Healthcare for all CSUSB Students

By Yesica Gonzales
Staff Writer

For CSUSB students, healthcare is incredibly important and they have been searching for those basic medical aids in the community at an affordable price.

There are many resources on campus that are affordable or at no cost.

For uninsured university students, the health center provides students coverage for just $90.26 per quarter.

This includes seeing a doctor, psychologist, and basic care. But when it comes to x-rays and medicine, the cost is at a low fee. Vaccinations like the flu shot, are being provided for free this quarter for students, while it is $10 for faculty and staff on November 7 at the SMSU.

The California Health Care Almanac has provided a health insurance statistic of all ages in the Riverside and San Bernardino County.

The table demonstrates that 42 percent of the population has private insurance, 9.9 percent have Medicare and 50.9 percent have either Medi-Cal or other public program.

This leaves 17.2 percent of the population without any insurance. When both counties are combined, there are about 4.4 million people living there.

The California Health Care Foundation saw a recent insurance rate decline ever since October 2015 because of many people enrolling and gaining Medi-Cal.

CSUSB College of Natural Sciences professor, Yeon Kim, provided some support for people that don’t have insurance.

“California Care Force is a really big organization that can be found in northern California and provide free clinics in southern California,” said Kim.

After the Affordable Care Act, also known as Obamacare, 1 in 10 Americans remain without health coverage, according to the California Care Force.

Obamacare expands Medicaid coverage to those with low incomes that have been in jeopardy.

The organization travels from northern to southern California to give a lending hand to those people who don’t have insurance with basic medical care.

One of their upcoming free clinic events is early next year on March 23-25 at the Riverside County Fairgrounds located in Indio.

Continued on Pg 3...

Confederate Memorial Debate Rages at CSUSB

By Paul Figueroa
Contributing Writer

On Nov. 1, associate professor of history Dr. Ryan Keating gave a presentation in the Pfau Library on “Confederate Memorials and the Lingering Legacy of Racism in America’s South,” during which a heated, verbal altercation broke out between a group of students.

He explored the history leading up to the Civil War, the reconstruction period that followed, and the political shift that occurred in the South due to the repression of African American political rights during this period.

After his presentation, Dr. Keating opened the floor up for student questions.

As the questions continued, the topic shifted from the issue of the statues to a general discussion of free speech, violence, and whether or not people who participate in rallies like those that occurred in Charlottesville and Gainesville earlier this year should be allowed to have a platform.

An argument sparked between a few students, during which a student wearing a jacket with a crossed out swastika, who was unavailable for an interview, extended the middle finger to another student who disagreed with him over the subject.

“Within his ideology, he doesn’t believe that there should be freedom of speech and I think that’s a very sad thing,” said student Ruben Lopez about the man with the obscene gesture.

The student passionately argued against allowing such rallies, outing the violence towards participants of the recent Gainesville rally organized by prominent national wit Richard Spencer as an example to follow, which Loper took exception to.

On the issue of the Confederate monuments, Lopez said, “What’s stopping us from tearing down the Jefferson memorial or tearing down Union memorials? Because they did advocate for an ethnostate and the removal of Native Americans. Why aren’t we tearing those down? We should keep those to learn from our mistakes and not repeat

The monument debate is still prevalent in California.

Continued on pg 3...
NYC Terrorist Attack

The mayor and governor spoke after the attack about what actions they will be taking.

By Jason Samp
Multimedia Editor

A driver of a pickup truck charged down a popular bike path in Manhattan on Tuesday leaving eight people dead and 11 injured.

The truck driver was shot in the stomach by a NYPD officer after running into a school bus and leaving the truck.

It is the deadliest terrorist attack in New York since the destruction of the World Trade Center buildings on Sept. 11, 2001.

Police identified the terrorist as 29-year-old Sayfullo Saipov. After crashing into the bus, Saipov ran down the roadway, waving a paintball gun and a pellet gun while yelling, “Allahu akbar.”

At this time, the officer discharged his weapon into the abdomen of Saipov and he was then sent to the hospital.

As of Tuesday evening, he is still alive but in critical condition.

Officials have declared this an act of terrorism after investigators discovered letters written in Arabic that pledged Saipov to the Islamic State.

“Based on information we have at this moment, this was an act of terror,” said New York City Mayor Bill de Blasio.

Though by definition, this is an act of terrorism, there is no clear evidence of a link to ISIS.

However, there have been multiple arrests of other foreigners from the U.S. via a green card.

“This attack is similar to the one in France where a large vehicle plunged down a busy sidewalk, killing many people.

The significance of this is that ISIS has been using media to motivate individuals to commit acts of terrorism by using trucks to kill crowds of people. They also want attackers to finish off the attack with weapons, either blades or guns, while shouting and leaving letters claiming responsibility.

It appears Saipov acted alone in this attack as there is no evidence of any accomplices.

Five of the victims were tourists from Argentina, a sixth was from Belgium.

The mayor also thanked the work of the officer who responded quickly to limit the carnage of Saipov as well as all other first responders.

He informed the public of increased police activity in the days ahead and asked all citizens to stay vigilant and report suspicious activity.

“Justice will be done,” said New York Governor Andrew Cuomo. “Don’t let them change us or deter us in any manner, shape or form.”

Mass Shooting in Texas

By Jason Samp
Multimedia Editor

26 people were killed by a single gunman at a church in Sutherland Springs, Texas on Sunday.

Over 20 others were injured.

The ages of the victims range from 18 months to 77 years with about half of them being children.

One family lost eight relatives from three generations including a one-year-old. The pastor’s 14-year-old daughter was killed as well.

“We are dealing with the largest mass shooting in our state’s history,” said Governor Greg Abbott.

The gunman has been identified as 26-year-old Devin Kelley. His motive has not been confirmed, however there is evidence that it was a result from a domestic dispute with his mother-in-law who’s family regularly attends the church. The family was not there at the time of the attack.

The massacre was cut short due to a local citizen who heard the gunfire, grabbed his rifle and opened fire on Kelley hitting him at least once.

Kelley then dropped his assault rifle and attempted to flee the scene in his vehicle. However, another citizen chased after Kelley into the next county where Kelley crashed his car and was found dead with the reason for death not yet determined.

