June 2nd 2014

CSUSB
Doctor prescribed pain medication is primary cause of death

More than 100 people die every day from prescription drug addiction in the United States.

In 2010, doctors prescribed enough pain medication to provide a dosage to all the adults in the U.S. every four hours for a month, according to The Los Angeles Times and The Daily Beast.

Drug addiction claims more lives than gunshot wounds, car accidents or suicide, according to The Daily Beast.

The Center for Disease Control (CDC) states that in 2010 30,000 of the 38,000 deaths due to drug overdose were unintentional.

The Huffington Post compares that number to the 34,000 deaths from traffic accidents and the 32,000 deaths due to firearms.

The United States is responsible for more than three quarters of prescription drug use in the world, states The Daily Beast.

The highest number of drug abuse have been reported in California, which is why California has taken measures to help decrease the number of people dying from drug overdose, states The Daily Beast.

This has prompted officials to sue Johnson and Johnson’s Janssen Pharmaceuticals, Actavis, Endo Health Solutions Inc., Teva Pharmaceutical Industries, Cephalon Inc. and Purdue Pharma, who produce a majority of the prescription medications.

The CDC reports that 32 people go to the emergency room due to prescription drug abuse for every four hours for a month, according to The Los Angeles Times and The Daily Beast.

Obama wants to rate American colleges

The New York Times reported on May 27 that American colleges may soon face government ratings that will determine how much funding they will receive.

President Barack Obama is calling for a government rating system that will rank American colleges on factors including the number of students graduating, how much money they earn after graduation, and how much debt students accumulate by the time of their graduation, and how much money they earn after graduation, according to The New York Times.

Higher ranked colleges will be given more federal student aid and will be able to offer students more financial aid, effectively drawing in more prospective students.

According to The Washington Post, by giving higher ranking colleges more federal student aid, students will be able to qualify for more grants and loans, which is something the government hopes will alleviate the burden of debt students are facing.

White House officials claim that the system will provide incentives to colleges.

Waiter, there are nuts in my soup!

A Japanese artist met with success when served a meal made out of his genitals for $250 a plate.

The artist, Mao Sugiyma, calls himself sexual and had his genitals removed in order to raise awareness of sexual minorities.

Japanese authorities claim that they knew about the event, but did nothing to intervene since cannibalism is still legal.

The obese, they outnumber us...

Two point one billion people are considered obese today, a number that has jumped from 875 million in 1980.

China, Russia, and the United States have been reported to have the highest rate of obese citizens with the UK coming in third in the study.

The study was conducted by the Institute for Health Metrics and Evaluations (IHME) in Washington, who analyzed surveys, articles, and websites from across the world.

Jihad against pork chocolate

Malaysian Muslims have called for a Jihad on the popular chocolate company Cadbury.

Known for their chocolate Easter bunnies, some of the confectioner’s chocolates has been found to contain traces of porcine DNA, a substance Muslims cannot consume.

Cadbury Malaysia is now pulling the contaminated chocolates off shelves, stating in a Facebook post that making sure their products are halal (allowed for consumption) “very seriously.

One step for cars, one giant leap towards robot apocalypse

Google is building prototype cars that do not require steering wheels or brake and acceleration pedals.

Chris Ursmo, Google’s director of autonomous vehicles, revealed in a blog post Tuesday night that Google is aiming to build cars that have only two seats, a little passenger space, and a few buttons for directions.

The corner of lung and liver street in cancer city

According to a report published in the Journal of Cancer, your chances of contracting certain types of cancer could be influenced by your neighborhood.

By analyzing U.S. census information, researchers found that depending on how affluent your neighborhood is, you are more likely to contract certain cancers such as thyroid, testicular, melanoma, and breast cancer being more prevalent in wealthy areas.

A find by the study shows that while the types of cancers that are more prevalent in poorer areas claim more lives, they have lower rates of cancer.
Chinese citizens banned from hacking conference

By MINTIMER AVILA
Online Editor

The U.S. is considering blocking Chinese officials from attending hacking conferences after five officials from the People’s Liberation Army of China were charged with stealing trade secrets from various companies.

The U.S. Department of Justice believes that sensitive business information from electrical and metal engineering companies was stolen to give Chinese state-owned companies a competitive advantage.

ABC News reported that the company, U.S. Steel, suffered a major plunge in profits after the hackers managed to steal information on manufacturing cheaper steel. This also resulted in employee layoffs and production cuts.

“This Administration will not tolerate actions by any nation that seeks to illegally sabotage American companies and undermine the integrity of fair competition in the operation of the free market,” said Attorney General Eric Holder.

Washington is proposing visa restrictions on Chinese computer experts to prevent them from attending hacking conferences.

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Retraction:

In last week’s issue, the article “Sodexo workers sue to get paid,” the first paragraph:

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

Should instead read:

“Sodexo, in charge of CSUSB’s dining service, faces a class action lawsuit from employees who were not compensated for retroactive wages.”

Coyote Chronicle

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Thailand experiences military coup

By STEPHANIE PARA
Staff Writer

Social unrest and division has led to a military coup overthrowing Thailand’s government. This seizure is largely due to conflict between feuding factions, the Yellow shirts, wealthy city residents who seem to be strongly favored by Thai-land’s judiciary, and the Red Shirts, who represent the United Front for Democracy Against Dictatorship, which is favored by the poorer rural class, as reported by Channel 3 News. In the seizure, Thailand’s military arrested the prime minister and other political officials, in an effort to prevent increasing violence. They have since then, released the officials, however, Bangkok still remains under martial law.

