Anxiety, pain, and depression due to conditions like post-traumatic stress disorder, attention deficit disorders, and anger. Neurofeedback, sometimes referred to as cognitive rehabilitation, has been used for the past 30 years to help reduce the symptoms of conditions like post-traumatic stress disorder, attention deficit disorders, and anger. These symptoms include anxiety, pain, and depression.

The Institute for Research, Assessment, & Professional Development held an open house, within their offices located in the College of Education, on Oct. 23 to showcase programs used to reduce the symptoms of these conditions. Dr. Connie McReynolds, director of the Institute, said, "Neurofeedback works by training the brain to function at its maximum potential, which is similar to the way the body is exercised, toned and maintained." McReynolds explained that when individuals learn how to relax, they can optimize the way their brain works.

During the open house, students, faculty, and members of the community participated. They had the opportunity to test the programs which were set up like video games. These programs are designed to test relaxation skills as well as concentration. In the first program, participants were asked to concentrate on their brain waves while wearing a headset designed to monitor brain waves.

The performance of the professor is evaluated over the tenure period. Tenure is essentially a permanent contract for teachers and professors, while it does not include a pay raise it ensures that an educator’s position can not be terminated without "just cause," which usually means severe misconduct. The popular myth is that educators simply need to work for a certain amount of time to receive tenure, which is not true. "Pretty much the myth of tenure is that you do a good job for life," said CSUSB professor Terri Nelso. This is not the case. Professors eligible for tenure are those who have been scouted by the university for a tenure track position, a contract with a limited number of open positions in each department.

Every two years the contract is renewed until the sixth year. The performance of the professor is evaluated over the course of six years by a committee consisting of many different professors.

An e-mail sent on Oct. 24, from Director of Special Events, Carol Dixon, the comedy show was cancelled due to, unforeseen circumstances. Tickets were based at a high cost with general admission ranging from $40-$50.

"An Evening with Bill Cosby," scheduled for Nov. 16, has officially been canceled.

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Students that purchased tickets for the event ahead of time were notified by phone of the cancellation and will be given full refunds.

"I’m not so sure that we [U.S.] are far from having these same problems with air pollution where things start becoming drastic," continued McNeill.
In-class experience vs online

By YARA DEL RIO-DOMINGUEZ
Staff Writer

CSUSB students would rather take online courses than traditional in-class courses, as the number of online courses available has jumped from previous years. Online courses seem like a dream to students; there’s nearly complete freedom with timing, more hours to sleep in and, most importantly, open enrollment. CSUSB online courses are least likely to reach capacity as our system does not put a cap on the number of students who can register for a particular online class, whereas the traditional seminar classes close as soon as the amount of seats in the classroom are filled.

Student Jonathan Brown is currently taking an online class in hopes to ease his schedule.

“I decided to take an online class this quarter because its one less class I have to physically be in and I get to go home early after a long day of school,” said Brown.

Governor Jerry Brown proposed giving California’s public colleges and universities more money for the 2013-2014 school year. The Democratic governor wants public colleges to hold down costs, stop raising tuition and embrace online courses. The demand for online classes has since then grown. CSUSB currently offers 72 online classes this Fall and are on the rise.

Student Pablo Edelman said, “Online classes allow me to maintain my hours, maybe even obtain more hours at work. I’m not restricted on an hourly schedule like a regular class, I can do my online work on my own time rather than be time restricted sitting in a classroom.”

“I don’t have to access my online class from my work, I’m allowed to access my online class from my work while I’m on break. When I get home I pick up where I left off,” mentioned Brown.

Many prefer to take a particular course online to avoid the heavy workload they would have in a tradition face-to-face class. “I took a class online that had a heavy workload. As a full-time employee I wouldn’t be able to keep up with the class,” said Edelman.

Online classes may seem to be the easy way out for students who are avoiding the heavy course work ahead of them, but for others it may not be the smartest choice. “Online learning isn’t always the best fit, students who do the best in the online classes are students who have very good study habits and who are independent learners,” said professor Dr. Terri J. Nelson.

Some students face difficulty concentrating in the classroom, and with distractions all around, professors are constantly competing for the attention of students with the electronics in class. Students agree that online courses may be cheaper, but those who may excel in traditional classes may struggle through an online course which requires independent learning.
Money lost by government shutdown
The government shutdown has taken at least $24 billion out of the United States economy

By ANGEL LIZARDI
Staff Writer

$24 billion—That’s how much is estimated the United States government lost during the shutdown according Standard and Poors, an economist group based in New York.

The shutdown, which ended last Tues- day, took three weeks to solve and affected hundreds of thousands of workers.

The breakdown of some of the eco- nomic costs due to the shutdown includes: $3.1 billion lost in government services, $152 million lost in travel spending, $76 million lost due to the national parks being closed, and $217 million lost in federal and contractor wages in the Washington D.C. alone, according to Time magazine.

Texas Sen. Ted Cruz, in an interview that this new deal still didn’t work and that it “sold our citizens down the river.”

Cruz believes that his own party ac- quiesced to themselves and believed that they could’ve gotten a better deal.

While the majority of people affected were federal government employees, small business owners were also affected as they could not apply for loans.

Tourism came to a halt and many mili- tary families had to go without many of their services needed, such as childcare.

The government was able to end the shutdown, it will come back.

The agreement signed by President Barack Obama only approves government spending until Jan. 15 according to The Washington Post.

Economists believe that because of the shutdown, consumers will feel less confi- dent in making big purchases this holiday season. Standard & Poors stated, “If people are afraid that the government policy brinksmanship will resurface again, and with the risk of another shutdown or worse, they’ll remain afraid to open up their check- books,” said the agency.

CSUSB students also felt that the shutdown was unnecessary. Aimee Villalapando, a senior at CSUSB, mentioned that the rest of the world is probably looking at us in a negative light.

“This just gives the whole world a reason to laugh at us,” said Villalapando.

