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Coyote Chronicle

CSUSB

one of the highest graduation rates in

America

By **DANIELA RUEDA**
Staff Writer

CSUSB has one of the highest graduation rates and those who do graduate are able to enter the workforce more quickly, according to The Washington Monthly magazine's article titled, "The Other College Guide: A Roadmap for the Right School for You."

CSUSB was ranked No.9 in the article along with four other CSU campuses in the top 10.

Each of the schools were ranked under the category of best value based on cost of tuition, the number of students who graduate and whether those students go on

to earn enough money to pay off their student loans.

The article compared schools on the student loan default rate, graduation rate, number of students receiving Pell Grants, the net price for all students attending the university, net family income, percentage of students admitted and the ACT/SAT percentile scores.

CSUSB Provost Andy Bodman is proud to hear that the school has ranked in the top 10.

"We're proud that Cal State San Bernardino is listed high among those college and universities in categories that students and their families consider impor-

tant when choosing a college or university," stated Bodman.

Bodman believes the rankings show that the value and communities in the Inland Empire will be enhanced.

"This is yet another example from recent rankings showing the value added by a CSUSB degree. In the long run, we are providing a more educated and highly trained workforce that will enhance the communities we serve in the Inland Empire," continued Bodman.

Linda Gayton, a communications major, shared her experience when applying for colleges

Continued on Pg. 2

CCBriefs:

By **CHERAE HUNT**
Staff Writer

Missouri speaker admits to having sexual relationship with teen intern

John Diehl, Missouri Speaker of the House, has admitted to having a sexual relationship with a teen intern after text messages were leaked to the media.

After a month of denial he admitted to the affair and the text messages on Wednesday, May 6, 2015 with a statement where he takes full responsibility for his actions.

The internship was not only cancelled for the Diehl intern but also for all the students in the internship, according to *The Kansas City Star*.

Paid service can end relationship for you

There is a service in Australia that can break up with your significant other for you, if you have difficulty doing it, according to brobible.com

"People don't like the confrontation. People are scared of it. It's a much needed service because it takes the fear out of breaking up," said the creator of the service, Kristy Mazins.

There are different packages from a simple text message to actually sending a person to break up the relationship via telegram.

"The service isn't in the U.S. yet but it is on its way," said Mazins.

Atomic wedgie leads to death of father

Brad Davis, from Pottawatomie County, Oklahoma, pleaded guilty to killing his stepfather by giving him an atomic wedgie.

Prosecutors are pushing for a 35-year sentence, according to the report by ABC 7 Eyewitness News.

Davis' mother said that the incident was a result of a drunken fight between father and son.

Hackers use Starbucks app to rob people blind

Hackers are stealing money from bank accounts, credit cards, and PayPal accounts using the Starbucks app.

They break into a victim's Starbucks account online, add a new gift card, transfer funds over and repeat the process every time the original card reloads, according to an article by Jose Paggiery on money.cnn.com.

Starbucks stated the hacking is not due to weak app security, but to poor customer password protection within their account.

"Hearing about this I will never pay with my Starbucks app again. Hackers are too smart nowadays," said student Daniella Sanchez.

NSA now can't spy on you

By **JORGE CAMPOS**
Staff Writer

The House of Representatives passed the USA Freedom Act to end the National Security Agency's (NSA) cellular spying program.

The American spying program automatically collects and records people's phone information and was ruled illegal on Thursday, May 7.

Congress will now have to immediately decide whether or not to end or replace the controversial anti-terrorist surveillance system, according to *The Telegraph*.

The bill passed with a vote of 388-88, putting an end to the government's collection of phone records, according to wired.com.

However, the USA Freedom Act, which will stop the NSA from acquiring

access to this information, is not in the clear yet. The bill must go to the U.S. Senate for a vote to be approved.

In June 2013, Edward Snowden, former government security contractor, exposed the agency's collection of the "bulk telephony metadata." Metadata includes the existence and duration of calls made but do not have access to the content of the conversations, according to reuters.com.

The bill calls for the records to be retained by telecoms and forces the NSA to acquire court orders from the Foreign Intelligence Surveillance Court to gain access to them.

It also requires the agency to use specific search terms to narrow its access to only relevant records.

The White House supports the reforms, saying the bill protects privacy while preserving essential national security

authorities, according to *The Telegraph*.

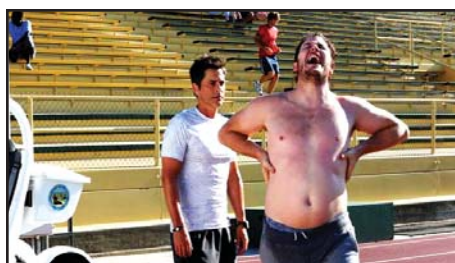
Supporters of the USA Freedom Act in the Senate are now under pressure to pass it by May 22, when Section 215 of the Patriot Act expires, according to wired.com.



More work ahead for grads, [pg. 6](#)



Fans crave more of The Growlers, [pg. 8](#)



"Dad bod" gains momentum, [pg. 12](#)



Summer workouts, [pg. 16](#)

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CSUSB degrees ranked for success

and considering CSUSB.

“When I was applying for colleges, I considered CSUSB as one of my top schools because my older sister graduated from here and she recommended that it would be a good choice,” said Gayton.

“After I was accepted, I was satisfied with my decision,” continued Gayton.

In other recent surveys and rankings, CSUSB was ranked No.22 among the “Top Regional Public Universities” in the west by U.S. News and World Report and was named one of the “Best in the West” colleges and universities by The Princeton Review, according to a CSUSB Public Affairs’ press release.

CSUSB was also featured on the Forbes list of “America’s Best Colleges” for Hispanic students.

CSUSB has a graduation rate of 44.3 percent in comparison to Cal State Los Angeles, which is ranked No.6 but has an overall graduation rate of 36.7 percent, according to The Washington Monthly.

“I chose CSUSB because it is closer to home and I’ve really enjoyed my four years here. The school has a lot to offer,” said soon to be graduate, Vanessa Banuelos.



“This is yet another example from recent rankings showing the value added by a CSUSB degree.”

Andy Bodman
CSUSB Provost

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Despite progress, some states underwater

By **JORGE CAMPOS**
Staff Writer

Nearly 50 percent of America expects gaps in state budgets as a result of the recent lean U.S. economy.

An analysis of statehouse finance around the country shows that at least 22 states project shortfalls for the coming fiscal year, according to the Associated Press.

The shortage recalls the depression era anxiety about reducing the tax revenue and deep cuts to education, social services and other government-funded programs.

Other states have been hurt by a steep decline in oil

prices or have seen their efforts to promote growth through tax cuts fail to work as anticipated, according to The Huffington Post.

The result would separate the nations between states such as California and Colorado, which are riding a wave of economic recovery and others such as Illinois and Pennsylvania are closer to an economical decline, according to the Associated Press.

Alabama, for example, faces a \$290-million loss after a voter-approved bailout expires at the end of the current fiscal year, according to The Huffington Post.

"The expected budget cuts could create a \$27 million

hole in the state's court system, forcing more than 600 layoffs and leaving only one juvenile probation officer and two clerical staffers in each county," stated Administrative Director for the Alabama Unified Judicial System Rich Hobson.

"If nothing is done, the courts will not have the staff to send jury notices, monitor juvenile delinquents, process protection orders and collect and distribute child support payments," stated Hobson.

To avoid cuts, Republican Gov. Robert Bentley proposed raising \$541 million through increases in tobacco and automobile taxes, according to The Huffington Post.

Social Security to run out of money

By **ALEXANDER DOUGLAS**
Staff Writer

Social Security trust funds for retirement and disability programs will be depleted by 2033.

When these trust funds are depleted, the annual revenue from payroll tax is projected to cover only 75 percent of benefits until 2088, according to the Social Security and Medicare Trustees' 2014 report.

