November 14th 2016

CSUSB

Follow this and additional works at: http://scholarworks.lib.csusb.edu/coyote-chronicle

Recommended Citation
http://scholarworks.lib.csusb.edu/coyote-chronicle/683

This Article is brought to you for free and open access by the Special Collections & Archives at CSUSB ScholarWorks. It has been accepted for inclusion in Coyote Chronicle by an authorized administrator of CSUSB ScholarWorks. For more information, please contact scholarworks@csusb.edu.
By ISRAEL RAMIREZ  
Staff Writer

This year's historic election is in the books. The election saw Trump defeat Clinton by a difference of 58 electoral votes leaving the four-decade New York politician with only 218 votes, and 276 in favor of the New York businessman, Donald Trump.

“I feel betrayed by the nation. Over and over again we’re told that racism isn’t a thing anymore, that sexism was overcome years ago, and that we’re all equal. But, the results show the complete opposite. I feel that the nation embraced Trump’s bigotry and in return millions of people of color, women, and immigrants woke up in fear today,” said local resident Erika Anaya.

In the past year this election caused a division throughout the nation, seeing supporters choose sides between Clinton and Trump.

Proudly, the nation’s citizens drove around and contradicted each other with bumper stickers reading “I’m With Her” and the famous “Make America Great Again”.

Many are worried about whether Trump has the ability or experience to be Commander-in-Chief after the not so professional debates and conventions he held throughout his run for the presidency, while others are in full support of the multi-billionaire business man.

“Trump offers grit. Grit that Hillary did in fact possess but clearly did not know how to channel in the later days of the election,” said local resident Jake Stewart.

“He offers blatant and brutal honesty, which is important for this country in countless way. He also offers jobs, and brings back a sense of economic responsibility to the states,” added Stewart.

Although the country may at the moment be divided about the result of the presidential election, the nation was able to come to some agreements, with many of the major propositions on the ballot.

California has now legalized the use of medical marijuana for ages 21 and over after, Prop. 64 won by a small margin of 12 percent.

“I think it’s a good thing, not just because I smoke but because it brings money back into the system. Now people don’t have to worry about feeling judged for having a medical card on their medical record. Even greater only adults 21 and over could purchase it,” said student Jaime Avila.

Along with prop 64 and 57 also saw an up vote by Californians.

Tuesday’s voters winning by the large margin of 64 percent approved prop 57, which allows inmates to get early release from prison for non-violent crimes, and giving corrections officials the power to give inmates early release credits.

Another proposition that sparked controversy throughout the past year was prop 63. It requires heavier background checks when purchasing ammunition and prohibits the use of large capacity magazines.

After speaking to local gun owners here’s what one of them had to say.

“I’m all for the proposition, it’s pretty solid but personally I think the required background check for ammunition is really pointless. Bullets don’t have serial numbers, so no matter who buys it, it’s going to be untraceable and it raises the price of ammunition,” said a local gun owner Ismael Gomez.

Elections are done, propositions have passed, failed, America prepare yourself for your new President.

On Jan. 20 Donald Trump will take the oath of office and will for the first time shape the oval office chair to his standards as the 45th president of The United States of America.
WOMEN DRAFTED AT 18

By TRICIA KANG
Staff Writer

Under the Senate defense bill, passed on November 1, women turning 18 on or after January 1, 2018, would be forced to register for Selective Service (SS), as men must do now.

“As a person who believes in equality, if I had to do it too, then I would do it. Having no problem living in the U.S. as we want equal rights we should have equality in both men and women including in the military,” said Betzy Aceves, a CSUSB Cadet Company Commander.

Currently, U.S. law requires most male citizens and immigrants between the ages 18 to 25 to register in the SS system. The failure to register could result in the loss of various forms of federal aid, pell grants, and other penalties.

Because the policy would not apply to women who turned 18 before 2018, it would not affect current aid arrangements.

Congress seek to expand SS requirements to include both genders and nearly opening all combat roles to women.

“As I have two daughters of my own, both in the U.S. Army...this new bill is forcibly sending them off to war. Just because they’re registered, doesn’t mean that they should be enlisted into war,” said Vietnam Veteran, Robert Powell.

The debate over women’s shifting role in the military probably won’t be over anytime soon.

The House of Representatives passed a version of the military bill, that does not include a requirement for women to register in the draft and the two chambers will need to reconcile the differences before they can pass a unified spending bill.

“The Senate overwhelmingly passed a $602 billion defense bill Tuesday that included an amendment that would require women to register for the draft also known as the [SS] for the first time in history,” according to CNN Politics.

The amendment extending the draft to women was put into the National Defense Authorization Act, a key piece of military funding legislation, which claim this is a milestone in women’s equality for the military.

“(I am) Having mixed feelings of forcing the next generation of young women that will be involuntary enlisted into [SS],” said student Victoria Padua a Military Service III.

Clinton told The Huffington Post that she insisted that she opposes actually enforcing the draft, “I am on record as supporting the all-volunteer military, which I think at this time does serve our country well.”

While the U.S. Defense Department officials have made clear it has no problem with requiring women to register for the draft, lawmakers in Congress appear to bypass the issue in the upcoming battle over the defense policy bill.

