November 8th 2010

CSUSB
Community elected officials, CSUSB President Dr. Albert K. Karnig and CSUSB staff gathered to celebrate the importance of maintaining physical and mental health. The Student Health and Psychological Counseling Center at CSUSB held a ribbon cutting ceremony for its reopening on Wednesday, Nov. 3.

“Research shows successful students are healthy students,” said Karnig. The center was built in 1977 with 3,379 students. Today, the school has about 18,000 students and the center has expanded to accommodate the student population.

In 2007, students accepted an increase in fees to fund the renovation of the center, and to have access health and counseling programs. “Our health center comes in handy. Whatever I need is within walking distance,” said student Ariana Zenteno who lives on campus. “We pay for it and we should take advantage of the services they have.”

The project involved the renovation of the health center with a new check-in area and refurnished waiting room. The pharmacy is larger and located at the entrance of the health center for easier accessibility to students.

By ELVIA J. RODRIGUEZ
Staff Writer

GOP gains stronghold in House

Many were surprised by the results of the 2010 midterm elections as it was anything but the change Obama envisioned in 2008.

The Republicans did very well across the country and will control the House of Representatives again in Washington D.C. Former House minority leader, John Boehner (R), will take over Nancy Pelosi’s (D) job as Speaker of the House.

However, California remains a blue state now that its newly elected governor, lieutenant governor, senator, secretary of state, treasurer, controller, and insurance commissioner are all democrats.

Proposition 25 was approved and this new legislature will forfeit daily salary and expenses until the annual budget bill passes. The requirement to send the budget to the governor is lowered to a simple majority of each house. This latter provision may, hopefully, end the bitter partisan battle that has stopped California from passing a budget when required in recent years.

Over the past 20 years, California has failed to pass a budget on time. This year, the budget was 100 days late.

“This were voters who were older. In 2008, 16 percent of the vote was cast by people over 65,” said Ron Elving on NPR’s Diane Rehm’s show on Nov. 2. “In this particular election yesterday, it looks more like a quarter of the vote was cast by people in that age group.”

Elving explained that those under 30 didn’t vote as much as they did in 2008. So, “You saw the impact of the vote of people over 65 greatly amplified.”

Former governor, Jerry Brown (D), beat out former eBay CEO Meg Whitman who will return him to the post he held nearly 30 years ago.

Brown goes back “28 years later, full of energy, full of confidence,” Elving explained that those under 30 didn’t vote as much as they did in 2008.

By KATHERINE ORR
Staff Writer

CSUSB seeks best and brightest

The top 1 percent of San Bernardino County high school students gathered at CSUSB's Crousoulis Arena Wednesday, Nov. 3.

They were each honored for their academic excellence by CSUSB President Dr. Albert K. Karnig last week at the 11th annual President’s Academic Excellence Scholarship dinner is always a very special event, because we have the chance to bring together, on one night, the highest-achieving students from throughout the county in order to recognize their outstanding accomplishments,” said Karnig.

“Just as important, we want to open our doors for them to attend CSUSB next fall,” he continued.

Karnig extended this invitation to 266 high school students from 58 San Bernardino county high schools for excellence in scholarship, citizenship and leadership.

By MELISA BUIGES
Staff Writer

Murillo to receive AHHE Award

A CSUSB professor has been chosen to receive an award for his exceptional accomplishments and advocacy for Hispanic issues.

Dr. Enrique Murillo, professor of education, has been selected by the American Association of Hispanic in Higher Education (AHHE) to receive the outstanding support of Hispanic in education award next spring.

“I’m delighted for Enrique,” said CSUSB President Dr. Albert K. Karnig in a press release.

“Enrique Murillo has been an inspiration to me and the entire CSUSB community. He is a leader in the field of education and has been a driving force for change in the Latino community.”

He is acknowledged for his works with the Latino Education and Advocacy Days (LEAD) and other projects that help empower the Hispanic community.

“His dedication to helpingußerung” said Murillo.

The AHHE award is a given to an individual who has shown exceptional achievements and advocacy for Hispanic issues.

“His commitment to the Latino community is second to none. His work has been instrumental in the success of our students and has helped to shape the future of the Latino community.”

By ORLANDRIA BRAZIER
Staff Writer

Richard Bowie | Chronicle Photo

The newly renovated Student Health and Psychological Center has improved facilities and more resources for students.

CSUSB’s Coussoulis Arena Wednesday, County high school students gathered at CSUSB President Karnig recognized local academic high school students for their educational achievements at a dinner.

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Richard Bowie | Chronicle Photo

The newly renovated Student Health and Psychological Center has improved facilities and more resources for students.
Renovations give students more resources

“The [design] created a welcoming safe place for students,” said Patricia Smith, the director of the center. She thanked the hard work and the new design of the center.

The renovation also included the addition of 11,000 square feet at almost double what it was previously. The pharmacy offers over-the-counter pharmaceuticals at a comparable if not cheaper price than many of the local pharmacy chains surrounding the CSUSB campus.

The Psychological Counseling Center is located in an area with a separate entrance and waiting room. The new counseling rooms are decorated and contain large sofa chairs. The additional space allowed for the placement of new examination rooms, two conference rooms, and office space for the nurses and practitioners.

“Having more exam rooms is a great benefit,” said Elaine Burkholder, the health services assistant for the health department. “Student visitations will be quicker and there will be less time waiting.”

The expansion of the Student Health and Psychological Counseling Center will possibly provide future services like dental and optometry.

The center will continue to provide wellness workshops, parenting workshops, immunization, and clinical training sessions for students.

Karnig said the students of 2007 may not be able to enjoy the services of the new center, but current students will benefit from the health services.

“This sacrifice will have a positive cascading effect to affect students to come,” said Karnig.

Elected officials of the community shared their opinions about student health and the benefits of the health and psychological center.

Josie Gonzales, the fifth district supervisor in San Bernardino County said she was in full support of the new health center services.

“I am in support of the health of students,” said Gonzales. “Between physical, mental, and behavioral there is a strong factor indicating whether we succeed or fail.”

Joe Baca (D-San Bernardino), United States Congressman from the 43rd district, said he is committed to health and the well-being of students.

“Health [both] physical and mental are vital to life,” said Baca.

Robert Gardner is the vice president of administration and finance at CSUSB.

“The Project is funded by student support,” said Gardner. “Let the students come in be healthy and served.”
A Helping hand for local homeless

By CHELSI CHASTAIN
Staff Writer

Homelessness is a problem that becomes nearly unbearable during the cold winter months. This growing issue often hits close to home for many students living in the county of San Bernardino.

In accordance with the 2002 McKinney-Vento Homeless Assistance Act, every school district is to report the number of homeless students by the end of each school year.

Data collected throughout the county showed that in the winter of 2009-2010 school year, an increase of approximately 4,000 homeless students from previous years.

A shelter called The Corps is run by the Salvation Army and serves a hot meal at 5:30 p.m. Sunday through Friday and feeds an estimated 120 people each night. "Most of the people we serve are either homeless or just very poor. We do what we can to help them," said Paul Bennett, office manager at The Corps.

The Corps accepts financial donations as well as food or clothing or blanket donations. All of these things are in great need to keep the shelter running.

On cold nights, The Corps refers people in need of shelter to the near by Hospitality House, which is also run by the Salvation Army.

