or less unchanged in the transition.

"I did not want to ruin what John Hughes, the author, wrote. All I wanted to do was tweak it in a few places to make it flow better as a play," Contreras said.

He said that the only necessary changes are added dialogue, referencing important events that take place outside of the classroom setting in the film.

"The set for our production will be more done with the idea that less is more.... The play is much more about the kids and their relationship to each other than it is about the library they are in," said Contreras. "Another change is that me and my director are trying to emphasize the fact that the play is timeless.... Will there be references to the 80s? Sure, but there may also be references to the 50s, the 90s and the early 2000s".

Although his passion for the project shines through, Contreras had his share of difficulties in making his dream a reality. He recounts his surprise when very few people showed up to audition, initially causing him to reach out to friends he knew in the acting profession. However with perseverance, he finally managed to assemble the cast he needed.

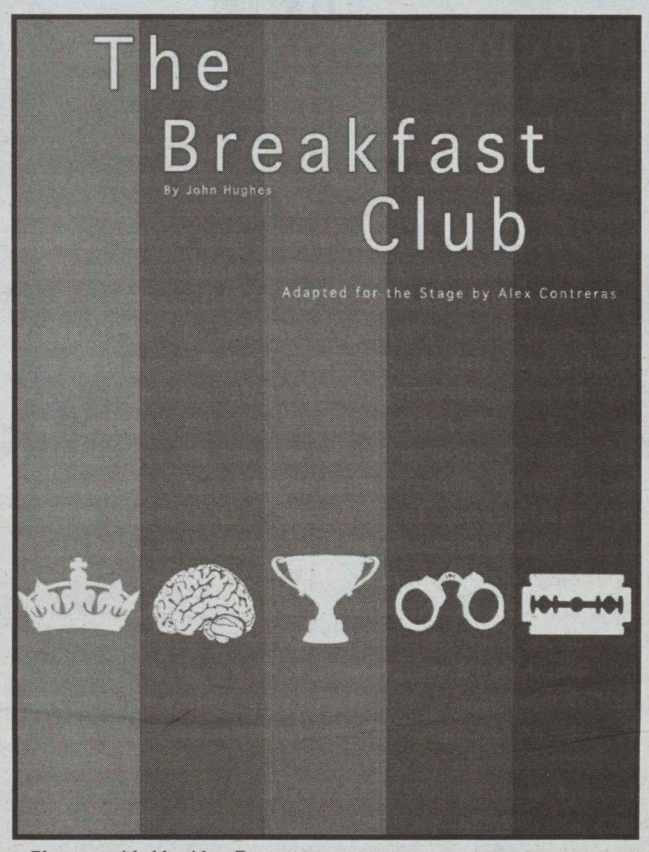


Photo provided by Alex Contreras.

"The moment the audience sees them onstage," Contreras said. "They'll know who each person is playing."

Picking a favorite character was a slight challenge for Contreras, but not impossible.

"A lot of the things Andrew does and says, I can relate to, but I'd have to say Brian," he said. "He's a smart, goal-oriented kid, but at the same time he has this charm to him. You want to like Brian because in everything he does, he's earnest about it."

The Breakfast Club adapted to the stage from John Hughes' screenplay by Alex Contreras and directed by Justin Levine runs at 7 p.m. on Oct. 3 to 5 in Arts 101. Admission is free.

Book Review

The Name of the Wind

By Katie Garner
Senior Staff Writer

For many avid readers out there like myself, a truly fantastic book is a treasure to be worshipped. They enrapture us, make us laugh, cry and perhaps critically invest us in another world.

It's true that books may simply be a form of entertainment media, but a small minority of literature strives to fill us with cognizance and awe. It is with this knowledge that I cannot more highly praise The Name of the Wind. Patrick Rothfuss' debut novel climbed its way up the ranks of literary mastery, and I can quite seriously shelve his trilogy among works such as Harry Potter, Lord of the Rings and Game of Thrones.

Despite its slow introduction, this story rockets into a vibrant tale following the life of Kvothe, an academic arcanist extraordinaire. He is a man of many mysteries with a trail of rumors about his life. Is it true that he has slain monsters and bedded faeries? Was he really thrown out of Arcanist University at a younger age than most who are admitted? Why is his family all but destroyed? These are all questions boggling the mind of the Chronicler, a man sent to record the tale of Kvothe. But what he finds instead of the human storm is a simple innkeeper. Appearances, however, can be deceiving.

