November 2nd 2009

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New federal directive protects medicinal marijuana users and growers

By ERIC BROWN
Opinion Editor

Medicinal marijuana users and distributors in California and 13 other states that allow for the use of medicinal marijuana can rest easy now that the federal government has reached a new decision concerning marijuana. A new directive was issued October 19th by the U.S. Department of Justice which allows federal investigators to relax their proceedings against medicinal users and distributors as long as they comply with state laws. This is due in part to the Obama administration’s pushing for federal authorities to focus their resources on serious drug traffickers whilst protecting and taking into account state laws. This is in stark contrast to the Bush administration of dealing with all marijuana users as criminals and using all available resources to investigate users in all states regardless of state laws. Chris Schneider, an undergraduate at CSUSB explained how many Californians are on the fence about the issue concerning marijuana. Schneider pointed out that marijuana is a horrible substance, but that since it is legal, widely popular and it can help people, its use is permissible. "If you use it legally for the right reasons its OK, but only for the right reasons, and only for those who really need it," Schneider said. Marijuana is very prevalent in California, both legally and illegally, thus the concern over the recent decision is extremely high. Many, such as Schneider, believe that people will abuse the system due to the fact that they are not under constant scrutiny from federal authorities. Whether people are undecided, for or wholeheartedly against medicinal marijuana users and distributors in California and 13 other states can breathe easy now that the federal government has reached a new decision concerning marijuana.

"After trying everything to help ease the pain... I decided to go for something different."

An anonymous student

Pot users breathe easy

By ERIC BROWN
Opinion Editor

"After trying everything to help ease the pain... I decided to go for something different."

An anonymous student

As the wounds of the economy allegedly heal, the flesh of the California state government continues to bleed. The state continues to struggle with budget cuts, tax increases and policy-making decisions. Currently there is an internal struggle between Republican and Democratic representatives over policy, budgets and political reform. The idea of working together seems to be impossible. A major focus of the government is to close our estimated $24 billion budget shortfall while avoiding the raising of taxes and avoiding as many cuts as possible.

However, cities, communities and organizations state-wide have felt the impact of these cuts. Among the most impacted are the California State Universities. According to the California State University Committee of Finance, there is currently a $584 million deficit in the 2009-2010 school year. With these cuts have come mandatory furloughs, class reductions, increased tuition and lower admittance to the CSUs. Essentially, tuition is 30 percent higher for 10 percent less class time due to mandatory furloughs. There have been many propositions made, such as the recently voted-down Propositions 1A-C, which proposed to extend the tax in... See Constitution Pg. 3

Broken constitution

Concerned Californians call for a complete governmental overhaul

By DAVID CHERNIN
Staff Writer

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Water shortages threaten California

By DAVID CHERNIN
Staff Writer

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Water shortages threaten California
Coyote wannabes get a campus peek

CSUSB opened its doors for prospective students to attend its annual Open House event on Oct. 24, but just for a peek until admissions open in fall 2010. Some 300 high school and community college students got a chance to visit the CSUSB campus and meet with faculty and staff, attend seminars on financial aid and other programs, check out the different clubs and organizations and meet with faculty from the five different academic colleges.

“This is probably the first time prospective students get to see a university,” said Joe Gutierrez, the assistant director of public relations.

And many incoming students at first don’t focus on what it takes to get into college like submit transcripts and apply for financial aid so this is a good intro to university life,” Gutierrez continued. Even with the recent fee increases, many potential students, most of them community college transfers, showed up to the event to confirm their choice of university before the Nov. 30 priority deadline for fall 2010 admission into the CSU system.

“I tried to get into the spring 2010 class but admissions were already closed,” said future CSUSB student Tara Igler. “I applied two weeks ago just to make sure I made it for the fall.”

Transferring from Citrus College in Glendora, Igler describes that her reason for wanting to come to CSUSB is “I’m commuting from Glendora so the traffic is opposite me and makes it much easier,” said Igler.

One of the attributes the campus boasts is its convenient location in inland Southern California. San Bernardino is just a short drive from the mountains, beaches and amusement parks.

Riverside Community College transfer student Amadis Licerio, says that he is planning on attending college in the fall but has not yet chosen between CSUSB and San Diego State.

“San Bernardino is a pretty nice campus. The price is a lot cheaper and it’s really close to me coming from Moreno Valley,” said 25-year-old Licerio after taking one of the campus tours offered at the open house.

CSUSB, along with the other 22 schools in the CSU system, are definitely some of the lowest costing universities to attend in the U.S. with prices per quarter ranging from $1,000 to $1,600 for undergraduates.

On the tour, Licerio visited the student recreation and fitness center and said that was his favorite part about the campus.

“I go to the gym now and pay for it but I’d rather not plus there are free towels and that rock climbing wall is sick,” Licerio said.

Students should know, however, that California is estimated to remain under the current budget crunch throughout 2011 and university fee increases and future may still happen in the future as well as even more reductions in student enrollment.

“We have to trim enrollment by 2000 students in the next two years,” said Gutierrez. “We still encourage people to apply because that person might have more of what it takes to be a college student than another,” Gutierrez continued. “Don’t close your options without first trying.”
By PRISCILLA GUTIERREZ  
Staff Writer

Live music, free food, and violence prevention were front-runners at the Women’s Resource Center’s (WRC) Femme Faire as men and women alike came out to celebrate. The event, held in the Santos Manuel Student Union (SMSU) on Oct. 23 from 8-11 p.m., featured various bands, vendors and snacks for all attendees, female or otherwise. Though the WRC, a center which strives to “provide a support and resources to assist residents with the upcoming 2010 year,” holds various events throughout the year, the Femme Faire was the first of its kind.

“Our goal was to provide information on sexual assault, domestic violence and violence against women in a way that would be fun,” said Janet Honn-Alex, coordinator of the WRC. The event offered free food and drinks, along with free tarot readings and henna tattoos. Female vendors also set up camp at the event, selling handmade jewelry, clothing, greeting cards and other crafts.

