Los Angeles Times journalists and editors arrived on campus Oct. 20 to discuss the recently published controversial articles about the San Bernardino community by the LA Times.

Last year, the LA Times covered the urban living conditions of the city in the seven part series, “San Bernardino: Broken City,” as well as the coverage of the Dec. 2 shootings.

“San Bernardino: A Quest for Understanding” Symposium, addressed the criticism about their recent piece released during the summer 2015 “A Broken City” series written by reporter Joe Mozingo. Event attendees included President Tomas Morales, Editor-in-Chief and Publisher Davan Maharaj of the LA Times, Dean Terry Ballman of College of Arts & Letters, Dr. Michael Salvador, the Chair of the Department of Communication Studies, as well as other faculty members, students, and officials.

“I was aware of the reaction of the San Bernardino community to their series, the San Bernardino: Broken City series, but also their wonderful coverage of the tragic Dec. 2 attacks said Ballman.

“I thought that it might be difficult because these topics are not easy, but that’s precisely what the University should do, to provide venues so that we can have difficult conversations,” continued Ballman.

Maharaj expressed his concern and respect for the community, offering a moment of silence for the Dec. 2 shooting victims. “They wanted to reach our community and I think that statement was made very clearly with their Editor-in-Chief and with his remarks, they were very heartfelt too, especially regarding the December 2nd victims and that their intent is to communicate that they really care about this community,” said Ballman.

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By EMILY ANNE ESPINOSA

Staff Writer

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Continued on Pg. 2
Continued from Pg. 1

of Communication Studies, and Dr. Mary Tessier, Professor of Sociology.
Specialist, Sunday, and Enterprise editor of the LA Times, Bob Sipchen, moder-
atated the discussion.
Mozingo’s visit combined with photographer Francine Orr and videographer Liz Bayylen, resulted in the creation of his Broken City series.
“It changed my perspectives of all cities in some way, said Mozingo. “I’d like to say that the story is a distillation of the woes of cities across America. San Bern-
nardino got hit a little worse, but there are cities that are very close to here that have always had these same problems,” continued Mozingo.
Others argued that the reporting of the city focused too much on one narrative, and did not accommodate other aspects of the community. What was the reporting supposed to do? Expose both or just one side?
“There’s the argument that the coverage turned people away from San Ber-
nardino, it made it harder to attract busi-
ness to San Bernardino and that impedes the ability of the city to make things better,” said Salvador.
“On the other hand, there’s the argu-
ment that bringing attention to real, serious problems will force government officials and other people to take it seriously; they can’t sweep it under the rug and ignore it,” continued Salvador.
Last May, Tanya Erlach, the LA Times Director of Editorial Events, had visited campus and proposed to have the symposium.
“I will give a lot of credit to the LA times, it was really their idea,” said Salva-
dor.
“They reached out to us and I think when they received the Pulitzer prize for the coverage of a very tragic event in our community, I think they felt an ethical re-
sponsibility to be connected with that com-
munity, and to give something back to that community.”

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### Prop 51
It would allow California to borrow $9 billion in bonds and thus the money would go to K-12 public schools and community colleges for improvement in overall education.

**YES** Will improve education by focusing on construction projects and will expand community colleges as well as other programs containing nicotine.

**NO** Will oppose the $9 billion that will go towards schools and community colleges for improvement.

### Prop 55
The extension of an income tax increase on high taxpayers that would start in 2018 and ending in 2030 to fund education and healthcare programs.

**YES** K-12 public schools and community colleges would benefit by improving funding for their schools and creating new educational programs that will help students in their learning.

**NO** There would not be funding for creating health-care programs to help low-income individuals or extra school funding.

### Prop 56
The tobacco tax would increase by two dollars a pack, as well as other products containing nicotine. Revenue would be used for tobacco-use prevention, Medi-Cal, cancer, heart/lung research and other programs.

**YES** The tax on cigarettes would increase from 87 cents to $2.87.

**NO** No changes made and the tax would remain 87 cents for all tobacco products and would spend too much money enforcing the tax.

### Prop 58
To allow K-12 students being taught in non-English languages in public education, currently the state law limits the use of bilingual educational programs by requiring schools to teach only in English.

**YES** Repeal that requirement and allow schools to use bilingual programs, in which teachers who speak both their native language and English can assist the English learners in learning the language faster.

**NO** Would prohibit non-English languages from being used in school which means that students would be surrounded by students who already speak English and would allow them to learn the language faster.

### Prop 63
Mandatory background checks for ammunition purchases and large-capacity ammunition magazine ban.

**YES** New requirements for selling or buying ammunition such as obtaining a permit before purchasing ammunition. This would eliminate several exemptions to the large-capacity magazines ban and increase the punishment for having them.

**NO** Easy access to ammunition which could possibly contribute to an increase violence.

### Prop 64
Marijuana use in California.

**YES** Legalization of marijuana for recreational purposes and creating two new taxes. Would make recreational marijuana legal in California state law for adults aged 21 and older along with certain restrictions.

**NO** The growing and selling marijuana for non-medical purposes would remain illegal.

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Mary’s Village lacks city support

**By SAEED VILLANUEVA Staff Writer**

Homeless shelter for over 100 men in San Bernardino no fails to gain city approval.

Mary’s Village (MV), was set to be built in the third ward of the city lacks support from city council members to hold a public hearing for construction.

The project was approved in July when members voted 4-2 in favor of the project, but afterwards a few members flipped their stance and started to oppose the shelter.

Members who disapprove feel the project doesn’t provide a solid enough plan that would permit people from other cities from using the shelter.

