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Nurses upgrade to 2.0

By HECTOR GAMA
Staff Writer

A new software has been implemented at both the Palm Desert Campus and here at CSUSB that will look to improve the school’s nursing program.

Due to the recent technological advances and the expansion of electronic health records, the way in which nurses document information has changed. Documentation communicates vital patient information to the rest of the health care team, which promotes good nursing care and supports nurses to meet professional and legal standards.

“Nurse2” is the newest software that has overlapped the nursing program at the Palm Desert Campus. Recently, representatives from the health sciences company Elsevier held a training session for the nursing faculty at the Palm Desert Campus.

According to CSUSB Public Affairs, the faculty was trained to use the new nursing education software, which would allow students in the classroom the opportunity to learn different scenarios that they can apply to their work in an actual hospital setting.

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 Continued on Pg. 3

Women’s Studies widens its scope

By ANGEL BELTRAN
Staff Writer

CSUSB Women’s Studies Program has broadened its focus to Gender and Sexuality Studies to include more areas of study.

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The helpful workshops offered at the event guided many women on the ins and outs of starting their own businesses.

The Inland Empire Women's Business Center (IEWBC) hosted the "The ABC’s of Starting of Your Own Business" workshop at the Highland Sam J. Racadio Library and Environmental Learning Center Jan. 18.

"You need to have money to make money. It's the nature of the beast," said Rachel Wolfnharger, training coordinator for the Inland Empire Women's Business Center and host of the workshop.

Topics discussed during the free workshop were business consulting, management and marketing training, but what sparked the students interest was said in two words, "FREE MONEY!"

Wolfnharger informed the room of the possibility to obtain free money.

She explained that with a community action loan, a person must save $2,000 and the loan will give back $4,000, which does not need to be paid back; meaning the initial $2,000 will turn into $6,000.

Wolfnharger then explained that a Community Action Loan can be used for not only starting a business but for schoolings, studying abroad, etc.

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.

Wolfnharger 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 Highland 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.
**CSUSB offers community counseling**

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, 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.

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**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.

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**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 work to understand your own life better as well as the institutions and social structures that shape our world,” said Jennings in his course description.

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**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. Karring.

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.

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(Staff Writer)

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.
Gov. Brown hacks CSU funding

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 continually risen over the last few years in response to the terrible job market in California, Gov. Jerry Brown is proposing to cut yet another $500 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 job and sometimes 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 because we are wealthy.”

“I’m not sure if Gov. Brown lives 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 population 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.

Recent shootings call for gun reform

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 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 Democratic states singling out lawmakers she would defeat; including Giffords.

To Palin’s defense, 59 percent said it was unlikely that Palin or her website had any influence.

We are too old to be playing the blame game, especially in this case, where lives were lost at the hands of another person.

In another poll that was conducted by Vision Critical on Jan. 10, it was found that 51 percent of respondents believed the shooting was the result of an action by an individual, while 31 percent believed the shooting was the result of the current negative situation of politics in America, and another 37 percent believed events similar to 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.
Ignorance is bliss no longer, now we know what we are eating

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.

Larger chain restaurants are now required to post calories in easy-to-see locations as a result of a new health care reform bill that aims to fight obesity. Consumers now know what they will be taking in, even if the calorie count is high.

This bill isn’t going to single-handedly solve our obesity problem. But when it comes to weight, every little bit helps, and we can’t make healthier choices if we don’t have calorie choices in our offerings in an attempt to save business.

The meals I’m interested in are ones that do pro- vide such information, it is usually out-of-date or hard to understand. The meals I’m interested in don’t have calories listed at all. When they do, it 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 its 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.

An Internet intervention

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: my Facebook account. Now that Facebook has taken over my personal life, I have had to learn how to use it in other significant others.

I’m a text-a-holic. I’m always on my phone. If I’m working, I’m glancing at it every break I have. If I’m not working, it’s always by my side,” said sophomore Jacqueline Cantwell.

“Sometimes I’m distracted in class by text mes- sages that I’m sending. I’m trying to get better,” said Melissa Sanchez, a junior.

Ruddler Finn, an international PR agency, reported that Americans spend approximately three hours a day on cell phones. Also, according to the Nielsen Company, most Americans spend about 15 hours a week online.

I hate to be the bearer of bad news, but for some people, their addiction is doing more harm than good, not just to themselves, but to their relationships with others.

A report conducted by Kelton Research in 2007 revealed that three out of five Americans spend more time online than they do with their significant others.

These numbers don’t bode well for a society that surges over finding love and the “perfect mate”. In fact, they are pretty depressing. Last you think I am sounding too judgmental, know that I, too, used to struggle with digital addiction. In some ways, I still do.

