Groundbreaking device challenges brain

By CLARISSA TOLL
Staff Writer

Yeung Lee, placed a headset on and watched as her brain waves danced on the screen.

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.

While testing out these programs, participants had to wear specialized headsets with a censor resting on the individuals forehead designed to monitor brain waves.

These programs are designed to test relaxation skills as well as concentration.

In the first program, participants were asked to concentrate 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

Educator’s tenure security

By MARION GIL
Staff Writer

CSU professors receive tenure for reasons that may not be apparent to students despite their role in the process.

Tenure is essentially a permanent contract for teachers and professors, and while it does not include a pay raise it ensures that an educator’s position can not be

Lecture or seminars, which do you prefer?

RA plans a hot stepping event for residents!

Tis the season to watch classic horror films!

Meet volleyball star, Danielle Newcombe!

Coyote Chronicle
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.

Governor Brown proposed giving California’s public colleges and universities more money for the 2013-2014 school year.

The demand for online classes has since then grown.

CSUSB currently offers 72 online classes this Fall and are on the rise.

Students often drive to campus to take just one class, If this class was offered online, students could save gas by doing the work from home.

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 home, 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.

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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 to be the United States government lost during the shutdown according Standard and Poors, an economist group based in New York.

The reason said that the shutdown caused it to cut its forecast of gross domestic product growth in the fourth quarter about 0.6 percentage points, lowering the gross GDP growth to 2.3%.

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

The breakdown of some of the economic 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. area, according to Time magazine.

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

Cruz believes that his own party acquiesced 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 military families had to go without many of their services needed, such as childcare.

The government being 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 confident in making big purchases this holiday season.

Standard & Poors stated, “If people are afraid that the government policy brinkmanship will resurface again, and with the risk of another shutdown or worse, they’ll remain afraid to open up their checkbooks,” said the agency.

CSUSB students also felt that the shutdown was unnecessary.

Alme Villalpando, 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,” said Villalpando.

“I already had my reservations about the government but for those that are not I feel like it might have been a shocker to see how petty and superficial our government can be,” said Villalpando.

Shaday Qasem a senior at CSUSB thought that no progress was made during these three weeks.

“I’m not surprised that the government would do this, but what I’m surprised about was how anti-climactic it all was,” said Qasem.

“I feel like we are in the same place as we were previously and with this signing only lasting until Jan. I won’t be surprised if we see this play out the exact same way,” said Qasem.

Reuters financial blogger Felix Salmón, in an interview with On The Media’s Bob Garfield mentioned that although the media portrayed that we dodged a bullet, the government really did not achieve much.

“In a very real sense, the government is in default on its obligations. They haven’t solved the problem but pushed it to a later date,” said Salmon.

Dr. Eric Nilsson a professor of economics at CSUSB said that congress has other important issues to address as well.

“The U.S. is not doing well economically—unemployment is still far too high, poverty rates have been higher than they were in decades, and wages are stagnating,” said Nilsson.

Unemployment rising in youth

By TORILYNN QUALLS
Staff Writer

Unemployment continues to rise for the Washington area as a result of the government shutdown.

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

The government shutdown has lost $3.1 billion in government services and $74 million due to the national parks closure.

The rising youth unemployment has increased by 18.2 percent in the month of September versus the 18.0 percent that were expected.

New government projects three of the 30 occupations with the largest projected number of job openings by 2020 will require a bachelor’s degree or higher to fill the position; the remainder will likely require a high school diploma at most, according to USA Today.

Some critics blame the recent implementation of Obamacare for the lack of jobs for youth.

“Obamacare’s provisions are putting mandates, taxes, and requirements on small businesses that are preventing them from hiring young workers,” Evan Feinberg, president of Generation Opportunity, told Red Alert Politics.

“This job report shows that Obamacare and other ‘solutions’ coming from Washington are scaring off employers 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 generation’s ill准备好ness (young people not in school or employed) and loss of hope in actually getting a job that is causing these big unemployment 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 have all over 100,000 idle youth.

“The Millenial Job Report,” stated that the declining labor force participation rate has created an additional 1.8 million young adults that are not counted as “unemployed” by the U.S. Department of Labor 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,” Charlie Mangardi told the Huffington Post.