Among the artists performing were ska band Half Past Two, bass-powered band Switchblade Kittens, and Russian songstress Marina V. Also performing at the Femme Faire was one of CSUSB’s own, alumni Teresa Raef. Raef, who played five acoustic songs including a demanded encore, said she was impressed with the event’s turnout.

“I see a lot of strong, powerful, artistic, intelligent women and this is the best event I’ve seen so far,” said Raef. Various organizations such as Option House and Planned Parenthood handed out pamphlets and offered informational statistics to attendees. These Hands Don’t Hurt campaign allowed attendees to take a vow against violence by putting their name on a paper hand and adding it to the wall of pledges. The Reproductive Health Program’s table offered free condoms.

“I’m really happy about this event, I think it’s great that CSUSB has something like this to support breaking the silence,” attendee Tonya Andrade said.

“This event was created by students, for students,” said Honn-Alex, who stressed that the Faire was a group effort. Honn-Alex also stressed the importance of participating in any events or programs held in the student union, whether it be from the Cross Cultural Center, the Adult Re-Entry Center, or the Pride Center.

“The issue is not only a concern for our state government and the way it functions. The Riverside Public Utility said it is important for residents of California to cut back on washing their cars and only water lawns and gardens during the evening hours when water is less likely to be wasted due to evaporation. California residents can find more water conservation tips by visiting www.saveourh2o.org. Important water shortage and drought warnings can be found on www.water.ca.gov.

CSUSB alumna Teresa Raef belts out a song aimed to increase awareness of women’s issues.

Femme Faire sets stage for awareness, celebration

Continued from Pg. 1:

By ANDY OGG  
Staff Writer

The word “drought” is nothing new to Californians. Through the years we’ve heard it more and more frequently. The current drought is shaping up to be the worst since the early 90s when Californians were in dire need of any sort of water. However, while the drought of the 90s was bad, this current situation is shaping up to be significantly worse.

From 1984 to 1992, California faced a series of dry years with an average of 86 percent less precipitation and approximately 53 percent lower than average levels in the state reservoirs.

With California water reservoirs 68 percent lower than average and rainfall 72 percent lower than previous years, there is obvious cause for concern for the upcoming 2010 year. The water shortage is not only a serious concern for residents but also for the economic outlook of California.

If a drought reaches a “severe” level, the prices of water increases dramatically, which in turn raises the cost that consumers will see at grocery stores and restaurants.

The word “drought” is nothing new to Californians.

Dry days ahead as water levels decline

Continued from Pg. 1:

Californians seek to recast state constitution

crease an extra two years. The voters made it clear, however, that even higher taxes in the already highest taxed state in the union, will not be an option.

Amongst the cuts and propositions come the politicians and their agendas. Stalemate after stalemate continue to be the end result as politicians continue to have conflicting views on each policy being discussed. The two-thirds majority rule is a big issue for Democrats. This rule in the state’s constitution requires a two-thirds majority vote to allow anything to pass or be placed on a ballot for voters. “The two-thirds rule is the most commonly criticized aspect of California’s broken government,” said Robert Cruickshank, Public Policy Director of Courage-Campaign.org. CourageCampaign.org is an organization that pushes for progressive change and equality for all Californians. Right now their biggest focus is reforming the state government and bringing order to the chaotic state that our government is in.

The proposal to end stalemates and eliminate wasted time in policy making and government reform would be to call for a California State Constitutional Convention, he argues. “Article 18 of the California Constitution explains the convention process,” said Cruickshank. “The convention does not have the authority to actually change the Constitution itself - only the voters can actually ratify Constitutional changes. What the convention does is debate and refine proposals, and agree on what will be submitted to voters.”

From that point it is up to the voters to decide what changes will be made to the state constitution.

“It’s cool that we have that freedom to amend and change the ways our government can function,” said CSUSB student Breshawn Wiley. “If the people feel the need to call a convention, then that right should be exercised.”

No matter the outcome, the state government is still in a crisis. Democrats and Republicans alike realize there are issues that need to be addressed and soon before our state continues to spiral out of control. They argue that a constitutional convention may be the only way to solve this fiscal crisis, and completely change the way the government works. In return, a new group of representatives and new way of deliberation will be introduced to finally bring productivity to the state government and the way it functions.
Halloween is widely considered a holiday for children. However, as adults, we still love it. Halloween is one of the holidays that everyone is waiting for during the beginning of fall.

Even if we aren't kids anymore, we all love to dress up for the occasion. According to question magazine, “the holiday of Halloween is second only to Christmas in popularity in the United States and in money spent on decorations.”

Therefore it isn't surprising to find so many events going on campus.

Since everyone loves Halloween, people wanted to start the celebration early. Besides being able to enjoy more parties, it's a great way to get your money's worth out of your costume!

Thursday at 8 p.m., a haunted house was created in the Village Square. The event attracted many students, mostly those who lived on-campus and wanted to have fun.

For the occasion, the building was transformed into a terror square with many dressed up volunteers. After they screamed in the haunted house, people could enjoy a free funnel cake. Coyote Radio was playing music outside the haunted house. After they screamed in the haunted house, people could enjoy a free funnel cake.

For Camille Guedon and Sarah Boutin, the most noticeable difference is the groceries. “The frozen sections in Canada are much bigger than in Canada.” Sarah said.

Canadian friends and I noticed few differences with the American diet. When I moved to the United States, I thought that the food would pretty much be the same. After all, it is still North America.

Despite the proximity of these two countries, my Canadian friends and I noticed few differences with the American diet.

I asked my Canadian friends what they thought of their new American diet and I have to say, I'm very surprised by the variety of answers that I got.

“I am astonished to see the amount of Mexican restaurants,” Stephanie Babin said. “There are Mexican restaurants on every corner and Mexican dishes in almost every place to eat.”