“We are seeing a inflow of homeless into our city, and until we find a way to stop that, I cannot support projects that simply allows anybody who applies to get the services that are being offered by a particular provider,” said council member Henry Nickel.

Mary’s Village is being funded by Mary’s Mercy Center (MMC), a public nonprofit organization in San Bernardino founded by Father, Michael Barry, who is the President and Chairman of the Board.

“There’s only one good reason to put this thing back on the agenda, that is because it’s the right thing to do,” said Father Barry.

MMC has already successfully established a homeless shelter for women called Veronica’s Home for Mercy, which was founded in 2010 and has tried to help women restore their dignity and get their life back on track.

According to dailybulletin.com, the original plan for the project was to provide housing, mental health and substance abuse treatment, and other services for homeless men.

Plans for the construction of the project was slated to be on Walnut street between Pico Avenue and San Marcos street, less than two miles from the other shelters that MMC runs.

MMC bought the land for the shelter and spent more than $100,000 over a two year span working with architects and city planners to come up with an adequate plan, according to The Sun.

MV was going to be completely funded by the community and would have cost the city nothing.

“This is a $12 million project that isn’t going to cost the city one solitary dime,” said council member Fred Shorette who supports the project.

The amount of homeless has been an issue that has been plaguing the city for years now.

This year it has been reported that there have been 238 unsheltered people in San Bernardino.

Out of those, 143 are either chronically homeless or have a alcohol/drug problem and 116 had health or disability issues, according to dailybulletin.com.

“They should put their differences aside and build it. Worrying about other people from other cities shouldn’t hold them back. They can implement rules later on for if that it becomes a problem,” said student Vishaal Raju.

People in the community just want the project to be put back on the table.

“Our point of being here tonight is not to judge this project one way or the other, its more to ask the council to please bring this back at a later date so that we can work with the council to answer their questions,” said Terry Camp at the city hall meeting.

Plans for Mary’s Village remain at a standstill while city council members continue to debate the plan.
I.E. freeway construction continues

By JOSH ADAMSON
Staff Writer

Inland Empire’s local 91 freeway, which just closed two ramps due to construction, continues to delay faculty and students’ commutes to campus.

“Construction makes me ten to twenty minutes late [to class],” said student Jose Loera, who added that his commute is slowed down ten minutes because of construction.

The Riverside County Transportation Commission has stated that the 91 Project, which broke ground in 2013, is now 85 percent complete.

Students who drive to campus are faced with extensive traffic, especially commuters who come to school from Riverside and Corona.

“I live in Riverside, so the traffic is really only bad on the 91,” said student, Katherine Vargas. “I try and leave an hour and a half before class, so I have plenty of time to make it everyday.”

A new lane will be added to both directions through Corona. The additional lanes are expected to open in the first half of 2017.

The completed project will lengthen a pair of express lanes from the Orange County/Riverside county line to the 15.

Students are frustrated by the delays that construction has caused during their commutes.

“Freeway construction is necessary to meet the state’s infrastructural and transportation needs,” stated Assistant Professor of Political Science, Christina Villegas. “When possible, however, efforts should be taken to minimize construction’s negative effect on commuters.”

Six additional construction-related activities took place, including the closures of the westbound Lincoln Ave. on-ramp and the westbound Maple St. off-ramp in the City of Corona.

Students who travel west on the 91 were advised to take precautionary steps during their commutes.

“Allowing extra travel time on surface streets to reach the 91, especially during the heavy morning commute hours,” stated an email by a representative from the 91 Project.

In Corona, the westbound Lincoln on-ramp will be closed for two months, added the representative.

Commuters from Corona can use the new westbound Main Street on-ramp and the westbound Maple Street on-ramp.

The representative also advised students to be aware of detour routes in advance of their commutes, to avoid cell phone use and distractions while driving, and to be knowledgeable of developing circumstances.

Evening closures on the eastbound 91 at the 15 were not expected to affect students driving home due to the direction of travel, stated the representative.

The views expressed by students indicate the possible risks that construction may pose to nearby communities.

“Inconvenient construction activities burden local economies and make it difficult for individuals to get to work, classes, etc,” added Villegas.

Loera added that construction is good after it is completed because it expands the freeway and expedites travel.

Students who drive home from classes in the evening were told to be aware of nighttime construction activities.

“There are ongoing nighttime closures of southbound Interstate 15 at the 91, Monday through Saturday nights,” stated the representative. “These closures should continue through October.”

Students and faculty should prepare for delayed commutes for the foreseeable future.

By TRICIA KANG
Staff Writer

North Korean’s Smoking Chimp

In North Korea’s capital Pyongyang, a newly-renovated zoo has re-opened. Dallas, short for Azalea, is a 19 year old female chimpanzee who smokes about a pack a day. Lighting her own cigarettes, she amazes the zoo’s guests with laughter and pulls in thousands of visitors a day.

As the final presidential debate between Hillary Clinton and Donald Trump proceed in Las Vegas, a blockade of food trucks come to surround Trump’s tower.

According to Marco Gutierrez, the founder of Latinos for Trump, said “you’re going to have taco trucks on every corner,” if don’t keep the immigration border further restricted there would be “taco trucks on every corner.” This barrier was a rally against Trump this wall of food trucks was a symbolic wall against hate.

The family of Charity Kennedy have been searching for their cherished Donkey, Jenny that has been missing since the morning of Oct. 16.

