SMSU hosts Native American activist

The Santos Manuel Student Union (SMSU) is a mere symbol of the Native American culture and influence here on campus. The Pow Wow that was held earlier this month was a welcome celebration of several different Native American cultures.

However, the Native American culture is oftentimes mocked in popular culture and media. On Tuesday, Oct. 19, nearly four hundred staff and students welcomed guest lecturer, Charlene Teters, who spoke in behalf of such circumstances in the SMSU Events Center. It was the first in a series of three lectures titled “Conversations on Diversity” that will be held throughout the school year.

“[Teters] is deeply respected as an artist and a great representative for her people,” said Dr. James Fenelon, professor of sociology at CSUSB.

Teters is an activist against the misuse and misrepresentation of Native Americans and their symbols in contemporary society. She is also a member of the Spokane Tribes, and as such, said she felt there was no safe place when the mascot of her school - University of Illinois, was Chief Illiniwek.

“Indian imagery [was] connected to different things,” said Teters.

While still a graduate student at the University of Illinois, Teters said she brought her children to a basketball game. During halftime, the mascot came onto the court with a headdress made of 90 eagle feathers; so many that they dragged on the floor. She said her children were humiliated because the feathers of the mascot touched the ground, which is thought to be very disgraceful in many Native American cultures.

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CSUSB to celebrate Dia de los Muertos

The Association of Latino Faculty, the Robert V. Fullerton Art Museum (RVF), and a host of departments and student organization presents the second annual Celebración del Día de los Muertos on Oct. 29.

In spirit of the Latin American holiday, Dia de los Muertos, the Fullerton Art Museum is co-hosting an art exhibit that is expected to educate and entertain the San Bernardino community.

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The exhibit titled “Altered Altars” will feature an installation piece from contemporary artist Xavier Cortez who says that this piece is intended to challenge the notion of hierarchical ranks in terms of art.

“I wanted to do this lecture because I think people don’t really know the true meaning of the Day of the Dead here in America. Immigrating here from Poland, I felt like this holiday isn’t publicized as it is in other countries,” said Iwona-Maria Luczkiewicz Contreras, administrative analyst at the RVF.

The exhibit titled “Altered Altars” will feature an installation piece from contemporary artist Xavier Cortez who says that this piece is intended to challenge the notion of hierarchical ranks in terms of art.

“The exhibit is a hybrid of the real world, in which we live, and a contemporary twist,” said Cortez.

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continuation
how they played a lot of their older stuff. The song “Don’t Cry Out,” definitely my favorite.

Although many were focused on the entertainment, the night was aimed at getting younger people to register to vote as the November elections get closer.

“That night we got like twenty people [to register],” said Kendle. “It’s better than zero. We wanted more but you know.”

The lack of people registering that night seemed to indicate to Kendle a possible good sign.

“When I asked the crowd who was already registered I got a pretty loud response,” Kendle said.

With the elections looming on Nov. 2, students have until then to register to vote. “I feel as cliché as it sounds, we are the future,” said Janesin, who is registered to vote. “The sooner our generation realizes that the better.”

According to Kendle, the outcome could have been better but it was much better than what they had hoped for.

“Overall I think it was great. I was happy. It seemed like the audience was happy,” Kendle said.

After that game, Teters went to a game with a sign that read, “American Indians are human beings, not mascots.” She said that the sign wasn’t about changing people’s minds, but about telling her children that it was important to protect, their heritage.

That day was the beginning of Teter’s activist career.

The University of Illinois has since retired their mascot in 2007.

The University of North Dakota, whose mascot is the Fighting Sioux, will soon follow suit.

The North Dakota State Board of Education ordered the university to drop its mascot in April.

Teters believes that there’s still a lot of work to be done despite recent successes.

There are still campuses that use Native American mascots. “A university should be a place where all peoples identity is respected,” said Teters.

As an educator, Teters spoke at CSUSB because she said she has a lot of hope in future generations.

“I hope and trust that if you hear and see [Native Americans] that you will be moved to challenge yourselves and your own communities when you see [injustices] happen,” said Teters.

This is why Teters said she believes that Native Americans should be present in the classroom, sitting in the front row – because their presence challenges peoples notions of Native Americans.

She said when Native Americans are only represented by the caricatures that permeate our pop culture then it makes it difficult for children in schools to know their own heroes and heroines.

Teters said that because their own history isn’t taught in school and they see the pop culture icons of Native Americans it can have dangerous connotations.

“When you can’t get to a safe place, you know, that stuff ticks away at you like white noise,” said Teters.
A local Catholic priest is looking to take reality TV in a new direction with his quest to teach people about developing their spirituality by giving.

Father Stephen Porter is a priest at Saint Catherine of Sienna in the city of Rialto. The reality show, “Divine Intervention,” is in the process of searching for a network to broadcast it.

“I’ve watched the Kardashians and thought reality TV is awful,” said Porter.

Porter said his initial reaction to reality shows was negative, but he thinks all means of modern communication should be used to get the message of Jesus Christ to people.

“I think people are looking for something different and they have not received it [from television],” Porter said.

Porter said religion would be the greatest challenge to overcome with the show, which would focus on living life spiritually.

“If you present your college identification, you receive two dollars off of admission,” said Watson.

Porter said spirituality can be developed through prayers, volunteer work, donations, or other actions of giving back to help others.

“Religion is a church or organization. Each one has a spirituality, but it also exists outside of religion,” Porter said.

Monetary benefits of the show would go to the Catholic Church and other charities.

Porter said the Church is supportive of the show and with it being sure that everything is done appropriately.

Porter is also working on a website called askfathersteve.com to appeal to college students and younger people as possible viewers of the show.

“I’ve had a question about life in general, religion, living life, or struggles send me a 30 second video including your question and I will respond,” Porter said.

Porter and a production company, Lighthouse Blues Television, are in the procedure of getting producers and a network to select the show.

“I’m hoping and praying for a network to pick up the show,” Porter said.

Porter said he wants people to watch his YouTube video and post comments. He wants to know how the show would interest viewers.

Students have expressed mixed opinions about watching a reality TV show that deals with spirituality and religion.

Hernan Calderon is the public relations representative from the Catholic Newman Club at CSUSB.

“I see the show based on an analytical point of view,” said Calderon.

“No one has the same point of view. We should respect the idea and not shun it,” he continued.

Bruce Frencher, a communication studies major, said religion should not be associated with a type of show that usually depicts people acting badly.

“I would be interested in watching the show as a documentary,” Frencher said.

“Reality shows are acted out to entertain and show crazy stuff.”

Raquel Sandoval is a biology major at CSUSB. She said the show might encourage people who are unsure about their faith to get a different perspective on life and God.

“I would say the show is something modern to watch instead of going to church,” Sandoval said.

“Divine Intervention” is sure to be a reality show unlike anything on TV right now if they find a network to broadcast it and a healthy audience following.

Halloween Haunts

By CHELSI CHASTAIN Staff Writer

Halloween may conjure up such time-old traditions as going door to door to collect candy, and carving pumpkins but some students are looking for different activities this holiday season.

There are a few different places Coyotes can go to celebrate Halloween throughout the Inland Empire like the annual “Haunted Hayride” at Green Spot Farms in Mentone.

