Students neglect FAFSA money

By JOE RAPPOS

Millions of students who don’t file the Free Application for Federal Student Aid (FAFSA) miss out on thousands of dollars every year, according to Mark Kantrowitz, senior vice president and publisher of edvisors.com.

U.S. high school graduates left about $2.9 billion in free federal grant money behind last academic school year by not completing their FAFSA. The U.S. Department of Education awards an average of $150 billion a year in grants, work study funds, and low interest loans to more than 15 million students, according to studentaid.ed.gov.

However, in 2011-2012 an average of two million high school graduates did not file their FAFSA and in California, about 100,000 students who did not file their FAFSA left over $396,000 on the table, according to nerdwallet.com.

More than 1.1 million students could have received as much as $3.8 billion in state and institutional grants (averaging to about $3,400 per student) if they would have filed their FAFSA within the first three months of the application cycle nerdwallet.com.

“FAFSA is very helpful because I am able to purchase all of my required books, pay for gas, and pay for food. Without FAFSA, I would definitely have to take out a lot of loans and struggle throughout college,” said student Luis Solis.

There are two types of Cal Grants: Cal Grant A, which provides need-based grant funds to low and middle-class income students to offset tuition costs and Cal Grant B, which provides funds to high-potential students from low-income, disadvantaged families to help ease tuition fees.

Texas teachers could use deadly force

By DANNI YBARRA

A new bill proposal will allow Texas educators legal immunity from using deadly force against a student in self-defense.

The bill, HB 868, also known as the “Teacher’s Protection Act”, would give an educator the right to use deadly force against a student in either self-defense, in defense of other students, or in defense of school property.

An educator who uses justified brawl or deadly force would be entitled to the civil immunity, or not liable for their actions, according to the Bill.

“I do think if they can prove it was in self-defense, they should go easy on the teacher,” said student Katharine A. (FAFSA)
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Acclaimed author and public speaker Kevin Powell visited CSUSB on Thursday, Jan. 29, to discuss domestic violence and how to redefine “manhood.”

Powell is a New Jersey native, author of 11 books, and an activist/public speaker for culture and civil engagement.

The purpose for the presentation was to inform students about the abusive and oppressive reality of how women have been treated and how the concept of “manhood” should be redefined to improve the negative perception of men.

Powell began his presentation by asking, “What is a man? How do we define manhood?”

Powell talked about how during his youth there was a thin margin on the difference between how men and women are treated in the past couple of decades in relation to sexism, gender equality, and domestic violence.

Powell says that abuse is abuse and that even he engaged in such behavior. Because of this realization he gave him the incentive to redefine his whole concept of manhood which correlates with the fair treatment of women.

According to Powell, men should take responsibility for their actions. They must have the willingness to rebuild the concept on the basis of love, peace, and nonviolence. They must also have the willingness to change mentally, and listen to women, continued Powell.

Powell concluded by stressing that one is not a healthy individual if that person oppresses and engages in violence against another.

Kevin Powell fights domestic violence

By MARVIN GARCIA
Staff Writer

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Kevin Powell speaks to students and staff about the poor treatment of women.

Kate C. says she is interested in reading more about the poor treatment of women.

“According to Powell, men should take responsibility for their actions. They must have the willingness to rebuild the concept on the basis of love, peace, and nonviolence. They must also have the willingness to change mentally, and listen to women,” said student Kate C.

The new policy will require a student vote after the new fee has been established for six years and after campuses undertake an education campaign to inform students about the uses and costs of the charges, according to the Los Angeles Times.

State legislature put a moratorium—a temporary halt—to the bill, according to the Los Angeles Times. They’re all about that kind of stuff,” said student Alfonso Cano.

“I can definitely believe it came out of Texas. They’re all about that kind of stuff,” said student Alfonso Cano.

Continued from Pg. 1

Hall.

“But they should not be given full immunity for using deadly force,” continued Hall.

Created by Rep. Dan Flynn and introduced to Texas Legislatures in January, the bill also states that an educator must be on school grounds, school buses, or at an outside school-sponsored event when the forceful action occurs to be protected by the bill.

“Flynn’s proposal wouldn’t actually change much since the Lone Star State already lets adults kill one another if done in self-defense,” stated rt.com.

“Teachers in Texas are already granted immunity if they assault a student and ‘the use of force, but not deadly force, against a (student) is justified’” continued rt.com.

CSUSB Professor Cecilia Julagay believes deadly force is never okay, and force may be acceptable in self-defense or in defense of others but not in defense of school property. Julagay added that a person is not equal to property.

Defense of school property is clearly defined in the bill. An educator is justified in using force or deadly force in defense of property of the school that employs the educator, as stated in the bill.

As the Houston Chronicle Online pointed out, the bill was announced just days before a video of a 9th grade student body slapping his teacher on to a table for taking his cell phone away during school went viral.

“It’s clear that the teacher is avoiding fighting back or touching the student,” stated the Houston Chronicle.

Some students do not agree to the full terms of the bill.

“I don’t think it’s a good idea. There are to many ways to define self-defense, it will create too many holes,” said Hall.

“I believe the lawmakers are on the right path, but as a student I would not support this bill,” said student Alfonso Cano.

“It would lead to more problems than it would do good,” continued Cano.

Other students find it fitting that the bill comes from Texas.

“I can definitely believe it came out of Texas. They’re all about that kind of stuff,” said student Michael Wubker.

Flynn believes the proposed bill “will require our Texas Judicial System to only allow American Law on American Soil in our Texas Courts,” according to rt.com.

The Teacher’s Protection Act will take effect if it receives a two-thirds of the vote from all members of each house.

If the bill to protect teachers achieves the necessary amount of votes from each house, it will take effect on Sept. 1, 2015.

Student success fees may disappear

By TANIYA HARWELL
Staff Writer

The Board of Trustees for the CSU system has approved an overhaul for the student success fees tacked on to tuition costs.

This action was decided on during a Board of Trustees meeting on Wednesday, Jan. 28.

“I’m not sure how successful the fee was made,” said student Duyane Sayre.

“Student success fees” began being implemented around CSU campuses in 2008 and are now required for enrollment at 12 CSU’s.

The new policy will require a student vote after the new fee has been established for six years and after campuses undertake an education campaign to inform students about the uses and costs of the charges, according to the Los Angeles Times.

State legislature put a moratorium—a pause in enforcement of a law—on the fee last Summer causing Chancellor Timothy P. White to recommend the overhaul to the board of trustees.

The program on additional fees will remain in place until 2016.

Student success fees are a way that some campuses have supplemented their budget.

CSU administrators have pitched the fees as a way to help pay for more services and to hire professors and staff in the midst of state budget cuts, according to The San Diego Union-Tribune.

