Unpaid internships becoming more scarce

By TORYLYNN QUALLS
Staff Writer

College graduates all over the country are coming up short on opportunities and job offers after completing their unpaid internships and obtaining their degrees. "Unpaid internships don’t seem to be giving college kids a leg up when it comes time to look for employment," stated The Atlantic.

According to the National Association of Colleges and Employers (NACE), "Only 37 percent of unpaid interns got an offer after graduation; that’s not much better than the results for those with no internship—35.2 percent received at least one job offer." The results for those with no internship—35.2 percent received at least one job offer.

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The Chronicle investigates the standards and principles applying to unpaid and paid interns.

Undocumented immigrants in the green to drive

By BRENDA SERVIN
Staff Writer

California Gov. Jerry Brown signed Assembly Bill 60, which provides undocumented immigrants with the opportunity to obtain a driver’s license and will take effect as of Jan. 1, if not sooner.

According to CNN, a crowd gathered in front of Los Angeles City Hall on Oct. 3 to show their support at the signing ceremony of this new law. Undocumented immigrants that are able to pass their driving exams along with proving their identities and residency will be issued licenses by the California Department of Motor Vehicles.

The design of the licenses will have some kind of markings or state that owner of the license did not provide a birth certificate or social security card and is of illegal immigration status.

The licenses that will be available for illegal immigrants will only serve as a no-driving license; it will not provide eligibility for voting or ensure employment. Gustavo Deloera said, "I have a couple of friends that I would rather be driving around with a license than without a license."

When the law takes effect illegal immigrants can begin applying for licenses and can be reassured that they will be protected from discrimination under Assembly Bill 60.

Obama nominates new Chair for Federal Reserve

President Barack Obama has nominated Janet Yellen as the chair to the Federal Reserve, once Ben Bernanke finishes his term in January.

Prior to the nomination, Yellen served as the CEO of the Federal Reserve Bank in San Francisco from 2004 to 2006, and was governor of the Federal Reserve Board during the Clinton Administration. According to Yellen’s (pseudo) Al Jazeera, this is arguably the most important economic job in the world, and if elected she will have to face the challenge of high inflations and low employment.

Former Fed Governor Salomon, who will be chairman of the central bank, said that Yellen’s nomination is "a very good choice that will provide a strong economic agenda." Yellen has a strong reputation for being "a good economic storyteller, someone who can explain the complexities of the economy to the public."

Yellen’s nomination has been met with mixed reactions. Some Democratic senators have expressed concern about Yellen’s record as a governor of the Federal Reserve. They have raised questions about Yellen’s ability to balance the budget and reduce the federal deficit.

Rialto School District employee faces embezzlement charges

Former Rialto School District accountant Judith Oakes was arrested on suspicion of embezzling up to $21.6 million from the schools lunch money fund.

It is speculated that she has been stealing money, giving so far no showing money into her bra, for the past seven years. As Oakes faces possible charges of embezzlement and grand theft, Rialto police officials are also investigating why this was not spotted sooner.

The District’s superintendent and deputy have been placed on leave by the school board. Rialto police Capt. Randy De Anda, said that she had access to funds from 29 different schools within the district.

Heather Randegger, a senior at CSUSB said that she was surprised that the district hadn’t caught this sooner. "I had no idea about this outrageous news on how a school district accountant would embezzle lunch money from students. I think the school system should be more aware with what’s been going on considering this district accountant has been doing such crime for the past 14 years."

Anti-chemical weapons advocates earn Nobel Peace Prize

According to Aljazeera, The Organization for the Prohibition of Chemical Weapons, who is overseeing the destruction of Syria’s chemical weapons arsenal has won the Nobel Peace Prize for its “excessive efforts” to rid the world of such weapons.

According to Aljazeera, the OPCW is a Netherlands-based company with about 1,000 staffers and a budget of $800 million. Their mission to rid the world of chemical weapons was recognized when a sarin-gas strike in the suburbs killed more than 1,400 people in the suburbs of Damascus, Syria.

200 migrants stranded at sea

A boat carrying migrants capsized between Sicily and Tunisia, leaving over 300 people stranded at sea. According to BBC, at least 27 people have been pronounced dead. It was reported that the vessel was reported having difficulties just before sunset. The vessel was reported heading to Italy.
Student employment gets a pay raise

By MARION GILL
Staff Writer

California State University student employees got a pay raise on July 1, which will continue to increase over the course of a three-year contract.

Not all CSU students will get the pay raise, but those who will should see a significant increase in their salary over the course of the contract. Teaching Associates (TA) and Graduate Assistants (GA) will receive a 1.34 percent general salary increase (GSI) for the first year of the contract. The GSI will then increase 2 percent for the next two years of the contract.

The contract also increases the minimum/maximum pay scale for TA’s and GA’s by 5 percent for each year of the contract. “Given that most of our members are at or near the bottom of the pay scale,” said James Banks, an international representative for the UAW, “they will receive both the GSI and the scale increase.”

Hourly employees classified as Instructional Student Assistants (ISA) will get a $1 an hour raise for the first year of the contract with a 50 cent an hour increase each year for the next two years. ISA employees include graders, supplemental instructors, and tutors.

According to UAW Financial Secretary Lautaro Guilliegullos, about 2,900 ISA’s work at a minimum rate of $10 an hour, making the increase a welcome boost to salaries.

The three year contract comes after an agreement between California State University and the United Auto Workers union, with the UAW representing over 7,700 CSU student employees.

The agreement comes after five years of tuition hikes and no wage increases. This will put many members in financial debt, according to a press release from the UAW.

Student opinion on who does and who doesn’t get the pay raise was divided.

Many student employees who are not classified as TA, GA or ISA workers wished that they would get something out of the deal, saying that the tuition hikes and other expenses affect them as well.

Some students who were not employed by the university saw no problem with the divide in those eligible for the raise. Manuel Del Rio, a Computer Science major, discussed his opinion when asked about the pay raise saying that he believed it was fair since the employees getting the raise do more meaningful work.

Even some employees had no problem with the raise going to certain employees only.

Edward Ceja, an International Business major at CSUSB, said that as long as the money is going to the people who need it he has no problem.

Daniel Madden, a junior studio arts major at CSUSB said that he knows the people getting the raise work very hard and that they deserve it.

While no more proposals are being made at this time, Banks stated that the UAW will be working towards amending the middle class scholarship to include graduate students.

The pay raise will continue to increase for the next three years, with the contract ending in 2015 regardless of the divided student opinion.
Legal abortion clinics become accessible in California

By YARA DEL RIO-DOMINGUEZ Staff Writer

Governor Brown, signed Assembly Bill 154 and AB 980 increasing access to early abortion clinics, and those who can perform abortions this past Wednesday.

In California, AB 154 will allow practitioners, certified-midwives, and physician assistants to perform first trimester abortion without a doctors supervision.

Assembly Bill 980 will allow more abortion clinics to be held at the same standard as other primary care facilities, making abortion clinics more widely available in rural areas.

CA has chosen to go the opposite direction of implementing new rules and regulations for better safer procedures for women, due to the current shortage of health care, professionals will be able to provide early abortion care in CA.

“Practitioners, certified-midwives, and physician assistants may not seem to be the first choice of doctor when making the choice to have an abortion. But many of these medical assistants who specialize in women’s health were already doing procedures such as inserting IUD’s and pap smears have little to do with performing vacuum aspirations,” according to Tracey Weitz, an associate professor in the ob/gyn department UCSF.

