By DANIELA RUEDA  
Staff Writer

CSUSB encourages students to get ahead and take summer classes because of the many benefits offered.

Summer priority registration began May 4 and continued until May 20. Enrollment appointments are available on a student’s MyCoyote page, under the “Student Center” tab.

Summer late registration is June 8 through June 30. The deadline to receive a 100 percent refund is June 23.

Carlos Ramirez, a CSUSB registration specialist, explains why summer school is beneficial for students.

“We recommend summer school for continuing students and new students that are coming into the Fall 2015 term, one of the main reasons the courses they are taking here are already at the campus,” said Ramirez.

To prevent a hold on an account, students must complete the Agent of Change online training or the in-person Bystander Intervention Workshop. Federal mandates require all students to complete training in regard to gender-based violence.

During the summer quarter, both undergraduate and graduate students are only allowed 17 maximum units.

Arlene Zamora
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Women use makeup to empower, pg. 5

This is not a hamburger, pg. 8

Miley Cyrus: Happy Hippies, pg. 10

Negative effects of diet fads, pg. 14

CSUs may receive millions
By JORGE CAMPOS  
Staff Writer

Gov. Jerry Brown proposed a $115.3 million spending plan that could provide millions for the Cal State University system.

In return for the spending plan, Brown proposed on Thursday, May 14, to freeze undergraduate tuition for in-state students and establish new tax credit for the working lower class.

Lawmakers have until midnight, June 15, to present a fair budget plan and send it to Brown for his signature, according to The San Bernardino Sun.

Brown’s budget even calls for another $38 million in funding for CSUs, but the money going towards enrollment funds as well as investing in ways to get students through college faster.

The remaining portion of the money will be distributed into smaller sections and fund student success measures.

This funding is intended to provide more working opportunities for students. The measure also includes hiring more faculty and academic advisers, expanding online enrollment, enlarging the Early Start Program that prepares students for college coursework and investing in applied research and internship programs for students, according to Los Angeles Daily News.

Continued on Pg. 3

Thousands of gallons of oil spilled in Santa Barbara
By ALEXANDER DOUGLAS  
Staff Writer

Approximately 105,000 gallons of crude oil was spilled into the ocean and shorelines around Santa Barbara.

The spill occurred Tuesday, May 19, when two pump stations belonging to the Plains All American Company ruptured.

According to the Los Angeles Times, the cause of the rupture is still being determined.

Glow sticks protect camels and drivers
Camel owners have put glowing bands onto their camels to prevent car crashes at night, according to NBC News.

There are more than 6,000 camels roaming Southern Israel. The amount of accidents involving camels have proved to be deadly, so these new glowing bands will help motorists spot the camels.

The glowing bands are an innovative, cheap and easy-to-use to save lives. Teenager had to stay awake to keep parasite from eating her eye
A teenager had to stay awake for a week, administering eye drops to prevent a parasite from burrowing into her eye.

Jessica Greaney had to apply eye drops every 10 minutes and only got a few minutes of sleep, resulting in decreased immune efficiency, according to The Telegraph.

Doctors say the parasite found its way into Greaney’s eye from her contact lens after tap water had splashed on them.

In Queens, New York, home owners say Not the Bees!!!
Forty thousand bees made their home under a backyard deck in a house in Queens, New York.

The beekeepers used an infrared camera mounted to a pole to find the bees living under the backyard deck.

The honey was dripping from the honeycomb and the extraction took more than two hours, according to NY Daily News.

Waco Texas Shooting results in nine dead
Nine people were left dead after a shooting in Waco, Texas.

The shooting started as a brawl in a restaurant and escalated to a shooting in the parking lot. The altercation is said to have been between biker gangs.

It is believed that all confirmed dead were part of the biker gangs. No police officers were reportedly injured, according to CNN.com.
plans to take 15 units this summer to ad-

vance in her education but has yet to de-

Continued from Pg. 1

velop grants. Eligibility and amount of State University on the same criteria used to determine the fees. The cost for undergraduate tuition fees is $220 per unit and a mandatory fee is $220 per unit and a mandatory fee. Students are responsible for paying because of the bene

Students at CSUSB who are inter-

ested in transferring units into a degree program should have a maximum of 36 units taken in a non-degree status to apply towards a bachelor's degree, and 13 units towards a master's degree. The benefits from summer school are that students will receive more financial aid, advance to the next level of funding, and will potentially graduate sooner as op-

osed to if they do not attend summer school during their stay. Ramirez also mentioned why it is better to take classes at CSUSB rather than at another school. “Tuition may be cheaper at other schools but there are certain classes you cannot take at other schools that are transfer-
fable or can be applied to your degree as General Education requirements (GER) or lower division classes,” said Ramirez. “Students can also retake a class they have failed and focus only on that one tough class,” continued Ramirez. German Ruiz, a communications major, will be attending summer school because of the benefits, especially to get ahead. “I’m taking three classes during summer school to get ahead so I can hopefully graduate next spring,” said Ruiz.

Rafik Mohamed named new dean

By RANDALL HIGGINS

Staff Writer

Department of Social Sciences at Clayton State University where he has served since 2009, according to Bodman. Mohamed’s credits include serving as chair and associate professor of the Depart-
mint of Sociology at the University of San Diego before 2009, and was voted twice as outstanding professor of the year, accord-
ing to the CSUSB Office of Public Affairs. Before his graduate work, Mohamed was an investigator for private attorneys, handling fel-
ony defense cases. During his graduate work, Mohamed was with the Law Offices of Milton C. Grimes when the March 1991 Rodney G. King lawsuit against the city of Los Angeles was filed. “I am proud to have served such a great col-
gre for eight years. Working with the faculty and staff to serve the students was the high-
light of my career. The college staff has been a dream team,” continued Nassar.
Over four million immigrants should have been able to apply for temporary relief from deportation through Deferred Action for Parental Accountability (DAPA), which was part of President Barack Obama's plan to keep immigrant families together.

“I think President Obama had good intentions but I don’t think he thought about the American people when he created DACA and DAPA,” said CSUSB staff member Dennis Fieldman.

DAPA was a further expansion of protection from deportation for illegal immigrants; this time for parents who were here illegally but have lived in the U.S. since 2010 and had children who were American citizens or lawful permanent residents, according to Sarah Rumpf on brietbart.com.

“Let’s not forget that an estimated 204,000 people in New Jersey will be able to come out of the shadows and contribute to the community and the economy thanks to the president’s executive actions,” stated New Jersey Sen. Bob Menendez, according to The Huffington Post.

