May 27th 2014

CSUSB
By EMMANUEL GUTIERREZ
Staff Writer

CSUSB’s dining service faces a class action lawsuit against employees who were not compensated for retroactive wages.

Between March 13, 2012 to November 15, 2013, Sodexo, one of the largest food service corporations in the world, has had reported cases of unresolved retroactive wage claims—pay that has not been sent to an employee for work that has already been completed.

Lorenzo Barrera, personally and on behalf of other employees, filed a class action lawsuit against Sodexo, Inc. for retroactive pay. Sodexo will pay $600,000 as the maximum settlement amount,” if the case is ruled in favor of the employees, stated in the proposed settlement.

The amount is intended to be disbursed evenly among all qualified employees and affiliates who follow the proper procedure.

If the amount does not equate to at least $15 per entitled member, the net settle amount will be adjusted so that the settlement shares allow for every member to receive at least $15.

“That’s so unfair, I mean we pay for the food, their workers should get paid too,” said CSUSB student Lizette Chapa.

Sodexo has been sued on several other occasions in the past few years, including class action suits dealing with diversity in the workplace, whistleblowing from within the company, and counts of discrimination in the workplace.

Sodexo employees who do not wish to pursue the lawsuit have been instructed to mail in the “Election Not to Participate Settlement” form received by mail those who wish to continue will automatically be placed within the confines of the settlement.

The increased funding will allow for the university to open spaces to accept new students and prevent admission closures.

The university’s on campus dining service is in the process of settling with disgruntled employees for retroactive pay.

By MARLYN RODRIGUEZ
Opinions editor

A record breaking number of students seeking admission to CSU campuses are being constrained by limited funding. The Sun reports that the 23 CSU campuses in the CSU system, as well as 447,000 students are seeking a five percent increase in state funding.

The five percent boost would provide the campuses with $79.2 million that will also increase the number of accepted students by 20,000 for the 2014-2015 academic year.

There are approximately 284,000 students applying to at least one CSU, reports The Sun.

Within that same time frame, the budget of the CSU system was cut by $380 million.

Funding is so limited that admission for the Spring term has been closed several times, reported The Sun.

Spring term admissions were closed in 2010, opened for Spring 2011 and then closed again for Spring 2012 with the exception of applicants who obtained an associate’s degree, according to The Sun.

“We are trying to provide for the students that are already here,” said Salvador Perez, front counter supervisor in the CSUSB’s admissions office. “We’re not excluding anybody,” added Perez.

CSU officials are looking for ways to control the demand of accepting only a small number of applicants.

Trustees requested a $237 million increase in funding to cover the expenses and increase student enrollment but were only given a $142 million increase, reports The Sun.

The CSU system isn’t the only system
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Financial aid website can be more accommodating.

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WRC hosts their annual Burlesque show.

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The increased funding will allow for the university to open spaces to accept new students and prevent admission closures.

Photo courtesy of Tcupurpleptriot

The university’s on campus dining service is in the process of settling with disgruntled employees for retroactive pay.

Photo courtesy of Stephanie Ibacal

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By EMMA

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Alligator bust
An alligator ended a police pursuit in Florida when car thief, Calvin Rodriquez, collided with it in a stolen vehicle while he fled police, according to the Associated Press.

Rodriquez had been on the run for some time after stealing at least five vehicles from the parking lots of several stores.

The condition of the alligator is unknown.

Stephen’s story
A 19-year-old British boy, Stephen Sutton, has raised over £560,000 ($940,576) in just one year to donate to charity.

After being diagnosed with an incurable cancer at the age of 15, Sutton created a Facebook page titled, “Stephen’s Story”, where he shares a bucket list and other accomplishments he hopes to achieve.

Sutton lost his battle to cancer and died on May 13, leaving his Facebook page to his mother and family to carry on.

Measles vaccine wipes out cancer
In an experimental trial at the Mayo Clinic in Minneapolis, a woman suffering from blood cancer was injected with a massive dose of a measles vaccine that sent her cancer into complete remission.

The vaccine dose was so large that it could have treated 10 million people.

Doctors hope to continue their experiment by vaccinating other cancer patients and comparing the results.

Bullet proof vest gone bad
A 26-year-old man bled to death when he asked his friend to test his bullet proof vest by shooting at him.

The man was visiting with friends when he decided to test the durability of the vest by having an 18-year-old blast away.

The shooter, Taylor Ann Kelly, is currently being held on involuntary manslaughter charges and, if convicted, could go to prison for five years.

Same sex marriages legal in all Northeastern states
Pennsylvania’s law banning same sex-marriages has been overturned, making the same-sex union legal throughout the Northeast.

Many are rushing to county offices to apply for marriage licenses in fear of license distribution coming to a halt if Republican Governor Tom Corbett repeals the court’s decision.

Corbett has yet to state whether or not he plans to appeal the court’s decision.

Art classes for NYPD
NYPD officers are arming themselves with spray paint amidst a crime rate increase.

Members of the NYPD are attending art-style classes where they are taught to cover up tags with shaded-in squares in order to discredit vandals’ work.

Many officers believe this new policy is a waste of time and unethical due to the rise in crime in New York City.
AT&T buys DirecTV, could lead to monopoly

By MINTIMER AVILA
Online Editor

AT&T has placed a bid to purchase DirecTV for nearly $50 billion. Consumer reports for 2013 placed AT&T in last position as a result of weak quality and customer satisfaction while Verizon was voted as the top provider.

They are hoping to get access to the 20 million homes that DirecTV has already acquired.

DirecTV can be negotiated lower fees for channels than its smaller rivals because of its national reach, according to The Los Angeles Times.