The House and Senate negotiators plan to waive the Senate version of the National Defense Authorization Act in supporting of the issues.
In light of recent police shootings, states across the country are pushing for the passing of the ‘Blue Lives Matter’ (BLM) bill.

This bill will increase criminal penalties for crimes committed against officers to provide protection for law enforcement and prevent threats against them. Police believe they are being victimized by criminals and targeted as a hate group for the fact that they are the authority. The bill could possibly make an effort to reduce that amount by providing protection to officers, especially in states and cities such as San Bernardino, which have a high rate of homicides.

Police would have more protection in regards to their profession with the public knowing that there is a penalty for those who tend to insult and attack them.

They’re both civil wars.

“Considering the high homicide rate in San Bernardino if the bill were to be passed, it is possible officers might feel a bit safer knowing things might have changed and make better decisions out in the field lowering homicide rates,” said student Ariano Prieto. In regards to the bill, Iowa State Rep. Ken Rizer, has introduced a bill in response to the shootings of officers in Dallas and Baton Rouge and now with the death of two Iowa officers, he has the urge to push the bill, according to Guns.com. “I believe the bill won’t really change anything besides having severe consequences to those that target police officers,” said Prieto.

“The real problem is, we as humans need to look out for each other and treat others how we want to be treated, not talking about dreamers, communists, and anarchists. We are talking about people who want to put women in prisons,” said AbuKhali. After the panelists presented their topics, the floor opened into a Q&A session with students, faculty, and community members. During the Q&A attendees asked questions relating to the differences between the Spanish Civil War and Syrian Civil War, the U.S. role in each conflict, how to help the Syrian refugees, and the legitimacy of the Syrian government.

“It really helped build a sort of vision of both sides and that’s one of the main reasons why I came to this event, to basically figure out why there are these depictions of one country,” said student Laurence Bituin.
California’s health insurance to see an increase

BY JOSH ADAMSON Staff Writer

The changes in California’s individual health insurance market will impact Southern California residents and students in 2017.

Premiums for insurance plans sold on Covered California will increase by an average of 13.2 percent next year. San Bernardino and Riverside Counties will have an average premium increase of 10.1 percent.

Students were advised to shop around and consider their options. “CSUSB students can’t do much about the rate increases [but] aiming for the lowest priced plan and not being afraid of switching plans is one option,” stated Economics Professor, Yasemin Dildar.

The majority of shoppers will be insulated from these increases by federal subsidies that help to finance consumers’ insurance premiums.

By SAEED VILLANUEVA Staff Writer

Restaurant catches fire during breakfast time
Wildomar restaurant catches on fire during breakfast Sunday Nov. 6 forcing customers and employees to evacuate.

The fire happened at El Comal Restaurant in the 32400 block of Mission Trail. Firefighters saw flames through the roof of the building and down power lines, according to The Press-Enterprise.

Everybody was safely evacuated and no injuries were reported.

First woman U.S. Attorney General dies
Janet Reno, the first woman to serve as a U.S. Attorney General died at the age of 78 on Nov. 7. from complications of Parkinson’s disease, according to USA Today.

Serving for eight years, she became the second longest serving Attorney General in U.S. history. According to USA Today, former President Clinton called her “an extraordinary public servant who dedicated her life to advancing justice, equality and innovation in criminal justice that would save and lift lives.”

Drug Kingpin pleads guilty
A Newport resident said to be running a $12 million synthetic drug ring pleaded guilty to drug, weapons and money laundering charges Nov. 8, according to the LA Times.

Sean Libbert, 41, ran a ring that created synthetic drugs commonly referred to “spice” or “bath salts” that mimic the effects of weed.

Libbert sentencing is scheduled in March, he has agreed to serve at least six years in prison under a plea deal.

McDonald’s sues Florence
McDonald’s sued Florence for blocking one of their restaurants in one of Florence’s most historic plazas.

The chain was rejected back in June by Florence’s mayor but McDonald’s modified its proposal to fit with city standards, according to BHC.com.

The fast-food giant claims it has been discriminated against and wants to get back the $19.7 million it estimates it will lose over the next 18 years.

A California mother was arrested Nov. 7 for selling homemade ceviche through a community page on Facebook.

Mariza Ruelas, from Stockton, could face a year in jail and possible fines, according to the LA Times.

She is being charged with misdemeanor counts of operating a food facility and a business without proper permits in San Joaquin County.

A Newport resident said to be running a $12 million synthetic drug ring pleaded guilty to drug, weapons and money laundering charges Nov. 8, according to the LA Times.

Sean Libbert, 41, ran a ring that created synthetic drugs commonly referred to “spice” or “bath salts” that mimic the effects of weed.

Libbert sentencing is scheduled in March, he has agreed to serve at least six years in prison under a plea deal.

McDonald’s sued Florence for blocking one of their restaurants in one of Florence’s most historic plazas.

The chain was rejected back in June by Florence’s mayor but McDonald’s modified its proposal to fit with city standards, according to BHC.com.

The fast-food giant claims it has been discriminated against and wants to get back the $19.7 million it estimates it will lose over the next 18 years.
Drinking, partying, getting into trouble are all things that come to mind when considering the Greek life, but these narrow minded views are missing the bigger picture.

