November 21st 2016

CSUSB

Follow this and additional works at: https://scholarworks.lib.csusb.edu/coyote-chronicle

Recommended Citation
https://scholarworks.lib.csusb.edu/coyote-chronicle/686

This Article is brought to you for free and open access by the Archives – California State University San Bernardino at CSUSB ScholarWorks. It has been accepted for inclusion in Coyote Chronicle by an authorized administrator of CSUSB ScholarWorks. For more information, please contact scholarworks@csusb.edu.
Election leads to whispers of Calexit

By JOSHUA ADAMSON  Staff Writer

The topic of state secession is recently relevant in the wake of Donald Trump’s electoral victory. Dubbed Calexit, these recent developments represent the latest iteration of secessionist movements that periodically arise after presidential elections.

“These movements pop up from time to time,” stated Political Science Professor Scot Zentner. “The most well known in the last 20 years were some Texans demanding that their state leave the Union.”

Zentner added that Calexit is partially motivated by California’s Democratic majority and sociodemographic makeup, which includes large numbers of Latin American and Asian immigrants.

“People of all political stripes react to setbacks such as the Democrats have experienced in recent elections,” stated Zentner. “The specific ethnic dimension in California is great others believe it never was.

An independent California would be able to exert more control over its immigration, healthcare, and trade policies, according to YesCalifornia.org.

Some residents of California may not believe that their views are reflected by the election results, according to Assistant Professor of Political Science, Meredith Conroy.

As Barack Obama’s presidency winds down, Americans’ take a look back at his time in office over the past eight years.

Obama made history by becoming the first African-American ever to be elected president of the U.S., which came with a lot of pressure.

Obama certainly has an approval rating of 57 percent, the highest in four years, according to the most recent poll from Gallup.

His list of accomplishments have included bringing the country out of a bad recession by signing the $787 billion American Recovery and Reinvestment Act in 2009 which led to economic growth for the country.

In 2011, he ordered a special force team to raid a secret compound in Abbottabad, Pakistan, which led to the death of terrorist leader, Osama bin Laden.

His administration helped create over 14 million jobs, nearly doubling what his predecessor George W. Bush was able to do, according to Money.cnn.com.

He assisted the auto industry by adding $62 billion in federal money into ailing GM and Chrysler in return for equity stakes and agreements for massive restructuring. Since 2009, the auto industry has added more than 500,000 jobs, according to Washingtonmonthly.com.

In 2014, Obama announced the beginning of normalizing relations between the U.S. and Cuba, which led to more lenient travel restrictions and establishing a U.S. embassy in Havana.

The Affordable Care Act in 2010 better known as, “Obama Care,” gave health insurance to over 30 million people who previously had no coverage, but has also created controversy because of the millions of people who pay private health insurance.

He insured millions of people by providing them with high quality healthcare through the expansion of Medicaid, but it created new taxes on those who were higher earners.

This alienated some of his former supporters who didn’t like these high taxes. “I used to be a supporter of Obama in the beginning, but I didn’t like the fact that he forced healthcare on people that didn’t want it,” stated auto businessman Guillermo Molina.

He also did a lot for the rights of the LGBT community when he allowed gay marriage to become legal across the U.S.

Although Obama was able to accomplish everything, he wasn’t able to follow through on all his promises for the country.

He promised and hoped to bring both parties together to achieve a bipartisan agenda, but both parties seem more separated now, than ever.

“His legacy is really tied to unilateral actions via vehicles like executive orders. This highlights one of the biggest issues in his presidency is that he was really unable to work effectively with Congress to accomplish very much,” stated Political Science, Professor Aslanian, via email.

There are some who believe that the recent election of Trump will hurt Obama’s legacy considering that the new president elect seems to be the polar opposite of what he (Obama) stood for.

“It does affect his legacy, its like all these eight years of progress he made kind of goes to waste,” said student Vishaal Raju. “Its like we are going backwards.”

No president is perfect but ultimately a good portion of people believe Obama did an effective job.

“I believe that this reliance on unilateral authority may fuel a lot of the concern that some have of a Trump administration as the president of the previous administration lends itself to a ‘productive’ presidency even with substantial congressional opposition,” stated Professor Aslanian.

Obama’s last day as president will be on Jan. 20, 2017.

Opinions

Some believe that America is great others believe it never was.

Features

Commemorating the life of “Our Brown” who died at the age of 78.

Continue Online @ Coyotechronicle.net
A “Not My President” rally was held outside the SMSU with students, faculty, staff, and other groups on Monday, November 14.

More than 100 students and faculty members attended the rally. “We all have allies, we are not outnumbered,” said Voice member Jennifer Bacon, “We are in this together and we will continue to fight as we have. This just means we have to fight even harder.”

Voice is an organization on campus that teaches prevention awareness to reduce the amount of students affected by sexual assault, relationship violence and stalking.

Students and faculty held signs that represented their grievances with Trump including “United Against Hate” and “A Woman’s Place Is In the Revolution.”

The rally marched around the school together chanting things like “Her Body Her Choice” and “We Reject, Our President-Elect.”

“I am in definite disagreement with some of the rhetoric Donald Trump has been throwing around,” said Student Sean Maulding, “I believe the cause is showing that we do not support Donald Trump and we do not support the policies that he will be putting in place.”

The group marched back to listen to more speakers in opposition to Trump. “His election is a reflection of the hate and bigotry that was planted here by colonialists,” said Melissa Wallard during one of the speeches. “The announcement of Donald Trump’s pending presidency sent me into a rage.”

The rally lasted an hour and a half with everyone chanting “this is what democracy looks like.”

One day only!

FACULTY & STAFF APPRECIATION SALE

Join Us December 1, 2016

$100 OFF Mac® over $999
$50 OFF Mac under $999
$50 OFF iPad Pro™
$30 OFF iPad Air™ 2

Earn money towards your purchase by trading in your old computer

Coyote Bookstore
6100 University Parkway

Office: (909) 537-5289
Advertising: (909) 537-5815
E-mail: chronicle@csusb.edu
coyotechronicle.net

Visit store only on 12/1/16. Promotion not available online. Offer excludes labs and institutional purchases, and iPad mini™ models. Cannot be combined with any other offer. Other restrictions apply. See the store for details and to reserve your items. Faculty, staff or student ID required for purchase. ** and ™ of Apple Inc. All rights reserved.
The SMSU expansion project, “Re-invent,” plans to re-purpose the existing Student Union and also expand the project north of the current building.

“The current SMSU was renovated at a time when the enrollment was 12,000 students and today over 20,000 students are enrolled at CSUSB,” stated SMSU Board Chair, Diana Hernandez Aguilar.

The main purpose behind the expansion is the need to increase space and facilities for students, as enrollment and amount of daily visitors continues to increase each year.

“Last year, our scheduling office turned away 185 event and meeting requests due to lack of space,” stated Aguilar. In addition to more venue locations and meeting rooms for clubs and organizations, the expansion will create more study spaces, seating, department offices, student centers, job opportunities, as well as more spaces, seating, department offices, student centers, job opportunities, as well as more meeting rooms for clubs and organizations.

“If the Student Union expansion happens, it will give more opportunities for our future students to have the campus life they want, need, and deserve,” stated ASI President, Alex Gutierrez.

Additional opportunities would be, “bigger college fairs, nationally recognized conferences, world-class speakers, research summits, and affinity group space,” stated Gutierrez.

The project is suspected to cost $88 million, according to Smsu.csusb.edu/expansion

In order to fund the project, new fees will be instilled, unless the majority of students express negative feedback for the fee.

The cost will be $143 per quarter, or $8.23 per week, according to site. Students will not have to pay for the fee until the new facility opens.

The Student Union fee will be classified as “Category II” fees by the California State University system, and will be covered by financial aid for eligible students, according to site.

In order to accommodate student input, the expansion underwent alternative consultation, conducted by Student Ambassadors.

