The Ronald McDonald House

By Anthony Perez
Staff Writer

The holidays are starting to ramp up and as we prepare for the festivities, we have to remember the ones who are less fortunate than us. The Ronald McDonald House charity attempts to bring together that missing piece this holiday season.

The charity is aimed at aiding children and their families during rough medical times. During the holiday season this becomes increasingly important and the Ronald McDonald house does its best to create a special environment.

The charity collects donations, whether it be a simple cash contribution or a toy for a child, they are here to help. They decorate their offices to show that they are inviting to children and that they should feel comfortable. All in all, the charity goes above and beyond to try and bring together that special piece this holiday season.

San Bernardino Shooting Commemoration Ceremony

By Andrea Engelhorn
Managing Editor

Michael Glen rang the bell outside of the Chemical Sciences building in the Peace Garden. The bell is to be rung once a year on Dec. 2 in honor of the anniversary of the 2015 mass shooting in San Bernardino.

Former CSUSB student, Syed Rizwan Farook, shot and killed 14 people and severely injured 22 others. An attempted bombing at the Inland Regional Center was also on the agenda of the 2010 CSUSB Alumni.

The CSUSB community was greatly impacted by this tragic event. The gunman had gone to this school, and five victims were associated with the CSUSB family.

The fallen castaway is Ferdinand, portrayed by fourth year student Garrett Vaughn, who is the son of Alonso, the King of Naples. The royal family also has set plans to overthrow Prospero and take over the island.

During the story, Caliban, portrayed by Stephen Diaz, is a slave that wants to earn his place in the land and runs into two unexpected characters.

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Humor, Drama and Magic in The Tempest

By Yesica Gonzalez
Staff Writer

CSUSB’s department of Theater Arts began its 2017-2018 season with the unforgettable production of William Shakespeare’s The Tempest. The live performance ran from Friday, Nov. 10 to Sunday, Nov. 19 and took place at The Barnes Theater.

The play delivered wonderful performances, a splash of humor, drama and a dose of magic brought to life. Terry Donovan Smith, a professor of Theater Arts, directed The Tempest.

Along with a brilliant cast and crew, the show left the audience awed from beginning to end.

The Tempest tells the story of a royal family that is left deserted after crash landing on a mysterious island. Prospero, portrayed by Theater Arts major Isaiah Dodo-Williams, rules the land and is the rightful Duke of Naples. He possesses a magical ability and has a loyal, airy spirit named Ariel, portrayed by fourth year student Celia Worster, who acts as his eyes and ears throughout the play.

Prospero’s intentions are to reclaim his rightful place as a lord by marrying off his beautiful daughter Miranda, portrayed by fourth year student Shannon Ricciardi, to one of the castaways that immediately fell for her.

The royal family also has set plans to overthrow Prospero and take over the island. During the story, Caliban, portrayed by Stephen Diaz, is a slave that wants to earn his place in the land and runs into two unexpected characters.

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The CSUSB community was greatly impacted by this tragic event. The gunman had gone to this school, and five victims were associated with the CSUSB family.

“Everybody thinks it’s not going to happen to them,” said Reyes. “And it was such a random day, a random time, you would never think it would happen so close to home,” said Michaela Reyes, a student that was in class during the shooting in 2015.

Bill Van Dyke, a CSUSB Life Sciences professor, gave a heartwarming speech at the memorial to honor the five victims from CSUSB, whose names are engraved on the five sides of the bell’s base.

Victims’ loved ones’, including several young children, were handed bouquets of flowers to place on the bell memorial.

To conclude the ceremony, Glen rang the bell for the last time until next year’s remembrance.
# CSUSB’s Giving Tuesday

Students were seen posing with the #Unselfie frame around the Student Union.

**By Crystal Harrell**  
**Copy Editor**

On Nov. 28, CSUSB held its first Giving Tuesday, where a new tradition was formed involving students, alumni, parents, faculty, and staff coming together to fund new student scholarships. Known as a nationally recognized event, Giving Tuesday is celebrated around the world as a way to use social media as a platform to spread the gift of giving after the Thanksgiving holiday.

“Giving Tuesday was a campus-wide campaign to give back to Coyotes just like me by raising money for scholarships. I’m very excited to participate in this new tradition of giving,” said student development partner Meem Kwori Masud.

The Giving Tuesday event was organized by the CSUSB Annual Fund, which is a program that focuses on acquiring regular, annual contributions for the university to create a dependable source of non-legislative funding.

Donations were able to be received through smartphone by texting CSUSB to 71777 and by going on the CSUSB Mobile-Cause website prior to the Nov. 28 date. On the actual day of Giving Tuesday, various tables were set up around campus, including University Hall, the Santos Manuel Student Union, and Jack H. Brown Hall, where students were able to donate and learn more about the cause.

To raise more awareness for Giving Tuesday, the Annual Fund’s set up a social media engagement manager through Facebook and Instagram.

### City of Inmates: history of lockup

Hernandez’s presentation began with a history lesson of early incarceration in California.

**By Paul Figueroa**  
**Copy Editor**

On Nov. 28, CSUSB hosted Dr. Kelly Lytle Hernandez, associate history professor at UCLA and author of the new book “City of Inmates: Conquest, Rebellion, and the Rise of Human Caging in Los Angeles.”

Hernandez’s presentation in the Pfau library concluded a series of four lectures on Borderlands Studies held throughout the fall semester that sought to highlight scholarship on the US-Mexico borderlands, in particular scholarship conducted by Latinas/Chicanas working in the field.

When Dr. Hernandez embarked on her research into the history of incarceration in Los Angeles, she discovered that the bulk of the historical prison records had been destroyed, prompting her to seek the information elsewhere.

“I went and I found the documents from all the dissidents and the rebels who fought the rise of mass incarceration in Los Angeles, pulled their records together, and called them ‘The Rebel Archives,’” said Dr. Hernandez.

From there, she examined the various demographic shifts in the incarceration system that began during Spanish colonial rule and continued throughout American acquisition and administration of the territory.

She laid the blame for the rise of the mass incarceration on settler colonialism.

“The principal objective of a settler colonial project is land,” said Dr. Hernandez. “That land the settlers imagine building a new, permanent, reproductive, and racially homogeneous society... Whoever constitutes a threat to the settler community is a target for elimination.”

Continued online @ CoyoteChronicle.net

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Crystal Harrell | Photos  
Paul Figueroa | Chronicle Photos  
By Thomas Ooi (CU2)
**City of Inmates**

...Continued from Pg 2

occurred throughout the 19th and 20th centuries from indigenous peoples, to Chinese immigrants targeted for deportation following the Chinese Exclusion Act, to white vagrants displaced in the aftermath of the Civil War, and finally to exiled Mexican dissidents seeking political refuge in California prison system. One of the photos taken by Gonzalez would go on to adorn the cover of Dr. Hernandez’s book decades later.

Although it may seem that the incarceration system has progressed since the late 19th century, many of the structures that contributed to its rise are still around.