They describe their pet donkey who had qualities like a puppy., when the Kennedy’s would call her by name she would come. When the authorities called the Kennedy’s, it was believed Jenny was mistaken for a deer, as they were burying her they noticed two shot wounds. The Kennedy family just want someone to come forward to apologize to her daughter or primarily say sorry.

Trump and Taco Trucks

The National Highway Traffic Safety Administration confirmed women dead on Thursday but didn’t release her name, she was driving a Honda 2001 Civic, near Los Angeles.

Tokyo based Takata air bags cause inflation with too much force at one time which could cause a small explosion that inflates air bags in a crash but when exposed with high impact, can blow apart a metal canister designed to contain the explosion.

Their are multiple recalls, as countless recalls are being registered in California’s car accidents have been reported.

Beloved Jenny

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Frustrated subscribers of several services experienced unordinary disturbances on Oct. 21, according to Fox News.

Although the company’s were under high stress because of the attacks, they were able to fix it in less then two hours later.

According to the CTO at Shap Security, the DDos attack was not a new virus, and “...some attacks have had “unprecedented volume recently.”

Twitter, Netflix, and Spotify cyber attack

The views expressed by students indicate the possible risks that construction may pose to nearby communities.

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Growing up we all have heard the phrase, “You have way more opportunities now than we ever had when we were younger.” This version of “guilt trip” tactic is an effective way parents are getting their children to go to college.

Parents mean well and always want the best for their children, they believe that having a stable job can lead to having a good life almost ensuring that possibility.

I strongly believe parents have one major goal; which is to get their child to attend college to provide a long fulfilling career.

Whether one may or may not agree with that tactic, it is a smart way to get more and more people to go to college.

My parents have genuinely struggled when it came down to education. My father did not get to go to high school because of how poor and rural his town was in Mexico, Zacatecas having to always work.

My mother finished high school, but came from Mexico City to the United States at a young age and did not have enough funds to go to college. Although guilt tripping might not seem ideal for students, it is a great tactic to get more and more people to go to college.

“The reason I’m going to school is mostly because I know my parents struggled to come to this country and I want to give back through my education,” said student Natalie Lopez.

While some students are attending college because they have a genuine interest in doing so, some students attend college as gratitude for their parents.

“I’m not scared of what my parents say. I honestly don’t like school, but just like I don’t like to work, I still have to do it. I know at the end of the day it’s going to benefit me and my education in the long run,” said student Maria B.

In a way, I am personally going to college because I feel the pressure to give back to my parents in return of the long investment my parents have given me as a child. I also believe that being informed and staying educated will open up doors for me that will give me and my family a better future. Currently, I am 16 weeks pregnant and think about my future and my baby’s future more than ever, so yes! I am going to use this tactic myself.

“I used to think my parents were so called “guilt tripping” me before attending college saying “Take advantage of all the resources and opportunities you have that we didn’t,” but in all reality is it not true?

Now being a parent myself I think of all the opportunities that my son or daughter can have knowing I can help her with homework while my parents could not when I was younger.

My parents “guilt trip” tactic was to give me a sense of hope that, “maybe I can be the first one to graduate since they didn’t have that chance”.

“I don’t really consider it guilt tripping if it’s true, I see it more as a goal that I am setting for my self that I need to take advantage of since my parents couldn’t,” said student Daniel Carrillo.

Getting that push from my parents has made me become more mature and aware as a person, guilt tripping is something that for me personally, has been appreciated.
Opinions

We may not empathize

BY KATHLEEN RAMIREZ
Staff Writer

One of the three ancient rules of masculinity that men still face today is that a real man is supposed to be a provider and a protector of women, children and others, according to psychologist Martin Seager. Seager also stated that a “real man” retains mastery and control.

As a woman, I am not completely aware of the different obligations and stresses that men experience on a regular basis.

However, growing up with three brothers I was able to witness them forcefully become the people that we as a society deem “real men.” Through that experience, I became more aware of the different obstacles men face.

Most of the time we can relate to the difficulties that our friends and family share, but sometimes we do not recognize the struggles the opposite sex encounters. “When I was growing up my mom stayed at home and took care of me and my brother, while my dad worked 50 hours a week to provide for us,” said student Michael Chavez.

“That’s just the way things were and when I have a family one day I want to be able to do the same for my wife and kids,” continued Chavez.

Obviously, things have progressed in modern day society and most households are part of a two income family.

Even though their has been progress, men still feel a sense of responsibility to be the main provider. “Men are suppose to be the provider, not only for ourselves, but for our family,” said student Joseph Patterson.

“That is a lot of pressure on us to hold things together,” added Patterson.

Naturally, this is a lot of responsibility and can weigh heavily on someone.

Men live four to seven years less than women, a higher percentage are susceptible to committing suicide and they also make up the bulk of our homeless population, according to hubpages.com.

Furthermore, a higher number of men are unemployed, fall victim to workplace deaths and injuries and take on jobs that are hazardous with low pay.

It is not easy for men to talk about the struggles and worries they are faced with.

Guys tend to bottle up their feelings and concerns and if they do try to vent to their friends or family, society labels them as sensitive or emotional.

There is nothing wrong with a man being sensitive or emotional, but for some reason when you call a man sensitive our culture associates it with weakness.

When a person is unable to talk about being under pressure or what difficulties they are going through it can ultimately lead to health problems such as, developing diseases, tension in your body and sometimes even death, according to community.sedona.com.

“The world tells men they are supposed to be strong and be the protectors and not all men feel like they live up to that standard and that’s a shame,” said student Mahlia Brown.

