October 25th 2017

CSUSB

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

Recommended Citation
https://scholarworks.lib.csusb.edu/coyote-chronicle/704

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.
Special Forces Ambushed

By Andrea Engelhorn
Managing Editor

Four US soldiers were killed and two wounded in an ambush by 50 enemy fighters near the Greater Sahara on Oct. 4. Some information is still unclear.

Primary reports stated that the group of 12, led by Green Berets, was leaving a meeting with local leaders in unarmored pick-up trucks when bullets from small arms were shot through the cars, along with rocket propelled grenades and machine guns.

Later, officials released that the men were walking back to the trucks after the meeting when the ambush commenced, the fire-fighting 30 minutes before French Mirage jets arrived over-head in an attempt to disperse the attacking militants.

Three men were pronounced dead until it was recognized that a service member was accounted for. Search-and-rescue operations were set into action by the US, French and Nigerien troops.

Sgt. La David T. Johnson’s body was identified as the fourth member killed. Officials are yet to unveil how he was separated from the group and missing for 48 hours after the others were taken to safety.

Some sources claim that the military’s intelligence deemed it unlikely that the team would run into enemy groups.

Others claim that the military should have known that Isis was active in the area, when Isis and al Qaeda utilize much of the transit routes near where the attack occurred.

The two week delay in Trump’s recognition of the casualties has raised some concern and surfaced questions regarding the details of the ambush. He has yet to publicly state the group responsible for the attack that most are identifying as Isis.

Details about the attack are still being investigated and much is still unknown about the unexpected encounter with enemy troops.

Inside This Issue

Homecoming
Pg.6

Super SmashBros
Pg. 14

CSU Smoking Ban: Mixed Opinions

By Jason Samp
Multimedia Editor,
Christine Muhar
Staff Writer

Chancellor Timothy P. White’s Executive Order 1108 bans the use of tobacco and all related products from the CSUSB campus and has been receiving mixed reviews.

This includes banning e-cigarettes, vaporizers, sniff and chewing tobacco on all CSU campuses, claiming that it will promote a healthier, safer learning environment.

This executive order supersedes all previous campus policies related to smoking.

All UC schools have been smoke-free for three years and now CSU schools have followed. The health risks of tobacco have been thoroughly studied and it is well known that smoking is unhealthy.

However, students and faculty who are regular tobacco users have a difficult time with this ban as they have to leave campus entirely in order to smoke.

“Yeah, it’s definitely a pain to have to leave,” said CSUSB student Jessica Gonzales. “I mean, I’m not a heavy smoker but, when I want a cigarette, I don’t want to have to go on a hike.”

CSUSB will provide absolutely no smoking zones on campus property, including sidewalks and parking lots.

“I think it’s another ridiculous tactic to try and micro-manage everyone’s lives,” said CSUSB senior Fabian Lucento.

Ash trays have been removed and smoke-free campus signs have been placed all around CSUSB.

“It is a little excessive to CSUSB.”

By Andrea Engelhorn
Managing Editor

Four US soldiers were killed and two wounded in an ambush by 50 enemy fighters near the Greater Sahara on Oct. 4. Some information is still unclear.

Primary reports stated that the group of 12, led by Green Berets, was leaving a meeting with local leaders in unarmored pick-up trucks when bullets from small arms were shot through the cars, along with rocket propelled grenades and machine guns.

Later, officials released that the men were walking back to the trucks after the meeting when the ambush commenced, the fire-fighting 30 minutes before French Mirage jets arrived over-head in an attempt to disperse the attacking militants.

Three men were pronounced dead until it was recognized that a service member was accounted for. Search-and-rescue operations were set into action by the US, French and Nigerien troops.

Sgt. La David T. Johnson’s body was identified as the fourth member killed. Officials are yet to unveil how he was separated from the group and missing for 48 hours after the others were taken to safety.

Some sources claim that the military’s intelligence deemed it unlikely that the team would run into enemy groups.

Others claim that the military should have known that Isis was active in the area, when Isis and al Qaeda utilize much of the transit routes near where the attack occurred.

The two week delay in Trump’s recognition of the casualties has raised some concern and surfaced questions regarding the details of the ambush. He has yet to publicly state the group responsible for the attack that most are identifying as Isis.

Details about the attack are still being investigated and much is still unknown about the unexpected encounter with enemy troops.

Teens and two parents killed by LAPD officer

By Jose Romo
Contributing Writer

Recently, an off-duty LAPD officer was speeding down the south side of the 605 freeway when he rear-ended two cars and ended the lives of a teenage boy and his two parents.

At approximately 10:15 pm, off-duty police officer by the name of Edgar Verduzco of the Los Angeles Police Dept was driving from a bar named “The Cellar” when he made the worst decision of his life.

According to the witnesses of the car crash, Verduzco was allegedly under the influence of alcohol when he left the bar that night. Verduzco was said to have rear-ended a Nissan, where the teenage boy and his parents were.

Verduzco’s car then hit a Toyota Scion but the driver of that vehicle only suffered minor injuries.

The nissan - where the Verduzco’s car then hit a Toyota Scion but the driver of that vehicle only suffered minor injuries.

The nissan - where the Davila Family was in - became engulfed in flames. According to an interview from KTLA, interview, Omar Quintanilla said “I saw him from, maybe like half a mile away and I knew that he was going to hit someone or something...I got on the far right lane and tried to help the car on fire but we couldn’t do nothing.”

Officer Verduzco was detained and charged with driving under the influence and three cases of manslaughter with a bail of $100,000.

On Officer Verduzco’s Instagram account, he posted a video of a digital avatar driving with the caption saying “#dontdrinkanddrive” which seems to have been taken at the bar a couple of hours before the car crash took place.

It has not been confirmed that this is the official Instagram page of Edgar Verduzco, although photos that have been posted showing himself along with his 2016 Chevy Camaro that was in this car crash.

There was a press conference set to discuss about Officer Verduzco’s actions and further actions that will be put forth to Officer Verduzco. “I cannot tell you how angry and disappointed I am that a Los Angeles police

Inside This Issue

Homecoming
Pg.6

Super SmashBros
Pg. 14

CSU Smoking Ban: Mixed Opinions

By Jason Samp
Multimedia Editor,
Christine Muhar
Staff Writer

Chancellor Timothy P. White’s Executive Order 1108 bans the use of tobacco and all related products from the CSUSB campus and has been receiving mixed reviews.

This includes banning e-cigarettes, vaporizers, sniff and chewing tobacco on all CSU campuses, claiming that it will promote a healthier, safer learning environment.

This executive order supersedes all previous campus policies related to smoking.

All UC schools have been smoke-free for three years and now CSU schools have followed. The health risks of tobacco have been thoroughly studied and it is well known that smoking is unhealthy.

However, students and faculty who are regular tobacco users have a difficult time with this ban as they have to leave campus entirely in order to smoke.

“Yeah, it’s definitely a pain to have to leave,” said CSUSB student Jessica Gonzales. “I mean, I’m not a heavy smoker but, when I want a cigarette, I don’t want to have to go on a hike.”

CSUSB will provide absolutely no smoking zones on campus property, including sidewalks and parking lots.

“I think it’s another ridiculous tactic to try and micro-manage everyone’s lives,” said CSUSB senior Fabian Lucento.

Ash trays have been removed and smoke-free campus signs have been placed all around CSUSB.

“It is a little excessive to

Continued on Pg 3...
The open grass fields at the center of campus served as the evacuation rendezvous.

By Jason Samp Multimedia Editor

CSUSB participated in the Great ShakeOut, the world’s largest earthquake drill, and evacuation for students and faculty within minutes. The annual drill was set for 10:19 a.m. on Oct. 19 and started exactly on time.

Over the university’s announcement system and via the emergency text line, cadets and staff were instructed to duck and cover. Minutes after the simulated quake, buildings were evacuated entirely.

However, some buildings, like University Hall, had police officers go into the buildings to practice an emergency scenario and help facilitate the evacuation. Evacuees were led to open areas away from any structures where they awaited further instructions, including the all clear sign that was again sent over the emergency alert text line.

Officials with megaphones administered the group of evacuees by keeping them off sidewalks in the event emergency vehicles had to use the pathways as well as to stay clear of any buildings that may collapse. At one of the evacuation locations a student approached one of the officials stating that he was going to another school and was just visiting CSUSB campus. Immediately, the official radioed in the situation to contact the student’s school to let them know he was accounted for.

The drill was ran smooth and professionally even though some people made light of the mock quake.

CSUSB was one of hundreds of schools that participated in this drill in California along with all government buildings. The Great ShakeOut is practiced in multiple countries around the world with an estimated 38 million participants.

Over 10 million of the participants are from California. It helps schools and other organizations practice the efficiency of the emergency systems they have in place.