Kathy Keener, President and CEO of Planned Parenthood affiliates of CA says, “AB 154 creates a two-tiered health system for women seeking abortion.”

“Women of means will seek care from physicians working in surgery-ready hospitals, while poor women will seek care from clinics lacking surgical capabilities without doctors present, should anything go wrong,” said Carol Hogan, spokespersons for the California Catholic Conference.

Women in Kern Valley, have one clinic to serve an area larger than the state of New Jersey. Many of these women face challenges to gain access to this clinic, often traveling by bus for long hours.

Student Alejandra Membrano, was worried when she found out AB 154 allowed nurses, physician assistants and midwives to perform suction aspirations on women while the absence of a doctor, but was relieved to know these women are certified and trained to perform these procedures already.

“Governor Brown is promoting safe legal abortions for women all through out CA signing off on AB 154 and 980, it’s comforting to know women will have a broader access to such clinics,” said Membrano.

Women in Kern Valley, AB 154 and AB 980 are not promoting abortion, they simply are informing women there are now a variety of safe clinics you can turn to.”
Flexible curved displays coming soon

By PHIL RUDDLE
News Editor

All the iPhone 5s talk about ‘forward thinking’ has been revealed in recent weeks, but everything could soon change this November once LG releases its first curved-screen smartphone.

According to reuters.com, LG Electronics Inc’s display unit explained Monday that it will start producing in mass of a smartphone with new screens next month to catch up to bigger rivals Samsung Electronics Co Ltd.

LG and others market the screens as unbreakable which, if true, may revolutionize the durability of smartphones.

The display will be six inches and will contain an organic light-emitting diode (OLED) screen.

“The introduction of OLED Technol- ogy, allowing for “foldable” or “bend- able” designs, has the potential of starting a new revolution of product development, designed around a new revolution of product development, how- ever feature foldable or bendable designs that al- low mobile and wearable gadgets to reach new heights and possibly change the entire smartphone market.

“It has potential to be cutting edge, but it also treads the thin line of gimmicky and its taking a big leap from what we know as the standard smart device; whether or not it garners mass appeal is yet to be deter- mined,” explains student Andrew Reveles.

Reveles has been using smartphones since the first iPhone was released, and has constantly upgraded to next best thing since as long as the upgrade was worth the cost.

In January, Samsung showcased a couple of prototypes with a flexible screen and a display that extended from the side of a device.

Another ad also showed the consum- ers their possible potential vision: flexible displays on a tablet that can fold into a phone.

At first its a normal tablet, but when you fold the display from left to right, it takes the shape of a smartphone.

You can view this ad inside of Sam- sung’s full keynote CES 2013 press con- ference at Youtube.

This could potentially launch the pro- duction of a device with a large display that can fold up to fit inside your pocket.

The issue that erupts is cost value, as technology firms have yet to find out how to mass produce the parts cheaply and come up with display panels that can be heat resistant and thin.

“Portability seems to be key to stu- dents. You can see a rise in tablets being used in classes. Students believe Apple, Samsung, or another company find a way to provide this at a reasonable price while maintain- ing product integrity it may benefit stu- dents positively,” explains Reveles. “Come will be the days when students will need to explain to their parents how their new phone no longer functions because they sture design with breakable displays,” said Casas.

How to choose the right health care plan

By DANIEL DELMARCO
Staff Writer

The Affordable Care Act, also known as Obamacare, has launched, but there are other options for health insurance. Obamacare was created for a purpose presented in the official title: To provide af- fordable health care for the masses in the form of a marketplace.

According to CNN, most Americans won’t have to use the new marketplace because they will still be getting next year’s insurance plan through work.

Brandon Crane (full-time factory worker, age 29) said, “I’m not really con- cerned with Obamacare, I’m happy with the insurance that my job gives me.”

Many argue that a health care plan is not something that should be chosen quickly- or randomly, there are plenty of things to consider as one shops for the insurance plan which they will have the entire year.

Cost is the biggest concern is money; how much one makes, how much one can spend, etc.

A concern equally important is how much health care one envisions needing.

There is a big difference between someone who is young, healthy, and has no honest issues compared to someone older, overweight, with bad eye sight, and tends to have a weak immune system.

Just as there is a big difference be- tween these two potential people, there is a big difference in the insurance plan that would best suit them.

It is impossible to predict major health issues such as cancer or a bad car crash that will appear without warning.

Many argue choosing a plan based on facts and known issues is best.

If there are a lot of health problems, in the long run it is better for to spend more on health insurance now and to save a ton of money when the health care is needed.

In the mirrored situation, a generally healthy student will probably save more money in the long run to spend less on insur- ance now and a little more on those occa- sional hospital needs that come.

According to the CSUSB website, “As a regularly enrolled student at CSUSB, you pay a Student Health Fee and you are au- tomatically eligible for health and counsel- ing care at the Student Health and Psych ological Counseling Center [...]” Although basic health care is provided by the Student Health Center, major illness and injury, as well as certain conditions requiring a spe- cialist or hospitalization, are beyond our scope of service.”

Health insurance can be intimidating at first, but it’s really about knowing other possible healthcare options.

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Healthcare Money

Colleges provide health care, but not everything is covered.

CSUSB student Marlene Beltran, 22, shared her thoughts on health care. “I’m not looking forward to dealing with it.”

“I’m happy my parents have good insur- ance that takes care of me,” continued Beltran.

It is likely that parent insurance pro- viders covers their child as long as they are under 26.

Even for those students who unfortunately do not fit into that category, most colleges include health insurance for their students as part of their tuition fees, how- ever not all health requirements are cov- ered.

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How much is too much reality TV?

Watching reality television is okay as long as you don’t let it take over your life

By MARIA PERRY
Staff Writer

Reality television has become a major genre in televised entertainment, a driving force in how we carry ourselves in different social situations and an influence on how we present ourselves as individuals. It can be problematic if people start to become obsessed with a particular show or character, because they may rely too deeply on the advice or values presented by them.

I believe we find watching reality television relaxing, because it is a form of escape from our own realities by putting ourselves in the reality of the character(s) from a television show, thus changing our own reality temporarily.

Although some of us may not watch as much reality television as others, we may still be indirectly influenced by it, whether through advertisements or social media, or even simply being around the same group of friends frequently.

“I don’t feel like it has affected me in any way,” said student Ammar Haddadi. “But sometimes, unconsciously, there’s some influences from friends or even other medias that indirectly might have had that effect or influence on me.”

Television doesn’t take much thought from the viewer, because of this many people do not realize that it influences them.

Reality television can be a powerful influence, because it impacts a large audience.

“I think it’s too mainstream,” said Andrew Graham, a student. “It’s too mainstream in the way that you don’t want it to influence you, but it’s everywhere.”

However, the influence that reality television has on us isn’t all bad.

There are some benefits its influence can have on its audience, however.

“One benefit from watching reality television is to know that we’re not as crazy as we might think,” said student Hector Arvizu.

“There are people with much more questionable sanity levels.”

In addition Arvizu said, “One more thing that comes off as a benefit is to obtain some insight as to how other people react to certain situations. It may not be exactly how our situations may turn out, but with the newly obtained knowledge, there is more reason to act in a certain manner knowing what might be one outcome.”

Reality television can be addictive because it gives people the illusion that they are apart of the lives of the people in the television screen said Arvizu.

Thus, reality television can also become an obsession as well.