It is possible the death toll could have been much higher if it was not for the neighbors who responded. The shooter had multiple weapons in his vehicle which leads to the theory that he had plans to continue his rampage.

The attack leaves an interesting argument involving gun control as Kelley failed to obtain a fire arm twice due to issues with his background check. The third time he left certain areas blank on the application and received clearance to get his weapon which shows a clear issue with gun control laws.

However, the neighbor who engaged Kelley was able to end the massacre due to his right to own a rifle.

“This act of evil occurred as the victims and their families were in their place of sacred worship,” said President Trump. “We cannot put into words the pain and grief we all feel and we cannot begin to imagine the suffering of those who lost the ones they love.”

Trump has been regularly communicating with city officials and Governor Abbott while he is currently in Japan.
Confederate Monuments

...Continued from pg 1.

Although a few other students chimed in with their thoughts, most of the audience elected to stay silent during this argument.

“It’s important not to downplay this call for violence that these people have,” said Brandon Finck, who attended the rally and witnessed the confrontation between the two students. “They can’t go to a debate stage, a public forum, and stay peaceful and debate their ideas based on their own merits.”

Despite this incident, Dr. Keating’s presentation was generally well received by the audience.

After the speech, student John Sparks named, “The timeline of the monuments and schools,” as the most interesting aspect of the presentation, referring to a chart from the Southern Poverty Law Center that displayed the number of Confederate monuments dedicated every year following the end of the Civil War. Sparks, like many students, was surprised how recently many of these monuments were built and for what purpose.

The two periods during which the most monuments were dedicated were 1906-1916, to commemorate the 50th anniversary of the Civil War, and the 1960s, as a reaction against the Civil Rights movement.

While it may be tempting to dismiss the relevance of this issue to students in California, it’s worth bearing in mind that this state has also been a key battleground in the debate over Confederate monuments and free speech.

According to the Southern Poverty Law Center, even California has a smattering of Confederate monuments spread across the state.

Throughout this past year, the state has also borne witness to a series of violent protests over the topic of free speech on college campuses called “The Battle of Berkeley.”

As the incident during Dr. Keating’s presentation has shown, the same tension that sparked violence in Berkeley exists here at CSUSB.

Healthcare for all CSUSB students

It is important to recognize health issues early on.

The University of Riverside, School of Medicine provides their very own free clinic as well. Located in San Bernardino, the clinic helps underserved patients with various care of health screenings like hearing, mental health and blood pressure. Flu and pneumonia vaccines and acute medical care are also provided by nurse practitioners, undergraduate students and medical practitioners that are all supervised by the university’s faculty.

“Something should be done because undocumented immigrants are contributing to the economy and should be getting service at least with a low cost,” said Kim.

There are talks about Trumpcare, and so far, Obamacare has gone from 750,000 people without coverage, down to about 350,000 in the Inland Empire. But despite these numbers, the professor believes that’s not enough.

“The government has provided some service for the people who are uninsured, but it’s limited and we need more of that service to be expanded,” said Kim.

According to Professor Kim, just using a hospital room and being checked for a single day can cost around $3,000 for an uninsured person.

“Of course no one is free of diseases, so it’s best to go and research online about low cost or free medical services that are close to you,” shared Kim.

In September, Kaiser Permanente announced that they will open 31 more retail clinics in Target stores that will expand to Hemet, Irvine, Chula Vista and Santee in the next three years.

Currently, there are four open clinics that are located in Fontana, Fullerton, San Diego and Vista, where the have cared for more than 50,000 patients.

The fee is $75 per visit on weekdays and weekends, and if necessary, it also includes a teleconference with a doctor.

Awareness is key, Professor Kim suggests people to be aware of the events that churches or any non-profit organizations give out about health care services.
By Brandiss Johnson  
Staff Writer

Women are underrepresented in fields of study like Cyber Security. According to Professor and United Nations, there with the help of the British and pushed out the Arab communities relocated to Palestine is the story of when Jewish communities started doing scholarly work in refugee camps, she began to wonder what she could do for the victims. This is where she learned how to help those in need. When Anti-Semitism was on the rise and Jewish communities were forced to relocate, they found shelter in Palestine. This process was known as Zionism and was regarded as such by all who witnessed the event. According to the documentary, this is what contributed to the bloodshed during 1948. After WWII, the United Nations developed a plan known as the United Nations Partition Plan. This plan gave 56 percent of the land to the Zionist and most of the land that could sustain crops. Before this plan, the Zionist owned only seven percent of the land. Jerusalem was maintained by the U.N. and the remaining land was given to the Palestinians. The film has premiered at several film festivals in Arizona and San Diego. Both screenings have been well received by viewers of this shocking moment in human history. Regardless of one’s faith and background, it is an educational experience that should not be overlooked.

The film’s website, 1948movie.com, has a list upcoming festivals and screenings where people will be able to view the film. On March 31, 2018, the film will be screened worldwide.

By Rodney E Schmidt  
Editor in Chief

After 10 years of filming, traveling, and investigating, Professor Ahlam Muhtaseb shares the stories of those who have been ignored regarding the Palestinian and Israeli conflict in her new documentary, 1948 Creation and Catastrophe.

The film showcases a piece of Palestinian history that many are not familiar with. This is the story of when Jewish communities relocated to Palestine and pushed out the Arab communities that were already residing there with the help of the British and United Nations. According to Professor Muhtaseb, this film shows “the systematic expulsion of the Palestinian people.”

The narrative of this documentary is not a frequent account in conventional media. And because she is aware of this, Muhtaseb has dedicated her time towards educating all who are willing to listen to the stories of those who know what really happened during 1948.

“The mainstream media has a very, almost unified type of narrative on the Palestinian/Israeli conflict,” she stated. “Which is that Palestinians are terrorists and bad and Israelis are the victims, and it’s actually the other way around.”

When Anti-Semitism was on the rise and Jewish communities were forced to relocate, they found shelter in Palestine. This process was known as Zionism and was regarded as such by all who witnessed the event. According to the documentary, this is what contributed to the bloodshed during 1948. After WWII, the United Nations developed a plan known as the United Nations Partition Plan. This plan gave 56 percent of the land to the Zionist and most of the land that could sustain crops. Before this plan, the Zionist owned only seven percent of the land. Jerusalem was maintained by the U.N. and the remaining land was given to the Palestinians.

