In remembrance of...

Robert Adams    Isaac Amanios
Bennetta Betbadal    Harry Bowman
Sierra Clayborn    Juan Espinoza
Aurora Godoy    Shannon Johnson
Daniel Kaufman    Damian Meins
Tin Nquyen    Nicholas Thalasinos
Yvette Velaso    Michael Wetzel
A year after the San Bernardino terrorist attack, the city continues to work with the community to build awareness and ensure public safety.

On Dec. 2, San Bernardino and CSUSB is partnering together to host an event called “Honor. Reflect. Rebuild,” in the Coussoulis Arena at 6 p.m., which would mark the one year anniversary of the tragic mass shooting. The terrorist attack that took the lives of 14 people while injuring 22 others, happened at the Inland Regional Center off of South Waterman Avenue last December.

The attack was one of the deadliest mass shootings in history and most of the 57 survivors are still coping with the post-traumatic stress disorder, according to The Press-Enterprise.

“Honor. Reflect. Rebuild” isn’t only an event to remember the victims, it is also a gathering to shine light on ways the community can remain safe in situations like this.

The event is going to gather a variety of different communities from San Bernardino County.

“We will have multiple speakers representing public safety as well as speakers from various religious denominations. This is very much a collaborative effort from multiple partners including San Manuel, CSUSB, Valley College, SBCUSD, and others,” stated Chief of Staff of San Bernardino Chief Lopez.

Since the attack occurred, law enforcement have been working with local schools and business on what to do if another attack happens.

“We work closely with the San Bernardino police department. They’ve done active shooter training’s where the kids reenact a scene of a shooter on campus and groups of students are trained to take the perpetrator down to avoid more casualties,” said Alumni Jasmine Luna, who works at Public Safety Academy of San Bernardino which was only five minutes away from the shootings.

The county has also been working with the community to educate people on the Islamic religion.

Recently the University of Redlands and the Redlands Area Interfaith Council partnered up together to host a discussion Saturday Nov. 19 on unity and peace.

The mass shooting not only impacted San Bernardino but the entire country. It also brought more attention to the issue of gun control in the nation.

Because of the shooting state lawmakers initially approved five gun control bills back in April, according to the LA Times.

These bills included a measure that would ban assault rifles with detachable magazines like the one that was used in the killings, and would force all homemade guns to be registered with the state.

People will always remember where they were when they first heard about what was going on.

“They had the mall on lock down until it was cleared and then they closed down the entire mall for the day. At first people were clueless as to what was going on until they announced what happened then people got scared,” stated Alumni Byron Doss, who was working at the Inland Center Mall at the time.

Honor. Reflect. Rebuild will be free to the public and anybody is welcomed to come and show their support.

By SAEED VILLANUEVA
Staff Writer
Students continue to reflect on the impact of the San Bernardino shooting

By EMILY ANNE ESPINOSA
Staff Writer

Student Michaela Reyes, was in class when she first found out about the shooting. “I was just trying to study, but my phone kept going off. This girl was on the phone and her brother was a police officer, and she was freaking out and crying, and everybody was stressed out,” said Reyes.

“For me, it was a scary place, I had never felt that way before, but after that, I totally did,” said Segal. December 2, 2015 will be an everlasting memory for students here on campus. “I ended up staying at my friend’s dorm that night because I was too scared to go home.”

After the shootings occurred, many students felt like San Bernardino was suddenly given a spotlight. “When they talk about shootings like Columbine and Orlando, it’s weird hearing San Bernardino in that list now,” said Escopete. “I remember they said San Bernardino in an episode of Quantico and I was like, wow, it really made an impact,” said Escopete.

“They started talking about San Bernardino like it was a scary place, I had never felt that way before, but after that, I totally did,” said Segal. December 2, 2015 will be an everlasting memory for students here on campus.

Community members share their stories

“I remember, every day, I would get up and it would be normal, but because of the news, I would be watching the news and it would scare me. I remember getting ready for my shift that morning and thinking, ‘What if something really happened, and I should be there?’”

“I remember thinking, ‘I wish I could be helping people if I was there,’” explained Escopete.

“Everybody thinks it’s not going to happen to them,” said Reyes. “And it was such a random day, a random time, you would never think it would happen so close to home,” said Reyes.

Escopete was on his way back to school when he first heard about it. “People were texting me if I was okay, and I was like, why wouldn’t I be okay? So I check Facebook and I checked the news and I’m immediately filled with guilt for not being there,” said Escopete.

“I was thinking of what I could be doing, and how I could be helping people if I was there,” explained Escopete.

Many students found themselves frustrated and upset that campus was not on lockdown immediately.

“I was really angry at administration for keeping classes open until 6 p.m., and I felt like they never addressed why classes were still being held or why campus wasn’t closed immediately,” said Escopete.

Reyes was one of the students who had their 6 p.m. classes canceled, but she still had to attend classes before campus closed. “It was a matter of staying calm,” said Reyes. “Everybody was really tense. You could feel it, nobody could really concentrate, everybody was so shaken up. I still get goosebumps when I think about it,” said Reyes.

Allen Almazan, student, was out with his friends when he received a text that made him too scared to go home. “My mom told me that the shooters actually lived in the apartment down the street from my house,” said Almazan.

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City council round up

Chapter 9 Bankruptcy

By TRICIA KANG
Staff Writer

The San Bernardino City Council filed an emergency petition for Chapter 9 Bankruptcy in the court proceedings.

