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CSUSB

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Campus victims of sexual violence

Male and females are subjects of sexual crime. Between the ages of 18 and 25, one in four women and one in eight men are likely to be victims of sexual crimes.

According to The Center for Public Integrity, fewer than 1 in 20 completed and attempted rapes against college women are reported.

Candy Stallings, Executive Director for the San Bernardino County Sexual Assault Services (CSAS) described in an e-mail why the victims are more inclined to keep quiet about what they have been through as opposed to telling anyone.

“People are afraid of being blamed because of the stigma and societal norms that have been indoctrinated in us,” said Stallings.

The SBAS responds to reports of sexual assault 35 to 40 times a month. This has been a national issue, and many students are starting to take legal action.

According to Al Jazeera, current students and alumni at Occidental College, a private university in Los Angeles along with high profile attorney Gloria Allred, threatened the University with a civil lawsuit with accusations that the university had mishandled previous sexual assault and rape cases.

“The person who raped me had been indoctrinated in us,” said Stallings.

According to the Daily Bulletin, university police already hold active-shooter training using Airsoft guns around campus.

“Having the simulator will make officers even more prepared for a real shooting,” said Brown.

CSUSB Police Chief Jimmie Brown told the Daily Bulletin, “I want the community to know our officers are trained to handle certain situations.”

Student Mary Murillo said, “It makes me feel more comfortable at school knowing that the on-campus police department has taken these extra training measures to ensure student safety at school.”

The simulator is manufactured by Ti Training which specializes in custom shooting simulators.

“Having the simulator will make officers even more prepared for a real shooting,” said Brown.
The coalition of congressmen have introduced anti-government surveillance legislation. This is in response to months of reports on the National Security Agency’s unlawful spying on citizens, according to a press release from the Young Americans For Liberty (YAL).

"YAL seeks to identify, educate, train and mobilize students on the ideals of individual liberty and the U.S. Constitution," as stated on their press release.

The purpose of this legislation (USA Freedom Act) would be to reform the USA Patriot Act of 2001. The Patriot Act was constructed and passed in the wake of September 11, 2001. The original intent was to strengthen the country’s security on the domestic level.

It was also intended to provide more power to law enforcement agencies in order to seek out and stop terrorists. The Patriot Act has been controversial from day one and many feel that it infringes on the civil liberties of U.S. citizens while others believe that essentially gives the government too much power.

More specifically it is the right to privacy and the freedom from unreasonable searches and seizures. This is protected under the fourth amendment of the United States Constitution that concerns critics.

Another concern are the rights of due process and a trial by jury, protected by the fifth and sixth Amendments.

Critics feel that these amendments are infringed because witnesses and suspects of terrorism can be detained without lawyer access, hearings or any formal charges. On the other side, supporters feel it has been vital to many terrorist investigations since its implementation.

One main argument for supporters is that there has not been one terrorist attack on U.S. soil since September 11, 2001. In fact, according to the National Security Agency (NSA), dozens of terrorist plots have been stopped due to powers given by the Patriot Act.

The Patriot Act was supposed to expire in 2011, but was given a four-year extension when President Barack Obama signed the Patriot Sunsets Extension Act of 2011.

The extension only applied to three provisions of the initial act: Searches of business records, roving wiretaps, and conducting surveillance on individuals.

These extensions are not related to terrorist groups who are suspected of terrorist-related activities.

The new legislation was authored by Senator Patrick Leahy, Democrat, and House of Representatives member James Sensenbrenner, Republican, who were both original supporters when the Patriot Act was first adopted.

It is actually the second attempt to reform the Patriot Act, as earlier this year another amendment failed to pass in July by only 12 votes.

Continued on Pg. 4
New law will ban lead ammo in 2019

By CLARISSA TOLL
Staff Writer

Lead ammunition will be illegal in 2019. Governor Jerry Brown signed Assembly Bill 711 into law on Oct. 11, making California the first state to outlaw lead bullets for hunting purposes.

The legislation was pushed by the Humane Society of the United States and will be put into effect due to continued lead poisoning found in California wildlife.

The LA Zoo is currently treating 21 California Condors for lead poisoning. “Of course there are ulterior motives behind the bill. California wants to reduce the amount of gun-owning citizens and therefore continues to pass absurd bills that do not protect anyone or anything and only put burdens on gun owning citizens,” added Benzien.

The six-year span in between signing and implementation of legislation is due to the necessary time needed for manufacturers and programs to adhere to the new regulations, such as, expounding on the definition of armor piercing ammunition to better inform producers and consumers of the alternative products.

Further details on Assembly Bill 711 can be found at leginfo.legislature.ca.gov.

By YARA DEL RIO-DOMINGUEZ
Staff Writer

3-D printing is rapidly growing among many businesses throughout California, many of which include the medical device industry and aerospace companies.

CSUSB professor Kurt Collins said, “Many companies now are opting to use software such as Sketchup and Autopad to prototype their design for a cheaper price.”

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Revolutionary 3-D printer: Cool yet dangerous

By YARA DEL RIO-DOMINGUEZ
Staff Writer

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Kurt Collins
Graphic design professor

Many of these companies have gotten rid of their draft boards and converted using 3-D printers to produce their own blueprints first hand.

The process of making a 3-D object is simple, the printer extrudes a specific type of plastic, and it has to be a substrate that will melt making a solid model of any virtually an object shape from a digital model.

Companies are investing in 3-D printers to make rapid prototyping as it costs much less to print out a prototype in 3-D using plastic than sending a prototype out and having it made out of metal at a higher cost.

3-D printers have expanded from the professional industry to the homes of graphic designers for the low price of $1,200.
Nov. 5: China's pollution destroys surveillance

About 20 million cameras were installed on streets, public parks and elevators by the Chinese government as of January 2013, according to Quartz.
The Chinese government will focus their efforts on improving their surveillance system to work through the pollution to avoid the problem in the future instead of putting the effort into reducing the pollution.

“The government should be more worried about its country’s health than keeping an eye on everyone,” said student Erick Mendoza.

Nov. 6: Western black rhino extinct

The western black rhinoceros was declared extinct by the latest review of the International Union for Conservation of Nature (IUCN).
The last time a western black rhinoceros was spotted in the wild was in 2006.
If proper conservation methods had been applied extinction could have been prevented.
The IUCN reported that Africa’s northern white rhino and Asia’s Javan rhino could be next.