1948: A Documentation of Palestinian Pain

Professor Ahlam Muhtaseb meeting with film watchers

Dr. George Geogiou presenting.

Ahlam Muhtaseb meeting with film watchers

A very important presentation was given by Dr. George Geogiou. This presentation brought awareness to others who may not know what may be happening to women in these specific fields and why the percentage rates of women getting degrees in this field are low.

Dr. Geogiou, a professor of Computer Science and Engineering, spoke on reasons why women are underrepresented in the field.

In a brief powerpoint presentation, he discussed some factors. “Women don’t do well without introductory classes,” he stated. Other factors he discussed included the culture of computing, lack of mentoring opportunities, gender specifics, and large introductory weed-out courses.

A statistic presented on the powerpoint showed that eight percent of the degrees in Computer Science and Engineering went to women in 2015-16.

Dr. Geogiou touched on other institutions that have been successful in reversing the issue. There were very few institutions that were very proactive in this area: Brown University, University of Arizona, and UC Santa Cruz.

Dr. Geogiou discussed what CSUSB has done to implement strategies and also discussions about redesigning the course.

“A number of female students were sent to the Grace Hopper conference with the help of Mr. Morales. We have had discussions in the department to switch to python and those discussions are ongoing,” said Geogiou.

As the discussion continued, the powerpoint showed that female students at Harvey Mudd college had a higher percentage rate at 55 percent.

Reasons for this are cited that students participated in the Grace Hopper celebration of women conference, and they were able to get the first year of research experience.

The factors discussed concluded that with extensive studying, and participating in introductory courses, they can increase the percentage rates.
Dairy Industry in California

By Spencer Reifel
Staff Writer

The dairy farmers in California have been a huge resource for the state and the country, since the dairy industry is one of the largest in the state and still growing.

According to Real California Milk, there are over 1,300 dairy farms across the state, and 99 percent of them are family owned.

These families work hard to keep their cattle healthy and pass the trade down from generation to generation.

Since this industry is so important for the average Californian, more people are studying and getting degrees in fields that will help them to become more efficient in the dairy trade of dairy farming.

33 percent of the United States’ exported dairy comes from California; this means California is feeding more than the state, but also other countries.

According to the California Milk Advisory Board, the industry has employed over 189,000 jobs, and produced more than 40.4 billion pounds of milk annually.

“Agicultural is one of the backbone of the California economy,” said Professor Dr. Daniel MacDonald, at CSUISB. “I don’t see a short term of outsourcing in the dairy industry, because of the speed of the operation and the freshness of the product.”

Within the California dairy farmers there is a group of farmers that primarily focus on the butter industry: the California Dairy Inc. (CDI). CDI is made up of over 400 farmers that ship out more the 17 billion pounds of milk annually.

With high consumption rates within the dairy industry, and the dairy processing standards of the highest calibur in the start of California, many of states trail struggle to keep up.

Since the Transparency in Supply Chains Act of 2010 (SB 657) has been in place, farmers have been pushed to hire and pay workers a fair rate and maintain appropriate safety regulations established for the industry.

When dealing with a cow that weighs over 1600 lbs, the dairy industry makes sure that the people working with the animals treat them in accordance with the state of California safety regulations.

California has been the nation’s leading dairy state since 1993, when it surpassed Wisconsin in milk production. California is ranked first in the U.S. in the production of milk, butter, ice cream and nonfat dry milk.

California dairy producers are always concerned about the health, comfort and safety of their cows. That is why they maintain facilities that appropri-ate for desired conditions within the industry. Animal care is seen as a priority to ensure the cows are healthy and comfortable.

Currently, the state runs the most modern technologically advanced and efficient dairy operations in the world. The state is financially capable of maintain ing systems and best practices for herd comfort and care.

California dairy cows grazing in an open field

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The Redlands Art walk event was held Sunday, Oct. 29, featuring artwork from more than 100 local artists, spotlight galleries, live entertainment and food.

This event, held twice a year and features tents with artwork set up along State Street in downtown Redlands.

A handful of local businesses have galleries focusing on local artists, including Augie’s Coffee, Parliament, Ozel Jewlers, and many more.

Attendees rush in for support and experience what these artists are all about. Without this event, many artists would not get exposure for their art work.

“My favorite part of the art walk is probably being around everyone,” said Marcus Mercado, a local artist who had a gallery at Darls pet shop. “It’s not everyday you can be talking with someone and another artist will walk up and join in the conversation.”

The DTR Artwalk represents the blending of the local art movement and the involvement of small businesses.

This event started from the Redland’s community that felt the city needed an art walk. It is a way to get exposure for local businesses through art, and now gives artists more venues to show their work.

“It is our hope to grow this event into a self-sustaining, community-centric event that will happen on a quarterly basis,” said Rob Pearson, the founder of the art walk, which he started in 2010. “When we started the art walk, downtown was a ghost town on Sunday, but the walk has been a way to boost traffic and has been part of the art renaissance in the area.”

The event has grown from just an alleyway behind Augie’s Coffee House to a complete street closure for a few blocks to accommodate over 100 different artists.

“There will be something for everyone at the walk,” Pearson said. “In addition to extending its reach to Seventh and State streets, the event will feature more than 100 artists representing various mediums, from painting to ceramics, displaying their works and having a few knick knacks available for purchase.”

The local artist will also work on a piece of art during the event; Katie Cullen, a local pottery worker presented a live demo.

“At the artwork, you are literally surrounded by like-minded individuals that share a general idea, while throwing in their own spice to the mix,” said Mercado.

“Before you know it, everyone is excited to go work on something new. It’s pretty amazing.”

With all this art to look at, there are places that you can fill up your stomach with food and drinks. The event has Mill Creek BBQ and Fire Pizza for food with beverages from Ritual Brewing Co., Escape Craft Brewery, and State Street Winery.

Pearson is now no longer the organizer, due to moving out of state.

He is passing the torch to a local business manager and artist Blair Smith to keep the event on the same road of growth.

“I want to focus on finding the best local artists and just keep getting people more involved in the local community,” said Smith.

The next coming art walk will be in 2018 in Redlands, CA.

**KRACK WPA2-PSK WiFi Security Flaw**

Protect yourself by becoming aware of the threats.

