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Celebrating Native American culture

By DESTINY GUZMAN
Contributing Writer

The annual San Manuel Pow Wow kicked off their three-day event here on campus. This annual event brings together different tribes from all over the U.S. and Canada. Dancers and drummers came together and vendors showed their unique creations and designs of their own culture.

Mario Castellano, a Cahuilla tribal member, attended the event and said, “I go to the pow wows to associate with my other friends, my friends that are from the Cahuilla reservation, some of my other friends from other reservations that are outside of California, but mainly just for the bird singing.”

When asked what bird singing was, Castellano said, “Bird singing is traditional songs that are passed down from generation to generation. They’re like an oral history of our creation. They tell us how to live. They talk about clans. They talk about everything.”

Even though there are many differences among the many tribes, pow wows welcome those differences while uniting everyone.

“From start to finish, you really had the opportunity to immerse yourself in the Native American culture,” said student Shirleena Baggett.

“I really enjoyed the grand entry, which included dancing, singing, and all of the tribes getting together representing their own culture,” added Baggett.

“Even though they were from different tribes, they all came together, and it was really beautiful and harmonious,” concluded Baggett.

This is what makes the San Manuel Pow Wow stand out. It brings awareness about the differences that make up a specific tribe.

“Even though we are all Native American, we are still different,” added Castellano.

The San Manuel Band of Mission Indians has played a significant role on campus. They have made donations and contributions to the campus in order to provide students with the means to succeed and learn about different cultures.

The SMSU is one location on campus that is designated as the “social” gathering. There is a small exhibit within the SMSU, which show and inform others about San Manuel’s native culture.

Emily Lopez, a Cahuilla tribal member, said, “When I first started going to the pow wows, I just went to see what they were.”

“‘It’s more just socializing; It’s a social gathering,’” added Lopez.

As this annual pow wow brings people together, the SMSU does the same. It brings students together to socialize and allows them to enjoy each other’s company on their campus.

The San Manuel Pow Wow was held on the back soccer field of the campus, which offers views of the mountains and wide open space.

This is needed in order for the dancers and vendors to set up.

“You have the fancy shawl, the grass dance, the jingle. You have all these different dances from different tribes that are traditional and bring each other together,” concluded Castellano.

“Now that I have taken classes, I have met people who have broken it down for me, and I have gotten more comfortable,” concluded Lopez.

Dancing, singing, food, and the community are a few of the things that you will find while attending the San Manuel Annual Pow Wow. This pow wow invites all people from all different backgrounds and nationalities to attend.

SMSU holds the event every year, so if you did not get a chance to attend this year do not worry because there will be another chance for you to attend next year.
Commencing homecoming week

By ERIKA AGUILAR
Staff Writer

CSUSB is celebrating its fifth homecoming and its second bash, previously known as the Kick off on Oct. 17-22.

To commence this week, on Monday, the Spirit Storm, coordinated by Student Engagement, will be taking place at the Piusa library walkaway and Jack Brown Hall.

“I think it’s great that they plan an event like this. Seeing the CSUSB community get together and have these fun activities on campus will get more people to see how great this campus is,” stated student Sandra Gonzalez.

“I encourage students to attend the events since it is a great opportunity to meet people with same interests such as same major and could help build connections that could help in the future,” stated student Gisnessa Villalobos.

“Students will be able show their creativity by decorating banners that will be used to cheer on our volleyball team. Alumni will be hosting Grad Days on Tuesday and Wednesday from 10 a.m.-6 p.m. at the bookstore.

Grad Days offers graduating students the opportunity to shop for their graduation sash, cap and gown, stole and other necessary items for commencement day.

Following this event will be a volleyball game vs. Cal Poly Pomona at 7 p.m. in the Coussoulis Arena.

All faculty, staff and students are encouraged to attend the game to show support for their fellow ‘Yotes by cheering them on.

On Friday, there will be an on-campus alumni mixer at The Blue Coyote and also a black alumni networking mixer at the events center for students to have fun and relieve stress.

There will be refreshments given out to everyone and will be a great opportunity for networking.

On Saturday there will be a parade which will start at 3:30 p.m at the bookstore and end at The Coyote Den.

Alumni are seeking walking groups, cars, bands and dancers that are willing to share their spirit.

“I am excited to participate in this annual event, first time during fall quarter,” stated unit marketing coordinator Emily Newby.

“The variety of events shows our partnership with the university to showcase each department’s involvement,” added Newby.

At the Homecoming Bash there will be 17 different vendors, live broadcasting by Lifetime Rocker, fun activities for children, the opportunity to take pictures with Codi the Coyote, and free volleyball game tickets for the first 100 people attending the Bash.

Homecoming Bash tickets are $10 per person and can be purchased at the Alumni Association Office.

The vendors and sponsors include; Budweiser, Jersey Mike’s Subs, Lazy Dog Restaurant & Bar, The Honeybaked Ham Company, Mustache Mike’s Italian Ice, Kona Ice, and more.

“These events help students relieve stress temporary by showing them there is much more than just studying at school,” said student Gisnessa Villalobos.

The celebration of this special week intends to show school spirit and involve student community in the experience of homecoming.

“It’s a cool and new experience and you don’t really know what to expect until you get there,” said student Serina Hendry.

“We want them to get a glimpse of what makes CSUSB so special,” stated alumni engagement coordinator Wynmer-Lucero. “It is not only our traditions, but all of the people that have walked through these halls. We hope they come and celebrate with us!”

