Victims of sexual violence are more likely to keep quiet about their trauma as opposed to talking to someone about it.

The consequences of bankruptcy, rising crime rates, costly pension obligations, and overall lowered morale are the issues facing each candidate. All the candidates had an idea on what the top priority of elected officials should be. For example, in an interview with sanbernardinocitybankruptcy.com, mayoral candidate Karmel Roe explained that the top priority of San Bernardino should be to focus on the rising homeless population and claims it is the “root of our growing financial insolvency at city hall and in the business community.”

Meanwhile another mayoral candidate, Draymond Crawford, in an interview with sanbernardinobankruptcy.com explained the top priority of San Bernardino

Continued on Pg. 4
News

The government is watching you

By DANIEL DEMARCO
Staff Writer

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

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, 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.”

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 somewhat 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 any 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.

Student Ariana Pickens said, “It’s pretty cool to be able to have your own 3-D printer, you can have one in any color and make whatever you want from iPhone cases to cups and bowls for your kitchen.”

The website cu-bify.com states 3-D printers customers can buy and sell back finished prototypes as well as templates for others to use.

Student Arturo Llamas said, “As a graphic design 3-D printers help me express myself, having access to a 3-D printer here on campus puts me over the edge after I graduate because not many students have access to these kinds of printers as do we here on campus.”

3-D printers are not recommended to the average person, due to the expensive price and/or lack of knowledge of using the 3-D printer.

“In general, people who doesn’t know what potential you can use a 3-D printer, will not see it as a necessity to own,” said Llamas.

CSUSB student Murad Kakish said, “If I had the money and know how to use it I would definitely buy one to make my own household items I wouldn’t have to waste money on things like silverware.”

There is a limitless amount of things to print with a 3-D printer, in most recent news many people raised concern for the potential for 3-D printing weaponry.

“The amount of things you can do with this kind of printer is limitless, there are videos on YouTube of a 3-D printed assault rifle actually shooting rounds,” said Kakish.

CNN reporter Laura Smith-Spark said, “Instructions for printing a 3-D handgun were shared online and were downloaded more than 100,000 times before they were removed.”

There is still debate on the restrictions the public should have or should not have on what they can produce and print.

By CLARISSA TOLL

Staff Writer

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.

3-D printing is often faulty and can have serious medical consequences.

Animals are eating carcasses with shot gun shells that contain lead beads inside their chambers, catching a disease that stops the stomach from moving food.

According to a press release from the Center of Biological Diversity, “Nationwide, millions of non-target birds and other wildlife are poisoned each year from scavenging carcasses containing lead-bullet fragments, eating lead-poisoned prey, or ingesting spent lead-shot pellets, mistaking them for food or grit.”

The Center of Biological Diversity states that 130 species of wildlife contracted lead poisoning due to used lead ammunition.

Dr. Nicole Bournian-Vardiani states the CSUSB Biology department explains that wildlife who ingest this lead ammunition mistake them for food or grit.

Scientists believe these are symptoms from the birds’ ingesting carcasses containing lead-bullet fragments, eating birds and other wildlife are poisoned each year from scavenging carcasses killed with lead ammunition.

“Alternative ammunition made with brass can be classified as armor piercing ammunition that is illegal to make, sell or possess unless the federal Bureau of Alcohol, Tobacco, Firearms and Explosives (ATF) grants special permission,” stated the National Shooting Sports Foundation.

“As the Humane Society of the United States knows, ATF refuses to grant manufacturers the needed waivers to produce and provide alternative ammunition. This is one key reason why every major hunting organization in California and nationwide understand that an enacted AB 711 would amount to ban on hunting,” added NSSF.

Although strong voices oppose the bill, many humane organizations call for continued support and recognition.

The ASPCA urged their audience to thank the governor for passing the mandate to protect the “vulnerable wildlife.”

Hunters and gun owners also are speaking out on the issue.

Bromson Benzien, a local college student who uses 200-500 lead ammunition rounds for target shooting per month stated, “I am not surprised by this new mandate. California has been vigorously passing anti-gun laws left and right over the past 12 months.”