Chapter 9 is to provide a financially-dis- 

Acknowledged that, even with savings, unsecured creditors, 

The once called Central City Mall now 

Tricia Kang | Chronicle Photo

Bankruptcy

sion or boundaries. The city needs to undertake initiatives designed to reduce and generate revenues.

Over the years the council committee has been developing a new proposal based on the charters of similarly fixed California cities.

The counties to work through revenue enhancement plans of long term debt and adjustments to delivery of services within the city.

“The Recovery Plan’s terms make it clear that the city needs to streamline governance and operations and move into the mainstream of modern organization and service delivery for a city of its size,” stated Henry Nickel the Fifth Warden.

“The city needs to undertake dozens of initiatives designed to reduce expenditures and generate revenues ... Other cities have saved money, while still delivering strong service levels, by adopting alternative service delivery approaches,” added Nickel.

City officials acknowledged that, even with savings, unsecured creditors, such as the pension bond holders, will give little in return.

The plan may set off a new round of challenges from the bondholders and other creditors.

The Recovery Plan’s terms make it clear that among all stakeholders, employees, retirees, citizens and capital market creditors.

Nov. 21

Bus driver asked kids if they were ready to die

A mother told reporters that the bus driver asked the kids who were riding the bus if they were ready to die before the crash, that occurred on Tuesday, which killed at least five children in Tennessee.

The mother had three children on the bus, one that was killed in the accident.

The bus driver was identified as John Anthony Walker, who has been arrested and charged of vehicular homicide, reckless endangerment and reckless driving.

Nov. 22

Man killed outside marijuana dispensary

A security officer shot a man after the two got into a fight in the parking lot of San Bernardino marijuana dispensary.

The security officer said he was trying to defend himself when the man had came to the dispensary asking for the manager but there was no manager and began attacking.

During the struggle, the security told the man several times to stop before shooting the man in the leg and was taken to the hospital but died afterwards.

San Bernardino student pokes classmates needle

A sixth-grade student at Bing Wong Elementary School poked his classmates with a hypodermic needle she found in the street on her way to school.

Ryan Rainbolt, the school’s principal sent home a letter to the parents informing them about the incident and encouraging them to contact their student’s pediatrician for safety.

In the letter, Rainbolt said that the hypodermic needle tip had no reservoir or plunger which made it impossible for any substance to be injected yet the school is taking the incident seriously.
Opinions

Don’t Rush College

By KATHLEEN RAMIREZ
Staff Writer

When you graduate from high school and someone asks what you want to do for the rest of your life, some people know right away, and others, like myself, are plagued by this question.

I definitely took my time figuring it out. When I first started college my major was nursing and after two years into the program I decided it was not something I could see myself doing everyday.

I never pictured myself as communication studies major, but here I am writing for the Coyote Chronicle and I could not be happier.

Of the 1,840,000 Bachelor’s degrees earned in the U.S. between 2012-2013, the majority were in the business field, according to Nces.ed.gov.

“My parents were both business majors in college and I always thought I would follow in their steps, but once I got to college, I realized business just wasn’t for me,” said student Sarah Peterson.

“I decided to change my major to Public Relations, but now I will graduate later than I expected,” added Peterson. I personally think it is well worth it to extend your college career to ensure your degree is earned in something that you love.

In a study conducted in 2010 by The Washington Post, researchers found that only 27 percent of college graduates obtained jobs that were related to their major.

Taking that into consideration, it is important that we explore all options that are available to us. For example, there are classes offered that specifically focus on helping you find what program suits you best.

There are students who totally adapt to the college life and take advantage of all the experiences available to them. Though they might take longer to graduate in the long run they come out of it knowing what they really want.

“I had always planned on being a political science major, but no one told me that once I graduated with this degree, the employment options are limited and I wish I would have taken more time to figure out what I really wanted,” said student Michael Alvarez.

Currently only about 56 percent of college graduates receive degrees within a six year time frame, according to Pew Research Center.

“I think it is important to take your time through college because it is definitely the sweetest time of your life,” said student Sam Shaw.

“We spend our whole lives rushing to grow up, get a job and become a part of the working class, that we do not take the time to enjoy the ride.

In today’s world, the more education you have, the better job security you have.

“At the end of your college career, the most important thing is that you end up with a job that not only makes you happy, but one that also fulfills you.
I am part of the problem. I am not helping to look for the solution, ignorance is power. I was taught that knowledge is key, never said student Brandy Hernandez. She once told me she honestly didn’t understand how she cheated on and she knew about it. I saw no way to make them feel in control, but the problem with this is that it can become detrimental when the problem itself is then escalated to a point of no solution. You may or may not want to accept it at the moment, that is part of the pleasure of avoiding those ugly feelings. How long until these feelings of ‘bliss’ turn into a setback? “I knew something was wrong, but I was happy. After five long months of being cheated on I finally stepped up and asked him the question. He didn’t deny it, the only one that was in denial was me. I felt so stupid for wasting my time,” said student Janet Orozco.

Although these are all examples relating to cheating, ignorance can be seen in many other areas as well. If people were to think ignorance as a blissful thing, we would be in a world, not of educators or critical thinkers, but one of oblivion. “If you ignore your feelings they will get your attention in other ways,” stated author and blogger Kathy Kalina. Because as nice and sweet ignorance is, the truth will always prevail.