This would give them more power to demand lower rates from cable networks. FCC antitrust reviewer Amanda Wait believes that the AT&T merger would give them an equal playing field to compete with Comcast Corp. and Time Warner Cable.

Comcast is currently the nation’s largest video and broadband company with approximately 21.7 million residential and business customers.

With the Time Warner Cable deal, they would be expected to have about 30 million subscribers.

If the deal goes through, AT&T would soon be able to reach consumers through various means such as satellite, broadband Internet and wireless platforms.

Besides owning DirecTV subscribers, AT&T would also get exclusive rights to various programs such as NFL Sunday Ticket.

The Los Angeles Times says that if the buyout is approved it would give companies the power to move away from unlimited data plans to charge consumers more money, which would give companies the power to monopolize the market and only end up hurting the consumer’s wallets.

Children suffer on tobacco farms

By STEPHANIE PARA
Staff Writer

Child labor on U.S. tobacco farms are having a negative effect on the working children, according to recent studies.

Human Rights Watch (HRW) conducted the study, named, “Tobacco’s Hidden Child Labor: U.S. Tobacco Farming,” in which they interviewed 141 child tobacco workers between the ages of seven and 17 from the top tobacco producing states, North Carolina, Tennessee, Kentucky, and Virginia, according to CNN.

“I got heat exhaustion, vomiting, feel like my stomach was trying to come out of my body,” stated Jessica Rodriguez to CNN on her experience working on tobacco farms since she was 11.

The study found that 75 percent of the interviewed child laborers had symptoms that are consistent with Green Tobacco Sickness, including vomiting, nausea, headaches, dizziness, skin rashes, and burning eyes, as reported by CNN.

“Nicotine is an extremely toxic substance,” said CSUSB Psychology, Drugs and Behavior professor, Dr. Cynthia Crawford.

Especially on the bare skin, exposure to tobacco, that raw tobacco product is pretty dangerous, she added.

“The children absorb nicotine through their skin when they handle tobacco leaves in the process of cutting, weeding and harvesting plants,” stated in the Times.

HRW is not only concerned with tobacco induced sicknesses, but also expose to harmful pesticides.

“The EPA has pretty strict guidelines,” added Dr. Robert Phelan, CSUSB environmental health professor.

Farmers can only spray in fields away from workers and there are waiting periods in between spraying to ensure safety, according to Phelan.

“Once they sprayed where we were working. We were cutting the flower and the spray was right next to us in the part of the field we had just finished working in. I couldn’t breathe,” said Jocelyn R., 17, to HRW, according to CNN.

Altria, one of the biggest cigarette producers, reported to CNN, that they do not employ its supplying farms, however, they have strict standards when maintaining their providers.

Their company does not view the report as critical of the tobacco industry, but rather that it is seeking cooperation to protect the safety of workers, especially minors, stated the Altria company spokesmen, Jeff Caldwell to CNN.

Caldwell also adds that the company does not condone unlawful employment or exploitation of underage workers.

Children can work on any farm, outdoors, school, and in dangerous conditions as long as they have a parent’s permission, according to the U.S. federal laws and regulations on farm labor.

Phelan feels that these farms want to continue using children as workers, they must adjust their safety standards and supervise the number of hours these kids actually work.

“Kids have different metabolisms. Their bodies are smaller and so their exposure will be higher. The [safety] standards are based off eight hours, but they aren’t working eight hours, they are working long hours. When they work, they need a non exposure period, to eliminate the nicotine their bodies have been exposed to. Studies show that eight hours of work exposed to raw tobacco is the equivalent of smoking six cigarettes,” he added.

“It’s just not right [to have this] here in the United States,” said CSUSB public relations student, Mary Rose Carin, who also happens to be a smoker.

She feels that there is a way to help these kids break free from these hazardous conditions, in which she adds, many of these workers are too young to fully understand the situation they have been put into on these farms.

“We can’t let this be the only option for these families. We can’t say these families are living in poverty, therefore it’s OK,” said the co-author of the Human Rights Watch study, Margaret Wurth, in a quote to CNN.

“We have to make sure that there are better opportunities for these kids, and that they’re not forced to do this kind of work that makes them sick,” added Wurth.
The “Most-Open Valve Heating and Cooling System,” used throughout the campus, has earned the CSUSB Facility Services Department its fourth award. The American Public Power Association (APPA) awarded the CSUSB Facility Services Department the Effective and Innovative Award for its method of energy conservation, according to the CSUSB Office of Public Affairs.

The APPA, a national organization for over 2,000 American community owned facilities with more than 7,000 members from around the world, annually awards those whose utilities meet their high standards.

The Effective and Innovative Award is given to those who enhance service delivery, cut costs, increase productivity, or otherwise benefit the school with a special method of energy efficiency.

The system chills water and distributes it throughout the campus’ air conditioning system to keep the campus cool while saving $340,000 in energy costs each year.

“Using this method to chill water, the cooling system reaches and maintains equilibrium more readily,” said Tony Simpson, Senior Director of Facility Services to Public Affairs.

“This helps the environment and it shows that they care,” said student Amanda O’Dell.

“Saving energy should be a top priority,” said student Jeremy Aclaro. “So it’s good to know where the school’s priorities are.”

This marks the fourth time the Facilities Services Department has received an award since it originally received the Effective and Innovative Practices Award in 2006, when the school implemented the Comprehensive Energy Services Master Enabling Agreement.

Other awards the campus has received are the Award in Excellence in 2007, which highlighted the facility’s overall dedication to their goals, and the Energy Project of the Year Award in 2009 from the Association of Energy Engineers for the lengths and efforts it went to for water and energy conservation.