Critics of the fees say they are a workaround to the tuition freeze implemented at $5,472 in 2012 in exchange for increased state support, according to The Sacramento Bee.

Student success fees currently have varying amounts, the average being $300. For example, Cal State San Luis Obispo features a success fee of $780 while Cal State Dominguez Hills’ success fee is set at $35.

The student success fee at CSUSB is currently $162 for the 2014-2015 academic year.

Graduation rates need to improve according to Chancellor Timothy P. White.

While speaking to students, staff and the public during a University conference, White addressed his developing plans to increase graduation rates throughout the California State University (CSU) campuses.

In a recent press conference with the Los Angeles Times, White said the importance of all Americans having a degree, and how it could be easily possible with more state funding.

“The nation’s largest university system could produce an additional 100,000 bachelor’s degree holders by 2025 if it reaches its targets,” said White.

The public policy institute of California in the year of 2025 will need one million more college graduates to meet workforce needs, continued White.

White said he plans to make his strategies successful by raising the current six-year graduation rate from 51 percent to 60 percent, boosting the four-year graduation rate from 26 percent to 24 percent, increasing the four-year rate for transfer students to 76 percent, and raising the two-year graduation rate for transfers to 35 percent.

The LA Times stated that White isn’t playing around, using strong phrases like “bottom line” to get his point across, also calling for all the executives such as President Obama and Gov. Jerry Brown to support his plans.

“Governor Jerry Brown, among others, are pressing public institutions to improve student success—and to hold them accountable,” President Barack Obama has proposed a ratings system that would take into account factors including graduation rates, student debt and post-graduation earnings.

Brown went further in-depth on the situation stating typically CSU uses a four-year benchmark on rates of graduating.

Moving forward, Brown has dodged providing any additional state funding after already granting $119.5 million in state funding according to his 2015-16 budget. CSU has requested $216 million in state funding which would allow 12,000 to attend CSU universities; 8,500 more students than what Brown’s budget approves.

Students and professors have a different outlook on the situation.

“If I feel in this day and age, everyone needs a degree in order to have a some sort of decent living,” said Carol Walker, library service specialist.

CSUSB students are willing to assist White and the CSU trustees in taking the next step to get more individuals to attend CSU campuses.

“I’m first out of seven siblings to attend college and having two siblings younger than myself, I instill the importance of having a college degree. I would hate to see them not able to attend college due to funds running out for CSU campuses,” said student Nana Smith.

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High quality iPhone film debuts at festival

Continued from Pg. 1

Modern films are usually recorded in a 2.35:1 aspect ratio.
This format can capture wider shots that result in more action and energy, according to The Verge.
The software behind the camera is also lacking many professional features that are necessary, such as control over the exposure and color temperature.
Finally, the size of the phone can present another issue, shaking. The slightest movements can result in bad shots, according to The Verge.

Baker’s solution to these problems was simple: a Steadicam for the shaking, Filmic Pro, an $8 app filled with professional features and a prototype lens from Moondog Labs to record better, according to The Verge.

Baker said the lens was the key ingredient that “truly elevated [Tangerine] to a cinematic level.”

He adds that he might not have even attempted to create the film without the lens.

Smartphone adoption rates grew at a decent pace when they were first introduced, but it wasn’t until the release of the iPhone in 2007 that the market truly exploded with a demand for smartphones.

The iPhone in 2007 that the market truly exploded with a demand for smartphones, according to phonearena.com.

Two years later the market for smartphones quickly jumped from 10 percent to 40 percent in the U.S., according to phonearena.com.

Shortly after, Apple released the iPhone 4 in 2010 which was capable of recording in High Definition.

It didn’t take long for film makers to see the potential of the iPhone as more than just a phone.

In 2011 film makers Park Chan-wook and Chan-kyun won an award at the 61st Berlin International Film festival for their short “Night Fishing”.
The film took 10 days to record using an iPhone 4 and a crew of 80 people, according to iphonefaq.org.

That same year, producers Matt Dessner and Corey Rogers started “The Original iPhone Film Festival” to promote filming with the goal of showcasing creativity, according to iphonefilmaker.com.

Contestants were only allowed to use iPhones and despite that limitation their festival drew in over 250 contestants, according to yahoo.com.

Fast forward to 2015 and its now possible to create a high quality, full length feature film such as “Tangerine.”

Technology has grown to a level where anyone can just reach in their pocket, pull out their smartphone and express themselves in a way that couldn’t be done until recently.

This format can capture wider shots that result in more action and energy, according to The Verge.

Next year, smartphone adoption rates are expected to help cause significant growth in terms of student enrollment, larger class selections, and dormitories.

“PDC can be, and should be, a destination campus,” said Fremont. “It will allow us to triple our foot.”
PDC Dean Sharon Brown-Welty said another of the possibilities that this development will set in motion is a selection of programs that will help support economic growth within the Coachella Valley.

Palm Desert expansion

By MARVIN GARCIA

CSUSB Palm Desert campus (PDC) will be set to expand its borders with a new 113 acre-land donation.

The city of Palm Desert approved the donation during their Jan. 8 council meeting.

CSUSB Vice President Ron Fremont said that this new development could be expected to help cause significant growth in terms of student enrollment, larger class selections, and dormitories.

“PDC can be, and should be, a destination campus,” said Fremont. “It will allow us to triple our foot.”
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Unused financial aid

Continued from Pg. 1

may not qualify for financial aid, according to College Financing Group.

Because financial aid is on a first-come, first-serve basis, parents and students are encouraged to start the first step in receiving federal Pell Grants by filing the FAFSA application as soon as possible.

On Jan. 1 of each year, students may begin submitting their FAFSA applications.

Students who file the FAFSA application in January, February, and March usually receive twice as much grant money, on average, than the students who file the application later.

“Our goal is to make college more affordable by helping as many students and families as possible to apply for student financial aid for college,” stated Kantrowitz.

The FAFSA can be submitted at www.fafsa.ed.gov and is a necessary part of the financial aid process that makes students eligible for federal financial aid, including grants, loans, and work study, according to collegefinancinggroup.com.

As for all grants, there is a maximum amount that the government will fund for each applicant.

The maximum amount of grant money for the 2014-2015 has increased to $5,645, and for 2015-2016 it has increased to $5,830, College Financing Group.

To help students and parents complete FAFSA, Advisors is making the 2015-2016 edition of their best selling book, “Filing the FAFSA; The Edvisors Guide to Completing the Free Application for Federal Student Aid”.

Internships = exploitation

By ANGIE BURKHART

While internships provide a great opportunity for college students to make connections in the workforce, employees may sometimes take advantage of the free labor. Ideally, the purpose of an internship is to give students real life experience that will help them in a future job; unfortunately, I do not believe this is always the case. I recognize there are unpaid internships that allow students to gain valuable skills and references. However, I also believe there are a great number of companies who are taking advantage of unpaid labor via college-age workers.

