Myths on Ebola debunked

By YARA DEL RIO-DOMINGUEZ  
Staff Writer

The Ebola virus has entered the U.S. Here are some facts about the Ebola virus and how it spreads from one person to another.

According to Nature World News, “Ebola is thought to have originated in small and unassuming animals in West Africa.”

It is not transmitted through air and water, contrary to what many people believe.

According to the Centers for Disease Control and Prevention (CDC), Ebola is transmitted through direct contact with broken skin, the eyes, nose, or mouth where bodily fluids such as urine, saliva, sweat, vomit, breast milk, and semen can enter.

“Students with a positive recent travel history to the endemic countries in combination with symptoms are referred directly to a local ER equipped to handle possible Ebola exposure,” said Dr. Patricia Smith, CSUSB director of the student health center.

“We have a large community here on campus,” said student Luis Portobanco.

“International students and those who studied abroad this summer should all be more aware of the Ebola symptoms because they go hand-in-hand with flu-like symptoms if they are feeling sick.”

The campus is in direct communication with the county epidemiologist and has a campus-wide disaster plan, which includes communicable disease response.

It is also untrue that expensive hand sanitizers are necessary for aiding in the prevention of contracting Ebola.

“Routine hand washing with soap and water is recommended. Ebola can be killed with disinfectants like bleach,” according to ABC News.

Students should be aware of the symptoms of the Ebola virus, because they are very similar to flu symptoms. Early symptoms of Ebola include sud-

Continued on Pg. 4

FACTS ON EBOLA

EBOLA CAN'T BE CONTRACTED THROUGH THE AIR.
EBOLA CAN'T BE CONTRACTED THROUGH WATER.
EBOLA CAN'T BE CONTRACTED THROUGH U.S. FOODS.

EBOLA can only be contracted from coming into contact with the blood or bodily fluids of a person who is infected with or has died from Ebola.
Americans cut back to afford electronics, neglecting daily necessities

By CHELSEA GALVEZ
Staff Writer

A merican spending is being compromised in order to keep up with the latest and greatest forms of technology.

A survey conducted by the Consumer News and Business Channel (CNBC) showed that out of 805 Americans, 394 claimed to have economized or cut back spending on items such as food, healthcare, vacation and entertainment in order to keep up with advancing technology.

“Technology is important because it is constantly changing, and has become a way of life since you are able to do anything with technology; it keeps us connected, which is why people feel lost without it,” said CSUSB student Amy Szerlip.

The survey further revealed that in order to afford advancing technology, one third of those surveyed cut back on entertainment spending, 11 percent purchased less food, 20 percent cut back on clothing, and 10 percent reported to have cut back on overall healthcare spending.

The general effects of economizing for technology are still unclear, as the CNBC survey continues to be analyzed and studied for further information. Some feel that economizing for because it helps us manage our daily lives effortlessly, some believe that it is too consuming and will cause people to miss out on life.

“In a way, having the latest technology has become a fashion statement and it provides a source of entertainment on the go,” said student Brittany Carollo.

The survey also revealed that having a cell phone was the most important and popular choice of technology to the American people.

“The most important piece of technology to me is my cell phone. This is mainly because I use it all day to keep track of my schedule for my three jobs and school,” said student Kaytilin Gretzner.

Cell phones have evolved from being a luxury to being a necessity in our fast-paced society.

“Our phones have quickly become the primary means of communication, and it’s not uncommon to find people using cellphones without using landline phones or computers for that matter. In short, the cellphone has quickly moved from being a luxury or a status item to being a necessity in our society,” said CSUSB Economics Professor and Chair Mayo Torundo.

While cell phones and other means of technology have grown to become a necessity in our society, it is no surprise that many fear the possible consequences of this trend.

“One of the biggest consequences of this trend is that people are going to lose the ability to have proper face to face conversation. Using technology to communicate is effortless and emotionless, and people are relying too much on technology to talk for them,” said Carollo.

Some believe that this new technology is worth economizing for because it helps us manage our daily lives efficiently, some believe that it is too consuming and will cause people to miss out on life.

“Technology is the greatest distraction and as this trend continues, people are never going to put their phones down and look up, they will miss out on life,” continued Szerlip.

The Coyote Chronicle is published every Friday for distribution on Monday during the academic session by the California State University, San Bernardino Communications Department. The opinions expressed in the Chronicle are those of the student writers and editors and do not reflect the views of the university, its faculty, or any other person or institution unless expressed specifically. The appearance of any advertisement is the Chronicle does not represent an endorsement of the products or services advertised. The Chronicle reserves the right to edit or reject all materials submitted to the paper.

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Campus Coke products gouging student wallets

By MARLYN RODRIGUEZ
Asst. Managing Editor

Vending machine prices are on a steady rise on campus and in vending machines nationwide.

The New York Times reports that high temperatures increase prices because vending machines will need thermometers with higher capacities to meet consumers’ needs.

Consumers’ problems with price increases occur when they are unsure whether the increase is necessary or the company is creating more for their own benefit.

Student Nick Wirt from Indiana University South Bend (IUSB) recently published an article where he explains how and why their vending machine prices have increased.

Wirt interviewed the director of dining services on the IUSB campus, who explains that the increase was inevitable because the price of the product increased and he just had to work with the changes.

On our campus, dining services has no control over the campus vending machines that are privately contracted by an outside company.

There is no representative to speak on their behalf and explain why vending machine prices have gone up, whether it is for their own benefit or for an inevitable cause.

Missouri State University seems to be experiencing the same issue, however, Missouri State students don’t feel that it is a problem.

They say they would rather pay more and have a guarantee that they will have good products versus paying less for bad products.

This is assuming that the rate increase is due to better services for the consumer instead of more income for the producer.

Students are affected by the price increases because most have no choice but to buy from the vending machines.

Student Kassandra Klutts said, “I honestly don’t buy food or drinks here because it is too expensive. I’d rather bring my own food and drinks and save money.”

The New York Times also reports that although people are strongly opposed to the charges they continue to purchase the product at the same rate.

This means that the demand for the product remains consistent despite the increasing prices.

A report on Forbes Magazine explains that despite the price increases, the sale of products in the vending machines, specifically those of the Coca-Cola brand, have been on a steady rise every year.

Encyclopedia reports that about 10 years ago, vending machines were 14 percent of food service sales on college campuses.

That number has increased significantly since then.

Vending machine companies pay colleges and universities millions of dollars for permission to place vending machines all around campuses.

We can expect to see diversity with vending machines in the future, as some companies are looking to diversify the products their machines offer.

According to tiki-toki.com, vending machines have expanded in the form of being able to read credit and debit cards.

This is to accommodate people who do not carry cash.

Although these advancements do not confirm or deny the possibility of price increases, it is clear that we will be getting better service from these vendors.