"The temperature reaches 45 degrees outside, they open a shelter that can house 27 men and women." At the hospitality house we also provide transitional housing for about 75 people who have families and need a place to stay and a way to help them transition," said Bennett.

If they choose to live in transitional housing they must be a family willing to save 80 percent of their income to go towards finding a new place to live.

They have 90 days to save while the hospitality house provides housing and some meals free of charge.

Another option for those who are looking for assistance with finding housing help is at the Cal Works program at the county office in San Bernardino.

"When people come in, they must present proof of homelessness such as an eviction notice or letter from a former landlord as to why they can not reside there any longer," said a case evaluator for Cal Works.

Those who apply must receive cash aid assistance from the state of California and have initiative to find a new home.

They offer two types of once-in-a-lifetime opportunities to help them find permanent housing.

The Salvation Army and the Cal Works jointly run the Ambassadors Program, which is a great personal accomplishment. "The PAES allows students to concentrate on their studies, rewards them with early registration each quarter and extends an invitation to the Honors and Student Ambassador Program. CSUSB fall enrollment reached nearly 17,000 students, totaling 29,000 students each year.

SB county scholarly high school seniors receive honors at banquet

Karnig was joined by San Bernardino County Superintendent of Schools Gary Thomas and Dr. Karen Bowerman, dean of the college of business and public administration, CSUSB in honoring this years top high school students.

Members of the San Bernardino County Board of Supervisors were also present.

"Naturally, these are students who could attend virtually any school they want, but we hope they’ll come to Cal State San Bernardino," Karnig continues.

"The fact that we currently have nearly 170 students on campus who have previously accepted PAES scholarship speaks overwhelmingly for the remarkable value of this scholarship, the extraordinary quality of our academic programs, faculty, staff, and student activities, as well as the positive experiences these students have had on our campus."

Karnig acknowledged their excellence by noting, "Students achieving in the top 1 percent are those who, in addition to having talent, also work hard, have learned to work smart, and understand that it takes sacrifice to have the kind of accomplishment they’ve achieved."

A potential CSUSB student and scholar- ship honoree Mackenzie Roddy from Cajon High School commented, “I’ve been top 1 percent my whole high school career, which is a great personal accomplishment. It’s nice to be recognized [by CSUSB]."

With a maintenance of full-time under- graduate status and 3.5 GPA, the scholarship is renewable up to four years. Virtually all PAES benefactors have graduated or are still pursuing a CSUSB degree.

"Ultimately, the benefit of the PAES Banquet is to help us recruit the very best students in San Bernardino County. Their enrollment at CSUSB has two additional advantages: It helps elevate campus standards and it assists in retaining these excellent students in the community after they graduate," said Karnig.

In recent years, the majority of inter- ested students were placed in well known graduate schools encompassing Harvard, Yale, and Stanford. The PAES allows students to concentrate on their studies, rewards them with early registration each quarter and extends an invitation to the Honors and Student Ambassador Program. CSUSB fall enrollment reached nearly 17,000 students, totaling 29,000 students each year.

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Various projects, including the LEAD summit, had gained national prominence. News of the outstanding works that are being done at CSUSB.

Word has spread abroad even reaching the White House and has recently caught the attention of President Barack Obama.

Murillo excels held last March.

“The summit was afoot launching for the Handbook and it was a huge success in bringing awareness to the Hispanic com- munity, as well as to CSUSB," said Mu- rillo.

He said thousands attended the sum- mit that was held here on the main campus. The event was partially covered by NBC talk radio and streamed live via webcast to about 150 town hall viewings at universi- ties around the nation, including four inter- national universities in Latin America Al- most 200,000 national views and listeners tuned in the event.

What was meant to be just a one day event has been launched into an annual event. The next summit will be held next spring.

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By CHELSI CHASTAIN
Staff Writer

GOP party sweeps House, nation

The newest Speaker of the House, John Boehner is a part of the sweeping changes Republicans have brought to Congress.

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of creativity—and ready to serve you, the people of California," he said to a crowd of thousands at the Fox Theater in Oakland after the polls were closed.

"I see a California, once again, leading in renewable energy, public education, and an openness to every kind of person," said Brown.

Brown will take the reigns of a Cali- fornia that has changed drastically in the years since his last tenure as governor.

"He has real plans to create good jobs in our ports and on our roads and rails," said Randy Cammack, International Vice President and President of Joint Council 42 in a press release.

"He sees opportunities to make our state a job creation leader in renewable energy efficiency. There are few pub- lic servants more dedicated to helping and protecting workers than Jerry Brown."

Democrat Barbara Boxer was re-elect- ed to serve her fourth term in the U.S. Sen- ate. Boxer beat former Hewlett-Packard chief executive, Carly Fiorina 52 percent to 43 percent.

"I will do everything, I will cross any divide, to get things done for California," Boxer said in victory speech.

Boxer continues to be one of Califor- nia’s longest serving Senate members.

"She knows that the working men and women of America are the backbone of our economy," said Rome Aloise, Interna- tional Vice President and President of Joint Council 7 in a press release.

One of the surprises in the election is that voters did not approve Proposition 19, which would have legalized marijuana.

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To volunteer for Thanksgiving dinner, or for other volunteer opportunities that af- fect Jan. 1 can be inquired about by calling (909) 888-1336.

Continued from Pg. 1

Murillo excels

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Continued from Pg. 1
Opinions

Take a break for date night

Students can manage and lower stress while keeping it hot in one night a week

By ALLISON UPSTILL  Staff Writer

If you want to make it out of college with your sanity, you should set aside time for yourself to go out once a week with someone you care about.

College students today are bogged down with so much stress. Most of us here at CSUSB work and go to school on top of that. Our daily lives are full of balancing many activities including friends, significant others, homework, family, midterms, papers etc.

We need to take time for ourselves and enjoy at least one night of the week. For those of us involved in romantic relationships this long awaited cure could be date night.

Date nights could be a cure to your mid-week stress or something to look forward to all week; either way it’s a positive activity that can help with not only your romantic relationships but your overall happiness.

According to Livininthe21stlife.com, there are some shared opinions on the overall benefits of date night.

One author noted some of the possible consequences: it could improve a healthy sex life, may reduce stress and blood pressure, help people live longer in good satisfying relationships, and it could improve your mood and decrease depression. It will keep you feeling youth and vibrant.

For those students not currently attached, a date night could be useful for you as well. Define your date night as a night out with a best friend or family member that you could spend some more one-on-one time with.

This time spent together could help establish some relationships that you may have been too busy to focus on lately. The key is to go out and do something you enjoy with someone close to you.

Some famous advocates are President Obama and the First Lady. They are also public believers in the importance of date night.

If some of the busiest people in the nation can take the time out of the week to spend time with their romantic partner, then I am assured that it’s possible for other Americans as well.

There are plenty of ideas for some fun date nights. For example, the classic dinner and movie is always a nice night out. If you’re more the outdoors type of couple, plan a hike in one of our beautiful mountains for the day and bring a picnic lunch to share. If you’re looking for a fun day trip, a day at the beach is always one of my favorite choices. You can spend the day lounging on the sand, then end the day with a bonfire as the sun sets.

The options are basically endless, just set aside some time for reconnecting with yourself and someone you care for. I promise you won’t regret it.

