October 11th 2017

CSUSB

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

Recommended Citation
https://scholarworks.lib.csusb.edu/coyote-chronicle/707

This Article is brought to you for free and open access by the Archives – California State University San Bernardino at CSUSB ScholarWorks. It has been accepted for inclusion in Coyote Chronicle by an authorized administrator of CSUSB ScholarWorks. For more information, please contact scholarworks@csusb.edu.
Las Vegas Shooting

By Rodney Schmidt
Editor-in-Chief

On October 1, a crowd of over 22,000 people came out to enjoy country music at the Route 91 Music festival on the Las Vegas Strip. Around 10 p.m., hundreds of shots were fired into the concert crowd.

At first, details on what had occurred were vague and still developing. Various media outlets were reporting several announced dead with up to 100 people shot.

By the next morning, 59 people were reported dead and over 500 people had been report- ed to have gunshot wounds to the head, torso, and various other bodily injuries.

Among those 59 victims was California State University-San Bernardino student, Jordyn Rivera. She was a fourth-year student who was studying in the Health Care Management program. She has been noted as a member of Eta Sigma Gamma, the college’s honor society.

“This is a devastating loss for the entire CSUSB family,” wrote President Tomas Morales in a college-wide email.

Currently, there is a GoFundMe to provide financial support to Jordyn’s family and the honoring of her memory that has already received donations of over $4,500.00. The goal is set at $10,000.

Close to half of the 59 victims are Southern California residents. The victims stretch like San Bernardino, Riverside, Grand Terrace, and Corona have been impacted by the tragic loss. The Las Vegas shooting is said to be the deadliest shooting in modern U.S. history.

INSIDE THIS ISSUE

LatinX Welcome Week Pg.3
Race for Graduation Pg. 5
Adelanto: canabis capital of California Pg. 7
Keto Diet Pg. 11

CSUSB Rallies to Support Undocumented Students

By Crystal Harrell
Copy Editor

The DACA Rally: Coming out of the Shadows event held on September 26 allowed the CSUSB community to raise awareness for undocumented immigrant youths.

A crowd of students, professors, administrators, and public allies marched around the perimeter of the Pfau Library lawn. They carried signs showing words of encouragement for undocumented students and immigrants, even making their way through the Santos Manuel Student Union as they chanted phrases promoting change.

Community members carry signs with meaningful messages. Photo courtesy of Crystal Harrell.

Since the announcement in early September that the Deferred Action for Childhood Arrivals (DACA) program would be rescinded, there has been significant backlash across the nation.

The CSUSB community has been affected by this development, which is why the Dreamers Resource and Success Center has taken measures to ensure undocumented students feel safe and accommodated on campus.

Prior to the rally, the Dreamers Resource and Success Center hosted an undocumented student Ally Training session to spread awareness about how to better serve the undocumented student population.

The event lasted from 1 p.m. to 3 p.m. at the Lower Commons. Attendees were then invited to participate in the DACA Rally, hosted by the student organization, Undocumented Advocates, at 4 p.m.

Rally attendees pose for a photo op. Photo courtesy of Crystal Harrell.

Continued on Pg 4...

Student Loans vs Employment

By Jason Samp
Multimedia Editor

CSUSB students, alumni, and faculty discuss the advantages and disadvantages of either acquiring student loans or getting a job to pay for a college education.

For the majority of students, acquiring a degree is expensive. Many wonder if a student loan is worth the debt or if they are better off getting a job while going to school.

“I work every day after class at Target to pay for my tuition upfront,” said CSUSB sophomore, Julius Hernandez. “Some-times I wish I could have more time to participate around the school campus instead of rushing straight to work."

Student loans help provide financial freedom during those hectic college years.

Not having to worry about work allows students to fully experience college by participating in extra curricular activities such as clubs, fraternities, sororities, and other pastimes that those with jobs simply do not have time for.

Donald Girard is a professor in the communications department at CSUSB with a Master’s of Business Administration from The Ohio State University.

“Loans take a lot of stress off so you can concentrate on your studies,” said Girard. “I guess the downside would be, you’ve got a financial obligation immediately after you get out of school."

Students who are enrolled in a four year program at CSUSB and receiving loans, may graduate with approximately $40,000 of debt just for tuition costs.

This can go up even more when considering housing, meal plans, and book costs.

The financial aid section of the CSUSB website provides necessary information on the types of loans students can qualify for and their terms. Also, the financial aid department located in University Hall can provide additional details.

The terms of these loans may be a determining factor in the decision of whether or not to get one.

“Some of the disadvantages I’ve dealt with are having high payments after graduation, interest rates going up and adding to the high loan amounts, and having to find a good enough job after graduation to be able to pay for the loans,” said CSUSB alumni Jacob Weatherbee.

Continued on Pg 4...
Raising Awareness for Domestic Violence

By Crystal Harrell
Copy Editor

October is regarded as Domestic Violence Awareness Month, and the CSUSB community is doing their part to honor that cause. On October 3, an event called “Put The Nail In It” kickstarted a campaign to promote ending violence and celebrating survivors of abuse. A table was set up outside the Santos Manuel Student Union from 10 a.m. to 2 p.m. by the student organization and the Violence Outreach Informing our Communities with Education (VOICE).

VOICE volunteers provided nail polish to let students paint a fingernail purple, the national color for domestic violence awareness. Pinned ribbons and flyers with more information about helpful resources were also available for the public to take home.

The event was sponsored by the CSUSB Title IX and Gender Equity and led by Marina Rodriguez, an advocate for survivors of sexual assault, dating violence, and stalking.

“We just really want people to understand that domestic violence is an important issue that exists,” stated Rodriguez. “And if people understand that it’s happening, then hopefully they will want to be part of the movement to stop it.”

Rodriguez advises others to educate themselves on the topic of domestic violence in order to better understand an abusive situation and to advocate change. She identifies five steps of action for allies to follow: listen, believe, support, provide options, and create a safety plan.

“It can be really irresponsible if someone says, ‘you should leave.’ It’s not usually safe to leave,” warned Rodriguez. “It wouldn’t be appropriate to give that kind of advice. That’s why it’s better to provide options instead of telling people what to do outright… We really want to empower survivors by letting them make their own choice.”

Statistics from the National Domestic Violence Hotline’s 24-hour web-based resource, Lovewisegroup, show that one in five college students have been in abusive relationships. In addition, the Hotline reports that an average of 24 people per minute are victims of rape, physical violence, or stalking by an intimate partner in the United States alone—resulting in more than 12 million women and men affected per year.

“Regardless of gender or sexual orientation, domestic violence hurts everybody. It’s a societal problem that must be addressed, so it takes everyone to work together to help resolve the issue,” said CSUSB sophomore and VOICE member Jeffrey Vienta.

More events and workshops promoting the end of domestic violence will be available for students to attend throughout the month, with some even providing credit for the yearly End Sexual Violence Training requirement. Knowing the right resources and support lines is an essential part in promoting the end of domestic violence. It is advised that witnesses of abusive behavior call 911 to report suspected incidents.

The CSUSB Student Health Center is also available to accommodate survivors of abusive relationships with counseling and other supportive workshops. For 24-hour assistance, the National Domestic Violence Hotline can be reached at 1-800-799-SAFE (7233).

To learn more information about Domestic Violence Awareness Month and upcoming on-campus activities, follow the CSUSB VOICE Peers Facebook page.

U.S. Air Force 70th Birthday

Chief Master Sgt. cuts cake with a sword.

By Brandiss Johnson
Staff Writer

CSUSB hosted the United States Air Force 70th birthday celebration on Friday, September 29 in the Recital Hall’s Performing Arts Building.

The event began with Cadet Major Joshua Arnold welcoming everyone. “We are reminded of our proud heritage,” stated Arnold during his welcoming speech.

