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CSUSB celebrates World AIDS Day

By MELISA BUIGUES
Staff Writer

New York Times best selling author and HIV/STD activist J.L. King joined the CSUSB community on World AIDS Day 2010 to raise awareness and tackle HIV prejudice to help stop the spread of HIV.

Students and staff gathered in the events center to remember those who have been lost to the devastating disease, as well as educate themselves in order to reinforce the global effort needed to defeat AIDS.

“We are here to commemorate the many people that have been lost to the HIV/AIDS epidemic over the last couple of decades,” said Megan Rush, a CSUSB student as she introduced guest speaker J.L. King.

“How is a preventable disease,” stated King.

“I think it’s beyond just [the spread] of HIV and AIDS. All of you here are college-educated individuals. Anything you want to know about HIV/AIDS in the world we live today, all you have to do is Google it,” said King. “Each of us has to be more responsible and ask, ‘Do I want to get infected or not?’ That’s the bottom line.”

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Inland Empire residents gathered on Dec. 3 to “Stuff a Bus” with toys for less fortunate children in the parking lot of the Ontario Mills mall.

The Stuff a Bus event is part of the 18th annual Spark of Love Toy Drive in partnership with ABC7 News and firefighters from the Los Angeles, Orange, Riverside, San Bernardino and Ventura counties.

Each year, the Spark of Love Toy Drive collects over 500,000 toys within the five Southern California counties. Each donor has the opportunity to personally pack their contribution on an Omnitrans bus and see just how many toys there are.

“Ontario is one of our greatest stops and one of the best opportunities to really help get as many toys as we can,” said weatherman Garth Kemp from ABC7 News.

In previous years, they filled 6 buses worth of toys at Ontario Mills. Last year, a total of 4 buses were filled to the brim.

The Ontario SWAT sect of the police department came out early in the morning.

“This is our first year donating and we plan to keep a tradition from now on,” said a representative of the Ontario Police Association.

They collected all types of toys from Play-Doh to Barbies and even bicycles.

“This is a labor of love that we plan months in advance,” said Kemp. “It means lots of extra hours but in the end, it’s well worth it.”

After each toy drive, the toys are dis-

Local airport installs controversial body scanners

By KATHERINE ORR
Staff Writer

“Tis the season for travel, and Ontario International Airport is taking extra precautions by installing controversial airport security scanners.

The new system comes in the form of body-image scanners which many people believe is unnecessary and may have some alleged health risks.

“I think it’s stupid. It all sounds very invasive,” said recent CSUSB graduate, Jennifer Isai.

Those who do not wish to go through the scanners, “will receive a thorough pat-down by someone of the same gender,” said the Transportation Security Administration (TSA) in a press release.

If a passenger refuses both, he/she will not be able to fly and could face civil suit fines up to $11,000.

These pat-downs have some people raising concerns because they believe the pat-downs are invasive.

The airport scanners have prompted protests and several lawsuits. The most recent lawsuit was filed by two Harvard Law School students who wish to restrict the use of the airport scanners and pat-downs.

“The enhanced pat-down procedure, if done non-consensually, would amount to a sexual assault in most jurisdictions, and the intrusion of peering under clothes would be similarly illegal,” the lawsuit states.

The pat-downs are only required if a passenger opts out of the scanners or fails

Student attempts to appeal termination

By ELVIA J. RODRIGUEZ
Staff Writer

The chair of the SMSU Student Board of Directors was let go from his position last month and students are supporting an appeal of this decision.

Kyle Richardson, the former chair, said he was let go because of a series of conflicts with other board members.

The petition was available to students on Monday Nov. 30, and within two days, a total of 52 student signatures were logged in support of Richardson.

He has served as chair for two and a half years and has recently assisted the Pride Center with its relocation to a larger area.

“Kyle has listened, took interest and helped the Pride Center in its pursuit for equal space at the Student Union,” said Angela Romangnoli, the graduate assistant for the Pride Center at CSUSB.

Mark Day, executive director of the Board of Directors for the Student Union, said he could not give details regarding Richardson’s ineligibility to serve as a student leader.

“The petition represents Kyle’s issue and eligibility,” said Day.

According to the petition from the Pride Center, the SMSU administration

“A quilt commemorates those who have died due to AIDS as guest J.L. King speaks to students about HIV/AIDS prevention.

“Spark of Love” ignited in Inland Empire

By CHELSI CHASTAIN
Staff Writer

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America is no longer the country with the highest volume of obese people, but now eating disorders like bulimia and anorexia are on the rise.

According to the World Health Organization (WHO), regarding the number of obese citizens America has fallen down to third place, while a Pediatrics magazine stated that eating disorders are on the rise in teens and children.

“Bulimia and anorexia have always been a problem, but people are so obsessed with weight that they are forgetting the consequences of these eating disorders and the effects on their health,” said Dorothy C. Chen-Maynard, CSUSB program director for eating disorders, “Some people will never be size two or four like the clothes the models are wearing,” said Chen-Maynard. “Some of us genetically have more body fat than others.”

According to Chen-Maynard, anorexics starve themselves and purge while bulimics binge eat and then purge out of guilt. Purging can be done through vomiting and the use of laxatives. When people vomit, stomach acids come back up which can cause damage to the mouth and teeth. The acids can also cause ulceration in the esophagus.

If laxatives are used, stomach acids can cause internal damage and nutrient loss. In case the American public doesn’t know, there is a healthy midpoint between obesity and an eating disorder like anorexia and bulimia.

To find that midpoint we must understand one key piece of information.

“Some people may never be size two or four like the clothes the models are wearing,” said Chen-Maynard. “Some of us genetically have more body fat than others.”

According to Chen-Maynard there are thin people who are unhealthy and overweight people who are healthy.

“Body weight does not matter as long as a person is fit,” said Chen-Maynard. “We don’t need to look at body weight. Look at it from the perspective of are you fit and healthy?”