The military insisted the coup has been enacted to stop ongoing violence between the two groups, and to ward off a potential civil war, according to The Wall Street Journal. “A clash was very likely and if a clash were to happen, it might as well lead to a civil war,” said Lt. Gen. Chatchalerm Chalermsukh, deputy army chief of staff to The Wall Street Journal.

This is not the first governmental upheaval Thailand has seen. There have been approximately six major changes in the government’s political orientation since 2006, with the two factions’ constant struggle for power, according to Channel 3 News. They also report, in order to settle animosity between the two factions, the military imposed a curfew to residents from 10 p.m. until 5 a.m. Television and radio stations have been suspended and with military announcements and patriotic music.

A group of students demonstrated at Thammasat University’s campus against the coup and demanded new elections on Thursday, reported The Wall Street Journal. In the same report, military officials stated that elections would only be held once normalcy has been established, and brutality has subsided.

The painkiller hydrocodone became the most popular medications prescribed, reports Psychology Today. Webster suggests that doctors should assess patients before their prescribed medication, especially if they are experiencing chronic pain.

That commonality of becoming addicted is what makes the medications as dangerous as they’ve become, stated Webster. The Daily Beast also reports that approximately one person in Orange County dies from a prescription drug overdose every other day. The Los Angeles Times has reviewed coroners’ reports to find that more people die from prescription drug overdoses than from heroin and cocaine use.

Between 2000 and 2011, there were approximately 4,000 deaths from prescription drugs in Los Angeles, Orange, Ventura and San Diego counties. The use of medications such as hydrocodone became the most popular prescribed drug, outnumbering the amount of antibiotics and cholesterol medications, reports The Los Angeles Times. In 2010, more than 12 million people admitted to medicating themselves with prescription drugs for reasons other than what they were intended for, reports Psychology Today. The Daily Beast reports that there are 5.1 million painkiller users and 2.2 million who take tranquillizers without actually needing them, and 1.1 million who take stimulants just for the experience.

Webster suggests that doctors should assess patients before prescribing them certain medications to ensure they are not at a high-risk level for drug dependency or addiction.

New Dean for Palm Desert

By STEPHANIE PARA
Staff Writer

Dr. Sharon Brown-Welty has been named the new dean of the CSUSB Palm Desert Campus. She will begin her position as dean on July 1, 2014.

“We’re delighted to have someone of Dr. Brown-Welty’s stature in the education community as well as her vast experience as a university administrator to lead our Palm Desert Campus,” stated CSUSB President Tomas Morales in a press release.

Brown-Welty is currently the associate director of the doctoral program in educational leadership at Fresno State University.

Before that she held a number of positions at the Fresno University, such as dean of graduate studies, department chair of educational research and administration and associate vice president for academic affairs.

“I am so pleased and honored to be joining the Palm Desert as the new dean,” Brown-Welty stated in the press-release. “I look forward to working with the campus staff, the supportive community and the College of the Desert to increase the college going rate in the Coachella Valley as well as to provide an outstanding college experience to current and future students.”

“These are exciting times and I look forward to connecting with the leadership of the Coachella Valley, students, faculty, and staff in the coming days,” added Brown-Welty.

For more information on the CSUSB Palm Desert Campus, contact Mike Singer in the campus’ Office of Public Affairs at (760) 341-2883 ext 78107, msinger@csusb.edu or visiting the campus website.
President Obama vows to end Afghan war soon

By ANDRES IBARA  Staff Writer

During a surprise visit to Afghanistan, President Barack Obama promised the troops, after nearly 13 years of fighting, he intends to end the war in Afghanistan by the end of this year.

Speaking to the troops at Bagram Airbase, Obama said the war has reached a crucial point with Afghan forces claiming primary responsibility for their country’s security. This will allow most of the 32,000 stationed U.S. troops to depart.

However, he still plans on having a few troops to remain stationed in Afghani-
stan in order to protect the gains made during the war, according to The Huffing-
ton Post.

“After all of the sacrifices we’ve made, we want to preserve the gains you made that you have helped to win and we’re going to make sure that Afghanistan can never again, ever, be used again to launch an attack against the our country,” said Obama.

Some people have been skeptical about the news.

“I’ll believe it when I see it,” said student Vince Holguin.

Some people believe Obama will be able to end the war by the end of the year, such as Jordan Gallinger, a CSUSB Marine veteran who was stationed in Afghanistan.

“I do believe this is an achievable goal. With the current conflict between the U.S. and Afghan administrations, a full withdrawal of combat service members in Afghanistan is a very possible reality,” stated Gallinger.

David Briggs, CSUSB Arabic tutor and five-year army veteran who was also stationed in Afghanistan, he expects the war to wind down over the course of two and a half years with the plan of leaving 9,800 stationed troops for the next two years.

“There will be limited engagements; we will still suffer losses, so the war won’t really be over depending on the definition of war,” stated Briggs.

Likewise, Gallinger said that leaving a few troops in Afghanistan allows the U.S. military personnel to remain in an advisory or training capacity.

However, they both said that this doesn’t mean the troops will be able to return home, saying that there are lots of other nations that may need some help.

“Based on the administration’s activities in Pakistan, Yemen, Somalia, and our presence in Jordan in response to the Syrian situation, we may see that some of the troop levels currently in Afghanistan be redeployed to other parts of the Middle East rather than return to the U.S.,” continues Briggs.