“I already had my reservations about the government but for those that are not I probably looking at us in a negative light. We haven’t solved the problem but pushed it to a later date,” said Salomon.

“Obamacare’s provisions are put- ting mandates, taxes, and requirements on small businesses that are preventing them from hiring young workers,” Evan Fein- berg, president of “Generation Opportu- nity,” said Red Alert Politics.

“This job report shows that Obam- acare and other solutions coming from Washington are impacting employees from hiring, and this generation is getting stuck in a cycle of part-time, temporary jobs—not the meaningful careers for which they studied,” said Feinberg.

Other critics claim it’s this genera- tion’s ailments (young people not in school or employed) and loss of hope in actually getting a job that is causing these big un- employment figures.

“The Opportunity Nation,” a national campaign working to expand economic opportunity and close the opportunity gap in America, reported that big cities such as New York, Los Angeles, and even River- side all have over 100,000 idle youth.

“The Millennial Job Report,” stated that the declining labor force participation rate has created an additional 1.8 million young adults that are not counted as “un- employed” by the U.S. Department of La- bor because they are not in the labor force and young people have given up looking for work due to the lack of jobs.

“There’s a whole pool of talent that is motivated, loyal, and hardworking, they just can’t get through an employer’s door,” said Dr. Eric Nilsson.

Other studies show that due to the lack of jobs, young people have given up looking for work, and many of them have decided to continue their education or enter the workforce.

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### Unfriendly business hurts California

By BRENTA SERVIN
Staff Writer

California was ranked 48 on the State Business Tax Climate Index for 2014. This is the fifth year in a row that California was ranked 48th. States are ranked by the index and can either rise or fall in ranking based on reforms or changes within the state and in other states.

According to the Tax Foundation, “The State Business Tax Climate Index, now in its 10th edition, collects data on over a hundred tax provisions for each state and synthesizes them into a single, easy-to-use score.”

Professor Eric Nilsson believes that the tax rates could hinder business growth.

“The higher tax rates might permit the state to provide services that actually attract more businesses to the state,” said Professor Nilsson.

The corporate income tax between California and Wyoming illustrates the gap between states in the top ten and the bottom ten of the State Business Tax Climate Index, now in its 10th edition, collects data on over a hundred tax provisions for each state and

The California Franchise Tax Board has determined that a “corporation or limited liability company treated as a corporation receives income from sources within California but is not doing business in California” is subject to corporate income tax on the basis of the corporation’s sales to the extent that the revenue they produce through these taxes, according to the Center on Budget and Policy Priorities.

Nilsson added that “some businesses might leave, but other businesses replace them because CA has a huge (and relatively high income) market that businesses love.”

Despite the high tax rates California continues to attract businesses and their revenue.

### New procedure challenges brain to function better

Continued from Pg. 1

on a barrel, the more concentrated the individual was the faster the barrel would blow up on the screen.

The next program was about relaxation, individuals focused on raising an on-screen ball.

The longer they stayed in a relaxed state, the longer the ball would be raised.

Once the exercises were complete, the individuals were encouraged by the clinicians to try and beat their time.

As stated in the Institute’s Nuerofeedback brochure, the Nuerofeedback technique displays the client’s brainwaves on a screen and focuses on the client seeing and concentrating on the patterns to change or influence them.

After completing the exercises, Yvgyeong Lee said “It was interesting to see how much I can concentrate” as she referred to the barrel program.

The technique is described as a drug free way in which children can retrain their concentration to better combat their Attention Deficit Disorders.

One of the many success cases from the Institute is “Jesse” a ten-year-old boy who after just five sessions felt he could concentrate in class even when he didn’t necessarily want to.

Typical Nuerofeedback sessions take place for thirty minutes, twice a week.

These sessions are administered by trained Clinicians and are available to all Inland Empire residents.

Katherine Ellison, writer for the New York Times, explained that the procedure is controversial, expensive and time-consuming.

“An average course of treatment, with at least 30 sessions, can cost $3,000 or more, and few health insurers will pay for it,” said Ellison.

McReynolds said most children respond within 20 sessions. Each session costs $70, with a sliding scale as well as special rates for faculty and students.

As part of the session, the institute provides refreshments for their clients do to the strenuous mental activity the programs creates.

If you would like more information on Nuerofeedback, contact Dr. Connie McReynolds by phone at (909) 537-5681 or by e-mail at TheInstitute@csusb.edu.
I thought I preferred lecture classes over seminars in terms of needing my time and focusing on other responsibilities outside of class. But as a student, seminar style classes are really beneficial in the long term.

Most students think they like lecture classes, but really can’t come up with any legit reasons why.

If most are honest with themselves, like I was, you’d find that lecture classes are favored simply for the lack of responsibility it brings.

Unless you liked the subject matter, do you really remember half of your lecture classes?

Being independent of the professor seems to be the theme of liking a lecture class, if you like working at a different pace for instance.

Another benefit of lectures is that most lecture classes don’t take role.

This is good for students who have jobs and other commitments, but we all know this freedom is happily abused by all of us students.

Student Brianna Fraguoso, likes large-sized classes because she enjoys the lectures themselves, it’s easier to follow for her, and prefers the freedom. Fraguoso feels the seminars drag on for her.

If a lecture class or a seminar class doesn’t support your learning style, you could be tripping water and praying for the end.

If you don’t understand the subject matter, it can be hard to catch up to standards without support.

In a lecture class, you more than likely don’t read the material and rely on the bulky class size to avoid being responsible for answering questions and participating.

I think the only good a lecture can be is for the students that have other priorities like jobs, families, clubs and sports and can’t put that much attention and detail into every week of the class.

It’s easier to have few things due throughout the class, than multiple essays or projects.

In seminars, you can become closer with your classmates-in a smaller class it’s easier to socialize and discuss questions about the material.

Student Andrea Ramirez feels that she does better in seminars.

“You get more attention from the professors, more group activities and more help when needed,” said Ramirez.