Andrew Sum, director of the Center for Labor Market Studies at Northeastern University, told USA Today many people with a bachelor’s degree face a double-edged sword of rising tuition and poor job outcomes.

“We’re failing kids coming out of college,” said Sum.

He emphasized that, a college major can make all the difference for a job.

“We’re going to need a lot better job growth and connections to the labor market, otherwise college debt will grow.”

An attempt at dealing with idle youth is this “Year Up” program, a one-year, intensive training program that provides low-income young adults (ages 18 to 24), with a combination of hands-on skill development, college credits, and corporate internship.

Programs like “Year Up,” located on the East Coast and in San Francisco, help young people develop the technical and professional skills necessary to land higher paying jobs.

Student Jeyson Duarte said, “Not enough ‘baby boomers’ are able to claim retirement and leave their job positions, which results in no new job openings for young people.”

Adults aged 65 and over are not collecting their retirement, because they do not have the sufficient funds to support a retired life reported the US News.

The rising youth unemployment has left many young adults unsure about their future.

Professor tenure clarification

Continued from Pg. 1

faculty and staff.

Provost Andrew Bodman and vice president of the university issues factors that result in having the final decision.

The evaluation focuses on a professor’s teaching, research, and service to both the community and students.

“I believe that the best teachers are those who push students, who teach them how to learn not what to learn and are happy when they reach a higher level than they,” said Ali Miremadi, CSUSB lecturer in Persian.

Evaluations of a professor’s performance continue even after they are granted tenure. While it is more difficult to let go of a professor who has already proven their ability and dedication, there are policies already in place that allow the university to remove a professor despite a permanent contract.

Despite the ongoing belief that tenured educators simply stop caring, many believe that educators do work hard for it and keep the students’ best interests at heart.

“The honest truth is that the faculty work really hard to serve students,” said Daniel Stewart, a full-time lecturer at CSUSB. “Our doors are open most of the time and I definitely believe that student learning comes first.”

Student Kevin Schaeffer said that teachers, “work hard and they’ve earned it.”

While professors do not work constant 9 to 5 schedules like high school teachers, they’re constantly studying new teaching methods, serving on committees, and balance other responsibilities that are not apparent to students, but benefit them in the long run.

Some people will continue to believe that educators simply abuse tenure, but CSU policies continue to ensure that only professors with the students’ best intentions in mind receive tenure.

“The best teachers are those who push students,” said Ali Miremadi, CSUSB lecturer in Persian, “who teach them how to learn not what to learn, and are happy when they reach a higher level than they.”
Unfriendly business hurts California

By BRENDA SERVIN
Staff Writer

California was ranked 48th 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 at CSUSB specializes in the fields of econometrics, labor economics, political economy, and economics and philosophy.

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, said Professor Nilsson.

“Out-of-state or multi-state companies that chose the Three-Factor Formula benefited from the fact they had little or no properties within the state. Both the Three-Factor Formula and Single-Sales Factor systems allowed for corporations to pay less in corporate income taxes.”

According to Fordham Corporate Law, Proposition 39 “requires out-of-state businesses to calculate their California income tax liability based on the percentage of their sales in California.”

In addition, Proposition 39 will increase revenue that will be used toward projects that will create clean and energy efficient jobs.

CSUSB student, Evelyn Romero said, “It was a good decision to replace the Single-Sales Factor and Three-Factor Formulas with Proposition 39 so companies don’t take advantage of the CA market place.”

One advantage of having high-end income tax rates is that states have the opportunity to close budget gaps with 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

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 a few months of the treatment was able to stay in a relaxed state, increase his concentration, and focus his attention.

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

These sessions are administered by trained Clinicians and are available to all Inland Empire residents. When asked if she would return to further train her concentration, Lee said, “Sure, if I need it.”

This is a non-evasive treatment and is safe for clients from ages 5 to 95 said McReynolds.

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 create.

If you would like more information on Neurofeedback, contact Dr. Connie McReynolds by phone at (909) 537-5681 or by e-mail at Theinstitute@csusb.edu.
**Opinions**

**Pick seminars over lectures**

By KATERINA McCAULEY

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

If a lecture class or a seminar class doesn’t support your learning style, you could be treading 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 for is 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 brings 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 Artour 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 versus 160,” said Aslanian.

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

**Halloween costumes have no age limit**

By MARIA PERRY

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?