It becomes an addiction or an obsession when people put all their time and energy into getting more of a single pleasure, such as a reality television show, rather than dividing that time and energy to explore or maintain other things sometimes important endeavors.

We miss important moments in our lives that are overlooked or miss out on because we focus all our energy into a made-up reality.

“If you’d rather watch the show than do anything else, or if it starts to take over your life to the exclusion of other activities, it’s safe to say you’re obsessed,” said student Kathryn Wall.

Although, some may draw inspiration from people in reality television shows we must learn our limits and how to moderate our exposure to reality television.

Reality television may be around for some time, but don’t let it take over your life.

Technology, a tool to dumb us down

As people use technology more and more, they rely less on common sense

By ANDY QUINTANA
Staff Writer

Technology can make people lose focus of their surroundings. Here is an example.

The San Francisco Gate reported the Sept. 23, shooting death of a 20-year-old man by a 30-year-old suspect in an apparent random encounter inside a crowded Mini train.

While the suspect allegedly waved his gun around, dozens of passengers remained engaged on their smartphones and tablets. Then he randomly shot and killed someone.

We have become so dependent on our technology that we cannot even be aware of our surroundings. We aren’t even conscious when there is a gun just a few feet away.

Student Danny Cruz agrees.

“My iPhone is my life, my baby,” said Cruz. “I don’t think technology has made us dumber, but it has made us lazy.”

Technology has the potential to make us lose our natural ability to survive with out it, but it also has given us many strengths, such as the ability to talk to someone that isn’t in the same room as you.

The Wall Street Journal Market Watch section presented the idea of technology from University College London Psychologist Tomas Charron-Premuzic, who explained how technology has assisted in increased intelligence for people throughout generations.

“The average child today would be almost gifted by 1950s standards, but that’s just in terms of their fluid intelligence or ability to process complex information quickly and effectively,” said Charron-Premuzic.

Student Shadya Qasem took both sides in the possibilities of how technology has affected us, then and now.

It has made us dumber in the sense that many of us are unaware of how previous generations would retrieve resources without technology, said Qasem.

“On the other hand, it has made us smarter, because we are exposed to innovative ways of attaining information, making us able to grasp today’s knowledge in a much faster way.”

With technology innovations, there may be a possibility that we may lose certain skills in the process. Student Lupe Alatorre mentioned the lack of verbal communication technology brings upon, “I feel that we’re losing that sense of communicating with one another.”

Other students also weighed in on the topic.

“I feel like it’s made us dumber, we research everything,” said student Joel Rodriguez.

“It’s good for certain things, but we start to lose our common sense.”

Student Jessica Payne felt that technology has assisted in our lives, from our entertainment, to our jobs, and our education.

“We have such technology that memorizes for us, but with new inventions, it’s also educating us.”

PBS’ nextavenue.org brought to light how technology not necessarily makes us dumber or smarter, but is based solely on how we use it.

“Just because you can Google the date of Black Tuesday doesn’t mean you understand why the Great Depression happened or how it compares with our recent economic slump,” said NextAvenue.org.

NextAvenue.org continued to explain how the internet, in how we use it, can be both “our best friend—or a true enemy of deep, critical thinking.”

While use of technology has increased our intelligence it has also made us dependent upon its use. Because we depend upon its use we fail to pay attention to our surroundings because we are too busy looking at our gadgets.

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**Opinions**

**Achieve success in class**

**Start and finish the school year off strong by using these helpful tips**

*By KANDYCE HALL*  
*Opinions Editor*

As I look back over my college career, there is only one thing that I wish I would have done differently.

I wish I had been a better student. With just 11 short weeks of time you must start and finish the quarter on the right foot, so that they can leave the class having learned something and having it reflect on their final grade.

Here are some tips to help you be successful in the classroom:

1. Sit in the front row or the middle row.

This may be known to some as the T-zone. The reasoning behind this tip is that most professors focus their attention to this area in the classroom.

Sitting in this area will help you pay attention in class, because you won’t have as many distractions from others in the class.

Your attention will be on the professor and the topic of discussion, as it should.

2. Go to professors offices hours.

Professors want to see us succeed. Whether you are having a hard time understanding a topic in class or you want an opinion on a draft of your paper go to your professor so that they can help you.


Figure out if you prefer to study in group or study alone.

Whether you like to study in the library or at home, no matter the method you choose sure you put it into practice.

If you find that one study method is not working then try another one. Keep trying until you find the perfect style.

4. Utilize the support programs for student learning such as the Learning Center and Writing Center.

Students can receive help in many different subjects from tutors in the Learning Center such as Math and English. You can also schedule an appointment with The Writing Center to get help with any papers that their professors may assign.

Both centers are located on the third floor of University Hall.

The Learning Center is located in room 351 and you can find the Writing Center across the hall in room 387.

If you want to learn more about the centers visit the undergraduates studies website at www.ugs.csusb.edu.

5. The final tip will be to take well thought-out and concise notes.

Taking good notes is the most important part of succeeding in the classroom.

While many professors provide power-point outlines of topics that are talked about in their classes it is your responsibility to take down any additional information that may be given.

It would be a good idea to rewrite your notes after class so that you can have them neat and ready when you start to study them.

Developing good note taking skills will assist you when it comes time for you to study.

By utilizing these helpful techniques you should have no problem succeeding in the classroom.

Remember to start and end strong to assure that this will be your best quarter yet!

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**Celebrities not born to be role models**

*It is not the responsibility of celebrities to be role models, no one is perfect*

*By KATERINA MCCAULEY*  
*Staff Writer*

We attach too much meaning to the label “role model,” especially to people who are in the public eye.

Some people feel that celebrities have the responsibility to be role models. I however would have to disagree.

I don’t remember what celebrity I looked up to as a kid or even if I did.

Today, I feel like there is a weird expectation that celebrities have to be kosher and squeaky clean in case there is an eight year old out there who thinks that celebrity is the best person ever.

Why should celebrities have the responsibility to be a role model?

Is it just because they are in the lime light?

And if that responsibility is such a big deal shouldn’t we only glorify the ones that behave “right?”

If that’s the case, what’s the definition of “right?”

Liberal Studies student Michele Jimenez agrees celebrities do have the responsibility to be role models, because they are under the public eye.

Student Crystal Carrillo also agreed, she said, “Yes, they do have the responsibility, because of power and money, and they should use that and their image for things like charities.”

Most celebrities have no privacy, therefore they are under enormous pressure to be perfect.

Society expects perfection from a small group of people, but we have to remember; celebrities are human too.

Student Sandra Mendoza doesn’t see celebrities as role models.

“I see them as entertainment. Everyone is a different person,” said Mendoza.

Every year, there is always a new celebrity on the ‘bad one’ list.

The one that can’t have kids watching the show they starred in, or the one that kids can’t listen to their music any more; and this usually stems from a drunken tweet, a gossip magazine’s “new gory details of their private life,” or a picture that was supposed to be private.

As humans, we all have done things that would we run screaming from if the wrong people knew about it, so why do we judge celebrities so harshly?

Are you going to blame a celebrity for a kid mirroring a clothing choice said celebrity wears and not the person who bought it, or encouraged them to wear it?

I won’t name any celebrities just to prove the point that this witch-hunt for perfect roles models puts any celebrity on the ‘bad one’ list.

Aside from celebrities being role models to kids, I think people have role models to help guide them to a goal they want, or to something that this person has been successful in.

It’s all for you as a person and the things you like, and for the celebrity as their own person with their passions.

