January 24th 2011

CSUSB
Nursing students on the Palm Desert campus will be using a new program that will help them with documentation skills.

The proposed budget cut plan is aimed to help California toward regaining an overall better economic status by eliminating the debt crisis and by taking $1.7 billion from development projects, state cuts in social services, and take out 10 percent of public employees' paychecks, according to the Los Angeles Times.

California’s support to the CSU is approximately $2.2 billion. With this new proposal Governor Brown aims to lower this support to a $1.4 billion and an 80 percent reduction.

“If the proposed cuts of $500 million for the CSU are approved, we estimate that CSUSB will have its state budget allocation reduced by approximately $20 million,” said Dr. Albert Karnig, president of CSUSB.

“If such an enormous budget cut were enacted, there would inevitably be significantly fewer students that the University would be able to serve,” he said.

The software also allows students to do clinical assessments on each other, family, friends or neighbors and then input their findings into the software. These “scenarios” can vary from allergies to home medications, and can then be analyzed in the classroom by the students and their instructor.

According to nursesquared.com, the software also gives students the experience of ordering labs, radiology, pharmacy and other ancillary orders they will see on Physician’s Orders.

The new software incorporates case studies to teach students how to document patient care, while also emphasizing the importance of safety and critical thinking.

It also interacts with users to help guide them through the documentation process, showing appropriate choices based on the student’s input.

This software is meant to provide students with the experience that will allow them to be better prepared for any electronic health record system they may face in the real world.

Freddie Hooper, the information technology consultant at the CSUSB Palm Campus said, “I think it’s a great idea they changed it. It's been taken away, but more has been brought to the table,” said Todd Jennings, program director.

There was no debate about the name change; this is a common trend of programs. The revision was made by the Advisory Committee of Women’s Studies,” he said.

The classes offered by the program now include LGBT-related courses. Classes such as “Introduction to Lesbian, Gay, Bisexual, and Transgender Studies” and “Gay Literature” have been added as courses in the program.

“Transgender [people] were never really acknowledged … now we can re-visit them through acknowledgement. The name change is a response to what is now included in the program,” said Jennings.

Deddy Brown, Pride Center student assistant said, “Calling it Women’s Studies makes it empowering but not what the program is about … they are now calling it what it is. What the program has to offer is now broader but has not outgrown women studies. It’s definitely more broadened.”

This recent change has also triggered the course description to include how gender and sexuality intersect with race, culture, ethnicity, and social class in the intersection of social justice.

“Men don’t usually find women studies’ as a minor for them, but with the current change in name they might find it more appealing to have a minor in Gender and Sexuality,” said Jennings.

Many other major campuses across the nation have also made the switch.

Yale University, Harvard University and University of Minnesota changed “Women’s Studies Program” into “Women’s, Gender & Sexuality Studies Program” to include and expand the courses which they offer.

Students have generally responded to the change in a positive manner.

“I think it’s a great idea they changed to include more courses and more areas to study. I think it gives the program more value. In whatever the student chooses to pursue, they will have a more thorough understanding,” said student Gaby Libaaca.

“Having a minor will help you stand out to future employers when looking for a job once you graduate. There isn’t a major on this campus that this minor won’t help,” said Jennings.
The helpful workshops offered at the event guided many women on the ins and outs of starting their own businesses. The two-hour workshop then went on to discuss the requirements of starting a business, the importance of a business plan and how to write one. Wolfnibarger shared the easiest ways to meet all of the requirements in order to qualify for various loans. She explained which loan is best for each listener’s business and pointed out its benefits, as well as what needs to be looked at with caution.

Some of the workshops offered were, “Introduction to QuickBooks,” “Supervision Through Leadership,” “Succeeding Online,” and “Making the Federal Government Your Customer.” A good portion of these workshops are offered at no charge. The IEWBC also offers public relations training, free credit reports, counseling, and mentoring for prospective business owners as well as those who are already in the process of starting their own business.

The IEWBC has been offering various workshops a couple times a week throughout the Inland Empire to help emerging leaders better themselves. Location may vary depending on the workshop. The locations include the High-land SJR Library, Corona City Hall, Corona Public Library, and the IEWBC in San Bernardino.

The workshop started with introductions of the attending members and the businesses they are looking to start or have already started. This immediately provided an opportunity for the attending guests to network with other up-and-coming business owners.

The presentation concluded with information regarding legal forms of organizations and the steps to establishing a business. Although the presentation was put on by the IEWBC, men are strongly encouraged to participate and attend the workshops as well.
CSUSUSB offers community counseling

The Community Counseling Center (CCC) is located here in the Social and Behavioral Sciences building in room 125 and is yet another example of all the helpful and affordable resources that Coyotes have access available to them here on campus.

By MATTHEW BRAMLETT
Staff Writer

College has always been synonymous with stress, but now more than ever, students lives are dominated by concerns of tuition hikes, and research projects. Fortunately, the Community Counseling Center (CCC) exists to aid stressed students.

Established in 1973, the CCC is the school’s longest-running community outreach program.

The CCC’s main focus is to provide accessible, one-on-one counseling to anyone who needs it – whether it is students, faculty, or anyone from the community.

CSUSB students across campus are finding it difficult to manage the many different stresses that are an unavoidable staple of college life.

“‘It’s hard to find a balance between work, school, and having a life outside of school,” said student Jessica Vasquez.

It’s a mindset that is all too familiar with many people on campus.

According to Dr. Ed Teyber, CSUSB professor and community counseling center director, anxiety and depression are two of the most common issues that people are facing when they visit the center. Others include relationship problems and family issues.

The center has recently seen a rise in the number of people looking for counseling in recent months, mostly due to increased anxiety about tuition fees.

One of the main focuses of the CCC is the affordability of the counseling sessions, which generally range from $5 to $15 a session. Treatments are usually once a week, with 50 minutes allotted for each session.

The Center is located in the College of Social and Behavioral Sciences building in SB-125.

It is headed by Teyber and is staffed with 12 counselors and two supervisors, all of whom are trained to assist anyone in need.

The Center runs on the Academic calendar, and is open from around Sept. 15 to June 15.

During that time, however, anyone is welcome to pour their hearts and minds into one of Dr. Teyber’s expertly trained counselors.

The center is available by appointment only, and scheduling an appointment is easy.

Just call them at (909) 537-5569 and leave a message on their machine.

Dr. Teyber or another counselor will return your call, answer your questions, and if the situation is appropriate, schedule a meeting with one of the center’s trained counselors.

Not every situation can be covered by the CCC. Services are not provided for students who are suicidal, or are under the influence of drugs or alcohol. Domestic violence issues are also not covered by the Community Counseling Center.

Whether you are a student who is stressed about a relationship gone sour, or a faculty member stressed about students, or just a member of the community who is looking for an inexpensive and effective counseling session, the Community Counseling Center is a great place to go.

Continued from Pg. 2

Gender studies shifts focus

The change has not only made it possible to broaden the courses available in gender and sexuality, but the program also offers a minor in which students will be able to gain a greater understanding around issues of human diversity.

“A minor in gender and sexuality studies will provide an invaluable framework to understand your own life better as well as the institutions and social structures that shape our world,” said Jennings in his course description.

Continued from Pg. 1

Nurses get new software

Desert Campus, spoke about some of the advantages that “nurse2” provided the students with.

“It is going to prepare students much better for the hospital,” Hopper said. “Everything in the hospital is computerized, and the students will now have the computerized experience.”

When asked how the students have adjusted to the new software, Hopper replied, “Students are so technological that they are adjusting well ... They are excited because they can use computers like actual nurses.”

Freddie Cooper also commented on how “nurse2” would benefit the students in the long run.

“It will make transitioning from the student roll to the hospital much easier,” Cooper said. “Students will be giving the right care and documenting it correctly.”

Denise Garcia, the information technology consultant of the nursing department here at CSUSB, says that the “nurse2” software was implemented here this quarter.

Garcia also added that through this program, the students could gain experience with patience charter software, thus allowing them to gain more real job experience.

Overall, “nurse2” is looking to produce well trained nurses who will be ready for action once employed.

Continued from Pg. 1

Brown’s proposed budget cuts

from fees and other sources, it’s highly likely that the University will serve significantly fewer students in order to ensure the provision of quality education,” explained Dr. Karning.

Since the proposition is being considered, having less students on campus would enable a higher tuition at CSUSB, causing a significant decrease among the student body.

Having such a large amount cut from the CSU system is forcing CSU chancellor Charles B. Reed, to identify where these cuts are going to be enacted once again and if employees will be let go.

According to Reed, “While we understand the administration has limited options, which generally range from $5 to $15 a session. Treatments are usually once a week, with 50 minutes allotted for each session.