Since the conflict started in 2001, at least 2,181 U.S. military fatalities have been recorded, with thousands wounded, according to the Huffington Post.

The casualties and overall conflict in Afghanistan has been in decline over the last several years, which has been the result of decreased combat, and is expected to go lower this year.

“Full withdrawal of combat service members in Afghanistan is a very possible reality.”

Jordan Gallinger
CSUSB Marine veteran

Government proposes plan to rate colleges

Continued from Pg. 1

and universities to keep down costs and broaden access to a more diverse student population.

This proposal comes in response to the economic depression of the last few years and its slow recovery, with Obama hoping that his plan will help students avoid accumulating heavy student debt, reports whitehouse.gov.

Critics of the proposal, including college presidents, have voiced concern over various possible consequences to the plan as well as criticism of the method used by the government.

According to The New York Times, many college presidents who were concerned this plan will elevate financial concerns above educational concerns, punish schools with large numbers of students majoring in liberal arts and theatre, as well as other professions that typically do not make a substantial amount of money after graduating.

They are also concerned it will heavily affect schools catering to minorities and lower-income families, schools that already suffer from limited funding and whose students have little to no college preparation.

Some students also feel that this system may be unfair to schools in poorer areas. “This rating system seems similar to the inverted pyramid. Students at higher ranked schools would be more privileged than those towards the bottom at the pyramid,” said student Jeanette Swanson.

“This, possibly tremendous benefits may be reaped at higher ranked schools, while there will be less available for those that were less funded,” added Swanson.

Critics are also responding to a quote by Jamie Stadley, a deputy under secretary in the Education Department, who claims rating colleges is as easy as rating kitchen appliances.

“It’s like rating a blender,” said Stadley according to The New York Times. “This is not so hard to get your mind around.”

Adam F. Falk, president of Williams College in Massachusetts, feels that this rating system will oversimpli-fy information about the colleges, and could mislead prospective students.

White House officials have stated that the president has taken all of these worries and criticisms into account and is working to improve the plan as well as reveal it by the end of the year.

Cyber espionage has Chinese citizens on lock down

Continued from Pg. 2

ferences such as Def Con and Black Hat.

Attendees include computer security professionals, journalists, lawyers, federal government employees, and hackers.

A senior administration official said these actions are a part of a broader effort to curb Chinese cyber espionage.

China denies any charges saying they were “made up,” and that they are equally the victim of similar breaches, according to Reuters.

Jess Moss, founder of both Def Con and Black Hat, tweeted that he was not aware of these efforts proposed by the government but stated, “I don’t think it helps build positive community.”

Members of the hacking community also took to Twitter to weigh in on the situation.

“Racism by the U.S.: No Chinese people allowed at Defcon,” tweeted Valdes Nzalli.

“Something tells me that the Chinese hackers who the U.S. government are worried about don’t go to Def Con anyways,” tweeted Steve Manzuki.

Preventing Chinese persons from attending these events would prove difficult because of their strict privacy concerns.

Attendees are required to pay in cash and do not need to reveal their legal names, which makes it difficult to track people who attend these conferences.

However, 10 to 12 Chinese citizens were unexpectedly denied visas to attend a space and cyber conference hosted by the Space Foundation in Colorado.

DVs and video clips of speakers are available on their websites making it easy for anyone to attend without physically being present.

“We’ve tried to have a constructive dialogue. The State Department and the Defense Department have traveled to China to share evidence of hacking by the (People’s Liberation Army), but those types of interchanges have not sparked a lot of progress or reciprocity,” said an official who was unauthorized to speak pub-
licly.

The visa restrictions also mentioned releasing new evidence about the al- leged hacking to further increase pressure on China, according to The Wall Street Journal.

A total of 31 changes were filed, making it the first time the U.S. has officially accused another nation of eco-

nomic espionage.
Finals are here along with stressful study sessions. Instead of cramming all the information you need to know the night before, there are study methods to take into consideration.

Students prepare for finals

Strategies to get ready for the quarter’s most stressful period

By MARK MASCETTI
Staff Writer

I believe the best way for students to review before an exam is to review their notes from class. Writing out the information in your own words can help you memorize the material better.

Some students prefer professors who post PowerPoint presentations online that allow them to do a quick review of what was taught.

I have found that if I translate what is on the presentations into my own words on paper before hand, I will comprehend and remember the information better.

Instead of simply reading the PowerPoint slides right before class, read the notes you wrote about the information and use that as a refresher.

If you have access to an environment limited with distractions, use that to your advantage and refresh before the exam.

“I learned recently in a psychology class that if you study in a quiet room, without even knowing it, you will focus more on what you’re studying and do better,” Glenn added.

I personally have found this to be completely true as I always review at home before an exam, then show up to class a few minutes early and study while waiting for the professor to arrive.

Even with my headphones plugged in, the people around me can distract me from studying.

Glenn said that there really is no wrong or right answer to studying as long as it is effective for the individual. But for him, studying must take place in a quiet area.

One easy environment with minimal distractions can be in a vehicle.

The advantages of studying in your car before an exam are that it can be a quiet, distraction free zone, and it is within close distance to the location of your exam.

This means you could be refreshing your memory for the exam up to about five or ten minutes before it starts.

With finals coming up, I hope students can take advantage of these suggestions and implement them to whatever works best for themselves.

Finish strong and show those finals who’s boss by one easy trick: reviewing beforehand.

Some students access to an environment limited with distractions, use that to your advantage and refresh before the exam.
A majority of my summer vacation will be devoted to sleeping – and I don’t want to be disturbed. Relaxation and rest are just a few of many perks associated with summer vacation.