As Dr. Hernandez point-ed out, the Immigration Act of 1929, which criminalized unlawful entry for the purpose of regulating Mexican immigration, is still enforced.

The law, which sought to balance the need for cheap Mexican labor and the desire to keep the southwest ethnically homogeneous, was passed by Coleman Livingston Beale, a senator with a penchant for reciting racist poetry on the Senate floor.

During the Q&A portion of the event, a student cited a recent report by NPR stating that Immigration and Customs Enforcement (ICE) is seeking to open five new private detention facilities for holding undocumented immigrants.

Given recent the rise of illegal immigration crackdowns by ICE and the recent implementation of the Deferred Action for Childhood Arrivals policy, it’s possible that some of CSUSB’s undocumented alumni may find themselves in this very system. Second, it calls for an academic boycott of complicit universities that opened investigations on my colleagues for signing a petition and even fired them. We, the signatories abroad, got very upset with how the Turkish Higher Education Council, which answers to the current government, and many university rectors were treating our colleagues in Turkey. Erdoğan is so strong and powerful that the Council members and rectors think that if they don’t side with him, they are going to lose their positions, and they can.

Q: What does the boycott entail for participating universities?

A: Cancelling the memorandum of understanding would prevent the student exchange between the two universities and the scholarly exchange for big grants and projects. A number of Turkish universities are in large collaborative projects with other countries. TÜBİTAK, which is the Scientific and Technological Research Council of Turkey is one of the governmental institutions that we are boycotting because it is complicit in the current government, and the boycott to cut off any ties with the current government.

Q: Is the ultimate goal of the boycott to cut off any ties between the western education system and complicit universities in Turkey?

A: In a way, yes. It is not easy though. Lots of scientific professional organizations like the American Psychological Association (APA), American Political Science Association (APSA) and the Middle East Studies Association of North America (MESA) all have to endorse the boycott and stop collaborating with the complicit universities in Turkey for it to be effective. It is difficult, but if we can gather some momentum and publicize all the universities that are complicit with the government, they might realize that they cannot get away with suppressing academic freedom and not supporting their own signatory faculty just because they wanted peace and they wanted it from the Turkish government as opposed to a Kurdish armed group.

Q: Are there any endorsers of the targeted boycott so far?

A: Yes, at this point, there are just beginning our efforts of spreading the word about why freezing collaborations with complicit universities is important for protecting academic freedom. But our colleagues in Europe have made quite a bit of progress. For instance, France’s National Center for Scientific Research (CNRS) recommend-ed boycotting TÜBİTAK. The Education Union in France also shared the boycott information with its members. The University College Union, which is a union in the UK, passed a motion to freeze collaborations with Turkish universities.

Q: So are you in collabora-tion with other professors in the area with promoting this boycott?

A: Yes, we are all working to put pressure on the Turkish government. We need them to realize that what they are doing is against academic freedom. It should be up to us to say that based on our observations, there are human rights violations and based on our analysis this is not how peace can be achieved in southeast Turkey. We should be able to say that without such punishments.

Q: Can you travel back to Turkey?

A: Currently I can but I don’t know what the future will hold. Trials start Dec 5 but signatories abroad haven’t been indicted yet. These are serious charges which could have serious consequences. There is no sug-gar-coating it.
some sort of inappropriate or sexually harass others or conduct accused of using their power to news. Every day we see more

Staff Writer
By Adam Villas

CSUSB enrolled four students from Puerto Rico this quarter who were unable to attend their university after the devastating Hurricane Maria hit the island. Hurricane Maria hit Puerto Rico on Sept. 20, leaving an estimated 35 people dead and many more injured. With the island in shambles and many buildings completely destroyed, the citizens of the island were left with no power and scarce resources.

“The hurricane was one of the strongest hurricanes to ever hit Puerto Rico,” said Jadiel (last name could not be disclosed for security reasons), one of the students from Puerto Rico. “It’s like what you see when you watch the news, only much worse. I had people I knew who lost their houses, lost their cars. I was fortunate.”

After hearing of the disaster that was taking place in Puerto Rico, CSUSB Professor Tony Coulson reached out to his friend Alfredo Cruz, a professor at the Polytechnic University of Puerto Rico (PURP), to make sure that he was well in the midst of the devastation. Cruz sent an email that explained that there were some students at the university who were at risk to lose their scholarship due to the fact that they would be unable to attend their university for at least one quarter after the devastating hurricane.

“Alfredo sent out an email with a lot of people saying ‘hey, we need help,’” said Coulson. “Right away, I reached out and said that I would see what I can do to help.”

Coulson reached out across campus for help and received plenty of it. Thanks to a collaborative effort from many people at CSUSB, the students were immediately made a priority, resulting in the arrival of the students at CSUSB.

Those who helped arrange for the students to join us at CSUSB include Alysson Satterlund, associate vice president for student affairs and dean of students; Tatiana Karmanova, dean of the CSUSB College of Extended Learning; Francisca Beer, dean of graduate studies and student research; Lawrence Rose, dean of the Jack H. Brown College of Business and Public Administration; Jake Zhu, associate dean, Brown College; and Julie Weessel, research administrator for academic research-sponsored.

“The whole campus really came together in an amazing way and said ‘we’re gonna make this happen,’” stated Coulson.

CSUSB enrolled four students from Puerto Rico after hurricane Maria

Sexual Misconduct and CSUSB Training

Sexual misconduct and unwanted sexual behavior. CSUSB has already taken initiative in tackling this problem by having students complete required online training in order to ensure all students are aware of the dangers of sexual violence on campus and how it can be prevented. The training explains the different types of sexual harassment, warning signs, and possible situations to look out for.

“Hopefully students are taking away something of importance from the training,” said Assistant Director and Deputy Title IX Coordinator Krysten Newbury. “There is also other opportunities online as well as in-person events and just asking questions.”

In order to avoid a registration hold for Spring 2018 on your account, the online training must be completed by January 24th, 2018.

The hold can be completed through the “Not Anymore” widget online at myCoyote, or at a preapproved on campus event which can be found through the Title IX office website.

Though all students are being exposed to this important information because it is required to take the training in order to register for classes, many are concerned that the training is not being taken seriously enough because many students just skip through it in order to simply be done with the training.

Sandra Estrada, a student at CSUSB and employee in the Women’s Resource Center believes that the topic could be approached differently in order to decrease sexual violence on campus.

“I feel like a lot of the prevention methods are put on the survivors and as opposed to the perpetrators,” said Estrada. “I feel like a lot of it is teaching people how not to be raped instead of teaching them not to rape.”

Aside from the mandatory online training needed to register for classes, our campus also provides various resources, spaces, and information over this topic in the Title IX office and Women’s Resource Center, both of which are located in the San Manuel Student Union.