According to Chen-Maynard eating healthy, choosing healthy foods and maintaining a healthy body weight (whatever it may be per individual) are ways to keep healthy.

If you notice signs of becoming overweight and underweight Chen-Maynard offers some ways to find out what is causing the weight fluctuation.

Chen-Maynard said the best thing to do is to keep a food log where you track what you eat, when you eat and if you are hungry when you are eating. Watching snacking and mindless eating will also help.

After keeping a food record for long enough you can see what you are doing wrong and make changes. Chen-Maynard also advises to see a dietitian.

Overall to remain healthy according to Chen-Maynard people can watch the portions they eat during meals, and watch what you are eating; like all of those greasy and high-fat favorite foods.

“It doesn’t mean one has to cut out all of your favorite foods, it just means how much of that favorite food are you going to have and if you’re going to eat a lot of that favorite food are you willing to burn it,” said Chen-Maynard.

If anyone needs help, Nutrifree, an on campus resource, provides free nutrition counseling. For information e-mail nutri@csusb.edu and insert nutrition counseling in the subject line.

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Ontario airport to install scanners

These scanners are designed to “detect a wide range of threats to transportation security in a matter of seconds to protect passengers and crew,” stated TSA.

Despite the privacy issues and the health concerns that some Americans have, according to a poll by CBS, 81 percent of Americans support the use of full-body x-ray machines. Only 15 percent believe the scanners should not be used.

There are two types of scanners, millimeter-wave and backscatter scanners.

The first type of scanner uses radio waves and there are no proven adverse health effects. However, they have so far, not been extensively studied.

The second type emits low levels of radiation. The backscatter scanners have been declared safe by the Food and Drug Administration (FDA) and the American College of Radiology.

According to the TSA, the backscatter machines emit about the same amount of radiation in a single scan as a person receives flying for three minutes in an airplane at 30,000 feet.

To protect the privacy of the passengers, TSA says the images produced by the scanners are viewed in a remote location, the images cannot be saved, and the facial features are blurred.

Richardson removed

Richardson said he was removed from his position through a legal method because he is on an academic advising contract as a result from not completing a math course; a method he claims was not previously strongly enforced.

“Questioning the performance of the department has led to the enforcement of this rule,” said Richardson.

Richardson explained he is appealing the board’s eligibility decision to CSUSB President Dr. Albert K. Karnig.

He has taken his appeal letter, petition signatures and letters of support to the president’s office.

Nicole Hershey, vice chair, of the Board of Directors for the Student Union said she is supportive of Richardson. “As students, we make mistakes and learn from them,” said Hershey. “Kyle is a hard worker and is working for the students on campus.”

Both Justine Plemons, ASI president and Michael Arteaga, ASI executive vice president said they would not comment on the issue regarding Richardson.

Carlos Mirelez was one of the students who signed the petition in support of Richardson. “It doesn’t seem right that someone who stands up for others is retaliated against,” said Mirelez.

Richardson said he hopes he has made decisions that will continue to have a personal and lasting effect on his fellow students.

“I’ve worked a lot harder, more than other boards, and I will not relax my agenda if I prevail,” said Richardson.
Another issue with the semester system is too long. A focused student can get their education faster in a quarter system. They need to learn and get our degree? I do agree, however, that the quarter system moves at a much faster pace and may not be for everyone.

I honestly think this is being done in an effort to make a democratic House and Senate appear as unproductive as possible until Jan. 20, when the new majority Republican House is seated.

Believe it or not, Republicans and Democrats have different wish lists...

I say, does the federal government really want to take Christmas away from even one child? This is just another case of public policy gone sour.

Throughout this lame duck session, Republicans have dragged their feet in pushing any legislation, no matter how un-partisan the item may be, such as ratifying the new nuclear disarmament treaty with Russia.

Yes, it really is the most wonderful season of all.

By LOUIS PENNA
Staff Writer

CSUSB needs to support its stance in staying in the quarter system because it is more beneficial for the students.

Throughout this lame duck session, Republicans have dragged their feet in pushing any legislation, no matter how un-partisan the item may be, such as ratifying the new nuclear disarmament treaty with Russia.

CSUSB is one of the only universities left to stay in the 10 week quarter system along with Cal Poly Pomona and Cal Poly San Luis Obispo.

Why is this change so important?

Well, I would argue that the quarter system is a more advantageous way of learning for students and that the semester system is too long.

There are numerous issues with the semester system in the CSU system, first being that if you don’t like a particular class you are stuck with it for longer. Could you imagine having to be in a class that you hate, or of no personal interest to you and instead of roughing through the class for 10 weeks you rough it out for an extra 5 to 6 weeks?

Another issue with the semester system is the length of time, for those of us that are born-procrastinators, being in the semester system is enabling our addiction to wait until the last minute and giving us more time to put it off.

A focused student can get their education faster in a quarter system. They can plan their classes and take four to five classes each quarter and utilize their degree in the workforce. Isn’t that usually our pure purpose in the first place, to learn what we need to learn and get our degree? I am an efficient thinking type of person. I do what needs to be done and I move forward. I don’t take part in this “college experience” bull. I want to get my hard earned degree then move ahead to the future.

Furthermore, it would cost students more money and more time under a semester system than it would in a quarter system.

It seems the semester supporters believe that “slow and steady wins the race,” but when it comes to education that is definitely not the case. As young American consumers of our education, we are looking for fast and proficient.

The quarter system also has the means to accommodate more students, with more classes being offered in shorter periods of time.

By ALLISON UPSTILL
Staff Writer

CSUSB needs to support its stance in staying in the quarter system because it is more beneficial for the students.

There has been talk since early this year that the CSU system is considering changing over all campuses to semesters.

The CSU system as a whole wants to accommodate more students, with more classes being offered in shorter periods of time. Additionally, students get to take a wider variety of classes within an academic year.

I do agree, however, that the quarter system moves at a much faster pace and may not be for everyone.

