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CSUSB

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Financial aid website can be more accommodating.

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WRC hosts their annual Burlesque show.

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The CSU system wants more money for more students

**By MARLYN RODRIGUEZ**

A record breaking number of students seeking admission to CSU campuses are being constrained by limited funding. The Sun reports that the 23 CSU campuses in the CSU system, as well as 447,000 students are seeking a five percent increase in state funding. The five percent boost would provide the campuses with $79.2 million that will also increase the number of accepted students by 20,000 for the 2014-2015 academic year.

There are approximately 284,000 students applying to at least one CSU, reports The Sun. Spring term admissions were closed in 2010, opened for Spring 2011 and then closed again for Spring 2012 with the exception of applicants who obtained an associate’s degree, according to The Sun. CSU officials are looking for ways to control the demand of accepting only a small number of applicants.

“Within that same time frame, the budget of the CSU system was cut by $580 million. Funding is so limited that admission for the Spring term has been closed several times, reported The Sun.”

The university’s on campus dining service is in the process of settling with disgruntled employees for retroactive pay.

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Sodexo workers sue to get paid

**By EMMANUEL GUTIERREZ**

CSUSB’s dining service faces a class action lawsuit against employees who were not compensated for retroactive wages. Between March 13, 2012 to November 15, 2013.

Sodexo, one of the largest food service corporations in the world, has had reported cases of unresolved retroactive wage claims—pay that has not been sent to an employee for work that has already been completed.

Lorenzo Barrera, personally and on behalf of other employees, filed a class action lawsuit against Sodexo, Inc. for retroactive pay.

Sodexo will pay $600,000 as the maximum settlement amount, if the case is ruled in favor of the employees, stated in the proposed settlement.

If the amount does not equate to at least $15 per entitled member, the net settle amount will be adjusted so that the settlement shares allow for every member to receive at least $15.

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Alligator bust
An alligator ended a police pursuit in Florida when car thief, Calvin Rodriguez, collided with it in a stolen vehicle while he fled police, according to the Associated Press. Rodriguez had been on the run for some time after stealing at least five vehicles from the parking lots of several stores.

The condition of the alligator is unknown.

Bulldozer on the run
A 26-year-old man bled to death when he asked his friend to test his bulldozer by shooting it at him. The man was visiting with friends when he decided to test the durability of the bulldozer by having an 18-year-old blast away. The shooter, Taylor Ann Kelly, is currently being held on involuntary manslaughter charges and, if convicted, could go to prison for five years.

Measles vaccine wipes out cancer
In an experimental trial at the Mayo Clinic in Minneapolis, a woman suffering from blood cancer was injected with a massive dose of a measles vaccine that sent her cancer into complete remission.

The vaccine dose was so large that it could have treated 10 million people.

Doctors hope to continue their experiment by vaccinating other cancer patients and comparing the results.

Stephen’s story
A 19-year-old British boy, Stephen Sutton, has raised over £560,000 ($940,576) in just one year to donate to charity.

After being diagnosed with an incurable cancer at the age of 15, Sutton created a Facebook page titled, “Stephen’s Story”, where he shares a bucket list and other accomplishments he hopes to achieve.

Sutton lost his battle to cancer and died on May 13, leaving his Facebook page to his mother and family to carry on.

Same sex marriages legal in all Northeastern states
Pennsylvania’s law banning same-sex marriages has been overturned, making the same-sex union legal throughout the Northeast.

Many are rushing to county offices to apply for marriage licenses in fear of license distribution coming to a halt if Republican Governor Tom Corbett repeals the court’s decision.

Corbett has yet to state whether or not he plans to appeal the court’s decision.

Art classes for NYPD
NYPD officers are arming themselves with spray paint amidst a crime rate increase.

Members of the NYPD are attending art-style classes where they are taught to cover up tags with shaded in squares in order to discredit vandals’ work.

Many officers believe this new policy is a waste of time and unethical due to the rise in crime in New York City.
AT&T buys DirecTV, could lead to monopoly

By MINTIMER AVILA
Online Editor

AT&T has placed a bid to purchase DirecTV for nearly $50 billion. Consumer reports for 2013 placed AT&T in last position as a result of low customer satisfaction. They are hoping to access to the 20 million homes that DirecTV has already acquired.

DirecTV is able to negotiate lower fees for channels than its smaller rival Comcast, and Time Warner Cable. Comcast currently broadcasts over 20 million residential and business customers. With the Time Warner Cable deal, they would be expected to have about 30 million business customers.

If the deal goes through, AT&T would soon be able to reach consumers through various means such as satellite, broadband Internet and wireless platforms.

With the merger of AT&T and DirecTV, analysts fear we are heading towards the formation of TV and phone monopolies.

Children suffer on tobacco farms

By STEPHANIE PARA
Staff Writer

Child labor on U.S. tobacco farms is having a negative effect on the working children, according to recent studies.

Human Rights Watch (HRW) conducted the study, named, “Tobacco’s Hidden Child Labor: U.S. Tobacco Farming,” in which they interviewed 141 child tobacco workers between the ages of seven and 17 from the top tobacco producing states, North Carolina, Tennessee, Kentucky, and Virginia, according to CNN.

“I got heat exhaustion, vomiting, feeling like my stomach was trying to come out of my body,” stated Jessica Rodriguez to CNN on her experience working on tobacco farms.

The study found that 75 percent of the interviewed child laborers had symptoms that are consistent with Green Tobacco Sickness, including vomiting, nausea, headaches, dizziness, skin rashes, and burning eyes, as reported by CNN.