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Homecoming Week Events

**October 18**
- Grad Days (from 10 a.m.-6 p.m. at the Coyote Bookstore)
- Foam Finger Decorating (11a.m.-4p.m.; at the SMSU room 207/208)
- Daring/Domestic Violence Video and Discussion (Starts at 12-1:30p.m. at the Lower Commons CO-125; ends 6-8 p.m. at the Serrano Village Square)
- Coyote Volleyball vs. Cal Poly Pomona (7p.m. in the Coussoulis Arena)

**October 19**
- Grad Days (10a.m.-6 p.m. at the Coyote Bookstore)
- Foam Finger Decorating (from 11a.m.-4p.m.; at the SMSU room 207/208)
- Cupcake Decorating Competition (starts at 11:30 at TBD)

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**October 20**
- “Escalation” A short film and discussion about dating violence (from 12-2 at SMSU)
- Glow Run (from 8-11 p.m. at the Lower Commons)

**October 21**
- On-Campus Alumni Mixer (from 4-5:30 at The Blue Coyote, SMSU)
- Black Alumni Networking Mixer (from 6-7:30 at the Events Center, SMSU)
- Coyote Volleyball vs. Cal State LA (7 at the Coussoulis Arena)

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**October 22**
- Homecoming Parade (3:30 at the Campus cart path from UH to the Coyote Den)
- Homecoming Bash (from 4-6:30 p.m. at The Coyote Den)
Taking steps towards progress

By ISRAEL RAMIREZ
Staff Writer

After surpassing Chicago as the deadliest city in the nation, San Bernardino is taking steps towards becoming the strong city it once was.

The police department has started many community meetings to interact with the residents regarding questions and concerns about the city.

“The city of San Bernardino should host more events, meetings, organizations for the community as well as, adding on to their police force since we’ve seen a rise in homicides as of late,” said student Guillermo Corona.

For some time, the police department has been hosting “Coffee with a Cop (CWAC).” Beginning back in 2011 in the city of Hawthorne, CA, CWAC has become extremely popular in the country.

Five years later the program has expanded to different cities in all 50 states, including San Bernardino, according to coffeewithacop.com.

Local neighborhoods meet monthly at various restaurants to sit down and converse with police officers.

These meetings consist of the officers and local residents coming up with solutions to better the community that they live in.

CWAC is a “No agenda or speeches, just a chance to ask questions, voice concerns, and get to know the officers in your neighborhood,” according to allsanbernardino.com.

Along with CWAC and very similar to it, the city’s police department is also hosting “SBPD Business and community Organization meeting.”

Just as CWAC, the business and community meetings also consist of getting together with the city’s officers but instead focus on San Bernardino’s businesses.

In this community gathering the business owners get the chance to express their concerns on how homelessness, vandalism, lack of police response and other issues are affecting their businesses from attracting customers to their location, according to Allsanbernardino.com.

The police department hosts are slowly taking effect with the help of the community, in return the department has received a grant.

The San Bernardino Police Department has received a $2.8 million grant to hire 11 new officers according to The Sun.

After seeing San Bernardino rise to the to the ranks of deadliest city just last month, the hiring of these officers seeks to decrease the city’s crime.

The police department and the community are also working together to clean up the city’s public parks in an event called “Fight Blight.”

Citizens from all over San Bernardino are volunteering after seeing the park being poorly maintained in the last few years.

Just last month “Fight Blight” drew up to 120 volunteers to clean Perris Hill Park according to www.sbcity.org.

On Oct. 29, the city will once again host a day to clean Seccombe Lake Park, to slowly restore it to the park that San Bernardino’s citizens once knew.

“I remember being a kid and going to the park on Sunday mornings to watch my father play baseball. After the game the team would gather and barbecue while all the kids ran around and played together,” said Andres Morales.

In an effort to raise awareness about CWAC and other police community events the department maintains a Facebook page, which announces all of their activities and programs.

CCBriefs:

By JOSH ADAMSON
Staff Writer

Trump bombshell video

A previously unseen video in which Republican presidential nominee Donald Trump makes lewd comments about women was posted online by the Washington Post.

The video, a conversation between Trump and Billy Bush, former correspondent of Access Hollywood, was filmed in 2005.

Multiple Republican officials have called on Trump to resign from the race.

Vermont police shoot justified

Vermont prosecutors said that the fatal police shooting of an unarmed man was justified.

State law enforcement, Franklin County Deputy Sheriff Nicholas Palmier shot 29-year-old Jesse Beshaw six times and brushed him on a seventh shot in Winooski, Vermont on Sept. 27.

Prosecutors said that Beshaw was known to have a firearm and moved towards Palmier with his right hand hidden at the waist.

Palm Springs shooting

Two law enforcement officers were fatally shot by a lone gunman in Palm Springs.

Police had attempted to get the gunman to step out of a house when shots were fired on officers from behind a closed front door.

The 26-year-old alleged gunman, John Felix, was taken into custody after a 12-hour standoff.

Voting registration extended

U.S. District Court Judge Mark Walker extended the deadline for Florida residents to register to vote by one day, Wednesday the 26, until he could hold a hearing on a lawsuit brought by the Florida Democratic Party.

Florida’s Republican Gov. Rick Scott had denied a request from the Hillary Clinton campaign to extend the voter registration deadline beyond Tuesday, Oct. 25 due to Hurricane Matthew.

McDonald’s reacts to clowning

McDonald’s Corp. said that its mascot Ronald McDonald will be kept out of the spotlight due to recent public sightings of unsettling clowns.

The company said that it is being thoughtful in regards to the mascot’s participation in public events, according to the Associated Press.

This move came after a series of national pranks involving creepy clowns that have led to police responses in some parts of the country.

HIV free children

Scientists in South Africa have identified a rare group of children who are not affected by the effects of HIV.

