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CSUSB

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Get to know the player of the week, pg. 14

Stay optimistic about finding jobs, pg. 6

Traditional Mexican grill in Upland, pg. 9

All for one, one for all, pg. 12

CSUSB welcomes back Kevin Hart

Kevin Hart, also known as Big Key, made tears and ribs practically fall off as laughter at his stage presence and comedic humor radiated through the Coussoulis Arena.

He performed at CSUSB for the second time on Nov. 22—but don’t call it a comeback because never left. In fact, he exploded. Since his last visit to CSUSB two years ago, Big Key has risen to fame faster than you can say, “What Now?”, which is also the name of his current stand-up special.

He has electrified the big screen in movies such as “Think Like a Man,” “About Last Night,” “Ride Along,” and hasn’t even stopped to wipe his sweat.

Big Kev is now on tour promoting his new movie, “The Wedding Ringer,” showing special screenings on college campuses across the country during the day and performing stand-up at night.

Kev’s team contacted our Associated Student Incorporated

CSUSB ranked best for veterans

Coyotes stand as ninth best in nation and third in California

Military Times has ranked CSUSB ninth out of 100 on its 2015 list of top-ranking schools for Veterans.

CSUSB previously ranked 12th on the 2014 list of universities across the country and was also ranked number one on the Military Advanced Education (MAE) 2013 Guide to Military-Friendly Colleges and Universities list, which measures and compares all public universities’ support and services to one another.

“The extraordinary commitment of our administration, staff and faculty to serving our nation’s veterans coupled with our administration, staff and faculty to serving our nation’s veterans coupled with our academic and personal development goals has resulted in this ranking,” said Veterans

New student housing come 2015

By YARA DEL RIO-DOMINGUEZ

University Park & Shops and Capstone Development Partners are building a $40.9 million student housing complex across from CSUSB’s main entrance.

“New housing options are great. I’d like to live on campus other than Arrowhead and University Village,” said student Jesus Rio.

The Glen at University Park will have a three-story townhome style design. It will also be fully furnished and include a 7,000 foot recreational building with a fitness center, lounge, media and gaming area as well as study rooms, according to multihousingnews.com.

It will only be open to CSUSB students.

The CSUSB campus currently offers suite style residence halls and apartment style units at Serrano Village (SV), Arrowhead Village (AV), and University Village

Gas prices at their lowest since 2010

By MARLYN RODRIGUEZ

Gas prices have been on a steady drop for months leaving prices at their lowest rate since 2010, leading to an increase in consumer spending during the holiday season.

Sixty percent of gas stations in the U.S. are selling gasoline at lower than $3 per gallon. The cheapest place that sells gasoline is in South Carolina or Tennessee, where the state average is $2.75 per gallon, according to The Washington Post.

Food, shelter and medical care have all been increasing while gas prices are rapidly decreasing.

Reports show that low-income Americans spend about 13 percent of their income on gasoline. Some contributors to the sudden decrease are oil production and the demand for gasoline, according to The Los Angeles Times.

Other sources claim that America’s shale oil revolution is the cause of the sudden drop.
CSUSB good for Veterans

Continued from Pg. 1

Success Center Director Marci Daniels.

Many veteran and military students find that the Veterans Success Center offers more than basic resources. “The Vet Center offers computers, scantrons, tutors as well as a wealth of knowledge. I would call it a second home because the camaraderie you experience is just like the sort you’d get in the military,” said student veteran Kenny Morgan.

Besides academic support and guidance, the Veterans Success Center also assists in mental health. The center links student Counseling and Psychological Services Center and research study programs to help cope with post-traumatic stress disorder (PTSD), like the Neurofeedback program provided by the Institute for Research Assessment & Professional Development at CSUSB.

“Mental health is a critical part of the Veterans Success Center service mix. The Counseling and Psychological Services Center provides a weekly Veterans Support Group at the Veterans Success Center on Fridays from 12 to 1:30 P.M. Linking our veterans to Neurofeedback is another method of helping our student veterans who are faced with mental health challenges,” said Daniels.

If you are interested in helping the Veterans Success Center, they accept used textbooks as donations.

For more information on the CSUSB Veterans and Services, visit the CSUSB Veterans Success Center, located on the lower level of the Coyote Bookstore.

Se Habla Español.
Known Facebook security flaw still raises concern

By JACOB COLLINS  Staff Writer

As of Nov. 14, Facebook has not yet patched a security flaw discovered in 2013, according to security researcher Vivek Bansal.

The flaw exploits Facebook’s permissions allowing the user to post on other walls as someone else through apps that should only allow you to access basic profile information.

Bansal reported the security flaw to Facebook security in October 2013 and was awarded $2,000 as part of their bug bounty program in which they pay security researchers who find security flaws and report them to Facebook.

“I was surprised to discover that in fact no action had been taken to repair the loophole I had originally found. Indeed, I was able to reproduce my exploit and breach their security again using the same script. I was shocked that everything went off as it had before, so I wrote them again expressing my concerns,” stated Bansal in an article on informationsecuritybuzz.com.

Students, even if they do not use Facebook themselves, understand the concern.

“I don’t use Facebook but I can understand why people would be upset by this,” said student Brian Ponce.

Facebook’s bug bounty program rewards security researchers for finding security flaws in Facebook as long as they follow Facebook’s reasonable disclosure policy. Many of the researchers who have successfully found bugs have been added to the “wall of fame” on Facebook’s bug bounty program.

One CSUSB student said that they were a victim of an attack like this before.

“I’ve had that happen to my friend before. They posted on my page when it wasn’t really them,” said Savannah Barras.

This isn’t the first time that Facebook, like many other tech giants, has dealt with security vulnerabilities.

In 2013, Khalil Shreateh discovered a bug which allowed a user to post on other users timelines even if they were not friends. According to Shreateh, he was told that it was not a bug by Facebook, so he used it to make a post on Mark Zuckerberg’s, CEO of Facebook, wall to notify Facebook of the validity of the bug.

The bug that Shreateh found has since been fixed.

In January, Facebook paid Reginaldo Silva, a computer engineer, $33,500 for finding a remote code execution vulnerability in OpenID, which Facebook uses for log-ins.

According to Facebook, in 2013, a total of $2 million was awarded through the bug bounty program.

$1.5 million of the $2 million was spread out between researchers in 2013.

It is unknown when or if the security hole will be fixed by Facebook.

CSUSB students to get new apartment complex

Continued from Pg. 1

(UV) SV in where mostly first-year students reside and is broken up into different halls.

Each hall shares a laundry room and kitchen. UV, also located on campus, has an apartment-esque design and offers three different floor plans to choose from. Every unit in AV comes with its own full kitchen and students get the comfort of rooming on their own.

UV, conveniently located across the street from the campus, usually houses upper division students and provides a furnished living room with a fully equipped kitchen.

Student Brianna Montos enjoys living here on campus because of its convenience and sees the reason behind new housing.