“Of course there are ulterior motives behind the bill. California wants to reduce the amount of gun-owning citizens in the state 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 manufactures 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.
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 has been declared extinct by the latest review by the International Union for Conservation of Nature (IUCN).
The last time a western black rhino was spotted 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 lead to the rise in jellyfish populations.
According to Gizmag, 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 located by Dr. Steven Claes and Professor Dr. Johan Bellemans at University Hospitals Leuven in Belgium according to CNN.
The new body part was named the anterolateral ligament (ALL).
“It’s amazing that we are still learning new things about our bodies,” said student Amanda Tapia.
The discovery of this ligament could lead to new treatments for anterior cruciate ligament (ACL) injuries that are common in sports.

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.

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T.J. Maxx store opens in SB

By MARION GIL
Staff Writer
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 over the last decade. As of August the unemployment rate in the San Bernardino area was 10.4 percent.
Many residents and owners of other San Bernardino businesses are hoping that 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.

San Bernardino election
Continued from Pg. 1
should be a safe community, clean streets and good schools.
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.
“That 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 student 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, jobs. They need to make it so that more jobs are available because we really need it,” said a San Bernardino resident who asked to be quoted simply as Linda.
Ward members are assigned to specific sectors in the city corresponding with their number and are essentially representatives of their section of the city.
More recently, the elected officials of San Bernardino have placed blame on one another for the problems the city is facing.
However, some citizens feel that no one person can or should be blamed for these problems.
“Some are doing what they can, but we can’t pinpoint who’s actually at fault. Basically it’s like a team, everyone is at fault,” said San Bernardino resident Larry Diaz.
The final results will come Nov. 13, but the unofficial results came in Tuesday after the polls during press time.
Mayoral candidate Wendy McCamack led with 24.64 percent of the vote.
For position of Ward 1 with 56.20 percent was Virginia Marquez.
Benito Barrios led with 55.23 percent for Ward 2 and Fred Shorrett led Ward 4 with 48.02 percent of the vote.
McCamack will face Carey Davis in a run-off in February.
The citizens of San Bernardino are hoping that the elections will help to bring change to the struggling city.

Unreported sexual violence on campus
Continued from Pg. 1
yet he will be allowed to come back to Oxy in the fall,” said student Carly Mee said in a news conference led by Alfred.
“They are simply tired of seeing women being raped and sexually assaulted at the university while the administration shows deliberate indifference,” said Alfred.
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 Alfond.
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因而 University 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 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.
Opinions

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 schedules, 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 options, he 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 Sruu, when asked about which is healthier was indifferent to both locations.

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

“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 a your order to be taken and food prepared.

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

Limited food options at CSUSB

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

I love the upstair 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 included 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, so does the student union.

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 MCCAULEY
Staff Writer

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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 Erwin Griffs. “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 ease 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.

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

Weekly Chuckle

HASHTAG TO CASH BAG

Twitter #IPO Twitter #IPO

Twitter #IPO Twitter #IPO

On Thursday, Nov. 7, Twitter had its inaugural day of trading in the New York stock exchange. According to nytimes.com, Twitter's stock was priced at $26 a share but opened at $45.10 and settled at about $46 by the mid afternoon, closing at $44.90. Twitter manages to avoid Facebook’s missteps but Twitter’s stock market value adds pressure for the company to turn a profit soon.
CSUSB celebrated the 238th birthday of the Marine Corps on Nov. 1, where the Veterans Success Center co-ordinator 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.

Another tradition of the Marine Corps birthday celebration is the cutting of the cake and presentation of the first and second piece of cake. 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.

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. 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. The music was conducted by Dr. Knop and he even got the musical set with his Band Stand Boogie written by Barry Milnlow. 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 danced 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 Ties 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.

Students were eager to learn some swingin’ new moves.

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

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; so when you first enter the bar, you are surrounded by sports memorabilia and TV screens filled with sporting events.

Even wall is lined with sports memorabilia, with everything from cool sports equipment to actual signed balls, jerseys, gloves and anything else you’d want to see at a sports bar.

They play all the big games and also like to hold many raffles during the games. The SWBG was created with the help of Sam Manual 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.

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.

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Sports Watch Bar and Grill's Big Smokey Burger is topped with BBQ sauce, yellow cheddar and beer battered onion rings.

Students were eager to learn some swingin’ new moves.
### Features

#### Hurry! Get your holiday head start and Save now for that perfect gift

**By BRITTANY CROW**  
**Staff Writer**

A stress-free holiday season starts with a budget and with only a few weeks away, it’s time to start thinking about the season of giving! The upcoming holidays will have your purses in a bind if you don’t start budgeting to catch those great sales.