“I like to sleep in the summer as much as I can. Then I feel guilty afterwards because most of the day is wasted,” said student Alejandro Vasquez-Anaya.

“A 2004 study found a significantly higher rate of mortality among persons who slept eight hours or more a night compared with those who slept the optimal seven hours,” stated science reporter Jennifer Fisher Wilson in her night compared with those who slept the optimal seven hours, stated science reporter Jennifer Fisher Wilson in “Is Up the Number Sign?” Working a part-time job that schedules me awkward late night shifts and attending school full time, weekends have become my haven for catching up on rest I’ve lost during the week.

Despite my attempts at resting on the weekends, I find myself staying up later hours than expected and receiving inadequate sleep that leaves me feeling groggy and dis-oriented.

Add a severe lack of organization, a disruptive sleep pattern, and a sibling who snores obnoxiously, and it becomes a disastrous equation of restlessness that is hard to avoid.

“Sleep deprivation does more than make people prone to accidents; it also affects their quality of life; some of the first signs of sleep deficit are irritability and decreased creativity and enthusiasm,” stated Fisher. It’s hard to believe that I manage to have any energy left to expend on tasks I enjoy, or simply to take a moment for myself.

Summer vacation is my chance to relax. “Fatigue systematically erodes performance and can have serious safety consequences,” according to David F. Dinges, PhD, professor of psychology in psychiatry, wrote Wilson. Resting and relaxing are ideas I’m willing to support as soon as summer vacation arrives, but I also realize that too much may cause issues that will affect my well-being.

“I’ll crash later after expending my energies into useful and healthy tasks than slowly wasting it on idleness. Focusing on developing healthy rest and relaxations patterns will allow physical and mental balance.”

For now however, I’ll continue doing what I do best – assessing how long I can last through the end of the quarter with minimal rest.
As the school year comes to a close, one of the only things getting students through finals is looking forward to summer. However, not all students get the luxury of a break. Many people continue to juggle classes, internships, jobs, and friends in order to get ahead.

Whether you are traveling or sitting in a classroom, it’s always important to stay safe and enjoy yourself.

Coyotes talk summer plans

By ERICA WONG
Staff Writer

Kelsie Lewis
“I hope to pass the CBEST (the test to become a substitute teacher), to find a second job because I currently work at the bookstore. I hope to visit my family that lives in Northern California, and spend more time with my friends without the distraction of school.”

Jacob Calloway
“I plan on going to summer school here at Cal State or Crafton and working full time. I’m going to take a trip to Miami for sure and I’m also saving for a trip to Australia. I also need to take this time off to mentally prepare myself for next school year.”

Miguel Jimenez
“This summer, I plan to work at my internship in business as well as go to school at Crafton for firefighting. I also hope to have quality time with friends and family.”

Gerald Edwards
“I’m moving back to Minnesota at the end of this quarter and I’m gonna miss California so much. But my plans this summer are to travel to Jamaica, and keep on inspiring people through my graphic design skills.”

Christina Estrella
“I’m going to go to Mexico with my family. I am also going to Honduras to participate in a pre-med internship. I’m going to renew my Disneyland pass, so I’m gonna be there like, twice a week. I also want to get a gym membership, so I can focus on working out.”

Josh Gouch
“I’m going to work out and I hope to play basketball professionally overseas. I want to travel the States, hang out with my girlfriend, network, and try to open up a resort in Brazil with my friend.”

Get your head out of your phone and LOOK UP!

By NAILEA AYALA
Staff Writer

“We are a generation of idiots. Smart phones and dumb people,” said Gary Turk in his YouTube video Look Up.

Turk goes further to say that we have become slaves to technology. It won’t be difficult to go out in public and find a person walking and looking down at their phones, or sitting at home watching a computer screen for hours of the day.

Places like concerts, dinner tables, and school libraries all seem to be popular places for people to be on these devices. But are they so necessary that we forget what it is like to interact with others?

It seems that people now find it more important to record a concert to later show friends on social networks such as Instagram or Facebook.

Isn’t the reason for buying a concert ticket to enjoy the live music? Recording the concert still forces you to view the concert through a screen and miss valuable interactions with others.

A lot of people are guilty of saying the famous phrase, “Let’s get together soon, we need to catch up.” Dinners seem to have become opportunities for people to virtually share the plate they have ordered or a picture in the fancy restaurant, and the time spent with the person in front of you ceases to be the main focus.

Can we really count the hundreds of friends online as real friends, if we don’t ever interact with them in person?

These gadgets and social networks let us see what others lives are like and encourage us to also share our personal life. We spend endless hours behind a screen and we isolate ourselves to the point where face-to-face interaction becomes something extraordinary.

“I think people have become rude now that everyone has smart phones. I don’t know when people started to think that looking down at a phone while someone else is talking is something normal. I find it extremely rude,” said student Esmeralda Sahagun.

“The time you don’t have to tell hundreds of what you’ve done because you want to share this moment with just this one,” adds Turk in his YouTube video.

Phones, tablets and laptops give us a sense of being connected because of all the “friends” we think we have through social networks, however, news feeds don’t always share someone’s entire life, especially what truly matters.

We should be able to share special moments with others without having to immediately show hundreds of strangers, eat without taking pictures of our food, and look at the people who speak to us.
An easy twist on a classic cookie

By JENNIFER BAESKENS
Staff Writer

Summer break is around the corner and with extra time on your hands, you can create a classic cookie recipe that’s better than grandma’s.