For Camille Guedon and Sarah Boutin, the most noticeable difference is the groceries. “The frozen sections in grocery stores are much bigger than in Canada.” Sarah said.

In my opinion, the portions and the sizes are quite bigger in Uncle Sam’s country than anywhere else.

Even if there are a lot of eating behavior differences from one country and another, there is a problem that has no borders: the body image issue for women and girls.

Back in Canada, women and young girls are subjected to the media’s influences that partially dictate their body image. Psychologists, doctors and sociologists blame everyone for the body image issues that Canadians teenagers and young adults are living with. Magazines, pop music artists, commercials and cosmetic companies; there's an endless list to point fingers at.

But is the situation the same in the States? I am aware of the fact that this is a really heavy subject and it would probably take me many months to analyze the American situation versus the Canadian one. But there is a major difference between the advertising to children in Canada.

According to Brittney Salt, a student at CSUSB working in a kindergarten program, the young American girls have the same body image issue in United States.

“By fifth grade, young girls are really into magazines and fashion,” Salt said. “They also start to be preoccupied by the body image that they project to others.” According to the Canadian Association of Broadcasters’ website, advertising directly to children in Canada is prohibited in any medium other than broadcast.

Also, advertising directly to children must not exploit their credibility or lack of experience and must not present information or illustrations that might result in physical, emotional or moral harm.

Obviously, the body image perception is not a national problem, but an international problem.

Canada and United States have pretty much the same culture and the young girls have the same beauty standards. We should stop accus- ing everybody and start making real and concrete actions.

We should be inspired by Dove, which created the Campaign for Real Beauty to free girls and women from beauty stereotypes. According to its website, the Dove Self-Esteem Fund raised over $3.9 million to create thought-provoking ads and confidence-building programs.

In my opinion, one country is not better than any other. Sure, young Canadian girls are protected from advertising by law, but they have access to many more sources that could make them feel unsure about their bodies. Canada is heavily influenced by the American culture and that’s why Canadians face the same problems.

Let’s hope this wasn’t you on Oct. 31. We’ve concealed the identity of this failure for their own safety.

Northern Outlook: an exchange-student’s journal

Body image: it’s negative everywhere.

By STEPHANIE MONGEAU

One of the major things that distinguish one country from another is the food and the eating habits of the residents.

When I moved to the United States, I thought that the food would pretty much be the same. After all, it is still North America.

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Public relations is not about lying. According to Elizabeth Ebie and Grace Rudatsikira, it’s about putting the best face on the truth. Ebie and Rudatsikira talk passionately about public relations. Both communication majors want to pursue a career in the field.

They are off to a good start, as they both just got a $500 scholarship from the Public Relations Society of America (PRSA) Inland Empire. The PRSA is a nationwide organization that, according to their website, “welcomes all communications professionals wanting to meet people in their field.”

This comes only a couple of weeks after they joined PRSSA, the Public Relations Students Society of America. Ebie and Rudatsikira are no strangers to PR.

Rudatsikira, a former business major, is often referred to as the “PR girl” within her family and friends. She got involved with several organizations for which she handled public relations. Among others, she helped organize an AIDS awareness event on campus.

“I like communicating with people,” she said. “I like that I can take what I enjoy doing and what I’m good at and make it benefit others’ peoples’ lives.”

She would eventually like to work for a non-governmental organization. Her colleague, Elizabeth Ebie, has other things in mind. She wants to become an event planner. She has already gained experience in her field, as she’s a certified event planner.

“I like seeing everything come together and helping someone have their vision come alive,” she said. “I like when it happens even better than they can imagine.”

Surgical weight loss
It’s not for just the middle-aged
By ERIN CHESTER
Features Editor
I’m a lot of things: student, features editor, semi-writer, and an occasional (ahem, often) user of “your mom” jokes. Another title to tack to the list: surgical weight loss patient. Yeah, I’m basically putting the beginning of my story out there, but it’s because I want students to know that people who undergo these procedures aren’t always middle-aged. I got the surgery when I was 23, a little over four months ago.

Let me start by saying, I’m not lazy. I’ve always been physically active, but a sports accident when I was in high school resulted in damage to my meniscus (cartilage in the knee), and pretty much all fun stuff that involved my left leg was put on the back burner.

In the early part of spring quarter, I had to go to the Student Health Center, and lo-and-behold, my blood pressure was outside the stroke range. My nurse conveyed the gravity of the situation, and I understood. I’d been considering weight loss surgery for a long time to help relieve my knee pain, but it wasn’t a pressing issue.

That doctor visit helped change that. I want to live a long, full life. I’m a research fanatic, and I understood that ultimately, Americans’ unhealthy choices of food, portion sizes and my own shortcomings would never enable me to lose weight.

I knew a lot of people perceive weight-loss surgery as a weakness. That I didn’t have the willpower to lose it on my own. Granted, that’s their opinion, and to a small extent, they’re right. I’m not alone; more than one-third of adult Americans, or roughly 72 million, are obese.

I have a four-ounce stomach. Even if I want to overeat, which I absolutely do not, I can’t. To give you an average can of tuna is four-ounces. So that or less is what I can eat at every meal, or I’ll puke. For the rest of my life: overeating will equal puking.

A Vertical Sleeve Gastrectomy (VSG) is the type of procedure I chose. It doesn’t bypass your intestines, so malnourishment and vitamin deficiencies that are common with other surgeries aren’t a factor. As of this printing, I’ve lost 84 pounds since June 2010.

I’m ahead of the curve on my loss, and it doesn’t look like it’ll slow down anytime soon. I’ll graduate in June 2010 as a relatively normal-sized person, but more importantly, the quality of my life and the duration of it will have been increased.

My blood pressure, while still high, is nowhere near what it was eight months ago. I work out often (when I’m not injured, I’m a pretty bad klutz) and can take two flights of stairs quickly and without unbearable pain.