By Bailey Kasin

KRACK (Key Reinstallation Attack) is a security flaw that was recently discovered in the WPA2 (WiFi Protected Access 2) protocol. WPA2 is the current method that most networks use to protect the connection from computer to router over WiFi.

The flaw works by tricking the target computer into reinstalling the key established between the router and computer. This allows the attacker to give the computer their own key, letting them also have the ability to watch all the traffic leaving the affected computer.

The way that the exploit works is especially effective against Android phones and computers using a version of the Linux operating system, but it also has implications for Mac or Windows that are also vulnerable to the attack.

A few ways that individuals can protect themselves against the hack are by using the DD-WRT firmware on their router, which updated to protect against the back in December 2016, and by making sure that all of their devices are completely up to date, as client devices can be updated to protect against the security flaw. The attack is also most effective against the WPA2 Personal protocol, so using WPA2 Enterprise (which is what the school uses) can slow down someone attempting to use the exploit against your network.

If the option is available, using a wired connection makes the attack completely ineffective, as it only affects wireless connections.

Thankfully, the vulnerability can be patched in such a way that will not require a new security protocol for WiFi. Due to the security exploit mainly targeting client devices, rather than routers and access points, expect updates to be released for phones and computers soon that should patch the issue. Some router firmware handles the connection to devices in such a way that updating the router will fix the issue, though.

On the flip side of devices running popular operating systems such as Windows, iOS, and Linux being updated to protect against this attack quickly, Internet of Things devices will likely not be so lucky. This means that your Smart Fridge, Smart Security Cameras, Smart Thermostat, etc. are very likely to never receive an update patching the exploit, as most of them are either built to not be update-able, or are abandoned by the manufacturer right after they are released.

Matty Vanhoef, the man that discovered the exploit, released all the information that they have on it, as well as ways to test if the security flaw can be used against your devices. He also plans to give a talk about it at a conference on November 1st.

Because the flaw was found by someone who is purely white-hat, the attack should be fixed on all operating systems soon, and without any major hacks and massive amounts of money being lost, like their were with exploits such as Eternal Blue.

In short, make sure to keep the software of all devices that you own up to date with the latest security patches, check for updates to the firmware of your family’s router, and try to keep up to date on the latest security issues to look out for.

**Photos courtesy of Ellie Ramsey**

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**Community Features**

**Redlands Art Walk**

By Spencer Reifel

Staff Writer

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More than Just Pictures: Thomas McGovern

By Anthony Perez
Staff Writer

There are many passionate professors on our campus, but Thomas McGovern separates himself from the field with his love for teaching, his photographic skills, and his appreciation for art, in any form.

Thomas is originally from New York, where he found his love for artistic photography. In 1986, Thomas learned of some former friends who had passed away from AIDS, which at the time was a huge epidemic.

“There was a lot of stigma about having AIDS,” said McGovern. “Many doctors wouldn’t even treat you, it was really a crazy time.”

In response to this, Thomas started a 10-year project to raise awareness on the disease. In his decade-long project, Thomas became known as an insider for the AIDS crisis and was able to get published by numerous publications such as the New York Times and had his pictures shown at The Brooklyn Museum and the Museum of the City of New York.

In 1997, McGovern moved to California where he attended Cal State Fullerton and received his master of fine arts degree, the highest degree in arts. After his completion of the program at Fullerton, McGovern moved to San Bernardino and fell in love with the environment.

Thomas has worked on a few projects in the Inland Empire such as “People in Cars” which showcased people who participated in the Route 66 Car Show. He is currently working on a project named “Swap Meet: This is San Bernardino” where he photographs the hidden gems that are sold in swap meets.

In 2011, Thomas founded Dotphotozine, an annual magazine that showcased the best photography material from students and alumni from CSUSB. He loves to use this magazine as a way to get national exposure to his students and to give them an idea of what seeing their work in a magazine can feel like.

“I find people in all their flaws to be really interesting and beautiful,” said McGovern. “…I am an optimistic person, so I do see positive things in whatever I’m taking pictures of.”

This optimism and happy-go-lucky attitude is what has separated Thomas from his peers and made him an excellent professor for the university. This mindset helped Thomas as he dealt with the death of his wife in 2016 and despite this tragedy in his life, he was able to see the positive and be thankful for his blessings.

“You have these tragedies befall you, everybody does,” said McGovern. “That’s part of what makes life interesting and beautiful. If everything was perfect and you lived forever, we still wouldn’t appreciate it.”

Today, Thomas is the chair of the World Languages and Literatures department. At the age of 60, Thomas is looking at retirement but is in no rush as he has a love and passion for his current work and is enjoying the ride.

“If you asked me what I’m going to do next year at this time, I couldn’t give you an answer,” McGovern said. “And if you asked me five years from now… god, I have no idea.”

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Lifestyle

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Coyote Chronicle

November 8, 2017

Selecting a Martial Arts Studio 101

By Christine Muhar
Staff Writer

Want to practice martial arts, but don’t know where to start? Feel like you don’t know what you’re doing? There are five easy steps to help you make the decision without breaking a sweat.

1. Decide what you want to get out of martial arts
   Are you wanting self-defense classes? Do you want to be able to punch and kick? Or throw someone to the floor? Certain types of martial arts will need you to be more physically fit than others and each will have different time frames to become skilled in the martial arts. Each type of martial art will teach something different. Now would be a good time to decide on your expectations for your martial arts journey.

2. Do a little research
   Pull out your laptop and look up different studios close to you. Learn what type of martial arts they teach and see what you think of each studio. It’s usually a safe bet to say that if they have a nice studio, they will have a professional-looking website. Look up different types of martial arts and see if there is a specific type that fits your expectations on what to learn. Each type has something good to offer, but it all depends on why you want to learn martial arts. Lastly, ask around. See if you know anyone who studies martial arts and get their opinions on what type of martial arts they think is best for you and what studio you should visit. Make a list of the different studios you want to check out.

3. Set up visits
   Call the studios that you found online and believe might work. Set up an appointment and take a trial class to see how you feel about the type of martial arts, the studio, and the instructors. Make sure that the studio has a nice learning environment and consider how friendly and respectful the students and instructors are. Decide whether or not the martial arts type is right for your personality. Remember that you will be putting yourself into their hands, so make sure that you trust your gut feeling about each studio, and if you don’t feel comfortable at that one, don’t force it.