“We partner very closely with our campus advocate and her voice peers as well as try to bring in some speakers,” said Newbury. “We’ve also worked with the Women’s Resource Center, the Other Adult Resource Center, the Cross Cultural Center, the Pride Center, and many others so there’s a lot of different opportunities to get info and know what’s going on.”

Those among the growing list of celebrities being accused include athletes, actors, politicians, and many others in the spotlight.

Some of the most prominent of these public figures include Harvey Weinstein, Louis C. K., James Winston, Roy Moore, Ben Affleck, and many more. Whether or not all of these accusations are true is another story; however, the increase in the number of people coming forward to reveal these gory details has brought the issue of sexual harassment into the spotlight for everyone to discuss.

Victims of sexual harassment have often times been too afraid to reveal their stories about being taken advantage of, or fear they won’t be believed by others when they do come forward.

According to the National Sexual Violence Research Center, one in 5 women and one in 16 men are sexually assaulted while in college while more than 90% of sexual assault victims on college campuses do not even report the assault.
New Stem Cell Research

By Daniel Padilla
Senior Reporter

There was an impressive turnout for the event with many people interested in the research.

Scientists are getting closer to less miserable chemo treatments. Padilla shared the story of her daughter, Evangelina, who survived a serious medical condition due to medicine created using stem cells. Her daughter suffered from severe combined immunodeficiency, and underwent two years of isolation before it was safe for Evangelina to be exposed to the world. Padilla was at times emotional during her speech, but is now thankful to everyone responsible for curing her child. Presenters at the symposium made clear the usefulness of stem cells, yet ethical concerns are sometimes raised regarding the use of human fetuses for research.

"There hasn't been a single uterus or a single abortion that has taken place so that scientist can get embryonic stem cells," said Professor of Biology Dr. Bourries. Instead, scientists acquire stem cells from the left-over eggs of in vitro fertilization, a process which some couples use if the normal path to pregnancy is unavailable to them. Multiple eggs are fertilized in the process. Since only one is needed for pregnancy, the rest, with the consent of the couple, are used for research. "[Our club] is the main organizer for this, with the help of our advisor Dr. Bourries. We help everything get ready by doing the program, getting the food, doing the name tags, and other logistics of it," stated President of the Student Society for Stem Cell Research Jazmin Garcia.

Although the Quality Matters certification denotes a course that has met eight separate standards, and has been reviewed by three faculty members who are usually independent of Cal State San Bernardino. Reviewers take between four and six weeks to assess the course and provide feedback. "The QM certification is not the only path to producing a good online course," said Dr. Popescu.
**FCC Moves to Kill Net Neutrality**

By Robert Hancock  
Senior Reporter

On Nov. 15th the Federal Communications Commission announced plans to remove the Internet’s Title II status, threatening Net Neutrality’s future.

Net Neutrality, which represents the idea that all information on the Internet should be treated equally, has been the standard mode of operation ever since the Internet’s classification as a utility under Title II of the 1996 Telecommunications Act.

Earlier this month, however, Federal Communications Chairman Ajit Pai announced plans to “repeal the heavy-handed Internet regulations.” Chairman Pai, who was put in place by President Trump and is a former Verizon lawyer, has stated that the Internet’s current regulation is “burdensome.” Pai argues that current regulations treat the Internet like a “1930’s utility”, harming telecommunications businesses’ expansion. Pai believes that a “light touch” deregulation will be beneficial for businesses to expand and invest in infrastructure.

While removing the Internet’s Title II Status may enable businesses to improve infrastructure, it is not clear such changes would be pro-consumer.

“The way [the Internet] is being regulated now I think is good,” said local business owner Austin Walti, who runs Pocket Techs, Inc. Walti, who operates the business with his brother, is satisfied with how he currently accesses the Internet. “If we can stay at this pace for a long while, I’d be really content with that,” stated Walti.

It appears, however, that the FCC is using the recent holiday as a chance to push its Net Neutrality repeal.

With the repeal established, Internet service providers may split their service into discrete packages, similar to how cable television is sold. Popular websites and services, such as Netflix and Facebook, could be bundled into premium packages, forcing customers to pay extra for access.

Internet service providers may also enact so called “fast lanes” and “slow lanes.” Fast lanes, or the prioritization of one entity’s data over another’s, poses a problem to paying customers who expect a certain level of service. Slow lanes, or the slowing of a website or service, also have the potential to cause issues for competition, and may open the door to conflicts of interest.

With the FCC’s proposed changes, Internet service providers may allow businesses to pay for service prioritization, possibly causing slowdowns for customers using a competitor’s service. Internet service providers that also offer cable television or other forms of digital entertainment could slow down their competitors, resulting in limited or no connection for consumers.

Prior to Chairman Pai’s announcement of a Net Neutrality repeal, the FCC enabled the public to express their opinions regarding the issue, as it is the commission’s duty to represent the public’s best interest.

Yet questions remain unanswered as reports of deceased individuals posting to the FCC’s website have arisen.

“I checked my family’s records to see if they commented, because I know they didn’t, and my dad apparently commented, saying that he’s in favor of a repeal,” said student Ryan Parker, describing his own finding while browsing comments on the FCC’s website.

Parker, who believes some Internet service providers are employing impersonation techniques to provide faked support for Net Neutrality’s repeal, also maintains that education will be affected if the FCC’s plans are imposed.

“If I feel [education] would be harmed, because things like Khan Academy would be charged extra to provide premium packages, or whatever they’ll say, to get better Internet speeds,” said Parker.

While many are concerned for the future of the Internet, websites such as savetheinternet.com and battleforthenet.com have made it their mission to spread the word about the FCC’s plan of action. These sites urge viewers to call Congress and ask for the FCC’s plans to be halted.

Groups fighting against the FCC’s proposed plan are organizing protests across the country.

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**Availability of Online Courses**

By Brandiss Johnson  
Staff Writer

With technology rapidly advancing, online courses are becoming more ideal in the fast-paced world we live in. College students here are able to choose online courses to take along with standard campus courses, helping them save time in the process.

Online courses help to create a more versatile schedule to accommodate the many different situations that college students deal with such as commuting to campus, arranging child care, or medical emergencies and checkups. I decided to get some insight on how college students feel about the availability of online courses and programs.

“Implementing more online courses for students here at CSUSB isn’t going to be easy, but if we can reach out to others who may feel the same way regarding more online class availability, it may lead to results.”

“While many are concerned for the future of the Internet, websites such as savetheinternet.com and battleforthenet.com have made it their mission to spread the word about the FCC’s plan of action. These sites urge viewers to call Congress and ask for the FCC’s plans to be halted.”

Groups fighting against the FCC’s proposed plan are organizing protests across the country.
The Christmas season has arrived and around the world many people are getting ready to celebrate the most joyful holiday of the year. “Christmas is one of the best holidays because all my family gets together and we enjoy each other’s company,” said CSUSB student Alba Valdez.

Different cultures have their own unique traditions in which they celebrate Christmas. In Latin America, “Las Posadas” or “hospitality,” refers to the inn in the story of the birth of Jesus.