New College of Arts and Letters academic advisor

By ROBIN ALCANTARA
Staff Writer

The beginning of the 2014-2015 academic year brings new faces to the campus: new students, new faculty and a new advisor for the College of Arts and Letters.

“I hope to help students achieve their goals,” said Allison Garcia, the new professional advisor for the college.

Garcia is the first professional advisor of the college.

Her role will help guide students, through academic mapping, to graduation in a more timely fashion.

“Sometimes my schedule does not coincide with my faculty advisors so that does create some conflict,” said Brenda Moreno, a senior majoring in communications.

“This puts me at ease because now I can make time to see the advisor and schedule times when I’m already on campus.”

This position will supplement the current advising system of the college, a system that some students feel isn’t working.

“I think this is going to benefit students a lot,” said Matt Bell, a senior with a concentration in public relations.

“One way to graduate with less debt is to graduate in a timely manner,” said the dean of the College of Arts and Letters, Terry Ballman.

A published study of student loan debt by Project StudentDebt.org suggests CSUSB students are among those with the largest amounts of debt at graduation time.

The average amount of debt for CSUSB students graduating with a bachelor’s degree is $21,787.

Garcia does not directly relate the debt rates to advising, but she did suggest it might be one of the contributing factors.

Students changing their major in the course of their college career can delay graduation dates further.

“One of the goals of effective advising, whether that’s done by a professional advisor or by faculty, is to make sure students proceed through their academic program in a very timely manner,” said Ballman.

“The average time students graduate in this college is 5.1 years. We would like to cut that down so that we have a higher percentage of students graduating at four years,” added Ballman.

Advising also aids students in deciding on career paths and helps guide them towards majors best suited to their interests.

“There’s a place and a person who is always there for them,” said Ballman.

“She can help us establish the culture of there’s a place for you to go.”

The College of Arts and Letters is hoping to create easy access guidance for students.

“Some students do not come in college ready,” said Garcia, explaining another factor she believes might be contributing to the students’ extended time at CSUSB.

Students also experience having to stretch their time thin, as many hold jobs, families and other outside commitments.

“It’s not just about going to school full-time anymore,” said Garcia.

“I was a student here too, so I understand.”

Garcia understands the responsibilities that today’s students face and feels that she can make a difference.
Certi...assemblyman Anthony Rendon and was in order to prevent wasteful state spending to fund...nia has been allocated over $6 million in campaign funds. Patel believes that the bill's popularity has to do with the recent media coverage around the drought in Califo...fter seizing Mosul, Iraq, ISIS's self-declared leader of Muslims, Abu Bakr al-Baghda...opera...y and Immunology at Dalhousie University in Halifax believes with flu season vastly approaching, the number of ER visitations will rise. The CDC's recommendations on how traveling, study abroad or transfer students can protect themselves from Ebola can be found on the CSUSB Student Health Center website. "I'm not worried about contracting Ebola," said student Jennifer Kennedy. "If I began feeling sick I'd assume it'd be the flu, not Ebola, since I haven't traveled outside the country." Who, what, where, why of ISIS...eral...S. will not hesitate to take action against ISIL in Syria as well as Iraq. If you threaten America, you will face..."I believe that America is the number one country in the world and that Obama should collapse ISIS by cutting off their oil," said student Geovani Rivaluela, a business management major.
Parking lots fail to accommodate permit holders

By STEPHANIE WOODWARD Staff Writer

Finding parking on campus has always been difficult and, in my opinion, has only gotten worse.

Our campus should allocate money to increase parking spaces for students instead of simply renovating the lots for looks.

Our student body consists of 10 percent freshmen and over 30 percent seniors, according to the CSUSB website.

With incoming freshmen and an abundance of seniors, parking space is becoming more difficult.

CSUSB parking director, Ron Profeta, explains that sales for Fall 2014 parking permits was over projected by three percent.

From Fall 2013 to Fall 2014, the number of students has increased by about 550, according to Tanner Carollo, assistant administrative director of institutional research.

Parking lot renovations were completed over the summer but additional parking spaces were not included.

“There are no new parking spaces. What was done over the summer was a renovation of parking lot C,” said Profeta.

Lot C was run down since it had not been renovated in years and needed to be improved, according to Profeta.

For instance, in May 2014, in Cheektowaga, New York, Narvell Benning recorded Janelle Ambrosia verbally assaulting him outside of a Dollar General for supposedly scaring Ambrosia’s kids.

The official video, has more than one million views, Ambrosia is seen or heard calling him the “N” word repeatedly as well as threatening to throw her coffee and kill him for being a “racist.”

“I go on World Star Hip Hop just to waste time,” said Janelle Ambrosia, CSUSB student Kelvin Gujiosa.

Unlike WSHH, some people actually use videos as a way to capture aggressive behavior.

For instance, in May 2014, in Cheektowaga, New York, Narvell Benning recorded Janelle Ambrosia verbally assaulting him outside of a Dollar General for supposedly scaring Ambrosia’s kids.

The official video, has more than one million views, Ambrosia is seen or heard calling him the “N” word repeatedly as well as threatening to throw her coffee and kill him for being a “racist.”

This recorded incident served for informational purposes because it brought awareness that “racism is still alive and well” as Benning mentioned in the video.

In Ontario, California, in August 2014, Tressy Capps recorded herself harassing a family for displaying a Mexican flag on their lawn.

Capps has been criticized for her harsh discriminating comments.

Capps told the homeowner that she should move to Mexico if she wants to display her Mexican flag.

Capps was recently Michael Brown’s video of him laying dead in the street for hours after being shot by officials in Ferguson on Aug. 9, 2014. Although justice is not always served, it spurs attention or awareness of wrong doing, and gets reactions from the public.

“It is not illegal to record individuals that harass others, however, one must keep in mind how to be ethically correct by displaying the video without bias.

“The First Amendment states, “Congress shall make no law ... abridging the freedom of speech, or of the press.” This law protects our right to record in public spaces as long as it’s in reasonable time, place, and manner.

“As a general rule, both the public and the press have a right to record government officials or matters of public interest in a public place,” states videomaker.com.

Video archiving allows people that witness and record harassment to publish their content for public awareness.

It’s important to know how to properly record in these situations which is why Yvonne Ng, senior activist at Witness.org, supports video archiving.

Witness.org is a web page that teaches and assists activists and individuals to use videos effectively to expose the abuse of human rights.

Witness.org is a web page that teaches and assists activists and individuals to use videos effectively to expose the abuse of human rights.

Harassment caught on tape can be seen as a new way to “fight” back without creating violence.

When our rights or the rights of others are being violated, it is our responsibility to try to record these injustices to create awareness.
Ebola creates media-generated panic

By ALEX CARDENAS
Staff Writer

A poll released on Oct. 8, conducted by Rutgers University, found that those who have most closely followed the Ebola outbreak are actually the most misinformed individuals.