Known as HIV non-progressors, such children will become HIV positive, even if they are not given antiretroviral medication.

Scientists are unsure why these children are HIV resistant, but one of the reasons may be low levels of immune activation.
First female provost in campus history

By EMILY ANNE ESPINOSA
Staff Writer

Dr. Shari McMahan, is welcomed as the University’s new provost and vice president of academic affairs, the first female Provost in campus history.

To celebrate, the Women’s Resource Center (WRC) hosted a reception on Oct. 11 at the SMSU Fourplex to welcome McMahan.

“I think her being the first women [as provost] at CSUSB is very exciting,” said student and intern at the WRC, Cassandra Chavez.

The provost is the chief academic officer of the university and is responsible for all of the academic operations here at CSUSB.

As provost, McMahan will work with both administration and faculty to support faculty excellence and improve student success.

“I'm hoping to move the campus forward in a really positive direction. It's moving, but I'm hoping to accelerate it as a catalyst,” said McMahan.

McMahan plans to accomplish this through establishing sound practices, transparency, implementing tools to improve organizations and systems in place.

Although council members who were in attendance did vote 3-1 in favor of the center, the proposal still did not have enough support due to the members who were not in attendance, who opposed the project.

The members who opposed the project felt the center would attract homeless people from other cities.

The one person who was in attendance who opposed Mary’s Village was Henry Nickel of the 5th ward.

“It is a crisis, an absolute crisis,” said Nickel about the homeless problems in the city.

Nickel pointed out how the city council of Riverside was going to hold a public workshop on homelessness the following day and suggested San Bernardino should do the same.

“I will raise a substitute motion that we table this item, until such time that the city has conducted a workshop similar to what Riverside is doing, review our existing policies and modify them if necessary,” added Nickel.

Students who are residents of the city feel they should build the shelter without worrying so much about outsiders, but some people understand the concerns of members who oppose the project.

“They should do it. I think it’ll be good, but if they can find a way to regulate it to only people who are homeless living in San Bernardino it will be better,” said student Vladimir Gonzalez.

“All homeless people need shelter, they should have it regardless if the people live in the city or not,” said student Ernesto Escamilla. “It’s not fair to the homeless, it’s just a small price to pay if a few homeless people from other cities use the shelter.”

The council did vote 4-0 on the Common Ground for Peace intervention program to help end gun violence in San Bernardino.

Common Ground for Peace is a project that uses ceasefire tactics from cities like Oakland where shootings have declined 40 percent since 2012, according to icsen.com.

The plan encourages law enforcement and community leaders’ to work together in an effort to diminish homicides.

People at the meeting expressed their desire for this plan to be put into action in order to help stop the violence.

Some of the speakers were able to relate to the all the murders as they knew a family member or friend that died to senseless violence.

Dr. Cardona wore a shirt with a picture of his dead brother-in-law Adrian Cardona who was murdered last year as he spoke emotionally about the need to change the uncontrollable violence that is plaguing the city.

“It’s time that the city of San Bernardino rise up against violence, greed, and indifference,” said Cardona.

By SAEED VILLANUEVA
Staff Writer

San Bernardino’s city council showed their support for a center for homeless men called Mary’s Village on Oct. 10.

Out of the 30 people who spoke during the public comment portion of the meeting 27 of them spoke in favor of Mary’s Village.

Many of whom spoke very passionately about the homeless epidemic in the city.

“The biggest tragedy, the one that breaks my heart is the individual that’s homeless because of certain circumstances that put them in a homeless situation and has gotten so far down he can’t get back up,” said John Morrissey, a board of directors’ member for the Mary’s Mercy Center.

Despite the overwhelmingly amount of support, plans to schedule a public hearing for the construction of Mary’s Village failed.

SB city council roundup

By SAEED VILLANUEVA
Staff Writer

As provost, McMahan will work with development, and chairman of the health sciences department, according to CSUSB News.

Last year, McMahan was nominated by Dr. Mildred Garcia, the current president of CSUF, to apply for the position.

“Before I interviewed, I came to the campus to get a feel of the campus and I felt like it would be a great home. So I’ve been excited for a long time, before anybody even knew me,” said McMahan.

“I came here over the holiday break in December and although I didn’t see the students, I pictured it with the students. I didn’t see the faculty either, but I pictured it as a thriving campus. And I loved it,” added McMahan.
Opinions

Medical through Obama

An open door closes when it’s not supported

“I don’t like the fact that we have to sign up for healthcare or else we get penalized for it, but I do think it is good that people who have serious illnesses and can’t afford treatment cannot be turned away.”

-Student Angel Valencia

It is no secret that Obamacare has caused quite the commotion since being put into action back in 2010. Obamacare is the Affordable Care Act that the government put into place that expands and enhances access to receive medical care, according to obamacarefacts.com.

I, myself, have Obamacare and am thankful that I do not have to worry about not having healthcare coverage if I get sick or injured.

Many Americans are becoming worried about what they will do for healthcare once President Obama is no longer in office.

With the election right around the corner the question on everyone’s mind is will Obamacare move forward or will the next president in office implement a new system?

To me it is important for those who are not yet able to afford healthcare to have coverage, because once I graduate I, too, will become a part of the workforce and will also pay for coverage just like everyone else.

Even if there were to be a new system put into place, it would not be perfect — it is impossible to please everyone, and there will always be something that is not up to certain people’s standards.

I believe the main issue Americans are concerned about are those who are taking advantage of the system while the working class are paying higher premiums.

“I think that Obamacare should be continued and expanded on, and along the way we can work out the bugs,” said Professor Sullivan.