There are over 150 variety of clubs and organizations to choose from here on campus, something to suit everyone.

There are many benefits that come with joining a sorority like Alpha Delta Pi, for example, or fraternity like Sigma Nu, such as expanding your social life, attending parties, living in campus housing or gaining post college networking connections. I use to think of those in the Greek life as party animals or troublemakers, but not anymore.

“I wanted to join for the sense of belonging and involvement, sororities and fraternities all have philanthropies, for example breast cancer awareness or St. Jude Children’s Hospital,” said student Hannah Centner.

“I wanted to do something that made a difference and it is also a very familiar thing, you get a big bro or sis,” added Centner.

I personally feel that being a part of something that makes a difference everyday builds character and I would be proud to be associated with such a group.

There is an initiation fee to join the Greek life and it can range anywhere from $700-$1000 depending on which club you join.

Some worry about not being able to afford this, but most of the sororities and fraternities here on campus work with you, allowing you to do a monthly contingency plan.

It is important for students to get the full college experience, and what better way to do so than being a part of a group that instills leadership and philanthropy.

“I was in Sigma Nu at CSUSB and have so many great memories with the friends I made there,” said student alumnus Peter Evans.

“I am still very close with my frat brothers and work with two of them who are my closest friends,” added Evans.

I have always been curious about what it would be like to pledge and have such a strong support group to turn to whenever I need a helping hand. “I remember when I graduated from high school, I was so excited to go to college and join a fraternity,” said student Allen Dominguez.

“But once the quarter started I became so busy with school work I didn’t have any spare time to really participate, it is something I regret and still think about doing,” added Dominguez.

One common misconception of being in a sorority or fraternity is that it may be a distraction from your school work, but nowadays, I think it is over exaggerated and the Greek life has a lot to offer college students.

The advantages of learning how to social network will be a great skill to have later down the road and you will make friends that you will have for life.

The Greek life can make a student a better person through leadership experiences, taking part in community outreach programs, and help them to become more sociable, according to USA Today.

In my opinion, I know how hard it can be to break out of your comfort zone, I tend to be a little shy myself so I think it is necessary to have opportunities for students to become socially cultured.

I strongly believe that investing your time in the Greek life can be one of the best decisions an undergraduate can make — as the Greek community becomes a home away from home.

By KATHLEEN RAMIREZ
Staff Writer

“I wanted to join for the sense of belonging and involvement”
Hannah Centner
Student
**Degree in sports is not beneficial**

By ALEXANDER DOUGLAS
Asst. News Editor

In today’s world, most professional athletes do not go to college or earn their degrees. Some say that there should be degrees specifically for sports such as The New York Times. “I do think that there should be a sports degree that although emphasizes more sports related areas also has the same basic general education requirements in the early years,” stated baseball player Jordan Simon. “I believe so because I think many athletes will do something in sports when their playing days are over and that degree would prepare them for that,” added Simon. To me, that is an idea that is not worth it for most athletes in the long run. Most players do not even play professionally for more than a few years.

According to USA Today, the average amount of years of play time in the NFL is only 3.5 years, MLB at 5.6 years, NBA at 4.8 years, and 5.5 years in the NHL, and only 3.2 years in MLS. On top of that, there is less than a two percent chance of making it to the pros according to USA Today. These are extremely low averages considering getting a bachelor degree takes about four years. This would be a high risk gamble to make it to the pros and could potentially be a waste of an education. At the same time it could be a potential loss of time, a degree in sports would limit the amount of information the athletes would learn. While college athletes at school, they also get an education in something else.

“Some are professional and if they have the talent they should get it. It would be better for their future,” said Lesly Sanchez-Boo. If they were allowed to get a degree specifically in sports this would limit what they could do with their degree. A person with a sport's management degree would only be taught how to manage a sport’s team whereas getting a business management degree would open up many possibilities if they could not get into sports. According to the American Association of University Professors, spending on academics has decreased or remained the same while most colleges are increasing their spending on sports.

If we were to offer sports degrees, the spending would go even further because now they would have their own department rather than individual teams. Universities would shift focus to something that benefits people for only a few short years of play time instead of offering degrees that would last many years in an array academic areas. People go to college to get degrees that would be beneficial to them in some way, but when you have a major that would be so concentrated in one area such as sports then you lose out on a major opportunity to broaden your horizon.
Features

Eurka! A burger joint

By SHAMEE AHMAD
Staff Writer

Eureka Burger, an establishment located in downtown Redlands, brings new avenues to freshly made burgers at affordable prices for college students who want a little more than just McDonalds.

The restaurant is known for their expertise in both craft burgers and beers. Their menu also carries a myriad of other dishes ranging from fresh appetizers to mouth-watering entrees and desserts.

The eatery has a certain buzz in the air that gives it quite a unique environment that is embraced by the employees in a welcoming and family-friendly way.

Eureka Burger has been in business for six years, starting up in 2009. It takes it’s name from the dominant street that it is located on, though ironically the actual address is labeled as Pearl Street.

“It’s been one of my favorite places to eat for years,” said loyal customer Matt Monreal.

The restaurant had been open for seven years, but before that they used to sell street tacos from their home.

“A year before we opened, we used to sell tacos from our house, street tacos. We used to do that, and that was nine years ago,” said Kimberly.