Another poll conducted by the Harris Research Market Firm found that 75 percent of individuals believed that Ebola could spread from individuals who show no symptoms, a feat which is medically impossible.

The high percentage of misinformed Americans speaks volumes about the quality of news coverage on Ebola showing that the only "viral outbreak" to affect the United States has been one of media hype.

The Centers for Disease Control and Prevention (CDC), the first cases of the recent Ebola outbreak were reported in the African nation of Guinea in March of this year.

Since then the disease has slowly spread into the neighboring African countries of Sierra Leone and Liberia.

The first and only Ebola related death in the U.S. took place in Dallas, Texas on Oct. 8, when a man who traveled to Africa contracted the disease.

According to the CDC, there have been an estimated 4,000 Ebola related deaths since March, with only one taking place in the U.S. and the rest centered around the poverty stricken Western coast of Africa.

While 4,000 deaths can seem like an astounding figure, we cannot forget that every single year at least 3,000 people die from the common influenza virus here in the U.S.

On a bad year, like 2011, the CDC stated the death toll from influenza reached over 50,000 in the U.S.

That same year the CDC estimated that a total of 73,000 Americans died as a result from diabetes complications, with diabetes still only coming in as the 7th leading cause of death.

Heart disease came in first and cancer in a close second with over 500,000 deaths contributed by each.

One possible explanation for all the focus on Ebola might be the value of timeliness, which suggests that news should center around the most current topics.

Diabetes and influenza are considered old news, but deadly diseases should not be treated like fads.

So as news channels continue to jump on the Ebola bandwagon, have no fear.

Mental health maintenance

By JANETH JAIME
Staff Writer

Maintaining mental health is important because it improves the quality of one’s life and helps maintain strong relationships with people around you.

Mental health issues, such as anxiety or depression, can range from everyday stress to serious long term conditions.

If you feel bottled up, you should communicate your feelings with a close friend, visit Counseling and Psychological Services, or get involved in church services.

Don’t be afraid or embarrassed, we all face problems in life.

Stress and depression can affect the way you think, feel and behave in many different ways.

One can feel angry most of the time, emotionally closed off, or even lack physical energy.

I believe not sharing our thoughts or feelings with others that care can further our anxiety or depression.

Many people do not like to admit they have depression or anxiety, so instead they hide their feelings because they are afraid of other people’s reactions.

Early signs for depression are overeating, oversleeping, feeling helpless or hopeless, or experiencing severe mood swings that can cause relationship problems.

According to Vikran Patel, professor of international mental health, about 50 percent of people do not receive appropriate mental health care.

There are many resources on campus that can help students maintain a healthy personal well-being.

Counseling is completely confidential and students are assured they will have privacy unless they pose a risk to themselves or others.

It is important to seek help with personal issues you may be facing, regardless of severity, because it can save you from hurting yourself or the ones around you.

There are many different workshops or resources that can help you improve your mental health and cultivate a higher self-esteem.

Group activities and workshops are available throughout the week about stress management, understanding addiction and co-dependency, or coping with relationship issues.

There are also meditation activities on Monday through Thursdays at 11:30 a.m. and 12 p.m., which many students take advantage of.

“Ten minutes out 24 hours of the day will change your attitude. Meditating balances out your nerves. Your body feels relaxed and renewed. You forget your problems for a while,” said CSUSB junior Cassandra Butcher.

On the Counseling and Psychological Services website, there is a free and anonymous online self-assessment screening that helps you determine if you are experiencing depression, bipolar disorder or substance abuse.

If we want to keep succeeding, we should strive for a healthy mental state because it helps us think, feel, and behave in a positive and proactive way.
Student in South Korea explores college rivalry

By ERICA WONG  Staff Writer

South Korea’s two most prestigious universities have a thrilling annual welcome-back tradition.

The two-day sports tournament is technically called the “friendship games,” but how students refer to it depends on their respective school.

Students from Yonsei call it YonKo-Jeon and students from Korea University call it KeKo-Jeon.

According to Yonsei history, this friendly competition dates back to the early 1920s, and the rivalry has only increased over time.

The two schools go head-to-head in baseball, basketball, hockey, rugby, and soccer.

Whoever wins at least three out of the five games is the winner, earning bragging rights for the academic year.

Uncharacteristically, Yonsei lost every single game this year, but it quickly turned out that the real sports of YonKo-Jeon have to do with the spectators.

The cheerleaders, more famous than the sports players, have a stage set up in front of the crowd, singing and dancing to their respective school’s songs.

They lead the cheers and hype up the crowd in colorful, almost comical costumes. Korean cheering is not simply screaming for your team to score. It involves full songs and coordinated dances.

The cheerleaders and students in the crowd danced so fiercely that the sports players could have been playing hopscotch and no one would have noticed.

The whole point of the YonKo games ended up being about who could cheer the hardest and the loudest.

The school spirit here is much stronger than back home at CSUSB. Looking out at the moving sea of students flatlining in unison, it was simultaneously overwhelming and contagious.

Every time one of the teams scored or the game got especially intense, there were fireworks, explosions of colored smoke, confetti, and flames splitting from the cheerleaders’ stage.

The cheering is taken so seriously that there was a cheering orientation hosted at the school, and the cheering moves from the stadium to the district of the winning campus.

With school colors still in full force, students flood the streets, blocking traffic and turning the streets into one giant block party.

The after-party is always hosted by the champion school, and the cheering moves from the stadium to the district of the winning campus.

With school colors still in full force, students flood the streets, blocking traffic and turning the streets into one giant block party.

The incredible competition that has resulted from the long-established customs of rivalry between two such esteemed schools is an eye-opener for someone from CSUSB, where sports or school spirit isn’t a huge part of campus life.

YonKo-Jeon is a once in a lifetime chance, recommended to anyone that happens to be in South Korea during October.

It is a spectacular show of student muscle, teaching the valuable lesson that even if you’re losing, the most important part is having fun with your peers and showing unwavering school pride.

Changing channels, turning pages; Coyotes’ perspectives

By DANIELLE BROOKS  Staff Writer

Is there a correlation between the increase of viewing television and the decrease of reading literature?

According to a study by Pew Research Center in 2014, the amount of people who haven’t read a book is at 23 percent. This proportion has nearly tripled since 1978, when only eight percent of people hadn’t read a book.

As busy college students, employees, and in some cases, parents, it can be hard to find the time to sit down and read a good book, but lack of time isn’t the only thing to blame.

Erica Levy is attracted to visual entertainment rather than literature.

“After a long day of school, I would prefer to watch T.V. My favorite show is ‘Survivor’ because I love reality T.V. I’m more of a visual person, so the T.V. can keep my attention longer than reading a book can,” said Levy.

In today’s world, we have electronic devices that allow us to read, surf the internet, play games, etc. all in one portable device.

However, one drawback to these devices is that they can easily distract us.