They are a Catholic tradition commonly celebrated in Mexico and Guatemala.

“How I live, we have Posadas where the people in the city get together; it is a big tradition,” said Valdez.

Valdez said people walk in the streets praying, dancing, riding horses and carrying the Virgin Mary as if they were actually in Mexico.

The celebration begins on Dec. 16 and ends on the 24, which is a nine-day “Novena” (interval) that represents the pregnancy of Mary, the mother of Jesus.

Posadas involve the pilgrimage of Joseph and Mary in their search for a shelter where Mary could safely give birth to Jesus. During the celebration, people split into two groups in which one goes outside and knocks on the door of the house asking for shelter or “posada,” while the other group members act as the innkeepers.

Both groups hold candles while singing a traditional song called, “Las Posadas.”

The Joseph and Mary group start by singing: “En nombre del cielo, os pido posada, pues no puedo andar ni esposa amada” (In the name of God I ask you for shelter for my beloved wife can’t go on). Then the innkeepers reply by singing: “Aquí no os meson, sigan adelante, no les puedo abrir, no voy a ser un tunante” (Here is not an inn, keep going, I can not open them, do not be a scoundrel) denying them entry.

The song continues until Joseph and Mary are finally allowed in and both of the groups get to sing together.

Gabriela Resendiz is a CSUSB student that celebrates Christmas by doing Posadas and other traditions.

“A posada must have a piñata,” said Resendiz. Piñatas are also a tradition during Christmas festivities in Mexico, Colombia, Ecuador, Peru, Puerto Rico, and Venezuela. They are made of colorful paper mache or clay and can be any shape.

Piñatas are filled with a variety of candy and are held from a rope, while children are blindfolded taking turns trying to break it. A traditional song is sung as children try to hit the piñata, and when it breaks, children gather the candy.

Nacimientos (births) are one of the most famous traditions in Mexico, Peru, Chile, Paraguay and Guatemala, in which people set up creative Nativity Scenes inside their homes, churches, and public places.

Resendiz’ family always places the Nacimiento under their Christmas tree which is an important tradition to them since they are Catholic.

“During Christmas Eve we usually gather all together as a family around the Nacimiento and sing to “El Niño Dios” (baby Jesus),” said Resendiz.

As people set up religious Nacimientos, in Puerto Rico, people are known for their fun “parrandas or trullas navideñas,” their version of Christmas caroling.

A parranda is when a small group of friends gathers together to “asaltar” (“rob”) or surprise another friend. People gather at around 10 p.m. to surprise and wake the sleeping friend with music.

Parranderos play instruments such as guitarras, tamboriles, or maracas while singing and are welcomed into the house to celebrate Christmas. The party goes on for an hour or two and then everyone as a group, including the owners of the house, leave to visit another house.

The group grows bigger as they offer their parranda at several houses during that night.

At the last stop, the home owner offers them traditional asopao de pollo (chicken soup) and the party is over at dawn.

The idea of Santa Claus has gained much popularity in Latin America yet there are some countries where “El Niño Jesus” (baby Jesus) is the one sending presents to children as they write letters to him.

On Christmas Eve, the family gathers to carry baby Jesus to sleep and children get to open their presents afterwards.

Another form of receiving presents is through, “Dia de los Reyes” (Epiphany). In some Latin American countries and parts of the United States, “Dia de los Reyes” is celebrated on Jan. 6, which represents the day the three kings gave gifts to Jesus when he was born.

During Dia de Los Reyes, people eat Rosca de Reyes, an oval shaped loaf of bread that symbolizes a crown along with a small plastic figure representing baby Jesus is found inside.

The plastic figure symbolizes the hiding of the infant Jesus from King Herod’s troops. Roscas are adorned with dried and candied fruits to symbolize the jewels that a crown would have.

Traditionally, the person who gets the slice with the figure of baby Jesus must make tamales and atole on “Dia de la Candelaria” (Candellas Day) on Feb. 2.

Some children across Latin America write letters to The Three Wise Men by placing their old shoes with a wish list on top. Resendiz celebrated Dia de Los Reyes since her parents never believed in Santa Claus.

“As little kids we would put a shirt, shoe, or towel under the tree along with a letter for Los Reyes Magos and they would bring us a gifts the next morning,” said Resendiz.

Although many countries have their own traditions, Christmas is a holiday in which people can adapt new customs from other cultures.

The spirit of Christmas is the spirit of love and generosity which everyone can enjoy despite their cultural differences.
Celebrating Yuletide for the Modern Pagan

By Andrea Engelhorn
Managing Editor

With the commencement of the holiday season, Christmas and Hanukkah are in the spotlight, but the Pagan celebration of Yule (Eve-elle) is a big deal for those who practice the old religion, although some Neo-Pagans (modern Pagans) may not know how to celebrate in a fun and meaningful way.

Yuletide (“Yule time”) is widely celebrated during the Winter Solstice in the Northern Hemisphere on Dec. 21. Some also celebrate the entire Yuletide season between Samhain on Nov. 1 and Imbolc on Feb. 2, or the 12 days from the Solstice to New Year.

In the Southern Hemisphere, Yule is celebrated in June and Litha, the Summer Solstice, is celebrated on or around Dec. 21. This method can be applied to the entire wheel of the year for the Southern Hemisphere.

The Wheel of the Year follows a story of the God and Goddess throughout the year and the change of the seasons. The wheel represents a calendar of the holidays in order of date, though the days grow longer, the nights longer, and the earth more frozen.

After the Oak King (the sun) is born from the Goddess (mother nature) on Yule, the days grow shorter, the nights longer, and the earth more frozen. The order of the story and holidays is shown through the positioning on the wheel, which has a double meaning of being a repetitious cycle like the seasons.

Yule is the holiday after the death of the Holly King, the symbol of death and darkness, on Samhain in November. From Samhain to Yule, the Goddess is mourning the Holly King as she slumbers for a time. "Know that the earth stirs beneath your feet and all around you, feel the cold in the air. Listen to the birds singing and the owls hooting,” stated Angela. “Know that the earth stirs beneath the snow and ice, it only slumbers for a time.”

According to Butler, Yule is all about the coming out of darkness. “The light is being reborn and the circle of life is about to begin again,” stated Butler. “We get together to celebrate this and the love of friends and family.”

“[Pagans] believe that life goes in a circle as do the seasons of the year,” stated Kym Butler, a long-time Pagan who practices Wicca. “Yule is the celebration of the end of darkness.”

The order of the story and holidays is shown through the positioning on the wheel, which has a double meaning of being a repetitious cycle like the seasons.

Yule is the holiday after the death of the Holly King, the symbol of death and darkness, on Samhain in November. From Samhain to Yule, the Goddess is mourning the Holly King as the days grow shorter, the nights longer, and the earth more frozen. After the Oak King (the sun) is born from the Goddess (mother nature) on Yule, the days grow longer and the earth warms as the young king grows up.