But, for the most part, the fast pace learning environment is not a bad thing. The quarter system keeps you on your toes and you don’t have time to kick your feet up. The good news is that the stress is also over quickly.

The CSU system as a whole wants consistency, and with schools on both quarters and semesters that creates a problem. Still, this problem is not as important as the benefits students achieve under the quarter system.
I like to think that our culture is a sum of all the stories we tell. Tales ranging from the Tortoise and the Hare to Hansel and Gretel have guided the imagination and morals of children for generations. People have been able to reinterpret these stories, adding a little danger or sympathy where needed. This has been acceptable, as no one truly owned these tales. They are for everyone to share.

Many works, however, cannot be shared. Every song on the Billboard charts, every movie in theaters, and every book on the New York Times best-seller list is owned and copyrighted by a single person or company. To read or tell these stories, you have to pay. And rightfully so, as authors and directors have earned the privilege to profit from their creations.

Without copyright law, Harry Potter author J.K. Rowling would still be living on the streets and Star Wars creator George Lucas would never have had the money to make prequels (actually, that might be okay). When copyright was first written into British law by Queen Anne 300 years ago, it was "for the encouragement of learning." Authors were allowed 15 years of exclusive rights and profits for their works.

After this time, the works fell into public-domain. Anybody could reproduce and interpret the stories around us has supported our ability to interact with our culture.

Copyrights and wrongs

Opinions

By RUBEN REYNOSO
Staff Writer

Kids with daddy’s guns

By COURTNEY POOLE
Staff Writer

There was a shooting at a Wisconsin high school late November. A 15-year-old boy held 24 students and a teacher hostage for seven hours, said Marinette police. The student shot himself but there were no other injuries or fatalities.

This of course is not the first school shooting in our nation. Since the infamous Columbine event in 1999, it has become a tragic trend. But authors in Wisconsin are taking a different approach in handling the situation.

“Last fall the school went through training drills about how to respond to a potential school shooter,” Tim Baneck, Marinette school superintendent said.

Which makes me wonder, is this what American schools are coming to today? It’s sad to think future generations of students and teachers will have to be trained to handle hostage situations.

Zach Campbell, a student from the Wisconsin High school, told the Associated Press the students kept Samuel Hengel calm by talking about hunting and fishing; two things he loved.

They say they took their cue from the teacher in the classroom, a sign of how the adults in Wisconsin are taking a different approach in handling the situation.

“Last fall the school went through training drills about how to respond to a potential school shooter,” Tim Baneck, Marinette school superintendent said.

The first answer should lie in where the young man got the guns. According to media outlets, the guns were owned by his family.

It is every citizen’s constitutional right to own a registered gun. However, parents certainly should be held responsible for not locking guns away out of the reach of children.

“There should be a slamming indictment of the adult(s) who owned the guns, left them unattended, unlocked, and loaded. There should not be any confusion that there was a way to prevent this madness. The way to do that was to force adults to treat deadly weapons in the way they should be handled. Locked, and away from those that have no appreciation for the harm that can occur, or unable to make responsible decisions,” said blogger Deke Rivers of the shooting.

In this case there was only one injury. I say this loosely because a young boy lost his life and that is nothing to gloss over but, fortunately, the lives of other students were spared.

Anytime a life is lost over senseless violence, it affects the lives of many. For the student who has to return to school, the memory will be forever embedded in their minds.

Marinette County is handling the situation proactively, with emergency training courses and the placement of officers on campus. But it is not the sole responsibility of the school or law enforcement to determine if a tragedy will occur at school on any given day.

Parents should take responsibility when purchasing a gun by teaching their children the dangers of the weapon and keep it locked away. If parents paid more attention to what their children were doing, maybe these situations could be prevented all together.

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A modern love affair

By JENNIFER BAUGH
Staff Writer

In review of 99 percent of all American romance flicks, from the classics to the most contemporary, one may find relief in the assurance of a happy ending. “Love and Other Drugs” follows that trend. However, as far as originality is concerned, it didn’t quite make the cut as a cinematic novelty.

Co-writer, director, Edward Zwick, presents us with a story that proves refreshing; however, the fault was the tendency to play it safe with the use of the typical Hollywood formulas of previous romance films, such as Love Story.

Not to say that it was too unpleasant. The intention is not to discourage you from watching the film. It just could’ve been a lot better.

The film features award-winning actors Anne Hathaway and Jake Gyllenhaal in an attention-grabbing tale of a young, couple struggling against the forces of true romantic intimacy as well as other hardships.

Jaime Randall, played wonderfully by Jake Gyllenhaal, is an impressive bed-hopper with unequivocal skill in lying beside a woman, given his wit and indisputably adoring smile. Hathaway plays a free-spirited, sexually forward artist who is also in stage one of Parkinson’s disease. Her impending doom of this incurable disease causes her to deny anything more than a casual tussle in the bed, turning to the lure of self-medicated orgasms to get through the grit of everyday life.

In one particular scene, we get to witness Hathaway’s virtuous emotional range as she is overtaken by tremors while searching her flat for meds. The chemistry between Gyllenhaal and Hathaway is first-rate. The playful bantering between the two is, to be put simply, enjoyable. As the film continues, their relationship grows into something much more than a casual fling, looking a lot like love in the flesh.

The film serves as a kind of ode to the 90s pop culture as Jaime works as a representative of Zoloft at a time when the competing drug company Prozac was dominating the drug market.

“The Chemistry between Love and Other Drugs”, supported with a slew of semi-well known actors such as Oliver Platt and Judy Greer, holds onto the more European-style, bare-chest-ed, lusty bedroom scenes with the all-too-American, Apatow-pleasing, gags of male masturbation.

With this in mind, there remain certain questions as to Zwick’s ambitions for the film. Is it the thrill of sexual intimacy that keeps their relationship afloat? Or their enduring love beyond Maggie’s fate with an incurable disease, where love may be the antidote?

All stories have been told and the nice thing about this film is it proves honest to how most relationships start off, which gives the frequent nudity some sort of a credible stance.