Many students I interviewed still dressed up, but some students, such as Jasmine Magee, Ricardo Ramirez, and Adam Ghossein either thought it pointless to spend money on an outfit that would be worn only once a year or were not raised in a culture that celebrated Halloween.

The following students share their similar views.

“As I’ve gotten older, I don’t really dress up anymore,” said Magee.

“If I don’t see the point of spending money I don’t have on a costume I’m only going to wear for one night,” continued Magee.

“I dress up for Halloween sometimes but just a mask that I already have I don’t like wasting money on a costume that I am only going to use once a year,” said Ramirez.

“No, I never dressed up for Halloween when I was growing up mostly because I was overseas and they didn’t celebrate Halloween,” said Ghossein.

“So I am not used to dressing up for Halloween. I am against it though.”

Most students interviewed also agreed there was no age limit to dressing up for Halloween.

Just because a person has no age limit on dressing up, doesn’t mean there isn’t an age limit on trick-or-treating.

“I don’t think that there is an age limit for dressing up,” said Ramirez. “There’s costumes for all ages who else is going to where those revealing outfits. When it comes to trick-or-treating now that is a different story. Trick-or-treaters should have an age limit of 14 since that is when most start high school.”

There is a difference between dressing up and trick-or-treating because while a person may never get too old to dress up, they can get too old to go from door to door asking for candy.

“Nobody over 10 years old should ever go trick-or-treating,” said Steve Perry, an AP English teacher at Beaumont High School.

“It’s just not cute to have teenagers or adults come to your door begging for stuff.”

Ghossein, who was partial about the trick-or-treating age limit said, “Trick-or-treating is mostly a kid’s activity. Trick-or-treating is a community activity where kids can go from house to house. An adult doing this is like an adult going into a bouncy house for six-year-olds.”

It is simply odd to see two completely different age groups together because a lot of small children won’t understand that the guy dressed up as a bald guy with the beard is portray- ing Walter White.

Student Tyler Nguyen thinks differently. “It might be a little weird to see an 80 years old knocking at your door asking for candy, but I’d also give him more candy as a kudos for all the effort he put into it.”

I think the difficulty is that as we get older dressing up for Halloween becomes more of a social function.

No matter what, one thing stays the same, Halloween is a fun holiday no matter the age.
Confession: I have no school spirit

**BY ANDY QUINTANA**

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.

“Pushing for positive changes at the university and abroad.

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 left out 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 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 commences.

Advice is a useful resource to get your classes on track

**By KATERINA MCCAULEY**

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 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 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.

“It’s also better to talk to advisors in your field and knowing who they are so you can get a personal rapport with them.”

Student Andrew Enriquez has also benefited from advisors on campus.

“Advisors are pretty helpful. It’s helped me to organize my classes. I’ve been twice before, but I’m not planning on doing it this quarter.”

Nailea Fabiola Ayala, a transfer student from Riverside Community College, agrees that advising is helpful.

“I got help with my major’s advisor; they’re great. As a transfer student, I definitely would have been lost on my own.”

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.

The Red Sox kick off the World Series with the first win but Cardinals came back with a win in game two.

According to boston.com, “The Red Sox Way has been to wait for the opponent to shoot themselves in the foot again for winter quarter.”

With many more games left to play in the series the Red Sox must pull it together if they want to take home the win.


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**Weekly Chuckle**

Red Sox game plan for World Series

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Weekly Chuckle

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“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.

“It’s also better to talk to advisors in your field and knowing who they are so you can get a personal rapport with them.”

Student Andrew Enriquez has also benefited from advisors on campus.

“Advisors are pretty helpful. It’s helped me to organize my classes. I’ve been twice before, but I’m not planning on doing it this quarter.”

Nailea Fabiola Ayala, a transfer student from Riverside Community College, agrees that advising is helpful.

“I got help with my major’s advisor; they’re great. As a transfer student, I definitely would have been lost on my own.”

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.

The Red Sox kick off the World Series with the first win but Cardinals came back with a win in game two.

According to boston.com, “The Red Sox Way has been to wait for the opponent to shoot themselves in the foot again for winter quarter.”

With many more games left to play in the series the Red Sox must pull it together if they want to take home the win.