By GERALDINE CARILLO
Staff Writer

If your boyfriend was cheating on you at this very moment you would want to know, or would you rather cover your ears, eyes and mouth to keep peace in mind? “Ignorance is bliss” a phrase that people use to refrain getting hurt or avoid the simple truth. As crazy as this sounds, ignorance is one of the most common methods people use to hide from their problems in their life. “When I hear ‘ignorance is bliss,’ I think of ignorant people that hide from the truth,” said student Ana Jacobo.

Although it is something that can be seen negatively to some people, avoiding the feelings of having your heart broken when being cheated on would justify this ignorance to keep sanity. “I had a friend who was being cheated on and she knew about it. I honestly didn’t understand how she never got upset. She once told me she would just ignore it to not get hurt,” said student Brandy Hernandez.

Growing up my parents always taught me that knowledge is key, never that ignorance is power. My mother always told me that if I am not helping to look for the solution, I am part of the problem. This statement is very true when it comes to cheating. For example, people that are being cheated on and know about it are in denial simply because of the result that may come in the end.

On the other hand, knowledgeable women or men who recognize that there is a problem, face the truth and deal with the matter accordingly whether the outcome may be tragic or not. Knowledge can help a person think critically and know about a situation, where as avoiding a predicament deprives a person from the truth. Knowing the fact that your boyfriend or girlfriend is cheating and confronting the situation will only make you smarter in the choices you make later on in life.

People may use ignorance as a way to make themselves feel in control, but the problem with this is that it can become detrimental when the problem itself is then escalated to a point of no solution. You may or may not want to accept it at the moment, that is part of the pleasure of avoiding those ugly feelings. How long until these feelings of ‘bliss’ turn into a setback? “I knew something was wrong, but I was happy. After five long months of being cheated on I finally stepped up and asked him the question. He didn’t deny it, the only one that was in denial was me. I felt so stupid for wasting my time,” said student Janet Orozco.

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By JOSHUA ADAMSON
Staff Writer

I am celebrating CSUSB’S imminent switch over from quarters to semesters. The change cannot happen soon enough. The quarter system is an archaic, compressive and needlessly dense approach to the organization of higher education. Quarters represent a dying way of scheduling the academic year.

Only 14.7 percent of universities use the quarter system, 71.2 percent use semesters, according to an article by Inside Higher Ed.

The same article also notes that the number of colleges that utilize the semester system increased from 62 percent to 70 percent between 1990 and 2001. Such findings are not surprising in light of the benefits of semesters over quarters.

Seminers facilitate more depth into coursework due to the extended 18-week calendar.

Quarters stifle any depth by forcing professors and students to compress their work into 10 rapid weeks of instruction. Students also have more leeway to pick the classes they really want in the semester system, stated Student Marlen Covarrubias.

The coursework itself is superior in the semester system as well. “Assignments [in semesters] help us to have knowledge instead of just depending on the syllabus,” added Covarrubias.

Quarters increase the likelihood that transferable students – many of whom matriculate from 2-year schools on the semester system – will struggle to maintain good grades and a high GPA. I can attest to those difficulties as a transfer student and semester system alumna.

I was warned by many professors at my junior college that it would be difficult for me to keep up my grades in the quarter system. Although I have maintained my high grades and GPA, such maintenance involved immense difficulties and feelings that many of my academic struggles were unnecessarily induced by the quarter system.

After three weeks into a given quarter, I would already be stressing about an impending midterm or term paper due date.

I would either be on track to attain a good course grade or too far behind in class to possibly recover. Every assignment and project would be due at the same time by the ninth week, which stymied my ability to really focus on one task at a time.

This is not the right way to schedule higher education. The spring quarter does not conclude until several weeks after the semester has already ended. That added time pointlessly intensifies the competition that recent graduates encounter on the job market.

It is an anachronism that our university still uses the quarter system at all. Most CSU’s are on semesters, and only four, San Bernardino, Pomona, San Luis Obispo, and East Bay, still use the quarter system, according to an article by EdSource.

Sister CSU’s Los Angeles and Bakersfield converted to semesters in Fall 2016.

Plans are underway for each remaining CSU to adopt the semester calendar over the next few years.

The benefits of semesters are not lost on students. “Semesters make an even playing field with other CSU’s,” stated student Abraham Garcia.

“Since most [CSU’s] are semester based, it would make it easier in terms of transferring credits and classes,” concluded Garcia.

This is just another bonus of the impending semester switch over. Our university will be a better place once the conversion finally happens.
International Market Night

By ZHIYING XU
Staff Writer

Music, free giveaways, art walk, food, inflatables and other fun activities took place at the International Market Night on the Library’s Lawn, Nov. 18.

“We expect to make this night market as well as ‘626 night market’ and we hope it not only attracts student and staff, but also the residents of San Bernardino,” said Center for Global Management of College of Business & Public Administration Daniel Perez.

626 Night Market is one of the original and largest night markets in the United States, with over 200 food, retail, and craft vendors, plus art and musical attractions.

“Students organizations will be able to sell food and beverages of their country pending on approval by Environmental Health and Safety. We will provide chairs and tables for them if needed,” said Perez.

Lots of student organizations participated in this international market night.

“It is a good experience for us, it is our first time participating in this kind of event,” said President of the Chinese Student Association Jingjing Li.

Student organizations that participated kept all of their profits.

“We never think about the profit. We just want to show our culture and let our members of Chinese student association can join this international market and enjoy it,” said Li.