I agree with Sullivan. Obamacare is a good start and on the right track, but there is always room for improvement.

There are some serious kinks that need to be fixed, like being penalized for not being covered, high premium costs, and taxes rising due to the Affordable Care Act, but good things take time.

“People are worried about those in the poverty bracket getting free coverage, but no matter what system there is someone will always have to pay,” said student Angel Valencia.

“I am fine with paying and believe Obamacare should continue but with some revisions,” added Valencia.

Eighty percent of insurance premiums now have to be used for medical care and improvements by insurance companies, according to www.healthline.com.

This means that even though medical coverage is not free for everyone, people have more options to choose from, some of which are more affordable than others depending on your annual income.

I do understand where some Americans are coming from when they complain about the high premiums and raised taxes, but in the long run it is better for everyone.
Message lost in translation

BY ALEXANDER DOUGLAS
Asst. News Editor

To kneel or not to kneel? That is the question.

Colin Kaepernick’s actions were during one of the worst times. Kaepernick knelt during the national anthem before a game which was during the national anthem on Oct. 12 causing a national stir.

Although it is his constitutional right which is in the first amendment, he disrespected the nation as a whole.

What Kaepernick did, although at an inappropriate time, was one that America should acknowledge as a personal choice and one that he is allowed to do.

“It was very bold of him because he was on television,” said student Kevin Arias.

“He stood for what he believed in,” added Arias.

I do have to say that I find it inappropriate, especially in this manner, because the national anthem is generally a time when you give tribute to the troops.

These are my thoughts in this area and he does have the right to kneel during the national anthem because it is the exact reason why we celebrate the freedom.

“I support him for what he did and his support of African-Americans as a whole,” said student Robert Mitchell.

It may have been disrespectful because it as an insult against the military, but what he was actually doing was in support of a country that he actually loves.

“The message is that we have a lot of issues in this country that we need to deal with,” said Kaepernick in a press conference.

“We have a lot of people that are not treated equally—that are not given equal opportunities. Police brutality is a huge thing that needs to be addressed. There are a lot of issues that need to be talked about,” added Kaepernick.

We as a nation talk about freedom in America, but at this instance the same freedom is questioned. We always preach about America is the land of the free yet we like to quickly but down others opinions.

A study done by Ian Vasquez from the Cato Institute and Tanja Porcinik of the Visio Institute shows that there are 19 other countries with more freedom than the U.S. with Hong Kong at the top of the list.

The study used 76 different indicators of personal and economic freedom.

America does not have as much freedom as we say we do and trying to stop Kaepernick is in violation on his first amendment right.

“He can do what he wants... he’s doing something,” said student Nicholas Castro.

The “Star-Spangled Banner” even states “O’er the land of the free and home of the brave,” but by taking away his liberty as a U.S. citizen it is going against what the national anthem is about.

Kaepernick is free to choose his actions thanks to the troops but when people are so upset over this one action that they say he should not be allowed to. Ironically this is one of the most un-American actions a person can ever say.

The kneeling to Kaepernick was even to show that there are those that want to give attention to racial divisions and wants to give the right to an equal America.
RAFFMA hosts Egyptian exhibit

By ZHIYING XU
Staff Writer

The Robert and Frances Fullerton Museum of Art (RAFFMA) opened a new exhibition of ancient Egyptian artifacts on Oct. 8.

The exhibit, “Journey to the Beyond: Ancient Egyptians in the Pursuit of Eternity,” brought together residents across the city of San Bernardino.

“The Egyptian Exhibition currently on display has been under renovation for the past two years, and it is RAFFMA’s 20 birthday this year,” said Ashley Lothyan, the education and visitor engagement coordinator at RAFFMA.

The exhibit tells a story about the life Egyptians lived, and also tells their life after death. The life-loving ancient Egyptians believed that even in death they would live again.

To them, death was the necessary first step in the journey to the beyond.

The Egyptians feared and anticipated this journey. Knowing that it would be filled with dangers, obstacles and challenges, they spent a lot of time and effort to prepare for it.

For most of ancient Egyptian history, the ability to reach the beyond was available to everyone, but not everyone was able to reach it.

“The objects on display are those from RAFFMA’s permanent collection or on loan from Dr. Benson Harer, it is the largest Egyptian collection in Southern California with nearly 500 objects,” said Lothyan.

This exhibition is good for all students because they can visit anytime they want to learn about ancient Egyptian artifacts and the culture in general.

“It is a very nice exhibition in terms of the standard exhibition with high quality,” said Lothyan.

Lothyan thinks the most important factor is for students to attend. “Students don’t have to drive far for the exhibition.”

“It is an amazing exhibition and it is very convenient,” said Jingtian Hua, an accounting major.

Hua suggests students should go to this exhibition because “It is free and it can show students many collections of the ancient Egyptian.”

Students can “trace the steps” to know the whole story and “the collections also can be uncovered through the process of remembering and sharing stories about the past,” said Hua.

“This is my first time seeing these collections closely,” said art major Hyundeuk Cho.

“It’s good for all art major students because we can be inspired after watching these collections,” continued Cho.

According to a news release on the school website, RAFFMA is also holding one more exhibition called “Volcanoes, Riots, Wrecks, & Nudes: The Artwork of Edward Hagedorn.”

Hagedorn was influenced by many different styles including, German Expressionism, European Modernism, and Surrealism which is evident in the exhibition.

The exhibit will be available for viewing through July 2017.

To see the “Journey to the Beyond: Ancient Egyptians in the Pursuit of Eternity Exhibit,” visit the RAFFMA located in the Art building, on the first floor.

General admission to the museum is free, but there is a suggested donation of $3.