Alternative consultation collects feedback from students, faculty, and staff through surveys and reports released about the ongoing process.

To collect additional student feedback, Student Ambassadors from ASI conduct on-campus outreach.

“This allows us to memorialize the student perspective and ensure this project is truly student-oriented,” stated ASI Executive Vice President, Quin Kochman.

More than 5,000 students participated in the alternative consultation process last month.

In the survey, questions were asked relating to restaurant options, entertainment, study spaces, resources, student services, and healthy food options.

Re-Invent, is one concept out of the four that are a part of CSUSB’s Expansion Campus Master Plan.

In addition are other projects such as Recreate (for Health, Wellness, and Recreation), Renew (for Housing and Dining), and Revive (for Athletic Fields).

The SMSU expansion project is currently still undergoing their feasibility study, to assess student needs, assess the current building, and explore options in coordination with the campus master plan, according to Facilities Planning and Management.

The expansion project is still in the planning stages, the project and proposed ideas are not yet finalized until the data collected during the alternative consultation is processed and reviewed.

“On behalf of the ASI Board of Directors, we are extremely excited to hear and listen to the student perspective on the possibilities of the expansion,” stated Gutierrez.

Chronicling events of campus, city, society, state, country, and world.

### CCBriefs:

#### San Diego College bus accident

A bus carrying the San Diego Christian College men’s basketball team sparked into flames Sunday morning in Chino Hills, after being rear-ended by a local resident.

The driver of the vehicle died at the scene after ending up underneath the tour bus.

All 19 members of the team, and bus driver escaped the fiery crash.

#### LAPD takes a Stand

The Los Angeles Police Department has stood firmly against changing their immigration policies, even after President-elect Trump has promised to deport millions of undocumented workers.

“We’re going to maintain the same posture we always have,” said LAPD Chief Charlie Beck to CBS Los Angeles.

“We don’t make detentions or arrests based solely on status, whether that’s immigration status or any other status,” added Beck.

#### LAPD takes a Stand

The los Angeles Police Department has stood firmly against changing their immigration policies, even after President-elect Trump has promised to deport millions of undocumented workers.

“We’re going to maintain the same posture we always have,” said LAPD Chief Charlie Beck to CBS Los Angeles.

“We don’t make detentions or arrests based solely on status, whether that’s immigration status or any other status,” added Beck.

### Room for rent

House with pool, one mile to campus to campus, single room $550/month and shared room $370/month with deposit, all utilities included.

Call 626-371-6459

### News

**Electoral vs. Popular**

By TRICIA KANG

Staff Writer

The 2016 election saw popular vote winner Hillary Clinton lose to electoral vote winner and President-Elect Donald Trump.

In the United States the presidential election winner is elected through the electoral college.

“I oppose to electoral college. In believing each vote should count towards the President making each citizen seem like their actually voting,” said Student Claire Zamora. “It is a bicameral way to the people out of their individual vote.”

A candidate needs 270 votes of possible votes to win the electoral college to become the President of the United States.

Citizens do not directly vote for the president but vote to elect specific people, known as “electors” to the college. Each state gets a certain number of electoral votes based on its population according to The New York Times.

When voting for the President, citizens are actually voting for a Representative that then will hopefully vote for the President of their choice.

**San Diego College bus accident**

On Tuesday night, two men were shot near a park in Fontana.

One of the victims was shot and pronounced dead while being transported to the hospital, the other victim was hospitalized and received treatment according to Abcnews.com.

The incident is being investigated, since they are yet to find the suspect or suspects who committed the crime.

By ISRAEL RAMIREZ

Staff Writer

Stanislaus deputy killed

A 20-year veteran of the police force was killed on Sunday in Stanislaus County.

Deputy Dennis Wallace was shot at point-blank range according to Foxnews.com.

The suspect 36-year-old David Machado, was arrested hours later after trying to rob a convenience store.

New York’s Mayor Bill de Blasio has told President-elect Trump that the city of New York is scared of his presidency to be.

Trump has threatened to deport up to 3 million undocumented immigrants even before stepping into office.

Bill de Blasio has told Trump that he will aim to defend undocumented immigrants from deportation according to BBC.com.

**Fearing Trump**

The driver of the vehicle who hit a 8-year-old boy in front of Grand Terrace Elementary school last week was taken in to questioning.

Detectives college: the driver there was “no criminal intent to make an arrest,” even though, Gloria Rosales, 50, left the scene of the accident according to The Sun.

With not enough evidence to hold Rosales, the authorities has sent the case to the District Attorney for review.

**Grand Terrace boy hit**

The driver of the vehicle who hit a 8-year-old boy in front of Grand Terrace Elementary school last week was taken in to questioning.

Detectives college: the driver there was “no criminal intent to make an arrest,” even though, Gloria Rosales, 50, left the scene of the accident according to The Sun.

With not enough evidence to hold Rosales, the authorities has sent the case to the District Attorney for review.

**Room for rent**

House with pool, one mile to campus to campus, single room $550/month and shared room $370/month with deposit, all utilities included.

Call 626-371-6459
<table>
<thead>
<tr>
<th>Proposition</th>
<th>Description</th>
<th>Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prop. 51</td>
<td>Allows California to borrow $9 billion to improve overall education.</td>
<td>“I think it’s great because money has been taken away from school over the years and it’s obvious it has had an affect on this generation,” said Student Breanne Downey.</td>
</tr>
<tr>
<td>Prop. 52</td>
<td>Guarantees funding for Medi-Cal to help low-income families.</td>
<td>“It’s great that this prop passed because it helps pay for health care services for children, low income families and seniors who pay for their medical expenses,” said Student Sandra Gonzalez.</td>
</tr>
<tr>
<td>Prop. 53</td>
<td>Would let state revenue bonds continue to be used without voter approval.</td>
<td>“The state should focus more on important projects that require bonds and voters need to be aware of where the money is going,” said Student Valeria Pantoja.</td>
</tr>
<tr>
<td>Prop. 54</td>
<td>Requires any bill to be published online for at least 72 hours before final vote.</td>
<td>“It is not fair that America says that every vote counts yet we do not know what is actually happening according to the electoral votes,” said Counselor at Arrowview Middle School, Kim Telphy.</td>
</tr>
<tr>
<td>Prop. 55</td>
<td>Calls for an extension of Income increase on the wealthy to fund education/healthcare programs.</td>
<td>“This will allow our public schools to continue to produce better students year after year,” said Student Luis Lozano.</td>
</tr>
<tr>
<td>Prop. 56</td>
<td>Increases tobacco tax by $2 to $2.87 per pack.</td>
<td>“The tax on tobacco products should raise not only to help pay for medicine and make it cheaper for low income citizens, but to also to help smokers reduce the amount they smoke to improve their health,” said student Melanie Castenada.</td>
</tr>
<tr>
<td>Prop. 57</td>
<td>States that judges will decide whether to try juveniles as young in adult courts.</td>
<td>“I believe if someone committed a non-violent crime, they deserve to have a second chance in being a free person,” said Student Jessica Mercado.</td>
</tr>
<tr>
<td>Prop. 58</td>
<td>Allows public schools to use bilingual programs to help students become proficient in English.</td>
<td>“It will help those whose first language was Spanish transition into the English language a lot faster and for those that already speak English to master a second language,” said Student Ariana Prieto.</td>
</tr>
<tr>
<td>Prop. 59</td>
<td>Voters will be asking their elected officials to use their authority to have more regulation of campaign spending and contributions.</td>
<td>“The keyword in this ballot is to ‘ASK’ officials to regulate or to limit the contributions given to a campaign. This does nothing, except sending a message to congress. Prop. 59 has no force of law,” said Student Imad Museitef.</td>
</tr>
<tr>
<td>Prop. 60</td>
<td>Opposes the use of condoms and other safety measures during filming pornographic films.</td>
<td>“I agree with the result of this prop because if actors were to require the use of condoms, it would lead to many lawsuits that could threaten the safety of adult performers,” said Jorge Espinoza.</td>
</tr>
<tr>
<td>Prop. 61</td>
<td>Will not require state agencies to pay more than the U.S. Department of Veterans Affairs (VA) pays for prescription drugs.</td>
<td>“There are many elders/children who need prescription drugs for a lifetime and with prices rising up it is hard for these people to purchase their prescription,” said Student Lizvett Gonzalez.</td>
</tr>
<tr>
<td>Prop. 62</td>
<td>The death penalty remains a sentencing option.</td>
<td>“Everyone should be entitled to their own death and how they choose to go about it,” said Student Desary Lopez.</td>
</tr>
<tr>
<td>Prop. 63</td>
<td>Requires a permit before selling or buying ammunition.</td>
<td>“The passing of this prop is essential for us in a way that we are more safe in knowing who is allowed to buy ammunition,” said Student Yulissa Ruano.</td>
</tr>
<tr>
<td>Prop. 64</td>
<td>Legalizes marijuana for recreational purposes for adults aged 21 and includes two new taxes.</td>
<td>“With marijuana now being legal in California, I feel like there will be a lot more people that will be using it medically since it has been proven to be more effective than medicine,” said Student Abraham Monje.</td>
</tr>
<tr>
<td>Prop. 65</td>
<td>Would have given the ten cents fee for plastic bags to environmental programs.</td>
<td>“The passing of this prop would have been a great step towards a more environmental conscious society,” said Student Colomba Sanchez.</td>
</tr>
<tr>
<td>Prop. 66</td>
<td>Changes the death penalty procedures to speed up the death penalty.</td>
<td>“The death penalty is great because it is less tax dollars coming out of our pockets to keep criminals in jail,” said Student Sofia Fregoso.</td>
</tr>
<tr>
<td>Prop. 67</td>
<td>Bans plastic bags and requires stores to charge at least a dime for reusable bags.</td>
<td>“The ban on single-use plastic bags in a way affects the users of those bags because not all people use them once,” said Student Angelina Dominguez.</td>
</tr>
</tbody>
</table>
By KATHLEEN RAMIREZ
Staff Writer