These are moms and dads -- good people, hard-working people -- who will register with the government, pass a background check, get a work permit, pay taxes, and no longer fear deportation,” continued Menendez.

Two of George W. Bush’s chief rivals, including Scott Walker and Ted Cruz, have come out against any legal status for unlawful immigrants.

“President Obama is not only blatantly defying the Constitution by refusing to faithfully execute our nation’s immigration laws; his amnesty policy is harming millions of Texans and Americans,” said Cruz, according to cruz.senate.gov.

Florida State Sen. Marco Rubio supports a path to legal status but only after piecemeal reforms have been established to beef up border security and overhaul the illegal immigration system.

“I think giving these immigrants the opportunity to live the American dream as a family is a great idea. I usually don’t really agree with Obama’s politics but as [a] Mexican American that has parents from Mexico I feel some relief,” stated student Anahi Medina.

Thousands of untested rape kits were found at a police department in Atlanta, Georgia. Sen. Scott Holcomb has introduced a new bill that addresses the issue.

There has also been a number of untested rape kits found in states from North Carolina to Southern California.

In Los Angeles, there are over 17,500 untested rape kits found in evidence rooms, according to a report by Chirico.

“The testing is underway for untested rape kits. It is just a long process,” said Charlotte-Mecklenberg Police Department Capt. Cecil Brison.

A serial rapist is classified as a person that has raped two or more people. So far, there have been 286 serial rapists found through testing the rape kits.

State Rep. Scott Holcomb has introduced House Bill 560, which would require police to determine the size of their backlog and follow new protocols.

Over 50 arrests have occurred from testing these kits, according to the Atlanta police department.

“A lot of people should be brought to justice that should’ve been a long time ago,” said CSUSB staff member Donna Norris.

Atlanta isn’t the only state dealing with thousands of untested rape kits.

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Assistant Professor of Psychology and History at Cal State Los Angeles, Lillian Taiz.

“We can’t get out of the hole if the state won’t make an investment, and it just takes a toll on everyone involved. It takes a toll on students slow in their program. It takes a toll on faculty who are desperately trying to help them through. It’s disappointing,” continued Taiz.

Brown also got the opportunity to reach an agreement with University of California President, Janet Napolitano. The agreement will provide a tuition freeze for in-state students for at least two years in exchange for an extra $436 million in state funding for the university system to offset pension costs, according to The San Bernardino Sun. Brown has also proposed to create a state income tax credit that is expected to help as many as 825,000 families and up to 2 million Californians. It will cost approximately $380 million the first year, but will provide credits up to $2,653 annually, according to Santa Cruz Sentinel.

The budget also includes $2.2 billion for programs to conserve water in order to expand enforcement of water restrictions, respond to emergency conditions, and expand local water supplies in the drought, according to The San Bernardino Sun.

Brown also called for $10,000 fines for residents and businesses that waste the most water as California cities try to meet mandatory conservation targets during the drought, according to USA Today.
As an alumni, you can now give back. After graduating you may find yourself wanting to reunite with old friends and former classmates, or may simply want to help other students who are in need of guidance.

According to CSUSB's Alumni Affairs website, CSUSB's alumni community includes more than 82,000 graduates. That number increases by 3,500 students annually.

When you join the Alumni Association you have the opportunity to participate in an organization bigger than yourself by helping the campus and current students better their Coyote experience.

The Alumni Discovery Project, for example, is a student-driven effort designed by CSUSB Alumni to engage in meaningful face-to-face interviews between alumni and current students.

By engaging in such participation you are given the opportunity to influence someone else's experience here at CSUSB.

In an effort to maximize opportunities off campus, when you join you have the opportunity to also participate in a regional chapter close to where you work or live.

Regional chapters stretch through San Bernardino all the way to the city of Los Angeles.

As a member you are also introduced to several organizations and clubs here on campus, which may help CSUSB Police Officers cover a total of 480-acres that include the local residential areas, foothills, and canyons.

According to their mission statement "The CSUSB Police Department was established in 1974 as they strive to provide professional "Quality Service" with honor and integrity to our community."

Police Officers dedicate themselves to keeping our community safe and out of harm’s way.

There are many services that the University Police Department (UPD) offer students and to the public.

One of their most popular services is the Campus Escort Service that provides students, faculty and staff with the option to call for an escort if they at any moment feel unsafe walking around campus.

The escort services are very important, because given the events last quarter, it never hurts to have someone with you when you have late classes, especially during the dark winter months.

They also have crime prevention programs like the Rape Aggression Defense Program (RAD).

RAD is a 15 hour training course that tries to prepare women for dangerous physical attacks.

Their efforts in creating and maintaining safety goes beyond responding to alerts or reports, UPD is also involved in providing job opportunities for students.

Students can apply to become a Community Service Officer (CSO) or work for Parking Services. This is something that students from different areas of study are welcome to apply for.

CSOs participate in the escort service and patrol the campus community during the day and night to help campus police keep the campus safe and secure.

These opportunities provide students with potential careers in the law enforcement field.

If you are interested in applying for a job, you can contact UPD for an application and ask any questions regarding employment.

The responsibility of UPD extends further than just our campus. They provide live scan services such as fingerprinting for prospective jobs or anything that requires a background check.

Campus Police is actively involved with the community through the University Police Explorers. San Bernardino Sheriff’s Department describes the explorer program as a way “to educate and mentor youth and provide in-depth firsthand experience in the field of Law Enforcement.”

If interested in volunteering or becoming more involved with the police department contact them via phone call (909) 537-5165.

*Ryan Carter | Photographer
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Opinions

Wearing makeup empowers women

By Britanie Gutierrez  Staff Writer

Women in the United States wear and spend thousands of dollars every year on different mascaras, eye shadows, and concealers.

Seventy-nine percent of women spend $150 or more on cosmetics a year, according to insights.popsugar.com.

But why spend so much money and time on makeup?

I believe wearing makeup gives women an extra boost of confidence because they get to enhance their favorite features and have a stronger sense of control on their appearance.

Some wear it for sexual appeal, social acceptance, or because it is fun and helps give them an extra bit of confidence.

When I was younger, I was bullied because of the way I looked; this resulted in me begging my parents to let me start wearing foundation at a young age.

Today, I wear cosmetics not for a man or for other women; I wear it because I like it and it makes me feel like I can conquer the world.

“I don’t feel like I need makeup, but I do like to wear it because I feel more comfortable in it. Not that I’m not comfortable in my own skin but it does make me feel more confident,” said student Emily Anne Espinosa.

Often times, when I wear makeup, I am taken as a superficial person or self-absorbed because it seems like I care more about the way I look rather than issues going on in the world.