Celebrities as role models should be based on personal inspiration, and not on a responsibility owed to society.

As for having a celebrity role model as an adult, I think most students our age look up to people that inspire them, and think ‘this person has what I want in life, so I’m going to research their life, and follow their social media, and buy their products.’

If they find something about the person that they don’t like or disagree with, they have two choices: get over it and move on or find another role model.
The benefits of Yoga: Help reduce stress

Yoga instructors on campus are always emphasizing the importance of yoga on a student's mental and physical wellness. Luckily, the Student Recreation and Fitness Center offers students various yoga classes throughout the week for all levels.

By ABIGAIL TEJADA

ne word, stress. Something all students know too well about. We stress over school, our classes and if that wasn’t enough our lives factor in as well.

Yoga helps with stress reduction, lowering blood pressure, detoxifying internal organs and increased circulation to name a few of the noteworthy physical benefits.

Campus yoga instructor, Nandini, says it’s all about relaxing your mind, then relaxing your body.

Anyone and everyone is welcome to the yoga classes offered at the Student Recreation and Fitness Center (SRFC). According to mindstreamedu.com, common excuses for not doing yoga can be anything from not being flexible, not being in the right shape, guys don’t do yoga, not having enough time or it being it’s own religious cult.

In reality, if you deem yourself as inflexible then that is the exact reason you should be taking a yoga class.

The vast majority of yoga students cannot lift their leg straight above their head or even touch their toes.

After only a few yoga classes you will notice your body respond to the postures and your agility will improve.

If you are wondering what it is you should be wearing for yoga the answer is simple, not shorts!

Yoga does involve a lot of positions, which may feel awkward while trying not to expose your “hoooha.”

That is why leggings or yoga pants are the way to go. Most guys who take the yoga classes wear swim trunks or sweatpants.

If you are intimidated about going to a yoga class and feeling out of place, then the SRFC is the place to go. The yoga instructors will work with you no matter what level you are at. The instructor will show you both more advanced and more modified alternatives.

Though they show the easier alternative, the point of yoga is to challenge yourself.

“I feel that yoga is a meditative practice for deep relaxation and healing.” said Laura Romero.

The myth that yoga is a religion or that yoga is a cult is totally false.

“Yoga is practiced within certain Eastern religions, but yoga itself is not a religion,” stated mindstreamedu.com.

“We are everyday people who promote overall wellness and health. We want to offer yoga to anyone who would like to try it as a way to attain and maintain health and wellness.”

Romero believes yoga to be “a mixture of wisdom, compassion, love, well being and most of all the healing capacity of your body and mind.”

Others pass on yoga, because they believe that since they have already worked out at the gym, they do not need yoga.

The reality is, yoga can enhance an established fitness regimen. Yoga does not have to be practiced daily if you have a favorite sport or activity that monopolizes your free time.

By including yoga as a portion of your fitness routine, it can result in more toned muscles, increased flexibility and an improved mental focus.

It is true that yoga is practiced by a much larger percentage of women. However, men have practiced yoga for centuries.

The argument that guys don’t do yoga or can’t do yoga is totally invalid. The benefits of yoga are vast for everyone, some of the most well-known yogis are men. Yoga has so many benefits and you can make a time for something you consider a priority.

According to the SRFC, “You will work out your arms, back, abs, legs...and probably muscles you did not even know existed.”

If you are interested in trying yoga, the SRFC offers free yoga classes Monday and Wednesday from 5:30 p.m. to 6:30 p.m. and Tuesday and Thursday at 12:00 p.m. and 4:00 p.m.

Make it your goal to give yoga a try!

By DONTE MEDDER

Just before you hit the mountains lies the arena on campus that holds various events ranging from Physical Education classes to performances by people like Kevin Hart. It has been an attraction for events ranging from Physical Education classes to performances by people like Kevin Hart. It has been an attraction for celebrities and your agility will improve.

In reality, if you deem yourself as inflexible then that is the exact reason you should be taking a yoga class.

The vast majority of yoga students cannot lift their leg straight above their head or even touch their toes.

After only a few yoga classes you will notice your body respond to the postures and your agility will improve.

If you are wondering what it is you should be wearing for yoga the answer is simple, not shorts!

Yoga does involve a lot of positions, which may feel awkward while trying not to expose your “hoooha.”

That is why leggings or yoga pants are the way to go. Most guys who take the yoga classes wear swim trunks or sweatpants.

If you are intimidated about going to a yoga class and feeling out of place, then the SRFC is the place to go. The yoga instructors will work with you no matter what level you are at. The instructor will show you both more advanced and more modified alternatives.

Though they show the easier alternative, the point of yoga is to challenge yourself.

“I feel that yoga is a meditative practice for deep relaxation and healing.” said Laura Romero.

The myth that yoga is a religion or that yoga is a cult is totally false.

“Yoga is practiced within certain Eastern religions, but yoga itself is not a religion,” stated mindstreamedu.com.

“We are everyday people who promote overall wellness and health. We want to offer yoga to anyone who would like to try it as a way to attain and maintain health and wellness.”

Romero believes yoga to be “a mixture of wisdom, compassion, love, well being and most of all the healing capacity of your body and mind.”

Others pass on yoga, because they believe that since they have already worked out at the gym, they do not need yoga.

The reality is, yoga can enhance an established fitness regimen. Yoga does not have to be practiced daily if you have a favorite sport or activity that monopolizes your free time.

By including yoga as a portion of your fitness routine, it can result in more toned muscles, increased flexibility and an improved mental focus.

It is true that yoga is practiced by a much larger percentage of women. However, men have practiced yoga for centuries.

The argument that guys don’t do yoga or can’t do yoga is totally invalid. The benefits of yoga are vast for everyone, some of the most well-known yogis are men. Yoga has so many benefits and you can make a time for something you consider a priority.

According to the SRFC, “You will work out your arms, back, abs, legs...and probably muscles you did not even know existed.”

If you are interested in trying yoga, the SRFC offers free yoga classes Monday and Wednesday from 5:30 p.m. to 6:30 p.m. and Tuesday and Thursday at 12:00 p.m. and 4:00 p.m.

Make it your goal to give yoga a try!

The history behind CSUSD’s arena

We may not be able to pronounce the name but with an arena that seats nearly 5,000 people, the Coussoulis Arena has been gathering crowds since it was built at CSUSB in 1995.

By DONTE MEDDER

Just before you hit the mountains lies the arena on campus that holds various events ranging from Physical Education classes to performances by people like Kevin Hart. It has been an attraction for talented acts since the mid-90s.

We know it as the Coussoulis Arena.

Students may not know much about this building, more or less who it is named after.

As students here, many of us do not know the history behind the arena that gathers thousands of people every year.

In order to find out more about the arena I had to go to the Director of the Arena, Carol Dixon.

CSUSD’s Coussoulis arena is a 5,000-seat arena which opened in 1995.

It was originally named the “James and Acraniithi Coussoulis Arena.”

Nick Coussoulis, son of James and Acraniithi, is a wealthy friend of this university who works in construction and development.

He decided to give the gift of the arena with the intention of also putting the family name on the project.

I was intrigued by the fact that only one person contributed in the arena’s construction.

“In this community there aren’t a lot of people who can make major gifts,” said Dixon.

Before the arena was built, athletic events were held in the den, the building right across from Coussoulis arena.

The arena hosts a variety of events according to Dixon.

Events held here range from full-out rock concerts, hip hop concerts, comedy stage and banquets.