“During the day, we sell pumpkins and at night we run a haunted hayride” said CSUSB student Sean Sweitzer who volunteers at the farm.

The Haunted Hayride $12 for a 15 to 20 minute interactive hayride where you are given a tour of the haunted farm. Volunteers even jump into the hayride wagon to try and scare guests and keep them on their edge of their seats. It is open from Wednesday, Oct. 27 to Sunday, Oct. 31.

“It makes me remember my childhood and I love that I’m giving back to my community,” Sweitzer said.

Swearingen spoke of the enjoyment he gets from being a monster at the farm, as well as further recounting memories of attending the event as a child and all the scared Fun the haunted ride brought with it.

Furthermore, if you in for an on-your-toes experience, you might want to try the London Terror haunted maze which is located at Fiesta Village in Colton.

It boasts that it is the biggest maze in the Inland Empire and is sure to send a chill down your spine. Admission is $12 for regular admission or $12.95 for a mission of laser tag in addition to the maze. You receive two dollars off of admission if you present your college identification.

For students who want to stay local and on campus, a movie night is being held by Associated Students Incorporated (ASI) on Oct. 28 in the Santos Manuel Student Union (SMSU). ASI will be showing “A Nightmare on Elm Street” at 7 p.m. and provide popcorn and drinks.

Another event going on in light of the Halloween spirit is a Halloween Party that is being hosted by both the Asian Studies and the Math Club on Oct. 28. From 7 p.m. to 1 a.m. there will be DJs, dancing, give-aways and a costume contest at Island Fish and Game for $10 per person.

For those with children or younger siblings, Mall-o-Ween is another local event taking place to celebrate Halloween night. It will take place at the Ontario Mills mall on Oct. 31 from 4 p.m. to 7 p.m. Approximately 70 percent of the shops will be handing out candy and a map can be obtained from guest services to find out exactly which of the shops are participating.

Although children are encouraged to dress up, there is a costume policy that is strictly enforced. This policy includes no masks for people over the age of 12 and no costumes are to be worn before 4 p.m. or after 7 p.m. This is strictly for safety purposes and is taken very seriously by the mall’s security.

“It’s in the mall, it’s very safe and parents and other members of the family can shop while still participating,” said Jessica Jones, one of the coordinators of the event. The event will also feature Radio Disney as well as crafts for children located in the food court.

These are only a few of the fun events going on to celebrate Halloween, hopefully you will find something that will suit your interests and have a great Halloween.

Day of the Dead is day of celebration

In conjunction with the art exhibit there will be ethnic specific foods, drinks, Aztec dancers, a DJ, a documentary film, face painting, photo booths, family arts and craft, sugar skulls and the poster piece of the event, a community altar.

Space is limited but complimentary parking will also available in lot ‘M’ and ‘L’.

The altar is provided by LEAD and will be accessible to students and people located from the community.

“We encourage students to bring photos of loved ones that have passed, as well as, some of their favorite foods to present on the community altar,” said Watson.

There may be great expectations for this event such as celebration and other festivities, but what is not expected is sadness.

“We don’t mourn on this day, we celebrate the lives of our loved ones who are no longer with us, but who will always remember,” said Watson.

The Coyote Chronicle is always on the look for new talent. Send us your story ideas, photos, tips and leads. If you want to contribute to the newspaper, sign up for Comm 243A to be a writer for the Winter 2011 quarter, registration is going on now! Get in touch with us, let us know what you want to see in your newspaper!
Opinions

CSU bans sale of class notes

How the Cal State system is infringing upon the rights of students who use NoteUtopia.com to make a few bucks

By ALISON USTILL Staff Writer

The CSU system is infringing on the rights of its students by banning the use of note-sharing on the site NoteUtopia.com.

On Sept. 21 the CSU Chancellors’ office ordered a “cease and desist” of the buying and selling of notes online on NoteUtopia.com, officially starting an intrusion on the private property of students.

NoteUtopia.com is a type of “educational social network” that was formulated for students to upload and share their notes with other students in their class. It was intended to be an additional study reference for students to help other students.

According to a report from San Francisco State University (SFSU): “NoteUtopia.com enables students from similar classes to join and form discussion groups, post questions to classes, engage in live chat, receive feedback from professors and, principally, buy and sell class notes and study guides.”

The aspect of the site that is currently under fire is the selling of notes. Notes can be sold for $1 to $3, the price is set by the student hoping to sell, and the site takes a 40 percent cut of the profits.

The Chancellor’s office argues that it is in direct violation of CSU Education code 66450, an unfamiliar law.

According to SFSU: California Education Code section 66450 states that “no business, agency, or person, including . . . an enrolled student, can sell or distribute commercially any contemporaneous recording including hand or typewritten notes, of a classroom presentation.”

Based upon the wording, it seems that this rule may not apply to the notes being shared on the site. If the notes are taken in the own words of the student it would not fall under “contemporaneous recording” or the exact or simultaneous reciting of the lecture. Thus, the grounds for restricting the site seem to be off-base.

Ryan Stevens, a recent graduate of SFSU, is the founder of the site. The idea came through an entrepreneur Ryan Stevens, a recent graduate of SFSU, is the founder of the site. The idea came through an entrepreneur

The site is not illegal and should not be viewed as such.

Taking notes during a lecture has been compared to a movie review by Stevens. You react to the presentation that you are watching; writing down what is important and key to you. Those notes and words belong to the writer in both contexts.

Copying laws already protect professors and the lectures from exact publication of their works, so the professors have nothing to be concerned over.

“What I’m doing is truly a good thing,” said Stevens, to Sacbee.com. “I’m not giving them answers to a test under the table. It’s students helping other students do better in school. What else could a professor want?”

These are hard economic times for students, why should good, hard-working students be punished for sharing and gaining worthy profit for their notes? If a student takes the time to take their own notes, in their own words, why is it unlawful to share their own depiction on the lecture? It is their own work. This a direct violation of student rights in this context. If we view the notes being taken as property, then why would students not be allowed to sell their own property?

The ban came only a few weeks after the launch of the website.

If CSU students continue to sell their notes through NoteUtopia.com, they will be subject to discipline by the university with penalties up to suspension or expulsion for violating this code. Is this fair?

Students can continue to post their lecture notes, just not for profit. So it becomes clear that the problems are not the notes themselves, but the profit-gaining aspect of sharing notes. How exactly is this legal?

It seems the reasons for the restrictions and change have more to do with an issue of power and control from the chancellor’s office then overall protection and well-being of the many CSU students.

Eat on campus, break the bank

By COURTNEY POOLE Staff Writer

It’s not cheap but there aren’t many options.

Every time I get hungry I try to roll with the pangs rather than roll out the big bucks.

This quarter I made it my mission to seek out reasonably priced food on campus. For me this year, looking for a bargain has proven to be a lot more than a daily parking pass.

Considering most college students, myself included, are financially strapped I wonder why it costs so much to eat here.

The price of food on campus is too expensive because it is convenient? All answers would point to yes.

Another student Krystal Morgan said to me “I typically don’t eat on campus. There is not much of a selection. Usually I bring my own food or eat fast food off campus because if I’m going to spend money at least it’s a sure thing.”