We asked students around campus to talk to us about date nights. The question:

What’s your idea of a good date night?

Kyle Johnson, senior

“Depends, is it a first date? What time of year? I like ice skating at the outdoor rink in Riverside in the winter, or going to dinner and any kind of sporting event. I like movies, too.”

Nicki Loya, senior

“For a first date it’s always good to do something interactive like bowling or mini golf. My boyfriend took me to Melting Pot for our first date. It was fun because we got to try new things.”
In case you forgot, there was an election last Tuesday. Chances are if you’re a student, you forgot or downright didn’t care, with only 20.4 percent of the youth aged 18 to 29 casting their vote on November 2.

Let’s admit it—voting in a midterm election just doesn’t seem important to those who need to check their Facebook or catch up on the drama on Jersey Shore. I mean, it’s not like we were voting to legalize marijuana!

If you didn’t catch the sarcasm in that last sentence, turn on CNN for once and stop watching “16 and Pregnant.” Regardless of whether or not you voted or thought voting was worth your time, this year’s midterm was a game changer for American politics.

Republicans recaptured 60 seats in the House, giving them the majority. Democrats also lost five seats in the Senate, but are hanging in there like a kitten in a calendar with a 52 seat majority.

What happened Tuesday?

What happened is exactly what happened 16 years ago during the 1994 midterm elections. Bill Clinton and the Democrats controlled Congress were slapped on the wrist by voters when the GOP were voted into the majority for the first time in since 1954.

This year’s election however wasn’t as much as a slap on the wrist as much as it was a tea bagging. Twenty-eight Tea Party endorsed candidates were voted into the House. I should also remind you this is the same party that depicted Obama as Hitler and questioned his citizenship.

The rhetoric they used—casting Obama as a secret socialist-fascist, half Hitler, half Stalin, Islamic terrorist, tax and spend, Marxist liberal—actually worked to an extent. Some argue this election was a vote against Democrats and not necessarily for Republicans.

Regardless of whether or not you voted or thought voting was worth your time, this year’s midterm was a game changer for American politics.

In all fairness, Obama and incumbent Democrats did not do nearly a good enough of a job at publicizing the tremendous strides they have made. They passed unprecedented legislation that prevents health insurance companies from denying coverage because of pre-existing conditions, and allowing dependents up to age 25 to remain on their parents health insurance.

Although unpopular, the economic stimulus bill did stop the economic free-fall and has possibly prevented a double-dip depression. Though some may argue the effectiveness of the bill, we have seen significant improvement in the economy recently and the Dow Jones has grown by almost 30 percent since his inauguration.

Despite improvement, citizens just don’t like how Obama rolls. Republicans have made it a goal to repeal legislation previously passed by the Obama administration such as the health care bill that extended coverage to millions of Americans. Minority leader Senator Mitch McConnell (R-Kentucky) said, “Health care legislation is the worst bill that was passed in my time in the Senate,” in a press conference Thursday.

Regardless of who is in charge in Washington, one thing is clear, people are not happy.

The economy was the number one issue for the vast majority of Americans going into Election Day and Obama has pledged to be open to any ideas, even the tea baggers.

It’s time for these politicians to actually get some work done and not just bicker for the next two years about how to create job growth and stabilize the economy.

Obama should take a page out of Clinton’s book, taking a step back to realize that democrats overreached on their policies, and try to negotiate with a republican party that currently sees little room for compromise.

If he can’t do that, wait two years for re-election and blame all lack of progress on partisan gridlock. That way, we can do this all over again.

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**Opinions**

By LOUIS PENNA

Staff Writer

Apathetic youth voters hang Democrats this time

Regardless of whether or not you voted or thought voting was worth your time, this year’s midterm was a game changer for American politics.
Conspiracy, history and reality fused through war

By ERIC BROWN
Managing Editor

Publisher Activision, and developer Treyarch deliver Call of Duty Black Ops on Nov. 9 to the anxious legions of gamers waiting for the follow-up to one of the most widely popular and successful gaming franchises.

The spiritual successor to developer Infinity Ward’s Modern Warfare 2, and chronologically following Treyarch’s World at War; the newest installment meets and exceeds all expectations.

A departure from Treyarch’s previous adventures in WWII, Black Ops takes place during the Cold War, chronicling the events of Alex Mason and Jason Hudson.

Players will play largely as Mason throughout the campaign, but also take turns as other characters, with the major story elements surrounding Mason and his history.

Very similarly to its predecessor, Black Ops prompts the player with a disclaimer upon initial loading of the game, claiming graphic and disturbing content may be present in the game, and to allow the player to skip parts or scenes of the campaign that might be too gruesome to some.

Offering an epic tale of Cold War intrigue, the campaign plays better than any Tom Clancy novel and Mason proves to be as deep a character as Mason and Jason Bourne and as tough and hardened as any Vietnam veteran.

With a moderate to longer length single-player campaign, the player is left on the edge of their seat throughout the entire campaign.

Upping the difficulty leads to grenade happy AI and an inability to see anything through nothing less than a red haze, Black Ops offers both beginners and hardcore gamers an engaging experience.

Neither let’s get real, most people will blitz through the single-player level if at all, as the biggest following the franchise has is its multi-player draw.

The advent of online gaming has opened the door to a new era of competition in video games, with first-person shooters such as Black Ops long ago ousting the arcade giants, Pac Man and Street Fighter as the gaming standard.

Keeping with the same engine as its predecessor, Black Ops implements a few fundamental changes to the balance and customization options that players will have.

First, the perks are equipped in packs, rather than individually applied to create odd or unique classes, kill streaks are seemingly managed the same way, with the ability to choose what the player wants equipped.

The game-ending nuke is gone, and much of the glitch that has recently plagued the franchise should have been weeded out.

Lastly, Treyarch established a love for zombies in their last installment, including a largely popular mode in which players survive out against hordes of zombies.

Arguably, the most popular portion of the game and the selling point to gamers, the new Zombie modes blends the boundaries of reality in a heart racing game mode.

Gamestop, the leading gaming retailer in the US, came out in early October saying that Black Ops was tracking ahead of Modern Warfare 2, in its pre-order sales, a title which already broke records for pre-orders and totals sales upon its release last year.
The spirits were alive Friday Oct. 29, as CSUSB celebrated death. The Robert V. Fullerton Art Museum and the Association of Latino Faculty, Staff and Students presented the Celebracion del Dia de los Muertos.

The Celebration of the Day of the Dead was held in the courtyard next to the museum, where families and enthusiasts gathered. An expansive altar dominated the center of the courtyard. The altar was decorated with colorful papier-mâché skulls, candles, food items, and the Flor de los Muertos—the Flower of the Dead—the marigold. People were on hand to explain the purpose of the altar as well as the traditional beliefs behind the celebration.

In ancient Mesoamerican culture, it was believed that a person’s soul traveled across the Milky Way: a four-year journey. On the Day of the Dead the culture believes the spirits of loved ones would travel through a portal—an archway at the head of the altar—and come to rest on Earth for a short time. The altar would then greet them with a cornucopia of their favorite foods and earthly possessions.

The CSUSB altar paid tribute to that. In addition to the decorations, there were bathing items and wine bottles, as well as a small coffin display. This showed the fact that Nov. 1 is the day traditionally reserved for the spirits of infants and children, and Nov. 2 is for adults.