This market provided a place and a chance for people to learn about other cultures through what the organizations showed.

“We were selling paper-cut, bookmark and bracelet etc which is filled with Chinese elements,” said Li.

Other booths also showed their traditional elements in different ways.

“I passed by the table of the French student association and I was attracted by them. They show cased French culture and they had game that recognized the landscape,” said student Xuanyi Wu.

The market also had games, music, food, art, free giveaways, inflatables, raffles that showcased the different cultures.

“At the middle of this market, they had a bouncy house for children and adults to play together. Family’s were also able to enjoy time together with their kids.

“When I saw many families have a good time during this market night, I felt peaceful and it made me miss my family so much,” said Chinese student, Yuqing Gui.

The event was free for students, faculty, and staff, but it charged general public $2 entrance fee, or half of the fee if they wore cultural clothing.

“The event gave wonderful insight towards different cultures around campus,” said Perez. He hopes that international market night helped people understand life outside of this country.

By ZHIYING XU
Staff Writer

The Chinese Study Association is out in the market selling wonderful knick-knacks while also giving information for those intrigued to know more of markets in China and about Chinese culture.

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“The event gave wonderful insight towards different cultures around campus,” said Perez. He hopes that international market night helped people understand life outside of this country.
For those who like to walk and use their phones at the same time, the phenomenon of texting is creating a new signature gait: the phone walk. Texting and walking is very noticeable in public; a pedestrian with their face down, eyes glued to their smartphones, fingers scrawling across the screen while not completely being aware of their surroundings.

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Features

Beyond the past

By SHAMCE AHMAD Staff Writer

For some students, the walk seems to be a source of shame and a show of ineptitude for those who perform poorly in their text-walking ways.

“I always laugh at people who are buried into their phones while walking. It’s always fun when they almost do or actually run into other people,” said fourth year student Yasmine Sherzoy. Sherzoy admits to being guilty of texting and walking, but was adamant that she has never bumped into anyone while committing the act.

“I don’t even have to look up from my phone anymore. I’ve mastered the art of walking properly and texting at the same time,” said Sherzoy regarding the typical text walk.

The lengths that the public has gone to ensure safe walking while texting led the city of Chongqing in China to introduce a 30 meter “texting” lane in 2014. When told about the newly created texting lane in China, Zikria said, “it’s just enabling stupid people to become more stupid.”

Most students agree that using your smartphone and walking is generally a bad idea, and is considered “pretty antisocial,” according to junior Zach Willhide-James.

It’s not only dangerous, but discourages human interaction in public, “according to Willhide-James.

When talking about the health aspects of texting and walking, students expressed concern for the future.

“I think eventually, over the course of time, human posture will change due to constant over their phones,” said Zikria.

The phenomenon known as texting neck has lead to pain and posture issues for many students.

“I’ve had to remind myself to posture up or sit straight when using my phone,” said student Sarah Malikyarr. “I always find myself slouching or walking slow because of being distracted by my phone.”

The reverse of phones has also led to a heightened sense of anxiety and anticipation in the form of phantom vibrations. These vibrations are just imaginary notifications that users believe they are receiving due to expectations, but aren’t actually receiving.

In most cases, this serves to make us feel silly.

“I’m not sure how it happens but I do find myself reaching for my phone and see that there’s no notifications!”, said Adriana Contreras, student.

The phone walk is a serious issue in the student community, one that needs to be corrected before we evolve into permanent text walkers.

The writing center is a place to get help with anything you need. It is one of the best options available to students. They can help with developing essays, theses, thesis proposals, and even research papers. They will also work with you on your writing, and will help you to stay on track with what you are doing.

Writing Center

By SEUNGKYUNG BAEK Staff Writer

With papers coming closer to due dates, the writing center is at its peak with appointments.

It helps students by reviewing their paper and giving proper feedback through one on one tutoring system.

“The writing center is supporting student’s academic service. It can be both of academic course and non-academic such as resume, scholarship applications, and personal writing,” said Assistant Director Nathan Jones.

Not many people realize it, but trying to apply for jobs when you are an international student is difficult, it is something they also help with.

“We help students any stage of process in writing to organize,” continued Jones.

The center is also familiar with people who are procrastinators, so they often help with developing essays the same day of an appointment.

“The writing center is a place to help students by listening and giving feedback with any type of rough draft paper,” said tutor Katie Chavez, “writing is not necessarily paper, but students can ask for help about brainstorming ideas.”

The receptionist explained why she is proud of working with the center.

Continued Online @CoyoteChronicle.net

The ending of “looking both ways”
A day in Japan
Drawing students’ attention to Japanese culture

Japan Day, a school event drawing students’ attention to Japanese culture and the internationalization of campus, was held Nov. 18.

There were four activities held during Japan Day, which were a Japanese Taiko drum performance, Japanese culture booths, Japanese tea time and a Kabuki lecture and demonstration.

The lecturer of the Department of World Languages and Literature Makiko Amaya, said they invited a professional Taiko performer from Los Angeles and had over 100 people attend.

Japanese culture booths and a segment called “tea time,” was available during the event.

“Teatime would serve Japanese Tea, in the traditional way. Everything is free, and students are going to have a presentation about Japanese culture,” said Amaya.

There were plenty Japanese games and opportunities to win free prizes, but many students believed some of the games were too difficult.