The event brought every one together to celebrate 70 years of the United States Air Force “The Air Force is the youngest service. It is the World Premier Aerospace force,” explained Sgt. Hugh E. Wagner, the Keynote Speaker during the event.

After 40 years of service, Wagner retired from the service. “It is an honor to be invited to this 70th Anniversary event.” As Wagner spoke about his time in the Air Force, a slide show with pictures exhibited how he got to travel the world during his service in the Air Force. Augustin Ramirez, who is the Interim Director of the Veterans Success Center here at Cal State San Bernardino, explained the focus of what the speakers emphasized.

“Today’s speakers emphasized that the core of the United States Air Force is not just its sophisticated technology and gadgetry,” said Ramirez. “It’s the diverse and talented pool of people who work towards the common cause: Fly, Fight and Win. Today’s event highlighted this core and the past, present, and future of the United States Air Force.”

Following the keynote speaker, attendees proceeded outside for the viewing of a T-34 flyover which took place in front of the Performing Arts Building.

“It’s pretty exciting,” said Zaida Munoz, a freshman at CSUSB. “I just wanted to see how everything works here like with the program.”

Continued on Pg 4...
CSUSB Rallies in Support for Undocumented Students

Continued from Pg 1.

Her involvement in the DACA Rally not only served to fight for her own rights, but to encourage her siblings to be successful in the only country they have ever known.

“It was important for myself to be involved because I think often times we don’t really realize the things that we deserve or things we should have as basic rights, including the right to work and the right to have a pathway to success... If we don’t fight for ourselves, no one else will. Nobody will take a stand and defend you. You have to be your own advocate for your rights,” stated Esparza.

CSUSB president Tomás D. Morales shows support at the DACA Rally. Photo courtesy of Crystal Harrell.

Following the march, various guest speakers shared their stories of discrimination and triumph. In attendance was CSUSB president, Tomás D. Morales, and the founder of UndocuMedia, Ivan Ceja.

Students were also encouraged to speak about their struggles and why they felt the need to spread awareness about the undocumented population on campus.

“I think it’s important for all of us to unite, not just for our human rights, but also to create awareness for the immigrant communities. We need to bring awareness that we are here on campus, and that we have experienced discrimination throughout our lives. This rally was a big responsibility and we hope to inspire others to speak out when something seems unjust,” said Leticia Herrera, who shared her story at the event.

Allies hug rally participants as a show of support. Photo courtesy of Crystal Harrell.

The DACA rally successfully demonstrated the overwhelming support for the undocumented population at CSUSB. The DREAMers Resource and Success Center strives to better serve these students as well as teach others how to be helpful allies.

“I believe a good ally just has to be human. Put yourself in that situation. If you want help, do you want people speaking for you? Do you want them to make decisions for you? You’d want people to sit down and listen to you speak and say what you need help with,” stated communication professor Liliana Gallegos, who was in attendance at the rally.

LatinX Welcome Week

By Paola Magana
Staff Writer

The LatinX Cross Cultural Center in the Santos Manuel Student Union (SMSU) hosted its Welcome Week from October 2-6.

The event consisted of activities such as mural paintings, meeting Latino-based clubs and organizations, Loteria night, a movie screening, as well as arts and crafts.

The Latino-based event’s purpose was to create an open space where students could explore and embrace all aspects of Latino culture.

“It is an educational and a fun way to get to know the Latino community and to know that there is not just one type of person within that culture,” stated student planner and programmer Iztel Olguin.

The LatinX Cross Cultural Center had its grand opening at the affinity centers on the second floor of SMSU on February 27 this year.

“Something new that the Cross Cultural Center is doing is that every identity center is going to have their own Welcome Week. LatinX is going to be the first one and next week is the First Peoples’ Center,” explained student programming assistant Sarahí Oyarzabal.

The LatinX identity was welcomed by student committees, faculty members, and president Tomás D. Morales.

Its programs, workshops, advising, and support services aspire to create a place for students to explore issues of identity and of racial, ethnic and cultural diversity.

CSUSB student Jorge Placencia attended the event and felt a strong sense of unity with its message. “The Latino word just kind of stood out to me. I’m Latino and I’ve never really been part of anything... it makes me feel that I’m not alone,” said Placencia.

Anyone interested in exploring issues of identity regarding racial, ethnic and cultural diversity can drop by the Cross Cultural Center to see what other events they will be hosting throughout the school year.

“As an individual, I feel like if it’s part of your culture and you want to go on and embrace it, I find that it’s something you’ll find joy in,” stated Oyarzabal.
National Voter’s Registration Day

By Adam Vilas
Staff Writer

CSUSB students attended an on-campus viewing of the classic film Footloose on September 26 to encourage young adults to participate in National Voter’s Registration Day.

The non-profit organization Rock the Vote hosted the event at the San Manuel Student Union and provided popcorn and cotton candy for students who wanted to watch the film. This was the fifth National Voter’s Registration Day event held here at CSUSB.

Rock the Vote Associate Director, Bryant Fairley, stated that National Voter’s Registration Day is meant to promote recently eligible students to be aware of the importance of registering to vote.

“I think that a lot of young people don’t feel like their voice can be heard,” said Fairley. “But the truth is, if you don’t vote, then someone who is older or further away from the issue or not connected to it at all will decide for your future, and I don’t think that’s right.”

Footloose is a film about a young boy who moves to an old-fashioned town that has outlawed dancing. The protagonist, played by Kevin Bacon, uses his voice to speak out and encourage other young students to follow his lead and protest to abolish this outlandish law.

Rock the Vote chose to show this film in particular because the story of young students rising up and coming together to make a change in their local town promotes students to speak up and register to vote.

CSUSB student, Marissa Setyawan, believes that not enough young people care about voting and if they had voted, then the 2016 presidential election could have had different results.

“I think the people who came out to vote this year were very different than during the Obama administration,” stated Setyawan. “More traditional and conservative votes were made and if students want to see change, then they need to come out and vote.”

The event had a turnout of an estimated 15 students and around 20 students became newly registered voters between both the Palm Desert campus and the San Bernardino campus.

Rock the Vote holds this event each year in hopes that more students will recognize the importance of voting and that participation in National Voter’s Registration Day will increase.

Joselyn Yap, a CSUSB student, stated that it is important for young adults to exercise their rights and make sure to participate in the voting process.

“Exercising your rights is what the United States is all about,” said Yap. “Elections are a historic moment that I want to be a part of.”

The California registration deadline this year is on October 23. Rock the Vote encourages students to participate in local elections coming up in their towns and make their voice heard.

“You really have to stand up for what you believe in,” said Fairley. “Let your voices be heard, and by engaging in the voting process, change will happen.”

U.S. Air Force 70th Birthday

Continued from Pg 2.

“I just wanted to see how everything works here like with the program.”

Munoz will be the first in her family to join the Air Force.

When it came to the coordinating of events, William Lewis, who is the Assistant Support Coordinator, was pleased with the results.

“I feel immense pride in events such as these. As a member of the Air Force participating and coordinating this event reminds me of the important concepts of life and shows me that the community engagement is good for both the members of the Air Force and the civilian community which we protect,” stated Lewis.

Sgt. Wagner cites many benefits to joining the Air Force.

“Well, it’s not for everybody per se. But you will get the training, education, and a lot of opportunities. I would suggest to check it out, and what feels good is what will determine that decision.”
Race for Graduation

By Patricia Delatorre
Staff Writer

Going to college and receiving an education is something everyone strives for, but it has become a competition—a race rather than the source of knowledge or power.

A variety of students on campus from freshmen to fifth year students have spoken out on the struggle and pressure that is set upon them as the millennial generation.

The plan usually outlined for college students is going to a four-year university and graduating with a BA will guarantee success in the future. But, that isn’t the case anymore. Students divert from that plan for various reasons, due to finances, personal circumstances, and academic challenges.