If you have participated in Black Friday, you know you must prepare for it mentally. But where do you start when it comes to budgeting?

Here are some tips that can help you prepare for the madness!

- **Student Sara Sells shared her budgeting strategies for the holidays and how she prepares.**
- Sells explains that she gets a little stressed about finances during the holiday season.
- “I try to be proactive and start putting some money aside in September or October so I don’t freak out completely,” said Sells.
- Putting aside money a few months before the holiday season is a great way to help you budget and will prevent you from splurging all at once. Sells suggests students to do some comparison shopping to make sure they find the best deals on everything they need.
- Another key is to review your expenses before going out shopping; it’s the best way to help you avoid holiday debt.
  - Student Brittany Lopez mentioned that she puts a large sum of money away into a different account, and doesn’t touch the account until it’s time for her to start shopping.
  - I stopped by the accounting department on campus and asked Professor Ghulam Sarwar a few questions regarding saving and budgeting for the holidays.
  - Sarwar recommended starting a financial plan ahead of time.
  - He usually shops in-store because online shopping can add a lot of taxes at the end of your order.
  - Sarwar feels everyone should be disciplined when it comes to shopping, meaning to not go out with a group of friends to do your holiday shopping because you can find yourself spending more than you had hoped.
  - Try setting aside time to write down what you need to buy before going shopping.
  - When you have a list of people that you need to purchase for and you plan out what you want to purchase for each of them, your shopping will go smoother.
  - Student Megan Hudson expresses that during the holiday season she does a lot of window shopping until it comes time to start purchasing gifts.
  - Hudson’s idea of budgeting during the holiday season is going at the last minute, something that others try to avoid at all costs.
  - This allows her to better keep track of what money is coming out of her spending account.
  - Budgeting every expense during the holiday and being watchful of your accounts can be difficult to do for many of us, especially when we already have so many bills as college students.
  - Always remember to save more money than you need so that you won’t fall short when you get to the register.
  - Doing so will help you be stress-free during the holidays and enjoy the time with your loved ones.

**By DONTE MEDDER**  
**Staff Writer**

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 4. 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 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 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 banking on beating Microsoft’s sales because they are releasing their product earlier than their rivals.

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 to the PlayStation.

These game system titans have squared off before. The question is: Who will win this round of game console rivalry?

### Climate change is the reason for wildfire season

**By KENNETH YOUNG**  
**Staff Writer**

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 ausopinion.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, Butler 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 stating that wild fires are simply a part of life in Australia, I believe that Abbott’s conceding that there are no measures that can be taken in order to stop them, that they are simply inevitable. Furthermore, Australia isn’t alone in having conditions which brush fires can escalate.

Recently, San Bernardino County has had its own problems. California Republican Assemblyman and hopeful governor Tim Donnelly has previously echoed similar sentiments to Abbott.

According to SFGate, Donnelly dismissed California’s climate change law as “a job killer.”

“I believe there is a tiny, tiny minority of environmental extremists who have taken control of California and they’re pushing what is a religion on me, and on every business owner in this state, and you know what, I thought we had a separation of church and state,” he said in council meeting recorded on YouTube.

However, climate change may be making more of an impact than people give it credit for. According to ABC7, almost 400 firefighters tried to contain the fire, which burned 200 acres on Sept. 24.

On Oct. 27, the San Bernardino Sun newspaper reported that a man from Redlands, who was missing for five days, was found in Coldwater Canyon. It was reported that he created a fire in order to stay warm; but it soon escalated and burned an area of 20 by 30 feet. This proves that fires can easily get out of hand.

These incidents, both in Australia and America, all happened within a period of two months. While this could be written off as a seasonal problem, it is important to note that Australia and America have opposite seasons.

I believe climate change needs to be further examined by political leaders so that wildfires can be further prevented in the future, despite their personal beliefs.
Hot trends fizzle out

By Shelby Gonzales  Staff Writer

Although the sun is still shining and hotter than normal days for this time of year, summer attire needs to be put to rest. Fall fashion is underway and there are some styles that need to be put back in the closet.

It is time to put away your floral print patterns and midriff barring looks and break out the scarves and boots.