“We can serve thousands of guests for a sit down banquet to sporting events, disability fairs, Special Olympics, to basketball and volleyball tournaments,” continued Dixon.

With such a wide range of events, there is no denying the amount of money and people the venue brings in each year.

Dixon explained that on average the arena brings in anywhere from 70,000 to 90,000 people annually. And this does not include the athletic numbers, which vary year to year.

“Financially, in terms of special events that we do, we can come in at $25,000 dollars a year or we can come in at $100,000 dollars a year,” said Dixon.

“We can come in all over the board and a lot of it is dependent on the athletic schedule.

Since the arena opened in 1995, new renovations is the next question that comes to mind for this arena. Dixon explained that the arena had just gone through some slight renovations already.

New railings to the seats were just added in September.

As for what’s next for the arena is something Dixon has been preparing for since she got the job.

“Coming up next is Bill Cosby on November 16,” said Dixon. “He’s a legend along the B.B. King lines and he has made such tremendous strides as a humanitarian and his breaking down of stereotype barriers.”

It is safe to say with acts like Bill Cosby rolling through the arena, the Coussoulis family is proud to have their name across it.
Design custom pizza pie at Pieology

By JOEL HANKE
Staff Writer

A true sense of the word “personal” pizza is really just that, at the recently opened Pieology Pizzeria in Rancho Cucamonga, where you can concoct something unique just for you!

It is located across from the Victoria Garden’s shopping mall off the Day Creek Blvd and Foothill Blvd cross-streets.

I recently stepped into San Bernardino County’s first Pieology pizzeria, which opened early September of this year. I had never heard of it and I was unsure of what to expect. 

Their mission statement says it all, “Be inspired to make a difference one pie at a time.”

That difference comes in every customer’s build-their-own personal 10-inch pizza.

Customized with an assembly line of gourmet ingredients: three sauces, four cheeses, five meats, 11 toppings and an additional six custom “after-add on’s,” including roasted red peppers, extra virgin olive oil and pesto.

The possibilities for your pizza are endless!

If you like all the meats, all the cheeses and all the toppings, then order it! The price remains the same.

The way they prepare your pizza with toppings is similar to the style of fast food chains like Chipotle or Subway.

They also offer two types of crust, regular and gluten-free.

They also offer topping choices that satisfy both vegetarian and non-vegetarian taste buds.

Then you wash as they cook your custom pizza right before your eyes, in a huge brick oven.

You can also order one of their very own homemade "specialty" pizzas for the same price as a custom built pizza.

Most of which are vegetarian or vegan, but also include a meat lovers pizza and BBQ chicken pizza, which I was told by a worker is one of their most popular.

It isn’t quite the level of a gourmet pizza restaurant, but it is definitely better than your average pizza delivery joint, and probably quicker.

I would recommend Pieology for anyone that is trying to find a quick and relatively healthy lunch spot at a reasonable price, regardless of what you choose to put on your pizza.

Pieology is not a spot I would recommend, if someone is seeking more of a restaurant-like atmosphere.

Their hours of operation are Monday-Thursday 11:00 a.m.- 9:30 p.m., Friday-Saturday 11:00 a.m. to 10:30 p.m., and Sunday 11:00 a.m. to 9:00 p.m.

If you’re looking to try something new in the area and enjoy customizing pizza to your taste then Pieology should definitely be a place to try out!

Make home-cooked meals on a student budget

By COURTNEY MATA
Staff Writer

We all know that life as a college student can have a big price tag. Students already have an obligation to pay for books and classes.

We also know every one has to eat, that’s a fact.

Most students rely on Top Ramen to survive their college years. Not true!

“Top Ramen is good, but as a college student, I need more brain food,” said student Denice Ahumada.

Ahumada feels that the best way to save money is to create large meals and then save them. “Leftovers might not be everyone’s favorite, but it is definitely cheaper than going out to eat,” said Ahumada.

Ahumada’s favorite meals to create consist of rice, chicken and stir fry vegetables. “I love using rice, because it is cheap and filling,” said Ahumada.

When visiting her apartment, I was instantly greeted by an aroma of a home cooked meal.

The cooking process can take up an hour, but if you make enough food that will last you a week, then that’s not so shabby of a wait time.

Ahumada explains that although leftovers can seem redundant, she’d probably get more tired of those fast food dollar menus.

Ahumada is not the only one that loves leftovers.

Student Sara Loza said, “The best way to save money on food is to go home for the weekend.”

Whenever Loza visits her family, she is sure to grab a take out box so she can grab some leftovers for the week.

“My mom always stocks and leaves lots of leftovers, which is better for me,” said Loza.

Leftovers are a great way to save money, but it is not the only way.

Many students told me that TV dinners, Top Ramen and canned food are also a cheap resource.

Another way to save money on food is to use coupons. The Coyote Coupon Club offers exclusive coupons for students.

Visiting websites like Pinterest can help you find recipes for cheap meals.

Recently, I explored my Pinterest and found many low cost recipes.

One of them was called, “Poor Man’s Soup.”

Pour man’s soup consists of ground beef, a bag of frozen vegetables and cut up potatoes.

Poor man’s soup can last a long time and can be made easily in a Crock-Pot.

Everyone has to eat, but not everyone has to pay the big price tag.

If you are ever hungry and looking for a quick bite, remember all the savings you can get by just cooking your own food at home with these simple tips!
Students find guidance at Counseling Center

Campus professionals are here to help and counsel students

By SUNG WI
Staff Writer

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eeling depressed? Having anxiety or sleeping problems? If yes, you might want to visit our Psychological Counseling Center (PCC).

The PCC is located in the Student Health Center building next to the Santos Manuel Student Union (SMSU). The entrance is on the north-west side. Their goal is to provide professional counseling services to all students on campus.

The PCC is funded by the student health fee, included in our enrollment, so there is no additional cost for their services. You already pay for it!

They offer different types of counseling from private to couple’s counseling. Counseling at the PCC offers a safe, confidential environment where students can share thoughts, feelings, explore concerns, gain awareness and make appropriate changes to their lifestyles.

Many students have expressed that the center has helped them deal with difficult situations.

Counseling is completely confidential, so no one can be notified that the student patient uses the service including professors, deans or parents.

Students may attend one or more sessions with professional counselors as many times as they want.

Anyone can make an appointment by visiting the center or contacting them by phone.

Their weekly hours are Monday and Thursday 8 a.m. to 5 p.m., Tuesday and Wednesday 8 a.m. to 6 p.m. and Friday 9:30 a.m. to 5 p.m. and closed from 12 p.m. to 1 p.m. everyday.

The PCC also offers group counseling sessions that meet on a regular basis, so that students can interact with others.

Group days and times are determined accordingly and require pre-registration.

If students find that they feel more comfortable participating in group sessions they may contact PCC to set up and appointment.

They also offer wellness workshops that are beneficial to students in various aspects of their lives such as tips for healthy eating, how to be a better friend, how to overcome ADHD and even more.

Workshop schedules and locations are available on the PCC website.

If you need more information, visit their website: http://psychcounseling.csusb.edu/ or call (909) 537-5040.

Escape from Wonderland prepares for 2013

By SHANE BURRELL
Staff Writer

Students are getting excited for the Halloween frenzy as Escape from Wonderland comes to San Bernardino.

Insomniac is once again bringing Escape from Wonderland back from the dead on Oct. 26.