“Campus housing is packed. It’s tough trying to get housing here on campus. If you’re not a freshman, you don’t get priority,” said Montos.

“If their prices are reasonable, I would consider moving into the townhomes,” continued Montos.

The townhomes will be equipped with fully-furnished units that include living room furniture, kitchen appliances, and all the bedroom furniture, allowing students to move in immediately.

James Watson, commonly known as Jim Watson, is a contributor and advocate for CSUSB’s Literacy Center, which was established in the College of Education to provide tutorial assistance to students throughout the community, according to calstate.edu.

Watson and his wife Judy, are continuous contributors to not only the CSUSB campus, but also to the city of San Bernardino and have funded numerous projects.

“Jim Watson owner of J.R. Watson & Associates has funded all of the costs of building this project,” said Danyelle Dodd, a representative for Asset Campus Housing.

In a brief interview, Dodd mentioned every bedroom in the townhomes will come with a full-sized bed, walk-in closet, dresser and nightstand, all of which will be brand new and state of the art.

Every unit will also have a full-size a washer and dryer as well.

Although the housing price rates have not yet been finalized, they are predicted to be comparable to CSUSB’s UV.

“Living on campus can get expensive, but I like how all my utilities are bundled with housing,” said Amy Heuansvath. “The new townhomes that [are] being built sounds like utilities are not included in the housing rates.”

Rent prices at The Glen will include the cost of premium cable, high-speed internet, water, trash, sewage, and electricity.

The construction development should wrap up by September 2015.

Gas prices cause rise in holiday expenditure

Continued from Pg. 1

As a consequence, Saudi Arabia has set to lower crude oil prices, reports The Washington Post.

According to the Los Angeles Times, prices may continue to decrease but it may be seasonal due to the recent switch to a less expensive winter gas blend.

The Washington Post reports that consumers are celebrating the sudden drop but know better than to get used to.

If there is something Americans have learned throughout the years it is that gas prices constantly fluctuate, rising and falling at the drop of a hat.

According to The Washington Post, Oregon has had the largest decrease of 47 cents, followed by Washington with 44 cents and then California with 40 cents.

The lower expenditures on gasoline allow working and middle class Americans to purchase necessities and luxuries they would not be able to afford otherwise, reports The Washington Post.

For example, the prices will increase the amount of road trips people take during the holiday season, as well as the amount of money people spend shopping for gifts and eating at restaurants.

Major companies, like Walmart, admit to having major economic boosts since the decrease in gas prices. Not only are more consumers showing up to the stores, but they are also spending more, reports The Washington Post.

While some people are taking advantage of the extra money, others remain skeptical and do not want to change their spending habits.

“I’m satisfied with gas prices but it will definitely not have an impact on my spending because I will not be spending more money just because I’ve saved on gas,” said student Damareea Parker.

Parker believes the decreasing gas prices are part of a bigger plan and that it was done with the purpose of increasing the amount of money people spend during the holidays.

“I’m not going to spend more money because I feel like it is a scam. The only benefit it has in economic travel and more gas in my car,” added Parker.

However, lower gas prices seem to be a motivator for higher spending rates of spending as the holidays roll in.

“I’m not going to spend more money because I feel it is a scam.”

Damardea Parker

CSUSB student

In holiday expenditure.
Aircraft collecting data for Justice Department

By FRANCISCO CASILLAS

The Justice Department is using small aircraft that mimic cellphone towers to collect cell data on thousands of Americans.

The Justice Department is supposed-ly now gathering data from thousands of devices by means of obscure aircraft that mimic cellphone towers, according to The Wall Street Journal.

The Wall Street Journal states that the Justice Department uses these devices to track cellphones linked to criminal sus-pects but could also gather information from innocent Americans.

The program, launched by the U.S. Marshals service in 2007, uses devices known as “dirtboxes” that are mounted on small Cessna aircraft, which fly over most metropolitan areas in the U.S.

These devices, “mimic cell towers of large telecommunications firms, such as Verizon or AT&T, and trick cellphones into reporting their unique registration information,” according to BBC News.

“I don’t think they should be gathering information,” said student Nancy Ramos. “They should just scan it rather than look through the cellphones.”

In a single flight, the technology used in these devices allows it to collect data from tens of thousands of cellphones.

According to insiders, it collects a cellphone’s identifying information and general location.

From there, the technology goes as far as pinpointing criminal targets within crowded places by filtering it from a large pool of cellphones, including non-suspect phones.

The systems can then locate the sus-pect within three meters or within a spe-cific room in a building.

Phones that are turned on, even when they are not in use, emit signals to these “towers,” that send registration informa-tion.

Even Apple’s iPhone 6’s encryption hardware doesn’t prevent this process, ac-cording to The Wall Street Journal.

The insiders would not give insight about how often or how long these flights take, but they did confirm that the planes fly out on a regular basis.

Student Erika Samperio Solares ap-proves, but said that the ethical issues in-volved in this program could make Ameri-cans more concerned about problems with the way they run.

“If accessing people’s information avoids future problems, then it’s a good idea. It shouldn’t be a problem. It’s only minimal. You can’t avoid the fact that things like this will eventually happen,” said Samperio Solares.

Justice Department officials didn’t confirm or deny the existence of the pro-gram, saying that discussing such a topic would give information to foreign coun-tries about U.S. technology capabilities.

They did acknowledge that the agency complies with federal regulation, including seeking court approval, according to an in-terview with an official by The Wall Street Journal.

Christopher Soghoian, chief tech-nologists at the American Civil Liberties Union, told The Wall Street Journal that the program is a “dragnet surveillance.”

“It is inexcusable and it’s likely -- to the extent judges are authorizing it -- [that] they have no idea of the scale of it,” said Soghoian.

Earlier this year, a federal appeals court ruled that collecting records from millions of America’s phones and stock-piling it is a violation of the Constitution.

The Justice Department argues that this kind of technology is minimally inva-sive, in that once it locates the target, non-suspect phone data is removed from their database in order to search for terrorists.

“Organizations do tend to lie. If they keep boundaries up, that’s when it turns into a really detailed information gathering system,” said student Kyle Baxter. “The question is: how much does the Justice De-partment think minimum is?”

New deal hopes to raise faculty pay

California State University’s faculty union has approved a deal in hopes of raising the pay of faculty and staff.

The California State University (CSU) faculty union approved a new deal that would raise the salary of all fac-culty members.

The contract will give a 1.6 percent salary increase to all tenured and non-tenured faculty.

The California Faculty Association (CFA) announced it voted in favor of the three-year deal, which would in-crease the CSU $1.53 billion compensation pool by three percent, according to the Sacramento Bee.

The CSU Board of Trustees still has to vote on the contract, but if approved it would provide a salary increase to the roughly 25,000 instructors, coaches, librarians and counselors at all CSU campuses.

“This contract sounds like a great thing. The profes-sors here do a great job and deserve a raise,” said student Wil-liam Fallon.