No matter who you are or where you come from, America provides a remarkably good life for those who are willing to work for it.

America is, and always will be, the land of opportunity and freedom; America never stopped being great.

“I love this country and would not want to live anywhere else, my father and brother both served in the army and we are proud to be Americans,” said Student Adam Bradford.

Not only is America full of opportunity and cultural diversity, but it also has one of the best educational systems.

There is a wide variety of schools and programs located throughout the U.S. for Americans and international students to choose from.

The educational system that the U.S. provides to its people is arranged with an astonishing level of equality.

The number one factor that puts our educational system above all others is the fact that it allows free access for all kids to receive an education, according to dinh-souza.com.

In other countries, there are limitations for people who want to attend school such as; transportation issues, insufficient funds, unable to pay for books and uniforms or they do not live close enough to attend.

“America has a great economy. I like the American people they are polite and well mannered and know how to communicate well with others,” said International Student Bo Zhao.

I agree with Zhao, America’s economy is one of a kind; it gives people the chance to follow their dreams whatever they may be and the ability to live comfortably.

In the U.S., businesses can run efficiently without a high degree of corruption consuming them.

Many businesses overseas are easily taken over and exploited due to corruption.

Even though our political parties have their differences, our political stability is what keeps the American economy and markets operating smoothly, according to www.businessinsider.com.

“People have the freedom to be whatever they want here, economic mobility is good in the U.S. I believe that if you work hard you can achieve whatever economic mobility you want,” said Student Angel Valencia.

In addition to a great economy, America has also succeeded further than any other country in regards to establishing equality of rights, according to dinhsouza.com.

While there is always room to improve equal rights, the U.S. has made great strides in making sure to implement policies that give legal inclination when it comes to jobs and school admission to minorities.

Equality of rights goes hand in hand with the best quality this country possesses, and that is freedom of speech.

I often think some of us take for granted just how lucky we are to be able to speak our mind and address issues that we are passionate about or unsatisfied with.

In other countries, if you protest or publicly comment on something you disagree with, you are subject to receive severe backlash or punishment.

We are lucky that our country respects our right to freedom of speech and because we are able to do so, we should use this privilege to come together and unify the American people.

By ALEXANDER DOUGLAS
Asst. News Editor

America is a great country, but not one of the greatest.

When you speak of America, one of the biggest words thrown around is freedom, but we are not as free as we think we are.

We talk about the freedom to express ourselves, but we see that America ranks low on freedom of the press worldwide.

Currently we rank at 41 out of 180 countries according to Reporters Without Borders.

This is a pretty low number considering freedom of press is part of the Bill of Rights.

It is an undeniable right, but we keep some information disclosed due to government intervention.

Look at what Snowden did with his revelations in 2013 of how expansive government surveillance is with the public.

“She the end we cannot be transparent about most of these issues and we have to get comfortable with the idea that we’re delegating to somebody to learn the secrets, to review what’s being done, and whether it’s being done properly,” said Former NRA General Counsel.

Being non-transparent is in contrast to democracy and when the people do not know about surveillance upon them it is direct opposition to their democratic freedoms.

This is hypocrisy at its finest.

Along with not having as much freedom as we thought we had, we have one of the highest incarceration rates, ranking 23 of 102 countries, according to the Washington Post.

Europe has about 133 prisoners per 100,000 people, whereas the US has almost 3 times that many prisoners per 100,000 citizens.

Sixty-eight percent of prisoners return to prison within three years and 75 percent within five years of their release, according to the Bureau of Justice.

How the system is set up, the prisoners are just being sent back to prison instead of being rehabilitated to go back into society.

With that many people behind bars, we cannot say we are one of the greatest nations, especially with the economic gap between the wealthy and the poor.

Fifty-four and a half million US citizens, or 14.5 percent, are impoverished, according to the US Census Bureau; this is an overwhelming number of people.

Our median income is $18,700 which is a low number in consideration to how great we think we are.

For one of the leading developing countries, this is sad considering we talk about being so great when there are many people just trying to survive.

When a nation is one of the wealthiest, you would think that there would be freedom, but sadly, this is not the case.

“I feel like the rich are getting richer while the middle are continuing to stay afloat. The rich feel the need to consistently take a bigger chunk of profits and let’s face it, the more you get, the more you want,” said student Chelsea Nelson.

People need to start supporting more transparency within the nation and restructuring the prison system.
My regards from abroad: the 2016 election

By ZHIYING XU
Staff Writer

There is a proverb in Chinese: “shu ye you zhuang gong,” it means nobody can be the best in all fields, but they might be masters in their own field.

When I found out that Donald Trump was going to be the next president, I was speechless and the first thing that came to mind was this proverb.

Even though Hillary Clinton has lots of issues, she has worked for America for many years; I believe she knows how to manage a country better than Trump.

California has the largest number of immigrants in America, but is facing a grim situation; Trump wants to deport illegal immigrants.

If Trump implements this policy, it would cause more problems in race, sex, religion and many others.

For example, just one day after Trump became president-elect, there were already so many incidences regarding racism and discrimination in the U.S.

“My cousin was born and raised in America. She walked past a Trump rally in NYC where she lives and was told to ‘go back to your country you think,’” said Student Sannah Kim.

I know America is a country that values freedom of speech but I do not think these words of hostility can make “America Great Again” as Trump promised.

“I had a headscarf on today when I was passed by someone on the street who told me, ‘Your time’s up, girly,’” said Student Mehreen Kasana.

Though the law for illegal immigrants has always been consistent in the U.S., I believe that everyone is equal regardless of any written law.

As an international student, I care about the benefits I can have during my studies and stay here in America.

Government control has been far too expensive and now they want to control how we eat by implementing something called “fat taxes.”

These taxes will charge a higher rate on fast food and un-nutritional food that we consume and consider cheap.

Obesity is costing the government billions of dollars but I believe that our government should not control our personal choices.