As the new quarter begins, students are digging up their costumes and out for some fun as they prepare for the annual fair or rave that plays predominantly Electronic Dance Music (EDM) as well as various other types of music such as Dubstep, which in many ways is similar to EDM.

This year’s theme is raised from the dead, as Alice and her furry counterparts are dug up by the mastermind of the event, the Mad Hatter.

Insomniac has posted a pre-event website for the event which includes all of the information as well as their famous cliff-hanger video.

The video is a continuation of a collection of past videos of Escape Wonderland and other Wonderland inspired raves, and this time it shows that Alice has come back with a vengeance.

The tickets start at $96.55 and are on sale now on Live Nation and Ticket Master.

Along with ticket prices, the pre-event website reveals some details about the haunted houses, rides and stages that will be represented at the event.

“Energy around the whole thing is nothing short of positive.”

Sergio Mendoza
Community member

Community member Sergio Mendoza from Rancho Cucamonga says the reason he chooses to go to Wonderland for this holiday event is that everyone dresses up and has fun and the energy, at the event, is spread from person to person.

“The reason I like this event is because everyone likes to dress up and it’s a huge venue with music attractions and the energy around the whole thing is nothing short of positive,” said Mendoza enthusiastically.

Mendoza says that his favorite part of the event is, “socializing and meeting new friends, getting to see how everyone put so much time and effort into their costumes and outfits.”

As far as the music, Mendoza says that EDM is something that would allow you to have an excellent time.

But if you’re just getting into the music or if you like mainstream music then you’d still be able to have a good time with everything.

“I think for the most part it is for individuals who love EDM music, but really they play a lot of mainstream music as well, so even if you don’t like EDM you are guaranteed to have a good time on the rides or other attractions,” said Mendoza.

Insomniac wants to keep all of its customers safe by allowing customers to purchase spots on site so they are able to camp and have shuttles to the event so there is a safer way of transportation to all of the debauchery.

If you’re looking for something to do on Oct. 26 or need an excuse to dress up, Escape from Wonderland might just be the place for you!
Students discuss their favorite TV shows

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elevision enthusiasts rejoice over the ability to stream their shows from network websites, Netflix and YouTube.

A recent study by Neilson Research found that 37 percent of U.S. households watch television online. That can explain the spontaneous gasps or laughs coming from all those students during their break in between classes.

“I mostly watch Korean dramas online,” said Vanessa Robles. “My favorite show is Coffee Prince, it was my very first Korean drama and is amazing. The whole plot line, everything just pulls you into the story and you begin to feel what the characters feel.”

Chris Burns has been interested in two new shows released earlier this season and watches them as they air.

“I’ve been watching Agents of Shield, and I like that show too. It’s a really good show.”

By MARY MORENO

Staff Writer

Mary Moreno | Chronicle Photo

Students Chelsea Galves and friend get together and tune in to their highly anticipated favorite show “Pretty Little Liars.”

Continue on Pg. 11
Coyotes’ favorite, “must-watch” shows

Continued from Pg. 10

it's on ABC and is about MARVEL’s S.H.I.E.L.D. program that we’ve seen all the MARVEL films,” said Burns. The premise is about an Agent named Phil Coulson, who supposedly died on MARVEL’s The Avengers but is now back.

Agent Coulson forms a team of shield agents to handle strange cases that will test the team in cooperation and ingenuity, as they try to work together figuring out newly emerging superhuman individuals around the world. The Blacklist, on NBC is about a fugitive criminal of the FBI, who travels to them from the Vatican, in different states.

The criminal, Robert Reddington, who claims the FBI and he has the same interests, that is, getting rid of dangerous criminals and terrorists.

In the last two decades, he’s made a list of criminals and terrorists he believes matter the most; a list the FBI doesn’t know exists. Reddington calls it ‘The Blacklist.”

“These shows are intense I also like ‘Breaking Bad,’ ‘Dexter’ and ‘The Walking Dead,’” said Burns.

Television purist Chelsea Galves tunes in every week to ABC Family to watch her beloved program.

“I started watching ‘Pretty Little Liars,’ while I was in high school and now that I’m a college junior, I still find myself watching the show at the air time, because I just can’t miss it,” said Galves.

Galves finds herself unable to miss an episode, needless to say she is hooked.

“It definitely feels like it’s become a culture, because all these people talk on Facebook about it, share ideas of potential plot twists and you can start a whole friendship on the question, ‘do you watch ‘Pretty Little Liars?’”

His favorite show is, “Doctor Who,” said De La Rosa. “There is always time for that and: The Walking Dead, Supernatural, New Girl, and Orange is the New Black, and The Blacklist. I love October.”

One thing is for certain, CSUSB television traditionalist and new-age media consumer alike are making time for TV shows new and old.

Did Miley take it too far?
Miley Cyrus and Sinead O’Connor battle over social media sites

Miley Ray Cyrus @MileyCyrus

3 Cod

Sinead. I don’t have time to write you an open letter cause Im hosting & performing on SNL this week.

Expand

Sinead O’Connor

October 3

ANOTHER OPEN LETTER TO MILEY CYRUS

Miley… Really? Who the fuck is advising you? Because taking me on is even more fuckin’ stupid than behaving like a prostitute and calling it feminism. You have posted today tweets of mine which are two years old, which were posted by me when I was unwell and seeking help so as to make them look like they are recent. In doing so you mock myself and Amanda Bynes for…See More

By DEVIN RAMOS

Staff Writer

A feud emerged between artists Sinead O’Connor and Miley Cyrus when O’Connor wrote a letter to the 20-year-old artist about her position in the music business.

The Irish singer/songwriter wrote to Cyrus on her website that “the music industry doesn’t give a sh** about you, or any of us, they will prostitute you for all they are worth, and clearly make you think any of us, they will prostitute you for all they are worth…”

Cyrus responded to O’Connor by posting a photo of Sinead O’Connor tearing a photo of Pope John Paul II on her Saturday Night Live spot in 1992.

She continued by tweeting, “Before Amanda Bynes… There Was…” and attaching a picture that contained a collection of Sinead O’Connor searching for a psychiatrist in Ireland.

O’Connor revealed on the Oprah Winfrey Show in 2008 that struggled with bipolar disorder and that she had attempted suicide on her 33rd birthday.

Cyrus’ mention of O’Connor’s mental illness caused O’Connor to respond in another letter on her website.

O’Connor wrote, “Have you any idea how stupid and dangerous it is to mock people suffering illness? You will one day suffer such illness that is without a doubt.”

She continued by addressing her display on Saturday Night Live. “Furthermore, you posted a picture of me tearing the pope’s photo… By mocking it, you mock every child who suffered sexual abuse at the hands of priest’s and have it covered by the Vatican.”

In an interview with Matt Lauer on NBC’s Today Show, Miley Cyrus said, “I’m a big fan of hers and so it really doesn’t matter. You can write as many open letters as you want... It’s nothing too new to me.”

In her latest letter to Miley Cyrus, O’Connor says that she’s received numerous letters from Cyrus’ fans and says that O’Connor to “kill herself” and that the tweets that Cyrus posted made O’Connor seem “unemployable,” because of the previous condition of her mental health.

O’Connor says, “No person, myself included, should have to wake up to the types of e-mails and communications I have had for the last few days urging that I should kill myself.”

“Neither should I have to have management write to half of the show-business world to explain my tweets were two-years-old and that I am very fit for work. I have four children to support. I can’t do that if people believe me to be unemployable,” stated O’Connor on her fourth letter to Miley.