The strikes were seen as the first walkouts since the CSU faculty union was formed in 1983.

The 2012 contract did not include raises for faculty as the CSU Board of Trustees was concerned over proposed cuts to state funding and the budget crisis in Sacramento.

CSU faculty were awarded a pay increase of 1.34 per-cent in 2013, which was the first raise any faculty member had received in five years, according to the Los Angeles Times.

“After years of sacrifice by faculty, the 2014 contract is a work in progress towards fixing our broken salary sys-tem. It is a contract that will focus our energy in taking care of our families and teaching the students of California,” said CFA President Lillian Taiz in a Sacra-mento Bee report.

During the upcoming Winter and Spring quarters, faculty members have been asked to contact each campus CFA chapter to push for campus-based equity pay pro-grams, according to a statement on the CFA website.

The equity pay programs would ensure that faculty would be rewarded for staying in the CSU system.

The program would also ensure that new faculty members would not initially be paid more than their colleagues with more years of service, according to the Fresno Bee.

Students have seen the new contract as a step in the right direction for the CSU system and its staff.

“The UC system is raising tuition for its students, the CSU system has shown that they are willing to invest in its staff while also keeping the student body in mind,” said student Wil-liam Fallon.

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By ANTHONY SILVA

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The contract also includes an option to reopen salary negotiations for the 2015-16 and 2016-17 academic years.

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The UC system is raising tuition for its students, the CSU system has shown that they are willing to invest in its staff while also keeping the student body in mind,” said student Wil-liam Fallon.

And the best part is that this won’t affect our tuition.”

Erica Swennen
CSUSM student
Our generation has its fair share of slackers and innovators and it is important for individuals who criticize our milieu to understand this.

Generation Y, also known as millennials, are individuals who were born in the years ranging from the early 1980s to the early 2000s, which is a big gap that includes people between the ages of 11 to 22. Although, millennials constitute a wide age range, some people tend to focus on adolescents and young adults. These adolescents and young adults are frequently labeled as lazy, narcissistic, and dumb by authors like Mark Bauerlein in, “The Dumbest Generation” and Jean M. Twenge in “Generation Me,” as well as illiberal people that claim our generation has it easy. However, I would argue that our generation, even with the help of technology, also has struggles. Unfortunately, millennials were born into an economic recession which made it essential to stay in school for as long as possible to get a well paying job. Our youth, myself included, are competing against a large group of people which reduces our chances of success.

Somehow millennials have managed to make the best of what was given to us and take advantage of the opportunities society has to offer. Although greatly misunderstood, millennials have created advanced means of entertainment, communication, and other various innovations. Forms of entertainment include apps in which a person can create games and sell them, YouTube, where many entrepreneurs start channels that produce a talent or creating tutorials or sharing funny or critiquing content, along with Vine and Instagram pages.

If the individual is successful (recognized by the amount of views or likes) on their game, page, or channel(s), companies may pay them for the content they provide, regardless of the producer’s age or identity. More commonly, is a YouTuber Ryan Higa, otherwise known by his username Nigahiga, is a YouTube celebrity who became popular around the age of 16 for his comedic videos. His page now has over 13 million subscribers.

Our generation’s group of entrepreneurs have also created communication assets such as, Facebook and Twitter not only provides trends, but news that some- thing trending. Twitter users began trending #DonLemonReporting, making ridiculous suggestions like: “But did the towers make any attempt to avoid the planes?!” “Why didn’t New Orleans move out of the way of Katrina?” “You know, there are ways to avoid perfor mal sex if you didn’t want to do it.”

The uncomfortable question that Lemon “had to ask” implies that rape victims are capable of preventing their situation. Twitter users began trending #DonLemonReporting, making ridiculous suggestions like: “But did the towers make any attempt to avoid the planes?!” “Why didn’t New Orleans move out of the way of Katrina?” “You know, there are ways to avoid performing oral sex if you didn’t want to do it.”

The problem with this exchange was that the focus was on the behavior of the victim, not on Cosby, who allegedly sexually assaulted more than a dozen women. There shouldn’t even be a conversation about whether or not a rape victim did enough to fight back physically. The victim does not need to attack a penis with their teeth to show lack of consent. The suggestion promotes victim blaming and only perpetuates a rape myth that even the FBI has been slow to change.

According to the FBI’s 2010 Uniform Crime Report, the 7,200 rape and sexual assault reports included about 6,000 to law enforcement involving vaginal penetration of a woman by a man through force.

Up until 2012, the FBI’s definition was that “real rape” must be forced and corroborated with evidence of a struggle. Rape is now understood by many as an, “act of unwanted bodily invasion that need not involve force.”

The social perpetuation and excusal of rape has nor- malized sexual violence. The victim-blaming mindset society has adopted illustrates why so many sexual assault victims are reluctant to come forward and in turn, only reinforces the idea that rape can occur with impunity.

Many rape victims report feeling paralyzed during their attack, referred to as tonic immobility.

Instead of fight or flight, victims freeze. This loss of control is the body’s way to, “survive and avoid further injury,” according to Stanford’s Office of Sexual Assault.

Lemon’s “Why didn’t she just overcome her body’s physiological reaction to trauma?” question is really about as useful as asking, “Why didn’t she simply walk away from her body’s physiological reaction to trauma?”

Today, our society teaches people, “Don’t get raped” as opposed to “Don’t rape,” and Lemon’s censuring of campus comments only reinforces the backwards logic of rape cul- ture.

Sexual assault is a serious issue and it’s important to always remember that the only thing that causes it is the attackers, not the victim or their behavior whatsoever.

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Sexual assault is a serious issue and it’s important to always remember that the only thing that causes it is the attackers, not the victim or their behavior whatsoever.
Opinions

Students remain optimistic about job search

By ALEX CARDENAS
Staff Writer

While the current job market has many uncertainties about its future, I believe students can take the uncertainty and turn it into an opportunity by taking advantage of degrees in high demand.

The unemployment rate for young college graduates is 8.5 percent and a total 16.8 percent of American graduates are still underemployed, according to slate.com. This means they’re either jobless, looking for work, or only working a part-time job.

Even more disturbing, is 44 percent of recent graduates are working jobs that don’t demand a degree, according to the Federal Reserve Bank of New York’s January report.

While a lack of jobs may play a role in employment difficulties, I believe the degrees people graduate with and the current demand for graduates from those fields may be playing an even larger role.

Forbes provided a list for the top 15 most valuable college degrees based on demand for the degree, projected job opportunity growth and current supply of individuals with those skills.

Engineering degrees dominated the list with five different concentrations, the biomedical concentration taking first place.

Majors that made the list and are offered at CSUSB include biochemistry, ranked second, computer science, ranked third and mathematics, ranked 11th.

I believe the epidemic of unemployed American graduates could be the cause of too many students taking up majors with low demand.