It should be up to the individual to have the responsibility of choosing healthy foods vs. fast foods.

“There is no reason why the government should charge us more on fast food, it’s a personal choice, if I want to get a burger when I crave one (which is rare) I should be able to at a set price. It’s insane that I would have to pay more!” stated student, Alvaro Lopez.

The government’s way to charge an extra tax on fast food makes it seem as if everyone were to be obese, which is not the case at all.

Not everyone decides to grab McDonald’s everyday—this is considered a personal choice.

Personal choices should be considered than a more expensive choice, the fact that the government would apply a tax for any-one consuming fast food is an insane idea.

“Many people already believe that the Food and Drug Administration and the Department of Agriculture have too much say in to the food market in the United States and only serve to drive up costs and push down the quality of food available,” according to Professorhouse.com.

The government does not need to regulate intake of foods since the FDA already does that.

“The FDA already provides us with calories, fats, sugars, etc. In everything we consume here in the United States, it wouldn’t be fair that on top of that, the government wants to charge me for some-thing I’m already conscious of,” stated student, Denise Delgado.

This is just another form of the government wanting to collect a tax from average citizens.

“The primary concern for health should start in our own home teaching our children how we eat. If we keep waiting to teach our kids, I wouldn’t be surprised if these “fat taxes” occur,” stated Student Karla Maldonado.

Whether we agree on having the government control what we eat or not, providing education on health and diet from the primary source, home, can make these personal choices of us taking healthier foods more common.

“Each of us is responsible for the foods and drinks that we consume. Each of us is in control of the choices we make for our children, and each of us is responsible for our own health and well-being,” continued Professorhouse.com.

Overall, I believe that it is the choice of each and every individual to choose what they would like to eat and the taxes charged on food that are considered “un-healthy.”
Communicating through memes

By Tommy McCardle
Staff Writer

Dank memes are bringing to life the phrase “a picture is worth a thousand words.” KnowYourMeme.com describes dank memes as online viral media that have exhausted their comedic value to the point of being considered cliché.

In recent weeks, memes featuring Vice President Joe Biden and President Barack Obama have become a popular method to share disdain for President-elect Donald Trump.

“Memes have been used to relay and convey messages, feeling or ideas,” said political activist at the World Wide Resistance Network, Christopher Sheldon.

Memes on social media have increased in popularity which begs the question of how much influence memes have had on communication in the twenty-first century.

“I think internet memes have added to communication ‘shorthand’ already available via texting and emails,” said Communication Studies Professor, Lane Shefter Bishop.

Texting and emails don’t carry as much richness as face-to-face communication does.

“Unfortunately they have the same inherent drawbacks as those mediums which lack both inflection and emotion, and therefore can often be misinterpreted,” said Bishop.

Often on social media people will comment with a meme instead of typing a message. Memes can have both positive and negative effects on people, depending on the situation.

CSUSB Alumnus Adam Ghossein is a member of an online group that is almost exclusively comprised of meme sharing.

“Sometimes great friendships are made up from sharing memes,” said Ghossein.

Ghossein’s interaction with memes allowed him to meet his current girlfriend.

“I found out she loves sharing dank memes which actually opened me up to going out with her,” said Ghossein.

Unfortunately, there is also a nasty side to dank memes.

“They tend to make fun of people or things much like a stand-up comedian would,” said CSUSB senior, Hayley Stoltz.

Memes can be seen as a form of political cartoons by the younger generation.

“They also represent popular culture and influence it greatly,” said Stoltz.

One of the most circulated dank memes online displays a photo of a girl with down syndrome, Heidi Crowter, with the phrase “a picture is worth a thousand words.”

By SHAMCE AHMAD
Staff Writer

Across the Inland Empire and San Bernardino County, there are pizzerias scattered among the food scene all claiming to be the best around.

The three restaurants that I visited were Romano’s in Riverside, Vegan Korner in Colton, and The Gourmet Pizza Shoppe in Redlands.

Romano’s Italian restaurant and Pizzeria is well-renowned for their expertise in fine Italian dining and crafting in the style popularized in the city of Chicago.

In addition, Romano’s carries a full bar that is a hit among the weekend warriors in Riverside.

The Chicago-style ambiance of the building certainly helps in establishing an authentic experience for both families and friends.

Newspapers bearing the names of notorious mafia members and Chicago Cubs memorabilia scatter the walls to provide a novelty feel.

Customer Austin Turner said that his “Favorite part of going to Romano’s is looking at all the cool pieces on the walls.”

Butler has been coming to Romano’s since they opened back in 2009.

The restaurant provides a bevy of different tastes for picky eaters and Italian food connoisseurs alike, ranging from their specialty Chicago thick crust pizzas, to supreme-style calzones, to Romano’s Corner Stand hot dogs and sandwiches.

“The one pizza I’d suggest to my customers would be the Chicago-style stuffed crust Romano’s Combo,” said employee Beatrice Coreas.

Vegan Korner provided more of a small town vibe, located in a residential neighborhood right along the train tracks in Colton.

The seating at Vegan Korner was limited, making it more of a take out and delivery type pizzeria. The atmosphere was quiet and basic at best.

The food on the other hand was great for vegans and vegetarians alike, with a multitude of options on their menu. The pizza I ordered for my friend and I was the Vegan BBQ Chicken Pizza, which had daiya cheese, soy chicken, red onions, cilantro and barbecue sauce.

For someone not being vegan, I found it pretty appetizing, and so did my vegan friend Rayman Zikria.

“All of the vegan places I have tried, Vegan Korner did pretty well,” he said. From a true vegan, that’s enough for me.

The Gourmet Pizza Shoppe in Redlands has been the perfect place for groups and families to eat together along scenic State Street in downtown.

The restaurant also has a very convenient pick up option that is utilized very often, according to employee Douglas Satterfield.

“When the lines are out the door, it certainly helps to call your order in so that you can come right up to the front,” said Satterfield.

Satterfield has been at Gourmet Pizza Shoppe for ten years.

The menu has all sorts of wild creations, which is something the Shoppe takes pride in.

“I think the amount of options we have is what brings a lot of people in,” said Satterfield.

Satterfield recommended the Bulldog Pizza as the must-have pizza.

All three pizzerias are great at what they do, and are all very different.

I can’t sell you which is the best for you, but my personal favorite was The Gourmet Pizza Shoppe.
Features

Obsolete technology

By HAIRUO YI
Staff Writer

In the wake of the Samsung phone accident explosion, more and more people are starting to be aware of safety issues with new technology. Several students who are familiar with Samsung phones say that the Samsung Note 7 explosion was not so unexpected.

“I wasn’t surprised at all, my phone get’s really hot,” said Samsung user Ashlee Burton.

This accident is becoming a serious problem for Samsung, and not just a insignificant mistake of technology.

“Everybody can make mistakes, but these are really big ones,” said Computer Science professor, Ernesto Gomez.

Computer Science professor, Haiyan Qiao, also thinks the Note 7 accidents are attracting attention on safety issues for new technology.

“It once again brought our attention to the safety issue of electronic devices and house appliances. Not focusing only on the functionality, but more on product safety and quality control that is needed in the design and manufacturing,” said Qiao.

Some professors mention that people should be aware of the smartphone batteries.

“I guess people may not realize that the lithium battery itself is flammable,” said Computer Science professor Yunfei Hou.

Gomez said the lithium batteries have very high energy density and that is the reason the tiny batteries can store more power.

“If there is a flaw of any kind in the battery, the energy is going to come out somehow. There is an internal short circuit and they will heat up,” said Gomez.

“I worry about my phone all the time. I won’t put my phone on my bed when it is charging,” said Burton.

Burton also thinks newer technology could be more dangerous for people.

“They are trying to put too much into a phone, even if the phone cannot sustain,” said Burton.

The Samsung phone catching on fire is the consequence of modern life.

“We use so much more energy this year than we used 10 years ago and it just keeps going up and up. And as you use more energy, the consequence can become more dangerous,” said Gomez.