Leaving campus to eat poses the threat of losing a parking space. Obviously it is more convenient to eat on campus than off.

So when scouting out cheap eats around campus I found the Pub has great options and the food is hot. Taco Bell Express is another good choice but it and Starbucks are both about $1 more than the ones off campus.

I did find one student who did not seem to be bothered by how much food costs on campus. “I don’t think it’s too bad. When you exist on it every day it is pricey. But it’s not like Disneyland where they charge $4 for water,” Hope Ervin said.

Overall, students are being overcharged for food on campus. I think that the school should care more about providing affordable options for students who eat at school.
Federal government: Prop 19 buzz kill

By LOUIS PENNA
Staff Writer

The argument against Proposition 19 has nothing to do with drug-free working environments, or pot heads running amok in the streets. It has to do with the law.

The federal law to be exact. If marijuana was legalized in California under Prop. 19, it would be met with opposition from the federal government.

According to the LA Times, U.S. Atty. Gen. Eric Holder said he would, “vigorously enforce” current federal narcotics laws, even if the proposition is passed Nov. 2.

It is already clear in the U.S. Constitution that federal law overrides state law. It is also clear that Prop. 19, if passed, would violate federal law.

Precedents set for this kind of federal vs. state law court battle does not bode well with Prop. 19 hopefuls. The Drug Enforcement Administration was raiding medical marijuana dispensaries across the state, even after the passing of Proposition 215, which legalized medical marijuana in California.

Those raids did not cease until March of 2009 when federal officials announced they would no longer interfere with medical marijuana sales.

If Prop. 19 were to pass, we can expect to see a huge push by the federal government to uphold the Controlled Substance Act. The federal government would therefore sue the state of California and Supreme Court will tell us to shove it.

In the 2005 U.S. Supreme Court case Gonzales vs. Raich, it was made clear that the federal government has all power to ban the use of marijuana, even when it is legal at the state level.

The only tangible fight to legalize marijuana has to be done at the federal level. However, members of Congress will not budge in passing any kind of legislation that touches cannabis with a ten-foot pole because of the possibility of blowing their re-election bids.

A new bill was signed last month in California that reduces the penalty of possession of less than an ounce of marijuana to an infraction.

One walk down the Venice Boardwalk and you can’t look either way without seeing a “doctor” ready to give you “medicine.”

Point being, marijuana is easier and more legal to get than ever before. Those who want to smoke pot, do so already and under little risk.

Despite the possible ramifications of this proposition, it does seem that it will pass this election season. Polls by SurveyUSA show 48 percent of likely voters favor the proposition.

Therefore, the only tangible fight to legalize marijuana has to be done at the federal level.

Proposition 19 has nothing to do with marijuana. It passed, it will be met with harder opposition and a President who is against the legalization of marijuana.

It took almost a decade for Prop. 215 to reach the entire state, and even if Prop. 19 passes, it will be met with harder opposition and a President who is against the legalization of marijuana.

By all standards, the day that California becomes my drug dealer is too good to be true.
“Everything takes its toll but there’s no tolls I can take / I haven’t yet found a good reason to be awake.” Rapper Eyedea on his song “Even Shadows Have Shadows.”

Underground Rapper Michael Larsen, better known under his alias Eyedea has passed away at age 28. The Minneapolis City Pages reported the heart wrenching news that Larsen was found dead by his mother on Oct. 17. The cause of death is currently unknown and both his mother and his record label Rhymesayers have requested privacy as they figure it out.

Eyedea was best known for his collaboration with DJ Abilities on the independent Rhymesayers Entertainment label known for other underground hip hop acts such as Atmosphere, Brother Ali and MF Doom. He originally started out as a battle emcee, winning competitions and touring with fellow rapper Atmosphere as a support DJ.

He released First Born and later joined forces with DJ Abilities to form the group Eyedea and Abilities in 2001. The group also released one of their most well known albums E&A in 2004 and most recently By the Throat in 2009. As a solo artist, he released The Many Faces of Oliver Hart, celebrated for its deep, philosophical observant lyrics and subject matter.

Larsen also has albums released under his love, freestyle/jazz group Face Candy and had even started a rock group named Carbon Carousel. The death of such a talented artist is a saddening loss for underground hip-hop and music in general. On Larsen’s Rhymesayers webpage, Gregory Kellogg known as DJ Abilities expressed his sorrow, writing “Mike was the closest friend I ever had. He was as caring as he was brilliant and was a true prodigy. I am honored to have been in his life and to have created with him and help spread his messages. He was a great human being and he will be missed.”

He will be remembered for his addiction and philosophical lyrics over DJ Abilities smooth yet funky beats. “No matter what side you see it’s only one side! No matter how much you think it means, it’s just one side.” Eyedea on his song “The Many Faces of Oliver Hart.” One of the more unfair things is that though he was renowned for his skill in the underground hip-hop scene, yet many people I know or talk to have even heard of him. Most of my peers are well-versed in mainstream hip-hop fans but have no clue who this underground rapper was. Some other peers don’t listen to hip-hop and/or don’t consider it music or an art form. I’ll usually encounter tired arguments against hip-hop and rap like its not real music or about it abusing women and drugs. These same friends only have rappers like Lil’ Wayne or Soulja’ Boi to observe and it’s horrible.

They’re right to think this too, both just seem inferior to Eyedea’s abilities. My friends who doubt the authenticity of rap music are hooked by a few of Eyedea’s verses and full on hip-hop fans after one mix CD of underground artists.

Many artists like Atmosphere or Murs are normal people who rap about life, love, misfortunes and inebriated adventures, much like the stories passed between my friends or overheard in class. Many underground artists I know put more mainstream artists to shame with their flow, rhyming ability and ear seducing beats. Life is too short; expand your horizons and try giving the real underground hip-hop artists a chance. You can check out anything by Rhymesayers Entertainment or other underground labels/collectives like Living Legends or Hieroglyphics. Our time on earth isn’t guaranteed, and the fallen prodigy that was Eyedea, who strove to further his beloved underground rap scene, is proof of that.

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Tyson’s column: A Coyote’s look into counterculture, charities and cool tunes

By TYSON ELLINGSEN
Copy Editor

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Check out CoyoteChronicle.com for more columns, blogs and videos!
It isn’t very often that a first book in an author’s repertoire surpasses expectations. It’s a rare achievement, and a CSUSB campus faculty member has done it.

“Torch Song Tango Choir” is the first published collection of poetry from CSUSB English professor Julie Sophia Paegle. Paegle writes with clarity and fluidity that is extremely difficult to match, especially in poetry. “Torch Song” shows a mastery of the craft, as well as a deep appreciation and a bond with the form.

The reader is left with a profound sense of memory, of having experienced someone else’s life and seen both the happy and the heart-breaking. There is also an overwhelming feeling of déjà vu, as Paegle’s words come off the page as both deeply personal and yet universal.

The poems exhibit a powerful voice, completely in control of its words while leading the reader through valleys of emotion and raw imagery. “Clock and Echo,” a poem featured in “Best New Poets 2007,” boldly declares “Confession is the better communion.” This plays into the book as a whole, as these poems read as confessions of memory, family, and time.