Alf O’Connor is asking for is an apology from Cyrus as well as to Amanda Bynes, and those that struggle with “mental health difficulties.”

O’Connor closed her last letter with, “You are entitled to disagree with people, but you’re not entitled to incite abuse to those perceived to be mentally ill. I find it hard to imagine you to be an entirely uncar ing girl, so I will hope you will prove me right by asking all I have asked of you here.”

Cyrus has yet to apologize and when she was asked if she would apologize to O’Connor, she made it clear that there will be no apology and responded “Are we supposed to kiss?”
Miley Cyrus makes it known that her Hannah Montana days are dead and gone as she shows the world her edgier side on her new album Bangerz.

Miley Cyrus’ fourth studio album Bangerz was recently released Tuesday, October 29. Artists such as; Britney Spears, Nelly, Big Sean, Ludacris, and Future all lend their voices to tracks on Miley’s new album.

A huge transformation from her previous albums, Miley attempts to rap in songs such as “Do My Thing” and expresses a more vulnerable side in songs “Wrecking Ball” and “Maybe You’re Right.” Hip-hop seems to be the biggest inspiration for Miley’s most recent album, but she still throws in her original pop sound.

According to Entertainment Weekly, “Its also utterly fresh, a pop blitz from a hip-hop blueprint, and proof that Miley won’t settle for just shocking us... She’s obviously infatuated right now with hip-hop and its perpetual drive for new and exotic sounds.”

“Bangerz” may be about breaking up and wilding out, but it also agitates for the future.

Several songs in the album were primarily aimed and inspired by her troubled relationship with ex-fiancé Liam Hemsworth. She expresses how their relationship began crumbling and reveals how helpless she felt while knowing it was over before they officially called it quits. This album is the first by Cyrus to be labeled as explicitly needing parental advisory. She has geared away from her young fan base who helped rise her to fame by not only her explicit music, but her suggestive performances.

Recently, Miley has been making headlines with her provocative outfit choices and her outrageous performances, such as the now infamous 2013 MTV Video Music Awards. Following her VMA performance, Miley shocked audiences again with an outfit that hardly left much to the imagination at the iHeart Radio music festival.

Miley, now 20, is transitioning from childhood star to young adult and her music and image is a prime example of her growing and evolving into a young woman and not wanting to be recognized as an innocent little girl.

Miley has the talent and voice to make great music, however her new album Bangerz does not do her justice. She has an amazing vocal range and can really belt out those notes, but the only song that really reflects her true talent is “Wrecking Ball.”

Jim Farber, writer from the New York Daily News expresses his dismay by calling Miley’s new album a “disjointed mess that seeks to provoke instead of delight.” The album so far has been doing stupendous, already breaking records with selling over 250,000 in it’s opening week bringing Miley her highest album sells.

True fans of Miley Cyrus will notice that she is no longer staying true to how she has previously portrayed herself and that it shows in her music. The only tracks that show Miley’s true potential are ones she sings about her relationship while the rest sound like she is trying too hard to evolve into something else.

Aside from her new professional image, she is gearing her music to a new crowd and the younger crowd that once looked up to her will be influenced the wrong way.

Bangerz overall, was not Miley’s best work.

Though she has some catchy party tunes on the album, it is not the talent of Miley Cyrus her fans have seen from her in the past.
Trance music consists of a variety of synth sounds, electronica, danceable beats, subtle buildup, and breakdown with instrumentals and DJ skills.

To stand out in the scene what seem to be imitations of static and repetition, Andre Tanneberger, better known as ATB, knows what it takes to dominate LA dance floors on Oct. 5th at the Hollywood Palladium, with his musical persona.

ATB is one of the most famous producers and musicians for electronic dance music (EDM), especially in the trance sector.

When performing live, ATB is in complete control of the audience, taking them on a journey that passes through beautiful melodies, intense build-ups, and epic drops.

He took center stage and created an exceptional performance. This was not ATB's ordinary DJ set; it was an experience comprised of a band including a drummer, guitarist, bassist, and keyboardist.

ATB was joined with singers who were featured on his previous albums and shared his exclusive tracks from his forthcoming album Contact, out this December.

Artists who performed included Ramona Nerra “Never give up,” Sean Ryan “All I Need is you,” Jon Lochel “What About Us” and “Move On.” Tiff Lacey performed “My Everything,” as well as special performances by JES and Stanfour.

He played his famous hits including: “9pm,” “Distant Earth,” “Ecstasy,” “Let U Go,” “I Don’t Wanna Stop,” and “Apollo Road.”

Cris Novoa, a longtime fan of ATB stated, “The collection of artists that ATB collaborated with and playing his new tracks completely astonished me. The performance was amazing and brought so much euphoric.”

ATB guaranteed his live tour would be an exceptional show and unlike any other performance.

CSUSB student Nadia Kahil believed that this unique was extraordinary in contrast to any other event she has partaken in. “The experience was amazing. Having a band with the DJ and performing the music live was inspiring. Knowing the music wasn’t pre-recorded made ATB standout amongst all other DJs I’ve seen. It made my night above and beyond what I expected,” said Oscar Laddaga.

ATB proved that his creativity does not stop in the DJ booth; he went in front of his audience and presented a guitar solo that was unexpected.

He kicked off his tour in San Francisco and is currently heading to the biggest cities of Chicago and New York, which is his last stop. LA holds events for the biggest electronic music artists including Kaskade, Deadmau5, Above & Beyond, Dash Berlin and included ATB’s live concert, that took over LA’s EDM scene.

The Hollywood Palladium was the perfect venue located on Sunset Blvd. The venue gave the entire audience a great view of the musicians and of course ATB.

ATB has always been close to his fans and his live concert proves it.

The music was presented to the fans live directly with energy, passion, and bringing an amazing set.

His sets serve as a universal language for his audience around the world. With massive success comes a massive following, and I am impressed to find a DJ that gives back to his fans.
Volleyball digs another win leading with 7-0

By RICHARD BURRUD
Staff Writer

Coyote Women’s Volleyball team took their 6-0 win in conference play in Saturday’s game against Cal Poly Pomona who is 1-5 in Conference play.

The Coyotes and the Otters utilized their home field to take the momentum. Sophomore Outside Hitter Alexandra Torline led the Coyotes past the Broncos with 14 kills and two blocks. Seizing the moment Torline finished the third set with her final kill.

Coyote ladies were able to rally back from match point and tie it up at 24-24. Senior Outside Hitter Danielle Newcombe rallied off three straight points to lead the Coyotes victorious in the match 26-24.

Outlasting the Broncos in the second set, the Coyotes won set three convincingly. The Coyotes never trailed in set three; they took a 12-point lead and stuck with the lead winning the third set 25-22. The Coyotes improved to an 11-4 overall record for the season with 15 games remaining on the season.

At the halfway point of the season the lady Yotes are currently undefeated at 7-0 record on home play. Beating the Broncos in straight sets lead the Coyotes to a perfect 6-0 record away from the Coussoulis Arena.

Sophomore Outside Hitter Alexandra Torline led the Coyotes past the Broncos with 14 kills and two blocks. Seizing the moment Torline finished the third set with her final kill.

After the defeated game against Cal State Monterey Bay, the men’s soccer team let out their frustration on the practice field and moved forward as they try to build up their skill and determination to succeed the remaining games of the season.

Coyote soccer team frustrated over defeat

By MIKE SESSIONS
Staff Writer

The CSUSB men’s soccer team fell short once again as they traveled to Seaside against Cal State Monterey Bay.