But most of the professors think people shouldn’t worry about the safety problems of the new technology, too much.

I am open-minded and optimistic with new technology.

Technophobia is caused by bad design and poor education; both can be remedied,” said Qiao.

Today, our smartphones have tremendously more energy than the supercomputer did two decades ago.

“If you have enough energy in your pocket to run your phone for a couple of days, and once you consider your phone has the power of what would have been in the supercomputer 10 or 20 years ago, then you realized there is a lot of energy in there,” said Gomez.

Hou suggests users should follow the product instructions to avoid similar accidents from happening again.

“There is really nothing for us to worry about. The user should also follow the instructions, when approaching or using the new technology,” said Hou.

The most important point students have stressed is the balance between the newer technology and safety.

Assistant electrified

By ZHIYING XU
Staff Writer

New technology is impacting our older generations. With an aging population and care costs rising, robots and smart homes may be a possible solution.

From organizational methods to help with diets, to robots who can help elderly with their daily tasks is killing two birds with one stone.

“I think new technology makes life physically easier for everyone. It also makes our life more complete and fulfilling,” said Qiao.

“Robots are replacing human jobs, thus people do not need to do many things,” said Turner.

The emergence of robots and newer technology, are giving people more time for other tasks. In the long run it saves time for other activities.

“For newer homes, it is old fashion to have smart homes. In my house, I have a fire place that can automatically start a fire,” said Professor Turner.

In China, simplifying a house is one of the most important things for a housewife. Smart houses allow for people to go that extra mile to make their lives more convenient.

“I hope I can have a robot to help me clean my home, then I can do my own thing with no worries,” said 46-years-old user Ashlee Burton.

“Smart homes are wonderful, they allow for more peace of mind. When I go out, I can focus on things others than worrying about my home,” said Fang.

New technology is helping us but also hindering us.

“When people start to rely on new technology, some problems tend to arise due to it being ‘new technology’,” said Professor Turner.

“Now, let us try to imagine our life without technology and without smart homes. We would not be able to accomplish anything, thus being lazy and worthless. We need more productive tasks that have no influence with technology, to even the playing field,” said computer science professor Zichong Wang.

We can not deny the new technology is hindering us because if one day we lost it all, we might become equivalent to a toddler. In other words, the new technology is like a babysitter taking care of most people.

Lots of people mentioned this phenomenon, so they choose to stay away from this ‘new tech’.

“When I was young, my family tried to make me do everything by myself. They were not allowed to use any electronics. They thought if I rely on it electronics too much, I would become lazier and lazier,” said Wang.

For newer generations, some need to rethink whether it is good for them or to make sure they do not rely as much, on technology.

With newer technology, we should learn how to use it correctly instead of letting them do everything for us.

We are human beings, we can control our mind and we need to use our mind to live in reality.

Just relax

By SEUNGKYUNG BAEK
Staff Writer

Just Relax!, a workshop dedicated to Relaxation techniques to fit your lifestyle with certain obstacles of relaxation, relaxation techniques and coping with less stress strategies.

Stress is normal to have in your life. It could be helpful for working hard and motivating oneself, while excessive stress can cause unfortunate health issues.

The workshop emphasized various mindful techniques to reduce stress, and to prevent stress build up in you.

This workshop also offered information to manage stress in the academic life. They learned how to calm down and control your mind to decrease stress level.

“This workshop focused on presenting specific ways of finding relaxation in your life and prevents stress,” said Licenced Marriage and Family Therapist, Counselor in Counseling & Psychological Service, Wendy Brower-Romero.

For instance, the speaker explained; culture, personal values, gender role, society, family roles and expectation. These factors can influence our ‘self-care’ to be more comfortable.

“We practiced some mindful activities like the body scan, which is basic breathing meditation and mindful eating exercises,” said Brower-Romero.

The workshop also talked about relaxation techniques with mindful activities, while also giving examples.

Some of the examples are: Mindful walking, driving and waiting.

Brower-Romero emphasized that literally anything can be done if you put your mind to it, when it comes to varieties of techniques for relaxation.

“We discussed how we incorporate mindfulness into our daily life to practice relaxation,” said Brower-Romero.

The main purpose of this workshop is that giving information and ideas of how they can fit relaxation and reduce stress into their busy lifestyle. The relaxation techniques are simple, quick, and inexpensive.

Attendants had time to meditate for around five minutes, with the speaker’s restful instruction.

There were resources to inform and help to get relaxation; try a daily meditation from 11.30 a.m to noon.

Some students gave their personal opinions on attending this workshop.

“What I learned in this workshop...
Before there can be equal opportunity in life...there must be equal educational opportunity for all.”

- Jack H. Brown
Restoring Wholeness

Azusa Pacific University’s School of Behavioral and Applied Sciences is dedicated to the restoration of the whole person—mind, body, and spirit—preparing compassionate professionals who strive to improve the health and wellness of those in need.

Explore our graduate programs below and at apu.edu/bas/, and learn how you can make a positive impact on others.

Movement Sciences

**Athletic Training, M.S.** Prepare for the BOC exam and to become an athletic trainer.

**Physical Education, M.A. and M.S.** For those interested in becoming a physical educator, coach, or athletic administrator.

Social and Psychological Sciences

**Clinical Psychology: Marriage and Family Therapy, M.A.** Become a professional counselor helping individuals, couples, and families.

**Leadership, M.A.** This competency-based program hones leadership skills across disciplines.

**Organizational Psychology, M.S.** Become an expert in organizational health and successful team building.

**Psychology, M.S.** Take advantage of the increasing demand for research and data analysts.

**Psychology and Child Life, M.S.** Learn how to support children and their families facing challenging circumstances.

**Social Work (MSW)** Prepare to improve the lives of others as an advanced social work practitioner.

Learn more today! Visit apu.edu/bas/.

NOW PREVIEWING

- Furnished Models
- 1,740 - 1,950 sq. ft.
- 3 Bedrooms, 2.5 Baths
- Located in the foothills of the San Bernardino mountains
- Spectacular views of the local mountain ranges
- Adjacent to California State University
- Professionally landscaped community with meandering walkways and tree lined streets
- Private park plus a dog park!

951.850.6268
AutumnVillasHomes.com

Open: Fri - Tue • 10am - 5pm

The builder reserves the right to modify plans, features, specifications and prices without notice or obligation, including without iteration any of the foregoing listed or showing above or herein. All square footages and dimensions are approximations only and may vary per plan or elevation or from the actual home constructed. All renderings, brochures and marketing materials are concepts only, are not intended to depict actual homes and are subject to change. BRE#01194822

Autumn Villas
New Homes from the $300,000’s

1915 Provost Place, San Bernardino, CA 92407
(Exit University Parkway, Turn Left)
Fashion Spotlight:
Alexandrea Baytion

By GLADYS OLIVA
Staff Writer

A lexandrea Baytion, a third year student rocks her unique clothing style whether she’s on campus for an hour or the whole day. She wears high heel boots, jackets and even when dressing down, she always adds a hint of glamour through accessories.

Fashion can help students share their personality which can lead people to come together and start new friendships.

Whether you have a solid versatile style, it can take a lot of dedication to keep your closet up with the latest trends.

“I would definitely call my style trendy. I like to keep my wardrobe up to date and I like to say I can be risky when it comes to trying new styles,” said Baytion. She isn’t afraid to start her own trends or to try different patterns.

Baytion explained that her mood is her stylist. Depending on how she is feeling, she will dress a certain way. However, she definitely has her “must-have” items that she feels would make life easier when you’re searching for an outfit.

Baytion mentions oversized tee’s are a must due to the fact that they’re easy to dress up or down depending on how you accessorize it, “Oversized tee’s are life, it’s a staple piece in a girl’s wardrobe.”

As students, we’re always on-the-go and this makes it important to have clothing that can be worn for different occasions or in different ways.