“Nicotine is an extremely toxic substance,” said CSUSB Psychology, Drugs and Behavior professor, Dr. Cynthia Crawford.

Especially on the bare skin, exposure to tobacco, that raw tobacco product is pretty dangerous, she added.

“The children absorb nicotine through their skin when they handle tobacco leaves in the process of cutting, weeding and harvesting tobacco,” stated in the Times.

The EPA has pretty strict guidelines,” added Dr. Robert Phelan, CSUSB environmental health professor.

Farmers can only spray in fields away from workers and there are waiting periods in between spraying to ensure safety, according to Phelan.

“Once they sprayed where we were working. We were cutting the flower and the spray was right next to us in the part of the field we had just finished working in. I couldn’t breathe,” said Jocelyn R., 17, to HRW, according to CNN.

Altria, one of the biggest cigarette producers, reported to CNN, that they do not employ its supplying farms, however, they have strict standards when maintaining their providers.

Their company does not view the report as critical of the tobacco industry, but rather that it is seeking cooperation to protect the safety of workers, especially minors, stated the Altria company spokesmen, Jeff Caldwell to CNN.

Caldwell also adds that the company does not condone unlawful employment or exploitation of underage workers.

Children can work on any farm, outside school, and in dangerous conditions as long as they have a parent’s permission, according to the U.S. federal laws and regulations on farm labor.

Phelan feels that if these farms want to continue using children as workers, they must adjust their safety standards and supervise the number of hours these kids actually work.

“Kids have different metabolisms. Their bodies are smaller and so their exposure will be higher. The [safety] standards are based off eight hours, but they aren’t working eight hours, they are working long hours. When they work, they need a non exposure period, to eliminate the nicotine their bodies have been exposed to. Studies show that eight hours of work exposed to raw tobacco is the equivalent of smoking six cigarettes,” he added.

“It’s just not right [to have this] here in the United States,” said CSUSB public relations student, Mary Rose Carin, who also happens to be a smoker.

She feels that there has to be a way to help these kids break free from these hazardous conditions, in which she adds, many of these workers are too young to fully understand the situation they have been put into these farms.

“We can’t let this be the only option for these families. We can’t say these families are living in poverty, therefore it’s OK,” said the co-author of the Human Rights Watch study, Margaret Wurth, in a quote to CNN.

“We have to make sure that there are better opportunities for these kids, and that they’re not forced to do this kind of work that makes them sick,” added Wurth.
The “Most-Open Valve Heating and Cooling System,” used throughout the campus, has earned the CSUSB Facility Services Department its fourth award.

The American Public Power Association (APPA) awarded the CSUSB Facility Services Department the Effective and Innovative Award for its method of energy conservation, according to the CSUSB Office of Public Affairs.

The APPA, a national organization for over 2,000 American community owned facilities with more than 7,000 members from around the world, annually awards those whose utilities meet their high standards.

The Effective and Innovative Award is given to those who enhance service delivery, cut costs, increase productivity, or otherwise benefit the school with a special method of energy efficiency.

The system chills water and distributes it throughout the campus’ air conditioning system to keep the campus cool while saving $340,000 in energy costs each year.

“Using this method to chill water, the cooling system reaches and maintains equilibrium more readily,” said Tony Simpson, Senior Director of Facility Services to Public Affairs.

This marks the fourth time the Facilities Services Department has received an award since it originally received the Effective and Innovative Practices Award in 2006, when the school implemented the Comprehensive Energy Services Master Enabling Agreement.

Other awards the campus has received are the Award in Excellence in 2007, which highlighted the facility’s overall dedication to their goals, and the Energy Project of the Year Award in 2009 from the Association of Energy Engineers for the lengths and efforts it went to for water and energy conservation.

The Facility Services Department is set to receive the award on July 24 during the 2014 APPA conference in San Diego.

CSUSB seeks more money to continue to allow admission for new students

Continued from Pg. 1

being affected; it is the entire system of public universities in the state of California.

The Public Policy Institute of California (PPIC) reports that because of decreased funding, high school graduates who meet the requirements to attend a UC or CSU are less likely to attend.

Because of this, high school students end up choosing to attend a community college even though they are fully qualified to attend a four-year university, according to Dailycal.

“CSUSB still provides for students. The only difference is that students have to be on top of what is required of them well-kept and maintained.”

Some students liked how it was more beneficial to the environment.

“Saving energy should be a top priority,” said student Jeremy Aclaro.

“So it’s good to know where the school’s priorities are.”

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Students get ready for summer vacation

By LOYDIE BURMAH  Staff Writer

“I’m looking forward to my birthday in the summer, my internship at KVCR, and going to Disneyland with my Deluxe pass,” said graduating senior Danielle Maxwell.

Maxwell, and other students alike, are not only enjoying the free time summer has to offer, but taking advantage of opportunities for personal and academic growth.

Thinking about what summer has to offer for me in the following months, one word rings clearly in my mind: sleep.

However, I should reconsider my priorities, as summer is a time to assess opportunities and activities that would help me foster personal and academic growth.

Aside from enjoying the many freedoms that summer vacation has to offer, juniors like Anthony Johnson and Giovanni Escalera will be participating in internships and various community service projects.

“I’m helping establish a minor program in African American history with the history department,” said Johnson.

“The best part of summer [for me] is doing the student orientation for incoming students, and getting a break from school,” said Escalera.

Summer vacation provides a well-needed break from the stresses of school, but it is important to remember that student learning does not have to be in a classroom.