Nov. 6: Jellyfish boom

Huge increases in jellyfish populations around the world are leaving tourists stung and fish harmed according to CNN.
In Hawaii there have been times that 800 or 1,000 people have been stung in a day,” said Dr. Lisa-Ann Gershwin who recently published “Stung! On Jellyfish Blooms and the Future of the Ocean.”
A combination of low oxygen, overfishing, pollution and warming water has led to the rise in jellyfish populations.
According to Gimer, Korea developed JEROS robots specifically designed to find and shred high concentrations of jellyfish.

Nov. 6: New body part

A new ligament in the human knee was named the anterior cruciate ligament (ACL) injuries that are common in sports.
The candidates also had different methods they intended to employ to fix the city.
According to the LA Times, mayoral candidate Richard Castro claimed he could whip the city into shape like boys on a wrestling team while Rick Avila wanted to make it easier to expand the city and build new businesses.

“The whipping thing is kind of bizarre, but it seems like all the candidates have good ideas and I’m sure whoever gets elected will bring needed changes to the city,” said citizen Connor Nance.
The citizens of San Bernardino also have their opinions on what the top priority of the city officials should be.
“Jobs, jobs, jobs,” said Linda.
Ward members are assigned to specific sectors in the city corresponding with their area being raped and sexually assaulted at the university.

Nov. 8: U.S. Loses UNESCO voting rights

The United States lost its vote at the United Nations Organization for Education, Science and Culture (UNESCO) on Nov. 8, according to The New York Times.
The U.S. stopped financial contribution to the organization in 2011.
Any country that does not pay its dues for two years loses its right to vote in the general assembly under UNESCO’s constitution.

CCBriefs:

By BRENDA SERVIN

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T.J. Maxx store opens in SB

T.J. Maxx recently opened a store in San Bernardino, bringing the struggling city and its residents new job opportunities.
The store held its grand opening last Sunday, Nov. 3. The store brings 60 full and part-time jobs to the city and its residents.
San Bernardino declared bankruptcy last year, has lost many major employers.

“Many residents and owners of other San Bernardino businesses are hoping the opening of T.J. Maxx in the area will be a signal to potential businesses that San Bernardino is recovering and has again become a viable place to open a business.”

“I believe that T.J. Maxx should advertise more to make others aware that they are in fact hiring,” said student Kassandra Garcia. Other residents are just glad San Bernardino is showing signs of recovery.

Opening the store in San Bernardino also means that residents will not have to travel to other cities and counties to go shopping and residents can instead stay local and spend money that circulates into and affects the city.

“I used to have to drive here and there and over there and all the way to Neverland to find a decent place to shop. With the opening of T.J. Maxx I can stay local while I shop for my family,” said one San Bernardino resident.
The store is located at 270 E. 40th Street, San Bernardino.

Unreported sexual violence on campus

Yet he will be allowed to come back to Oxy in the fall,” said student Carly Mee said in a news conference led by Allred.

“They are simply tired of seeing women being raped and sexually assaulted at the university while the administration shows deliberate indifference,” said Allred.

On Monday Oct. 23, seven current and former students from the University of Connecticut also filed a lawsuit under Title IX of the Civil Rights Act, alleging that the university failed to protect against sexual assault on campus and to respond adequately after they reported attacks, according to Aljazeera.

Title IX ensures that institutions that receive federal funding must ensure that both men and women have equal access to education and must be free of sexual discrimination.

Many Universities have admitted that they have failed following regulations to protect students and are unaware on how to follow proper protocol.
Due to universities lack of regulation, recent studies have indicated that many of the offended were not suspended and were not notified to the university.

“The person who raped me had been found responsible for raping three women, yet he will be allowed to come back to Oxy in the fall.”

Carly Mee
Occidental College Student

allowed to continue attending the University.

According to The Center for Public Integrity, Reed College changed its policies by having the students, faculty, and administration sign a petition for change.

According to national public radio (NPR) and the Center of Public Integrity, only 10-25 percent of male college rapists were expelled.

CSUSB is known as a commuter school however there are students who do live on campus and are should be aware of what resources the university has.

CSUSB has a committee known as the sexual assault response team known as the SART, whose mission statement reads, “the team’s mission is to provide a proactive response to campus sexual assault issues and to ensure that everything reasonably possible is and will continue to be done to prevent and respond to sexual assaults on campus.”

The San Bernardino County Sexual Assault Services has a 24/7 hot-line which offers free short and long term counseling.
The number is (909) 227-6901 and their website is sbas.gov.
Commons provides healthier food options

By MARIA PERRY
Staff Writer

Limited food options at CSUSB should make students think twice about what kind of nourishment they need to be consuming.

The two main on-campus food locations are the Student Union and the Commons.

I think the Commons provides more healthier food option than the Student Union.

While it may still serve a lot of greasy food, the Commons at least gives people the choice between eating healthy or eating junk food. The food is prepared right after you order, making it fresher.

The Student Union has mostly fast food places while the Commons has different stations where students can get food.

In our hectic and often rushed schedule, we tend to go for what is fast and affordable.

We tend to buy food that we find most satisfying, in taste, quality and desire. Sometimes we are influenced by where our friends tend to congregate.

When asked how he decides where to eat, student Luis Muñoz said, “In the Student Union because I like that they have more of a variety of food. The Commons just becomes too crowded and I don’t know that many people in the Commons, while I know more people in the Student Union.”

When asked whether the Commons or the Student Union had healthier food, Muñoz said, “I would definitely have to say the Commons. They have more access to vegetables and fruits while the Student Union has more greasy Junk food.”

Student Eloy Carlin uses a different method when it comes to choosing where to eat.

“I don’t really look at the healthiness, I just look at the quality of the food. If it tastes good, I eat it,” said Carlin.

Julian Szutu, when asked about which is healthier was indifferent to both locations.

“The Commons because everything is freshly made,” said Szutu.

“In reality, it’s all fast food here, minus the fruit stand outside.”

The Student Union still has healthy options such as Subversions, a sandwich place, and the Coyote Market, a snack store which allows the students a little more choice. Although it still has mostly junk food.

These places give the students more freedom in deciding what they eat and how their food is prepared.

Only downside about the Commons is a large number of people wait in line, sometimes it takes a while for your order to be taken and food prepared.

While one venue may be healthier than the other, they both still need some improvements.

John Shipley and Luis Muñoz both recommended vegetarian or vegan food places for those that are vegetarian, vegan, or just want to have a healthier diet.

Most of the people I interviewed also asked for more diverse food places such as authentic Mexican, Chinese, or Vietnamese food.