Much of this memory centers on Paegle’s family, especially her grandparents. “Good-bye Love Song for My Grandmother’s Walks” is one of the most moving pieces of the collection. It paints a portrait of the aftermath of her grandmother’s stroke, remembering her father “tracing the lines of her dead right hand.”

At the same time, the poem, as do many in the collection, confronts Paegle’s family and past. Paegle, a self-confessed insomniac, says that much of “Torch Song Tango Choir” is a result both of that sleeplessness and that past.

In this way, the collection effortlessly speaks to a broad spectrum, as every family, every heritage, has its secrets. The imagery is silent and powerful, putting the reader in the room with the family and figures existing in Paegle’s memory.

Drawing on her Argentinean ancestry, Paegle often blends the Spanish and English languages together. In doing so, she creates a beautiful landscape of language. This blend produces powerful lines and thoughts. In a single poem, she crafts “Recordando el pasado quo lo hace sufrir,” and goes to beautifully convey pain as “dolor made crystal.”

Yet these works argue that Paegle’s first language is neither English nor Spanish, but poetics. Like other critics, Paegle’s own peers have weighed in on “Torch Song.” Fellow professor and Chair of the English Department, Juan Delgado said, “Julie’s book will establish her as an important voice in poetry.”

English professor, Corinna Vallianatos, says she was led on a tour through the world of “Torch Song” by “the most incredibly intelligent, uncannily musical and preternaturally attuned tour guide ever.” Vallianatos goes on in praise of Paegle, saying that she has, “terrific amounts of empathy and an almost scarily sharp mind.”

The poems within the book have appeared in such journals and anthologies as “Ploughshares,” “Third Coast,” and CSUSB’s own “Paciﬁc Review.” Though the University of Arizona Press’s official release date was Oct. 15, “Torch Song’s” first printing, released some weeks ago, is nearly sold out. “Torch Song Tango Choir” is currently available in the Coyote Bookstore and other major bookstores.

CSUSB professor poet ‘tangos’ to success

Sufjan Stevens heads in new direction with “Adz”
Kanye’s controversial album really a controversy?

As the artist moves to reinvent himself, some are speculating a creative album cover is just a publicity stunt

By PATRICIA FISCHER
Staff Writer

In a society where sexually explicit content rules the music gateway, one artist’s album cover is being banned for its erotic display and has Wal-Mart allegedly prohibiting the controversial cover.

Kanye West, rapping hip-hop star, is best known for his creative lyrics, powerhouse beats and unique fashion style, is in an outrage that the cover artwork for his album My Beautiful Dark Twisted Fantasy is being denied from Wal-Mart shelves for its Nov. 22 debut.

The cover of West’s album displays a painting of a naked male lounging on a couch with an armless nude woman. Kanye describes the armless woman as a “monster, showing her bare necessities, and straddling the Kanye ‘look-alike.’”

West’s reaction to the so-called Wal-Mart rejection was publicly displayed from his personal Twitter account.

“Yoosoo they banned my album cover! They don’t want me chillin on the couch with my phoenix! So Nirvana can have a naked human being on they cover but I can’t have a PAINTING of a monster with no arms and a polka dot tail and wings.”

Kanye West, in a tweet

Kanye’s controversial album really a controversy?

As everybody knows, Wal-Mart only carries edited versions of media found in their stores. A representative for Wal-Mart gave this statement to the press in regards to the album cover.

“We’re excited about Kanye West’s new album and we look forward to carrying it in our stores on Nov. 22. As always, it’s our standard practice to carry the edited parental advisory version. We did not reject the cover artwork and it was never presented for us to view.”

For the statement came out regarding the album artwork, it makes you wonder whether or not Kanye’s cyber outcry was simply an act of self promotion for the upcoming album, or artistic suppression.

Considering West’s past reputation, he needs some type of help to rebuild and salvage his image to make any kind of success with his latest release.

Until then look for the new album to release on Nov. 22, wherever it’s being sold.

By ISABEL TEJADA
Staff Writer

Johnny Knoxville, Bam Margera, Steve-O, Wee Man, and the rest of the cast have proven themselves once again with their nauseating, hilarious film “Jackass 3-D.”

The Jackass franchise has done wonders in the box office, making $50 million in the opening weekend with the film. It did so well that the Jackass troop is planning to release a speedy sequel with all the extra footage that was cut from the film.

The stunt-loving cast filmed all over the place: from snowy mountains to the hallways of comfy hotels and everything in between.

The film starts off with an introduction by Beavis and Butthead explaining how the 3-D effect works. They pass it on to Johnny Knoxville who introduces the whole cast by pulling pranks on each other as they line up against a rainbow.

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As the film came to an end, the cast wrapped it up with pictures and clips of their younger days.

For its explosive grand finale the Jackass cast sang along with Weezer to their single “Memories” from their September 2010 album Hurley. The final moments of the film were filled with chaos due to an explosion triggered by Knoxville. There the whole cast was blown away from every direction.

The film was gut wrenching, filthy, funny, everything the cast wanted.

If you like nauseating fun Jackass 3-D is the film to see.

By MONICA CARD
Staff Writer

Just five months after finishing a prison sentence on federal weapons charges, rapper Clifford “T.I.” Harris has now been sentenced to serve 11 months in prison for violating his parole.

On Oct. 13, police received a 911 call from a man who was going to jump off the roof of a building. T.I. was heading to his video shoot, when he turned on his radio and heard the breaking news about the man, who said he was “tired of living” and wanted to end it.

The rapper said he went to the scene of the incident and told police of his desire to help resolve the situation. T.I. reportedly recorded a video message to play the distraught man, to convince him that he was really in the lobby and wanted to speak to him. The man came down and spoke with T.I.

Two days after the ordeal was all over and done with, T.I. showed up to court and was sentenced to 11 months in jail for violating his parole.

T.I. and his wife were pulled over Sept. 1, during a routine traffic stop in West Hollywood after making an illegal U-turn.

When officers approached the vehicle they reportedly smelled marijuana coming from the vehicle, which prompted a search of the car and the passengers. T.I. and his wife were arrested.

T.I. was charged with possession of ecstasy, associating with a convicted felon, and being under the influence of opiates.

Last year T.I.’s bodyguard delivered three machine guns and two silencers purchased all over the place: from snowy mountains to the hallways of comfy hotels and everything in between.

The Jackass 3-D: Three dimensions of raunchiness

Stoppping suicide attempts one day, sentenced to prison the next

T.I. in trouble with law again

T.I. was sentenced to one year and one day in prison on the federal weapons charges of that, T.I. served seven months in an Arkansas prison and three additional months in a Georgia halfway house.

T.I. also had to serve a three year parole term as a plea bargain to this federal conviction.

T.I. was sentenced to one year and one day in prison on the federal weapons charges. He was also sentenced to not illegally possess a controlled substance.

T.I.’s probation conditions included supervised release for three years, DNA testing and drug counseling, as well as a ban on owning firearms and an agreement to submit to reasonable searches.

Clifford “T.I.” Harris is a 30 year old Grammy Award-winning rapper. He has gone platinum with such hits as “Whatever You Like” and “Dead and Gone.”

T.I. told radio station VI103-FM in Atlanta that he’s learned by trial and error after each arrest and has learned his final lesson.