According to the Office of Institutional Research, in 2013, only 12 CSUSB students received computer science degrees, 14 students earned degrees in mathematics and none in biochemistry.

Only 26 out of 715 CSUSB graduates in 2013 earned degrees considered highly valuable, according to Forbes.

After speaking with a few recent graduates, I discovered that graduates were still working at the same job they had while they were in school. These findings likely coincide with news of the national student loan debt as millions of students are being forced to settle for jobs that can pay back their loans.

CSUSB English degree graduate Marcelo Dominguez said, “I’ve been working with my dad for almost two years since graduating. It’s the only way I can pay my bills at the moment.”

Job market statistics can be disheartening to many college students nearing graduation, however, those getting bachelor’s degrees should also see it as an opportunity towards a master’s degree, something that can set one job applicant apart from the rest.

I have found that my bachelor’s degree in communications is not going to land me a high paying job after I graduate. It can be frustrating since communications jobs, like those in public relations and social media relations, often require year-long internships that are often not paid.

Undecided students can ease some of the uncertainty by staying aware of which majors are in high demands.

“JACINTO CONTRERAS” “I’m not sure which major I’m gonna go for yet,” said freshman Jacinto Contreras. “These statistics will probably have some influence towards my decision.”

Many of us have been asked the dreaded question, “What are your plans for the future?”

While answering, “I don’t know” might seem like a bad thing, CSUSB students should realize that not knowing what they will do means they have many options towards their future.

PURPOSE REQUIRES PERSEVERANCE.

Have you considered looking beyond a Bachelor’s degree? Many in-demand careers require graduate degrees for entry and advancement. Earning a graduate degree is one of the surest ways to expand your opportunities and increase your earning potential.

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There are many different countries you can choose from the Study Abroad programs at CSUSB that the World Language Department offers.

One of the programs offers students the opportunity to study overseas in Japan.

I interviewed Christopher Garcia, a CSUSB alumnus with an international business degree, who is currently working in Japan.

He went to study abroad in Japan during Spring 2012 after he found out about the program from one of his classes.

The Study Abroad program was for students to improve Japanese language skills and obtain credits for their degree.

He was interested in Japanese culture, had been studying the Japanese language for a few years, and had Japanese friends on the CSUSB campus before he went.

“I just felt like I had to go,” said Garcia.

He studied at Aoyama Gakuin University for five months in Tokyo, and stayed at a dorm in a smaller city called Hiyoshi, a 25 minute train ride from the campus.

His first impression of Japan was good because they were so nice and made him feel very safe; however, he felt people in Tokyo were always rushed and looked really busy.

It was understandable since Tokyo is such a huge and crowded city.

He enjoyed living there and said that it has never a boring place.

There was an exciting nightlife, with many things to do, such as going to a nice restaurant, coffee shop, bar, karaoke, or arcade.

In Tokyo, some bars and most karaoke places are open until morning, when the first train departs.

One negative aspect that Garcia observed was the lack of personal space in crowded, public places.

“Particularly, on the train during rush hours. Let’s just say you are up close and personal with a bunch of people you don’t know,” said Garcia.

There were some cultural differences between Japanese and Americans that he discovered while he stayed there.

Japanese people are more likely to be more reserved and avoid conflict; they may passively go with someone’s ideas or invitations, because saying “no” to someone could come off as rude.

Also, respect and tradition are more admirable and sought after in Japanese society.

One thing that Garcia liked about this program was the support for international students at the university.

They helped him as much as possible whenever he needed.

The only thing that Garcia was not a fan of was the dorm food, which he considered to be a little pricey and served at inconvenient times.

His Japanese improved from a conversational level to an intermediate level during his time overseas; the Study Abroad program was truly a life-changing experience for Garcia.

“When you live in another country, especially one that has a different social dynamic from your home country, it really gives you a new perspective on how you make decisions and live your life,” said Garcia.

He recommends that other students take advantage of the Study Abroad program.

“Absolutely! Not just recommend. You HAVE to go!” said Garcia.
The twerk-a-licious trends of 2014, including wacky dance moves, hip slang words, and lots and lots of ice, have shifted the image of pop culture.

Websites like Vine made dances like twerking the nae nae, and the shmoney dance popular.

“Vine really popped off in 2014,” said student IVANNA CARLOS. “I can’t go a week without someone saying ‘about a week ago’ and breaking into the shmoney dance and a lot of slang words like ‘bae’ and ‘or nah’ came from the app.”

Slang words we use everyday, such as “selfie” have not only been made into songs, but appear in the dictionary. Webster Dictionary defines a selfie as “a photograph that one takes of oneself with a digital camera or a front-facing smartphone, tablet, or webcam, especially for posting on a social-networking or photo-sharing website.”

Just as all of these dances and slang words went viral through social media this year, the phrase “Do you want to build a snowman?” became a household saying. Another popular item is Disney's “Frozen,” which seems to have taken the world by storm.

Although the film came out in 2013, “Frozen” won an Academy Award for Best Animated Film in March 2014; a year after the release of the movie, “Frozen” is still extremely popular.

“We can’t move to a hit with children around the world, the plot line was also attractive to the parents. Around one in five parents are planning to buy an item of merchandise from the animated film for their daughters, according to the annual Holiday Top Toys survey from America’s National Retail Federation,” stated Caro-line McGuire from Mall Online.

Another ice-related trend that took over the internet was the Amyotrophic Lateral Sclerosis (ALS) ice bucket challenge that involved dumping a bucket of ice on oneself, recording the activity, and posting it to social media to raise awareness.

“I didn’t participate in the ALS challenge because I felt that it wasn’t necessary to dump ice on myself when I could just donate money, but I did know a lot of friends participate in the challenge who posted their videos on Instagram,” said Jo-anna Ayon.

It seemed that this year was a good one for women in the media. Women not only dominated movies, but also the music industry. Artists such as Iggy Azalea, who dominated the hip-hop world, and Taylor Swift, who made the transition from a country artist to a pop artist.

“A year ago I had never heard of Iggy Azalea, but now I’m a huge fan of hers and I respect her as a hip-hop artist,” said Leksi Simic.

Iggy debuted her first single, “Fancy” in early 2014, and became an instant sensation due to her Australian roots and unique image of a female hip-hop artist.

In previous years, Taylor Swift topped the charts with her catchy tunes and heart-breaking songs about relationships, but in 2014 she surprised everyone with her new musical style.

“I’m so obsessed with Taylor Swift right now,” said Mollie McGrady. “I can’t stop listening to her new song Blank Spaces and I’m excited for her World Tour in 2015.”

As we can see, 2014 was an exciting year, filled with interesting trends. We can only look forward to the spontaneous pop culture trends that we will see in 2015.

The ALS Ice Bucket Challenge was a popular trend during the summer, but expeditiously died.

Slang words we use everyday, such as “selfie” have not only been made into songs, but appear in the dictionary.