The Center is located in the College of Social and Behavioral Sciences building in SB-125.

It is headed by Teyber and is staffed with 12 counselors and two supervisors, all of whom are trained to assist anyone in need.

The Center runs on the Academic calendar, and is open from around Sept. 15 to June 15.

During that time, however, anyone is welcome to pour their hearts and minds into one of Dr. Teyber’s expertly trained counselors.

The center is available by appointment only, and scheduling an appointment is easy.

Just call them at (909) 537-5569 and leave a message on their machine.

Dr. Teyber or another counselor will return your call, answer your questions, and if the situation is appropriate, schedule a meeting with one of the center’s trained counselors.

Not every situation can be covered by the CCC. Services are not provided for students who are suicidal, or are under the influence of drugs or alcohol. Domestic violence issues are also not covered by the Community Counseling Center.

Whether you are a student who is stressed about a relationship gone sour, or a faculty member stressed about students, or just a member of the community who is looking for an inexpensive and effective counseling session, the Community Counseling Center is a great place to go.

Continued from Pg. 2

Gender studies shifts focus

The change has not only made it possible to broaden the courses available in gender and sexuality, but the program also offers a minor in which students will be able to gain a greater understanding around issues of human diversity.

“A minor in gender and sexuality studies will provide an invaluable framework to understand your own life better as well as the institutions and social structures that shape our world,” said Jennings in his course description.

Continued from Pg. 1

Nurses get new software

Desert Campus, spoke about some of the advantages that “nurse2” provided the students with.

“It is going to prepare students much better for the hospital,” Hopper said. “Everything in the hospital is computerized, and the students will now have the computerized experience.”

When asked how the students have adjusted to the new software, Hopper replied, “Students are so technological that they are adjusting well ... They are excited because they can use computers like actual nurses.”

Freddie Cooper also commented on how “nurse2” would benefit the students in the long run.

“It will make transitioning from the student roll to the hospital much easier,” Cooper said. “Students will be giving the right care and documenting it correctly.”

Denise Garcia, the information technology consultant of the nursing department here at CSUSB, says that the “nurse2” software was implemented here this quarter.

Garcia also added that through this program, the students could gain experience with patience charter software, thus allowing them to gain more real job experience.

Overall, “nurse2” is looking to produce well trained nurses who will be ready for action once employed.

Continued from Pg. 1

Brown’s proposed budget cuts

from fees and other sources, it’s highly likely that the University will serve significantly fewer students in order to ensure the provision of quality education,” explained Dr. Karning.

Since the proposition is being considered, having less students on campus would enable a higher tuition at CSUSB, causing a significant change among the student body.

Having such a large amount cut from the CSU system is forcing CSU chancellor Charles B. Reed, to identify where these cuts are going to be enacted once again and if employees will be let go.

According to Reed, “While we understand the administration has limited options, which generally range from $5 to $15 a session. Treatments are usually once a week, with 50 minutes allotted for each session.

The Center is located in the College of Social and Behavioral Sciences building in SB-125.

It is headed by Teyber and is staffed with 12 counselors and two supervisors, all of whom are trained to assist anyone in need.

The Center runs on the Academic calendar, and is open from around Sept. 15 to June 15.

During that time, however, anyone is welcome to pour their hearts and minds into one of Dr. Teyber’s expertly trained counselors.

The center is available by appointment only, and scheduling an appointment is easy.

Just call them at (909) 537-5569 and leave a message on their machine.

Dr. Teyber or another counselor will return your call, answer your questions, and if the situation is appropriate, schedule a meeting with one of the center’s trained counselors.

Not every situation can be covered by the CCC. Services are not provided for students who are suicidal, or are under the influence of drugs or alcohol. Domestic violence issues are also not covered by the Community Counseling Center.

Whether you are a student who is stressed about a relationship gone sour, or a faculty member stressed about students, or just a member of the community who is looking for an inexpensive and effective counseling session, the Community Counseling Center is a great place to go.
By MATT EDGERTON
Staff Writer

Five-hundred million in budget cuts means fewer classes, higher tuition, and an overall worse college experience for CSU students.

While college enrollment has continued to rise over the last few years in response to the terrible job market in California, Gov. Jerry Brown is proposing to cut yet another $540 million from the already dwindling budget of the CSU system.

What does this mean in real world terms for the students attending these colleges?

In short, it means fewer available classes, higher fees, more time needed to graduate, increased class sizes, lower quality facilities – or a total lack thereof – and no doubt more parking tickets as schools attempt to gain funding through other methods.

Furthermore, as a student of the CSU system, it is already quite infuriating being forced to pay increasing fees, rising textbook costs, being dropped from classes as they get removed due to lack of funding, and being forced to wait for needed classes as the rotation schedule continues to grow longer.

Being one of the aforementioned students, I unfortunately receive no form of financial aid, and can say with all certainty the financial burden is already high, ranging in cost from $10,000 to $15,000 a year, most students are being forced to look for a second and sometimes even a third job to fund their education.

Yet while all these costs are being incurred by the legal students of the CSU system, Jerry Brown has promised illegal aliens a free college education on more than one occasion.

According to hotpoliticians.com, Brown was quoted during his campaign saying “illegal aliens deserve free college education in an alternate reality, but this state is far from wealthy.”

With the state deficit at a whopping $25 billion, California is actually considered to be on the verge of bankruptcy. Moreover, the state’s credit rating is one of the worst in the nation which results in any borrowed money incurring a huge amount of interest adding to the existing deficit.

With this kind of irrational and irresponsible policy, I can’t foresee Gov. Brown doing anything beneficial for the paying students of the CSU system.

He is clearly concerned only with furthering his voting block and enacting policies that will further damage the CSU system by making it more inaccessible to the large number of students willing to pay for their education.

Moreover, where will these forsaken students turn? With the abysmal job market facing California, many feel that their time would be better spent in gaining an education or improving their existing one.

Yet if the funding for colleges continues to be cut, where will the potential student populace turn? With no jobs and hugely underfunded colleges, the only other option for potential and existing students would be to flee the state in search of more less impacted universities or to get on some form of state subsidy, however, this would cause another problem because this state is already broke.

Currently, California has one of the highest unemployment rates in the nation and is considered by many to be a welfare state because of the huge number of welfare recipients. Clearly, the students of California have a rocky financial future ahead of them if things continue down the current road they are on.

Gov. Brown hacks CSU funding

By ERIKA MARTINEZ
Staff Writer

A few years ago, I was given a gun lock even though I don’t own a gun. To this day, I still have that gun lock.

I believe in stricter gun control laws; guns are dangerous and can do serious damage to anyone or anything, especially when someone with a reason to harm is holding the gun.

The Arizona shooting last week seems to have had little to no effect on the popular opinion of stricter gun control laws.

CNN and Opinion Research Organization conducted a study earlier this month that found 69 percent of participant’s views concerning regulation of firearms have not changed since the Arizona tragedy.

The shooting left six dead and injured 13, including Rep. Gabrielle Giffords (D-Ariz.).

The shooting, which occurred on Saturday Jan. 8, in Tucson, Ariz. has personally had a great effect on me.

But not only a surprisingly low 18 percent of those polled say they would support stricter gun laws in the wake of the shooting. While 28 percent say they are “more likely” to support stricter gun laws and three percent say they are “less likely” to support stricter laws.

Before the shooter was even identified, it seemed everyone was more than ready to start pointing fingers. The poll asked who they thought was to blame for the tragedy. Thirty-five percent said that they blamed the former vice-presidential candidate Sarah Palin, in light of her website where there had previously been cross hair targets on the Arizona shooting will happen over the next few months.

In the weeks following the Arizona shooting, there have been two local incidents that have dealt with shootings and the lack of gun control.

One dealt with a Gardena High School student bringing a gun to school and accidentally shooting two people, and the other dealt with an El Camino school police officer being shot in the chest outside campus.

Are guns really that easy to get a hold of? My answer is yes, and when I do get a gun I’ll be prepared with my own gun lock.

Now it is time to let the people who can put a stop to the currently lenient gun control policies do their job.

A number of Republicans and Democrats say they will introduce measures aimed at addressing gun safety issues related to the Arizona shooting. I say well done to those who actually have the power to make a change and hopefully follow through.

Recent shootings call for gun reform
By RACHEL CANNON
Staff Writer

It’s no wonder fast food has become so popular so quickly in America. It’s tasty, it’s affordable and it’s, well, fast. But would that super-sized Quarter Pounder meal be a little less tempting if you found out it contained almost half a pound’s worth of calories – as many as some women should eat in an entire day?