The museum is open Monday-Wednesday and Saturday, 10 a.m.-5 p.m., Thursday 11 a.m.-7 p.m. and is closed Friday and Sunday, during this quarter.
We’ve all heard the term school spirit before, yet Thursday, Oct. 13 there was a new type of spirit on campus. Jamie Butler, a well-known medium, presented “Communicating with Spirit” to CSUSB with the goal to inform students about channeling spirits.

Communicating with Spirit was sponsored by and took place in the SMSU Cross Cultural Center, Communicating Spiritually & Interculturally Club, and Associated Students Incorporated.

“Both I, and the newly chartered student club, Communicating Spiritually and Interculturally (CSI) had discussed inviting Jamie Butler to CSUSB for a campus event,” said faculty member Mary Fong.

Earlier this year Fong had attended two workshops and experienced four public channeling sessions featuring Butler.

“I was so impressed. It widened my perspective on life and through a channeler, the ability to communicate to our loved ones who have died or transitioned to the spiritual realm,” said Fong.

Butler pointed out the importance of debunking stereotypical views and misunderstandings regarding what she does.

“We no longer have to be the gypsy, palm reader or incense smoker to acknowledge our true abilities,” said Butler.

Communicating with Spirit was unlike any event of the same genre.

Butler glows on stage while chatting with her audience.

“The way I lecture is very conversational and full of show and tell,” said Butler. “After sharing who I am, some outstanding stories, I will trance channel and answer questions from the audience.”

It was important to Butler to say channeling isn’t a gift. When she came to the realization that she could channel spirits, she knew she was not normal.

“When somebody has a natural talent they don’t see it as anything extraordinary,” said Butler. Not until there is some self-realization that their perception and abilities indeed are uniquely their own.”

Butler was only 18 years old when she started to see shadows and see through people.

“It has really affected the way I make connections to other people.”

This educational event is to help broaden the audience’s mind to think outside of the box and realize that all of us will transition,” said Fong. “When it is our time, life is not done and over with, but we transition and continue to live, but without a body.”

It is important to make sure students have all avenues to be able to expand their horizons.

Butler adds, “The ‘Communicating with Spirit’ event is for anyone who has found themselves questioning life, life after life, death, purpose and intuitive abilities. Curiosity is the best mode to use when showing up.”

In addition to helping broaden the minds of students at CSUSB, this event will help provide for future events on campus.

Ticket sales from the event will be used to organize future events and activities for students.
By SHAMCE AHMAD
Staff Writer

Restore Kitchen, located in a busier part of Redlands, provides the finest craft foods, beer and wine in a kind and welcoming environment.

“We’re a high quality gastro pub,” said co-owner Al Barilla. “We make our burgers from scratch; we make our pickles, ketchup, fresh local steaks, and have one small fridge only for ice cream.”

Sandwiches, meats and salads seemed to be the theme on the menu. Also, breakfast is served all day at Restore Kitchen.

Barilla handles the business and up front dealings at the restaurant as the president and general manager and has been in the restaurant business for 42 years.

His partner and culinary director Rick Wineman has been in the industry for just as long.

Their friendship and professional relationship began in 1998. Wineman originally hails from Eastern Pennsylvania, and made his way westwards through the years.

The teamwork is evident in the family friendly vibes and service they give you at Restore Kitchen.

“The service was fantastic,” said customer Daniel Mudge. “The waitress was very attentive while not being too pushy or pressing,” continued Mudge.

I myself ordered their Chicken Lettuce Wraps, which were prepared elegantly and were very flavorful. I also ordered their Ultimate Grilled Cheese, which was stuffed with multiple cheeses and succulent fillings such as macaroni and cheese and pulled pork. I approved of both meals and the service wholeheartedly.

The pricing of their menu items were not too expensive, but it also was not outrageously cheap either. Price ranges for appetizers ranged from $8 to $12. Entrees fell between the $11 and $19 bracket.

Business has been good for the place as well and for good reason. “We fill up almost everyday,” said Wineman. “Almost all of our guests end up repeating, sometimes even in the same day.”

Restore Kitchen looks like a great place, and I will certainly be back.
By GLADYS OLIVA
Staff Writer


The film is focused on the main character named Rachel, an alcoholic who recently divorced her husband due to an affair.

As a commuter, she often looks out the window during the train stop and obsesses over the perfectly in love couple she describes as “the kind of love you always want.”

She ends the day a drunken mess and the next day she discovers that the woman from the “perfect love couple” has gone missing.

Rachel has a gut-wrenching feeling that she’s a part of this crime but her blurred memory gets in the way of the truth.

The film was highly anticipated, especially by those who have read the book. It is undeniable that Hollywood has not stuck with the original plot.

For example, author Paula Hopkins sets her story in London but the film was based in New York City.

Although it’s a big difference in location, director Tate Taylor was confident with changing the location due to the fact that it was still a largely commuted city and most of the movie takes place on the train.

An important scene in the film that was not mentioned in the book was Rachel’s drunken video with a stranger, where she is seen talking about all the violent things she is capable of doing.

This video is what convinces her she’s the killer and had something to do with the missing woman.

The movie would project to a blue-green filter, soft filters, or warm yellows depending on the personality but mainly shot with very light filters and a soft color palette. Although being a highly anticipated movie, it didn’t get the ratings it was expected to receive.

The newly released movie was rated a 43% according to Rotten Tomatoes and a 6.7/10 on IMDB.

“Honestly I would give it 2.5 stars, I didn’t think it was as interesting as it was going to be. I would not recommend the movie to a friend, I was a bit disappointed,” said an audience member.