The album cover: see My Beautiful Dark Twisted Fantasy.

By ISABEL TEJADA
Staff Writer

Johnny Knoxville, Bam Margera, Steve-O, Wee Man, and the rest of the cast have proven themselves once again with their nauseating, hilarious film “Jackass 3-D.”

The Jackass franchise has done wonders in the box office, making $50 million in the opening weekend with the film. It did so well that the Jackass troop is planning to release a speedy sequel with all the extra footage that was cut from the film.

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Ready for “RED”

Age-old film favorites Bruce Willis, Morgan Freeman, John Malkovich and Helen Mirren join Mary-Louise Parker in RED (Retired, Extremely Dangerous), a film about a group of retired CIA agents who haven’t lost their spunk.

By BRITTANY SHAW
Staff Writer

The team behind the movie “RED” took a typical storyline and ran with it, making it unique and thrilling in many different ways.

The movie’s cast includes Bruce Willis, Mary-Louise Parker, Morgan Freeman, John Malkovich, and Helen Mirren. These dynamic actors did an excellent job in making this film both hilarious and action packed.

Also involved in helping to make the movie everything it is, are Karl Urban, Brian Cox, Richard Dreyfuss, and Ernest Borgnine.

It starts off slow, with humor and sarcasm at every corner, but as the movie continues, fight scenes, gun shots and explosions are easy to come by.

“RED” stands for Retired, Extremely Dangerous. A label that has been given to former CIA agents played by Frank (Willis), Joe (Freeman), John (Malkovich), and Victoria (Mirren).

These four retired CIA agents are marked as extremely dangerous and are put on a hit list by the CIA, but they do not go down without a fight.

The CIA was concerned that they know too much, and dispatched a team of forces the team to get back together and fight back once again.

The team realizes there is no hope in defeating them unless they break into the CIA headquarters and expose the truth.

However, they uncover far more then they could have ever imagined, and in a comical farfante, the retired agents fight back, bringing out their old training skills to save the day.

“They just don’t make them like that anymore,” says a character in the movie talking about the retired agents.

But don’t let the fight scenes persuade you into thinking this is just another rough-and-tumble action movie, there is also a love story throughout the film.

Before almost being killed, Willis has an estranged damsel in distress relationship with Sarah (Parker), with her being kidnapped during part of the film.

This is a rough way to start off in the direction of romance, but it seems to ultimately work in Willis’ favor.

It seems like a typical action flick, but with some unique humor in every scene and a plot that, thanks to the actors, never weakens during even the most heated fight scenes.

It’s something that is easily enjoyed, and easy to watch, making it a good date movie, as it has a little something for everyone.

Willis’ romance appeals to a more feminine crowd, while still supplying the muscles and explosions of an masculine action movie.

Action, explosions, comedy and love; Four complete aspects that make this mov-ie rare and one of a kind.

Its humor is raw, its love scenes are comical, and the action is unforgettable.

Kings of Leon’s “Come Around Sundown,”
a crowd-pleaser, explorative venture

The band’s fifth album is reaches new fans, while retaining that classic KOL sound

By COURTNEY KEEFE
Staff Writer

Kings of Leon’s new album “Come Around Sundown” is a switch from their old sound but is sure to bring a new crop of listeners with their wide array of sampling different of music.

Come Around Sundown is the group’s fifth album in seven years. It was produced by songwriter Angelo Petraglia and producer Jacquire King who also produced the band’s previous hit album, Only by the Night.

The new album has a widespread sound with their usage of some doo-wop elements for the track “Mary.” They also play to their grassroots in “Back Down South.”

Personally my favorite song is “Back Down South,” which incorporates bluesy haunting vocals, creating a noteworthy track.

The track may be as much as a hit as “Use Somebody” from their last album. All of these nuances help the album create a wonderful mixture of musical textures.

Their drummer Nathan Followill noted their new albums widespread sound in a MTV interview, “It’s got songs that are beachy, it’s got songs that are a little more like our [debut full-length] Youth and Young Manhood days…”

Their last album Only by the Night, reached overnight success in Ireland, the UK, and The United States and won them four Grammys and two Brits.

Compared to their previous album, Come around Sundown is a great move with its tailored sound, guitar riffs and vocals that show their maturity as a group.

It allows them to distance themselves from the success of Only by the Night, giving their new album the availability to stand on its own without being pressured to regenerate the same success of their last album.

Though they still keep their mainstream appeal in a couple of songs, in this album we get to experience a little more of whom Kings of Leon really are and the music they love to make.

If you were a fan of Only by the Night then I definitely think you will find Come Around Sundown fulfilling. It is a great add to their musical library on their continued path to superstardom.
Waiting to be waited on

Throw a Coyote a bone, students are waiting too long on Sodexo to eat

By ANDREA BRANDSTETTER

Students plates are full with tuition hikes, textbook fees, limited parking, balancing work and school. Add to this the growling stomachs that are lasting longer than anticipated.

Many students are complaining about the amount of time they spend waiting for their food at several of the school’s popular dining establishments.

“I hate the long lines. I wish the food service was faster,” said Freshman Manuel Garrido.

Garrido’s who eats at Taco Bell, claims that their lines have taken 10 to 15 minutes to pass through.

Senior Kimberly Boydston can sympathize with Garrido’s frustration. She too has found herself waiting in long food lines, particularly at the Coyote Store.

“Going in there is usually impossible on Tuesdays and Thursdays,” she said, referring to the store crowds.

For Boydston and others, standing in long lines is just part one of their concerns. They’ve also had to deal with extended waits after they’ve ordered their food.

Students who are looking to grab a quick snack in between classes have sometimes found themselves late to class as a result of these waits.

This was the case for Malik Mallory when he ordered a salad at The Blue Coyote Pub & Eatery last week.

“The line wasn’t even that long, and the order took 25 minutes,” he said.

The complaints made by Mallory and others have not gone unnoticed.

Dave Janosky, general manager of food services at CSUSB, says that these complaints are entirely valid.

Janosky works for Sodexo Inc., the foremost provider of integrated food and facilities management services at various schools throughout the U.S., Mexico, and Canada. As of 2008, Sodexo has been in charge of all dining and catering operations at CSUSB.

Janosky insists that he and other Sodexo employees who work on campus are committed to fulfilling the needs of students in a timely and efficient manner.

“We want to be of service to students and provide them with a good product. So we’ve made it a point to try to decrease the amount of time students have to wait,” said Janosky.

He believes the long waiting periods experienced by students are due to a combination of factors, some of which can’t be controlled.

“The biggest issue we’ve had is the volume of people,” said Janosky.

He believes that the higher the student volume is in a particular food establishment, the harder it will be for this establishment to keep the lines moving.

Some might suggest that Sodexo hire more employees to eliminate this problem, however, Janosky feels that the number of workers at each food establishment is currently sufficient. According to him, hiring too many staff members would result in an overcrowded work environment.

Still, Janosky and other Sodexo managers have taken steps to fix other problems which may be contributing to lengthy wait periods for students for food. For example, they are currently working with CSUSB to increase the speed of their cash register system that is used to process food orders.

Ultimately, Janosky wants students to know that their concerns are always welcome.

“Students are the reason we’re here,” said Janosky.