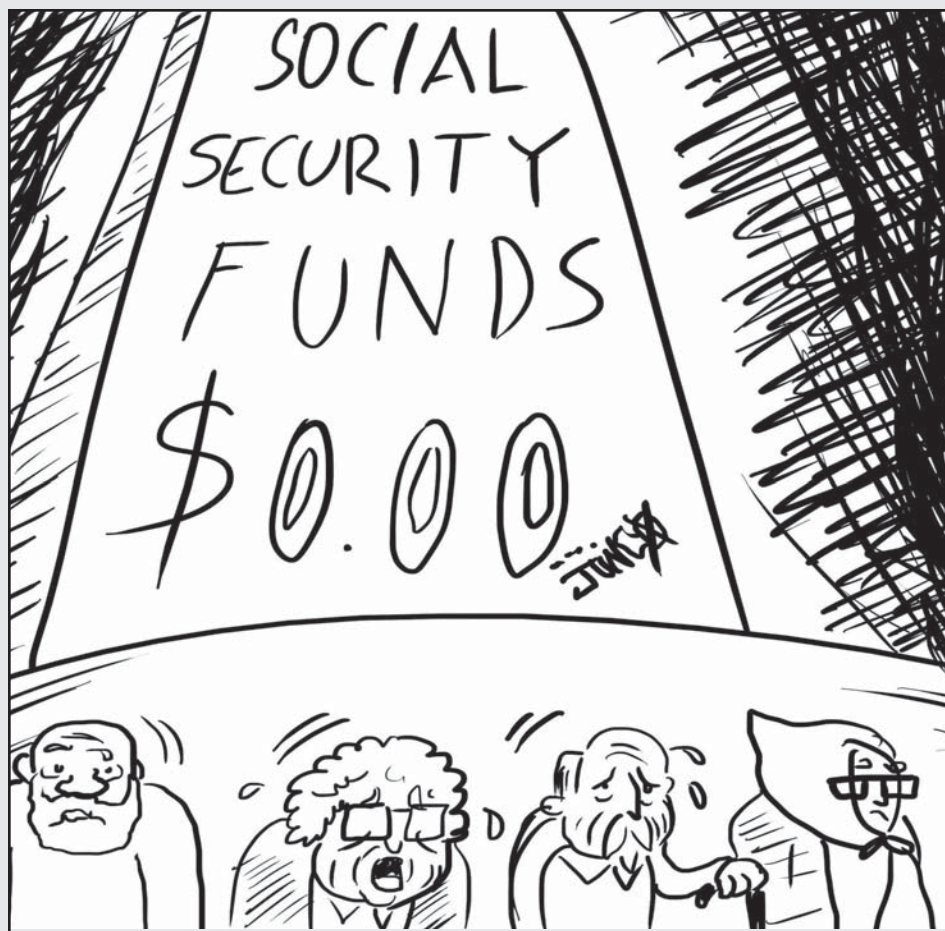
The youngest baby boomers will have reached age 67 by 2031, which is nearly double the number in 2008, according to CNBC.

Commissioner of the Social Security Administration, Carolyn Colvin, stressed the importance of the situation and stated, "I don't want to be dramatic, but I've worked with this population my whole career. I think we would give them a death sentence."

President Barack Obama's 2016 budget proposed to reallocate funds from the Old-Age and Survivors Insurance Trust Fund and benefits would not be reduced after 2016, pushing the problems onto the old-age, which would not entirely alleviate the problem, according to Forbes magazine.

Studies from researchers at Harvard University and Dartmouth College found that the Social Security Administration has overstated the financial health of the program's trust funds since 2000, according to *USA Today*.

"These biases are getting bigger and they are substantial. Social Security



Joaquin Junco Jr. | Chronicle Illustration

Social Security funds are expected to run out by 2033, according to the Social Security and Medicare Trustees' 2014 report.

is going to be insolvent before everyone thinks," stated Gary King researcher and co-author of the studies conducted at Harvard University.

The study calculates the unfunded obligations of Social Security with the "infinite horizon" method and estimates

\$24.9 trillion unfunded liabilities compared to \$10.6 trillion projected in 2088.

"After 2000, forecast errors became increasingly biased, and in the same direction. Trustee Reports after 2000 all overestimated the assets in the program and overestimated solvency of the Trust

Funds," stated the study.

With the Social Security funds predicted to decrease, people are getting more worried that they won't receive their full benefits.

"It's poop. As a citizen, if we put in the work all these years I feel cheated," said student Camilla Dababneh.

According to U.S. News & World Report, people retire if they: don't need the money, need the money, are in poor health or fear the government will lower benefits.

Many choose to retire at age 62, but doing so results in a reduction of around 30 percent to your benefits, according to the Social Security Administration.

About 10 retirees claim their Social Security benefits before they reach the age where they can collect full benefits, according to a survey by Franklin Templeton Investments.

Another problem is that people not close to retirement do not think about their Social Security.

"It's never been a priority on my list," said student Lukas Montes. "I never hear anyone talk about Social Security."

More than half of Americans between ages 18 and 29 believe that Social Security will exist by their retirement, according to a poll from iOMe Challenge.

When told that her Social Security benefits would be cut, Dababneh asked, "If older generations work just as much as us and they get more money, how is that fair to us?"

More changes coming to Career Center

By **RANDALL HIGGINS**
Staff Writer

"At the end of the day we want our students not only to graduate from CSUSB, but to also have a job," said Edgar Perez, the employee relations coordinator at CSUSB's Career Center.

Perez' job is to make a connection between an employer and a student. He joined the Career Center about a week ago, and brought six years of experience in higher education, as well as a Master's in Business Administration in organizational leadership.

Staff in the Career Center are trying to develop a stronger relationship between faculty and staff on campus.

Perez will not only be contacting potential employers, but also setting up monthly network meetings with them.

Expect to see not only more e-mails and posters, but also more tables and brochures where students can learn what the Career Center can do for them.

There will be more opportunities, more outreach, and more fairs at different times of the day, morning, and afternoon.

There will also be more classroom workshops where students will learn how to network, build strong resumes, and use LinkedIn.

Also available in the Career Center are mock interviews, which serve as a valuable tool for students. Career Center Interim Director, Christina Rodriguez, encouraged students to attend employer information sessions provided on campus.

The Career Center offers mini job fairs that present students with an opportunity to interact and converse with future employers, explained Rodriguez. To attend these job fairs, students must register beforehand.

Students should take advantage of all the services the Career Center has to offer, including the Clothes Closet, where they can get a tie, or even a suit.

The next mini job fair is on May 19, and is already

fully booked.

"There may still be some available spots on the June 4 fair," said Rodriguez.

An e-mail from Health 101 points out that this is not just for seniors, but will also help other undergraduate students find summer jobs.

The new Internship Coordinator, Erica Alexander, will help those who seek internships. If the internship is with an intergovernmental agency or a non-profit entity, Alexander will help with a stipend. The money is \$1,000 and comes from the student fees, explained Rodriguez.

Alexander focuses on the internships, but still helps with resumes, interview preparation, and finding internship positions.

Rodriguez reminded students that while the Career Center staff encourages students to stop by and meet with them, they also have a web site where students can access the database and find out what the Career Center has to offer.



College of Business has an “Impact”

By **ERIKA FLORES**
Staff Writer

The College of Business and Public Administration (CBPA) has many services for students.

With five different departments in fields like accounting and finance, information and decision sciences, management, marketing and public administration, the CBPA has many opportunities for students to expand and grow in these fields.

The Student Services Center is located in Jack Brown Hall, Room 134.

The center is an office dedicated to CBPA students where academic advising, internships and career services are available for those who would like to receive assistance in the transition from college to career exploration.

According to the Student Services Center, their mission is to provide “a one-stop shop, students bridge the connection to on and off-campus resources, people and programs, enhancing the educational experience and ultimately, student success.”

Jessica Chavez, the internship coordinator, is actively involved with helping

students reach their professional goals.

They have workshops accessible to students who are interested in learning about internships, specifically how to prepare for one, how to properly search for internships and what the requirements are.

These workshops aimed for student success are an asset that many students should look into when looking to grow professionally.

The academic advisor for CBPA students, Ellie Gault, is also available for students who are in need of advising.

The academic advising aspect is in an additional office within the Student Services Center where students can come in and get assistance in better understanding their PAWS report, obtaining forms necessary to register and they can also help with determining a concentration.

The Student Services Center has what is called CBPA Connect that is primarily for CBPA students.

This online tool helps CBPA students have interactive access to a calendar with available appointments for the Student Services Center, get connected with job opportunities, attain internship information, and have specific library resources. However, this center is not the only re-

source for CBPA students.

The office for Master’s in Business Administration is also one that has essential information for soon-to-be graduate students with information about their programs and their requirements.

This office is located in Jack Brown, Room 283, and aims to prepare students for “positions of high responsibility and leadership within Business Administration,” according to their mission statement.

Within this office is the Graduate Career Advisor, Pamela Abell, who serves to teach students how to work a career fair, job search strategies and life planning skills. The CBPA also strives to recognize the departments and students’ achievements through the Impact magazine.

Impact’s purpose is to bring awareness to students and community members of upcoming events, accreditations and awards received by students. Through the magazine, students can learn about the scholarship recipients in addition to the International Exchange Program.

Continued Online
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Coyote health important to CSUSB

By **CECILIA GUTIERREZ**
Staff Writer

X-rays, pap smears, lab work, and birth control are just a few of the many services provided by the Student Health Center (SHC).

The doctors, nurse practitioners, nurses, pharmacists and health educators of CSUSB SHC are dedicated to providing the highest degree of health care to university students.

Specific services provided by SHC include a medical clinic, laboratory services, a pharmacy, STI/STD testing, women’s health immunizations, health and wellness promotion services and confidential medical services.

Most of the services provided by the department are either covered by the student health fee or carry additional fees.