“The games are really fun, but some of the games, like chess, are hard for me,” said student Jose Ruiz.

Both events were planned, organized and prepared by students.

“We had five meetings in the week, with students whom worked so hard to make these two activities happen,” said Amaya.

There were many American students who participated, in helping Japanese students introduce and demonstrate their culture.

Also, the American students who are studying Japanese right now, can learn so many things, not only the language and culture,” said Amaya.

“I had already taken the Japanese class and I’ve always been interested in Japanese culture.

This event really helped me understand more of what Japanese culture is really about,” said Stephanie Cazares.

Kirk Kanesaka, the only non-Japanese citizen to be accepted into the Kabuki Theater, was a speaker at the event, he talked about how manga and anime relates to Kabuki during his demonstration.

“Kabuki is a traditional Japanese drama. He is going to talk about the manga. Manga is the Japanese traditional comics. One piece is one of the very famous Japanese anime,” said Amaya.

Kanesaka hopes to share his patience, love and kindness of his research with everyone at this event.

“I think the best thing is being able to talk to a very diverse group. And I think that is very special, because hopefully this lecture would kind of hit home to different types of people,” said Kanesaka.

Many students think this event is a good opportunity for them to learn about Japanese culture and meet new friends.

“I feel more influenced by their culture and the things they sell and we buy from them. If I could meet somebody who is Japanese, I might want to be able to communicate with them,” said Erick Orduno, student.

Amaya hopes students learn about the Japanese study abroad program that is one of the purposes of this event.

“We have a Japanese program at CSUSB. Every quarter we have about 200 students studying Japanese and there are still some people who might not know about the abroad program,” said Amaya.

According to Ruiz, it was a wonderful time for students who came and enjoyed the Japan Day, but he also has several suggestions, “There could have been more games and the room should have been bigger to allow people to move freely during the event.”

By HAIRUO YI
Staff Writer

Many students think this event is a good opportunity for them to learn about Japanese culture and meet new friends.
The Los Angeles Zoo and Botanical Gardens commenced their annual zoo lights festival on Nov. 18, which featured thousands of lights and animal installations to spread holiday spirit.

The event brought together more than 170,000 visitors and was awarded the Best Choice Travel award by USA today. Among walking inside, there are several lit paths that take you to different exhibitions of the zoo.

“The Lair”, which represents for living amphibians, invertebrates and reptiles was the only exhibition open to the public. It contained a giant green snake covered with bright lights on top of the rooftop, greeting the guests as they walked through the entrance.

“The Lair” creatively put together decorations such as glowing spider webs, insects, with the inside of the building glow in the dark which stunned the guests as they saw their clothes and jewelry glowing amongst the rest of the lights.

The only real animals that were being shown to the public were three reindeers. The reindeer romp village was crowded with parents and their children all gathering around the fence to take pictures of the reindeers, as well as a few props laid out.

Santa Claus made an appearance at the zoo, as children and guests waited in line to take pictures with him.

There were snowflake decorations and white Christmas trees surrounding Claus.

The whole zoo had Christmas music blasting, and it seemed to put everyone in the holiday spirit.

Telling the stories of San Bernardino

A new Times project will help student journalists spark dialogue, tackle tough questions and tell the stories of a diverse community.

The Los Angeles Times is proud to announce a youth journalism and community engagement project in collaboration with California State University, San Bernardino, and Cajon High School in San Bernardino.

The Times staff won the Pulitzer Prize for Breaking News Reporting for its coverage of the San Bernardino massacre one year ago. To encourage public service through journalism and honor the victims of the Dec. 2, 2015, terrorist attack, The Times donated the $10,000 prize to help launch a community news section in CSUSB’s Coyote.

Chronicler and support Cajon High’s participation in Hill Insider.

Our reporting on San Bernardino showed how people can come together in the face of adversity, find strength in each other and work together to solve problems. We are grateful to the community for embracing this initiative and look forward to nurturing a new generation of storytellers.

To read more from student journalists at Cajon High School, visit latimes.com/mysanbernardino.

Real journalism. Real impact.

Los Angeles Times
By YENA HONG  
Staff Writer

Ignite your brain power with music

Finals are just around the corner and what better way to prepare than with a killer playlist to keep you focused. A few students shared what songs get them pumped up while studying.

“I listen to k-pop, but the songs would have to be slow and calm songs like 2PM’s “I’ll Be Back,” Block B’s “Toy,” and Got7’s “Forever Young.” The effects would keep me focused and when I take the test I remember the songs that I listen to which makes me remember the notes I studied and helps me remember the formulas or other subjects that I would be studying for,” said Student Lexus Valencia.

Haeji Hong mentions that she usually listens to low-key and quiet music. London Grammar’s “Strong,” Adele’s “Chasing Pavement,” and Christina Perry’s “Human” are her favorite when she studies. “I usually listen to Code Kunst when I study. His music is really inactive, and it is a mix of indie and hip hop. I would like to recommend his songs. Especially, “Parachute” and “Beside Me” are probably my favorites,” said Lauren Reed.

Student Lester Morales states that he enjoys listening to smooth chill R&B alternative songs while he is studying. Some of his favorite songs are Ariana Grande’s “Be Alright,” “Knew Better,” and “Forever Boy.”

“These type of songs help me feel relax since the vibe that the songs give is of a dreamlike trance which supports me not be stressful and be able to stay soften and think clearly about what I am doing,” continued Morales.