Features

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Students get the best of both worlds in the classroom

By JUSTINE DESAUTELS-ZARBATANY

Students have many reasons why they like one of their classes more than another. It’s no different on my part.

Challenging myself is one of the most important thing I want when I attend a class. For that reason, I have to say that my most interesting class is Introduction to Television and Video Production.

I love watching television, but the knowledge behind all the production is more elaborate than I ever thought. Not only am I not familiar with a production room, but I never studied types of cameras or angles of lighting.

Learning this makes it much more interesting to analyze all the details of any kind of production.

Whatever your classes are, make sure you have fun with them. Even if they don’t seem that interesting, try to make the most out of it by learning from the professor and other classmates, and make your experience worthwhile!

From the beautiful scenery to a number of activities on campus, CSUSB is a place where everybody can find what they’re looking for.

On an academic level, the university offers more than 70 traditional baccalaureate and master’s degree programs. Many of the education credential and certificates programs have earned national recognition.

What makes the classes entertaining for students? There are many factors: the teachers, the classmates, the way the subject is brought up, even the general atmosphere.

For Laura Martino, her favorite class is Media and Justice.

“The teacher is a cop, and she’s really funny, so that makes it interesting for us,” said Martino.

What makes it even more appealing is the way she can transpose the content of her class in real life situations. The professor will make the students question themselves about what they would do if any situation happened to them.

Andrew Bozeman, majoring in Communications, thinks Gender, Race and Media is the class he prefers.

“The group projects we do in this class are so much fun! They make us interact with classmates we don’t usually talk to, and we can learn so much from them,” said Bozeman.

Professor J. Scott Rodriguez makes the class all the more interesting because of his background. He has been in China to teach, so he has a different perspective on some issues brought up.

Aaron DesCombes, another student from CSUSB, didn’t think twice when asked what his favorite class was.

“Television, it’s clearly my pro-seminar class. It’s mostly about historiography of the Revolutionary War. Basically, we talk about how historians have interpreted the American Revolution,” said DesCombes.

For him, going to class is not about attendance, it’s more about what you can learn.

The class gives him more perspective on the American Revolution than he previously believed. It broadened his horizons and extended what he already knew about the subject.

Whatever your classes are, make sure you have fun with them. Even if they don’t seem that interesting, try to make the most out of it by learning from the professor and other classmates, and make your experience worthwhile!
Features

More than hocus pocus, David Blaine boggles the mind

By RACHEL CANNON
Staff Writer

David Blaine, a tall, imposing man who dresses mostly in black, has an almost palpable air of mystery around him.

He is the man who revolutionized street magic, spent 42 minutes and 42 seconds encased in a massive block of ice, and, more recently, shackled and submerged himself into a giant water-filled sphere for a week.

“It’s more gratifying for me to do something that’s real, that has a real element of risk,” said Blaine. “Many magicians are more focused on making the audience mystified, but there’s something that makes me want to challenge myself... I don’t think I’d really be able to get excited on something that’s not real.”

Indeed, the consequences of his challenges have been all too real for the magician, who has suffered extreme hallucinations, hypothermia, and other serious health problems as a result of his stunts.

“I think the most intense was when I was in the block of ice and I had serious sleep deprivation, plus standing in one place in the cold, so after three days of that my brain started to slip,” said Blaine.

He aims to one day break the world record for longest period without sleep. According to the National Sleep Research Project, it is 18 days, 21 hours, and 40 minutes.

Guinness World Records no longer publishes this information for fear that would-be record holders might suffer serious negative consequences to their health while attempting to set a new record.

When asked to describe what sleep deprivation was like, he said, “You’re having these nightmares and these dreams, but your eyes are open, and you can’t distinguish whether what’s going on is real or you’re dreaming.”

He hopes to one day overcome these setbacks and break his next record. According to the New York Times, Blaine has already held the records for longest time spent in a block of ice, at 63 hours, 42 minutes and 15 seconds, and for longest time spent holding one’s breath, at 17 minutes and four seconds, both of which have since been broken.

Blaine seems to have a fascination with other types of physical deprivation as well.

He is extremely interested in fasting and food deprivation, which is a recurring element in his endurance stunts as well.

When asked about the appeal of holding fasts for him, Blaine described a “heightened sense of awareness” as a result of dramatically decreased insulin levels.

“You’re functions at a much higher level; your memory is much stronger when you have lower levels of insulin.”

According to his autobiography, Mysterious Stranger, ascetic monks who willingly endured long periods of fasting and other unusual self-punishments are a great source of inspiration to Blaine.

For example, the idea for Vertigo, his 2002 stunt in which he stood atop a 100-foot tall pillar in Bryant Park, New York City, for 35 hours, came in part from fifth-century monk San Simeon.

Simeon spent over three decades living atop a similar pillar to escape the decadence of life below.

Many of Blaine’s stunts have stemmed from the idea of casting aside excess and seeking a state of simplicity.

The extremes to which Blaine has pushed himself are incredible, but they don’t seem to be deterring him from aiming for even more fantastic goals.

In an interview for the New York Times, Blaine said, “I think a lot of people are unable to accept that they’re able to do what they can do. That we can survive. The human organism is an amazing creation.”

Although he has certainly had a fascinating and intense career thus far, David Blaine’s magical journey is still far from over.

When asked what he considered to be the defining point of his career, Blaine responded simply, “I haven’t hit that yet.”

If his previous stunts are any indication, these feats promise to command the world’s attention.

Halloween history revealed

By MAUDE TEASDALE
Staff Writer

Halloween is one of the world’s oldest holidays, celebrated in many countries in many ways and under different names.

The world itself, Halloween, came from the Catholic Church of the contraction of “All Hallows Day”, in honor of the saints. Originally, Halloween was a religious holiday from the Celtic and Roman mythologies.

It is a Celtic holiday in honor of Samhain, the god of death and a Roman holiday in honor of the goddess of fruit and trees, Pomona. This is the reason why the main colors of Halloween are black (death) and orange (harvest).

October 31 marked the end of the year for the Celts. They practiced several religious rituals to celebrate the season of the sun to the season of darkness.

Everyone in the community turned off the lights in their house and gathered in the forest to provide food to the spirits. They lit great bonfires, sang many songs and danced around the fire. People dressed up in scary costumes to frighten the terrifying spirits. It was also to scare off evil spirits.

Another old tradition is the carving of pumpkins or Jack O’Lantern. As the harvest ends, pumpkins are supposed to scare away evil spirits.

Over the centuries, the turnip was replaced by the pumpkin. Today, pumpkin carving is one of the important symbols of America’s Halloween celebration.

According to the Jack O’Lantern legend, pumpkins are supposed to scare away evil spirits.

Today we can still see the pumpkins glowing on doorsteps, as tradition old and new clash on the doorstep as ghosts and goblins receive treats for their tricks.
There are many ways to sneak exercise into your daily routine. For students who have hectic schedules they can still achieve the needed hour exercise without having to do it all at once.

“I don’t have time to exercise.” Sound familiar? This excuse is extremely common, especially among college students. It seems impossible to balance an exercise regimen between classes, homework, jobs, and student organizations.