“It’s safe to say “The Girl on the Train” was less gruesome and the leading female role was not as psychotic as described in the book and other films.

“The Girl On The Train” may have had a complex female role but it could not be compared to the other best seller, “Gone Girl.”

“In ‘Gone Girl,’ Amy is the supremely calculating architect of her story; in The Girl on the Train, Rachel staggering along, unsteady and unsure,” said Emine Saner of The Guardian.

Due to the female roles that play a very complex and troubled part, media expected the film to be similar to “Gone Girl,” which sold over two million copies and $38 million in ticket sales, according to MarketWatch.

It’ll take weeks for “The Girl On The Train” to reach that level.
Fashion Week inspires

By Veronica Vicente

After watching the fashion trends from this year’s catwalk, students have found inspiration to recreate the looks in a realistic manner.

Fashion week in New York featured thousands of countless styles from popular designers.

The color of pumpkin spice was a reoccurring trend from fashion week that featured pieces of clothing.

Designers Baja East and Banana Republic to name a few, showcased this trendsetting color.

Many students agreed that this color inspired from fashion week became one of their favorite clothing colors this season for it compliments many skin tones.

“I enjoy adding pops of color to any of my outfits for a wow factor, so when I saw how trendy orange was this fall I had to try it,” said student Angie Melendez.

Along with the hints of orange clothing, miniskirt suits were the next fashion trend that students agreed to wear most this season.

Designers Tory Burch and Michael Kors refreshed this ‘90s style and many students said they made the skirt look modern and chic.

These skirts on the runway were styled with simple white t-shirts, two-toned layering colors, and with a jacket or sweater.

“I love the miniskirt trend, it reminds me of my favorite movie “Clueless” and it is really easy to throw on and look like I put time and effort into my outfit,” said Forever 21 employee Brianna Diaz.

For colder days when the skirt does not offer enough coverage, denim flared jeans were another trend strutting the runways this fall.

Clothing companies Rag & Bone and Rebecca Taylor were among the vast majority of brands who reinvented denim this year.

The jeans appeared to have two different denims sewn into each other to create a unique look.

“Jeans are always in style no matter the year or season, but now with this trend my jeans look unique and artsy paired up with a T-shirt and sneakers,” said student Elizabeth Soto.

Many students agreed that although jeans were their go to outfit, sweats had to be their favorite trend from this year’s New York Fashion Week.

Alexander Wang and Puma showed their jogger sweats with huge over-size sweaters and boots. “Being a college student I want to roll out of bed but still look put together, with sweats being trendy this fall, I can pair it with a hoodie and I’m out the door,” said basketball player Domini-que Woods.

Many students agreed that the sweats inspired from the runway kept them looking trendy but comfortable for their long school days.

Many girls said for days when they wanted to put on a dress, they were inspired by bohemian dresses, which all had a colorful pattern with lace detailing.

Designer Mara Hoffman dressed her maxi dresses with boots as they strutted down the runway.

“They can wear this casually or dressed up, it’s really versatile,” said student Diane Gomez.

All of these fashion trends were able to inspire students this fall to create wearable looks for their unique seasonal wardrobe.

Music Tuesday’s Evening of Piano Duet

By NYLLES VERNON

Music Tuesday featured a special presentation of pianists Dr. Jocelyn Chang and Dr. Phillip Young from Pasadena City College’s Music Department.

They recited pieces from two of the greatest classical composers of all time, Johann Brahms and Igor Stravinsky.

They welcomed the audience near the piano to sit and play “Allegro Molto” the first selection from Brahms’ “Hungarian Dances,” and some compositions included “Allegro Molto” from Brahms and “Russian Dance” from Stravinsky.

As they played alongside one another on the same piano it almost seems as if all four hands be- longed to just one person, as they were in perfect synchronization with one another.

After playing a few selections together they pre pared themselves to begin playing their own separate pianos, which multiplied the intensity of the performance.

While playing throughout different sections and parts from Brahms and Stravinsky, you could see both of them quickly flip the pages in their manuscripts as the other kept playing awaiting the other to joint back in, almost reminiscent of children playing jump rope.

Passion, emotion and colorful chord progressions began to fill the room as they hammered away on their keyboards, breathing new life into the old age compositions.

In sync, Chang and Young began to compliment each other’s artistry in the most unique way, proving that both of them had mastered the art of piano.

Jocelyn Chang is an award winning chamber musician who she has played and collaborated with the Los Angeles Philharmonic and has also been a faculty member of this campus from 2010 to 2015 as the director of keyboard studies.

Dr. Philip Young is the chair of the piano depart ment at Pasadena City College and has performed in Europe, Africa, has been heard and seen on broad casts such as NHK Television, and has taught music at Pomona College and UCI Irvine.

“We wanted the composers voice to be heard. We wouldn’t have chosen these songs if we didn’t think the composer had anything important to say,” stated Dr. Young when asked about how they picked the pieces for the show.

“Knowing your part is important. When you play with someone you take on someone else’s mu sicianship, and it ends up making you a better person and musician,” said Young.

Brahms and Stravinsky among others have made their mark by becoming amazing composers, pianists and conductors.

Thus, inspiring and giving birth to a new generation of like-minded composers such as Chang and Young.
OneRepublic releases music with new sound

By SPENCER REIFEL
Staff Writer

Grammy-nominated band OneRepublic has released their anticipated album “Oh My My” on Oct. 7, the first in over two years.

The band has experienced many successes including three full-length platinum and gold albums, countless hit singles, and a variety of nominations.

Lead vocalist Ryan Tedder is a workhorse and has made a career on writing songs for people like Demi Lovato and Adele, but with his vocal range he cannot stay away from singing.