At the end of the day it all comes down to our eating decisions and what we put into our bodies, even though the school provides us with limited options, they have not limited our ability to choose.

Student Union trumps Pfau Library for studying

By KATERINA MCCALLEY
Staff Writer

Finding a good place to study for finals this quarter can be the difference between a passing or failing grade.

I love the upstairs of the Student Union to study.

It may seem loud and full of people in the main downstairs rooms and food areas, but the building is full of little corners to escape.

A good encouragement for studying in the student union for me is food and refreshments are never too far away. Which doesn’t require pulling yourself away from study mode to get a Starbucks or a bite to eat.

For me, the John M. Pfau Library is way too excluded to focus.

Every little noise I made seemed like a catastrophic avalanche.

Unzipping my backpack, plugging in my laptop and drinking water all seemed loud and annoying to the three other students around me.

While the Library has its attractive cubbyholes to study in, does the student union.

At the end of every hallway in both the downstairs and upstairs, there are couches, tables, chairs, plugs and varying levels of quietness.

Whenever someone comes to these spaces and disrupts the quiet by talking, I politely ask them to respect the space and if they are going to talk there are other places to go on the main floor.

I think students blow off the student union as a good place to study because of this problem.

If you can speak up when needed and find good corners the Student Union it can be the best place to study.

While I enjoy studying at the Student Union others name it the worst place to study on campus by three other students.

Students Mauricio Ayala Flores, Catherine Danh, and Christina Carino laughed when I told them people study in the Student Union.

“That’s crazy!” Said Carino. “I really need to be on my own when I study; even people walking by can be too distracting. All those little study areas in the third through fifth floor of the Pfau Library is the best place on campus to study.”

“SMSU is the worst because there is too many people in there,” said Flores, agreeing with Carino.

Mauricio Ayala Flores likes to study at the fifth floor of the library for, “its quiet cubbies and large windows that have an awesome view.”

Riley Booras likes to study in the Student Union but for different reasons than I. He studies on the main floor.

Booras being in the crowd of others student and uses his headphones to eliminate unwanted noises.

“Home is too comfortable and there’s too many excuses,” said Booras. “I like to separate work from comfort.”

Booras also recommended the Cross Cultural Center to study if stimulation is what you need.

Catherine Danh, said she likes to keep her relaxing space and her work space in two spheres, and she’s able to do that in the upper floors of the Pfau Library.

I save myself the headache and hunger when I study in the student union.

Though it’s not a good fit for everyone’s study habits, it’s worth a try to see if studying in a new place is the jump start you needed to get ahead.
Public security needs to carry weapons

Recent tragedy at LAX shooting calls need for guards to be armed

By ANDY QUINTANA
Staff Writer

Those who are designated to protect the public should be armed.

The recent incident at LAX that left one dead and several injured has now gotten people to think about having armed security agents.

The fact is that most hired security guards are there to protect you but most are completely unprepared for the unknown.

“I think that for the well being of the people, security should be given the means to protect the people from any unfortunate event,” said student Adam Ghossein.

“But I think before we arm security guards with a gun, they should be properly trained and licensed.”

It is not enough for security guards to be able to carry a firearm; they have to be prepared for any possible scenario.

According to the Wall Street Journal, when the Transportation Security Administration (TSA) was created in 2001, armed agents were posted at major U.S. airports.

Since then, agents were moved away from security checkpoints because it was seen as an ‘ineffective use of resources.’

I feel that some of the security guards should have the proper training in knowing how and when to use a weapon.

Student Kevin Schaefer specifies that any law enforcement employee should obtain a “basic level of training in order to carry and use a handgun.”

“I think people would feel safer if a security officer had a gun,” said Schaefer. “But then there’s always the risk that the same gun can be used against them.”

Some students have expressed that arming security guards would only lead to more problems and headaches, especially if the guards in question have not had proper training.

“As a son of someone who works in the TSA, I feel that issuing a weapon to all security officers would not be ideal,” said student Ervin Grieffs. “Maybe having certain armed officers present at check points could reduce risks, but issuing one to every guard could make people uncomfortable.”

“I don’t believe security guards should be armed because I do not feel they have the proper training to be equipped with a weapon,” said student Wendy Padron. “I personally wouldn’t feel safer because it might make an even bigger disaster.”

When I walk through LAX security check line I would feel more at peace knowing that there is a trained officer within a close radius of me.

Student Joy Dittermore agrees that all security guards should be armed and ready to defend the general public at a moment’s notice.

“Yes, I think all security guards should be armed,” said Dittermore. “Because you never know what’s going to happen and you need to make sure you’re protected.”

The incident at LAX was something none of us saw coming, and unfortunately, we cannot truly be ready if it does happen again.

Our security has to be on top of its game, because we are depending on them to be.

We want to be able to breathe a little easier whenever we are using public facilities, like LAX.

“I want to be able to walk into an airport, check in my luggage and look forward to reaching my destination without any fear,” said Padron.

A change must be made so that public places can one again be safe.
C

SUSB celebrated the 238th birthday of the Marine Corps on Nov. 1, where the Veterans Success Center coordinator Marci Daniels and student and Marine Reuben Porales organized an event honoring the Marines Corps. The Marine Corps was established on Nov. 10, 1775 and has since distinguished itself as one of the most prestigious military fighting organizations in modern history. At this time every year, Marines are called together to celebrate the accomplishments of the past as well as honor those who have served in the past. Porales said, “This is the second year we’ve had this event and it’s grown from the past year.” The birthday celebration brought together many different generations of Marines as well as members of other cores such as the Army and Navy. The Marine’s purpose is to be the nation’s rapid response force, here to protect the lives of the citizens. Daniels said, “The traditions of all branches are very important to us.” She continued, “It’s what makes us unique.” The atmosphere of the event was filled with both solemn respect and inspirational optimism looking ahead to the future for all Marines. Customary to every Marine Corps birthday celebration, is the message from the Commandant. This year a video was featured honoring the many Marines who have served, reflecting over their time spent with their fellow Marines in battle. The video inspired Marines to continue their proud tradition of bravery and discipline. A Marine is symbolized by their unique flexibility, resourcefulness and quick decision-making abilities. These traits are found throughout all their ranks. They are taught to improvise, adapt, overcome and never leave a fellow Marine behind. These traits were stressed throughout the night as many guest speakers emphasized these points during their speeches. Another tradition of the Marine Corps birthday celebration is the cutting of the cake and presentation of the first and second piece. The first piece is presented to the guest of honor and the second piece is given to the oldest member in attendance, then passed to the youngest member signifying the passing of knowledge and experience from the older generation to the younger. The event also honored many of those who passed away in service not just in the Marine Corps but in the other armed forces as well. The most significant way this was represented was with the table of the fallen. A table reserved to honor those who had died in service to the military. Daniels, a military veteran, found the dedication to all five branches very touching. She said, “Having all five branches represented and having the table of the fallen where we can all recognize each other is very special to me.” CSUSB proudly hosts many events honoring various branches of military services. This Veteran’s Day on Nov. 11, there will be a float representing Veterans in the Redlands Parade. On Nov. 12 the Student Recreational and Fitness Center will host a lunch for Veterans, and there are also plans in the works to honor the Veterans with an appreciation night during a basketball game. The many people who fight for our country deserve to be honored and respected, events like the Marine Corps birthday is a special way of doing it.
Jazz ensemble has students Bopping ‘n Hopping