The Facility Services Department is set to receive the award on July 24 during the 2014 APPA conference in San Diego.

CSUSB seeks more money to continue to allow admission for new students

Continued from Pg. 1

being affected; it is the entire system of public universities in the state of California.

The Public Policy Institute of California (PPIC) reports that because of decreased funding, high school graduates who meet the requirements to attend a UC or CSU are less likely to attend.

Because this, high school students end up choosing to attend a community college even though they are fully qualified to attend a four-year university, according to Dailycal.

“CSUSB still provides for students. The only difference is that students have to be on top of what is required of them in order to be admitted into the university without a problem,” said Emmanuel Garcia, admissions student assistant.

Many students reacted favorably to this achievement. Student Matt Deere said that it shows that the school keeps itself well-kept and maintained.

“Some students liked how it was more beneficial to the environment. “It helps the environment and it shows that they care,” said student Amanda O’Dell.

“Saving energy should be a top priority,” said student Jeremy Aclaro. “So it’s good to know where the school’s priorities are.”

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Students get ready for summer vacation

By LOYDIE BURMAH Staff Writer

“I’m looking forward to my birthday in the summer, my internship at KVCR, and going to Disneyland with my Deluxe pass,” said graduating senior Danielle Maxwell.

Maxwell, and other students alike, are not only enjoying the free time summer has to offer, but taking advantage of opportunities for personal and academic growth.

Thinking about what summer has to offer for me in the following months, one word rings clearly in my mind: sleep. However, I should reconsider my priorities, as summer is a time to assess opportunities and activities that would help me foster personal and academic growth.

Aside from enjoying the many freedoms that summer vacation has to offer, juniors like Anthony Johnson and Giovanni Escalera will be participating in internships and various community service projects.

“I’m helping establish a minor program in African American history with the history department,” said Johnson.

“The best part of summer for me is doing the student orientation for incoming students, and getting a break from school,” said Escalera.

Summer vacation provides a well-needed break from the stresses of school, but it is important to remember that student learning does not have to be in a classroom.

The issue of the “summer slide” is, once again, coming to the attention of those in academia. “Summer slide” also refers to the effects of summer vacation on low-income versus high-income children.

“Statistically, lower income children begin school with lower achievement scores, but during the school year, they progress about the same rate as their peers,” stated John Hopkins University sociologist Karl L. Alexander.

“Over the summer, it’s a dramatically different story. During the summer months, disadvantaged children tread water at best, or even fall behind.” It’s what we called ‘summer slide’ or ‘summer setback,’” explained Alexander.

While summer vacation provides students with sunshine, family, and free time, students should consider extracurricular activities and alternatives that will prevent them from becoming idle.

“I highly recommend taking summer classes, nothing too intense. Not too many things: stay active and relax. Finish the year, get ready for summer. Whatever students decide to do over summer, it is important to remember two things: stay active and relax. Hangout at the beach, relax, think about future internships you could do, don’t worry about anything. Take a whole month and just relax,” said Johnson.

College party stigma not a problem at CSUSB

By SHIANE JACOCKS Staff Writer

It seems that many students at CSUSB do not fit the typical college “party hard” stereotype.

Most students, when asked about college get-togethers, confessed they either don’t go to parties at all, or rarely go.

“I don’t go to parties often, but when I do it’s weekly. But I usually don’t go when I have midterms and finals,” said student Javier Lopez.

Some students seem to recognize the risks and dangers of partying too much.

The statistics of abusing drugs and alcohol seem to speak for themselves, and students can understand the toll they can have.

According to a study by Baer, Kivlahan, and Marlatt, “The college environment is an important factor to consider regarding students’ alcohol consumption because of previous research that has shown that students’—particularly men’s—drinking behaviors tend to increase from high school.

Some types of social events students attend are sorority parties, kickbacks, or dorm parties.

Some students go to these events either because of peer pressure, stress, or because they are attempting to fit the norm of a college student.

“I go because it’s fun and it helps release stress. I know some people go because of pressure, though. Their friends kind of force them to go,” said student Zachary Willhide James.

College can be stressful, whether it’s dealing with a job, finances, relationships, or school work. Going to gatherings can be a stress-reliever.

“During the summer I enjoy traveling, staying fit, and trips to the beach. Or if I’m intern-ing, I enjoy working with professors. And being with family and friends!”

Joshua Shuford
Senior

“Not coming to school, having quality time with my family and friends, and being able to travel, like to Lake Elsinore, Corona, places like that.”

Nora Ortega
Freshman
Financial aid website review

Students believe that the financial aid website isn’t as helpful and accommodating as it should be.

By EMMANUEL GUTIERREZ
Staff Writer

The CSUSB financial aid website is too simple for its own good and potentially serves as a barrier to receive department guidance.

The cost of attending higher education continues to increase.

Receiving financial aid is becoming more and more crucial.

“The website was kind of helpful, but calling the office and talking to someone was easier,” said CSUSB student Christen Jennings.

“Put more info on the website so I won’t have to spend extra time on hold,” added Jennings.

The information provided on the CSUSB financial aid website is thorough in covering topics such as applying for aid, Dream Act information, and links to student employment.

However, the information “was very vague and some of the links did not work,” said CSUSB student Stephanie Rodriguez, when she checked the website as an incoming freshman.

To gain a better understanding of what a financial aid website should offer, I randomly chose three other Cal State Universities’ websites to compare: Northridge, Fullerton, and Long Beach.

After surfing through their respective Financial Aid homepages, I found that while our website may be more aesthetically pleasing and less intimidating in respect to presenting the information, the other schools’ websites are more helpful—much more direct from the get-go.I based my conclusion solely on their homepages.

