Government features CSUSB cyber security

By MARYLYN RODRIGUEZ AND MARION GIL
Asst. Managing Editor and News Editor

The CSUSB cyber security program was featured in an article on the National Science Foundation’s (NSF) website. CSUSB’s cyber security program aims to prepare students in occupations that protect government agencies from hackers.

“Cyber Security is an important field because it touches all aspects of modern life,” said Tony Coulson, director of the cyber security program at CSUSB. “Your personal information is your digital currency. Job growth and opportunities in this area are endless.”

This program has become available to students through funding from the NSF CyberCorps: Scholarships for Service (SFS) program.

“Cyber security is being able to create a security barrier for sites, of either private or public sectors,” said student Talissa Terrell, a computer science major. “Basically, you have to safeguard against hackers and people breaking through firewalls and having information leaks.”

According to SFS lead program director Victor Piotrowsky, cyber security offers high paying careers in a multitude of areas, including government positions.

The SFS programs facilitate the process that gets students to those high paying careers in this particular field.

“CSUSB’s cyber security program does a lot of listening to the needs of the workforce, companies who hire our students, and trends,” said Coulson.

“Medical records, social security records, and government records can all be found on the Internet. As we move forward with technology we have to come up with a way to protect those records,” added Terrell.

Students in the program have their tuition, books and travel expenses paid up with a way to protect those records,” said with technology we have to come forward with technology we have to come up with a way to protect those records,” added Terrell.

“The burning of fossil fuels is affecting life on every continent and in the oceans and the window is closing rapidly for governments to avert catastrophic damage,” stated climate scientists in their report.

We see some of the irreversible climate changes already in effect. Trapped gases have already contributed to some of the effects we see today, such as the rising sea levels, heat waves, and droughts.

There are more heat-trapping gases in the atmosphere than in the last 800,000 years, most which came from the industrialization of the 1800’s, according to the IPCC.

All of which affect the water we have available to water our crops, hurting our economy.

“We have seen over time that most reports have underestimated how bad the change would be. Things have happened much more quickly and severely than was anticipated,” said CSUSB Professor Erik Melchoire.

Debates over what levels of fossil fuel emissions are considered dangerous between developing countries in the United Nations have put a hold on all agreements on cutting heat-trapping emissions.

The report was released in an effort to encourage an immediate response to reduce all fossil fuel emissions.

“You can’t wait several decades to address this issue,” said Alden Meyer of the Union of Concerned Scientists, an advocacy group for a healthy planet.

The longer we wait to cut down on fossil fuels, the more it may cost to reverse the damage. Fossil fuels and everything they fuel are considered dangerous between developing countries in the United Nations have put a hold on all agreements on cutting heat-trapping emissions.

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Forty percent of China's arable land degraded

Much of China's farmland has suffered degradation, due to the growing population and spreading urbanization, reducing the country's ability to provide food for its almost 1.4 billion population.

China has already outlined plans to fight against pollution, which include creating more connected farmland by 2020 as well as strengthening the monitoring of arable land and passing legislation to protect farmland.

Allergies are going to suck

A study released by the University of Massachusetts states that grass pollen may double in the next century due to increased levels of carbon dioxide and ozone in the air. The study observed Timothy grass, a large human allergen producer, and concluded that when both concentrations of carbon dioxide and ozone are increased, pollen production expands.

Foster mother sentenced to life for killing 2-year-old

Two years ago, Alex Hill, a two-year-old girl, was killed by her foster mother after being taken from her parents who were deemed unfit to raise her. Hill's father admitted that he smoked marijuana after he put his daughter to bed, something that is against Texas child welfare policy, while Hill's mother suffers from frequent seizures. These two factors caused child welfare services to deem Hill's parents unfit to care for her. Two years after the murder, Small was sentenced to life in prison for the murder.

Mamas can't drink

A recent hearing in the U.K. could make taking medication and the refusal of Cesarian sections criminal actions for pregnant women.

While the appeal does set out to make the refusal of Cesarian sections criminal, the action was put forth by the National Organization for Fetal Alcohol Syndrome U.K., an organization that supports families with children who have Fetal Alcohol Syndrome (FAS).

Scotland wins in the energy department

Scotland produced enough wind energy to support over 3 million homes in October. These levels of renewable energy came around the same time in which some of the U.K.'s nuclear reactors were being temporarily shut down by EDF Energy for maintenance.

“In August the U.K. set a new record for wind power generation, with wind accounting for 17 percent of national demand,” stated a Climate Progress article.
Economy crawls to improvement
By ANTHONY SILVA
Staff Writer

Companies are hiring again, but spending habits in America remain sluggish.

Americans are still feeling the effects of the recession since consumer spending remains low despite the improving economy.

The U.S. added 248,000 jobs in September with another 245,000 expected to be added in October. These two months were the strongest since the recession ended in 2009, according to a CNN report.

If the October numbers are correct, this would mark the longest stretch in a row with a gain of over 200,000 jobs, an increase that has not been accomplished since 2006.

In addition to the rise in employment, American workers are putting in longer workplace and are also receiving higher wages, according to CNN.

The growing workforce in America is not having the effect on spending trends that economists had hoped for.

Economists believe consumers may be saving more money out of fear of another economic downturn in the future.

“The news keeps saying that the economy is getting better but it doesn’t feel that way to me. I know a lot of people that can’t find jobs or that have trouble putting a roof over their head,” said student Josh Cosgrove.

A recent Market Watch study revealed that the unemployment rate in the United States is now higher than the official rate of 5.9 percent.

If the unemployment rate included those who have had such a hard time finding work that they’ve stopped looking, the rate would rise to 11.8 percent, according to Market Watch.

California, the unemployment rate stands a little higher than the national rate at 7.4 percent. A California Department of Finance report stated that California’s job market has been heavily influenced by declines in the housing market and construction industries.

“I’m usually pretty hesitant to splurge on anything these days because I feel like I need to save my money more than ever,” said student Jonathan Madrid.

The rising stock market has been another positive sign for the economy, however, a CNBC report stated that most financial gains were attributed to wealthier households that don’t need to spend more so the impact wouldn’t be as strong as expected.

One sign experts are pointing to as a vote of consumer confidence is that auto sales are on the rise. Lower gas prices and interest rates led to a total of 16.46 million cars sold as of Nov. 1, which is higher than the total sales from 2013 of 16.38 million, according to CNN Money.

Economists are hopeful that the steady rise in both auto sales and the stock market will continue through the end of the year and that consumer confidence will follow.
Neurofeedback program

By CHELSEA GALVEZ Staff Writer

S tudent Veterans suffering from Post Traumatic Stress Disorder (PTSD) can participate in Neurofeedback sessions through The Institute for Research, Assessment and Professional Development at CSUSB.

The Neurofeedback program, developed four years ago by the Institute for research at CSUSB, may be used for individuals ages five through 95 who suffer from depressive or for early release,” according to voters.

The Neurofeedback aids veterans suffering from PTSD as an alternative method to medication and analyzes an individual’s brain waves to identify parts that aren’t working to their highest ability.