The journey down Cromwell street is not for the weak Local band overcomes the challenges laid in front of them and continue down a path for success

By MELISA BUIGES
Staff Writer

Cromwell is an Inland Empire band whose concentration on rock-metal sound and raw vocal emotion has not only entertained, but has experienced the power of the human spirit.

A Starbucks in Florida reminded them of that. Vocalist Kenny Russell, guitarist Markus Estrada, bassist Scott Deloyer, and drummer Marty Elliot, first emerged into the music scene in 2005 from Rialto, Calif.

Having grown up on Cromwell Street, the guys found it natural to name the band after the place where it all began. “We all pretty much went to the same high school together,” vocalist Kenny Russell commented, as he reminisced about their past. “We were all hanging out in the same groups and were very much into music, so it was so only appropriate that we started jamming together.”

After recording their first EP So Close to Forever, which led to a spot on the 2006 Warped Tour, the band proceeded to record a full-length album Illusion & Obsession in March of 2007.

With time the band hit the local music scene, booking numerous gigs from the Inland Empire to Hollywood.

The success of the album led the band on a few nationwide tours. Bandmate Marty Elliot said the travelling experience was a learning experience.

This comment comes from an 8 a.m. Starbucks scenario in Florida while on tour. “At one point, the band, being broke in Florida, parked in front of a Starbucks at 8:00 in the morning, placed out a collection jar, and just started jamming acoustically,” said Kenny Russell.

The human spirit prevailed, as a woman approached them with interest to help them on their way back to Southern California. After listening to their music she handed over a check for the $300 needed to get back home.

Since then, the band has been experiencing an upward swing, signing with indie-label Redefined Records, which falls under the Universal Music Group.

They also added Puerto Rican guitar- ist, Nelson Ossa, to the band.

Cromwell recently began working with producer Ulrich Wild who is most known for his work with bands such as Incubus, Deftones and Pantera.

Their new EP Daniela was released Oct. 10 and they are expected to release a full length album in early 2011.

Cromwell offers something that most artists in the new era of music don’t, a raw love of music. “Their honesty in their music and love of what they do is apparent not only when speaking to them, but when they take the stage and hold an audience transfixed with their musicality and flawless delivery,” said Joshua Parsons of Buzzine.
The Black Eyed Peas have done it again or, have they?
Their brand new album The Beginning, released on Nov. 30, is packed with electro-pop.
Like many musicians out there, they have experimented with different sounds and keep re-inventing themselves, but somewhere along the way they hit a bump and froze, repeating the same sound over and over again.
Their opening song “The Time (Dirty Bit)”, which has taken bits of “(I’ve Had) The Time of My Life” from Dirty Dancing, is ideally for clubs; with the right environment and pumping excitement this song can and will be a hit.

Some people are going to love their style and encourage the musicians to keep on doing what they do, but there are going to be other people that are going to be disappointed and just wish they can go back and continue doing the style of music that made them who they are today.
William Adams (will.i.am), Alan Llind do (apl.de.ap), Jaime Gomez (Taboo), and Stacy Ferguson (Fergie) are all great musicians.

They bring a little something that makes their band amazing.
Yet, somehow, somehow something didn’t go right and it sounds like The Beginning is actually a dead end. We all know the Peas are able to do great music.
They have ruled the billboard charts and have won many awards and will continue to do so. But, for their new and latest album, it left me flat and bored.

Reinventing the Latin American music industry and raising their diplomatic vocals, are Puerto Rican stepbrothers René Pérez and Eduardo José Cabra of Calle 13. Pérez, who goes by the stage name “Residente” and stepbrother Cabra, “Visitante,” are mixing away from their reggae roots to a more widely assorted style of music.
The stepbrothers came from an entertainment background, where Residente’s mother was an actress and his stepfather, Visitante’s father, was a musician.
Calle 13, literally meaning 13th street, is the actual location of the brothers’ house in San Juan Puerto Rico, which eventually became the infamous duos name. The house was located in a gated community and whenever Pérez would go to visit his brother, the guard would commonly ask, “¿Residente o visitante?” Meaning resident or visitor, the brothers took that phrase and made it their own.
Lead vocalist, Residente, would not have that. He wanted to break the mold and introduce various styles of music to his homeland. With the help of his stepbrother, Visitante, the multi-instrumental beat maker, they made it possible.
In some of the earlier tracks produced by Calle 13, they imposed heterogeneous styles such as: jazz, bossa nova, tango, salsa, alternative, electronic, and cumbia just to name a few.
Not only does Calle 13’s multifarious style set them apart, the political messages and diction is what makes a lasting impression on US and Latin listeners alike.
Beginning with the first album, Querido FBI, meaning Dear FBI, Calle 13 began its mission to voice the problems his country was facing, beginning with the injustice of the law enforcement.
In 2008, a close friend and leader of the Puerto Rican Revolutionary group, Ojeda Rios, was innocently murdered during an FBI raid.
Out of anger, Calle 13 produced their first album protesting the FBI by virally mainstreaming the song on the web and handing out copies of the album for free in front of the law enforcement headquarters.
The album and the group immediately gained attention for their cause and quickly became popular in Puerto Rico.
Later Calle 13 teamed up with former Puerto Rican governor Julio Voltio to create a public service announcement on incidents deaths by stray bullets fired in the air during celebrations.
Since then, Calle 13 released their fourth album, Entren Los Que Quieran (those who want to ender) continuing on their social commentary, and musical invention.
Calle 13 has invaded the US on MTV Tr3s, Residente’s appearance on the 2009 film Old Dogs, and also performing on the 8th annual Latin American Music Awards. They have won 10 Latin Grammy Awards and two Grammy Awards since their start and hopes to continue their success in the Americas.
Dr. Laura Schlessinger will debut a new, three hour daily radio show on Sirius XM radio Jan. 3, according to an Associated Press report.

