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Coyote Chronicle

Paegle, professor of poetry is published



Matthew Bramlett / Chronicle Photo

Professor Paegle has now been published in a new book.

By **MATTHEW BRAMLETT**
Staff Writer

The halls of CSUSB are home to one of the featured poets in the latest issue of the literary journal "Poets & Writers."

CSUSB professor Julie Paegle's new book, "Torch Song Tango Choir" is featured in the journal.

"I'm indescribably thrilled," said Paegle.

"Poets & Writers" is considered to be one of the largest and most prestigious literary journals in the country. For the past six years, the journal has been showcasing promising new literary artists, and this year they chose Paegle to share this incredible honor.

"Torch Song Tango Choir" is a combination of pieces that span over many years and take many forms, from the uncertainty of the impending millennium to the regime of Juan Peron.

Each of the three sections featured in her book has a different and unique style. Some of the pieces come from different parts of Paegle's life.

"Part of the book is actually a thesis from my MFA program," said Paegle.

In the section entitled "Köln", she describes how her paternal grandmother was forced to flee war-ravaged Latvia

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More united, less divided

By **MACKENZIE VON KLEIST**
Staff Writer

President Barack Obama gave his third State of the Union address Jan. 25, discussing health care, climate change, financial regulations, tax cuts, budget deficit and foreign policy.

Obama said that the United States has fallen behind in technology, innovation and education, leaving us in the shadow of South Korea, China and Russia his State of the Union speech.

"South Korean homes now have greater Internet access than we do," said Obama. "Russia invests more in their roads and railways than we do. China is building faster trains and newer airports."

He urged Americans to step up and move toward a future America that is competitive with other countries around the world.

His speech grasped the attention of the inter-mingled Democrats and Republicans sitting together; a scene we have not seen

in a while.

Although, Democrats and Republicans sat together in a show of support and courtesy, there were times when differences between the two political parties were evident. While Democrats stood to applaud President Obama's words on the health care plans and tax cuts, Republicans sat mute and flaccid-faced.

In years past, the parties would sit on opposite sides of the aisle and applaud only if points they agreed with were made, which visually highlighted their vast ideologies differences.

This year, Obama's words led to a more general applause throughout his speech except for one or two key differences on health care and tax cuts. It was at these few an precise moments that a division was clearly seen.

Obama remained unwavering on his health care plan, but Obama said he was willing to work with Congress, mainly Republicans, in bettering the policy for the nation.

In reference to the ongoing health care debate, he said "What

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Pete Souza / Official White House Photo

President Barack Obama makes a conciliatory gesture by shaking the hand of Speaker of the House, John Boehner before taking the stage to deliver his State of the Union Address.

Insurance companies investigate clients Facebook profiles

By **HECTOR GAMA**
Staff Writer

Just when you thought Facebook couldn't get any less private, insurance companies now make it so posting simple pictures can lead to serious consequences.

Recently, privacy issues relating to social networks have become more pressing as employers, college admission officers and insurance companies have begun to utilize these networks to exploit, and/or expose other individuals.

For instance, the story of Nathalie Blanchard a native of Quebec, Canada.



According to the *Los Angeles Times*, Blanchard took a medical leave in early 2008 from her job as an IBM technician due to her struggles with depression. She soon began to receive monthly disability benefits from her insurer, Manulife Financial Corp.

Suddenly, Blanchard noticed that the payments she was receiving stopped.

A representative of the insurance company told her that Manulife viewed photo-

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I.E. joblessness rates decrease

By **ANGEL BELTRAN**
Staff Writer

Three thousand local job opportunities opened in December giving new hope to students seeking employment, according to a survey conducted by the Employment Development Department (EDD).

According to the EDD, the jobless rate in the Inland Empire in November of 2010 was at 14.1 percent which dipped in December to 13.9 percent.

Although, the statistics may not seem too significant, this only marks the second time that the unemployment percentage has dipped below 14 percent in 18 months in our local region.

"There is a good response when employers have been contacted. Employers no longer say 'no.' They instead say they are reconstructing programs which students can be part of in the future," said Carol Dixon, CSUSB interim director of the career and development center.

For students, it's about time, as many have been waiting or holding their education to wait for job opportunities.

"There is definitely new hope for students. We recently hired a new Employers Relations Coordinator, Lesley Davidson-Boyd, who helps build relationships with employers. The trend of finding new job offerings is building up," said Iovani Aguirre, the career and development center receptionist.

"Coyote Link, which is the program where employers post job offerings to students,

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Insurance companies invade Facebook

graphs of her on Facebook which showed her frolicking at a beach and hanging out at a pub. The insurance company determined that she was depression-free and able to work, said Tom Lavin, Blanchard's attorney according to the *Los Angeles Times*.

To some, using social networks to check the activities of people appears to be a violation of privacy.

"I definitely feel that this is a privacy issue," said student Alex Gomez. "My Facebook profile is something that I wish to share with my friends only."

"Facebook is something that displays your personal life," said student Vladimir Gornopolsky. "Your personal life has absolutely nothing to do with your public life."

Today, social networks are making an impact in the workplace, too.

A survey of 350 employers conducted by thevault.com found that 44 percent of employers use social networking sites to examine the profiles of job candidates, and

39 percent have looked up a current employee.

"I think it's unlikely employers are going to learn a good deal of job-related information from a Facebook page they won't learn in the context of a well-run interview, so the potential benefit of doing this sort of search is outweighed by the potential risk," said Neal D. Mollen, an attorney with Paul, Hasting, Janofsky & Walker.

Others seem to think that Facebook is an effective means of investigation and that it is ultimately up to the individual to protect their own privacy.

"If you don't want people to know what you're doing, put your profile on private," said student Daniel Cruz. "If someone doesn't have their profile on private, then employers should be free to look through it."

Currently, there is no law that prohibits insurance companies or employers from searching social networking sites.



MaryRone Shell | Chronicle Photo

There is a continuing debate over the rights of privacy and what insurance companies can do to protect their interests.



Lindsey Martinovich | Chronicle Photo

The haze in this otherwise picturesque landscape overlooking San Bernardino reveals the overall unhealthy air quality.

SB gets failing grade for air quality

By **LINDSEY MARTINOVICH**
Staff Writer

In a recent air quality test conducted by the American Lung Association (ALA), San Bernardino County failed all three categories of its test.

The failed categories included high ozone days, 24-hour particle pollution, and annual particle pollution.

In the State of the Air 2010 report, conducted by the ALA, the county had a total of 353 high ozone days. Of those days, 227 were considered unhealthy for sensitive people, 107 days were unhealthy for the entire population, and 19 days received the lowest possible rating - very unhealthy.

In addition, San Bernardino County had the greatest amount of days spent in the worst zone.

Even with the popularity of a green environment increasing rapidly, counties all over the United States air quality had still worsened from previous years.

"When I am driving home from campus every day, it's disgusting to see all of the smog rest in the valley as I drive south

down the 15 freeway. It makes you realize how dirty the air really is," said student Kameran Bateman.

According to the U.S. Environmental Protection Agency (EPA), "most people exposed to hazardous air pollutants at sufficient concentrations and durations may have an increased chance of getting cancer or experiencing other serious health effects. These health effects can include: damage to the immune system, neurological problems, reproductive problems, developmental problems, and respiratory problems."

Breathing in particle pollution can increase the risk of early death, heart attacks, strokes and emergency room visits for people with asthma, cardiovascular disease and diabetes.

The good news is everyone can help improve the air quality. The ALA suggests that by driving less, using less electricity, supporting measures in the community that can cut air pollution and telling local and state officials to take steps to clean up air pollution, a cleaner 2011 is more than just a dream; it can become a reality.

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Paegle's poetry proves to be a success

during World War II, while her grandfather stayed and fought for the Latvian Resistance. In another section entitled "Estuary and Divide," she paints a magnificent picture of Argentina, where her mother is from and where she spent many summers during her childhood.

The theme of the current issue of "Poets & Writers" is inspiration, which is something that Paegle is familiar with.

Paegle says her inspiration spans over three continents and several generations of an eclectic and multicultural family.

This book has very much been inspired by my family members," Paegle said, "Unfortunately, the more recent ones are elegies, since many of them have passed away."

She says that some of her inspiration has also come from failure.

"I come from a very musical family. Music is a big, big deal," Paegle said, "However, I'm sort of tone-deaf. But if you can't sing, you can always write."

It has been an uphill journey for Paegle to get to where she is now.

"It takes five years, if you're lucky, to get a book out," she said, "But it was worth the wait."

Paegle originally received her bachelor's degree in Environmental Sciences, and received her MFA and doctorate in Creative Writing from the University of Utah.

Paegle shows no signs of stopping, at least for now. Her next piece, "How We Die in the North", will be a memoir of her five year stay in Alaska, and it will explore the local myths and legends, that encompass the Great White North.

Paegle commented that she is also working on a book that examines the passage of time and juxtaposes with the issues and struggles of women. For now, "Torch Song Tango Choir" is available in bookstores.



Omar Guzman | Chronicle Photo

Despite recently facing financial woes, Stater Bros. are doing what is necessary to continue their "Tradition of Success."

Stater Bros. starts repayment

By **OMAR GUZMAN**
Staff Writer

So far things appear to be looking up for Stater Bros., the only locally owned supermarket chain in Southern California.

Stater Bros. announced that it had "redeemed \$45.1 million in outstanding notes that were due in 2012. It's the final step in a plan to repay \$525 million in bonds that had an 8.125 percent rate," according to *The Press Enterprise*.

Press Release manager of Stater Bros., Marisa Cruz, along with other managers and employees, declined to comment on any affairs relating to any financial matters or relations with CSUSB.

In a press release issued by Stater Bros., Phil Smith, chief financial officer for the San Bernardino-based grocery company said "the transaction would reduce Stater Bros.' debt load and could save as much as \$16 million to \$18 million a year in interest payments."

Stater Bros. 2010 fiscal year profit was \$24.6 million considerably less than its 2009 fiscal year, which was \$34.8 million. Its 2010 fourth quarter net income was \$5.9 million, which is higher than the previous year's same quarter net income of about \$5 million.

Stater Bros. is on its way to paying off all its 2012 bonds, which is a good sign for the company and perhaps the university and local students as well.

The supermarket chain has supported CSUSB since April 1990, when the university's College of Business and Public Administration, named Jack Brown as the first recipient of their "Arrowhead Distinguished Chief Executive Officer Award."

The university's own Jack H. Brown Hall was named after the President, CEO and Chairman of the Board of Stater Bros.

The building is a permanent landmark that will commemorate the ongoing partnership between Stater Bros. and CSUSB.

"Stater Bros. has been a supporter of CSUSB athletic and academic programs for a long time now and Jack Brown has been an adjunct professor here," said Joe Gutierrez, assistant director of public affairs at CSUSB.

According to a press release, Brown stated, "As we continue to face some of the toughest economic and competitive pressures in our company's history, we continue to focus on the values we can pass on to our customers so they get the most out of their shopping dollars and assisting them during these difficult times. We remain committed to controlling costs as we weather the effect of these economic times."