The issue of the “summer slide” is, once again, coming to the attention of those in academia.

“Summer slide” also refers to the effects of summer vacation on low-income versus high-income children.

“Statistically, lower income children begin school with lower achievement scores, but during the school year, they progress about the same rate as their peers,” stated John Hopkins University sociologist Karl L. Alexander.

“Over the summer, it’s a dramatically different story. During the summer months, disadvantaged children tendtreat water at best, or even fall behind.” It’s what we called ‘summer slide’ or ‘summer setback,’” explained Alexander.

While summer vacation provides students with sunshine, family, and free time, students should consider extracurricular activities and alternatives that will prevent them from becoming idle.

“I highly recommend taking summer classes, nothing too intense. Not to the point where it stresses you out, so you don’t enjoy school,” said Adam Ghossein.

Engaging in programs offered by the community or interning can prove to be useful and helpful to students and others who are benefiting.

For instance, upon visiting the Office of Community Engagement web page, students can find information about volunteer services, such as volunteering to play board games with seniors.

“Go out there! Meet new people, get involved with your community, take a walk in the park,” said Cesar Morales.

Whatever students decide to do over summer, it is important to remember two things: stay active and relax.

“Hangout at the beach, relax, think about future internships you could do, don’t worry about anything. Take a whole month and just relax,” said Johnson.

Finish the year, get ready for summer.

College party stigma not a problem at CSUSB

By SHIANE JACOCKS  Staff Writer

It seems that many students at CSUSB do not fit the typical college “party hard” stereotype.

Most students, when asked about college get-togethers, confessed they either don’t go to parties at all, or rarely go.

“I don’t go to parties often, but when I do it’s weekly. But I usually don’t go when I have midterms and finals,” said student Javier Lopez.

Some students seem to recognize the risks and dangers of partying too much.

The statistics of abusing drugs and alcohol seem to speak for themselves, and students can understand the toll they can have.

According to a study by Baer, Kivlahan, and Marlatt, “The college environment is an important factor to consider regarding students’ alcohol consumption because of previous research that has shown that students’—particularly men’s—drinking behaviors tend to increase from high school.

Some types of social events students attend are sorority parties, kickbacks, or dorm parties.

Some students go to these events either because of peer pressure, stress, or because they are attempting to fit the norm of a college student.

“I go because it’s fun and it helps release stress. I know some people go because of pressure, though. Their friends kind of force them to go,” said student Zachary Willhide James.

College can be stressful, whether it’s dealing with a job, finances, relationships, or school work. Going to gatherings can be a stress-reliever.

Parties can be fun because you meet new people, dance, and have a different persona.

But here at CSUSB, a majority of students try not to get caught up in the party atmosphere.

Most students, when asked if they went to a club or party, did not hesitate to say yes.

“I don’t really go that often because sometimes people can be too aggressive,” said student Maricela Alvarado.

“Not coming to school, having quality time with my family and friends, and being able to travel, like to Lake Elsinore, Corona, places like that.”

Nora Ortega  Freshman

Students focus on their studies instead of concentrating on the latest party.
Students believe that the financial aid website isn’t as helpful and accommodating as it should be

By EMMANUEL GUTIERREZ
Staff Writer

The CSUSB financial aid website is too simple for its own good and potentially serves as a barrier to receive department guidance.

The cost of attending higher education continues to increase.

Receiving financial aid is becoming more and more crucial.

“The website was kind of helpful, but calling the office and talking to someone was easier,” said CSUSB student Christen Jennings.

“Put more info on the website so I won’t have to spend extra time on hold,” added Jennings.

The information provided on the CSUSB financial aid website is thorough in covering topics such as applying for aid, Dream Act information, and links to student employment.

However, the information “was very vague and some of the links did not work,” said CSUSB student Stephanie Rodriguez, when she checked the website as an incoming freshman.

To gain a better understanding of what a financial aid website should offer, I randomly chose three other Cal State Universities’ websites to compare: Northridge, Fullerton, and Long Beach.

After surfing through their respective Financial Aid homepages, I found that while our website may be more aesthetically pleasing and less intimidating in respect to presenting the information, the other schools’ websites are more helpful—much more direct from the get-go.I based my conclusion solely on their homepages.

The other Cal State websites do not necessarily offer more information, it all seemed standard.

However, the information is more accessible with links on their homepage.

I didn’t have to stumble through Cal State Long Beach’s financial aid website to learn of their policies on eligibility—it’s on the homepage under “Policies.”

“They could revamp the user interface, including more information on the homepage,” suggested CSUSB student Cesar Marin.

A telephone number to contact the office is not on the homepage or any other page relating to the financial aid office that I have encountered, which made it difficult to contact the office.

The location of the office on campus is strangely absent on the financial aid website.

The contact information and location of the office are shown when “CONTACT CSUSB is clicked—as well as on a “Connect with us” link to their Facebook account, which I overlooked because I didn’t want to “Like” the page, I wanted the information I sought.

However, not everyone shared my reactions to the website.

“It was positive, it steered me in the direction to finding a solution to some problems,” said student Julia Suarez.

I initially found the CSUSB website less intimidating when comparing it to the others because it presents the information in fewer giant blocks of text.

I interpreted this as more approachable, but it actually becomes less effective in practice due to the lack of elaboration of specific information without links.

The CSUSB financial aid website offers vital information to students, but must elaborate—particularly with alternative procedures—and needs to be more accessible from the homepage.