After using the N-word earlier this year on her previous radio show “Today’s Press,” Schlessinger announced on-air that she would leave for another station. Her last day would be on Dec. 31.

“Dr. Laura Show,” Schlessinger announced earlier characterized as direct, wise, to the point, abrupt and even cruel. Her website and her callers, and occasionally her thoughts on social and political topics.

Dr. Laura Schlessinger is an American commentator and author.

It’s unacceptable,” said Abraham Foxman, national director of the Anti-Defamation League. “There’s no way that it’s acceptable. It’s not funny, it’s offensive to African-Americans. She should know better. There should be consequences.”

African-Americans. She should know better. It’s not funny, it’s offensive to African-Americans. She should know better. There should be consequences.”

Dr. Laura will be leaving her show to “get back her rights.”

“I apologize for all the unixing in my story.”

So said CSUSB English instructor Kevin Moffett as he and other members of the CSUSB English department brought their writing to the public with their book reading just before the Thanksgiving break.

The event began with reading of some of the writers’ best work. Brown brought plenty of laughter to the audience with an excerpt from his forthcoming memoir, “This River,” about a very interesting wosup with a foreign exchange student.

The audience was treated to some fiction after, first with Hirshberg’s excerpt from his latest book, “The Book of Bunk.” The story was simultaneously amusing and mystifying, centering on the main charac-

ter’s evening with an intriguing woman.


Paegle was to round out the group, though she was unfortunately not able to recite. Nevertheless, Jean Delgado, a fellow CSUSB English instructor, was kind enough to lend her voice to read from Paegle’s collection, “Torch Song Tango Choir.” She finished off with “First Snow,” a moving poem Paegle wrote about her mother.

With the reading over, the writers took to the music/DVD area of the store to mingle and sign copies of their books. All were very gracious with the twenty to thirty enthusiastic readers and prospective writers in attendance.

All the proceeds from the reading went to the Felix Valdez Scholarship. The scholarship was set up the parents of Felix Valdez, a CSUSB alumni who passed away from cancer some years ago.

In the end, the writers all gave commanding, as well as inspiring readings. They also gave potential MFA students a much better idea of what to expect under the instruction of such accomplished writers.

Delgado, for instance, is a Regent’s Fellow and has received the Contemporary Poetry Series Award. Paegle has earned two Academy of American Poets Awards.

Brown has received a National Endowment for the Arts Fellowship in Fiction Writing, as well as a Chesterfield Film Writing Fellowship.

Moffett is also a National Endowment recipient, and was featured in the 2009 edition of “The Best American Short Stories.” Hirshberg has published several books and has earned the International Horror Guild Award.

They proved any creative writer will be very lucky at CSUSB.

Hirshberg’s “The Book of Bunk” will be released later this month, and Brown’s “This River” will be released March 1 next year.

Moffett’s new short story collection will also be available in 2012.

�Continued on Pg. 13
Sodexo changes, slowly but surely

By ANDREA BRANDSTETTER
Staff Writer

They say that patience is a virtue. However, for CSUSB students and faculty, their patience flies out the window when forced to wait for their food.

Many individuals who eat on campus still aren’t receiving their food in a timely manner from CSUSB’s various dining establishments.

“Just last week I went to Pizza Hut and had to wait 15 minutes for my pizza,” said senior Victoria Hamada.

Jan Moore, an administrative assistant, has had a similar experience. She’s been stuck in long lines at the Charles Obershaw Dining Room, located in the Commons.

“I eat there twice a week. The reason I don’t eat there the rest of the week is because of the long lines,” she said.

“It bothers me a lot,” continued Moore, who revealed how short her lunch breaks are. Nevertheless, she claims that Sodexo is “making efforts” as an organization. Moore is a former member of the Commercial Services Committee, a group which reviews all commercial operations at CSUSB.

Despite their complaints, most students and faculty haven’t voiced them to the student government or even to Sodexo management.

According to ASI President Justine Plemons, the few complaints she has received have had little to do with food lines.

“[Mostly, they’re about] the lack of food options and the price of food,” Plemons said.

Plemons is also a member of the Commercial Services Committee. As a member of this committee, she works with Sodexo management to help the organization improve their quality of service.

“This committee, this feedback we received,” said Janosky.

“[It’s] for safety reasons. [Sodexo] can’t hire a staff of 25 people to work [for instance] at Taco Bell because people would be tripping over one another. There are only so many people who can fit into those [small] working spaces. [It’s also] for budget reasons. [Hiring more staff] would cost a lot of money,” Plemons said.

While Sodexo won’t be adding new staff members to its roster, it does indeed have a plan. According to Dave Janosky, general manager of food services at CSUSB, Sodexo will soon be implementing a new strategy which involves placing more of its current staff members at various food venues during peak rush hours.

We'll be adding staff in there to augment those periods when we’ll have additional patrons coming in,” he said.

Janosky asserted that Sodexo has already placed more staff members at other food venues like Taco Bell and Subvertisions within the past month. Additionally, Sodexo has opened new cash registers at certain venues.

“Sodexo has taken these actions, in part, due to some complaints made by CSUSB professors.

“There were some complaints about not having a second cashier [in the Commons] during key rush periods. So we added a second cashier there as a result of the feedback we received,” said Janosky.

Sodexo has made a noticeable improvement to their staffing, but as to how much that has helped the lines and improved their image is still to be seen.

Halt to holiday gift hassles

By JUSTINE DESAUTELS-ZARBATANY
Staff Writer

The holidays are all about happy spirits. It’s also that time of the year when you have to buy gifts for family and friends. For this occasion, it’s not about receiving, but more about giving to others.

It always seems harder to find a good idea for a gift for a man. They never seem to know exactly what they want, or they say they don’t need anything.

This year, surprise the men in your life by offering them an original gift they won’t forget, like recycled vinyl record coasters, a before-you-die to-do list book, beer and booze holsters, iPod accessories, fun desk accessories or personal business card cases.

For women, the possibilities are endless.