“Making an album is never easy. Attempting to make the greatest album of your life is even less easy,” said Tedder to Billboard reporter Colin Stutz. The success Tedder had with other artist has reflected on this album.

Each song has a different vibe yet they seem to bleed together.

The group’s previous albums gave the band their signature sound, but “Oh My My” is completely different from the other album like “Native” and “Waking Up.”

“This album has some hits and misses. I like all of their music; I was excited after hearing the single ‘Kids,’ but some of the songs pull me away,” stated Anissa Cooper.

On a few songs, the listener can get the feeling that it should be someone else’s song instead of their own, and it’s in “Let’s Hurt Tonight.”

The song sounds like the band borrowed certain characteristics from other bands; this is where they start losing their identity.

With the use of acoustic guitar and the raspy voice of Tedder, this starts off the album on a different foot, throughout the song he pulls back to hitting the high notes.

The biggest flaw in this whole record would be the message that it is trying to make with the mix of bass, techno, and acoustic depending on the song.

Tracks like “Oh My My (feat. Cassius)” and “Dream” have a very heavy use of bass throughout the songs, yet they are not played in an order that helps you with the build up of the album.

The single “Kids” pulls you right back into the old sound fans are used to.

“A.I.(feat. Peter Gabriel)” would have to be the song that pulls away from the standard that the band is known for in their past albums, with the use of techno in the entry.

This album might pull in other listeners that did not like the way OneRepublic was, but it also will keep the current fan satisfied.

With all of this stated about these songs, think of this statement by Gail Sheehy, “If we do not change, we do not grow. We do not grow, we are not really living.”

This album is a collection of different sounds for the group that has not yet been as convincing as older albums have been.

You can listen to the album on Spotify and YouTube to see if you like the group’s new sound.

And on most days we were searching for ways to get up and get out of the town that we were raised, yeah, cause we were done.

- Kids,
Oh My My

By YENA HUNG
Staff Writer

Taylor Swift will headline DirecTV’s 12th annual pre-Super Bowl event on Feb. 4 in Houston, Texas.

The showcase will be on a 64,000-square-foot custom venue and the tickets will get support from a series of promotions and campaigns from AT&T.

Bob Dylan receives Nobel Prize

Bob Dylan won the 2016 Nobel Prize in literature on Oct. 13 from The Swedish Academy. “He is having the great American song tradition with created new poetic expressions,” according to the Swedish Academy.

Elton John’s New Autobiography

Elton John will publish his crazy life in a new autobiography in 2019, according to The New York Times. A title and the exact release date have not been announced yet, but it will be published in the U.S. and the U.K.

Chris Rock Completes Netflix Deal

According to The Hollywood Reporter, comedian Chris Rock will tape two comedy videos with Netflix.

The first video will be released in 2017 and a world tour is being planned.
From “intern” you to “corner office” you, we’ll be there.

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A dangerous obsession

By JASMINE PEREZ
Staff Writer

Trying to lose weight quickly, eating less without getting sufficient nutrients, and feeling stressed out after eating certain food are dangers that one may face when striving for that “healthy” lifestyle. Orthorexia is a medical condition when eating healthy becomes an obsession. Dietitians and personal trainers discuss the misconceptions that come with eating healthy.

Having a healthy lifestyle is something that many strive for but when it turns into an obsession it can become dangerous.

“In my opinion, when people cut out carbs or protein they are actually not able to lose the weight that they would like,” said Teresa Gonzalez, an independent distributor from the nutrition company Herbalife.

“Protein helps the body in the fat burning process,” continued Gonzalez.

Individuals often strive for a certain body type and that influences the choices they make when they consume certain foods.

“Slow and steady is much healthier and long lasting,” said renal dietician for DaVita Debra Arguello.

“When you lose weight quickly, it usually means you are eating fewer calories than your body can handle and you will lose muscle along with fat which is obviously not healthy,” continued Arguello.

Nutrient deficiency can be caused when one takes their healthy diet to an extreme.

Individuals often don’t take into account that if they are on a healthy diet that includes mostly greens, they can lose a lot of nutrients that one’s body needs.

“If a person is eating a cabbage soup diet where all they eat is cabbage soup or an all liquid diet without medical supervision, yes it can be dangerous,” said Arguello.

“People can become nutrient deficient on harsh diets or use of certain ‘remedies’ or ‘lose weight fast’ pills,” mentioned Arguello. “People can also develop eating disorders from being obsessed with all their weight and food intake.”

Another misconception is that when you eat less food in a day, it will contribute to a faster weight loss process.

“How much an individual should consume each day relates to their Total Daily Energy Expenditure [their activity level during the day] and their goal,” said Rec Center personal trainer Jasmine Quintana.

“I would calculate a person’s maintenance based on their height, weight and activity level and then subtract 500 calories from that which would be a negative calorie level of 3,500 calories a week which is equal to a pound of weight loss,” said Arguello.

Personal trainers and fitness enthusiasts often believe in “cheat days” while others will feel stressed out if they have a “cheat day.”

A cheat day refers to when someone who normally eats healthy and clean consumes one unhealthy meal a week.

“This can be eating fatty foods for a day every two weeks or once a month just depending on the person and how they feel about it.

“Personally, I feel that moderation is key,” said Quintana. “If you’re with your family at the fair and you want a fried oreo, I’d say go for it. If you’re out to eat with friends and want some fries, I’d say have a few.”

Having a couple cheat days will not affect your fitness journey if you don’t take it to an extreme.