The other Cal State websites do not necessarily offer more information, it all seemed standard.

“I didn’t have to stumble through Cal State Long Beach’s financial aid website to learn of their policies on eligibility—it’s on the homepage under “Policies.” “They could revamp the user interface, including more information on the homepage,” suggested CSUSB student Ces- sar Marin.

Students find it difficult to navigate through the financial aid website because it does not provide sufficient information.

A telephone number to contact the office is not on the homepage or any other page relating to the financial aid office that I have encountered, which made it difficult to contact the office.

The location of the office on campus is strangely absent on the financial aid website.

The contact information and location of the office are shown when “CONTACT CSUSB is clicked—as well as on a “Con-nect with us” link to their Facebook account, which I overlooked because I didn’t want to “Like” the page, I wanted the information I sought.

However, not everyone shared my reactions to the website.

“It was positive, it steered me in the direction to finding a solution to some problems,” said student Julia Suarez.

I initially found the CSUSB website less intimidating when comparing it to the others because it presents the information in fewer giant blocks of text.

“I interpreted this as more approach-able, but it actually becomes less effective in practice due to the lack of elaboration of specific information without links,” said student Julia Suarez.

The CSUSB financial aid website offers vital information to students, but must elaborate—particularly with alternative procedures—and needs to be more accessible from the homepage.

Hopefully, soon, the website will be expanded and redesigned to meet the standards our fellow Coyotes deserve.

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The ‘80s is a decade known for wild hair, brat-pack films, and best of all, killer, music which still resonates with most of us, and will most likely stand the test of time. I don’t know a single person that wouldn’t “get into the groove” as soon as Madonna’s dance anthem rang out, or rock down to “Electric Avenue” if Eddy Grant told you to.

The ‘80s tribute band Pop Gun Rerun understands this too, and they pay homage to this awesome decade on stages that rock crowds all over the Inland Empire. From Journey’s “Don’t Stop Believin” to Pat Benatar’s “Hit Me With Your Best Shot,” Pop Gun captures the essence of popular rock ballads and sends their audience on the most epic and energetic musical tour of the decade.

Fronted by the fierce and sexy lead singer Roxanne Redlight, the entire band is outfitted in ‘80s gear that lets the audience know exactly what is in store for them. Redlight is usually decked out in cut off jeans with fishnet stockings, a leather vest, and fingerless gloves. Her vibe is tough and talented and she has the voice to match.

Rocking the keyboard and belting out a few hits as well, is the band’s own Tom Schmooze. An obvious fan of “Top Gun,” Schmooze totally nails the role of the famous Tom Cruise character, Maverick, and even takes it a step further with a voice that successfully makes the ladies swoon.

The remaining members of the band are lead guitarist Stash Spicoli, whose solos are as infamous as his outrageous leggings, bassist extraordinaire, Steve-O, and hair band enthusiast drummer, Chazz Michael.

Pop Gun Rerun certainly has an outrageous ensemble, but their song list takes their show to a whole new level. Featuring songs from Frankie Goes to Hollywood, KC & The Sunshine Band, The Cure, and Michael Jackson, it’s a non-stop party.

No wonder they are considered one of the top bands in the Inland Empire. “Pop Gun Rerun is the perfect tribute to what the ‘80s popular culture were all about. When it comes to Journey Schmooze nails it!” said concert goer Ernie Martinez.

“Shmooze sang ‘Separate Ways’ perfect and Roxanne Redlight does an awesome Madonna,” continued Martinez.

Pop Gun has gained so much acclaim with their excellent tribute to the ‘80s. They are taking over showcases all over Southern California.

By TAYLOR VERMILLION

Staff Writer

Pop Gun Rerun shoots you to the ‘80s
I enjoy taking portraits of people basically anything from taking pictures of babies, kids, couples anything like that.

-- AMELIA MURILLO

I prefer analog photography, because working with film you don’t know what you’re going to come out with when you are taking the picture. You have to wait until you develop it and developing the film is a lot of work that takes so much energy. I feel like I am doing more with film than with digital.

-- Diana Hernandez

Photography class shares their inspiration

By DIANA RAMOS
Asst. A&E Editor

“I enjoy taking portraits of people basically anything from taking pictures of babies, kids, couples anything like that.”
SANDRA GARCIA

“I chose this class because of my major and because it’s more interesting. You get to meet new people or even capture people’s expressions and their personalities through pictures rather than sitting in an office.”

Edward Montgomery

Gabriel Huerta has a creative style when taking photos.

“For me, I like doing it because it’s very therapeutic. It’s just you and your project. It’s my moment to do what I want to do besides being with my family and dealing with school. It’s relaxing to me.”

Edward Montgomery
This man used his hands to slap his stomach, chest, and legs while on the floor. Percussion can be created out of anything that you can strike and makes sound. Traditional drums, frying pans, Marimbas and the human body were among the instruments used to convey music by the group “Tala Rasa Percussion” on Wednesday, May 14.

This rhythmic performance took place in the CSUSB Performing Arts Theater and was attended by forty people.

“Tala Rasa Percussion” engaged the audience with their profound expression and interpretation to the music of Mark Applebaum, Fredrick Anderson, Rudiger Pawassar, Vinko Globokar, Alejandro Viano, and Iannis Xenakis.

The Tala Rasa trio, James Beaton, Brendan Betyon, and Steve Wulff began their performance with the beatings of pans, wood, a gong and brake drum. The music was lively and was a great way to introduce the audience to the art of percussion.

“It’s a physical, visual activity and an art form. It’s really all an art form in itself,” said Beaton.

The second piece entitled “Imagine There Was Nothing” was very spatial and resonated vibes and pretty melodies. The sounds were very soft while giving off an eerie sound of bells.