The authors of the health care reform bill are hoping you’ll think so.

A little-known provision of the bill, passed into law two years ago, is that starting in March, restaurant chains with at least 20 locations must display calorie counts for their offerings in a prominent place.

Other nutritional information, such as sodium, fat and sugar contents, must be available upon request.

This provision, written with the goal of taking some weight out of America’s bulging obesity problem, has proven to be a controversial and divisive one. Many are worried that heightened awareness of the true calorie cost of dining out will cause more consumers to eat at home, thus damaging the economy.

However, when Starbucks began posting calorie information two years ago, “the effect of calorie posting [was] actually to increase Starbucks revenue,” according to researchers at Stanford.

To not mention that our nation’s weight issues already cost us more than $147 billion yearly in medical expenses, according to a 2009 study. In fact, The Partnership for Prevention predicts that figure will more than double within a decade.

Besides, if restaurants are that concerned with what the exposition of their food’s nutrition will do to business, here’s a crazy idea: they could try improving it.

This bill has already led some companies, such as McDonald’s, to start reducing the calories in their offerings in an attempt to save business.

The meals I’m interest in sometimes don’t have calories listed at all. When they do, it’s often isn’t specified whether the calories listed include sides, sauces or other add-ons.

When the calorie count is right on the menu, it is usually much clearer and makes ordering simple and quick.

With these points in mind, I’m thrilled about this aspect of the health care reform bill.

Those concerned about our economic impact need to keep in mind the much greater symptoms of our nation’s obesity epidemic.

This small concession by restaurant companies could be a big step towards shrinking our national waistline.

By ANDREA BRANDSTETTER
Staff Writer

No matter where I am on any given day – a movie theater, restaurant or CSUSB – I am assured of seeing one thing: people who are glued to a screen.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.

They’re the people who say they hate the library and/or books. I suppose they may have a point. I mean, if they are reading books and going to class instead. However, I’m willing to bet that even if you are, you still often are digital junkies.
We take the hassle out of browsing the tech scene to bring you weekly news and our views on the wide world of phones, computers, TVs, games and the Internet.

By ERIC BROWN
Managing Editor

Geeks, Games, and Gadgets

Verizon challenges net neutrality... again

Verizon has filed a legal appeal against the FCC’s December decision that allowed the Internet to remain largely free and unfettered by companies but policed by the FCC, adopting a so-called “net neutrality rule” to keep the cyber waves open.

Verizon’s beef is more with the over-arching authority the FCC has taken then the actual sanctions, but as of print, no appeal has yet been granted.

Twitter revolutionizes more than just the net

With the disputed elections a year ago in Iran and the recent collapse of the Tunisian government this past week, there is a common denominator in the little Internet meme known as Twitter.

Twitter has been actively used by revolutionaries in the recent “Jasmine Revoluation” in Tunisia to mobilize youth, support and awareness for their cause through the use of the site and other social media.

As much as some may abhor tweeting, or the tweets of celebrities such as Kanye West, there is a whole world out there tweeting about the rights and wrongs of the world.

So, watch out for and pay attention to the hash tags, as some interesting and important things are being tweeted from Ciudad Juarez to Tehran by their sentinels.

Nineteendo 3DS set to release in March

Nintendo is ramping up its marketing as it continues to showcase the Nintendo 3DS at every possible venue leading up to this March’s release of the first-ever 3D handheld gaming system. The system is estimated to release at a price of $249.99.

Place a classified with the Coyote Chronicle
Check out our new low rates: contact Linda Sand at 909.537.5289

Coyote Chronicle is looking for a new student advertising specialist for Winter 2011, commission or units available: contact Linda Sand at 909.537.5289

Verizon challenges net neutrality... again

Verizon has filed a legal appeal against the FCC’s December decision that allowed the Internet to remain largely free and unfettered by companies but policed by the FCC, adopting a so-called “net neutrality rule” to keep the cyber waves open.

Verizon’s beef is more with the over-arching authority the FCC has taken then the actual sanctions, but as of print, no appeal has yet been granted.

Twitter revolutionizes more than just the net

With the disputed elections a year ago in Iran and the recent collapse of the Tunisian government this past week, there is a common denominator in the little Internet meme known as Twitter.

Twitter has been actively used by revolutionaries in the recent “Jasmine Revolution” in Tunisia to mobilize youth, support and awareness for their cause through the use of the site and other social media.

As much as some may abhor tweeting, or the tweets of celebrities such as Kanye West, there is a whole world out there tweeting about the rights and wrongs of the world.

So, watch out for and pay attention to the hash tags, as some interesting and important things are being tweeted from Ciudad Juarez to Tehran by their sentinels.

Nineteendo 3DS set to release in March

Nintendo is ramping up its marketing as it continues to showcase the Nintendo 3DS at every possible venue leading up to this March’s release of the first-ever 3D handheld gaming system. The system is estimated to release at a price of $249.99.

Place a classified with the Coyote Chronicle
Check out our new low rates: contact Linda Sand at 909.537.5289

Coyote Chronicle is looking for a new student advertising specialist for Winter 2011, commission or units available: contact Linda Sand at 909.537.5289

Geeks, Games, and Gadgets

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

By ERIC BROWN
Managing Editor

Verizon challenges net neutrality... again

Verizon has filed a legal appeal against the FCC’s December decision that allowed the Internet to remain largely free and unfettered by companies but policed by the FCC, adopting a so-called “net neutrality rule” to keep the cyber waves open.

Verizon’s beef is more with the over-arching authority the FCC has taken then the actual sanctions, but as of print, no appeal has yet been granted.

Twitter revolutionizes more than just the net

With the disputed elections a year ago in Iran and the recent collapse of the Tunisian government this past week, there is a common denominator in the little Internet meme known as Twitter.

Twitter has been actively used by revolutionaries in the recent “Jasmine Revolution” in Tunisia to mobilize youth, support and awareness for their cause through the use of the site and other social media.

As much as some may abhor tweeting, or the tweets of celebrities such as Kanye West, there is a whole world out there tweeting about the rights and wrongs of the world.

So, watch out for and pay attention to the hash tags, as some interesting and important things are being tweeted from Ciudad Juarez to Tehran by their sentinels.

Nineteendo 3DS set to release in March

Nintendo is ramping up its marketing as it continues to showcase the Nintendo 3DS at every possible venue leading up to this March’s release of the first-ever 3D handheld gaming system. The system is estimated to release at a price of $249.99.

Place a classified with the Coyote Chronicle
Check out our new low rates: contact Linda Sand at 909.537.5289

Coyote Chronicle is looking for a new student advertising specialist for Winter 2011, commission or units available: contact Linda Sand at 909.537.5289

Geeks, Games, and Gadgets

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

By ERIC BROWN
Managing Editor

Verizon challenges net neutrality... again

Verizon has filed a legal appeal against the FCC’s December decision that allowed the Internet to remain largely free and unfettered by companies but policed by the FCC, adopting a so-called “net neutrality rule” to keep the cyber waves open.

Verizon’s beef is more with the over-arching authority the FCC has taken then the actual sanctions, but as of print, no appeal has yet been granted.

Twitter revolutionizes more than just the net

With the disputed elections a year ago in Iran and the recent collapse of the Tunisian government this past week, there is a common denominator in the little Internet meme known as Twitter.

Twitter has been actively used by revolutionaries in the recent “Jasmine Revolution” in Tunisia to mobilize youth, support and awareness for their cause through the use of the site and other social media.

As much as some may abhor tweeting, or the tweets of celebrities such as Kanye West, there is a whole world out there tweeting about the rights and wrongs of the world.

So, watch out for and pay attention to the hash tags, as some interesting and important things are being tweeted from Ciudad Juarez to Tehran by their sentinels.

Nineteendo 3DS set to release in March

Nintendo is ramping up its marketing as it continues to showcase the Nintendo 3DS at every possible venue leading up to this March’s release of the first-ever 3D handheld gaming system. The system is estimated to release at a price of $249.99.

Place a classified with the Coyote Chronicle
Check out our new low rates: contact Linda Sand at 909.537.5289

Coyote Chronicle is looking for a new student advertising specialist for Winter 2011, commission or units available: contact Linda Sand at 909.537.5289
Coachella lineup revealed

By CARMEN HERRERA  Staff Writer


“The Social Network” continuously swept the competition, taking home awards for best director (David Fincher), best original score, best screenplay and best drama motion picture. “The Social Network” also won for best motion picture at the sixteenth annual Critic’s Choice Awards, and is favored to win big at next month’s Academy Awards.

Another big winner, as previously mentioned, was Fox’s musical “Glee” which took home three Golden Globes. Both Jane Lynch and Chris Colfer won in the best supporting role categories respectively, and the show won its first award for best comedy or musical in a television series.