This is especially important in California, as the state is highly prone to earthquakes and experts estimate a massive quake is coming sometime soon. It is important to be prepared for earthquakes and similar disasters.

Whether at school, work or home, it is good to have a disaster plan and necessary supplies.

California has been experiencing a rise in home and business owners purchasing earthquake insurance. It is more available and affordable than it has been in previous years.

The Great ShakeOut website provides details on all related matters.

California Briefs

The Coyote Chronicle is published every Tuesday for distribution on Wednesday during the academic session by the Communication department. The opinions expressed in the Coyote Chronicle are those of the student writers and editors and do not reflect the views of the university, its faculty, or any other person or institution unless expressly noted. The appearance of any advertisement in the Chronicle does not represent an endorsement of the products or services advertised. The Chronicle reserves the right to edit or reject all materials submitted to the paper.

By Jason Samp Multimedia Editor

CSUSB participated in the Great ShakeOut, the world’s largest earthquake drill, and evacuation for students and faculty within minutes. The annual drill was set for 10:19 a.m. on Oct. 19 and started exactly on time.

Over the university’s announcement system and via the emergency text line, cadets and staff were instructed to duck and cover. Minutes after the simulated quake, buildings were evacuated entirely.

However, some buildings, like University Hall, had police officers go into the buildings to practice an emergency scenario and help facilitate the evacuation. Evacuees were led to open areas away from any structures where they awaited further instructions, including the all clear sign that was again sent over the emergency alert text line.

Officials with megaphones administered the group of evacuees by keeping them off sidewalks in the event emergency vehicles had to use the pathways as well as to stay clear of any buildings that may collapse. At one of the evacuation locations a student approached one of the officials stating that he was going to another school and was just visiting CSUSB campus. Immediately, the official radioed in the situation to contact the student’s school to let them know he was accounted for.

The drill was ran smooth and professionally even though some people made light of the mock quake.

CSUSB was one of hundreds of schools that participated in this drill in California along with all government buildings. The Great ShakeOut is practiced in multiple countries around the world with an estimated 38 million participants.

Over 10 million of the participants are from California. It helps schools and other organizations practice the efficiency of the emergency systems they have in place.

This is especially important in California, as the state is highly prone to earthquakes and experts estimate a massive quake is coming sometime soon. It is important to be prepared for earthquakes and similar disasters.

Whether at school, work or home, it is good to have a disaster plan and necessary supplies.

California has been experiencing a rise in home and business owners purchasing earthquake insurance. It is more available and affordable than it has been in previous years.

The Great ShakeOut website provides details on all related matters.

The Great ShakeOut is the world’s largest earthquake drill, and evacuation for students and faculty within minutes. The annual drill was set for 10:19 a.m. on Oct. 19 and started exactly on time.

Over the university’s announcement system and via the emergency text line, cadets and staff were instructed to duck and cover. Minutes after the simulated quake, buildings were evacuated entirely.

However, some buildings, like University Hall, had police officers go into the buildings to practice an emergency scenario and help facilitate the evacuation. Evacuees were led to open areas away from any structures where they awaited further instructions, including the all clear sign that was again sent over the emergency alert text line.

Officials with megaphones administered the group of evacuees by keeping them off sidewalks in the event emergency vehicles had to use the pathways as well as to stay clear of any buildings that may collapse. At one of the evacuation locations a student approached one of the officials stating that he was going to another school and was just visiting CSUSB campus. Immediately, the official radioed in the situation to contact the student’s school to let them know he was accounted for.

The drill was ran smooth and professionally even though some people made light of the mock quake.

CSUSB was one of hundreds of schools that participated in this drill in California along with all government buildings. The Great ShakeOut is practiced in multiple countries around the world with an estimated 38 million participants.

Over 10 million of the participants are from California. It helps schools and other organizations practice the efficiency of the emergency systems they have in place.

This is especially important in California, as the state is highly prone to earthquakes and experts estimate a massive quake is coming sometime soon. It is important to be prepared for earthquakes and similar disasters.

Whether at school, work or home, it is good to have a disaster plan and necessary supplies.

California has been experiencing a rise in home and business owners purchasing earthquake insurance. It is more available and affordable than it has been in previous years.

The Great ShakeOut website provides details on all related matters.
...continued from page 1

completely ban smoking since many students use it to cope with stress and anxiety,” said Lucatero. “Designated smoking areas away from buildings would be sufficient.” There has been plenty of backlash on this legislation from students and faculty who are both smokers and non-smokers. However, there are multiple advantages of the ban to be weighed into the equation. The CDC states that smoking bans help to limit the daily percentages of cigarettes smoked by students and faculty, and has lead to an increase in people who quit smoking. Smoking is harmful to physical features. It can turn white teeth brown with tar on them, cause premature wrinkling and even give hair, clothes and the body a distinct odor. Smoking can also lead to lung problems and cancers. “My grandmother just passed away from lung cancer,” said freshman Patrick Haun. “I know she tried to quit multiple times but it was just too late at that point.” Secondhand smoke can travel through walls and ventilation and can be harmful to anyone near the smoker. Since 1964, there have been over 2,500,000 nonsmokers die from health problems caused by exposure to secondhand smoke. Smoking is the single largest cause of preventable disease and death in the United States. Dimitiri Tamalis, a member on the smoke free task force and a former smoker himself believes that we as a school and community have ways to combat addiction to smoking. “The idea is to create a culture discouraging harmful behavior,” said Tamalis. “It’s an effort that is collective.” On average, a smoker is more likely to die 10 years before those who are nonsmokers. Enforcing a smoke free campus may seem like it violates a person’s freedom. However, there is no legislation in the U.S. that states smoking is a right. Order 1108 is a strong motivator for smokers on campus to consider quitting. Grace Johnson, Director of the Student Health Center, knows that this transition might be hard for some students and faculty, but believes that if everyone works together, we can make the school healthier and friendlier for everyone. With the Student Health Center providing many resources for smokers who may want to quit, now is a good time to consider it. The committee board has created ongoing cessation workshops, addiction recovery meetings and quit kits. Additionally, the school pharmacy started selling safe alternatives to smoking like patches, gum, and lozenges to help ease the urge to smoke. “Our goal was to put as many things in place so that there are resources,” said Johnson. campus is great in terms of reducing smoke on CSUSB’s campus. “I definitely agree with the new policy. I definitely agree that reducing the smoke on CSUSB’s campus is great in terms of reducing waste, is great in terms of getting in board with the other CSU campuses.” “I believe that it is a good policy. There are other locations that you can go to but on this campus there is a lot of people that can’t focus with all this second hand smoke. It is probably a good idea to have a designated smoking areas but not all through the school. Not everybody can take it.”

Nicotine is an addictive chemical derived from tobacco leaves

Jocelyn, 3rd Year, “I think the new smoking rule is really good cause smoking kills like thousand of people a year so thats a good way to keep that off campus”

Jordan, senior, Pan African STEM society, “I definitely agree with the new policy. I definitely agree that reducing the smoke on CSUSB’s campus is great in terms of reducing waste, is great in terms of getting in board with the other CSU campuses.”

Jodi Cruz, Health educator, “We are offering services to students and staff/faculty so we have available have to remain a little neutral on that because from the health point there is nothing good about smoking for anybody, but without providing them a spot ... that makes it difficult for someone who hasn’t gotten to that point.”

Johara, 5th year, “I believe that it is a good policy. There are other locations that you can go to but on this campus there is a lot of people that can’t focus with all this second hand smoke. It is probably a good idea to have a designated smoking areas but not all through the school. Not everybody can take it.”

Sierra, Senior, “I’m personally for this new rule because as someone who suffers from asthma it actually really affects me. If they do this maybe it will encourage people to stop smoking”

Angel, 3rd year, President of IFC, Vice president of Sigma NU, “I was diagnosed with asthma as a child so smoking was obviously a no-no for me. I do believe that there should at least be some designated areas on campus.”

Alex, Junior “I personally do not smoke tobacco but I believe that as long as it is not illegal students and faculty should be allowed to smoke up whatever they can get their hands on. The new policy makes no sense. There are other unhealthy substances being sold on campus being sold on campus like pizza and coffee”

Judi Cruz, Health educator, “I believe that it is a good policy. There are other locations that you can go to but on this campus there is a lot of people that can’t focus with all this second hand smoke. It is probably a good idea to have a designated smoking areas but not all through the school. Not everybody can take it.”

Christopher, Sophomore, “I don’t really like it too much partially because I just quit smoking but I still feel that everybody should still have their right to smoke. I thought the smoking areas were just fine where they were located.”

Carl Angelo, 2nd year, “The first thing I thought of was that there’s some people who have like smoking addictions and then it just helps them calm down as well and I was wondering what happens if they have the urge to smoke. Also there’s some harmless smoke things like a vape and other essentials.”