Stater Bros. is not only a significant part of CSUSB; it is also a huge part of the CSUSB community.

"Stater Bros. is generally cheaper than most other supermarkets. Their prices are cheaper than Ralph's or Vons. Their products and pricing can be generally directed toward the local student population," said Vladimir Gornopolsket.

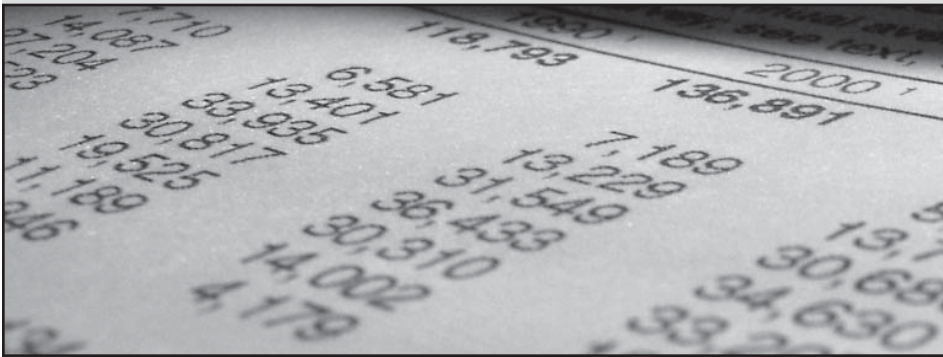
Many students find, that they enjoy shopping at Stater Bros., for many different reasons, but as student Mike Rigby will, tell you, it's their customer service that makes them a favorite.

Matt Crigler, student and Stater Bros. employee said, "Going through the hiring process, they make sure we should always have the customer's satisfaction in mind, to continue bringing them back. As far as pricing goes I think it's pretty respectable."

Despite, a slightly under-performing year, Stater Bros. seems back on track, which bodes well for Coyotes who appreciate the support of this company.

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Unemployment rate dips in San Bernardino County



Angel Beltran | Chronicle Photo

Unemployment remains high, but Inland Empire residents gain hope knowing that unemployment slightly dipped.

is at 300 jobs which is the highest I've seen. There is a great showing of employers and varied employers. Target, Peace Corporation and Levi Corporation have internships and jobs offered to the students," said Davidson-Boyd.

Some students think that the surge in job offerings in December reflected the retail industry's trend to beef up staffing for the holiday season.

"The 3,000 jobs were probably seasonal, but it's good for the time being. But, I think it gives little hope for those looking for a job.

The availability of the new jobs puts more pressure on people because there is even more competition for jobs, and there is still not many available," said Student Ashlyne Macan.

Students are in a particularly sticky situation, as many find themselves graduating to unemployment in this harsh job market.

"Three years ago about 120 employers attended our job fairs, then 80 the year after that, then 60 the year after that. There have not been any significant amount of on-campus interviews, but we will continue to stay in contact with employers in order to improve quality.

I am curious to see the turn out during the Career Expo on April 5, which is open to all majors," said Dixon.

It looks as if there is light at the end of the recession-tunnel but only time and political factors will determine how long it will be until more permanent job offerings will open up for college students.

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2011 STOTU: Democrats and Republicans put aside the drama for Obama

I'm not willing to do is go back to the days when insurance companies could deny someone coverage because of a pre-existing condition."

Many CSUSB students benefit from the current policy which allows them to receive additional insurance coverage under their parents' policies.

Another topic of his hour-long speech was tax cuts.

"I ask Congress to go further, and make permanent our tuition tax credit worth \$10,000 for four years of college," said Obama.

In order to receive the tuition tax credit on tax forms this year, students need to save every receipt of tuition

paid, book purchased and supplies used.

Later in the president's speech, he stressed his goal for a cleaner more energy-efficient America.

"I challenge you to join me in setting a new goal: by 2035, 80 percent of America's electricity will come from clean energy sources," Obama stated.

The achievement of this goal could further the development of green technology and stimulate more jobs within this field, benefitting both the students of today as well as the students of tomorrow.

"I think that cleaner energy sources sounds like a great idea, however it doesn't seem like something we will

be able to grasp anytime soon," said CSUSB student Nick Stark. "The price of getting these better energy sources would probably cost me more too. All in all I would rather have a cheaper energy source."

While Democrats general supported the president's address, Republicans stood strong on their own agendas despite the peaceable proceedings. As was apparent in Rep. Paul Ryan's (R-Wis.), response, and the unprecedented Tea Party response given by Rep. Michele Bachmann, (R-Minn.); both of whom made it clear, that their people will not stand for another two years of Obama's directed Congress.

North Africa caught in Tunisian trend

Protests in Algeria, Yemen, and Egypt spark up after Tunisia and open up a new wave of thinking

By **RACHEL CANNON**
Staff Writer

A few weeks ago many Americans had never even heard of Tunisia. Now, the eyes of the world are on the small North African country as it's rocked by revolution, riots and the removal of President Ben Ali.

The riots were triggered in January with the suicide of 26-year-old Mohammed Bouazizi. Bouazizi, a resident of the Sidi Bouzid area, burned himself alive after police told him he couldn't sell produce without a permit.

Bouazizi had not been able to find other employment, which he blamed on the country's economic woes and corruption. Indeed, Sidi Bouzid is currently suffering from a staggering 30 percent unemployment rate.

On Jan. 5, the day after Bouazizi's death, a peaceful march in his honor took place in the streets of Sidi Bouzid. The marchers were met by riot police shooting tear gas into the crowd.

Since then, protests have continued and escalated into violence. The riots aim to draw attention to Tunisia's economic situation, and to the government's perceived neglect of rural villages like Sidi Bouzid.

According to the United Nations High Commissioner, more than 100 people have died in the conflicts.

The uprising has led to the flight of President Ben Ali from the country, and on Jan. 27, he officially resigned.

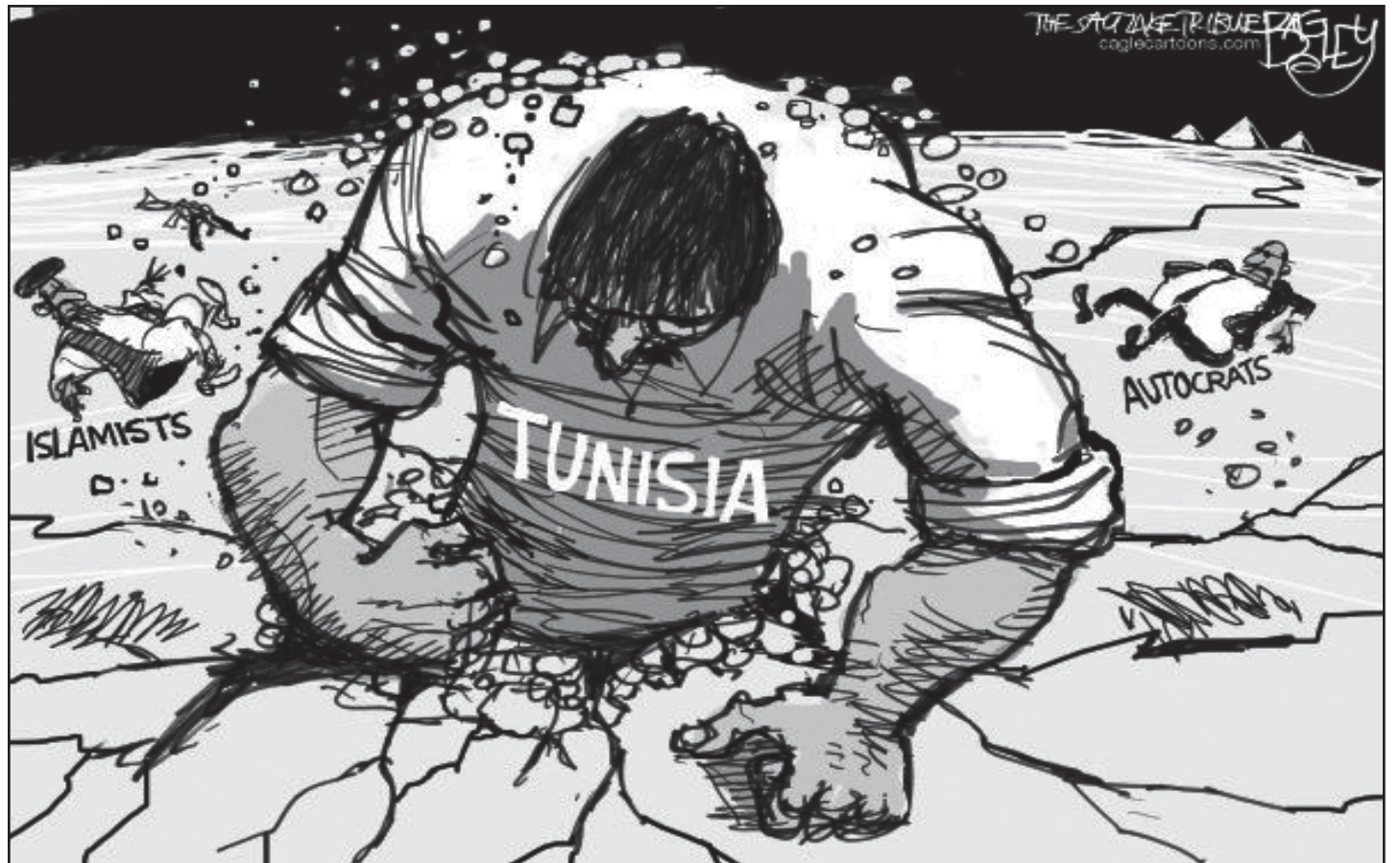
In the wake of the events in Tunisia, several other nations in the region have begun similar revolts. Egypt, Yemen, and Algeria have all seen riots and unrest in past weeks.

So now that the world is focused on these small North African nations, there is an obvious question: what's going to happen next?

In my opinion, revolts in the other three countries are unlikely to see the same success seen in Tunisia. This is because Tunisian protesters have several things going for them that the others do not.

For one, Tunisia is a small nation, both geographically and demographically, and its population is rather homogenous.

This translates to a populace which has



Cagle Cartoons | Special to the Chronicle

no difficulty uniting over a common goal and shared ideas of how to achieve that goal.

Additionally, the Tunisian military is rather small, weak, and underfunded. It is by no means a military state, nor a police one; in fact, the police-woman who confiscated Bouazizi's vegetable stand is believed to have been arrested by her own government in response to the incident.

Finally, protesters in Sidi Bouzid have a very clear cause. They're fighting against their government's corruption and nepotism, and an environment which supports Tunisia's burgeoning tourist areas while essentially leaving rural areas like Sidi Bouzid to fend for themselves.

In contrast, nations like Egypt, which are much larger and much more diverse than Tunisia, may have trouble uniting to-

wards a common goal. Egypt's powerful military is also proving a major barrier to a successful revolution.

