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**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 a 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 travel this Christmas,” said a recent CSUSB graduate, Jennifer Isai.

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.

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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.  

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The United States has been surpassed as the fattest nation, eating disorder has consequences as well.

Heart disease, strokes, and high blood pressure are consequences of obesity and an eating disorder like anorexia and bulimia.

According to Chen-Maynard, the consequences of obesity are high diabetes, heart disease, strokes, and high blood pressure.

However, being thin at the price of an eating disorder has consequences as well.

According to Chen-Maynard, anorexics starve themselves and purge while bulimics binge eat and then purge out of guilt. The acids can also cause ulceration in the esophagus. If laxatives are used stomach acids can cause intestinal 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 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 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 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 nutrinfo@csusb.edu and insert nutrition counseling in the subject line.

CSUSB gets schooled on HIV and AIDS awareness

His raw approach to his message resonated with students and staff.

“Conversational speech makes more of an impact than academic speech when you’re talking about a subject that people don’t want to necessarily talk about. His straight-forward speech, in which he was very frank and open and forward allowed for people to [ask questions] and address the issue,” said Misty Levings-ton, the scheduling coordinator for the SMSU.

“I learned that if you have sex with 12 guys, it’s as if you are exposed to over 4,000 [sexual partners]. It was an eye-opener.”

Freshman Alexis Abbot

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Ontario airport to install scanners

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

Department has fired him for voicing his opinion and advocating for marginalized communities.

Janet Honn-Alex, is the associate director of programs and marketing for the SMSU. She said students must meet certain eligibility standards to serve on the board, and that Richardson’s positions or views were not a factor.

“[Richardson was] not eligible to be on the student board of directors, which is different from being fired,” said Honn-Alex.

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 Arreaga, 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.
Opinions

It’s bah humbug this Christmas in politics

By LOUIS PENNA
Staff Writer

With unemployment benefits expiring just in time for Christmas, the second Korean War one push of a button away, and a lame duck government that has both parties closure in the middle and those ears yelling, “La, la, la. I can’t hear you!” things aren’t as Christmassy as they should be. We need more holiday enthusiasm like the man in the Georgia Best Buy who stabbed a marine trying to steal a laptop. Now that’s holiday spirit!

Nothing could be more of a Grinch move than cutting off unemployment benefits for 2 million out-of-work Americans right before Christmas; but that’s what the federal government is lined up to do by the end of the month.

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

Republicans, who have no problem extending Bush-era tax cuts to the wealthiest Americans, do not want to extend unemployment benefits unless it is made up for in cuts to the budget. Democrats say renewing unemployment benefits is an effort to prevent employment rates from falling further.

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.

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.

As if getting trampled to death at Black Friday wasn’t enough to worry about this holiday season, North Korea’s newly nominated leader, Kim Jong Un, showed to be a bit trigger happy with his new country he got as an early Christmas gift from his dad, Kim Jong Il.

On Tuesday, Nov. 23, North Korean artillery shells bombarded South Korea’s Yeonpyeong Island, killing two South Korean marines and two civilians.

This is just another case of public policy gone sour. The attack calls for greater concern on behalf of the United States of North Korea’s nuclear weapon capabilities, and the threat they pose to ally South Korea and the rest of the world. This gives me an eerie reminder of a little story known as the Iraq War.

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

CSU: Keep the quarter system, please

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.

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, of those 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.

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

Those who are in favor of the semester switch argue that these extra weeks are giving students a better education, because they are given more time to learn the material and are not “rushed” in ten weeks to learn the course load.

I would argue the flip side, that semesters would hinder your education because you are solely focused on a few subjects for a longer period of time when you could be learning new and different things that could be more beneficial for your future.

In this day we have to utilize our time more wisely and take the classes that we need and move forward.

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 purpose when earning 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. 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 have been a good thing). 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 the public domain. Anybody could reproduce them free of charge. Modern American copyright law has extended this 15 year protection to the entire life-time of the author plus 70 years. Music by Michael Jackson, for example, will not be allowed in the public domain until 2079.

I believe that most of the stories we tell in the modern age are now owned and controlled by the biggest corporations in the world. The public cannot watch, use, edit, or share any of this work without paying.

Harvard law professor Lawrence Lessig believes that this restriction to freely reinterpret the stories around us has suppressed our ability to interact with our culture. In 2001, Lessig founded an organization that provides an alternative to this system of rigid ownership. Through Creative Commons, users who upload their original material are able to decide how their works can be used by the public.

Any uploader of original content can state their wishes that their work be used non-commercially, in whole or in part, or simply passed around with attribution to the author.

Creative Commons has hosted an estimated 350 million licensed works that the public can use and re-use freely. Sites like Flickr and WikiCommons have also structured their pages to allow any user the option to follow Creative Commons ideas.

In the interest of maintaining a culture that can be accessed and added to freely, I feel that modern copyright law should be reviewed. Even lowering the copyright ceiling to the match the death of the author would be an improvement.

The more works are available for the public to access, the greater the cultural conversation will be. If our culture is the sum of the stories we tell, I hope we have more than just a corporately-sponsored imagination to guide us.
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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-medication 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 on, 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 Zolof at a time when the competing drug company Prozac was dominating the drug market.