Recipes for a wide variety of cookies can be found on sites like Pinterest, but these cookie recipes are often time consuming and sometimes difficult to make. This recipe is simple, cheap, and quick. All of the ingredients are always available, easy to find, often on sale and can be purchased for less than $10.

“These cookies are the best cookies that I have ever had,” said student David Loomis.

Ingredients you will need:
- cake mix of your choice
- 1/2 cup vegetable oil
- 2 eggs
- chocolate chips, butterscotch chips, walnuts, and oatmeal

By hand:
- hand held mixer
- cookie sheet
- spatula

Method:

1. Preheat oven to 350 degrees.
2. Add 1/2 cup vegetable oil, and two eggs into mixing bowl. Mix eggs and oil for 1 minute. Add the cake mix.
3. Once the ball is formed on the spoon. Place it on the cookie sheet with about one inch apart, to allow for the cookies to expand. If possible, about a dozen cookies can fit on the cookie sheet.
4. Place the cookies in the preheated oven. Bake the cookies for 15 minutes, or until golden brown. If you want, you can poke them or test them to make sure they are thoroughly cooked.
5. Remove cookies from the oven and place them on cooling racks or on a dish to cool. Once cookies are cool, grab a class of milk and enjoy.
Poet and potential educator: Ashley Horton

By MANAL MUSEITEF
Managing Editor

There are plenty of people in this world, on this campus, who know exactly what they want. There are some people who don’t have a plan at all, who take life as it comes. And then, there are people like Ashley Horton. She is constantly changing her outlook on life, transforming herself through inspirational poetry, literature, and the elaboration of simplicity.

Soon to be graduating with an English degree in the Creative Writing track as well as with the completion of the English Teacher Preparation Program, Horton has great expectations for the future.

“With my teaching credentials I plan to use what I’ve learned in my classes to educate the younger generation,” said Horton. Horton’s poetry pieces heavily speak on the psyches of transgendered people and those who identify themselves as the “black sheep.”

“I would love to do a collection that taps into their minds, expressing the perspectives and angles of their life,” said Horton.

Many of her work uses elaborate language, unexpected turns, beautiful rhythms, and chilling themes.

Some of her personal goals include spreading awareness of communities that might be falling behind in society through spoken word.

Since high school, Horton has always had a passion for poetry. She was able to face her fears as she participated in rallies, opened school events, and performed at open-mic nights in her hometown of Yucaipa.

Over time, Horton has grown and developed as a poet, becoming more and more confident in her work. She owes much of that found certainty to CSUSB English Professor Julie Paegele.

“She is the sweetest professor ever. She is kind, patient, and always helpful to her students, which is what I hope to be as a teacher,” said Horton.

Horton infuses the writing techniques and skills she learns in class to create her best work.

Inspired by poets like Wislawa Szymborska, Horton enjoys writing that sticks out and perceives the simplest things in life as the most extraordinary.

It is telling in her poem, “Crossing Over,” that Horton is thoroughly committed to the themes in her poems.

The poem acts as a monologue for a transgender woman, unaccepted and misunderstood in the eyes of today’s society, starting with, “Tear me down the middle/ sow up/ any misunderstanding/ a stitch for ‘how’ a thread for ‘just because’.”

She may not know exactly what she wants, she may not have a completely set plan, but you can bet that Horton will be there ready with pen and paper in hand.

Read Ashley Horton’s poem “Crossing Over” at CoyoteChronicle.net.

Montreal’s own studies at CSUSB

By MELISSA GILBERT
Staff Writer

Each year, CSUSB welcomes approximately 800 international students from 40 different countries.

I am one of them and my experience as an international student at CSUSB has been memorable.

My plane was about to land. I grew increasingly nervous by the second. I couldn’t help but think, “What did I get myself into? Maybe I should have never signed up for a student exchange.”

Those thoughts were rushing through my mind at first but they are now irrelevant. Coming to CSUSB was the best thing I could have done for myself.

The reason why I chose to come to California was simple. I was born and raised in Montreal, Canada and I was looking for a way to escape the winter season.

There are different stages to a student exchange. The first couple of weeks is like a dream, everything is amazing.

I was on cloud nine, the mountains behind school were perfect, my dorm was perfect and so were my classes.

Not too long after this phase, I quickly discovered that some of the food was not good anymore. My dorm was the worst place on earth and my classes were terrible.

The downfall to that phase is that at some point I felt like going home.

If you do a student exchange during your degree, it is likely that this will happen to you. To prevent the effects of culture shock, you must think positive at all times.

Positive thinking is what helped me get through the first couple weeks of my exchange program. If it was not for that, I would have packed my things and left.

Do not let little things bring you down otherwise you will hate your time abroad.

Once this passed, I fully enjoyed my time in California.

Wherever you go, there are always cultural differences. It does not matter how much you read about the country you are in or how much you think you already know. There will be many cultural traits that will surprise you.

Even if Canada is similar to the U.S. on many aspects, I was still surprised by the cultural differences between the two countries.

Before coming, I was told that Californians were cold, I quickly discovered that was far from true.

Most of the people I encountered were sociable, kind and genuinely friendly. Strangers say “Hi” to each other in the street, which is something very different from where I come from.

Of course, not everything was great. For me, the school food was far from amazing. It left me wondering why so many things are fried. All of the fried food gave me major vegetable cravings.

This student exchange program definitely opened my mind. It gave me a better understanding of the U.S.

I personally believe that every student should go abroad during the course of their bachelor degree.