While I acknowledge that men have it hard too, I am not writing off the struggles that women face too, the struggles I have faced. I am very aware that women work hard and also struggle to make a living and provide for their families.

For example, being a single mom, dealing with the unfair wage gap, inadequate representation for women in general and many more.

It seems to me however to be some what of a double standard when men are judged harshly when they do not fit into this preconceived notion of what a man is supposed to be.

We may not empathize, but we can sympathize

BY ALEXANDER DOUGLAS
Asst. News Editor

Being sexually harassed is just one of many problems that many women face day to day.

I was walking to the store with my little sister, and an old man who seemed like he was in his mid ’50s yelled “how much?” to her, soliciting prostitution. My sister kept looking ahead, ignoring the question, as I stood there completely shocked because this was something I had never experienced.

Not only is there sexual harassment, there is also disparities among salaries with women, making around 80 cents per dollar that of which a man makes, according to the Institute for Women’s Policy Research. With a gap like that it is not hard to believe that there are only 23 female CEO’s within the Fortune 500 companies, according to Fortune.

That is an incredibly low number considering that women makeup 46.8% of the workforce according to the United States Department of Labor.

It is difficult for women to get the same jobs as men even though they are more than capable of doing the same jobs.

There are huge industries that are heavily male dominated and there is obvious sexism in construction, sports, leadership roles and other such types of jobs.

How many women presidents have we had in the United States? The answer is zero. Women even had to fight for the right to vote and even then it was not until 1920 when the 19th amendment was passed that’s 144 years after we became a nation.

Even after a long battle to become equal, some women walk down the road many times in fear of being cat called and fear the worse.

On campus women are not always safe. For example, last year, a woman escaped an attempted sexual assault in the Pfau Library.

There are stories of women who have their friend check in on them during a first date because they fear for them.

Women are also judged harshly on their appearance.

“I have gone out with some of my girl friends and when they have their makeup on they are treated normally. But when they take off their makeup they are ridiculed,” said student Walter Ritter.

Women have to go the extra mile to not be judged so critically which is an injustice.

Traditional roles assume that women need to get married and have babies instead of living their own lives because they do not always coincide with having a family. We are all humans trying to live our own lives and not be judged on how society thinks we should be.

Women should not have to act a certain way and should be treated as equals.

So is it difficult to be a woman? That is for darn sure.
Career center guides students

BY TOMMY MCCARDLE
Staff Writer

Companies such as CVS Health, Living Spaces, Sherwin-Williams, Target and more will be represented at the expo. The expo is an opportunity for students to network with companies.

Job interviews can be nerve-wracking for some people and The Career Center has made sure all instances can be practiced before the student’s official interview.

“Another thing we do are mock interviews; You will know what to wear, what to say and what to avoid when talking during an interview,” said Fleming.

LinkedIn is a social network dedicated for business and employment-oriented services, but is one of many social media services constantly being checked by your employers.

Fleming added, “We also have presentations on how students can clean up their social media so that when employers are looking at that they aren’t looking at anything bad.”

If a student does not have access to professional wear for job interviews they can go to the Career Center. They have a wardrobe selection for students to use at no charge.

“We actually have donations of professional wear from professors, people all over the place, and employers,” said Fleming.

The Career Center is there for all and all for one.

Future Events

• Career & Internship Expo
  When: Tuesday, November 1, 2016
  Time: 10:30 AM - 2:30 PM
  Where: Santos Manuel Student Union Events Center

• Graduate School Fair
  When: Tuesday, November 8, 2016
  Time: 4:30 PM - 7:30 PM
  Where: Santos Manuel Student Union Events Center

Starting a career after graduation could be a scary thought for some, but have no fear. The Career Center can help transform that fear into confidence for students.

The Career Center, located in University Hall on the third floor in room 329, offers services such as resume building, job interview training, and personality assessments to match with majors for students fearful of entering the workforce.

“What we offer here at the Career Center are mainly things that students can use to find a job,” said Victoria Fleming, a student assistant.

CUSARA KENNEDY, a junior majoring in Business Administration/Accounting, noted she remembered hearing about it during S.O.A.R (Student Orientation Advising and Registration).

“I have not needed it [Career Center] as of yet, but I might go there sometime before I graduate,” said Kennedy. “Resume building is of interest to me.”

They also conduct the Myers-Briggs Type Indicator (MBTI), in which, is an assessment that matches student’s interests to potential majors and careers based on four components of personality.

“So if students are having issues with what major they want to choose, or where they want to go with the major that they have...we can set them up with that as well.” said Fleming.

Jessica Donate, a junior transfer student majoring in Accounting, said she wanted to acquire an internship to help with establishing a career after college.

We also help with internships and if you’re not looking for a job quite yet, but you just want to gain experience in a certain field we may be able to help you said Fleming.

They will host The Career & Internship Expo, an event targeted to help students with obtaining an internship.

The event will take place on Tuesday, November 1, from 10:30 AM - 2:30 PM, at the Santos Manuel Student Union Events Center.
A local restaurant for our fellow health connoisseur’s is finally here. Vegan Fresh, a restaurant that helps locals change their life style with more viable health choices for all consumers of food.

Located at 24950 Redlands Blvd, Space K, Loma Linda, CA 92354, the restaurant hours are 11 a.m. to 7 p.m. Sunday to Thursday, 11 a.m. to 3:30 p.m. Friday’s, then it is closed on Saturday.

“This restaurant is not only for people who are vegan or vegetarian,” said Jericko Gonzalez, a Vegan Fresh employee. “I think it is also to let people come out of their comfort zone and try some new foods.”