Most students said that their plan has always been to graduate in four years and be on their path to a career at 22 years old.

“22 years old is still so scary thing to think about,” said Brenda Urrutia, a CSUSB senior.

A lot of students like Senior Anna Moreno, is a prime example that it doesn’t have to be a race or negative experience to stay longer in college. “It’s my own path, I feel more successful because I am going to graduate with a dual major. If anything, I just taking my time,” stated Moreno.

The main goal is for students to finish and receive their degrees, not to see how quickly they can achieve that goal.

“22 years old is still so young. You are going to work the rest of your life anyway so there’s no need to rush. It’s a scary thing to think about,” said Brenda Urrutia.

By Patricia Delatorre
Staff Writer

Student Loans vs Employment
...Continued from Front page

Weatherbie graduated with a total of $48,000 in student debt with a range of interest rates between 4.5 percent to 8.9 percent.

There are also various pros and cons to having a job while going to school.

Those employed may not have to deal with lingering debt after graduation. Being financially free with a college degree is an empowering feeling.

“After graduation, it took me a couple months to find a job, but in the mean time I was not sitting on a pile of debt,” said CSUSB graduate Juan Ramirez. “I was able to put my money into a new Mustang instead of paying off a student loan.”

Also, research shows that students who held jobs during college enter the workforce with enhanced time management and budgeting skills.

“I used to prop my textbook up against the vent while I was making Big Macs so I could read my textbooks,” said Girard.

However, working can take up time that can perhaps be used to increase your employment opportunities after college.

“Having to work the entire time took away from studying or going to important events on campus, as well as making it difficult for me to take time to get an internship or prepare for a career after graduation,” said Weatherbie.

On the other end, balancing a job and school work creates a lot of stress on a student.

“I’m pretty sure I have lost some hair trying to juggle work with classes,” said CSUSB senior Elizabeth Rodriguez.

Breaks away from school hold much more value because it allows students to get a rest from the relentless schedule of class, work, and then homework.

One option may not necessarily be more beneficial than the other. It comes down to personal situations.

“There’s a lot of variables in this equation and it’s not as simple as door number one or door number two,” said Girard.

“I used to prop my textbook up against the vent while I was making Big Macs so I could read my Textbooks.”

Donald Girard

Patricia Delatorre | Chronicle Photos

Page 5 October 11, 2017Coyote Chronicle
Fund offered by the state, of excluded a one-time Discretionary projections, by the mandated legislative regulations with their be in compliance with new It proved that the FUSD could mously approved by the board. moving in June. The district entirely. The LCFF formula is used to allocate state funding in accord- ance to a district’s needs associ- ated with the demographics they serve: low-income students, English learners, foster youths and any other students who are at a disadvantage. Bassett fears that drastic increases in the State Retirement System employee costs places all school district budgets at risk. “Without an increase to edu- cation funding in California and/ or a redesign of the retirement systems, virtually every district, including Fontana, will be faced with the challenge of making drastic reductions,” remarks Bassett.

This could mean employee layoffs and cutbacks in areas that will ultimately have an impact on students’ learning environments. According to both Bassett and Slowick, if FUSD continues to struggle with employees’ State Retirement System benefits, such as CalSTRS for teachers and CalPERS for support staff, then these costs will not only put the FUSD district’s budget at risk of failing, but many other districts may fail as well, and this can all lead to dire consequences.

Although Slowick hopes the district’s budget will be enough to “cover our increases in expen- ditures that are coming down the road,” he sees the deficit prob- lem as becoming increasingly problematic. By the 2022-23 fiscal year, Slowick projects the district’s general funds to be negative by at least $2 million. Certified Employees rep- resents certified teaching staff, while Classified Employees represents all other employees. He is concerned that if the superintendent, combined with the school board members, are not capable of pulling themselves out from the red, then the state will be forced to take over the district entirely.

Bassett proclaims the great- est costs for the district are the employee expenditures, such as salaries and benefits. “Over the past 4 years, there has been an overall salary increase in the excess of 15 percent,” and he fears this trend will continue to increase quickly in the upcoming years. Associated with apprehen- sions of the raising salaries are also the worries of not having enough money for the increasing retirement and health benefit costs for all employees who work within the FUSD, both certified and non-certified employees.

Because of these increases associated with employee costs, continued pressure will be placed on all school districts to meet these expectations without adequate state funding to compen- sate the balance. One teacher who prefers to remain anonymous to readers feels too much of the district’s money is spent on unnece- sary management positions. School staff members often feel micromanaged with, “lots of mini chiefs to run programs,” and money should be allocated elsewhere for the benefit of the students.

Bassett’s response to such accusations is that management salaries only account for four and a half percent of the general fund budget expenditures, and most people have misconceptions of how FUSD money is allocated.

The pie chart is an example of how district funds are spent. Certified Non-Man represents all other employees.

Slowick projects the district’s general funds to be negative by at least 52 mil- lion.

Regardless of the worries for the FUSD budget, there are shared hopes by all interviewed that the district will prevail.

Slowick and Bassett’s combined responses to students’ needs and the district’s budget problems is that voters must be made aware of how FUSD, both certified and non-certified employees, spend district money.

The 2017-18 fiscal year in- cluded a one-time Discretionary Fund offered by the state, of approximately $876 million. Funds like this may not be offered in subsequent years to come. Bethany Figueroa, Executive Director of Physical Services, explains that the Local Control Accountability Plan (LCAP) income projections are expected to increase due to learner’s needs within the district, even though, “student enrollment levels have been steadily decreasing each year.” Although the decline in enrollments is causing a large re- duction in revenue calculations, Figueroa is confident the district is scheduled to be in compliance with the Local Control Funding Formula (LCFF) by the year 2020-2021.

FUSD faced drastic budget cuts due to lack of state funding, and were expected to save $25 mil- lion by the following year. These budget cuts included a reduction of the College Career Center and Adult Education, layoffs of 26 Librarian Specialist, and the re- moving of the district’s counselor program. The FUSD was forced to the layoff teachers, employees, and management positions in the hundreds.

FUSD board member, Matt Slowik, expressed his concerns for the district’s budget problems by providing projections of his own that indicate a looming deficit in the millions as early as this fiscal year.

The only two candidates who are now competing for the vacant seat are Mars Serna and Kareem Gongora. Although no specific dollar amount has been given for the cost of the election, board member, Slowik, estimates the process to cost approximately $220,000 which will come out of the 2017-18 budget. money he claims, “Could have been divided among the 45 schools within the district to help with classroom shortages.”

Regardless of the worries for the FUSD budget, there are shared hopes by all interviewed that the district will prevail.

Slowick and Bassett’s combined responses to students’ needs and the district’s budget problems is that voters must be made aware of how FUSD, both certified and non-certified employees, spend district money.

The 2017-18 fiscal year in- cluded a one-time Discretionary Fund offered by the state, of approximately $876 million. Funds like this may not be offered in subsequent years to come. Bethany Figueroa, Executive Director of Physical Services, explains that the Local Control Accountability Plan (LCAP) income projections are expected to increase due to learner’s needs within the district, even though, “student enrollment levels have been steadily decreasing each year.” Although the decline in enrollments is causing a large re- duction in revenue calculations, Figueroa is confident the district is scheduled to be in compliance with the Local Control Funding Formula (LCFF) by the year 2020-2021.

FUSD faced drastic budget cuts due to lack of state funding, and were expected to save $25 mil- lion by the following year. These budget cuts included a reduction of the College Career Center and Adult Education, layoffs of 26 Librarian Specialist, and the re- moving of the district’s counselor program. The FUSD was forced to the layoff teachers, employees, and management positions in the hundreds.

FUSD board member, Matt Slowik, expressed his concerns for the district’s budget problems by providing projections of his own that indicate a looming deficit in the millions as early as this fiscal year.