Now there are many customers that come everyday, but son, Juan Cruz said it was really hard in the beginning.

“First it started with my family and I, then we later grew causing us to get a little bit more help with family members outside the inner group,” said Kimberly.

The restaurant had been open for seven years, but before that they used to sell street tacos from their home.

“You get beans, rice and your choice of meat and cheese in the burrito and you can add more stuff if you want. We have the Macho Burrito, which has everything in it and it is double wrap,” said Kimberly.

For instance, an alternative choice is the avocado sauce which is very popular with their homemade sauce.

Kimberlyn said some special sauces are brought from Mexico by her parents.

“Our hot sauce is different. A lot of our customers say our hot sauce is different while also having loads of flavor,” continues Juan.

Some customers think the red sauce is too hot for them, but there are other options!

“For us, the green sauce is our hot sauce. Other establishments have their sauces backwards, compared to us;” continued Juan.

For instance, an alternative choice is the avocado sauce which is very popular for customers, who don’t like spicy food.

“The hot sauce is too hot for me, but I like the avocado sauce here. The flavor is different and it tastes really fresh,” said customer, Leean Johnson.

Juan emphasized customer service is the main focus of this restaurant.

“We try our best to have great customer service, to make sure they feel welcome and make sure they feel comfortable,” said Juan.

Most of the food on the menu is under $10, so it’s fairly affordable for college students.

“The tacos range from $1.75 to $3 and the burritos from $6.99 to $8.25.”

“You get beans, rice and your choice of meat and cheese in the burrito and you can add more stuff if you want. We have the Macho Burrito, which has everything in it and it is double wrap,” said Kimberly.

Juanito’s Tacos staple is Mexican food, but they also serve food for different types of customers.

“We also have American food, like hamburgers. For children, we have a cheeseburger and corn dog for them as well,” said Kimberly.

There are a lot of customers that come here time after time because they like the flavors this restaurant has to offer.

“If Brooks had to pick one meal to suggest to customers, ‘it would definitely be the fig burger, because of how unique and tasty it is,’” Brooks continued.

Strong opinions coming from a seasoned Eureka employee.

Business has been booming for Eureka, and they are expanding at a rapid pace across the country.

New Eureka locations can be found in Idaho, Washington and Texas, with two restaurants a piece, according to Brooks.

Eureka Burger is a great place for family and friends alike to enjoy anything from table dinners to at-the-bar eats all week long.

The Family Taco Shop

By HAIRUO YI
Staff Writer

Juanito’s Tacos, located in Highland, is a family owned restaurant which has been attracting people’s attention with its special flavors of their homemade sauces. Kimberly Cruz, restaurant server, talks about her family-owned restaurant, where all the food is cooked by her mother with a homemade style.

“First it started with my family and I, then we later grew causing us to get a little bit more help with family members outside the inner group,” said Kimberlyn.

Juanito’s Tacos, located at 7750 Palm Ave, Highland, California 92326 and they are open from 10 a.m. to 9 p.m. Monday to Thursday, 10 a.m. to 10 p.m. Friday to Saturday and 10 a.m. to 8 p.m. Sunday.

Juanito’s is just the right spot for those individuals whom thrive for the taste of authentic Mexican food, while keeping affordable prices.
Performing at WrestleMania is the dream for many professional wrestlers, but everybody needs to build a foundation for their dreams first.

For 28 years Jesse Hernandez has been teaching pride, honor, and respect to professional wrestling students in San Bernardino.

Hernandez, owner of School of Hard Knocks, began his career in professional wrestling in 1979 while training under The Great Goliath, a multi title winning wrestling champion from 1967 to 1982. After Vince McMahon, owner of World Wrestling Entertainment (WWE), had taken over control of the wrestling territory in Southern California from Mike Labelle in 1982, Hernandez stayed on as an agent. When WWE’s tour would travel to San Bernardino, it was Hernandez’s responsibility to ensure local talent was to be booked on events.

Eventually Hernandez branched out on his own, opening the School of Hard Knocks.

“The name came to us after CNN had done a piece about our school,” said Hernandez. In 1992 CNN concluded their clip by calling it the School of Hard Knocks, after the LA Times had referred to it as the School of Fake Knocks.

Hernandez also spent time working for WWE as a referee through the 80s end then left around 1997. He then co-founded the Empire Wrestling Federation (EWF) with Bill Anderson in 1996, until 1999 in which Hernandez became the sole owner since anderson left the organization.

EWF is a wrestling promotion that primarily showcases the students that are ready to perform in front of a live crowd.

“The EWF is a platform for my students to gain experience with a crowd in hopes they can move on to bigger promotions,” said Hernandez. Notable names that have come out of the school include former WWE Women’s Champion Melina, Frankie Kazarian, Kia “Awesome Kong” Stevens, Rico Constantino and Rocky Romero.

Hernandez was the recipient of The Golden Ear award in 2014 by the Cauliflower Alley Club, a non-profit organization comprised of retired and active professional wrestlers and boxers in North America.

CSUSB Alumni Adam Ghossein is set to officially debut for the EWF at the end of 2016 as a ring announcer. This will be Ghosseins first active role with the organization.