It’s easy to pull up a book on your tablet, but with Netflix being one button away, you can also have your favorite television series at the tip of your fingers.

“I enjoy watching T.V. because it’s already at my fingertips, ready to go and I could watch anything I want. Although I like reading, having to buy a new book on my iPad or a hard copy can get pricey and inconvenient,” said student Jessica Winter.

The typical college student may not find reading a book after a long day to be fun or relaxing. Winding down on the couch to watch the latest drama or your favorite reality show may sound more ideal.

“The last thing I want to do after a long day at work is read a book. Having to read textbooks and study for classes is more than enough reading for me,” said University of California, Riverside (UCR) student and parent, Veronica Lima.

Not only can the thought of reading a book sound boring to some, it is now becoming a trend for popular book series to come out on the big screen, giving people an even bigger excuse to not read books.

There are many series of books that have loyal followers such as Harry Potter, Twilight, and Fifty Shades of Grey. The one thing that these series have in common is they all have turned into movie franchises.

Even as an avid reader, Cheyenne Crawford anticipates the film version of her favorite novel.

“The one book that I really got into was Fifty Shades of Grey. Even though I wouldn’t rather read the book than see the movie, I’m planning on seeing the movie when it comes out next year,” said Crawford.

The more books that are turned into movies, the less interest people will have in reading, which may be an unfortunate reality.

If you ever find yourself sick and tired of binge watching reality T.V. shows, consider picking up a book and getting lost in another world.
OC Night Market is one of the biggest Asian food and entertainment events in Southern California. It was held at the OC Fair and Event Center in Costa Mesa last weekend, from Friday, Oct. 10 to Sunday, Oct. 12 from 4 p.m. to 12 a.m.

There were over 200 food and Southern California business booths. Local DJs, dancers, and singers also performed at the event.

Many people go there because you can try Asian cuisine, beverages, and beer all in one convenient place; you can also have a sense of an actual night market and authentic, street food in Asian countries.

According to the OC Night Market website, “In Asia, the night markets are these huge, nocturnal phenomenons where hundreds of folks will gather for the sake of commerce and entertainment. What does this mean? It means a lot of retail therapy and eating.”

There were a variety of different kinds of foods available, including Thai, Filipino, Chinese, Taiwanese, Korean, Japanese, and Hawaiian food.

One of my favorite foods offered at the event was Takoyaki, (Japanese food) from Takoyaki Tanota, since I am originally from Japan. Takoyaki are balls of flour stuffed with small pieces of Tako–Octopus in Japanese–seasoned with Worcestershire sauce, Japanese mayo, and sprinkled with bonito flakes.

It might sound weird for non-Japanese people, but its crunchy outside and very soft inside complement each other with the tasty sauce.

There were also many sweets at the event. Ice Cream Garden LA, an ice cream business, served potted plant ice cream, which was my favorite. It looked like a real potted plant with soil, but was actually mint leaves on top of crumbled Oreo cookies, covering ice cream.

Along with being a very cute and creative idea, it was also very delicious.

So far, many of my American friends like them as well.

There were also some local clothing and accessory booths. Gravity L.A. a clothing shop, specializing in clothing that maximizes comfort, stood out to me the most. Their business model is to define success as customers never taking their clothes off because they are so comfortable.

Food, clothing, and accessory booths were opened until the event ended at 12 a.m. The local dancers and singers performed from 5 p.m to 9 p.m.

One famous Asian YouTube singer, AJ Rafael, also attended. If you enjoy ukulele and acoustic guitar songs, you might like his music; he collaborates with other famous YouTube personalities on occasion.

What I liked about this event was not only food, but also that the atmosphere felt like home. People there were very warm, friendly, and welcoming.

OC Night Market follows other Asian Night Market events including 626 Night Market in Santa Anita Park and DTLA Night Market in downtown Los Angeles.

OC Night Market was the last one this year. All the Night Markets come once a year, so check them out next summer!
Features

N7 Creamery makes an espression

By IVANNA CARLOS  Staff Writer

The founders of N7 Creamery debated their vision on June 4, 2014.

N7, which also serves as a café and bakery, has its first and only location in Victoria Gardens on Kew Ave.

With modern decorations, book cases, and fine art displayed on the wall, the founders of N7 Creamery, Michael Mascaro, Brett Bingaman, and Andrew Cox intended for their customers to experience something created from the ground up.

“We source beans from the best places possible,” said co-owner Cox.

At N7, they make sure to grind coffee fresh just before brewing it.

“We even went to Seattle to get our coffee machine and took a week-long class on how to properly use it,” added Cox.

All syrups and flavors are made in their kitchen rather than purchased from a vendor.

The ice cream at N7 is made using nothing but natural ingredients, in addition to a modern liquid nitrogen process.

On my first visit to N7, I ordered a vanilla latte, complemented with a cinnamon roll. I decided to sit down and enjoy my pastry there. Upon first stepping into the creamery, it appears very small in size, but upon closer observation, I noticed that they had a hallway leading to the back, and found a big lounge area where there were many customers.

The lounge atmosphere is a comfortable setting for all college students who may be looking for a peaceful environment to study or do some reading; it’s very college-friendly.

I took a seat at a table in the lounge area and my order was brought out to me.

The cinnamon roll smelled delicious and my latte was scorching hot, just the way I love to drink my coffee.

Everything tasted amazing and the service was remarkable.

I liked the fact that all of the employees were attentive and knowledgeable on the items being served at their creamery.

Cox informed me that the creamery clears up the lounge area every other Thursday around 6 p.m. to host live music as their customers enjoy their sweets and hot drinks. On average, about four or five bands play and sometimes even solo artists appear.

N7 is not your average want-to-be Starbucks, offering a much greater selection of pastries as well as the option to enjoy your favorite flavor of ice cream.

I definitely recommend N7 to all of my classmates, friends, and family members for its delicious pastries and coffee, along with its outstanding customer service that will leave you satisfied.

My experience at N7 was one to remember, and I will make sure to go back when I need a quiet environment to study, or maybe even when I want to have a fun night out and enjoy the live bands.

Student sacrifices in college life

By SARAH JOHNSON  Staff Writer

Most people enter college with the same basic goal: to earn a degree in order to score our dream profession in the future.

What we don’t always think about, or maybe we just try not to focus on, are the sacrifices we make in choosing to attend college.

When questioning students about college, financial debt was the biggest sacrifice that was mentioned.

With tuition being over $2 thousand per quarter, textbooks hardly ever being affordable, and the cost of gas it may take to commute, being a college student is financially stressful for many.

As if the financial debt cloud floating over your head isn’t stressful enough, you have tests, papers, and studying to do; your sanity may tend to disappear every quarter like clockwork.

For those students who have jobs, it can be tough to find the time between work and attending classes to study and do homework.

School-related distractions can occupy your mind when at work, potentially influencing the other aspects of your life negatively.