The only two candidates who are now competing for the vacant seat are Mars Serna and Kareem Gongora. Although no specific dollar amount has been given for the cost of the election, board member, Slowik, estimates the process to cost approximately $220,000 which will come out of the 2017-18 budget. money he claims, “Could have been divided among the 45 schools within the district to help with classroom shortages.”

Regardless of the worries for the FUSD budget, there are shared hopes by all interviewed that the district will prevail.

Slowick and Bassett’s combined responses to students’ needs and the district’s budget problems is that voters must be made aware of how FUSD, both certified and non-certified employees, spend district money.
Adelanto: cannabis capital of California

By Rodney E Schmidt
Editor in Chief

The desert-based city of Adelanto, California is expanding and thriving thanks to Councilman John “Bug” Woodard’s plans to industrialize the cultivation of medical-grade cannabis in the city.

According to Woodard, he, along with Mayor Richard Kerr, have taken note of other cities that have shown great profits from the selling and cultivating of medical-grade cannabis.

“We’re actually like the Boulder, Colorado,” said Woodard.

According to a 2010 census, Adelanto consists of 56 square miles of land area, and with most of that area home to Joshua Trees and tumble weeds, the city is open for the production of other kinds of weeds.

“We’ve passed all the laws now,” Woodard said as he stood in front of 2,000 acres of potential cultivation land. “From the seed to the market, it’s all legal.”

Places like Boulder, Colorado are havens for cannabis smokers seeking both medical treatment and recreational release, but Woodard claims that “we have our eye on the medicinal side.” All of the cannabis that is sold and cultivated in the city is used for both recreational and medicinal purposes.

“We’re getting ready to submit our application,” Jack Gail said in front of the Adelanto Detention Center. He has asked to not use his real name. He says that he recently got out for possession and evading arrest in Adelanto. “I have no problem with it. I wouldn’t have been in jail if it was legal a long time ago.”

According to the Assistant Planner, Eric Saazeda, the application cost around $15,000. That doesn’t guarantee approval, either.

The amount of jobs that these factories produce is vague, but the amount of cosmetic improvements the city will receive is not.

“If someone wants to build a factory, they have to pay for the street, the irrigation, the sewers, power lines and so forth,” said Saazeda.

Getting companies to pay for major improvements to the city’s infrastructure should be easy, according to Woodard.

“Like any industrial area, there’s a lot of environmental impact,” he said. “I’ve had dinner with billionaires,” he said. “Every year we’re saying, ‘Okay, let’s get these factories in place, but it’s been a lot of delay and delays.’”

Factories that once built model airplanes, centers for renting cars, and a fiberglass company have been bought out by others who want to cultivate cannabis for several million dollars.

There are currently three zones designated for the cultivation of cannabis.

Even though the city has taken caution with planning, the sheriff’s department has not been supportive of the city’s plans.

“The sheriff’s department was not onboard,” revealed Woodard. “They fought us a lot, and for the most part, they gave us misinformation.”

Private security guard, Juan Gomez, who monitors several of the factory’s adjacent to the cannabis factories, said, “People are worried about strangers coming to town and walking around.”

Since the use of marijuana for recreational purposes was legalized on January 1, 2017, many companies have been looking for opportunities surrounding the cultivation and/or manufacturing of cannabis and cannabis oils in California.

On August 3, the country’s largest cannabis producer and retailer, American Green Inc. purchased the town of Nipton, California that sits across from Las Vegas, Nevada. The company has plans to turn the town into a center for everything relating to cannabis.

Since the use of marijuana for recreational purposes was legalized on January 1, 2017, many companies have been looking for opportunities surrounding the cultivation and/or manufacturing of cannabis and cannabis oils in California.
**Community Features**

### Soul Kitchen & the Bash Dogs

*By Kaelie Illman  
Staff Writer*

This ‘60s rock ‘n’ roll-themed party, for anyone 21 and over, takes place every month in the Foundation Room VIP Lounge at the House of Blues in Anaheim for free. I went to one at Soul Kitchen on September 29.

This event showcases up-and-coming bands of the Rock and Funkadelic genre, which are handpicked by the resident band for the party, The Bash Dogs. After walking through the VIP doors, vintage jams were played by vinyl DJs, Sammie and Peri. Special themed drinks were ready to order, such as the Mr. Morrison and go-go dancers were getting down, which helped set the vibe for the night.

“I had never been to a Funkadelic or throwback concert like that. It was really cool to see everyone dressed up in their ‘60s clothing and it was just a cool atmosphere, something completely different from the normal club scene for people our age,” said fourth-year CSUSB student, Kaitlyn Norris.

The brains behind this popular rock party are the Orange County-based band, The Bash Dogs. After a long night of partying in the Foundation Room with the well-known band, The Growlers, Nate Barrett the lead vocalist, came up with a great idea to bring the ‘60s back to the OC through Soul Kitchen, aptly named after The Doors’ famous song. Days later after creating the proposal, Nate and his good friend Emo were able to gain an audience to propose the party.

“We killed the meeting and Ari Sahuert, the Foundation Room promoter, was kind enough to give it a test run, the first ever Soul Kitchen. He said if it went well, we could throw our party every month. Well, now we are coming up on Soul Kitchen 5,” said Barrett.

The Barrett brothers, Nate and Jeremy, first began playing music in their early childhood after learning a Van Morrison song for their elementary school talent show. Since then, it’s all been leading up to The Bash Dogs by picking up two other bandmates throughout the years.

“When we hit high school, we met our low-frequency love machine Nathan Schmok, the best bassist we had ever seen. We had him over to jam and his style was just like John Paul Jones... we knew right then, he was our guy and he’s been with us ever since. Over the years, our sound has changed tremendously which is why we wanted to expand that sound... by getting a ripper [Riddle] on the keys,” said Barrett.

The Bash Dogs have become one of the leading groups in the revival of Funkadelic Rock, similar to that of the 1960s-’70s. The Bash Dogs believe that the ‘60s created a significant and creative energy that wasn’t seen before that time, with many amazing artists such as The Beatles and Led Zeppelin, who inspire. For each Soul Kitchen, they bring on bands that they think to represent these genres the best, such as Levitation Room, who played this last Friday’s party.

“Everyone’s starting to wake up. I think it’s beautiful that something from the past that existed during a time of change, and social unrest is here again. And the whole thing is DIY. Everyone is helping with the idea of love,” said Jaykob Mare, who has been in the industry for over 10 years.

Next Soul Kitchen 5 takes place on October 29, as the big Halloween Party. The band keeps its social media presence at@thebashdogs on Instagram to promote their events and the upcoming album release party in January 2018.

---

### Riverside’s Open Mic: Coffee & Creativity

*By Yesica Gonzalez  
Staff Writer*

Open Mic night brought people together at downtown Riverside’s coffee shop, Back to the Grid, on Sept. 25.

That night, just located in the basement of the shop, people were in their seats ready to get another taste of the community’s talent.

In crowd sat four friends, Dylan Mayer, Michael DeSantos, J.J. Garcia and Lori Knight, who came out to support their community.

“I love everything about Open Mic nights, the talent, the people, the ambiance, the support, it’s what people need to get away from the real world for a while,” shared Knight.

Open Mic nights are known for holding the diversity of talent that spreads from poetry to live music.

“Even though I don’t come all the time, it’s kind of nice to know that the event exists to give support to a person that needs it,” said DeSantos.

The event displayed positive support and a safe zone for any talent that anyone would want to share.

“I like how diverse it is, there are somethings like other kinds of music that I’ve never thought I’ll be into, but after hearing and seeing the person perform, I actually do dig it,” shared Mayer.

Three of the friends explained how they prefer going to an event together because it’s more fun to explore it with each other.

With the exception of Garcia, it was her first time attending and preferred to tag along with her pals after their recommendation.