Artist Xavier Cortez was present at the celebration with his display, entitled “Where the Flesh Meets the Spirit World.” Cortez explained that this title touched on the Mesoamerican belief that there are multiple levels of existence after death.

The artist of over 20 years went on to tell that his work is typically not autobiographical, though this particular piece did contain many personal elements. “Where the Flesh Meets the Spirit World,” which resembled the celebration’s main altar, boasted family photos, bowls of rice and corn, and a beautiful Mayan calendar made of stone.

Plenty of campus organizations were there to show their support. Most notably, the Latino Business Student Association was in attendance, as well as Sigma Lambda Beta, a Latino-based fraternity. Employees of the Fullerton Museum were also around promoting various programs and artwork.

Vendors were available to sell traditional skulls and statues, and a few tables offered customary face painting. The multiple-sponsor event pulled off a very festive atmosphere throughout the evening.

Speakers blared a continuous stream of music from mariachi musicians, the most prevalent being Vicente Fernandez, a famous Mexican performer.

Tables offered hungry attendees a variety of classic Mexican foods. These included bunuelos, churros, and tortilla chips, as well as albondigas—meatballs—mixed with various sauces like chile and mole, a kind of chocolate sauce.

The Celebracion del Dia de los Muertos was ultimately a huge success. The event brought a greater understanding of both the holiday’s traditions and the Mesoamerican culture. It shone a fascinating light on death and spirituality.

Most importantly, it performed an excellent job of bringing an often-overlooked heritage to the attention not only of non-Hispanics, but also those in the Hispanic community not familiar with their roots.
N.E.R.D. make a great something from Nothing

By JENNIFER BAUGH
Staff Writer

N.E.R.D. is the true definition of creative exploration. Their fourth album, entitled Nothing, was welcomed into the trio’s elaborate and memorable collection Nov. 2, introducing their newest hits while remaining true to their unique style.

N.E.R.D., the acronym for “No One Ever Really Dies,” consists of the seemingly perfect trio of Pharrell Williams, Chad Hugo and Shae Haley. The three-some not only formulates the hit-making band, but they are also songwriters, music producers and, for a lack of better words, talented musicians.

One of the most noticeable and presumably likable attributes N.E.R.D. has to offer is the fact that they are not confined to one type of musical genre. Like their past albums, Nothing incorporates rap with a rock ‘n’ roll feel, using drums, bass, and a funky style where you can’t help but feel the beat.

The trio came up with the title in relation to how the album was made, or more appropriately, how the album was created the second time. Chad Hugo comments on the meaning of the new album’s title: “I believe in making something out of nothing. Anyone who makes art or expresses themselves in any creative way. It’s a challenge to empty out the cup and then try and refill it again. You want that challenge, to see if you can come up with something new and not rely on what you’ve done before. That’s how we motivate ourselves.”

The band had spent over a year creating the album, only to be dissatisfied with the outcome of the original album. They decided that they would start all over, in a sense, start with nothing; they felt as though what they created wasn’t their true musical identity.

Some of the hit songs, as well as my personal favorites, are “Hypnotize U,” “Hot-N-Fun,” feat. Nelly Furtado, “Sacred Temple,” and “I Want Jam.”

A distinguishable characteristic of N.E.R.D.’s new album is its diversity. The album can be played in multiple settings, from house parties to a chilling on the couch.

Not only does the style of the album differ in mood, but so does the lyricism throughout the album.

In “Sacred Temple,” Pharrell sings of devotion and appreciation to a woman: “You’re my temple / I get on my knees / I come to you…one look at you / you’re so magnetic.”

Whereas in the hit “Hot-N-Fun,” the lyrics are on a different extreme: “Whip My Hair” is a very upbeat, catchy song but...
Delta Spirit brings fresh sound to classic Americana

By JENNIFER BAUGH  Staff Writer

Delta Spirit is a prodigy of soul rooted in the very grit of early Americana folklore.

“Their band that would have Woody Guthrie and Bob Dylan indulge in a standing ovation, clapping and nodding in their call for an encore. Oh yeah and they hail from Long Beach. Not like that really matters. There have been plenty of folkies who have come from this Southern California surf city, such as Tom Waits and as music fans know, he is definitely no beach boy.”

“It’s not about where you are, it’s about what music gravitates to you, what music people showed you, what music grabbed you, it could be anything,” said vocalist Matthew Vasquez in an interview with Patrol Magazine.

“I think it’s about how we culturally got there,” said bassist Jon Jameson, “We weren’t surfers, and so I don’t know what type of music comes out of Southern California. Sublime? We don’t relate to that music, so we tried to dig deeper.”

Jameson and drummer Brandon Young were both in Noise Ratchet, a San Diego based indie and emo band, prior to Delta Spirit. Amid their efforts of forming a new band, Young discovered Vasquez singing to passersby at a local trolley station.

The band was then finally made complete in 2004 with the addition of guitarist Sean Walker and Kelly Winrich. Their debut EP I Think I’ve Found It was ranked by Noise Ratchet, a San Diego based indie and emo band, and as music fans know, he is definitely no beach boy.

Their first full-length album Ode to Sunshine was recorded in a friend’s cabin. They also converted a barn into a recording studio for their full-length album History From Below.

“That’s about as real of a studio as we’ve gotten to so far,” said Jameson.

The general feel in America even agrees that what is old is now new. Delta Spirit not only understands that but also thrives on the authenticity of our past time, inevitably creating a sound that is ageless.

Their willingness to divulge into topical monologues larger than themselves, in the end, stir up the dialogue for concertgoers as they peel out the parking lots of bars and other venues that the band is known to perform in.

“Demi has decided to take a personal responsibility for her actions and seek help. She is doing just that,” said Lovato’s representative.

“Demi and her family have asked that the media respect her privacy during this difficult time. No matter if it’s stress, fame, boy trouble, or just emotions from her past coming up again, it’s not the first time a Hollywood star or even Disney star that has checked into rehab and it probably won’t be that fast.”

Demi Lovato checks into rehab, stuns fans

By BRITTANY SHAW  Staff Writer

Disney star Demi Lovato checked herself into rehab earlier this week, according to her representative.

“Demi Lovato left her tour early this weekend in order to seek medical treatment for emotional and physical issues she has dealt with for some time,” said Lovato’s representative to TMZ.

He added, “Demi, regrets not being able to finish her tour, but is looking forward to getting back to work in the near future.”

Lovato was in the middle of a world tour with the Jonas Brothers when her breakdown occurred. The tour started this summer, and spanned three continents to support the release of “Camp Rock 2: The Final Jam,” which Lovato and Joe Jonas both star in.

Along with starting in two installments of the Disney movie, “Camp Rock,” The eighteen-year-old actress also put out two albums, Don’t Forget in 2008, and Here We Go Again, in 2009.

“Some days I get really excited, and some days I get scared because I feel like I have to live up to certain pressures,” said Lovato in a 2009 interview with the New York Times.

It’s been stated that she was bullied in junior high school and battled depression.

She fought through eating disorders and has struggled with cutting according to a People magazine article in 2009.

Lovato recently filmed a public service ad for the PACER Center, the national center for bullying prevention, to help in the campaign, “Teens against Bullying.”