"An estimated 500,000 to 1 million interns are working for free or minimal pay, too often shadowing executives or running errands instead of learning skills," stated Los Angeles Times author John A. Fry in his article Stop Exploiting Young Workers: Here’s an Alternative to Unpaid Internships That Work.

These numbers are striking to me, considering the potential output that interns can bring to a company that pays them close to, or literally, nothing.

"These unpaid interns receive no benefits, no legal protection against harassment or discrimination, and no job security. They generate an enormous amount of value to their employers, and yet they are paid nothing," stated The New York Times author Raphael Popo-Sussman in his article Unpaid Internships Should Be Illegal.

In my opinion, taking advantage of desperate college-age workers via unpaid labor when there is little to no academic benefit is unethical. Though the Labor Department designed rules to protect against this type of exploitation, the Economic Policy Institute found that, after reviewing a guidebook of the top internships for college students, many businesses "offered unpaid internships with no explicit academic or training component."

Aside from the exploitation, unpaid internships present an entirely different problem with regards to future job placement.

Individuals who do not have the means to take unpaid internships must compete with affluent individuals who can, and who do you think is more likely to land the job?

CSUSB student Malari Zarate is one of many students who cannot afford to take an unpaid internship.

"I have not pursued an internship just yet as I am currently working 40 hours a week while in school full-time. Many of them are unpaid, which would require me to make huge financial sacrifices," stated Zarate.

Although there is evidence to support that unpaid internships can be exploitative and discriminating, many support the idea that an internship is great way for one to get their foot in the door. CSUSB alumni and current sixth grade teacher, Laurie Coulter, completed an internship and recognizes the potential benefits.

"During my time in school it really helped me in understanding and applying concepts, and was overall a great experience," said Coulter.

The solution to this sort of exploitation is not clear cut, but it needs to be addressed. The Labor Department can start by better regulating the rules for unpaid internships, while colleges and universities can also set higher standards, giving credits only when there is a definite academic component involved.

Family stripped of justice for murdered daughter

By DOMINIC INGOLINO

After four years of ongoing trials, police officer Joseph Weekley, the one responsible for the accidental death of seven-year-old Aiyana Stanley-Jones, walks free. The Huffington Post reports that the entire case was dismissed this January by Wayne County Circuit Judge Cynthia Gray Hathaway, calling the death “unfortunate.”

The problem is that more officers are not held accountable for their actions.

The context of this situation presents an interesting twist on this case. On the morning of May 16, 2010, Detroit’s Special Response Team charged into a house in Eastside Detroit while a television crew for A&E’s The First 48, was being filmed. Given this critical time limit of 48 hours to crack a case, I feel the police officers wanted to put on a show for the cameras.

Police acquired a warrant to raid a house believed to be Chauncey Owens, who was a suspect in a murder that occurred the day before, according to motherjones.com.

Reports show that the Special Response Team threw a flash bang into the window of the living room, even though both front doors were unlocked.

Upon entrance, Weekley shot Stanley-Jones in the head, according to motherjones.com.

“It’s not protocol,” said a Detroit police detective. Like in the case of Eric Garner, police officers seem to be able to get away with skipping protocol.

Weekley stated that the only reason he fired his gun was because Stanley-Jones grandmother (who was also present) reached for the gun.

Stanley-Jones’ grandmother was arrested and taken in for questioning.

Tests were later administered to prove if she was anywhere near Officer Weekley’s gun. All tests came back negative, and investigators also checked for Martilla’s fingerprints on Weekley’s gun but none were found.

It turns out, Owens lived on the floor above the Jones family. Despite this apparent lack of evidence, Weekley maintained his original statement.

Weekley’s statement was accepted by Judge Hathaway, but not by Stanley-Jones’ father, Charles Jones. Jones said, “I can accept the shooting was a mistake, but I can’t accept it because they lied about it.”

The Violent Crime and Control Law Enforcement Act of 1994 mandates that the Attorney General must collect data on the use of excessive force by police and then publish a report. However, the report has become just a long list of names that now includes Stanley-Jones.

Student Dawnika Lopez thinks that police brutality is not new, but has caught recent media attention. “Those in charge of police institutions should do more to have classes and lectures on morality,” said Lopez.

This would remind officers how much weight their actions could carry.

Student Michael Geocadin provides a counterargument, stating that “the actions of the [police officers] are solved in an appropriate manner [to them].”

How do we re-educate a police force that thinks they are free from indictment?

In our current situation, I feel helpless against an officer that thinks I pose a threat to them, especially when recent trials show that they can get away with murder.
Opinions

Anti-vaccination may be dangerous

By JACOB COLLINS
Arist Online Editor

The anti-vaccine movement is one that will only serve as a threat to public health and well-being. The movement stems from a study conducted by Andrew Wakefield in 1998 which attempted to link the Mumps, Measles and Rubella (MMR) vaccine to autism. The study has been retracted from medical literature and, according to Business Insider, the study was conducted with only 12 subjects, all of which were not randomly selected but assembled.

Several large-scale studies have attempted to recreate Wakefield’s results, one of which was a Danish study involving almost half a million children, but there has still been no link between vaccines and autism that can be proven by science. Despite the evidence against any link to autism, today the anti-vaccine movement is spearheaded by figures mostly in Hollywood such as Jenny McCarthy, a former Playboy playmate and MTV star, who has been known for her long-time stance against vaccinations.

In a Time magazine article McCarthy said, “If you ask a parent of an autistic child if they want the measles or the autism shot, they would say, ‘What? We’re not going to risk that!’”

Not only is such a statement absurd but it shows just how dangerous the anti-vaccination movement is. Measles is a potentially life-threatening disease that has major complications such as pneumonia and swelling of the brain which could lead to even more severe complications including hearing or vision defects, memory loss, paralysis or speech impairments, according to the Centers for Disease Control and Prevention (CDC). These severe complications can occur in as many as one in 10 people infected with the virus, according to the CDC.

Furthermore the CDC states that about 90 percent of those that are not immune to the measles who come in contact with the infection will become infected with the disease. The parents that support the anti-vaccine movement are not only putting their children in danger but other children as well which is not only reckless, but stupid.

The bottom line is that no matter what you want to think or believe about vaccines, the fact is there is no scientific evidence that they can cause or have caused autism. According to the American Academy of Pediatrics, vaccines are 90-99 percent effective in preventing disease.

There are some rare adverse effects from vaccination such as allergic reactions but the occurrence is around one in a million, according to the CDC. Other vaccines do have some risks although the occurrences are rare and the benefits of the vaccine outweigh the risk of a remote complication from happening.