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**Weekly Chuckle**

Red Sox game plan for World Series

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Weekly Chuckle

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Advising is a useful resource to get your classes on track

**By KATERINA MCCAULEY**

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 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 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.”

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“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 support the local Susan G. Komen foundation 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 to 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

The Start it Up Club and Toastmasters clubs on campus give students a way to interact with others, while obtaining a variety of skills to put on their resumes. Members are able to learn proper public speaking, networking and organizational skills.

“Leadership clubs help students land jobs because we want to build leaders, teamwork experience and help students foster their ideas into an actual creation with the team work 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.

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.

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 all 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 1,” 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 ever before with 25.3 percent of students being adversely affected in their academics due to rising levels of stress.

Each event that is organized has to have the central theme to achieve the goal of building community.

According to Slocumb, country line dancing isn’t just fun; it is also social 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 break 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 even 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 upcoming events, you can contact an RA or any Serrano Village building or you can even attend one of the Village Council meetings.
DIY: Easy, fun and inexpensive 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 $7.99.

For guys, dressing up like Bart Simpson instead of spending money on Halloween face paint, try incorporating only $7.99.

If you need any further inspiration for a costume, check out a tutorial on YouTube that will show you step by step.

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

By ABIGAIL TEJADA
A&E Editor

Whether it be with your friends, family or on your own, D.I.Y. projects are a great way to stay entertained and create useful items for nearly no cost.

For my D.I.Y. project I made a replica of the Tie Ball Tee listed for $76 on the online store Karmaloop designed by UNIF. It cost me no more than $25 and a little time.

UNIF is a fairly popular label found on websites such as NastyGyal and Karmaloop, the only downside is that most of their items are over $50.

The tie-dye shirt is a timeless staple piece to anyone’s wardrobe. Add a graphic design to it and it is spectacular.

“Most tie-dye shirts are both colorful and look cool,” said student Duayne Sayre. “I would definitely buy a tie-dye shirt.”

With a graphic design image on the tie-dye shirt, it may range anywhere around $30-$76.

I don’t know about you, but that is a little pricey for my budget. Student Monica Mojarro loves the idea of this type of shirt but when she was informed about the cost she said, “Heck no! That is not worth $76!”

Luckily for you, I have a way to recreate this look.

All you need is one iron-on transparent paper, a few rubber bands clothing dye, a white T-shirt, plastic gloves and a plastic bag. All of these items that can purchased at Wal-Mart.

The tie-dye kit came with rubber bands, plastic gloves, and rubber bands and that itself was $9.97. The iron on transfer paper was $9.32 and the white T-shirt was $3.97.

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Katy Perry Roars

Pop star releases new album and shines on stage

By SHELBY GONZALES
Staff Writer

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 not letting anybody hold you down. Bringing the evening to a close she welcomed out all of the ladies who lent their voices to the cause. 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 spiked 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

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.

Viewers will want to compare the remake to the original. The two films have different demographics.

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 engage 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.

New take on classic film moves horror junkies

By ALYSSA GRADIAS
Staff Writer

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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.

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Viewers will want to compare the remake to the original. The two films have different demographics.

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 engage 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 instalations 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.”

“The Orphanage,” tells the story of a family who moves from the city into an old house, previously an orphanage for disabled children.

Soon after they move in they began to notice strange occurrences within the house and their young son makes a new friend. A friend that no one can see. This film has a strong plot and what it lacks in violence and gore it makes up in mystery and suspense.

“The Orphanage,” a Spanish foreign film made by the people who created “Pan’s Labyrinth,” is Christopher Maker’s film of choice.

“The story is so complex and has a million twists,” said Maker. “When everything comes together it just messes with your mind.”

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Joss Whedon fan, Elliot Almanza rejoices over “The Cabin in the Woods.”

“The writing is witty and smart,” said Almanza. “It pays homage to great classic horror films while keeping true to the traditional themes of saving the virgin and killing off the idiots.”

“The Cabin in the Woods,” 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.

Newcombe’s 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.

“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 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

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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.

“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.”

A very important reason of what brings so many people every year is that the festival does not discriminate anyone and completely open to everyone regardless of a disability.

“It’s a lot of work, it takes us all year to create this event and we want to make sure that it is completely open to all people with any disability,” said Moffett.

“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.”

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Nothing can hold them back

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