“Using neurofeedback, we can monitor their brain waves and identify the exact areas that aren’t turned up to the right levels,” Dr. Connie McReynolds, director of the Institute told the CSUSB Veterans Newsletter, Giving Back to Those Who Served.

PTSD is a mental health condition and, according to the Mayo Clinic, is often the result of participation or witnessing a terrifying event in which severe physical harm occurred or was threatened. The Mayo Clinic also lists that symptoms of PTSD include and range from flashbacks, anxiety, unendurable thoughts and nightmares of the event.

“PTSD is a label for a variety of symptoms, but it really doesn’t tell us what is happening with that person,” McReynolds told the CSUSB Veterans Newsletter.

Neurofeedback is a noninvasive, drug-free treatment that causes little harm to the individual, according to neurodevelopmentcenter.com.

The participant has to use their mind and, according to McReynolds, use a virtual barrel that is on the screen. The more attentive the participant is, the faster the barrel fills up.

“The computer provides coaching and overtime. We can make their symptoms better,” said McReynolds.

Individual treatment sessions are beneficial to the individual, however, a single treatment session is not a quick fix for symptoms.

“It may take 40-80 sessions for complete retraining of the brain,” said the Hull Institute of Lifestyle Management.

While many are skeptical of the treatment, Mayo Clinic says it is an advancement to better mental health care.

“I don’t like using medication, but I know it is widely used and people believe it works with time to get the correct type and dose,” said student and Veteran Kerry Connor.

Served.

The Neurofeedback Center in the of College of Education building.

Americans pay more for slower Internet

By FRANCISCO CASILLAS Staff Writer

The United States ranks low in terms of getting faster Internet speeds for a lower price compared to other countries, according to a report released Thursday, Oct. 30 by Open Technology Institute.

“Data suggests that most U.S. Internet service providers lag behind European and Asian cities in terms of what consumers pay for their service,” according to the report. “In 2012 consumers can get for $50,” stated the report.

Los Angeles ranks low in average price of plans ranging from 25 to 50 Mbps. The average price for Los Angeles stood at $70 a month, although cities like London are as low as $25 a month for the same speeds.

Currently, cities like Seoul, Hong Kong, Tokyo, and Paris all offer speeds of up to 1,000 Mbps for under $40, while places in the U.S. can reach prices upwards of $100 for the same speeds.

High-speed Internet users in Chattanooga and Kansas City pay $70, while in Lafayette it’s $110, according to an article by CNN.

The passed and failed propositions

Continued from Pg. 1

maximum collectible damages for victims of medical negligence from $250,000 to over $1 million. This proposed law would have required hospitals to administer random drug tests to employed or contracted physicians.

“If [Proposition 46] passed, it would have driven [doctors] away,” said senior Diana Lozano before going to vote.

Proposition 47, the “reduced penalties initiative,” was approved by California voters.

It will reduce the charges on some potential felons to misdemeanors.

“Proposition 47 will make 10,000 felons from California police chiefs.org, an organization that represents law enforcement.

“The vast majority of those 10,000 felons have violent criminal histories,” according to the Secretary of State website, Proposition 47 was supported by 58.5 percent of California’s voters.

According to the Secretary of State website, Proposition 47 would allow two Northern California Native American tribes to build one casino on land acquired by a tribes after 1988. The midterm elections also created a change in Washington, D.C. as republicans were elected into the majority of the House of Representatives and in the Senate. As the polls closed, the Republican victories turned the United States map red.

Newly elected senator for Kentucky, Mitch McConnell, was one of the many Republican victories.

The most surprising losses to the Democratic Party came from traditionally Democratic states.

“Even the grandson of Jimmy Carter [a Democrat] failed to knock off an unpopular, ethically challenged GOP incumbent,” stated the Los Angeles Times.

San Bernardino had a 27 percent turn-out of the 851,684 registered voters in the county.

The statewide voter turnout was 30 percent.

Continued from Pg. 1

The average download speed of plans increased from 233 Mbps in 2012 to about 500 in 2013, and almost 650 Mbps in 2014.

“Virtually every city in this ranking has seen an increase in its top speeds offering since 2012,” stated the report.

Some students believe the local Internet works fine as a whole.

“I don’t think that the average American will pay as much,” student and Veteran Kerry Connor said.

Big businesses on the other hand are starting to accelerate. The computer provides coaching and overtime. We can make their symptoms better,” said McReynolds.

Individual treatment sessions are beneficial to the individual, however, a single treatment session is not a quick fix for symptoms.

“It may take 40-80 sessions for complete retraining of the brain,” said the Hull Institute of Lifestyle Management.

While many are skeptical of the treatment, Mayo Clinic says it is an advancement to better mental health care.

“I don’t like using medication, but I know it is widely used and people believe it works with time to get the correct type and dose,” said student and Veteran Kenny Morgan.

“While working through this process, it can be difficult for the patient, so I think that Neurofeedback should be tried, everything should be tried.”

The institute encourages you that, “train your attention, decrease anxiety or depression, alleviate chronic pain, and lessen behaviors that interfere with living your best life,” said McReynolds.

For more information about the program, visit the Neurofeedback Center at the of College of Education building.

CSUSB program receives official recognition

Continued from Pg. 1

ment agencies for the duration of the program.

Once their training is complete students have the opportunity to choose from various offers for full-time work.

This field of study has become increasingly important due to recent hacking events where citizens’ personal information have been at high risk.

“It is an interesting field of computer science and information technology. The more information that is put into servers the higher the need for cyber security,” said Coulson.

The program is not only aimed at teaching students the basics of public management but also techniques and services that will teach them how to protect an organization’s information system.

In 2009, CSUSB was one of 30 schools across the nation that were awarded a four-year grant by the NSF.

This grant provides students the opportunity to partake in the SFS CyberCorps with all expenses paid.

This scholarship is only available for students majoring in computer science or computer engineering.

According to the Department of Public Administration, CSUSB is one of six universities in California that are accredited as a National Center of Academic Excellence in Information Assurance by the Department of Homeland Security and the National Security Agency.

“I was in DC this week and it was exciting to hear high praise for our students working in the area,” said Coulson.

“I don’t think I will ever grow tired of hearing, ‘we need more students like the ones from CSUSB.’”

Russian air force exercises raise suspicion

Continued from Pg. 1

RAF picked up the signal in Northumberland, noticing it visually by RAF aircraft and escorting them through U.K. airspace, according to U.K. officials.

The two Bears that flew near Britain are part of a larger formation of eight aircraft – including four IL-78 tanker planes – intercepted by Norwegian F-16 fighters in international airspace over the Norwegian Sea.

While six of the planes returned back towards Russia, the two Bears flew towards the U.K. where they were picked up by Boulmer in Northumberland.

After the Russian Bombers were guided outside the area, they were escorted to the Portuguese air force before returning to Russia.
Opinions

Health care should be priority for all

The Affordable Care Act seeks to provide millions with insurance

By ALEX CARDENAS  Staff Writer

The Affordable Care Act, known as Obamacare, is good for America because it has, and will continue to insure millions of people who did not previously have access to healthcare.

Although some people have experienced inconveniences, the Kaiser Family Foundation estimates that the national rate of uninsured Americans has already dropped by a full percentage point since last year, and state Medicaid enrollment has increased by 14 percent.