One aspect that made this piece entertaining was the trio’s ability to hold not one, but two mallets between their fingers. The movements of the mallets were amazing to watch as they would switch to different positions without losing a beat.

All the mallet tips also varied in size which allowed them to create different sounds. The next piece “Sculpture 3” gave off a completely different vibe and made one student feel like he was back in Guatemala.

“I enjoyed hearing the Marimba’s because it reminded me of when I would go to Guatemala to visit my family,” said student Joshua Martinez.

“Certain tones of the Marimba’s were a little different, but I felt like I was eating in the restaurants and walking the markets,” added Martinez.

The piece of the night that got the most reactions from the audience was “Corpo-rel” that was performed by Wulff.

A shirtless Wulff walked on stage, sat Indian-style on the floor and began to rub his face while creating sounds with his mouth and teeth. His whole body became a human percussion instrument as the audience witnessed him being born within himself while trying to figure out his own body.

It was interesting to watch and made me realize how many sounds you can make with your body.

“Dance Groove Drifting” was the next piece that was played by Beaton and Betyon. While playing, both of their bodies became part of the music as they moved with every beat.

The trio ended their performance with “Okho” that consisted of playing on Djembe and various bass drums.

The sound of the Djembe drums had beautiful beats and the members were entrancing to watch as they played in sync.

I really enjoyed “Okho” because I got to see each member show their ability to perform as a soloist, a duo and a trio.

“Tala Rasa Percussion” has been playing together for only two years but have made their mark by playing at multiple events and teaching their passion of percussion to their students.

By RACHEL MOLINA 
Staff Writer

The king of monsters, returns in the 2014 re-imagining of the iconic “Godzilla” setting the standard for titan monster fights.

With a convoluted narrative that is simple enough for unfamiliar viewers to follow, Edwards reinvents Godzilla’s original story, while keeping him relevant to the modern world and demonstrating that he is a force to be reckoned with.

“Man vs. Nature is the predominant theme of the film, and I always tried to go back to that imagery. Godzilla is a force of nature,” stated Edwards in an interview by The Daily Beast.

He is referred to as the “Alpha Predator” by Japanese scientist Dr. Ishiro Serizawa, played by Ken Watanabe. Godzilla is a prehistoric predator who lived during a time where Earth was still highly radiated and this radiation served as the source of food for the giant savior.

The opening of the film is very cryptic, showing secret files and newspaper articles hinting at previous encounters with the mysterious beast in the Pacific.

Bryan Cranston leads the film as scientist Joe Brody and brings a solid performance as a Geologist and loving family man. He bears a commanding presence as the main character and posters exaggerate his actual size.

Godzilla only appeared in the film for the first 50 minutes as the main protagonist, which may have been a huge disappointment to Breaking Bad fans who may have gone to “Godzilla” solely for Cranston. However, there are some elements that hinder the movie. There is an annoying attempt to marginalize Godzilla from his own film by pushing human relevance into the narrative. Minor characters like Watanabe and his assistant had unimpressive performances that perhaps deemed them unnecessary.

Misleading trailers and posters set high expectations that are not met in the film. Cranston is cut from the movie very early on when the trailers suggest him as the main character and posters exaggerate Godzilla’s actual size.

Perhaps the biggest weakness is that there is not enough Godzilla in the film. Godzilla is hardly shown throughout the 123 minutes and instead we have to settle for the generic, unmemorable monsters that Godzilla later has to fight.

Though the film falls short in some aspects, it hardly takes away from the overall cinematic experience. The movie delivers over-the-top cinematic visuals, and solid performances by the head cast.

I recommend “Godzilla” to viewers who enjoy action-packed movies and monster fights in the Japanese tradition.

I give this film 4 out of 5 paws.
Studying abroad: California to South Korea

By ERICA WONG

Staff Writer

Traveling 5,986 miles to a foreign country and committing to living there for an academic year is the opportunity of a lifetime.

Applying to study abroad wasn’t something I had considered until one day, at the end of fall quarter, I accidentally ended up in the International Programs (IP) of California State University at San Bernardino.

“This is one of the best programs you can take advantage of,” said Study Abroad Assistant Coordinator Emilio Rodriguez.

“The programs are designed to be the same as if you were taking classes right here at your home campus,” I could choose from Australia, France, Israel, Korea, South Africa, Sweden, the United Kingdom, the list went on and on. These were places that I never thought I would consider until one day, at the end of fall quarter, I accidentally ended up in the International Programs (IP) of California State University.

As I found out four days before the end of the quarter is not the best time to try to visit professors in their offices and ask for a letter of recommendation. It was such short notice and I hadn’t made a very good impression on any of my teachers.

I finally ended up getting what I needed, after thanking my sweet English professor a thousand times. I was kicking myself for not taking this into consideration in the past.

After winter break, around mid-January, I had an interview scheduled with the IP Program board. Students that worked in the office had studied abroad in previous years, and they told me I would be sitting down with Emilio, Amy, and maybe a couple of other faculty members to evaluate if I was fit to travel to another country.

The Study Abroad program offers students the opportunity to travel to many locations around the world and attend schools in foreign countries. Students cherish the chance to thrive and study in a completely different culture than their own.

Applying for the program. I would have to fill out my application, which also required a statement of purpose and two letters of recommendation from former professors.

I turned in my application, and after one week my friends and professors at CSUSB informed me that I was accepted to South Korea University for the 2014-2015 academic year.

Personally, I feel lucky that the CSU system has a program such as this one, enabling students to immerse themselves in a different culture and expand their horizons.