Algeria, on the other hand, is having a different problem. The goals of its protesters are ambiguous and poorly defined.

Without a concrete cause and plan of action, success appears unlikely.

Another pressing question that pundits are debating is that of whether the U.S. should get involved.

Opinions are flying from either side.

But with our resources still tied up in the mess that is the Iraq conflict, my answer, to quote a professor of mine, is "Not only no, but hell no!"

This position is not easy for me to take. Sidi Bouzid is close to my heart as I was there for a short time last year as part of a trip I took to the Mediterranean.

I loved the city so much that I had been

considering going back to study French there for a semester.

It pains me to see such violence in a place that is so dear to me. Despite this, I still vehemently oppose occupation of Tunisia by American forces.

My primary reasoning for this is simple. It should be understood that, while these four nations are primarily Muslim, religion has absolutely nothing to do with any of these conflicts.

The protests are result of the general population's growing dissatisfaction with their economic climate. As such, we likely have nothing to fear of this unrest escalating to terrorist activity overseas.

These nations are responding to problems which are domestic and entirely their own. Indeed, for Tunisia at least, these events may lead to lasting change and improvement in the region. But at this time, there doesn't appear to be a reason for us to get involved.

For now, the U.S. would do best to keep a close eye on North Africa while keeping our military out of it.

Protesters in Sidi Bouzid have a very clear cause. They're fighting against their government's corruption and nepotism.

Faces in the Crowd

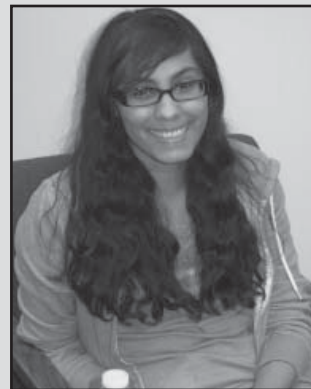
Last month, Tunisia began a revolution to overthrow their government in favor of democracy. Historically, the United States has aided the democratic revolutions in these nations. With that in mind, I asked students on campus:

Should the U.S. government aid democratic revolutions in countries like Tunisia?



"Historically, it tends to backfire. No, I don't think we should get into it."

Geoffrey Watrous CSUSB Student



"Leave them to solve their own problems. We look bad enough that we're pushing an American agenda."

Nina Acosta CSUSB Student



"It's nice to help other countries, but we need to help us first!"

Nhuy Nguyen CSUSB Student

CARB pollutes by over regulation

By **MATT EDGERTON**
Staff Writer

California is the only state to have implemented such a governing body, and the only state that creates its own legislation with regards to emissions control and pollution regulation; furthermore it is the only state to have an emissions control board before the passage of the federal Clean Air Act.

The California Air Resources Board, also known as CARB, is the "clean air agency" in the state of California. Established in 1967 in the Mulford-Carrell Act, combining the Bureau of Air Sanitation and the Motor Vehicle Pollution Control Board, CARB is considered a faction of the EPA.

This means CARB was intent on controlling the motorists of California long before the federal government felt the need to intervene in emissions control.

What CARB does, in short, is lie.

They have been caught lying in key points of the organization's history. For example, SFgate.com reported that in 2007 researchers at CARB miscalculated pollution levels in a scientific analysis used to toughen the state's clean-air standards.

The pollution estimate in question was too high - by 340 percent!

According to CARB, the estimate was a key part in the creation of a regulation adopted by the board in 2007. The board attributes the overestimate to the fact that the calculations were performed before the current economic

slump. However it was found that the economic downturn had no effect and it had inaccurate calculations.

When other researchers in the field pointed out these errors in 2007, they were snubbed by both the agency and politicians.

Now it has surfaced that they were in fact correct and CARB used an extremely exaggerated and misrepresented study to gain more funding (SFgate.com).

Now CARB is going after the motorists of California.

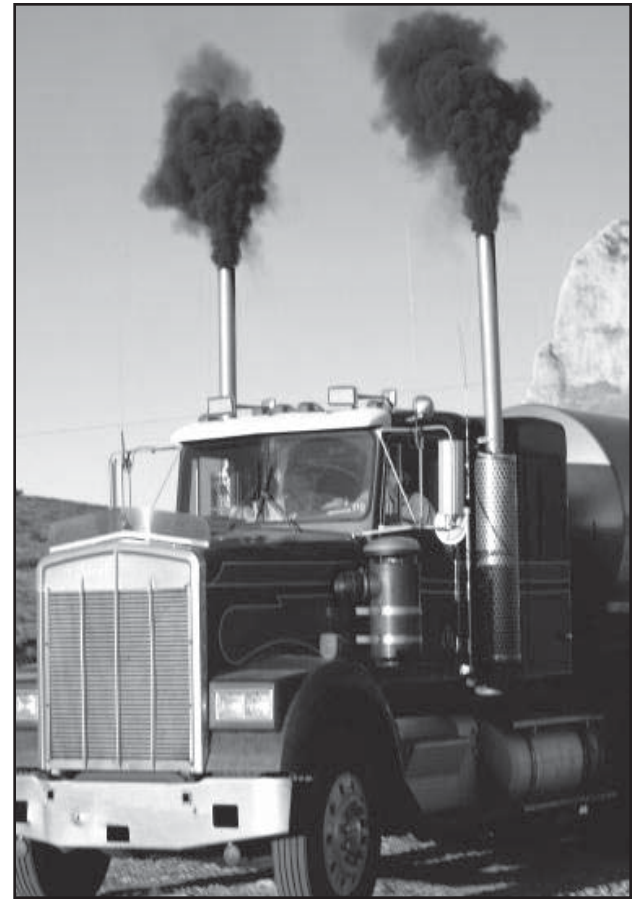
Do you own a motor vehicle? If so, this is how it will affect you: Gas guzzler tax, emissions testing, forcing ethanol into gas stations which returns lower miles per gallon and degrades the current gasoline, which in turn costs the consumer more money.

What else is the CARB doing that is actually in their best interest and not the citizens of California? Critics contend CARB regulations require existing diesel engines in the state to be replaced with less efficient engines that add to the amount of carbon dioxide in the atmosphere.

Soon, CARB wishes to impose yet more legislation on the poor motorists of California. The hard fact is that while ethanol burns cleaner, it returns noticeably worse gas mileage and is harder to find. Thus you spend money just trying to find a fill station!

CARB is made up of only 1,300 employees yet has a massive budget of \$650 million dollars.

Once again this is a case of government programs gone awry. And we the citizens of California, students included, are paying for their policies that are based on deceitful studies.



Courtesy of the EPA

With strict regulation, CARB directly will interfere with the trucking industry.

The cost of "honor" -- murder

By **ERIKA MARTINEZ**
Staff Writer

When my parents came to America from Mexico, they brought along the very best of our culture, but sometimes the dark side of culture can also make the journey.

Certain practices seem normal to certain cultures, but when you live in a country where not everybody agrees on those cultural practices, there are problems.

The murder trial of Iraqi-immigrant Faleh Almaleki is set to begin this month for the "honor killing" of his 20-year-old daughter in Oct. 2009.

Almaleki is accused of killing his daughter because he believed she had become too "westernized." To his defense, "For an Iraqi, honor is the most valuable thing."

Police alleged Almaleki slammed his Jeep into his 20-year-old daughter, Noor Almaleki, and her boyfriend's mother in the parking lot of a state Department of Economic Security office. The mother lived, but Noor was in a coma for two weeks before she died.

Local police characterized the attempt as an "honor killing"- the murder of a woman for behaving in such a way that brings to shame her family.

More specifically, Fox News describes it as when a father, husband, or brother kills a wife, daughter, or sister. It is a practice with deep, tenacious roots in the tribal traditions of the Middle East and Asia.

If honor killings are done on the other side of the world, why are "honor killings" becoming a new trend in America?

According to the United Nations, it is estimated that 5,000 women die annually from such crimes, and more stories like Noor Almaleki are on the rise.

In Texas, teen sisters were allegedly shot by their father in 2008 for having boyfriends who were non-Muslim. In the years following, three more women were killed either by their husbands or by their fathers

for "disobeying."

I'm against the practice of honor killings, especially when it is being done in my country. Different ethnicities bring along the most wonderful part of their culture in the countries they left, but I don't want America to be known as a country that includes killing as "cultural".

Communities have to try and cope with the chilling new trend which takes the lives of mostly young women. This kind of crime isn't supposed to happen in the heartland of America.

When asked if an honor killing were to occur in his community, CSUSB student Saul Lizarraga said, "In my opinion if it were to happen here it would be upsetting, because no one has the right to take another person's life. It is a morally wrong and incorrect way to handle a situation. I strongly believe in family unity and to break a family is hard."

Regardless of common cultural practices, it morally wrong to kill someone purely for bringing shame to a family, especially when bringing shame to a family can be as simple as having an interracial relationship.



Courtesy of the Peoria Police Department

Faleh Almaleki, the killer and father of Noor Almaleki.

Keep active, stay healthy

By **NIN GARCIA**
Staff Writer

Students take enough time to keep active. No matter how busy one can be, taking time to exercise can be very beneficial.

Not many students favor the word "exercising", the very word might not seem fit in our vocabulary. We might want to find an excuse to put it off or not feel motivated to keep active.

According to a study done by researchers at Ohio State, as many as fifty two percent of college students do not exercise.

It is also possible that it might take some time out of a day to day routine, whether it's spending time studying, working on or off campus, socializing with friends, or participating in campus activities that can make it quite difficult to fit exercising into our schedule.

It's important to remember that keeping active can keep you from facing many health risks either now or in the future to come.

Not only does exercising help the benefit your health but you will tend to see improvements academically.

According to a study led by Joshua Ode of Saginaw Valley State University said, "Students who participate in vigorous activity seven days per week have GPAs that average .4 higher, on a scale of 4.0, than those who participate in no vigorous activity."

Let's ask this, have you ever had a day where you did very little and you found yourself exhausted by the end of the day?

The reason for this is because the human body is almost like a natural generator. If we don't do anything to keep it ac-

tive, we do not generate very much energy.

If we increase our level of activity, we can generate more energy.

The brain gets stronger as well, the brain is like a muscle, and the healthier this muscle is, the more information it can absorb and retain.

When exercising the body, you also make the brain healthier by increasing oxygen flow.

When you stay active you are reducing risks of developing heart disease, developing high blood pressure, developing high cholesterol, and you also reduce the risk of developing diabetes.

When you stay active you are reducing risks of developing heart disease, developing high blood pressure, developing high cholesterol, and you also reduce the risk of developing diabetes.

Remember yourself that colleges have exercise facilities available for free for students to us.

After college you will likely have to pay if you decide to join a gym or workout facility.

Take advantage of what is free while you still have the opportunity.

The Rec Center on campus is a great place for students to start.

Exercise does not need to happen all at once, a few minutes of running now, a short basketball game later, and a bike ride to work will all add up.