Next time you are planning your diet to stay fit, think about the misconceptions and do not let it affect your health because after all, health should be a number one priority.
Volleyball success continues under Cherniss

By GREGORY GAMMILL
Staff Writer

The woman’s volleyball team looks to make it back to the National Collegiate Athletic Association (NCAA) tournament under the instruction of veteran head coach Kim Cherniss.

Cherniss has been the main person in charge of the volleyball team for the past 25 years and is entering her 26th year.

She took over the program in 1991 and eventually brought the Coyotes back to their winning ways.

Things got off to a slow start for her, but quickly picked up in 1997 when she turned the team around from a 13-15 record in 1996 to a 20-11 record in 1997.

Players came and went over the years for her and the Coyotes, allowing her to move people around and evaluate what new players could do to make the team better.

“Typically, every four years, based on the way I recruit, we graduate a large crop of kids,” said Cherniss.

Coaching anyone can cause many different types of emotions that anyone can experience in the moment, but some stick out more than others.

“The most difficult part of coaching, to me, is saying goodbye to my girls because we’re all such a close family together and we invest so heavily into these kids and we have a great alumni group to connect past and present,” said Cherniss.

She may have to say goodbye to players every year, but that doesn’t stop her from leading the team to years of success.

Her overall record from 1991-2015 boasts an outstanding 575 wins and just 209 losses.

The team is looking to continue the momentum from last year’s 28-6 overall record and hopes to secure their impressive 19 consecutive 20+ win season.

Staying fit with men’s soccer

By KIERON COLEMAN
Staff Writer

When in season, the lifestyle of soccer can be very time-consuming. The men’s soccer team spends close to 20 hours a week practicing.

With such an intense season, which takes place this quarter, the team has to carefully choose what they eat.

They work on mobility with the trainers on campus two days a week, which helps recover or avoid pulling any muscles.

“We use this time to our advantage, we do a lot of stretching and light weights in the tent, which helps us recover quicker,” said goalkeeper Mike Warn.

In gym sessions, they do a lot of stretching with elastic bands and lacrosse balls, which helps take the knots out of muscles.

“We have a recovery day once a week, which is the food they consume because they have to eat enough food for their muscles to fully recover.

Water is extra important while being physically active. Staying hydrated helps the men keep up with the physical demands.

The men’s soccer program face an important week, heading into a bye week where they will be taking the time to rest up.
Cross-country pass the halfway point

By DIARA FOWLER
Staff Writer

Cross-country has competed in four competitions so far this season, putting them at the halfway point of their year. They started their season off at the Cal Baptist Invite this past September and racked up enough points to take fourth place with 68 points.

Top runner Laura Aceves crossed the finish line in second place with five fellow teammates placing in the top twenty behind her.

Aceves ran the 4000-meter course in 14:22.
Cal Baptist placed first with 35 points, Azusa Pacific second with 55 points and Fresno Pacific third with 67 points.

During their second meet of the season, Aceves broke the school record.
Aceves ran the 5000-meter course at the Biola Invite in 16:35:08.
Aceves took nearly a minute off of the previous 5000-meter record.
Patricia Cortez held the previous record of 17:34 back in 2014.
Four other ‘Yotes broke records that day, including Michelle Palacios who placed 25th within 17:58:65, being the third fastest.
Jessica Steinhoff placed 26th in 18:56, the fourth fastest.
Rachel Gee placed 27th in 18:4:93 the fifth best.
The ‘Yotes placed fourth overall with 115 points. Cal Baptist again took first place with 43 points.

The ‘Yotes placed first out of eight teams with a total of 26 points at the Coyote Challenge held on campus.
Aceves placed first in the 5000-meter race with a time of 17:47.
Runner Delaney Ellsworth followed in fourth place in 19:15.

Michelle Palacios came in fifth place in 19:15.
The Coyotes took fourth place at the UC San Diego Triton Classic with 103 points while Point Loma Nazarene finished first with 54 points. Chico State came in second and UC San Diego in third.

Aceves took first place in the 6000-meter race with a time of 21:46.
The cross-country team looks to make a good showing in the NCAA West Regionals on Nov. 5 in Montana.

With Aceves leading the way, the team has a good chance to make an impression.

Rocktober at the Rec Center

By YERA NANAN
Staff Writer

Everyday, students attend the Recreation & Wellness Center (RWC) to get a good sweat in, build muscle or play basketball.

The RWC features a climbing wall that is often overlooked and not used by many students.

This month, the rock climbing wall is featuring a special Rocktober event.

Each day in October features a different themed event happening at the wall. These events at the RWC are open to anyone with a Coyote OneCard.

“It’s filled with a bunch of events we don’t normally do,” said Rec Center employee, Marlene Baumann.

Events like Mustache Mondays or Knot-Tying Tuesdays both occur from 1:30 - 9:30 p.m.

If you have a mustache (real or fake) or know how to tie a fast knot, these events are perfect for you. Wednesdays will feature a reality-speed climbing game called Randori. Participants will test their limits of speed on the wall as well as earn raffle tickets.

Thursdays will challenge climbers to stack milk crates underneath them to see how high they can jump.

Fridays, the RWC asks participants to come up with challenging ways to climb the wall to be in order to beat out all the other opponents and be the last one standing.

There are great incentives during the month of Rocktober, like a raffle for a prize and much more.

Each time a student participates in an event during the specified days and hours it will increase their chances at winning prizes at WALL-O-WEEN.

You get to meet other climbers in the community, so it’s not only about the games, but maybe build some friendships along the way,” concluded Baumann.

WALL-O-WEEN will take place on Oct. 28 and encourages everyone to show off their favorite Halloween costumes, eat free food and enjoy the ceremony for the raffle ticket winners.