“I had never been to an Open Mic before, but I kind of knew what I was getting myself into because of my friends,” said Garcia.

Just like how Garcia got the knowledge about the event, her other three friends also learned about it by word of mouth.

“We thought it would be something she would be into since she’s been to Back to the Grid and was familiar with the place,” said Knight.

On a typical day, Back to the Grid is filled with people studying or hanging out with friends.

The shop displays a cozy and relaxing vibe for the nearby students of the University of Riverside.

But when Monday night at 9 p.m. hits, people enter the world of the young enthusiasts just by walking down the stairs to the basement.

“The only thing that people need when they come to the Open Mic is to bring huge support for all of the performers and to enjoy yourself along with the audience,” said Mayer.

Supporting other artists, poets and anyone of the community, is what the event is all about.

On the night of an Open Mic, the event lets anyone sign up to take a turn being in the spotlight, no matter what talent the person has.

Sharing that talent is one of the essentials of the night and can give others a desire to explore that.

“I think if people want to; just buy a coffee, a donut and they can make their way to the Open Mic where they will explore the wonders of the other side,” shared DeSantos.
By Patricia Delatorre
Staff Writer

Waking up to blaring alarms at 8 a.m. never seemed like something I would be excited about. The day finally came: my last first day in the undergrad program.

Driving around the parking lot for 40 minutes trying to find a parking post made me realize I may not miss college that much. But I will miss seeing familiar faces daily, the welcoming environment of diversity, and the passion for knowledge in my classes.

Thinking about today being my last firsts of many things is something I should be most excited for because it is the end of the beginning, isn’t it? Truth is, I am scared out of my mind.

What I am most scared about is not finding my place outside of CSUSB, but it is where will I go next. Right now I have my sorority, support system, and education at the palm of my hands.

It may be the last first time I enter campus and learn for the sake of gaining knowledge. The real world is a scary place and to think that this may all end soon makes me nervous.

I told my friend Katie Anderson I am most afraid to start over again. I remember the very moment when I started college as a freshman and said I couldn’t wait to graduate college, make money, and have a successful career for my mother.

Now, I just want a little more time. I want to linger a little longer.

We start off our COMM 347 class with the activity that we all anticipate, the “what’s your name, major, and something unique about yourself” introductions. It’s kind of funny because I realize I won’t ever need to do this again, and as much as I hate it, I will miss it.

In that moment I realized that time is flying by and it’s never wasted because before I know it, I will wish I could just sit down and get to know my peers a little better.

People always think that something is so far away or that we have time, but, in reality, we don’t. Life happens and we never realize how fast things really come.

Here I am, a senior in college, my very last first day as an undergrad and all I could think about is how I didn’t want the day to end. Every last bit of the day I was soaking in. Even if it did take me 40 minutes to find a parking space and I made it to class halfway through my lecture.

Because every moment only happens once, you live in that moment and then it passes you by but, what you do get to cherish is experiences and the memories made.

“I would give anything to go back and relive my college experience. College gave me a sense of who I am and sometimes you forget that along the way,” my best friend Silvia Ortiz, recent graduate student told me.

As I walked out of the Student Union, I stood there for a second and just looked around campus and I couldn’t be more proud to be a Coyote. CSUSB has given me so much that I didn’t know I needed. Going to school is one thing, but being a part of the school community is another. And I think it has become a home.

It is my last first day of many. And I am glad I can call CSUSB my home.

---

Community Features

Empower Others to Thrive

Complete a Master’s Degree in Social Work or Marriage and Family Therapy

Become a skilled, professional social worker or counselor with Azusa Pacific’s Master of Social Work (MSW) or M.A. in Clinical Psychology: Marriage and Family Therapy (MFT) programs and graduate equipped to empower others with tools to thrive.

**MSW**
Prepare to help others through professional counseling, community-based interventions, and nonprofit leadership. California prelicensure courses are available.

- Full-time, part-time, and Advanced Standing options 1 60 units

Learn more: apu.edu/msw

**MFT**
Help couples and families restore relationships through this program that meets current California licensure requirements.

- 2-4 year program options 1 66-69 units

Learn more: apu.edu/mft

---

**GET STARTED TODAY!**
Call (626) 815-4570 or email gpadmissions@apu.edu.
Broke College Girl’s Life Hacks:
DIY Pumpkin Spiced Coffee

By Brittany Stiner
Staff Writer

To my fellow broke college girls: This fall quarter has been a rough one. But fear not, I’m here to tell you it can be better with the flavor of pumpkin spice.

This time of year brings out the best in us, not only because it’s the season of being together and making memories, but because everything your heart desires is pumpkin flavored!

Pumpkin flavoring at Starbucks costs 60 cents for just one pump of syrup, and $4.95 for a grande size. Venti size costs around $5.25, which is how much all these ingredients are going to cost you to make this classic beverage at home.

Fall, in the Inland Empire, can get chilly really quick, and a warm cup of joe that is laced with pumpkin flavors is what helps make those early commutes better. Sadly, hitting up coffee shops every morning can get expensive. But I’m here to tell you that there was a way to get that fall-coffee fix on a budget?

This article will guide your pockets in the right direction with these easy DIY pumpkin spice recipes for that college girl or guy on a budget.

First, let’s talk about an easy pumpkin spice syrup. Some of these ingredients can even come from your own spice cabinets! All you’ll need is water, brown sugar, one can of pumpkin puree, and pumpkin pie spice.

Start by combining one cup of water with half a cup of brown sugar. Set a saucepan on the stove over a medium setting and begin to stir together. It may take some time for the sugar to dissolve, but eventually, it will create a simple syrup.

When the simple syrup is created, it’s time for the star of the show: the pumpkin puree. Add one 15-ounce can of pumpkin and two tablespoons of pumpkin pie spice, and stir your mixture frequently. Be cautious because the sugar can burn.

Once all the mixture is dissolved, pour in your favorite cup of coffee or espresso, and enjoy.

If syrups are not what you go for and you like things a little creamier, this next recipe is just for you.

Sweet creamers are not for everyone, but something about pumpkin makes even the most serious coffee drinkers dive in to get a taste. This DIY pumpkin creamer is easy, and you can use the ingredients for the previous recipe as well. All you need is water, brown sugar, half-in-half, pumpkin, and spice!

Just like the first recipe, create that simple syrup with the half a cup of brown sugar, half a cup of water, and let it simmer. Next, add the two tablespoons of pumpkin puree and one teaspoon of pumpkin spice. Then, let the mixture cool and add the half cup of half-in-half to your saucepan. Store mixture in a recycled creamer container or even a mason jar, and refrigerate. Then enjoy it for two weeks after that!

Saving money is always a plus, especially when you’re a college student on the go!
Enthusiast’s Guide to Diet Keto Diet

By Spencer Reifel  
Staff Writer

Who would have thought that eating whole egg yolks, bacon, and avocado would be considered healthy and a great way to lose weight? With the right intake of calories throughout the day, dieters are sure to lose weight and tone up with the Keto Diet.

The Keto Diet is the first enjoyable diet consisting of high fat, moderate protein, and minimal carbohydrates to ensure that energy levels stay high. With positive studies on low-carb and low sugar diets, scientists have noticed that your body will start producing more ketones.

Ketones become a source of energy in the body as it starts burning fat instead of carbs and sugar for energy. This will continue to increase as the body’s low-carb diet is maintained. When a person first adapts this diet, their body is going to go through a phase of low energy and what is referred to as “fuzzy mind.” The body is trying to replace the energy that it has been using, carbs and sugar, by finding a new source. This is when a person starts to lose fat.

An average Keto Dieter takes about 1 to 3 weeks for the body to transition into fat loss and to exhibit more energy.

Scientific studies around the ketogenic diet have shown to be beneficial to those suffering from seizures and type 2 diabetes. Research for cancer patients has also increased since the emergence of the Keto diet, as the diet shows beneficial effects on the growth of cancer cells.