Johara, 5th year, “I believe that it is a good policy. There are other locations that you can go to but on this campus there is a lot of people that can’t focus with all this second hand smoke. It is probably a good idea to have a designated smoking areas but not all through the school. Not everybody can take it.”

Vox Pop: Reactions to the Smoking Ban

"I don't really like it too much partially because I just quit smoking but I still feel that everybody should still have their right to smoke. I thought the smoking areas were just fine where they were located."
One booth on display was the Assistive Technology & Accessibility Center (ATAC). Where students were provided with instructions on how to create audio versions of their textbooks and sync it through various cloud storage services.

“We love participating [in OktoberTech!] because not everyone is aware that these features are available to use,” said Leon McNaught, the Accessible Technology Initiative Coordinator. “We have a lot of surprised people who come by and say, ‘I wish I knew about this last quarter or before finals.’”

CSUSB’s technology partners, Dell, Amazon, and the Coyote Bookstore, were also present to offer informational and interactive services with their products. Those who attended were able to get a card stamped from each table to become eligible to receive free food and prizes.

“I think it’s definitely important to inform students of all the tech services the campus provides for them,” said Coyote Bookstore representative Tony Chabolla. “A lot of people don’t know how to use things on our Apple computers and we can help fix their computers. If they’re on campus and they need help right away, they don’t have to go far to get support.”

Oct. 18 was the day of the ITS Tech Open House and Professional Development workshops. Several opportunities for CSUSB faculty were made available at the Staff Development Center to learn about technological advancements involving the classroom environment.

Two kinds of software that were demonstrated at the event were Qualtrics, a survey software available to the CSUSB community, and Zoom, a program that makes hosting an online meeting or interview simple.

Even the CSUSB Palm Desert Campus had the chance to participate in OktoberTech! on Oct. 19, where the campus’s tech specialists and Dell representatives held their own Open House in the Roger Gateway Building lobby. The four-day OktoberTech! event concluded on Oct. 20 with a Tech Training and Learning seminar at the Pfau Library basement.

Attendees got a chance to learn about the latest advancements in teaching and learning innovation with the help of the university’s Academic Technologies and Innovation (AcTI) team. Some of the tools demonstrated at the tech training were One Touch Recording, 360 video, 3D printing, and Lighthoard.

Sean Hamilton, one of the members of the development team for the CSUSB Mobile app, believes that students should familiarize themselves with these new technologies for their own benefit.

“It’s good to know about what’s at your disposal, and the best reason of all is that they’re free to use,” stated Hamilton.

In downtown Riverside, the Davila family was faced with an emotional moment. With Oscar Davila, his parents, and his girlfriend, Nataly Guido-Romero were all present at the funeral service on Oct. 17.

The victims of this crash, known as Oscar (son), Mario (father), and Maribel (mother) Davila, were said to be large part of their community. “All three of them were amazing people, and Oscar had an amazing impact on my life. I’m extremely lucky to have known him for as long as I did,” said Brett Whitchurch, a close friend of Oscar Davila. They lived in a house in Riverside, California, where they would give their time to the Riverside community. Oscar, at nineteen years of age, had barely graduated high school. With High School in 2016 and was currently attending UC Riverside. He, along with his parents were very committed to their community church as they were

The family of this tragic incident will be long remembered and their memory will carry on through the family and friends of the victims. ...
Zeta Tau Alpha: Breast Cancer Awareness
5k Color Dash

By Patricia Delatorre
Staff Writer

October is Breast Cancer Awareness month and the wom-
en of Zeta Tau Alpha (ZTA) so-
rotary had their second annual
5k Color Dash on Oct. 22 to
help raise money for the Breast
Cancer Education and Awareness
organization.

This event was held on
the CSUSB campus athletic
fields behind the recreational
center.

Zeta Tau Alpha’s philanthro-
py is breast cancer education and
awareness, so hosting this event
yearly is something close to their
hearts.

Think Pink is a registered
trademark of ZTA and their mot-
to to help promote breast cancer
awareness.

They hoped to always im-
prove each year and raise more
money than the last. Through-
out the month of October, ZTA
has been tabling, posting on
social media, and all their sisters
have been promoting the event in
order to ensure that everyone has
the chance to get involved and
support the cause.

The first 150 volunteers
were able to get a free t-shirt. Af-
ter the 5k run, they had a booth
open for “Pie a ZTA,” where
attendees could throw pies at
ZTA members. This helped end
the run on a fun note.

Refreshments and snacks
were available, including drinks,
chips, and nachos. They also had
granola bars and water for the
participants after they completed
the 3k course.

A banner that read, “Be-
lieve,” was posted for all the
participants and sorority women
to write a message in honor of
those fighting breast cancer. This
was a special way to get every-
one involved and expressive.

CSUSB nursing program
had a booth set up at the run to
promote self-examinations and
information on breast cancer.

All the women of ZTA stood
on the sidelines cheering on the
participants while throwing pink
dust.

The cheering and words of
encouragement from the ZTA
women lit up the faces of the
running participants. All ages
participated.

“The best part of the event
is seeing everyone’s smiles on
their faces while we cheer them
on. It’s very rewarding knowing
we are helping out an important
cause,” said senior ZTA member
Katie Anderson.

Patricia Delatorre | Coyote Chronicle

New Life Chapter, New Freshmen

By Yesica Gonzalez
Staff Writer

With just a few months into
the fall quarter, a CSUSB freshman
shared what it feels like to be a
collage student.

Beginning a new chapter into
their lives can be tough for some
people, whereas others enjoy the
new start of a journey.

Freshman and business ma-
or Idalia Lorenzo-Gonzalez
shared what it’s like to make the
adjustment from high school to
college.

“When you’ve spent so
many years at some school and
then you have to suddenly take
a step out by yourself and
leaving my house to make it on
spring break,” said Lorenzo-
Gonzalez.

Her spring break is in hand. She considered the map
of the campus that she had
helped her out greatly was the
map of the campus that she had
in hand. She considered the map
her friend throughout the first
quarter.

During the first week of the fall
quarter, freshmen are sometimes
in a tough position when finding
in hand. She considered the map
her friend throughout the first
quarter, freshmen are sometimes
in a tough position when finding

“When it comes to class, I am an
afternoon person and it is one of
the great things about college.

You can pick your own classes
and the days you want to attend,
unlike high school,” shared Lo-
renzo-Gonzalez.

She finds solving math problems
and reading a book early in the
mornings a hassle.

Lorenzo-Gonzalez has classes
everyday, except on Fridays,
and spends her time studying
afterward.

“When it comes to classes, I get sort of
confused on what to take, but I think
if I go talk to an advisor, I would
know,” said Lorenzo-Gon-
zae.

Many majors have their own
department of peer advisors that
can help anyone when choosing
what courses to take. Peer advi-
sors also help out by checking if

Idalia Lorenzo-Gonzalez working hard on her assign-
ments for the week.
Coordinated by the Office of Student Engagement, CSUSB had its annual Homecoming on Saturday, Oct. 21, as a way to bring students, alumni, staff and community members together to celebrate what it is like to be a Coyote. “The purpose of Homecoming is celebration,” said Alumni Engagement Coordinator, Cristal Wymer-Lucero.

Wymer-Lucero says the event is significant because it brings together everybody and it is also a tradition. “We’re here to celebrate what it means to be a coyote and honor everything we’ve done over the last years,” said Wymer-Lucero.

This year’s homecoming celebration had over 1,000 members of the Coyote Family. The day was commenced with the Homecoming Bash, which took place at the Coyote Den, near the Coussoud Arena. There was free food from vendors, including a Beer garden, a kids zone for the family, live entertainment, face painting, crafts, inflatables, a photo booth, carnival rides, games and giveaways. Attendees were able to enjoy delicious food, music, fun competitions, class reunion celebrations and also had the opportunity to give back to their CSUSB community. Frida Guzman is a sophomore student and is part of the SAIL Program which told her about the Homecoming event.

“I decided to attend the event because its my school and I wanted to see what other clubs I can get involved with,” said Guzman.

Guzman’s favorite part of the event was the photo booth which she had the opportunity to take a memorable picture with her best friend, Gabriela Contreras. Contreras is also a student and was her first time attending the event.

“This event influences other students because you get to meet the staff members that are also participating in these types of events and it makes you want to get involved in the community,” said Contreras.

Contreras said she would attend Homecoming next year and take her family too. “Homecoming is a time for all students from different backgrounds to come together and have a good time,” said Student Engagement Coordinator, Dion Web.

Web said the event is for everyone, especially for the alumni who came to CSUSB and decide to visit the campus. “They can share memories of their time attending here and look forward to the future because each year we are looking to make Homecoming bigger and better,” said Web.