Recently, California senators Dianne Feinstein and Barbara Boxer have pushed for the state of California to stop allowing parents to opt their children out of vaccinations using the personal belief or philosophical exemption.

“While a small number of children cannot be vaccinated due to an underlying medical condition, we believe there should be no such thing as a philosophical or personal belief exemption, since everyone uses public spaces,” stated Feinstein and Boxer in a letter to Diana Dooley, Secretary of California Health and Human Services.

I think that this is a big step in the right direction. Freedom of religion is an important freedom in this country, however when your religious beliefs create a threat to the public health, there is a problem.

The anti-vaccine movement is misguided, misinformed and puts those who do vaccinate in harms way.

It’s a strange world we live in

By ESSENCE DENNIS
Staff Writer

Misogyny, Transphobia, Boko Haram—these words should scare you.

They are literally and figuratively detrimental to the health of women around the world, transgender individuals who are accepting themselves, and Boko Haram who are popping people off as if they were toy soldiers a toddler chuck away with no thought.

“We should clothe ourselves with compassion and act in such a way that exudes kindness,” said student Nicholas Navarro.

However, countless slayings and acts of violence, especially against women have occurred and are continuing to escalate.

In Detroit, Mary “Unique” Spears, a mother of three, was murdered after she rejected a man’s advances towards her.

The man approached Spears asking for her number and after she denied shot her three times, striking her twice in the head, according to newsone.com.

When the media shows us the deaths of transgender individuals more often than not, they are misrepresented, misgendered, victimized, and disrespected.

Boko Haram, a militant Islamist group in Nigeria, are claiming lives left and right and it seems as if no one is helping the thousands of innocent people they are murdering, raping, kidnapping and displacing in Nigeria.

The groups name literally translates to “Western education is sin,” according to newsweek.com.

Boko Haram does not employ traditional Islamic values, instead they say “haram means forbidden, for Muslims to take part in any political or social activity associated with Western Society,” according to bbc.com.

In my opinion by keeping the people out of the loop, Boko Haram grows in power, quite obviously, by rampaging villages and killing them.

“We must address some of the cases which is not only reckless, but stupid.

The violence we face on a daily basis, said student Nicholas Navarro.

All of these instances need to be discussed more seriously by the media. As a society, we should start discussing more events that we do not feature in the media.

We need to see these disturbing images on-screen, blasting from our radios to incite some sort of fire in our citizens to ask for something to be done.

Anti-vaccination supporters believe that disease related illnesses can cause serious injury or death for those vaccinated.

In fact, according to the CDC, not only is it not true but 70 percent of those that are not immune to the virus will get the disease.

Furthermore, with the MMR vaccine, the CDC estimates that about 90 percent of those that are not immune to the measles who come in contact with the infection will become infected with the disease.

The parents that support the anti-vaccine movement are not only putting their children in danger but other children as well which is not only reckless, but stupid.
Huzzah believers—extraterrestrial life may soon be at the precipice of discovery.

Kepler 438b, an exoplanet dubbed an Earth twin, was announced at the American Astronomical Society on Jan. 6. The likely rocky planet, in the constellation of Lyra, orbits an orange dwarf star within “Goldilocks” proximity, according to guardian.com.

The Goldilocks zone is the habitable range a planet is from a star, bathing sunlight that is neither too hot nor too cold, but just right to sustain liquid water.

Scientists consider liquid water and rocky surfaces to be key signifiers of a habitable planet, according to guardian.com.

These factors may arouse notions that humanity may pursue human colonization on celestial bodies capable of sustaining life—or perhaps even the existence of extraterrestrial life prior to human intervention.

One hundred Coyotes were surveyed on their belief in extraterrestrial life; either microscopic, plant-based, complex—like animals, or beings capable of abstract thought—like humans.

Seventy-eight percent of students believe in extraterrestrials in at least one of the forms enumerated, according to a Coyote Chronicle survey.

“It’s kind of arrogant to think that we’re literally the only living things. The universe is too vast and unexplored to think otherwise,” said student Lizette Chapa.

Of those who believe in extraterrestrial life, 55.12 percent believe there are life forms with the capacity for abstract thought.

Essentially, we are welcoming the idea that life forms other than Homo sapiens and dolphins possess the brain power for cognitive thinking—comprehension and memory—the capacity for more than rudimentary problem solving, and even advanced external self-awareness.

Approximately 14 percent of extraterrestrial believers speculate humanity has yet to make contact, nor will ever interact with extraterrestrial life at any capacity.

“The universe is a virtual cluster of galaxies upon galaxies, and it’s so old that entire civilizations of aliens may have existed at one point, but are now extinct by the time humans can make telescopes advanced enough to play peeping tom,” said student Susie Garcia.

Of the 100 surveys, 19 marked a disbelief in extraterrestrial life—two students elaborated on their thoughts.

“I want to believe . . .”

By EMMANUEL GUTIERREZ

Seventy-eight percent of students believe in extraterrestrials in at least one of the forms enumerated, according to a Coyote Chronicle survey.

“If we can see it and we can prove it, then it is something worth believing,” stated an anonymous student, “but we haven’t.”

“God created only man,” stated the second student.

However, not all members of the Judeo-Christian faith expressed the same sentiments.

“I do believe in God and I would consider him an extraterrestrial life form because he is not of this world,” said student Dominic Montano.

“If there is extraterrestrial life, I would come back to believe that God created that life and stirred it into motion at some point,” added Montano.

To the relief of this writer, not a single negative remark was made about undocumented immigrants in the ongoing conversation of aliens—restoring an iota of his faith in humanity.

While we may never know for sure if humans are the only stargazers in the universe, astrobiologists, astronomers, and extraterrestrial enthusiasts will never stop searching—they’ll never stop gazing.

One anonymous comment resonated in my mind above all other hastily written statements with its candid, thought provoking simplicity, “The universe is infinite; therefore there are infinite possibilities.”

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As online dating gained popularity in recent years, some people have began to exploit their services for reasons other than just finding their significant other.

Last spring, we covered the growing mutually beneficial arrangement dating industry with the sugar dating site Seeking Arrangements (SA) and interviewed student Annabelle (her pseudonym) about her life as a sugar baby.

Annabelle has had three sugar daddies in the past year. While she’s still in school and trying to stay on top of her bills, her current sugar daddy now provides her $1500 per visit.

As SA’s popularity has grown, now with over 3.6 million members, other dating sites have popped up as well.

With sites such as Ashley Madison, What’s Your Price and Carrot Dating, girls looking for sugar daddies have more options now than ever.

Ashley Madison is a site catered specifically towards “married dating and discreet encounters.”

There are even more unconventional sugar daddy sites, such as What’s Your Price and Carrot Dating that use an auction system to set up dates.