By SUNG WI
Staff Writer

Jazz music rocked the Santos Manuel Student Union on Nov. 5, as the annual event known as Bop n’ Hop. The event was held by Dr. Robert Knop, CSUSB Jazz and Samba director.

Nearly 400 people attended and enjoyed the lively event. Attendees who arrived early could receive dance lessons at 6:30 p.m.

At 7:30 p.m., the live music started, led by Dr. Knop.

Students of the Music 391 class known as the CSUSB Jazz Ensemble played 10 swing music songs featuring vocals Denise Tillman.

The music was conducted by Dr. Knop. Kicking off the musical set with Band Stand Boogie written by Harry Milholow. Every visitor enjoyed the rhythms that the drums, trumpets and saxophones made. Even students who were visiting for class credit were entertained; they joined in and started dancing as soon as the music started playing.

Some of them danced to music, some clapped their hands and some even shouted out and cheered.

After a few songs, Dr. Knop brought up vocalist Tillman who received great applause from the audience for her performance. Music was swinging and the party had begun.

“I just love jazz,” said attendee Kenneth Tse as he tapped his foot to the music. “I also like dancing to Jazz. I wish I would’ve arrived earlier!”

After the last song, “Sing, Sing, Sing” by Louis Prima, visitors applauded in ovation and left the hall humming and swaying.

Dr. Knop commented afterward about the event, describing why there was such a huge turnout.

“People love Jazz because Jazz is American music,” said Dr. Knop.

“People like jazz because they like to feel the rhythm, and the performance of Jazz improvises. People tap and snap while listening jazz.”

He said that he held the event because he wanted to provide students with swing music in jazz form.

CSUSB Jazz Ensemble welcomes all students of all majors who are interested in performing with them.

If you are interested in joining the ensemble, contact Dr. Knop via e-mail rknop@csusb.edu or by calling (909) 537-5463.

More upcoming music events will be promoted on their CSUSB music Facebook page and also on the music department web page at music.csusb.edu.

Hungry students should head over to Highland bar

By COURTNEY MATA
Staff Writer

Craving some good food, but don’t want to have to take out another student loan to afford it?

Students on a budget should check out Sports Watch Bar and Grill (SWBG) located in Highland for some tasty yet decently priced food.

The restaurant is located 12 miles from campus off the 210 freeway and I think it is worth the drive.

With over 50 HD television sets on different channels, sport enthusiasts won’t miss a single play. There’s even a TV in the restroom too!

When it opened in 2011, SWBG wanted its main focus to be about sports; restroom too!

miss a single play. There’s even a TV in the different channels, sport enthusiasts won’t worth the drive.

The SWBG was created with the help of San Manuel and is located next to the Hampton Inn. Guests at the Hampton Inn are allowed a free shuttle to the casino and back.

It’s a guaranteed designated driver!

The bar encourages safe driving habits by offering the designated driver free fountain drinks or coffee beverages.

On Fridays and Saturdays the bar either has a live band or a DJ to entertain the guests, unless there is a major sporting event going on then the event gets priority.

On a recent trip to SWBG, another student and I were very pleased with our experience. The general manager even gave us a tour of the restaurant!

The restaurant offers many affordable specials for guests throughout the week.

The lunch special I had was $7.77 and I have no complaints about the food. It was both fresh and delicious.

The special included a choice of sandwich or burger with french fries, a variety of salads, fettuccine Alfredo or a teriyaki chicken bowl.

The lunch special is Monday through Friday from 11 a.m. to 4 p.m.

The SWBG has happy hour Monday through Wednesday, 3 p.m. to 6 p.m., Saturday from 1 p.m. to 5 p.m. and Friday from 3 p.m. to 7 p.m. It includes 69 cent wings and other drink specials.

Lastly, every third Thursday of the month SWBG hosts what they call “Thirsty Thursday,” where all Hangar 24 craft beers are only $1 to $1.50.

The average price for a meal was about $10 on the menu, which I think is a fair price.

The restaurant also has a moderately sized banquet room that can be reserved for meetings, private parties or special occasions.

Sports, food and drinks aside, SWBG said that they like to support the community by hosting fundraisers for schools around the area.

This is a great way to experience a good time, good food, great drinks all while helping raise money for local schools.

If you are craving some yummy food at a reasonable price, then you should grab a friend and head over to Sports Watch Bar and Grill.
Climate change is the reason for wildfire season

By KENNETH YOUNG

From San Bernardino to Sydney, wildfires are common in dry climates, but is climate change a contributing factor? There have been a number of brush fire incidents within San Bernardino County, including the Old Fire which occurred 10 years ago in the San Bernardino Mountains. Australia also experiences this problem as well, and in an article posted by ausopenunion.com, Staff Writer Ed Butler makes the claim that climate change can be seen as a contributing factor.

"Rising temperatures means more days of extreme brush fire weather," Butler wrote. "More brush fire weather means more brush fires."

These claims were made amidst Australia’s hottest October in history, where brush fires swept through Sydney’s western suburbs. Despite the evidence used to support his claims, not everyone accepts the link between climate change and the increase of brush fires. One of the biggest climate change skeptics is the recently elected leader of Australia. According to the Huffington Post, Australian Prime Minister Tony Abbott denied the link between climate change and brush fires, stating that it is “complete hogwash.”

In regards to the recent fires in Sydney, Abbott attributed them to the dry climate experienced through Australia’s summer season. “These fires are not a function of climate change they’re just a function of life in Australia,” Abbott said.

Wildfires are caused by hot, dry conditions. "Brush fires have always happened in Australia," Butler stated. "Climate change is making them worse."