Bottom line, I’m a student, and I’ve done something that stereotypically is reserved for people who have been overweight and happy most of their lives. Eight years was enough for me. I took the steps to change my life, and I hope that after reading this, you might reconsider how you view those similar to me.

Can you handle the truth?
By MATHIEU COURCHESNE
Staff Writer
“Before, I guess I thought public relations professionals were spin doctors. But it’s not like that.”

Student Elizabeth Ebie
Ebie believes that it’s her passion she puts into her work that convinced the selection committee.

And don’t you dare tell Ebie or Rudatsikira that public relations professionals are spin doctors.

“There’s always a good and a bad side,” Rudatsikira said. “Public relations professionals are supposed to be non-creative. They’re not supposed to lie.”

Ebie agrees.

“Before, I guess I thought public relations professionals were spin doctors,” Ebie said. “But it’s not like that. It’s not even about not telling the whole truth.”

They both think that an organization like the PRSSA can help them develop a useful network.

“I met so many people, got business cards and made so many contacts already,” Ebie said.

“I joined PRSSA because I wanted to join an organization that will better prepare me for the field I’ll be going into,” Rudatsikira added.

“Getting a job in that business is hard. It helps to already have some contacts.”

This year, the PRSSA, which has about 20 members, is trying to get more visibility on campus.

“We are starting from a clean slate this year and are trying to find as many ways as we can to prepare public relations students for their career,” said Jennifer Torrez, president of the CSUSB chapter of the PRSSA.

“We focus on preparing students to get hands-on experience that they can put on their resume and, of course, scholarships like Ebie and Rudatsikira got,” Torrez added.

It costs $60 to join PRSSA. After graduation and becoming alumni, your membership to the PRSA is discounted.

Stressed-out students
By HEATHER CLARK
Staff Writer
It’s a school day. Hoping to do well in my classes, I get up early and get ready to head to the library to study with my friends before my long school day begins.

I fight traffic on campus and search endlessly for a parking spot. I finally find one and get up early and get ready to head to the library to find a room. I then get up early and get ready to head to the library to find a room.

To our surprise, all of the study rooms are already filled with nervous looking students, desperately trying to study for their classes.

In the fact, the study rooms in the library are practically full every day of the week until closing. My friends and I try to devise a plan on the elevator ride up to search all the floors for an available room, and we rarely find one.

This seems to be completely opposite to when I first came here five years ago and could find an extra room any time of the day.

I walk around campus, and students seem to actually be stressed and genuinely concerned about doing well in school.

So what’s changed?

One consensus my colleagues and I have come to is that students are trying much harder than before to do well the first time taking the class as opposed to doing poorly and having to shell-out the money to take it again. Students are also studying harder and studying harder, and getting done faster, which would also save on tuition.

All of the campus community is well aware of the one-third increase in tuition for the fall quarter, and the average cost of an additional class is more than $500.

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Anyone living in Southern California can tell you Mexican restaurants are a dime a dozen. In San Bernardino alone there are at least 24 individual restaurants. However, community favorite Mitla Cafe is a cut above the rest.

Mitla Cafe, located at 602 North Mount Vernon Avenue in San Bernardino, has been serving quality Mexican cuisine since 1937. Lucia Rodriguez, Frank Montano, Vera Lopez and Helena Martinez founded the restaurant. Over 70 years later, Mitla Cafe remains family-owned and is currently operated by Irene Montano, wife of Frank Montano.

Irene had been working as a waitress since she became the owner in 1984. Irene’s grandson, CSUSB student Corey Sandoval, is a waiter at the cafe too.

“I enjoy it,” Sandoval said. “It’s easy money, family-owned and it’s just great food.”

My waiter was Bryan Lopez, founder Vera Lopez’s great-grandson.

On their website, Mitla says their mission is “to serve our customers with the extensive knowledge and expertise we have gained in our industry, while continually offering them the finest in customer service.”

The staff is warm and friendly, not just forced professional friendless, like at other restaurants, but genuine compassion and concern for their customers.

The food is exceptionally appetizing and portions are generous. For a student eating on a budget, the cafe is definitely one of the most appealing options in the area.

The atmosphere at Mitla is inviting and homely. Waiters shoot the breeze with you as they serve your food.

Fellow customers feed quarters into the jukebox in the corner to fill the air with classic funk and soul hits as others eagerly bite into their tacos between conversations with close friends and family.

“It is a very friendly environment and wants to make you come back for seconds,” said customer Edwin Negrete.

My order, a menu item dubbed Gloria’s Special consists of two mouth-watering soft chicken tacos served with enchiladas that come loaded with heaping amounts of fresh sour cream, lettuce, tomato, melted cheese and sauce. It was amazing that one plate was able to pack so much food and flavor.

Continued from Pg. 1

Marijuana enforcement relaxed under new federal directive

At least a dozen dispensaries in the city of San Bernardino alone will now be safe from federal raids.

Marijuana, the fact remains that your next door neighbor may be legally licensed to light up, or abusing the system as a drug runner.

One CSUSB student, who wished to remain anonymous, explained that medical marijuana is a release that helps them cope with both pain from their cancer treatment and the stress of everyday life.

This student further expressed that they “do not do drugs” and that the use of marijuana is purely for their health.

“After trying everything to help ease the pain and psychological affects of my ailment, I decided to go for something different,” explained the anonymous user.

Studies from LSU and Columbia have proven that marijuana slows the degenerative process of HIV.

Marijuana remains one of the most highly debated topics in the golden state. Legislation both for and against the drug have come and gone since marijuana was first legalized for medicinal purposes in 1996.
STAFF PICKS

Britney Spears: “3”

Jennifer Torres: Love this song! Perfect dance song.
Angelica Stewart: On a scale of 1-10, this song is a 1.
Ashley Harper: Instantly makes me want to get up and dance around. Plus the song is a bit naughty, which is always amusing.
Danielle Baird: She’s back!
Melanie Hunter: Classic Britney is the best Britney.