Some fees may be applied to specialty services, procedures, labs, vaccines, prescriptions and/or supplies. Costs are subject to change depending on these factors, therefore consultation is necessary when determining costs.

The SHC also works with several other health sectors on campus in the hopes of providing quality services and promoting health awareness.

Family Planning, Access, Care and Treatment (PACT) program, a service compatible with SHC, focuses primarily on reproductive health.

They provide confidential family planning and services like no cost birth control, condoms, emergency contracep-

tion and reproductive health screenings.

Again, consultation is needed in determining if a student qualifies.

Quality health and promotion does not only take place within the walls of SHC.

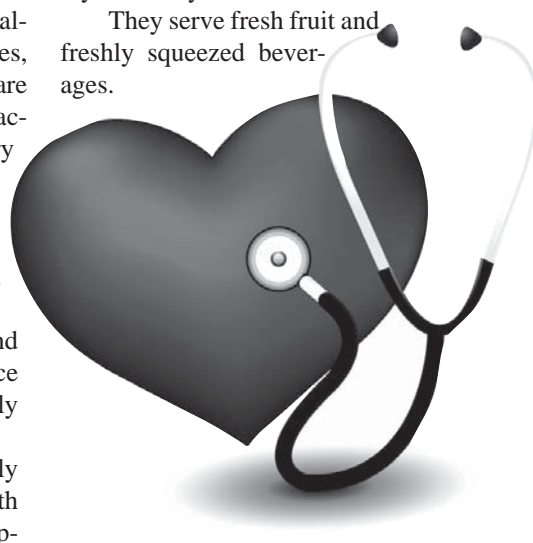
Thr!ve, in particular, is a sector that promotes healthy living and vitality outside the SHC building.

Prevention is essential to staying healthy and Thr!ve promotes this through monthly health education outreach campaigns.

Some of the events they are involved in include Breast Cancer Awareness Month, World AIDS Day and American Heart Health Month.

Another service outside the SHC building is the Coyote Produce Stand, which sits in front of University Hall every Thursday.

They serve fresh fruit and freshly squeezed beverages.



The produce stand has been here on campus for nearly three years now and it helps promote healthy eating, giving students a convenient alternative to the other less healthy foods here on campus.

Debrianna Gonzalez, a CSUSB junior, references these health care services as “really convenient.”

“We should all be taking advantage of these services. Unfortunately, a lot of people think they don’t qualify or are kind of scared. But this is our health and we should be making every effort to stay healthy,” said Gonzalez.

Gonzalez added, “We only get one body and one life; we need to take care of it.”

Indeed, confronting health issues can be of great difficulty.

There are many departments that come together to promote health awareness. However, it is up to you, the student, to reach out to these services.

Even if you already have health insurance, the Student Health fee is mandatory. So if you need any type of health service, you should take advantage of these quality, convenient and affordable facilities while you can.

You can make an appointment at the Student Health Center by going online to coyotehealth.csusb.edu.

You may also attain more information by calling (909) 537-5241 or by stopping by the SHC located to the right of the Santos Manuel Student Union. The SHC is open Monday through Friday from 8 a.m. to 5 p.m.

Benefits of joining a club or organization

By **CECILIA GUTIERREZ**
Staff Writer

Being a part of a club or organization may be the one aspect that sets you apart in a job interview.

Employers are looking for more in potential employees.

Becoming a part of clubs and organizations on campus not only means you were involved, but it also demonstrates that you strive for new experiences, want to meet new people and actually become a part of school affairs.

CSUSB’s Student Leadership and Development (SLD) department encompasses system-wide leadership experience through co-curricular program involvement.

There are more than 100 clubs and organizations on campus to suit nearly every interest.

SLD works alongside these clubs and organizations by providing ongoing workshops and advising sessions for potential student leaders.

Being a part of clubs and organizations offers students time management, leadership and networking skills.

Clubs and organizations offer opportunities for students to challenge themselves with new responsibilities while also providing educational, social, and recreational experiences intended to enrich a student’s life far beyond college.

Not only do these clubs offer personal benefits, but they also provide opportunities for students to go above and beyond in helping the public and getting involved in community services.

The sorority Alpha Phi, for example, has participated in many community service events this year.

Some of the community events they have participated in include servicing at Helping Hands Pantry, reading at multiple elementary schools, participating in Career Days at middle schools and assisting as tour leaders for Chino Hills Wetlands’ Annual Earth Day.

Alpha Phi alone offers community service two to three times a month.

Every club and organization is unique in the services they provide.

Each individual club and organization strengthens a student and builds these leadership characteristics employers are looking for.

If there is not a club that fits your particular interests, it is actually possible to start your own.

For further guidance, you may contact the SLD office at (909) 537-5234 or visit the SLD office in the Santos Manuel Student Union in Room 203.

Each individual club and organization strengthens a student and builds these leadership characteristics employers are looking for.

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Immigrants should be legal

By **KASSANDRA GARCIA**
Staff Writer

“Illegal” immigration has been the defining characteristic since before our country began.

So I cannot help but cringe whenever I hear anti-immigration protesters use “stop illegal alien invasion” and “make America, American again” as a means to get their point across.

In my opinion, this type of abrasive language contributes to the animosity towards immigrants which allows these individuals to be dehumanized.

On top of that, it makes me question the logic behind anti-immigration supporters.

Have they forgotten that this country was established by immigrants and not once were they referred to as alien or illegal?

“Repetition of phrases like ‘illegal immigrants’ is like a poison that infects society,” said Charles Garcia of CNN.

The terms “illegal” and “alien” were first coined in the 1920s after those who previously settled began to find mass immigration as a danger to the health and security of their newly established country, the United States.

Ironically enough, immigration reforms were established by immigrants for immigrants.

I understand that illegal immigration is a huge issue but the term “illegal alien” was born to stigmatize undocumented immigrants and in no way helps the United States’ immigration problem.

Anti-immigration protesters argue that the use of these terms are not used pejoratively, but are used as an accurate description of immigrants.

According to Elie Wiesel, Nobel Peace Prize winner and Holocaust survivor, the use of “illegal

alien” is inaccurate, offensive and should be eliminated from our public discourse.

I strongly agree with Wiesel. When you label someone an “illegal alien” or “illegal immigrant” or just plain “illegal,” you are effectively saying the individual, as opposed to their actions, is unlawful.

“You who are so-called illegal aliens must know that no human being is illegal,” said Elie Wiesel. According to the Immigration and Nationality Act, being “illegally” present in the United States is a civil violation, not a criminal one.

“The terms imply the very existence of unauthorized migrants in America and label them less than. These terms criminalize and dehumanize immigrants,” said student Ashley Vargas.

Why are undocumented immigrants today seen as an “alien” or an “illegal”? Why are they dehumanized and frowned upon when this whole country was founded on immigration?

“It’s crazy that people think it’s okay to even call someone an alien. My dad first came here

without papers and told us how poorly he was treated because of it,” said a student who asked to remain anonymous.

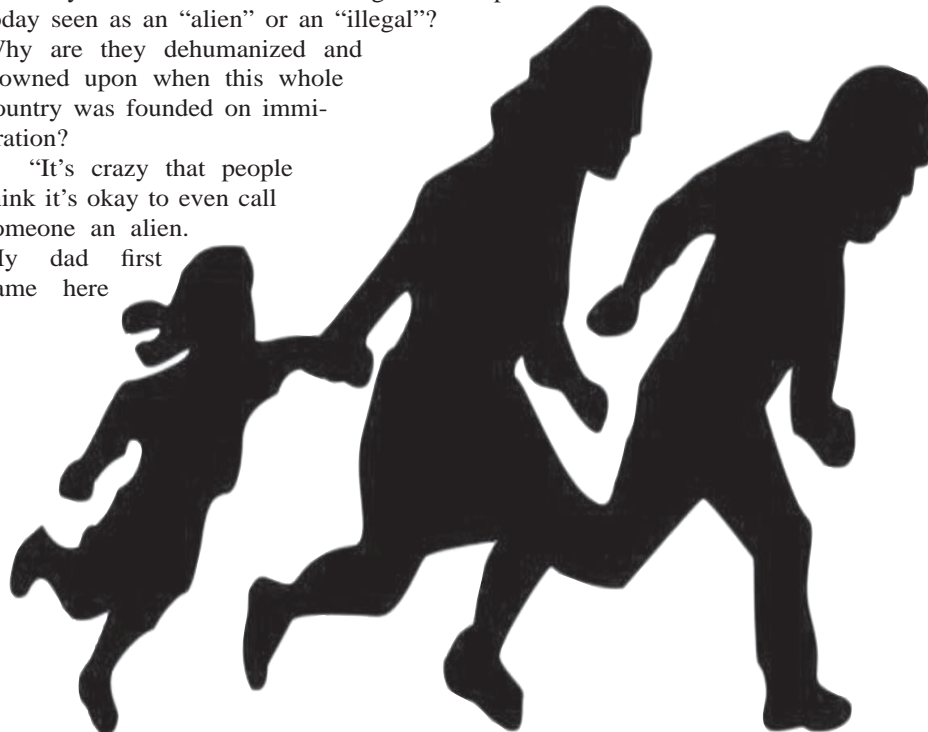
“We’re all here legally, including my dad, now, and he’s so happy because he doesn’t have to deal with the torment,” added the student.