There are many ways to celebrate Yule with a more modern practice based on the older versions of Paganism that included feasts, drinking, and sacrifices or offerings.

Butler celebrates by decorating her house, since she is busy with work during the Winter Solstice and she doesn’t have many other Pagan friends to host a celebration, but that is fine because Pagan holidays are meant to be personal.

“My decorations include a lot of snowman, reindeer, mice and stars,” said Butler. “I also have a lot of wreaths and bells.” She also incorporates a Yule log, evergreen branches, bittersweet, candles (red, white, and green), twinkly lights, spices, and herbs.

Many Pagans also exchange gifts during Yuletide. “[We always exchange] wine/mulled wine, home-baked cakes. If there are gifts exchanged in a circle, I like giving something of mine that has brought me joy to someone else so they might get joy from it,” stated Angela, a 25-year practicing Celtic Pagan and friend of Kym Butler.

Some people purchase cake pans in the shape of a Yule Log. A Yule Log normally consists of a White Birch log with two or three candles in red and green at the top with Holly or bows wrapped around the log. The cake can have nuts, berries, apples, and chocolate.

Pagans suggest to follow individual desires and not to follow strict rules. “Go outside. Feel the earth beneath your feet and all around you, feel the cold in the air. Listen to the birds singing and the owls hooting,” stated Angela. “Know that the earth stirs beneath the snow and ice, it only slumbers for a time.”

According to Butler, Yule is all about the coming out of darkness. “The light is being reborn and the circle of life is about to begin again,” stated Butler. “We get together to celebrate this and the love of friends and family.”
Preparing an infant for a flight can be quick and easy depending on the duration of your travels. The process can be a little more time consuming if you don’t have a plan of action. I used to travel alone prior to having my daughter so I saw a lot go on during a flight. One time I saw a mother trying to console her screaming infant as the plane was in flight. While others on board were a little annoyed by the screaming, I felt sympathy for the mother and child. I am going to share how I prep my daughter’s bag for a quick weekend getaway.

It’s a good idea to pack things that will keep an infant preoccupied during a flight. You want to make sure you have everything for your little one and also that you are abiding by TSA rules and regulations. It is always a good idea to write a list of the things you want to pack, ideally, so that when it is time to put things in the bag, you can just follow the list which may consist of; clothing, diapers, wipes, snacks, a blanket and in much more detail described below.

I lay out her outfits so that I can see what she is going to wear the days we are away. This way, I can see if I have to add additional items like onesies, burp cloths, and clothing in case of minor accidents.

I put her washcloths in a little ziplock bag to try and save as much room in her bag as possible. I learned how to condense and save a little more room from traveling on prior trips and it has helped so much. Once the washcloths have been used, you can put them back in the ziplock bag away from the ones that are dry and clean.

When it comes to diapers, you never really know how much is enough. If you are traveling somewhere that has a store nearby, only pack what you need until you arrive at your destination to save a little more room in your bag. It is important to prepare for a longer flight. If you are in the air for a good four to five hours, make sure to prepare your carry on bag with the necessary items for the plane ride. Depending on your airline you can bring two carry-on bags.

When it comes to entertainment, I will be bringing things that will keep her content and occupied. An iPad with headphones so she can watch her favorite shows works as an available option. Don’t forget the snacks!

If you have a child at the teething stage, bring a few teething toys to soothe their gums while on the plane. Make sure all your liquids are under 3.4 fluid ounces and place them in a ziplock bag. I usually have sample sizes for this particular rule, but if you are checking in bags, then this rule doesn’t apply.

Once you get through TSA, you can buy water, snacks and even fruit to enjoy on the plane. If your child uses bottles or sippy cups, bring an empty one to fill up. With these simple steps, it makes packing for an infant a lot easier and stress-free.

Tips for Packing With An Infant

By Brandiss Johnson
Staff Writer

Packing with an infant takes time and proper planning in order to be successful.
Division II West Region Champions

With the West Region Championship win, the Coyotes advanced to play in the Elite Eight for the final three rounds of the NCAA Division II Championship. The Coyotes earned the No. 6 seed and will play the No. 3 seed, Florida Southern, on Dec. 7 in Pensacola, Fla.

The Coyotes earned their 7th West Region title after beating Western Washington in round 3. The Coyotes played the undefeated CBU Lancers in round 2.

The team warmed up before round 1 against Azusa Pacific.

Shawn Farrell, AD, talked with CSUSB athletes at the match.

The Coyotes await the start of the match as the lineups are announced and anthem sung.

Jayann DeHoog and Diana Maile practice serving to prepare for their turns during the match.

The team members on the sideline cheer as their teammates on the court score a point.

The Coyotes earned their 7th West Region title after beating Western Washington in round 3.
Reinhiller continues his reign

By Breeze Rivers
Staff Writer

Mark Reinhiller has helped young student-athletes get recognized for their hard work both locally and nationally as the CSUSB Sports Information Director (SID).

Reinhiller has served as the athletics department’s Associate Athletic Director for Media Relations for seven years.

His job entails many tasks. He keeps the athletics website updated, publishes recaps stories after games are played, handles press box operations, conducts post-game video camera interviews with key players, controls the shot clock, keeps a scorebook, posts to social media and more.

“I’ve been able to do some really cool things in my life,” said Reinhiller. “Go to games, meet people, work on all coasts and make colleagues nationwide. I’ve been able to work with people that I would otherwise only see on TV.”

He’s happy with the choice he made to pursue a mass communications degree and describes his job as gratifying.

“There are very few people who get to school and get to do what they really want to do for a living, and I am one of them,” said Reinhiller.

He considers working with young people to be the most important part of his job because they are in an exciting period of age where they have potential and process of learning on their own.

“I may age with this job that I have, but the student-athletes’ age group stays the same… it’s just the faces change,” he said.

He works with local and national media to help especially talented athletes receive the coverage and recognition they deserve.

For example, CSUSB’s own, Kwame Alexander, had the opportunity to be on Los Angeles television (KNBC) and featured in a story for LA Times W 2014. Alexander was known for his basketball dunk.

“Make a role helps tremendously,” said LeBaron Hollimon, head coach for women’s soccer. “He has the information that helps with recruiting; stats, important player and team information, getting team news disseminated out to public networks to bring awareness to the team. I know I can go to Mark if I need anything historical with the program.”

Hollimon believes Reinhiller has an unwavering passion for getting the details of his work done right.

Travel is another benefit of Reinhiller’s job that comes along once in awhile.

Reinhiller acts as the MC during games played on the court.

In 2011, the volleyball team played in the Elite Eight national championship in Louisville, Kentucky where Reinhiller had the chance to be exposed to other parts of the country.

Another part of his job is to submit names to nominate athletes for awards and state his case as to why he thinks they deserve it. Volleyball’s Samantha Middleborn was a two-time national Player of the Year who received local footage and was a contender for national Female Athlete of the Year. Reinhiller played a key role in helping her talent get rewarded.