Whether you believe in climate change being a contributor or not, the question is: What can be done to prevent them?

By DONTE MEDDER

Microsoft and Sony are once again slated to go head to head in the release of their new gaming systems, the Xbox One and PlayStation Four. The release of these gaming systems call upon a gamer’s allegiance to these two brands.

If you’re considering investing in either of these consoles upon release, let me give you the inside scoop on them.

The gaming systems have a lot in common and thanks to modifications in the policies, there are now positive similarities to the prior Xbox 360 and PlayStation Three.

The Xbox One was originally supposed to come with a completely new digital rights management policy in which gamers were required to connect to the internet once every 24 hours. Microsoft required connection to an online server to enable offline game-play.

Gamers saw this as a negative because internet servers have been known to crash and this would leave them unable to play during these times.

Feedback from Microsoft’s faithful buyers however got Microsoft to go back to the original Xbox 360 policy which allows gamers to play offline.

Sony and Microsoft have chosen to charge for multi-player this time around but only Microsoft will lock applications into its Xbox live subscription. Video content such as Hulu Plus, MLB TV and Netflix will not require a subscription to PlayStation Plus.

Consoles will have similar graphics because they both use the same advanced micro devices. Both companies have chosen to use a usual set up which links together both the central processing unit and the graphic processing unit into one complete unit.

Microsoft and Sony have chosen to keep their controllers relatively the same. The PlayStation Four Dual Shock controller is slightly bigger because of the touchpad added to this year’s edition.

Consoles have changed their appearance with PlayStation creating a more sleek look. The PlayStation Four is set to release Nov. 15 in the United States and the Xbox One is set to release Nov. 22 everywhere.

The cost for the PlayStation Four will be $399 excluding the PlayStation Four Eye camera, which will cost an additional $59. The Xbox One is set to release at a cost of $499 with the 1080p Kinect camera coming standard.

Sony is balking about Microsoft’s sales because they are releasing their product earlier than the PlayStation.

But Microsoft believes that the hype generated by a later single release date will help trump Sony’s sales. Both consoles have very faithful followers and most students are sticking by their choice of brands.

Student Jordan Burris plans on sticking with the Xbox even though the price has risen. He believes that both are the same as far as graphics, but he prefers Xbox online play.

Student Stephanie Villana has a preference for the PlayStation Four because she likes the games that release specifically with the PlayStation.

These game system titans have squared off before. The question is: Who will win this round of game console rivalry?
Indie band rocks sold out show

By MARY MORENO  Staff Writer

Finishing their fall tour in Southern California, the indie band Desaparecidos headlined the sold out show in Glasshouse in Pomona and the Henry Fonda theater in Hollywood.

The band is fronted by indie musician Conor Oberst from the band Bright Eyes and supported by Landon Hedges on bass guitar, Matt Baum on drums, Denver Dalley on guitar and Ian McElroy on the keyboards.

Their music is heavily laced with social and political themes which transcend the catchy guitar riffs.

Many fans figured that they would never have the opportunity to see a live performance because they were on hiatus for eight years, but they’re in luck.

They have only released one full length album Read Music, Speak Spanish which is over 11-years-old but their fan base is cult like.

According to Oberst, Desaparecidos originally reunited to raise money for the American Civil Liberties Union (ACLU) in a benefit gig at Omaha’s Concert for Equality in July 2010.

He attributes the fundraiser to helping get the gang back together and demonstrating that there was a need for socially conscious music.

Adoring fans lined up around noon in front of the venue in hopes of getting a coveted spot on the barrier between the stage and the rest of the audience.

For many it was the first time experiencing Desaparecidos live, the excitement was in the air. The Torrente based band, Joyce Manor opened the show with their angst driven pop-punk sound.

Within in the first two minutes of their set the crowd began to jump and scream along. Soon, there were crowd surfers and waves of people being tossed back and forth to the music.

By the time that Desaparecidos entered the stage the first few rows of people were drenched in sweat and elated to see the men of the hour. The crowd surfing from Joyce Manor’s set carried over and doubled.

A large group of men who may or may not have been associated formed a mush pit which engulfed the front part of the stage.

The set had high energy. Musically Desaparecidos was tight knit between each song Oberst chimed in with wonderful sociopolitical commentary.

He encouraged the audience to not be apathetic and to fight for what they thought was right.

Finishing the set with an encore, which included a cover of “Spanish Bombs” by the Clash, Desaparecidos closed out the tour on Nov. 4, at the Henry Fonda.

Joyce Manor opened and changed up their set from the previous night adding a new song to the set. The crowd was much more mellow than the previous night and many came in fashionable late.

Oberst joined Joyce Manor on stage and sang a portion of their song “Constant Headache,” adding to the mounting anticipation from the audience.

When the curtains rose for Desaparecidos the crowd stood in awe a glance down the front row and all you could see were teeth filled grins. The music hit hard and fast, there were beautiful moments when the singing from the audience overpowered the vocals on the speakers.

Everyone was mesmerized by the music and empowered by the earnest lyrics.

The excitement of the night did not die out when the curtains closed.

Now, we all love our leggings but the big fashion trend right now is patterned leggings which come across very loud and represent a gaudier look.

Such trends can be found at stores like Charlotte Russe, Forever 21 and Wet Seal.

All styles can also be found at a reasonable price where you can buy a whole outfit for under $100 at the previous mentioned stores.

Although these are trending right now, you must be careful how you wear such an extreme style.

I asked two students with opposing views on the topic of patterned leggings.

Nicole Cortinas however did not favor patterned leggings by saying, “They draw too much attention and it’s hard to find a top that will match.”

It is also important to dress for your body type and some of these patterns may not flatter certain body types.

Even wearing basic solid color leggings can be risky. If you are to wear leggings, you must be sure to wear a long top.

Tights are not considered to act as pants therefore no one should be seen wearing tights with a basic top even if it is longer than average.

With fall attire here, we are all excited to bring out the boots that have been packed away all summer yet it is now time to put away those sandals.

Sandals should not be worn when you’re all bundled up in full clothes it downplays the look of the entire outfit.

Fall fashion is fun and it’s okay to be creative, however it is important to not cross any fashion lines and dress suitable for the season.
Stars join forces to stop diabetes

Jillian Rose spoke at the annual Step Out Walk to stop the rise of diabetes, hosted by the American Association, the cast of “Awkward” and other stars gathered up for a good cause to support their loved ones who battle diabetes and friends.