You can offer a great variety of gift ideas, always creative, like holders to keep purses off the floor, jewelry holders, nail polish sets, sushi sets, coffee thermoses for people on the go, or simple jewelry, always grandly appreciated.

Any of these ideas would make someone happy.

Offering a gift doesn’t have to mean going bankrupt. If you would like to save money this holiday season, it is entirely possible.

Homemade gifts are a good way to save money. Bake a sweet treat or create a mixed CD of your friend or family member’s favorite songs. It is always fun to receive a gift that you know someone spent quite some time on and thought of.

Giving an experience as a gift also gives someone a memory that lasts forever. It’s always nice to receive a gift that is not expected. Whether it’s a gift certificate or a moment to share with someone, these are ideas that are not fleeting. They create memories that can’t be replaced by something material.

In another hand, there are always great deals around holiday season, if you are more of a last-minute shopper.

Another way to have someone appreciate even more a gift is to create a package gift.

A package gift is a collection of related items. A bottle of wine, a fancy corkscrew and a pair of goblets is an example of what a package gift can be.

It doesn’t have to be expensive, but it shows that you put some consideration into assembling the gift.

As a last resort, if you do not have time to do the shopping trip to find the perfect gift, you can still browse the Internet to find something fun, always paying attention to the shipping delay.

If the holiday season brings up images of overcrowded shopping malls and an enormous credit card bill, it’s time to rethink the holiday. Giving gifts can be an emotionally satisfying way of expressing your love for someone.
Student winter woes
Coyotes face registration struggles with limited classes available
By MATT SHAW  Staff Writer

Fewer classes mean fewer professors, which means it may take longer to graduate. With the final week of the fall quarter here at CSUSB, many students begin to hustle to find the classes they need to complete their degrees.

With the limited number of scheduled classes, students, including myself, are experiencing problems that the reduction in classes and instructors is causing. Though it is the student’s responsibility to register for classes on their registration date, missing your scheduled date by so much as a few days could mean that you missed out on the classes you needed.

For some, missing a class one quarter could extend their expected graduation date by an extra quarter or two, which could significantly alter one’s plans for the future.

A valid response is obviously that students shouldn’t miss their registration date. However, with the number of available classes decreasing and the quantity of students remaining relatively the same, even registering on time could prove to be problematic for students.

Myisha McSwine, a graduate student here at CSUSB, has studied at six other universities in her college career and has found CSUSB to be the most competitive as far as class registration is concerned.

McSwine, explained how students are given a relatively small window in which to register for classes, giving an example where, despite having a set registration date, she wouldn’t have the luxury of waiting to register as other students fill up classes due to a highly impacted registration schedule.

Students living off campus seem to be at a significant disadvantage when it comes to registration. Penny Drake-Green teaches undergraduate Communication classes and has had some of her students talk to her about this difficulty.

“As far as my classes are concerned, teaching freshmen Comm 120, students have reported to me, especially if they live off campus, that they have difficulty in getting classes assigned to them, as even registering on time could prove to be problematic for students and they have other commitments to attend to as well.”

Additionally, students living off-campus seem to be at a significant disadvantage when it comes to registration.

Truthfully, this is a problem that is not likely to be fixed by the time your graduation date comes around.

“Whether you live on campus or not, the decrease in class scheduling could have negative effects on your ability to graduate on time. I remember the days when I used to be able to add any class I wanted by simply using an add-slip and for now at least, those days are gone. My only advice to you is register on time.”

However, despite increased acceptance of plastic surgery, this opinion is far from universal. Many students question the ethics and wisdom of going under the knife.

“Looking through the catalog can be stressful to students who are trying to figure out a way to balance school and work. Since they are low priority on the registration list,” said Drake-Green.

But students like Ashley Strange have benefited from the priority registration she receives for living on campus.

“I have been living on campus for a couple of years now,” said Strange, “Students who live on campus have a bigger advantage of getting the classes that we want because we’re first priority. Therefore, we don’t have to get the leftover classes.”

Whether you live on campus or not, the decrease in class scheduling could have negative effects on your ability to graduate on time. I remember the days when I used to be able to add any class I wanted by simply using an add-slip and for now at least, those days are gone. My only advice to you is register on time.

Truthfully, this is a problem that is not likely to be fixed by the time your graduation date comes around.

There is no doubt that someone needs to correct this problem, in the mean time, plan accordingly and register on time.

Two faces of plastic surgery
By RACHEL CANNON  Staff Writer

Heidi Montag’s Dec. 1 interview on ABC regarding her extensive plastic surgery has sparked hot debate on the ethics and wisdom of going under the knife. Although originally gaining fame for her starring role on MTV’s The Hills, Montag is now perhaps better known for undergoing 10 plastic surgery procedures in the course of just 10 hours, including a breast augmentation and a rhinoplasty, as well as various other, more minor procedures.

Certainly, such a large amount of cosmetic surgery is an extreme example. But plastic surgery has become so common-placed that most of us don’t think twice when we hear about a friend’s new face or body.

According to a study at the University of Pennsylvania School of Medicine, one in twenty college women has had plastic surgery. The same study found that most have a favorable opinion of surgery for aesthetic reasons.

In fact, cosmetic surgery “parties” have been a rising trend, in which participants gather together to sip cocktails and show off their new noses, tummies, and breasts.

In an interview for the New York Times, James Wells, president of the American Society of Plastic Surgeons, said, “We used to sneak people in the back doors with fake names. This was not something people were willing to talk about.”

Heidi Montag endured serve as a warning to anyone considering going under the knife. Rather than being a quick, easy option for anyone dissatisfied with his or her appearance, it comes with very real risks.

In fact, Montag herself nearly died due to an excess of pain medication after her surgeries, and she stated that the experience wasn’t worth it.

Any surgery, whatever the reason, shouldn’t be undergone without extensive consideration and close monitoring by a trusted physician.