Jessica McCullough is an alumna and graduated in 2012. “It’s been a fun time,” said McCullough.

McCullough took her kids to the game and was glad there were many fun activities for them. She was also looking forward to the Observer.

“I was here when they put in the Observatory and I have never had the chance to go up there,” said McCullough.

McCullough said she was hoping to stay for the Observatory and experience it for the first time.

“CSUSB is a great school and I’m loving what they’re doing with the community,” said McCullough.

“It seems like they’re building and growing.” Following the Homecoming Bash was the Coyotes women’s volleyball team at the Coussoud Arena playing against the Cal Poly Pomona Broncos. Everyone was invited to attend the game and cheer for the Coyotes.

Ultimately, was the Star gazing which included a tour of the Murillo Observatory as it is the only observatory in the CSU system.

Students demonstrated their equipment and individuals were able to experience the Star gazing for the first time at the Homecoming Bash.

Wymer-Lucero believes the event has impacted students because it builds traditions. “Traditions is one of the most important things on a college campus,” said Wymer-Lucero.

Along with that, she also said the legacy is extremely important.

“Having an event like Homecoming allows us to continue building on our legacy,” said Wymer-Lucero.

Wymer-Lucero encourages current students who are about to graduate to come back as an alumni and continue participating in events.

“We want them to feel welcomed and comfortable and know that they can come back,” said Web.

By coordinating the Homecoming event, the hope is to build on the legacy and continue improving the event by including new activities to make it bigger and better every year.

The College of Education holds Festivals to remember how disabilities don’t stop you from having any physical fun and remind people they are still humans in the end.

By Paola Magana

By Paola Magana Staff Writer

The College of Education hosted its 11th Annual DisABILITY Sports Festival on Oct. 7. The festival was created by CSUSB professor of Kinesiology Dr. Aaron Moffett to increase the quality of life and health of people with disabilities. The festival introduces them to sports and physical activity opportunities, as well as educates the community.

“I think it’s a great event to bring awareness to people in the community to show that people with disabilities may have different abilities but they’re still human beings,” stated Event attendee Sheila Kimble. “They want to be treated just like anybody else in the community and be given a chance at other resources and opportunities alike.”

Since the leave of Dr. Aaron Moffett, the tradition has continued. It has been taken over by faculty members in the Special Education Department and one professor in the Kinesiology Department.

“We want to make sure people with disabilities and differences are included. There aren’t too many events in the area that include people with disabilities or an adaptive sport,” said Marissa Congdon, a faculty director of the event.

This free, one-day event, is the largest sporting festival in the western United States and is usually held during the first week of October. It is open to people of all ages with any form of disability.

“For me, I’m 100 percent blind in my right eye,” said Kimble. “I only have 50 percent of my vision, and a lot of people don’t help that disability because they don’t think it’s an actual disability. However, that disability has prevented me from getting certain jobs and it’s preventing me from getting into the military. It’s a handicap for me because I know I’m capable of doing those jobs just like anyone else.”

This event provides opportunities for people with disabilities to try 20-25 different sports and activities, and connect with local clubs, leagues, and programs in their community.

“It’s good because I found out there are programs my son does qualify for. My son has autism and these programs help me to help my son,” said CSUSB custodian Jose Medina.

Just like the event, registration is also free to everyone. You could register as a participant, vendor, volunteer, or coach if you have experience in adaptive sports or have specialized training in the rehabilitation field.

“You get to see people that are just like you. They don’t make you feel like you’re different. You’re one big family here,” explained CSUSB student volunteer Sydnie Tootles.

Early registration is always encouraged so that there is an accurate count of how many people will be attending, how many t-shirts would need to be purchased for the event and to make sure there are enough volunteers, food vendors, and emergency personnel.

“I encourage people to come out and see it because we can explain it all we want, but until you see it, you don’t see how fun it is. It’s nice for families to have a place to take their kids or family members where they are accepted and they can participate in fun activities and events,” stated Congdon.

The coordinators of Homecoming hope to continue improving the event by including new activities to make it bigger and better every year.
California's Guide to Greece

By Kaelie Illman
Staff Writer

Greece is a country known for its white washed buildings overlooking turquoise seas, and its rich history dating back thousands of years. It has become the perfect summer destination for all ages and prices, with many places to visit.

Over summer break, my best friend and I decided to go abroad for three weeks to Europe. Neither of us had ever left the continent without our parents accompanying us, so we had to plan everything without outside influence or help.

Athens International Airport is the most convenient to fly through. When searching for the cheapest airline, try to use student websites such as Student Universe or STA Travel. These websites give special rates for students depending on how much you are willing to pay. Through STA Travel, we were able to get a round trip ticket for $380 dollars for a flight from Chaffey College to Athens. Round trip flights would cost about 700 dollars.

As a student, I would advise packing as lightly as possible. Hotels can be nice, but hostels are cheaper and allow you to interact with other young travelers from all over the world. Hostels are an easy way to find the best "happenings" in the area you are staying, and each hostel usually offers tours or bar hops to show you the sights. Through the website, Hostelworld, you are able to set your prices, ratings, and types of rooms to your specific wants and needs.

Packing can also be very difficult when going on foreign trips. For this three-week trip, I took a carry-on and a regular sized backpack, which held more than enough clothes and needed items for Greece as well as Amsterdam's colder climate. Carry-ons make trips easier because you do not have to check in your baggage on flights and they are lighter to pull on Europe's busy, cobbled streets.

Planning your destinations within Greece is easier. The ultimate rule is to not plan. Not planning allows you to have freedom to shorten or lengthen your stay in each city or region depending on how much you enjoy it.

My friend and I made the mistake of booking our return flight home from Amsterdam since we planned to tour many countries, but we fell in love with Greece and didn't want to leave. Book a flight home only if you are sure of your final destination on your trip.

Since it's best to fly into Athens, this is where your trip should begin and finish. Two days is enough time to spend in the city of Athens, focusing most of your time in Monastiraki and Plaka. These sections surround the Acropolis, the temples, museums, and markets of the inner city.

Most of the nicer restaurants and bars will be located in this area as well. If you are able to extend your time, find day trips to Nauplio, the Temple of Poseidon, and/or the Oracle. From Athens' port of Piraeus, cheap ferries can take you to the islands for about 20-70 euros.

For college students, Mykonos and Ios are the main islands for the hardcore partyers. Mykonos is located on the main island, Myloplatas, and is surrounded by many other venues and hotels. The beach boasts a selection of bars, water sports, and day beds for rent. At night, make sure to venture to the main town of Chora for delicious street gyros for dinner before heading to popular bars such as Escobar, Ali Shot Bar, Circus Bar, and Lost Boys.

For something more tame, Santorini is a beautiful destination for spending your time outdoors. The ancient towns of Akrotiri and Thera allow you to venture into the past to see the ruins of the Greek Empire before the volcanoes destroyed the cities.

For the famous sunsets, Oia is the town to be in, but make sure to plan a place an hour in advance, due to the Disney-like crowds. One of our favorite experiences was to take a day-long boat tour throughout the Caldera to snorkel and hike around the active volcano on the island.

I could write pages on how amazing Greece is, but you won't know until you experience it for yourself. What are you waiting for? Pack a bag and go explore!
By Kaelie Sigrid Illman
Staff Writer

This weekend, around 37 collegiate choirs bailed out from around the country to compete in the most elite collegiate choir conference in the United States. Known as the National Collegiate Choral Organization conference, it was held at Portland State University.

I was present under one of the adjudicators, Nancy Sollajian.

“Only the best of the best are invited to the conference and I cannot wait to see what these choirs have to offer our ears,” said Sollajian.

Many of these students who participated have hopes of becoming choral conductors one day.

Sarah Polluck, a student from Portland State University stated, “It’s an interesting and beautiful thing to be in a competition with my potential future colleagues.”

As I walked into the auditorium at Portland State University, the smell of old wood and brass from the instruments filled my nostrils.

“Its show time” I mumbled to myself.

The Portland State Chamber Singers opened the conference with the intricate, difficult, and beautiful piece, ‘Sleep’, by Eric Whitacre, showing off their fabulous phrasing and pristine musicianship.

As they performed, I closed my eyes and was suddenly teleported to a spring meadow filled with lavender flowers.

The melody was the subtle breeze in the air and their harmonies were the chirping of birds.

The audience loved the piece and many were in tears.

When the applause died down, NCCO coordinator Tim Peck thanked everyone for coming to the festival.

“I am so very grateful to be a part of a festival that life through music in this time in our world which is full of death and destruction,” said Peck.

After the opening ceremony ended, many choirs would go on to perform and be adjudicated.

Some of the groups that were featured were USC, UCLA, BYU, NYU, and even Julliard.