4. Talk about scheduling and pricing
   While at the studio, talk to the instructors about what classes will fit your needs and see if they work with your schedule. A lot of studios have classes all throughout the day so you might have a few classes to choose from. Also talk about pricing. This is something that is an important factor when deciding to learn martial arts, but most studios are priced fairly. Remember that you are paying them for their expertise so you will learn a lot from them and hopefully will stay safe throughout your journey.

5. Deciding on which studio
   Once all four steps are done, your decision on picking a studio should be a little more clear. If you still aren’t sure, most studios do trial classes that last between two to five weeks. Sign up for one of these so that way you are not stuck in a bad choice for a whole year.

There are no right or wrong answers in choosing a studio, it all depends on your needs and wants. Remember to trust your gut and to have fun while deciding on a martial arts studio.

As a black belt in Tae Kwon Do and an instructor for several years, I can help find the perfect studio.

Study Tips for Midterms and Finals

By Daniel Banks
Staff Writer

With finals quickly approaching in the upcoming weeks, there are some useful study tips and resources on campus that students can use to do their very best on exams.

As a college student, tests can often be stressful. Having tests that are around the same time and preparing for each one can be a difficult task. There are some students who have a hard time figuring out what are the best methods to studying for a test.

Students use different procedures to prepare for a test that works best for them. Some use flash cards, take notes while they’re reading a chapter, or go to tutoring sessions.

“Usually, when I prepare for a test, I find an isolated place to study. I put my phone away out of my reach because it is a big distraction, and I start writing out all my material on flash cards,” said CSUSB senior Aline Jimenez.

Different material requires different methods of studying, so while some students make flash cards, others may make annotations or take notes.

“In preparation for a test, if it is based on reading, I always take side notes and go over the notes after I’m done with the reading. If it is anything besides reading, I mainly go over notes and tend to go to tutoring or office hours to further understand,” said CSUSB Junior Dynanna Torices.

While our study habits may seem to work in our favor, there is always room for improvement.

“I think I should procrastinate less and start studying days or weeks before my test. Also, there are times when I am distracted by other things like TV or my phone. I need to work on being device-less, so that I can concentrate fully on studying,” stated Jimenez.

There are a lot of resources on campus that students can use to prepare themselves for a test or a writing assignment. One of those being the Writing Center located in the College of Education building. They have many tutors who help students with their writing assignments.

“One of the things that we emphasize is that writing is a process. One of the things that students get out of the writing center is thinking about writing in a different way and working with someone who has a lot of writing experience but is still a student, so they are aware of what it’s like to do that,” director’s assistant of the writing center, Nathan Jones, said.

Students have improved on their writing skills since going to the writing center and they are applying what they have learned there to their everyday lives and classes.

“Our biggest goal is to help students not only make this one big paper better, but to help them figure out ways to improve their writing process for all writing assignments that they do,” Nathan stated.

There are many resources and study tools on campus for struggling students to take advantage of to better prepare for final exams and papers.

Creating great study habits that promote information retention.
By Anthony Perez
Staff Writer

When you’re out on the road, you like to look good and feel good, but can you get that from just buying a car off the lot? The best way to get the car you want is to build it from scratch. It becomes more than just a way of getting from point A to point B; it becomes a lifestyle.

I’m sure we all know the feeling of driving down the road with the windows down and your music turned all the way up. Most people see this as just a way to pass the time when you’re driving home from work or school. But, to people like Saul Medina, it is much more than that. It is a way to relax and escape from the daily stresses of life.

“I love my car because it’s mine,” Medina said. “I get to take it out whenever I want and without it, I wouldn’t be able to deal with my stress honestly.”

It’s more than just fixing up the engine or putting new rims on the car, it’s about the little things that make the car yours. It’s not always about the nicest car but rather making the car special.

“My favorite part of the car is the paint I job I have on it,” said Val Rodriguez. “I chose this color because it was my late mom’s favorite color and I built this up when I was dealing with her loss.”

It’s so easy to think that a car is just a means of transportation, but when you begin to spend time with the car, you start to feel a special connection with it. Normally, people just turn the ignition on and drive without thinking of the work that was put into the vehicle. But, building the car up piece-by-piece gives you the perspective of what goes into the car and helps you better appreciate it.

Whether it be the Route 66 car show that just took place in downtown San Bernardino, or a random car meet in a parking lot of a grocery store, people can talk about the experience of putting in the hours and time to perfect their rides.

Raymond Ponce is a San Bernardino resident who is currently working on his 1987 El Camino.

“I’ve put more hours and money into this car than I probably should have, but it’s my baby and I’d do anything just to see her running again,” said Ponce.

Next time that your start up your car, think about what it means to you. Is it just your way of getting around or are you proud of what it represents? Cars are more than just an engine, four tires, and a radio. It is a part of the driver and who they are.
For the second consecutive season, the Coyote volleyball team has been apart of an undefeated season. The last time the Coyotes lost a match at home was in the beginning of the 2015 season as they took on UC San Diego and fell 3-1. Their current home win streak began on Sept. 25, 2015, and is now up to 29 wins. The team earned home win number 28 on Nov. 3 as they beat CSU Los Angeles in a four-set match. Before the game, members of the team honored faculty members on the court. Faculty members included Dr. Sang Ouk Wee, Dr. Becky Talyn, Dr. Mary Fong, Dr. Dwight Sweeney, Erendy Torres, Emily Haddad, Dr. Codi Lazar, Dr. Angie Verissimo, Stephanie Creswell and Dr. Paul Vicknair. The Coyotes scored first to start off set one, but from then on it was a back and forth battle between them and the Los Angeles Golden Eagles. The Coyotes were up 23-22 when they scored two in a row to get the win on a block by Lydia Morohunfola. Set two started in favor of the Coyotes again, as they scored two points to start the set. They never scored in the set, at one point scoring five times in a row. After allowing LA to score two, they went on to score six in a row to take an 18-7 lead. Set four started in the similar back and forth fashion, but the Coyotes began scoring multiple points for every point that LA scored. They quickly got to 21 points before the Golden Eagles made it to 12. They quickly wrapped up the rest of the set, making the final score 25-14. The win gave the Coyotes an overall record of 16-7 and a CCAA record of 12-3. The loss pushed LA to 12-10 overall and 8-6 in the CCAA. The team earned win 29 on Nov. 4 as well as celebrated the four seniors: Lauren Nicholson, Morgan Lyneis, Amanda Reifer and Kelsey Osgood, in a pre-game ceremony before taking on CSU Dominguez Hills. Head coach Kim Cherniss modified her lineup to give more playing time to the seniors in their final home game as Coyotes. They all worked hard with their fellow teammates and took the match in three sets. The Coyotes and Toros tied at five early in set one before CSUSB went on to score six straight points. They led throughout the entire set and won 25-15 on a kill by Sascha Dominique. Both teams were evenly matched in set two until the Coyotes scored six straight after trailing 16-14. They got the win on a kill by Nicholson. In the third and final set at Coussoulis arena this season, the Coyotes trailed early. Eventually, they battled their way back, tying up the score multiple times. The teams tied at 21 and then the Coyotes scored three to take a 24-21 lead. They got the win on a service error by the Toros. The win moved CSUSB to 17-7 overall and 13-3 in the CCAA. The loss put Dominguez Hills at 12-12 overall and 8-7 in the CCAA. The Coyotes will play one last regular season game on Nov. 10 at Humboldt State before advancing to the CCAA playoffs.
The Houston Astros TAKE 17 winning their first World Series in franchise history. After 56 years, the wait is over for the Astros as they have defeated the Los Angeles Dodgers in a wild seven-game Fall Classic.