He works with College Sports Information Directors of America (CoSIDA) to help athletes become Academic All-Americans. Since 2010, he has helped three CSUSB athletes receive this prestigious honor: Chelsie Jimes (women’s soccer), Alexandra Torline (volleyball) and Laura Acves (cross country).

“Being able to publicize a student-athlete becoming an All-American is always really special because that’s the pinnacle,” said Reinhiller.

Reinhiller receives tremendous support from his wife, Nancy, who he will celebrate 23 years of marriage with next month.

“I love and appreciate his passion and commitment to making sure he always presents the team in a positive light,” said Hollimon.

Continued online @ Coyotechronicle.net
Disneyland’s Candlelight Professional

By Michel Embry
Staff Writer

While your turkeys were in the oven this Thanksgiving season, choirs from across the United States were gearing up for Disneyland’s 66th annual Candlelight Processional.

This holiday extravaganzza is a musical retelling of the story of “The First Christmas” through song and scripture, and features a mass choir as the centerpiece of the show.

The candlelight processional has a rich history and tradition that dates back to 1958 at the Disneyland Resort. The Candlelight Ceremony and Processional is traditionally performed under the stars on Main Street, U.S.A. in Disneyland.

With 25 to 30 choirs participating each year, the processional features members walking through Main Street with candles in hand singing Christmas tunes until they arrive at the train station for the main event. The Disneyland Symphony Orchestra, fantale trumpets, hand bell ringers, and a guest celebrity narrator will join the mass choir in this joyous holiday tradition.

The best seats for the processional are those the theme park sets up for invited guests, V.I.P. guests, and club 33 members, so if you’re thinking about getting there super early for a good view, don’t plan on it. There are no exclusive or secret ways into becoming an invited guest, so if you aren’t one already, the chances are you will never be. Because of the lack of seating, Disney does not heavily publicize the event.

There are generally no postings on the park’s blogs, social media sites, or anywhere really until AFTER this event. Your best bet for the show dates, which are Dec. 2 and 3, is to show up at around 2 p.m. at Main Street.

The closest you’ll be able to get is a little behind the Christmas tree, which are still good seats if you’re planning on taking photos.

There are two showings that night: 6 p.m. and 8 p.m.

Many individuals who leave after the 6 p.m. show make room available for the 8 p.m., so even if you come at the tail end of the first show, you should be able to squeeze your way into a better position.

One word of warning though, the candlelight procession is held on two very busy nights of the week and Christmas season.

So the happy-go-lucky crowd you encountered upon your arrival will likely digress into an angry mob with pitchforks by the time the show actually begins.

If you should happen to be vacating in the parks, I would not suggest this event as a wise or efficient use of your time.

Moreover, if you plan to visit the parks on both showdays, please be sure to avoid the front of the park at all costs, as moving people out of town square quickly is nearly impossible.

If you are interested in attending the Candlelight Professional at Disneyland but not camping out for hours in order to view it, the procession makes its way down the Disney parade route.

The guests who do arrive early, will be serenaded by the members of the mass choir dressed in gold choir robes and other arrangements singing Christmas carols known to all as they make their way to ...

Continued online @ CoyoteChronicle.net

New TV Series Coming to Amazon

By Isaac Cardenas
Staff Writer

On Nov. 3, the big-media, juggernaut Amazon announced that they had acquired the TV rights to The Lord of the Rings book series. Amazon Studios have released their own original programming since 2015 but have yet to envision a TV project so expansive in scope.

The announcement was made only a few weeks after reports that Amazon had entered early negotiations with Warner Bros and the Tolkien Estate, which hold the rights to the franchise.

The Lord of the Rings is not only an iconic staple of contemporary literature, but the series became a cultural phenomenon when director Peter Jackson brought the books to the big screen in the early 2000s with tremendous success.

“The Lord of the Rings is a cultural phenomenon that has captured the imagination of generations of fans through literature and the big screen,” said Sharon Tal Yguado, Head of Scripted Series, Amazon Studios. “We are honored to be working with the Tolkien Estate and Trust, Harper-Collins and New Line on this exciting collaboration for television and are thrilled to be taking The Lord of the Rings fans on a new epic journey in Middle Earth.”

Amazon also shared that they have ordered not one but multiple seasons of the series all set in the world of the franchise, suggesting that the series will expand on the films and will explore new territories of Tolkien’s universe.

However, the project is still very much kept secret. There is no director or writers yet announced for the TV series. The only thing that is known is the TV series will take place before the book, The Fellowship Of The Ring.

Director Peter Jackson, who helmed the original trilogy, is not involved in this series so the creative talent will be entirely new. The show is reported to be the most expensive television show ever made. The Tolkien estate had approached both HBO and Netflix, but Amazon outbid them both with global rights being somewhere around 250 million. That is also excluding cost for the initial production of the TV series, which has not started yet.

The news that Amazon is developing a big series like The Lord of the Rings is not altogether surprising. CEO of Amazon Jeff Bezos has been on record as wanting to find a hit series that can compete with HBO.

Amazon Studios have released TV series since 2015 with huge critical acclaim like Transparent, but have yet to helm a show that has been extremely popular with the masses such as HBO’s Game of Thrones and Netflix’s Stranger Things.

The Lord of the Rings film series that was released in the early 2000s was a top-rated franchise. Not only were the films huge box office hits, but also critically acclaimed. The Return of the Ring won the Academy Award for Best Picture in 2003, which was the first and only time a fantasy film has won the Oscar.

With Peter Jackson’s three films already inciting much critical acclaim, some people might ask why they would adapt the books yet again. However, with popular franchise sequels like Star Wars and Jurassic Park, there is still a sizable audience wanting to revisit these worlds.

The acquisition of The Lord of the Rings marks a new sign of Amazon’s dominance not only in the business world, but in the entertainment industry as well.
Five Amazing Holiday Drinks

By Hanna Gruntz
Staff Writer

“Tis the season, so string up your Christmas lights, spin that Dreidel, and start baking your loved ones’ favorite holiday treats in the kitchen. Now while you’re getting into the spirit, I have a few helpful drinks that will make your holidays less stressful.

These five ho-ho-holiday drinks will have your guests wondering if you have a secret bartender at your house because they are easy to make, but pack a punch.

Let me introduce you to my first holiday drink, the gold apple pie! This drink only requires one ounce dark spiced rum, a half ounce of butterscotch schnapps, and three ounces of sparkling apple cider.

You’ll need to fill each low ball glass with ice and then pour one ounce of dark rum and a half ounce of the butterscotch schnapps. You will then fill a quarter of the glass with sparkling apple cider, then ta-da! Garnish with a red apple slice and cinnamon stick and enjoy your adult amped up apple cider. Counting down to number four on my list, is a vanilla cranberry mimosa. For this delicious beverage, you’ll only need 1.5 ounces of vanilla-flavored vodka and 1.5 ounces of cranberry juice sparkling wine. Or if you would like a stronger kick, use your choice of Prosecco and OceanSpray Cranberry Cocktail juice, one-fourth cups each.