Of all the choirs that performed their repertoire on the first day, the closing choir of the night, Azusa Pacific Chamber choir, truly took my breath away.

Led by Michelle Jensen, who received her doctorate at USC, the choir was not only talented but the most poised.

They seemed to glide quietly into the auditorium, which they received many positive remarks from the judges for.

The ladies wore grey gowns that draped at their feet, and their men were black tuxedos.

They performed a piece called ‘O Magnum Mysterium’ by Morten Lauridsen. The piece flowed so beautifully that three of the five adjudicators were in tears by the end of the piece.

After hearing and witnessing this choir in action, I had to catch up with their conductor backstage.

“Three choir retreats, eight hour rehearsal weeks, and solid friendships are what makes the singers who they are,” said Jensen.

On the final day, three finalists were chosen out of the choirs that performed and they were USC, NYU, and APU.

As I returned the next morning, I could still hear the sweet ringing of the melodious voices of the singers in my ear.

The three finalist choirs competed for first place gold at NCCO, a title many choirs dream of earning.

I expected APU to blow the other choirs out of the water, however, it was USC with their rendition of “When You Believe” from The Prince of Egypt that won the competition.

What was even better was that they dedicated their piece to all those affected by the Las Vegas shooting.

They arrived with the victims’ names on silver balloons and released them as soon as they were finished singing.

The room fell silent to respect the fallen and finally rewarded USC with the coveted gold.

The NCCO choral festival was an enlightening experience I’ll never forget filled with stunning music, great people, and a positive message of love and unity even through this dangerous time.

### Coffee, Cohesion & Creativity in Riverside

By Kaelie Sigrid Illman
Staff Writer

“Good tunes and better company is all some people need on a weekend,” said Live On Center is bringing that to the Inland Empire. This do-it-yourself, musical production in Rancho Cucamonga was established in March 2015 by 23-year-old Juan Zermeño.

“We want to make a platform for the upcoming artists to gain attention, and for local people to be exposed to the hidden gems we have here. Southern California has much more to offer than just LA,” said Dennis Zarcano, the co-promoter of Live On Center.

Live On Center hosts more than 16 shows per year. Zermeño, his mother, and friends have brought bands from all over Southern California such as Daise, Kiki Diago and Cheridomingo to perform throughout the past two years. They cater to many different genres of music, help record the shows for musicians, and live stream the events to their fans on Instagram.

“I remember it was the first house show I played where instead of school kids, it was 20 year olds who were genuinely looking to curate a DIY show. They just went for it and putting in that kind of effort brings a really good group of people together,” said Andrew Pascucca, current bassist for Kiki Diago and a former performer at LOC.

“It’s a lot better for the music industry. There’s no influence, there’s nothing shaping the sound of the band so it ensures variety,” said Anthony Avina, the lead vocalist of Cheridomino. Small venues in the Inland Empire usually do not keep their doors open for long, but somehow LOC has managed to create a small community of their own.

The demographic for the event ranges from young kids brought by families to rowdy college students wanting to enjoy a good night on the town. It becomes a large family, especially when homemade tacos and wine get involved.

“LOC creates a community and space to be yourself, as corny as that sounds. Compared to other events I go to, I don’t always know as many people and those events don’t make it a priority to make you feel welcome,” said Rancho Cucamonga local Taylor Jaunal.

The parties produced by LOC are not just your typical house shows. Zermeño likes to shake things up by having album releases, Halloween events, intimate acoustic sets on Sundays, as well as large music festivals. He doesn’t just limit the art to musicians either.

Live artists such as Usurps and GabeArts are able to share their creations with the fans attending the shows; while local vendors like Strada Clothing sell their items. This makes it not just about their own work in the music industry, but also the other people trying to make a name for themselves in the community.

“I’m pretty stoked for Puppaween. Everyone is bringing their dogs all dressed up. I love dogs, so I’m probably going to cry from all the cuteness, but I’m ready,” said reoccurring attendee Toni Davis.

Live On Center has come a long way since it began. Zermeño, with the help of others, was able to make an idea he had while at an open mic night into a huge monthly production. If you would like to see the next events coming up, follow @locsessions on Instagram for more information.
Coffee Roasters and Augie’s Coffee House

By Spencer Reifel
Staff Writer

Coffee roasters now work alongside farmers to create a great product from the plant to the cup.

Coffee seeds are not actually beans like most of society thinks they are. The seed is actually the pit of a cherry on a coffee plant. When a cherry becomes a bright, deep red color, it is picked.

Once the coffee seed has been picked, the processing must begin as quickly as possible, to prevent the fruit from spoiling.

Farmers processing the seed out of the cherry do it two ways: either a dry method, which is the oldest way, or the wet method.

With the dry method, the freshly picked cherries are simply spread out on huge surfaces to dry in the sun. To prevent the cherries from spoiling, they are raked and turned throughout the day, then covered at night or during rain to prevent them from getting wet.

In the wet method, the freshly harvested cherries are passed through a pulping machine to separate the skin and pulp from the seed.

After the seed is separated from the cherry skin, it goes through a fermentation process, and then gets milled, put into a bag and shipped to a roaster.

“We go out to the farmers, build a great relationship, and see what process they do and work together to get a great start to our coffee,” said Austin Amento, owner of Augie’s Coffee, a local coffee roaster in Redlands. Once the coffee seed is sent to the roasting company, the company does a test roast to select the best roast they want to show off.

The seeds are then roasted in a small roaster, immediately ground and infused in boiling water with a carefully-controlled temperature.

“When we’re cupping for quality control at Augie’s, we’re looking for bright, clean, fruity cups that are exciting for their region,” said Tim Masts, Augie’s Coffee master roaster. “Having tasted thousands of coffees from all over the world, we know what to expect from our favorite coffee growing regions. We do a medium roast at Augie’s Coffee to really show off the origin and the characteristics of the coffee seed instead of the roast,” said Amento.

Roasting transforms green coffee into the aromatic brown beans that we purchase in our favorite stores or cafes.

Most roasting machines maintain a high temperature. The beans are kept moving through-out the entire process to keep them from burning.

“When roasting, there are more than one billion steps, and they vary quite a bit from coffee to coffee,” said Masts. “In general, you’re looking to have the ideal application of heat from your [open flame] burners to the rotating drum as well as adjusting air flow allowed out of the drum.”

When they reach an internal temperature of about 400 degrees Fahrenheit, they begin to turn brown and the caffeic acid, a fragrant oil locked inside the beans, begins to emerge.

Tim addresses what he is looking for to know when the coffee has reached an ideal roast, “There are audible, aromatic, and visual factors that tell me the coffee is finished.”

After roasting, the seeds are immediately cooled with air. Roasting is generally performed in the importing countries because freshly roasted beans must reach the consumer as quickly as possible.

The roasted coffee seeds are now ready to package and get sent out for the customer to enjoy.

Closeup of a bucket of freshly roasted coffee beans after a tumble in the cooling drum.

A coffee roaster roasting recently harvested coffee seeds.

Why is it a Challenge to Date in this Generation?

By Daniel Banks
Staff Writer

In this generation, it’s becoming more difficult to find the person of your dreams.

Most of us are searching for that perfect person we would like to be in a relationship with. We all have an idea of the person that best suits us, but why does it seem like it’s a struggle to end up with that person?

There are a lot of dating apps such as Tinder, Plenty of Fish (POF), eHarmony, and Meet Me that are designed to expedite the dating process. While we have these sites that potentially help us meet our mates, people continue to have a hard time in the game of love.

Both men and women are having issues finding the right person. It is being said that a lot of people in this new millennium do not take relationships seriously anymore and would rather have multiple flings instead of having one significant other.

“Some girls will say that they want a nice guy who treats them with respect and gives them attention,” said Joshua Thomas. “When they are given that, they decide to push the guy away and he is left wondering what he did that was so wrong.”

Some men believe that women aren’t sure what it is that they really want. When push comes to shove, they would rather go for the bad boy instead of the guy with morals.

“I believe that some girls like the idea of a nice guy, but would rather be with a bad boy instead,” said Michael Moore. “When they are young and still in their prime they want to go for the bad guy because they are deemed more exciting until they are ready to settle down, and then they will end up with a good guy.”

Women also have their opinions when it comes to the opposite sex and how it’s been hard for them to date.

“It seems that most men would rather have multiple girls on the side instead of having one loyal and faithful woman,” said Jasmine Brooks. “I was cheated on in my last relationship, and it has me questioning dating in this generation as a whole.”

In 2017, it has become harder to make a meaningful connection. Social media and television show altered the perception that people have on relationships as well.

People look at how couples interact in their relationships through Instagram and deem them “couple goals” instead of focusing on developing a strong bond that isn’t forced. They believe that what they are witnessing via social media is the way their relationship should be.