By ABIGAIL TEJADA & ALYSSA GRADIAS
A&E Editor & Staff Writer

The American Diabetes Association hosted the annual Step Out Walk to stop diabetes on Nov. 2. More than 4,000 local walkers attended, including the wonderful siblings Jillian Rose and Robbie Tucker who have worked closely with ADA ever since their older brother was diagnosed with Type 1 diabetes.

November is Diabetes awareness month and currently there are nearly 26 million Americans who have diabetes. In efforts to raise awareness stars gathered up at the Step Out Walk for the ADA.

Stars from the MTV hit show “Awkward” made an appearance such as Jillian Rose, Kelly Sry, and Wesam Keesh. Robbie Tucker from “See Dad Run” appeared as well did child star from TV show “Parenthood”, Xolo Maridueña and Benjamin Stockham from About a Boy also appeared. Along with Katrina Parker from Awkward made an appearance such as Jillian Rose and my mom just got diagnosed with diabetes so I feel like this is a universal cause for older individuals. It can happen to anybody and helping bring awareness by knowledge of it can help.

Kelly: “Well now a days it’s all about social media. Tweet something, hashtag something. It gets around pretty quick.”

Xolo: “I think what a lot of people do is tweeting and instagramming, I think that’s what the cool kids are doing and that’s how I came to promote it.”

Ben: “Diabetes and stuff like that are a really big problem and I want to do the best I can to make sure it’s not a problem anymore.”

Wesam: “A lot of my family members have diabetes so I wanted to come out here and bring awareness.”

Robbie: “Well me and my sister we do it every year and we do it for my brother, he has diabetes.”

Jillian: “My older brother was diagnosed with diabetes when he was 18, so my whole family got involved with the ADA and participate in the walk every year.”

CC: How can other people be aware of diabetes and how can they help?

Katrina: “I think the biggest thing is obviously events like this. I think a lot of people mistakenly think it’s some disease for older individuals. It can happen to anybody and helping bring awareness by knowledge of it can help.”

Kelly: “Well now a days it’s all about social media. Tweet something, hashtag something. It gets around pretty quick.”

Xolo: “I think what a lot of people do is tweeting and instagramming, I think that’s what the cool kids are doing and that’s how I came to promote it.”

Katrina: “I released an album in Sep- tember so with that it’s really about per- forming anywhere to try and get the album out there. I’m doing a show in December and it’s an acoustic show. I also have a cou- ple Christmas songs coming out as well.”

Kelly: “Awkward is great. The cast is really close, we hangout and go out to- gether. I also have a new show coming out called Betas, it’s on Amazon.”

Xolo: “I love working on Parenthood. The cast is amazing and it’s so humbling to be on that show.”

Ben: “My movie just came out recently called Country Christmas and I have a TV show coming out in December called About a Boy.”

Wesam: “I’m lucky to be working on Awkward right now. The cast and everyone is great. One of the best shows I’ve ever worked on.”

Robbie: “I do have stuff I’m working on but I can’t say too much about it.”

Jillian: “I’m actually shooting the last 16 episodes of our third season of Awkward, which airs on MTV at 10:30 p.m. I am also going to be doing a guest appearance on the Disney show called Jessie, so I start shooting that this coming week.”

Jillian also expressed how she is working on an independent film that will be showing in next year’s film festival.

CC: What actors would you love to work with in the future?

Katrina: “I still want to sing with my Voice friends like Chris Mann, he’s like sky rocketed and doing his thing, and I also want to do one with Jamar. And one day my dream will come true and I’ll sing on stage with Dolly Parton, she’s my soul sista!”

Xolo: “I think Robert Downey Jr. or Kevin Spacey.”

Ben: “Leonardo Dicaprio, he’s like my role model.”

Wesam: “Al Pacino, Robert DInero. I have man crushes on Tom Hardy, Ryan Gosling, maybe do an action thing with them.”

Robbie: “I’ve always wanted to work with my sister and we did a show a couple years ago.”

Jillian: “I would love to work with Jennifer Aniston. ‘Friends’ is the reason I started getting into comedy so working with her would be a dream come true.”

All guests were genuinely sweet off screen and truly seemed to care about the cause.

If you would like to get more involved with the American Diabetes Association visit diabetes.org to find out how.
Ender’s Game lacks a good story

By DEVIN RAMOS
Staff Writer

The future of technology and its place in warfare is depicted through a young boy questioning the morality of it in “Ender’s Game,” which opened nationwide on Nov. 1.

The film, which stars Harrison Ford as Colonel Graff, and Assa Butterfield as Ender Wiggin, hypothesizes the future of warfare and technology as they prepare for a war against the alien race known as the “Formics.”

The sci-fi epic is based on the book by Orson Scott Card and was directed by Gavin Hood, who also directed “X-Men Origins: Wolverine.”

The movie is fun to watch as it boasts extraordinary space battles that are aesthetically appealing in theaters with IMAX and XD screens.

Some of the most enjoyable scenes are those of the children working on strategy in the “Battle Room” and the final tests that simulate battles against the Formics.

It pushes the boundaries of a PG-13 movie as the director doesn’t sugarcoat the violence, as some scenes are shocking to watch and can catch moviegoers by surprise if they are expecting a movie geared towards younger viewers.

This can be seen when Ender is put to the test by his fellow classmates, and observant people will find that there are subtle things that he does to prepare for a fight or simulation in the Battle Room.

Ender’s plight of dealing with his natural abilities of being a commander in battle and having an equal sense of compassion and empathy takes a toll on him. He struggles to shed the perception that’s been placed upon him, and often succumbs to his instinct to destroy his enemies.

This struggle is portrayed well between Ford and Butterfield.

Rob Port of the Say Anything blog said “Ender’s Game” was pretty great. “It manages to be both a fast-paced ... while being a heart-felt story about leadership, loyalty, and the moral ambiguities of war.”

Criticism has fallen on “Ender’s Game,” because of its lack of focus on the questions that the book explores in depth such as the relationship between Ender and his siblings and the time in which Ender is in the academy.

Jeffrey M. Anderson of Combustible-ecualluloid.com said, “The movie ‘Ender’s Game’ is so-so, and will probably be so-so for just about everyone, whether they read the book or not.”

Also much criticism can be raised against the buildup of his assumed leadership and how it comes about in the movie.

Many of his classmates are indifferent to Ender and throughout the two hour runtime there aren’t many examples outside of mouthing off to authority figures of why he’s fit to lead a major strike against the Formics.