Encourage your friends to do the same you can encourage each other to participate and continue make it a social event.

Exercise can be "hidden", for example take the stairs instead of the elevator, park a bit further away from the building, etc.

Exercising doesn't have to take place in a gym, you might prefer to exercise in your room, maybe using weights, exercise ball, exercise bands, yoga, video programs like the Wii.

Campus museum gets a facelift

By **OMAR GUZMAN**
Staff Writer

CSUSB's Robert V. Fullerton Art Museum has been renamed to commemorate the involvement of Fullerton's wife with the university.

Robert V. Fullerton died in June of 2009 and nearly two years after his death his wish to rename the art museum has finally come true. The museum is now the Robert and Frances Fullerton Museum of Art (RAFFMA).

"The name was not only changed to lengthen the name of the museum. Robert V. Fullerton wanted his late wife, Frances Fullerton, to be recognized for her contributions and support for the university, but he never got to see his wife's name on the museum,"

said Andrea Callahan, development and press associate of RAFFMA.

Fullerton and his wife had long supported many of the university's endeavors and had long advocated its creation of an art building.

"She was very passionate about the university and many types of art. She was an artist herself and always felt so deeply of the school and was, in fact, one the greatest motivations for Robert that led him to build the art museum here on campus," said Callahan. "She passed away in 1989, over 22 years ago, and ever since then Mr. Fullerton always wanted his wife's name on the museum."

According to Callahan the museum put on an event Jan. 20th to reveal its new name in which their two surviving children, Susan and Thomas, were special guests.

"It was a pretty big event for the museum supporters, constituents, along with staff and faculty as well," said Callahan.

Callahan said that the changing of the museum's name was far from easy, in fact, it took a lot of time and work. To change the museum's name, the museum staff and university administration went through a long process to receive the approval from the chancellor's office, on campus entities and the museum board.

"From the time of the approval of the chancellor's office to the time the physical signage was unveiled, it took about a year and a half. That shows how much time and effort has to be put into these sort of things," said Callahan

Since the museum opened in 1996 there have been many changes including accreditation by the American Association of Museums in 2008. Accreditation by the AAM is the one of the most prestigious recognition a museum can receive, with only around four percent of all the museums in the nation are accredited according to CSUSB Public Affairs.

According to a recent press release from Callahan, she explained how RAFFMA has already become a regular part of the CSUSB curriculum and will serve to better the university in many ways.

"With the new name, Frances Fullerton and her many contributions will be remembered forever and we are also hoping that it would really have an ongoing prominent presence in the community as a museum of art and cultural resource," said Callahan.

The museum will be featuring its "Treasures of Ancient Egypt" exhibit throughout the year, as well as "A Generous Spirit: A Sam Maloof & Mentor" collection until Feb. 13, and "Lewis Baltz: In The Desert" until Feb. 18. Admission is free for students, and \$5 for the general public.

For more information, call (909) 537-7373 or send an e-mail to artmuseum@csusb.edu.



Omar Guzman | Chronicle Photo

The RAFFMA isn't exactly new to campus, but it's rich collection of art will make you feel like it's your very first time.



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Academy Announcements: Nominees in, may the best win

By **JENNIFER PETERS**
Staff Writer

The announcements of Academy Award nominations have typically stuck to the script expected by many Oscar-season enthusiasts, and this year only one film proved an exception.

The most surprising of the nominations fall on the British aristocratic tale "The King's Speech" which leads the pack with 12 Academy Award nominations, including Best Picture and acting honors for Colin Firth, Geoffrey Rush, and Helena Bonham Carter.

"It's incredibly positive, and I think that is why people are responding," said Carter. "It's also just helpful to see how somebody can be fundamentally helped by another human being. He's pulled out of this deep, dark hole, and how we can all, if we surrender ourselves, can be helped by somebody else."

Critics were stunned when "The King's Speech" came away with the top prize at the Producers Guild of America Awards which past records show that those who've won this top prize had once also swept away with Best Picture at the Oscars.

"The Social Network" follows closely behind with 10 nominations, one that also won big at the Golden Globes including best drama.

The two films characterize the ideal Oscar showdown, involving an up-to-the-minute drama with a young at heart appeal and a majestically classic history drama.

The edgy, family comedy "The Kids are All Right," have also earned head nods for three of the biggest Oscar categories including best picture, Annette Bening for best actress and Mark Ruffalo for best supporting actor. The film's director/writer Lisa Cholodenko was also nominated in the original screenplay category.

Along with Annette Bening and Natalie Portman, best actress contenders include Nicole Kidman as a mother devastated by the death of her son in "Rabbit Hole," Michelle Williams as a wife who struggles to keep her marriage together in "Blue Valentine," and Jennifer Lawrence as a young teenage girl caught up in murderous surroundings as she tries to find her missing father in "Winter's Bone".

The showdown continues with best-actor nominations lingering between Colin Firth for "True Grit" and Jesse Eisenberg



Courtesy of The Academy Awards

The 2011 Oscar nominations didn't shock viewers, who expected this year's awards to be dominated by a few big films.

for "The Social Network".

Other best actor nominees include James Franco who stars in the real life tale of a climber trapped in a crevasse for "127 Hours," Javier Bardem in the Spanish drama "Biutiful," and Jeff Bridges as the drunken Rooster Cogburn in "True Grit," the kind of role that earned John Wayne an Oscar in the adaptation of the 1969 Western novel.

Beyond David Fincher's best-director nomination, the list continues with Darren Aronofsky's "Black Swan," Tom Hooper for "The King's Speech," David Russell for "The Fighter," and the brother duo of Joel and Ethan Coen for their remake of "True Grit."

The Oscar ceremony will be taking place at the Kodak Theatre in Hollywood and will stream live on ABC.

2011 albums amp it up

By **JENNIFER PETERS**
Staff Writer

If 2010 is any indication as of what can be expected from artists this year, then music enthusiasts can expect an avalanche of new hits from their favorite artists

From Rock to Pop, to anything that squeaks or drops a beat, 2011 looks to be shaping up nicely.

One of the most anticipated albums for 2011 that will be rocking the socks off listeners will come from Veteran group U2.

"I would expect a new U2 album sooner than anybody thinks," said U2's manager Paul McGuinness.

The bands last album, titled "No Line on the Horizon," released in 2009, was their best album since their classic 1991 release of Achtung Baby. Their new album is highly anticipated after the cancellation of the bands North American Tour last year.

We can also expect highly anticipated albums from The Streets, Radio Head, Foo Fighters, Bright Eyes, The

Red Hot Chili Peppers and Coldplay, to name a few.

When it comes to Pop albums, you can expect a showdown between Pop divas Lady Gaga and Britney Spears, both of whom will be releasing albums this year. Spears has a leg-up in the competition as a single from her new album is scheduled to be released within the upcoming weeks, as reported by MTV.com.

Many fans, like graduating CSUSB senior Giana Devian, have been waiting breathlessly for the release of Lady Gaga's new album. Well they are in luck as her new album entitled "Born This Way," is scheduled to be released in May.

But fans don't have to wait until then for a taste of the new album as her first single, smartly enough, titled "Born This Way," will be released sometime in February as reported by OC Weekly Blogs.

What many have been thought to be the most anticipated Hip-hop album of 2011 is the collaborated match up of Kanye West and Jay-Z. Since the duo first paired up in June of 2010, as West produced Jay-Z's "This Can't Be

Life" single they have been inseparable.

The album is entitled "Watch the Throne" and has been in production since August of 2010. West gave an inside look at what listeners can expect from the album in a recent interview with MTV. West was reported as saying the album is "going to be very dark and sexy, like couture hip-hop."

In recent months many have developed a love/hate relationship with West. We love to hate him, and we hate that we love him. So these mixed emotions fuel the curiosity fire about what is next for him.

But the anticipation for great Hip-hop albums doesn't stop there. Famed rap star Lil' Wayne is scheduled to release another installment from the Carter series this year. Anticipation is also stirring around the release of Lupe Fiasco's new album titled "Lasers," and a full-length album from Wiz Khalifa.

No matter what genre of music you listen to, with this year's anticipated album line-up, there is bound to be something that you can wrap your ears around.



Courtesy of Mercury Records

U2 has a new album in the works, but the band has yet to set a release date.



Courtesy of Chris Elliot

H.A.M. is the first single from Kanye West and Jay-Z's highly anticipated album.



Courtesy of Def Jam Records

Lady Gaga is sure to stir up controversy in 2011. Born This Way drops May 2011.



Courtesy of David Hockney

David Hockney is utilizing the iPad to create a new experience for art enthusiasts. By updating remote pads in real time, Hockney gives viewers an illustration of his art transforming. However, the art is less brilliant when the medium is changed.

Hockney weaves tablet tapestries

By **COURTNEY RINKER**
Staff Writer

David Hockney's digital paintings will revolutionize the art world.

The 73-year-old art icon has been known to experiment with several mediums of art: faxes, Polaroids, photocopies, mirrors, oils, watercolors and pencil.

His use of Apple's iPhone and iPad was simply the ground breaking step into the future.

Hockney first became attached to Apple's Brushes application on his iPhone in 2008.

"Who would have thought that the telephone would bring back drawing?" said Hockney.

Now, nearly three years after he first began using the Brushes application, Hockney continues to surge forward in creative activity using iPhone's big brother, the iPad. Its larger size allows him the ability to use each of his fingers instead of just one.

Now Hockney produces art faster than ever before.

Hockney's digital art is instant and identical. Technol-

ogy is rapidly advancing, and with it a new means of media production. These pieces will have a profound effect on the art market as we know it.

"These drawings — they may be small physically, but they're big and important in terms of his total [work], and he thinks that this medium is gonna change the world," said curator Charlie Sheeps.

At the moment, Hockney is holding an exhibition at the Pierre Berge-Yves St. Laurent Foundation in Paris, run by Scheips, which shows off works he has created on his iPhone and iPad. The exhibition opened this past December and will close Jan. 30.

This exhibition is possibly the first ever to have 100 percent of the show pieces e-mailed directly to the gallery. It's also putting on a display which few others in the art world could boast about engineering.

One wall was displayed with 20 iPhones and another with 20 iPads. The gadgets were left on 24 hours a day and receive e-mail updates with new pieces from Hockney, creating a sort of virtual reality where viewers can watch Hockney's art change as he produces it in real-time.

"We haven't figured out how to get paid," said Hockney. "At the moment it doesn't matter, but I will have to figure it out like everybody else."

The iPad has also had an effect on the type of work Hockney is creating. Its screen is luminous so everything he draws reflects light.

"The fact that it's illuminated makes you choose luminous subjects, or at least I did. The sunrise, for example, and flower vases with water in them that catch reflections," said Hockney.

If you have a computer you could print out a Hockney digital painting, but without the luminosity of an iPad or iPhone it would not have the same quality. Part of the beauty of what he has created would lose value when transferred onto another medium.

