In remembrance of...

Robert Adams
Bennetta Betbadal
Sierra Clayborn
Aurora Godoy
Daniel Kaufman
Tin Nquyen
Yvette Velaso

Isaac Amanios
Harry Bowman
Juan Espinoza
Shannon Johnson
Damian Meins
Nicholas Thalasinos
Michael Wetzel.
By SAEED VILLANUEVA
Staff Writer

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, SBCCUSD, and others,” stated Chief of Staff of San Bernardino Christopher 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.

“We have active shooter training that one’s religion is right and another’s wrong often impedes understanding and coalition-building, said Volf according to Redlandsdailyfacts.com

Volf encouraged spiritual leaders in attendance to unite with those in the “middle” to combat further polarization.

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.

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

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

Room for rent

House with pool, one mile to campus, single room $550/month and shared room $370/month with deposit, all utilities included.

Call: 626-371-6359
Community members share their stories

**Students continue to reflect on the impact of the San Bernardino shooting**

*By EMILY ANNE ESPINOSA*

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.

“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.

For students such as Jessica Segal and Justin Escopete, not being at school made them even more scared.

“At first, when I heard about the shootings, I got really scared because I thought it was on campus,” said Segal. “I called everybody I knew because I wanted to make sure they were okay,” continued Segal.

“Me and my mom sat at home watching the news, we didn’t change the channel, and I made sure to text everybody as much as possible,” said Segal.

“I was really angry at administration for keeping the campus not on lockdown immediately. “It was a really big waiting game at home,” said Segal. “At first, when I heard about the shootings, I got really scared at work,” said Escopete. “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.

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**News**

**SB Strong 12.2.15**

“I remember arriving at school to attend class and taking a seat. Out of nowhere it was announced that our campus was on lockdown due to unknown circumstances. I began to get worried because that was my first time having school lockdown, but I was still able to stay focused on the material I was learning at school. I began to worry because I was not sure if the shooting was on campus or not and I was not sure if I was safe. I remember the first time I heard about the shooting, I was veteran on the phone and her brother was a police officer, and she was freaking out and crying, and everybody was stressed out.”

- Former Costco employee David Gutierrez

“Everybody thinks it’s not going to happen to them,” said Escopete. “That was my first time having school lockdown, but I was still able to stay focused on the material I was learning at school. I began to worry because I was not sure if the shooting was on campus or not and I was not sure if I was safe. I remember the first time I heard about the shooting, I was veteran on the phone and her brother was a police officer, and she was freaking out and crying, and everybody was stressed out.”

- Former Costco employee David Gutierrez

“Everything feels different, at least not until we had to close early due to circumstances that we weren’t informed about. 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.

“Everybody thinks it’s not going to happen to them,” said Escopete. “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.

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**Community members share their stories**

- Inland center mall employee who preferred to remain anonymous

- Victor Calderon, a student at The Art Institute of California - Inland Empire.
City council round up

Chapter 9 Bankruptcy

By TRICIA KANG

The San Bernardino City Council filed an emergency petition for Chapter 9 Bankruptcy in the court proceedings. Chapter 9 is to provide a financially-dissatisfied municipality protection from its creditors while it develops and negotiates a plan for adjusting its debts according to the United States Courts website.

Officials realized that they needed to address the management in order to give the city a chance after it went into bankruptcy in 2012, for $45 million. City council members expect San Bernardino to emerge from Chapter 9 protection within Spring of 2018, as a debt free city.

A hearing confirmed of the City’s Plan of Adjustment. The Plan is set forth on Dec. 14. San Bernardino’s City Council voted to adopt an emergency fiscal plan that would suspend debt payments, freeze vacant jobs, and quit paying into a retiree health fund while city staff produce a more detailed bankruptcy plan.

The bankruptcy filing was just to get the protection in place, to kick the process off,” said a city spokesperson. The city has been hit particularly hard by the foreclosure crisis which left numerous abandoned buildings and businesses. The Carousel Mall which has around 20 businesses still operating, will most likely be demolished for new development.

“The once called Central City Mall now Carousel Mall... I feel bad because it’s like the end of an era of my life that’s going away, as my father has had a business for over 38 years where would the rest of these business owners work,” said a city spokesperson.

The City Council authorized to turn the area into a mixture of retail outlets, restaurants, and offices. Details on development in the city included the bankruptcy Plan of Adjustment, which calls for financial recovery calls for huge cuts for retiree health benefits and emergency earthquake deserrters.