Lack of sleep is something most students on campus appear to experience, particularly students attending 8 a.m. classes.

Snacking from vending machines and an insufficient number of substantially nutritious meals are physically taxing on our bodies.

Additionally, the lack of exercise from sitting in classes from 8 a.m. to 4:50 p.m., can grow to be a huge physical sacrifice.

Having a lack of a social life was found to be the hardest sacrifice for many in college.

“Sorry, I have to stay in and study tonight,” stated student Dawinka Lopez, a common response through text whenever invited out for drinks.

When you’re stuck inside writing a research paper all weekend and then also have a midterm Monday morning, you’re in a situation that truly, for lack of a better word, sucks.

So what is all of this for? Why do we put ourselves through this stress? And most importantly, is it worth it?

Since I personally cannot answer this question, I asked Communications Professor Basemeh Rihan here at CSUSB.

“I promise you when it’s all said and done, you will look back and say ‘How did I do it?’ And you appreciate it so much more because you struggled. It’s something that you gave to yourself, nobody handed it to you; which is such an amazing feeling.”

Remind yourself with every taxing quarter here at CSUSB, not having certainty of the future can be scary, but most things in life worth having don’t come easily.

“You [will] appreciate it so much more because you struggled. It’s something that you gave to yourself, nobody handed it to you; which is such an amazing feeling.”

Basemeh Rihan
Communications Professor
By CESAR PEREZ
Staff Writer

CSUSB celebrated their 19th annual Pow Wow from Oct. 10-12. It was held across the CSUSB soccer field, and was brought to you by the San Manuel Band of Mission Indians.

The Pow Wow was a celebration of Native American cultures across the U.S. and consisted of many activities, attracting a large number of people.

The atmosphere was pumped, filled with excitement and the smell of delicious food filled the atmosphere with a variety of food stands to choose from.

Each food stand was packed, and the lines were very long, but that did not discourage guests from purchasing the famous Indian Tacos, sold at about every food booth.

Native American Danielle Brass said, “The Indian Tacos are so good, they’re definitely worth the long line, and if you’re here, you have to try one.”

All the food stands were in one location, with an area full of tables and chairs, giving visitors a chance to relax and enjoy their delicious meals while listening to the vibrant music.

Besides the Indian tacos, people were able to enjoy frozen lemonades, chamangos, and even some Mexican food.

Attendees observed and enjoyed competitive Native American dances that were done throughout the night, along with participating in photo shoots and some arts and crafts.

The highlight of the first night was definitely the grand entry, which was an engaging and powerful way to begin the event and celebration.

The grand entry consisted of powerful Native American beats, sounds, and vocals.

People of all backgrounds participated in the grand entry, which included dancers with diverse and colorful costumes.

Jason Kingbird, a participant of the event, dressed in an Anishinabe Woodland style clothing.

The Anishinabe costume was colorful and detailed in the designs and patterns used to represent Kingbird’s culture.

The overall production value was outstanding, from the authenticity of the costumes to the organization of the event.

The Pow Wow was well organized, which made everything run smoothly and allowed guests and visitors to locate things easily.

Guests observed and purchased Native American artifacts sold at different stands across the fields.

Each artifact was hand made with detail and craftsmanship, giving them an authentic look that can not be replicated.

The Pow Wow turned out to be an awesome event that allowed people of all different ethnic groups, cultures, and beliefs to participate and celebrate the Native American cultures of America.

As Brass said, “I’ve been to other Native American cultural events before.”

“They’ve been much smaller, but this one’s way bigger and the turnout is awesome.”

If you did not get a chance to attend the Pow Wow this year, keep an eye out for next years during the month of October and be a part of this spectacular annual celebration.
"The Walking Dead" season 5, will have you at the edge of your seat

By EZQUIEL RAMOS Staff Writer

Sunday funday just got a whole lot better with AMC’s hit series, “The Walking Dead” returning to everyone’s screen Oct. 12 at 6 p.m. Season 4 left everyone guessing and missing the group and their mission to Washington, D.C. in hopes for a cure but runs into some important character?

“Walking Dead” Season 5 shattered records and is now the most watched televised show on cable, with a record breaking 17.3 million views, according to deadline.com.

In the first season, Rick finds himself in the midst of a zombie apocalypse without any knowledge about what is going on. He strives to find food, shelter and his family, while facing various obstacles.

In the new season, Rick and the group are found in a life-threatening situation causing everyone to become concerned and get ready for another battle. Rick’s character has not been the same after the loss of a loved one.

Another noticeable change in Rick’s character began in the last episode of season 4, when the biker gang tried to kill Rick, Carl, Michonne and Darby.

Now that season 5 has begun, we are all able to see Rick develop into a more complex character. This raises many questions for all of the viewers.

Aside from developing characters, we see a very familiar face that could help the group and their mission to Washington, D.C.

“There was a lot of action and stuff and I was not expecting something to happen,” said “The Walking Dead” fan, Steven Mathews.

Morrissey: I’ll rest when I’m dead

By DALAL MUSEITEF Staff Writer

Despite his awful cancer scare, Steven Morrissey of The Smiths continues to fill the iPods of diehard 1980s rock ‘n’ roll fanatics.

“If I die, then I die. And if I don’t, then I don’t...I look somewhat unhealthy, but that’s what illness can do...I’m not going to worry about that. I’ll rest when I’m dead,” lead vocalist, Morrissey courageously states in an interview with El Mundo.

His achievements have earned him the title of the second greatest living British icon by BBC’s Culture Show.

Devotees of The Smiths were broken when the gone-soon band split up after seven years, and releasing only four albums.

Within eight months, Morrissey was back to it and ready to release more of his content, as a solo artist.

Viva Hate debuted and hit number one on U.K. music charts. His second album, Kill Uncle awakened his fans to quirky melodies and humorous lyrics.

Morrissey’s 10th album, World Peace Is None Of Your Business, surprised his fans because it had been six years since his 9th album “Years of Refusal” was released.

After releasing ten solo albums year after year, Morrissey distinguished himself as “one of the greatest pop lyricists and probably the greatest-ever lyricist of desire,” according to journalist Mark Simpson.

Morrissey’s frequent label as “a self-absorbed musician that cares more about his music than his fans,” is subjective.

Morrissey is a proponent for animal rights, which is emphasized in his song, “Meat Is Murder.”

His stance on animal rights came out strongly in an interview with Dan Mathews, senior vice president of media campaigns for People for the Ethical Treatment of Animals (PETA).

Mathews asked Morrissey if his fans disagreed with his opinion, and Morrissey replied that he receives nothing but endless positive responses.

He even elaborated on an encounter with a fan at a show stating, “...somebody threw a heap of sausages onto stage and hit my mouth.”

He added, “Eating meat is the most disgusting thing I can think of, it’s like biting into your grandmother.”