Ladies, we all love summer for being able to wear short tops that displayed our killer abs we worked so hard for during the summer, but the midriff look is a huge fashion risk during fall.

If you must wear these stomach baring tops, I suggest pairing it with high wasted jeans to not cross the line from fall to summer of your stomach is showing.

There is a time and a place for this look, if it is too cold for the beach it is too cold for crop tops.

This season, we are seeing a wide variety of animal prints ranging from everything from purses, shirts, pants, and even lingerie. Cheeta print can be found at almost every store you walk into now.

It is important to know your limits and how much of one pattern to wear.

If you decide to wear an animal print, limit how much of the pattern you will be displaying. It is not a good idea to drown yourself in any one print.

Same goes for floral prints.

Dresses with such designs are a huge fashion no.

According to E News’ Fashion Police, Nicole Richie was photographed wearing a fall patterned neck high dress, she was said to have every color of fall on her and it was not well liked by the fashion experts.

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.

Tamar Guerrero favored the patterned leggings saying that they are “fun” and that she loves all the different styles of leggings there are.

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

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 I 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.

The cast of "Awkward" made an appearance such as Jillian Rose, Katrina Parker from "About a Boy" and Xolo Maridueña from "Parenthood", Xolo Maridueña and Benjamin Stockham from "About a Boy" also appeared. Along with Katrina Parker from "Parenthood", Wesam Keesh of "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 season two of "The Voice".

Each star expressed their excitement for participating in this walk and gave some insight on their current and upcoming projects.

Cozy Chronicle: What motivated you to get involved with the ADA and to participate in this walk?

Jillian: "I think all of us have family members or friends that are affected by diabetes so I feel like this is a universal cause and it’s something that with education can be managed and caught early on."

Kelly: "I really wanted to support Jillian and my mom just got diagnosed with diabetes so it’s really important to me to come out here and show support."

Xolo: "One, is that I really want to help kids with diabetes and I think it is really important. And two, I really like walking and exercising so it’s like two in one."

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?

Jillian "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 instgramming, I think that’s what the cool kids are doing and that’s how I came to promote it."

Ben: "Diabetes is a huge problem so you have to do the best you can to make sure it’s not a problem."

Wesam: "A little bit of knowledge can go a long way. People can do a global search to see how many people are affected. Maintaining a healthy lifestyle is a huge help."

Robbie: "Just keep doing this and get this walk out there and advertisement through TV or billboards."

Jillian: "Educating yourself, going to events like the ADA, and even donating a dollar to the organization can be a big help. There are so many different ways you can help and anything is appreciated."

CC: What other charities/organizations are you involved with?

Jillian: "I’m a huge fan of the LA conservancy, obviously it’s not as moving or touching as this but they deal with trying to conserve and keep places from getting torn down, they try to preserve the history of Los Angeles. I’m also a fan of Race for the Rescue which helps rescued animals. I like anything that has to do with helping people and animals."

Xolo: "Right now, Keep a Child Alive for the AIDS foundation and I just did stuff with them. It’s something fun and for a good cause."

Wesam: "Yeah, Stand for the Silent, it’s an anti-bullying campaign and I did the AIDS walk as well."

Robbie: "We just do this walk every year."

Jillian: "I work a lot with DoSomething.org, which is a non-profit organization that gets young people involved with things that they are passionate about, it helps them find a way to get involved."

CC: Career wise, what other projects are you working on?

Katrina: "I released an album in September so with that it’s really about performing 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 couple Christmas songs coming out as well."

Kelly: "Awkward is great. The cast is really close, we hang out and go out together. 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?

Jillian: "I still want to sing with my Voice friends like Chris Mann, he’s like my family 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 crashes 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.

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.
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 Asa 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 toward 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 Ecceluloid.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 leader-ship 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.

By DAWNIKA LOPEZ | Staff Writer

As you cuddle up in bed with your cup of hot chocolate, here are a few books you can get lost in during some chilly nights.

Donna Tartt’s, “The Goldfinch,” is wonderful literature with narrative composed with energy and power.

Tartt creates unforgettable characters which allows readers to capture their individual mysteries.

The story begins with a young boy Theo Decker, who survived an accident that killed his mother.

Clinging on to his mother’s love his life begins to spiral into guilt and burden. He observes a painting that captivates his dreams, past, future and fate that’s intoxicating.