As a part of the campaign, she wrote, “People say sticks and stones may break your bones, but names can never hurt you, but that’s not true. Words can hurt. They hurt me. Things were said to me that I still haven’t forgotten.”

In a 2009 interview with The Associated Press, Lovato spoke of bullying, “It was more verbal harassment than physical abuse, but that’s actually more scaring than anything.” She added, “And I had to leave because I just couldn’t deal with it. I’ve home-schooled ever since.”

Lovato was linked earlier this year to her “Camp Rock” co-star, Joe Jonas, but the two later broke up and said they remain friends. There were rumors that Lovato still had feelings for him and his new found love, actress Ashley Greene, wasn’t making it easy for her to be around him. E! News quoted an insider as saying, “On tour [this summer] they were calling her ‘Demi Drama,’ after she split with Joe, it was just a whole bunch of drama, very awkward. Everyone tried to be professional, but you could tell it was wearing down Demi.”

The source went on to say, “It was a taboo subject to bring up, but clearly she wasn’t over Joe.”

Even if Lovato was over her ex, it’s not uncommon for a girl to get jealous when their ex has a new girlfriend.

E! News reports, that with all the stress Lovato is under with work, she lost it at an airport in Peru over the weekend.

Lovato reportedly got into a fight with a backup dancer and shouted threats at Greene who was at the airport with them.

Being in the spotlight the way she is, working as hard as she does and adding the facts that she struggled with depression is very easy to see why she may have had emotional distress.

“Demi has decided to take a personal responsibility for her actions and seek help. She is doing just that,” said Lovato’s representative.

Lovato and her family have asked that the media respect her privacy during this difficult time.

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Developing life long skills take you further in your career

By SHARONDA HARRIS
Staff Writer

Students have the chance to be recognized and employed, if only they knew how.

“The Career Development Center is a one-stop resource students can use to search for jobs, build and improve resumes, or get on campus on the spot job recruitment’s and interview training,” said Carol Dixon, Interim Director of the CDC. The CDC partners with several agencies that are looking to hire student employees. As a result, hundreds of students who utilize become success stories.

“I received an internship with the county of San Bernardino in the Land Use Services Department working with the fiscal specialists. I plan on working with the county of Santa Clara when I graduate and go back to the Bay Area,” said Marcella Morgan, a student inducted to the wall of fame.

Unfortunately, under 50 percent of the student population utilizes the CDC which is located on the third floor of University Hall.

Career Development Center Student Assistant Amanda Badillo, states “Not everything is posted on Coyote Link, if you are getting close to graduating, or have previous work experience, we have job binders located in the resource library filled with job postings.

In addition we post amazing jobs on the student job board, at the entrance of the center. You have to do is stop by the center and take a look at all the opportunities we provide to students.”

“The advice that I can give to other students is to not give up, be patient; and utilize your resources, such as the career center, and keep working to reach your goals,” Morgan said.

According to Dixon, the majority of students that come to career development workshops, search through the binder for job listings, or float resumes on the Coyote Link Database to find both part-time and full-time job placement.

However the CDC encourages all students to visit for career counseling, employer services, and workshops.

A student could get a 15 minute block with an advisor with a walk-in appointment on Tuesdays from 10 – 12 p.m. or Wednesdays from 2 – 4 p.m. To set up hour-long appointments contact the CDC at 909-537-5250.

“Feel free to turn to pages 178-183 of your A.S.I. Student Agenda, there is a career guide that comes in handy,” Badillo, said.

If you are in need of a job, or simply want a better one stop by the CDC for on-campus job recruitment and on-the-spot interviews.

There are two job station student computers that are located outside the CDC student resource library; and students are able to print unlimited job related forms from those two computers for free.

Last week on Nov. 3 there was resume clinic in the CDC conference room; and the speaker broke down the 10 most common mistakes job seekers make on resumes.

On Nov. 18 at 12 p.m. there will be a workshop on choosing a major.

If you’re a student who wants to register to attend the center’s upcoming events like effectively negotiating a salary, or if you have found work through CDC please contact Carol Dixon, so you can be inducted into the CDC family.

DWD: Driving while distracted

By JUSTINE DESAUTELS-ZABRATANY
Staff Writer

In September 2008, a Los Angeles commuter train conductor missed a red light while sending and receiving more than 40 text messages.

The packed train collided head-on with a cargo train, injuring 135 people. The conductor and 24 others were killed, making it the second worst commuter train crash in U.S. history.

This is what we see as headlines in the news, but so many other accidents occur in small communities as well.

There are many factors that can be defined as a distraction behind the wheel, texting seeming to be the most problematic one.

People also update their facebook status, eat a meal, put on make-up, change music, and e-mail. And it’s all bad news when people get hurt.

Despite the statewide ban on the distracted driving practice, the percentage of people texting and driving has gone up in Southern California in the last few years.

If you’re texting while driving, you are 23 times more likely to get into an accident than somebody who isn’t, according to Jim Jennings, a spokesperson for Allstate Insurance Company.

It’s hard to imagine it at first, but recent experiments showed that even the people who think they are invincible feel the difference between driving without texting and not having free hands to hold the wheel steady.

In 2006, Gov. Arnold Schwarzenegger signed the California S.B 1613, requiring Californians to put down their cell phone while driving.

Oprah’s No Phone Zone Pledge is a nationwide campaign to raise awareness and make people realize how big of a problem distracted driving really is. Her goal is to ban the use of cell phones in cars at all times.

Sometimes, it takes a sad story to remind you how your life can change in an instant.

Mia, one of my relatives, was a typical, fun-loving person. She enjoyed the outdoors, sports, and spending time with her friends and family. But all that changed in a matter of minutes in the summer of 2010.

Mia was driving her car at night. No one was with her. She was texting behind the wheel when a moment of inattention almost cost her her life. Mia lost control and hit a truck traveling in the opposite direction. The impact was so severe it caused her major injuries.

She was in a coma for nearly a month. A few weeks ago, she awoke from her coma. As of right now, she is still at the hospital, unable to feed herself.

Mia is barely starting to move, and days ago, she said her first words. Mia will need rehabilitation for a long time, if not for the rest of her life.

Not all stories end “well” like this one. Most people don’t get to live, and worse, the lives taken are often those of purely innocent people. It only takes a second to create an eternal heartbeat.

Developing life long skills take you further in your career

The CDC assists students in their career goals and internships. They offer different workshops such as resume building.

The CDC is a one-stop resource students can use to search for jobs, build and improve resumes, or get on campus on the spot job recruitment’s and interview training,” said Carol Dixon, Interim Director of the CDC. The CDC partners with several agencies that are looking to hire student employees. As a result, hundreds of students who utilize become success stories.

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Many of us can fondly recall the days when our parents used to clean up our messes. Whether these messes involved scattered toys, unmade beds, or dirty clothes, it didn’t matter. Our parents always came to the rescue. But that was then and this is now.

Now we’re adults and we’re supposed to be picking up after ourselves, right? For some students, this doesn’t appear to be the case. Particularly, those who use campus restrooms.

According to some students, basic bathroom etiquette has gone out the window, as evidenced by the number of dirty bathroom toilets, stalls, and countertops throughout campus.