Alexandrea says social media is what makes her closet stay trendy, “Instagram has a huge role on how i keep myself inspired for new outfits.”

As Baytion describes, celebrities often share details of their outfits and fashion bloggers expose their favorite brands and good deals.

Specifically, Baytion does look for inspiration with a handful of artist, “Right now, I’m obsessed with Kylie Jenner, Rihanna, and fashion bloggers Alealea May and Aimee Song.”

She describes her favorite icons as versatile because they’re capable of pulling off all types of different styles yet they always add a glamorous touch to their outfits in the end.

Baytion has a never-ending list of her favorite stores, but if she had to pick from all the different places she shops at, these are only a few from her long list of stores: Nasty Gal, Verge Girl, Pretty Little Thing, Princess Polly, TopShop, and Public Desire.

Fashion can help students share their personality which can lead people to come together and start new friendships.

Although high-end celebrities and brands inspire Baytion, she makes it clear that she isn’t a brand name shopper and has an open mind when it comes to fashion, “I’ll shop wherever I find something that catches my eye,” continues Baytion. “You can even catch me at a Flea market or a thrift store.”

Baytion believes that you should not focus on brands instead, you should focus on being comfortable with your clothing.

It’s important to feel confident and content with what you’re wearing, because if you feel good about yourself you can rock all the patterns, colors, and anything you want. Baytion shares the importance of feeling good no matter what you decide to wear, “Always dress for yourself and not for anyone else and remember, the best outfit you can wear is self-confidence.”

Alliens invade earth

The movie “Arrival” was released on Nov. 11, providing a futuristic reality with aliens and spacecrafts.

This movie is based on Ted Chiang’s 1998 short story “Story of Your Life” and the film is written by Eric Heisserer.

The cast included Amy Adams as Dr. Louise Banks, Forest Whitaker as Colonel Webber, Jeremy Renner as Jan Donnelly, and Michael Stuhlbarg as Agent Halpern.

At the beginning of the movie, it shows Louise’s personal life. Her husband, Hannah, who also has a considerable part in the movie. The relationship between Louise and Hannah feels to me as a very loving and deep relationship.

A spaceship touches down across the world. The American government puts together an elite team by gathering soldiers and two professional linguist and theoretical physicist to reveal the reason why they are here.

General Colonel wants to meet Dr. Louise to communicate with the mysterious visitors, so she agrees and follows him. Language expert Louise and theoretical physicist Ian, work together to find a way to communicate with the strangers.

The more they approach the aliens, the harder and more confusing it gets to discover their purpose on earth. After they try to reveal the aliens’ language, the aliens start to communicate with the humans. They then show the purpose of why they came to Earth.

Their language is simple yet difficult to understand, which makes me curious to know more about it, causing me to pay more attention to the movie. Furthermore, when the recruited team goes into the spaceship, the condition is changed to a gravity-free environment.

Through this film, the audience will perceive the movie to be real. The conclusion is shocking and unlikely to be predicted. This is not only about the science, but also about the drama and philosophical approaches of humanity.

Denis Villeneuve directs this science-fiction suspense film about Earth’s response to a possible alien invasion on humanity.

This movie was fantastic even though the conclusion was difficult for me to understand. Villeneuve’s idea of this movie is totally inspirational, perplexing and genius.
The revival of “Alicia in Wonder Tierra” forgoes grandness under Professor Johanna Smith’s direction in favor of such vivid characters, making it a must see production.

As I walked in I was mesmerized by the set as it flourished with hues of blue, red, yellow and green. Sugar skulls were carefully placed on a table along with paper flowers and a grand mariachi sombrero.

The journey commences with Alicia’s mother (Elizabeth Stewart) forcing her to go to a Mexican curio shop, when Alicia really only cared about going to the mall. At first hesitant to accept her fascination towards the Latin American imports, Alicia (Mariana Martinez) reaches for a Mexican doll, Rosa. Suddenly, Rosa vanishes. As Alicia looks for Rosa she is approached by a Day of the Dead sugar skull (Henry Ornelas IV), thus beginning her adventure through Wonder Tierra.

Alicia met a variety of characters: a Day of the Dead sugar skull, an armadillo (Aylin Lopez), a trumpet playing puppet that goes by the name of Ramon (Raul Martinez), an Aztec priest (Michael Baca), a pottery maker (Michael Matta) and the Elvira gang (Rocio Villalvazo, Courtney Tropez and Maria Alvarado.) Smith explained that she kept the play as close to the script as possible. “The play writer wrote it out of her subconscious, so a lot of stuff is really visual and the script does not always make a lot of sense. Like at one point it actually says ‘a box with legs enters, looks around, and then walks away,’” said Smith. I was impressed by the actors being able to deliver a scene, unfazed while moving props around.

The premise of this play is Alicia accepting who she is while also exploring her culture a little more. “It almost felt like Alicia was being shamed for her lack of Spanish, she was repeatedly referred to as a Pocha,” said attendee Maria Gomez. “I found it interesting during the dinner scene when the guests were arguing about what is the correct way to speak—Spanish or Nahuatl,” continued Gomez.

As Smith said, “this play is for all ages, especially those who are young at heart.” While the last day to see “Alicia in Wonder Tierra” at our campus was on Nov. 20, if you are interested you can catch it at the Palm Desert Campus for an additional four shows on Dec. 1 and 2 at 9:30 a.m. and at noon.
ALBUM REVIEW

16 tracks after 18 years

By VERONICA VICENTE  Staff Writer

On Nov. 11, after 18 years, hip hop and alternative rap band, A Tribe Called Quest released their 6th and final album “We got it from Here... Thank You 4 Your service.”

I have never listened to this band before, so after listening to this album my first impression was that it was definitely an emotional farewell album.

Of the 16 tracks featured, I enjoyed almost all because the beat and flow were well executed and creative.

It doesn’t take more than one listen to realize how special this album is. It was a combination of soul, rock and at times electro.

The hip hop group started as a band in 1985, and consisted MC and producer Q-Tip, Phife Dawg, producer Ali Shaheed Muhammad and contributing member, Jarobi White.

Phife Dawg, who died earlier this year due to complications from diabetes, had been trying to persuade the group into writing a new album.

After performing November of last year on the “Jimmy Fallon Show”, Q decided to go on with the album.

“We got it from Here... Thank You 4 Your service” contains some of the last flows and material Phife recorded.

The theme for this album can be described as historic and reminiscent of the past moments the band has shared together through their years together.

In the first song featured, “The Space Program”, it begins with Q rapping, “It’s time to go left and not right/ Time to get it together forever/ Got to get it together for brothers, time to get it together for sisters/ For mothers and fathers and dead n——.”

These lyrics gave me the impression that this album was going to be important because it describes the unity between every person.

Q gave a shout out to Phife during the, which makes me happy because the album probably would not have been created if it weren’t for Phife’s dream of making a new album.

The beat of this song seems like we’re descending into space, which makes for an appropriate song title. Another song, “Conrad Tokyo” features iconic rapper Kendrick Lamar. Phife kicks things off by rapping about CNN, Trump and the entire country, “CNN and all this shit, gwaan yo, move with the f——y Trump and the SNL, hilarity/ Troublesome times kid, no times for comedy/ Blood clot, you doing, bullshit you spewing/ As if this country ain’t already ruined.”

“I enjoyed it [album]...even though Lamar raps extremely fast to keep up with him, this song talks about our country and the political issues we have to live through,” said fan Naomi Reed.

The track that stood out to me the most was “Lost Somebody” featuring Jack White. Q and Jarobi pay tribute by saying “The one thing I appreciated between you and I, we never pretended. Made it right and now you’re riding out.”

The omniscient beat of this song most made me want to reach for my box of tissues. The song abruptly ends with White’s guitar solo, which had me speechless and left full of thoughts.

The track I didn’t care much about was “Enough.”

“Besides this track sounding like a ’90s beat, there were many things happening from the number of people rapping to the many musical directions the flow led to,” said student Briana Gamboa.