Hopefully, soon, the website will be expanded and redesigned to meet the standards our fellow Coyotes deserve.
Tuesday, May 27, 2014

The ‘80s is a decade known for wild hair, brat-pack films, and best of all, killer, music which still resonates with most of us, and will most likely stand the test of time. I don’t know a single person that wouldn’t “get into the groove” as soon as Madonna’s dance anthem rang out, or rock down to “Electric Avenue” if Eddy Grant told you to.

The ‘80s tribute band Pop Gun Rerun understands this too, and they pay homage to this awesome decade on stages that rock crowds all over the Inland Empire. From Journey’s “Don’t Stop Believin” to Pat Benatar’s “Hit Me With Your Best Shot,” Pop Gun captures the essence of popular rock ballads and sends their audience on the most epic and energetic musical tour of the decade.

Fronted by the fierce and sexy lead singer Roxanne Redlight, the entire band is outfitted in ’80s gear that lets the audience know exactly what is in store for them. Redlight is usually decked out in cut off jeans with fishnet stockings, a leather vest, and fingerless gloves. Her vibe is tough and talented and she has the voice to match.

Rocking the keyboard and belting out a few hits as well, is the band’s own Tom Schmooze. An obvious fan of “Top Gun,” Schmooze totally nails the role of the famous Tom Cruise character, Maverick, and even takes it a step further with a voice that successfully makes the ladies swoon.

The remaining members of the band are lead guitarist Stash Spicoli, whose solos are as infamous as his outrageous leggings, bassist extraordinary, Steve-O, and hair band enthusiast drummer, Chazz Michael.

Pop Gun Rerun certainly has an outrageous ensemble, but their song list takes their show to a whole new level. Featuring songs from Frankie Goes to Hollywood, KC & The Sunshine Band, The Cure, and Michael Jackson, it’s a non-stop party.

No wonder they are considered one of the top bands in the Inland Empire. “Pop Gun Rerun is the perfect tribute to what the ‘80s popular culture were all about. When it comes to Journey Schmooze nails it!” said concert goer Ernie Martinez.

“Shmooze sang ‘Separate Ways’ perfect and Roxanne Redlight does an awesome Madonna,” continued Martinez.

Pop Gun has gained so much acclaim with their excellent tribute to the ‘80s. They are taking over showcases all over Southern California.

Their next show is going to be at the famous House of Blues in Anaheim on May 31.

The band encourages the use of Aqua Net hair spray, acid washed denim jeans, and a fundamental love of rock and roll.

Get your tickets to The House of Blues show now, and check out the band’s website at popgunband.com for news about their upcoming gigs.

By TAYLOR VERMILLION
Staff Writer

Pop Gun Rerun shoots you to the ‘80s

Photo courtesy of Pop Gun Rerun

Photo courtesy of Pop Gun Rerun

Pop Gun Rerun pose for a photo after a successful event of jamming out to killer music from the ’80s that surpasses the test of time. Roxanne Redlight striking a fierce pose next to Tom Schmooze in their outrageous ensemble.
AMELIA MURILLO

"I enjoy taking portraits of people basically anything from taking pictures of babies, kids, couples anything like that."

Photography class shares their inspiration

By DIANA RAMOS
Asst. A&E Editor

"I prefer analog photography, because working with film you don’t know what you’re going to come out with when you are taking the picture. You have to wait until you develop it and developing the film is a lot of work that takes so much energy I feel like I am doing more with film than with digital."

Diana Hernandez

“"I enjoy taking portraits of people basically anything from taking pictures of babies, kids, couples anything like that."
SANDRA GARCIA

“I chose this class because of my major and because it’s more interesting. You get to meet new people or even capture people’s expressions and their personalities through pictures rather than sitting in an office.”

Edward Montgomery

Gabriel Huerta has a creative style when taking photos.

“For me, I like doing it because it’s very therapeutic. It’s just you and your project. It’s my moment to do what I want to do besides being with my family and dealing with school. It’s relaxing to me.”

Edward Montgomery
This man used his hands to slap his stomach, chest, and legs while on the floor. Percussion can be created out of anything that you can strike and makes sound. Traditional drums, frying pans, marimbas and the human body were among the instruments used to convey music by the group “Tala Rasa Percussion” on Wednesday, May 14.

This rhythmic performance took place in the CSUSB Performing Arts Theater and was attended by forty people. “Tala Rasa Percussion” engaged the audience with their profound expression and interpretation to the music of Mark Applebaum, Frederick Anderson, Rudiger Plasswassar, Vinko Globokar, Alejandro Viñola, and Iannis Xenakis.

The Tala Rasa trio, James Beauton, Brenden Betryn, and Steve Wulf began their performance with the beatings of pans, wood, a gong and brake drum. The music was lively and was a great way to introduce the audience to the art of percussion.

“It’s a physical, visual activity and an art form. It’s really all an art form in itself,” said Beauton.

The second piece entitled “Imagine There Was Nothing” was very spatial and resonated vibes and pretty melodies. The sounds were very soft while giving off an eerie sound of bells.

One aspect that made this piece entertaining was the trio’s ability to hold not one, but two mallets between their fingers.

The movements of the mallets were amazing to watch as they would switch to different positions without losing a beat.

All the mallet tips also varied in size which allowed them to create different sounds.

The next piece “Sculpture 3” gave off a completely different vibe and made one student feel like he was back in Guatemala.

“I enjoyed hearing the Marimba’s because it reminded me of when I would go to Guatemala to visit my family,” said student Joshua Martinez.