Closeup of a bucket of freshly roasted coffee beans after a tumble in the cooling drum.

A coffee roaster roasting recently harvested coffee seeds.

Photo Courtesy of Pexels

Photo Courtesy of Pexels

Photo Courtesy of Pexels
Being a mother has brought so much joy to my life and I now truly understand the meaning of unconditional love. When I found out I was pregnant, my husband and I were extremely excited.

I had just begun my senior year at CSUSB and as time went on, I had progressed in my pregnancy but continued my studies and attended my classes as usual. Things started to become rough as I entered my last month of pregnancy. The aches and pains were more apparent and I knew that my child would soon be here.

Once I gave birth to my daughter, I started having anxiety and I was so nervous about everything going on in my life. I wanted to finish my studies and be there for my new baby girl.

Due to giving birth through a cesarean section, I was in the hospital for a week. School had begun for the new quarter, and I followed up with my professors from each course I was taking letting them know my situation. I was back in class sooner than the doctors would have liked, but I pushed myself because I am extremely close to graduating. It is hard trying to balance time for course work and taking care of my now nine-month-old daughter.

To ease the stress of the weight a mother carries, I make sure I have a plan of action. It is important to plan ahead so that you can decrease your already full workload as much as possible.

Everyday is a new day, and I start by preparing my daughter’s diaper bag as she goes to Nana’s house for the day while I head to class. I have time to study while she sleeps. I know how long she sleeps during the day, so I can usually get some work uploaded to Blackboard or read a chapter or two from my textbook.

I know not everyone has the convenience of a babysitter or someone who can care for your child free of charge, which makes things even more complicated for moms like myself.

The college campus has many resources to check into. They have the children’s child care center available to all enrolled students. They do charge, so I would look into the cost.

A program by the name of Campis (Child Care Access Means Parents In School) is a fairly new resource that gives a grant to those enrolled in their child care program for low income parents. I also highly encourage you to communicate with your professors.

When times became complicated for me, I brought my daughter with me on campus and took my final exams in the professor’s office during office hours. The key is to communicate regularly and not overwhelm yourself with obstacles that come your way.

Just know that there is a finish line, and with hard work and dedication, school will be over and graduation will be here. With an amazing support system, I kept going and now have reached my last quarter and will be graduating in December of this year.

What I will say about my experience as a new mom is that when I look at my daughter everyday, she makes me want to do better and continue to push myself to succeed. Being a mom doesn’t mean that you can’t succeed, it just means that you have to take a little more initiative to fulfill the needs of both full-time mom and student.

---

By Brandiss Johnson
Staff Writer

Life Of A Full Time Mom And College Student

By Brandiss Johnson Coyote Chronicle

It's The Best!!!
We Cater!!!

Eat Smart, Be Healthy!

2999 W. Kendall Dr, B-220
San Bernardino, CA

10% OFF Entire Purchase

Valid only at Waba Grill Located at 2999 W. Kendall Dr, B-220. Limit one coupon per visit. Must present the original coupon. Cannot be combined with other offers.

Open Daily
10:00 am-9:00pm

Shrimp Veggie Bowl Waba Plate
Volleyball sweeps Homecoming game

By Lauren Jennings
Sports Editor

Homecoming is always an exciting event at CSUSB, but the volleyball team made it even more memorable for everyone as they swept Cal Poly Pomona in front of a crowd of 825.

Before the game, fans had the opportunity to enjoy the Homecoming Bash at the Coyote Den.

Activities included food, face painting, live entertainment and giveaways.

As the Homecoming Bash wound down, fans made their way over to the Coussoulis Arena where they were granted free admission.

Upon entering the arena from the lobby, fans were greeted by multiple vendor tables from companies such as Mountain High, Baker’s and the Chiangmai Muay Thai Gym (CMMTG). Fans also received a CSUSB Athletics drawstring bag.

Promptly at 7 p.m., the game got underway. It was an exciting nail-biter throughout each set.

The first set saw the Coyotes trailing the Broncos 10-4, but they quickly bounced back. Overall, the score was tied a total of 10 times as the scoring went back and forth between the two teams.

The score kept going up with neither team backing down, extending the game past the usual 25-to-win rule.

There must be at least a two-point difference in the score in order for a team to win, therefore, the Broncos and Coyotes had to continue to battle through the first round, past 25 points. Tied at 26 points each, outside hitter Dominique Sascha scored a kill. The Coyotes then scored the set-winner as Sascha and middle blocker Hailey Jackson combined on a block. Set two was slow to get underway as the Broncos were given a point of game penalty. However, that did not faze the Coyotes from picking up where they had left off in set one.

The Coyotes were awarded a point for the Broncos delay of game and went on to score three more unanswered points. Throughout the set, the Coyotes never trailed, although the Broncos did tie the score up twice.

They went on to win the set 25-21.

Between set two and set three, members of the CMMTG put on a demonstration on the court.

The two gentleman participants punched and kicked safety pads held by another participant to show just a few of the moves one would be taught at the gym. At the conclusion of the demonstration, the two teams took to the court again to play the third and final set.

The third set looked like there is could be a repeat of the first as the Coyotes trailed early on. However, once they took the lead, they did not trail again.

The Broncos tied the game at 11 and then the Coyotes took off again. For each point Cal Poly scored, the Coyotes scored two more.

When Cal Poly scored two in a row, CSUSB fought back and scored three in a row.

The next point they scored would start a string of five unanswered points that would win the game.

With the win, the Coyotes record improved to 13-7 overall and 9-3 in conference play. Cal Poly’s record dropped to 9-11 overall and 5-7 in the CCAA.

The Coyotes will play at home again on Oct. 27 against Chico State and against Stanislaus State on Oct. 28.

Dig for a Cure night returns on Oct. 27, where the Coyotes look to raise awareness for breast cancer.

U.S. soccer team falls short in qualifiers

By Jason Samp
Multimedia Editor

For the first time in 30 years, the U.S. national soccer team failed to qualify for the World Cup after a shocking loss to Trinidad and Tobago.

All odds were in favor of the U.S. clinching a playoff spot for the 2018 tournament taking place in Russia. However, disaster struck in a series of unfortunate events.

Not only did the U.S. have to lose to be disqualified, but Honduras and Panama had to both win their games. Even a draw from the U.S. would have landed the Stars and Stripes a draw from the U.S.

With neither team backing down, extending the game past the usual 25-to-win rule.

There must be at least a two-point difference in the score in order for a team to win, therefore, the Broncos and Coyotes had to continue to battle through the first round, past 25 points.

Tied at 26 points each, outside hitter Dominique Sascha scored a kill. The Coyotes then scored the set-winner as Sascha and middle blocker Hailey Jackson combined on a block.

Set two was slow to get underway as the Broncos were given a point of game penalty. However, that did not faze the Coyotes from picking up where they had left off in set one.

The Coyotes were awarded a point for the Broncos delay of game and went on to score three more unanswered points.

Throughout the set, the Coyotes never trailed, although the Broncos did tie the score up twice.

They went on to win the set 25-21.

Between set two and set three, members of the CMMTG put on a demonstration on the court.

The two gentleman participants punched and kicked safety pads held by another participant to show just a few of the moves one would be taught at the gym.

At the conclusion of the demonstration, the two teams took to the court again to play the third and final set.

The third set looked like there is could be a repeat of the first as the Coyotes trailed early on. However, once they took the lead, they did not trail again.

The Broncos tied the game at 11 and then the Coyotes took off again. For each point Cal Poly scored, the Coyotes scored two more.

When Cal Poly scored two in a row, CSUSB fought back and scored three in a row.

The next point they scored would start a string of five unanswered points that would win the game.

With the win, the Coyotes record improved to 13-7 overall and 9-3 in conference play. Cal Poly’s record dropped to 9-11 overall and 5-7 in the CCAA.

The Coyotes will play at home again on Oct. 27 against Chico State and against Stanislaus State on Oct. 28.

Dig for a Cure night returns on Oct. 27, where the Coyotes look to raise awareness for breast cancer.

Redemption for the U.S. in the World Cup must wait for 2022.
Ways to exercise outside of the gym

By Breeze Rivers
Staff Writer
Most busy college students do not have the time and money to get a gym membership. CSUSB students share workout ideas that are guaranteed to help you stay active, even if you don’t have time to go to a gym.

Health Management major Bianca Scodellaro enjoys stretching and rolling out her muscles while watching her favorite show on Netflix.

"While I’m relaxing and watching Grey’s [Anatomy], I think that’s the perfect time to stretch instead of just sitting there or laying down," said Scodellaro.

Although it is a light and non-strenuous activity, stretching is extremely beneficial to your body.

It increases flexibility and joint range of motion. It also increases blood flow to the muscles.