Yes, it is scary to think you will be away from everything you know and love but it brings personal gratification.

Coming here made me remove my blinkers and open my eyes to others in the way that I would have never done had I stayed in Montreal.

Traveling and studying abroad is an enriching experience. Even if I had doubts at first, I have no regrets in coming to CSUSB.

I created memories with extraordinary people that I will cherish forever.
Hello Summer, so long spring

Heat up the season with the hottest styles

By TAYLOR VERMILLION
Staff Writer

S ummer hasn’t officially reached Southern California just yet, but the heat has definitely arrived.

With temperatures hitting the triple digits, there’s no doubt this summer is going to be one of the hottest ones yet.

Lucky for us that means sweater weather is in the past and it’s time to bust out the summer wardrobe.

“Lucky for us, CSUSB is only a few miles from shopping hotspots like Victoria Gardens in Rancho Cucamonga and Ontario Mills, which is only a short distance from there. Stores like Macy’s, American Eagle, Pac Sun, and Charlotte Russe make shopping for summer a little easier.”

According to People Magazine, the trend for this summer is ranging from bold colors paired with simple accessories, to simple pastels and breezy skirts.

Everyone is encouraged to flaunt their own style, but if you feel the need to stick to the summer trend, try pairing a bold print loose fitting pair of pants with a simple breezy top.

Favorite colors for this season are light blues, pastel pinks, and the diversity that a simple white top brings to any outfit.

Of course, most of these trends are spotted on celebrity fashionistas. However, there are definitely opportunities to get similar styles on a college student’s budget.

“I never have time to go to the store anymore. I usually do most of my shopping online. It’s easier and convenient” said student Jennifer Allen, who joins a lot of people in the rise of digital shopping.

Not only do they feature amazing clothing for men and women at affordable prices, but they feature a shoe selection that ranges from bizarre to beautiful.

The sandal has always been the go-to choice for fashionable footwear, and shoedazzle.com is always putting spotlights on the revamps that popular designers are dishing out.

Pairing well with shorts, skirts, and the new go-to maxi-dress, check out this popular website for all your footwear needs.

“I love the convenience of online shopping, but I prefer actually going to the store. I can try stuff on, and I don’t have to pay for shipping,” said CSUSB student Jessica Lopez.

So while you’re out and about, make sure to stay updated on the latest trends to hit the summer style.
Timur and the Dime Museum's eerie dark and mysterious sound

By DIANA RAMOS
ASSO. A&E Editor

Post-punk band Timur and the Dime Museum combines alternative indie, rock and contemporary classical sounds with a Bjork-like fierceness.

They performed in the CSUSB spring showcase on Wednesday May 28.

The band formed in 2010 for a collaboration with the Klaus Nomi songwriter, Kristian Hoffman.

Guitar, bass, accordion, keys, ukelele and drums accompany the classical voice of Timur.

Lead singer Timur does not only have an angelic voice when interpreting songs, he also dances in a mystical way, gets lost in the lyrics and feels the music. You can see this portrayed in his facial features.

You get a Dracula vibe from Timur because he looks more gothic than the rest and sings in an opera voice.

Timur wore a sash that gave off a gothic priest look.

Not all of their songs are eerie. Some have a lullaby feel to them.

Timur and the Dime Museum give off a diverse vibe when listening to them perform live.

Bass player David Tranchina and Keyboard player Daniel Corral have outfits that incorporate more intense colors such as yellow and red. The rest of the band composed of Lead vocals Timur, Andrew Lessman on Drums and Electric guitar Alexander Noice were dressed in dark black and were mysterious.

Corral not only played the keyboard but also played the accordion and ukulele.

The band has an eerie, dark and mysterious sound. They don’t limit themselves to only one sound during the middle of their set because you also get a groovy Hawaiian vibe from them.

They go from intense instrumental solos to soothing contemporary music and shoo bop Elvis type sound.

Some songs are darkly satirical, while others are more direct.

Attendee Bridgette Astorga said, “I was scared, the lead singer had a scary look. When he would look out into the crowd, I felt like he was looking directly at me. I liked the performance. It was different. It was a bit intimidating and dark at times. I’m not used to this type of performance but it was great none the less.”

“AGNUS DEI: Fertilize My Heart” is a song that had lyrics that stood out to me.

“You don’t even know what to say on tsunamis and earthquakes, drought and floods and hurricanes all of these things can be explained Holocene Maximum! We’re not to blame for what’s to come (Go back to sleep) This is not happening in the house of moloch little by little you won’t even notice the acidified seas and the permafrost warming.”

This song makes it seem as if it’s a dream and it isn’t happening but it’s also a wake-up call because this could happen.

I enjoyed watching them perform live, the way they were all over the place, and their lyrics.

They used a variety of instruments that all fell into place and ran smoothly throughout the showcase.

It was different but in a good way.

By DIANA RAMOS
ASSO. A&E Editor
The Natural History Museum of Los Angeles is quite a sight to see. Walking in, there is a display of two dueling dinosaurs, ready to engage in a fight as they welcome visitors.

The museum is made up of a variety of displays that show different species that lived on different continents throughout a variety of eras. Some of the animals are still commonly seen and some are now endangered or extinct species.

Life sized displays replicate the animals in their natural habitat. All of the animals looked like they were alive while surrounded by a real ecosystem behind the glass window.

The artists of these displays did such an amazing job in making them look realistic that I heard a lot of the wandering children ask if the animals were real. If I didn’t know any better I would have thought the same thing.