Virginia McAuley, the owner, thinks it is important for people to eat healthier. She became sick after she graduated, so she thinks running this restaurant can help more people have a healthy life.

“There are many people who don’t like healthy food, but, Vegan Fresh can help people reduce a lot of diseases, like cancer or obesity,” said McAuley.

All the vegetables used at the restaurant are purchased from local farmers or the Loma Linda University Market, which offers healthy grocery options.

“Vegan Fresh is a restaurant fusing Mexican food, American food and Chinese food, which can be a new experience for many people. We always add some specialty food items, so we change our menu every week, we will also move the food off the menu,” said McAuley.

“Sweet-n-sour tofu is one of the specialty items they added onto the menu this week. It is sweet and sour flavor tastes like teriyaki chicken. Sweet-n-sour tofu is a combo plate, which has tofu, brown rice, vegetables and other healthy food materials in it,” said McAuley.

McAuley thinks a lot of students have no time to eat their lunch on campus, which is a health concern.

“When I was in school, I saw some students with just an energy bar and they think that is a meal, but it is not,” said McAuley.

Ordering a meal from Vegan Fresh is quick and simple, allowing students to have extra time to eat.

“Some students don’t want to go to the restaurant because they need to order and wait for their meal, but here, all the food is already made and students can get their food in less than two or three minutes,” said McAuley.

Not all customers are impressed with the food at the new restaurant. Some think the food is too simple and monotonous.

“They could mix up the food even more, because they always have the same thing, but I really like to come here, because this is the way I eat.” said Sara Foster, a regular customer.

“The average price of food at Vegan Fresh range from $4-$9 for each entrée, and about $11 for a combo. “

Vegan Fresh is a restaurant fusing Mexican food, American food and Chinese food, which can be a new experience for many people. The menu changes every week, the food is displayed for the customers to see and from there they can decide on which healthy option they would like.

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A fresh taste has arrived

Communicating, Dating, and Relating

Students gathered on Tuesday evening’s communicating, dating and relating event where experts spoke as part of a mandatory sexual violence training program in SMSU on Oct. 18.

Participants discussed the importance of direct communication, sexual positivity, and consent in healthy relationships.

Speaker, Lauren Roselle, explained how to effectively communicate when dating: “Define your own personal boundaries and tell them what you want,” are the main points emphasized in the seminar event.

Roselle explained why people should express their thoughts, opinions and feeling directly to their partner.

“Direct communication is very important because it can help allow people maintain healthy communication and relationships. People should openly express their thoughts and boundaries,” said Roselle.

“People have to say what they think about, what they want, and how they feel to keep being clear conversation,” continued Roselle.

Student Suárez, who attended the event expressed what she realized and learned.

“Talking about healthy communication and sexual consent in romantic relationship was really good. It was so informative and helps to remind me of my relationship boundaries,” said student Daisy Suárez.

There were different point of views between men and women highlighted in order to help facilitate deep, open, clear conversations between partners.

“This event usually talks about romantic relationship and their distinctive opinions in terms of both male and female perspectives,” continued De La Isla.

Student Orizaga believes that it can help students to think about more positive ways to understand their relationship’s, on a deeper level.

“I am very interested in attending the event coming up. I think that these types of events really promote a forward thinking and mutually benefiting mindset that we can all see positive results from in our relationships we have with others,” said student Steven Orizaga.

“It was interesting event because it discussed what healthy relationships and friendships are,” said student Victoria Beltran.

“It sounds interesting because I believed that all relationship should be healthy and at the event they gave information and tips about how to communicate in my relationship,” said student Noely Guzman.

“I realized mutual respect for other people and healthy communication can help to positively impact and reinforce my relationship from this event,” said De La Isla.

Student, David Cabaldon, indicated the importance of healthy relationship in dating communication for keeping wholism.

“This event was important as it invites couples to have the uncomfortable but necessary conversations they may have been avoiding,” said student David Cabaldon.

It brings to light issues that could destroy a relationship, but then instead uses them as a way to build a stronger knot between two.

“I think that people only look very important to keep communication in maintaining a healthy relationship,” continued Harari.

The event offered helpful advice for college students in order to help maintain a healthy communication in relationships.
The twenty sixth annual Veterans Car Show, showcased veteran’s and the general public’s favorite classic cars and provided donations for the foundation.

The event occurred on Oct. 9th at Sylvan Park in Redlands. Hundreds of members of the public and the veteran community were present at this spectacular show.

The cars present at the show were mostly classic American cars of the muscle and truck varieties.

There were some very special outliers too, such as military vehicles and custom creations.

The funds raised provide emergency financial assistance to both retired and active military personnel, for example funding for burials.

The show does a great deal to help the community of citizens and military personnel.

“What it means to me is that people still take pride in what they own and restore, most of all, it’s for a good cause,” said Vietnam War and 16-year active reserve veteran, Alonso Snyder.

“Most car shows I attend are fundraising events, this is a great way to support veterans,” said classic car owner Barry A.

The presence of marines was big at the event. Unit Semper Fi No.1 has been in existence since 1997, and has been attending the show since the beginning. Fontano, Leary, and Holm are all apart of this great group.

“One of the main things of this show is that all of what they make goes to the veterans, whether it’s projects, or cemetery events, or service for the needy, we’re there,” said Fontano.

“It’s a great chance to meet other veterans, and it’s also a great chance to recruit more marines,” said Korean and Cold War veteran Blair Holm.

“People of this show is that all of what they make goes to the veterans, whether it’s projects, or cemetery events, or service for the needy, we’re there,” said Fontano.