Andy Brown started training in August of 2011 and has quickly climbed to the top of the EWF. Brown made his debut in September of 2012 in a match against Mondo Vega.

As of 2016, Brown is a former EWF Tag Team Champion, EWF American Champion, and has currently been EWF World Champion since May 6, 2016.

Students feel that they have learned many values that can be applied to their careers and lives.

“Our slogan of ‘Pride, Honor, and Respect’ is more than a slogan,” said Brown. He explained that the teachings from Hernandez teaches about taking pride in what you do, honoring the people who came before you and respecting the traditions of professional wrestling.

Jacob Tarasso has been training under Hernandez since 2009.

“It took me two years of training before I felt I was ready for my first match,” said Tarasso. Recently the School and the EWF launched their Hall of Fame.

First inductees were Melina Perez, Frankie Kazarian, and the first EWF World Champion Bobby Bradley.

All three inductees appeared at the EWF’s 20th Anniversary Extravaganza on May 6, in West Covina.

From wrestlers to referees and even to announcers, the School of Hard Knocks is open to anybody seeking an education in professional wrestling.
When people think negative thoughts or ideas, it leads to a chain of stress and anxiety issues. Then they choose to procrastinate to avoid anxiety.

The workshop provided information for students to properly behave and take control of their minds. Students had the opportunity to learn a great deal of helpful information and ways to manage anxiety in the workshop.

“This was a thrive workshop to help students how to manage and handle many anxieties,” said Shane Calhoun, Psychologist Doctor, counselor in counseling & psychological service. “It generally helped college students with some issues that are common with anxiety,” continued Calhoun.

The workshop discussed the importance of having inner peace, the different levels of stress and how they differ, how students control their behavior and how to relax both their body and mind.

“The main goal of this ‘overcoming anxiety’ workshop was to help people with managing their stress better while accept the things that they cannot control,” said Calhoun.

The workshop started with three of basic significant points: having control of what we have the authority to change, the importance of accepting what we cannot control and developing awareness of ones own actions.

“I suggested that students have to focus their energy in solving problems and manage precisely what they can control,” continued Calhoun.

The stress management exercises given are easy, if the participant is willing to follow the correct steps. For instance a process he gave us was: control the area around you, welcome everything, ground yourself in the present, breathe deep and relax the body.

Many college students went through arising anxiety, a term of academic anxiety. Especially during midterms and final exams, students become nervous and get stressed.

“Stress is one of the biggest obstacles to being a successful student because students get overwhelmed, procrastinate and don’t manage their time well,” said Calhoun.

“Anxiety is one of the biggest factors for procrastinating thus causing people give up on studies tasks,” continued Calhoun.

Some students expressed their opinions about the advantageous of this workshop.

“It was a very helpful workshop and allowing me to understand the reason for stress and anxiety, how happens and how I can manage it,” said student Krista Dena. “This event explained practical information to me because I learned about new types of stresses, such as clean stress and dirty stress,” said Hector Navarro, student.

Doctor Calhoun indicated that short term symptoms can be solved in short time whereas long term effect could be a little more serious to get relaxed.

“This workshop was informative and useful since I always procrastinate. It showcased the ways I need to control my own choices for my body and mind,” said Cristian Garcia-Ramirez.

The workshop informed students not only to understand different kinds of stress and anxiety but also emphasized how to manage anxiety with specific ways both of body and mind.

The workshop was held at the Lower Commons, Panorama Room, on Nov. 8, from noon to 1 p.m.
Marvel Studios seems to have another box office hit on its hands with the magic spell casting "Doctor Strange", which is now in theaters nationwide.

The film is the second to be released in Marvel’s Phase Three of its gigantic and ever-growing Cinematic Universe, coming after “Captain America: Civil War.”

The movie stars Benedict Cumberbatch as Doctor Steven Strange, Chiwetel Ejiofor as Karl Mordo, Rachel McAdams as Christine Palmer and Tilda Swinton as the Ancient One.

Dr. Steven Strange is the world’s most brilliant neurosurgeon who goes on a journey to find Kamar-Taj repair the use of his hands after a near fatal car accident.

During his journey, Strange’s faith and abilities are tested by the Ancient One, who tells him that she can teach him how to use the ways of the mystic arts to heal himself.

As he learns to harness this power, he realizes that he has the opportunity to become the most powerful sorcerer in the world and to do anything to protect it from dark forces.

Marvel is no stranger to CGI, as it is used heavily throughout most of the movie and shows how amazing the detail is put into the action and fight scenes.

The film does a great job at fusing the old and new world together, with most of the cast wearing ancient robes and sandals, but still knowing how to use modern day technology.

The use of humor was also a key element that kept this film entertaining, light-hearted and interesting as it progressed.

In one scene during Strange’s first night in Kamar-Taj, Mordo hands him a piece of paper with the word “Shamballa” written on it.

Continued on Pg. 11.
“Doctor Strange” proves that anything is possible

Strange asks Mordo, “What is this, my mantra?” Mordo replies, “No. The WiFi password. We aren’t savages.”

If you’ve seen the trailers for the film, you might’ve seen that Marvel created a world within our world by having scenery bending and collapsing into each other, resembling a mirror image. To avoid movie goers this might be reminiscent of a technique that has been borrowed straight from the 2010 film “Inception.”