About two years ago, I deleted my Facebook ac- count, partially in response to my horror over how much time I was spending on it and the Internet in general. So do I suggest all of you with Facebook accounts delete them immediately?

Of course not. However, what I do suggest for those who are (or think they are) struggling with Internet or any other type of digital addiction is to set some limits. Time limits.

If texting, tweeting, watching television, playing video games or surfing the Internet is starting to nega- tively affect your education, relationships or physical health, it’s time to pull the plug.

Instead of playing a video game, play a board game. Instead of downloading music, see a concert.

Many argue that restaurants usually have calorie counts available upon request, and that this should be enough. But as a self-proclaimed “health nut” who has been counting calories for most of a year, I can tell you from experience that it isn’t. First of all, a shocking number of res- taurants don’t have the information at all. Of those that do, it’s appalling how often the employees have no clue where to loc- ate it.

I’m frequently forced to barely nib- ble at a meal, and in the past have skipped meals altogether, rather than consume without knowing what I’m put- ting into my body.

And of those restaurants that do provide such information, it is usually out-of-date or hard to understand. The meals I’m interested in sometimes don’t have calories listed at all. When they do, it often isn’t specified whether the calories listed include sides, sauces or other add-ons.

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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 Jaurez to Tehran by their sentinels.

Nintenndo 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.
Hollywood celebrated its sixty-eighth annual Golden Globes ceremony on January 16, recognizing the best of television and film. “The Social Network” took home four Golden Globe awards while musical comedy “Glee” won for both comedy or musical film. Johnny Depp’s two nominations for best actor in comedy or musical film 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’s “Mad Men,” which previously took home the honor of best drama series. “Mad Men” and “Dexter,” both fan favorites were left empty-handed as the new HBO series claimed top honors.

Receiving the prestigious Cecil B. DeMille award was actor Robert DeNiro, for his lifetime achievement in film. Presenter Matt Damon credited DeNiro as one of “the greatest actors ever,” for such roles in “Raging Bull,” “The Godfather,” “Casino,” and “Goodfellas” and others. While on stage Deniro even poked fun at some of his less stellar films.

Host Ricky Gervais stirred controversy with his insulting gags directed at many actors and even the church of Scientology. Although many of his targets took offense, Gervais offers no apologies.

“I don’t think I did anything wrong,” said Gervais. “I’m not going to apologize for being true to myself.”

The producers of “The Social Network” L to R: Kevin Spacey, Colin Firth, Natalie Portman, James Franco, Steve Carell, and Morgan Freeman.

By CARMEN HERRERA Staff Writer

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. Although De Niro’s two nominations for best actor in comedy or musical film didn’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.

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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. On this year’s roster this festival has something to satisfy everyone.

As preparation for this year’s festival gets underway, headlining artist Kanye West took to Twitter, revealing his thought process in preparing his list set. 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.

This year’s festival will be the twelfth in its history. Annual attendance for the festival has increased ten times from its starting attendee rate of 25,000 in 1999 to setting an attendance record of 225,000 in 2010. This year’s attendance is expected to surpass that of last years.

General admission to the three day festival is estimated to be around $500 according to Coachella.com. For VIP passes to this event it will cost in excess of 700 dollars. Traveling packages for sleeping accommodations for the three day festival are available on Coachella’s official website. Attendees have the option of finding their own accommodations, or camping on grass fields adjacent to the concert area. Attendees also have the option of camping out at Lake El Dorado or safari tents. For more camping information visit Coachella.com.

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 -- a global initiative that supports leading and emerging artists,” according to the festival’s official website.

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 Global inheritance.com recycle ten bottles of water and receive one for free.

To be kind to the environment, carpooling to the festival is also recommended and rewarded. Festival organizers in partnership with Global inheritance award out lifetime VIP passes to randomly selected Vehicles pooling four or more. Participation into the contest is simple according to Coachella.com. Simply write “carpoolchella” 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.
“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 or not Media Molecule designed the game as it was in the original, requiring forum stuff in level design in LBP2 is just as hard 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 itself is great as you think of new ways to do things, but the trade off is the massive dilemma that many sequels do in the game makes it easy to create a point A to B platformer. However, you have 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. If you've got a title, it was a success from the get-go.

Writing

After grace 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 everything 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 television 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.


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 reruns.

“ ‘The Game’ is epic,” said student Tytytana Owens.

Because of BET’s global prominence the 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 seen ‘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,” recollects 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 monolith 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.

The merger is expected to close Jan. 28. The company will be managed by Comcast, which will buy its 51 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 Hulu.com.