This whole “stop alien invasion and reclaim America” protest is ridiculous.

People trying to reclaim something that was never rightfully theirs is hilarious.

So the fact that these protesters even argue deportation and use stigmatizing and dehumanizing terminology is ironic.

Don’t preach about how all illegal aliens need to be deported because if that were truly the case, anti-immigration protesters along with everyone else should be deported.



CAUTION

Some SJWs are ignorant

By **BRITTANIE GUTIERREZ**
Staff Writer

The average person pretends to know what they are talking about, but in reality know only shallow surface points of the social issue or topic they are arguing.

Cue the social justice warriors (SJW), passionate social issue advocates, who start blogs, web pages, and petitions to persistently “enlighten” people who either do not care or do not know about certain social issues like feminism or abortion.

However, often times these individuals are misinformed or ill-informed about the issues they are advocating or attempting to raise public awareness about.

According to Urban Dictionary, an SJW is “an individual who repeatedly and vehemently engages in arguments of social justice on the Internet, often in a shallow or not well-thought-out way, for the purpose of raising their own personal reputation.”

“I feel like they should learn more about the topic before speaking on social media because that’s how misunderstandings come about and then could be seen as ignorant,” said student Jamey Johnson.

SJW are often ignorant of important informational proponents about social issues or topics that could change their mind.

Continued Online
[@coyotechronicle.net](http://coyotechronicle.net)

Degree marks “beginning” for grads

By **JESY AMARO**
Staff Writer

College graduates should develop their networking and personal skills in their field of interest to increase their chances of being hired by a company of their desire.

Graduation season is right around the corner and starting to pay off loans never seemed so close.

Fear not, graduate, for the job market is hiring, but are you worthy of the job market?

There is a misconception students believe about graduate degrees certifying them for any job position of their choosing, however, having a degree only certifies that graduates are qualified learners.

Worry not, for the networking and personal skills you have learned and developed can help your future employer train and shape you into their most valued employee.

Networking is important to a college graduate since it broadens their opportunities in the workforce because it provides insight and experience in making bonds with companies for future referencing.

If students need help with developing networks or personal skills, they can visit the Career Center.

“If they [students] saw us early, we’ve helped them apply for and secure intern-

ships, we’ve helped them find research opportunities in their field, we’ve helped them connect with employers or community partners for volunteer activities,” said CSUSB Career Center Interim Director Christina Rodriguez.

“We’ve done all of these things and so they’ve developed a network as they work with us,” added Rodriguez.

Personal skills help the alumni candidates to stand out from the rest of the applicants. These skills can be knowing how to adapt to changes, work in a timely fashion and be able to communicate with others.

I believe confidence is an excellent skill to cultivate because it creates a sense of understanding and leadership attitude to glide easily through work responsibilities, along with representing the company’s title in a positive manner.

Although CSUSB students seek for employment in the Inland Empire, it is wise to broaden their search by looking outside of this region.

“One of the biggest obstacles facing our students is that they don’t want to leave the Inland Empire, and there’s not enough employment to support everyone,” said Rodriguez.

The top three nearby cities willing to hire college graduates are San Diego, San Jose, and San Francisco, according to Forbes.com.



Jesy Amaro/Chronicle Photo

These cities are willing to hire freshly new graduates to the workforce due to the fact that they are cities that have the resources to provide growth for the community.

With that being said, do not feel discouraged if you do not land your first job opportunity because there will always be plenty of more cities looking to hire recent college graduates.

Job market opportunities are always changing, therefore do not expect the dream job at first glance to be offered, but rather, work hard and keep persevering.

Achieving a college degree marks the start for a new beginning.

Do not let the misconception of simply earning a degree fool you into thinking that you learned all there is to know about networking and personal skills.



Dancing the night away

By **MARVIN GARCIA**
Staff Writer

CSUSB is breaking new ground with electronic dance music (EDM).

The Santos Manuel Student Union (SMSU) Program Board and CSUSB's DJ Output Club brought the wonder with Coyote Wonderland, letting students rave the hell out of their minds and party during an unforgettable night on May 8.

This event had it all; the ambiance, music, lights, wildness, and an overwhelming, packed dance floor at the mercy of an incredibly talented disk jockey who showed energy and style.

This was the night where spirits elevated to the beat of EDM.

"For a couple of years, people have been wanting EDM music in gathering events having said they were getting tired on the hip-hop," said Giacomo Thillet, a SMSU Program Board student assistant.

He added, "We want to tailor our music to particular crowds and we don't want to leave anybody out."

Organized through a collaboration between the two groups, Coyote Wonderland was the first of its kind on our campus.

The DJ Output Club aimed to emulate Insomniac,

a nocturnal sensation, practically the essence of what EDM is all about.

According to Thillet, this was a big move for both groups since in past events, students were not all too inclined or had a preference to this type of genre.

Yet, with the current popularity and growing market of EDM, this gave more than enough incentive to formulate something strictly based around this genre and true to its core.

"Compared to past events, this became one of the biggest we ever had, period," concluded Thillet.

The overall reaction was positive. Normally after an event people give their feedback; it started strong and ended strong.

"The night was amazing. The DJs made it what it was; it was a thing of the moment, you just got hypnotized," said attendee Jazmine Mendoza.

In the end, Coyote Wonderland had a turnout of about 1,200 people, who attended from beginning to end. Due to the great reception, there is great promise of making Coyote Wonderland an annual event.

The SMSU Program Board and DJ Output Club's next big event is Coyote Fest 2015, with DJ Wall-E owning the floor.

If you missed Coyote Wonderland, make sure to not miss the fun at the end of the year party!

Surfing Psychedelic Wave



Photo courtesy of Kappa2

The Growlers put on a spectacular show at The Observatory in San Diego leaving fans in a psychedelic trance with their innovative sound.

By **RAPHAEL DUNN**
Staff Writer

The Growlers made a triumphant return to the West Coast last week, performing at The Observatory North Park in San Diego, Calif. on May 9.

The band formed in 2006 in Costa Mesa, Calif. and are known for their heavy fusion of rock and psychedelic sounds; a genre they call Beach Goth.

The band is composed of Brooks Nielsen (vocals), Matt Taylor (lead guitar), Scott Montoya (drums), Anthony Perry (bass), and Kyle Straka (keyboards) who all bear a striking resemblance to The Doors, a rock band from the late 60s.

My night began with standing in line outside of an abandoned building for almost two hours.

I found myself surrounded by young fans with shabby-looking hair, flannel shirts, mix-matched clothes that looked like they belonged to an old man, all while sporting Chuck Taylors or Doc Martins; I was basically surrounded by what I would imagine thrift store models would look like.

Once inside, we had to listen and watch a shirtless, six-foot-five White boy with long, blonde hair mix old 70s disco records on stage for another two hours.

“Dude, I don’t know who this guy is but he’s the worst warm-up act I’ve ever seen!” said a couple of audience members.

The show started around 10 p.m. when all the lights went dim except for a hazy purple undertone lighting on stage, which would illuminate a red neon sign that read “The Growlers.”

Reflections of iPhone camera screens

filled the crowd at the perfect moment to make it look like an old rock concert where the fans would flare their lighters in unison.

They opened the show with one of their most upbeat singles, “Drinking the Juice Blues (Hashima)”, that got the crowd roaring, with the chorus being a catchy sing-along.

It immediately got both guys and girls singing along since it is one of their most popular songs filled with raunchy, psychedelic guitar solos.

“One Million Lovers” is one of the bands most famous songs and immediately got a reaction when the crowd heard the keyboard solo in the intro.

Almost all the couples in the crowd were dancing together while belting out the lyrics that seemed to mirror their relationships.

They closed the night with another one

of their most popular tracks, “Love Test.”

All the girls in the audience were on an emotional roller coaster when a spotlight was put on Nielsen as he sang what his definition of a real woman and real love is.

The room then went dark after the band said good night, which left everyone in shock.

It led to the whole crowd eagerly shouting, “Encore! Encore! Encore!”

“They can’t end the show without playing ‘Chinese Fountain’ man, they have to play it!” said a crowd member.

The purple hazy spotlights on the stage were suddenly turned back on as a scroll was unveiled showing a photo of them for the encore performance.

They ended the night by playing “Chinese Fountain”, which elevated the entire crowd to a place of sheer bliss.

Best Coast meets the West Coast

By **TIFFANY MOYES**
Staff Writer

Best Coast, a band formed in Los Angeles in 2009, consists of two members, songwriter, and lead vocalist, Bethany Cosentino, and guitar and multi-instrumentalist, Bobb Bruno.