The small size things you closer to your professor. With most seminar classes not exceeding 35 students, it’s easier for a student to cultivate a relationship with the professor.

Introverted students can be more comfortable in smaller class, and feel more confident in participating and approaching the professor.

Seminars can be better for classes that need more one on one instruction, or any subject matter that a student feels they need more instruction in.

“The key to lectures is engaging students throughout the duration of the class, and students tend to be more passive,” said political science professor Artoor Aslanian. “Seminars provide students with more depth into the material, and they are responsible for more work.”

Seminars are better for this professor because he believes that he can engage more with students when there is “12 verses 160,” said Aslanian.

While lecture classes have their superficial perks, seminars prove to benefit students through engagement and depth of subject.

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**Halloween costumes have no age limit**

It’s Halloween, the full moon is out, the ghouls are dancing and you’re stressing out. Kids up and down the block seem to be in disguise as cats, mice, ghosts, and all sorts of ghastly critters.

So what’s the dilemma? Every year we get older yet we ponder the question: Am I too old to dress up? Dressing up for Halloween has no age limit because it is a way for many people to get in the spirit of this holiday.

Many students I interviewed still dressed up, but some students, such as Jasmine Magee, Ricardo Ramirez, and Adam Ghossein, don’t.

"I dress up for Halloween because it is a way for many people to socialize and discuss questions about the material. Student Andrea Ramirez feels that she does better in seminars.

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While lecture classes have their superficial perks, seminars prove to benefit students through engagement and depth of subject.
Opinions

Confession: I have no school spirit

BY ANDY QUINTANA
Staff Writer

I am ashamed to admit that I have no school spirit.

It’s not that CSUSB doesn’t put out great student events because it does.

I believe something that keeps students from showing school spirit might be indifference.

I need to learn how to overcome indifference and to have pride in my school.

Every school needs school spirit to promote a sense of community among.

It becomes an important factor in the success and retention of its student body.

“When the student body is involved in events on and off campus, it demonstrates a passion for school pride that is immeasurable and contagious,” said Adrienne Burns, director of University Advancement at Missouri State University.

School spirit translates into higher expectations of one’s self and surroundings, pushing for positive changes at the university and abroad.

While having school spirit brings students together, it can be difficult to get them more involved.

Students provide their views of why school spirit is not shown on campus.

“My best guess with why not enough people don’t show their school spirit is that they’re too focused on their social life, work, family or friends,” said Chris Burns.

“The last event I went to was Ecofest and I thought it was pretty interesting. Other than that, I do see some people wearing CSUSB clothing and I believe that the dormitories have a ton of school spirit.”

Student Josh Rosas said that being a college student living off campus doesn’t allow him the time to get involved on campus.

Honestly, I do fall into the category of not having school spirit simply because having school spirit is too expensive,” said Rosas.

School spirit is something that can indirectly affect people whether there is any spirit or not.

“Incoming freshmen expecting a rowdy college game-day atmosphere are likely to be put off and disappointed by the lack of care they see from upperclassmen,” according to John Hopkins University.

“The result is a widespread sense that students are missing out on a unique and enjoyable component of the college experience.”

Student Amber Stultz relates to students having difficulty in having school spirit, “I fall into the category of never been to a CSUSB game or sports event.”

“Don’t get me wrong, I love sports and going to sporting events, but I also work full-time so it’s hard to do other extracurricular activities along with going to school full-time and working full-time,” continued Stultz. “The free time I have usually goes to homework or studying, so I think that this is also one of the reasons why other students don’t support either.”

This is something that we all must realize. Our school is there to make memories for us; obviously, we’re not going to do it ourselves.

Someday, I am going to look back and kick myself in the ass because I missed out on making memories.

We have to at least poke our heads out and see what is right before us before it fades away.

I believe that every student here at CSUSB is capable of showing some forms of school spirit. It’s something that we will all take with us when our time here finally comes.

Advising is a useful resource to get your classes on track

BY KATERINA McCALLA
Staff Writer

Even if you are a student that hasn’t been here for long, advising can help you straighten out any questions or second-guesses you have about your major choice.

Advising can put a student directly on the track they need to be successful during their time here.

I believe that taking the time to go over classes you are going to take, and have already taken help you escape the problem of taking a class that doesn’t count for any of your requirements, and saves you time and money.

Advising and academic services helped me come back to school after leaving for a year and I plan on using their resources, and the resources of my major to continue staying on track to graduating.

Student Gabriela Escobar said, “Honestly, it was helpful.

They broke down what classes to take every quarter, and I plan on seeing them again for winter quarter.”

First year student Melissa Castro had something different to add.

“Yea, I heard about it but I don’t know really what it is.”

Academic Success Coordinator Ed Mendoza showed how useful advising can be.

“Advising is important to help a student use these tools correctly and with issues like class availability and questions about majors,” said Mendoza.

“Advising is a tool to use as at your own expense.

You can see an advisor anytime you need a course or even career advice, and this is all in place to help every student to be as successful as they can possibly be.

Advising is a useful resource to get your classes on track.

“Advising is important to help a student use these tools correctly and with issues like class availability and questions about majors.”

Ed Mendoza
Academic Success Coordinator
Students race for a cure

By COURTNEY MATA
Staff Writer

“Save the TaTas!” “Find a cure!”

These phrases explode during the month of October and it is these same phrases that can inspire people to join together for Breast Cancer Awareness month.

One woman is diagnosed with breast cancer every two minutes and one woman will die of breast cancer every 13 minutes in the U.S., according to the Susan G. Komen fact sheet.

During the month of October, the color pink decorates many businesses and there are several organizations that flaunt the color in support of breast cancer awareness.

Breast cancer is ugly and unfortunately, it is a battle that many have to face.

Every year, Susan G. Komen holds a “Race for the Cure,” in which the organization raises money for breast cancer research.

This year, the Inland Empire Susan G. Komen foundation held its race in Temecula on Oct. 20.