This is not true.

I do wear it almost every day but that does not mean that I rely on it to feel beautiful or confident.

“It makes me feel better, so why wouldn’t you want me to feel better about myself?” asked Espinosa.

Women are judged on every little thing: if we wear cosmetics, we’re shallow; if we don’t wear it, we’re considered tomboys and don’t care about appearance.

“Having to wear makeup seven days a week in order to secure your spouse’s happiness seems bonkers. I don’t appreciate too much makeup use, because I know it’s fake and [seems] like the person is afraid to show who they really are,” according to Maressa Brown from thestir.cafemom.com.

It is true that makeup can help change your face into how you want to look, but is it fake to enhance what you like about yourself or to show your true personality?

When women wear cosmetics, they often feel more comfortable than without it; they are enhancing things they like about themselves and not paying attention to the things they don’t like.

“If you feel confident without makeup then that’s good for you, but you shouldn’t talk down on a girl who does wear makeup and feels confident with it,” said student Nancy Castillo.

“It didn’t change me but it did give me that little bit of confidence,” said student Yecica Soto.

Now I am not saying you have to wear makeup to feel confident—to each their own.

Who are you to judge a woman on what she likes?

If she feels beautiful with her makeup choices, than that is the only thing that should matter in the end.

By BRITTANIE GUTIERREZ  Staff Writer

Brittanie Gutierrez | Chronicle Photos

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NSA surveillance reform

By KASSANDRA GARCIA  
Staff Writer

On Thursday, May 7, the federal appeals court finally ruled that the National Security Agency (NSA) surveillance program was illegal. The new reform, known as the USA Freedom Act, is a surveillance reform bill that recently passed by the House of Representatives.

In my opinion, this is a sad excuse of a reform. The bill itself is intended to set restrictions on the NSA which is supposed to end the bulk collection of data on U.S. citizens.

According to Wired, the Patriot Act allowed the NSA to collect as much of your personal data, and the data of anyone you’ve been in touch with, as they wanted.

The USA Freedom Act doesn’t actually suspend the phone records program. Rather, it requires that phone company’s turnover the data of anyone the NSA wants it to mean. They were considered “relevant” for a possible investigation.

“Relevant” in this case means anything the NSA wants it to mean. They were able to access individuals’ phone records, internet searches, e-mails and social media accounts.

The USA Freedom Act doesn’t actually suspend the phone records program. Rather, it requires that phone company’s hold onto the records as opposed to the NSA according to Shane Harris of the Daily Beast.

In my opinion, the NSA repeatedly overstated its legal authority before.

I believe the reform act still operates in an unconstitutional manner because the USA Freedom Act isn’t any different than before the Patriot Act.

This reform still allows individuals’ personal information to be under surveillance.

This type of data holding creates a needle-in-a-haystack effect and makes it difficult to find relevant and useful information. The shock I felt in the strip club was as intrusive as it previously was.

If they focused on targeting specific information as opposed to where and who gets to obtain personal information then the reform would have been a step in the right direction.

I believe the reform is a joke and should be sent back to congress for a proper revision, if anything.

“Congress should let them (three branches in Patriot Act) expire,” said Schuman.

In my opinion, the NSA repeatedly overstated its legal authority before, what will make it any different this time?

American culture hypersexualized

By YERIN KIM  
Staff Writer

American society’s obsession with hypersexuality permeates every aspect of life, resulting unrealized and unfair stereotypes regarding gender and sexuality.

In Korea, although we are exposed to pornography and provocative images in the media, hypersexuality is considered shameful, rather than a normalized and acceptable culture.

About two weeks ago, my friends and I went to a strip club with a giant wave of curiosity, which gave me a huge culture shock, and pushed me to consider the subject of sexuality in American society.

After passing a sign on a door that ironically read “Gentlemen’s Club,” strippers walked out, on a glass stage, where they performed extremely sexual moves one by one.

It was sad and uncomfortable to watch the strippers picking up money thrown at them. The strippers who barely received tips went back stage early.

I felt women’s bodies were displayed and estimated by customers in terms of beauty and sexuality like products in stores.

It was even more shocking to see my friends’ perception towards strip clubs.

“I like strip clubs and I think strip culture is not that bad because strangers can get many money for that,” said an anonymous source.

Stripping has become normalized and regarded as a subculture, or entertainment in American society.

The shock I felt in the strip club was immediate and comprehensive, reminding me of several occasions when I was surprised at my American friends’ attitudes concerning sexuality.

I found that hypersexuality is commonly presented in the American language, in media and popular culture, and is shared between individuals.

Although daily conversation starts non-sexually, it frequently ends with sexually explicit topics, revolving around categories such as homosexuality or promiscuity.

Common slang and curse words, even daily words or expressions are taken out of context and used sexually: “That’s what she said” is an expression that can transform innocent statements into sexual context for a joke.

In Korea, making sexual jokes is regarded as a disgusting insult and sexual harassment, making people uncomfortable, offended and embarrassed.
The Naan Cafe offers tasty, genuine Indian food, and a diversity of fresh and authentic dishes for great prices.

The food was delicious. I had the chicken curry. It was just spicy and warm enough, and the chicken was tender, flavorful, and juicy. The rice and naans went perfectly with my dish. The whole meal was a great experience.

“The portions were generous and the chicken pieces in the tikka masala were quite big. It wasn’t drowned in sauce, so we could actually taste the chicken,” said student Sonia C.

Open all week from 9 a.m. to 11 p.m., the Naan Cafe is located at 700 E. Redlands Blvd, Redlands.

As soon as you enter, you can smell the rich and spicy aroma of Indian spices. I was really pleased at how clean and bright the restaurant was.

The room is decorated with an Indian theme, but in a modern, vivid way. The upper half of the walls are vermillion and the lower half is composed of a collection of white tile.

The vermillion walls are accentuated with two huge ornamentations in the shape of the Taj Mahal and of an elephant, along with a series of Indian paintings and photographs.

“It’s not too much, just enough to put you in the right atmosphere.

There is a large choice of à la carte dishes starting at $8.99, mainly composed of chicken, but lamb and eggs are also options. They also have a lot of vegetarian options, as well as vegan choices. A good option, if you’re not familiar with Indian cuisine, is the Daily Combo Special. You can choose one, two, or three items from an assortment of dishes for $7.49, $8.99, or $11.99. It comes with a plain or garlic naan, rice, and dahi (yogurt).

“Beyond delicious! [...] Everything was fresh, flavorful, simply sublime,” stated Misty E. via Yelp.