The cars of course were a big focus. There were sixteen Ford Mustangs and fifteen Chevrolet Corvettes among the cars.

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Attendees of the show ranged from small children to retired military veterans and everywhere in between.

“I’ve been attending this show since 2002,” said Cpl. Fernando P. Fontano, a veteran of the Vietnam War he served from 1969 to 1972.

“It’s clear that this show is a big part of the lives of veterans, as it does a lot for them, raises money and gives the opportunity to bring everyone together.

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“The paycheck is in here,” said Fontano, as he pointed towards his heart.

It meant a lot for Fontano to have the support of the community behind them.

The Veterans Car Show was a great event that brought everyone together for a great cause.
Kings of Leon reinvent themselves

By YENA HONG
Staff Writer

Kings Of Leon released their seventh studio, 10-track album “WALLS” on Oct. 14. “Walls” is a collaboration of calming acoustic guitar and a lead singer Caleb’s soulful voice, creating plaintive feelings throughout a slow tempo.

“I really liked the song ‘Walls’ by Kings of Leon, even though it made me feel depressed,” said student Marissa Ramiret. “It has a nice, slow rhythmic beat and peaceful message,” continued Ramiret. “Waste A Moment,” is suggestive of their first single released “Sex On Fire”. They both have similar tempo and melody. “Around The World” entices listeners to dance with the reggae rhythmic drum sounds and lively harmony. The music video shows different landscape and traditional performances of different countries around the world.

By YENA HONG
Staff Writer

“Find Me” which is a fantastic ensemble combined with a powerful beat, an intensive sound of drums and electronic guitar sound creates an image of a living room filled with countless balloons, snacks and beverages. “‘Find me’ evokes a sense of happiness and relaxation. I love putting that song on when I drive home from school or when I’m driving to Los Angeles,” said alternative pop aficionado Claudia Avila.

“Out of place” Through a reinvented sound and style, Kings of Leon provides a rhythmical sense and impressive flow. “Kings of Leon wasn’t really my favorite band, but they are slowly growing on me. Their albums, ‘Only by the Night’ and ‘Walls’ have been on a constant loop since the group both have songs that make driving less painful,” said Claudia.

Lyrics

“You’re somewhere I wanna go, nice and swift as we take it slow”
- “Eyes On You”

“Look at all these shattered faces, they all look so out of place”
- “Conversation Piece”

“I can get there on my own, you can leave me here alone”
- “Walls”
The rise of white supremacist

Well known anchor and journalist Jorge Ramos and actor Wilmer Valderrama are standing up to speak about discrimination during the current Presidential election.

By GLADYS OLIVA
Staff Writer

Ramos held a private screening of his new documentary “Hate Rising” on Oct. 16, which focused on hate groups that feel empowered by presidential candidates Donald Trump. Ramos was inspired to make the documentary after being kicked out of a Trump conference, and told racist remarks like “Go back to Univision!”

“Hate Rising” reveals how quickly America went from a country full of acceptance to being full of discrimination by showing how Muslim families, Hispanic families and young kids that are all suffering from the heightened racism that has occurred over the past months.

In the film, Ramos takes a seat with various white supremacist and hate groups who share their thought on why they are superior to minorities.

He provided statistics on the increasing number of Ku Klux Klan members which went from 72 to 190 in a span of one year.

Perhaps they feel like they finally have a voice and a leader that proposes a plan to make the white race a majority in America.

The journalist is not only working in film, he is also the co-host of the “RiseUp As One” music festival where Ramos explained how he refuses to be part of a country where racism is acceptable.

Ramos is not alone when it comes to taking a stand against discrimination.

Many celebrities like Becky G, Juanes and Julieta Venegas also stood up for the cause by performing their hit singles on stage.

Wilmer Valderrama attended the “RiseUp As One” concert, where he said, “To be an immigrant is the biggest gift this country and any country can have in the world.”

Both legal and illegal immigrants have received hateful comments but Valderrama speaks on how we should not be ashamed because at the end of the day immigrants are just as American and just as human as everyone else.

Celebrities are pleading the nation to rise together and vote, by sending the message through social media and on stage.

With Bernie Sanders no longer being in the run for presidency, a portion of the millennial generation is refusing to vote urging artists to speak up and advising Americans to hit the polls on Election day.

“I personally don’t want Trump to be our President, so if Hillary helps then I’m still going to Participate.I think what celebrities say in the election matters a lot! Solely because they play a huge role in advertisement because to some people their a big influence,” said third year student Al-exandrea Bayton.

With the most diverse group of voters and celebrities from different kinds of backgrounds speaking up, we may be able to see a good amount of voters hit the polls this upcoming month.

Make sure you vote for our future president on Nov. 8 go to http://registertovote.ca.gov to become a registered voter.
**Accountant by day and killer by night**

By NYLEES VERNON  
Staff Writer

Ben Affleck stars in his newest film, “The Accountant,” which he plays a mathematical genius that adjusts the books for dangerous criminals while being a trained killer and marksman.

Affleck plays Christian Wolf, who has a high level of autism but is pushed by his very strict father to live a normal life and get lessons in martial arts and self defense.

During one of the coolest scenes of the movie, a young Christian Wolf is frantically putting together a puzzle at an neuroscience institute.

As the shot widens, it shows that Christian put the puzzle together upside down with the graphic facing the floor, revealing an image of the legendary boxer, Muhammed Ali.

The main premise of the film was seeing how difficult it was for a man to balance a double life as an ordinary accountant, with being a military trained assassin by night and killer by day.