“Some people don’t flush. Some take a wad of paper towels and plug the toilets. Some don’t know how to use the seat protectors, and they end up all over the floor,” said graduate student Consuelo Sanchez.

Sanchiz directs her claims at the restrooms located in University Hall (UH). For the most part, however, she isn’t too surprised by the discovery.

“University Hall has a lot of the dirty ones because a lot of people pass through there,” she said matter-of-factly.

Another graduate student, who wished to remain anonymous, agrees with some of these assertions.

“[The UH restrooms] don’t seem as clean as they used to be. There’s usually toilet paper all over the place. The floors don’t look clean,” she said.

Students like Erica Johnson, however, claim that UH restrooms are fairly well kept but that others around campus are in extreme disarray.

“Other restrooms here are pretty disgusting, at least maybe by my standards. People’s habits though are utterly disgusting,” she said.

Johnson has witnessed everything from overturned trashcans and flooded countertops to unflushed toilets and urine-covered floors.

While she wishes that students and others would do their part to help create cleaner restrooms, she believes that custodians ultimately bear the burden of this responsibility. For this reason, Johnson desires more custodial action around campus.

“[CSUSB] should have people coming in and checking [the restrooms] every 15-30 minutes. [The restrooms] they know people use a lot,” she said.

According to Dave Wilson, custodial manager for CSUSB’s statewide facilities, custodians clean campus restrooms three times per day - between 5 to 8 a.m., 12:30 p.m., and between 3 to 4 p.m.

Wilson said he generally hasn’t received many complaints from custodians regarding the state of campus restrooms.

“Custodians would say some of the high-volume restrooms are abused [by students] more than others,” he said, but added, “[Most] are kept in pretty good shape.”

Other students agree with Wilson. Interestingly, these individuals don’t share the complaints of their peers.

Senior Jason Hernandez claims that the restrooms he uses, which are located in the Santos Manuel Student Union (SMSU) and Biological Sciences building, are cleaned 90 percent of the time.

Graduate student Foster Hurt, who uses the restrooms located in Jack Brown Hall, makes a similar assessment.

“They’re pretty good. They’re at least decent for men’s restrooms. We [men] don’t expect a lot,” he said with a laugh.

Generally speaking, students who disagree on the issue can admit to having one thing in common. They use the restrooms when they have to.

“I don’t really care [about mess and dirt] if I really have to use the restroom,” claimed senior Sara Abradou.

Regardless of where you stand on the issue, try to be tidy whenever you visit a campus restroom. You’ll be practicing common sense but also common courtesy.

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Kevin Santos holds up a photo of his accident that left him in a vegetative state. Santos has defeated odds, and his accident left him with a new mindframe and outlook on life.

By MATT SHAW
Staff Writer

It’s not every day one gets the opportunity to meet a living miracle.

This past week I had this opportunity and after hearing Kevin Santos tell his inspiring story I, like many others, was at a loss for words.

Santos is a student here at CSUSB working on a bachelor’s degree in English, blending right in with the rest of us working toward our life goals.

It’s his life changing tale that sets him apart from most.

On July 19, 2004, the summer before his senior year of high school, the car Santos was driving was struck directly on the driver’s side door by a truck whose driver was not paying attention. The injuries Santos sustained put him into a two-and-a-half-month long coma.

In a cell phone dead-zone, emergency response personnel performed life saving treatment on him while they flagged down a semi truck that was miraculously passing by.

Using his CB radio, the truck driver was able to call in for a life flight helicopter that then lifted Santos to a nearby hospital where he was fully stabilized.

Santos was diagnosed with a diffuse axonal injury with shearing and a ventricular bleed, a type of brain injury that kills most of the people who suffer from that amount of severe head trauma.

His parents were told that he was not likely to survive and at best he would spend the rest of his life in a vegetative state.

Though it looked as if there was no hope for any type of recovery, he wasn’t about to give up the fight.

He overcame one extraordinary feat after another, he defied every odd that doctors placed against him and it started when he opened one of his eyes two and a half months after his horrific accident.

“I am an all or nothing type of guy and I always try and give it my all. I didn’t want a family, I wanted to make a lot of money and do what I wanted,” Santos added.

Years after his accident, Santos is working toward a new vision for his life.

After finding the first two chapters for a book he started to write when he was twelve years old, Santos was reacquainted with the dream he had before he was distracted by the fantasy life he thought he wanted.

Santos now hopes to become a successful writer and use the money he makes to fund a rehabilitation camp for children with disabilities that he has already named, Kevin’s Camp.

Santos’ message to people these days is, “Don’t take the important things in life for granted.”

Santos was 17 years, four months and four days old when his accident happened.

Since his accident he not only counts his years and days, even his seconds are precious to him.

I think Santos says it best by saying, “Be appreciative of what you have because you don’t know when everything can be taken away in a split second. Everything.”
A case for veganism, part one

By RICHARD BOWIE
Editor in Chief

About a three months ago, I made one of the biggest decisions of my life. I went vegan.

I know what you’re thinking: in the short time I’ve lived by the lifestyle, I’ve managed to just about hear it all.

People have told me they don’t think veganism is necessary. That they couldn’t give up dairy. That it won’t really help anything in the long run. That it’s too extreme. That it’s not healthy. That it’s un-American. Yeah.

To be honest, all this is fine with me. Everyone is entitled to their own opinion, and I’ve tried my best not to plead my case to people who don’t want to hear it; nothing turns people off more than self-righteousness, belligerence and condemnation.

But for those of you who are interested, who may have questions, who may not know much about veganism, I figured you might find the musings of a three-month veteran of some use.

“Oh I could never be a vegan. I love food too much.” This sort of statement is all too familiar to me, not only because I have drastically expanded beyond the fast food realm I once knew much about, but because I myself used to say this too.

You may not know it, but you are currently reading the work of a genuine, certified fat boy. Pre-veganism, I was the sultan of sour cream. An imam of ice cream. The czar of sour cream. An imam of ice cream. The king of carne asada. The czar of cheese. One might have even said I was the Barack Obama of butter. To make a long story short, Paula Deen was my homegirl and I couldn’t have been happier.

Choosing to stick to a vegan diet is a sacrifice, something I still struggle with daily, but it’s not stopped my love for food. Nay, nothing could ever accomplish such a feat.

Back in the day, you could have plumped a Sourdough Jack in front of me and I would have had enough for my own personal celebration. And so quick and convenient too, what’s there not to like?

Well now it’s not so easy. I have to work to satisfy my hunger, and I that’s not a huge negative in my book.

Oftentimes, I calculate that the time it would take me to get up, put pants on, drive to the grocery store and pick something up that caters to my needs, cuts far too heavily into my lazing around time, and usually my hunger fades away just thinking about all the hassle.

That’s starving yourself. You’re sick. Richard Bowie, what’s wrong with you?

Well hold up. Remember earlier when I said I was a fat boy? I meant it.

America is currently the fattest it’s been in history. Two out of three Americans are overweight, and 50 percent of these people are clinically obese.

Of course starving yourself is not the way to remedy this, and I hope you don’t take my last paragraph too seriously. If these two-thirds of Americans are anything like me, they eat when they’re not really hungry.

There’s a difference between hunger and cravings. Eating vegan is just another force that helps my willpower in saying “NO!” to snacking on dumb stuff with empty calories and no nutritional value.