Although a one percent increase may not seem like much, I believe that any increase in the amount of insured Americans is significant, and this number will more than likely grow as word of its benefits spreads.

Before its enactment, it would not have been able to afford health insurance; it seemed like a luxury.

After signing up for the program and learning that I would receive preventative care, as well as doctor visits with no cost out of my own pocket, I was elated.

Based on the average income of college students, I am confident that most would benefit from it as well.

It is difficult to understand how a program that helps sick and suffering people can gain so much bad publicity, but as with every issue, there are pros as well as inevitable cons.

One obvious pro is the access to healthcare that millions of people now have, but the suggested con from this are new taxes, which often burden the highest-earning individuals.

Since people can’t be denied health insurance for already being sick, some would say that this is a con, because those who are not sick end up paying for services they are not using.

I disagree with this argument because any of us could be diagnosed with an illness at any moment.

Our taxes already pay for services such as the fire department; just because someone’s home is not on fire at the moment does not mean that they should not have to pay for the service.

The debate on Obamacare has been turbulent since its initiation into congress, but I have found that many people don’t know very much about the program.

For the past five years, Kaiser has performed numerous polls which consistently show that about half the population is against Obamacare.

However, those Kaiser polls also showed that six out of ten people did not even know how Obamacare affected them personally.

This did not make much sense to me, so to better understand perspectives on Obamacare, I spoke to a number of students and co-workers on both sides of the issue.

I was surprised when the poll’s findings were reaffirmed, as very few people had an idea on how Obama Care affected them.

Partnership could be guiding public opinion on Obama Care rather than personal experience; I believe this could explain the almost fifty-fifty split in approval rating.

Republicans currently control both houses of Congress, giving them power to repeal the Affordable Health Care act.

“Over time, threatening to repeal Obamacare is going to become a liability because more and more people are going to draw benefits from it,” said Henry Aaron of the Brookings Institution.

However, President Obama has made comments that he would veto any legislation that seeks elimination or threatens essential elements of the program, according to Yahoo Finance.

Before students form an opinion on Obamacare, I suggest they find out how Obamacare affects them by visiting www.coveredca.com, or the CSU based website at www.calstate.edu/coveredca.

Lisa Graham from the Health Center says that students can get on-campus help with Obamacare by reaching Yadira Sanchez at sancy300@coyote.csusb.edu or Claudia Valtierra Ortiz at valtc300@coyote.csusb.edu.

Suicide intervention is moral duty

By ARIANA CANO  Staff Writer

Anyone having suicidal thoughts should seek professional help.

Although many are aware of what suicide means, people tend to either avoid the topic due to discomfort, or remain ill-informed.

“More than 800,000 people die by suicide every year (worldwide) - around one in five every year (worldwide) - around one in five every year,” according to WHO’s first global report on suicide prevention posted on Sept. 4, 2014.

It’s important to understand suicide to determine whether or not you, or someone you know displays suicidal signs.

The most common signs of people who are at potential risk for suicide include but are not limited to stress, depression, helplessness, hopelessness, loneliness, and mixed emotions.

These feelings often spur after, or during the death of a loved one, complications in a relationship, low self-esteem, bullying, alcohol or drug abuse, financial issues and other struggles.

All of these symptoms can be treated effectively to help individuals cope with their personal situation.

If you are having suicidal thoughts, you should get help immediately.

Consider asking for help from people you trust, and avoid alcohol or drugs, which can increase the risk of harming yourself.

Here at CSUSB, the Counseling and Psychological Services building, located in the Health Center, offers students free counseling sessions and workshops which provide resources to help cope with feelings.

Suicide should not be a taboo subject in society; it should be talked about openly in order to prevent people from killing themselves.

“I don’t think society is fully aware of how far depression can go, so we are ignorant to the psychological issues behind it,” said CSUSB psychology professor Dr. Michael Lewin.

“Suicide is an act,” said CSUSB psychology professor Dr. Michael Lewin.

“In regards to the person, I feel there isn’t as much awareness to let those suffering know that there is help out there,” added Ramirez.

If someone you know tells you they want to die, how would you help them? Are you prepared to deal with the situation?

“The first thing I would say is to know what the warning signs for suicide are,” said CSUSB psychology professor Dr. Michael Lewin.

“Lewin mentioned a major warning sign of suicide is when the individual has made detailed plans of how they are going to kill themselves.”

“The best thing you can do is make sure that they get help, by bringing them into a counseling center, even maybe calling the police and having the police take them to a hospital where they can get evaluated,” added Lewin.

One can receive skilled help, get involved in volunteering, and learn more about suicide by visiting the National Suicide Prevention Lifeline website.

The same can be said when calling the suicide hotline number of 1-800-273-TALK (8255), which connects the caller to a skilled and trained counselor at a 24/7 crisis center.

Anyone feeling suicidal should take the necessary steps to receive suitable help.
Students encouraged to voice concerns

By JANETH JAIMES

Staff Writer

Students should express their concerns about campus needs, such as healthy meal options and additional assisted programs, but many feel that their solutions will not make a difference.

Students spoke about their concerns and issues, and many proposed great ideas. If students do not share their opinions, it becomes difficult for the campus to provide a plan and educational environment.

“I would like to see healthier food options in the food court’s menu,” said CSUSB junior Vanessa Velasquez.

“Sometimes, I do not bring my own food and have to buy food on campus, but it is disappointing that there are not many healthy meals options,” added Velasquez.

I have concerns about our food court options and even the long lines at Star-bucks, which I am shy or feel like there is no need to express my opinion. A proposed solution is to make healthy meals more visible or open new food options.

Healthy meal options should be ad-vertised just as much as junk food, such as pizza, burritos, or fries.

We should have a larger location for Starbucks, which would aid to the enor-mous lines that fill the Student Union (SU) daily. Another issue brought to my attention was about having an AB 540 Center.

AB 540 is a way that some undocu-mented students have an opportunity to re-ceive a college education.

The AB 540 Affidavit serves two purposes: one is to verify that the student meets the educational requirements, and the second is to certify the intent to estab-lish legal residency.

Maria Barragan is an AB 540 student that would like to have a place where she can receive more information about the privileges and benefits provided by this bill.

“Just like we have a Women’s Re-source Center or International Center, we should have an AB 540 Center,” said Bar-ragan.

She made it clear that, if given this resource, many students would feel wel-comed, be more confident, and not feel isolated.

“We are a minority within a minority that is being neglected,” added Barragan.

Students may also have concerns or is-sues, but do not know where to go or how to express them. Associated Students Incorporated (ASI) recognizes the voice of the students here at CSUSB.

ASI represents student interests and needs.

The Executive Vice President, Juan Garcia, reported that ASI puts students on an equal level with CSUSB’s faculty and staff, and always tries to make students proud to be Coyotes.

“We are working on ways of com-municating with students easier. By using electronic surveys, we can open access for all students to voice their opinions about is-sues that they find that need improve-ments,” stated student assistant to Special Projects and Assessment Jessica Bryan.

Collecting data about student concerns allows Bryan and her team to develop solu-tions for student issues.