Chris Brown: “Transform Ya”

JT: Still not over the whole Rihanna thing. It’s too soon!
AS: Since you can transform Chris, can someone try and transform this song into a hit? Thanks.
AH: The beat is nice, but he still needs to transform his image before I’ll like him again.
DB: I love it, but he should be working on transforming his reputation.
MH: Lil’ Wayne is also on this track. Rapper guilty of illegal gun possession and a singer guilty of battery. Nice.

Robin Thicke: “Sex Therapy”

JT: He’s not my favorite, but this song catches my attention.
AS: The song is actually very therapeutic. Guess his wife thought the same thing.
AH: Love, love, love this song. It’s sexy but not raunchy!
DB: He can even make graphic lyrics sound sexy.
MH: His therapy must’ve worked! He and his wife are expecting.
If you think three’s a crowd, think again because Edward Sharpe and the Magnetic Zeros have something in common with the Grateful Dead that includes more than your standard four-piece. Only a few members shy of the Grateful Dead, Edward Sharpe and the Magnetic Zeros includes 10 to 12 band mates, all harmonizing to collaborate a positive musical experience that you can’t help but sing along to.

With vocalist Alex Ebert, singer of “Ima Robot,” and nine to 11 musicians, melodies of alternative indie-folk rock channel through percussion, piano, guitars, horns, drums and an accordion all to craft one of the most unique up-and-coming bands of 2009. Edward Sharpe and the Magnetic Zeros debut album “Up From Below” was released July 2009 on Vagrant records. However, the catchy and inspiring lyrical content on this album takes back seat to their live energetic performances. It would be a good decision to go buy this album along with a ticket for their upcoming Southern California show Dec. 14 at the Mayan in LA.

Meet Portugal. The Man

By JENNIFER TORREZ  
Staff Writer

Indie-rock, soul and pure addiction. Portugal. The Man (yes there is a period in their name), brings all three in their newest album after a four year break, The Satanic Satanist. The bands fourth ten-track album since 2006 includes songs full of pure musical talent with creative sounds and surprisingly uplifting poetic lyrics, despite the albums name.

“I was really trying to go for the more Motown structure than anything,” said vocalist John Gourley. “The really short, tight songs with three parts and that soul vibe that we’ve been trying to go for this whole time. It really took stripping things down to even get that sound. You know, ‘Ain’t No Sunshine’ is the same riff for two minutes,” Gourley said.

The artists accomplish their soul-alternative sound with Gourley’s high pitched voice, deep and modern blues guitar riffs and talented keyboard work. Lyrics to the must hear song “The Sun” give perfect example to why this band can’t help but increase its followers. With addictive lyrics and true artistic talent, Portugal. The Man achieves a good sound they waited four years for.

Edward Sharpe and the Magnetic Zeros

By JENNIFER TORREZ  
Staff Writer

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Albums worth your money

Mayer Hawthorne  
Mothtown is not dead! Hawthorne, 30, of Michigan, sounds like he came from 1960s Michigan. Hawthorne is hugely reminiscent of The Temptations, The Chi-Lites and The Stylistics. A Strange Arrangement is quickly gaining him credibility among his peers such as Justin Timberlake, Mark Ronson and John Mayer.

Amanda Blank  
Yeah, she’s a little naughty, but that’s all a part of Amanda Blank’s charm. Blank is a musician that can sing, write and rap. If Trina was white and had a little more swagger, she’d be Amanda Blank. A song to look out for on I Love You is “Might Like You Better”. Blank says what most girls are scared to.

Joss Stone  
America hasn’t gotten soul right since the days of Mothtown. British neo-soul star Joss Stone delivers quality music yet again on Colour Me Free. See that album cover? Apparently the cover was too vulgar to be released here in the states, so that’s the UK version. If you forgot just how good Stone is, listen to “Free Me.”

Indie / Alternative
Little Boots has big shoes to fill. Following in the footsteps of huge pop artists like Kylie Minogue and Madonna, this electro-pop artist has a way to go to reach her international stardom.

Little Boots uses her musicality to differentiate herself. She plays the piano, keyboard and stylophone. Finding her footing in the industry, she eventually released her debut album *Hands* in 2007.

Although *Hands* was not released in the United States, she did release an EP, *Illuminations*. The EP features, “Stuck on Repeat” and “New In Town,” which are both fan favorites.

Little Boots may have a meek name, but her high energy music puts her well on her way to super fame.

Morningwood may not have hit their peak in the music industry in recent years, but if their new album gets the recognition it deserves, they’ll be on top in no time.

The vibrant and edgy sounds of the new album *Diamonds and Studs* offer something a little different than the band’s freshman album. The album is mature, sexy and entertaining all at the same time.

The funky pop tunes are combined with syncopated rock beats that will likely have listeners hooked and begging for more.

Singer Chantal Claret brings it all the way with some unheard of vocals that were certainly missing in the band’s first hit single the “Nth Degree.” Bassist Pedro Yanowitz doesn’t fail to impress and entertain for the new album. This comes as no shocker for those who listened to him when he played for the extremely successful Wallflowers.

Claret’s lyrics are tough in songs like “Best of Me” where the rugged singer holds nothing back and delivers the message that she’s not going to get pushed around by anyone. *Diamonds and Studs* is a polished and vamped up album that follows the same style as the band’s 2006 self-titled release. Their originality and creativity shine through in their latest release and the album will likely earn the hearts of new fans and further impress their already supporters.

John Mayer: “Who Says”

**JT:** Good lyrics, now all he needs is fresh sound.

**AH:** Funny song premise, great melody, and is sure to be another hit. I already like this song.

**MH:** He should keep his comedy and music separate.

Mover and shakers....