Morrissey has been a devoted vegetarian since he was 10 years old, which explains his passion for animal rights.

Just before forming The Smiths he wrote his first book, “I Am Not Dead, and referred to the movie star icon as “visual art.”

Last year he released autobiography, which raised more questions than answers.

Days after the performer kicked off his tour in Madrid, he revealed he’d been battling with cancer for over a year.

Morrissey repeatedly stated that he is not afraid of death and accepts it is something that comes to us all, according to the Mail Online. Many students on campus still consider The Smiths musical legends.

Third year Aubrey Plavajka isremissent about her high school years.

“The Smiths opened the eyes of future songwriters and music in general. He is a poetry legend!”

Junior Manuel Elias, admires Morrissey.

“Morrissey is an inspiration. He was nothing you’ve ever heard before[and] portrayed his words effortlessly.”

Manuel Elias
CSUSB Student

TV SHOW REVIEW

“The Walking Dead’s” executive writer, Robert Kirkman is known for being unpredictable.

From past surprises, we are all better off taking it one episode at a time rather than trying to guess what happens.

That being said, there are plenty of episodes that hold so many mysteries and asks so many questions.

What does The Walking Dead have in store for the group?

Will we once again lose another important character?

Or will the group be led to Washington, D.C. in hopes for a cure but runs into a trap?

“I think that Rick might end up losing his mind again and put everyone at risk,” according to journalist Mark Simpson.

“I don’t...I look somewhat unhealthy, but that’s what illness can do...I’m not going to worry about that. I’ll rest when I’m dead,” according to journalist Mark Simpson.

“I’ll rest when I’m dead” said “The Walking Dead” fan, Steven Mathews.

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“The Last Of The Famous Internation-

alyboo,” was the first song that pulled him back on his compilation album Bona Drag.

He remains an exceptional vocalist, songwriter and performer, with no limitations on letting himself be heard.

Whether it be animal rights or how gross it is to eat meat, he can still write one hell of a song.
Cage The Elephant performs secret show

By EMMANUEL GUTIERREZ
Art Features Editor

Cage the Elephant performed a secret show in Santa Barbara for “Live from the Artists Den,” a PBS sponsored television series, on Oct. 15.

Performing a secret show Cage The Elephant rocks Santa Barbara, bringing fans and surrounding residents together for a special recording of Live from the Artist Den (PBS TV series).

An intricate, glass blown ornament hung from the ceiling in twisted, conical rainbows.

The audience was composed of an abundance of bearded spectators reminiscent of Zach Galifianakis and gray-ponytailed hippies dancing and clapping in the quaking, harmonious resonances.

A Martha Stewart look-a-like in a crocheted ascot sideswiped me in her effort to get closer to the stage.

I was suspicious and wary of her dash to the frenetic action due to it being my first rock concert ever. I immediately checked to the frenetic action due to it being my first rock concert ever.

I felt like a sniper; much more precise, and even so more effective with nary a photo pixelated nor grainy.

Throughout the experience, time must have eluded me, because the show had ended unexpectedly.

And so did the connection exclusively attributable to the symbiotic energy reciprocated from band to audience during live performances—something foreign to me until that day.

After a string of chants, borderline begging, Cage the Elephant returned and played the intro to Sweet Home Alabama.

“Be careful what you wished for,” teased Schultz.

The band then concluded with a rocking performance of “Shake Me Down.”

For the grand finale, Schultz plunged into the crowd, and the hands of a dozen sweaty, glistening torso.

He rose, standing on the hands that held him up—crowd walking. Never being a bit excessive in duration and thus a tad awkward. But apparently, I was in the minority.

He shook violently, the veins in his neck and face grew rigid, as if he were on fire and he forgot to stop, drop, and roll.

The sheer amount of trust— or perhaps carelessness—involved in such an act was beyond my own comprehension.

Maybe I lack trust in others, or perhaps my fear of heights would persuade me to never consider such a proposition.

Regardless, it was amazing.

Cage the Elephant

Cage the Elephant's lead singer Matt Shultz made the choice to crowd surf over ecstatic fans after a great performance at Santa Barbara for a secret concert hosted by Artist Den.

ALBUM REVIEW

We Were Promised JetPacks deliver

By CHELSEA FALER
Staff Writer

Indie rock band, We Were Promised Jetpacks, released their third album, Unraveling on Oct. 14 in the U.S.

The Members of the Scottish Indie Rock band include Adam Thompson (vocals and guitar), Michael Palmer (guitar), Sean Smith (bass), and Darren Lackie (drums), and the newest addition to the band Stuart McGachan (piano and guitar).

While the majority of the tracks had the same slow, emotional, somewhat dreary beat and depressing lyrics, I did find the overall simplistic sound of “Unraveling” to be almost soothing and relaxing.

Although depressing and soothing don’t usually go hand in hand, the odd combination seemed to mesh well. We Were Promised Jetpacks came together in 2003 and started their journey from Scotland after winning their school’s Battle of the Bands competition.

There were a few singles that stood out to me, including “Peace Sign,” a song based more on forgiveness and letting go, and “Night Terror,” which was a refreshingly upbeat song as opposed to the rest of the album’s gloominess.

It is clear that a lot of deep, heartfelt emotions went into writing these lyrics, which makes for more likable and relatable songs.

“Feels like I’m crying out...and I try to get up but my body feels stuck,” sings Thompson in “Night Terrors.”

We Were Promised Jetpacks is indeed a European-centralized band and is not yet very well known in the United States or other outside countries. However, I personally feel they have set themselves apart from the stereotypical pop boy bands who seem to over populate the music industry.

I have not listened to the two previous We Were Promised Jetpacks albums, but as for their newest production, it is something I believe fans of Indie Rock would enjoy listening too.

If you are someone who has a taste for more diverse, cheerful music then I would not suggest Unraveling as an album for you, but maybe something to check out if you are interested in heartfelt songs or even just a new genre of music to listen to.

We Were Promised Jetpacks has been making music for many years and I foresee these gentleman to continue to grow and produce better music and lyrics with every record they continue to work on.

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We Were Promised Jetpacks has been making music for many years and I foresee these gentleman to continue to grow and produce better music and lyrics with every record they continue to work on.
Fans were expecting an amazing performance by Margot and the Nuclear So and So’s for their tour at The Crocodile Music Club, but did not expect a refund in the mail.

Margot and the Nuclear So and So’s originally intended to perform in Seattle on May 31, but cancelled their show due to their lead singer catching a stomach illness.

Richard Edwards, the principal song writer, has had gradual stomach pain during the past few months. This soon led to unbearable pain during performances on stage. On his personal website he describes the tortuous pain, explaining that it interfered with his eating and even made it difficult to swallow water.

The stomach pain got to the point where he couldn’t get out of bed. Since then, he has lost 28 pounds due to not eating regularly.