The Coyotes extended their losing streak to six games, playing their hearts out only to come up short in the end. There comes a time when a team faces adversity and challenges, only to be used as fuel for the future. This could be one of those times.

In the first period of the game, the Coyotes battled the Otters back and forth for supremacy on the field, utilizing their various foot techniques to score a goal.

In what seemed to be a game changing move, star Senior Lee Nishanian came across an opportunity with an off corner kick and he took it, scoring the game’s first goal and his first goal of the season.

Nishanian, who started 53 out of 54 games last season, understood what it was going to take to secure the win, and he wasn’t going to stop until that was accomplished.

It wasn’t over, however. The Otters had other plans during the second period of the game, coming together to play at a higher level than the previously played. 6-1 freshman Chris Koski of CSUMB has no prior varsity experience in high school and put the team on his shoulders after a straight goal shot with the assist from Julian Salas.

The tie game appeared to rattle the Coyotes and the Otters utilized their home field to take the momentum. Sweat dripping from the brows of the players under the clear skies and sunny Seaside California, the Coyotes were determined to score the next goal and put the Otters away for good. Fortunately, things just wouldn’t work out as much as they’d hope.

CSUSB ended up in a slump, where the Otters rallied off three straight points to lead the next goal and put the Coyotes away for good. That took me out for eight games, I wasn’t going to stop until that was accomplished.

Forward Alberto Anguiano, with the assist of junior Max Madrigal scored the last and final goal of the game, putting the Otters up 2-1 in front of their home crowd.

In a frustrating loss, junior Andy Reyes could only reflect on the outcome, and how things could’ve been different. “Lately we haven’t had the results we would want, I got injured in the second half of the game. That took me out for eight games, I just started playing this last weekend” said Reyes.

The Coyotes would love to have all of their players available to play, as one player could possibly make a huge difference in the outcome of a game such as this.

However, these are the conditions they are placed in, and therefore they have to move forward and hope things will progress during the rest of the season.

Maybe this is one of those times that adversity strikes, but let’s hope this is also that motivating situation we’d like from our Coyotes, “Make never meant to happen,” says Reyes.

Best of luck to our players in their upcoming games! Come and support them on one of their home games. Let’s go ‘Yotes!
Coyotes’ Women Cross Country team ranked first at a meet in Pasadena City College on Friday, Oct. 4.

The team made definite improvements each and every time they stepped on the track.

After finishing third with 97 points in their last meet, the team acknowledged some of the best techniques and strategies to redeem themselves, proving that hard work pays off.

Coach Tom Burleson is preparing the team for an even bigger challenge, the CCAA Championships. With the help of his best runners, the team is certainly on the road to victory.

Senior Rebekah Frazier continues to show no sign of limitation as she finished third place with 19 minutes and nine seconds in the 5,000 meter-course.

“The first race of the season was pretty tough, especially since I haven’t raced for two years,” said Frazier.

“I took last season off, so it was quite interesting getting back to racing,” said Frazier.

Senior Jackeline Felix, started this year finishing in 32nd place, her next meet in 56th place, and the latest meet in sixth place.

Showing that she has made definite improvements and is willing to train harder and longer to be number one.

“It was satisfying to see how my training this summer paid off. After the first game. I wanted to step it up, because I knew that I could push myself,” said Felix.

Senior Deserae Perez injured herself on the first meet, however Coach Tom Burleson, as a great motivator ensured that she quickly recovered to get back in the game.

She finished tenth place with 19 minutes and 37 seconds, helping the team rank in first place.

“After getting injured and getting back in the game, it was good for my team. It set the tone for the season, because they performed really well,” said Perez.

The Coyote’s Women Cross Country received 155 points on their first race at UC San Diego, ranking at fifth place.

On their second race, they got 289 points at UC Riverside, ranking at 11 place.

“Running is our passion. It’s what we do, it’s our lifestyle. We are all pretty healthy. We all have good habits. It keeps us focused,” said Deserae Perez.

Coach Tom Burleson, who is coaching his 22nd season, leads his team to the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) West Region top 10, at the 10th place.

“This is my second year running and I love his coaching. He’s such a big motivator. He’s like a big Dad to some of us. Not only he coaches us, however he also cares about personal lives out of running,” said Patricia Cortez.

Coach Burleson teaches full-time at CSUSB, urging his players and coaching staff to have a powerful commitment to excellence.

In the 2012 season, Burleson and the team made 11th place at the regional in Kaneohe, Hawaii.

“He has stepped up his coaching and his communication with the whole team. In general, it has been a total improvement. This is my fifth year, so from my freshman year to now, the team definitely improved with his coaching style. Better work out, better strength and good advice,” said Deserae Perez.

With the powerful bond and determination, we wish our Coyotes the best of luck at the CCAA Championships.
Keepin’ up with the Jones

Coyote’s Women Soccer goalkeeper and senior captain Chelsey Jones is halfway through her final season with the Coyotes. Jones recently received her second California Collegiate Athletic Association player of the week honor after holding Cal State Dominguez Hills and Cal State Los Angeles scoreless in 1-0 victories. Furthermore, Jones now leads the CCAA with seven overall shutouts this season.

As a child, her parents called her the fire engine, because of how much energy she had, so family friends suggested to get Jones involved in sports. That is when Jones’ journey began, starting with being a member of the undefeated Green Iguanas of the Hesperia Youth Soccer League. Jones went on to play at Sultana High School. In her senior year the team won the California Interscholastic Federation Southern Section championship.

Jones was awarded CIF Defensive Player of the year and second team all league honors. She graduated in the top one percentile of her class and was awarded Valedictorian. Jones then received a Presidential Scholarship to attend CSUSB with no intention to play soccer.

“Everything that I’ve done in life has worked out, because I have persisted with it and have believed in myself the entire time,” said Jones.

In the Summer 2009, Jones tried out for the Coyote soccer team; at that time the team already had three other goalkeepers. However, coach Travis Clarke wanted Jones on the team as his fourth string goalkeeper because of her hard work and dedication. “Her tryout was so good, her attitude and how hard she worked, I just thought it would be infectious to the team,” said Clarke.

She went on to redshirt her first season playing no minutes, and very limited in her second year. “If you have a goal in your mind and you work hard you will reach that goal. Many times you will need to persevere through tough times in order to succeed,” said Jones.

In her third year, the team was struggling during the start of the season. Jones was inserted as the starting goalkeeper in an attempt to create a spark. She helped the team to the school record eight game unbeaten streak. “I got the opportunity and the chance to prove myself,” said Jones.

As a junior Jones was named CSUSB’s Female Scholar Athlete of the Year. “She went from a walk-on player to a scholarship player to possibly the best goalkeeper in this school history. It’s a remarkable story,” said Clarke.

Jones’ dedication and support from her family have been her motivation, as she gets ready to pursue her career in becoming an elementary school teacher.

This last year is bittersweet for Jones as her time playing for the Coyotes is coming to an end. Jones’ final home game as a Coyote is Friday Nov. 1 against Chico State University.

Jones commends her teammates, “This is the best team I have ever been a part of, thank you for giving me some of the best memories in my life,” said Jones.

Fun Facts

Favorite food: Jalapeño Flamingo Roll from Rock and Roll Sushi

Favorite ice cream: Kirkland Vanilla ice cream with Hershey syrup on top

Favorite show: “The Bachelor” and “The Bachelorette”

Favorite movie: “Pitch Perfect”