As a huge fan of naans, traditional Indian bread, I was thrilled to be able to choose from a selection of 10.

“The garlic naan at Naan Cafe is absolutely divine,” stated Wendy L. via Yelp. It may have been because my friend and I were the only ones in the restaurant, but the service was really friendly and patient. We weren’t rushed to order—which was a nice change. The employee present was really helpful and explained the different menu choices and ingredients.

If you’re not sure about what to get, they’ll let you try different dishes, which I think is awesome.

The prices are more than reasonable, especially considering how generous the portions are, and they offer a 10 percent student discount. It’s not written anywhere, so be sure to ask for it.

“Would I come back? Yes, can’t wait!” stated Shrina S. on Yelp.

And I’m right there with her.
Millennial generation is the deaf generation

By WOOJUNG CHOI
Staff Writer

Hearing loss problems are 30 percent higher among teens today than during the 1970s and 80s, according to Tamaras Sacharow of Chicago Mac channel 22 News.

“Today’s youth in general are more at risk of sustaining hearing loss by listening to loud music,” according to Susan Donaldson James of Daily Mail.

Earlier this year the World Health Organization warned that 1.1 billion young people are at risk of hearing loss because of personal audio devices, such as smartphones, and damaging levels of sound,” according to James.

James added that noise levels can reach 120 decibels and people can be exposed to them for hours, particularly at concerts and music festivals.

“When using headphones in a noisy environment, I recommend using either noise-canceling or noise-isolating headphones to block out or reduce external noise. ‘A ‘deaf generation’ exposed to constant noise may be losing the ability to hear as nature intended, a sound expert has claimed,’” according to Press Association of Daily Mail.

Other factors that may cause auditory problems include age, genetics, illnesses, neurological disorders, medications, exposure to chemicals, and physical trauma to the head, according to nationaldayscalendar.com.

Many Cyrus also experiences forms of hearing loss problems and some are trying to prevent permanent damage, but not everyone is worried.

“I honestly don’t care about that right now. I blast my music because it gets me going and I can actually feel it. In the future, I’ll get a hearing aid if necessary,” said student Thomas Gutierrez.

Student Summer Zeit only listens to music when she works out because she tries to avoid headphones.

“I honestly feel like I am having trouble hearing anymore. I have gone to the doctor to get my ears checked, but they said I’m fine. Some things that I have done to prevent hearing loss is lowering the volume of my headphones when I work out,” said Zeit.

“I have really good hearing and, thankfully, I haven’t experienced hearing loss. However, I am aware that our generation is having hearing problems due to loud music that they listen to through headphones or even at parties,” said student Anthony O’livar.

O’livar added that he tries to prevent hearing loss by lowering the volume when listening to music with headphones.

“Yes, I worry about loss of hearing. I’ve spent time filming at concerts and I’ve been up close to the speakers which have taught me that I should wear earbuds at those events,” said media lab assistant Addie Ghossein.

Ghossein said that she will have hearing problems in the future because of how often she wears headphones, but I think most of today’s youth don’t think about the consequences of wearing headphones,” continued Ghossein.

Many of the factors that contribute to hearing-loss are preventable, so ask yourself what measures you can take to protect your ears.

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Let them eat cup cake

By DANNI YBARRA
Staff Writer

Hamburgers and S’mores are staples of any summer cookout; now, you can turn those staples into a dessert that is sure to be the highlight of your next summer gathering.

**SMORE CUPCAKES**

Servings: 24 cupcakes
1 box of chocolate cake mix
1 can of buttercream frosting
1 jar of marshmallow cream
3 Hershey’s milk chocolate bars
Graham crackers
Cupcake baking cups
Muffin tin

**Instructions:**

Bake cupcakes according to directions on chocolate cake mix box.

While the cupcakes are baking, empty the buttercream frosting into a mixing bowl and fold marshmallow cream into frosting a little at a time.

Once the cupcakes are done baking, allow them to cool completely.

Carefully cut a hole, about half way through each cupcake, with a knife.

Use a small utensil of your choice to fill the holes in the cupcakes with the frosting-marshmallow cream mixture.

Then apply the mixture on the top of the cupcake.

After all the cupcakes are filled and frosted, break apart enough pieces of the graham crackers and Hershey’s bar to garnish the cupcakes.

Crush the remaining graham crackers and sprinkle the crumbs on top of the cupcakes for added garnishment.

Enjoy!

**HAMBERGER CUPCAKES**

Servings: 24 cupcakes
1 box of yellow cake mix
1 box of brownie mix
1 can of buttercream frosting
Green, yellow, and red food coloring
1 cup coconut shavings
Muffin tin

White baking cups (colored baking cups will slightly blend onto the cupcakes and won’t look as good)

Small circle cookie cutter
3 plastic bags

**Instructions:**

Bake cupcakes according to directions on yellow cake mix box. Let them cool completely.

Once cooled, cut cupcakes in half. These will serve as the buns to your hamburger.

Bake brownies according to directions on box. Use a 13-by-9 inch pan, anything else will make the brownies too thick. Let the brownies cool completely.

Once cooled, use a small cookie cutter to make circle cut-outs of the brownies. These will serve as the patties in the hamburger.

Separate the frosting into two bowls. In one bowl of frosting, add red food coloring and yellow to the other.

Place each colored frosting into their own plastic bag. These will serve as the ketchup and mustard on your hamburger.

Into a plastic bag, put coconut shavings and add green food coloring. Add as much food coloring as you’d like to make shavings as dark as you prefer.

Shake the bag until all shavings are coated evenly.

This will serve as your lettuce.

Cut a small hole at the tip of the bottom corner of the bags, this will serve as your frosting tip.

Place a brownie cut-out on each of the bottom halves of the cupcake.

Then, using the frosting-dipped bags, slowly squeeze frosting onto the brownie. Next, sprinkle coconut shavings on top of the frosting.

Finally, add the top halves of the cupcakes to complete your hamburger.

Enjoy!

*You may also use the rim of a cup to cut out the brownies as long as it is the correct width.

**If you have a coconut allergy, or simply don’t like the taste, you can always use frosting as lettuce.*
The distinct culture and historical—and equally breathtaking—landmarks native to New York City, such as the Empire State Building, the One World Trade Center, and the 9/11 Memorial make a trip to the state bucket list-worthy.

Theologian and philosopher Augustus of Hippo once said “the world is a book and those who do not travel read only one page.”

This is the mentality I have adopted and with the opportunity to spend my birthday in NYC, it didn’t take much convincing.

Some have asked me, why New York?

That question has always been easy for me to answer; I find it rich in diversity, cuisine, and more importantly, history.