In the film category, actress Natalie Portman was named best lead actress in a drama motion picture for her critically acclaimed role in the dark ballerina film “Black Swan,” while Colin Firth took the award for best lead actor for his portrayal of King George VI in “The King’s Speech.” “The Fighter” knocked out the competition in the best supporting categories, as Melissa Leo and Christian Bale won for their roles in the biopic of Irish boxer Mickey Ward.

Annette Bening won best actress in a comedy or musical film for “The Kids Are Alright,” which also won for best comedy or musical film. Johnny Depp’s two nominations for best actor in comedy or musical couldn’t help his chances, as Paul Giamatti took home the honors for his role in “Barney’s Version.” “Toy Story 3,” which was the year’s highest grossing film and highest-grossing animated feature of all time, took the award for best animated feature.

While many could predict most outcomes, there were a few surprises. Newcomer “Boardwalk Empire” pulled an upset by winning best drama television series and best lead actor (Steve Buscemi). This win ends the two-year streak of AMC series “Mad Men,” which previously took home the honor of best drama series. “Mad Men” and “Dexter,” both fan favorites, couldn’t help their chances, as Paul Giamatti won for best lead actor in a drama series. “The Fighter” knocked out the competition in the best supporting categories, as Melissa Leo and Christian Bale won for their roles in the biopic of Irish boxer Mickey Ward.

The producers of “The Social Network” to R Kevin Spacey, Jason Clarke, Donnie Brasco, Scott Rudin, and Michael De Luca.

This year’s festival will be the twelfth and will have plenty to do. This year’s Coachella festival is doing its part to reduce their carbon footprint by teaming up with Global Inheritance. The duo has created a 10-for-1 bottle exchange program. This program is simple to do according to Coachella.com. For VIP passes to this event it will cost in excess of 700 dollars.

Participation into the contest is simple according to Coachella.com. Simply write “carpooloolah” on a standard sized piece of paper or larger. The more creative the easier it is to be for the secret spotter to find.

With more than 175 musicians on the roster this festival has something to satisfy music lovers of all kinds. With the interactive art and sculpture displays attendees will have plenty to do.

By JENNIFER PETERS  Staff Writer

Rumors can now be put to rest after the announcement of the starting line-up for the Coachella Valley Music and Arts Festival 2011.

This year’s Coachella line-up is a diverse mixture of musicians spanning across all genres, with headlining performances from Arcade Fire, Kanye West, and Kings of Leon. The acts don’t stop there; there are dozens of other artist and musicians that have made the roster for this year’s festival.

As preparation for this year’s festival gets underway, headlining artist Kanye West took to Twitter, revealing his thought process in preparing his set list. West listed around 30 songs he’s contemplating performing.

Coachella 2011 will take place at the Empire Polo Field in Indio from April 15 to the 17. Tickets for this event can be purchased at Coachella’s official website. The sale of tickets for this event is set to start on January 21.

Although music is the focus of the festival this year’s festival will restore its commitment to the arts, culture, and the community. This will be done “via a unique partnership with The Creators Project,” according to Coachella.com.

The Coachella festival is doing its part to reduce their carbon footprint by teaming up with Global Inheritance. The duo has created a 10-for-1 bottle exchange program. This program is simple to do according to Coachella.com. For VIP passes to this event it will cost in excess of 700 dollars.

Participation into the contest is simple according to Coachella.com. Simply write “carpooloolah” on a standard sized piece of paper or larger. The more creative the easier it is to be for the secret spotter to find.

With more than 175 musicians on the roster this festival has something to satisfy music lovers of all kinds. With the interactive art and sculpture displays attendees will have plenty to do.
A little bit of a big deal

“Little Big Planet 2” makes a splash with stunning graphics, creative tools, ease of customization and overall awesomeness

By ERIC BROWN
Managing Editor

Playing Little Big Planet 2 (LBP2) is a far stretch from the games I normally pick up, or that of many of this paper’s readers according to industry reports and standards. Aimed largely at a family and more youthful audience, LBP2 is like opening back up the toy box from my childhood and re-igniting that childhood imagination.

LBP2 released on Tuesday Jan. 18 for the PlayStation 3 gaming console. Whether or not Media Molecule designed the game specifically for kids, families or hardcore gamers, this game is outright fun to play. Being a sandbox-meets-platformer amalgamation of a game, LBP2 offers you the ability to attempt pre-made levels in a cute yet sufficient story mode, whilst also letting you play, create and share levels with friends over the Playstation Network.

Following the wildly popular first installment, LBP2 faced a sophomore slump dilemma that many sequels do in the gaming industry. Although the first game in the series received critical acclaim and the support of loyal fans, it didn’t sell record numbers, nor was the gameplay perfect, begging the question, is a sequel worth it and will it be enough?

After the first game, many were clamoring for an even easier and more streamlined set of design tools for the games ad- ductive creation mode, while at the same time asking for more options, opting for further complexities. A contradiction sure to have made it hard on the developer. However, Media Molecule did their best to listen to player’s needs while designing the game, and the result ended up bettering Sackboy and his oddly cute world. So the answer to everyone’s question, is yes. LBP2 brings more to the table than number one and has fixed a few of the flaws, albeit a few (nagging as they may be). I will cover them at the end of this review.

LBP2 packs 30 story levels that tell the tale of the Negativitron, a horrible beast that has invaded Craftworld and is gobbling up all the cities on the planet. As Sackboy, you’ve got to travel to spots on the globe to run, jump, shoot, grab and fly on your way to saving the day. All the while engaging you to think of creative ways to accomplish the level in this brain-teaser of a platformer.

Sure the story mode be short, beatable in a day, but the replay on the story itself is great as you think of new ways to do things, but the trade off is the massive creation engine.

So far as creation is concerned in Craftworld, the tutorials have been made easier to access and understand, and the game makes it easy to create a point A to B platformer. However, you have the ability to use Sackbots and all sorts of objects, gizmos and moving parts to create labyrinth of horror or playground of fun.

That being said, to do the really “cool” stuff in level design in LBP2 is just as hard as it was in the original, requiring forum trolling and late nights to accomplish some of the popular feats.

In the end, Sackboy delivers the charm we have come to expect from the series and enough innovation to keep busy for the next few months.

Philbin walks away from “Live”

By BRANDY MONTOYA
Staff Writer

After gracing our television screens for decades, Regis Philbin announced on his 28 year reign would come to an end by the start of the 2011 fall season.

Though many people thought Philbin’s exit was due to illness, he stated on Air that, “There is a time that everybody must come to an end for certain people on camera.”

It all started with “Live with Regis and Kathie Lee” in September of 1988. It was a success from the get-go. Twelve years later Kathie Lee left the show and it was temporarily called “Live with Regis” until a quirky young girl by the name of Kelly Ripa came along. The chemistry between her and Regis was undeniable. In 2001, the show was renamed “Live with Regis and Kelly” and the show has seen good ratings ever since.

Since then, Regis has been received many accolades. He has won three daytime Emmys, one being a Lifetime Achievement Award.

In 2004 he set a record for being on camera 15,188 hours. In 2009 he beat his own record with 16,540.5 televised hours. He has also received a star on the Hollywood Walk of Fame.

After he left the Navy in 1961, he did some behind-the-scenes work on television. He then got his first taste of stardom as a sidekick to Joey Bishop on the “Joey Bishop Show.”

Regis finally got his own talk show in San Diego, California in 1964 with “The Regis Philbin Show.” Later, his presence on the “A.M. Los Angeles” show in 1970, turned the telecast around from it’s poor ratings to become the number-one show in L.A. because of Mr. Philbin’s likable nature.

Besides being an entertaining talk show host, Regis was also a game show host in his day. In 1999 he hosted “Who Wants to be a Millionaire,” a spot that won him one of his Daytime Emmys.

Philbin turns 80 years old this August and has been going stronger than ever. We have watched his career as a TV personality grow to the point that he is now a household name.

There is no confirmation on who will be replacing Regis but there are rumors that Ryan Seacrest, the host of “American Idol,” will be the new co-host to Kelly Ripa. There is speculation that Neil Patrick Harris may also be in talks to serve as the new co-host as well.

Regis isn’t exactly retiring from being a star just yet, but he wants to move on from his long-running show of “Live.” His co-host Kelly Ripa said on air, “I think I can only speak for America and all of us here when I say it has been a pleasure and a privilege and a dream come true.”