“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-chested, 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.

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 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 guitarist, 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.
Calle 13 blazes a new trail in Latin American music

By PATRICIA FISCHER
Staff Writer

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, “Visita-\tante,” 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, Visita-\tante’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 eventu-\tally 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 mak-\er, they made it possible.

In some of the earlier tracks produced by Calle 13, they imposed heterogeneous styles such as: jazz, bossa nova, tango, sal-\sa, 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 impres-\sion on US and Latin listeners alike.

Beginning with the first album, Queri-\tendo F.B.I., meaning Dear FBI, Calle 13 be-\gan 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 dur-\\ing 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 Volti to cre-\ate a public service announcement on inci-\dental 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 in-\\vention.

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.

Same old same old from Black Eyed Peas

By ISABEL TEJADA
Staff Writer

The Black Eyed Peas have done it again or, have they?

Their brand new album The Begin-\ning, 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 environ-\ment and pumping excitement this song can and will be a hit.

Some people are going to love their change of style and encourage the musici-\ans 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 Lin-\do (apl.de.ap), Jaime Gomez (Taboo), and Stacy Ferguson (Fergie) are all great musici-\ans. They bring a little something that makes their band amazing.

Yet, somewhere, somehow something didn’t go right and it sounds like The Be-\\ginning 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 con-\\inue to do so. But, for their new and latest album, it left me flat and bored.

Calle 13 combines many elements to create an original sound. Their new album is entitled “Entren Los Que Quieran”
On-air racial slur controversy ousts popular radio show host

By BRITTANY SHAW
Staff Writer

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 the N-word earlier this year on her previous radio show “Today’s Show,” Schlessinger announced she would sign off from her current show, and her last day would be on Dec. 31.

Schlessinger works for Terrestrial Radio but after the end of the year, has decided to leave for another station. Dr. Laura Schlessinger is an American talk radio host, socially conservative commentator and author.

Her radio show is mainly her responding to requests about personal advice from her callers, and occasionally her thoughts on social and political topics.

Schlessinger’s advice has been variously characterized as direct, wise, to the point, abrupt and even cruel. Her website states that her show preaches, teachers and nags about morals, values and ethics.

She claimed the move is designed to “regain her First Amendment rights.” It seems that she believes she is being censored because of a recent run-in with controversy regarding her using racial slurs on air.

In August, Schlessinger used the n-word eleven times in five minutes while talking to a black female caller.

Schlessinger says she was trying to make a point that there is a double standard behind the word. Saying that, “if anybody without enough melanin says it, it’s a horrible thing; but when black people say it, it’s affectionate,” said Schlessinger. “It’s very confusing.”

“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.”

Schlessinger generated more criticism than just Foxman, blogs and cable news shows were talking about her rant for days. Which convinced her to apologize on her radio station and blog a few days later.

“So said CSUSB English instructor Kevin Moffett shares one of his many short stories with the audience at a public book reading.

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 in attendance.

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.
Sodexo changes, slowly but surely

By ANDREA BRANDSTETTER

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.

We know that on Fridays around 5:30, for example, we have a Pub rush. 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 Subversions 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

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 men. 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, 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 gifts, 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.

This year, surprise someone with a gift you know they will remember forever. If the holiday season conjures 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 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 to 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 commonplace 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.” Now, he said, “They want to announce it to their friends.”

When asked if she’d consider cosmetic surgery, a CSUSB junior, who wished to remain anonymous, said, “I would get smaller boobs. Everything else, like needing to lose weight, can be fixed through hard work and determination. But I can understand getting your nose fixed, or something, because there’s nothing you can do about that.”

However, despite increased acceptance of plastic surgery, this opinion is far from universal. Many students question the wisdom of making such a permanent, expensive, and potentially wealthy change to one’s body, especially at such a young age. “I think [plastic surgery] is stupid because you should be happy with the person that you are. You should be confident with the body that you have and come to realize that not everyone is perfect,” said junior Christina Smith.

When asked whether she would ever consider cosmetic surgery, Smith said, “Definitely no. I’m happy with the body that God gave me.”

As for Montag, her statements in her recent interviews were a surprising change from her previous post-surgery pride. “I wish I could go back to the original Heidi,” Montag said.

Regardless of your opinion on plastic surgery, the trauma and health risk 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.

Liposuction is the number one procedure done worldwide.

The U.S. leads in most plastic surgeries performed, followed by China, Brazil, Mexico, India and Japan.

-There are over 8 million procedures done worldwide.

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Miami Meltdown

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

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 made his “decision.”

“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-titled 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.

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.

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. Eisha Sheppard and Sabrina Gonzales, both in their first season, earned all tournment 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.
Boarding season is back

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

By CHRISTIAN MARTINEZ
Staff Writer

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. 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 Carissa Figueroa, a frequent snowboarder and student at CSUSB.

CSUSB Students & SRFC Member $60
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Newton was the best college football player this year. But Heisman voters cannot take the chance of another 2005 error.

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 of Auburn which is ranked second in the BCS. 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 alumni. 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.