Otherwise, some students like to take joy in crazy songs while they study. Jordan Tyson states that she likes to enjoy fast-paced music usually, like pop or rock. It keeps her focused, so that she can study better when she listens to fast music. On her playlists, System Of A Down’s “Chop Suey,” The Knocks’s “Collect All My Love,” EXO-CBX’s “The One,” Kendrick Lamar’s “Alright,” and Hardrive’s “Deep Inside.”

“I’ve been really into Twenty One Pilots recently, so I listen to their songs while studying. I’m usually pleased with “Fairly Local,” “Stressed Out,” and “Lane Boy.” The songs have a cool beat and lyrics and when I’m studying and start getting sleepy or tired, the songs manage to boost my energy,” said Rocio Fuentes.

Some students prefer to listen to songs without vocals.

“Most of the time I sit on my chair staring at monitor and coding which is pretty intensive when I do for a long time. After listening to classical or instrumental music, I feel I’m getting refreshed and better concentrating on coding. One of the favorite songs in Piano Guys’s “Peponi.” Their plays are legit and they assist calm myself down,” said Student Jaewon Kai.

Melanie Limon agrees with Jaewon’s words. “For me, I can only listen to really chill music with just beats and some vocals. I can’t listen to regular music because I won’t pay attention to what I’m doing. It makes me to get distracted and start singing the songs instead of studying,” said Limon.

I also listen to piano instrumentals sometimes. The soundtrack from the movie ‘Her’ is one of my favorites to study with,” continued Limon.

Student Jackie Bravo states that listening to music when she studies helps her stay on task. “I feel relieved that it is finally ending, but I am also curious of what my final grade would be after all those weeks of work that I’ve done,” continued Bravo.

Diverse music helps students with improving their concentration and brain power. It also makes studying more enjoyable.

Los Angeles gets into the Christmas spirit

By YENA HONG  
Staff Writer

Los Angeles gets into the Christmas spirit

the Christmas spirit.

Along with the speakers blasting music, there was also a small stage that featured small local bands playing cover songs of famous artists. One of the cover bands consisted of a drummer and a lead girl singing Bruno Mar’s hit song “Treasure.”

Although it seemed like many people were more interested in viewing the lights, I took some time to stop and view the performance and I enjoyed how well of a singer the girl was. The cover band performed enthusiastically and made the experience even better.

“The music and displays are very well thought out and even the flow of traffic was directed well by the staff and signs,” said first time guest Nahid Davari.

There was also a water show called “Lightscapes”, which contained music, lights and shooting water fountains.

There are no seats to watch the water show, and it was difficult to see some parts of the show due to tall people or kids on parents shoulders blocking the view. A fan ride was the carousel for only $3 a person.

The line went by extremely fast for this ride. There was also several vendors who were selling churros, hot chocolate, coffee and glazed almonds for less than $10 an item.

Besides the food, there were many stands located all over the zoo that sold alcoholic mixed drinks and hard liquor.

Tickets are $14 for adults and $11 for children on the weekdays, while on weekends the prices go up to $18 for adults and $14 for children.

The LA Zoo Lights is open every night from 6 to 10 p.m. except for Christmas Eve and Christmas Day.

Whether its sipping some coffee or hot chocolate, snacking on a sweet churro or walking with your friends or loved one, the dazzling lights at the Los Angeles zoo are a great destination to celebrate the upcoming holidays.
New year brings new games

By NYLLES VERNON
Staff Writer

This year is coming to a close and 2017 is right around the corner, which means that new video games are coming soon to keep us students entertained when we aren’t studying and writing papers.

Here are a few of the upcoming games being released next year that students on campus are anticipating.

“Persona 5” is set in Tokyo and revolves around a group of high school students called “Phantom Thieves”, who use powers in order to change their modern perception of life to build a better future.

Computer science major and avid gamer Kim Aguilar said, “I’m excited for ‘Persona 5’ since studying the Japanese language here at school I’ve become a big fan of anime and the Japanese culture.”

The game has already been released in Japan and will be released in April.

If you’re a fan of Norse mythology then this new installment of “God of War” is perfect for you.

This time around Kratos is still the main character and he has a son, who he must teach and protect from the world of Norse gods, vikings and monsters.

“I’ve been a fan of ‘God of War’ since the first one came out a few years ago. I love Greek and Norse mythology, so when a new one was announced I was really excited for it’s release” said freshman Jose Campos.

As of right now, the game is still undergoing some play and story changes and is currently delayed for sometime in 2017.

If you’re into fighting games and comic books, then “Injustice 2” is the game to play.

Based on the characters from the DC Comics universe, “Injustice 2” is an all out battle that features characters such as Batman, Wonder Woman, Superman, Flash and many more. This one is also coming out some time next year.

We asked Kevin Adkins, a biology student what he was most excited about “Injustice 2.” “I’m most excited about them not sticking to well known characters of the DC, meaning we’re going to have a different roster than the first game.”

Up next would be the remake of the 1997 RPG classic, “Final Fantasy 7.”

A trailer for the remake was shown during E3 a few years back and fans have been clamoring for it’s release ever since.

Originally released on the PlayStation, Cloud and the gang must fight an eco-terrorist group to save the world.

Business student Hunter Jackson said, “For a lot of Final Fantasy fans this is where it all started.”

“I used to play the original all the time and I know that this one will be better,” continued Jackson.

Finally, one of the most anticipated games, “Kingdom Hearts 3”.