As I waited to be called into the conference room, I was nervously tapping my heel on the carpet, surely annoying the girl sitting next to me.

What if I wasn’t good enough? What if they thought that I was too much of a mediocre student to even be considered for a great program like this?

I would be laughed out of the admissions process.

When I sat down, the board only consisted of Emilio, Amy, and a student who had studied in Taiwan last year.

The whole interview ended up being like any other time I would stop by the office and talk about applying to study abroad.

My first choice was Sweden, but they suggested I put down a second choice if I was really serious about traveling.

We finally decided on South Korea, because Yonsei University had one of the best programs, next to Sweden, for my communications major.

They made sure I understood to keep my grades up for the remainder of the academic year, and just like that, it was over. The only thing I could do now was wait.

It still didn’t seem real to me. I focused on school, going to work, and going about my life as if this had never happened.

I got home from school one day in March, and my mother handed me a thin envelope addressed from the Chancellor’s Office in Long Beach. I opened it, not expecting it to tell me, “Congratulations, Erica. I am pleased to inform you that you have been accepted to South Korea for the 2014-2015 academic year.”

For the next month, I flip-flopped between whether or not I should take this opportunity or stay at CSUSB and graduate at my expected graduation date.

Turns out, my indecisiveness was the reason I missed applying for not taking this into consideration in the past.

For the next month, I flipped-flopped between whether or not I should take this opportunity or stay at CSUSB and graduate at my expected graduation date.

Miraculously, I was able to schedule an appointment for my physical and meet with my advisor the following day.

My biggest issue was paying the $500 deposit. I had been shaving my legs with shampoo for the past week because I couldn’t afford more body wash. How on earth would I make $500 magically appear?

What if I wasn’t good enough? What if they thought that I was too much of a mediocre student to even be considered for a great program like this?

My pride prevented me from asking my single mother to help me pay for something that I knew wasn’t in her budget.

My best friend Cari Valenta ended up paying the deposit because she supported my decision and felt it would be a great learning experience for me.

Now that I’ve finally made a decision to attend Yonsei University, I’m incredibly grateful for the support from my friends and professors at CSUSB.

Personally, I feel lucky that the CSU system has a program such as this one, enabling students to immerse themselves in a different culture and expand their horizons.

By ERICA WONG

Staff Writer

Tuesday, May 27, 2014
Yoga benefits the body, mind and all of you

Yoga is an evolving exercise that can benefit everyone. Once you find a yoga style that fits you, you will be able to experience the life-changing qualities of this ancient practice.

There are many benefits and styles of yoga.

One of the key aspects of yoga is to balance the body.

“Yoga is a union of the mind, body and spirit,” said Jackie Sullivan, a Yoga instructor at CSUSB. “Yoga eases stress and helps us become one with our bodies.”

Yoga helps increase a person’s strength, flexibility and respiratory capacity through different poses and breath work practiced during yoga. Sullivan added that yoga can also help decrease blood pressure, decrease blood sugar and help organs be more efficient.

Yoga can also help a person lose weight and develop healthy habits. Yoga doesn’t only have physical benefits, it also has many benefits to exercise the mind.

According to Sullivan, students who participate in yoga are able to concentrate better during classes. Many strive for a more positive life. According to Sullivan, yoga can help people develop a more positive lifestyle through different poses and meditation.

Yoga allows us to check in with ourselves and find inner peace. People who practice yoga are also less likely to have anxiety and negative thoughts.

According to The American Yoga Association, “Yoga helps you to access an inner strength that allows you to face the sometimes-overwhelming fears, frustrations, and challenges of everyday life.”

Many people may not know the correct type of yoga they should be doing. It is recommended that you try as many different types of yoga that you can until you find the one that works best for you.

One type of yoga that people practice is a vinyasa style yoga, which includes flowing posture poses with rhythmic breathing exercises. Another type of yoga is power yoga, which is a rigorous strength training and flexibility workout with constant movement.

It is recommended that if you are younger, you should be practicing a more strength-inducing yoga that will help with strength and flexibility.

In the morning, people should practice more of a power yoga, which will give you energy throughout the day. In the evening, those who wish to practice yoga should practice a slower, more calming type that will help you go to sleep.

According to Self, a health web site, “Insomniacs fell asleep 15 minutes faster and slept an hour longer each night after two months of doing a 45-minute series of yoga poses daily before bed.”

“I really enjoy yoga after full body workouts,” said CSUSB student Shelby McCliman. “I find it relaxing and I think it is good to take time and relax your mind and worry about nothing.”

Students who wish to balance their mind, body and spirit can practice or learn about yoga at CSUSB.

They can check the Rec Center and the Kinesiology department for class options.
On Memorial Day, many Americans will utilize the day off from work and school to celebrate with family and friends, while others seize the day and pay a tribute to America’s heroes.

Memorial Day is reserved as a national holiday in remembrance of America’s fallen heroes from all service.

Members of the CrossFit community nationwide participate in an intense workout named Murph in honor of Navy SEAL, Lt. Michael P. Murphy, a recipient of the Medal of Honor, who was killed in Afghanistan in 2005.

“The workout consists of a mile run, 100 pull-ups, 200 push-ups, 300 squats, followed by an additional mile run all while wearing a 20 pound vest, to simulate military body armor, all for time,” said Dustin Summers, a CrossFit enthusiast.

“Lt. Murphy’s favorite workouts because it not only tests an individual’s physical strength, but also mental strength. Before completing a Murph [workout], I feel like death. My body just can not take any more physical- and I feel like I could lay on the floor for hours,” said Summers.

“Mentally and spiritually, you get a sense of greatness and pride because you just pushed yourself harder than you ever would in your entire life,” Summers added. “Your body wants to quit but your mind just keeps pushing and you have to tell yourself not to quit.”