Clayton Kershaw was the starting pitcher for the Dodgers in game one and Dallas Keuchel started for the Astros.

With two outs in the bottom of the sixth Justin Turner hit a two-run home run, giving the Dodgers a 3-1 lead and the win. Rich Hill of the Dodgers and Justin Verlander of the Astros started game two, which went eleven innings. Corey Seager, the Dodgers shortstop, hit a two-run home run to break the 1-1 tie in the bottom of the sixth.

In the top of the ninth, the Dodgers brought out their closer Kenley Jansen, who gave up a home run to Marwin Gonzalez which tied the game at three. Each team then matched each other run for run until the eleventh inning, where the final score was 7-6 in favor of the Houston Astros.

Game three was played at Minute Maid Park, the home of the Astros, which was very helpful for them. The final score was 5-3 in favor of Houston.

In game four, Charlie Morton took the mound for the Astros and Alex Wood for the Dodgers.

A five run ninth inning gave the Dodgers the win and tied the series at two.

In game five, the two teams combined for a total of 25 runs scored. What was supposed to be a pitchers’ duel between Kershaw and Keuchel became a battle of the bats.

Game six had the same pitchers square off again as in game two. However, the outcome of this game was quite different. The Dodgers won 3-1, forcing a game seven.

Yu Darvish started and faced off against Lance McCullers Jr. in game seven. Darvish got in trouble early, allowing the Astros to score five runs in the first two innings. This forced Dodgers manager, Dave Roberts, to bring Kershaw in from the bullpen.

The five runs were all the Astros would need, as the Dodgers were only able to score one run.

A groundout from Seager would be the game-ending play that officially crowned the Astros World Series champions. The Most Valuable Player award (MVP) was given to George Springer, an outfielder for the Astros who hit five home runs in the World Series. His five home runs are tied for most in a World Series with Chase Utley and Reggie Jackson.

This World Series held the record with the most home runs with a total of 25 home runs combined from both teams. The previous record was 21 and was made during the 2002 World Series.

Brandon Morrow, a right-handed pitcher from the Dodgers, tied a record by appearing in all seven World Series games.

Both teams played remarkable postseason baseball that leaves MLB fans looking forward to the upcoming 2018 season. Spring training is within reach, so these teams will rest and rebuild to comeback and make more history.

During 2018, the Astros will have a very successful season. From the beginning of the season, the Astros have been the top team in the league.

In the second quarter of the game, the run was scored. What was supposed to be a pitchers’ duel between Kershaw and Keuchel became a battle of the bats.

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Review: Super Mario Odyssey

By Dusty Alexander
Staff Writer

Super Mario Odyssey is a game I can recommend to about anyone: it is a really fun, well-crafted experience that works as both an introduction to Mario games, and fanservice for longtime Mario fans. The most iconic book written by the author

By Isaac Cardenas
Staff Writer

The Racism of Dr. Seuss

In case of Dr. Seuss, however, what is a person supposed to feel when not only is the artist’s character spotty but the actual art he created is problematic? The reason why I don’t feel like Dr. Seuss should be deemed a racist all together is the fact he seemed to outgrow his prejudice. The caricature of the Asian man from the mural was from the book, And To Think That I Saw it on Mulberry Street and was actually reworked by the author himself. He created a less stereotypical version of the man because he realized how his original was offensive to people. More than likely if he was alive today, he would have done the same thing to the image that people still find offensive. Not only did Seuss stop creating offensive artwork, but he wrote and created many books with anti-racism messages. Horton Hears a Who! celebrates and advocates for equality for everyone and his book, The Sneetches is about tolerance and diversity. Many scholars also say that he regretted the political cartoons he did. The controversy all started when a librarian, Liz Phipps, rejected to accept several Dr. Seuss books donated by first lady Melania Trump, citing that the books were racist propaganda and contained harmful stereotypes.

In another incident, several famous children’s book authors, Mike Curato, Mo Willems and Lisa Yee, as well as an invitation to the Literature Festival at the Dr. Seuss museum in Massachusetts claiming that the mural at the museum featured a racial stereotype of a Chinese man that they found offensive. The online response to the news was polarizing. Either you were going to start boycotting Dr. Seuss, or you were supposed to be outraged that “political correctness” was coming after innocent Dr. Seuss because people had gotten used to seeing offensive images. Racial stereotype from “And To Think That I Saw it on Mulberry Street” Both viewpoints held some truth. However, I didn’t find my self wanting to join either side. Was Dr. Seuss really a racist? Or were people just exaggerating? I decided to see for myself.

Doing a search of “Dr. Seuss racist” brought me to many offensive caricatures of Asian, African American, and Jewish people in his foreign political cartoons and artwork.