“College is what you make of it. I honestly came into college thinking and wanting to be involved but that didn’t happen. I commute from Apple Valley so it’s a drive for me and at the end of each school day I am simply tired and all I can think about is heading home as soon as class is done,” said student Suna Haddad.

Many students who attend CSUSB commute to school. Claudia Vizcarra, a current student said, “I honestly never really got the opportunity to experience the college life because of work along with my life outside of work, and I feel that to get a full experience you need to actually stay on campus and dorm. I live close to school so I’ve seen the need of having to stay on campus.”

“I work a full-time job and try to balance school so I never stay on campus, no clubs, no social life at school,” continued Vizcarra.

There are those lots of students who don’t feel the need to have social lives at school, and would rather go for one thing and that thing only—to get their work done—and finish in a short amount of time rather than waste time as well as money. “I transferred from a community college where all I did was waste time coming in I didn’t think about attending parties, making friends, or joining any clubs. I simply thought about the amount of work I was going to have and if I was going to be able to handle it and survive,” said student Nathan Ruyan.

My college experience has turned out to be exactly what I expected coming into college. It’s mostly work, and not so much play—at least not with other students during campus activities.

Since I commute and don’t live that close to campus, I have to switch things around in my schedule to get involved with activities like clubs, school events, and concerts, but sometimes it can be hassle.

All in all, you have to make the best of things during your time here at CSUSB. College is what you make of it!
Festival of Lights astounds

By SARAH JOHNSON
Staff Writer

With Fall quarter coming to an end, most students’ minds are gravitating towards exciting plans for the holiday break. A free event to check out during winter break is the 22nd Annual Festival of Lights, located in Downtown Riverside at the Mission Inn Hotel & Spa.

The Festival of Lights is an annual holiday event that lasts five weeks, beginning November 28th and ending on Jan. 3rd. To kick off the program, there is a “switch-on ceremony” presented by Duane and Kelly Roberts, owners of the Mission Inn Hotel & Spa.

The ceremony is an illumination of Downtown Riverside’s buildings, centered by the Mission Inn Hotel, decorated with more than three and a half million twinkling, colorful lights, accompanied by a fireworks show.

“Visiting the festival during the holiday season is one of my favorite things to do at the end of the year. It’s become a tradition for my family, and something I always look forward to,” said student Dawnika Lopez.

If you don’t like crowds, you can check out the event in the weeks following opening night. The lights are still beautifully lit and bright as the first night they are lit.

“I absolutely LOVE going to the Mission Inn during Christmas. I’ve never been on the opening night because I’m not a fan of crowds, but if you go during the week in December it’s not too packed,” said student Alexis Perez.

There are many other things for festival-goers to see at the Mission Inn.

There is an ice skating rink for those who enjoy being on ice. You can ice skate for $15 per person, which includes skate rentals.

The rink is open for these five weeks, at various times throughout the week. For those who would love to snap a picture with Santa Claus, he is scheduled to be there at predetermined times during the holiday season.

To see the full schedule of rink hours and Santa Claus visit times, check out riverside.ca.gov and go to the “Programs” page.

There are also various vendors to stroll around and check out, who are selling all sorts of different items such as roasted pecans, light-up pins, and necklaces.

One spot to surely check out is The Gingerbread Shop. This snack stand sells all sorts of warming holiday treats, such as cinnamon rolls, gingerbread cake, and of course, gingerbread men.

They also sell yummy, hot beverages, such as hot chocolate, apple spice cider, or flavored hot teas.

This tiny little building is hard to miss, and has been there for nine years.

With its A-shaped roof frame and pink coloring, it stands out and draws in curious visitors. If you have yet to attend this eyeful of an event, I encourage you to do so.

The Festival of Lights is a fun way to spend time with family and get into the holiday spirit.

Elvira’s Mexican grill

By DALETH QUINTANILLA
Staff Writer

Elvira’s Mexican Grill in Upland offers traditional Mexican cuisine, modern American fare, and live music anyone can enjoy.

I dined at Elvira’s Mexican Grill on a Friday night; there was live music in the background and the smell of delicious fajitas filled the air.

I read some extremely positive reviews on Yelp and gave it a try.

It has been over a year now and it is still my go to place to go for Mexican food.

The chips and salsa alone are reason enough to dine at Elvira’s Mexican Grill.

The homemade chips and salsa are complimentary and made perfectly. You can easily go through two servings before your meal arrives—they’re just that good.

On this particular visit, I thought I’d order the Table-Side Guacamole and I was in for a delightful surprise.

The waitress prepared the guacamole at our table; she even asked how spicy we would like it. She prepared it according to our preference.

I am in love with their shrimp fajitas. I always tell myself that I am going to order something different, but in the end, I am a person of habit. The fajitas are just too delicious.

When it comes to their fajitas, Elvira’s is unlike any other restaurant because they do not skip on the shrimp. In fact, they give enough for the whole table to share. The shrimp is accompanied with caramelized bell peppers and onions, giving additional flavor to the savory shrimp.

This combination platter comes with rice, beans, guacamole, and your choice of flour or corn tortillas.

My date always seems to change it up; this time he got chicken flautas served with rice, beans and guacamole.

The chicken flautas were crunchy, wonderfully seasoned, with well-cooked chicken on the inside.

I was unable to resist my sweet tooth. I couldn’t go home without dessert.

The servers raved about their amazing flan, but since I am not a fan I was nervous to try it.

I ordered it anyway, and it was a pleasant surprise.

I’ve had flan before, but this was amazing. It was cold with caramel, vanilla-flavored, rich, creamy and sweet—a perfect way to end my meal.

Additionally, this amazing meal is not the only Elvira’s Mexican Grill has to offer; every Friday night there is live music.

This is not the type of loud Mariachi style music you would hear at a Pancho Villas; a man and his guitar serenade the guest, covering everything from the Eagles to Luis Miguel’s romantic songs.

In addition to traditional Mexican cuisine, this restaurant also serves modern American fare.

Yes, this restaurant serves everything from angus beef burgers to pancakes to chiles rellenos.

Elvira’s Mexican Grill has something to offer everyone, including a vegetarian menu.

The restaurant is small but practical, with traditional Mexican decor such as saltillo tile, warm earth tones and pops of bright reds, blues, and greens.

The dim lighting makes this casual dine-in restaurant perfect for a date night or a night of relaxation with good food and soft music.

For traditional Mexican cuisine, visit this hidden gem located at 373 E. Foothill Blvd. in Upland.
Fashion has no limits

Androgynous challenges style norms

By CHELSEA FALER
Staff Writer

Boundaries are being broken, showing that fashion is truly limitless; females don’t have to wear just dresses and don’t have to only wear pants.

Androgynous fashion has recently become more popular and gives both genders more freedom to choose what they want to wear by breaking the rules of generally acceptable styles.

Society has always pressured both men and women to look and act a certain way, discouraging girls to venture from anything other than typical pink, girly attire and pressuring men to always have a rigid, masculine appearance.