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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.

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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 to 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.

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 adjusted gross income of at least $130,000.

Students who qualify for this can get up to a $2,000 deduction.

More often it is better to receive a tax credit, which is viewed as a tax payment already made, rather than a tax deduction.

That just reduces the amount of taxation Do your homework. You may save big.

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-guts, 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 situation; it is offered to both men and women.

Bosu conditioning is a class that involves using a bosu ball in which you learn to 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, 2011, 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, g-spots and everything few and far between.

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.

No other lecture combines so many issues into an hour and a 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 workshops on dating violence and healthy relationships in high schools, colleges, faith communities and youth detention centers throughout the city of New York.

Features

Dishing it up with Diana

Food. I eat it, I 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 with pre-food; in this case rolls topped with garlic and oil for dipping. But this was only the beginning of my feast. And I do mean feast, since I don’t have a bone in my body that can say no to second, third or sometimes fourth servings.

I find it’s always best to go eat with someone this way you can have a smorgasbord of food. In the company of my fellow food-loving sister, we indulged in an order of garlic fries, calamari, and my main dish, chicken fettucine with asparagus.

This fettucine 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 stinky world.

Look forward each week to my food expeditions, and see what food my fork dabbles in. Bon appetit!

By DIANA CANSINO
Features Editor

Cut fat out already

balance your body, and workout your core muscles.

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

Boppin’ 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 grapp- pling 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.

Continued from Pg. 10
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 a 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 the bus 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.
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If the shoe fits

Five Finger Shoes are the latest gear for any adventure

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 FiveFingers 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 one's 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 body-weight, which in turn promotes proper posture and spine alignment.

"Running in FiveFingers 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.

By NICK HOLDING Chronicle Contributor

The shoes look funky and different, although not fashionable, they are scientifically designed for comfort and support.
The last name of each chosen captain. Team captains. Team names have been designated as the Eric Staal of the host city’s Carolina Hurricanes as the man Niklas Lidstrom of the Detroit Redwings and forward The remaining 36 all-stars will be named by NHL Fans will pick six players which will consist of three termine the rosters for each team. The competitive juices will players and form real teams at the 2011 NHL All-Star Fantasy hockey has become revamped to include real Playground picking for NHL All-Star Game 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 Super Bowl, to try to garner more interest in the game. The game will be Jan. 30 at Aloha Stadium 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 weekend 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 variety of challenges to put on a show for the fans. These challenges include: quarter-backs throwing to moving targets, receivers making catches, and kickers kicking for distance. These are some of the most fun events held at the Pro Bowl but are hardly promoted by the NFL. In order to draw the fans to watch the Pro Bowl and other festivities, they should promote these fun but underexposed challenges 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 previews 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 celebrities, 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 Stadium will celebrate the NFL season and it will kick off the Super Bowl week with a performance by the Goo Goo Dolls. The competitive juices will flow as the players themselves 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 determine 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 defenseman Niklas Lidstrom of the Detroit Redwings 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 basis, playground style as the team captains then select from the full pool of players. With the team captains alternately drafting the 36 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 business 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 Operations 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 SuperSkills 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 favorite). The Discover NHL Elimination Shootout, (where NHL goalies will face penalty-shot attempts from the all-star shooters until there is only one shooter left standing). Finally, the all-new G-Series NHL Challenge Relay, (an all-round 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.
A look into supercross

The Chronicle takes you through the dangerous and emerging sport that is taking the nation by storm

By KELEIGH ACOSTA
Staff Writer

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 is not for everybody, the amount of violence on the field is incredible, awe-inspiring and awful all at the same time. 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’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 [x] 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.

“The chatter between the Patriots and Jets was immense, but the talk between the Jets and Steelers has been quite affable. As a fan of a violent man’s game, I do not want to hear that NFL has rules that I have to follow. I want to hear that teams want to take the field and physically demolish the opponent.

The NFL is a man’s game, misogynistic or not. It is not for everybody, the amount of violence on the field is incredible, awe-inspiring and awful all at the same time. A player has to be incredibly aggressive to play well, and with aggression comes emotion.

I like to believe, even if I am being naive, players on my team care about the games as much as I do. Last week, you could tell that players on both sides of the ball truly cared about the game, maybe even more than I did as a fan.

But now, the NFL, living up to its billing as the “No Fun League,” may implement guidelines that will either prohibit or discourage that type of trash talk.

Goodell has said that the trash talk will be a “topic of discussion” in the offseason which almost guarantees that the NFL will try to legislate what is appropriate behavior. The trash talk has already been cut down a good amount between the week’s games.

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