“California Nights” lacks any originality and does not live up to its previous success.

From the beginning, you are in a trance, and it seems peaceful, but as it progresses from track to track, you begin to wonder if you accidentally hit repeat on the same song.

The variety is lackluster, and the sound is the generic hipster, Indie rock sound.

“I’m not disappointed, but it is like something they have released,” said student Justin Wolcott.

The sounds and tunes of the album make me feel as though I’m in an

American Eagle store just background music that I don’t pay attention too.

With “California Nights” being the first single that was released from the album, this was by far the most impressive as the lyrics were easy to listen to and somewhat enjoyable.

One of the main lyrics of this song is “California nights make me so happy, I could die but I’m trying to stay alive.” This is a lyric that relates to many people who are trying to survive and stay happy in life.

This excitement was not long lived though with another song on the album titled “Heaven Sent”.

The lyrics in this song were very similar to their previous albums and not in a good way.

Cosentino, lacks the vocal range needed to showcase any true emotion.

Throughout the whole album, it seems as though she is singing the

same song over and over again but with different lyrics.

Bruno’s instrumentals would put any person to sleep and has no variety in the sounds he makes.

By the middle of the album, it all just sounds the same, and at one point the songs just sound like a garage band trying to win a high school talent show.

Best Coast is that band that was late to the party, and is trying to catch up.

Its sounds and lack of emotion will keep it from moving forward and it is a surprise to me that they were even able to make another album.

As a duo that is trying to make a name for themselves, they do not distinguish themselves from other duos, such as The White Stripes, Tegan and Sara, and Matt and Kim.

“I’ve never heard of them, and to be honest I thought you had asked me

what coast was the best coast,” said student Jessica Menjivar.

It is no surprise that many of the students here on campus have never heard of Best Coast.

“It’s too echoey, hopefully when they release their next album it will be better, some bands just have a few hits and a few misses,” said student Miguel Torres.

With “California Nights” being the band’s third album, Best Coast has never really been able to live up to its successful first album “Crazy for You” back in 2010.

Their second album, “The Only Place”, had a cleaner sound, but didn’t have as much success as the first.

Best Coast doesn’t seem as though it will ever make a big name for itself, and will soon be one of those bands that took part in the Indie rock era, but never made it.

NETFLIX: The best and worst

By **RACHEL MOLINA**
Staff Writer

When we aren't studying or out with our friends, chances are, we are watching Netflix.

With over 9,000 movies to choose from, we can binge-watch endlessly.

We are bound to, however, stumble across some great films, and some not so great.

Everyone has their opinion on what those movies are, and these are some that CSUSB students can agree on.

A good comedy movie needs to be entertaining, make you laugh, and 1993's "Groundhog Day" (3.7 stars), starring Bill Murray as Phil, fulfills that.

Phil, a self-centered weatherman who is always sent to cover the annual ritual of Groundhog Day, wakes up one day and begins to relive Groundhog Day over and over again.

"I completely agree that this movie is one of the best. It's a simple movie, it's set in one location throughout the entire length of the film but it's awesome! The pop culture references are really hilarious," said student Kimberly Aguirre.

If you aren't in the mood for a comedy, and in search for a good romantic drama, "Silver Lining's Playbook" (4.1 stars) is a good way to go.

Bradley Cooper and Jennifer Lawrence star in this film, which is not your typical romantic drama.

After Pat is released from a mental



Photos courtesy of Sony Pictures, Paramount Pictures, Syfy Films, and Carolco Pictures

hospital, he moves in with his parents in the hopes to win back his wife, until he meets Tiffany who is as crazy as he is.

"I enjoyed this movie and can see why it was chosen. The chemistry between the two leading actors was great," said student Oscar Saldana.

"An action movie should be filled to the brim with explosives, chase scenes and a good story line to follow.

"Terminator 2: Judgement Day" (3.9

stars) was released in 1991, but knew the meaning of a good action film.

Former California Governor, Arnold Schwarzenegger played his iconic role as the reprogrammed Terminator who arrives from the future to protect young John Connor from a shape shifting cyborg.

"In my opinion, 'Terminator 2' is universally seen as a high-rated movie in part, I think, due to the portrayal of a strong female protagonist," said student Gabe

Flores.

"The special effects for that time also makes it a great movie and I've seen it on Netflix several times," continued Flores.

While these movies are highly regarded, there are losers.

"Anchorman 2: The Legend continues" (3.3 stars), starring Will Ferrell, is widely perceived as a bad movie. Aguirre, Flores, and Saldana all agreed on this.

"Comedies are supposed to be funny, and it wasn't. It was also a little weird," said Flores.

When a comedy is bad, that is one thing, but when a romantic movie is bad, that's another story.

I don't know what Jennifer Lopez and Ben Affleck were thinking when they made "Gigli" (2.2 stars). but it is considered by many to be one of the worst romantic comedies on Netflix.

"Not surprised," laughed Aguirre. "I have never seen it but always hear really bad things about it."

Sometimes, however, movies are so bad they are good; "Sharknado" is a good example of that as an action/sci-fi film.

When "Sharknado" (2.6 stars) came out in 2013, the mere fact that a tornado was throwing sharks at people was hilarious.

"It was ridiculously cheesy, and is one of the worst action/sci-fi movies, I mean the title says it all," said Saldana.

Now that some of the best and worst movies have been brought to your attention, let the binge-watching begin.

Schwarzenegger terminates great movie streak

By **JOSE ALVAREZ**
Staff Writer

Our former governor, Arnold Schwarzenegger, stars in a disappointing film.

"Maggie" is a horror-drama film that has been playing in select theaters since its limited release on May 8.

Critics believe the only reason that this film has been getting any traction is because of Schwarzenegger's iconic name.

The plot goes as follows: Maggie, played by Abigail Breslin from "Zombieland," is a teenage girl who gets infected and slowly transforms into a zombie.

Maggie's father Wade, played by Schwarzenegger, is now faced with a difficult decision, either send Maggie to the quarantine zone where she will be killed, or kill his own daughter.

I felt that one of the movie's biggest mistakes was that it never showed the quarantine zone; we merely get a few references to it, letting us know that sending someone there will result in a painful death.

The trailer made this movie seem different and worth a shot, but if I have to be completely honest, I did not have a good time watching this film.

Compared to the multiple zombie films I have seen, like "Land of the Dead" and "28 Days Later," the movie had a slower pace than the film offered.

Overall, the film felt draggy and sluggish, as if there was never anything important present, or as if there was no moral message.



Photo courtesy of Lionsgate

Abigail Breslin and Arnold Schwarzenegger star in "Maggie", a horror-drama film, that is less than superb and highly predictable. Schwarzenegger fans were left with disappointment.

"I wish I would've got to see that quarantine zone they were talking about. It's all kind of a disappointment," said third-year student Juan Elizalde.

"Except for Arnold, I felt that the actors could have done a bit better, I just couldn't get into their world," Elizalde continued.

Schwarzenegger plays a role that's not so typical of him and although it's good to see a different side of him, it throws the movie off balance.

"I was expecting Arnold to play a different role, and he didn't really have any action scenes, which made it weird for

me," said Francisco Guzman, CSUSB student and regular moviegoer.

This movie just seemed confused, as if it didn't know if it wanted to be suspenseful or dramatic, and it ends up doing both very poorly.

Nothing interesting happened, excluding one scene where Maggie had to cut off one of her fingers in order to stop the "virus" from spreading.

This was the only scene that got a reaction from the audience and will be the only scene I will remember from the film.

The movie did not feel like it was aimed at any particular audience and just

seemed like it was released without a purpose.

The ending was highly predictable, especially after Maggie started losing control of herself, turning into a zombie and satisfying her new hunger for flesh.

This scene made it clear that it was too late for her.

Not once did I feel engaged or on the edge of my seat, and it was weird knowing where the suspenseful parts were supposed to be.

Overall, the movie was a downer and it remains to be seen how Schwarzenegger will respond next.

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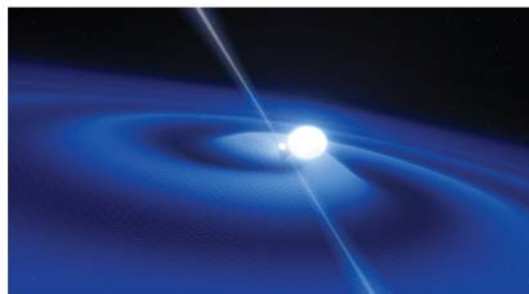
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WILL YOU ROCK THE “DAD BOD?”

By **DANNI YBARRA**
Staff Writer

Growing more and more in popularity, the “dad bod” and the ideals behind it are sweeping the nation.

Defined by Peter Holley of *The Washington Post* as “a shirtless, soft-bellied swain north of 30 who is currently lounging on his couch dipping lightly-salted tortilla chips into a kiddie pool of guacamole.”