Student intern for Susan G. Komen, Marissa Graham, has worked for the foundation for five months and has enjoyed help organize events and raise money for breast cancer awareness.

“Komen started with a promise between two sisters to end breast cancer and I am proud to work towards that promise,” said Graham.

Graham is passionate about the fight to end breast cancer and working with the Susan G. Komen foundation has given her great experience in the work field.

The organization raises millions every year where thousands of participants race or volunteer for the event.

Graham said, “Susan G. Komen gives a certain amount of money to organizations, like Michelle’s Place and those organizations donate money to single mothers struggling with breast cancer and help the mothers pay bills.”

Susan G. Komen gets the majority of its funding from their annual Race for Cure.

This year, I participated in the race and let me tell you, it was awesome! You can feel the emotion from everyone participating, it has really positive vibes at the race.

The race is a 5k and you can choose whether to walk or run.

It cost $35 to participate in the run but all of the proceeds go towards the Susan G. Komen foundation.

“The ladies of Zeta Tau Alpha (ZTA) sorority on campus participate in the race every year.

“I normally do not participate in the races, but I volunteer at the survivor booth and it is pretty inspiring. I love seeing their happy faces and I am proud that I help by raising money for breast cancer,” said ZTA President Tiffany Anderson.

ZTA supported the local Susan G. Komen foundation by using their “Think Pink” week to help raise money for breast cancer by giving out ribbons to students.

“Our philanthropy is breast cancer education and awareness, so we always attend the races and help out whenever we can,” said Anderson.

The race is more then just a running competition, it is about supporting individuals affected by breast cancer and helping raise money for research.

Now, when I hear the phrases, “Save the TaTas” or “Find a Cure” I feel inspired knowing that I helped find a cure.
Leadership clubs help students land jobs

New to campus, the Start it Up Club and Toastmasters club are looking to make an impact on students

By DONTE MEDDER
Staff Writer

S

tart it Up Club and Toastmas-
ters club strive to help students reach higher levels of success in the business world. Graduate Student Rusty Palmer has been involved in Toastmasters since 2012 when the club started and saw immediate benefits from his association with the club. Palmer said, “I’ve been trying to find work here since 2009 and I wasn’t getting call backs. Then I put Toastmasters on my resume and I have gotten six job offers.”

Our on-campus Toastmasters club was established in 2012. The club focuses on helping members better their public speaking, leadership and growth as an English speaker for those who learn English as a second language. Since being in Toastmasters, Palmer has seen growth in his public speaking abilities. “I went from not being able to speak in front of a room full of my peers to doing a fast pitch in front of 250 people including the mayor of Riverside,” said Palmer.

Palmer introduced a new club this year, the Start it Up Club to provide a resource for students, other clubs and even small businesses to network within the community. The club was established for people to come together to build teams for a project, event or workshop that can benefit students and create entrepreneur ventures.

If students want to have an on-campus event, or want to have a community off-campus event, the club can help them create student teams to build on the ideas and execute them. This is Palmer’s main objective for the club. “We want to build leaders, teamwork experience and help students foster their ideas into an actual creation with the teamwork attached to it,” said Palmer.

Palmer believes that many people leave college prepared to work but they do not have the support or the push to get to their goals. He said there are people who can’t find basic employment when they’re done with school because of the lack of leadership skills.

Palmer plans to have the leadership team take a backseat and push students involved towards other students who think similarly. Palmer said, “What we’re going to do is a leadership team is just support member ideas.”

Once the club is completely established with a solid membership he plans on being able to help small businesses in the community.

“We want to be able to help small businesses down the road too,” Palmer said.

“So if a small business needs help in some areas they can come to us and we can form a committee of students to help with a specific problem,” he continued.

The Start it Up Club already have two events planned for this January. One is a partnership with the career center in which they will help students find the right kind of employers.

Another is working with a company called Bridge the Tech Gap and this event will help students in attendance learn more about technology as a resource.

The Toastmasters club meets on Wednesdays at 1 p.m. and the “Start it Up Club” meets at 1 p.m. on Thursdays in the Student Union.

Students who wish to be ready for the real world are encouraged to join these clubs to further advance their skills.

By KENNETH YOUNG
Staff Writer

Country Line dancing made its way to CSUSB on Oct. 21, between the Joshua and Mojave buildings at Serrano Village.

The event was organized by Tommy Slocumb, the residential assistant (RA) for the Joshua Building.

The event lasted an hour, with approximately 20-30 student participants. Every quarter, each RA from Serrano Village organizes two events that are open to both residents and commuters.

With this in mind, Slocumb jumped at the chance to host the country line dance. “I’ve had a passion for country music since I was a child,” Slocumb said.

“And country line dancing was exactly how I wanted to express that.”

A love for country music, however, wasn’t his only motivation. Each event that is organized has to have the central theme to achieve the goal of building community. According to New York University (NYU) study, college students now have higher stress levels than before with 25.3 percent of students being adversely affected in their academics due to rising levels of stress. According to Slocumb, country line dancing isn’t just fun; it is also great exercise and helps relieve stress.

According to healthguidance.org, dancing offers 12 health benefits, including enhancing overall well-being, increasing levels of self-esteem and confidence and helping to strengthen muscles. These organized events help to break up the fast-paced schedules of students.

It also gives them a chance to relax and socialize with their peers and give them the opportunity to experience new things like country dancing.

Country line dancing is a great example of this, as country music and San Bernardino aren’t necessarily often associated with one another. Nevertheless the event was well received by the students who participated. “It was awkward at first, because it was out of my box,” said student Andrew Dulalia.

“But soon, after we practiced the routine several times, I was more confident and enjoyed it more.”

When asked if he would participate again if another line dancing event was planned, Dulalia said he would.

As well as RAs, members of the Village Council also plan events for residents.

Every Wednesday night, the Village Council meets at Village Square between 8 to 9 p.m. to discuss upcoming events on campus. This provides an open forum for students to share their ideas to help RAs plan more events for students.