Added to the list of reasons Hockney is such a fan of the iPad is its ability to replay every move you take while drawing. Not only will people be able to watch Hockney create a work of art but Hockney can actually watch the movements he made while drawing for the first time in his life.

Welcome to Portlandia

SNL Alum Fred Armisen illuminates hipster capital of the world, Portland, Oregon in his new IFC show, Portlandia

By **COURTNEY RINKER**
Staff Writer

There is a place out there where flannel will always be in fashion, true organic is the only option and cars are considered foreign.

This place is Portland, Oregon, where they are still stuck in the '90s according to Fred Armisen, co-creator of the new show Portlandia.

Portlandia premiered on the Independent Film Channel (IFC) on Friday Jan. 21, 2011. This show is a spoof of what happens in Portland, the interesting people that live there and the crazy things they get into.

The series was created and written by Armisen (Saturday Night Live), Carrie Brownstein (vocalist/guitarist, WILD FLAG, Sleater-Kinney) and Jonathan Krisel (Tim and Eric Awesome Show,

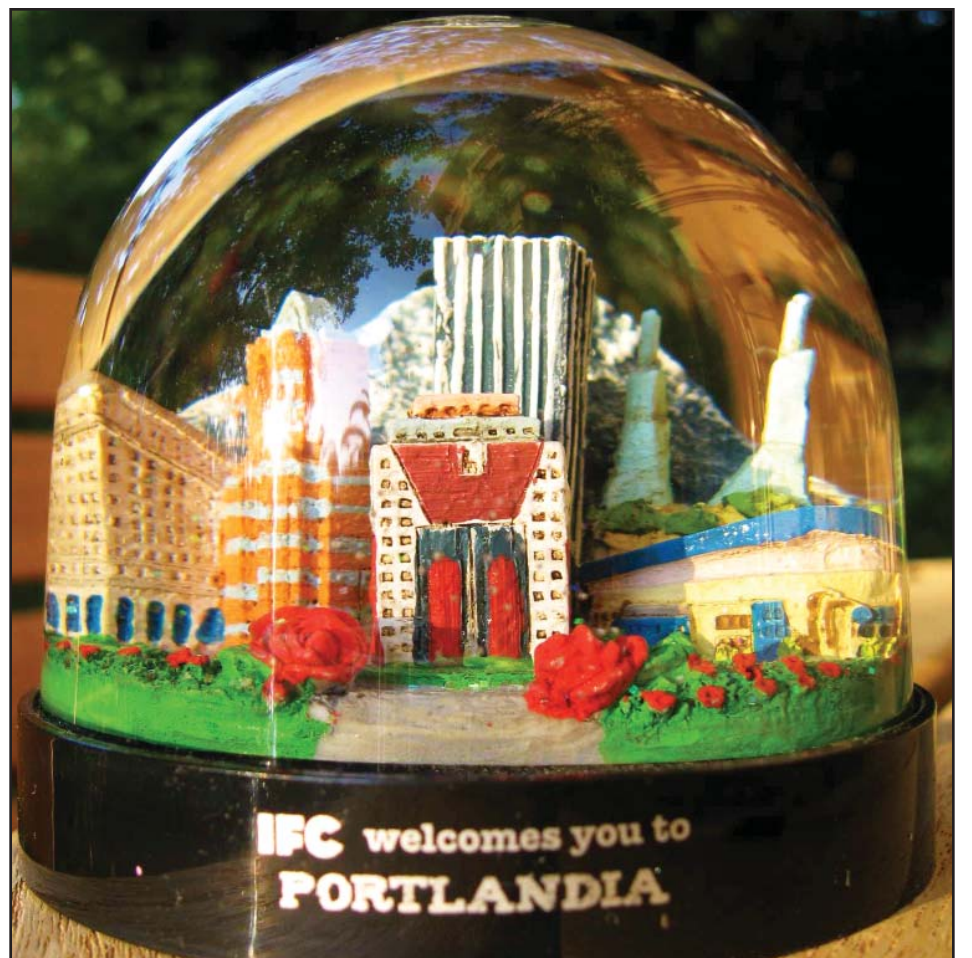
Great Job!). Jonathan Krisel is also the show's director.

The show is filled with interesting characters such as a feminist bookstore owner, a hippie couple and eco-friendly bike riders. Armisen and Brownstein do a little cross-dressing in their sketches which makes for unique characters.

When these characters come in contact with one another there is nothing stopping them. We have an actor from one of the best improv shows out there so we are sure to see some of that talent shine through.

Some sketches consist of an adult hide-and-seek lead, a dumpster diving "freegan" couple (people who live off of what they find in dumpsters) and a bohemian couple that go into an upscale restaurant and want background info on the chicken they want to order just to make sure it is truly organic.

The first episode has a cameo from



Courtesy of IFC

Portlandia provides an unique perspective of the people in Portland, Oregon and has all the makings of a cult classic.

Olbermann's unexpected exit

By **CARMEN HERRERA**
Staff Writer

Political journalist Keith Olbermann is no longer with MSNBC after the company announced his departure on Jan. 21. The journalist and the company have not given a formal reason to what led to the end of Olbermann's contract with MSNBC.

The company issued a statement regarding Olbermann's departure stating, "MSNBC thanks Keith for his integral role in MSNBC's success and we wish him well in his future endeavors." According to The Washington Post, amidst his suspension this past November, the company immediately began negotiations to end his contract at MSNBC.

Following his release, Olbermann broke his silence on Twitter, saying, "My humble thanks to all Friends of Keith for the many kind words. The reports of the death of my career are greatly exaggerated." During his final broadcast on television, Olbermann told viewers that he simply had "been told" the show would be his last after a successful eight-year run.

Olbermann's departure may have resulted from multiple disputes with the company including his suspension on Nov. 5, 2010. Just days before the 2010 U.S. elections, Olbermann donated around \$2,000 each to three different Democratic candidates including Rep. Gabrielle Giffords (D-Ariz.), who was severely wounded in the Jan. 8 Arizona shooting after suffering a gunshot wound to the head. This action prompted MSNBC President Phil Griffin to suspend him indefinitely without pay.

The company claimed that it was a violation with the network's policy that required employees to obtain management's approval before making political donations to any candidates. Olbermann claimed that

he was never informed of this policy. Upon his return to television, he stirred more controversy when he apologized to viewers, but not the network.

The abrupt departure shocked fans and viewers including NBC president and CEO Jeff Zucker who called Olbermann "one of the great stars and an incredible talent." However, some were not surprised, namely Glenn Beck, who was rather pleased following the news. The conservative talk show host said, "But from every indication, Keith Olbermann is the biggest pain in the ass in the world. Nobody liked working with him. He was impossible to work with."

"The Countdown with Keith Olbermann" became the network's most popular show and launched the host to the network's highest-rated anchor. Olbermann voiced his liberal beliefs against conservative politicians that made him a controversial target and even prompted a feud with Fox News host Bill O'Reilly.

With Olbermann out of MSNBC, replacement rumors have surfaced. While nothing has yet to be confirmed, there have been numerous reports stating that actor Alec Baldwin could be a possible replacement as the company looks into moving in a different direction. Reports have even hinted that Olbermann should find another hosting job on a different network.

When asked if Olbermann should be his replacement co-host for "Live!," Regis Philbin, who recently announced he was leaving the show later this year, laughed off the rumor. "I don't think Keith Olbermann would get along with (executive producer) Michael Gelman for ten minutes," joked Philbin.

"My humble thanks to all Friends of Keith for the many kind words. The reports of the death of my career are greatly exaggerated."

Keith Olbermann, News Anchor



Courtesy of Paramount Pictures

Emma Kurtzman (Natalie Portman) and Adam Franklin (Ashton Kutcher) attempt to keep their emotions under control.

Shedding the strings

By **GRACE GARNER**
Staff Writer

"Can sex friends be best friends?"

This is the tagline of "No Strings Attached," a romantic-comedy by movie director Ivan Reitman, that takes a stab at answering a topic that clearly screams "No!" and then saunters into a "Well, maybe. I guess they could."

Starring romantic-comedy pro Ashton Kutcher as Adam, a goofy, easily lovable up-and-coming scriptwriter, and chick flick rookie Natalie Portman as Emma, a busy, distant doctor who seems emotionally untouchable, "No Strings Attached" seems destined for chick flick bliss.

Unfortunately, it's more of a hit-and-miss.

Emma offers Adam — less friends more happenstance and common acquaintances — an irresistible deal: "use each other for sex, at all hours of the day or night, and nothing else."

Naturally, Adam agrees. After all, who wouldn't want to have sex at all hours of the day or night with Emma (the beautiful Natalie Portman)?

They quickly become best friends

and that's when the story jump-starts into something more engaging.

"No Strings Attached" screenwriter Elizabeth Meriwether does her job in making you laugh, but at the same time there are a few scenes that prove less amusing and emitted more of a confused "Am I supposed to laugh?" smile versus a "That was hilarious!" laugh.

As anyone could guess, Adam falls for the coolly removed doctor only to be shunned by a woman who refuses to be potentially hurt by anyone. After Adam makes Emma a "period mix" that features, among other tracks, "Bleeding Love" by Leona Lewis, she decides that he's in too deep and tells him to go out and have sex with a complete stranger.

Ultimately, "No Strings Attached" does provide an answer to its tagline: sex friends can become best friends, but only if they end up together in the end. It's not exactly original or very refreshing, but that really wasn't the goal of "No Strings Attached."

If you're looking for a movie that is predictable, funny and has a happy ending, look no further, this movie will do the job, no strings attached.

Continued from Pg. 8

"Portlandia" a comical, hipster paradise

Portland's real mayor Sam Adams. He plays the assistant to the "mayor" played by Kyle MacLachlan where they want Armisen and Brownstein to write a theme song for the city of Portland.

The show's opening sketch song, "The Dream of the '90s is alive in Portland" was a perfect opener to the culture of Portland. The song has quirky lyrics that express the community of Portland.

The song consists of lyrics that express the town such as this is a place where "the Bush administration never happened," "in Portland you can go into a record store and sell your CDs!" and "all the hot girls wear glasses, yeah."

The series' music is written and performed by Armisen and Brownstein. Brownstein wrote Portlandia's credit opening-song.

Most shows take place in big cities; Los Angeles, New York, or San Francisco, and have characters whose main concern are finding the love of their life. But this show takes place in the world of Portland where "young people go to retire."

The show is filmed on location to get the real feel of Portland.

"I love Portlandia. It really represents so much of what I love culturally, musically and in so many other ways," Armisen said

Portlandia's comical and interesting characters are sure to set this show apart from others. With the shows sketches and music being written and sung by these funny actors is sure to have the views coming back for more every week

Don't miss Portlandia on the IFC channel at 10:30 p.m. every Friday.

Perry reemerges with "Sunshine"

By **SHARONDA HARRIS**
Staff Writer

Matthew Perry is taking his talent behind the scenes as the creator and executive director of ABC's new sitcom, "Mr. Sunshine."

Because of Perry's comical background and his hilarious nature, the show has the foundation needed to be a good show.