“The kind that looks like [he] should be pushing a stroller and Googling high-blood pressure medications,” continued Holley.

A man with a “dad bod” is a man with an average body type, still slightly in-shape, but at the same time, not one you would see in the gym everyday: a normal man.

News outlets across the nation have been covering the topic. Most recently, *The Daily Show* with John Stewart on Comedy Central did a piece on May 12 and said, “what a great day for men!”

Stewart brought on guest Kristen Schaal who commented on how men and their “mostly adequate physique” are praised, while women “will never be able to relax about their bodies the way that men can.”

“It’s annoying that one is acceptable while the other is not,” said student Sonia Culouscou about the idea that women do not have the same relaxed standards as men and their “dad bods.”

“I wish [we could have the same standards], but I don’t think it’s possible because of the media,” continued Culouscou.

However, it is more than just body image. It is also the idea that a man with a “dad bod” “owns a suit, [and] makes car payments on a fuel-efficient vehicle,” stated Holley.

A “dad bod” conveys the idea that the man inside is responsible, ready for a family (or already has one), and is interested in more than

just his appearance, but rather his emotional state and interpersonal relationships as well.

With that idea in mind, male students were asked about their outlook on the “dad bod.”

“It’s not really the type of body I want at this stage in my life,” said student Moses Bernabe.

“But I’d be okay with it later on in life, probably. I’ll probably be too busy to care about it. I’ll be focused on more important things,” continued Bernabe.

Student Michael Banks feels it may not be the healthiest lifestyle to live. Being an athlete, he has “always needed [his] body,” and that is the body type he is most comfortable with.

In regards to other men, Banks believes as long as they’re comfortable with their bodies, that is all that matters. While some men can potentially become insecure of their “dad bod,” a study conducted by the University of Aberdeen concluded that women from wealthier countries prefer men with a “dad bod” over one with more muscular features.

“My boyfriend has a “dad bod” and I absolutely love it,” said student Tiffany Shubin.

“I don’t need a man with all that muscle, I like to cuddle with someone that’s not rock hard,” continued Shubin.

“Dad bod” or not, Schaal encourages men to “show off how your looks are not what society values most in you.”

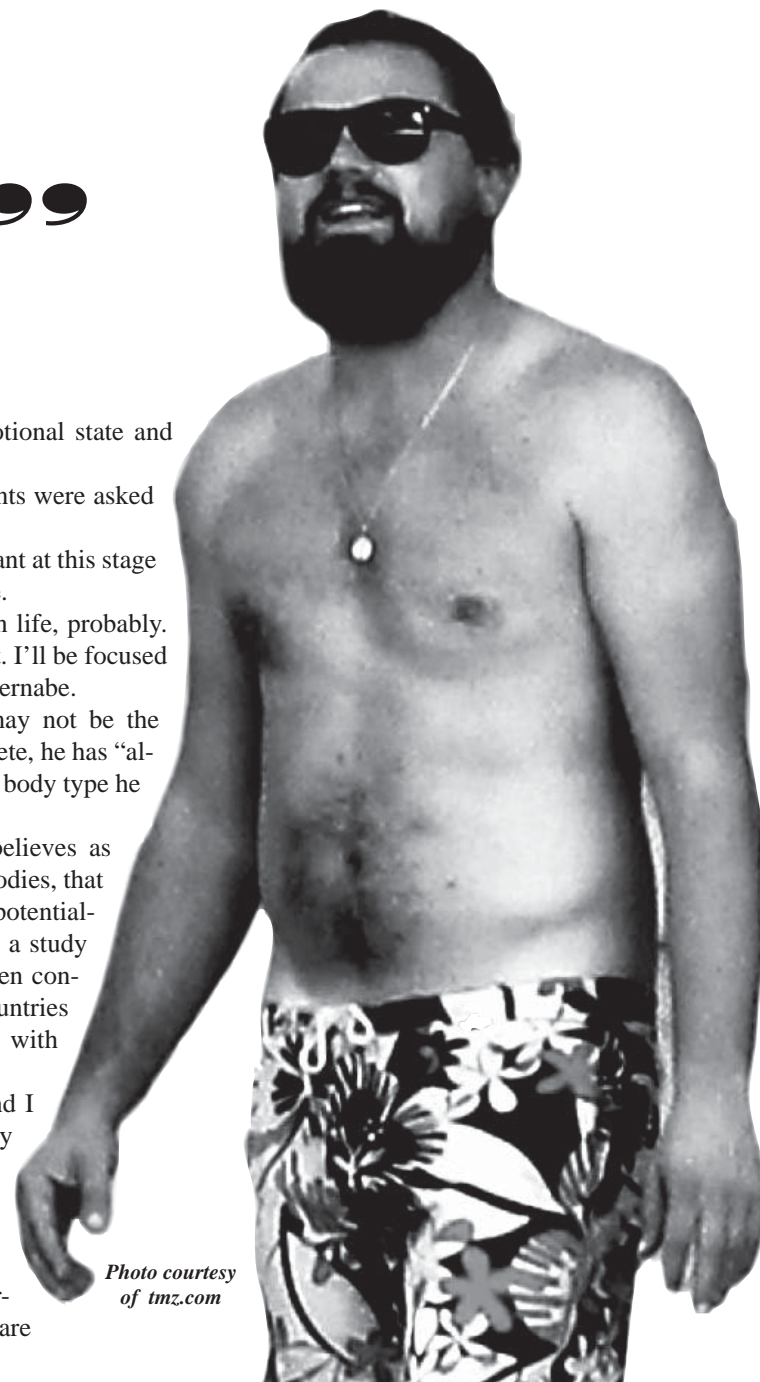


Photo courtesy of tmz.com

Restaurant Review:



*I Grill,
U-Grill,
we Grill*



Chronicle Photos // Jessica Arciniega

U-Grill is an all-you-can-eat Korean BBQ restaurant that has newly opened. The food is prepared before your eyes and in any way you would like because at U-Grill, you become the chef. Of course, the staff may guide you upon request.

By **JESSICA ARCINIEGA**
Staff Writer

Delicious and top quality food can be found at U-Grill, an up-and-coming, all-you-can-eat Korean BBQ restaurant.

Not only does the restaurant give you the option to cook for yourself, but the staff is willing to guide you through the process.

U-Grill, located just off 15 Interstate at 12728 Foothill Blvd, Rancho Cucamonga, CA 91739, opened its doors during mid-March for their soft opening and is awaiting their grand opening.

The restaurant aims to be more authentic rather than an Americanized environment in which surrounding Korean grills advertise with their dim lighting and younger-aged audience.

Instead, the restaurant welcomes all

ages and sets the tone for a family-oriented setting.

Staff immediately greets you from the front podium, inviting you into their Korean experience – leading you to the table equipped with a grill.

The restaurant offers alcoholic beverages, such as beer and cocktails, for those who need a break from studying.

There are three all-you-can-eat, wide-ranged menus to choose from: lunch menu at \$14.99, dinner menu A at \$17.99, and dinner menu B at \$21.99.

Prices differ from each menu due to the options you get to choose from. The restaurant doesn’t hold back on bringing you a bang for your buck.

The menu’s proteins vary from beef, pork, and chicken, while the restaurants sides include their popular dishes such as cheese corn, kimchi rice soup, and steamed egg bowls.

The table is set up with eight complimentary condiments, six vegetables, potatoes, and fish cake, along with two wraps: rice paper and *gochujang*, a pepper paste sauce. These condiments are suggested for added flavor to eat with your choice of meat.

First, non-marinated meat should be cooked. Pork is suggested to be cooked second due to the grease it releases. The pork grease prevents the following meat, which is marinated, to not stick to the pan.

Keep in mind, the soiled pan may be switched out with a new one to maintain and bring out the natural flavors.

The staff of U-Grill strives to offer you the best service. They are attentive to your needs, making great efforts to assist you before you ask.

Servers, management, and even the service assistants will go out of their way to help you with whatever you need.

Almost all reviews on Yelp mention how service is on-point, courteous, great, and helpful.

Reviews range from four to five stars; many go on and on about how exceptional the restaurant aims to be.

Mike Lee, their marketing agent, gave me a tip to never forget my ABC’s — always be cooking — so you never have to wait to eat the next course.

“If you want the best KBBQ, come here! Better than Gen KBBQ,” stated Andrew A. via Yelp.

You no longer have to look for the right Korean BBQ that offers a casual, inexpensive, and welcoming atmosphere.

If you want to check out more of what U-Grill provides, they currently advertise on Instagram and Facebook as UGRILLBQ, which include pictures of their plates and quick tips on how to properly cook them.

FRENCH CUISINE A LA AWESOME

A lot of people think French cuisine is sophisticated and too complicated to prepare. As a student, the last thing I want is to spend hours cooking something that I'm going to eat in 15 minutes.

By PAULINE FONTANAUD
Staff Writer



Ratatouille (left) is a vegetable casserole that may also be prepared as a stew. Americans can think of the Tarte Tatin (right) as an upside down apple pie flipped over.