It didn’t take me long to see why someone would find some of his work objectionable. One particular image that shocked me was a drawing he did from circa 1929 titled, “Cross-Section of The World’s Most Prosperous Department Store.” It was a big contrat to how I usually think of his work, and I am sure many other people would be surprised to see this image as well. However, seeing it, I was also not completely surprised. Famous animation studios such as Disney and Warner Bros. cartoons contain offensive imagery in their early period. These artists should not be let off the hook. The work they did at this time was horrible, but there is also a historical context to the images; this was a time where many people were ignorant. While the mural was not as offensive as some of Dr. Seuss earlier work, I understand where the librarian and the three authors were coming from and why they had objections. Disrespectful and offensive by prejudiced, it is true that Dr. Seuss has a history of racist art. There is a belief that people should separate art from the artist’s life; that a person can enjoy an artist’s work without having to align themselves with the artist’s personal beliefs.
Christmas Time in Fall

By Michael Embry
Staff Writer

As Halloween quickly passes those who chose not to celebrate that particular occasion prepare their decorations for another holiday, Christmas. Halloween draws a big crowd and an even bigger hype, but Christmas enthusiasts don’t let this discourage them from sprucing up for the holiday cheer. My family was never big on Halloween, hence we always decorated for Christmas instead. I found that a big reason people don’t celebrate Halloween is religious conflict.

I conducted a survey among my Christian friends at Azusa Pacific University, inquiring if they were allowed to celebrate Halloween or not due to religious beliefs.

Of the 20 friends I surveyed, an astonishing 15 of them said they weren’t allowed to celebrate Halloween, but instead attend the church harvest festivals.

“I was taught that putting up Christmas decorations early was a way to shun the evil brought on by Halloween,” stated by APU student Melanie Cullen. Evangeline Embry is not only my mother, but also the true queen of Christmas.

There are some pros and cons to early Christmas decorations.

Those struggling through the holiday season for whatever the reason, nothing will stop my holiday joy and decorating.

Whether you’re decking the halls early, waiting for after Thanksgiving, or not decking the halls at all, please remember to spread joy, love, and peace this holiday season as the world we live in becomes darker and darker.

Fall Flower Crown

By Michael Embry
Staff Writer

Flower crowns are fun to make and are fashionable.

Flower crowns seem to be everywhere these days, whether that be in a snapchat filter or worn by actual royalty.

Whether it’s a wedding, festival, such as Coachella, or a classy afternoon out with friends, flower crowns are increasingly popular accessories.

Almost three years ago, Snapchat released the flower crown filter which started the craze.

Aliya Hoff is a student at CSUSB who stated: “Flower crowns are a necessity when it comes to the finishing touches on an outfit.”

The only problem with flower crowns is that not many people know how to actually make flower crowns.

First, one must journey into the magical land of Narnia, AKA, Hobby Lobby. At hobby lobby, which is cheaper than Michael’s, be sure to snag a sales associate and tell them what you’re trying to craft. My helpful associate at hobby lobby, Kristina Chapman stated: “We get people coming in looking for materials to make flower crowns ALL the time. We get so excited when its time to put together a new crown for a new person!”

The materials you’re going to need are floral wire, floral tape, floral wire cutters, and fake flowers.

For my fall flower crown, I used sunflower, baby breath, lavender, twine, and fall leaves. There are over 50 types of faux florals to choose from so don’t feel limited. Altogether, these materials cost about 23 dollars.

On your way home, you should definitely be jamming to some poppy tunes, with glue about how beautiful your flower crown is going to turn out.

First, take a small piece from the floral wire and wrap it around your head in order to turn it into a circular shape. The rest is up to you of your head as to how long you will need the wire to be.

Cut off excess wire and then form the rest into a circular shape and tape the circle shut with floral tape.

The more flowers, the heavier the crown so if the base of the crown does not stay from the floral tape, hot glue will do the trick.

Next, choose your twine, greens and flowers. You’ll need this to create a pretty base for your crown and cover the wire.

Once you’ve selected the greensery for the base, us the floral tape or hot glue to secure it around the circular wire.

After the greenery for the base has been added, its time to start layering the different flowers.

To attach the flowers to the crown, be sure that the flower stems are at least three to five inches long (you should probably cut off excess stems with scissors).

After this is done, tape the stem to the crown using the floral tape.

Like the greenery, it is best to wrap your tape around the stem about 5-7 times to make sure its nice and secure.

I recommend spreading the flowers out evenly along the crown with the smallest flowers going in the back and the biggest ones to the front.

Last but not least, add flowers (I recommend more flowers) to your crown to make it look full.

Touch up spots that look loose with hot glue or floral wire and add a few little flowers. This should be an easy-going project, there is no wrong or right way to make a flower crown.

It heavily depends on what function you are crafting your crown for, what you’re planning on waring it with and even what hairstyle will pair best with the crown.

As with anything, practice makes perfect.

And in my opinion, there’s nothing more fun or fabulous to practice making than beautiful flower crowns.
Good Night and Good Luck: Parallels in Modern Society

By Adam Vilas
Staff Writer

Good Night and Good Luck was released in 2005, yet it is still a relevant film 12 years after its initial release.

The film takes place in the 1950's during a time known as "The Red Scare." It is a time when reporters and journalists were afraid to publish anything that spoke out against the government. Their fear was that if they spoke out against those in power, they would be accused of being a Communist, or at the very least, a Communist sympathizer.

The movie was directed by George Clooney. It depicts a time not so long ago when certain American politicians, namely Wisconsin Senator Joseph McCarthy, began to use their status as political leaders to create a fearful climate in our country by often accusing people of being Communists with little to no evidence.

“I thought it was a good time to raise the idea of using fear to stifle political debate,” said Clooney at the New York Film Festival news conference. It was during this dark period in history that Edward Morrow, host of the show See It Now, decided to speak out against McCarthy and oppose the senator who was creating a country that lived in constant terror by using facts to counter McCarthy.

"We have an understanding that journalists are supposed to be objective and neutral and detached," said Corrigan. "But there’s an important role for journalists to share well informed opinions too that can help citizens make up their minds.”

The film is a reminder of the true purpose of news and journalism, and that is to inform the public and hold those in positions of authority accountable for their words and actions. It is an essential piece of our nation's democracy and plays a key role in keeping a reliable resource of information for the American public.