What’s Your Price was also founded by SA’s CEO Brandon Wade, who himself relied on scholarships to fund his Massachusetts Institute education.

As these arrangements fall into a legal grey area, there’s a disclaimer at the bottom of both Wade’s sites saying, “Escorts are not welcome,” and “An arrangement is not an escort service.”

Even notorious hook-up app Tinder has a slightly higher-end sibling called Luxy, with only income verified members such as CEOs or celebrities in its exclusive dating pool.

Does this boom in the sugar industry mean there’s a new social acceptance for sugars? Not necessarily.

“If the 21 million students expected to attend American colleges and universities in the Fall of 2014, 60 percent will graduate with an average debt of $27,300,” according to Angela Jacob Bermudo, SA’s Public Relations Manager.

Bermudo attributes last year’s one million new members to the startling increase in college fees.

“College students don’t have much to look forward to after graduation, aside from almost guaranteed debt and a 50 percent chance of under- or unemployed,” said Bermudo.

People may still be critical as ever of this way of making money, but as tuition and expenses continue to increase, more students are seeking benefactors to fund their education.

While other countries seek to create opportunities and provide a better start for students by abolishing tuition fees or lowering them to reasonable amounts, Congress continues to ignore the problem,” said Wade in a statement released by Bermuda. “The average debt is more than what most of these new graduates will make in a year.

However, not everything is always sugar, spice, and everything nice in the sugar bowl.

Annabelle shared the darker side of her sugar dating experiences while packing for Mardi Gras with her current sugar daddy.

A man she dated for a short time was very racist, made her feel uncomfortable, and inconsistent with her allowance, withholding it from her or only giving her small bits here and there.

The only reason Annabelle stayed, however, was because she had just moved into a new apartment, wasn’t working as much, and didn’t have the expendable cash she was used to.

“I felt desperate, scared and alone. I couldn’t really talk to anyone about it because no one knows about this other life I lead,” said Annabelle.

The last time Annabelle saw him, however, he followed her to her hotel room and forced her to perform oral sex. When he tried to force intercourse with her, she managed to get him off of her and left the hotel.

Annabelle remained silent about her sexual assault, however, because she didn’t know how she would explain it to the cops, worried about being arrested for prostitution.

“I felt dirty and used and disgusting. I know that people already assume the worst of me for dating these men, who are sometimes married, for money, but no one deserves to be violated,” said Annabelle.
Student Philip Castellanos gives care and support to those who need a hand

By CAMILLIA DABABNEH

CSUSB student, Philip Castellanos, has dedicated himself to be a true humanitarian by helping people with a variance of special needs.

Castellanos is double majoring in economics and political science, along with a minor in intercultural communications.

After high school, when in need of new living quarters, Castellanos was offered a place to live in Riverside, but in return, was expected to lend a helping hand.

Castellanos began living in the Room and Board, a facility that offers a place full of compassion and tenderness for people with mental illnesses, disabilities, the elderly, and sometimes even paralytics.

Castellanos explains that the government places these patients in the homes, offering each of them Social Security to help pay for their current situation.

When he accepted this opportunity, he understood the huge commitment and responsibility.

“It was extremely nerve-wracking, but based on my living conditions I knew I had to test the waters,” said Castellanos.

In the Room and Board, he manages as a caregiver for six people in the household, around the clock.

“I supervise 24/7, 365 days a year, and also on weekends, for seven years,” said Castellanos.

Castellanos’ responsibilities include cooking every meal, cleaning the home inside and out, helping with giving medication, securing the facility, as well as enforcing rules and regulations to make sure all the patients are following them.

“I knew going into this I had to be calm and patient with them but learned pretty fast that I needed to be more stern at times,” said Castellanos.

Castellanos mentioned that sometimes he becomes impatient with them, but they understand that he is just having a hard day at work.

There are six homes in close proximity of each other, which makes it easy for Castellanos to frequently drive to and make sure things are running functionally.

With a job this demanding, it comes to no surprise that running a Room and Board can be tough, but Castellanos considers himself extremely fortunate to have supportive friends.

Castellanos’ close friend and fellow CSUSB student, Jorge Partida, has shown encouragement by donating a trunk full of clothing for the patients that stay there.

Most of the patients that come into these Room and Boards arrive with no personal items—including clothing.

“Sometimes I will give them the clothes off my back if I have to,” said Castellanos.

When it comes to his school work, Castellanos always finds a way to never fall behind by making sure he studies for his exams and stays on top of his assignments.

“I’m the type of person that always gets his work done no matter what,” said Castellanos.

Castellanos plans to venture on an international scale by buying pieces of property and opening more Room and Boards for those in need to get back on a focused path.
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Rae Morris figures herself out

By IVANNA CARLOS
Staff Writer

Rachel Anne Morris, better known by her stage name Rae Morris, 21, released her debut album *Unguarded* on Jan. 26.

*Unguarded,* which was released in stores and on iTunes, has a total of 12 songs which includes Morris’ hit single, “Unguarded.”

When listening to the single “Unguarded,” which is personally my favorite song from the album, I felt as if I was listening to Ellie Goulding, a pop artist from England. Not only does Morris sound similar to Goulding, but she also compares to Coldplay, and Lana Del Rey giving off a pop-like vibe at times but also toning it down and having a resemblance to Birdy.

The song that reminded me of Birdy is Morris’ single “Don’t Go.”

“My debut album is me figuring out who I am,” said Morris on digitalspy.com. “I guess that has been the process of making the album; me figuring out who I am and what I want from everything,” continued Morris. “I wanted to make sure I am the person I wanted to continue to be before I release a debut, you know?”

On September 2011, Morris signed to Atlantic records, which later led to her first debut single “Don’t Go,” which released in 2012.

The song was featured in the final episode of the sixth season of the television drama series “Skins.”

Lyrics in the song “Closer,” “A little give and take is never bound to break the kind of closeness that we keep a bond invisible beyond the physical as I let you slip away” give the listeners perspective on how Morris is feeling.

I felt the album cover, featuring Morris on the front, was a great idea for her debut album, because it gives me the impression that this is all about her. Powerful lyrics like this from “Closer,” show her vulnerability.

The lyrics “way beneath the weak surface of it all, I spy a girl only three foot tall that keeps me from drowning she keeps me from drowning in it all.”

Underrated, Morris delivers a spectacular debut album. I encourage everyone to listen to experience a new style of music.