For athletes, stretching should be done before and after playing. Stretching prepares an athlete’s body for physical exertion by warming up the muscles, joints and tendons.

A workout or game should also end with stretching to allow for the muscles to repair and recover.

A stretch can help break lactic acid, which builds up in the muscles during a workout.

Kinesiology major Crystal Becerra likes to do burpees.

"Burpees are good because they give you a full body workout," said Becerra. "It doesn’t require any gym equipment either. I’ve done them in my room, at a friend’s house, and even at the beach in sand."

Burpees work your arms, chest, abs, quads, glutes and hamstrings.

Burpees are effective because they help your body build strength, cardiovascular endurance and abs.

Kinesiology major Cindy Cisneros suggests doing a bleacher workout.

This can be done at any high school, basketball gym or sports stadium that has bleachers. It can even be done on the stairs of a building.

The bleacher workout takes the focus away from the traditional treadmill cardio workout and shifts it towards a new, more inclined platform.

Cisneros runs up and down the bleachers for 15 minutes, takes a break, then runs again for 10 minutes.

While this may sound challenging, it is a good cardio and leg strengthening workout.

Cardio is important because it has immediate effects on the body.

Some of these effects include increased heart rate and blood circulation.

Cardio also allows the body to burn calories from fat, improves and enhances your mood and helps you sleep better at night.

For Cisneros, bleacher running is most fun to do at night, under the lights.

For dog owners, a good arm workout can be tackled by playing fetch at the park. The motion of throwing a ball to your dog gets your body moving and keeps you active.

You can get even more creative by doing lunges, crunches or squats while your dog fetches the ball.

For someone who is interested in doing sprint work, they can race their dog to the ball. This active fetch activity is a great way to get exercise while having fun.

Alexandra Benevidez, a kinesiology major at CSUSB, likes to do squats with weight on her back.

Benevidez wears a heavy backpack to school and tries to take the stairs whenever possible. She also uses her heavy bag as a way to do weighted squats.

"Squats are important to keep your glutes tight and muscular," said Benevidez. "I mostly do it at home while studying or before soccer practice while we wait for our coach to open up the locker room."

Several different students at CSUSB utilize fun ways to get active outside of the gym.

From light activity like stretching to an intense workout like bleacher running, there are many creative ways to have fun, multitask and stay active.

Exercise tips from Coyote men’s soccer

By Kieron Coleman
Contributing Writer
Exercise is one of the most important parts of keeping your body healthy.

Physical activity helps people lose weight and lower the potential risks of some diseases.

Exercising to maintain a healthy weight decreases a person’s risk of developing certain diseases, including type II diabetes and high blood pressure.

The CSUSB athletic programs all have different ways for their teams to reach the correct level of fitness for the season.

Different sports play at different times of the year, meaning they have to set up arrangements to make sure they are at peak fitness for the season.

This could be their class schedule, making sure that their tough classes are away from the season, so they have more time to concentrate on the work.

This isn’t just cardiovascular; athletes use the workout tent at CSUSB to make sure they minimize injuries throughout competition.

"The tent is a place I go to make sure that I am working out correctly to not harm my body for season," said men’s soccer player, Nick Turkington.

Eating is a vital part of working out, as you need to make sure that the calories you are digesting, are recovering your used tissue from working out.

Consuming certain food groups is very important while trying to work out or compete in a competition.

Different food groups have different releases of energy, to the one that tends to be eaten before a workout is carbohydrates, which allows a slow release of energy throughout the workout.

This helps your energy stay high while performing a physically demanding activity.

After performance, many people tend to take a protein shake or protein bar to heal their muscles for the next day.

In addition to this, the body needs some energy source from actual food, within an hour of finishing the workout.

Working out is something that can benefit you as a whole, but certainly, the time of working out all depends on you as a person.

Many people like to work out in the morning when they wake up and some prefer working out at night.

Preference is key for this; the most important aspect of working out though is completing the exercises correctly, and not doing it if you are unsure on how to perform the exercise properly.

I have always preferred doing my workouts in the morning, it sets me up for the day," said former men’s soccer player, Richard Caine. "I use it as a wake-up call for my body."

Working out in the morning helps you in different ways compared to working out at night.

Working out in the morning helps to enhance your metabolism and improve your physical and mental energy.

For a full-time worker or student who has regular classes throughout the day, a morning workout might work better, keeping you focused a lot more on different tasks throughout the day.

However, working out at night while doing muscle related activities helps you sleep at night and gives you better REM sleep for a longer duration of time.

Working out helps you in all kinds of ways, so doing it properly is important.

Different people have different body types, meaning they work out in different ways.

It is vital to know what helps you as an individual, to see the best improvements.
Five Films to See this Fall

The Shape of Water

Director Guillermo del Toro is known for his big-action-oriented films like Pacific Rim, yet he also makes terrific smaller-scale films like Pan’s Labyrinth. His new movie, The Shape of Water, looks to be similar to that. Set in Cold War-era 1962, the film follows Eliza (Sally Hawkins), a janitor who discovers a government secret, which is a mysterious creature that seems to be half-fish/half-human and forms a bond with it. Like Pan’s Labyrinth, The Shape of Water looks to be another fairytale geared towards adults and seems to favor practical effects over CGI. Those looking for a unique fantasy movie should check this out.

The Killing of a Sacred Deer

If you’re a fan of dark, twisted comedies and have yet to see anything by director Yorgos Lanthimos, I suggest you immediately watch his films, Dogtooth and The Lobster. Lanthimos creates these worlds that resemble ours, however, something is always slightly off. Collaborating with Colin Farrell for the second time and also starring Nicole Kidman, The Killing of a Sacred Deer’s plot is somewhat vague and only reads: ‘A surgeon forms a familial bond with a sinister teenage boy, with disastrous results.’ Going into a Lanthimos films, you shouldn’t know everything about the story and just go in ready to experience something offbeat. Like his previous movies, this looks like another film that will leave you happily perplexed.

Lady Bird

With major blockbuster movies being released at the end of the year such as Star Wars: The Last Jedi and Thor: Ragnarok, it might be harder for lesser-known films to find an audience. Some people can also become fatigued by the countless new movies being added on comic books, and they may just want to see something more original or different. Here are five films to check out this fall if you’re looking to expand your cinematic palate and explore worlds beyond the typical movie screen. While she co-directed a small budget film in 2005, Greta Gerwig is mainly known for being an actress. However, she is now making her directorial debut with Lady Bird. The film is set in Sacramento, California in the early 2000s and is a story about Gerwig’s life as a teenager living with her mother. She stars Saoirse Ronan as the title character, who is a rebellious teenage wanting to escape from her conservative small town and attend college in New York City. Whether she is on-screen playing one of her charming oddballs or talking about her love of movies in interviews, Gerwig is a passionate and charismatic actor/person, and that looks to translate to film directing as well. Lady Bird is sure to be a must-see for anyone who likes charming and relatable coming-of-age stories.

Call Me By Your Name

Director Luca Guadagnino is known for his intimate and romantic films with characters living in stunning backdrops, and in Call Me By Your Name, he looks to continue that trend. Based on a novel of the same name, the film is set in Italy in the 1980s where a young man named Elio (Timothée Chalamet) falls for academic Oliver (Armie Hammer.) Not only does this movie appear to be another visually beautiful film to look at like his previous films, but it seems to also contain timely themes about love that resonates with others.

By Isacc Cardanas
Staff Writer

By Yesica Gonzales
Staff Writer

A month full of spookiness

With Halloween just around the corner, some students like to keep themselves on edge by either watching spooky films or reading horror novels.

Horror movies have been around since the days of silent film, and have made their way through every decade. From the classics to modern times, each decade has brought around different types of horror flicks that anyone can choose to watch.

Some depend on anticipation such as The Texas Chainsaw Massacre from the 1970s, while others are slasher films like A Nightmare on Elm Street. For Pantoja, an excellent scary movie should always carry a balance of a unique but suspenseful plot elements.

“A good horror movie should also have characters that are very ugly and scary, pop ups, and horrifying background music,” said Pantoja.

For horror film lovers, she recommends people watch The Haunt, The Exorcist, and Insidious.

“Firstly, The Haunt was very creepy, with many hallucinations,” said Pantoja. “The Exorcist had many jump scares to a point where there’s one where you don’t see anything. It becomes really graphic and extremely creepy.”

Films such as Paranormal Activity don’t include much blood, but do build up anticipation throughout the movie. The Shape of Water is based on a true story, such as The Crucifixion, it gives more of a terrifying sensation.

But for those who prefer to be on the safe side with a splash of comedy, movies like Zombieland and It are recommended.

“It was a great film, but not too scary. It was more on the comedic side and it would be great for those who don’t like scary movies as much,” said Pantoja.