This album stands out from other hip hop albums because it was an evolutionary album.

Even after 18 years apart, the friendship was strong enough for A Tribe Called Quest to reunite and create the final album like they never ended.

I would give this album a four out of five for the variety of artists featured and the farewell journey this album took us on.
Alcohol’s adverse affects on athletes

By KIERON COLEMAN

Although drinking starts as early as college for some athletes, not everyone comprehends that drinking alcohol can harm any work they have put into their workouts throughout the week.

“As a rule, we do not drink 48 hours prior to any game day; however, I try to reduce as much drinking as I can throughout the season, to benefit my performance on the field,” said goalkeeper, Mike Warn.

Alcohol is detrimental when we look into sports performance, due to the way in which it affects the body during exercise.

“It remains one of the most abused drugs among athletes despite the well-known negative effects it can have on the mind and body,” according to livestrong.com.

In addition to this, as if it isn’t hard enough to sleep being in college, alcohol can affect your ability to acquire adequate sleep.

“It also causes the liver to release a chemical that impairs testosterone, which is a key hormone in muscle development,” added the article on livestrong.com.

There are two main ways in which alcohol can seriously affect the body.

First, alcohol is hugely diuretic, meaning that when we drink too much it can lead to dehydration.

The kidneys produce more urine, meaning that when it comes to the performance aspect, athletes are not carrying enough water in their bodies.

In addition to this, when we consume alcohol soon before physical activity it can make you feel more dehydrated, as your body starts to sweat.

This could affect you in many different ways, the main one being you are more likely to overheat.

Hydration is vital when it comes to physical performance, as it helps to keep the blood flow through your body, which is essential for circulating oxygen and nutrients to your muscles.

Alcohol interferes with the way your body creates energy, which causes numerous problems.

When your body is trying to break down the alcohol, the liver cannot produce as much glucose meaning your blood sugar levels are not as high as they should be. If you are not able to keep up high levels of sugar to give you energy, then your liver isn’t producing enough glucose.

This will affect you in different ways, you will feel slower and less active.

Other ways in which athletes could be affected are coordination, dexterity, concentration and reactions.

Most of these attributes that can affect sports performance are short term.

Although in some cases, alcohol can also be a problem to long-term repercussions as well.

One of the major long-term effects that alcohol causes is an alter in hormonal balance, as well as, a potential heart damage.

Performance is also impaired when you drink, after receiving an injury, you could potentially be out for even longer, due to alcohol slowing down the recovery process.

According to drinkaware.co, “The increased bloody supply makes an injury bleed and swell even more.”

Unusual heart rhythms is a risk which significantly increases while exercising up to two days after a heavy alcohol consumption.

These reasons emphasize the importance of not drinking alcohol before participating in physical activities.

Alcohol’s adverse affects on athletes

By DIARA FOWLER

One of the most common sport-related injury when it comes to playing either football, basketball and even baseball would have to be Traumatic Brain Injuries (TBI) otherwise known as concussions.

A concussion occurs when one takes a jolt to the skull or a penetrating hit that disrupts the brain’s normal patterns and functions.

As frequent as they are, “Yotes were lucky enough to only have one so far this year.”

Our sports trainer Pat Walsh has indicated we had zero throughout the soccer season and only one on the women’s basketball team.

“There was a head injury about three years ago that was so bad the girl could not pass her impact test for eight weeks in order to get cleared to play soccer again,” said Walsh.

The school is allowed to give about 300 impact test for those athletes that are believed to have concussions.

Of those 300 test, about 100 tests were given just last year.

“The impact test examines athletes on their memory in ways such as their word knowledge and reaction times and every player must pass the proper protocol before they can play again,” continued Walsh.

In many cases, the affected player may not even know that he or she has a concussion.

It is recommended that the player be checked out immediately and for days after for visible symptoms.

When it comes to TBI’s they are levels out on a scale of mild, moderate and severe.

“Some symptoms that may occur include dizziness, headaches, vomiting and that something’s not feeling right,” said Walsh.

Mild cases of brain injuries may include brief changes in mental state or consciousness.

On the other hand dealing with more severe cases, there may be brief changes in the mental state of mind, comas and in some cases death.

“I had a killer headache probably the worst one I’ve had in my life, very nauseous, lastly the light and sound bothered me,” said Coyote basketball player, Phil Reed.

“The hardest part about the whole process was knowing there was no treatment that speeds up the healing process,” said Reed.

“It was very annoying because I ended up missing the rest of the season because of it,” continued Reed.

The NFL had a groundbreaking 271 players last season that contracted a concussion either throughout pre-season, practices, or games.

“78 percent of these concussions happen on game days,” stated Concussion treatment.com. Football players are at a higher risk of receiving concussions.

“The average football player takes 900-1500 blows to the head during the season,” said Concussion treatment.com.

For those football players that fall under this statistic, “85 percent will experience a headache and 70 to 80 percent will experience dizziness. Headaches and dizziness are the two most common symptoms for those experiencing concussions,” said Concussion treatment.com.

As research becomes more elaborate, new studies have shown that those who have received at least one sports-related concussion are one to two times more likely to receive a second one.

Although Concussions are 100 percent unpredictable, we can try and prevent them from happening.

Concussions are common, but can be prevented

By KIERON COLEMAN

Among all the injuries, one of the most common that occur in sports is Concussions. A common injury among athletes, but not everyone comprehends the harm that comes with it.

Concussions are common, but can be prevented

By KIERON COLEMAN

Among all the injuries, one of the most common that occur in sports is Concussions. A common injury among athletes, but not everyone comprehends the harm that comes with it.

Although drinking starts as early as college for some athletes, not everyone comprehends that drinking alcohol can harm any work they have put into their workouts throughout the week.

“As a rule, we do not drink 48 hours prior to any game day; however, I try to reduce as much drinking as I can throughout the season, to benefit my performance on the field,” said goalkeeper, Mike Warn.

Alcohol is detrimental when we look into sports performance, due to the way in which it affects the body during exercise.

“It remains one of the most abused drugs among athletes despite the well-known negative effects it can have on the mind and body,” according to livestrong.com.

In addition to this, as if it isn’t hard enough to sleep being in college, alcohol can affect your ability to acquire adequate sleep.

“It also causes the liver to release a chemical that impairs testosterone, which is a key hormone in muscle development,” added the article on livestrong.com.

There are two main ways in which alcohol can seriously affect the body.

First, alcohol is hugely diuretic, meaning that when we drink too much it can lead to dehydration.

The kidneys produce more urine, meaning that when it comes to the performance aspect, athletes are not carrying enough water in their bodies.

In addition to this, when we consume alcohol soon after physical activity it can make you feel more dehydrated, as your body starts to sweat.

This could affect you in many different ways, the main one being you are more likely to overheat.

Hydration is vital when it comes to physical performance, as it helps to keep the blood flow through your body, which is essential for circulating oxygen and nutrients to your muscles.

Alcohol interferes with the way your body creates energy, which causes numerous problems.

When your body is trying to break down the alcohol, the liver cannot produce as much glucose meaning your blood sugar levels are not as high as they should be. If you are not able to keep up high levels of sugar to give you energy, then your liver isn’t producing enough glucose.

This will affect you in different ways, you will feel slower and less active.

Other ways in which athletes could be affected are coordination, dexterity, concentration and reactions.

Most of these attributes that can affect sports performance are short term.

Although in some cases, alcohol can also be a problem to long-term repercussions as well.

One of the major long-term effects that alcohol causes is an alter in hormonal balance, as well as, a potential heart damage.

Performance is also impaired when you drink, after receiving an injury, you could potentially be out for even longer, due to alcohol slowing down the recovery process.

According to drinkaware.co, “The increased bloody supply makes an injury bleed and swell even more.”

Unusual heart rhythms is a risk which significantly increases while exercising up to two days after a heavy alcohol consumption.