In the sitcom Perry will play a 40-year-old manager of a San Diego sports arena.

Perry is most famous for landing his break-through role in the hit NBC sitcom "Friends" which made him an American household name.

Because of the national impact of "Friends," the character Chandler is still a part of Perry.

In the late 80s and 90s Perry made appearances on multiple daytime shows, like "90210."

Some CSUSB students may recall Perry's breakout role as Chandler Bing on "Friends," but may also recall his role as

dad Mike O'Donnell in the 2009 hit "Seventeen Again" starring Zac Efron.

After "Friends" he starred in a few other television projects, and made a venture onto the big screen.

Perry is excited about his career shift, but admitted to the *The Los Angeles Times* that this transition will be challenging because being funny is not always easy.

"It's difficult because when you're trying to do a television show and when you're trying to do a comedy you want the character to be funny."

"But I feel the character I'm doing is a little more beaten-down and the comedy is a little bit smaller," said Perry.

A falling star Perry is not, despite his lack of recent productions. This new show proves Perry's ability, as his rise to executive producer has allowed him to mature in his craft.

"I think I spent a great deal of my twenties, certainly, and the bulk of my thirties, certainly a little self-obsessed," said Perry.

"Mr. Sunshine" premieres on ABC Wednesday, Feb. 9 at 9:30 p.m.



By Russell Brennan | Flickr

Loma Linda's South Hills Preserve has options for everyone. Be it biking, or sight-seeing, you can experience all the fresh air the outdoors has to offer. Getting out of the city for a day and into the local hills helps many to relax from everyday bustle.

Lose yourself in the paths of Loma Linda

By **R. ANTHONY DIAZ**
Staff Writer

If you passed on hiking gear at a local yard sale this weekend, think again. The hiking gear might be of some use to you now that fees at your local gym are rising.

If you are looking to jog, have a good bike ride, or simply get some fresh air, head to Loma Linda's South Hills Preserve where you don't have to pay to exercise.

The city of Loma Linda has created a trail map for hikers and bikers, a closer convenient parking lot, and not to mention, trail markers and more! Anyone who has explored the trails before knows that it used to be a bit on the dangerous side to head into the preserve.

Make working out an adventure and a fun group effort. Access the South Hills Preserve trails through the Hilda Crooks Park off Beaumont and Mountain View Ave. in Loma Linda.

The South Hills Preserve extends into the Riverside County line, and has 25 different trails. Of the trails offered, the city has made a map of each, highlighting the

levels of difficulty and lengths.

There are four levels of difficulty: easy, medium, difficult and very difficult.

The trails also offer four points of interest, which are look-out points and spots worth stopping at in the preserve: Four Corners, Bob Cat Preserve, The Highest Point in Preserve and the Reche Canyon Over look.

The trails were a local favorite for many residents who live in the neighborhoods and subdivisions near the hills, but due to locals entering the preserve in unsafe locations the city decided to make this recreational spot safer and more easily accessible.

The parking at the Hilda Crooks parking lot was extended to make more space for cars. Not only did it create more space, but the space was placed right at the point where trails two and three begin.

Although there is a restroom in the park, the city has placed portable toilets throughout the trails for the public's convenience.

Parallel to the Loma Linda trails are the San Bernardino County mountain trails which are very close to

CSUSB. The U.S. Department of Agriculture's website offers many suggestions for trails in the San Bernardino Mountains, whether you are looking for a day hike or to backpack.

In 2009 the city approved the request to highlight the trails in the preserve and make it accessible to the public.

The map can be found at the city of Loma Linda's website and at the public counter. The account for funding parks in the city also approved adding proper trail markers and signage where needed. The 1,700 acres owned by the city of Loma Linda is now taken into consideration for the safety of the public as well as the overall upkeep of the nature preserve.

Deborah Woldruff, Director for the city of Loma Linda, stated that many of the trails on the map have existed for over 50 years; some for 75 years. The city council has appointed a group and a fund to care for the preserve.

San Bernardino's National Forest has a plethora of trails to choose from, not only in the Loma Linda area but stretching from Big Bear to Riverside. So, grab a friend or two and let the exploring begin.

Smarten up your online shopping

By **KATI PATAG**
Staff Writer

Attention all shoppers!

Online shopping has become quite a phenomenon, and the primary way of shopping for many. According to pewresearch.org, over 66 percent of Americans have purchased a product online; however, not everyone is pleased with this process.

An online shopping report from nmoa.org tracked more than 8 million online consumers and found that people who shop online spend more time digitally window shopping before making a purchase decision.

Student Priscilla Gutierrez said, "If you are buying from eBay, make sure you check out the member's feedback. Also, if it looks too good to be true, it probably is."

Student Crizza Ignowski says she doesn't shop online often, but when she does she visits etsy.com because it has vintage stuff that nobody else offers.

Ignowski said, "Retailmenot.com has promo codes so you can get discounts or you can get free shipping."

People are able to shop from the comfort of their own homes, without having to mess with the hassle of crowds or juggling bags of treasures. With a few clicks, merchandise can be sent to your door.

Student Becca Benfield said, "[Online shopping] is cheaper, faster, I don't have to deal with cranky parents' crying children or store employees who don't really care about my satisfaction because they feel like they don't get paid enough."

On the flip side, some people are un-

Continued on Pg. 12



Kati Patag | Chronicle Photo

Websites like eBay are useful tools for online shoppers to buy books, cars and anything else you may want or need.

From Russia to America: lecture on freedom

By **KARA DEMENT**
Staff Writer

Coming to America for any immigrant means a chance to live the American dream, to start a new journey of freedom and happiness.

In 1904 Ann Loera's ancestors came to begin that journey that many had dreamt of.

Living under strict Russian Molokan rule as a child, Loera shared her story last Wednesday, Jan. 26, in the Pfau Library on her life as a Russian-American girl.

As you can imagine writing a book and sharing every detail of your life is an emotional experience. You're laying everything on the table and that's exactly what Loera did when writing her book, "Onya," which is her Russian name.

When asked about why she decided to write a book about her life, Loera said, "When I sat down at the computer it was like my sister was pushing me to tell my story and the words just started to come to me."

As a child growing up in the San Joaquin Valley, she

was taught about how strict the Molokan religion was and how she didn't have the same freedoms as children around her. She wasn't allowed to have friends who weren't of Russian heritage and she was expected to marry within Russian heritage as well.

Many rules came along with being Russian, especially being of the Molokan religion.

Molokan, which means, "Milk drinkers" were people who refused to be a part of the Russian Orthodox Church and the Catholic Church; so they formed their own religious group.

During church ceremonies the women would sway back and forth while the men stomped their feet, this was a way they let God into their lives.

If you weren't Russian and attended one of these church gatherings it would be way out of the ordinary. Everybody was expected to wear white to any church ceremony and it was unheard of if you showed up in anything else.

When she was in high school she met a "nice Russian boy" as she put it. Her aunt and uncle had set them

up and they ended up getting married. However, the marriage didn't work and after that relationship ended, she later ended up marrying her current husband, which got her kicked out of the Russian Molokan church because he wasn't of Russian heritage.

She said being kicked out of the church meant that she was no longer allowed to participate in any sort of church activities. Her grandfather died in the 80s and at his funeral she was not allowed to participate in any part of the ceremony, she simply sat back in the crowd like a common outsider.

As the years went by, the Russian Molokan religion became less strict than in previous years. In 2005 when her father passed away, Loera and her family were allowed to participate with the immediate family in the Russian ceremonies.

Loera said it was a, "very emotional time," since she was able to be at her mother's side during her father's funeral.

Loera's story was very inspiring and it made you feel grateful for the things that you had growing up.

Dishing it up with Diana

By **DIANA CANSINO**
Features Editor

This week has been depressing, with "Harry Potter and the Deathly Hallows Part I" being snubbed on Oscar nominations, and the fact that I have only eaten tuna and peas for about five days.

My stomach has been growling for the better part of this past week. Tuna and peas can only do so much for you before it gets old; and it gets old pretty fast. Not to mention the after aroma of tuna can actually make you want to throw up.

After a somewhat busy week I decided a binge was in order. Yes, binge because I deserve it, and I chose frozen yogurt.

I took a trip not too far from CSUSB that allowed me to combine my love for dairy and cold foods.

I don't know about you, but frozen yogurt takes me back to my childhood. Like when you hear the ice cream man coming down the street, and couldn't wait to eat the eyeballs off the Ninja Turtle Popsicle. That's what frozen yogurt does to me, it excites me.

I like to take advantage of self serve places. Sadly, the spacious containers are enough for me to commit common gluttony.

My stomach was thrilled, and after much yelling she piped down after I was finished.

I suggest no matter what flavor you get, to add the cheesecake bites. These delectable treats really give the yogurt that little something extra.

As far as yogurt, adding cookies and cream, strawberry banana and vanilla are

all flavors that work well together. I don't know why but I always have to have more than one flavor. It just doesn't seem right leaving out all those other options.

I ate the whole thing in the span of about five minutes give or take a couple of minutes.

Although I was left thirsty, it was well worth the five and some change that I spent. So, I suggest getting a side water bottle, for those of you whose mouths dry up after dairy.

There is also an option for those of you who don't do dairy, so you can be a part of the frozen yogurt culture.

They have a variety of toppings that you can choose from, much of it being broken candy bits, and other sweets that are known to be favorites.

If you're up for the guilt that sets in

later when you've long finished your yogurt, then adding fudge, or caramel will top it off perfectly.

I myself don't opt for these finishing touches, I'm definitely not up for the guilt trip. I always feel the need to workout, and nine times out of 10 I won't find the willpower to go to the gym.

I do have a mighty big sweet tooth though. I mean I usually am tempted to order dessert after a meal even if I feel full. I just can't seem to kick the dessert habit.