In fact, veganism has opened up my eyes to a huge array of other food possibilities. I now appreciate the sweetness, the zestiness, the delicateness of fresh fruits and vegetables so much more than I used to, and that’s for real.

Give your taste buds a break from all the high fructose corn syrup, oils and whatnot, and you’ll appreciate how dang satisfying fruit can be to your sweet tooth.

Some hearty ass veggie chili, and the creamy delight of a good old, California Hass avocado is all I need when I really am getting those hungry man grumbles.

And now my scope of food options have drastically expanded beyond the familiar.

Tofu, seitan, aramanth, kale, different types of beans, nuts and seeds, almond milk, oats, grains. All these are things I had either never previously had any experience with, or just plain never gave a chance to, in lieu of, say, cheese fries.

Now all these exotic (albeit, probably just to me) fare are now staples in my diet. The point is, you get a real chance to step outside of your comfort zone, all while not feeling guilty.

Which of course brings me to my next, strategically placed point: why, for me, veganism is clearly the most ethical choice.

Just kidding. I’m not going to lay into all that with just this little baby amount of space left. That’s where the strategic part comes in.

I plan on writing about this more extensively, since I pretty much just touched on food up until now. In all seriousness, I do hope to have piqued some sort of interest in what I have to say. If not, that’s cool, brother.

But if so, you can check out the following couple of issues of the Coyote Chronicle to see what’s up. Thanks for reading.

Why does Sea World have a seafood restaurant? I’m halfway through my fishburger and I realize. Oh my God. I could be eating a slow learner.

~Lynda Montgomery
The streets of San Francisco were overrun by an orange and black mass of humanity as the City by the Bay finally celebrated their first World Series championship 35 years in the making.

The Giants players got up close and personal with fans by traveling through the parade route on the city’s famous cable cars. One by one the players made their way closer and closer to City Hall, were a huge rally was getting ready to take place.

The Giants defeated the Texas Rangers in five games as their homegrown pitching talent dominated the Rangers allowing only 29 hits over the course of series.

During the playoffs the San Francisco staff posted an ERA of 2.47 on their way to totaling a 11-4 record.

Edgar Renteria who was a bench player most of the year came out of nowhere to gain World Series MVP honors. His 3-run homerun in the 7th inning of the deciding game was the final shot that ended the Rangers hopes.

Once seated in front of City Hall, the Giants organization realized just how important this 2010 team had become, the crowd had swelled to over a million.

“Just to see the black and orange out there everywhere it was so awesome and made it so much more comfortable for us to play,” Tim Lincecum said to the civic center. “All I can say is thank you and go San Francisco.”

Matt Cain, who pitched 21.1 innings in the playoffs going 2-0 and collected an ERA in 0.00 said, “You guys have waited so long for this, and we brought it home for you guys.”

“What this 2010 Giants team accomplished pays tribute to more than 90 million of us who passed through the turnstiles of Seals Stadium, of Candlestick Park and of AT&T Park in the past 53 years,” said Larry Baer during the festivities, a San Francisco native and the team’s president and chief operating officer.

San Francisco Mayor Gavin Newsom presented Giants brass with the key to the city, and declared it “San Francisco Giants Day” as the fans cheered. “The torture is over!” Newsom said to the fans making reference to the sometimes unbearable way the Giants played in the playoffs.

The outpouring of support by Giants fans began late in the season when their team needed it most, and the crazed atmosphere at AT&T Park created the best home field advantage in baseball.

“This 2010 team, to a man back in August, they plugged into you, and you fueled and energized this group all the way through a crazy month of September, into what was an epic month of October and what is one glorious day in November,” Giants broadcaster and former pitcher Mike Krukow said while speaking to the crowd about how they energized the team.

It was a picture perfect day in the Bay Area made even better by the outpouring of love and support by the fans that gave so much to this team. Now they can call themselves champions once again.

The hockey fights are back... oh... so is the regular season

The sport with the hardest hitting and the fastest pace are the most exciting part of the game and they don’t even involve any scoring. The hard hitting and smashing NHL season is back.

By J. LEVI BURNFIN Staff Writer

The sport with the hardest hitting and the fastest pace is back for another season. That’s right, the NHL’s 2010-2011 season is getting underway, and it is already producing juicy story lines.

Most of America knows that Sam Bradford was the way, and it is already producing juicy story lines.

The hard hitting and the fastest pace are the most exciting part of the game and they don’t even involve any scoring. The hard hitting and smashing NHL season is back.

The Washington Capitals, the highest scoring team in the 2009-2010 season, is expected by many hockey analysts to finally combine their offensive firepower with defensive prowess to win the Stanley Cup.

The Capitals were the best regular season team in the NHL last season, ranking up 121 points in the standings (two points are given to the winning team and one point is given to a team that loses in overtime and zero points are awarded to the losing team after regulation).

However, they disappointingly choked out of the playoffs early for the third straight year, this time losing in the quarterfinals to the Montreal Canadiens.

Even though the Canadiens made a deep run into the playoffs, eventually losing to the Philadelphia Flyers in the Eastern Conference finals, there aren’t many experts considering them as one of the best teams in the Eastern Conference.

Six ESPN hockey analysts made preseson predictions and not one chose the Montreal Canadiens as a division winner, let alone a possible Stanley Cup contender.

Instead, the favorites to win the Stanley Cup tend to range from last year’s Stanley Cup winner, the Chicago Blackhawks to the aforementioned Sidney Crosby’s Pittsburg Penguins to the perennial regular season powers but postseason disappointments Washington Capitals and San Jose Sharks.

The Sharks have been in the playoffs six straight years but have never advanced to the Stanley Cup Finals.

Unfortunately, the San Jose Sharks may be California’s best chance to ice a championship team given that the Anaheim Ducks missed the playoffs last season and the Los Angeles Kings lost key pieces to a team that lost in the first round of the playoffs last year.

The Penguins, the 2008-2009 Stanley Cup Champions, somehow quietly, have added some crucial pieces that should strengthen a defense which was the Penguins Achilles heel in the playoffs last year.

The Penguins allowed three or more goals in nine of the 13 playoff games they played last year.

They looked to change that in the off season by adding defensive stalwarts Paul Martin and Zbynek Michalek to go along with holdovers Kris Letang and Alex Goligoski which should create a very solid defensive core to compliment a dangerous offense led by Sidney Crosby and Evgeni Malkin.

I expect the Penguins to face off against the defending Stanley Cup champion Chicago Blackhawks with the Penguins winning for the second time in three years.
Cross Country not surprised with success

By KRISTINA BELTRAN
Staff Writer

The cross country team looks like one of the best ever here at CSUSB, and they’re determined to prove themselves this season.

“We compete in one of the toughest conferences. Four of the teams are ranked top 10 in the West. One of them is top two in the nation,” said Tom Burleson, the team’s coach.

The team faced some obstacles along the way, but continued to work hard and succeed throughout the season.

“Our biggest obstacle was probably keeping everyone healthy. Lots of rest and out athletic training department helped with that,” said Burleson.

In their most recent meets the Lady ‘Yotes have been very successful. In the Bronco preview meet held at Whittier Narrows sophomore Samantha Borman finished third, along with the ‘Yotes who finished third overall as a team.