For months, artist, actor, and musician, Childish Gambino has been rumored to be the star of the newest “Han Solo” film, by a mixture of blogs.

His recent project with FX, “Atlanta,” has been a great success and this is only confirmation that he is excelling in the genre of film.

The official StarWars website announced his casting of Lando Calrissian on Oct. 21 that the artist will appear in the Star Wars prequel.
The best is yet to come

By SPENCER REIFEL

With the holiday approaching, there are five top albums that range from country, pop, funk, and rock ‘n’ roll coming to you soon.

Lady Gaga has been making headlines after it was announced that she will perform at the halftime show for Super Bowl 51 in Houston, Texas in early February 2017. The singer has not only been busy advocating intersex issues and marriage equality, but she has also been working on a new album that comes out Oct. 21.

The singer also sang during the 87 Academy Awards a tribute to “the sound of music,” and brought everyone to their feet.

From the pop princes to the country stud Kenny Chesney will release his new album “Cosmic Hallelujah” on Oct. 28.

This will be his first album since his 2014 “The Big Revival” that hit Billboard Top Country Album and sold thousands of copies on it’s first week.

Chesney has a different sound than most country icons, his music is relatable to his listeners it gives off a comfy vibe.

The country artist is on pulling out albums so close to each other and doing worldwide tours between, and sells out football stadiums on a regular basis.

DNCE is a new group that includes, former Jonas Brothers member Joe Jones and his friends Jack Lawless, Cole Whittle and Jinjoo Lee.

The group will release their first album “DNCE” on Nov. 18 that will include their catchy single “Cake by the Ocean.”

The group has already been nominated and won awards for “Best Song to Lip Sync” and “Favorite New Artist” in the 2016 Kids’ Choice awards.

Another anticipated album that country fans are looking forward to is the new Miranda Lambert’s “The Weight of These Wings” that will be released on Nov. 18.

This will be her first album since her very publicized divorce with country singer Blake Shelton; it is expected to hear some songs relating to this tough time in her life.

With her single “vice” released earlier this year it put a lot of country listeners in anticipation.

Her famous ex has already released an album earlier this year featuring songs that talked about his divorce, fans are looking to see what her views of the divorce in the way of her music.

Rolling Stones will release an album on Dec. 2 called “Blue & Lonesome” that has been 11 years in the making for me.

The weekend of Oct. 16 the group were in the desert of the Coachella valley with bands like The Who, Bob Dylan, and Paul McCartney.

Rolling Stones has been around since 1962, and have gained a big following and a recognized logo of the tongue sticking out of the mouth.

They were a leader in rock ‘n’ roll back in the ‘60s and ‘70s and they pull from different generations to their music.

Many more albums will be released in the up-and-coming weeks like Alicia Keys, Michael Bublé, The Weekend, Bruno Mars and much more.

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Body transformation at the Rec

By JASMINE PEREZ
Staff Writer

Getting in shape may seem like a tedious and tough task, but with the Rec Center and good eating habits, losing weight isn’t as hard as it seems.

Kim Arrieta, who was able to lose 20 pounds plus added muscle mass after starting her fitness journey, shares her process.

Her journey, which started about three years ago, has been filled with a lot of trial and error in order to find out what works for her.

“Losing weight is not only about nutrition and exercise but about getting to know your body and what will work for your body,” said Arrieta.

“Everyone’s body is different, so what will work for someone else’s body may not work for you,” continued Arrieta.

She cut out fast food from her diet since the beginning of her fitness journey.

“I feel that cutting fast food and avoiding eating fatty foods has really worked for me,” said Arrieta.

“However, being super strict on myself is something that I have tried but has not worked,” added Arrieta.

She also focused her weight loss process on alternative exercises including cardio. Arrieta wanted to lose the weight but gain muscle as well.

“Losing weight is a dauting marathon and not a sprint,” said Arrieta.

She chose to focus her workouts on weight training, starting with 10 minutes of cardio, 40 minutes of weight training, five minutes of ab workouts, 15 minutes of sauna and ending with another 10 minutes of cardio.

“I used to think that doing cardio was the only way to lose weight but I found myself not liking it,” said Arrieta.

“I found what worked with my body, which was weight training and eating right and I am finally starting to see changes,” added Arrieta.

Different supplement consumption is something she has incorporated since the beginning of her process.

“Some are her body absolutely hated and others she loved and continued to consume.”

Arrieta is currently taking Xtend Scivation BCAA’s, Isopure Whey Protein and C4 ripped pre-workout cutting formula that is specifically for fat loss.

“Protein shakes and aminos are a must for her.

“Aminos are my favorite as they shorten your recovery time and reduce the amount of soreness,” said Arrieta.

“They have allowed me to work out legs without feeling super sore,” mentioned Arrieta.

Throughout her fitness journey, Arrieta has really looked up to many fitness YouTubers such as Jasmine Garcia and Nikki Blakk who inspired her to start her own channel.

If you want to know more about Arrieta’s journey, follow her series on YouTube, KimGetsFit.

Subscribe to her channel, KimArrieta.

“I still have more to accomplish but now I am happy with my progress,” concluded Arrieta.

Rehab and recovery from injury

By KIERON COLEMAN
Staff Writer

When a student athlete gets injured they rely on the knowledge of the athletic trainers to get back on their feet. Laura Tropila is the main trainer of the well-being and rehabilitation of our student-athletes.

Tropila earned her bachelor’s degree in kinesiology from Cal Poly San Luis Obispo and later earned her master’s from the University of Arizona.