“Certain tones of the Marimba’s were a little different, but I felt like I was eating in the restaurants and walking the markets,” added Martinez.

The piece of the night that got the most reactions from the audience was “Corpo-re” that was performed by Wulf.

A shirtless Wulf walked on stage, sat his face while creating sounds with his mouth and teeth.

His whole body became a human percussion instrument as the audience witnessed him being born within himself while trying to figure out his own body.

It was interesting to watch and made me realize how many sounds you can make with your body.

“Dance Groove Drifting” was the next piece that was played by Beauton and Betryn.

While playing, both of their bodies became part of the music as they moved with every beat.

The trio ended their performance with “Okho” that consisted of playing on Djembe and various bass drums.

The sound of the Djembe drums had beautiful beats and the members were entrancing to watch as they played in sync.

I really enjoyed “Okho” because I got to see each member show their ability to perform as a soloist, a duo and a trio.

“Tala Rasa Percussion” has been playing together for only two years, but have made their mark by playing at multiple events and teaching their passion of percussion to their students.

By RACHEL MOLINA
Rating: 4/5

The king of monsters, returns in the 2014 re-imagining of the iconic “Godzilla” setting the standard for titan monster fights.

With a convoluted narrative that is simple enough for unfamiliar viewers to follow, Edwards reinvents Godzilla’s original story while keeping him relevant to the modern world and demonstrating that he is a force to be reckoned with.

“Man vs. Nature is the predominant theme of the film, and I always tried to go back to that imagery. Godzilla is a force of nature,” stated Edwards in an interview by The DailyBeast.

He is referred to as the “Alpha Predator” by Japanese scientist Dr. Ishiro Serizawa, played by Ken Watanabe. Godzilla is a prehistoric predator who lived during a time where Earth was still highly radiated and this radiation served as the source of food for the giant savior.

The opening of the film is very cryptic, showing secret files and newspaper articles hinting at previous encounters with the mysterious beast in the Pacific.

Bryan Cranston leads the film as scientist Joe Brody and brings a solid performance as a Geologist and loving family man. He bears a commanding presence as the main character and posters exaggerate Godzilla’s actual size.

Perhaps the biggest weakness is that there is not enough Godzilla in the film. Godzilla is hardly shown throughout the 123 minutes and instead we have to settle for the generic, unmemorable monsters that Godzilla later has to fight.

However, there are some elements that hinder the movie. There is an annoying attempt to marginalize Godzilla from his own film by pushing human relevance into the narrative. Minor characters like Watanabe and his assistant had unimpressive performances that perhaps deemed them unnecessary.

Misleading trailers and posters set high expectations that are not met in the film. Cranston is cut from the movie very early on when the trailers suggest him as the main character and posters exaggerate Godzilla’s actual size.

While playing, both of their bodies were brought into this cinematic experience. Another strength of the film is its storytelling and it’s ability to portray cautionary themes like science, and the arrogance of man.

The sound effects are beyond amazing and strengthen the movie immensely, from the explosions caused by the monstrous hulks to the omitting of sound to add dramatic effect, to Godzilla’s first roar.

The film’s build up to Godzilla’s first full body appearance did not disappoint. His new look has sharper features and a more animalistic appearance. His body is thicker and more muscular with an overall appearance that brought all the viewers to a roaring applause.

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Though the film falls short in some aspects, it hardly takes away from the overall cinematic experience. The movie delivers over-the-top cinematic visuals, and solid performances by the head cast.

I recommend “Godzilla” to viewers who enjoy action-packed movies and monster fights in the Japanese tradition.

I give this film 4 out of 5 paws.

By LUIS PETTY
Rating: 4/5

MOVIE REVIEW

Tala Rasa Percussion

Rachel Molina | Chronicle Photo

Wulf entertains the audience as he becomes his own instrument by slapping his stomach, chest, and legs creating music.

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While playing, both of their bodies were brought into this cinematic experience. Another strength of the film is its storytelling and it’s ability to portray cautionary themes like science, and the arrogance of man.

The sound effects are beyond amazing and strengthen the movie immensely, from the explosions caused by the monstrous hulks to the omitting of sound to add dramatic effect, to Godzilla’s first roar.

The film’s build up to Godzilla’s first full body appearance did not disappoint. His new look has sharper features and a more animalistic appearance. His body is thicker and more muscular with an overall appearance that brought all the viewers to a roaring applause.

However, there are some elements that hinder the movie. There is an annoying attempt to marginalize Godzilla from his own film by pushing human relevance into the narrative. Minor characters like Watanabe and his assistant had unimpressive performances that perhaps deemed them unnecessary.

Misleading trailers and posters set high expectations that are not met in the film. Cranston is cut from the movie very early on when the trailers suggest him as the main character and posters exaggerate Godzilla’s actual size.

Perhaps the biggest weakness is that there is not enough Godzilla in the film. Godzilla is hardly shown throughout the 123 minutes and instead we have to settle for the generic, unmemorable monsters that Godzilla later has to fight.

Though the film falls short in some aspects, it hardly takes away from the overall cinematic experience. The movie delivers over-the-top cinematic visuals, and solid performances by the head cast.

I recommend “Godzilla” to viewers who enjoy action-packed movies and monster fights in the Japanese tradition.

I give this film 4 out of 5 paws.
Traveling 5,986 miles to a foreign country and committing to living there for an academic year is the opportunity of a lifetime.

As I found out four days before the end of the quarter it still didn’t seem real to me. I focused on school, going to work, and going about my life as if this had never happened.