Androgynous fashion consists of masculine and feminine styles meant for the opposite gender. This trend has recently gained popularity, however, it is something that originates in early feminism and has appeared in women’s liberation movements throughout history.

Androgynous fashion is something that has been around for decades and has a lot more history behind it than meets the eye. This style comes from the roots of feminism: early designers and globalized fashion icons who had open minds and broke the rules of gender-based fashion.

Androgyny has had its high and low points of popularity in the fashion industry, peaking when famous artists or celebrities display this style.

Pacific Standard magazine writes, “Coco Chanel, the highest of fashion icons, famously wore heavy tweed coats belonging to her lover the Duke of Westminster, and Diane Keaton’s obsession with vintage menswear led to Woody Allen’s ‘Annie Hall.’”

Androgyny describes a person who does not fit into any stereotypical gender categories, social rules or cultural roles of being supposed to act or behave.

According to Wall Street International, androgynous fashion went mainstream in 1972, after David Bowie released his album and introduced his feminine alter ego, Ziggy Stardust.

This style has gained more popularity when androgynous model, Andrej Pejic, conquered the fashion world. Pejic is an Australian transgender model who describes himself as being “in between genders.”

In recent fashion shows, androgyny has made plenty of appearances in runway shows, such as Alexander Wang, Vanessa Bruno and Dries Van Noten. Primarily tomboy styles have been displayed, such as oversized blazers, boyfriend jeans, pantsuits, sporty attire, and boyish accessories.

Although it appears as if androgyny has made a bigger impact on women’s fashion, men’s fashion has also experienced an increase in popularity of feminine based clothing.

During a fashion week in Paris, men strutted the runway showcasing pieces such as skirts, fitted coats, vests, and even long dresses.

Despite the female clothing, these male models were described as very masculine.

Other than just being popular on the runway and high-end fashion neighborhoods like New York and Paris, more and more clothing stores are starting to sell androgynous fashion as well.

H&M, one of the most popular stores to support this trend, gave 25 percent of their profit back to the awareness of AIDS after launching their unisex clothing and accessory line.

Androgynous fashion is something that has been around for decades and has a lot more history behind it than meets the eye. This style comes from the roots of feminism: early designers and globalized fashion icons who had open minds and broke the rules of gender-based fashion.

Androgyny has had its high and low points of popularity in the fashion industry, peaking when famous artists or celebrities display this style.

Photo courtesy of Mercedes-Benz Fashion Week and John Varvatos

King of Comedy gives a lot of Hart to CSUSB

Continued from Pg. 1

(ASI) asking if CSUSB would welcome him back and they were more than willing. ASI immediately went around campus asking students how they would feel if Kev returned.

“We got a lot of feedback from people. They were really excited for new material from him,” said Programming Coordinator Ranea Al-Takriti.

Sure enough, word began to spread about Big Kev’s return and in just over two weeks the show was completely sold out.

Over 900 people showed up to support the comedian, forcing ASI to hold two separate screenings.

The man himself even came out during the mini-premiere for a question and answer session. Later that night, students lined up like ants at a picnic in front of the Cousseaux Arena at 7 P.M.

As soon as his name was announced, a thunderous roar met the walls - a flaming hot welcome for the King of Comedy.

With all-new material, Kev opened by explaining the initial message behind the name of his new show, “What Now?”

He tells the audience that in the past he has shown he is a “grown little man” who is “seriously funny.” He continues, “Laugh at my pain,” and now he asks, “What Now?”

He goes on to tell hilarious jokes based on real-life moments with family.

One of the most hilarious bits was about how Black women have such a hard time believing what men say.

He jokes about this by jerking his upper body and head all the way to the side, questioning every claim with a loud and elongated, “Really? Reaaalllyyyyy?!”

Another bit that had the crowd rolling on how floor with laughter was the struggle of Starbucks lingo.

He begins the joke by telling us that after tasting his girlfriend’s Starbucks drink, he wanted to get one of his own, despite her claim that he wouldn’t be capable of ordering alone.

She insisted to go with him, but he argued he would be capable.

After quarreling with the barista over size lingo, the difference between blended and whipped, and the tastes of different milks, Kevlin finally surrendered.

Ranea Al-Takriti thought it was the most hilarious part of the show and said, “I experienced the same thing at a Starbucks once, so I thought it was really funny. He exaggerates everything so that makes it even more comical.”

One of the best and most moving aspects of Big Kev’s comedy routine is how mindful he is of his audience. Kev made a few jokes centering on his outlandish family life away from stardom.

He shares a few stories about his crazy son lighting matches around the house just to see what would happen, as Kev squats lower and lower in disbelief. Kev’s dad excuses Kev’s son behavior by insisting the boy is on crack.

As students, we deal with many humiliating and life-changing experiences and it’s evident that Kev doesn’t spare his experiences while on stage.

He admits, he was so scared of his creepy house after watching the horror film, “The Conjuring”, he left eyes-closed and screaming, without any concern for his family.

It was impressive the way Kev ended his show, weaving several story lines together to create one complete laugh-out-loud finale.

Hart has built such a massive following among stand-up and movie-goers, and his reputation as the hardest working comedian in showbiz stands firm with a rib-splitting punchline.
BASTILLE ROCKS SOLD OUT SHOW

By NADIA AHMAD
Staff Writer

Lines of people surrounded the Fox Theater in Pomona to see English pop-rocker band Bastille.

The band played a mind-blowing show that left the audience awestruck.

“I cannot put into words how good that show was. I’m speechless,” said a fan after the show was over.

I too was speechless after the concert and agree that this was one of the greatest shows I have ever been to.

Singer and frontman Dan Smith had so much energy on stage and really gave it his all.

I’m amazed at the range of his voice and how easily he can transition from singing soft, beautiful ballads in a falsetto tone to delivering a fierce, vigorous performance that makes you want to dance your pants off.

From the moment he jumped on stage, he was constantly dancing and encouraging fans to dance and sing along with him.

His singing was so enthusiastic and his voice sounded flawless.

He made sure that the fans were having a great time and staying involved in the show.

While performing their latest single “Flaws” Smith actually ran through the sea of fans and all around the venue while still managing to sing beautifully.

I have never heard fans scream or cheer louder at any other show in my life.

Another highlight of the concert was when the band brought out the absolutely adorable Ella Eyre, one of the opening artists featured on the band’s second mixtape, “Other People’s Heartache PT. 2.”

Bastille and Eyre performed “No Angels,” a cover of “No Scrubs” by TLC with the track of “Angels” by The XX.

Another woman came forward and supported her. That I said I can come out, who had a team of people that one other woman to be strong enough to come out of the room. I have to change the course of this past year after performing their latest single "Pompeii," that they became the breakthrough artists they are today.

The group has gained popularity over the course of this past year and how they have become such strong performers.