Regis may soon be gone but the impact he has made on the entertainment industry will always be remembered.
Proving they belong in “The Game”

By SHARONDA HARRIS
Staff Writer

Ratings for the re-aired sitcom “The Game” have given cause for hugs and handshakes in Black Entertainment Television Network (BET) offices. According to Nielsen ratings, the Jan. 11 re-televising of the show made history as the highest viewed cable network sitcom of all time at around 7.7 million viewers.

“The Game” is a sitcom that draws its audience into the lifestyles of professional athletes. Glamorous lives, and offences within the athletes’ families and inner circle are tackled on this series.


According to the New York Times the first three seasons of “The Game” attracted only 1.9 million viewers an airing on the CW

“Honestly, the cancellation of this sitcom caused internal net- works, and its fan-base rebutted the CW’s decision.

“I don’t know why it was cancelled, but Derwin “Ding Dong” Davis is why I haven’t missed an episode.”

Student Whitley Randall
episode.”

The cancellation of this sitcom caused internal network conflicts, and its fan-base rebutted the CW’s decision.

“I don’t know why it was cancelled, but Derwin “Ding Dong” Davis is why I haven’t missed an episode… it gives me enough drama to watch, so I don’t care about the B.S. from college life,” Whitley Randall, a cross-cultural CSUSB student said.

While the CW is a national television network which targets specific viewers, BET, has international dynamics in the sense that they reach viewers of multiple cultures, languages, generations, creeds, ethnicities, social casts and countries.

“Most of the stars of The Game are black, as are most of its viewers. In those ways, it differs from the other shows on the CW, which is best known for dramas like “Gossip Girl”,” Debra L. Lee, the Chief Executive and Chairwoman of BET, said to The New York Times.

As a result, BET recently bought “The Game” from the CW and aired its re-runs. “The Game’ is epic,” said student Tytyana Owens.

Because of BET’s global prominence television station was bombarded by international fans, via social networks, with the repeated demands to throw “The Game” back on the air.

According to Nielsen.com the first two episodes of “The Game” season four averaged 7.7 million viewers.

“The Game is one of the best shows on television. I’m not the type of person who keeps up with television like that, but watching the game fits right into the type of sitcom/drama I like,” said student Monique Smith.

To continue the hype of “The Game”, on Jan. 18, during the second episode of season four, some CSUSB students ordered food and had a viewing party in the University Village Center.

Some students at CSUSB shared their interests as viewers of “The Game.”

“Honestly, the first time I saw ‘The Game’ I thought it was a waste of time, but as soon as the marathon came on I caught myself laughing and wanting to watch more,” recalls student Erica Idowa.

Comcast, NBC join forces

By COURTNEY RINKER
Staff Writer

Comcast and NBC Universal’s $30 billion merger will create a new media monopoly amidst much controversy.

The consolidation of two of America’s largest media companies, Comcast and NBCU, will create a media monster controlling one out of every five media hours and costing consumers an extra $2.4 billion in fees over nine years.

Comcast currently has 23 million cable TV subscribers, 17 million Internet subscribers and several cable channels. After the merger with NBCU, Comcast will also control NBC, Telemundo, 26 local stations, popular cable channels such as Oxygen and Bravo, Universal Pictures and a 30 percent stake in Hulu.com.

The merger is expected to close Jan. 28. The company will be managed by Comcast, which will buy its 51 percent stake in General Electric Co. for $13.8 billion and assets. NBCU will retain 49 percent ownership.

Democratic Commissioner Michael J. Copps, the only dissenter in the five-member FCC vote of 4-1 in favor of the consolidation, stated that the merger “confers too much power in one company’s hands.”

The FCC and the Justice department are imposing conditions meant to preserve competition among video providers. Both the FCC and the Justice department require that Comcast give up management rights to Hulu.com to ensure that it will not interfere with competing online services.

Similar requirements prohibit Comcast from withholding programming or from forcing independent programmers looking for a spot in its lineup to withhold content from online distribution.

Both the FCC and the Justice department will also require that Comcast not discriminate against Internet traffic over its broadband network. Comcast must distribute programming on the Internet if a rival company does it first and must do it at comparable prices.

The FCC also demands changes such as an increase in local news coverage, more programming for children and Hispanic speakers, an addition of 10 independent channels, Internet access for schools and libraries and subsidized broadband service for low income households.

The key conditions of the merger meant to protect the public are either voluntary or will expire in seven years. What does this mean for TV as we know it? Politicians and viewers alike have voiced their thoughts over the past weeks.

“This will ultimately mean higher cable and Internet bills, fewer independent voices in the media, and less freedom of choice for all American consumers,” said Sen. Al Franken, D-Minn.

Another consideration is the impact this merger will have on sports TV, specifically the NHL.

Comcast and NBC plan to change Versus, and Comcast’s Golf Channel, into a more recognizable NBC brand, add more distinguished names to their broadcasting, and throw some money at the network in an attempt to challenge ESPN, the big daddy of sports TV.
Tax breaks that give back

By KATI PATAG
Staff Writer

It’s that time again, tax season has begun. To take away the stress that April 15 brings to many, it is important to know the options we have as students. This year you may be able to save a few thousand dollars just by proving you are a student. Schools will send a 1098-T form to students to fill out at the beginning of each year. This form includes important information about education expenses that the school is required to provide to students and also the IRS. Some of the provided information are tuition bills, textbook costs and scholarships awarded. It is very important to keep organized records of all information that is acquired throughout the year, so come tax time you are able to efficiently fill out all necessary forms.

There are three different tax breaks that students can look at to maximize their tax returns.

First, the Lifetime Learning Tax Credit is available to students who take at least one class from an accredited school. This applies to both undergrad and graduate students. Those who qualify can receive up to 20 percent credit for the first $10,000 spent. You must have an adjusted gross income of less than $52,000 as a single filer, but cannot make more than $105,000 as joint filers for this tax credit.

The second is the Hope Scholarship Tax Credit, which is a tax credit not a scholarship as the name implies. This tax break applies to only freshmen and sophomores who work during their undergraduate studies. Students must be enrolled as at least half-time. The income cap requirements are the same as the Lifetime Learning Tax Credit and you must owe taxes. However, students may be able to receive 100 percent of their first $1,000 spent and 50 percent of their second $1,000 spent. The maximum amount that can be returned is $1,500.

This year you may be able to save a 20 percent credit on the first $10,000 spent. The maximum amount that can be returned is $1,500.

The third and final tax break is the Higher Education Tuition and Fees Deductions. Any students who were not able to meet the cap requirements for the previous two tax breaks can qualify for this one. Students who file a single income must make $65,000 to $80,000 to be eligible, and those with families filing together must make a combined income of at least $130,000.

Layering clothes won’t cut fat like exercise will

The Student Recreation and Fitness Center has the resources to help put an end to student’s winter hibernation

By JESSICA RAMIREZ
Staff Writer

College students are a group that are affected by weight gain and believe that they don’t have time to exercise. The myth of the “freshmen fifteen” has been around for a while. According to health-kids.org, students on average gain three to 10 pounds during their first two years of college. Classes, food courts, and time are what a college students are surrounded by, but is there anything useful out there on campus that can help students be fit?

Opportunities for exercising have been around the corner for some time now. Besides their active gym, the Student Recreation & Fitness Center at CSUSB has a schedule of classes promoting health and physical activities. “The winter activities offered at the recreation center are for everybody,” said Andrea Dubois the aquatics coordinator of the rec center.

Classes started Jan. 10 and go on to March 25. They are offered Monday through Thursday within the hours of 12 p.m. to 7:30 p.m. Classes are not offered on Fridays, but will be offered three Saturdays in a row for those who find it more convenient. These activities are offered quarterly.

Some interesting classes that are offered are: fight like a girl, bosu conditioning, butts-n-gutts, Boppin’ Hip Hop, and there are other classes that also involve kick boxing and swimming.

Fight like a girl might sound very sexist, but in reality it’s not a bad thing to consider taking. You learn to defend yourself from dangerous situations; it is offered to both men and women.

Bosu conditioning is a class that involves using a bosu ball in which you learn to surf, and it more convenient. These

The Student Recreation and Fitness Center gives CSUSB students and faculty a place to get in shape, and this Winter is no different. Along with the typical exercise routine classes offered include belly dancing, kickboxing and hip hop exercises.

Continued on Pg. 11
Coyotes come clean with their inner climax

By R. ANTHONY DIAZ
Staff Writer

The “I Love Female Orgasm” lecture will be held Wed. Feb. 2, to discuss everything and anything about the female orgasm.

“I Love Female Orgasm” lecture has finally made it to our campus so mark your calendars for Feb. 2, 2011. It will take place from 5 p.m. to 7 p.m., in the Santos Manuel Student Union Events Center.