Nathan Blansett of the Huffington Post calls it “a place of endless opportunity and acceptance.”

On my first day in New York, I found myself gazing out at the bustling, cluttered city from the 86th floor of the Empire State Building, which is just 16 floors from the top.

A combination of tiny, yellow taxis, skyscrapers as far as the eye can see, and of course the elevation, made for a breathtaking view like no other.

The construction of the Empire State Building began on March 17, 1930, and was officially opened about a year later on May 1, 1931, according to esbnyc.com.

The building stands at an incredible 1,250 feet tall and according to CNN.com, “took more than 7 million man hours” to build.

There was not a chance I’d miss the opportunity to see the Statue of Liberty, so you can guess which landmark was next on the itinerary.

Although much smaller in person than I had anticipated, the statue is mighty when it comes to symbolism; nps.gov calls it “a universal symbol of freedom and democracy.”

As an American, the statue is arguably one of the most iconic signifiers of our country, which is reason enough to visit.

I also made a point to visit what USA Today author, Nancy Trejos, calls “the tallest building in New York, and one of the tallest in the world,” Manhattan’s one and only One World Trade Center.

The center, sometimes referred to as the Freedom Tower, stands at a whopping 1,776 feet, acting not only as a symbol of resilience after the tragedy of 9/11, but also a symbol of architectural advancement.

Just beside the center sit two strikingly large, tranquil, and beautiful memorial pools, which are part of the 9/11 Memorial.

According to 911memorial.org, “the names of every person who died in the terrorists attacks of February 26, 1993, and September 11, 2001 are inscribed in bronze around the twin memorial pools.”

It is both humbling and saddening to walk along these memorial pools, running your fingers over each name, and truly understanding the magnitude of how many lives were taken.

If there’s one thing I’ve taken from travel, and more specifically travel to some of New York’s historical landmarks, it’s that journeying to new places plays a large role in instilling a sense of humility, compassion, and perhaps most importantly, humanity.
Rebel with a cause
Miley Cyrus stands up for the homeless and LGBT community

By TIFFANY MOYES
Staff Writer

Miley Cyrus is taking on the role of a philanthropist through her new project the Happy Hippies Foundation. Cyrus is known to the public as being a crazed pop-star with questionable motives, but underneath she is trying to be so much more.

She has always had a deep love for the young homeless and lesbian, gay, bisexual, and transgender community (LGBT), and has repeatedly said that her gay fans are her favorite fans.

Cyrus has recently put a lot of time and effort into her nonprofit campaign, the Happy Hippie Foundation.

The goal of the foundation is to help homeless youth get off the streets and to help those in the LGBT homeless community.

With her foundation, Cyrus has been able to help thousands.

According to her website, 1.6 million youth are left homeless every year, with 40 percent of homeless youth identifying themselves as LGBT.

Cyrus states that nearly one third of transgender people have been turned away from shelters and with her Happy Hippie Foundation she wants to change that, according to axs.com.

Most people would never think Cyrus would be capable of starting an organization of this magnitude, especially after her recent escapades.

After being a teen pop sensation starring on Disney Channel’s television series “Hannah Montana”, Cyrus then went on to top the music charts with singles such as “Party in the USA” and “Fly on the Wall.”

“Wayward Pines” is a T.V. mini series that premiered on Fox on May 14. It is based on the mystery trilogy novels titled “Pines” by Blake Crouch.

The mini series is set to run for only ten weeks. In an interview with National Public Radio (NPR), Chad Hodge stated, “You are going to be satisfied at the end. This is truly a beginning, middle and end.” This thrilling series is created by Hodge, who also created series such as “Runaway” and “The Playboy Club.”

The executive producer and director of the show is M. Night Shyamalan, the film director known for his films such as “The Sixth Sense” and “Signs.”

The series stars Matt Dillon and has an incredible cast: Carla Gugino (Sin City), Toby Jones (Captain America), Terrence Howard (Empire), and Tim Griffin (American Sniper).

The show begins with mixed clips of Ethan Burke, a Secret Service Agent, played by Dillon, waking up from an accident in Wayward Pines, Idaho and Burke speaking to what appears to be a therapist. Burke is in Wayward Pines on a case looking for two of his associates, when he eventually discovers he can not escape this unusual town.

Shyamalan did an amazing job with the aesthetic of the project. The tone of the show was very creepy from the start, proving that he still had that spookiness in him after going off and doing action and adventure films such as “After Earth.”

When the episode first began, I thought it was going to be your typical creepy town show where strange events occur. “Wayward Pines” is like that, but you want to keep watching because of the production, acting, and script.

The setting of the series is modern with hints of a vintage feel that make you contemplate the time frame.

The color schemes throughout the show make everything even more eerie, with dark tones of forest green, navy blue, and cloudy grays.

Dillon’s acting throughout the episode was incredible and kept me interested in the show. His character is tough, smart, and determined.

I love that about him because he reacts quickly and rational to whatever situation he’s in. I didn’t feel the need to yell at my laptop screen about how dumb he was being like I normally do in mystery shows and films. Melissa Leo plays Nurse Pam, one of the craziest and creepiest nurses I’ve seen. Her character reminds of one I would see in “American Horror Story,” so I was very intrigued as a fan of the show.

Juliette Lewis’ character, Beverly, is one of the few somewhat-sane people in “Wayward Pines”. During this pilot episode, I got the feeling Beverly is going to be Burke’s sidekick throughout the series so I’m excited to see how their relationship develops.

I’m glad for us viewers, we won’t be left with any cliffhangers because the creators know we’re all tired of those.

You can catch this ten-week series on Fox on Thursday nights at 9 p.m. or on Hulu Plus the following day.
By MARVIN GARCIA
Staff Writer

Dragons, kings and queens, death, sex, good versus evil, plus twists and turns are just a few words to explain “Game of Thrones” (GOT).

“Game of Thrones” has raised the bar for all other epic-fantasy genre television shows.

The series is set on the fictional continent of Westeros, where power and betrayal go side by side.

In the wake of civil war, the five great houses battle against one another for their right to sit on the iron throne, as the menacing White Walkers (ice demons) approach from the north and dragon fire from the east.

Never before has there been a show of such caliber than that of “GOT” thanks to the imagination of series author George R.R. Martin. With every new season, ratings and popularity increases astonishingly.

Much of the series’ success rests in its flawless depiction of the cruelty found in a monarchal society.

“You can see the cruelty from the book and in the film. The story is one of life and death, and it’s really hard to watch,” said student Josue Garcia.