In order to contract services to save money 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.

CCBriefs:

Police seek man who kidnapped woman

Police are investigating a carjacking and kidnapping of a woman that began at the St. Bernardino’s Medical Center parking lot.

After finishing her shift at the medical center, the woman was approached by a man who was carrying a knife and forced her to get inside the car with him, according to authorities.

The suspect then dropped off the woman at IHOP in Rancho Cucamonga with no injuries and police were able to find her car yet it is unclear weather the suspect was arrested.

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.

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 of whom 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.

By ERIKA AGUILAR

Man falls while hanging christmas lights

A 51-year-old Victorville resident man fell from his roof Sunday afternoon while hanging Christmas lights.

When paramedics arrived, they found a latter leaned against the second floor as the man had attempted to hang lights on his two story home.

San Bernardino County Fire Department are now advising individuals to be careful when hanging lights especially during these upcoming holidays.

Police are being alerted after four officers were shot on Sunday in different places around the country.

An officer in Florida was shot while conducting a traffic stop, a Missouri officer was shot after a traffic stop, a 20-year veteran of the St. Louis Police Department was injured and a San Antonio Police Detective was killed outside police headquarters, according to authorities.

Police are still looking for some of the suspects while others were killed during the shootings.

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 come 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.
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. It is understandable that some college students may feel rushed to graduate due to financial obligations, they cannot afford tuition for more than four years, they do not want to acquire that much debt or maybe their parents are pressuring them to graduate.

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, that ignorance is power. 

“Ignorance is bliss” a phrase that people use to refuse getting hurt or avoid the simple truth. As crazy as this sounds, ignorance is one of the most common methods people use to avoid conflict or 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. She once told me she just would 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 feel uncomfortable about a situation, where as avoiding the 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.

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 more critically and logically 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 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.

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 their 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.

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 ending of “looking both ways”

By SHAMCE AHMAD  Staff Writer

For some students, the walk seems to be a source of shame and a show of ineptitude, of 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 Yasin 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 gave up sports and it lead me to being short and scrawny. It has more active in life because of being bullies,” said Sergio Alexander. He mentioned being bullied as a kid and how he has trust issues that affect his relationship with his parents.

“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 Yasin 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 am a child of divorce, so that really screwed me up,” said KNX 1070 Newswatch AM Production Coordinator Sergio Alexander. Alexander expressed that he feels he has trust issues that affect his relationship with his parents.

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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 Orduño, 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.”
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 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 Chronicle and support Cajon High’s participation in HS 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.

Chronicle and support Cajon High’s participation in HS Insider.

By VERONICA VICENTE Staff Writer

Thousands gather for Festival of Lights

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.

By VERONICA VICENTE Staff Writer

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.
Ignite your brain power with music

By YENA HONG
Staff Writer

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 soft 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 Rocío 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 Jaqun Ka.

Melanie Limon agrees with Jaqun’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 helps her stay focused.

“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

Continued from Pg. 10

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 Mars’ 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 visitor 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 fun 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 churritos, 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.

If you’re a fan of Norse mythology, then this new installment of “God of War” has been clamoring for it’s release ever since. During the American Music Awards, Rick Ross revealed that he will be re-releasing his ninth album, “Rather You Than Me.”

Recently Ross came out with his new single “Buy Back The Block,” featuring 2 Chainz and Gucci Mane. 3 days later, it hit 300,000 plays on Spotify. Ross has experienced great success in the past. This upcoming album will be his first since parting ways with Def Jam and fans have the same high expectations.

Future dropped new tracks (Nov.19)
Future celebrated his 33rd birthday early and decided to release two new songs called “Ain’t Tryin’” and “Poppin’ Tags” which was first played on OVO Sound Radio.

“Ain’t Tryin’,” contains lyrics that sound like Future is talking about all the jealous people that surround him, while “Poppin’ Tags” contains the names of high brands which is Future’s favorite. No matter the song, Future remains rapping over his faming trap beats that he’s known for.

“Cars 3” trailer released (Nov. 21)
“Cars 3” first teaser trailer was released and showed lots of racing from Lightning Mcqueen.

The trailer consisted of eye-level shots and racing on the track. The trailer ends with the words, “From this moment, everything will change.”, it is set to be released in Summer 2017.