“With what we are able to collect, we can analyze the problem and work on a so-lution that is realistic and effective,” Bryan added.

By voicing our campus concerns we can build student solidarity.

Homeless students need accessible resources

By STEPHANIE WOODWARD

Staff Writer

I believe we should be doing much more for our homeless students than just providing them with clothing and suste-nance.

The Homelessness Housing and As-sistance Act requires each county in ev-ery U.S. state to conduct an annual point in time count of sheltered and unsheltered homeless persons each year.

In 2014, the annual point in time count of the homeless population was an average of about 578,424 in the U.S.

From this number, there are an esti-mated 58,000 homeless college students nationwide, according to USA Today.

A homeless individual is defined as someone who lacks housing and who may live on the street, stays in a shelter, mis-sion, vehicle, etc. according to U.S. De-partment of Health and Human Services.

A student attending CSUSB campus, who worked part time and attended classes while living in their vehicle, was able to use financial aid to support himself.

He would shower in the school gym before classes and move his car every night.

“He would either borrow my book or go to the library since he couldn’t afford the books,” said Angelo Quinto, a friend of the anonymous student.

A Salem State University student, Tina Giarla, is one of the thousands of homeless students struggling to find a place to live.

“I worked two jobs and went to school full-time, I had to save extra money to rent a hotel in case of an emergency so I wouldn’t have to go to a shelter,” said Giarla to USA Today.

Our campus lacks many resources to help students who may struggle with homelessness.

I went to all of the information desks located on campus, and not one could pro-vide me with any help or resources.

I then began my own research about what an individual might do if they were homeless and needed help.

I found some information through the National Association for the Education of Homeless Children and Youth (NAEHCY). For many homeless students, it is hard to get enough financial aid because they cannot provide information about their parents or guardians on the form, accord-ing to the NAEHCY.

In November 2013, U.S. Senator Patty Murray introduced the Higher Education Access and Success for Homeless and Foster Youth Act.

This was implemented to help ensure that homeless and foster youth benefit from college access programs, have access to fi-nancial aid, and support to graduate.

UCLA has an Economic Crisis Re-sponse Team that helps students with meal vouchers, scholarship information, emer-gency financial aid, and other resources.

Other campuses are combating home-lessness by having a food pantry for stu-dents who cannot afford meals.

Our campus should help by providing adequate resources for those in need.
Features

Korean-Mexican Fusion

By AVUMI YOSHIHAMA
Staff Writer

Red Hot Kitchen gives you an extraordinary experience with their novel foods that take your taste buds to a whole other level.

Red Hot Kitchen is an Asian fusion restaurant based on Korean and Mexican food in Loma Linda. Korean and Mexican food don’t seem to go together, but they make this combination work.

“Korean BBQ tacos” is written on a big sign in front of Red Hot Kitchen and is visible from the Anderson St. exit off the I-10 East. The students I spoke with who live at home or living on your own, we’re all students just trying to get our education and go somewhere further in life.

Students are living at home past the age of 18. Some students who still live with their parents just trying to get our education and go somewhere further in life. It is tough living on my own, but the independence makes it worth it. I get to do what I want and don’t have anyone telling me otherwise. It also helps me to be responsible and more reliant on myself than necessary judge students who live at home.

I ordered a coffee smoothie with boba, an Asian dessert also known as Tapioca pearl made of the starch from the cassava root, and it was great. On Yelp Reviews, Red Hot Kitchen has four stars with 227 reviews.

Some Yelp users who went there commented, “I have tried the chimichanga with short ribs, which packs so much flavor in your mouth. Food is just outstanding.”

Other reviews were less enthusiastic, but still favorable. “Overall, just minor things that probably won’t stop us from not coming back. There are so many options from their drink and kitchen menu,” said another reviewer.

Each meal or drink does not cost more than $10, and prices range from $4-$8.

Red Hot Kitchen is a casual and friendly place where a group of friends can enjoy and share laughter together.

More ‘Yotes living at home

By SARAH JOHNSON
Staff Writer

With our seemingly stagnant economy and slowly rising college tuition, more students are living at home past the age of 18.

Students are living on campus, then returning home after they graduate.

In countries outside of the United States, this is completely acceptable and expected for young adults to not leave the nest until they have found their career or get married.

On the other hand, here in the U.S., students say they receive judgment due to the social stigma of living under their parents’ roof—mostly from fellow peers who don’t have that luxury.

The students I spoke with who live at home don’t pay rent and don’t really have rules or guidelines from their parents.

They’re just expected to get good grades and graduate.

Ernest Quintana, student, moved out at 18 with some buddies, but found the financial obligation to be a struggle and eventually moved back home.

“Why not live at home?” he said. “It’s cheaper. Some people think of me differently because of it, but that doesn’t really matter to me.”

Some CSUSB students said they live at home because their parents allow them to.

They want to help their children be able to save money and hopefully reduce their debt after graduation.

Being able to live at home during college is something that not all students have as an option. Students who I spoke to who don’t have the opportunity feel that they are at a disadvantage.

“I don’t have the extra money that some of my peers do because I have a rent check I have to write at the beginning of every month,” said student Michelle Lopez.

Lopez said she feels somewhat disconnected with students who live at home because she thinks they don’t have any idea of what the real world is going to be like.

As a student who hasn’t lived with my parents since the age of 17, I understand where the social stigma grows in those of us who are on our own.

Some students who still live with their parents have it easy, but I don’t necessarily judge students who live at home; I just wish I had the same opportunity.

Most of us who live on our own do it because we have to, not because we choose to. Though, others do choose to live on their own and endure the struggle.

“IT is tough living on my own, but the independence makes it worth it. I get to do what I want and don’t have anyone telling me otherwise. It also helps me to be responsible and more reliant on myself than I was when I lived at home,” said student Michael King.

Overall, whether you’re living at home or living on your own, we’re all students just trying to get our education and go somewhere further in life.

Everyone is dealt different cards in life. What matters most is how we play our hand.
Coyotes immune to Ebola media scares

By IVANNA CARLOS  
Staff Writer

Coyotes do not seem to be worried about the Ebola scare presented to them by the media. But do we really know what Ebola is?

“Most people are not well educated about the disease, and if they were this wouldn’t be a big issue like everyone is making it out to be,” said student Raymond Aguirre.

According to the Centers for Disease Control and Prevention (CDC) website, the 2014 Ebola epidemic is the largest in history, affecting multiple countries in West Africa.

“I think this is a very much scary disease. The way they show on the news and social media how one day one person is tested positive for Ebola but then that one person has to retrace their steps just to figure out how many other people they put at risk,” said student Claudia Vizcara.

This just goes to show us that the media is hyping up the issue, which can have a negative effect on its viewers.

“I am worried because no matter how many precautions we, doctors, nurses, hospitals, etc. take, it has been proven that Ebola will find its way somehow. Whether it is because they did not have on their protective gear the right way or simply because they misread the signs or had similar side effects,” continued Vizcara.

Here in the U.S., Ebola is still rare since there have only been three reported cases.

“I think Ebola is falsely blown out of proportion by the media to better their ratings. It has no effect on us,” said student Nathan Runyan.