Introducing the conjuring of magic spells and combining them with various forms of martial arts was an aspect that made “Doctor Strange” unique to the Marvel Cinematic Universe.

As usual with every Marvel show and film, there are tons of Easter eggs for fans to find. One of those is with Pink Floyd’s “Intergalactic Overdrive,” which is used for the more spaced themed scenes of the movie. Even though “Doctor Strange” is a brand new face to the MCU, halfway throughout the movie you can already tell that he will play a much larger role in future Marvel films.

In the near future, “Doctor Strange” will be one of the links that connects The Avengers with the galactic world in order to fight off the evil villain Thanos, which is why this film is important to the Marvel franchise.

If you’ve been keeping up with the universe that Marvel is creating with “The Avengers,” “Ant-Man” and “Guardians of the Galaxy,” then this film is the perfect way to hold you over until the next Marvel presentation.

With already grossing over $85 million on opening weekend, “Doctor Strange” proves that with the right amount of magic and faith, anything in this world or the next is possible.
Weaving the cloth of confidence

A person’s style and the choice of clothing can reflect or alter a person’s mood, health and overall self confidence.

By VERONICA VICENTE
Staff Writer

Many girls agreed that a dress has the power to completely boost their confidence. It does not need to be a formal dress, a regular everyday dress can still offer the same effect.

“A dress is easy to put together. It is instant style without the stress of matching an outfit,” said fashion enthusiast Jasmine Avila.

Jasmine expressed that her style is laid-back. She loves to dress in sweat sets and sneakers, but on days when she wants to feel better about herself, Jasmine reaches for her favorite off the shoulder maroon dress that ensures she will be complimented throughout the day.

Aside from a dress, several students agreed that a leather jacket is a non gender exclusive confidence booster. The leather jacket appears to look effortless, and can be thrown on with a dress or pants.

“When I wear my Black studded leather jacket on a date I feel cool and edgy. My mood is strong and ready to impress.” said student Casey Smith

Smith explained that her style is usually made up of fun prints and statement pieces, so a black embellished leather jacket was definitely right up her alley. Besides clothing, shoes are just as important when choosing an outfit.

“I love to purchase unique shoes. I could wear the most simplest outfit, but if I put on a pair of shoes that catch my attention, I immediately feel like I can take over the world.” said shoe enthusiast Ar-turo Sotullo.

Sotullo said his Jordan black Retro 11’s are his favorite shoes to wear when he wants to feel good about himself.

“The Retro 11’s are a splurge, but it transforms my mindset and steps up any outfit.” said Sotullo

Along with sneakers, high heels were a popular choice in enhancing a persons mood and ego.

“My style is girly and heels literally and physically elevate my look.” said Connie Soto.

Soto is convinced that she feels more confident and fashion forward wearing her nude stilettos, with lace that wrap around the bottom of her leg.

Although shoes are important, students also hyped up a mid length skirt and believed that it boosted their self esteem when they wore one.

Student’s were on the same page, when they decided a skirt of any color was versatile and able to be mix matched with other pieces of clothing in their wardrobe.

“If I get up, and I need something to brighten my day, I reach for my Urban Outfitters yellow button up skirt to make me feel better.” said nursing student Amy Trent.

Many people were in favor of their favorite jeans having the ability to raise their confidence.

Form fitting jeans that accentuate a persons body and affects their posture, which ultimately affects the overall impression they make on a daily basis.

“If I’m going out to an event or to school, I wear my black Levi’s skinny jeans with a cute shirt and I’m confident in my casual yet chic outfit.” said Bianca Torres.

These clothes and accessories are students go to items when dressing to impress, or simply boosting confidence.
Only got twenty dollars in my pocket

By GLADYS OLIVA
Staff Writer

There are quite a few thrift stores in the San Bernardino county and with winter right around the corner students are seeking to put together a trendy outfit for a reasonable price.

Thrift stores are usually filled with books, antiques, furniture and most importantly, clothing that contains several color tones and fashion trends at very low prices.

Thrifting can be fun and bring out your creative side while hunting for an outfit.

“Thrift stores aren’t the only place I shop at but I enjoy going there for fun. I always find stylish and affordable things that I can wear,” said student Lauren Sanchez.

Both Versace and Christian Dior, added fur jackets to their runway while Valentino and Elie Saab brought us fashionable turtlenecks.

Aside from those clothing items, we also saw cozy cardigans and coats from other high-end brands.

In Deseret Industries, which is located in Fontana, I was able to put a trendy outfit, similar to the vibrant, trending styles; together for only under $20.

I myself, had a difficult time finding a trendy outfit that was inspired from the runway’s color tones.

As time went by I was able to find the right outfit which consisted of an oversized turtle neck sweater that cost $5.

Since all nude outfits are trending right now, especially for designer, Ralph Lauren, I decided to add a nude pair of cropped pants in addition to the nude turtle neck. The pants had a total cost of $5 as well.

In the end, I topped it off with some nude open toe heels, jewelry, and a cross body bag. Overall, the outfit cost $10 which was even more affordable than I thought it would be.

A runway look that perhaps would’ve cost over $1,000 cost $10 at a thrift store.