An organization named Music Cares is helping him pay for his medical bills. “Man does not live by YouTube spins,” said Edwards referring to his song “Broadripple Is Burning,” which has been covered by various You Tubers.

The mission for Music Cares is to provide assistance for people in the music industry during difficult times in their lives. Their services and resources range from financial, medical, and personal emergencies that impact their health and the music community. He does not know when he will come back and perform again, but does say, “I promise, as soon as I feel better we’ll be out there giving you the best Margot show you’ve ever seen.”

Their fame escalated in 2005 in Indianapolis, after Edwards brought the band together right after he graduated college. They recently released their latest sixth album, “Sling Shot to Heaven,” which has had great reviews from their fans.

“Heart record is a little bit of my life, a little bit of my ideal life, and a little bit of fictional life, invented from fragments of people I’ve known,” said Edwards. “Making it was a joyful and madden ing experience. It’s maybe an album about moving on while looking back, pillar of salt or no.”

Since then, the band has self-produced five albums and recently gone on tour. Their music displays an art of emotional song lyrics about love, depression, and drug and alcohol abuse. Their number one song on iTunes is “Broadripple Is Burning” from the album, Not Animal, which relates back to his experiences in life and how he coped with suicidal thoughts.

They recently released a short film, “Tell Me More About Evil.” This film was shot during the recording of their recent album, “Sling Shot to Heaven,” featuring performances from their past shows.

Margot and The Nuclear So and So’s are partnering with Dark Matter Coffee to have their own blend called “Evil Matter” that comes with their album on cassette.

Edwards and his band are currently working on new music and artwork for their next album, and hoping he will be in good health again to keep performing on stage for his fans.

Richard Edwards on promotion photo for album “Sling Shot to Heaven,” Edwards is forced to cancel tour for health reasons but that does not stop him from working hard on his career.
Due to sexual assault and illegal hazing allegations, the New Jersey Sayreville War Memorial Bombers’ football season is cancelled.

“There was enough evidence to substantiate there were incidents of harassment, intimidation and bullying that took place on a pervasive level,” said district superintendent Richard Labbe at a media press conference.

Labbe announced the cancellation after meeting with the parents of football players in regards to preliminary investigations by Sayreville police and the Middlesex County Prosecutor office.

Six male team members were taken into custody on Oct. 8, and a seventh member was sought by police the following Saturday.

The players, ages 15-17, were charged with aggravated sexual assault, hazing, and conspiracy against four freshmen male victims in separate incidents in September, according to Middlesex County Prosecutor Andrew Carey.

Freshmen, junior varsity, and varsity levels are suspended for the season until further notice.

Parents are outraged regarding the season’s cancellation, considering the Bombers’ three state sectional championship win.

The team will forfeit their remaining games, and their opponents will now receive full power points,” according to a New Jersey State Interscholastic Athletic Association (NJSIAA) spokesman, Michael Cherenson.

Power points are used in the New Jersey ranking system, and are earned after each and game. Bombers currently rank 2-8 overall, 2-7 in league against eight opponents.

Curtis Beckham, father of a varsity player told New Jersey Advance Media said that the cancellation is “bogus,” and that innocent players are “suffering” as a result.

Prior to the sexual assault and illegal hazing allegations, Assistant Football Coach Charles Garcia was arrested and charged for possession of steroids.

Head coach George Najjar has made brief comments to media outlets since the investigation began.

“If he [Najjar] didn’t know what was going on, he should have known,” said Senator Raymond Lesniak.

On Oct. 8, Sayreville residents attended a candlelight vigil for the four victims at John F. Kennedy Memorial Park.

“We need to come together to support each other, our children, our community, and most especially the young men who spoke up,” said organizer Maureen Jenkins.

The young men whose names have not been released, are suspended from Sayreville Memorial High School, pending the investigation.

“We are in the process of arranging for an alternative education, pending further investigation,” said school board attorney Jonathan Busch.

On Oct. 14, some charged players made an appearance at New Brunswick Family Court.

Middlesex Prosecutor Carey declined to comment to media outlets about any discussions that may have taken place.

District superintendent Labbe has not responded to any media inquiries, and has since hired a media crisis management firm. Football coaches from different organizations have been vocal about Najjar’s lack of knowledge involving the players’ behavior.

“These days you can’t keep your head in the sand,” said New Jersey Scholastic Coaches Association Hall of Fame member Tony Maglione.

“The more eyes and ears you have on them, the more chance you’ll have to pick up on a problem. You have to be proactive,” added Maglione.

Investigations regarding the incidents are currently underway by state and county officials.
Coyotes smash competition

By JASMINE GONZALEZ
Staff Writer

Arielle McCullough is on the verge of setting a new Coyote volleyball record while contributing to the team’s goal, winning another conference championship.

McCullough, senior captain, has 43 digs to go before surpassing Megan Haas’s all-time record of 1,566 digs, set during the years of 2006 and 2008.

McCullough is libero, which is a specialized defensive position that plays in the back court. She plays in all back rows for the middle front, but never rotates to the front row.

“I go in saying I’m not going to let the ball drop, I play like every play is my last play,” said McCullough.

This is the mindset she has every game and averages about 14 digs a game, according to the stats on the CSUSB athletics website.

Aside from McCullough’s outstanding defense, Coyote’s volleyball has out-blocked all but one of their opponents this season.

“They are number two in the county for block percentage,” said women’s volleyball head coach Kim Cherniss.

On Oct. 9 and 10, the Coyote women defeated Cal State University, Los Angeles Golden Eagles 3-1, and Cal State University, Dominguez Hills Toros 3-0.

Coyote’s lead middle blockers are Tori May and Breanna McNintosh. McNintosh led the team with six blocks against the Golden Eagles. While May led the team with six blocks against the Toros.

Cherniss says the team is physically strong and has an energetic dynamic, aiding in their outstanding defense.

During practices, Cherniss tells the young women to “practice discipline, the same thing, the right way, every time.”

“They set-up, communicate, and get into action. “We are a veteran dominant team. We’ve played three or four years together. There is a lot of chemistry on the court and trust within the team,” said Cherniss.

The Coyote’s short-term goal is to position themselves in a good regional seat for the NCAA tour in November.

The Coyotes have aspirations to win the Conference championship for the ninth year in a row which, “is not an easy task because our conference is one of the best conferences in the country,” according to Cherniss.

“The mindset is always to win a championship, it starts with conference, then regional for the opportunity to go to Nationals. Cherniss continued. The Coyotes are 11-4 this season because of their outstanding defense and great chemistry.

“After a loss I would say that we reflect on what happened. Obviously, we are upset but that doesn’t stop us from learning from our mistakes. It just makes us work even harder than we already do,” said McCullough.

The Coyotes must win the rest of their matches to have the opportunity to make it to the conference championships.