“I am definitely not worried about it. It’s not as threatening as people make it out to be and I do not think it is an issue compared to many other diseases and wars going on now,” continued Runyan.

Because Ebola is mainly affecting multiple countries in West Africa, most of us in the U.S. are not too worried about having to take any precautionary or safety measures.

“At the moment, I’m not doing anything out of the normal, until the day it hits close to home, as in the state that I live in, then I will prepare myself, but as for now I’m just keeping up with updates on the news,” said student Claudia Vizcara.

Others don’t see it being an issue ever.

“I’m not doing anything at all to stay safe from it. I don’t think it will ever reach me,” said student Suna Haddad.

Although Ebola may not affect us as deeply as those in West Africa, we should keep in mind the means in which it is contracted. One must avoid direct contact with the blood and other body fluids of an infected person.

Fortunately, as of now, it does not spread through air, water, or food.

Unfortunately, we can not predict the future. Our current safety guidelines have so far been effective, but may not be enough to prevent an epidemic—so it is important to be knowledgeable just in case.
This school is crowded.

Rise in student enrollment more apparent than ever

By DANIELLE BROOKS
Staff Writer

Every school year, the student population on campus grows and unfortunately, this trend will affect students in the future. This being my fourth year at CSUSB, I have noticed that the population on campus seems to be flourishing.

“I’ve been on campus for a few years now, but I’ve noticed that it seems to be especially crowded this year,” said student Kimber Veca.

“I used to get ‘princess parking’ for my 8 A.M. classes before this year, but now there’s significantly more students taking early morning classes,” added Veca.

Not only is parking scarce and class enrollment difficult, but students have also claimed that the Starbucks line has reached record breaking lengths this quarter.

“The line for Starbucks has always been fairly long, but I’ve seen days where the line has wrapped around the corner in front of the Coyote Market,” said student Marco-Polo Cortez.

Registering for classes was a substantial concern for students when I interviewed them about the large student population.

Many students feel that registering for classes will become more difficult than what it has already been in past years.

“I’ve been trying to get into the pre-nursing program, but I know that the program was already impacted before the increase of students, so I’m beginning to feel discouraged,” said student Sabri Brown.

Most students I interviewed agreed that the campus has definitely gotten more crowded and those who didn’t agree, felt that the campus has always been affected so they don’t feel much of a difference this school year.

Although many can agree that CSUSB attendance is increasing, no one really has an explanation as to why, so I decided to do some research.

College Portrait of Undergraduate Education claims that in Fall 2012, the first-time student retention rate was 89 percent. Each year, retention increases and the number of students dropping out decreases.

Beau Yarbrough, from The San Bernardino Sun claims, “The university has seen a 55 percent increase in applications from transfer students and a 29 percent increase in applications from first-time students.”

CSUSB has even made it more difficult for future students to get admitted due to the increase of applications received each year.

The issue of overpopulation may be beginning now, but it is sure to get worse in the near future.

Starting with the high school class of 2015, local students will be gaining automatic acceptance to CSUSB per the memorandum signed by university President Tomas Morales and School District Superintendent Dale Marsden.

The agreement will take place in Fall 2015. According to Yarbrough, students are required to have no attendance problems, satisfactory grades and meet all of the Cal State University college entrance requirements.

Those requirements, collectively known as A-G requirements, include college preparatory courses in history, social science, English, math, lab sciences, and studying a foreign language.

Although the memorandum will have a huge impact on the school, there is no need to stress.

There are a few things you can do to help ease the frustration of fighting for a parking space or trying to get the classes you need to graduate.

Plan ahead to give yourself enough time to find parking before class and schedule a meeting with an adviser to come up with a plan B when registration comes around.

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Population increase in past 5 years

| First time students | 29% |
| Transfer students   | 55% |
Safi jokingly added, “Netflix made my life...I don’t have anything to do with the rest of my life.”

Another upcoming series set to be added is “Friends,” yes, I know, don’t freak out—or just freak out a little. Last week, Netflix tweeted a video of the Rembrandts performing, “I’ll Be There For You,” revealing that the iconic NBC comedy will release all 236 episodes of the gang on New Year Days.

Netflix doesn’t stop there “A Series of Unfortunate Events,” the phenomenal book trilogy by Lemony Snicket, will be another TV show adaptation released by Netflix.

Masters of film Leonardo DiCaprio and Adam Sandler have also shown their interest towards the company. As an environmentalist, DiCaprio continues to educate people nationwide with cinema. He was an executive producer for a documentary called, “Virunga.”

The documentary is about a team of park rangers trying to protect endangered mountain gorillas from poachers, according to The Hollywood Report.

“Partnering with Netflix on this film is an exciting opportunity to inform and inspire individuals to engage on this topic,” said DiCaprio.

Sandler, comedic genius, also stated in an interview released by Netflix, that he will be producing four separate films.

“I immediately said yes for one reason and one reason only: Netflix rhymes with Wet Chicks,” stated Sandler.

Not yet uncovering the story lines of the four movies, Sandler is sure to deliver with his routinely featured set of witty friends.

Netflix aims for efficiency, narrowing down your search to either classic movies like “Sleepless in Seattle” or newer films, such as “The Hunger Games: Catching Fire,” and “Prisoners.”

Another benefit of having an account is getting to see a movie you’ve always had on your list to watch.

The other benefit is being able to finish off the season you previously never had the chance to.

Junior Michelle Hernandez comments, “That’s how I always see Netflix, as a catch-up opportunity.”

Most of the younger generation have adapted to signing up to Netflix and ditching cable TV.

“College students are penny pinchers, not having to waste money on TV is what we want,” said sociology major Souher Hanhan.

TV has not been completely replaced, but recently, it has attracted an audience of an older generation.

The accessibility and growth of Netflix shows yet another sign of how it plans to expand and build its model.
Hip-hop rapper Logic debuts new album Under Pressure, a lyrical autobiography of his struggles growing up in Maryland.

By CESAR PEREZ
Staff Writer

CSUSB hosted its fourth annual Dia De Los Muertos event in celebration of Latino culture in our community.

In many Latin cultures across Mexico and Central America, El Dia de Los Muertos (Day of the Dead) is a celebration to commemorate the dead and the cycle of life and death.

El Dia de Los Muertos is a widely celebrated holiday across Latin America and in highly Latino-populated areas in the United States.

On Saturday Nov. 1, CSUSB held a unique and special celebration at the Robert & Frances Fullerton Museum of Art (RAFFMA), sponsored by the Association of Latino Faculty, Staff and Students (ALFSS).

CSUSB senior and DJ for the night, Missael Soto, known as “Deejay Missa,” said, “I think its a good family event, uniting people from different backgrounds to learn a little bit of Latin culture, and people seem to really enjoy the Latin music. I love doing these community events.”

Despite the chilly weather, the turnout was great, and a large amount of people showed up to this special event.

You were greeted with free Pan de Muerto by Lydia Gomez.

First time attendee Brian Cabrera was hesitant about trying it, but in the end, took more than one.

Cabrera said, “Its pretty cool how our Latino culture is being recognized, and the Day of the Dead is becoming more than just a Mexican holiday.”