Yote’s Valentine Playlist

<table>
<thead>
<tr>
<th>Song Title</th>
<th>Artist</th>
<th>Length</th>
<th>Album Title</th>
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<tbody>
<tr>
<td>There’s a Moon out Tonight- The Capris- 2:16</td>
<td>There’s a moon out tonight</td>
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<td>All of Me - John Legend - 4:30</td>
<td>Love In The Future</td>
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<td>I’m Yours- Jason Mraz - 4:02</td>
<td>We Sing. We Dance. We Steal Things.</td>
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<td>Mi Razon De Ser - Banda MS- 3:30</td>
<td>Mi Razon De Ser</td>
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<tr>
<td>Tell Me It’s Real - K-CI &amp; JoJo - 4:41</td>
<td>All My Life/Tell Me It’s Real</td>
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<tr>
<td>Come Close- Common, Mary J. Blige- 4:24</td>
<td>Come Close</td>
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<tr>
<td>Birthday Song- 2 Chainz and Kanye West- 5:08</td>
<td>Based on a T.R.U Story</td>
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<tr>
<td>Just The Way You Are - Bruno Mars- 3:41</td>
<td>Doo-Wops &amp; Hooligans</td>
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<tr>
<td>Gracias Amor - Industria del Amor- 3:07</td>
<td>20 Exitos... Historia Musical</td>
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<tr>
<td>Thinking Out Loud - Ed Sheeran- 4:42</td>
<td>X (Deluxe Edition)</td>
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By JAYNENE MORENO

Agent Carter misfires

Agent Peggy Carter goes nowhere without first tucking her gun in her purse and having her spunky attitude at hand.

*Photo courtesy of ABC*

By ALEJANDRO CARDENAS
Staff Writer

Marvel’s “Agent Carter” is a witty, action-packed Captain America spin-off led by the clever and strong-willed Peggy Carter (Hayley Atwell) from the “Captain America” series.

The show’s plot revolves around...
Bobbi Kristina found unconscious in bathtub

By DALAL MUSEITEF
A cut feature editor

The 21-year-old daughter of Whitney Houston and Bobby Brown, Bobbi Kristina Brown, is in a medically-induced coma after being found unresponsive in her Georgia home on Saturday, Jan. 31.

She was found by her partner, Nick Gordon, in the bathtub, according to police reports.

She was revived by CPR and rushed to North Fulton Hospital, then later moved to Emory University Hospital in Atlanta for their class-neurological department: She still remains on life support as of Feb. 5, according to People magazine.

The incident occurred just weeks before the third anniversary of Whitney Houston’s death, who died on Feb. 11, 2012 from accidental drowning, while a toxicology report found the singer had cocaine, marijuana, Xanax, Benadryl and codeine among other drugs.

Late on Friday night (Jan. 30), Bobbi Kristina posted a picture of herself with a male friend, writing, “YAYYYY :) finally my famBAM!!”

Furthermore, Bobbi Kristina’s relationship with her father has been strained lately.

“I can tell you that Bobbi Kristina and Bobby have been talking lately,” claims a source close to the singer. “Ever since Whitney died, they’ve been on again, off again. Sometimes they talk, but then they’ll go for months and months without saying a word to each other.”

Bobbi Kristina’s father came out with a statement and said, “Please allow for my family to deal with this matter and give my daughter the love and support she needs at this time. Privacy is requested in this matter.”

An unnamed family member reportedly disclosed to People magazine that a doctor told the family nothing more could be done for her and that she won’t be able to survive, so family members are preparing to say goodbye to her.

A second family member told People magazine that a source closely connected to Bobbi Kristina’s medical team said, “The realization of Bobbi Kristina’s immi- nent death is dawning on relatives, who are still praying for her survival.

According to TMZ, doctors told Mr. Brown that it’s time to withdraw life support.

Family sources say the decision is now in Brown’s hands, but were told he’s refusing to make the painful choice today, and instead wants to wait until after the weekend.

Get shot with cupid’s arrow in style

By ALANA ROTH
Staff Writer

Valentine’s Day is on a Saturday, which changes the dynamic of the celebration, potentially involving more participants. With Feb. 14 right around the corner, time is running out to choose the perfect outfit.

Whether you’re going on a romantic date, making it a girls night, or just keeping it casual, the right outfit is of the utmost importance.

Since Valentine’s Day revolves around the color red, it seems appropriate to keep it in this color scheme.

If you are doing something that’s worth dressing up for, this is the right outfit for you.

I chose a pale pink crop top that is still close to the Valentine’s Day theme, but not going with the obvious red clothing that many girls wear.

This top can be found at princesspolly.com for $35. The black skirt has lace at the bottom, which gives it a sexy touch that can be found on sale at revolve.com for $9.99.

For shoes, I choose black strap heels that can be found on sale on fashionunion.com for $17.

I chose to add a hint of Cupid by choosing heart shaped earrings for $28 at belk.com.

Lastly, I added the red lipstick for more of a dramatic look. It can be found on asos.com for $11. The complete look can be bought for $100.

If you are single, ready to mingle and going on a girls’ night out, this outfit is perfect. I chose a dress that would be perfect for dancing all night with your friends.

Since many women will surely be wearing red, you’ll stand out in this off-white, cream dress that can be found at asos.com for $38.

The heels I chose match perfectly, as they were a shade darker.

These can be found at modcloth.com for $40.

Next come the accessories: I found medium-sized earrings to match for $12 that can be found at H&M.com. Depending on how dramatic you want to be, you could choose to do a bold lip color or just keep it simple with a nude lipstick. The complete look comes to a total of $90 online.

If you decide to keep it casual, this outfit is perfect.

I chose a black and white cropped sweatshirt that can be found at blackfive.com for $31.

I also decided to add heart stud earrings that can be found at OliverBonas.com for $18.

To add a Valentine’s hint, I chose a purple lip that can be bought at newwork-color.com, or any local convenience store for $1.99. The complete casual look can be found online for $75.99.

Regardless of who you’re spending time with on Valentine’s Day, it is a day of love so I suggest you spend it with a loved one.

However you spend this upcoming holiday, spend it looking fab and inspired.
ABC pulls the plug on Peggy

Continued from Pg. 10

the accusations facing Iron Man’s father, said Martinez, a third year at CSUSB, “She was very predictable, but I did like how she was suspended from a star and the illusion of the chess board during ‘Dark Horse.’”

The show comprised a medley of Perry’s top-charting singles, lasting 12 minutes, and included guest performances from Lenny Kravitz and Missy Elliot. Perry posted her feelings on Twitter the day after the Super Bowl, stating, “MOST WATCHED SHOW IN US HISTORY? Whelp, I gotta keep reminding myself I put my pants on at a leg... But, yes I am incredibly proud!”

The singer also had her finger tattooed with “XLIX” after the halftime show, posting a photo to Instagram of her new ink with the caption, “I thought it would be appropriate to draw blood tonight... XLIX.”

CSUSB students and staff had mixed reviews on the performance.

“I liked it because I’m a fan of Katy Perry and I brought it to the light of the Super Bowl,” said Christiany Raney, a third year at CSUSB. “I liked her whole performance, with Missy Elliot and Lenny Kravitz. All she needed was Snoopy Dogg and I would have been happy.”