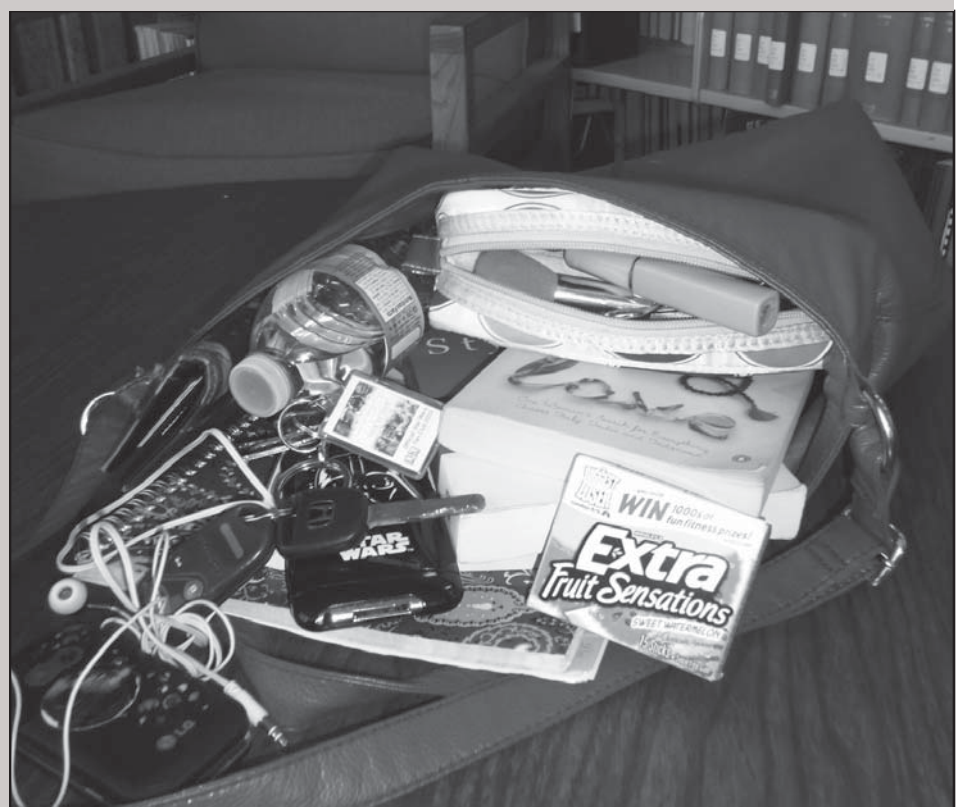
But, having yogurt gets all the cravings for sweets in one sitting.

I still haven't eaten a meal besides tuna, but I plan to by next week. I know by all means this was no meal, but I figured it would be better than writing about tuna and peas. I'll share some more real meals next week. Until then, Bon appétit!

Most popular Coyote must-haves to get through the day

Compiled by **JESSICA RAMIREZ**
Staff Writer

- Laptop
- Cell Phone
- Sunglasses
- Snacks
- Gum
- Perfume / cologne
- Hand Sanitizer
- iPod/iPad
- Mirror
- Make-up
- Nook
- Lotion
- Chapstick
- Wallet
- Water bottle
- Headphones
- Cameras



Coyotes show us what's in their bags. Many students can't get through their day without their electronics, and snacks.

Jessica Ramirez / Chronicle Photo

Get your snacks ready and let the games begin

By **ANGELINA GARIBAY**
Staff Writer

You know what's coming this Sunday.

SUPER BOWL XLV!

You know what that means—getting your party on!

Whether you bust open bags of chips and a couple of six packs or go all out with a buffet, you are adding to the billions of dollars shelled out yearly for your spectating entertainment.

Last year the National Retail Federation calculated that Americans spent \$8.9 billion on Super Bowl XLV. Between the big screen televisions, team jerseys and the food, that's a hefty amount to spend during an economic downturn.

What will we be spending this year?

If you happen to be in Dallas, you will spend \$836 and up per ticket to see the game in the Cowboys Stadium.

Watching the Super Bowl is not a solitary sport. How about hosting your own Super Bowl party?

You have to get into the spirit with yelling for your team and smacking high fives when your team scores.

If you want to show your team spirit with jerseys for the Pittsburgh Steelers or Green Bay Packers, they are around \$80. Those Packers Cheesehead hats are a better bargain at only \$20, and they make a fashion statement to boot.

Your television isn't up to high definition standards, you say?

Stores have great deals on those right

now. Wal-Mart is promoting theirs with Super Bowl deals starting at \$480. Best Buy will beat any competitors' price and they are running some good deals too.

So you have your team jersey and your big screen television. Wondering what to serve?

The food of choice is pizza.

Pizza Hut sold around \$17 million in pizzas alone last year.

Pizza places really rake in the dough during Super Bowl Sunday. They ship out more pizza that weekend than any other. Look for coupons in the papers or on their websites for the best deals.

It's not only about the pizza. Your guests will want to snack through the whole game.

Americans took in 166 million pounds of snack foods last year according to Nielsen. That's a lot of chips, nuts, pretzels and popcorn. Better plan to hit the gym on Monday.

The game itself is not all you'll be watching.

Everyone wants to see the commercials for the Super Bowl.

They are famously funny entertainment that breaks up the rough-and-tumble football plays. You can always count on Doritos to make something hilarious.

Some of the commercials don't make the cut, but thanks to Youtube.com, you can still see the tasteless assortment. Crazy about zombies? Check out the "Make Them Yours" banned Doritos commercial.

The dollar stores are a great place to score cheap plates and napkins. You can



Angelina Garibay | Chronicle Photo

Pizza, pretzels, and Pepsi are the beginning of the feast that usually takes place on the infamous Super Bowl Sunday.

even coordinate them with green and yellow for the Packers or black and gold for the Steelers.

Tell your friends to bring drinks to

share, and your Super Bowl celebration is complete. Sunday at 3:30 p.m., get ready to hit the remote and add your cash to the billion dollar pot.

Continued from Pg. 10

Tips to make your online shopping quick and safe

comfortable with shopping online because of the amount of personal information needed to complete a transaction and with providing credit card information online.

Here are a few simple tips.

Make sure that you are familiar with the website, and if you aren't, take the time to check it out. Also, check into the different methods of payment.

Today there are many different ways of paying for things online; for example, Paypal or your personal credit cards. According to msnbc.com, it is better to use a credit card when making a purchase because you are able to dispute charges if anything unexpected occurs.

Shop around, check out different websites that offer what you are looking for and compare pricing and shipping.

When making a purchase, make sure that you know and understand the terms and conditions. A secure and trusted website always disclaims their policies in a direct way. Always double check your order before buying, and again when the bill comes, to be sure that there was no fraudulent activity.

Buyers beware! Don't ever wire money to a seller and try avoid using your debit

card; banks are not liable if fraud occurs.

Be sure to check a seller's reputation, especially if you are buying from websites such as Amazon or eBay who have independent sellers.

Make sure that the seller has positive feedback and has made at least 10 successful transactions.

There are many scams online, according to the Bureau of Justice statistics. Five percent of Americans over the age of 16 have been victims of identity theft, and more than half of those crimes were caused by credit card fraud.

Nationwide, one out of four victims faced an average of \$1,870 of out of pocket loss, and collectively, losses exceeded \$17 billion.

Credit cards are not the only way people are able to steal identities. Other ways include fee scams, mail theft, and computer hacking. Simple ways of protecting your identity are shredding your mail or getting anti-virus updates installed on your computer.

From books to cars, anything can be purchased online. Ensure that your next online shopping experience is safe and successful, think about who and what you are dealing with and be in control.

Nationwide, one out of four victims faced an average of \$1,870 of out of pocket loss...



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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 gets the iPhone, about time

Long awaited, and finally breaking AT&T's long monopoly, the iPhone comes to Verizon in February.

The iPhone 4 will become available for pre-order for existing Verizon subscribers on February 3, with general availability to begin on February 10. The 16GB version of the iPhone will sell for \$199, and the 32GB will cost \$299 (both with a two-year contract). Further details on the plan can be found at verizon.com.

Hulu looks to change it up to compete with Netflix

Like many of you, I have tuned in to catch an episode of my favorite TV show at hulu.com, or logged in to watch an old favorite, but the service isn't as well-liked as the very successful Netflix.

The two services differ in their approach to bringing content to their viewers; Hulu operates as a free service that has partnered with such giants as NBC, Disney and News Corp. to bring free content filtered with occasional ads, whilst Netflix is a paid service with no ads and an ever-expanding database of movies and shows.

Hulu has found that it is losing more and more ground to Netflix as people are opting for no ads and the ability to watch most anything on demand, whereas Hulu is able to only provide certain content according to its contracts.

According to *The Wall Street Journal*, Hulu has begun looking into becoming an online cable provider in order to compete with Netflix. Whether this is good or bad for fans of Hulu, it's sad to see their legitimate and free solution to the flaws of Youtube and Netflix has to change its ways to survive.

Sony bigger, better and back in action with new PSP

Just after we mentioned the forthcoming of Nintendo's newest handheld, the Nintendo 3DS, Sony has announced its newest development in gaming on the go.

The Next Generation Portable (NGP), more commonly known as the PSP2, is set to come out during this year's holiday season.

Trying to steal some thunder away from Nintendo with their announcement, Sony's newest gadget incorporates almost everything: GPS, cameras, touchscreens, accelerometers and compass, 3G, flash-memory, and dual-analog control nubs. It also includes sensors, cameras and touchscreens, and by all reports has a gorgeous high-resolution OLED screen.

First and foremost the system is a gaming system, not a phone as many had hoped.

Egypt goes lights out on the net, as Tunisia opens up

In the wake of the Jasmine Revolution in Tunisia, where social media and the Internet played a large role in helping to organize protests and demonstrations, Egypt has seen a similar trend in the past few weeks.

As such, recent riots and protests have been organized via Twitter and other social media to the point that the Mubarak regime has ordered the withdrawal of over 3,500 Border Gateway Protocol routes by Egyptian service providers, shutting down approximately 88 percent of the country's Internet access, according to networking firm BGPmon.

Despite the digital blackout, protesters are still gathering in the streets and demonstrating in Egypt. Meanwhile, in Tunisia, the Tunisian Internet Agency is opening up locked firewalls and blocked IPs that have been long since banned in the country.

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Skateboarding overseas keeping youth grounded

By **HANNAH ALANIS**
Staff Writer

Thanks to Skateistan, Kabul's youth has found a new unifying factor — skateboarding, the urban sport that is almost seen as a crime in the U.S. and populates empty parking areas, staircases and squares around the world has now found a new playground in Kabul, Afghanistan.

Skateistan is the organization that has brought it there.

Skateistan is Afghanistan's first co-educational skateboarding school. According to Skateistan's mission: Operating as an independent, neutral, Afghan non-governmental organization, the school engages growing numbers of urban and internally-displaced youth in Afghanistan through skateboarding.

It also provides them with new opportunities in cross-cultural interaction, education and personal empowerment.

Skateistan's students come from diverse ethnic and socioeconomic backgrounds. They not only develop skills in skateboarding and skateboarding instruction, but also healthy habits, civic responsibility, the arts and languages.

Afghan youth can come together to forge bonds that transcend social barriers. At Skateistan they are enabled to affect change on issues they consider important

The students themselves decide what they want to learn and the school connects them with teachers who help them develop the skills they consider important.

Since Skateistan has been active in

Kabul, Skateistan's executive director Oliver Percovich has said Afghan youth of all ethnicity's have a new found love for skateboarding. Skateistan brings them together, equipping young men and women with the skills to lead their communities toward social change and development.

Skateistan states: "As part of our mission, Skateistan programs specifically aim to include greater numbers of young girls and urban poor children. Our aim is to increase communication and understanding among different Afghan ethnicities and socio-economic groups in a fun, educational and positive environment."

Skateistan is the embodiment of what skating is all about.

It involves a school that uses skateboarding, of all things, to help empower displaced youths by providing a common passion and a means through which to build relationships.

Skateistan lets kids be kids and helps take these kids away from cruel world of war around them.