Music such as cumbias, salsa, and banda were being played throughout the evening, with vibrant, Latin rhythms, making your feet tap quite a few times.

Guests also got in the dancing spirit when Soto played the popular Spanish version of “Achy Breaky Heart” called, “No Rompas Mas mi Pobre Corazon.” Students, kids, and even adults joined in on dancing this Latin square dance.

In David Zarrate was observing the dance and said, “Man! They always play this song at every Mexican event, but I guess it’s tradition, you can’t not play this song! Its fun and easy to dance to.”

The Latino culture and spirit was emphasized with talented Folklorico dancers that dominated the dance floor.

They danced to Mexican mariachi tunes in their colorful and beautiful Latin dresses.

For those off the dance floor, arts and crafts were also available for adults and kids, along with face-painting.

RAFFMA provided guests with a chance to view their display of beautiful artwork of Latin influences, and their hand-painted Calaveras.

Each Calavera and painting was done by community artists and by master students in fine arts.

They were being placed for bidding for those interested in collecting these beautiful pieces of art.

RAFFMA staff member Stephanie Maclean said, “I think its a great event that Cal State does for the community to come and see these beautiful pieces of art, and this is definitely one of our more well received turn outs of the year.”

The delicious Mexican food warmed the atmosphere with the smell of tacos, churros, and posole.

The Latino culture and spirit of El Dia de Los Muertos was alive and well throughout the night, as music, paintings and tasty Mexican food helped this be another successful year of this special celebration at CSUSB.

In his song, “Growing Pains III,” he describes his childhood by saying, “All I know is this life I live it no longer wish I was stronger with that I could survive Turn on the TV let it wash my brain pretend that family’s my family to avoid the pain till I snap out the fable when that TV turn off and realize I’m back in hell.”

It is not everyday that you see an up-and-coming 24-year-old from Geithersburg, Maryland rise into the music industry.

He has been in this business for 10 years now, and has recorded 1,700 songs, but only 150 have been released to the public.

Under Pressure was created in the span of one year, but recorded within two weeks.

Logic’s album is composed of 12 songs with a deluxe edition, featuring Childish Gambino and Big Sean making it 15 songs.

One of his songs off the album “Buried Alive,” is currently number 10 on top songs chart in hip-hop/rap genre on iTunes.

This album is more of an autobiography, representing the pressures he had before becoming a star and how he’s pursuing his dreams today.

If you are into Drake, Kid Cudi, or Kendrick Lamar, this is an album to consider listening to.

CSUSB student Shiza Guerrero said, “I like the beat! The lyrics talk about working hard and doing something you love because you love not just of the money.”

Logic seems to be very satisfied with where he is today; “This is the happiest moment of my life. I wake up every day, I deal with hundreds of thousands, or millions of dollars, I fund my tours by myself, I do merch by myself, I employ people, I have my own successful company. I’m 24 years old. I wake up every day and laugh,” he said in an interview with complex.com.

It is incredible to witness such a talented person overcome all the difficulties he had in the past, and transform into an inspiring person.
By CHELSEA FALER
Staff Writer

As college students, we are all on tight budgets, and are always looking for ways to cut corners and save.

I recently accepted the $20 thrift store challenge, in which I went to a local thrift store and spent less than $20 on an entire outfit.

College students might not always have extra cash to spend on clothes, but this is a very inexpensive way to try to update your style, keep up with trends, and still stay fashionable.

I began my haul at Laura’s House Resale Store in Orange County. I purchased a pair of jeans for $5, a scarf for $5, and two blouses for $4 each. That adds up to four pieces of apparel for a very reasonable price of $18!

Unfortunately, I was not able to find a pair of shoes in my size that I liked, nor any jewelry that caught my eye.

I was, however, able to pair my purchases with some shoes and accessories that I already owned.

Thrift stores often have a bad reputation for being dirty and having less-than-attractive used and sometimes even stained items.

Personally, I have also had those stereotypical thoughts and less-than-pleasant experiences at thrift shops.

Despite what I had thought and dealt with in the past, I was very pleasantly surprised with this shopping experience.

The store was very clean; all of the clothes were well taken care of.

This thrift store also had a surprisingly large variety of styles to choose from. This particular thrift store carried everything from current trends, retro wear, formal attire, accessories, men and children’s clothing, and household items.

One thing that impressed me, other than the variety of selection, was the organization of the store.

All of the clothing racks were categorized, making everything very easy to find, and the employees were consistently making sure all of their merchandise was neat and tidy, rearranging clothes and putting things back where they belonged.

As I shopped, I witnessed customers of all ages and backgrounds around the store.

Seeing other shoppers, many of whom appeared to be returning customers, made me wonder why I have not shopped at thrift stores more often.

Although there is a chance you will encounter some of those stereotypical thrift stores, it is definitely worth a try you might just be surprised at what you might stumble upon.

If you are someone who loves to shop or just needs some new clothes, then I would highly recommend checking out some of your local thrift stores and trying this challenge for yourself!

Finding new ways to remain fashionably in style on a college budget

“Interstellar,” A cinematic journey through space

By EMMANUEL GUTIERREZ
Feature Arts Writer

“Interstellar,” directed by Christopher Nolan, is an ambitiously crafted technical marvel, successfully firing on all chambers of the human heart.

The film takes place in the not-too-distant future.

Armies and other extravagant, nationally funded institutions have been cut—including NASA—focusing all efforts in agricultural production.

Like a second-coming of the Dust Bowl, dust storms strike, causing respiratory problems in farming communities, essentially making the occupation suicidal.

Corn becomes the only crop that will grow in the earth—soon to no longer be the exception.

Matthew McConaughey plays Cooper, an ex-pilot, ex-engineer, and corn farmer with dreams never to be fulfilled, as he was born in the “wrong time.”

Cooper must join the underground remnants of NASA to find a new planet to inhabit before humanity ceases to exist.

“It Interstellar” radiates a sleek, sophisticated kind of cool that you can’t deny.

Nevertheless, as Anne Hathaway perfectly described, “it has blood in its veins.”

This places the film in a lonely league of mass-released films with substance.

McConaughey gives a gut-wrenching, vulnerable performance.

The love tale between him and his children, separated by the immensely vast, cold distance of space, was powerfully electric, and suffocating like soundless thunder in the silence of space.

Dr. Brent, played by Anne Hathaway, was an exceptional supporting character—while technically the antagonist at points (but not in the shifty-eyed, mustache twist- ing way)—providing juicy juxtaposition to Cooper’s more traditional save-all-mankind hero.

“It Interstellar” remained truthful to the mechanics of sound in space—rather, the absence of sound.

It was chillingly effective, toying with the audience’s expectations of ear drum-shattering explosions.

Composer Hans Zimmer returned to masterfully score another of Nolan’s films.

The arrangements of melodic, otherworldly orchestrations in non-diegetic implementations during the space voyage were genuinely awesome.

The space travel scenes were utterly entrancing.

Drifting through Saturn’s rings of vibrant star dust, ice, and moons—the seemingly infinite series of rings gleaming as one—was astonishing.