For those unfamiliar with the books, the series is set on the continent of Westeros, where power and station go side by side. The show is based on George R.R. Martin’s book series, “A Song of Ice and Fire.”

The show was created by D.B. Weiss and David Benioff, and the first season premiered on April 17, 2011. It has been renewed for six more seasons, with the sixth season premiering on July 11, 2016.

With the four seasons already over for this epic series, it is only fitting that this review will not contain any spoilers. Forgive me for not naming the actress who plays the Queen of Thrones, but suffice it to say, she has single-handedly played a big part in setting the series apart from its peers.

No other show has captured the imagination of viewers as Game of Thrones has. With every new season, ratings and popularity increases astonishingly.

“I think they depart from the books at necessary,” Bains concluded.

Aarti Bains. “GOT” is one of the book/movie page turners I have read at your own discretion.

The current cast consists of Peter Dinklage, Lena Headey (Cersei Lannister), Emily Clark (Deaneys Targaryen), Kit Harrigton (Jon Snow), Sophie Turner (Sansa Stark), and previously during the first season, Lord Eddard of the House Stark, played by Sean Bean.

“GOT,” with only ten episodes per season, delivers audiences some of the most thrilling “WTF” moments anyone has ever seen, such as the notorious beheading of Bean’s character.

“I think they depart from the books at necessary,” Bains concluded.

Since then, there have been heart-breaking moments, one after another.

The Battle of Blackwater Bay, which so far is the greatest battle, was utterly epic; the duel between Oberyn Martell (The Red Viper) vs. The Mountain Gregor Clegane left a remorseful memory; and of course, the massacre known as the Red Wedding that brought an end to the rest of the rebellious Starks, are all major events that became hallmarks for the hardcore fanatics.

While the majority of the reception by critics has been positive, the series’ explicit content of nudity and many forms of violence has been a subject of controversy.

The episode, “Unbowed, Unbent, Unbroken,” set the internet on fire with a backlash that felt like the show may have gone too far with the off-screen rape scene of Sansa Stark on May 10.

The rape scene was another event that was added to the series and did not occur in the original books.

A lot of people got mad with that shocking conclusion, everyone thought Sansa was gonna take a stand and start taking revenge for her family,” said student Josue Garcia.

Be it as it may, Game of Thrones is just too good to focus on one thing, so stay tuned for further action and deception Sunday nights at 9 p.m. on HBO, and maybe one day the dragons will finally come.

MOVIE REVIEW

“Mad Max: Fury Road” brings the fire

By RACHEL MOLINA
Staff Writer

Set in a post-apocalyptic world, water, food, and oil have become scarce in the vast land of the Australian desert.

“Mad Max: Fury Road,” is a non-stop action and stunningly violent movie where we are introduced to the new “road warlord,” Max Rockatansky.

The film is directed by George Miller, who directed all of the original “Mad Max” films (1979, 1981, 1985), which starred Mel Gibson.

Tom Hardy who was also in “The Dark Knight Rises” takes the lead as the new “Mad Max”: a man of few words who is wild, relentless, and a self-proclaimed loner who has lost his entire family.

After he is chased and captured by the pale-skinned War Boys in the first action-packed sequence, he serves as a blood donor for them.

The War Boys are dedicated followers of the masked Immortan Joe (Hugh Keays-Bryne), who has brainwashed them into thinking they live “half-lives.”

Immortan Joe’s first appearance in the film is a good introduction to his character and lets the audience know what type of man Max is dealing with.

Covered in numerous boils, a transparent breastplate is placed upon his chest as he breathes through a mask where only his eyes are visible.

The film proceeds to a couple days later when Joe’s Lieutenant, Emperor Furiosa (Charlize Theron) is set to go out on a routine run for supplies in an armoured war rig.

While being escorted by some of the War Boys in other vehicles, Furiosa heads off-course into the wasteland.

The suspense of why she did this grows and is soon discovered by Joe that she has fled with his five prized breeders.

From there, Joe embarks on a two-hour chase accompanied by his War Boys.

Max resurfaces on the chase chained to the front of a war car as a blood line for Nux (Nicholas Hoult), who wants nothing more than Immortan Joe to notice him.

Eventually, Max joins Furiosa on her escape and together leads Joe on an action-packed chase with mind-blowing action, and visual appeal that keeps your eyes locked on the screen.

The cinematography in the film was made to be as colorful as possible to differentiate this film from the others, which Miller wanted.

“I liked that it was almost a work of art,” said student Wyatt McVeigh. “The film managed to pace itself and you never really got bored of the action. I also liked how the story stayed true to the original ‘Mad Max’ films,” he added.

One of the amazing aspects of the film was that over 80 percent of the effects seen were real, which include the stunts, sets, and makeup.

The effects of Computer-Generated Imagery (CGI) were hardly used, which was a nice change of pace for an action movie and I believe enhanced the appeal.

While watching the film, I noticed that there wasn’t much dialogue; this made the story more compelling.

Even though this movie should have revolved around the character of Max, it was Emperor Furiosa’s character, who stole the show.

Feminism definitely played a big part in this film by showing women who know how to kickass.

Overall, this movie was filmed well, had a good story, and was a joy to look at. “Mad Max” was a film I didn’t anticip-ate on liking, but proved worthy of receiving a 4.5 out of 5 paws.
By JOSE ALVAREZ
Staff Writer

After the failed attempt of changing his persona to Snoop Lion a couple years back, Snoop Dogg is back releasing his new album “Bush” on May 8, with Pharrell Williams as his main producer.

With Mark Ronson’s hit single “Uptown Funk,” Kendrick Lamar’s new album “To Pimp A Butterfly,” and now Snoop Dogg’s new album “Bush,” it seems like funk is making a comeback.

There are all sorts of big names featured on this album, ranging from Pharrell Williams to Stevie Wonder, Tyler, The Creator and even Gwen Stefani.

My expectations were simple. I expected that with the name Snoop Dogg making a return, we would see some of that old school west coast rap that got him to where he is today.

From track one, “California Roll” it was easy to tell what the vibe of the album was going to be. Pharrrell’s style of production clearly took charge of the album, making it have a real, strong pop feel to it.

“As soon as I started playing the album on Spotify I knew this was not going to be my kind of album, every track either that was predictable and expected,” said student Tyler Lopez.

“We all should have seen this uplifting and happy tone coming with that ‘Peaches and Cream’ single,” Lopez continued.

Lyrics like “She bout to go in/ she likes that low end/ damn her ass is so big/ just keep it bumpin’, peaches and cream” held the album back in my opinion.