Different attractions in the museum include an African Mammal Hall, a North American Mammal Hall, a Gem and Mineral Hall, a Bird Hall, the Dinosaur Hall and many more.

The African Mammal Hall displayed animals like the Arabian oryx, an endangered animal that lives on the Arabian Peninsula, and the Savanna elephant, which can be found in the Sahara Desert but has been confined due to the spread of human civilization.

Dioramas of animals like the bison, moose and the endangered polar bear can be found in the North American Mammal Hall.

The Gem and Mineral Hall are composed of an array of stones from all over the world. They were in a dark room, in viewing boxes that cast a spotlight on every single gem individually. The gems were of all shapes, sizes, and colors. The most eye catching ones were the few that looked like clusters of shiny silver. They reflected so much light and were so neatly filed that they almost served as mirrors.

The most popular displays that attracted the most viewers was the Dinosaur Hall, which was made up of skeletal replicas of different dinosaurs. The dinosaur skeletons were life sized as well. I was barely about half the height of a Tyrannosaurus Rex’s leg.

Hanging from the ceiling over the dinosaurs that were bound to the ground, were the dinosaurs that had the ability to fly, a pterodactyl hung among them.

Mrs. Frances Delores Graham-Kennedy, a fourth grade teacher at Simpson Elementary School in Rialto, was one of the many teachers that were at the museum with their class.

“I bring the students back every year because I love it,” said Kennedy. “All the things in the museum are things that they’ve been learning about all year, things that they see in their text book,” added Kennedy. “This is an opportunity for them to see it in real life.”

She jokingly added, “I take them there instead of the zoo because they get the same thing without the stench coming from the real animals themselves.”

The Natural History Museum of Los Angeles County is located in the city of Los Angeles on Exposition Blvd.

It’s a great place to visit for all ages. The information and exhibits are eye-catching and memorable.
Adam Sandler and Drew Barrymore star together on the big screen again after ten years in their new comedy “Blended,” where the duo are now parents instead of young lovers.


This is the third film installment that Sandler and Barrymore have been in together since “The Wedding Singer” (1998) and “50 First Dates” (2004).

“Blended” centers around Jim (Sandler), a single father who must now raise three girls after losing his wife to cancer and Lauren (Barrymore) whose ex-husband womanizes around town leaving her with two rowdy boys.

Jim and Lauren begin their relationship when they meet on a blind date at Hooters in the hopes of a positive outcome.

Disappointment sets in when one disaster after another occurs and both swear off dating forever.

In a series of unfortunate events, Jim and Lauren bump into each other at the drug store.

Jim is there to buy his eldest daughter tampons while Lauren is trying to find an adult magazine for her son that she is trying to replace.

Both parents struggle to find what they are looking for and decide to help one another, rather than purchase the other items.

When fate offers up an extravagant, all paid for vacation to Africa, both stretched-thin parents jump at the opportunity to whisk their children away for a once in a lifetime trip.

As the families arrive in Africa, they both see each other and realize that they took the same trip.

While on the trip, Jim and Lauren begin to bond with each other’s children which involves make-overs, ostrich-riding, and parasailing.

In the midst of the vacation, the undeniable attraction between Sandler and Barrymore takes you back to their earlier films.

It is inevitable that these two will end up together and it takes them longer than anticipated to realize it.

One element that stood out in this film was the shots of Africa that almost stole the show with its undeniable beauty of wild animals and sunsets.

The actors cast as the children were good in their scenes but came off as annoying in others.

I did enjoy this film but felt that it missed its target with its comedic humor which was disappointing.

Most of the comedic scenes were shown in televised commercials which made them less appealing at the theater.

For those who are questioning whether you should see it, I suggest waiting until it comes out on DVD unless you are willing to pay $11 for a ticket.

While this film is a bit cheesy at times, Sandler and Barrymore are still able to shine as a viable romantic duo, which is why I gave this film 3 out of 5 paws.
By GINA MIRANDA
Staff Writer

Bruce Allen, the newly appointed President of The Washington Redskins, responded in a letter to senate Majority leader Harry Reid stating that the team logo is not racist and instead shows “reverence” toward Native Americans.

Redskins owner Daniel Snyder has opted for tradition and refuses to change the team logo.

On behalf of the Washington franchise, Allen commented on the racial allegations.

“Our use of ‘Redskins’ as the name of our football team for more than 80 years has always been respectful of and shown reverence toward the proud legacy and traditions of Native Americans,” wrote Allen.

In their letters, Senate leaders were hopeful that immediate changes would be made and were not shy in mentioning the NBA’s racial controversy with Donald Sterling, the owner of the Los Angeles Clippers.

The letters written to NFL commissioner Rodger Goodell made a strong argument stating “We urge you the National Football League to send the same clear message as the NBA did: that racism and bigotry have no place in professional sports.”

According to the Associated Press, the letters refrained from using the team name “Redskins” when expressing their urgency for the name change.

Allen and Snyder’s comments regarding “history” and “reverence” as the team’s logo were also heavily backed by Brian McCarthy, a spokesman on behalf of the NFL.

McCarthy in a written response to the Senate also stated that “the intent of the team’s name has always been to present a strong positive and respectful image,” of Native Americans.

Native American organizations across the country have joined together in order to appeal the decisions made by the NFL. Among those organizations are Oneida Indian Nation and the National Congress of American Indians.

Oneida Nation representative Ray Halbritter can be heard in a series of viral videos representing the organization in a push for change.