If you have any suggestions for campus events, you can contact an RA, or any Serrano Village building, or you can even attend one of the Village Council meetings.

Students giddyup to line dance in Serrano Village

By KENNETH YOUNG
Staff Writer

“Country Line dancing made its way to CSUSB on Oct. 21, between the Joshua and Mojave buildings at Serrano Village. The event was organized by Tommy Slocumb, the residential assistant (RA) for the Joshua Building. The event lasted an hour, with approximately 20-30 student participants. Every quarter, each RA from Serrano Village organizes two events that are open to both residents and commuters. With this in mind, Slocumb jumped at the chance to host the country line dance. “I’ve had a passion for country music since I was a child,” Slocumb said. “And country line dancing was exactly how I wanted to express that.” A love for country music, however, wasn’t his only motivation. Each event that is organized has to have the central theme to achieve the goal of building community. According to New York University (NYU) study, college students now have higher stress levels than before with 25.3 percent of students being adversely affected in their academics due to rising levels of stress. According to Slocumb, country line dancing isn’t just fun; it is also great exercise and helps relieve stress. According to healthguidance.org, dancing offers 12 health benefits, including enhancing overall well-being, increasing levels of self-esteem and confidence and helping to strengthen muscles. These organized events help to break up the fast-paced schedules of students. It also gives them a chance to relax and socialize with their peers and give them the opportunity to experience new things like country dancing. Country line dancing is a great example of this, as country music and San Bernardino aren’t necessarily often associated with one another. Nevertheless the event was well received by the students who participated. “It was awkward at first, because it was out of my box,” said student Andrew Dulalia. “But soon, after we practiced the routine several times, I was more confident and enjoyed it more.” When asked if he would participate again if another line dancing event was planned, Dulalia said he would. As well as RAs, members of the Village Council also plan events for residents. Every Wednesday night, the Village Council meets at Village Square between 8 to 9 p.m. to discuss upcoming events on campus. This provides an open forum for students to share their ideas to help RAs plan more events for students. If you have any suggestions for campus events, you can contact an RA, or any Serrano Village building, or you can even attend one of the Village Council meetings.

The Start it Up and Toastmasters clubs on campus give students a way to interact with others, all while obtaining a variety of skills to put on their resume. Members are able to learn proper public speaking, networking and organization skills.
Halloween 101
Last minute tips for costumes on a student budget

By BRITTANY CROW  
Staff Writer

Halloween is approaching and most of us are scrambling around stores trying to find the best and affordable costumes.

Many times costumes can range from $50 to $100, and who wants to spend all of that money, just for a few days of dressing up and having fun with your friends.

However, If you don’t want to spend your grocery money on a Halloween costume, there’s plenty of ways you can dress up without going broke.

A great tip for gathering materials for an affordable costume is to search around your house to see what you can put together before spending a dime.

For example, student Amber Williams is dressing up as a cat for Halloween, but she already owns black sequenced shorts and a black shirt.

So she paired them up with some cat ears that she purchased from Target for only $7.99.

For guys, dressing up like Bart Simpson or a smart can be as easy as well. The only essentials for these costumes would be blue jeans, a white or blue shirt and face paint.

You can find face painting kits at your local store for less than $8.99.

When it comes to putting together an affordable costume, your best bet is to go to your nearest Good Will, or thrift stores.

There are plenty of people who give away costumes that either haven’t been worn or that have been worn once.

For those who live on campus, there’s absolutely nothing wrong with switching costumes with a roommate or a friend. No one will ever know that your costume is borrowed.

Stores like Micheald’s and Target are other affordable places where you can gather some materials.

My suggestion is to go to their clearance section first.

A suggestion to keeping your costume below $25 is to only grab items you don’t have at home, like vampire teeth, cat ears and face paint.

If you find yourself having to buy additional items for your costume, try to purchase things that you can reuse either for another costume or for an everyday outfit.

A lot of costume ideas can be found through popular social networks, such as Pinterest or YouTube.

Some YouTube gurus, like Nicole Guerriero or Andreaschoie, provide inexpensive ideas for you to follow step-by-step to put your best costume together.

Remember, Halloween is about having fun and dressing up so don’t waste too much of your time or money on a costume that breaks your bank!

Tip: Look around your house for items you can incorporate into your costume.

DIY: Easy, fun and inexpensive

Last minute tips for costumes on a student budget

Step 1: Firstly, the tie-dye kit contains directions on how to design your shirt. Start by adding water to the powder dye included in the tie-dye kit.

Step 2: Pinch the fabric on the center and twist into a spiral using the rubber bands as the divider. Divide the spiral six times for a better look.

Step 3: Print out your desired design onto the iron on paper.

Step 4: Wrap the shirt in a plastic bag and let it set for six to eight hours.

Step 5: Once the shirt has soaked the appropriate amount of time, rinse the tee until the water comes out clear.

Step 6: Hang dry or lay your shirt flat overnight.

Step 7: Once dried, print out your desired design onto the iron on paper.

Step 8: Use an iron on iron on the design to the shirt. And voila! You have now created your very own shirt!

But don’t let this stop you. Be creative and try different designs or perhaps multiple iron on images.

Not only did I have fun doing this but I also saved about $51.

Perhaps next time you find yourself craving an expensive item, consider recreating it instead. Your wallet will thank you, you will look good and you may gain a new hobby!
Katy Perry Roars
Pop star releases new album and shines on stage

Katy Perry released her highly anticipated album PRISM Oct. 22, known for her playful and fun pop hits, Perry exhibiting a darker more personal side on her album. Revealing a more somber time in her life, Katy started writing for this album shortly after her divorce from actor Russell Brand which is evident in tracks like “Unconditionally” and “Ghost.”