Book lover Diane Prokop said, “This sprawling book explores the themes of love and loss, with its fascinating inner workings and depth of the art world.”

Readers who enjoy Anna Dickens’ literature, will find themselves also enjoying the beautiful novels written by Tartt.

In Stephen King’s new captivating novel “Doctor Sleep” returns Don Torrance from “The Shining.”

He meets a young 12-year-old girl Abra Stone and becomes mesmerized by her.

Janet Maslin from The New York Times stated, “Mr. King’s earlier books were full of phantoms and demons, but he grew more adept at rooting his dark thoughts and toughest struggles in reality.”

Donald Hillard stated, “I waited with anticipation for Dr. Sleep.”

“I reread ‘The Shining’ to reacquaint myself with the world of Danny Torrance and the Overlook Hotel,” continued Hillard.

This thrilling novel is recommended to the devoted readers of King.

“The Shining” is considered as one of the best horror novels of all time.

Ender’s Game lacks a good story

“The Goldfinch,” by Donna Tartt, “Doctor Sleep” by Stephen King, “Sycamore Row” by John Grisham, “Bellman & Black” by and “Night Film” by Marisha Pessi are the top five for the must read books so grab your cup of hot tea and read up Coyotes!
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.

“The 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 call.

For them the stereo-typical image of a band one should not miss!

They are excited to work with the famous Manu Chao and Lydia added that she would enjoy doing a collaboration with Beyoncé.

The bands energy and chemistry is so much that one can’t help but feel the thrill so many crave out of life.

Music was something that Lydia always held dear to her.

“I knew 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 like to pursue a career in music.

The album ended perfectly with the outro “Effa Parade” which is similar to our “English band sounds like an Effa Parade”

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 seemed to go by far too fast; leaving the crowd wanting more.

The Melodic in order from left to right: Lydia Samuel, James McCandless, John Naldrett, Huw Williams and Rudi Schmidt.

The whole band agreed that they would like to pursue a career in music.

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 have said any better after hearing their album I was proven otherwise.

If The Melodic are as good live as they have said any better after hearing their album I was proven otherwise.

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

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 instrumentations that make you want to dance and cry at the same time.”

The Melodic is a fantastic band and together they create a sound that is very unique and that the world can use.

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.

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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 seemed to go by far too fast; leaving the crowd wanting more.
New season excites women’s Basketball team

By MIKE SESSIONS

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, but fell 51-82.

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 snatch- ing 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 that 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

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 Middle- born, Sara Rice and Sharea Drawn, who shared the mark.

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ty 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.

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The following night the Coyotes defeated the Chico State Wildcats 3-2. The Coyotes used their teamwork and chemis-

ty 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 team-mates, “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 attack-

ing.”

The Coyotes are now ranked third in the NCAA Division II West Region Volley- 

eyball 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 in women’s volleyball posting a 499-190 record going into this season.

Cherniss’s team has now won 15 of their last 16 games this season and is 13-1 in conference play.

The top eight teams in the rankings at the end of the regular season will advance to the West Regional playoffs.

“The team is really focused on becoming better, coach is trying to motivate us each and every practice. We’ve really been working on what some of our weaknesses are and looking at the next game,” said se-

nior Danielle Newcombe.

With the season winding down, the Coyotes are still taking it one game at a time to remain focused and remain a top ranked team.

Newcombe is one of three seniors on this year’s Coyotes joining Destiny Mc- Intyre and Stephanie Sinbahi.

“As a senior its crazy to think the end of my career here at Cal State is near. It definitely fuels the fire though, it’s a mo-

tivation of mine to go out with a bang. I’ll miss the team and the relationships that come out of being on the team, as well as stepping out onto the court and feeling at home,” said Newcombe.

The Coyotes will continue their sea-

son on Friday at California State Univer-

sity East Bay and Saturday at California State University Monterey Bay.

Come support the Coyotes as they continue on their journey to reach the NCAA Division II Championship game in Cedar Rapids, Iowa.
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 freshman 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 rough because you are constantly busy and have to have a good balance in order to be successful. You also are in the peoples eye and represent yourself as well as the team and always have to 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 resume 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  Staff Writer

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 csusbreports.com or call (909) 537-BFIT (ex. 2348)