According to the Mayo Clinic’s web site, “Regular exercise can help you control your weight, reduce the risk of heart disease, and strengthen your bones and muscles.”

The American Medical Association has recently announced that women need an hour of moderate-intensity physical activity a day, double the 30 minutes previously recommended. Walking more can be a simple way to incorporate more exercise into your day. Parking further away, taking the stairs instead of the elevator, and walking to the store are great ways to burn more calories. If walking takes up too much time, consider riding a bike instead. Maximize your calorie burn by speed-walking and walking up hills as much as possible.

The Student Recreation and Fitness Center offers many gym machines which can be great ways to get cardio exercise. Try the rowing machine, elliptical, exercise bike, or treadmill.

Many of these can also be combined with reading your textbooks, to save even more time.

There is a number of fun, effective exercises you can do at home without taking a lot of time or equipment. Jogging in place while watching TV, jumping rope, or dancing to your favorite artist are all enjoyable activities with a high calorie burn.

You can combine different exercises into a quick routine you can do at home. Exercise.about.com recommends a number of different moves you can try, including jumping jacks, lunges, and different hops.

For ski hops, keep your legs together, and jump from side to side. Burn more calories by making wide jumps and squatting low upon your landing.

For squat hops, keep your feet at shoulder-length, squat low, and jump forward. In addition to cardio, strength training is very important as well. For the best workout in a short period of time, try doing exercises that work multiple muscle groups.

Push-ups are a great choice. So are chin and tricep dips, for which there is a machine at the Rec Center.

A great idea is to combining multiple strength training exercises into one. You can do planks with leg extensions or lift weights while doing lunges.

When lifting weights, be sure to incorporate a variety of different techniques, such as bicep curls, lateral raises, and tricep kickbacks, to exercise all of your muscles. If you’re unsure about how to start a strength training routine, be sure to visit the Rec Center and meet with a trainer.

Quick tips for a great workout
- Keep hydrated
- Invest in workout shoes
- Don’t over work your body
- Stretch before workouts
- Exercise with others

Having healthy habits
Exercising tips for students on the go to stay fit and healthy for life

By RACHEL CANNON
Staff Writer

Having healthy habits
Exercising tips for students on the go to stay fit and healthy for life
Geeks, Games, and Gadgets

We take the hassle out of browsing the tech scene to bring you weekly news and our views on the wide world of phones, computers, TVs, games, and the Internet.

By ERIC BROWN
Managing Editor

Up and down, and all-around gaming

The motion controller has taken the gaming world by storm. No matter if it’s the primitive Nintendo Wii, Sony’s precise Playstation Move or Microsoft’s futuristic Xbox 360 Kinect, gaming for now is in-motion.

With the Wii breaking the scene some years ago, gaming has come out of the era of Duck Hunt and into the world of Super Mario Galaxy and Just Dance.

However, most Wii games have been boxes of fail. Gimicky at best, dodgy to control and an overall lack of fulfillment has plagued the Wii, and isolated hardcore gamers.

So why in their infinite wisdom, has Sony and Microsoft decided to jump into a market where Nintendo seems to magically make a profit? The answer lies in the casual gamer.

None can deny the fact that the Wii, having sold over 30 million units as of August according to CNET, has proved that people like the concept of motion controls.

Microsoft and Sony both have their shiny new peripherals for us to play with this holiday season, so we’ll see what people pick up, or become in Microsoft’s case.

Bottom line: relax. Fans of shootem-ups and big bangs, these new ideas are here to get grandma off the coach and your friends off their phones, but you can still enjoy the thrills of hardcore gaming; you just might have to learn to share the TV.

Create a world of your own, and then keep going back

Ever wanted to build a world from the ground up? With your own bare hands?

The answer to your long burning desire is Minecraft, where you literally create your world, by hand, as you try and better your creation against an onslaught of monsters.

This new and addicting game has hit the web scene hard, taking both the average gamer and developer by storm. Renowned gaming publication, Game Informer, reports that even Valve developers are playing and enjoying the game. Kudos to you Minecraft.

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Sports
Monday, October 25, 2010

Student Union; “It’s in the game”

By LEVI BURNFIN
Staff Writer

For the first time since 1969, the Minnesota Vikings won a championship and they did it at CSUSB. The Santos Manual Student Union’s (SMSU) Gamer’s Lounge, with the help of ASI and Intramurals, hosted a Madden 11 tournament. Twenty-four players from across the CSUSB student spectrum gathered to challenge themselves against the best Madden gamers the university has to offer.

“I came here to win the game,” said Oscar Muro, a law enforcement major.

The Gamer’s Lounge, ASI and Intramurals provided the Xbox 360 consoles and games for the tournament whose champion would be awarded a Madden 11, for the Xbox 360.

The tournament was held to highlight the summer renovation of the Gamer’s Lounge inside of the Student Union and to promote the programs that ASI and Intramurals has to offer.

The four gaming consoles were connected to big screen televisions where the Madden battles played out.

The tension could be felt in the air while the gamers sat down for the first round of games. Cheers and moans could be heard at every gaming station while players were trying to find ways to defeat their opponent.

After the first round of games, only 12 gamers were left but several of the defeated players stayed around the Gamer’s Lounge to watch the next round of thrilling matchups.

“I played pretty well but the players here are so good,” said Amen Odigie, a finance major.

Brian Dini, a business and management major, and Patrick Ramos, a psychology major, were left to battle for the right to be called CSUSB’s best Madden player.

Ramos, playing with the Dallas Cowboys, and Dini, playing with the Minnesota Vikings, sat down in front of a crowd of about 25 to finish the tournament on a high note.

Ramos got the ball first and began his drive but made a crucial mistake by throwing an interception in Cowboy territory. Dini, doing what great players do, capitalized on the mistake by scoring a TD a few plays later to take the lead 7-0.

When Ramos got the ball back on offense, he started to drive down the field to find a way to tie the game up. Again, he threw an interception, but this time the interception was returned for a touchdown to extend Dini’s lead to 14-0.

Dini extended the lead with another interception return for a touchdown the next drive and even though Ramos cut the lead to 21-13 at half, Dini took back control of the game with a kickoff return for a touchdown at the beginning of the second half.

Dini finished Ramos off with another interception and Dini was crowned CSUSB’s Madden 11 champion.

Teeing off for scholarships

By CHRISTIAN MARTINEZ
Staff Writer

Raising over $600,000 for more than a decade is the focus of a golf tournament that generates income for athletic scholarships at CSUSB.

The 15th Annual Dave Stockton Coyote Classic golf tournament is set to take place Monday, Nov. 15 at the Arrowhead Country Club in San Bernardino.

All proceeds go straight to CSUSB athletics, creating an opportunity to provide student-athletes with tuition, books, travel and equipment necessities.

Raising close to $700,000 since the inception of the tournament, Dayna Brown, the special events coordinator for CSUSB Athletics, says she feels confident that an abundant amount of proceeds can be raised despite the ongoing economic crisis.

“Our forecast goal is $15,000 for this tournament. We’ve had larger goals in the past but due to the financial trials we are trying to be realistic this year,” said Brown.

Last year’s tournament proved that even through tough economic troubles, people are still willing and are very generous to support CSUSB student athlete scholarships.