My mother taught me some recipes native to my home country, France, that anyone could do.

Ratatouille and Tarte Tatin are recipes that are both perfect for lunch or dinner, all year-round. Ratatouille is a typical Provençal dish. It's a quick and simple vegetable casserole to make, and delicious to eat.

Preparation Time: 15 to 20 minutes

Cooking Time: 60 minutes

Yields 4 to 6 servings.

Ingredients

- 1/3 cup extra virgin olive oil, plus more as needed
- 3 medium red bell peppers, cored, seeded.
- 6 medium tomatoes
- 3 medium Japanese eggplants
- 5 medium zucchinis
- 1/4 cup packed parsley - flat leaf, roughly chopped
- 1/4 cup packed basil, roughly

chopped

- Salt to taste

Preheat your oven to 400 degrees Fahrenheit. Slice the red bell peppers and the tomatoes in 6 to 8 pieces. Cut the eggplants and zucchinis into 1/2-inch thick rounds.

Put all of the vegetables in a 9 inch by 13 inch glass dish. Add the parsley and basil. Stir everything together to have a consistent mix.

Pour the olive oil all over the vegetables. You can add some more if you want.

Put your dish in the oven. Cook for 1 hour at 400 degrees Fahrenheit. Stir the vegetables up together every 20 minutes.

Voilà, you're ready to enjoy.

An alternative preparation often done in France includes eating the Ratatouille with fried or soft-boiled eggs.

You may prepare them separately and mix them together later or cook them with in the Ratatouille in a frying pan.

The Tarte Tatin is one of those desserts you can find in a majority of French restaurants.

Think of an apple pie prepared upside down and served right side up.

Bonne nouvelle, it's super simple to do.

Preparation time: 15 minutes

Cooking Time: 30 minutes

Makes a 10-inch pie.

Ingredients

- 3 large Braeburn apples, or use a mix of Honeycrisp and Granny Smith, peeled, cored, and sliced in quarters
- 1 9-inch unbaked pie crust
- 3 tablespoons of non-salted butter
- 3/4 cup of white sugar

Preheat your oven to 425 degrees Fahrenheit.

Coat a 10 inch oven-proof skillet with butter.

Pour the sugar evenly over the top of

the butter.

Position the apple quarters on top of the butter and sugar in a circular pattern.

Place the skillet over medium-high heat and cook until the butter melts and the sugar dissolves and begins to caramelize.

Continue to cook until the apples soften and the caramel begins to brown (10 to 12 minutes).

Remove from heat.

Roll pie dough into an 11-inch circle.

Place it on top of the apples and tuck in its edges around them.

Bake in the preheated oven until crust is golden brown (about 20 minutes).

Let the dessert cool down for 5 minutes. Place a plate over the top of the pan and carefully invert to release the tarte from the pan.

In France, we tend to savor our Tarte Tatin with *crème fraîche* or *crème anglaise* (vanilla custard).

Bon appetit!

"2 DRUNK 2 CARE" DRIVER JAILED



Photos courtesy of smokingwithstyle.com

Kaila Mendoza (not pictured above) was sentenced to 24 years in jail for manslaughter and vehicular homicide. She crashed into another car while under the influence. The accident resulted in the death of her friends who were in the other car.

By WOOJUNG CHOI

Staff Writer

"2 drunk 2 care" driver Kaila Mendoza, charged with driving under the influence, manslaughter and vehicular homicide, was sent to jail for 24 years, according to David McCormack of Daily Mail.

The incident occurred on a Florida highway around 2:00 a.m. on Nov. 17, 2013, according to Daily Mail. Mendoza, 20 at the time, celebrated a friend's 21st birthday by drinking at Tijuana Taxi Company in Coral Springs.

At approximately 8 p.m., Mendoza tweeted "2 drunk 2 care" and a few hours later, she drove off, according to Daily Mail.

Mendoza drove on the wrong side of the road and crashed into another vehicle; the driver and passenger were her two friends, according to David McCormack of Daily Mail.

Marisa Catronio was pronounced dead at the scene of the accident, according to Lee Moran of Daily News. Kaitlyn Ferrante died four days later at her stay in Broward

Health North Hospital, according to Daily News.

"[Mendoza] had a blood-alcohol content of more than twice the legal limit and marijuana in her system at the time of the accident," according to the Florida Highway Patrol.

Many people believe Mendoza tweeted "2 drunk 2 care" in respect to her driving partially because of her social media presence.

On Twitter, she is a self-proclaimed "pothead princess" who has proudly admitted that her car forever-smells like marijuana and she "can't sleep without [her] bedtime blunt."

However, Mendoza said the tweet was directed to her boyfriend after a fight. "It did not mean, 'I'm too drunk to care and I'm going to get in my car now and wherever the hell I end up, that's it.' No," said Mendoza.

"It was directed to my boyfriend. That's the only person it was for," added Mendoza.

The justice department sentenced Mendoza to 24 years of imprisonment for her DUI and killing two people.

"The court should charge additional punishment to her," said student Myunghoon Lee.

Lee added that if he were more cynical, he would believe Mendoza tried to attract the public's interest.

"Her Twitter posts make it hard to sympathize with her. She seems like a careless, unambitious chick. I don't think we should judge her on the stupid things she posted, just in the events of that night, but still," said student Lacy Dickensauge.

"I hate how she's getting all this media attention. I think TMZ and some other places interviewed her. It's almost like she's being glamorized for the shitty decision she made," said student Yvette Virgen.

Student Jaime Barajas said, "It's crazy that the restaurant didn't card her."

"I don't blame the restaurant, but if they were more professional, two people would probably still be alive," continued Barajas.

"I don't think 24 years is enough. Two young people are dead and she's going to sit around and get fat on our tax dollars," said student Cesar Marin.

Many Coyotes are content with the 24-year sentence while others remain unconvinced that it was an adequate punishment.

Intramural sports to keep Yotes fit

By **LAUREN JENNINGS**
Staff Writer

Intramural sports are a fun way for the “average Joe” to participate in sports they enjoy or want to try in their free time.

The Student Recreation and Fitness Center (Rec Center) offers flag football, volleyball, indoor and outdoor soccer, dodgeball, basketball and softball, all of which are co-ed.

CSUSB offers two leagues of intramural sports, an independent league and a fraternity league.

The fraternity league offers the same sports as the independent league and features members of Sigma Chi, Delta Sigma Phi, Sigma Phi Epsilon and Sigma Nu.

Basketball is played with five players team and consists of two 20-minute halves.

Dodgeball is played with six players per team and in a “best-of-nine games” format.

The first team to win five games gets the official win.

Flag football is played with seven players as is outdoor soccer.

Indoor soccer has a maximum of four players, goalie included, and is played on the basketball court in the Rec Center.

Volleyball has a two player minimum and a maximum of six players.

Softball games go seven innings, or one hour, whichever occurs first.

Intramural sports are played in the fall, winter, and spring quarters, allowing for the opportunity to play and learn about different sports throughout the course of the school year.

There is no cost to join an intramural sports team as a free agent or to start your own team, a perk of being a member of the Rec Center.

For more information, students can visit csusbrecsports.com or stop by the Rec Center.

Summer water sports for students

By **SHELBY HANCOCK**
Staff Writer

Save big bucks and have a blast this summer by renting summer sports equipment from the Student Recreation and Fitness Center (Rec Center).

The Rec Center Outdoors Program offers a variety of low-cost summer sports rentals for CSUSB students.

The kayaking package ranges from \$22 to \$43 depending on if it's a single or tandem kayak, snorkeling packages range from four to six dollars, surf packages are \$25 and paddle board rentals vary from \$12 to \$16.

Kayaking is pretty simple; all you need is a kayak, a paddle, and a life jacket.

For beginners, the beach or bay is a great place to start with a leisurely paddle across the water.

“Options for expert kayakers include entering races, completing multi-day trips and tackling white water,” according to Diana Gerstacker of Active Times.

Although it seems pretty easy, experts at smart-start-kayaking offer some advice.

“I always encourage them to learn a few of the kayaking basics—you know, the beginners stuff...before hitting the water,” according to smart-start-kayaking.

The next beach activity to try this summer is surfing. Although it may look easy, it's not.

Many different skills are required to surf, such as speed, agility, and balance.

Surfing is “a dynamic sport which can be practiced by people at all levels of ability,” according to wisegeek.com.

All that is required for this fun sport is a wave and a surfboard.

The next summer activity to try is snorkeling.



Photo courtesy of defense.org

Summer sports equipment is available for rent at the Student Recreation and Fitness Center. Save money and have fun outdoors this summer.

Snorkeling can be done at any beach, all you need is a mask and a snorkel and you might enjoy the use of fins.

Participants put the mask on so they are able to see what lies on the ocean floor.

The snorkel helps the swimmer breathe without losing sight of the marine life underneath them.