Simply using a cocktail shaker, combine the vanilla vodka, cranberry juice sparkling wine (prosecco and one-fourth cup of cranberry juice) and shake it like a salt shaker. Pour into a champagne flute and garnish with fresh cranberries to have your guests thinking they are sipping on a mistletoe full of magic.

Number three is one your Uncle Joe is in to enjoy the most: a pumpkin old fashioned. Now old fashions are usually my drink of choice—a smooth finish while getting to the point. Although, these pumpkin old fashions are a tad bit sweeter, so your guests may flock to them more. You will need 1.5 ounces of Bailey’s Pumpkin Spice Irish liquor and 0.75 ounces of Bourboun—but I use Bulleit Rye Whiskey.

Shake both of those liquors with ice in a cocktail shaker, and pour over one giant ice cube in a small glass. For your garnish, sprinkle cinnamon and add a cinnamon stick.

If alcohol is not for you, another option is sparkling cider.

Best Original Christmas Songs

By Lauren Jennings
Sports Editor

Now that the turkey has been carved and the pumpkin pie cut, the time to listen to Christmass music has arrived.

Of course, there are the classics like “Baby It’s Cold Outside”, “Rudolph the Red-Nosed Reindeer”, “Jingle Bells” and “Winter Wonderland”.

These songs have come a long way since they first debuted, being covered and re-done by just about every artist who has produced a Christmas album. They have been remastered, revamped and remixed to have the new artists’ own flair show through the original styling of the song.

Instead of focusing on songs that cover versions of the classics, let’s look at some original tunes that have become holiday staples.

“All I Want for Christmas is You,” by Mariah Carey is probably one of the most well known and most played, even overplayed, of the original Christmas songs.

It is very catchy as it tells a story of love at Christmas time. Carey’s feelings of love outweigh any gift that could be left under the tree as she is willing to give up snow and seeing Santa for her one and only.

Since Christmas is associated with so much happiness and love, it only makes sense that this song would be such a big hit, even if it was released in 1994.

Another immensely popular song that is usually overplayed is “Last Christmas” by Wham!

It has the romance that Carey sings about, but it takes a sad turn.

Lead singer George Michael sings of a broken heart at Christmas time after a past love broke his heart forever.

It has the standard Wham! “80s vibe to it instead of the usual bells and chimes associated with holiday music. Even still, it has become a favorite for radio stations and intercoms in department stores everywhere.

“When Christmas Comes Around Again,” by Collin Raye is a song many have likely not heard of, but it tells the true and touching story of the Christmas Truce of 1914. It speaks of peace in a time of war brought on by the celebration of Christmas between enemies. The Christmas Truce saw enemies become acquainted, and the bright colors of Christmas, Rudolph, eating candy canes, and Santa would not leave for the twist, one ounce of peppermint schnapps.

Let the candy cane obsession commence!

Finally, the time has come to introduce the show stopper at your holiday parties this year. The number one drink on my naughty or nice list this year is the slow cooker mulled wine. This lovely beverage requires some time to create, so plan accordingly! You will need one bottle of red wine (Merlot or Cabernet Sauvignon), two cups of apple cider, one-fourth cup of honey, one ounce tested and juiced, five white cloves, 1.4 cup of brandy, and two cinnamon sticks.

Start by adding the wine, apple cider, honey, orange zest and orange juice into your slow cooker and stir together with a wooden spoon. Follow by adding the cloves and cinnamon, then leaving the cooker on low for 30-45 minutes. Next, you will stir in your brandy and to your satisfaction, enjoy! Ladle into a glass mug and garnish with an orange slice and cinnamon stick.

This warm holiday drink is going to have everyone nestled up by the fireplace embracing the holiday spirit. Enjoy!

Sia’s “Candy Cane Lane” also talks about spending time with friends and enjoying the holiday.

She mentions visiting with Rudolph, eating candy canes, and the bright colors of Christmas, which brings back memories of classic Christmas songs while putting a fresh and modern spin on them.

The last song on the list is “You Make it Feel Like Christmas” by Gwen Stefani and featuring Blake Shelton. The song focuses on being thankful for a new love entering your life.

This new love Stefani and Shelton sing about reminds them of the giddy feelings of Christmas and the happiness of the holiday season. They mention festive treats and sleigh bells, sharing familiar themes with songs from many years before.

Of course, not everyone will agree with these choices, but these are just some recommendations to get in the holiday spirit.

With finals coming up and last minute shopping in the near future, listening to some festive music could be just the thing to help melt some of that stress away.
Advice For Zodiac Signs In 2018

By Ashley Casillas
Staff Writer

♈ Aries: As the headstrong and fiery first sign of the zodiac, it comes as no surprise that 2018 will bring a significant amount of successes that you have been actively cultivating for a while now. But be aware of your impatience. You know better than anyone else that a single powerful blow that could potentially end up burning some bridges this year.

♉ Taurus: Ever reliable earth sign, this upcoming year is teeming with opportunities to make big changes in your work and school life. Take the energy and abundance you will receive in January and put it towards becoming more organized and tactful.

♊ Gemini: Use your keen sense of adaptation quickly this year, air sign. Changes from the end of 2017 will truly integrate themselves into your life in 2018, meaning this could be sink or swim for you. Do not be afraid of embracing and exploring your duality this year.

♋ Cancer: Hard-shelled and tenacious Cancer, let your defenses lower for those who care about you; allowing yourself to love and be loved can open your eyes to new perspectives as you continue growing your personal repertoire. The second half of the coming year may challenge you in familial aspects, so be wary of your loyalty blinding you from seeing the truth of situations.

♌ Leo: Keep your passions in check. As a vibrant sun sign, your energies might get overwhelming and you could end up neglecting some of your relationships. Be sure to focus on balance and awareness of your surroundings.

♍ Virgo: Don’t be afraid to be a little selfish and lay low. Your loving earthy qualities make it easy for you to pour your energies into other people, however, you must make yourself a priority in 2018. Find the spark of inspiration you so desperately want to motivate in others in yourself.

♎ Libra: Air-aligned Libra, you must learn to let go of a grudge or regret you hold from your past. The middle of this upcoming year will require you to be a role model of some sort; do not allow your self-pity to rule the energies you are to put out.

♏ Scorpio: A mysterious water sign like you, dear Scorpio, is no stranger to using heightened senses to understand that you can trust those closer to you. The beginning of 2018 will truly put your mind to the test with conflict in romantic and academic affairs.

♐ Sagittarius: Curious air sign, the growth and achievements you made in 2017 will continue to flourish, but know your limits. Do not be afraid to admit you are in over your head, and ask for help when necessary. Business and career goals are optimal for you once realizing this early months of 2018 hold many of your highest highs and lowest lows, so you must learn to fight the urge to stay neutral and silent to protect yourself from negative energies.