The film demands to be seen on the big screen!

An IMAX viewing would most effectively convey the cinematic vision all creative parties worked so hard to achieve.

I commend Nolan for crafting an intelligent, grandiose narrative that entertains in an effortless manner—most of the time.

My one and only gripe with the film was, perhaps, the third act.

I cannot pinpoint exactly what irked me.

It could have been a pacing issue, or merely a less tight and effective act compared to the more well-crafted acts that preceded and followed.

Certainly though, I was simply not as engaged—there was a brief disconnection from the cinematic magic, but fortunately, the final act did not disappoint.

Upon leaving the theater, student Anilene Valencia struggled to sufficiently convey her thoughts and sentiments of the film, “my mind is so f***** right now. How do we go back to reality?”

“Interstellar” is a slick, sophisticated Sci-Fi film with brains and heart; while not flawless in execution, its ambitions in visu- al aesthetics and melding scientific theory into a love tale are undeniable.

See this film. Now. 5/5 Paws

“Interstellar” takes place in a not too distant future, where hover cars and space suits are not something out of the ordinary these are tools that are key elements in order for Cooper to find a new planet to inhabit before humanity ceases to exist.

MOVIE REVIEW

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See this film. Now. 5/5 Paws
Taylor Swift, pulls albums from Spotify

By NADIA AHMAD
Staff Writer

Taylor Swift made a bold move when she removed all of her albums from Spotify on Nov. 3.

No one really knows why, but many believe that it is due to Spotify’s low royalty rates to artists.

Swift recently wrote an article in the Wall Street Journal, voicing her opinion against streaming services and said, “Music is art, and art is important and rare. Important, rare things should be paid for. It’s my opinion that music should not be free.”

Spotify is a legal music streaming service and app that allows users to access albums from almost any artist, all in one place. The pop sensation released her newest album, 1989, on Oct. 27, which has already sold over a million copies, making Swift the first artist this year to have a platinum record.

Many artists hold off on releasing their albums to Spotify the first week or so of an album’s release to encourage fans to go out and purchase their music. Swift had done this with her previous album, Red, so fans expected her to do the same with her new album. Fans waited for Swift to release her new album on Spotify. No one expected her to take down all of her music.

Many are outraged and disagree with Swift’s argument, because many Spotify users pay a membership fee.

CSUSB student Amanda Moore says, “I pay for Spotify premium, I’m not stealing music or downloading it illegally.”

Spotify pays nearly 70% of their revenue back to the music community, but an artist on Spotify will make about a cent per play, on average.

Swift released a statement saying, “Our service and the lives of artists will both be best if the world’s music fans enjoy more music than ever before in a legal, paid manner.”

In my opinion, file sharing and streaming services are likely the future of the music industry, and services like Spotify need to be willing to pay more to the artists.

Premium Spotify users, who pay a monthly fee, have unlimited access to music you want, while still supporting some of your favorite artists.

Using a service like this is safe, convenient, and legal. Spotify has asked Swift to release her music back on their service, and has enlisted the help of ‘Swifties’ everywhere.

To aid in their efforts, they have even made a playlist on the service titled, “Come Back, Taylor!” Fans have been ranting and begging on social media for the return of Swift and her music with the hashtag #justsayyes. It’s going to take much more than just hashtags and cute playlists to bring the highly acclaimed pop artist back.

Swift is trying to send a message that artists deserve more money for their music, and my guess is that Spotify will soon be paying a lot more than just one cent per play to their artists.
College freshman starts #Layup4Lauren
Diagnosed with months to live, Ohio’s Lauren Hill is granted basketball dream

By LILY PEREZ
Staff Writer

Mount St. Joseph’s University freshman Lauren Hill made her lifelong dream come true on Nov 2 by playing in a college basketball game.

Hill was diagnosed with Diffuse Intrinsic Pontine Glioma (DIPG), a terminal brain tumor that is found in the lower part of the brain near the spinal cord that affects most of the body’s vital functions.

Hill’s story has taken the Internet by storm with trending hashtags like #Layup4Lauren and #1More4Lauren.

The 19 year old was able to join her teammates for their opening game of the season in Cincinnati, Ohio against Hiram College.

Hill scored the team’s first points 17 seconds into the game, after finishing a lay up.

Lauren told NBC news, “I caught the ball, turned and looked at the basket and I put it up there. And I watched it all the way through.”

Thousands of onlookers rose to their feet and cheered as Hill’s teammates rushed to hug her and celebrate her shot.

Hill looked overjoyed, and it seemed apparent that she was having the time of her life.

Hill told The Huffington Post, “It was awesome in every way. It’s a dream come true. To play on a college court, to put my foot down on the floor and hear the roar of the crowd- I just love it so much. I love basketball.”

Hill was diagnosed shortly after joining the team, and her doctors have said she only has a few months left to live.

Hill’s successful layup would not have been possible without the National Collegiate Athletic Association (NCAA) who moved the game so Lauren could be healthy enough to play.

The NCAA allowed the game to be moved up two weeks in hopes that Hill, who has severe headaches, is sensitive to light and has difficulties with her right hand from the cancer, could play, according to NBC News.

Hill was able to overcome these obstacles and gave it her all on the court, scoring another shot near the end of the game, helping the team achieve a 66-55 victory.

Hill also inspired thousands with her courageous story.

Her story has created publicity, and many celebrities have reached out with tweets.

Cleveland Cavaliers All-Star Lebron James took to his Instagram to express his feelings of admiration towards Hill.

“Layup4Lauren” challenge.

Hill also inspired thousands with her courageous story.

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Cleveland Cavaliers All-Star Lebron James took to his Instagram to express his feelings of admiration towards Hill.

You are simply and truly AMAZING Lauren Hill!!! Thank you for inspiring me and I’ll try my best to match you! Congrats on your game,” said James.

Lauren has been an advocate for DIPG, and has brought awareness to this illness through her “Layup4Lauren” challenge.

Similar to the ALS challenge that took the social media by storm this year, this challenge is geared to bring awareness to DIPG and raise money for a cure.

Since some of Lauren’s symptoms are dizziness and weakness in her dominant arm, the challenge requires for participants to spin around five times and attempt to shoot a lay up with their non-dominant hand.

If participants miss the shot they donate $10, but if they are successful, they pass along the challenge.

Hill’s story is inspirational and people can join her cause and be part of her story by taking the Layup4Lauren challenge.

SAAC gives student athletes representation

By JUSTIN SANDOVAL
Staff Writer

“The purpose of Student Athletic Advisory Committee (SAAC) is to be a liaison between the National Collegiate Athletic Association (NCAA) and the student athlete,” said Coyote Student-Athlete Council (CSAC) President and Track & Field athlete Jackeline Felix.

CSAC, the CSUSB portion of the SAAC for the NCAA Division II, recently voted on proposals to advance the division’s Life in the Balance legislation.

The proposal is looking to limit non-season practice to no more than two hours a week.

Kimberli Clarke, CSAC administrator said, “The Life in the Balance Legislation is here to protect the student athlete, providing a safer environment year around.”

“The safety is in regard to facility, injury prevention, and injury care,” continued Clarke.