**Mika**

Mika is slowly but surely becoming a household name. Mika’s biggest hit in the U.S., ‘Love Today’, helped launch him into international fame as a superstar overseas, and American audiences were enamored by the singer’s flamboyant style, sleek lyrics and unique falsetto.

His single “Grace Kelly” also helped him secure his spot in American music culture. Mika’s debut album, *Life in Cartoon Motion* was released in 2007, which he describes as a recollection of his adolescent years.

Mika is currently working on his new album, *The Boy Who Knew Too Much*. His single “Blue Eyes” is out now. Everybody’s going to love him today.

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Relax, it’s a little Morningwood

**By DANIELLE BAIRD  
Staff Writer**

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By DAVID CHERNIN
Staff Writer

Taking Back Halloween at any age

By DAISY ALVAREZ
Staff Writer

We should let adults enjoy the exposure and escape provided by Halloween, while kids can enjoy the fun outfits and toothaches.

The growing Halloween sales do not illustrate angry dissatisfied consumers. Obviously people are content with the products offered.

The massive growth in Halloween sales can be attributed to the popularity of this holiday among adults. Perhaps parents are offended by the selection of adult costumes. Of which the most popular brands for adults include Dream Girls, Leg Avenue and Secret Wishes. These costumes are without a doubt exposed and provocative ensembles meant for a mature adult audience.

The eighteen and up crowd are buying sexy costumes,” said Spirit employee Aaron Palmer. Palmer said the main consumers are “females trying to dress up enough of.

Some adult costumes include appropriately named ensembles such as Dr. Anita Vihatra, Hot Cherry Pie girl and Sergeant Dick Amazing. These costumes are not intended for children and it is a parent’s responsibility to ensure their children are steered to age appropriate outfits.

Parental concern over costume indecency should not prevent adults from indulging in the holiday.

Children enjoy dressing up and trick-or-treating, while adults enjoy dressing up and participating in other grown-up activities. “Sales of adult items are surprisingly strong,” says Nick Pardasani, CEO of costumes4less.com, an online retailer. “Children’s costumes used to dominate. Now it’s about half and half.”

Without a doubt there is a lot of product intended for an older audience, but that does not mean children should no longer enjoy the holiday. “In the real world Halloween was a time for little kids to dress up in scary costumes. In girl world, it was the one night a year a girl could dress like a total slut and no other girls could say anything about it,” said Lindsay Lohan in the 2004 film “Mean Girls.”

We should let adults enjoy the exposure and escape provided by Halloween, while kids can enjoy the fun outfits and toothaches.

Halloween has been under attack in recent years by critics that aim to steal the magic from this night of ghoulish imagination and limitless possibilities.

Children used to anticipate the immensely popular holiday that brings exciting costumes, candy, ghost stories and jack-o-lanterns.

Instead, the celebration has been tainted with unnecessary and excessive criticism.

“The whole day has become the most provocative day of the year,” said radio personality Ryan Seacrest during a recent on-air discussion concerning inappropriate costumes for children.

Various callers voiced their concerns about the difficulty of finding appropriate costumes for young ones.

However, I visited four costume shops and I found it easy to find non-provocative costumes for children.

At Spirit Halloween, a specialty retailer, over 80 percent of the costumes for girls were cut below the knee. The costumes which were above the knee were accessorized with tights, which almost eliminated all leg exposure.

Only three of the top 40 children’s costumes at Party City, a party supply store, had an exposed mid-section. Those three costumes were genies. None of the top 40 had exposed backs or low bust lines.

“Some of the options for young girls are provocative, but parents can add length to a costume and force girls to cover up,” said Maria Felix, while shopping for costumes for her children at Spirit.

Felix demonstrates how parents are responsible for what their children wear. If the costumes available were truly so indecent, those in the business would find it extremely difficult to prosper.

According to an article in Time Magazine, despite the scarey condition of the economy, 2009 Halloween sales are estimated to reach a record high of $6 billion.
Respect for animals and humanity

By BETH BAYOR
Staff Writer

Who doesn’t love puppies and kittens?

Respect for animals and humanity

By BETH BAYOR
Staff Writer

Social innovation is taking over America, in what Time Magazine calls “The Responsibility Revolution.”

Even in the midst of an economic meltdown, there is a rise in the demand for ethical production and the choices we make as consumers.

More and more people are putting their money where their ethics and morals are. A poll done by Time Magazine shows that of the 1,000-some adults polled, over 80 percent said they have consciously supported local or neighborhood businesses this year.

In the same poll, 40 percent said they purchased a product in 2009 because they liked the social or political values of the company that produced it.

Much of corporate America has caught onto social responsibility as being a way to gain profit, as well as consumer appreciation and loyalty.

As seen throughout the world of consumer products, companies are constantly trying to gain our attention with how “green” they have become.

They often compare their means of production to that of other companies in order to “out green” the other.

Besides being green, companies are donating profits to support cancer research such as Yoplait, or the (RED) campaign which donates a small percentage of companies’ revenue such as Apple and Gap, to the Global Fund that helps anti-AIDS programs in Africa.

Of course, morality and the well being of the environment is not the only thing driving companies to produce greener products; they do see greater profits from this.

However, do we really care what their motives are?

I don’t think we can change the capitalist driven society we live in; but at least we can use our consumer power to force companies to work towards creating more ethical and greener products through greener means of production.

But are the labels on our products, producers and the media over-exaggerating the actual amount of changes that have been made to their products?

Are these companies using this knowledge that consumers are becoming increasingly morally responsible and taking advantage of us?

According to New York environmentalist Jay Westerveld, companies are “greenwashing” us. They, “spin their products as being more environmentally friendly than they really are.”

Only 59 percent of the 1,000 largest U.S. companies embrace the idea of corporate social responsibility (CSR) and have publicly available environmental policies, according to Time.