I went into the IP office two weeks after the first deadline to turn in my application to the host university. I focused on school, going to work, and going about my life as if this had never happened.

For the next month, I flip-flopped between whether or not I should take this opportunity or stay at CSUSB and graduate at my expected graduation date.

What if I wasn’t good enough? What if they thought that I was too much of a mediocre student to even be considered for a great program like this?

In the moment that I was informed my acceptance to the program was threatening to be revoked, I realized just how badly I wanted this to work out.

Miraculously, I was able to schedule an appointment for my physical and meet with my advisor the following day.

What if I wasn’t good enough? What if they thought that I was too much of a mediocre student to even be considered for a great program like this?

The Study Abroad program offers students the opportunity to travel to many locations around the world and attend schools in foreign countries. Students cherish the chance to thrive and study in a completely different culture than their own.

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Features

Burlesque comedy show honors Breast Cancer Awareness

Students were able to enjoy a night filled with dances, jokes and juggling on May 16 in the student union. The Women’s Resource Center organized a show featuring Los Angeles based burlesque dancers and other performers as entertainment.

By NAILEA FABIOLA AYALA
Staff Writer

CSUSB’s Women’s Resource Center (WRC) brought glitter, dazzling costumes, and dancers with a witty sense of humor to their fourth annual Comedy and Burlesque Extravaganza Showcase.

The show took place in the Santos Manuel Student Union Events Center on Friday night and kicked off promptly at 8 p.m.

The event served as both a Breast Cancer Awareness and charity event, mixed with an amazing show.

Vendors were present from 7 to 8 p.m. and proceeds were given to The Blusted Foundation, an organization that helps breast cancer survivors pay for their medical bills.

By the end of the winter quarter, the WRC began to bring this show to life by working side by side with CSUSB’s former student Hula-La, now a California based dance show producer, hoop dance, and charity event, mixed with an amazing show.

A total of 18 Los Angeles based burlesque performers were present Friday night, including: Co Co Lectric, Hula-La, Nikita Bitch Project, Cha Cha Velour, Angie Cakes, Devin Marie, Fever Blister, Jessabelle Thunder, Tara Mi Sioux, Charlotte La Belle, Little Miss Viciousus, Kira Von Sutra, Raquel Reed, Angela Ryan, Frankie Sin, Cleo Viper, Go Go Amy, and the Cabaret Ladies.

These performers have appeared in shows internationally and have made names for themselves.

Raquel Reed, for example, has been on covers of Tatoo Life and Alt Magazine, been featured in Retro Lovely, Bizarre, Inked Girls, walked on runways for Ed Hardy, Patricia Field, Jared Gold, is a model for Tom Tom Fashions, and is Dr. Sketchy’s favorite.

Reed was also the Ink N Iron 2011’s pageant winner.

Sexy burlesque dancers were not the only entertainment that night.

Sammy the Dwarf, MC Jared Butler and Comedic Juggler Ivan Pecel also made appearances.

Ivan Pecel’s unique juggling performance was undoubtedly enjoyed by everyone in the event center.

Pecel, also known as the ‘anti-juggler juggler’ has managed a successful career at a young age.

He has won the title of International Three Ball Juggling Champion at a competition in Canada, won the International Jugglers Competition in Nevada, and won the prestigious Silver Medal in the World Juggling Championships.

Pecel also appeared on NBC’s “America’s Got Talent” and was selected to be on the show, out of thousands of jugglers who auditioned.

He had everyone laughing and interacting with him from beginning to end, making his show unforgettable.

The performances ended at 11 p.m and a total of 330 people attended this Comedy and Burlesque Extravaganza Showcase.

Yoga benefits the body, mind and all of you

By JENNIFER BAESKENS
Staff Writer

Yoga is an evolving exercise that can benefit everyone. Once you find a yoga style that fits you, you will be able to experience the life-changing qualities of this ancient practice.

There are many benefits and styles of yoga.

One of the key aspects of yoga is to balance the body.

“Yoga is a union of the mind, body and spirit,” said Jackie Sullivan, a Yoga instructor at CSUSB, “yoga eases stress and helps us becoming joined with our bodies.”

Yoga helps increase a person’s strength, flexibility and respiratory capacity through different poses and breath work practiced during yoga.

Sullivan added that yoga can also help decrease blood pressure, decrease blood sugar and help organs be more efficient.

Yoga can also help a person lose weight and develop healthy habits.

Yoga doesn’t only have physical benefits, it also has many benefits to exercise the mind. According to Sullivan, students who participate in yoga are able to concentrate better during classes.

It is recommended that if you are younger, you should be practicing a more strength-inducing yoga that will help with strength and flexibility.

In the morning, people should practice more of a power yoga, which will give you energy throughout the day. In the evening, those who wish to practice yoga should practice a slower, calmer yoga that will help you go to sleep.

According to Self, a health website, “Insomniacs fell asleep 15 minutes faster and slept an hour longer each night after two months of doing a 45-minute series of yoga poses daily before bed.”

“I really enjoy yoga after full body work outs,” said CSUSB student Shelby McCliman.

“I find it relaxing and I think it is good to take time and relax your mind and worry about nothing.”

Students who wish to balance their mind, body and spirit can practice or learn about yoga at CSUSB.

They can check the Rec Center and the Kinesiology department for class options.

Yoga is a union of the mind, body and spirit, “ said Jackie Sullivan, a Yoga instructor at CSUSB, “yoga eases stress and helps us becoming joined with our bodies.”

Yoga allows us to check in with ourselves and find inner peace.