This is an annual show so do not miss it. Sex Educators Marshall Miller and Rachel Dart will educate and answer any questions you may have about the female body. Their goal is to teach you everything about females that your mother did not.

The lecture will cover topics such as dealing with pressures of society, rumors of how you’re supposed to orgasm, timing spots and everything far and near. The program combines sex education and women empowerment with a fun twist, making it more of a comedic program rather than a serious lecture.

What sets this program apart from the rest is that it gets right down to the point. Marshall and Rachel, the event presenters, cut no corners when telling you how to reach your first orgasm, hoping to get your girlfriend one, or when to and when not to fake it.

With this program in such high demand, it is a definite must see for this school year. A meet and greet will also take place at the end of this spectacular lecture. Everyone is welcome to join, although this lecture mainly focuses on the female body, men are also encouraged to attend.

This lecture is organized for everyone whether gay, straight, bisexual or transgender.

Continued from Pg. 10
Cut fat out already

balance your body, and workouts your core muscles.

Another class that may grab your attention is the burns-a-guts which is a “Very good class to work out your abs and body really good,” said Bianca Saucedo a CSUSB student.

Boo‘pin’ hip-hop is a class for dancers and others who want to have fun with hip-hop music with a twist of some exercise workouts.

These activities are promoted to encourage fellow Coyotes to exercise and have a better, healthier lifestyle. The diversity of the activities given provide students with a new way to get fit. “I would like to take kickboxing and grappling to get back into shape and lose some weight,” said student Alejandro Becerra.

“It’s another fun way to exercise and have fun while doing it,” said Dubois. “All classes are design for beginners all the way to advance.”

Everybody is welcome to come it is a first come first serve basis. No need to sign up just show up and join a group setting.

There is something for everyone to learn, no matter your sexuality. The program has been presented over 500 times to 100,000 people in 35 states. This lectures style of education and playfulness is in high demands at universities, colleges, businesses, churches, regional and national conferences and educational centers across the United States.

No other lecture combines so many issues into an hour and half with such a bang. Learn the value of saying no, body image and befriending your body, experiencing physical pleasure, analysis of messages women receive about their bodies from media, religion and families. No matter how big or small the question or concern is, it will not go unanswered.

Marshall Miller is a Brown University graduate with a degree in Sexuality and Society.

Miller has over six years running HIV and STD prevention programs. He is currently the Prevention Education Programs Manager at the Research and Evaluation Department of Fenway Community Health in Boston and founded the BiHealth Program and the Safer Sex Educator Team in Boston. Co-Presenter Rachel Dart will help lead this program.

Dart currently works with the New York City Mayor’s Office to combat domestic violence as well as presenting work shops on dating violence and healthy relationships in high schools, colleges, faith communities and youth detention centers throughout the city of New York.

Dishing it up with Diana

By DIANA CANSINO
Features Editor

Food. I eat it, look at it and think about it constantly; like a little school girl with her first playground crush. Only I’m not getting over this crush anytime soon, nor do I want to.

I look forward to mornings so I can start eating all over again for goodness sakes! Even while I’m chewing on my breakfast I’m contemplating my next meal. Obsessed? Probably. But even as a child I’d come running to the kitchen at the sound of pans banging (my mom’s clever way to say foods on the table), and I always ate ... everything. I still do for the most part.

But, I’m no child now and that eager eater is now an adult and I try to let my taste buds have a go at different types of food. I like to visit different restaurants, mainly because I’m not master chef, I mean I burn tortillas all the time; the readymade ones at that.

Anyways, most recently I took a trip to the glamorous Hollywood California. At my sisters proposal we decided to try The Stinking Rose, a restaurant that is truly dedicated to using garlic.

I don’t consider myself a big fan of garlic; it stinks, but figured what the hell. Not to mention I was so hungry I would have eaten pretty much anything.

The environment is festive. The dim lighting went well with the decorative private striped tents, and the enormous cartoon pin up girl poster. The painted starry ceiling let you enjoy your meal with the company of night, regardless of the time of day.

Here’s the thing about me, I love a place that butters you up and takes you to a whole new stinky world. This fettuccine wasn’t what I knew. Thanks to the Olive Garden, I thought fettuccine always came with the white sauce. To my surprise this version didn’t. It was doused in oils and garlic, and a couple of other ingredients that I couldn’t quite make out, but all seemed to fit perfectly. All in all, it was a wild, garlicky ride that opened this food lover’s eyes to a whole new world.

Look forward each week to my food expeditions, and see what food my fork dabbles in. Bon appetit!
Easy everyday Earth-saving tips for everyone

By ANGELINA GARIBAY  Staff Writer

If one of your New Year’s resolutions was to go green in 2011, here are some ways to achieve that goal.

Recycle! That’s right, pop those bottles and cans into the blue recycle bins around campus.

You say you are low on cash? You can talk your friends into giving you their recyclables and taking them to a recycling center. There is good money to be made this way.

You can take advantage of paper recycling too. This one isn’t so much of a money maker as it is a responsible way to help keep tons of paper out of the landfills.

As students we use reams of paper, ask your professors if you can print on both sides and cut your paper usage in half. Try and cut down on your printing by saving information to a file or thumb drive for review instead of printing out the pages.

Here’s a great way to go green and get your exercise at the same time; ride a bicycle!

Park your car and make your little trips on a bike. Not only will you get great aerobic exercise, you are not releasing any gaseous emissions into the atmosphere.

Another way to give your car a break is to take the bus.

Public transportation is a great way to get around and it’s cheap. People who use it save on gas, insurance and car repairs.

It’s a great money saver as well as a green solution.

Get yourself a refillable water bottle and carry it on campus, instead of buying water bottles. This saves money and there are handy hydration stations to fill them up in the San Manuel Student Union and at the Rec Center. This water is purified so you can feel good about using it.

“It’s free, that’s why I do it!” said Stephanie Esquer, a CSUSB student. She has no delusions of grandeur about saving the earth; she’s concerned about saving money. A concern that many students have with rising tuition and the cost of books.

There’s an old song that says “brighten the corner where you are.” That is another excellent way of going green.

Instead of lighting a whole room use a lamp with an energy efficient compact fluorescent bulb to task light the area you need. These light bulbs cost more initially but last longer, so they save money in the long run.

Organize a clothes swap with some of your friends to save money and go green at the same time. You get tired of your clothes, but they would be new to someone else. By reusing clothes you minimize the cycle of consumable goods.

Thrift shops are another way to recycle clothing. If you go to an upscale neighborhood, such as Beverly Hills, you can get some trendy things for cheap.

Adopt a few of these changes to your lifestyle and feel good about doing something for the environment.

---

Kickstart your day

Popular ways Coyotes are getting their energy fixes

By KARA DeMENT  Staff Writer

When we think of the typical energy booster, energy drinks are usually the first that come to mind. They’re easy to get to and quite cheap for a college students budget. Monster, Red Bull, and Rockstar are some of many popular energy drinks out there that will help boost your energy.

“Monster is the 5 Hour Energy drinks, another alternative to Red Bull and Monster is the 5 Hour Energy drinks, which have become a popular go-to drink that leaves you without the crash like other energy drinks.”

Coffee is another way to give you that instant boost of energy as well. Every student at CSUSB is well aware of how long the Starbucks line in the Student Union is; that’s one sure sign that coffee is definitely something we need.

Coffee is like heaven to most people; once they get it they’re suddenly in a better mood and can make it through their day.

“I have at least two cups of coffee a day to boost up my energy not just for the morning but to get past the two o’clock feeling,” said student Jennifer Truong. “It’s really the only thing that does it for me.”

However, there are consequences for drinking coffee and energy drinks that not many of us may be fully aware of.

According to associatedcontent.com both contain high amounts of caffeine which can lead to high blood pressure and an accelerated heart rate. Caffeine from these drinks can also cause us to feel dehydrated.

There are also some healthy new alternatives to get that same energized feeling but without all the caffeine.

Gregory Burns, author of “Satisfaction: The Science of Finding True Fulfillment” suggests that doing something out of the corner where you are.” That is another excellent way of going green.

Stephanie Esquer, a CSUSB student.

She has no delusions of grandeur about saving the earth; she’s concerned about saving money. A concern that many students have with rising tuition and the cost of books.

There’s an old song that says “brighten the corner where you are.” That is another excellent way of going green.

Instead of lighting a whole room use a lamp with an energy efficient compact fluorescent bulb to task light the area you need. These light bulbs cost more initially but last longer, so they save money in the long run.

Organize a clothes swap with some of your friends to save money and go green at the same time. You get tired of your clothes, but they would be new to someone else. By reusing clothes you minimize the cycle of consumable goods.