Among Americans, there are a lot of people taking steps in the right direction, but we still have a long way to go according to Britt Leatham, a geology professor at CSUSB. “People don’t change unless they have incentives… I don’t see us becoming a self-sustaining society without making the necessary changes.”

Consumers, whether we believe it or not, have an enormous power over production and the products we buy.

As we have seen in the past, we have the power to destroy a company’s credibility through boycotting and media coverage, such as when Nike was exposed with running Third World sweatshops in the 1990s.

If we continue to keep up with our moral and social responsibility to better our environment and our society’s well being, and we strive to maintain ethical consumerism, then there is no place for our society to go but up.

The more we buy from ethical producers and the less we buy from those that aren’t morally aware, we will be enforcing our power as consumers and will force the other companies to either go broke or step up to the plate.
Chronicle Sudoku

The numbers 1-9 will appear in each column, row and 3x3 square only once.
There is only one solution. Good luck!

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Check out the ALL NEW Coyote Chronicle for all the latest updates.

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Contact Lens Exams From $89
Specialty contact lens exams available: astigmatism, monovision, bifocals
(Contact Lens exams include exam for glasses)

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American Heart Association
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Is this your idea of a healthy heart?

When you smoke or breathe secondhand smoke, your heart works harder with less oxygen, increasing your risk for cardiovascular diseases. Each year, more than 17,000 people die from smoking-related heart disease, stroke and other cardiovascular diseases but you don’t have to be one of them. Your heart’s health is in your hands.

Heart Disease and Stroke. You're the Cure.
www.americanheart.org/yourhealth
Here at the Chronicle, it is our mission to supply you, our fellow students, with all the information you need to make informed choices in your educational careers and your lives.

We also want to supply the campus community with a forum to distribute and discuss our news, the news that matters to us, the students at Cal State San Bernardino.

The first aspect of our mission is solely our responsibility, and we work hard every week to keep you informed. To achieve the second aspect, however, we need your help.

As you read our paper each week, you may or may not agree that we’ve done our job particularly well. Maybe you feel like we missed something. Maybe you want clarification. Maybe you just want to give us a word of encouragement.

No matter what your responses are, we want to hear them.

Our recently redesigned website, coyotechronicle.com, has comment sections for every article on the site. Don’t be afraid to log in, register and speak your piece.

If you’ve got even more to say, write us a letter. Our e-mail address is sbchron@gmail.com. Our offices are located in the basement of University Hall, room UH-037.

Feel free to drop in.

Myself or Managing Editor Melanie Hunter are almost always in the office if we’re not in class.

We would love to have the opportunity to print letters to the editor in future issues of the Chronicle.

The current economic climate on campuses throughout the state should be enough to generate tons of opinions on its own, but there are more issues we should all be debating in a student-generated public arena like the Chronicle.

Much of the world’s youth don’t have the ability to speak their minds without fear of reprimand. Let’s take advantage of our voices and the rights the Constitution provides us. Get involved.
Marlon Pierce was a All-CCAA performer during his playing days. He is hoping he can pass on the knowledge he has acquired to the current CSUSB players. He explains that there is a lot of work to be done to be successful because he was successful when he played,” Davis said of Pierce. Pierce has an advantage coaching in that he knows both sides. He not only knows the plays as a former player, he can look at the game from a coaching angle. This allows him to talk to the team on a friendship level first, and coaching level second.

While Pierce admits he misses the competition of the game and sometimes wishes he could jump in the plays with his teammates, he knows this is a great opportunity to “get his feet wet” as a coach.

“I just want to be a part of it. I don’t need any accolades or anything like that, I just want to be along for the ride,” Pierce said. Oliver believes Pierce will definitely have a future in coaching. He is well spoken and has a great ability to create relationships with the players, Oliver said.

“He’s loyal and can communicate well,” Oliver said.

This season Pierce is working on encouraging the players and building them up while watching and talking over plays with the team. Once a star player on the court, Pierce is now on the sidelines looking to lead future stars to success.
Sports

Got fan support?

By JEREMY VASQUEZ
Staff Writer

It takes a school to create a team. But it takes a community to craft a champion.

The CSUSB Women’s Volleyball team is off to yet another great season, but attendance is nowhere near reflective of the amazing demonstration on the court. “Every little bit helps, every clap, step, cheer, and roar help us remember we’re not alone,” volleyball star Jane Chafeh said. “That is the advantage of having home court.”

In retrospect, the games are much more than sporting events. The women’s volleyball team competes from the first whistle until the last and it is not uncommon to see players diving on the court for loose balls or dance together on the sidelines. During the end of this season, as the playoffs approach, students are able to watch the team compete for their fourth straight CCAA championship and their first one nationally.

Student organizations have tried to encourage school spirit and dismiss apathy by hosting tailgate parties as well as performing at halftime. “Since I stay near the campus and I take great pride in my school, if I don’t lose my voice..., then I am not howling loud enough!” Lambda Theta Alpha’s Roxana Flores said.

The people who attend are always in for a treat. “I can’t explain how fun the games are, and how much of a difference I feel I make by just being there,” said freshman Student Paula Caicedo.

“We all play a role on our campus and attending a game is the least I can do.”

At the beginning of every season there are new players, some returning, and they have to all get along somehow.

Some coaches have team building exercises, while others just let the chemistry build as the season goes on. Chemistry within a team is a vital piece of the puzzle for success. It’s a lot easier to play and perform in games alongside people you like.

Noah Kooiman, head coach for CSUSB men’s soccer team, and assistant coach Tony Vigil say they have such a fun group of guys and it all starts with the chemistry. “Our team and jingling keys for the other team when the other team makes a mistake on the court, 91% of the time,” Kooiman said.

I work off-campus and usually on Friday or Saturday I’m in the Los Angeles area for parties or at American Eagle [to make money],” student Khosay Renee said.

The attendance at CSUSB home games usually fluctuates during the season but as the year comes to a close, larger attendance is not required but imperative.