- There are over 8 million procedures done worldwide.
- The U.S. leads in most plastic surgeries performed, followed by China, Brazil, Mexico, India and Japan.
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I.E. holiday hotspots

By MONICA CARD
Staff Writer

It’s beginning to look a lot like Christmas and the Inland Empire has many fun things to do this holiday season. With it snow at Victoria Gardens. From now until Dec. 23, the snow will fall in the center courtyard around the Christmas tree. The great thing is you can enjoy the snow and don’t need to put snow chains on your tires, so let it snow, let it snow.

For those who would like to stay out of the cold and enjoy the performing arts, The Nutcracker is being performed on Friday, Dec. 3 at the California Theatre of the Performing Arts located in San Bernardino.

The Victoria Gardens Mall is also hosting a free show on Dec. 11 at 2 p.m. AJ and the Flip Flops will be playing a free live holiday show at the mall in Chaffey Town Square.

Shortly after, Santa Claus is coming to town. The Rancho Cucamonga Fire Department is offering a free photo opportunity with Santa Claus underwater on Dec. 15.

The fire department is also asking for contributions of unwrapped toys. They plan on donating them to Spark of Love Toy Drive.

If you enjoy the sight of holiday decorations, be sure to visit Alta Loma. Every year the houses on the corner of Carnelian Street and Thoroughbred Lane in Alta Loma extravagantly decorate their homes with Christmas lights and holiday ornaments. You can tour the block of decorated homes by driving by or even parking your car to walk the side walk and enjoy the scenery. Be prepared for a parade of cars lined up to see the lights.

Another great place to enjoy a festival of Christmas lights would be in Riverside from Fifth Street to Tenth Street. Carriage rides and skating will be available.

If lending a helping hand sounds interesting this holiday season the Salvation Army in San Bernardino is gearing up for its tradition of ringing silver bells by shiny red kettles. The charity seeks volunteer bell-ringers so that it can staff even more locations, more of the time.

They will continue ringing bells until Christmas Eve. The money raised is used to provide food, shelter and youth programs to the community.

Whether you enjoy watching the snow fall, Christmas plays, getting your picture taken with Santa or enjoying Christmas decorations, the Inland Empire has something for everyone this holiday season.

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N-word backlash leads Laura out

But the apology didn’t change Schlessinger’s mind about the move to a new station. If anything, it made it more urgent. She announced a few days after the apology about her move on Larry King Live.

She stated that she would end her radio show, citing a desire to free herself from concerns and affiliate radio stations and sponsors.

In an interview with the Associated Press she explained why she first went into the radio business.

“The first and most important thing that appealed to me was the freedom to speak my mind without advertisers and affiliates being attacked by activist groups that just love to censor anything they don’t agree with.”

Schlessinger went on to say, “That just about makes my heart and head explode.”

Schlessinger later stated in an interview with Larry King: “I want to be able to say what’s on my mind and in my heart and what I think is helpful and useful without somebody getting angry, some special interest group deciding this is the time to silence a voice of dissent and attack affiliates, attack sponsors. I’m sort of done with that.”

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It’s not how you start, but how you finish

By MONIQUE BELTRAN
Staff Writer

The CSUSB women’s basketball team has got off to an impressive start, but they are not getting ahead of themselves, as they know they still have a long road ahead.

The team swept the UC San Diego Thanksgiving tournament and came home with three wins and no losses.

This is the first time since the 2007-2008 season that the CSUSB women's basketball team has opened their season with a record of 3-0.

However, they are not taking a break and continue to work on their game.

“We are continuing to work on our team defense, and offensive strategy and chemistry to help us prepare for future games,” said Head Coach Kevin Becker.

The Coyotes dominated the Thanksgiving tournament.

Two members of the team received recognition in the tournament. Elisha Sheppard and Sabrina Gonzales, both in their first season, earned all tournament honors.

Sheppard led the team in scoring, with 14 points per game, and Gonzales earned a game high of 12 points in the win against New Mexico.

CSUSB defeated Notre Dame de Namur with a score of 59-54. They were led by Angela Streets who had a game high of 16 points, all of which came from off the bench. They went on to defeat Western New Mexico with a final score of 78-50.

The teams defense is what is making the season exciting to watch.

CSUSB women’s basketball team has only given up an average of 50 points in their games so far, and leads CCAA in scoring defense.

The Coyote bench has been making a splash, and are a big part of why the ‘Yotes have been successful so far.

“Our team’s biggest strength as of now has been the play of our bench, who have contributed much to the success of our first three wins. In addition, we have been a very good offensive transition team,” said Becker.

Although the ‘Yotes have been successful so far, they are not getting too comfortable.

“Our team needs to continue to work on taking care of the ball better, and improving our overall team defense and rebounding,” said Becker.

It is still early in the season, and the Lady ‘Yotes are working toward bettering their teamwork, and building chemistry within the team.

The first home game is Dec. 29, come out and support the your coyotes.

Lost in the hype, is that someone forgot to tell these great players that the league wasn’t just going to roll over and give them the Championship.

Coach Eric Spoelstra according to an unnamed source who spoke to ESPN recently had to call out James in front of the entire team during practice stating that James needed to be more serious.

Further adding to speculation that the player-coach relationship is frayed, was a bump that James gave Spoelstra after a loss to the Dallas Mavericks.

Many feel that these incidents indicate that Spoelstra has lost control of his team and that he is afraid of losing his job.

Spoelstra thinks differently.

In the summer of 2010, when both James and Bosh who were still under contract with their former teams all three players met in Chicago and Akron to discuss their future plans.

Yahoo Sports recently reported that the Cavs owner has hired a law firm to investigate the free agent signings of James and Bosh by the Heat over the summer, in order to see if there was any wrongdoing by either the Heat or the players involved.

The Heat is now on as the team from Miami tries to live up to their own expectations of winning multiple Championships over the next several years.

By NICK HOLDING
Staff Writer

Leading into the summer of 2010 the NBA’s main storyline was the Lakers winning their second straight Championship and the impending free agency of three of the biggest stars in the NBA universe, LeBron James, Dwyane Wade, and Chris Bosh.