This is where my main complaint comes in, I felt like the lyrics were weak when compared to other albums in his discography, such as “Doggystyle.”

“I wish there was more to listen to than just the beats and melodies, some compelling lyrics would have been nice but I’m sure the majority of people will eat it up since the beats are pretty catchy,” said student Bernard Munoz.

Something that many modern day albums get wrong is that they never sound cohesive or consistent, but this album was done right by sounding complete.

Usually all the songs just sound random and thrown out there, but this is due to the various producers that someone works with. Everyone wants to add their own flavor and style into the mix.

“It is no wonder this album has such mixed reviews, this is neither the classic Snoop we heard back in the 90s nor the Snoop he claimed to be back in 2013,” continued Munoz, “Rather we get this new overjoyed Snoop Dogg who seems confused about his musical direction and it just seems like he is looking for anything to put out just so he can stay relevant.”

Snoop did a little too much singing in this album for my taste. I feel that he attached the name “Snoop Dogg” to it just so it would sell.

Williams worked on “Get Lucky” by Daft Punk, so I think the pattern is easy to spot.

His style of funk is quite visible within this album which contributes to why the album sounds different from the rest of Snoop Dogg’s older albums like, “Doggystyle” and “The Doggfather.”

These two records released almost two decades ago, which.

You can download the album now on the Google Play Store or on iTunes for only $9.99.

Cyrus’s fans or the music industry, instead he took this opportunity to draw attention to an everyday tragedy in the United States.

He called attention to the 1.6 million runaway and homeless youth, children and teens in America, admitting to be a part of this everyday tragedy. He continues to emphasize this awareness which left Miley in tears on the sidelines.

The “Wrecking Ball” singer is also very active on social media sites such as Instagram and Facebook and is truly a rebel with a cause and gets much more hate than she deserves.

She is constantly making posts promoting her foundation and showing her followers and fans how they can be more involved in the campaign. To find out more or how you can help go on Happy-hippies.org.
The Golden Age of hip-hop and rock

By RAPHAEL DUNN
Staff Writer

From the golden age of hip hop to classic rock, there is something for everyone, and there are albums that somehow/somehow have left a lasting impression on CSUSB students. Everyone has their opinion on what albums are the most impressionable and these are some that CSUSB students can agree on.

Hip hop has been around since the 80s and really grew into popularity during the early 90s with many artists coming out with new sounds and rhymes from both coasts of the country.

The iconic rapper Nas released his debut album “Illmatic” in 1994 and is revered by many artists and fans as one of the greatest hip hop albums of all time.

It contains themes dealing with desolation, gang rivalry, and inner city struggle, all told in first person narrative form by Nas himself. Through his lyricism, he managed to put his own experiences growing up in housing projects in Queens, NY and depicted himself trying to escape life in urban squalor.

Dr. Dre laid the foundation for his rap empire with his involvement with the rap group N.W.A., but he struck gold when he released his first solo album “The Chronic” in 1992. He ushered in the new G-funk sound into mainstream success by mixing live instrumentation with mellow bass lines and keyboard chords and put West Coast style hip hop on the map.

“The beats were amazing and the album still catches peoples attention when ever and where ever it is played,” said student Daniel Campos. Although the lyricism was met with controversy, the album was triple platinum by 1993. Last on the hip hop album list is “Chambers” by the Wu-Tang Clan. They released the album in 1993 and immediately brought New York City hip hop back to prominence.

The album displayed raw, explicit, and free style sounds by its members and became a pinnacle record in a hip hop era labeled the East Coast Renaissance. Even though hip hop is a genre in which most people relate to, it is incomparable to the impact classic rock music has had according to CSUSB students.

“Rock music is really everywhere you go. Movies and TV use rock songs all the time and they have become a way of expressing yourself,” said student Alyssa Wood.

Seattle, WA in the early 90s was a breathing ground for grunge rock music which lead to the release of “Nevermind” by Nirvana in 1991. Nirvana is one of the most influential rock bands of all time and with the release of “Nevermind,” brought alternative rock to mainstream accolades.

“Pink Floyd released “The Wall” in 1979 and was the bands last studio album that was made with the original members, which is why it is considered to be one of their greatest works. It is a very dark and harsh album displaying concepts dealing with isolation and abandonment from society due to the war and has sold over 23 million copies worldwide since its release.

The Doors, hailing from Los Angeles became America’s go to psychedelic rock band with its release of their self-titled album in 1966.

With the deep and ominous voice of Jim Morrison and their recognizable extensive keyboard solos, the album has been recognized as a work of art by all outlets of society.

“When I think of The Doors I think of chilling at a bar and drinking some beers. Their sounds make it perfect for relaxing with friends,” said student Jessica Jimenez.

The album was put into the Grammy Hall of Fame and was also inducted into the National Recording Registry by the Library of Congress in 2015, claiming it to be culturally, historically, and aesthetically significant.

These are CSUSB’s favorite iconic albums from these genres but they have all still left their mark on the world and will be appreciated by fans for generations to come.
Fad diets are bad for you

**By SHELBY HANCOCK**

Healthy weight loss is accompanied by exercise and a healthy diet, but many believe there is another way to reach weight loss goals: fad diets.

“Most people who lose weight on a fad diet regain the weight and many people gain back even more,” according to Kaiser Permanente.

Fad diets are weight loss plans that yield dramatic results, according to familiydoctor.org.

“I don’t necessarily like my weight but if I stop eating for a period of time, I’ll probably just revert back to old habits,” said student Nicole Dana.

These diets have very strict guidelines on what you can and cannot eat but some question the effects depriving your body has on your overall health.

“They can attain rapid weight loss and lower cholesterol by eliminating any entire food category from their diets, but that doesn’t mean it’s good for them,” according to psmag.com.

One of the apparent doubts of these programs is they are unhealthy, and there are doubts as to whether the diets actually work.

According to healthresearchfund.org, there are no clinical studies that prove safe or fast results, yet many people still try to use various forms of these diets.

Another downfall of fad diets is that weight loss happens too quickly.

The healthy amount of weight one should lose is a pound a week, according to fitmole.org.

Fad dieters can lose fast up to 10 to 15 pounds per week.

Losing 10 to 15 pounds may be a dream come true, but it might come with unwanted side effects.

“It includes bad breath, constipation, nutrient deprivation, muscle loss, headaches and poor sleep,” according to healthresearchfund.org.

Along with these side effects, the weight you lose is usually water and muscle tissue, not fat, according to healthresearchfund.org.

These dietary programs have downsides, such as being unhealthy and possibly ineffective.

However, they also can have positive results on the body.