The game is currently in development and is scheduled to be released sometime during 2017.

Mixing together worlds of Final Fantasy and Disney, Sora must band together with Donald and Goofy to save their worlds from another Keyblade War.

“I really hope that this game gets released this year because it’s been over 10 years since they have released another sequel and everybody who has been waiting on this game forever,” said student Andrew Gonzalez.

From fighting, to role playing and even Greek mythology, the new year looks promising for the future of gaming.

Didn’t see one of your recently announced upcoming titles on the list? Hit us on twitter and let us know what you’ve been added at @CSUSSkchronicle.
By SPENCER REIFEL
Staff Writer

The wonderful world of wizardry

The person who introduced us to the magical world is back at work. Well-known author of the Harry Potter Saga, J. K. Rowling, released “Fantastic Beasts and Where to Find Them.”

This is the first of a trilogy written by Rowling under the fictional characters, Newt Scamander. “Fantastic Beasts,” published in 2001, a mock textbook. The trilogy is a prequel to the Harry Potter saga.

Opening Nov. 18, it has already brought in 75 million in its first weekend. In its first week it has a rating of an 8.0 out of 10 on IMDb, and a 75 percent rating on rotten tomato.

This action filled family oriented sci-fi fiction movie is full of surprises, keeping you on your seat the whole time.

The story begins when Scamander (Eddie Redmayne) a wizard who travels from England to the U.S. with a suitcase full of fantastic beasts from the wizarding world.

This story is based out of New York City during 1926, when Scamander is just stopping and going to be on his way. Yet he runs into Jacob, a no-maj (The American for muggle), and accidentally switches briefcases, starting a world wind of adventure.

Scamander starts to find out a little more about New York then he thought he would to know, as Jacob starts to find out a little bit more about the magical world.

Throughout the movie you get little snippets of the magical world of Harry Potter, learning about Dumbledore in Hogwarts of course.

It is not necessary to know the story about Harry Potter but it is very helpful to understand a little bit of the storyline.

This movie takes on the American outlook of the magic in the world and the no-maj relationship.

“The only thing this movie is missing is that they do not go into the wizard world as much as you think they would as they did in Harry Potter,” stated Anissa Cooper, “I enjoyed the Ministry of Magic and the influence it had on the Harry Potter movies I wish there was a little more of that in this one.”

David Yates directed this with the help of Rowling. This movie is the first movie from Rowling that was not a book. David Yates directed the last four Harry Potter movies.

“The detail in these beasts are so realistic that you could believe they could be real,” states Anissa.

Colin Farrell, Grave who is an investigator for the United States magical world and John Voight a newspaper editor, are the most well-known actors in this movie.

But the biggest surprise is Johnny Depp, who makes a cameo in this movie not a very long shot of him but a very important one.

Overall this movie gets a nine out of 10, it brings you back to the wizard world that Rowling has put in a book and now into movies. The next few should be another magical road as this one was.
Fat increasing foods and time-consuming events encompass every holiday season, but there are ways to stay active and disciplined in the comfort of your own home.

As people are adjusting to the weather change, working more for the holidays, enjoying the appetizing food, and finding time to go to the gym can be hard. Daily stress equals an increase in weight.

Especially with constant planning, cooking and shopping. There are different factors and situations that come into play that many don’t take into consideration.

Sitting can be just as addictive as over eating and both can negatively affect the cardiovascular system.

With all the traveling and visiting family members, you’re not always in control of what you eat.

Exercise and disciplined eating are probably not fond memories or even something people relate to this time of the year.

“Sometimes when I am not in the mood to workout in our crowded gym, I go to our track instead,” said Rec Center regular, Jose Martinez.

“I run a couple laps as a warm-up and then do body weight exercises such as, mountain climbers, push-ups, jumping jacks,” continued Martinez.

Although you may feel it is not the same as weightlifting in a gym with fancy machines, your body can be the strongest machine.

According to blog.trainheroic.com, “One of the most important benefits of bodyweight exercise is its ability to improve your cardiovascular endurance and muscle strength all at once.”

Hiking can push your limits and relax your mind while enjoying beautiful scenery.

There are many hikes in the Inland Empire that can challenge you and get your heart pumping such as Claremont Loop or Mt. Baldy.

You can also try an easier hike with a paved trail all the way to the top to incorporate some body weight exercises on the way up.

A perfect hike for this would be Mt. Rubidoux in Riverside, Calif.

“I go on many hikes and Mt. Rubidoux is by far my favorite because of the paved trail,” said student Yarerri Morales.

“You can choose to run it if you are in the mood or just power walk which will still give you a good workout. My favorite time to go is early in the morning to watch the sunrise,” continued Morales.

It is about a 3-mile hike and has benches along the way up where you can stop to do triceps push-ups or kick-ups.

The trail also has about 20 steps once you reach the top where you can incorporate jump squats or simply just run/jog up and down them.

“Mt. Rubidoux has been very useful for me when I feel that I need an intense workout but feel stress-free at the same time,” mentioned Martinez.

“The benches they have at every corner make it convenient to incorporate different workouts so you are not only doing cardio,” added Martinez.

Next time you are stressed and feel like going to the gym is your only way out, take these suggestions with you and give the outdoors a try. If you do not have a gym pass and feel you need exercise in your life, remember that there is always a hiking trail waiting for you.