All I can say is, thank you. Bastille, thank you.
The cast of "The Three Musketeers" during a dress rehearsal give it their all even without a present audience, keeping it professional, and conveying great emotion during an intense fight scene. 

By DALAL MUSEITEF
Staff Writer

The students of CSUSB filled the stage to perform "The Three Musketeers," a tale of a young aspiring musketeer who travels to Paris in pursuit of becoming the fourth Musketeer.

In the Theater of Arts building on Nov. 20, students reenacted the successful novel written by Alexandre Dumas in the 17th century, and had a packed audience to hear the famous phrase, "All for one and one for all."

The theater ushers led me to my seat, and I did, however, enjoy the projection of their voices and selection of music that captured the audience's attention.

Even the stage managers were in costume, wearing masks that conveyed their identities within the ball sequence. Junior, Heaven Abraham, felt as though she was in Medieval times, adding “[the cast] was humorous and stuck to their character.”

Aramis, played by Garrett Botts, thought that his character’s religious outbursts were amusing.

He stated, “And the sinful world that appear before us will perish into dust like a mirage of longing. Isaiah Chapter 45.” It was a humorous insight to the character’s religious state due to it being completely fabricated.

So, to the smoke that surfaced the ground, props of old beer mugs, and wardrobe that fit the appropriate time period, “The Three Musketeers,” was a show I would recommend.

Rating: 3/5

MOVIE REVIEW

"Mockingjay" shows more talk and less action

By CESAR PEREZ
Staff Writer

"The Hunger Games: Mockingjay Part I" is a decent setup leading up to the grand finale of the Hunger Games franchise.

Although the movie was not bad, I definitely believe it is the weakest film in the series.

The film is full of political speeches, propaganda commercials, and cities left in ruins.

“Mockingjay Part I” is the much anticipated sequel to “Catching Fire,” and debuted in theaters nationwide on Nov. 21, to mixed reviews from critics.

The film is directed by Francis Lawrence, and stars Jennifer Lawrence, Josh Hutcherson, and Liam Hemsworth.

Moviegoer Eddie Ramirez said, “It was good, but it was not what I was expecting, since the last two movies had a lot more action.”

The film continues where “Catching Fire” ended, and deals with the uprising of the Districts of Panem to rebel against the wicked Capitol.

Lawrence returns as the main character Katniss Everdeen, also known as, “The Girl on Fire,” and is now faced with internal and external conflict.

Everdeen is a symbol of hope, and someone for the oppressed and exploited citizens of Panem to stand behind and fight with.

Although Everdeen is the main protagonist of the movie, her character does not really develop or grow. She spends most of the time shedding tears, which I found a little annoying.

There is very little action in the film, and is based more on dialogue and storytelling.

Some parts of the movie did drag a bit, and they were a little boring; I believe there were some scenes that could have been cut down to speed the film up a bit.

Each actor and actress did a phenomenal job of bringing their characters to life. I was especially impressed with Julianne Moore as President Alma Coin, delivering a convincing performance as the rebel leader of District 13.

The cinematography was also decent, demonstrating the darkness of the ruins of districts and the color palette used in the film, creating a tone of dread for the film.

James Newton Howard once again did not disappoint with a haunting and powerful score that really captures the hopelessness of Panem and Katniss Everdeen.

Despite the good qualities of the film, not everyone agreed or appreciated what the film was trying to accomplish.

A fan of the franchise and moviegoer Kaylee Campos said, “I don’t think it was necessary for the book to have been split into two movies. The movie was boring and I did not like it.”

Film enthusiast and CSUSB student Antonio Najera added, “It was the worst movie of the year thus far.”

Conversely, some students did like the film. CSUSB junior Danny Amaya said, “I thought the whole movie was good. It’s suspenseful and leaves you wanting to watch the second part.”

Ramirez added, “If you want to understand the storyline, watch it, if you want an action type of movie then I don’t recommend it.”

“Mockingjay Part I” is an okay setup for an anticipated grand finale, and although the movie has some good qualities, it does not live up to the hype and falls short of its predecessor.

I give the film three out of five paws.
insta-cash!

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Twenty-three-year-old Gilbert Parga, one of CSUSB’s two Division I transfers, hails from Pico Rivera, California.

He attended Cathedral High School in Downtown Los Angeles and graduated from Citrus College in 2012. At the time, he was one of the top junior college recruits in the state.

After transferring to Long Island University of Brooklyn, New York, Parga a shooting guard, suffered multiple injuries and was ruled ineligible for the 2012-2013 season and was forced to red shirt for the remainder.

He ended the season averaging seven and a half points per game, three rebounds and one assist.

Presently, Parga is experiencing many changes in his game and in his life. Just last week Parga became a father to his son, Gilbert Jr. Parga said he feels as though a weight has been lifted since the birth of his son.

“My game has improved now with the stress (of waiting for child) gone. Now that I know that my baby is here and healthy, I can focus on my studies and my game,” continued Parga.

Gilbert is working towards his Master of Public Administration (MPA) degree and said, “CSUSB is one of the best business schools in the state.”

All Parga’s classes should be completed by summer and he looks forward to his graduation and to his career in finance.

“I had been recruited to a few different schools. While I played for Citrus College, however, CSUSB offered the best in location and for my major,” said Parga.

In addition to the academic strengths of CSUSB, Parga also feels that the Coyotes excel athletically due to their good coaching staff.

Parga looks forward to his own comeback with the team’s first game up north against Humboldt.

Cal State will have its home opener on Nov. 29 and will travel to Sonoma State on Dec. 5, and San Francisco State on Dec. 6.

Former NFL player seeks concussion settlement

Retired players and their lawyers attended an extensive day-long hearing on Nov. 19, urging Judge Anita B. Brody to reach a $1 billion settlement with the NFL.

“The 65-year fund would resolve thousands of lawsuits that accuse the NFL of long hiding what it knew about concussions and brain injuries to keep players on the field,” according to the Associated Press.

Pittsburgh attorney Jason Luckasevic filed the first concussion-based lawsuits against the NFL on behalf of 75 former players in July 2011.

Original cases filed by Luckasevic were concerned about the neurodegenerative disease called chronic traumatic encephalopathy (CTE).

CTE affects those who have experienced repetitive brain trauma which causes a build up of an abnormal protein called tau, ultimately resulting in brain degeneration associated with memory loss, depression, and progressive depression, according to Boston University Alzheimer’s Disease Center.

During the final years of his life, former Pittsburgh Steeler center Mike “Iron Mike” Webster suffered from angry outbursts, depression, and paranoia, according to the Los Angeles Times.

Webster died of a heart attack at age 50 in 2002 and an autopsy revealed a neurodegenerative disease thought to be a cause to Webster’s numerous hits to the head throughout his career, according to the Los Angeles Times.

“The diagnosis, the first for an NFL player, made Webster synonymous with football and brain injuries,” reports the Los Angeles Times.