People who practice yoga are also less likely to have anxiety and negative thoughts.

According to The American Yoga Association, “Yoga helps you to access an inner strength that allows you to face the sometimes-overwhelming fears, frustrations, and challenges of everyday life.”

Many people may not know the correct type of yoga they should be doing.

It is recommended that you try as many different types of yoga that you can until you find the one that works best for you.

One type of yoga that people practice is a vinyasa style yoga, which includes flowing posture poses with rhythmic breathing exercises.

Another type of yoga is power yoga, which is a rigorous strength training and flexibility workout with constant movement.

It is recommended that if you are younger, you should be practicing a more strength-inducing yoga that will help with strength and flexibility.
On Memorial Day, many Americans will utilize the day off from work and school to celebrate with family and friends, while others seize the day and pay a tribute to America’s heroes.

Memorial Day is reserved as a national holiday in remembrance of America’s fallen heroes from active military service.

Members of the CrossFit community nationwide participate in an intense workout named Murphin in honor of Navy SEAL, Lt. Michael P. Murphy, a real-life hero of the war, who was killed in Aghanistan in 2005.

“The workout consists of a mile run, 10 pull-ups, 20 push-ups, 30 squats, followed by an additional mile run all while wearing a 20 pound vest, to simulate military body armor, all for time,” said Dustin Summers, a CrossFit enthusiast.

The workout, originally named Body Armor, was one of Lt. Murphy’s favorite workouts because it not only tests an individual’s physical strength, but also mental strength.

“After completing a Murph [workout], I feel like death. My body just can not take any more physical- and I feel like I could lay on the floor for hours,” Summers said.

“Mentally and spiritually, you get a sense of greatness and pride because you just pushed yourself harder than you ever would in your entire life. Summers added, “Your body wants to quit but your mind just keeps pushing and you have to tell yourself not to quit.”

The mission that killed Lt. Murphy and most of his comrades has become widely known through the book and the Hollywood movie, Lone Survivor.

In June of 2005, Lt. Murphy and three other Navy SEALs were on a reconnaissance mission in Afghanistan observing a Taliban village of between 20 to 200 Taliban fighters when they came upon a couple goat herders and their goats. Lt. Murphy and his men tried to communicate back to their chain of command that their mission had been compromised, but because of their location in the mountains communication devices did not work.

The men were faced with two options: the first was to kill the goat herders in order to buy time to safely make it home, and the second was to let them go, knowing they would notify the Taliban and probably be caught in a gunfight.

In accordance with the U.S. Rules of Engagement, Lt. Murphy let the herders free knowing they would get into a gunfight while outnumbered.

Shortly after the troop found themselves surrounded by a group of Taliban fighters, the encounter led to an all out gunfight. After an exhausting battle, Lt. Murphy and his men were nearly killed.

Lt. Murphy knew he didn’t get radio communications, all of his men, including himself, would die. He then made the decision to put his life on the line and expose himself to enemy fire in attempt to make a radio call.

He should have used a satellite phone to call his headquarters to notify the command for backup upon his arrival, and was struck multiple times by enemy fire while making the call.

Lt. Murphy died shortly after making the call. However, his actions led to a quick reaction and a force was quickly enabled and en route.

The force that came to aid was shot down mid-flight and was never actually able to help the team.

After his death, Lt. Murphy was posthumously awarded the Purple Heart, Silver Star, and the Medal of Honor for his courageous actions during the fight.

Marcus Luttrell, Lt. Murphy’s crew mate, best friend, and lone survivor of the mission, lives to talk about his war and life with friends.

Anyone interested in participating in the Murph workout of the day (WOD) can sign up at a local CrossFit gym or go to a local track and run four laps for the first mile, do the pull-ups, push-ups, squats and finish the last mile for time.

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Team supplied drugs damage NFL players

By GINA MIRANDA  Staff Writer

Former NFL players are suing the league for their unethical practices in masking injury with pain killers for player performance and financial profit.

Nearly 500 former NFL players are seeking compensation for their post career ailments, claiming NFL doctors would keep players in the dark about their health and game related injuries.

Steven Silverman, an attorney for the players, said in a statement, "The NFL knew of the debilitating effects of these drugs on all of its players and callously ignored the players’ long-term health in its obsession to return them to play.

Players perform in sixteen regular season games, with the possibility of playoff contention.

In order to perform, players were lavedished with an array of anti-inflammatory drugs, injections, and addictive pain killers before, during and after games and practices.

Unbeknownst to the players, their long-term dependency on prescription drugs has gone far beyond their contractual agreement the lawsuit claims.

The lawsuit claims that may narcotic pain killers were used to push injured athletes back on the field.

Vicodin, anti-inflammatory injections such as Toradol and post game prescriptions, to a few.

Players claim they were dependent on sleep aids such as Ambien in order to sleep through the aches and pains of their athletic profession, as stated in the lawsuit.

The aforementioned drugs at alleviate severe levels of pain, but yield life threatening effects such as liver damage, kidney failure, intestinal bleeding, addiction, heart disease, injuries to muscles, ligaments, and other deadly effects of long term prescription drug usage, claims the lawsuit.

Retired player Kyle Turley, a Moreno Valley, Ca. native and a litigant in the case, claims that drugs were easy to come by and comparable to candy.

"There was a room set up near the locker room and you got in line," Turley said.

"Obviously, we were grown adults and we had a choice. But when a team doctor is saying this will take the pain away, you trust them," added Turley.