Lenny Kravitz sang and played guitar for Perry’s “I Kissed A Girl,” and transitioned to a beach-themed party to close with “Teenage Dream” and “California Gurls.”

Perry’s performance included dancing palm trees, beach balls, surf boards, and two sharks. One of the two sharks was clearly not following the choreography. Social media soon created memes, gifs, and named the dancer “left shark.”

She ended the show with her song “Firework,” suspended in the air on a trampoline with fireworks bursting for a bright finale.

However, it was Missy Elliot’s guest performance that had everyone talking. Elliot performed three of her singles, “Get Ur Freak On,” “Work It,” and “Love Control,” making her music sales in the U.S. increase by 99.6 percent, according to Nielsen Music in Billboard.com’s article on the performance.

Elliot took to Twitter to express her gratitude, saying, “To be honest, I didn’t realize how much I was missed till last night. I’m crying y’all give me just can’t stop thanking God y’all.”

“Missy blew up on iTunes after the show,” said Rafael Ramos, a fourth year at CSUSB. “I think Missy Elliot overshadowed Katy Perry because of the prestige she has from those who know who she is. I want her to make a comeback. She’s already in the studio with Diplo and Skrillex.”

Vanessa Sandoval, a fourth year at CSUSB and Stacey Sanchez, a second year at CSUSB, said, “I saw memes comparing her outfits to a Hot Cheets bag, Will Ferrell’s outfit, ‘Blades of Glory,’ and Hot Dog on a Stick. I saw everything I needed to see.”

Perry also had some critics of the performance.

“Katy Perry’s performance was good, but her songs are so outdated,” said Madi-son Shaw, a second year at CSUSB, “She needs to come out with new music. I mean she killed it on stage, but I’ve seriously heard those songs a million times.”

Donna Gotch, a communications professor at CSUSB, had comments on the performance as well.

“I liked her performance, but no one can beat Beyoncé,” said Gotch, “That’s my girl, but the performance was okay.”

Overall, the halftime show left CSUSB students and staff with mixed feelings, and social media garnered the attention of those who did not tune in to the Super Bowl performance.

“I liked her performance, but no one can beat Beyoncé,” said Gotch, “That’s my girl, but the performance was okay.”

The show’s great writing is evident through the dialogue as it manages to remain witty and clever throughout each episode.

The show’s constant references to different points in the Marvel Universe will recognize Jarvis as the eventual intelligence companion.

Another major character in the series is SSR agent Jack Thompson (Chad Michael Murray), who plays the chauvinistic Tony Stark’s female sidekick. He has a reputation for being an insensitive and unfaithful character. Marvel Universe will recognize Jarvis as the eventual intelligence companion.

Another major character in the series is SSR agent Jack Thompson (Chad Michael Murray), who plays the chauvinistic Tony Stark’s female sidekick. He has a reputation for being an insensitive and unfaithful character. Marvel Universe will recognize Jarvis as the eventual intelligence companion.

The two are constantly butting heads and are often seen in the middle of theि st style and space

the movie, I was hoping the show’s supporting characters would be Coop because he manages to prevent the entertaining persona Robert Downey Jr. gives Tony Stark.
Leaves a legacy

By JASMINE TURNER
Staff Writer

The CSUSB Events Center was filled with the heavy hearts of friends, family, and peers who attended an uplifting performance in memory of former student, Danny Ramadan on Saturday Jan. 31. The concert raised money for a scholarship for music students who face financial struggles in pursuing their passion of music.

In June 2014, a former CSUSB graduate, Ramadan, and his girlfriend, Leslie Gonzalez, were on their way to an end-of-year banquet when they were involved in a traffic accident. Ramadan later died and his girlfriend was seriously hurt, but is now recovering.

“Danny was a spectacular student and was lead trumpet player with the band, sang in the choir, and performed with the Jazz Band here on campus,” said Julie Nichols director of development of arts & letters. Ramadan was very active in his community.

“In the community, he was one of the founders of the Redlands Community Orchestra and played in the Sozo Community Jazz Band,” she continued.

A reception was held before the banquet, allowing people to reminisce with photos of Ramadan showing his big smile. When the concert began, the CSUSB Brass Ensemble Band started the show with the song “In resurrection tua Christe”. There was a variety of music performed by the Jazz Ensemble, Symphonic Band, and the CSUSB Chamber Singers, which lifted spirits high in honor of Ramadan.

Between transitions of bands, different teachers and friends came up to speak about their dear student and friend Ramadan.

Dr. Robert Knop, the director of the Jazz Ensemble, made a few remarks to the audience before they played for Ramadan. “Danny was energetic and a good conductor and I would like to thank him in a more eloquent way” said Knop.

Knop led the Jazz Ensemble with a powerful performance of the song “If I could,” keeping Danny in mind.

After the Jazz ensemble performed, Ramadan’s friend, Abir Naim came up to give a remark about her dear friend.

“Danny was amazing with everything and so loving and caring to everyone and he said so much with the way he looked and smiled at you,” said Naim.

Erik Jester, conductor of the CSUSB Symphonic Band, thanked the audience for their attendance and offered his positive thoughts of Ramadan.

“Danny wasn’t going to be a good conductor, he was one. The choir of angels, found their conductor. When there are no words left, we leave with music,” said Jester. It was great to see a community come together to celebrate Danny’s life in a special way.

Ramadan leaves behind a legacy with the “Danny Ramadan Memorial Scholarship.”
Silva and Diaz battle it out

Continued from Pg. 16

landing many straight leg kicks and flurry of punches to Diaz.

After five long rounds, Diaz ended the fight a bloodied and bruised mess, while Silva seemed as though he had not been touched.

When it was all said and done, Silva had his hand raised in victory and immediately broke down in tears, and after he recovered, he went to the outside of the ring to hug UFC light heavyweight champion Jon “Bones” Jones.

When asked Silva said about the hug, “Jones is my friend, I talk to Jones all the time. He’s young, he has all the problems, all the people hear his problems. The people talk that this guy is bad, he’s not bad.”

At the end of the fight, Silva hinted towards ending his fighting career on what would be a high note: “My son’s they don’t want me to fight, I need to go back with family now, I don’t know.”

Many experts believe if Silva were to end his career after this fight he would go down as one of the greatest, if not the greatest, fighter in the history of mixed martial arts. Although, he shows that using drugs to win a fight is something that not only brings shame to your reputation but to the sport that you are apart of, using drugs is something that doesn’t bring you the advantage within the game but rather gives you a disadvantage overall.

Tiger Woods withdraws from Torrey Pines

By JUSTIN SANDOVAL

On Thursday, Feb. 5, Tiger Woods withdrew from the Farmers Insurance Open at Torrey Pines.