In an interview with Mario Lopez during her album release party, Perry explained that she realized later into the record that she didn’t want it to be a depressing album. She decided to pick herself back up and rather than dwell on her hardships, she decided to come back stronger than ever. Perry revealed that she named her newest album PRISM because she finally came out of the darkness and saw the light. In songs such as “Roar,” she begins how she’s been knocked around and has had enough and decides to come back a fighter. In the beautiful ballad, “By the Grace of God,” Perry sings, “I put one foot in front of the other and I looked in the mirror and decided to stay wasn’t gonna let love take me up that way.”

Being that Perry’s album is far from her fun teenage outlook on life, I asked student Nicole Hamilton what her take on the record was and she responded, “I thought it was great. I am a huge fan of Katy Perry and she can never go wrong with anything she does. My favorite song is Dark Horse featuring Juicy J.” Perry has a strong fan base and I being one of her fans believe that anyone who listens to this album will be pleased by each song. The vulnerability that Perry expresses in her music without fear is relatable to her fans.

If you are a fan of Katy Perry, she will be on tour to promote PRISM come 2014.

Hollywood Bowl gets a glimpse of PRISM

Katy Perry performs at the benefit concert put on by 97.1 AMP Radio to raise money to support breast cancer awareness with the Young Survival Coalition at the Hollywood Bowl Oct. 23 only a day after releasing her new album PRISM.

By SHELBY GONZALES
Staff Writer

Katy Perry’s We Can Survive was a benefit concert put on by 97.1 AMP Radio and Citi on Oct. 23. The event was held at the Hollywood Bowl and helped raise money to support breast cancer awareness with the Young Survival Coalition.

The whole income of the pro seats went towards the foundation. Katy Perry handpicked each performer she wished to have on stage with her during the benefit concert. The concert featured a variety of talented artists including, Ellie Golding, Tegan and Sara, Sara Bareilles, Kasey Musgraves, and Bonnie McKee.

Inside the sold out concert, each artist expressed their gratitude to the audience for coming out and supporting such an important cause that affects so many people’s lives. Each artist played about three to five songs each, including their more popular hits.

The crowd was enthusiastic during each performance that they got up out of their seats to dance and sing along. Glow sticks filled the stadium while screams and chants for Katy began once her performance grew near.

When Katy walked on the stage, she began with her first number one hit “I Kissed a Girl” followed by her newest song “Dark Horse” featuring Juicy J off her newly released album PRISM.

The crowd went wild when she introduced special guest Juicy J to the stage to sing his part of the song.

During Katy’s performance of “Firework” the night sky filled with fireworks and the crowd cheered her on.

Before her final performance of the night, she introduced a new song from her new album PRISM, “ROAR” and spoke of how this song is about picking yourself up and rather than dwelling on your hardships, you decide to come back stronger than ever.

Together they all helped her sing the final song of the night and thanking everyone in the audience for coming out and announced, “We Can Survive.”
An exhibit opened at The California Science Center, displaying both the capsule and suit which Felix Baumgartner wore during his record setting 128,100 feet free fall from the Stratosphere.

During the exhibit’s debut, Colonel Joe Kittinger, Art Thompson, Jon Clark, and Andy Walsh, who were a part of the Stratos Mission, provided a panel for an audience that highlighted the details of the mission as well as the never before seen documentary “Space Dive,” which followed the team’s work through the eight years that it took to prepare.

The jump was sponsored by Red Bull from the early stages of the mission to the opening of the exhibit in the science center.

According to redbullstratos.com, “The purpose of the Red Bull Stratos mission is to transcend human limits.”

The website adds, “Although researching extremes was part of the program’s goals, setting records wasn’t the mission’s purpose.”

“Space Dive” focused on the struggles that the team faced as well as the dilemmas that Baumgartner faced with himself and the suit that was specially designed for the mission.

The documentary did a great job presenting the facts and milestones of the Stratos Mission in a manner that sparks the curiosity of a person without losing the audience with technical details.

It was reported in the documentary that he reached a speed of Mach 1.25, a speed that was faster than was originally estimated. Baumgartner spun at increasing speeds which seemed to be beyond control for him.

It was shown that the Stratos Crew developed a Drogue Stabilization system to stabilize Baumgartner if his spins went beyond Baumgartner’s control.

According to the documentary, new medical protocols were developed to deal with blood spontaneously boiling above 63,000 feet in altitude.

Dr. Jonathan Clark, Red Bull Stratos medical director, said, “We’ve developed a clinical practice standard that will allow potential space travellers a fighting chance if they get exposed to a vacuum.”

A good portion of the audience sat on the edge of their seat as they watched Baumgartner plummet from 39 kilometers above the earth.

I felt that the weakness of the documentary was that it repeated the same idea several times, they should have spent more time with editing.

For a debut, it was disappointing that the documentary wasn’t presented using the Science Center’s entire theater screen.

One could imagine how glorious the shots from Baumgartner’s capsule would look on the entire screen.

What was interesting about the event and documentary, was that the presence of Red Bull was secondary to the science that was being presented.

Naturally, the Red Bull logo can be spotted on the desks of sleep deprived Stratos crew, and the capsule itself, however it doesn’t make itself a distraction throughout the film.

Thompson said, “When we approached YouTube about broadcasting the jump, we were told that they wouldn’t top over a million views”.

Last year Baumgartner made history and now you can get a little taste of it by visiting the California Science Center.

The Stratos capsule and Felix Baumgartner’s suit will be on display at the California Science Center from October through Jan. 2014.
Students give their insight about crazy creative costumes for this Halloween

**Coyote Watch: What do you have to say?**

**By ALYSSA GRADIAS**

**Staff Writer**

“Carrie” was released in theaters on Oct. 18. Perfect timing for that Halloween spook.

Although this film isn’t a jump out of your seat, paranormal type film, it shows a different type of horror.

The horror of real life bullying by amping it up with revenge, suspense, and a lot of blood.

It is a remake of the classic Brian De Palma film in 1976, based off of the novel by Stephen King. It stars Chloë Grace Moretz as Carrie White and Julianne Moore as Margaret White, the religious-obsessed mother.