Thrift shops are another way to recycle clothing. If you go to an upscale neighborhood, such as Beverly Hills, you can get some trendy things for cheap.

Adopt a few of these changes to your lifestyle and feel good about doing something for the environment.
Up to 90% off used textbooks

Millions of used listings all backed by our A-to-z guarantee

amazon.com/textbooks
If the shoe fits
Five Finger Shoes are the latest gear for any adventure

By NICK HOLDING
Chronicle Contributor

A man runs across the side of a building, only to look to the bottom of his feet and find a thin rubber skin resembling the tire of a car.

This might seem far-fetched, but it’s closer to reality than you may think. Athletes for years have been trying to gain the extra edge in order to improve performance and decrease the risk of injury, and with the creation of the Vibram Five Fingers they may have found just that.

The shoe fits more like a glove, and it is meant to stimulate the muscles in your feet and lower legs, make you stronger and healthier, improve balance, agility and increase range of motion.

“It is the first finished product that we’ve actually never introduced … we’ve made components for a variety of premium brands for many years,” said Tony Post, CEO of Vibram USA while speaking to KPCW radio.

“Five Fingers is designed to be almost like a thin rubber skin on your foot and the purpose is to provide some protection and grip and allow the foot to work in a more natural way.”

The practical application for this footwear goes far beyond what professional athletes might use them for, casual exercise such as running, water sports, yoga and hiking are all activities that the creators of the shoe had in mind while producing the footwear.

As stated by Post, the basic design replaces the ordinary shoes, with a thin rubber skin making it possible for ones entire foot to work on the same plane.

The creators of the Vibram footwear say the benefit of working on the same plane, evenly distributes a person’s bodyweight, which in turn promotes proper posture and spine alignment.

“Running in Five Fingers improves agility, strength, and equilibrium, plus it delivers sensory feedback that allows runners to make immediate corrections in their form. This greatly improves running efficiency,” said Dr. Ivo Waerlop of the Vibram Biomechanics Advisory Board while studying the shoe.

The footwear has its roots in Vibram’s founder, Vitale Bramani, who was responsible for the first rubber sole mountaineering shoes in 1935. He grew his company into one of the leading providers of soles for shoes.

According to the company’s website, Vibram manufactures more than 34 million soles annually for more than 1,000 premium footwear brands worldwide.

“Some evidence suggests that people who run with shoes may be more prone to chronic injuries and acute ankle sprains than people who run barefoot,” says Neil Sharkey, professor of kinesiology at Penn State University.

Furthermore, Daniel E. Lieberman, professor in the department of human evolutionary biology at Harvard University, has found that people who wear running shoes mostly land on their heels, people that run barefoot land on their forefoot, which is said to be the proper way to run.

The shoes are hard to get a hold of being largely sold only at vibramfivefingers.com or at the Recreational Equipment Inc. (REI) chain of retail stores. Furthermore their popularity and unique production methods make them harder to find in stock.

They are available in both men’s and women’s styles, costing between $75 to $125.

The shoes look funky and different, although not fashionable, they are scientifically designed for comfort and support.

The Coyote Chronicle presents Coyote Jock Talk our new online sports blog and commentary show with weekly updates on all things sports

coyotejocktalk.blogspot.com

We bring you the best in sports
The last name of each chosen captain.

Eric Staal of the host city’s Carolina Hurricanes as the

remaining 36 all-stars will be named by NHL

draft, conducted by the all-star players themselves, to de-
mence development for the NHL explained that the changes

players more input on team selection, as well as Skills

to choose three goalies, six defensemen and 12 forwards in

remaining all-stars through 18 rounds, each will be required
to choose three goalies, six defensemen and 12 forwards in

any order they choose.

Brendan Shanahan, vice president of hockey and busi-

ness development for the NHL, explained that the changes

were designed to make the game fun for everyone. The

goal of the all-star format change was created to give the

players more input on team selection, as well as Skills

Competition match-ups.

Following the selection of all-stars, NHL Hockey Op-

erations will designate 12 NHL rookies to participate in the

Honda NHL SuperSkills Competition for a total of 54

NHL players taking part in the All-Star Weekend.

The 12 rookies participating in the Honda NHL Su-

perSkills will be divided by the NHL into two groups of six.

At the completion of the last round of the Fantasy

Draft, one NHL rookie will be selected to choose which

all-star team his group will join for the skills competition.

During the Honda NHL SuperSkills competition, the

NHL selected players and rookies will participate in six

events.

Including the Bridgestone NHL Fastest Skater, (where

all-stars will race to see who is the fastest on the ice).

The BlackBerry NHL Breakaway Challenge, (where

selected players put their best goal scoring moves and

skills to the test).

The McDonald’s NHL Accuracy Shooting, (where

all-stars will show-off their on-ice shooting precision).

The XM NHL Hardest Shot, (which has become a fan fa-

vorite).

The Discover NHL Elimination Shootout, (where

NHL goal tenders will face penalty-shot attempts from

the all-star shooters until there is only one shooter left stand-

ing).

Finally, the all-new G-Series NHL Challenge Relay, (an

all-around competition that will showcase passing,
puck control, stick-handling and accuracy shooting).

More information on the 2011 NHL All-Star Fantasy

Draft will be announced at a later date.

The game will be Jan. 30 at Aloha Sta-
dium in Honolulu.

However, having the Pro Bowl before
the Super Bowl also loses the interest of
some fans because the best players are not
participating in the Pro Bowl.

Players on the teams participating in the
Super Bowl will not play in the Pro
Bowl because of the risk of injuries. Most

fans want to watch the Pro Bowl because
the best players are participating.

In addition to changing when the Pro
Bowl is played, NFL commissioner Roger
Goodell thought that moving the location
would help increase the ratings of the Pro
Bowl.

Last year was the first year the Pro
Bowl was not played in Hawaii since
1979. However, there was not a noticeable
increase in television ratings and the NFL
moved the Pro Bowl back to Hawaii.

It is a vacation for the players, coaches,
and the fans. This year they have a week-
end full of events to get the fans, players
and coaches involved in the Pro Bowl.

On Friday, Jan. 28, Waikiki Beach will
open at sunset for fans to relax and enjoy
NFL highlights, watch the football classic
“THe Blind Side” and have special guest
appearances by the Pro Bowl cheerleaders
and mascots.

On Saturday, Jan. 29, there will be a
NFL Pro Bowl Ohana Day Celebration at
Aloha Stadium. This is the chance to see
both the AFC and NFC teams in action as
the Pro Bowl players participate in a vari-
ety of challenges to put on a show for the
fans.

These challenges include: quarter-
backs throwing to moving targets, receiv-
ers making catches, and kickers kicking for
distance.

These are some of the most fun events
held at the Pro Bowl but are hardly pro-
 moted by the NFL.

In order to draw the fans to watch the
Pro Bowl and other festivities, they should
promote these fun but underexposed chal-
 lenges more. Fans want to see the players
in action doing what they do best.

Fans can also enjoy contests, player
interviews, NFL video features and pre-
views of the Pro Bowl game entertainment.

Later that night, there will be a Pro
Bowl All-Star Block Party on the streets of
Kalakaua.

This is the ultimate NFL post season
celebration with five entertainment stages
featuring the island’s hottest bands, NFL
players, cheerleaders, mascots, local celeb-
rarities, Hawaiian food, NFL merchandise,
local crafts and special surprises.

The morning of the Pro Bowl, there
will be food, drinks, entertainment and
interactive games at Aloha Stadium.

The pregame ceremonies at Aloha Sta-
dium will celebrate the NFL season and it
will kick off the Super Bowl week with a
performance by the Goo Goo Dolls.

No matter how hard the NFL tries, the
Pro Bowl will never meet expectations.

The Pro Bowl is supposed to celebrate
the end of a great football season, but the
fans are not buying into the whole hype
and frankly, are bored.

“I would be more interested in
watching the Pro Bowl if the celebrations
and activities were televised and if the Pro
Bowl had a meaning to it,” said student
Steven Beaudette.

The NFL is trying to get more people
to watch the Pro Bowl by changing when
and where it is played and by adding more
challenges, activities and events.

For the second straight year, the Pro
Bowl was scheduled for the week before
the super bowl, as opposed to after the Su-
pplier, to try to garner more interest in
the game.

By LAUREN HOLMES
Staff Writer

Fantasy hockey has become revamped to include real
players and form real teams at the 2011 NHL All-Star
Game.

The competitive juices will flow as the players them-
selves select the line-ups for their all-star teams.

A new format for this year’s festivities will see the
conference vs. conference approach, replaced by a player
draft, conducted by the all-star players themselves, to de-
termine the rosters for each team.