Netflix captures Obama (Nov. 21)
Netflix released the trailer for “Barry”, focused on young Barack Obama while he attended Columbia University as an average student who was trying to figure out what he truly wanted in life.

The film is expected to cover Obama’s struggle with being a multiracial man during his high college years all the way through being the President.

The highly anticipated movie of the former president is set to be released on Dec. 16 on Netflix.

Kid Cudi shows gratitude (Nov. 21)
Kid Cudi gives thanks to various artist; Kanye West, Pharrell Williams, Travis Scott, ASAP Rocky and more. Cudi gave thanks to his friends and fans, “I wanted to let yall know it meant the world to me. I have nothing but love for you. Words can’t really express how much it made my heart glow.”

Cudi checked himself into rehab in October due to depression and suicidal urges, he left rehab early November and has hit the stage during various events.

Kanye West hospitalized (Nov. 21)
Kanye West was hospitalized in Los Angeles and put under observation.

The Los Angeles police received a medical welfare call, the hip-hop star and fashion icon had no criminal activity but the decision to hospitalize was best for his health and safety, leaving him to cancel the rest of his Saint Pablo Tour.

According to Billboard BoxScore, canceling the remainder of his tour will cost him more than $20 million.

“This time around Kratos is still the main character and he has a son, who he is perfect for you.

According to Arts & Entertainment Section Editor, Kevin Adkins, “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 should’ve been added @CSUSkBchronicle.
The wonderful world of wizardry

By SPENCER REIFEL
Staff Writer

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 it’s first weekend. In it’s 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.
Exercise in the hall

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. Probably not fond memories or even some of what you eat.

“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 Yarri 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 its 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 by 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 Competitor.

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 from GF starches like brown rice and sweet potatoes two of my faves,” 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 highly processed carbohydrates and sugar.

Unfortunately, someone that is not eating gluten would say they will be huge contenders 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 body 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 many of the teams felt they under achieved in. With Brazil taking a heavy loss in the Semifinals after losing Neymar Jr. (Captain of Brazil) to an injury.

With a huge increase in goals per game from the 2010 Cup, many of the forwards would like to continue scoring more goals next year.

Germany, the current champions, would like to continue their success into next year, after leading in goals scored (18) and best passers of the ball with an 82 percent completion rate.

Brazil, a team which had huge potential narrowly missed out in the home country to get to the final. Although many would say they will be huge contenders for next year.

The U.S. left the world cup after winning the best defense with 27 saves and 16 blocks. Past leaders (Germany) and runners-up (Argentina), will both fancy their chances at winning next year.

Lionel Messi will probably be entering his last major tournament with Argentina, with a strong squad. Hoping for some revenge next year after losing 1-0 in the final.

Players to watch out for in the next cup are very similar to the ones who took the trophies in Brazil.

France’s Paul Pogba took the young player award last tournament. With some improvement and a move at club level, he potentially could be one to help take France far in this Tournament.

Arguably, the best player in the world. Messi will be someone teams will attempt to mark out of the games. He also took the Adidas Golden ball last World Cup.

Top gol scorer last time James Rodriguez will look to continue his form from club and country, in an attempt to make an upset with Columbia.

The incredible German shot-stopper Manuel Neuer will look to further his medal of going into next year.

While attempting to remain the world champion, as well as the Adidas Golden Glove award.

Current table leaders include France, Switzerland, Germany, Rep. of Ireland, Poland, Spain, Belgium, Croatia and England. Have all started well in this year’s qualifiers.

“If someone is able to get the better of Germany then I think the cup could go to anyone, but I can’t see Germany losing an important game after the qualifiers,” said defender/midfielder Eric Lavery.

Germany looks to be the big favorites in most peoples selections across the world, although Brazil is not too far behind in all the odd checkers.

Many countries would like to prove the media wrong after some criticism of the last World Cup. Teams such as England, known to have good players, but don’t show up when it’s game day.

“There will be many teams I think contending this year, but I think that Brazil will be the best out of the bunch, by hav- ing such a big squad, full of young and old talent,” said defender/midfielder Richard Caine.

Although it is still 2 years away, fans are already looking forward to the final outcome, hoping their country will be crowned the winner.
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 showcase 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.

The Coyotes huddled together after their defeat against the Chico State Wildcats in the CCAA tourney finals on Nov. 19.

By GREGORY GAMMILL
Staff Writer

The Coyotes huddled together after their defeat against the Chico State Wildcats in the CCAA tourney finals on Nov. 19.