The women trust each other on and off the court as well as off the court as if they were all apart of a big volleyball family. “There is never a dull moment, both on and off the court this team has a bond,” said McCullough.

Women’s soccer split matches

By LILY PEREZ
Assistant Arts and Entertainment Editor

Coyote women’s soccer claimed a win against Humboldt State University on Oct. 12, after losing to the Sonoma State Seawolves.

The Seawolves walked away with a 3-0 victory on Oct. 10, making this the third game in a row that the Coyotes have lost.

Seawolves player McKenzie Maher scored the first goal, followed by Lauren Curtin’s penalty kick goal minutes later.

A penalty kick occurs after a foul has been made, forcing the rest of the players to stay away without interfering.

While the Coyote goalkeeper, Emily Whyte had two saves, in the end that didn’t prove to be enough.

The Seawolves’ Alex Sifuentes scored the last goal of the game.

The Coyotes didn’t let their third loss in a row hold them down for long, and came back even stronger as they went up against the Humboldt State Lumberjacks.

A group of 202 spectators gathered in Arcata to see the Coyotes claim a win over the Lumberjacks, with a score of 1-0.

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Men’s soccer break losing streak

By JUSTIN SANDOVAL  Staff Writer

Elele, Coyotes men’s soccer was victorious against the Sonoma State Seawolves and Humboldt State Lumberjacks in a road sweep, snapping a four game losing streak.

The Coyote victory over the Seawolves was only the second win in California Conference Athletic Association (CCAA) history versus the Seawolves. Seawolves’ Dylan Stafford attempted to take the early lead and had the first shot of the game against the Coyotes, but goalkeeper Roberto Gonzalez made the save.

Coyote’s Diego Mendoza scored the first goal of the game against the Seawolves, in the eighth minute off a corner kick goalkeeper Roberto Gonzalez made the save.

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The Coyotes leading scorer Cano assisted on Cano’s second goal of the game, as he headed the ball in for the 3-0 lead.

Sonoma State did not back down from the 3-0 deficit; the following ten minutes consisted of four shots on the Coyote’s goal and a corner kick from the Seawolves, all saved by Gonzalez.

Sonoma State forward Brenton Fame matched Cano’s two goals with his own.

Fame’s last goal came in the 71st minute as a final attempt to keep the game within reach for the Seawolves.

In the mid-50th minute, Head Coach Steven Ralos made the substitution of the game, bringing Gonzalez in for Mendoza at midfield.

The Coyotes’ leader scorer Cano assisted on their game-deciding goal in the 56th minute by a J. C. Gonzalez’ header.

Coyote players Larry Llamas and Daniel Looker both received yellow cards in the match against the Seawolves. The 4-1 victory over CCAA opponent Sonoma State broke a four game losing streak for the Coyotes.

In CCAA history, the Coyotes have struggled to leave the field victorious over the Seawolves.

The Coyotes road stretch continued through Oct. 12, 2014 as they faced CCAA opponent, the Humboldt State Lumberjacks.

The Coyotes trip to Humboldt was a story of defense as the Coyote men shut the Lumberjacks out 2-0.

The Lumberjacks attempted six more shots on goal against the Coyotes, none of which touched the back of the net.

The first half was a battle of the two goalies, as Lumberjack goalie Chris Bean had four saves and zero scored in the first 45 minutes, leaving the half tied 0-0.

The Coyotes finished with eight saves on the night against a heavy firing Lumberjack attack.

Three minutes into the second half, Head Coach Ralos was faced with a crucial decision and substituted Llamas for Lopez.

Llamas had just been injured on the play and had a bleeding forehead.

“I had no choice as Llamas was injured. Since he had blood coming from his forehead it did not cost us a substitution for the game,” said Ralos.

In the 50th minute of the game, Coyotes Tony Lo got the ball to Daniel Lopez, who, in turn, scored his first goal of the season for the ‘Yotes! The two were later substituted.

“Once the injury was taken care of he was put back in the game. Luckily Lopez was in the right spot when in the game,” said Ralos.

In the 68th minute of the game Llamas got a pass from Stephen Watson and took a shot for the goal.

From 30 yards out Llamas secured the 2-0 victory over the relentless Lumberjacks. The Coyote victories over the Seawolves and Lumberjacks snapped a four game losing streak, and closed out the two-game road trip.

This was a huge morale boost for the team since they had been scoreless during their previous two games.

Both Llamas and Debray Hollomon received yellow cards in the game against the Lumberjacks. This was the second consecutive game Llamas has received a yellow card.

Only two goals were scored in their four game losing streak, but the men’s team is now on a roll scoring six goals in their last road trip. Coyotes hope to keep the winning streak alive in their push for a CCAA title.

Make sure that you support the men with their next home games on Oct. 24, against Monterey Bay Otters and Oct. 26, against San Francisco State Gators.

Rock wall promoted

By JAVIER RODRIGUEZ  Staff Writer

Student Recreation and Fitness Center Rock Wall Coordinator Dominic Trujillo hosted a small competition called, Add-On.

To those not familiar with climbing, is similar to a basketball game of horse the game.

The Rock Climbers used chalk to mark their climbs as they progressed up the wall.

With prizes offered to climbers, Trujillo did not have a problem finding participants.

With California’s year-round summer, the Inland Empire is typically warm and dry and climbers are in constant search of good places to rock climb in our area.

If you’re not experienced with climbing however, this might not be the best thing to do on your own.

Fortunately, the rock wall gyms and climbing industry have grown since 2013, according to Climbing Business Journal.

Twenty-eight new facilities across the nation opened their doors to rock climbing with California having the highest number of new rock climbing gym openings.

However thousands of students every year enter the Rec Center and walk right past the rock wall.

With rock wall climbing becoming more popular in California, but less popular at CSUSB, the Rec Center has started looking into more activities to attract potential climbers.

Student and avid climber Hector Lopez said, “I like to climb in my downtown and when I’m bored.”

Trujillo considers himself to be an intermediate climber.

“As many of us, I think, forget that we can use the rock wall, because we never see students on it. It’s good cardio and you have a harness, so you’re completely safe,” said student Vanessa Suniga.

Student Jessica Trevino said, “I didn’t know that rock wall climbing was open to everyone. I thought it was just for special events, like ‘Late Night with Ryan Seacrest’.”

Trujillo will be hosting more rock wall competitions throughout the quarter, which will cater to new, intermediate and advanced climbers.

The rock wall offers chances to compete or just climb for recreation. Some of your student fees are being used to fund the Rec Center which maintain the rock wall.

Hopefully, this will give all students a reason to stick around school for a little longer.

Student Elysa Huntington is now a regular climber here at school.

Huntington is a member of a rock climbing gym in Murrieta, California. She has been rock climbing for over five years now.

So, if you’re on campus and you’re looking for something to do, and you finally stop when you look left to the rock wall, stop at the front desk and ask for Trujillo.