Fans will pick six players which will consist of three
forwards, two defensemen and one goalie, for the game
regardless of the conference they play in.

The remaining 36 all-stars will be named by NHL
Hockey Operations. The 42 players have selected defense-
man Niklas Lidstrom of the Detroit Red WIndings and forward
Eric Staal of the host city’s Carolina Hurricanes as the
team captains. Team names have been designated as the
last name of each chosen captain.

The first selection in the draft will be determined by a
coin toss and selections will continue on an alternating ba-
sis, playground style as the team captains then select from the
full pool of players.

With the team captains alternately drafting the 36 re-
maining all-stars through 18 rounds, each will be required
to choose three goalies, six defensemen and 12 forwards in
any order they choose.

Brendan Shanahan, vice president of hockey and busi-

ness development for the NHL, explained that the changes
were designed to make the game fun for everyone. The

goal of the all-star format change was created to give the

players more input on team selection, as well as Skills

Competition match-ups.

Following the selection of all-stars, NHL Hockey Op-

erations will designate 12 NHL rookies to participate in the

Honda NHL SuperSkills Competition for a total of 54

NHL players taking part in the All-Star Weekend.

The 12 rookies participating in the Honda NHL Su-

perSkills will be divided by the NHL into two groups of six.

At the completion of the last round of the Fantasy

Draft, one NHL rookie will be selected to choose which

all-star team his group will join for the skills competition.

During the Honda NHL SuperSkills competition, the

NHL selected players and rookies will participate in six

events.

Including the Bridgestone NHL Fastest Skater, (where

all-stars will race to see who is the fastest on the ice).

The BlackBerry NHL Breakaway Challenge, (where

selected players put their best goal scoring moves and

skills to the test).

The McDonald’s NHL Accuracy Shooting, (where

all-stars will show-off their on-ice shooting precision).

The XM NHL Hardest Shot, (which has become a fan fa-

vorite).

The Discover NHL Elimination Shootout, (where

NHL goal tenders will face penalty-shot attempts from

the all-star shooters until there is only one shooter left stand-

ing).

Finally, the all-new G-Series NHL Challenge Relay, (an

all-around competition that will showcase passing,
puck control, stick-handling and accuracy shooting).

More information on the 2011 NHL All-Star Fantasy

Draft will be announced at a later date.

Sports
Pro Bowl not exciting for NFL fans

A meaningless football game isn’t enough for fans to make time in their schedule to watch the NFL’s best players compete

Playground picking for NHL All-Star Game

By LAUREN HOLMES
Staff Writer

The NFL Pro Bowl is back in Honolulu, Hawaii. Giving the feeling of a vacation spot for the NFL players, but it still not what the fans want. The NFL is missing that key component that makes All-Star games memorable and exciting for fans to watch.

The game will be Jan. 30 at Aloha Sta-
dium in Honolulu.

However, having the Pro Bowl before
the Super Bowl also loses the interest of
some fans because the best players are not
participating in the Pro Bowl.

Players on the teams participating in the
Super Bowl will not play in the Pro
Bowl because of the risk of injuries. Most
fans want to watch the Pro Bowl because
the best players are participating.

In addition to changing when the Pro
Bowl is played, NFL commissioner Roger

Goodell thought that moving the location
would help increase the ratings of the Pro
Bowl.

Last year was the first year the Pro
Bowl was not played in Hawaii since
1979. However, there was not a noticeable
increase in television ratings and the NFL
moved the Pro Bowl back to Hawaii.

It is a vacation for the players, coaches,
and the fans. This year they have a week-
end full of events to get the fans, players
and coaches involved in the Pro Bowl.

On Friday, Jan. 28, Waikiki Beach will
open at sunset for fans to relax and enjoy
NFL highlights, watch the football classic
“The Blind Side” and have special guest
appearances by the Pro Bowl cheerleaders
and mascots.

On Saturday, Jan. 29, there will be a
NFL Pro Bowl Ohana Day Celebration at
Aloha Stadium. This is the chance to see
both the AFC and NFC teams in action as
the Pro Bowl players participate in a vari-
ety of challenges to put on a show for the
fans.

These challenges include: quarter-
backs throwing to moving targets, receiv-
ers making catches, and kickers kicking for
distance.

These are some of the most fun events
held at the Pro Bowl but are hardly pro-
moted by the NFL.

In order to draw the fans to watch the
Pro Bowl and other festivities, they should
promote these fun but underexposed chal-
 lenges more. Fans want to see the players
in action doing what they do best.

Fans can also enjoy contests, player
interviews, NFL video features and pre-
views of the Pro Bowl game entertainment.

Later that night, there will be a Pro
Bowl All-Star Block Party on the streets of
Kalakaua.

This is the ultimate NFL post season
celebration with five entertainment stages
featuring the island’s hottest bands, NFL
players, cheerleaders, mascots, local celeb-
rarities, Hawaiian food, NFL merchandise,
local crafts and special surprises.

The morning of the Pro Bowl, there
will be food, drinks, entertainment and
interactive games at Aloha Stadium.

The pregame ceremonies at Aloha Sta-
dium will celebrate the NFL season and it
will kick off the Super Bowl week with a
performance by the Goo Goo Dolls.
Motorcycle racing may not be high on your radar, but it should be. It is not only exciting, but extremely dangerous.

The extreme sport of motorcycle racing, which is known as Supercross, is continuing to expand and develop into the mainstream of sports in today's society. Supercross is a branch of off-road motorcycle racing which takes place inside a stadium on man-made dirt tracks. These tracks are typically built to test speed and technical ability.

The Supercross series has two main groups which are classified by the size of the bike engine. The two primary groups include the 250 class and the 450 class. Bike differences include weight, size and power.

The 450 motorcycle is built with a larger engine, which gives a rider more speed and power in comparison to a 250. The 250 riders are separated into two groups with half of the riders racing on the East Coast and the remaining riders racing on the West Coast.

The 450 class, a more advanced set of riders, race both the East and West Coast. The 450 class is considered very prestigious because the riders are typically older, stronger, and more experienced.

The goal of motorcycle racing, just like any other competition of speed, is to finish first. However, on race day, the rider is not only one putting in effort. Although it is considered an individual sport, a rider would be nothing without his team.

Each team consists of one to four riders, and they are supported by mechanics, sponsors, team managers and team owners. Heath Ruge, a team helper, travels every weekend with his rider to keep his nutrition plan and physical training on track.

“It’s a team effort. From January to May we are flying from one city to the next every weekend and training five days a week. Supercross is [a] lifestyle,” said Ruge. “We work hard to put on a good show for our fans. Seeing the sport evolve and the fan base grow is the most incredible thing.”

Top 450 rider Justin Brayton, racing for Joe Gibbs Racing team, has been riding since age five and hopes to be in the top three battling for the championship.

“There are two main things Supercross riders need to accomplish to win. The first is getting a good start. The second is being consistent,” said Brayton. “I know I will not win every race. But neither will anyone else. My goal is remain in the top five every weekend scoring as many points as possible.”

A first place win is worth 25 points. The points are separated into point increments. A second place rider will earn 24 points while a third place rider will earn 23. Those who are not in the top 25 do not obtain any points.

The rider with the highest amount of points by the end of the series wins the championship.

“These riders are some of the most talented people in the world,” said Joe Picchiotto, a local fan. “As fans, not only do we find the sport entertaining, but we find the riders to be entirely admirable.”

Over the past four years, the sport has gained more media attention than it ever has. Nationwide channels such as MTV and SPEED have incorporated Supercross racing and its riders into their shows.

“The sport is finally gaining the acknowledgment it deserves,” said Brayton. “We have a lot of dedicated fans. Sometimes I look up to the crowd and forget there are over 100,000 people watching me. We owe every fan a huge thank you for keeping this sport alive.”

A player has to be incredibly aggressive to play well, and with aggression comes emotion.

The NFL needs to allow room for players to show emotion on or off the field. It has already outlawed team celebrations on the field and “excessive displays of showmanship” by legislating strict guidelines for celebrations on the field that if violated are accompanied with harsh fines.

Guidelines stipulate that choreographed celebrations with teammates are not acceptable.

I thought the whole point of celebrating was to celebrate with teammates?

If anything, I would rather a team celebrate together than individually.

Either way, the NFL keeps becoming more and more strict. What’s next? You can’t hit hard? Oh yeah, that’s in the works as well.

Here is an idea for Goodell and the NFL Front Office, instead of focusing on outlawing some of the details that makes the NFL so fun and entertaining, try focusing on making sure we have a season in 2011 by hammering out a new Collective Bargaining Agreement.