The mission that killed Lt. Murphy and most of his comrades has become widely known through the book and the Hollywood movie, Lone Survivor.

In June of 2005, Lt. Murphy and three other Navy SEALs were on a reconnaissance mission in Afghanistan observing a Taliban village of between 20 to 200 Taliban fighters when they came upon a couple goat herders and their goats.

Lt. Murphy and his men tried to communicate back to their chain of command that their mission had been compromised, but because of their location in the mountains communication devices did not work.

The men were faced with two options: the first was to kill the goat herders in order to buy time to safely make it home, and the second was to let the herders go, knowing they would notify the Taliban and probably be caught in a firefight.

In accordance with the U.S. Rules of Engagement, Lt. Murphy let the herders free knowing they would get into a firefight while outnumbered.

Shortly after the troop found themselves surrounded by a large group of Taliban fighters, the encounter concluded and an all out firefight. After an exhaustive battle, Lt. Murphy and his men were nearly killed.

Lt. Murphy knew if he didn’t get radio communications, all of his men, including himself, would die.

He then made the decision to put his life on the line and expose himself to enemy fire in attempt to make a radio call.

Lt. Murphy used a satellite phone to call his headquarters to notify the command for backup upon the discovery of food and others for the activities.

“The iceberg structure was nice too. It was a lot of fun to climb and jump in the water,” said Schneider.

Romero only had one negative point concerning the event.

“I disliked the choice of food. The quality of the food could have been better.”

Nario relies on PowerPoint supplied by the professor, but Octavio Orozco goes the extra mile, unlike Nario. “I usually have to have the book and paper in front of me,” said Orozco. “I read over the material and take notes as I go,” said Orozco.

Some people cram and others dive into it early. Ibarra does not leave it until the last minute.

She constructs a team of other students days before the exam and they attack the study guide together. “I usually use Google docs,” said Ibarra. “I copy and paste what I need to Google docs and send it to people,” she said. “We help each other out.”

“I usually start this three days before the exam,” said Ibarra. Ibarra seems to have mastered the art of preparation, but everybody has their own methods and needs.

Background noise is essential to many students. “I have to have my music,” said Nario. “It helps me focus on what I need to do.” Orozco also feels the same way, but he alternates something different in the mix.

“I have to hear music or I turn on a live stream and watch people for the background noise,” said Orozco.

The live stream is a unique addition when it comes to studying, but the methods are universal.

According to the Mind The Science Gap website, for some people music and background noise keep parts of the brain occupied while the rest of the brain concentrates.

The setup stage of studying are all in the hands of a student’s preference.

Every study session presents a new challenge, but it is nothing CSUSB students cannot handle.
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Tuesday, May 27, 2014
Team supplied drugs damage NFL players

By GINA MIRANDA
Staff Writer

Former NFL players are suing the league for their unethical practices in masking injury with pain killers for player performance and financial profit. Nearly 500 former NFL players are seeking compensation for their post career ailments, claiming NFL doctors would keep players in the dark about their health and game related injuries.

Steven Silverman, an attorney for the players, said in a statement, “The NFL knew of the debilitating effects of these drugs on all of its players and callously ignored the players’ long-term health in its obsession to return them to play.”

Players perform in sixteen regular season games, with the possibility of playoff contention.

In order to perform, players were lavished with an array of anti-inflammatory drugs, injections, and addictive pain killers before, during and after games and practices.

Unbeknownst to the players, their long-term dependency on prescription drugs has gone far beyond their contractual agreement the lawsuit claims.

The lawsuit claims that narcotic pain killers were used to push injured athletes back on the field.

Vicodin, anti-inflammatory injections such as Toradol and post game prescriptions, to a few.

Players claim they were dependent on sleep aids such as Ambien in order to sleep through the aches and pains of their athletic profession, as stated in the lawsuit.

The aforementioned drugs at alleviate severe levels of pain, but yield life threatening effects such as liver damage, kidney failure, intestinal bleeding, addiction, heart disease, injuries to muscles, ligaments, and other deadly effects of long term prescription drug usage, claims the lawsuit.

Retired player Kyle Turley, a Moreno Valley, Ca. native and a litigant in the case, claims that drugs were easy to come by and comparable to candy.

“There was a room set up near the locker room and you got in line,” Turley said.

“Obviously, we were grown adults and we had a choice. But when a team doctor is saying this will take the pain away, you trust them,” added Turley.

Former quarterback Jim McMahon, suffered many injuries throughout his career, including a broken neck and ankle, injuries he claims were withheld from him and replaced with prescription drugs.

As a result of those injuries, McMahon openly admitted drug addiction to Percocet, stating in the lawsuit he consumed up to 100 pills in a given month, including the off-season.

According to the National Institute of Drug Abuse (NIDA), opium related drugs such as Vicodin can have effects similar to heroin.

The NIDA claims that as a result of costly over the counter drugs, addicts occasionally turn to heroin as an affordable outlet for their prolonged dependency.

The lawsuit claims unspecified damages on behalf of more than 500 players; similarly, the NFL has yet to settle their previous lawsuit involving ethical practices with confused players.

The NFL reached a settlement in their previous lawsuit for $765 million with thousands of former players claiming long-term suffering from game related concussions.

A Judge has yet to reach an agreement in that settlement, claiming victims may be entitled to much more compensation than $765 million.

Similar statements were made in that lawsuit regarding players and the unethical practices of their medical treatments.

Tiger’s back injury may force him out of U.S. Open

By LUIS PETTY
Staff Writer

Tiger Woods, the winner of 14 Majors Golf Championships and considered by many to be the greatest golfer ever, may not be able to participate in the U.S. Open on June 12 due to the back surgery that he underwent in March.