One of the positive results is that the body stabilizes metabolism.

This happens when one limits the intake of foods; the body must maintain a steady metabolism to have the nutrients it needs to function properly, according to hungryforchange.tv.

Glycogen is how the body stores glucose for later use and is usually stored in muscle and fat cells.

Simply put, it is our back-up energy source.

According to Personal Trainer Aaron Cullip, one of the major downsfalls of fad diets is that they are too extreme for a lifestyle approach.

“I need food because I work out so much, and quite frankly I really love food,” said student Jake Campbell.

A person cannot live a normal everyday life because of side effects like being lethargic, lazy and fatigued.

“The only way to lose weight and keep it off is healthy eating and exercise,” said St. Bernadine Nurse Karlyn McClure.

Education is the key for us to stop outsourcing our dietary needs to fad diets.

Fad diets look like an easy way out, but look out because they might leave you in a worse place than when you started.

By LAUREN JENNINGS

“I personally feel that if I didn’t exercise regularly, I would go crazy. Overall, it just makes me feel so much better. I don’t think I’ve ever been depressed after exercising,” said CSUSB Personal Trainer Cody Miller.

Exercise has been known to have many health benefits; the best known to be weight loss.

With weight loss, exercise can protect the body from potential harm such as heart disease and Type 2 diabetes.

Disease can be caused by high levels of bad cholesterol, but exercise can help reduce it.

Exercise helps increase the flow of good cholesterol, improving the flow of blood.

“I notice that I can push myself harder each time I go to the gym. I can go a little longer and do more on the weights,” said student Michael Zavala.

A long and more productive life can be earned by exercising, along with an improved immune system.

Less time spent being sick means more time spent doing fun things.

“Exercise can increase your life expectancy by an average of seven years,” stated doctor Christina Hibbert.

Regular physical activity benefits the body physically, keeping it healthy both inside and out.

It can also affect the and mind since it helps manage stress and anxiety, boosting mood and energy with the release of certain chemicals, as well as sharpen memory.

My clients feel better, have more energy, more strength, see changes in their body over time and have more self-confidence in the way they look,” said personal trainer Katherine Brobst.

Stress caused Penn State student athlete Madison Holleran to take her own life on Jan. 17, 2014, according to ESPN.

Her social media profiles showed her as having a happy and successful life, but her mental fear of not doing well in school and in track ultimately led to her suicide according to ESPN.

Stress is very common among college students and leads to lack of sleep, difficulty with concentrating and a weakened immune system. Regular exercise can help reduce stress, which is beneficial for students.

“Exercising causes me to feel less stressed,” stated student Tiffany Newman.

Yoga has become one of the most common exercises for stress relief.

Yoga involves stationary and moving poses and combines them with deep breathing. This allows total relaxation and brings the body to a healthy physical and mental balance.

Biking and hiking are also a good sources of exercise and are very beneficial to mental health.

Fresh air becomes more readily available along with a change of scenery, which both help clear the mind.

Hiking up a mountain generally brings about a beautiful setting which lifts the mood and allows for a nice spot to take a picture or two. “I feel better. I’m not as aggrivated and upset after exercising,” said student Donica Chambless.

Physical activity reduces anxiety and helps boost self-esteem.

“I feel a lot better about myself after working out, knowing that I’m not lazy,” stated student Jessye Gentry.

Not only will exercise keep the body healthy, it will also keep the brain healthy and gives it new ideas.

Exercise can also help kick addictions.

The one addiction that will improve your physical and mental health is exercise.

**Physical fitness complements mental fitness**

**Photo courtesy of Psychology of Kaiser Permanente**

Fad diets are a quick way to get drastic results, but they have a lot of negative effects.
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LUXURY STUDENT LIVING ACROSS THE STREET FROM CSUSB
Juicing: way to health

“If you’re not big into fruits and vegetables, it’s a good way to get them in,” said nutritionist Jennifer Barr, RD, of Wilmington, DE.

By RICARDO MENDEZ
Staff Writer

W hat if you’re not a big fan of fruits and vegetables? It’s a good way to get them in, said nutritionist Jennifer Barr, RD, of Wilmington, DE.

There are many methods to making fresh juice, from squeezing fruit by hand and using fruit squeezers to the most recognized method of using an appliance.

“Juicing has taken the health world by storm, and millions of people are now guzzling down pounds of produce by the glassful,” according to joybauer.com.

Many people are using this juicing method to help improve their overall intake of fruits and veggies.

“The average American is eating less than the recommended servings of vegetables and fruits a day,” according to foodrepUBLIC.com.

CSUSB students find ways to intake their recommended daily values.

“I try to eat as many servings as I can a day but I find it hard to get all my servings because I’m at school all day,” said communications major Michael Banks.

Doctors recommend that we get six to eight servings of fresh fruits and vegetables daily.

These juicing can be a fast way to receive daily servings.

“It’s healthier; you get more,” said student Herman Ruiz.

Juicing also adds a variety of vegetables to your diet that some would otherwise not consume.

According to mayoclinic.org, “There’s no sound scientific evidence that extracted juices are healthier than the juice you get by eating the fruit or vegetable itself.”

Replacing your meals with juicing is not a healthy method of dieting because juicing extracts nutrients from the produce and discards the insoluble fiber or the pulp.

The skin and pulp of fruit helps the digestive system sweep toxins out of your body.

“I usually blend my fruits and vegetables because it uses the whole material,” said student Youngwook Park.

Although juicing is a health fad, some believe juicing is harmful to your health.

“Juice detoxes are the worst thing that ever became commercialized. They’re horrific for people’s health. They crash people’s metabolic rate,” stated celebrity trainer Tracy Anderson.

The popular idea of using juicing for dietary and detox purposes is a common perspective, although the kidney and liver are already very effective at eliminating toxins.

Not only do juicers extract key vitamins in fruits and vegetables, but they can also be expensive.

“I don’t juice. I blend my fruits and vegetables, because it’s easier and cheaper,” said economics major Robert Todd Figueroa.

Juicers can range from $50 to $400, according to moneyning.com.

Compared to whole fruits and vegetables that can last days in controlled temperature, squeezed juices spoil easier and faster, which in a sense spoils your money.

Vegetable juice is perishable, and can quickly develop harmful bacteria, so it’s best to consume the drink as soon as possible.

“I had a mixture of apples, bananas, beets and broccoli that I bought from Juice It Up, I left it outside for a day and it smelled so bad I almost turned blue,” said computer engineering major Daniel Banque.

With proper storage your juices can be good for up to 24 hours.

If you are going to juice, do your research and know what you are doing.