But for students who prefer a good scary story rather than a film, there is a selection of books to choose from.

English major Hector Perez believes that an excellent horror novel should be like riding a rollercoaster.

“You feel this sense of anticipation and wonder as to what is going to happen next, and that keeps you on the edge of your seat,” said Perez. “When that happens, you’re as invested in a story as you’re going to get.”

When it comes to making a notable impact on writing in the horror genre, Perez considers authors Stephen King and Edgar Allan Poe to take the crown.

“The Raven” and “The Tell-Tale Heart” are a few of 19th century author, Edgar Allan Poe’s notable mysterious works.

“I’ve always enjoyed Poe’s works for his words themselves. They’re so dark and so gritty. You can read Poe and immediately know you’re in for some dark stuff," shared Perez.

For a more contemporary choice, author Stephen King is widely recognized for works such as It, The Shining, and Carrie.

“As a writer, I’ve always been so drawn to King’s ability to tell a story. The man can write a page and make them feel so alive,” shared Perez.

One of his favorite books is The Shining because of the author’s prowess in writing a book that draws readers into the plot.

The reader can literally visualize the protagonist’s mindset. It’s such a great psychological thriller. What made it so terrifying is how realistic it seemed,” said Perez.

For students that watched It, Perez recommends them to read the novel.

“I recently revisited the original film because it terrified me as a child. So, I read the book and thought, ‘Wow, this is amazing.’” shared Perez.

The English major has been on a mission to read each of King’s novels and provides his reasoning as to why students should give the horror genre a chance.

“I think people should know that they are really magical. The words, the tone, and even the fears and expectations of the reader make up this whole experience. Horror is more than a genre, it’s an experience,” said Perez.
By Poala Magana
Staff Writer

The SMSU Gamers Lounge hosted its annual bi-weekly Super Smash Bros. Tournament, held by Daniel Jimenez the tournament organizer, on Oct. 10.

Students can compete in the tournament to accumulate points. Those with the most points will be invited to compete in the grand tournament to win a grand prize. Participants must be a CSUSB student to participate and claim the prize.

For every Super Smash Bros. Tournament, the tournament organizer announces when they are doing sign-ups. Whoever wishes to participate can sign-up with their name, nickname, or alias.

Once everyone is entered, a bracket is created, and within that bracket, it shows which gamers are competing against each other. Whoever wins, goes onto the next bracket and so on. In the end, it goes down to the grand finals, where the winner is announced.

Japanese game developer Masahiro Sakurai introduced Super Smash Bros. in 1999 for the Nintendo 64. It was then released worldwide after selling over a million copies in Japan.

“I really grew up with the game itself when I was younger. I would play casually with my brothers and my sisters,” stated Jimenez. “As I grew up, I grew to find a community that plays this competitively and the beginning of my freshman year in college is when I first started really getting involved.”

In Super Smash Bros, up to four players can play in multi-player mode and choose some of Nintendo’s most recognizable characters.

“What is cool about this game is that you can pick any character you want and you have a chance to win. It really goes down to how you play the character,” said Jimenez.

The popularity of the franchise is due to its variety of playable characters such as Mario, Fox, Link, Kirby, Samus, Pikachu, and more.

Henry Herrera, a student participant who goes by the alias “Shuckle,” stated his go-to character is Samus.

“She’s been my character since I was little because that was one of the first video games that I played where she was from called Metroid. She’s not really considered a good character in this game, but I try my best to show she can be good to have competition,” explained Herrera.

To knock out an opponent, the player must knock that character outside the arena’s boundaries in any direction. The winner is the last fighter standing once all other fighters are eliminated or if a time limit is applied to the match, the fighter with the most lives remaining once time runs out.

CSUSB student and participant Ronald Torres stated, “I attended this event because I fell in love with the game. It helped me a lot with my school life because it kept me from stressing out about my classes. It also helped me to find new friends because, without this game, I would not have the friends that I have right now.”

Those who missed this event can always sign-up for the next tournament online at the CSUSB Gamers Lounge website.

Make sure if you attended to bring your A-Game to be able to smash your opponents in some friendly competition.

“Our community is one of the friendliest communities you’ll ever see when it comes to video games. We are all here having a good time playing in a bunch of tournaments. If anyone does come by, we’ll welcome them,” said CSUSB student and former player Erick Jimenez.

For every Super Smash Bros Tournament, the SMSU Gamers Lounge held its annual bi-weekly Super Smash Bros Tournament for Super Smash so that anyone can join anytime.

The SMSU holds bi-weekly tournaments for Super Smash so that anyone can join anytime.
Blade Runner 2049: 35 Years in the Making

By Dusty Alexander
Staff Writer

Blade Runner 2049, the long-anticipated sequel to the 1982 cyberpunk classic, Blade Runner, is now in theaters. Lovers of the original story are sure to enjoy the stunning computer generated imagery that is guaranteed to dazzle audience members into a science fiction haze.

The film follows the story of a Blade Runner and new model Replicant who simply goes by K. The film starts with him, hunting down an older model Replicant and then transitions into a completely different story. For those who are not familiar with the story, here is what you need to know: Blade Runner 2049 takes place on Earth in the year 2049. The atmosphere is reflective of a dystopian environment that is populated by humans and super human-like androids called Replicants.

Older models of these Replicants do not follow orders as well as the newer improved versions; having wills of their own, and are thus hunted down to remove the threat of these dangerous beings becoming hostile. These hunters are called Blade Runners.

The original Blade Runner received mixed reviews at first, however, it quickly developed a cult following that was eager to get another movie in the franchise. This is due to the vague conclusion of the original. While Blade Runner 2049 is connected to the original film, and there are many references to the original, fans do not need to know both movies to enjoy the film. 2049 does a very good job explaining the world and events of the first movie organically to make it feel like the viewer is not missing much.

“They definitely made the movie look like the Ridley Scott version,” said Brian Alexander, an avid fan of the original movie and cyberpunk in general. “But the story in 2049 goes in a completely different direction, so it’s definitely its own movie.”

Sadly, Blade Runner 2049 has less action than the original, since it is not really based on hunting, and relies more on mystery.

Also, the plot is intriguing regarding the potential and secrets of the Replicants, with K following a trail of clues as more and more of the world in this series is explored. The audience gets to learn more about these androids and how they fit into that world.

Thankfully, the movie is able to stand on its own, and does not waste time on reminiscing on old material from the 1982 film.

“Honestly, I can’t say which one is better. They’re so different that I like them both,” said Alexander. “That is not to say that the film is perfect. It is really enjoyable, but the film has a 163-minute runtime and rather slow pacing, which can make some parts of the movie drag on. Besides being slow, the pacing was also a little odd, with what felt like multiple climaxes.

This movie might not exactly be a hit for viewers who want a fast-paced action flick, or just want something to watch casually. It is a subtle film that expects the viewer to pay attention and follow its twisting and turning storyline, while waiting through long, tense scenes.

Many of these scenes are quiet and contemplative with organic visual storytelling, but if viewers want a quick action sci-fi film akin to something like Star Wars, they should look elsewhere.

The film has had a rocky start, falling below expectations at the box office, and not receiving the much deserved acclaim. However, it still finished first on its opening weekend, and currently holds an 88 percent approval rating on the review aggregate Rotten Tomatoes.

However, whether the viewer has seen the original film or not, Blade Runner 2049 is an excellent film for those who enjoy thriller, suspense, and science fiction films.
Has Education Become Obsolete?

Rodney E Schmidt
Editor in Chief

When my parents were kids, they learned about history so the horrors of history would not repeat. When I was a kid, I learned about history so the horrors of history did not repeat. I wonder what the schools tell kids today? Racism is on the rise, bigotry is back, concentration camps are current and the Russian’s are still relevant. I wonder… has education become obsolete?

When my parents were kids, they learned basic mathematics so they could balance their check books. When I was a kid, I learned advance algebra because everything that was made was made of math. I wonder if they still teach math in schools. Nothing is made by man, so the mathematics that would be required to establish matter into a fixed form is a waste. Even the buildings that build the robots that build our products are not made by man. I wonder… has education become obsolete?

When my parents were kids, they learned how to spell. When I was a kid, I learned how to spell because how else was I going to show that I could articulate what I had read? I wonder if they still take spelling test in school; because the computer corrects everything, my phone writes everything, and I turn in my homework digitally. I wonder… has education become obsolete?

My parents went to college so they could have a brighter future; I go to college because I was told I would have a brighter future. I wonder if people will still go to college; because the future is not looking brighter. I wonder… has education become obsolete?

My parents got a job, so they could afford a life. I got a job, so I could afford my college debt that gains more interest than I make in a year, so my college can buy statues that sit on freshly mowed lawns. I wonder, no, I ask… what has education become?