When volleyball players on the court know their fans are there it makes a difference. “I’ve had both,” Oliver said. “And my most successful [team] wasn’t my most talented, but it had the best chemistry.”

The coaches explained the team and bond and said it’s like their own fraternity. “It’s important to have that team chemistry because the closer you are off the field channels into the closer you are on the field,” Vigil said.

Events that happen during the season is crucial to team chemistry. It has the power to boost chemistry tremendously or destroy it completely.

An event could consist of: a death of a teammate or someone close to the team, a fight, a huge underdog win or just a new addition of a player. It depends on how the team handles the event that will be the end result.

Men’s basketball Head Coach Jeff Oliver explained that leadership also plays a role in team chemistry. “You have a better chance of team chemistry through good leadership, because of the roles and organization,” Oliver said.

When all the coaches were asked, they said they would rather have a team with good chemistry that may lack the talent over a talented team that has no chemistry. “They are just easier to coach and the good chemistry teams are just a lot of fun,” Kooiman said.

“I’ve had both,” Oliver said. “And my most successful wasn’t my most talented, but it had the best chemistry.”

The men’s soccer team is having an outstanding year, and the coaches believe that the team chemistry has a lot to do with it. Kooiman said that the team has had a close bond from the start and they have had a winning focus throughout the year.

Chemistry can’t be taught, but it has to come together, often with a little push or a leader. While chemistry can’t be measured, it’s hard to overlook it’s results.

Chemistry key to success

COMMENTARY
By JESUS ROMERO
Assistant Sports Editor

At the beginning of every season there are new players, some returning, and they have to all get along somehow. Some coaches have team building exercises, while others just let the chemistry build as the season goes on. Chemistry within a team is a vital piece of the puzzle for success. It’s a lot easier to play and perform in games alongside people you like.

Noah Kooiman, head coach for CSUSB men’s soccer team, and assistant coach Tony Vigil say they have such a fun group of guys and it all starts with the chemistry. “Our team and jingling keys for the other team when the other team makes a mistake on the court, 91% of the time,” Kooiman said.

I work off-campus and usually on Friday or Saturday I’m in the Los Angeles area for parties or at American Eagle [to make money],” student Khosay Renee said.

The attendance at CSUSB home games usually fluctuates during the season but as the year comes to a close, larger attendance is not required but imperative.

When volleyball players on the court know their fans are there it makes a difference. “I’ve had both,” Oliver said. “And my most successful [team] wasn’t my most talented, but it had the best chemistry.”

The coaches explained the team and bond and said it’s like their own fraternity. “It’s important to have that team chemistry because the closer you are off the field channels into the closer you are on the field,” Vigil said.

Events that happen during the season is crucial to team chemistry. It has the power to boost chemistry tremendously or destroy it completely.

An event could consist of: a death of a teammate or someone close to the team, a fight, a huge underdog win or just a new addition of a player. It depends on how the team handles the event that will be the end result.

Men’s basketball Head Coach Jeff Oliver explained that leadership also plays a role in team chemistry. “You have a better chance of team chemistry through good leadership, because of the roles and organization,” Oliver said.

When all the coaches were asked, they said they would rather have a team with good chemistry that may lack the talent over a talented team that has no chemistry. “They are just easier to coach and the good chemistry teams are just a lot of fun,” Kooiman said.

“I’ve had both,” Oliver said. “And my most successful wasn’t my most talented, but it had the best chemistry.”

The men’s soccer team is having an outstanding year, and the coaches believe that the team chemistry has a lot to do with it. Kooiman said that the team has had a close bond from the start and they have had a winning focus throughout the year.

Chemistry can’t be taught, but it has to come together, often with a little push or a leader. While chemistry can’t be measured, it’s hard to overlook it’s results.

Attendance facts

CSUSB Enrollment: 17,852
Capacity of Coussous Arena: 4,141
Average fans per home game (roughly): 500
Empty seats: +3600

We all have the ability to change the game, as students, as alumni, as Coyotes.
Cross-country is making the grade

By ANDREW TAPIA
Staff Writer

Running up to 35 miles per week, and being in a 10-time All-Academic program, the CSUSB cross country team is pushing their bodies and minds to the limits.

Waking up at six in the morning is a “grueling” experience, explains senior Shawna Alvarez. “It is a commitment to yourself, the team, and to the coach,” Alvarez said. “There are times when I have to drag myself out of bed, but when I begin to run it’s as if nothing else matters.” Head coach Tom Burleson knows their struggles. “I have been a runner all my life, and know the pains and soreness of a long season,” Burleson said.

Finishing in eighth place at the CCAA conference race last weekend was a real disappointment to the CSUSB cross country team. “I feel like eighth place is OK, but not acceptable,” Burleson said. “I know our girls can run better and I am waiting for them to realize their maximum potential.”

After coaching cross country for 18 years, Burleson is focused on winning a conference championship. “[A title] is just what our program needs,” he said. “We’re a young and up-and-coming team [that] needs our runners to step up to the plate.” The CSUSB cross country team will compete in the Western Regional on Nov. 7. It is important that everyone stays healthy, Burleson explained. “My goal is to finish in the top five in the Western Regional and I don’t believe that goal to be far-fetched,” he said.

The team’s No. 1 runner, freshman Samantha Borman, will be leading the pack these next weeks to prepare for the Western Regional. Finishing 21st in a field of 100 runners at the CCAA tournament last week, Borman showed that she is ready to compete at the collegiate level. However, it is not only the accomplishment on the cross country field that has coach Burleson smiling.

One of the greatest accomplishments for the CSUSB cross country team is being a part of the academic All-American team 10 years in a row. “I pride myself by recruiting good student athletes who are going to thrive in and out of the classroom,” Burleson said. “I have a good group of girls that race hard, practice hard and are good kids. I know we have some of our best racing ahead of us and I am interested to see how we will react come Western Regionals.”