Currently, the diet is considered a popular trend, with many health magazines and media outlets referencing the benefits of this diet. “I followed the Keto Diet because I heard about it on a podcast and they mentioned that I could lose weight while not losing energy,” said Kesler Sarten, a U.S. Coast Guard Officer on the Keto Diet for the past 18 months. Those practicing the diet have seen increases in brain function and energy when their body goes into ketosis.

“I noticed positive results besides just weight loss,” said John Fitch, diet enthusiast. “I felt clear-minded, less hungry, and more energetic, which propelled me to continue the diet program.”

The way this diet works, like all diets, is by watching food intake, exercising regularly, and maintaining the right ratio of fat, sugar, carbs, and protein in the body.

Dr. Dom D’Agostino, studying ketogenicism at the University of South Florida, has broken down a strict Keto Diet based on a fat to carb ratio (4 to 1 ratio) or an advanced Atkins diet (3 to 1 ratio). He explains this dietary method on The Joe Rogan Experience. Dr. D’Agostino breaks down fat intake to about 90 percent to 85 percent.

Figure competitor and National Academy of Sports Medicine (NASM) certified personal trainer, Olivia Hersey, stated, “It’s definitely not for everyone. You have your days just like everyone else where you find yourself unmotivated or tired, but you have to be able to find the strength to keep going and win. That’s why I chose this lifestyle.”

The workout routine before a competition usually entails one to two hours a day in the gym. The main workout required is weight lifting.

Interval training is required to help speed up the metabolism, which will allow the person to burn more fat while keeping lean muscle intact.

Fitness competitors stress the importance of mind-to-muscle connection. This entails picturing the muscle group in which you are exercising to create the best pump in that moment. “I see so many guys in here trying to do the most weight they can, but their form is awful. Not only are they not benefiting from the exercise they are doing 100 percent, but they are also putting themselves at risk for getting hurt,” said LA Fitness trainer Jose Molina.

Fitness competitors thrive on the sport because they get to see how far they can push their mind and body until absolute failure. A common mentality revolves around the idea of doing what no one else is willing to do. Along with a great physique acquired while training for a show, they put themselves out there for a chance to receive sponsorship from fitness companies. This promotes the possibility that the athlete could get paid to do what they love every single day.

Fitness competitions are not for everyone. That is why those interested in participating must do research and speak with trained fitness instructors before entering a show to ensure they are training correctly and safely.

Inside the World of Weights and Bodybuilding

By Hanna Gruntz  
Staff Writer

The world of bodybuilding has become more mainstream over the years due to trends and pop culture’s infatuation with single-digit body fat percentages. People fail to understand that it takes more than protein shakes and to exhibit more energy.

“Weighing in at 195 pounds, my goal is to lose weight and tone up and win. That’s why I chose this lifestyle.”

The workout routine before a competition usually entails one to two hours a day in the gym. The main workout required is weight lifting.

Interval training is required to help speed up the metabolism, which will allow the person to burn more fat while keeping lean muscle intact.

Fitness competitors stress the importance of mind-to-muscle connection. This entails picturing the muscle group in which you are exercising to create the best pump in that moment. “I see so many guys in here trying to do the most weight they can, but their form is awful. Not only are they not benefiting from the exercise they are doing 100 percent, but they are also putting themselves at risk for getting hurt,” said LA Fitness trainer Jose Molina.

Fitness competitors thrive on the sport because they get to see how far they can push their mind and body until absolute failure. A common mentality revolves around the idea of doing what no one else is willing to do. Along with a great physique acquired while training for a show, they put themselves out there for a chance to receive sponsorship from fitness companies. This promotes the possibility that the athlete could get paid to do what they love every single day.

Fitness competitions are not for everyone. That is why those interested in participating must do research and speak with trained fitness instructors before entering a show to ensure they are training correctly and safely.

Fasting vegetables and meats are the base of the Keto diet.
Soccer sweeps at home

The weekend of Sept. 22, the Coyote soccer teams pulled off the rare feat of winning all four of their home games against CSU Monterey Bay and CSU East Bay.

Rachael Figg scored a goal per game, helping the Coyotes win 2-0 and 2-1 over the two days. Tony Lo scored two of the three goals against Monterey Bay.

Christian Vega scored his first goal vs East Bay. Nicki Argentieri scored goal two against Monterey. Danny Ortiz scored on a penalty kick goal.

Omari Mark scored the Coyotes third goal against East Bay. After getting the goalie out of the goal, Mark chipped the ball into the side netting to score.
By Dusty Alexander
Staff Writer

On September 22, Nintendo digitally released their 17-year-old GameBoy Color games “Pokemon Gold and Silver” on the 3DS eShop for players old and new to experience a classic Pokemon adventure.

Players can once again catch all the Pokemon they can in hopes of becoming the strongest Pokemon trainer while they save the world from the evil Team Rocket.

Gold and Silver are the second mainline installments in the Pokemon series and were originally released in Japan on Nov. 21, 1999, with over 23 million combined sales. The new releases are currently topping the 3DS eShop charts.

Despite being the second installment in the series, the Pokemon games are stand-alone, and all share a very similar game design, so any player can jump in without missing anything besides small references.

At the time of release the games were beloved by players, “I loved Pokemon Yellow, and Silver just expanded on what was already a great game,” said Brian Scott, a 56-year-old former player.

The original releases even hold an 89 percent on the review aggregator “GameRankings.” However, this is mostly based on reviews from when the game released in the late 1990s and early 2000s, and both Pokemon and gaming have changed since then.

In the games, players will choose a starter Pokemon, use it to help themselves capture more Pokemon, and take on the eight Pokemon Gyms to earn a chance to battle for the title of Champion.

The graphics are obviously not amazing by today’s standards, but on the 3DS screen they are clear, bright, and charming.

Speaking of charming, the music, despite being old chiptune tracks, has very fun and memorable melodies and gives the game a proper sense of adventure.

The plots of the games are incredibly simple, but they are serviceable and do not interfere with the gameplay.

Battles are the primary focus of most Pokemon games, and that is no different here. Combat involves one-on-one fights between trainers who can each have up to six different Pokemon with up to four different moves each.

This is where the games have their depth: between 250 Pokemon and hundreds of moves for them to learn, battles are fun experiences to test players strategies and knowledge of the game.

“Pokemon Gold and Silver” also gives the players a more diverse set of tactical moves to make battles more than just using your strongest attacks until someone is knocked out.

As for what is new with the digital releases, Nintendo updated the games to allow players to trade and battle Pokemon through local wireless, as well as exchange “mystery gifts” with the 3DS infrared sensor.

However, while the games have aged very gracefully and have been slightly updated, they have still aged.

Christopher Comish, a 25-year-old who never played the games originally, was unsure about playing the games now.

Comish claimed he was convinced by “the game mechanics being balanced against the player and discouraging experimentation.”

Comish is not exactly wrong; there are several balance issues in the game, such as too little experience points to go around in some areas and some Pokemon not having the right moves for their stats.

This leads to an uneven difficulty curve and some Pokemon simply being hard to use on your team.

However, despite the games being a bit dated and having a few minor warts, they are a charming experience for anyone who enjoys Pokemon or retro video games.

Pokemon gold and silver review: catch’em all again

The museum had been closed while the three new exhibitions were prepared: “Return to Form: Dennis Hopper Photographs Japan”, “Andy Warhol: Polaroids”, and “Ed Gomez: HORSEMEN.”

Before the crowd was invited to explore the exhibitions for themselves.

The museum was split into five sections: three for the new exhibitions, one for the returning “Journey to the Beyond: Ancient Egyptians in the Pursuit of Eternity” exhibition, and an area for the complimentary food and drink.