Aside from the utterly masterful storytelling, The Name of the Wind possesses several qualities that set it apart from your typical fantasy novel. Through the duration of the trilogy, Kvothe has been charged with retelling the story of his life. The chapters thus bounce between Kvothe's recollections and the events occurring in real time. This shift creates a stark change in tone and perspective, but also hints at a tragic unravel in Kvothe's past that has created the situation of their present time. The rich cast of characters in The Name of the Wind supports the book's distinctiveness. Most notably, diverse female characters and LGBT characters populate the novel and play significant roles in the story's plot. Kvothe's narration throughout is clever, belly-achingly humorous and at times heartbreaking.

If there is any book that deserves a following of faithful readers, let that book be The Name of the Wind. This book demands to be adored, and if you're wise, you'll read and cherish it too.

Movie review

God's Not Dead

Most recent Christian film struggles to make mark, unless you're Christian

By Zach Schanzenbach
Senior Staff Writer

The latest addition to the roster of Christian films set on delivering a message is Pure Flix's God's Not Dead.

It looks promising: a story about a Christian college freshman, Josh Wheaton (Shane Harper), confronted by an atheist philosophy professor (Kevin Sorbo) regarding his beliefs. There seems to be appropriate tension, enough to pique your interest.

Unfortunately, the film doesn't measure up- proving to be yet another addition to the stack of low-quality, high-spirituality films in the movie cupboard. But before you tune out, let me explain.

If you only look skin-deep, the movie's most glaringly obvious flaw is the sheer number of subplots and supposedly important characters. While these may go on to reinforce Christian belief and perseverance, they make the movie drag. The other serious flaw is the two-dimensional nature of the characters. Unlike most Christian movies, this one has practically no character/faith development. The film's message to believers is simple: you've got nothing to worry about; God is good. Non-believers, on the other hand, are portrayed as cold, calculating and out to get the believers.

The strongest example of these flaws is Josh's girlfriend Kara. While she and her man go to get some lunch after he is accosted by his professor, she "forbids" him to take on the challenge posed by his professor. Ultimately, she breaks up with him, and we never see her again. Yet he's not even fazed. Granted, he made the right choice by simply saying "okay," but you'd think that after something dramatic like that he might struggle a little and wonder if it really is worth it. But no, life just goes on like normal for Josh.

I'm sorry, but if I dated a girl for six years, then broke up with her because she couldn't support something I believed was important, I think I'd struggle a little bit and possibly need to talk to someone. To be fair, Josh does talk to a pastor. But that happens before the breakup. And he only sees him once; the spark to get him going, and that's all he needs.

Thankfully, when you dig below the surface, you're sure to find an upside amidst so many flaws and subplots. The professor, while he's portrayed for the most part in 2D like the rest of the cast, does get a bit more depth to his character, and Kevin Sorbo delivers the strongest performance in the movie.

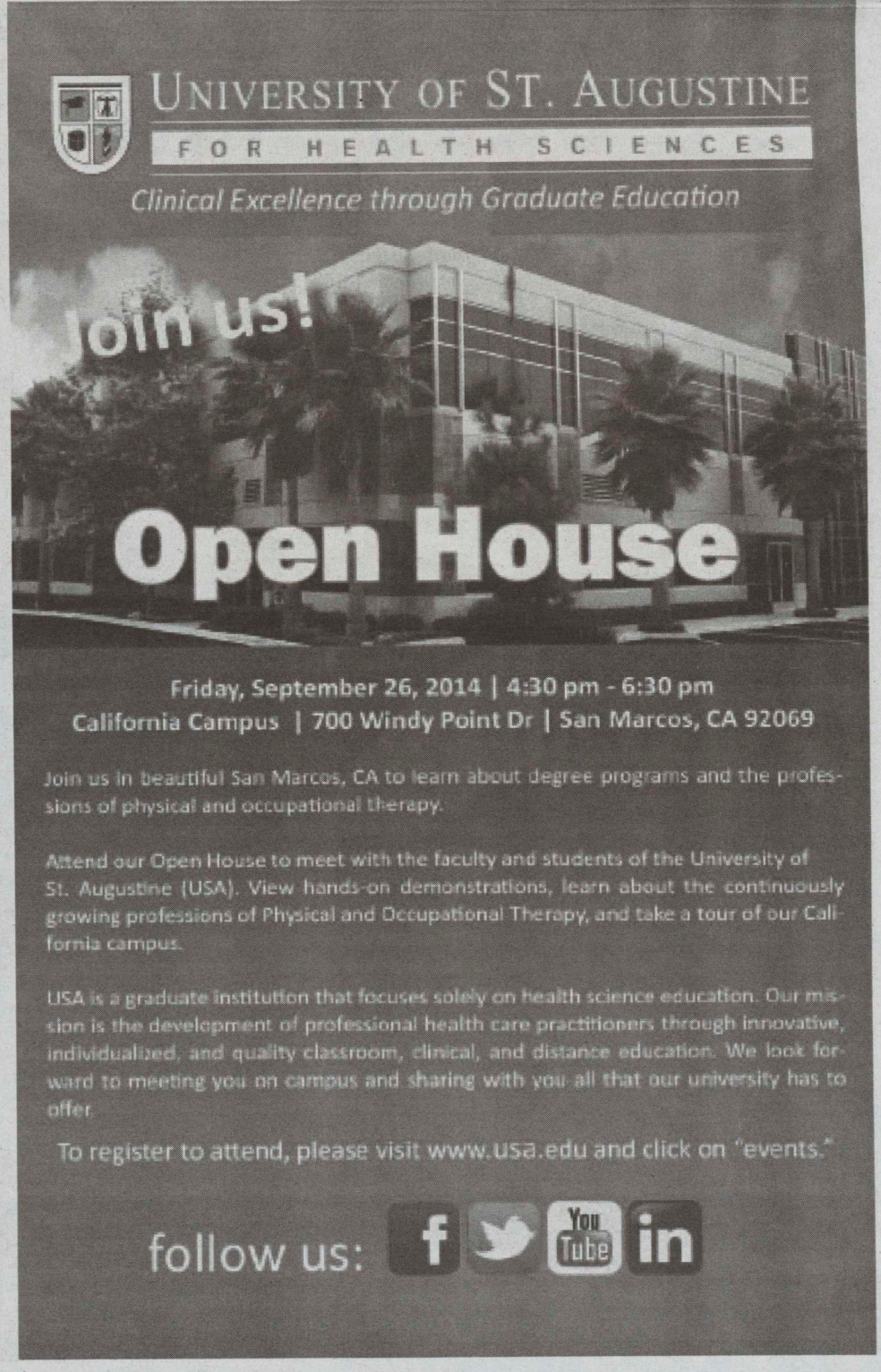
Perhaps the strongest moment in the movie comes at the climax. And while it's a much more subtle message, Josh's actions make a real impact on both his classmates and his professor, inspiring anyone who may feel as though they want to stand up for something important, yet feel alone. The message is subtle and clear: one person can make all the difference.