With such a short season in college athletics, the training room is somewhere many would rather avoid spending their time.

Various injury treatments are done on an individual basis, but here are some common treatments used to help an athlete to fully recover.

When returning to physical activity athletes are suggested to record their ankle and running fitness test in order to keep track of their progress.

Depending on how bad the injury is, a trainer will refer the athlete to a doctor.

If an ankle is injured the athlete is referred to protocol. Athletes start by icing frequently as well as using bandages to remove swelling.

“Correctly,” continued Walsh.

“Afterward, players focus on regaining their strength by using bands, practicing balance and doing rotational exercises. Using bands, and doing balance and rotational exercises helps to strengthen the ankle.”

When returning to physical activity athletes are suggested to record their ankle and running fitness test in order to keep track of their progress.

Tropila and her staff are a big asset to helping keep the Coyotes on the field and off the bench.
Is it football or soccer? Why not both

By GREGORY GAMMILL
Staff Writer

A diverse group of players from the men and women’s soccer teams all have different backgrounds, share similarities, differences and advice for future students. The difference in lifestyle has changed for some, coming from other countries.

Players Luca Falcone and Megan Todd are both relatively new to the states. Falcone is a forward on the men’s team and comes from Sydney, Australia. He came to the states in 2015 at the age of 21 to play soccer for the Coyotes. Falcone is graduating this December with a degree in psychology. He hopes to pursue a master’s degree in sports psychology to do research in that particular field. He is hoping to coach as well.

Todd plays midfield and comes from Norwich, England. She arrived in the U.S. when she was 17 and began her Coyote career in 2015.

Todd graduates this December with a degree in Kinesiology with an emphasis in Exercise Science. After graduation, she plans to stay in the U.S. to coach/teach soccer.

The difference in cultures between the three countries can vary, but there are several similar aspects as well.

“Both are English speaking, first world countries, Australia is very ‘Americanized’ through pop culture,” said Falcone.

“Speaking the same language is a big similarity, both countries are passionate about sports, everyone is proud of where they come from,” continued Todd.

The differences between these students may vary, based on their own assumptions by being in California.

“Cultures are prominent here in the U.S. particularly. Where I live there is more of a European influence versus the Latino culture found in SoCal,” said Falcone.

The difference between the U.S. and other countries can be a bit different from what we assume.

“Americans are friendlier than English people. They like to help out others all the time and will happily start conversations with people they don’t know,” said Todd.

Making a transition to a new area that isn’t familiar can be scary, but our athletes had some helpful advice.

“Be open-minded to meeting new people and being in a new culture. Enjoy the experience and appreciate the opportunity you have,” Todd said.

“Know exactly what you want before you come to America, set funds aside for a car and come with an open mind to take in a new culture,” said Falcone.

The similarities, differences and advice given to students on campus the insight needed to visit different countries.
Basketball bounces back into season

With less than a month until the first game of the season, the women's basketball team is getting ready to deliver a great performance.

Last season the team had a great run, going 14-13 overall and 10-10 in the CCAA. The team is looking to go above and beyond this season, hoping to reach the CCAA Tournament semifinals for a third consecutive season, with the chance of winning the championship.

“We want to win a championship but that can’t happen without doing things day-to-day,” said assistant coach Tulyah Gains.

The women’s team has never won a CCAA title but have made six NCAA appearances, their last being in 2011.

“We have the big picture, but the smaller picture is getting after it every day,” continued Gains. The coaching staff works hard to educate their players on how the little things can win or lose a game.

Both Gains and head coach Susan Crebbin are firm believers in basketball fundamentals and how these fundamentals can win games for the team.

“It has been a process to learn but the main thing is just learning everyday, so we have made great progress,” added Gains.

A hard-working environment where players with constant conditioning is necessary to prepare for games. “It’s not bad since the classes are easy but practice is tiring and I work as well,” said Courtney Coleman.

“We definitely have to be more attentive and coachable,” continued Coleman. There are new drills constantly being taught with old drills being repeated over and over again.

Some interesting drills that looked effective in practice were intricate layup lines, “Long Beach-Short”, which involves full court passing and shooting and five vs five. There is definitely a great conditioning system in place with the ladies doing suicides periodically between drills and five vs zero, a full court chemistry drill.

Though these may be good drills there is an interesting situation the coaching staff finds themselves in. There has been a large addition of new players being both transfers and a handful of first-year players.

The process of learning the drills and plays may have been difficult at first, but the team has made great progress. “We actually only brought back four players from last season, so the majority of our team is actually newcomers,” continued Gains.

Though there are only a small number of returners on the team, the veterans have taken up the responsibility to show new players the system.

When teaching the drills and plays the coaches will use the returning players as a visual aid since they have everything memorized. They stress the importance of everyone getting along and building good team chemistry as the newcomers must learn through trial and error.

“Last year we had a core group where most of them were returners,” said Gains.

“It wasn’t as difficult to get to know each other and go through that process,” added Gains.

Attendance at the games was a major problem the team faced last year and are looking to change that this season.

“One thing that we’re hoping and excited for this season is to get more people out to the games,” continued Gains.

Last season the team only averaged 460 people in attendance for their 11 home games. “More attendance at the games will help us in getting more wins,” said veteran player Eleesa Owens.

High attendance will aid the team tremendously when playing teams like UC San Diego and Cal Poly Pomona, which have high rankings before each season.

“There is a lot of talent in this conference and each game we’re going to have to bring it,” said Gains.

With the team having a championship on their mind, a great season is upon them.