Polaroids, black and white photographs, ancient Egyptian art, and Gomez’s portraits lined the walls of the museum. In the middle of one room stood a pure white sculpture of a horse draped in a cloth, a piece that attracted many viewers.

Brehm-Spector explained that the Hopper exhibition was set up to start viewers with Hopper’s more commercialist photos, before moving on to his more experimental photos of Japan.

“He was looking for the things we don’t see otherwise, even if they are right in front of our eyes,” said Brehm-Spector.

To illustrate her point, Brehm-Spector showed the crowd a previously unreleased photograph of Hopper’s interpreter during his trip to Japan, explaining how even though it is just the interpreter staring into the distance, it is the kind of moment many people would not think to capture, especially as well as Hopper did it.

“His daughter told us that he wanted to be remembered first and foremost as a photographer,” said Brehm-Spector.

With that in mind, Kirsch’s desire to inform the students about these artists has even more meaning.

While the attendance at first was moderate, after the museum was officially open, a crowd of well over 100 people were there to enjoy the night.

The crowd mingled, partook in the food and wine, and appreciated the many pieces that lined the walls in an event that was both social and educational.

Jennifer Castillo, a Liberal Studies student that was attending with her class, took interest in the quality of Hopper’s photos and spent time examining them.

“I wish I had visited sooner,” said Castillo.

She, like many students, has been busy with work and classes but was happy to finally have the opportunity to check out the museum on her campus.

While the reception might be over, the museum is open and the exhibitions are there for students to enjoy and learn from.

The museum had been closed while the three new exhibitions were prepared: “Return to Form: Dennis Hopper Photographs Japan”, “Andy Warhol: Polaroids”, and “Ed Gomez: HORSEMEN.”

By Dusty Alexander
Staff Writer

On October 5, the Roberts and Frances Fullerton Museum of Art (RAFFMA) reopened their doors for their “Fall Reopening Reception” to unveil three new exhibitions

The exhibitions brought art and history together, teaching visitors about artists like Dennis Hopper whose work and history are unknown to many of the students here on the CSUSB campus, according to Eva Kirsch, director of the museum.

“Photography was his interest, photography was his passion and we realize to our greatest, greatest sadness that the students don’t even know who he is,” said Kirsch.

Kirsch also emphasized on the relationship between art and history, especially in the context of photographers like Hopper and Warhol, and how they want to bring this information to students.

The event started at 5:30 p.m. in the Dennis Hopper section of the museum with an introduction by Kirsch, as well as the two guest curators, Claudia Brehm-Spector and Sam Mellon, who enjoys Pokemon or retro video games.
A film by CSUSB professor Premiered on Lifetime

By Yesica Gonzalez
Staff Writer

Professor Lane Shelter Bishop's new film, Wicked Moms Club, had gone through a wild ride but came to be a success story.

Aside from being a professor, Bishop has the talent of being a producer and director in Hollywood.

MarVista Entertainment, the company that produced the film, called Bishop saying that they needed a director on a film that was just green-light for production.

Luckily, she was available for the movie that would soon to be Lifetime’s new film, Wicked Moms Club.

The inspiration behind the story was based on an article that captured the attention of MarVista’s development executive.

“She [the executive] was telling me about the article the project was based on and I said ‘I’ve read that article!’” chuckled Bishop.

The article told the story of a teacher and mom who was being bullied and harassed by the mother (and father) of a student she had in her class.

“Mom-bullying and mom-shaming, those were the themes that they wanted [for the film],” Bishop said. “And they came from this article.”

The film tells the tale of a mom who comes into school with her daughter late in the school year and is initially taken under the wing of the head of the PTA.

But when the newcomer’s daughter is better than the PTA mom’s daughter at gymnastics, the head PTA mother starts ruin-ning the newcomer’s life (without letting her or anyone else know who’s doing it.)


Before beginning filming, Bishop got the chance to look at the developing script.

“I knew it needed work, structurally, because act three was really short. But I liked the unique topic of mom-bullying, like Mean Girls grown up,” Bishop op said.

Then there was the problem of finding a good crew in Lexington, Kentucky, where they were to shoot the film.

“Normally you have a month of prep, but this was like two weeks; it was crazy. We did our read-through, which is when the crew reads through the script and talks about any problems, only two days before the shoot started,” Bishop explained.

She has been a director for 25 years and considers this project to be one of the craziest, toughest, shoots she’d ever been on.

But despite this, Bishop kept her attitude absolutely positive.

During the frosty month of March, she was working hard directing and shooting for only fifteen days in 17-degree weather in Lexington, Kentucky.

“The actresses were pheno-menonal and we eventually had a good crew, but I mean that’s the really important part. If you have a really good cast and crew, you’re always going to do well,” Bishop said.

From producing The Duff to finishing directing her new film, Wicked Moms Club, professor Bishop still has her hands full. Her upcoming schedule is filled with finishing post production on her newest movie as well as developing two more films that she’s going to both produce and direct.

She looks at her producing and directing work as a benefit for her production class, Comm 448/449.

“It’s good because I can then bring in audition tapes, dailies, and even cut sequences to our production class to show students how it’s done in the real world,” shared Bishop.

Just like Bishop saw the movie from a Mean Girls point of view, so did Lifetime.

The trailer portrayed how the film was all about Mean Girls grown up and doing bad things. The movie premiered on Lifetime, Saturday, October 7.

Top 10 TV shows to catch this fall

By Brittany Stiner
Staff Writer

Even with all the ghosts and ghouls plastered over television screens in October, nothing is scarier than the thought of hav-ing no new shows to watch this season. But have no fear! A slew of fan favorites is making their return as fresh pumpkin pie.

This falls television lineup will break your heart, make you smile, make you fear for your life, or even fear the living dead.

Shows such as This is Us, American Housewife, and The Walking Dead are just a few that are going to make you want to cuddle up with that leftover Hal-loween candy, and binge watch these brand-new premieres.

This Is Us stole the hearts of audiences everywhere in the spring, and will continue to do so this fall.

The show stars Mandy Moore, Milo Ventimiglia, and Emmy-winner Sterling K. Brown and focuses on the life journeys of their characters with twists, turns, and tears.

This is Us will make you fall in love, make you cry, and leave you begging for more. Catch This Is Us on Tuesdays at 9 p.m. on NBC.

If crying isn’t something you want to do this Fall, catch the re-boot of the classic show Will and Grace.

This sitcom broke hearts when it ended in 2006, but 2017 is where our classic beloved characters come back.

Will and Grace follows roommates Will Truman and Grace Adler for some crazy sitcom madness.

Catch Will and Grace on Thursdays this fall at 9 p.m. on NBC.

ABC funny fall premiers are the ones for the books with returning sitcoms like Fresh off the Boat, American Housewife, and the forever favorite Modern Family.

Not only do viewers have returning sitcoms to look forward to, but they have brand new fall premieres such as This is Us.

The Mayor follows wannabe rapper Courtney Rose on a journey to launch his rapping career. He wants to change this platform so he decides to run for mayor.

The only catch is that it ends in a victory that will change his life forever.

This show is loaded with stars such as Glee’s Lea Michele and Community actress Yvette Nicole Brown, and new actor Brandon Michael Hall. Catch The Mayor premiering October 3 at 9:30 p.m.

Another show to catch on ABC right after The Mayor is Kevin (Probably) Saves the World, a brand-new series premiere at 10 p.m. on Tuesdays.

Season Ritter joins the ABC fall lineup and will make you want to laugh, cry, and hope Kevin saves the world.

Kevin isn’t a terrible person but possesses selfish qualities, so a celestial guide comes down and gives him a mission to save the world whether he wants to or not. Kevin hopefully will save the world and continue to grace the funny ABC lineup this fall.

Hilarious comedies are always the best to watch after long days, but this is the month of October where boys and ghouls come out to play.