Woods’ withdrawal follows his worst performance in his professional career at the Waste Management Open, shooting 82 and missing the final cut.

According to ESPN, Tiger had been struggling with back pains throughout the morning.

“It tightened up during the suspension and it never loosened back up again,” said Woods. It is not unusual to have long fog delays at Torrey Pines, a course Tiger is very familiar with.

Woods’ withdrawal is a disappointment for all golf fans as he has notably played well at Torrey Pines, winning eight times throughout his amateur and professional career.

Most notably, Woods’s last major championship came at San Diego’s Torrey Pine Municipal Golf Club in the 2008 U.S. Open.

Woods’ 2008 U.S. Open win is noted by many golf elites, such as Johnny Miller, Nick Faldo, and Jack Nicholas as the greatest U.S. Open post World War II: He battled and defeated Rocco Mediate in a Monday playoff.

After his Waste Management last place finish, Woods has officially dropped out of the top 50 players in the Official World Golf rankings.

Fans may see even less of Woods, as he will now struggle to qualify for events, in which he has historically played well, such as the World Golf Championship at Firestone.
Briana Baker is able to play basketball and keep up grades while remaining a inspiration.

**By NATHANIEL LASTRAFES**

Most college basketball play-
er have their mind on three things: basketball, school, and more bas-
ketball. Some student athletes lose track of the important things in life but not the starting point guard of the Coyotes, Briana Baker.

Baker fell in love with the game when she was in fifth grade and credits her father for her love of the game.

“He was really passionate about basketball, so I gravitated towards basketball. He coached me and he coaches my brothers now.”

She remembers running on the court as a young child at her father’s basketball games, trying to play with grown men and the rest is history.

Baker epitomizes the student athlete. Aside from being the team’s point guard, a position typically regarded as the leader of the team, Baker delivers impressive stats on and off the court.

Baker has maintained her career at CSUSB a 3.8 grade point average.

She regards herself as the “geek” of the team, because whenever a teammate needs some help with homework, even personal matters, Baker is always there to assist them and give them good advice.

Baker’s favorite thing about basketball is the team aspect, “your team is like your family. You have each other’s back throughout every game. It’s family oriented,” said Baker.

Time management is essential for every student athlete, and Baker is no exception to the rule. When she is not practicing, playing in games, or attending class, she likes to spend time with her family and eat cookie dough ice cream.

Baker was recruited heavily in high school by Princeton University, UNLV, Idaho State, and Concordia University, but decided to stay closer to home and play basketball at CSUSB.

Baker’s family is incredibly successful and happy.

Baker says her mother is the “reason why I fell in love with basketball.”

Her favorite thing to do on the court is lead the team on defense, “your team looks to her as a leader on the court. As the starting point guard, a position typically regarded as the leader of the team, Baker delivers impressive stats on and off the court.”

Baker is incredibly important to her and she shares an especially strong connection with her mother.

She said her mother is the most influential person in her life because, “She is a very determined, driven woman. She’s very optimistic and doesn’t let anything bother her and leaves everything in God’s hands. I just want to be more like her,” said Baker.

Baker’s leadership qualities are also seen on the basketball court. As the starting point guard, the team looks to her as a leader on the court who is responsible for orchestrating the offense and setting the tone on defense.

Her favorite thing to do on the court is lead the team on defense, getting in her opponent’s personal space and generating energy for the team.

She also mentioned that she has to listen to “Lose Yourself” by Eminem before every game because it gets her pumped up.

Baker is also a competitive eater, “I eat cookie dough ice cream.”

Baker has a competitive spirit and always gives her all during the game. She also enjoys Zumba classes, which help her get through the stress of being a college student.

“Zumba is liberating,” said student Rebecca Frey.

“I’d rather do an hour Zumba class than run for 15 minutes. It’s a great way to get your mind off of school and life, and also relieve stress,” said Frey.

The class is offered eight times out through the school week with two different instructors.

“As long as you are actually trying to keep up and really putting everything into it you’re going to get a lot out of it,” according to CSUSB staff Kristal Gama, who attends the class at least once a week.

With the SRFC located on campus, students are able to take Zumba exercise classes to help combat the stress that comes with being a college student as well as stay- ing healthy and fit.

So if you’re not the exercise you pick and how com- fortable you need to be, the SRF will have options that you need so that you will be able to make the right deci- sions.

This will prepare you to make those decisions in the future.
Students dance away the stress
Zumba classes available for students to get their mind off school

By SHELBY HANCE

Stress relief can come in many different forms, one of which is exercise. Exams, papers, projects, and lectures at school are stressful.

The Student Recreation and Fitness Center (SRFC) on the CSUSB campus offers many exercise options to alleviate the side effects of being a student. Exercise is recommended in order to maintain a healthy lifestyle, not only to reduce stress.

According to the Mayo Clinic, exercise has many positive effects, a few of which include improving one's mood and boosting energy. Being active also reduces stress and anxiety, boosts memory, and builds intelligence, according to Dr. Susan Krauss Whitbourne.

The SRFC offers a variety of classes, available at different times, to accommodate different schedules.

One of the classes offered by the SRFC is Zumba. Zumba is a fitness program with dance and aerobic exercise routines performed to popular music.

Zumba has become very popular, not only in America but also in other countries. “Over 15 million people are taking a Zumba class around the world,” according to Zumba.

In their beginnings in the 1990’s, the Zumba program has become the world’s largest and most successful dance-fitness program, according to Zumba expert Dolores Mitchell. During the sixty, class it is expected that you can burn up to 550 calories, according to the SRFC.

The class is instructed by Michelle Ravalacaba, a junior Liberal Studies major, who is on her second quarter of teaching Zumba.

Ravalacaba started Zumba in hopes of losing weight but ended up liking it so much she started teaching it. “It’s like exercise in disguise and people don’t realize how fast the hour passes by,” said Ravalacaba.

On average about 15 students, male and female, attend each session although it’s mostly female dominated. “Each session differs in attendance depending on the day and the time,” according to Ravalacaba.

“If you are looking to have a great time and also burn off the side effects of being a student, the CSUSB campus offers many exercise options to alleviate that,” said Ravalacaba.

Silva wins fight and fails drug test

By JACQUES LEE

Former Ultimate Fighting Championship Middleweight Champion Anderson “The Spider” Silva returned to the cage on Saturday, Jan. 31, 2015, at the MGM Grand Garden Arena in Las Vegas.

After what seemed like a convincing victory by the former champion, some recent news hit the limelight. Silva tested positive for Anabolic Steroids, one of the classes offered by the SRFC is Zumba. Zumba is a fitness program with dance and aerobic exercise routines performed to popular music.

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