So is God's Not Dead a worthwhile watch? If you're a Christian, it could be; I'm certain that any Christian will come away from watching this inspired.

As for the non-believers, I believe that this movie's title is Truth: God's Not Dead. This movie, however, is another dull story.

Rating: 2.5/5 Paws

To read the full review, go to the Cougar Chronicle's website.





The Comic Book Corner

Marvel's All-New Ghost Rider

By Faith Orcino
A&E Editor

Marvel once again shakes up its main universe with the All-New Marvel NOW! line of titles. Earlier this year, the publisher released a number of familiar titles such as She-Hulk, X-Force and Amazing Spider-Man but with new twists and creative teams in the helm. In March, the Spirit of Vengeance returned to the shelves with a new vessel and a very sweet ride.

Writer Felipe Smith teamed up with artist Tradd Moore and colorist Val Staples to create action-packed stories in All-New Ghost Rider. The first issue brings readers to East Los Angeles, home of 18-year-old Robbie Reyes. Reyes works at one of the local auto shops, making what he can to take care of himself and his wheelchair-bound brother, Gabe. After a street race goes wrong, he becomes the new Ghost Rider when his mysterious killers abandon his body. Now he roams the street with his 1969 black Dodge Charger as his choice of transportation.

The combination of Moore and Staple's art with Smith's storytelling is perfect for the thrilling scenes in each issue. Tradd Moore has a lot of bold lines and motion in his illustrations, and Val Staples's coloring gives it the perfect touch of texturing. The duo is a pair of Marvel veterans having worked on previous publications in the company, but Felipe Smith, the newcomer, has a lot of experience under his belt. In 2005 and 2010 he released two manga series that he wrote and illustrated. In a 2013 interview with Marvel.com during New York Comic-Con, Smith mentioned that his main focus of this comic will be on the character-development of Robbie, and putting readers in "the passenger seat of Ghost Rider's roaring, flaming supercharged racer." Issue Seven will be out on Wednesday, Sept. 17, but new readers can catch up on the story with the first collected volume available now. For more information, visit Marvel.com.

Dirty Disco's DJ Booth: Top 5 Tracks

By Collin Vaz

Tracklist:

01. AnyTime by Don Diablo
02. We're Forever (The Voyagers Remix) By Laidback Luke and Marc Benjamin
03. Bounce Generation (Uberjak'd Remix) by TJR and Vinai
04. The Good Ish By DJ Fixx, Ill DJ, and Chris B
05. Delirious (Boneless) Feat. Kid Ink (Chris Lorenzo Remix) By Steve Aoki, Tujamo, Kid Ink, and Chris Lake

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