I would have to agree with student Sonia Ramirez who stated, “Although you have to search for good pieces of clothing, the feeling in the end is worth it. You get to take a look back and say that you came up with that outfit and the best part of it is that it saves you double the money.”

Azusa Pacific’s School of Education prepares educators like Jennifer to see and cultivate the potential in every student. Graduates go on to make a lasting difference as creative, collaborative professionals and dedicated advocates for those they serve.

 Qualified educators are needed as never before to help meet a growing shortage in California. Start your degree or credential in education, and become the next great teacher, counselor, or administrator who transforms lives.

Programs available online and at 6 locations throughout Southern California

Attend an upcoming information meeting at any APU campus location.

Register today: apu.edu/education/meetings

School of Education | (626) 815-4570 | apu.edu/explore/education
Sports

From fantasy basketball to fantasy matchup

By DIARA FOWLER
Staff Writer

As the professional basketball season kicks off, many hopeful fans anxiously wait, hoping their team making it to the National Basketball Association (NBA) finals this year.

“Even though I grew up in Rancho Cucamonga, I’ve always been a fan of the Golden State Warriors as I have many family members up towards the Bay Area,” said business major Arin Tanji.

The Golden State Warriors began their 2016-2017 season with a 4-1 record. Holding hope and courage from their first four wins, they strive to make it back to the championships again this year.

The Golden State Warriors finished their season in second place last year, making it to the championship game seven against the Cleveland Cavaliers.

Cleveland took the win with a finale score of 93-89.

“I feel like the Heat would give the Warriors a run for their money, even though they lost key players such as Lebron James a few seasons ago,” said Tanji.

“I would still pay to watch them play as they’re an overall entertaining team to watch,” added Tanji.

The Warriors and Heat have had a number of opportunities to play one another, but Miami seems to fall short every time. Why are you bringing up the Heat?

Just last season the Warriors beat the Heat twice with the first final score being 118-112 and the second time 111-103.

During the 2014-2015 season, the Warriors and Bulls played each other three more times.

The first game the Warriors won with a final score of 104-89, then again won 114-97 and during their last battle 115-108.

Though the Miami Heat put forth their best effort and players the Warriors have proven they are the stronger team.

In addition to dream game match ups, dream fantasy lineups can get the mind going too.

“Derek Rose, Russell Westbrook, James Harden, Carmelo Anthony, and Anthony Davis,” said Donavan Perkins.

“These players have shown and adapted to every possible situation that is presented to them and can continue to overcome them by playing with a passion,” added Perkins.

In addition to his dream fantasy lineup, Perkins also had something to say about his dream game.

“The two teams I enjoy watching would be the Chicago Bulls and the Golden State Warriors, because the Warriors are leading champions and the Bulls because the new lineup is crazy,” said Perkins.

“See them work together as a team is starting to be beautiful I can’t wait to see how much they will grow,” concluded Perkins.

The history of these two teams battling it out goes back to 1995-1996.

The Bulls first played the Warriors and won with a final score of 110-87 making the bulls record an outstanding 51 wins and 6 loses.

Later the Warriors beat the Bulls 106-94 and then again with a final score of 125-94 bringing the Warriors record to 39 wins and 4 loses.

Many students and hopeful fans look forward to the NBA season, hoping their favorite teams and players make it to the playoffs both on the court and on the computer.

Women’s soccer memories

The women’s soccer season may be over, but that doesn’t mean great memories weren’t made.

“My favorite moment was playing at the StubHub Center against Dominguez Hills and getting the well-needed win for our team.”

- midfielder Megan Todd

“The game against East Bay, I scored with five minutes left, and the most memorable thing about that was my team and I fought so hard.”

- midfielder Susan Ibarra
The college breakfast

By YEBA NANAN
Staff Writer

Nothing is more satisfying than a nutritious meal before tackling the day.

When dealing with strenuous classes, making it to places on time and extra-curricular activities—college students may find that making time for breakfast can be difficult.

Even if a student decides to have something for breakfast in the morning, it’s more than likely something with little to no nutritional value.

“Things like Pop-Tarts that will have genetically modified ingredients, synthetic sugars and all the things that cause inflammation in the body,” said Licensed Nutritionist Lisa Fiore.

Breakfast foods like Pop-Tarts, sugary cereals and other pre-packaged market goods are toxic to the immune system in the human body.

“Everybody contains good bacteria or probiotics that make up 85 percent of the immune system and work within the digestive system to break down different foods,” stated Fiore.

Having one Pop-Tart in the morning or a bowl cereal before class one day won’t hurt your body. It’s an accumulation of these foods over time that will harm the body.

“A genetically modified organism or GMO, is when the DNA is taken from one species and is combined with the DNA of another species in ways not intended by nature,” added Fiore.

The closer the food is to its natural form, the better it is for your body. Anything unnatural will be toxic.

Berries, coconut butter, and raw whole fat milk are very nutritious to consume in the morning. Regular store bought milk, butter and non-organic fruit are not good for you.

“Coconut butter has natural sugar and fat that feeds the body and doesn’t make you sick,” said Fiore.

“If you have fresh fruit, the natural sugars in it are what feed the body which is why raw whole fat milk is also good, it’s not pasteurized,” continued Fiore.

Natural and organic foods will feed the cells in our body which will keep the body healthy and functioning which is needed before classes in the morning.