♑ Capricorn: Horned and determined, you must learn to live in the moment. Though you have made many advances and realized a lot about yourself this past year, make 2018 the time you enjoy the little things and allow the concerns of the future to humble themselves in favor of the things you deem important; family, art, and travel await you.

♒ Aquarius: Penultimate air sign, you are known for being aloof and a bit of a humanitarian. Learn to become passionate. The Pisces: 2018 is very chatty for you, water aligned Pisces. 2018 is a golden year for you to cut off ties from your safe space and fly free in uncharted territory. You will quickly learn your true and ultimate self if you become comfortable with being more independent. 2018 is perfect for travel, career change, and new business ventures.

♓

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Humor, Drama and Magic in The Tempest

They are Stephano, the drunken butler, and Trinculo, a jester, who add the dash of humor in the tale and are portrayed by Swamanta Hall and Kevin Dallas, respectively.

One of the members of the audience, Julie Diamond, first heard about the play from her friend who is a student on campus.

“I loved the story. It kept me on my toes from beginning to end. The actors that were involved, did such a good job,” said Diamond.

William Shakespeare was an English poet and playwright who is widely regarded as one of the greatest dramatic writers in history.

He wrote The Tempest between 1610 and 1611, and is said to be the last play that he wrote alone.

“I liked the design of the poster and the quote. That kind of convinced me to see the play,” shared Diamond.

The pamphlet that the Theater Arts department provided before the start of The Tempest draws people into a state of mystery and intrigue.

The front page of the pamphlet has an incredible art design and a well-chosen quote from the script, spoken by the character of Ferdinand: “Hell is empty and all the devils are here.”

“The special effects, lighting, and design of the set were well thought out to the last detail. Whenever Prospero would use his magic, the production crew made it come alive before my eyes. I enjoyed that a lot,” said Diamond.

Throughout the live production, there would be brief moments of singing and lighting effects that kept the audience captivated.

“It was a bit hard to hear what they were trying to say since they used Shakespeare’s language, but I did end up getting the plot in the end. It all tied together,” shared Diamond.

What also gave her an understanding of the tale was the synopsis that was provided by the director in the last page of the pamphlet.

With the effort that the crew and students placed in the production, it was obvious to see how much passion was invested in bringing Shakespeare’s story to life for CSUSB and the community.

The Tempest tells the story of a royal family on a mysterious island that is ruled by Prospero (Isaiah Dodo-Williams).

Stephen Diaz portrays the slave, Caliban.

The Tempest’s daughter Miranda (Shannon Ricciardi).
New Year, New Me: Resolutions

By Patricia Delatorre
Staff Writer

As the new year approaches, it’s that time where everyone is deciding on what their New Year resolutions should be.

The anticipation of the New Year is something to look forward to, we countdown and the countdown until it has come then we start another countdown. People are constantly wanting that point to start over and set a goal. Their end of the beginning. It seems as though we set these goals over and over because we know we can always restart.

Some of the top resolutions often heard are losing weight or saving money. The dedication for the month of January is there but tends to fade as the months go by.

“It is a fresh start for the new year, new me is a thing people think if you start a year off good it will end good,” said Melissa Avila, a CSUSB fourth year student. It takes about two months to establish a habit; most of us don’t make it that far.

“People choose the New Year to change their ways because bad habits are hard to snap out of so people like to enjoy the last days of their bad habits and prepare themselves for better ones,” said Mariah Mitchell, a CSUSB fourth year student.

It seems as though making a New Year’s resolution is an excuse to hold off on making a change. Life comes around and takes over and people lose track of their resolution as days go by. If we make it a habit within the first two months, we can make it a positive life change.

“I actually stuck with my New Year’s resolution for 2017 for three months and I loved the changes I made with myself,” admitted Brenda Urrutia, a CSUSB fourth year student.

The idea of having a new beginning and start is appealing to people. The first step is to create a list of resolutions for yourself. Once you have them written down, it becomes more and more of a reality. We celebrate New Year’s just to have a relief for all the bad that has happened and celebrate the good that has occurred.

“I tend to take care of everything around me and forget to look out for myself,” said Noelly Garcia, a recent graduate.

A lot of the time we become wrapped up in other people’s lives and forget about self-care.

As the New Year approaches, it’s important to reflect and make changes to improve. Even if the change isn’t drastic, it goes a long way for people just to contemplate their goals.

Saying something out loud allows people to believe in the resolution. People tend to use the New Year as their stepping-stone since everyone else is. They feel more confident when joined by others with the same goal.

Just because your resolution is not fully met doesn’t mean you didn’t make a change.

“The most important thing is to make the New Year better than the last one,” said Deyssi Murillo, CSUSB student.

Being single during the holidays

By Daniel Banks
Staff Writer

In a perfect world, I would be with my dream girl. She is five-foot three-inches and curvy, has sense of humor, is loyal and kind, and I would be figuring out what to buy her for the holidays. However, I wake up from my dream and reality sets in that I do not have my dream girl. It makes me wonder why it hasn’t happened yet. What is the problem?

With the holiday season in full effect, the pressure of being single during this time is on another level.

During Thanksgiving and Christmas, it is supposed to be a joyous occasion where family and friends come together as one to embrace each other. However, there is one thing about the holidays that can be very annoying, and someone who is single can relate.

Having someone special to spend the holidays with is something that I’ve never experienced before.

Seeing my friend John buy his girlfriend a diamond necklace is something that I’ve been envious of. He was discussing with me the gift that he bought and how it cost a lot of money.

“Being in a relationship isn’t what everyone makes it seem. The necklace that I bought cost me over 500 dollars and it put a dent in my wallet,” he said.

For years, the media has brainwashed people with these ideologies of how a successful relationship should be because it brings more money to the consumer. The more people buy, the more money these companies gross.

There is a constant reminder of being single whenever romance movies are being played during Christmas and the typical love songs that take over the airwaves on the radio every day. Without a doubt, it can bring back thoughts and feelings that I’ve tried to suppress and forget about.

The most dreadful thing that my family members, particularly my grandmother, ask me daily is, “when are you going to bring a girl home and start having kids?” At 25 years-old and still trying to get my life together, it doesn’t help when my family brings up that topic as if I’m running out of time. There is huge difference between Thanksgiving, Christmas, and New Year’s compared to other holidays throughout the year.

If you don’t have a significant other on the Fourth of July, it’s not really a big deal because you will have family around you to fill that void. But Thanksgiving, Christmas, and New Year’s is another story. It’s the time of year when someone brings home their boyfriend or girlfriend to meet the family and getting a kiss when the clock strikes midnight to bring in the New Year.

Each year as I get older, I wonder if I will ever find the one that’s right for me. The feeling of being alone and seeing other people happy in their relationship is very unsettling. Will my time come soon? Will I have a girl to bring home for the holidays next year to meet my family? I’m still optimistic that my time will come eventually.