Borman’s teammate Rebekah Frazier also had a top five finish.

The team prepares for meets such as this the same way, with dedication and hard work.

“We treat every meet exactly the same. We work hard in the beginning of the week. We back off around Thursday, review our goals for the next meet rest and eat properly,” said Burleson.

The girls would practice at 7 a.m. Monday through Friday, compete on Saturdays, and rest on Sundays, keeping themselves to a very busy schedule between the sport and school.

Practicing that early is not easy, especially with the amount of work put into every practice.

The team had a set of goals at the beginning of the season, and have not only reached them, but even exceeded these expectations.

“This is probably one of the best teams we’ve ever had,” said Burleson.

Some team leaders also include junior Katherine Gomez and team captain Anjuli Nieto.

Gomez owns four top 10 finishes this season, while Borman has finished inside the top seven in many races, and was recently named CCAA Runner of the Week.

Frazier ran strong at the Bronco preview meet, finishing with her first top five finish.

The team has only one graduating senior, Anjuli Nieto.

“I think we can be better next year. We have good recruits including a red shirt sophomore Deserea Perez,” said Burleson.

As for this season the Coyotes are still trying to turn heads as they compete in the CCAA Championship Nov. 6.

The team will compete in the NCAA Western Regionals at Western Washington University in Bellingham, Washington, on Nov. 20.

Results on coyotechronicle.com
Men’s soccer stumbles in play-offs

Sonoma State upsets CSUSB in semi-finals of CCAA Men’s Soccer Tournament

By CHRISTIAN MARTINEZ  Staff Writer

Despite having a top rank going into the CCAA Tournament, one crucial goal possibly ended men’s soccer hopes.

In a long and fair played match, CSUSB men’s soccer fell short to Sonoma State by a score of 1-0 in the first round of the CCAA Tournament last Friday Nov. 5.

Though dominating against Sonoma State in almost all of the statistics including saves and shots attempted, the 88th minute goal by Sonoma came down to the only shot that really mattered.

Though facing this tough loss, the season may not be over just yet.

Coming into the CCAA first round, the Coyotes were ranked #1 in the West Region, possibly giving them leeway to receive a bid to play in the NCAA Tournament.

80 Division II soccer teams are also in the qualifying to receive the bid, but the Coyotes are hoping to hear their name called on Monday Nov. 8 at 4 p.m.

Against Sonoma State, CSUSB had a 19-17 shot advantage and a 7-2 corner kick advantage.

However, hopes were crushed by Sonoma State’s Taylor Varnadore’s header goal with just less than two minutes remaining.

With one last chance to score in the 89th minute, CSUSB’s Zach Walker was just a bit wide right of tying the game.

Zach Walker led the team in shots and with shots on goal.

The overpowering skill of Sonoma State’s goalie Juan Sosa proved to be very much tough to handle for CSUSB.

Sonoma State went on to play CSI Dominguez Hill’s in the CCAA Tournament Championship game on Sunday Nov. 7 at 11:30 a.m.

For results go to www.goecca.org.

Confident to take it all

By MONIQUE BELTRAN  Staff Writer

With basketball season right around the corner CSUSB Men’s Basketball team expects to win it all, the only thing that can stop them is themselves.

“Our goals are always to win the conference championship, regional championship, and national championship,” said Head Coach Jeff Oliver.

The Coyotes are coming together well and ready to start their season.

“The team has great chemistry. Their pretty talented, but their chemistry and work ethic are two things that will allow us to achieve our goals,” said Oliver.

They also have some newly added players to the squad.

Oliver announced on Nov. 1 that five new recruits were joining the team this coming season.

The new players include guard Nate Roth, guard Robbie Robinson, forward DJ Schumpert, guard Sidney Hall, and forward Kwame Alexander.

Newcomer Roth previously played for San Bernardino Valley College where he averaged 12.8 points and had 72 steals in 32 games. He was also named State Player of the Year.

Forward DJ Schumpert previously played for Arizona State for two years before transferring to CSUSB. He averaged 9.9 points last season.

Among the returners are point guard Corey Caston, who averaged 11.7 points last season, guard David Jefferson, who appeared in 31 games and averaged 5.9 points, and guard Aaron Hill, who averaged 9.9 points last season.

Last year the teams record was 19-7 overall. They were 17-5 in CCAA.

Last season the Coyotes made it all the way to the semifinals, but lost to BYU Hawaii.

It was CSUSB’s first time making it to the semifinals since 2007.

“Their biggest obstacle is themselves. They have to ability to be consistent in game in and game out, they just need to use that ability,” said Oliver.

The first regular season home game is Dec. 29. Pre-season starts on Nov. 12.

By JESUS ROMERO  Sports Editor

Take a quick drive down the road and you can see future hockey superstars.

Ontario is home to the Reign, minor league hockey team that is affiliated with the Los Angeles Kings.

They play at the new state-of-the-art, Citizens Bank Arena.

Although a minor league team, they still have all the action and the excitement the pros do. Along with the punching and scoring, there is so much more fan experience.

There are dancers in between the 20 minute periods, mascots fighting and dancing on the ice and in the stands, rides on the Zamboni while they reglaze the ice, opportunities to high-five the players and even sumo wrestling in the middle of the rink.

There are two levels in the arena, to get you closer to the action, there isn’t a bad seat in the house. Even in the second level, you can see the whole rink and still feel the thrill from the ice.

Tickets start at only 10 dollars. Be careful not to spill your beer if you get the 50 dollar front row glass seats because the players will crash into the sides. You could be front and center of a good old hockey brawl.

The Reign also hold giveaways on some weekend games. Some giveaways include: bobble heads, hats and blankets.

The team will have a few games out of the year where they switch up their jerseys and help out an organization.

They have live auctions after the game and fans can bid on game-worn jerseys with part of the proceeds going to the charity.

Some of the organizations include: Local Veterans Organization, The Humane Society, Steven’s HOPE for children and Junior Reigns Hockey League.

During most games you can buy a rubber puck for the Chuck-a-puck. Half of the proceeds usually goes to a school in attendance or a charitable organization.

The puck will have a number on it and after the game on the ice there will be four turf spots with a hole in them and a hockey helmet in the center of the rink. The closest to the hole on the turf or the helmet in the middle will win that prize. Each turf spot will have a gift certificate to a nearby restaurant and the helmet would be four tickets to the next upcoming Reign home game.

Through all of the fun and yelling, you forget there are pucks flying all over the place and a game going on.

This is the Reign’s third season in Ontario, so they aren’t as well known yet, despite having the largest attendance in the East Coast Hockey League (ECHL) in the 2009-2010 season. The Reign had 233,223 total season fans, averaging to 6,451 fans per game according to ontario Reign.com.

In 2008-2009, the Reign’s first season, they racked up the second most attendance in the ECHL with 210,801, averaging 5,856 fans per game.

In the 2008-2009 season they were also crowned Pacific Division Champs, before shortly being knocked out of the Kelly Cup play-offs.

There are 19 teams in the ECHL: 18 U.S. teams and 1 Canadian team. They are all across the country and even one way up in Alaska.

After theECHL is the American Hockey League (AHL) before they head up to the pro’s in the National Hockey League (NHL).

For more information on tickets, schedules, promotions, stats or history visit ontario Reign.com.