“All these boxed cereals are not healthy since they create problems for the body and they’re going to make you sick,” said Fiore.

Many students decide to down a bowl a cereal to start their day off, but there are better alternatives.

“If someone wants cereal they should eat organic steel cut oatmeal,” continued Fiore. Organic steel cut oats take roughly 15 minutes to make and the benefits of eating them for breakfast are plentiful.

Adding berries to the oatmeal brings a handful of antioxidants to the body while oatmeal itself is known to lower cholesterol.

Honey and sugar should not be added to oatmeal or any food in general since they contain a lot of unhealthy fructose and genetically modified organisms.

Taking care of the animals that produce the eggs, cheese, and milk we may consume in the morning is important as well.

When cows or chickens are fed unnatural things, the milk and eggs they produce are not natural. If we want to consume the animal we are also at risk of consuming toxins.

Though most supermarkets sell these types of foods and products there are convenient and affordable stores to purchase organic and natural products.

“Sprouts, Clarks, Whole Foods and even Smart and Final’s are getting non-GMO foods,” said Fiore.

“If you want to eat nutrient-rich foods and eat at a cellular level, you’ll begin to eat less,” added Fiore.

Consuming breakfast or items from McDonald’s or Jack-In-The-Box over time will actually cause you to eat more and eat unhealthy.

Student Tanner Christian, who is a local DJ and event promoter, is always busy and has to have the energy to handle his business.

“I eat breakfast every single day, whether eggs, chicken and spinach which is all healthy,” said Tanner.

“I tried eating healthier in general and started to lose weight and I could see a positive difference in my body from eating a healthy breakfast,” continued Tanner.

One quick and easy recipe that is great to consume is:

**One quick and easy recipe that is great to consume is:**

**One quick and easy recipe that is great to consume is:**

Continued online @ Coyotechronicle.net

CrossFit connoisseurs: Gamez & Roppolo

By JASMINE PEREZ
Staff Writer

The exercise phenomenon of CrossFit is rapidly growing in the fitness world, increasing the number of passionate members. In 2000, Greg Glassman founded CrossFit in Santa Cruz, CA. The exercise regimen started specifically to increase the fitness and health.

Crossfit now has more than 13,000 gyms opened worldwide.

Student, Donny Roppolo, is a member of Axiom CrossFit gym in Rancho Cucamonga.

“I really enjoy this gym because of the excellent quality of coaches,” said Roppolo.

“CrossFit tends to get a bad reputation for teaching improper technique, but Axiom provides a meticulous level of coaching that is so beneficial to your health and safety while performing the vast array of movements,” continued Roppolo.

The types of movements and workouts included in Crossfit are weightlifting, powerlifting, rowing, calisthenics, some aspects of gymnastics and various other types of exercises. Roppolo, at first, was not sure whether CrossFit was something for him.

“I thought I wouldn’t be able to keep up with the incredible athletes that I see CrossFit gym produce,” said Roppolo.

He later realized that anyone could do CrossFit if they really wanted to.

“Once I attended I realized that the people there were a huge mix of old, young, big, small, fast, slow people all completing the daily workouts in different ways,” commented Roppolo.

Continued online @ Coyotechronicle.net
The first annual Run Like a Mother 5K took place this past weekend on Nov. 5 to assist women and children of color raise money and support for two non-profit organizations in our community. Over the weekend, more than 200 participants showed up with their running shoes on, ready to run to make a difference in the lives of others.

The participants this past weekend came together as one and raised over $1500 which will be divided equally between the two organizations. Our own Health Science and Human Ecology (HSCI) department and Eta Sigma Gamma (ESG) sorority put together this 5K to benefit Soul Food for Your Baby and the Time For Change Foundation (TFC).

Soul Food for Your Baby’s mission is to revive breastfeeding among African American women through their change, culturally competent media, community outreach and education. TFC is an organization whose mission, since 2002, is to empower disenfranchised homeless individuals and low-income families; continuing their evidence-based programs, providing housing to build self-sufficiency and thriving communities.

The students from ESG and HSCI 404 contributed to the overall planning and implementing the guidelines of the event to benefit the individuals for the 5K.

Dr. Nicole Henley and Dr. Anggie Denise Ottiniano Verissimo of our HSCI department were the two individuals who orchestrated this race to help with raising money and awareness for the families and people involved. “We are sponsoring this event to raise funds for two very important non-profit organizations in our community who are doing great work for women of color and children,” said Dr. Henley.

“The day of the event we had about four volunteers from Upward Bound and about 10 from CSUSB Outdoors that came out to support the race,” said Dr. Verissimo.

Both of these organizations seek change in a broken community that will benefit from this charitable run as they try to make San Bernardino a better place for families to grow and live.

The foundation goes through 12 evidence-based programs that will help contribute to their client’s overall progression toward self-sufficiency when they are faced with the challenge of living on their own.

“I can say that we have helped over 900 homeless women and child to reach self-sufficiency,” said Perez.

“You can call our offices at (909) 886-2994 or visit our website at www.Timeforchangefoundation.org, if you want to get involved with a good cause,” said Perez.

The success of this year’s event will be continued each fall quarter to raise awareness and money for those individuals and families who are seeking help.