For those who aren’t familiar with the classic horror tale of “Carrie”, it is about a shy, outcast, teenage girl who is overly sheltered by her religious-crazed mother.

Carrie White soon discovers she has telekinetic powers and feels empowered to use them on those who terrorized her. This film concentrates on the struggles Carrie endures. She was bullied, abused, and tormented. All she wanted to have was a normal life.

Carrie’s mother is a major source of her problems. The mother believes that Carrie is sinning due to these desires and tries to keep her from the real world by abusing her mentally and physically.

Some viewers will want to compare the remake to the original. The two films have different demographics. Both actresses do a phenomenal job playing their roles, but the remake film lacks originality.

Viewer Rory Oliva said, “It was a good movie and pretty brutal, but I feel like it was exactly like the original and nothing new was brought into it.”

Director Kimberly Pierce did an effective job portraying bullying, however some viewers have expressed that the movie simply was not scary enough.

The effects in this movie were great and very elaborate. This was definitely a step up from the original. The blood actually looks realistic, and the telekinetic effects are more advanced and believable.

For example, when Carrie is practicing her powers for the first time, the moving objects are all in sync with each other giving it a more realistic view.

Between the telekinetic scenes and the very loud, spine-chilling screams throughout the movie, It is a really sound heavy film. The booming sound effects really engages you along with the never failing suspenseful music that gets you squirming in your seat, waiting for what will happen next.

Not only is this a fright flick, but it also makes your heart break for Carrie and makes it a relatable film, engaging you in the story.

This movie gives the audience an unbearable tension and a devastating impact.

A round of applause goes out to the cast and crew for making a successful remake and for its bold performances in this very merciful, yet disturbing horror film.
Halloween is right around the corner and CSUSB students are busting out the popcorn and watching their favorite horror flicks. From black and white classics to modern day slashers no horror is left unturned.

"Freddy draws on the fear of his victims. He finds what makes them tick and uses it against them," said Communications student Donald Nunez. Nunez, enjoys cult horror films like Wes Craven’s, “A Nightmare on Elm Street.”

“The Nightmare on Elm Street,” franchise has nine film installations revolving around the vengeful spirit Freddy Krueger who attacks his victims in their sleep.

Jackie Martinez is a fan of everything Alfred Hitchcock. “Psycho,” is set in the middle of no where at the rundown Bates Hotel where an unsuspecting women ventures in on a stormy night and meets the friendly on-site manager, Norman, who turns out to be far more sinister than first perceived.

“Psycho,” is a thrilling tale which may change your perspective on showering.

“Psycho,” is by far Jackie Martinez favorite horror movie out there. “Obviously the original 1960’s version is the best,” said Martinez. “The music is so chilling and you are on the edge the whole way through.”

The movie “IT,” is a coming of age story mixed with a killer clown who comes back every 30 years to claim children of the quite town of Derry.

If clowns make you weak in the knees “IT,” will probably not help your coulrophobia but if you have two hours to kill “IT,” will not disappoint. Theresa McClung finds Stephen King’s “IT,” to be a horror must see.

“I can’t look Pennywise, the clown in the face,” said McClung. “The scene where he is in the drain still freaks me out.”

“IT,” features a group of five friends who take a weekend trip to cabin deep in the mountains.

“They soon discover the truth behind the cabin and terrors it holds. ‘Cabin in the Woods,’ takes the predictability of horror films and manipulates it into a whole new beast, reinventing the constraints that sometimes limit this genre. Whatever it is you decided on watching to get in the Halloween spirit remember to keep it spooky!”

By MARY MORENO
Staff Writer
Off the court: Danielle Newcombe

Star player tells all on how she fell in love with volleyball

By INNO SITA & SHANE BURRELL
Staff Writer & Asst. Sports Editor

Coyote volleyball gives great thanks to senior Danielle Newcombe, who plays as our team’s outside hitter. Newcombe has given the assist to the team’s fantastic record this season, and with perfect timing as she is getting ready to say her final goodbyes come graduation.

The volleyball star has been with the Coyotes since her freshman year, showing that with perseverance you can achieve greatness.

She describes her first experience with volleyball similar to falling in love: “I fell in love with the sport for the first time when I stepped on the court. I just knew it was something I wanted to do, so without hesitating I just went for it,” said Newcombe.

Newcombe has had great experiences on and off of the court. She described some of her favorite moments as breathtaking and challenging.

“Even though the game was rough, I can’t quite explain the feeling I had when I looked around to see how many people were there and to hear them all cheering for our team, that’s pretty special,” said Newcombe.

Her greatest moments off the court comes when friends and family tell Newcombe of her best qualities. She reflects on the traits that they describe her as, “determined, outgoing, and reliable,” said Newcombe.

However, Newcombe does not take all of the credit for her attributes. She explains that her mother is a great influence in her life, and while she is present to show her support, she is also there to help support her.

“My mother is definitely my role model, because she constantly pushes me and makes sure that I don’t give up too soon. She has always been there to support me and I thank her for that,” said Newcombe.

Although Newcombe tries her best to stay focused on and off of the court, she does have a small weakness. “My emotions tend to run a little wild. I sometimes let my emotions get in the way and they end up controlling me, so I always try my best to stay away from that,” said Newcombe.

Newcombe has big aspirations for her talents, “I would like to go overseas and play professionally. After that, I want to personal train and change some lives with the talents I have,” said Newcombe.

As Newcombe gets ready to say goodbye to her friends and teammates, she has some words of wisdom for the players that are soon to come. She says to never lose your love for a sport, even though it is tough being a student athlete in college, but the love of the sport is what makes it worthwhile.