According to an article by Emily Kay in SB Nation, Woods hopes to be ready and recovered by the time the U.S. Open starts in June, but his main priority is to recover and continue to play golf in the future.

Prior to the surgery, I didn’t think I would have much of a playing career if I felt like this because I couldn’t get out of bed,” stated Woods, as he expressed his thoughts on maintaining his reputation in the world of golf to SB Nation.

Woods has already missed the Masters Championship because of his surgery this past April, and has not won a major title since 2008, according to SB Nation.

Woods stated that before the surgery his back pain was staggering and preventing him from playing at his full potential.

Adam Scott, as a result, took his place in the world golf rankings.

"Forget about playing golf at the highest level. I couldn’t get out of bed," stated Woods.

Woods feared that if his debilitation went unchecked, it would cause permanent damage and handicap him indefinitely from playing Golf.

He decided to undergo the microdiscectomy procedure.

"Now that I’ve had the procedure, I’m excited about what the prospects hold, that I’m able to feel this way, and if that’s the case, then I’m excited about my career," stated Wood’s to SB Nation.

Woods has developed an impressive record and accumulated many awards throughout his career.

He has won the Masters Tournament four times with an impressive nine shot lead in 1997.

He has also won the PGA Championship four times and the U.S. Open three times, accumulating to 14 total championships in his career.

He has been awarded PGA Player of the Year a record 11 times, the PGA Tour Player of the Year a record 11 times, and the PGA Tour Money Leader a record 10 times.

He is also the winner of the coveted Vardon Trophy, which is given to the PGA Tour’s leader in scoring average, a record nine times.

As well as a recipient of the Byron Nelson Award, given annually to the player with the lowest adjusted scoring average, a record nine times.

Obviously, based on the records and honors given to Woods, he is an extraordinary athlete among his professional competitors.

However, his ability to return to professional golf has been questioned by many of his sponsors and companies that have contracts with Woods.

Woods finds himself making a serious decision for his future as well for his career.

Woods should be able to recover in time for the U.S. Open, but there is no definite proof that this may be the case.

Woods explained that it is not up to him to decide when he can play, but up to his surgeons.

"I think that’s been kind of the realization to all of us is that there’s no date. It’s just take it on a daily basis," stated Woods.

"It’s not going to be up to me whether I play or not. It’s going to be up to my docs. Obviously, I want to play now," stated Woods. Woods would have to make sure that he makes the right decision for himself and for his career.
Kings slap back

No matter who wins the series, fans will remember the Los Angeles Kings and Chicago Blackhawks match up for years to come.

One of the biggest highlights in the postseason playoffs was when the Kings came from behind to score six unanswered goals in game two of the Stanley Cup Playoffs’ Western Conference Finals.

The 6-2 loss was the first time the Blackhawks have lost on home ice at the United Center during the Playoffs this year.

The win was especially sweet for the Kings, who were eliminated by Chicago in the 2013 Playoffs. The Kings had not been able to win at the United Center during any Playoffs, going 0-7 overall going into Wednesday night.

The Kings’ captain, Dustin Brown, summed up the win when he said, “I think this is a huge game for our approach and I guess, our psyche. Kind of like slaying the mythical dragon. We’ve been dominated by this team over the last couple of years. To come in here and get a win in their building with the type of home record they have, I think gives us a boost in confidence.”

Chicago finished the regular season 46-21 with a home record of 27-7-7.

LA was down 2-0 before they scored their first goal with less than two minutes left in the second period. Justin Williams tipped the puck into the net with assists from Mike Richards and Dwight King.

“I really liked how we played for 38 minutes,” Chicago coach Joel Quenneville said. “We did everything we were looking to do. They got a little momentum at the end of the period scoring a big goal for them on an innocent play, gave them some life.”

The Kings then went on to score six goals in a row with Jeff Carter finishing with a hat trick. The first of Carter’s three goals came on a power play and was originally credited to Drew Doughty, but after referees reviewed the play, the goal was given to Carter.

The Kings are making it a habit to come from behind, both in games and in series. In the first round of Playoffs, the Kings were down three games to none and came back to win four straight against the San Jose Sharks.

The Western Conference Semi-Finals saw The Kings take the series to seven games. The Kings won the first two games and then lost the next three to the Anaheim Ducks. They won the next two games, forcing the deciding game seven.

Kings prevailed, beating the Ducks to win the series.

Kings’ coach, Darryl Sutter was asked about luck being a factor in game seven, and how he manages it. “Luck? You can’t manage luck. And I’m not managing, I’m coaching,” said Sutter.

Kings goalie, Jonathan Quick, came up big with 23 saves after making a crucial save in the second period to keep the Blackhawks from going up 3-0.

Along with Quick’s saves, Carter’s three goals and William’s goal, Jake Muzzin and Tyler Toffoli each contributed a goal which led to the Kings win.

The game also marked the most goals Chicago has given up in postseason play since their loss to Detroit in 2009.

Chicago forward Patrick Sharp was quoted in the post-game press conference saying, “Obviously, things unraveled during the third. We’re not happy. And we’re looking forward to getting on the plane and making up for it in game three.”

The series moves to Los Angeles at the Staples Center on Saturday and continues with game four, Monday night at 5 p.m., PT.

“At the end of the day we just need to try and win 60 minutes going into the next game.”

Jonathan Quick
LA Kings Goal Tender

“We’ve got to beat this team. We all know what the record has been the last two years, especially in this building. That’s kind of what we talked about. We all know we had better.”

Jarret Stoll
LA Kings Center