The 2009 tournament grossed over $70,000 with more than 100 golfers who participated and donated charitably.

Although the tournament is costly ($395 per person, $1,400 per foursome), much anticipation is expected. Brown said he estimates 85 to 120 golfers participate each year and that number is rising.

The biggest concern this year for the tournament is sponsorship. It may not be as easy going this year, but it continuing at a steady rate.

Dave Stockton, a San Bernardino native, serves as the host of the tournament. Stockton owns 24 professional tour championships in his PGA and Champions tours combined.

Stockton won two majors in his career - the 1970 and 1976 PGA Championships. He was credited with aiding the world’s second-ranked golfer, Phil Mickelson with his putting, which helped him win the 2009 Tour Championship.

Participants in the Dave Stockton Coyote Classic receive a photo with Stockton, complementary lunch and dinner, entry in the closest pin and long drive contests for men and women, admission to the awards presentation and also participation in silent auctions.

Openings are still available. For information, contact Dayna Brown, at (909) 537-5048.

DEEP SEA FISHING

OCTOBER 23
8AM-8PM

$70 Students & SRFC Members
$80 Faculty, Staff, & Alumni
$100 Community Members

Recreational Sports
Where Every Shape Fits
909 537 BFTI
recsports.csusb.edu

ENDS NOV 19!

Register for the Wild Coyote Adventure Challenge at the SRFC for $10. Complete the four activities listed before November 19 for a chance to win great prizes! ALL participants will receive a free t-shirt.

Sports

Deep Sea Fishing

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Fat Talk Free Week aims to change student’s mindframe

By MONIQUE BELTRAN
Staff Writer

Do these jeans make me look fat?

Fat Talk Free Week is an event being held at CSUSB between Nov. 1 and Nov. 5. The event is meant to try and get students, faculty and staff to stop focusing on weight and start focusing on health.

“We are hoping to get the campus to think more before they speak and eliminate ‘Fat Talk’ from their everyday conversations,” said Andrea Du Bois, Fitness and Aquatics Coordinator.

This is the second annual Fat Talk Free Week that CSUSB has hosted.

“This is a campuswide event. This program is aimed at the entire campus community. Even though the negative body image is often associated with females, I believe it affects males and females alike,” said Du Bois.

The program is put on by the Recreation and Fitness Center, in collaboration with Student Health and Psychological Counseling Center, Santos Manuel Student Union and the Women’s Resource Center.

A healthy body image is one of the main goals of Fat Talk Free Week.

“Working as a Fitness Coordinator I see people daily who are trying to change the way they look. I am a firm believer in working out and eating right, but I believe it is important because of the health benefits not because it makes you look like what society defines as acceptable,” said Du Bois.

According to the National Weight Control Registry, one out of every four college-aged women uses unhealthy methods of weight control, including fasting, skipping meals, excessive exercise, laxative abuse and self-induced vomiting.

Hopefully this event will prevent some of these cases, and encourage young people to have a positive outlook about their bodies.

Du Bois believes the media plays a big role in defining the perfect body image.

“I know girls and young women in Southern California are shown daily what the Hollywood ideal in terms of size is. We walk by the magazine stand and see all these beautiful women on the cover of Elle, and People magazines,” said Du Bois.

“The best way to maintain a healthy body weight is working out. Regardless of how much you weigh and how you look, you get the benefits of physical activity as long as you are consistent in your workout,” said Du Bois.

The event is encouraging being fit and being comfortable in your body.

Most people obsess about their weight, when they should be focusing on getting healthy.

Fat Talk Free Week hopes to stop the endless talk about weight, and promote positive discussions about health.
In overtime with the clock winding down, Obi Agwu scores the game winning point to bring the ‘Yotes to a 1-0 win.

The Men’s soccer team faced cross-town rival Cal Poly Pomona recently, and came up with a tough win.

“I never scored a game winning goal at home. It felt great because we were at home and against our rival Cal Poly Pomona. It was a big win,” said Agwu.

The ‘Yotes played the Broncos twice last week and won both times, which made a big statement.

Last year, Agwu started all 21 of the games he played. He was ranked fifth in the CCAA and fourth in number of goals scored.

The recent game winner against the Broncos wasn’t the first one he has scored. Last year he came through in the clutch in games against Hawaii Hilo and CSU Monterey Bay.

In 2009 he notched 11 goals and three assists for 25 points. He was named All-NSCAA West Region and All-CCAA second team.

Agwu started his soccer career young, at only four years old. “I had nothing to live for. So I tried to give up. There were a lot of days like that,” said Hamilton when speaking to reporter Steven Remick in 2009. “But I decided to live. There were a lot of days like that. I let down so many people . . . I really didn’t think I deserved to live. It’s hard for me to believe I’m alive today.”

Redemption came in the form of many trades, beginning when the Cubs (who had acquired his rights of Tampa Bay) traded him to the Cincinnati Reds for $100,000.

He blossomed with the Red Sox and soon was dealt again to the Rangers. The move set in motion the opportunity for Hamilton and the Rangers to end the season in a truly remarkable way.

Hamilton is now one of the best players in baseball and is the favorite to win the AL MVP award.

As for Hamilton’s team, the reward for their first ever AL pennant was well worth the wait.

“I can’t describe this feeling,” said Rangers second baseman Michael Young when speaking to reporters after the game. “These are incredible teammates, and incredible group of guys playing in front of incredible fans.”

Up next for the Rangers will be a matchup with either the San Francisco Giants or Philadelphia Phillies. The main story line will surely be the Texas offense and the Giants or Phillies pitching.

The advancement to the World Series by Texas is just one more example of a postseason full of twists and turns. They defeated two of the favorites in consecutive rounds by defeating the Rays and Yankees.

Texas was a long shot to win it all at the beginning of the season but now they quite possibly are the favorites to win the fall classic.

Hamilton hits a homer, nabs MVP

By Nick Holding

The Texas Rangers moved onto the World Series Friday night for the first time in franchise history by defeating the New York Yankees 6-1 in the ALCS.

The Rangers made the most of a wonderful pitching performance by Colby Lewis, a player who has come out of nowhere, and a highly regarded prospect.

Nelson Cruz and Vladimir Guerrero came up big with key hits to put the game out of reach. With that, the fans totally came up big with key hits to put the game out of reach. With that, the fans totally came up big with key hits to put the game out of reach.

Lewis, a player who has come out of nowhere, had a game winning performance by Colby Lewis, a player who has come out of nowhere, and a highly regarded prospect.

-done with drug and alcohol use.

Hamilton's story is one filled of struggle and redemption. He was drafted first overall by the Tampa Bay Rays in 1999 as a highly regarded prospect.

Hamilton was well on his way to developing into the player he is today but in 2001, his life changed forever. He and his parents were involved in a car accident and was injured. That was the beginning of a life filled with drug and alcohol use.

He soon washed out of baseball and began to heavily use cocaine and alcohol. Many times Hamilton said he even thought about suicide. “There was even a night I thought about jumping off a building,” said Hamilton when speaking to reporter Steven Remick in 2009. “I had nothing to live for. So I tried to give up. There were a lot of days like that. I let down so many people . . . I really didn’t think I deserved to live. It’s hard for me to believe I’m alive today.”

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