Currently, the Division II Presidents Council members are debating whether or not new proposals validated year-round practices.

Football is the only sport that would not be affected at the Division II level, so Coyotes will not be affected.

Men’s golf saw the legislation take effect this year, as the Cal Baptist University Invitational was cut from the schedule since it takes place during finals week this year.

CSAC Officer at Large, and Men’s golfer Alexander Coats explained, “they felt sports were taking over athletes in school, so they restricted practice schedules and game schedules.”

CSAC is the primary group of student athletic and community fundraising.

In 2014, CSAC put on two Penny War fundraisers for the Make-A-Wish Foundation.

In the Penny Wars, student athletes set up stations outside of the Student Union, asking students to donate spare change for the success of their teams.

The Spring 2014 winners were Men’s golf and Men’s basketball.

Each team is required to have a minimum of two representatives, with a maximum of three representatives with voting privileges.

CSAC is looking to improve the experience for student athletes, and for the spectator as well.

Felix said, “We really want to create the school spirit in this school because it is lacking.”

“We’ve definitely seen attendance go up this year and we hope it continues throughout the year,” continued Felix.

Coyotes are currently in their 30th year of Athletics, and CSAC has been, and will continue hosting “Pack Attacks” at all home athletic events, which encourages participation from the entire student body as well as all of the spectators that come and cheer on our Coyotes.
Volleyball goes for nationals

By JAVIER RODRIGUEZ
Staff Writer

The Coyote women’s volleyball team swept the Cal State Stanislaus Warriors and Chico State Wildcats during the Halloween weekend. As the team headed up North to compete, they knew regionals were in the near future. Many positive vibes were given to the team members by friends and family. In the spirit of Halloween, outside hitter Ashley Solís’ parents put together a scarecrow family, consisting of a picture of the team’s three coaches put onto the scarecrows: Kim Cherniss, Danny Scott, and Mike Gutierrez. The team appreciated this warm gesture in addition to the family and friends who made the trip to watch them play. They’ve been working hard since the start of the season, with 16 wins and only five losses. “This team is incredible and I’m so very proud of their hard work,” said CSUSB Sports Enthusiast and Faculty Member Judi Cruz. “They work hard for their victories and they’ve learned from their losses,” said Zafiro Tellez. Cruz added, “It’s a shame that more people don’t come out and support all of our athletic teams. These students are hard workers on and off the court.”

Middle blocker Brenna McIntosh said, “This weekend we knew what we needed to accomplish and that was win. Our team’s goal right now is to just take it one game at a time and the rest will take care of itself as we head into regionals.” The team will play their next four games locally: La Jolla, Pomona and their last two games here at home in the Coussoulis Arena. By far the Coyote volleyball team is a force that should be seen as a powerhouse and an extremely unstoppable force. With their winning streak as momentum, the women’s team will play to the end, and strive for making it to the National Championship.

Olympian Hope Solo gets aggressive off field

By LOYDIE BURMAH
Staff Writer

Two-time Olympic Gold Medalist, and Seattle Reign Goalkeeper Hope Solo’s trial date for misdemeanor domestic violence charges has been scheduled. Solo attended a brief court hearing at the Kirkland Municipal Court in Washington on Tuesday, Nov. 4. The trial date for Jan. 20, 2015, was set after Solo’s Attorney, Todd Maybrown, argued for the deposition of the alleged victims with a stenographer present, according to The Seattle Times. “The alleged victims, Solo’s half-sister and nephew, had previously refused to be interviewed by Maybrown with a stenographer present,” stated Seattle Times writer Christine Clarridge. The domestic violence incident occurred in June 2014 at a Kirkland, Washington residence. Kirkland police responded to a 911 disturbance call just before 1 a.m. when a male caller reported that a woman at a residence was hitting people and no one could get her to stop or leave the house, according to incident accounts released by Kirkland Police. Reports describe Solo as intoxicated and unstable at the time of the incident. “Court documents say the two-time Olympic gold medalist told her nephew he was “too fat and overweight and crazy to ever be an athlete,” according Clarridge’s article.

Solo’s nephew (who’s name was not released) is reported to have responded to Solo by calling her a name, asking her to leave, and walking to another area of the house. “Solo, 33, pleaded not guilty to the gross-misdemeanor charges and was released from custody on personal recognizance,” stated Clarridge.
The alarm goes off loudly at 5:00 a.m. Normally like any other sane college student, I’d be sleeping soundly in my warm bed at this hour on a Sunday, today however, was the day I’d be pounding the 26.2 miles of pavement that make up the Santa Clarita Marathon.

To a non-runner, this distance seems to defy common sense, even cross the line to masochism, and I’ll admit, there were times when I was wondering what I’d gotten myself into.

Participating in a marathon, though, is much more than what first meets the eye; it’s a cathartic experience, a test of the human body, both physically and mentally, that pushes you to the edge of sanity.

For a few months, I’d been training, going for runs up to distances of 10 to 11 miles, but now that the day was here, I felt under-prepared and was second-guessing myself.

Regardless, the day had arrived, for better or for worse. So, as 7 a.m. loomed nearer, my buddy, Shane, and I made our way to the starting line with hundreds of other runners, looking to have the same great marathon experience.

It was a cool, crisp 50 degrees in Santa Clarita, so it was a challenge to stay warm and loose, and we joined the other runners in our attempts to keep our bodies limber by continuing to move around and stretch. Shane and I had our sights set on a sub four hour finishing time, so we made friends with the pacer who held the 4:00 sign as he ran; an eccentric Englishman named Nigel, who looked to be in his 60s, and an experienced marathoner.

At 7 a.m. on the dot, the starting gun sounded, and we were off. From the articles I had read in training, seemed to advise to start off at a conversational pace and ease into the run; so that’s what we did. With roughly an 8:50 mile pace to start, we began covering the miles.

Around mile five or six, Shane and I were feeling strong — strong enough to increase the pace, creating a buffer between us and Nigel.

Before we knew it, we were at mile nine, grabbing Powerade from volunteers at every mile, and seeing our family and friends cheering us on, giving us quite the morale boost.

We reached mile 13, signifying the end of the half marathon, and our halfway point. Many of the spectators seemed to die off here, having a profoundly negative effect on our energy levels.

On miles 13-18, there appeared to be fewer people, allowing us to focus on our inner monologue, clearly showing the mental challenge of the marathon.

After talking to many experienced marathoners, there seems to be a general consensus that the real race begins at mile 20. By this point, you’ve pushed yourself to your physical limits, you already can’t feel your legs, and you begin to rely on your mentality.

The last few miles were mostly a blur, but with the support of our family and friends, Shane and I finished strong, gloriously crossing the finish line at three hours and 46 minutes making it in the top 100.

Finding it hard to stand, Shane and I collected our medals, and after being congratulated by spectators proceeded to enjoy the reward of a breakfast buffet.

The best part was achieving the distance of 26.2 miles. Because when you think about it, it seems unfathomable. But you have to just take it one mile at a time.”

Jake McMeans defies limits in 26.2 marathon in Santa Clarita

By JAKE McMEANS Copy Editor

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Jake McMeans
1st place in age group, 80th place out of 400