These reasons emphasize the importance of not drinking alcohol before participating in physical activities.

Alcohol’s adverse affects on athletes

By KIERON COLEMAN

Although drinking starts as early as college for some athletes, not everyone comprehends that drinking alcohol can harm any work they have put into their workouts throughout the week.

“As a rule, we do not drink 48 hours prior to any game day; however, I try to reduce as much drinking as I can throughout the season, to benefit my performance on the field,” said goalkeeper, Mike Warn.

Alcohol is detrimental when we look into sports performance, due to the way in which it affects the body during exercise.

“It remains one of the most abused drugs among athletes despite the well-known negative effects it can have on the mind and body,” according to livestrong.com.

In addition to this, as if it isn’t hard enough to sleep being in college, alcohol can affect your ability to acquire adequate sleep.

“It also causes the liver to release a chemical that impairs testosterone, which is a key hormone in muscle development,” added the article on livestrong.com.

There are two main ways in which alcohol can seriously affect the body.

First, alcohol is hugely diuretic, meaning that when we drink too much it can lead to dehydration.

The kidneys produce more urine, meaning that when it comes to the performance aspect, athletes are not carrying enough water in their bodies.

In addition to this, when we consume alcohol soon before physical activity it can make you feel more dehydrated, as your body starts to sweat.

This could affect you in many different ways, the main one being you are more likely to overheat.

Hydration is vital when it comes to physical performance, as it helps to keep the blood flow through your body, which is essential for circulating oxygen and nutrients to your muscles.

Alcohol interferes with the way your body creates energy, which causes numerous problems.

When your body is trying to break down the alcohol, the liver cannot produce as much glucose meaning your blood sugar levels are not as high as they should be. If you are not able to keep up high levels of sugar to give you energy, then your liver isn’t producing enough glucose.

This will affect you in different ways, you will feel slower and less active.

Other ways in which athletes could be affected are coordination, dexterity, concentration and reactions.

Most of these attributes that can affect sports performance are short term.

Although in some cases, alcohol can also be a problem to long-term repercussions as well.

One of the major long-term effects that alcohol causes is an alter in hormonal balance, as well as, a potential heart damage.

Performance is also impaired when you drink, after receiving an injury, you could potentially be out for even longer, due to alcohol slowing down the recovery process.

According to drinkaware.co, “The increased bloody supply makes an injury bleed and swell even more.”

Unusual heart rhythms is a risk which significantly increases while exercising up to two days after a heavy alcohol consumption.

These reasons emphasize the importance of not drinking alcohol before participating in physical activities.
Enjoy thanksgiving guilt-free

By JASMINE PEREZ  
Staff Writer

Overindulging in food is one of the toughest struggles when trying to remain healthy during the holidays.

According to healthyeating.sfgate.com, “overeating, particularly high-fat, high-calorie foods, can increase your risk of heart disease and type 2 diabetes.”

Although you can be tempted to continue eating because the food is in sight, stop eating once you are full.

A helpful tip to not overindulge is to make sure you eat designated meals before your dinner.

Not eating all day so you can save room for your awaited dinner is not a good mindset to have.

Have a decent breakfast and light lunch before dinner.

If your families thanksgiving feast will take place around lunch time, make sure to have breakfast beforehand and dinner after. Kinesiology Professor Jacqueline Sullivan recommends taking a 30-45 minute walk before your dinner to increase your metabolism.

“An hour after your food has digested, take another walk,” said Sullivan.

“It doesn’t have to be a fast walk, it can just be moving around and that should help with the burning of calories,” continued Sullivan.

Sullivan also advises filling up on vegetables and protein.

“Turkey is a super food, pumpkin is a super food and many of the foods are very good for us if you try to limit the carbohydrates,” said Sullivan.

“And of course drink lots of water to wash it all through and fill you up,” added Sullivan.

Mary Shammas has been vegan for four months and is going to experiment with a healthier, vegan thanksgiving dinner this year.

“I am planning on making a vegan cheese sauce for Mac and Cheese, with a base of cashews, carrots and potatoes,” said Shammas.

“I’ve never tried it but it looks really good and of course much healthier,” added Shammas.

She will also make vegan desserts such as vegan pecan pie and vegan mini pumpkin cheesecakes.

The cheesecakes are made with whole foods like cashews, coconut milk, pumpkin puree, maple syrup, vanilla and lemon instead of cream cheese, for that sour taste that cheesecake has.

Substituting a couple of your dishes with a vegan dish can help with portioning.

Consider the suggestions listed above when preparing your Thanksgiving feast.

Got leftovers? Good! Here’s what to with them

Perfect Turkey Breakfast

-Prepare 6 egg whites seasoned with salt, garlic and pepper to your taste
-Mix in leftover turkey with the eggs
-Place in Tupperware
-Pair it with a slice of wheat toast.

Turkey and Avocado Salad

-Pick out your favorite greens from your local grocery store.
-Add sliced tomatoes
-Thinly slice half of a red onion
-Add 1 cup of Parmesan
-Combine ingredients
-Mix extra virgin oil, balsamic vinegar, salt and pepper to taste to make a dressing
-Pour on dressing and add avocado.

Turkey Lettuce Wraps

-Prepare 8 - 10 Iceberg lettuce leaves
-Add onion, ginger and sesame oil to a pan and heat for 2 minutes.
-Add 2 to 3 cups of turkey
-Add soy sauce and/or fish sauce
-Once combined, serve on the lettuce wraps.
-For meal prep, pack the lettuce wraps and turkey filling in separate containers.

Continued online @ Coyotechronicle.net
Men’s basketball revamped for ‘16–‘17

By YERA NANAN
Staff Writer

The men’s basketball season is under-way and it’s looking to be a promising one. They are one of the most decorated sports franchises at the university with three NCAA regional titles, nine CCAA ti-tles and 13 NCAA appearances. Their most recent titles in both the NCAA regional and CCAA came in the 2014 season.

“We’re one of the most successful progr-ams in the CCAA for the last 20 years,” said Head Coach Jeff Oliver.

“We’ve been to three Elite 8’s, two Fi-nal Four’s and have won nine conference championships,” continued Oliver.

The last two seasons have been tough for Coach Oliver and company since they are coming off of two heavy loss seasons.

“I’m just happy to get last season over with to be honest and that’s not what we do here in terms of tradition,” said Oliver.

“We’ve struggled the last two years and we haven’t lived up to our potential for sure, there’s never an easy game in this league,” continued Oliver.

Injuries, rebounding troubles and sub-par defense from the team also contributed.

“I went from having the biggest team in the country to the smallest team in the country in about a month,” said Oliver.

Oliver has racked up the most wins among any coach in the school’s history, and is looking to correct the mistakes from the last two seasons.

The team had a great knack for mov-ing and protecting the ball as they ranked first in the CCAA in fewest turnovers.

“I would like balance...I would like a lot of guys right around that double fig-ure mark which is when we been our best,” mentioned Oliver.

The road ahead won’t be an easy one for the team since the next home game isn’t until Dec. 29.

The team will travel the region look-ing to pick up as many wins as they can before finally returning home.

“The schedule is one thing against us this year. It’s tough and we’ve got to be able to play on the road,” added Oliver.

This team lost nearly 28 percent of their scoring record with the seniors who graduated last year but returners and new faces are looking to make their mark.

“We have new incoming players this year that can score so I don’t think scor-ing will be a problem for us this year,” said Ventura college transfer Eli Brown.

“Being a point guard, me and my fel-low teammate Everett have to set the tone on defense,” continued Brown.

The training atmosphere for this squad is intense with coach Oliver showing tough love towards his players as everyone is constantly moving and sweating.

“I would say this is pretty hard since I’m learning new things, my work ethic is getting better and I’m in the weight room,” said Brown.

“Oliver and staff are very good coach-es since they push us and only want the best out of us,” continued Brown.

As this new athletic group trains for a schedule bombarded with road games, everyone has the same goal in mind, an NCCA Regional Title.