Former quarterback, Jim McMahon, suffered many injuries throughout his career, including a broken neck and ankle, injuries he claims were withheld from him and replaced with prescription drugs.

As a result of those injuries, McMahon openly admitted drug addiction to Percoct, stating in the lawsuit he consumed up to 100 pills in a given month, including the off-season.

According to the National Institute of Drug Abuse (NIDA), opioid related drugs such as Vicodin can have effects similar to heroin.

The NIDA claims that as a result of costly over the counter drugs, addicts occasionally turn to heroin as an affordable outlet for their prolonged dependency.

The lawsuit claims unspecified damages on behalf of more than 500 players; similarly, the NFL has yet to settle their previous lawsuit involving ethical practices with confused players.

The NFL reached a settlement in their previous lawsuit for $765 million with thousands of former players claiming long term suffrage from game related concussions.

A Judge has yet to reach an agreement in that settlement, claiming victims may be entitled to much more compensation than $765 million.

Similar statements were made in that lawsuit regarding players and the unethical practices of their medical treatments.

By LUIS PETTY  Staff Writer

Tiger Woods, the winner of 14 Majors Golf Championships and considered by many to be the greatest golfer ever, may not be able to participate in the U.S. Open on June 12 due to the back surgery that he underwent in March.

According to an article by Emily Kay in SB Nation, Woods hopes to be ready and recovered by the time the U.S. Open starts in June, but his main priority is to recover and continue to play golf in the future.

"Prior to the surgery, I didn’t think I would have much of a playing career if I felt like this because I couldn’t get out of bed," stated Woods, as he expressed his thoughts on maintaining his reputation in the world of golf to SB Nation.

Woods has already missed the Masters Championship because of his surgery this past April, and has not won a major title since 2008, according to SB Nation.

Woods stated that before the surgery his back pain was staggering and preventing him from playing at his full potential.

Adam Scott, as a result, took his place in the world golf rankings.

"Forget about playing golf at the highest level. I couldn’t get out of bed," stated Woods.

Woods feared that if his debilitation went unchecked, it would cause permanent damage and handicap him indefinitely from playing Golf.

He decided to undergo the microdiscectomy procedure.

"Now that I’ve had the procedure, I’m excited about what the prospects hold, that I’m able to feel this way, and if that’s the case, then I’m excited about my career," stated Wood’s to SB Nation.

Woods has developed an impressive record and accumulated many awards throughout his career.

He has won the Masters Tournament four times with an impressive nine shot lead in 1997.

He has also won the PGA championship four times and the U.S. Open three times, accumulating to 14 total championships in his career.

He has been awarded PGA Player of the Year a record 11 times, the PGA Tour Player of the Year a record 11 times, and the PGA Tour Money Leader a record 10 times.

He is also the winner of the coveted Vardon Trophy, which is given to the PGA Tour’s leader in scoring average, a record nine times.

As well as a recipient of the Byron Nelson Award, given annually to the player with the lowest adjusted scoring average, a record nine times.

Obviously, based on the records and honors given to Woods, he is an extraordinary athlete among his professional competitors.

However, his ability to return to professional golf has been questioned by many of his sponsors and companies that have contracts with Woods.

Woods finds himself making a serious decision for his future as well for his career.

Woods should be able to recover in time for the U.S. Open, but there is no definite proof that this may be the case.

Woods explained that it is not up to him to decide when he can play, but up to his surgeons.

"I think that’s been kind of the realization to all of this is that there’s no date. It’s just take it on a daily basis," stated Woods.

"It’s not going to be up to me whetehr I play or not. It’s going to be up to my docs. Obviously, I want to play now," stated Woods. Woods would have to make sure that he makes the right decision for himself and for his career.
Kings come out of nowhere and win game two with unanswered goals against the Blackhawks

By ELIZABETH PIRAINO
Staff Writer

No matter who wins the series, fans will remember the Los Angeles Kings and Chicago Blackhawks match up for years to come.

One of the biggest highlights in the postseason playoffs was when the Kings came from behind to score six unanswered goals in game two of the Stanley Cup Playoff’s Western Conference Finals.

The winner of this series will go on to play in the National Hockey League (NHL) finals.

The 6-2 loss was the first time the Blackhawks have lost on home ice at the United Center during the Playoffs this year.

The win was especially sweet for the Kings, who were eliminated by Chicago in the 2013 Playoffs. The Kings had not been able to win at the United Center during any Playoffs, going 0-7 overall going into Wednesday night.

The Kings’ captain, Dustin Brown, summed up the win when he said, “I think this is a huge game for our approach [and] I guess, our psyche. Kind of like slaying the mythical dragon. We’ve been dominated by this team over the last couple of years. To come in here and get a win in their building with the type of home record they have, I think gives us a boost in confidence.”

Chicago finished the regular season 46-21 with a home record of 27-7-7.

LA was down 2-0 before they scored their first goal with less than two minutes left in the second period.

Justin Williams tipped the puck into the net with assists from Mike Richards and Dwight King.

“At the end of the day we just need to try and win 60 minutes going into the next game.”

Jonathan Quick
LA Kings Goal Tender

“LA Kings get a great advantage over the Blackhawks when making six goals in a row with Blackhawks not answering back with anything”

Kings came out of nowhere and win game two with unanswered goals against the Blackhawks

“This was the moment we’ve been waiting for. We’ve got to beat this team. We all know what the record has been the last two years, especially in this building. That’s kind of what we talked about. We all know we had better.”

Jarret Stoll
LA Kings Center

Photos courtesy of Getty Images