Webster’s family are among the many litigants fighting for an adequate settlement from the NFL, although they have yet to receive anything since preliminary hearings as early as 2007.

“I thought we could finally put things behind us, finally move on. Watch football. Have good feelings,” Webster wearily said to the Los Angeles Times. “Then it came crashing down.”

The maximum payout for NFL players is $5 million, depending on the seriousness of a player’s injury as a result of taking hits on the field.

However, since Luckasevic introduced the first concussion related lawsuits against the NFL, many other law firms have followed suit, demanding compensation for other injuries.

“The settlement ignores the underpinnings of why the case was brought ... Never again is it relevant if a guy dies from CTE,” said Luckasevic.

“The guys who died for the peace of mind of everybody, they don’t even get paid,” Luckasevic added.

Currently, 5,000 former NFL players have come forward with lawsuits against the league.

Only those who have been diagnosed with CTE before the preliminary approval in July 2011 will be eligible for compensation, anyone thereafter would receive nothing, reports the New York Times.

“But because of how the settlement delineates which afflictions qualify for financial compensation and caps the awards on what can go out to individuals. The NFL’s total liability, paid out over decades, may not rise much beyond $1 billion,” according to a New York Times article by Michael Sokolove.

The NFL has proposed to award $75 million to assess which players are eligible for compensation.

Numerous objections have been filed against the settlement and many others have opted out.

“The question we honor today is not whether this settlement is perfect but whether it is fair, reasonable and adequate,” said lawyer Christopher Seeger to the New York Times.

Judge Brody will continue to preside on a final ruling within the following months.
The National Football League (NFL) announced the Minnesota Vikings’ running back Adrian Peterson is suspended without pay for the remainder of the season Nov. 8. A storm of criticism came down on Peterson after he violated the league’s personal conduct policy in May.

Peterson is reported to have resorted to abusive disciplinary measures on his four-year-old son using a wooden branch. Peterson’s behavior is just one incident in a long string of abusive occurrences coming out of the professional sports world. The NFL’s ruling came after Peterson pleaded guilty to the charges of reckless assault on Nov. 4.

Commissioner Roger Goodell stated in late August that, in moving forward, the league would resort to tougher consequences regarding players involved in incidents of domestic violence.

Goodell’s statement was in response to criticism the league received because of the lack of punishment given to NFL player Ray Rice.

Rice was videotaped earlier this year abusing his now wife in an elevator, and the league was criticized for the leniency with which this incident was treated.

Goodell delivered on his previous statement and brought down the hammer on Peterson and informed him of the league’s ruling through a letter stating, “The timing of your potential reinstatement will be based on the results of the counseling and treatment program set forth in this decision. Under this two-step approach, the precise length of the suspension will depend on your actions. We are prepared to put in place a program that can help you to succeed, but no program can succeed without your genuine and continuing engagement.”

Goodell continued by stating, “you must commit yourself to your counseling and rehabilitative effort, properly care for your children, and have no further violations of law or league policy.”

Peterson is entitled to an appeal within a three-business-day-window after the ruling has been made, and to nobody’s surprise, it was announced shortly after that an appeal would take place.

Goodell, who has set a counseling and treatment program in place, feels that Peterson has shown a lack of seriousness for his troubling behavior.

Goodell stated in his letter, “we are unaware of any effort on your part to acknowledge the seriousness of your conduct and your responsibility to demonstrate a genuine commitment to change.”

Any hopes that Peterson would return to the field for the remainder of Vikings season have been destroyed, causing some disagreement among fans.

The NFL Players Association are clearly at odds with the handling of this case, and will continue to butt heads during the appeal case.

The Vikings did not seem to share the same view as the Players Association and were in agreement with the ruling stating, “we respect the league’s decision and will have no further comment at this time.”

Only time will tell what is determined with the pending appeal case, but what we can be assured that any type of violence is unacceptable.

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Only time will tell what is determined with the pending appeal case, but what we can be assured that any type of violence is unacceptable.
By LOYDIE BURMAH
Opinions Editor

Personal trainers guide their clients by helping them maintain an overall health wellness physically, emotionally, and mentally through fitness, exercise and effective communication.

“It started when I was in college, it was one of those personal challenges because I was a little bit shy and I guess you can say, not confident in myself,” said health exercise major and trainer Vinh Duong.

“But then after I started becoming more in tune with the exercise and the gym life in general, that’s where I started to find my motivation,” Duong added.

Duong is one of many personal trainers in the Student Recreation and Fitness Center (Rec Center) that aids clients in their personal physical pursuit of wellness.

Duong became a trainer to become more communicative, realizing that if he was able to get out of his comfort zone, anyone could.

“Where I wanted to be a personal trainer came from wanting to influence others that they can take control of their lives, and they can initiate change and progress,” added Duong.

Duong believes the interconnection between the body and mind is a relationship that is often overlooked in fitness and wellness maintenance.

“Fitness is usually more associated with extrinsic factors and attributes, whereas wellness is more focused on intrinsic factors,” said Duong.

“So, it’s not always about how you look, how much weight you can lift, or how long you can run, it’s also about how you feel when doing it,” added Duong.

Duong currently works with about 10 clients per week from Monday through Friday. Aside from training at the Rec Center, he also works with clients at Fitness 19, located in Highland.

Jennifer Gless is one of his clients, as well as friend. Gless is also a Psychological Counseling Center therapist and CSUSB alumna.

Gless and Duong meet twice a week in the afternoons to engage in fitness exercises.

They have been meeting since July 2013.

“It’s good to have someone looking out for you. If we didn’t have the relationship, I wouldn’t be coming back,” said Gless.

Duong aids Gless in her session by providing instruction about posture, positioning, and balance from the sidelines.

They also share friendly conversations about activities, interests, and most importantly, Gless’s homemade cheesecake recipes.

Gless begins the session with a front squat while holding a 50 pound dumbbell, completing each set with ten repetitions.

Other exercises include bent over arm rows with a 45 pound barbell, barbell core twists, seated shoulder presses, lunge to shoulder presses, and reverse lunges with rotation.

Gless appears determined, sweatily pushing through each set, gritting her teeth while exerting as much strength as she can manage.

“Cardio is up,” said Gless to Duong, proceeding to point to other areas of her body in which the exercises are affecting.

She pushes an orange towel across her forehead and the back of her neck, taking swigs of water before moving forward on the next set.

Gless finishes with front lunges and single leg balances with a medicine ball on a BOSU, a half spherical rubber training device used for stability.

Gless believes that her sessions with Duong allow her to remain active and maintain her wellness. “I definitely feel physically better. And it definitely helped relieve stress. I choose to work out in the middle of the day because I go back to my job feeling refreshed,” said Gless.

For those seeking physical fitness and wellness, Duong suggests starting small and building consistency.

“It’s all about encouraging progress, not so much change. Change can be negative and positive, but progress is the positive aspect to it,” said Duong.

Students will be able to have one-on-one workout sessions during winter break