The final act left a lot to be desired, in what seemed to be a cheap twist as it was slipped in within a few lines of dialogue between Ender and Colonel Graff.

The ending feels raises questions of the moralities of war and if victory, in any form, is worth the means.

This is a movie that is worth seeing in theaters because of its magnificent CGI, but viewers that love a good story will feel duped.
The Melodic leaves fans wanting more

By ABIGAIL TEJADA
A&E Editor

Latin-Afro-Folk band, The Melodic kicked off their tour at the Santa Ana Constellation Room Nov. 7, just a few days after releasing their album Effa Parade.

With Huw Williams on vocals and guitar, Rudi Schmidt on the Charango and melodica, John Naldrett on bass, Lydia Samuelson melodica and vocals, and James McCandless on drums, they create beautiful symphonies.

They were kind enough to invite me to their show and allow me to interview them before going on stage.

The band is very much influenced by Southern American music as Rudi had spent three months in South America touring with a traditional folk orchestra from Bolivia.

They consider themselves to be folk-pop but with Latin American and Caribbean influences.

The bands energy and chemistry is so natural on stage. It’s as if they aren’t “working” but just hanging out with friends.

“This group has been together for almost a year now, but Rudi and Huw began teaching themselves guitar as schoolboys,” said McCandless.

The Melodic does not fit the stereotype of musicians who didn’t do well in school and just got lucky with music.

All members attended a university, however they later found a different calling in life something that would give them the thrill so many crave out of life.

“I realized I wanted to pursue a career in music after International Relations,” said Rudi.

Music was something that Lydia always held dear to her.

“I know I wanted to pursue a career in music since I was a child, I started playing the piano at age four,” said Lydia.

Choosing a career in music was not as difficult for the band thanks to their supportive parents who provided them emotional support.

The whole band agreed that they would be excited to work with the famous Manu Chao and Lydia added that she would enjoy doing a collaboration with Beyonce.

The opening track, “On my Way,” can be heard in a soundproofed bedroom.

Some may say they created magic in the bedroom, that is a self recorded album in a soundproofed bedroom.

Every track was a hit! This Southern English folk band sounds like an Effa Parade.

The album ended perfectly with the outro “Effa Parade” which is similar to our New Orleans jazz.

If The Melodic are as good live as they did not sound as good live as they did on their album, however, The Melodic surpassed my expectations and proved to be a must see band.

The band later reminisced about their craziest experience as a band and hands down opening up for a punk rock band was it.

“The majority of the attendees had wild outfits with crazy tattoos, and we were just there with our folk instruments expecting to get booed off the stage,” said Huw.

“To our surprise they actually liked us and when we told them that we were going to play a love song and to get cozy with your lover everyone started making out,” continued Lydia.

John then brought up a time when a banjo player was trying to replace one of them, lets just say these band members are irreplaceable.

Just when I thought they could not have sound any better after hearing their album I was proven otherwise.

It is not uncommon to attend a show and leave disappointed that the performers did not sound as good as they did on their album, however, The Melodic surpassed my expectations and proved to be a must see band.

Going on stage the crowd took a great liking for them and as they finished the set, an audience member yelled thank you to the band showing his appreciation.

The band interacted well with the audience never ignoring a fan that came up to them even if they were in a hurry to go to the merchandise table.

Overall their performance was stellar and the only complaint was that the set passed my expectations and proved to be a must see band.

The band is composed of five members Huw Williams, Rudi Schmidt, Lydia Samuel, James McCandless, John Naldrett.

The lyrics are astonishing and quite poetic.

“Dreams, dreams, dreams of lead, tie me to my deep seabed but when I rise and take them there they are but dreams, dreams of air.”

The Observer described The Melodic “Incredible beautiful, with harmonies and rich instrumentation that make you want to dance and cry at the same time.”

The band performed perfectly with the outro “Effa Parade” which is similar to our New Orleans jazz.

The band are as good live as they show to be in Effa Parade then they are the band one should not miss!
New season excites women's Basketball team

By MIKE SESSIONS Staff Writer

After last year’s losing season of 13-14, CSUSB Women’s Basketball team was hopeful of turning things around during their exhibition match against NCAA Division I’s Loyola Marymount University. However, the Lions played fairly decent at home during the 2012-13 season, winning nine of their 14 games at Gersten Pavilion. Pulling away with a 31-point win has to be a great sign of another great year in front of their home crowd.

The Coyotes are back to basics under the new Head Coach, Renee Jimenez, the former coach at Cal State Monterey Bay for five seasons. Kevin Becker, former coach for the Coyotes, resigned last season after a historic 17 years, which included four appearances in the NCAA tournament. Now the reins are in Jimenez’s grasp, as she continues to polish her respected basketball resume.

Despite the huge loss to the Lions, the Coyotes have great things to look forward to, such as their in-guard, Alexcia Mack, a second-year out of Corona, Calif.

Last year, Mack had one of the greatest freshman starts at CSUSB after finishing with the greatest free throw percentage in school history, and also starting in every game but one.

On this night against the Lions, Mack contributed 20 points for the Coyotes, going 5-13 from the field, while also making the most of her free throw opportunities. Even with this, she was able to pull in five rebounds to go along with her stellar play.

The team as a whole, however, did not play to their potential, only shooting 21.7 percent from the field and bringing in a total of four assists.

The Lions ran away with the victory by dominating every category. They were able to score at 48.6 percent from the field, grab 53 rebounds and dish out a solid 22 assists to make it an all-around game for LMU.

Every player from the Lions stuck out, as 12 of the 15 players scored at least once and made an excellent case for what’s to come in the upcoming season.

If there was one player from the Lions that raised eyebrows, it was forward Melinda Gomez. She came off the bench and scored a team-high 12 points, not missing a single shot while also snatching four rebounds and getting a steal.

For the Coyotes, this exhibition game was a great chance to analyze things that they did right, and things they could improve.

To begin their regular season, they will be taking on the Cal Baptist Lancers, a tough team that finished solidly at 25-6 last season. This is the perfect game to utilize anything they’ve learned after the tough loss against LMU.

If you would like to support any of the team’s upcoming games, visit csusb athletics.com to view the team’s schedule.

Women’s volleyball marks big wins

By GREG AVETISYAN Staff Writer

Coyote’s Women’s Volleyball finished off a strong weekend with victories over California State Stanislaus University and Chico State University.

A season full of records continued while Sophomore middle blocker Brenna McIntosh set another school record. McIntosh had an attack percentage of .933 on 14 kills and no errors against Stanislaus.