In the 1950's during a time known as "The Red Scare," the government was afraid to publish anything that was seen as "fake news." “If certain folks are scared to state their political perspectives because of fear of being called out, then that is a threat to the circulation of ideas that is in keeping with the principle of the free press,” said Tom Corrigan, a media studies professor at CSUSB.

As the movie points out, when politicians or others in government abuse their power, it can lead down a dangerous road. It is the responsibility of news organizations to not only report on the facts and events taking place, but to also point out the potential harm in the actions taken by these politicians or others in a position of authority, even if it means facing persecution.

"This instrument can teach, it can illuminate; yes, and it can even inspire,” said Morrow during a speech in 1958. “But it can do so only to the extent that humans are determined to use it to those ends. Otherwise, it is merely wires and lights in a box.”

Art & Entertainment

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Artist Profile: The Music of Les Son

Folk singer Les Son, of Riverside, has just dropped his freshman album, The Trees. At a young age, Son learned the clarinet and trumpet. This progressed into him performing with the school orchestra, band, and choir.

"One of my uncles wanted to learn guitar and he was also getting into the Smashing Pumpkins," Les Son said. "He kind of forced me to learn the other parts so he could play along."

"The Tress" album cover

This year, Son released his first album, The Trees. Due to time restrictions, he worked several months on demos for the album in the early mornings and late nights. Recorded at Son's home, he deliberately wanted to be sparse when it came to equipment and used his iPhone 7 plus as his sole microphone, focusing mostly on songwriting.

"If the content was good, then I wouldn’t need to rely on 'studio magic' and overly expensive gear,” he explained. For Son, it is less about studio polish and was inspired by the timeliness of records from the 60s.

"When we compare the quality of studio recordings from today to those from the 60s or 70s, it’s noticeable even to the untrained ear and to a casual listener who isn’t a musician or engineer."

Link Wray’s 1971 self-titled album was an inspiration for Son. "It’s low quality by today’s recording standards, but the songs are good and stand the test of time.” Other influences for the album were Matt Sweeney, Iceage, John Dwyer, Orville Peck, Charlie Mars, Lianne La Havas, and Chris Cornell.

"Son enjoyed the entire process of writing, planning, editing, tracking, but found the mixing to be the hardest element which he meticulously worked on.

The Trees is sparse sounding yet throughout the record, there are musical flourishes such as strings that expand and add depth. The instrumentation was all done by Son and he consequently made it that way. However, he is not opposed to working with a producer in the future.

"This is simply not a project that I wanted to develop together with a group. To get what I wanted from the record and in shaping the music, I had to retain the control," said Son. For The Trees, Son was also inspired by live performances, in how they can sound different from the studio version yet be just as good, if not better. Two examples he gave were, a-ha’s "Take On Me" acoustic performance from MTV’s Unplugged and Lianne La Havas’s album Blood.

"I couldn’t get out of my head how good those stripped down versions were and I wanted to produce something like that." The Trees is lyrically rich with different themes and ideas that Son said he could only express via song and wanted the lyrics to be meaningful.

"At the root of each song, as I look back on it, I wanted it to be honest and at the same time I was processing my own deconstruction. In the past several years I’ve gone through a lot of deconstructing of values, in family and other outside communities.”

Natural imagery is a theme that surrounds the album and is an aspect that Son did not purposely set out to do but was developed during writing. Album highlight “Thirsty” explores the theme of self-acceptance.

"The song is an affirmation of what makes us human, of our loves and joys and diversity.”

Another track, “Roots,” is about Son’s experience with poverty and longing for a place to call his own. "We Rise, We Die” draws from the life of Philando Castile who was shot and killed by police officer Jeronimo Yanez and is an aspect that Son did not purposely set out to do but was developed during writing. Album highlight “Thirsty” explores the theme of self-acceptance.

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"At the root of each song, as I look back on it, I wanted it to be honest and at the same time I was processing my
The day begins with the sun peaking over the palm trees against an orange morning sky in La Quinta, Ca.

Take in exquisite artwork crafted by local artist at the scenic La Quinta Civic Center Park.

Have dinner at Bill’s pizza, a local pizzeria that shines the light on Palm Spring’s celebrity past.

For dessert, head towards Palm Desert and enjoy some beautiful-looking pastries at the French Corner Café.

The evening begins to dim with shadows falling over the unique architecture of the Coachella Valley.

As the night deepens, stroll through the streets of El Paseo shopping district as the parking lights guide you through the avenues.
A nuestros seres queridos
Les ponemos un altar,
Pues sus almas y latidos
Los sentimos regresar!

-Davina Guadalupe Ponce
Martinez

Hoy recuerdo a los muertos de
mi casa.
Al que se fue por unas horas
y nadie sabe en qué silencio
entró.

- Octavio Paz

No es que hayan muerto, se
fueron antes.

-Amado Nervo

En este mes singular,
En que todo es fiesta y danza,
Recordamos con amor
Tradiciones y alabanzas.

-Davina Guadalupe Ponce
Martinez

“Flores para el muerto”
no pido lágrimas ni lamentos
Solo pido de verdadero corazón,
Flores para el muerto
Que el muerto soy yo

-Luis Salas

Para mí es un gran regalo
El poderlos encontrar,
En fechas tan especiales
Y poderlos disfrutar.
Si supieran mis muertitos
Cuánto los echo de menos,
Vendrían todos los días
Y se harían muy amenos!

-Davina Guadalupe Ponce
Martinez

“Sentado sobre los muer-
tos”
Varios tragos es la vida
y un solo trago es la muerte.

-Miguel Hernández

Para mi es un gran regalo
El poderlos encontrar,
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“Amigo”
Fuiste luz transparente en nues-
tras vidas,
como estrella en inmensa oscu-
ridad,
que brilló dando luz a la amistad,
amidad en las almas aún dormi-
das

-Vicente Manzano Blazquez

No es que hayan muerto, se
fueron antes.

-Amado Nervo

En este mes singular,
En que todo es fiesta y danza,
Recordamos con amor
Tradiciones y alabanzas.

-Davina Guadalupe Ponce
Martinez

“Aunque no nos muriéramos
al morirnos”
Muerte es que no nos miren los
que amamos,
muerte es quedarse solo, mudo y
quieto
y no poder gritar que sigues vivo.

-Gloria Fuertes

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