Over the course of the summer these players were courted by several NBA teams. Wade and Bosh were the first to sign, becoming teammates with the Miami Heat, but the big fish, James had yet to make his “decision.”

It’s not that James left Cleveland that had people upset, it’s the way he went about it, not having the courtesy to inform the owner of the Cavs before making his decision publicly.

“This was announced with a several-day, narcissistic, self-promotional build-up,” said Cavs owner Dan Gilbert in an open letter to fans the night James made his announcement. “I personally guarantee that the Cleveland Cavaliers will win an NBA Championship before the self-called former ‘king’ wins one.”

The Heat, haven’t exactly been impressive as they play the first part of the season and so far the Cavs have only lost three more games than the Heat.

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The Heat is now on as the team from Miami tries to live up to their own expectations of winning multiple Championships over the next several years.

The Miami Heat were sure favorites to win the NBA Finals, but with a slow start, they have a lot of ground to make up.

LeBron James, Dwyane Wade and Chris Bosh were revealed during the Miami Heat showcase. The night was filled with fanfare, smoke, cheering fans and championship guarantees. With the slow start the Heat are just hoping to not get up in flames.
Boarding season is back

Snow topped mountains kicks off the winter and the snowboarding season in Southern California

As the slopes of snowboarding season open, snowboarders from all around the Inland Empire are quick to get on a lift.

Whether you are a first-timer or a veteran at snowboarding, Southern California offers many different types of varieties of prices, places, and overall experiences when it comes to getting up to the snow.

Among the favorite places to ride for CSUSB students are ones that are in the vicinity of campus. Mountain High, Snow Valley, and Bear Mountain are some of the top spots known in Southern California.

“I prefer to snowboard at Mountain High,” said Rio Lewis, a third year student at CSUSB who has been snowboarding for two years.

“I prefer it for multiple reasons. Eighty percent of the mountain can be covered by man-made snow so the season can start sooner and last longer than Big Bear and Snow Valley. Also, the season pass does not have blackout dates while Big Bear does,” said Lewis.

Mountain High is located just up the Interstate 15 freeway in Wrightwood and is a crowd favorite when it comes to snowboarding. With some of the best snow and prices, not to mention a short distance from campus, it serves as an ideal spot to hit the slopes.

Just up Highway 330 and Highway 18 is not just the route to Snow Valley in Running Springs, but also serves as the way to Bear Mountain in Big Bear which are both less than an hour away.

Snow Valley and Bear Mountain are known to have a great amount of nice snow and slopes and the prices are at a very affordable rate of anywhere from $36 - $59 dollars per day lift ticket considering if you go at day or night.

If you are a first time snowboarder and want to explore what the snowy sport is all about, there is no need to purchase brand new equipment.

For students of CSUSB, the Rec Center offers snowboard rentals and snow equipment for a very cost efficient price.

For only around $25 a day, students can rent a snowboard package that includes the board, boots, gloves, pants, jacket, and all other accessories as compared to spending hundreds of dollars of new equipment.

“Rent gear first to make sure you really like snowboarding,” said Matt Takahashi, a graduate student of CSUSB.

“For any new snowboarder, be prepared to fall a lot! Maybe take some Advil before you leave because you’ll definitely be sore for the next couple days,” says Carinna Figueroa, a frequent snowboarder and student at CSUSB.

Snowboarder is doing a 180 board grab off a jump. There are many jumps and playgrounds in the near by snow resorts.
With Cam Newton under question most of the season, Heisman voters hope to not make another mistake.

If this were an ordinary year, the Heisman conversation would be short; Cam Newton is the deserving player.

But this is not an ordinary year. Newton is widely seen as the runaway best college football player in all of college football, even though Newton’s Heisman Trophy competitors are outstanding in their own right.

Boise State quarterback Kellen Moore leads the nation in passer rating and has thrown for 3,269 yards and 30 touchdowns, with only five interceptions, while leading a top-25 Boise State team.

Oregon’s running back LaMichael James is fourth in the nation in rushing yards, despite missing the opening game, with 1,548 yards on 253 attempts while leading the Oregon Ducks to a game away from playing for the first National Championship Game in school history.

Stanford’s Andrew Luck has led the resurgent Cardinal to 11 wins which is their first double-digit win season since 1992 and they still have two games to play including a bowl game.

He has passed for 3,051 yards and 28 touchdowns and only seven interceptions while completing 70 percent of his passes.

However, they are not the dual-threat dynamo that Newton has proven to be. Newton has passed for 2,254 yards completing 148 out of 218 pass attempts while throwing 24 touchdown passes and only six interceptions.

Newton is Auburn’s leading rusher with 1,336 yards and 18 rushing touchdowns on 228 carries.

He’s led the Tigers to a win away from playing for the National Championship. However, Newton’s fantastic year as the quarterback of the BCS’ number-one ranked Auburn Tigers has been clouded with allegations that he is ineligible as an amateur college football player.

In September, allegations arose claiming that Newton’s father, Cecil, asked Mississippi State University for upwards of $100,000 for Newton’s enrollment into the school.

NCAA rules prohibit college athletes from receiving money or gifts from a University representative, booster or alumnus.

These allegations have led to speculation that Heisman voters may be wary of voting for a player that may be declared ineligible after the season is completed, especially since 2005 Heisman Trophy winner Reggie Bush was declared ineligible this year, leading to an ugly standoff between the Heisman committee and Bush.

The Heisman voters are in a difficult position. They do not want another winner declared ineligible after the season.

However, the committee should consider the alternative. What if Newton is innocent and they do not vote him as the Heisman winner?

Stripping an innocent college athlete of the greatest honor a college football player can earn would be a bigger embarrassment.

The Heisman voters are given a simple instruction: “vote for the most outstanding college football player.”

Listen to that instruction, voters, and declare Newton as the deserved winner of college football’s most outstanding player award, the Heisman.