If you need to get into the Halloween spirit, shows such as Stranger Things and The Walking Dead are two shows that will do just that.

Catch the season premier October 22 9 p.m. on AMC for The Walking Dead and Stranger Things streaming for your viewing pleasure on Netflix October 27.

Fall isn’t only the best time of year for beverages, clothing, and weather, but it’s also the time of exciting television premiers.
Restaurant Review: Salazar a Mexican Eatery

By Michael Embry
Staff Writer

Located at 2490 Fletcher Drive in Los Angeles, 3.8 miles from the Hollywood sign, lies a hidden Sonoran-inspired Mexican eatery known as Salazar. I found its location incredibly unique, so naturally, I assumed the restaurant would be as expensive as most L.A. eateries.

However, Salazar’s reviews praised its affordability featuring a five-star vibe, so as a college foodie I had to check this out.

Walking into the restaurant was like being magically transported from suburban Los Angeles to Sonora, Mexico. Esdras Ochoa, the manager and owner of the restaurant, carefully observed the waiters and waitresses, constantly making sure the customers felt at home.

“Growing up as a Mexican native in a poor family, I created this restaurant so that people could discover an authentic taste of fresh Mexican cuisine at a family-affordable price,” said Ochoa.

The restaurant isn’t too over-the-top but is still welcoming and fabulous. The dined pastel lunch chairs, looking as if they were pulled from the set of a 1980s movie, and the dirt underfoot helps the restaurant uphold its desert vibe.

The spacious patio boasts a box-shaped building, which used to be an automobile shop. It has now evolved into a glossy bar and kitchen space with a rustic touch to add aesthetic.

In the area of the kitchen that faces the patio, you can observe women carefully preparing and rolling out masa, dough, for the homemade tortillas.

About 85 to 90 percent of the restaurant’s dining space is outdoors, which did leave me wondering how the restaurant would fare during the rainy season.

As I was seated, a seemingly mystical gust of wind carried the smell of fresh carne asada and onion directly to me, making my mouth water immediately.

Next, I was offered a complementary strawberry juice and coconut milk drink, called ‘Chica’, one of Salazar’s many drinks from their extensively innovative and creative drink menu. The strawberries lightly massaged and caressed my taste buds as the coconut milk added a creamy and delicate finish.

After that, I was kindly greeted by Karina Garcia, head waitress at Salazar.

“I work and serve here because of its core values at bringing the community together through fresh and healthy ingredients,” said Garcia.

I observed the dinner menu, and the reviews were correct—the tacos were only $3.75 and quesadillas were $5. The service was fast and efficient as I received my meal in roughly 22 minutes.

I ordered four tacos: carne asada, carnitas, chicken, and chorizo. The tortillas were smooth, buttery, and warm. The meat was well seasoned and melted in my mouth, leaving me taken aback as I had never had Mexican food this delicious and authentic.

Channing Reid, a frequent of the restaurant and sophomore at Azusa Pacific University, ordered the carne asada tacos.

He raved: “These were probably the best tacos I have tasted in California, 10/10!”

Sophia Fallen, a first time visitor to the restaurant and a sophomore at Azusa Pacific University, ordered the shrimp quesadilla and the strawberry rose water lemonade.

She proclaimed: “The food and drink here are unmatched. This restaurant is a true hidden gem.”

If you ever wish to make the one hour-15 minute commute from CSUSB, be prepared to embark on a journey to a Sonoran paradise filled with pastel colors, warm smiles, desert vibes, and most importantly, scrumptious food that is well worth the traffic.

“Mexican cuisine at an affordable price.”

Esdras Ochoa

Empower Others Through Psychology

Various fields within psychology are quickly growing and call for dedicated professionals ready to make a difference in the lives of others. Prepare for these opportunities and advance your career with a master’s degree from Azusa Pacific. Benefit from a blend of classroom learning and practical application led by experienced faculty-mentors who integrate a Christian perspective in the field.

M.S. in Child Life
Prepare to become a qualified, compassionate child health care professional and help support children and their families facing challenging experiences, particularly traumatic medical situations.

Learn more: apu.edu/childlife

M.S. in Research Psychology and Data Analytics
Cultivate advanced knowledge of social, behavioral, and psychological processes to prepare for the growing field of research and data analysis, and complete your degree in just one year.

Learn more: apu.edu/researchpsych
El Cruce de los Sueños

This excerpt is an original piece created by the students of Professor Bibiana Díaz from her SPAN 394 Drama Practicum. The play is based on student’s own and their relative’s immigration experiences.

It was presented on April 13th, 2017 at SMSU Theater here at CSUSB and at University of North Carolina on September 29.

Professor Díaz and her students have been doing fundraising the whole summer by cookies, Mexican food and popcorn to be able to collect the air fare in order to go. North Carolina is one of the travel ban states that does not allow California universities to use state funds to travel to these states.

The play is written by:
Edgar Alejandro Salazar, Melissa B Osorio, Emelyn Diaz, Gabriela esendiz, and Martin Renteria.

The play was written and performed in Spanish. The publication of the excerpt in its original is to preserve cultural significance.

GABRIEL: La frontera no había sido como la contaban. ¡Fue algo peor! Durábamos horas y horas caminando, a veces corriendo y sin mucha comida o agua… (TODOS LO MIRAN ASIENTEN, SE LIMPIAN SU SUDOR) Me acuerdo que venía un joven a quien le llamaban Chavitín, un chico poco gordo, pero muy humilde. El pobre se nos andaba muriendo de deshidratación. Estas botellas de agua que miran aquí eran las que cargábamos, casi no nos alcanzaban para la sed del desierto. ¡Y lo más terrible que le sucedió al Chavitín! ¡Que se nos desmaya por haberse acabado su agua!!! ¡Nadie tuvo compasión de él!!! A mí me dolía el corazón de verlo ahí como muerto y a todos parecía valerles madre. Así que, junto con mi compa José, lo ayudamos como mejor pensamos que se podía. “¡Hey José vamos ayudáme de llevar a este camarada a la orilla! ¡Ándale o se nos muere!” En esa travesía del infierno… nadie espera a nadie… nadie ayuda a nadie… si te quedas, ¡te quedas!! (SE DIRIJE AL MURO Y DEJA EL BOTELLÓN)

MARTHA: (AL PÚBLICO) Por fin, decidí que había llegado el día. Arreglé mis cosas en una maleta pequeña… con una tristeza en el alma, me fui de Jalisco.

EL CATRIN: “No empaques nada que no puedas cargar!”

LA CATRINA: Dijo el coyote.

MARTHA: Sólo llevaba de recuerdo una carta y un escapulario que, de chiquita me había dado mi mamá. (LLEVA EL ESCAPULARIO AL MURO)

ANA: El camino en el camión fue largo, treinta horas sentada sin descanso… y mi niño en brazos que lloraba y lloraba. Recuerdo que la leche del bebé se la ponía en una bolsa de plástico porque no tenía biberón, el angelito era feliz. Llegamos a Tijuana donde mi esposo y unos amigos me esperaban y nos encontramos con el coyote. Mi esposo se fue por su lado y quedamos de vernos al otro lado en la tienda 99.

LA CATRINA: ¿99? ¡99 vidas fue los que nos llevamos la semana pasada. Business is good, ese! Pero el coyote les dijo:

EL CATRIN: “¡Prepárense muchachos! Esta misma noche los cruzó al norte por el desierto. Salimos de aquí a las siete y llegaremos a la estación de camiones a las cuatro de la mañana.”

GABRIEL: José y yo logramos dejar al chavita en la carretera. Lo dejamos boca arriba y nos echamos a correr. ¿Saben qué es lo peor de todo?… ¿Que nunca volvimos a ver al Chavitín? Sabrá Dios si está vivo o muerto. (SE DIRIJE AL MURO Y CUELGA LA GORRA)