Halbritter in a press release stated, “This word is widely recognized throughout the globe as racial slur. If the NFL wants to be a global brand that contributes to the positive image of the United States across the world, it needs to stop promoting this slur and change the name.”

In the past, the Oneida Nation has also supported the NBA’s efforts to do away with bigotry and racist slurs in professional sports.

The National Congress of American Indians (NCAI) and the Oneida Indian Nation (OIN) continue to join their efforts to force a name change of the Washington Redskins logo. Together they currently fund a website called Changethemascot.org in support of positive change for their Native peoples.

In response to Allen, Snyder, and McCarthy the aforementioned organizations have publicly claimed their intent to move passed the NFL organization with support from NFL players.

Letters, tweets, and public announcements are expected to make their way to players and other representatives of the organization.

The NCAI and the OIN are hopeful that players will rally behind their efforts and force Washington to change their logo.
Real Madrid trumps Atletico with season win

By DONTIE MIDDEN
Staff Writer

In what proved to be another battle between the tortoise and the hare, Real Madrid denied Atletico Madrid its fairy tale ending. The final score of four to one shows the game to have been a comfortable win for Real Madrid.

Atletico Madrid’s Diego Godin scored a header in the 36th minute that would prove to be Atletico’s only goal. Real Madrid coasted through the first half, playing with little intensity.

Gareth Bale, Cristiano Ronaldo, and Iker Casillas, the supposed leaders of Real Madrid team to not give up on their goal of winning the title, which they have not won in 12 years.

Atletico Madrid’s David Villa attempt- ed to score a goal from a free kick just out- side the penalty area but the kick flew into Real Madrid goalkeeper’s, Casilla’s, arms. Casilla’s save inspired the Real Ma- drid team to not give up on their goal of winning the title.

The game was aggressive, with 12 yellow cards and players making tough tackles. Atletico, though not as talented as the opposition, still put up a fight.

Atletico played with a sense of unity and ferocity that went unmatched until the final half. Atletico defenders suffocat- ed Real Madrid’s stars taking away their space.

In all, it looked as though the unity of Atletico would win again. Real Madrid’s Ramos tied the game with a header and sent the game into overtime.

Bale was next to score with a header putting Real Madrid up two to one. Then Marcelo Vieiro scored from long range to put the game out of reach with un- der five minutes of injury time to go.

The only thing that could complete this remarkable come from behind victory for Real Madrid was a goal from mega star and most valuable player, Ronaldo.

This was achieved when Ronaldo scored a penalty kick, after being tripped in scoring position.

Ronalo put the game on ice making it a four to one victory. He taunted the oppos- ing team’s fans by taking his jersey off and flexing at them.

Many perceived this move by Ronaldo as classless.

But to a man who just five minutes ago made the deciding goal, this was pure joy.
A gasp was heard around the world by soccer fans when news spread that Landon Donovan was cut from the U.S. Nationals team for the 2014 World Cup.

The FIFA 2014 World Cup will be held in Brazil starting June 12 and ending July 13.

The soccer tournament’s 16 teams will be divided into eight groups and will play other teams from around the world.

The United States is in Group G along with Portugal, Germany and Ghana.

The U.S. National Team Coach, Jurgen Klinsmann, decided to leave former captain, Landon Donovan off the 23-man roster.

Klinsmann justified his decision on May 23 when discussing Donovan during a press conference saying, “The other strikers we see that inch ahead of him, we feel those guys are a little step ahead of Landon in certain areas. That’s why we made that decision.”

“I’m disappointed. I’m sad,” Donovan told reporters on Saturday.

“I’m human, and I wanted to go. I really wanted to go. I’m at peace with it. I respect the decision. I just feel in my heart that I deserve to be there, and that’s the pill that’s hardest to swallow.”

Donovan plays in the Major League Soccer (MLS) for the Los Angeles Galaxy team and is the league’s all-time top goalscorer with 136 goals.

Donovan has also won five MLS Cups.

Donovan holds the record as the only American player to reach the 50 goals/50 assists mark.

Donovan’s storied career has also earned him U.S. Soccer Athlete of the Year award four times, the only athlete to do so. Donovan is also the only athlete to be named a seven-time winner of the Honda Player of the Year award.

The U.S. team that reached the quarter-finals of the 2002 FIFA World Cup, starred Donovan, where he received the Best Young Player Award.

Donovan was instrumental in the 2010 FIFA World Cup where he scored three goals.

He is the highest scoring American player in World Cup history and the third American player to score in more than one World Cup (after Brian McBride and Clint Dempsey).

Donovan returned to the Galaxy after Klinsmann’s announcement and played on May 25.

He has yet to score in the Galaxy’s first seven games in 2014.

His lack of scoring is thought to have played a part in Klinsmann’s decision to leave him off the U.S. National Team roster.

Donovan answered his critics when he set-up teammate Leonardo, with a long free kick that Leonardo headed in for the first goal of the game.

Early in the second half, Donovan scored on a cross from Robbie Keane to give the Galaxy a 2-0 lead. Donovan’s goal set the record for MLS regular-season goals.

Donovan increased his record by scoring another goal bringing the Galaxy up 4-0.

The Galaxy finished the game by giving up one goal to the Union. Final score 4-1.

In his post-game press conference Donovan said, “It’s been a long week. It’s hard not to make it about me, and I don’t necessarily want it to be that way, but you know that I’ve sacrificed a lot to be in the position that I’m in. I was very happy for myself, I’ve dedicated a lot to this, and I thought I deserved what happened today.”