McIntosh broke the record previously held by Coyote greats Samantha Middleborn, Sara Rice and Sharea Drawn, who held by Coyote greats Samantha Middleborn, Sara Rice and Sharea Drawn, who

The Coyotes shutout the Warriors winning the game 3-0 at Coussoulis Arena. They used strong runs in the opener to gain a convincing win in the first set.

However the second and third sets were much closer as the Warriors and Coyotes battled it out until the Coyotes took over to become victorious.

The following night the Coyotes defeated the Chico State Wildcats 3-2. The Coyotes used their teamwork and chemistry to win the decisive fifth set.

McIntosh set another school record with 15 block assists during the victory. “It was an incredible feeling. I was so focused on winning that I didn’t think about my stats and was shocked when I heard the results after the matches,” said McIntosh.

McIntosh went on to praise her teammates, “I would not have been able to break those records if it wasn’t for my teammates, they played great and opened things up for me when it came to attacking.”

The Coyotes are now ranked third in the NCAA Division II West Region Volleyball Poll. They are 18-5 overall on the season behind only No.1 UC San Diego and No.2 BYU-Hawaii.

It has been more than 20 years since Head Coach Kim Cherniss took over the Coyotes volleyball team. Over the past two decades she has built a league powerhouse and No.2 BYU-Hawaii.

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Sliding home into new softball coaching job

CSUSB alumnus Alyssa Flores returns to assist softball

By RICHARD BURRUD
Staff Writer

Alyssa Flores is now on the other side of the fence as she is now an assistant coach to the Coyote Women’s Softball Team after being part of the team for the past five years. Flores is a Fontana native and a former walk-on to the Coyote team, “Not only did I have to prove myself to be on the team, I also had to earn my position as well as scholarship money,” said Flores.

Earning a scholarship after her freshmen year, she proceeded by earning her honors at third base. Flores reflects on being a student athlete as well as the difficulties she has experienced.

“Being a student athlete is tough because you are constantly busy and have to have a good balance in order to be successful. You also are in the people’s eye and represent yourself as well as the team and always have do so in a positive matter,” said Flores.

In her sophomore season, the team reached milestones that no other CSUSB softball team had ever experienced before. The team played in the Hawaii regional, being the underdog the prevailed by winning.

After winning the Regional, the Coyotes took a tough loss to their rival team, UCSD for the Super Regional title.

Captain Flores made the most of her senior season. Batting an outrageous .405 earned her All-CCAA Third Basemen Honors. She is also adding to her postseason resumé by being named second-team honors to both Daktones and National Fast-pitch Coaches Association All-West region squads.

Flores completed her career with top 10 ranks in batting average, runs batted in (RBI), walks and home-runs. Completing her college career with a degree in Kinesiology, Flores sought to find a career out in the working world and while searching, landed in an all too familiar place at CSUSB.

Additionally, Flores works as a Physical Education teacher at New Vision Middle School in San Bernardino.

Head Coach, Tacy Duncan does not normally bring back athletes that just finished their collegiate career, but has welcomed Flores because of her leadership characteristics, knowledge of the program, and experience with the team.

Flores relates to problems the players have and helps them overcome.

With the assistant coach position, it is not hard for Flores to adjust to her new job title.

“It is not awkward coaching girls that I have played with because they have the same respect for me as they did as last year when I was captain,” said Flores.

Flores sees a positive outlook for the team this upcoming season.

“This year we have a great group of girls who are willing to work hard. I think we will be the type of team that will get things done and a strong pitching staff will help us make it to the post season,” said Flores.

Flores ends by discussing about her dreams and aspirations, and explains how grateful she is for the new job title.

“My dream job is to be a Psychologist/Athletic Director, but I would not count out being a head coach at the collegiate level.”
Reduce stress with Nagaraju’s relaxing yoga lessons

By INNO SITA

Strength, relaxation, and balance are taught by yoga instructor, Nandini Nagaraju at the rec center for all CSUSB students.

The CSUSB entrepreneurship graduate student has been teaching yoga on campus for over a year, specializing in slow, endurance-building movements.

“I do the same poses over and over, holding for a long period of time. I tend to create a 10 to 15 minutes of relaxation for the students,” said Nagaraju.

Yoga is a great form of exercise that does not require any special equipment. Most students and staff feel the need to work out by overwhelming themselves with extreme weights too heavy for their ability. They may also end up bruising themselves if excessive workout occurs. It is very important to know your limits when it comes to working out.

“Some of them come in for the injuries, either they overwork their bodies or it was recommended by their doctors to relax their muscles. That’s why I prefer connecting with them by walking around the room for help,” said Nagaraju.

Yoga allows you to control breathing, relieves stress and improves circulation.

Putting pressure on the glandular system of the body can provide good health.

Nagaraju is very specific with the type of music she plays. She plays very slow, instrumental music consisting with the flute and violin.

She insists on not playing drum instrumentals.

The drums might lead her students to easily be distracted and get lost by following a beat.

“One of the biggest changes I’ve witnessed were in these two ladies I had in the past who never missed a day. Towards the end, I saw a big difference in them. They were very flexible compared to when they first attended. That’s when I knew that what I’m doing is changing people’s lives,” said Nagaraju.

CSUSB understands the need of having a yoga class for students and staff to release their stress and to maintain a good health by providing free classes for everyone to work out on abs, arms, back, legs and many muscles in the body.

Being a college student and having plenty of exams, work, and personal issues can lead to stress and frustration.

In yoga, people get the ability to decrease their stress by freeing their mind and be conscious of their body.

“Yoga is not just all about the body, it’s also about the mind. It’s how you use your mind,” said Nagaraju.

One of the challenges that Nagaraju mentioned is how some of her students miss out on relaxing their mind.

“It could be quite a challenge for others to stay still.

“When I do the dead body pose at the end, which is the relaxation mode, everyone is a bit agitated, because they can’t handle five minutes of silence. They will learn to stay still, because as much as your body needs rest, it’s the same with the mind,” said Nagaraju.

Nagaraju teaches her class every Monday and Wednesday from 5:30 p.m. to 6:30 p.m. in room 205 on the second floor of the Student Recreation and Fitness Center.

All classes are free with membership unless noted otherwise.

For more information, visit csusbrecsports.com or call (909) 537-BFIT (ex. 2348)

Yoga Instructor, Nandini Nagaraju demonstrates flexes and yoga positions to help students release stress and relax.

(Top, right) Nagaraju performs the standing tree pose and downward stretch. (Left) Student practices the boat pose.