Newcombe carries on with advice to student athletes, “It can be stressful and overwhelming, but nothing can keep you from being successful. Love and some determination will take you places, guaranteed,” said Newcombe.
The 25th ranked Coyotes suffered a 1-0 defeat to the hands of the 22nd ranked Sonoma State Seawolves. Freshmen Kiana Quarles, Susan Ibarra, and Jessica Koch had the only three shots on goal for the Coyotes during Sunday’s game. Sonoma State’s Taylor Enzler scored in the 86th minute to give her team the victory. Sonoma State improved to 9-2-3 as they out-shot the Coyotes 17-6.

Quarles’ shot came two minutes into the game. However, it was stopped by Sonoma goalkeeper Allison Hadidian.

“I think our team played well. We were prepared for a challenge and we fought through the entire game. Toward the end we just got unlucky. Although it’s disappointing to lose 1-0 in the last three minutes. It’s great to see how far we have come this season,” said Jones.

The Coyotes fell to 9-4-2 overall and 7-3-2 in the CCAA South. They now find themselves ranked 7th inaugural in the NCAA West Region poll that was announced Wednesday. At the beginning of the season the Coyotes suffered a 5-1 defeat to the top ranked Stanislaus Warriors.

“Stanislaus is a very similar team to Sonoma and knowing that we could have beat Sonoma is encouraging as we finish our season. We have come a long way since the season started,” said Jones

Head Coach Travis Clarke has placed an emphasis on consistency throughout his five years in charge of coaching. Furthermore, the Coyotes are now guaranteed at least a nine-win season for the sixth year straight, a first in the history of the program.

“Consistency with recruiting every single year has really helped us, being a winning team every year has enticed players to strive to play for our team,” Clarke said.

From the head coach to the players, everyone is staying on the right track.

“The main way we are staying focused is paying attention to the details. Having urgency at practice and ignoring the distractions of partying especially during Halloween season,” said Jones

The loss came after a 4-1 victory over Humboldt State University. The Coyotes have not lost two games in a row all season and they will try to keep it that way with two games left on the schedule.

“Our main goal is to take it one game at a time, even one half at a time, all I’m focused on right now is the next game. We can’t look too far away,” said Jones.

The Coyotes look to regroup, finishing the season at home versus Chico State University. Their final game of the regular season comes on the road against San Francisco State University on Sunday, Nov. 3.

With only two final games remaining, come support the team as they have a home game advantage and wish them luck on their last and final game on the road.

By GREG AVETISYAN
Staff Writer

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DisAbility Sports event celebrates its seventh annual year at CSUSB proving that nothing can stand in the way

By MIKE SESSIONS
Staff Writer

Every year CSUSB hosts the DisAbility Sports Festival to help raise awareness of numerous physical activities for those that are disabled.

This year proved to be another successful event, bringing in hundreds of attendees to participate and join in on one of the more underrated sporting events in the world.

It all started with a dream from Director Aaron Moffett, who envisioned creating such an event that would bring those with all sorts of disabilities together everywhere.

“I used to coach a kid that had a disability,” said Moffett. “He didn’t seem to fit in anywhere other than in sport […] and he seemed normal. That’s one reason we decided to go ahead and create the DisAbility Sports Festival.”

The festival features various sports, from basketball to soccer, rugby, baseball, etc. The event allowed some of the volunteers to participate in the games, allowing them to view activities from a different perspective.

Valerie Barragan, vice president of Lambda Theta Alpha Sorority, Inc., was one of the many volunteers who helped make the event such a success.

“Every year I look forward to the DisAbility Sports Festival because it’s great for my sisters. We come together and put a smile on our community.”

Valerie Barragan
Vice president of Lambda Theta Alpha Sorority

Moffett reflects, “This past summer we did one in New Jersey, and we’re also scheduled for the second annual out in Coachella Valley.”

A great number of companies came to help sponsor the event and show their support, such as The Amputee Connection of Redlands & Corona/Riverside, Molina Healthcare, the Inland Empire Health Plan and others. Molina Healthcare even brought out their huge cat mascot, Dr. Cleo, to interact with the kids and take pictures.

“A lot of the different sponsors, they do a great job of just supporting the idea and saying this is a fantastic idea, how can we help you, and that’s really what it’s all about and why we’ve been so successful, because of the sponsors,” said Moffett.

The DisAbility Sports Festival was a great experience for those that came to CSUSB and supported, or even those that didn’t know what it was about beforehand. With all of the plans of expanding the festival across the nation, or even internationally, there are more lives to change in the coming years.

And it all starts right now.

Nothing can hold them back

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The DisAbility Sports Festival was a great experience for those that came to CSUSB and supported, or even those that didn’t know what it was about beforehand. With all of the plans of expanding the festival across the nation, or even internationally, there are more lives to change in the coming years.

And it all starts right now.

Nothing can hold them back

By MIKE SESSIONS
Staff Writer

DisAbility Sports event celebrates its seventh annual year at CSUSB proving that nothing can stand in the way

Every year CSUSB hosts the DisAbility Sports Festival to help raise awareness of numerous physical activities for those that are disabled.

This year proved to be another successful event, bringing in hundreds of attendees to participate and join in on one of the more underrated sporting events in the world.

It all started with a dream from Director Aaron Moffett, who envisioned creating such an event that would bring those with all sorts of disabilities together everywhere.

“I used to coach a kid that had a disability,” said Moffett. “He didn’t seem to fit in anywhere other than in sport […] and he seemed normal. That’s one reason we decided to go ahead and create the DisAbility Sports Festival.”

The festival features various sports, from basketball to soccer, rugby, baseball, etc. The event allowed some of the volunteers to participate in the games, allowing them to view activities from a different perspective.

Valerie Barragan, vice president of Lambda Theta Alpha Sorority, Inc., was one of the many volunteers who helped make the event such a success.

“Every year I look forward to the DisAbility Sports Festival because it’s great for my sisters. We come together and put a smile on our community.”

Valerie Barragan
Vice president of Lambda Theta Alpha Sorority

Moffett reflects, “This past summer we did one in New Jersey, and we’re also scheduled for the second annual out in Coachella Valley.”

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