“Snorkeling is a very enjoyable and easy sport,” according to tropicalsnorkeling.com.

Although it's meant to be fun, there are some things a snorkeler needs to know before trying it.

“Snorkeling without some basic skills, good equipment, and knowledge about the dangers and conditions of the ocean, a first time snorkeling experience can be a bit miserable, scary and potentially dangerous,” continued tropicalsnorkeling.com.

The last summer activity is paddle boarding.

Stand-up paddle boarding offers a relaxing and fun way to play on the water and can be done on lakes, rivers or oceans.

Paddle boarding emerged as an ancient form of surfing and has once more become popular.

One of the many great things about paddle boarding is it offers a full body work out, while practicing balance.

Another great benefit of paddle boarding are the views you get to experience.

“[Paddle boarding is] a way for people to enjoy oceans, lakes, rivers and bays using a one-bladed paddle and standing on a longer and wider surf board with a bit more volume,” according to paddlediva.com.

“Since you stand at your full height, you can enjoy unique views of everything from sea creatures to what's on the horizon,” according to rei.com.

Only minimal gear is required for this sport: a paddle board, paddle, flotation device and some sunblock are some recommended supplies.

Make the short drive out to the beach this summer, but before you do, head to the Rec Center to rent some equipment to try a fun summer sport.

Anticipating a great season for Coyote women's soccer

By **LAUREN JENNINGS**
Staff Writer

Fall quarter may be several months away, but tryouts for Fall 2015 Coyote Futbol Club Women's Soccer team have already begun.

Just \$10 and some experience gives students the opportunity to tryout, show their dedication and work hard to work hard as well as allow players a chance to make the team.

“Sport club teams are designed for amateur athletes who enjoy fun, excitement, and inter-collegiate competition,” stated the Student Recreation and Fitness Center (Rec Center) website.

The team is a part of the West Coast Soccer Association (WCSA), which features both men and women teams.

The WCSA is a club level organization that defines themselves as a “competitive, but more relaxed environment than the NCAA,” as stated on their website.

The women's team is prepped to play other

club teams from schools such as UCLA, USC, and UC San Diego.

Some past teams CSUSB played include UC Riverside, CSU Fullerton, and CSU Northridge.

Anywhere between 19 to 25 women make up the roster depending on the season.

The team plays both at home and travels to other schools to compete, playing about six games per season.

Other CSUSB competitive club teams include men's soccer, Mixed Martial Arts (MMA) Club, women's and men's volleyball and women's water polo.

In addition to club teams CSUSB also offers recreational sports clubs, when include running, badminton, tennis and table tennis.

Club teams are open to all current students who have a membership with the Rec Center.

Information regarding the club teams can be found online at csusbrecsports.com or on campus at the Rec Center.



Photo courtesy of netsolhost.com

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Workouts for summer

Giving students options for workouts, at home or at the gym

Health

By RICARDO MENDEZ
Staff Writer

With commitment, there are many workout trends that guarantee results in 90 days or less.

“It depends on the person but I would definitely recommend workout plans to people,” said junior Eloy Carlin.

Nowadays people are skipping the gyms and sweating it out in their living rooms.

These new trends include P90X, Insanity, CrossFit, the 90-Day Ab Challenge and obstacle course race training.

“By 2013 more than three million people had run an obstacle run race,” according to journalist Erin Beresini’s book, “Off Course: Inside the Mad, Muddy World of Obstacle Course Racing.”

This trend is becoming nationwide with events like Camp Rhino, Epic Hybrid Training and UXF Civilian Military Combine (CMC) providing some of the many programs designed for training.

These outdoor courses include weights and rigorous obstacles.

Some gyms are now offering classes to train members for these kind of events.

A high intensity interval drill is P90X.

“It was painful, I thought it was going to be easier, it turned out more difficult than I thought it was going to be,” said junior Herman Ruiz.

This hardship includes intense eruption of exercises with short breaks.

Participants rest on day seven but the program still requires some sort of movement.

With commitment, the program guarantees that you will get “ripped” in 90 days.

One of the newest trends is CrossFit.

CrossFit’s aim is to “forge a broad, general and inclusive fitness,” according to crossfit.com.

This lifestyle starts out with fundamental training, which includes different squats like air, front and overhead usually done with a medicine ball.

These basic training methods are to perfect weight lifting forms for entrance into the regular program done with weights.

The regular program includes olympic lifting exercises such as power cleans, snatches and jerks.

These exercises require you to use your whole body to make the lifting process easier.

It’s a time-based group fitness class where everybody pushes each other and where together everybody suffers, according to Megan May, head trainer at Reebok CrossFit Fifth Avenue.

Insanity is a body workout that requires no gym or exercise equipment.

Some people are “crazy enough to actually enjoy doing the world’s most insanely tough workout,” stated fitness trainer Shaun Thompson.

This program is 60 days of high intensity aerobic and resistance training that targets the core, glutes, arms and back.

“I would definitely recommend it to others, to lose weight and get fit,” said Carlin.

The 30-Day Ab Challenge is another workout that can be done in your living room or any other space you feel comfortable in.

The workout is three times a week with a total of 700 reps a week including crunches, ab scissors, double knee jumps and standing side bends.

The workout is not as intense because you rest every other day.

Summer is coming up and we want to look good in whatever we wear.

Looking good does not always come easy, but we can do anything we set our minds to.

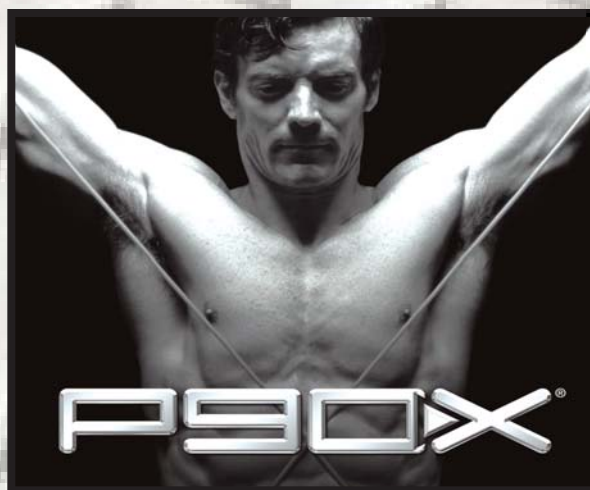


Photo courtesy of beachbody.com

P90X

- The cardiovascular programs provide creative and complete fitness sessions that incorporate the entire body.
- Different muscle combinations are focused on in the different sessions and are completed every other day, in between the cardio programs.
- The main attribute of the P90X program is the sculpting programs that use a wide range of weighted dumbbells and resistance bands.

Facts courtesy of livestrong.com

Insanity

- No matter if you are looking for weight loss, or adding muscle mass or maybe just improving overall fitness, the Insanity workout claims to give the best results.
- The goal of the Insanity workout is to get you in the best shape of your life.
- The Insanity workout can lower your body fat to as much as 7%.

Facts courtesy of lifestyleupdated.com

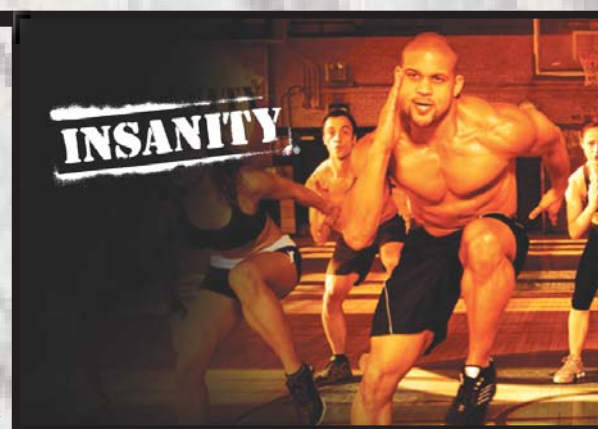


Photo courtesy of reflection-fitness.co.uk



Photo courtesy of CrossFit

CrossFit

- Cross Fit workouts call for a varied set of exercises that, in many cases, are to be done as quickly as possible or within a certain time frame.
- None of this was really an issue for Cross Fit when it was primarily Navy Seals or first responders or assorted other fitness savants pushing themselves to extremes.

Facts courtesy of ESPN

30-Day Ab Challenge

- The 30 Day Ab Challenge shows all of the participants how they are able to do some simple workouts in a way that shows results
- With normal crunches, leg raises, hip raises and planks within your workout, getting some results within 30 days is almost certain.

Facts courtesy of fitgirlcode.com



Photo courtesy of wiredfitness.com



Photo courtesy of racked.com

Obstacle Training

- Obstacle races will test your skill, speed, strength, agility, ability and mental limits.
- Successfully completing an obstacle race is as much about your strategy, cardiovascular fitness, and even your balance as it is about your strength.
- These workouts target specific strengths and endurance.

Facts courtesy of bodybuilding.com