CSUSB outdoors offers many activities year round to engage in such as rock climbing, kayaking, and surfing. Follow them on Instagram @csusboutdoors to get updates.
Pros and cons of going gluten-free

By DIARA FOWLER
Staff Writer

The gluten-free (GF) diet is probably one of the most demanding ones out there, for those that love bread and grains.

“Gluten is a protein that is usually found in grains, wheat, barley and rye. This particular diet excludes all bread, pasta and many baked goods,” according to Womensrunning.competitor.com.

For those individuals that suffer from Celiac disease, have gluten sensitivity or just want to pursue a healthier lifestyle, this diet has it’s benefits.

“Not eating gluten helps reduce the risk of heart disease, cancers and many other health-related conditions like diabetes,” said Zumba Instructor Olivia Ochoa.

When not consuming gluten, the human body usually absorbs the proper nutrients it needs almost immediately; the diet is in effect. This diet also helps to eliminate high-calorie carbs, which are known for making the body feel more “sluggish and bloated” added an article from Women’s running.

Another benefit of gluten-free diets is that they can help with weight loss.

In order to get the full effect when cutting it out of your diet, it is highly recommended that you substitute gluten products such as bread and pasta and replace them with healthier, whole food options such as fruits and vegetables help burn the extra fat.

Lastly, this diet encourages awareness of label reading which helps to avoid processed foods.

“It’s just really important that you keep your proportions in mind when taking on such a diet for those looking to lose weight, as with many different combinations and the right proportion sizes of GF starches like brown rice and sweet potatoes two of my favs,” stated Ochoa.

As there are many positives within the diet there are also negative aspects as well.

In some cases where one would be believed to lose weight on the diet, they may actually end up gaining weight.

Many labels of GF products will be marked, but they may actually contain high glycemic carbs and sugar.

Unfortunately, someone that is not eating gluten more than likely going to have a reduced carbohydrate intake vs. someone that is consuming gluten, because not all carbs consist of having gluten in them which some individuals are unaware of.

Most healthier options in the grocery store many of the products tend to be more expensive.

So not only is the consumer paying more for their products but there is also a lack of variety as well so their options are very limited.

One of the downsides to eating GF would be just knowing all the facts and information behind it like potential side effects,” said Ochoa.

“Because we’re not getting all the iron or calcium most would from eating gluten products can sometimes lead to digestive issues or bacterial problems if your bodies are not use to it yet.

It definitely takes time for the body to adapt mine took about a few weeks,” said Ochoa.

Taking on a GF lifestyle can cause many different personal effects. It really just depends on the individual’s body needs but can at the end of the day become a success.

World Cup predictions - Russia ‘18

By KIERON COLEMAN
Staff Writer

With the soccer World Cup just around the corner in Russia 2018, many teams are looking at what their squad selection is looking like, as we are currently a few games through the group stages.

The World Cup 2014, in Brazil, was one of the most demanding ones out there for those that love bread and grains.

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Taking on a GF lifestyle can cause many different personal effects. It really just depends on the individual’s body needs but can at the end of the day become a success.
Volleyball success continues

This year’s volleyball season is wrapping up with big, final highlights as the women won the title of 2016 California Collegiate Athletic Association (CCAA) champions.

They started off their season by playing in the Ferris State Invitational, which featured match-ups against opponents ranked in the top 10.

The first opponent they faced in the tournament was No. 8 Ferris State University. The Coyotes swept them in 3 straight sets. This victory was an impressive start to the season, but they then faced another tough opponent in their following match up against No. 10 University of Minnesota, Duluth. They fought hard during all 3 sets but were unable to capture a victory during the match-up against the Bulldogs.

The Coyotes had their minds set on winning as they beat the University of Minnesota, Crookston and Grand Valley State University to carry the momentum into their next tournament.

Next up on their schedule was the Division II Regional Volleyball Showcase, where the Coyotes looked to add on to their previous success from the tournament before as they started to approach CCAA play. This showcase tournament featured 3 teams from the top 25, which pushed them to their limits.

The start of the tournament favored the Coyotes, but they fell to No. 12 ranked University of Alaska, Anchorage in a 3-2 match loss. This awakened them as they battled on to beat the following 3 opponents in the tournament with 9 match wins to 1 loss.

The tournament was a good start for the Coyotes season, as they began league play against Humboldt State University at home with an impressive 3-match sweep of the Lumberjacks.

After dropping 2 of 4 games against different opponents, they began an impressive winning streak that continued throughout the rest of the regular season and into conference tournament play.

Their 12 game winning streak started on Oct. 8 and continued into the following months as they looked to win a CCAA championship for the first time in 3 seasons.

The Coyotes brought the energy from their winning streak and used it for the CCAA tournament which gave the winner a berth to the Division II National Collegiate Athletic Association (NCAA) tournament.

The team fought all weekend, making it to the championship game against the Chico State Wildcats who handed the women their second loss before their winning streak.

They both played hard all night, playing all 5 sets against each other to determine the winner.

The women would go on to beat the Wildcats with a 3-2 match advantage an NCAA championship.

The team has an overall record of 24-4 with a 15-2 record in conference play while going undefeated at home in 11 games.

The Coyotes will ride their 15 game winning streak into the NCAA West Regional where they look to advance to the NCAA Championships in Sioux Falls.

They will take on the Central Washington University Wildcats in the first round of the NCAA West Regional on Dec. 1. They are 9-2 overall against the Wildcats.