Today dedicated teachers and volunteers provide schooling and skateboarding lessons in a 19,000-square-foot facility built on land, in one of Kabul's poorer districts, donated by the Afghan National Olympic Committee. The school is funded largely through private donations.

Skateistan, which was founded in the spring of 2007 and presently boasts a co-ed enrollment of more than 330 students, whom will fall under the spotlight when the short film, "Skateistan: To Live and Skate Kabul," premieres at the Sundance



Michal Hvorecky | Flickr

Several students at the Skateistan School of Skateboarding pay attention to instructions on how to improve their form.

Film Festival in Utah.

The film tells the story of the efforts behind the creation of Skateistan, from the beginning. It follows the founders, as well as some of the first Afghan youth to step on a skateboard.

The film provides a glimpse into the fragile lives of Afghan youths and how some of their lives were changed because of the school through both exciting and difficult times.

The film will help to further increase awareness about the school that has come to symbolize hope for children growing up

in an Islamic republic torn apart by civil war and oppressed with fear and uncertainty.

The closing line in the documentary states: "In the end we show the kids of Kabul skating this amazing new park with the international pros, witnessing the incredible joy and hope that can be generated with the help of four wheels and a board."

There are many ways to be involved in Afghanistan's first co-educational skateboarding school.

Support Skateistan by making a donation.

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Female athletes eye respect



Keleigh Acosta / Chronicle Photo

CSUSB student Michaeline Deangelo, is one of many examples of a female athlete trying to gain respect and recognition, while male athletes are seen as superstars. This obstacle often pushes away female athletes to pursue a dream in sports.

By **KELEIGH ACOSTA**
Staff Writer

Inequality and inequity for female athletes is an ongoing issue in the world of sports.

Females in basketball, motocross, golf, road biking, even female Olympians, have trouble gaining the respect they deserve.

Title Nine is part of the education amendments. The amendment originated in 1972 and states, "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

This amendment is now best known for the direct effect it has in the athletic industry.

Morgan Walker, associate athletic director for compliance at CSUSB, said that the athletic program is in compliance with the Title Nine Amendment along with NCAA and CCAA regulations.

According to the women's sports foundation, not until the 1900's were women allowed entry to compete in the Olympics. However, the only sport women were allowed to compete in was golf, tennis, and yachting. Even then, women provided less than one percent of all participating athletes.

Comparing the NBA to the WNBA viewership is shocking. According to the WNBA in 2008, WNBA games averaged just 413,000 viewers in the play-offs, compared to 1.46 million viewers of the NBA play-offs.

The number of NBA viewers is growing rapidly,

while WNBA viewership is dropping dramatically. As of the 2010 season, viewership for the WNBA dropped to 370,000, while the NBA had nearly 28.2 million viewers.

Women's golf on the other hand, seems to be increasing their number of viewers. Information gathered by Nielson showed 428,000 were viewing the LPGA Tour through household tuning.

However, the numbers are exceptionally different when compared to the number of PGA viewers. PGA numbers did drop when Tiger Woods was on leave, but when he returned numbers soared to an average 2.4 million television viewers.

Ashley Fiolek, two-time national motocross champion, has been racing since age three. She won 13 amateur titles before she went pro at age 16.

"Men's motocross definitely gains more recognition than we do. Our fan base is growing, but it is nothing compared to the guys. In women's motocross, it's usually me and one other girl battling for first place every race of the season. So I guess it's not as exciting for most people," said Fiolek.

"For the men's series, the riders are all over the board. We also don't get television time like the men. Our racing can only be seen by people who come to our races," said Fiolek.

The majority of individual sports are typically perceived as male sports. Road biking, a fairly new sport to the area of action sports, has been focused around one rider.

Lance Armstrong, seven-time winner of Tour De France, holds his name high, being the only well-known

road biker in America.

Donna Busher, a competitive road bike rider finds herself in a group of less than 10 competing women.

"I compete in local races when I have the chance. It is pathetic the amount of women who race. While my class is a class of 10, the men's classes are twenty plus. If women knew more about the sport, surely there would be more competing," said Busher.

"When people think road biking they think Lance Armstrong. There has yet to be a woman to obtain enough coverage to be identified."

In the world of sports, the different athletics are categorized largely by the gender involved. Women are working hard to gain the awareness they deserve.

Camille Martinez, a current student at CSUSB, has been playing basketball for 16 years, but decided college basketball was not for her.

"I have been playing basically my whole life. Call me a quitter, but I was tired of working my hardest at something and not getting recognized," said Martinez.

"I watch the games, and follow the WNBA, but the sad truth is, women have to not only work hard as athletes, but also work hard to gain a respected reputation. Who knew being a woman athlete meant being considered a minority?"

Although, the majority of women's sports are overlooked, 64 percent of CSUSB athletes are female, while the remaining 36 percent are men and the money is split 65 percent going to female athletics, and 35 percent for male athletics, explained Toni Ditty, assistant to the AD/Budget Manager for CSUSB athletics.

NBA drama still keeping fans on edge

By **KIERA THOMAS**
Staff Writer

The NBA magic continues as teams soar through the halfway mark of the season.

The NBA season has already had its thrills, disappointments, staggering results and players working hard in hopes of receiving All-Star nods.

Perhaps the biggest story of the new season is L.A. Clippers forward Blake Griffin. He has had an outstanding statistical year. Griffin maintains 22.5 points, 12.8 rebounds and 3.4 assists per game.

However, his numbers do not tell the full story. His highlight reel dunks are seen on sports shows throughout the nation making for must see TV.

He is determined to dunk on anyone and everyone in his path, which is why he

is the definite favorite to win the Sprite Slam Dunk Contest during the infamous weekend.

Veteran forward for the N.Y. Knicks, Amare' Stoudamire is focused on clinching the Most Valuable Player award for the 2011 season.

He has aided in the resurrection of the Madison Square Garden with his averages of 26.4 points, 8.9 rebounds, 2.6 assists and 2.4 blocks per game leading the Knicks to a 23-21 record.

Under Executive of the Year candidate Pat Riley, the Miami Heat season has been on fire with both LeBron James and Dwyane Wade inside the top six slots in scoring averages.

While the Heat have had their growing pains, they have still compiled a 31-14 record.

We cannot forget about the infamous

'Melo War' between the Knicks and the New Jersey Nets. This trade war for the Denver Nuggets small forward Carmelo Anthony made headlines this season, and with both parties courting Anthony, fans are eager to know what will happen.

"If Carmelo Anthony will be traded to New York, it would mean a lot because he would bring with him Chris Paul to play with Amare' Stoudamire," said student Charles Grays.

One team is racing past the others with drive, determination, and a potential Coach of the Year. The San Antonio Spurs are lighting up the rankings with only three lost conference games all season, and a league best 39-7 record.

There has also been disappointing teams. It seems the most disappointing team is the Houston Rockets. Though they maintained a talented roster, the team is

last in the Southwest division with a 22-25 record.

The All-Star weekend, the 'Big Show,' is closing in on the 30 teams and athletes are determined to become a household name. The early favorites during this season could be the top contenders that will make an appearance in the weekend events.

The exciting NBA All-Star weekend of events will take place Feb. 18-21 and will consist of the Sprite slam dunk contest, Foot Locker's 3-point shootout contest, as well as the game itself.

Fans are eager to see how their favorite athletes will perform during this competition.

"I'm looking forward to the East more than anything as it is starting to become stronger with the N.Y. Knicks growing again and Miami Heat having a half of a year growing chemistry," said Grays.



Tighten up your chin strap for a hard hitting Super Bowl XLV

By **J. LEVI BURNFIN**
Assistant Sports Editor

Some would have you think that the Steelers are going to run away with the Super Bowl because of their experience in the game and their suffocating defense.

However, I believe the Packers are the team that will come out on top in the Super Bowl of NFL giants.

The Green Bay Packers and Pittsburgh Steelers have combined to win 18 NFL championships, including 9 Super Bowl wins.

The Packers have the most NFL championships at 12; nine predating the Super Bowl's inception with three being actual Super Bowl championships. Meanwhile the Steelers have won six NFL championships, all six are Super Bowl championships. They are two of the premier teams in the NFL.

The only recent game these teams have played against each other was in 2009 when the Pittsburgh Steelers squeaked out a 37-36 victory on a last second TD pass by quarterback Ben Roethlisberger.

Obviously, those two teams were very evenly matched with only a single point separating them.

However, the Packers defense involved in that barn-burner is drastically different from this year's defense.

While most of the focus has been on the Packers offense, understandably, with Aaron Rodgers playing at such a high level, the defense is actually the strength of the team. The

15 or so at his position in the NFL.

The Packers will be able to put enough pressure on Big Ben to make him throw before he is ready which will lead to an interception against a prolific ball-hawking defense like the Packers.

The secondary led by shutdown cornerbacks Charles Woodson and Tramon Williams has been able to intercept opposing quarterbacks 24 times, second most in the NFL. The Packers ability to pressure quarterbacks while keeping several defensive backs in coverage has led to more opportunities for turnovers.

Turnovers are almost always the deciding factor in a game between two great teams and the Packers ability to force turnovers will be the key to the Packers winning Super Bowl XLV.

The offense is also going to create big problems for a stout yet not impenetrable Steelers defense.

The Steelers run defense is the best in the league and maybe the best the NFL has seen in several years. However, their pass defense is vulnerable, especially against a team like the Packers whose offense is not predicated on being able to run the ball.

The Packers have scored 24.3 points per game while only averaging 100.4 yards per game at 3.4 yards per carry. Clearly, they do not need to run the ball to be an effective offense.



By **LAUREN HOLMES**
Staff Writer

The Pittsburgh Steelers may be the worst possible Super Bowl match up for the Green Bay Packers,

Super Bowl XLV will mark the 33rd meeting between the Packers and Steelers. In their previous 32 regular season battles, Green Bay has had the edge with 18 wins to Pittsburgh's 14. However, the Steelers have won the past two games against the Packers.

The Steelers are going to win the Super Bowl because of their experience, defense, offense, and simply because they want it more.

The Steelers will win the Super Bowl because they have the experience. The franchise holds the record for the most Super Bowl champion titles, six, and this will be their eighth shot at an NFL title.

Fourteen of Pittsburgh's 22 starters have a ring with the organization. Overall, 25 Steelers have played in a Super Bowl compared to only two players on the Green Pay Packers.

Pittsburgh is the best run organization in football and this will show when they defeat the Green Bay Packers to capture their third super bowl in six years.

The Steelers are famous for their overpowering defense, ranking number one during the regular season only allowing 14.5 points per game. They are known as the "Steel Curtain" because they do not let anyone past them and the Packers offense will not be an exception.

During the regular season, the Steelers also ranked first in sacks. Linebackers, LaMarr Woodley and James Harrison both were in double digits this season for sacks.

Aaron Smith has been injured most of the season for the Steelers, and if he is able to play in the Super Bowl, then the Packers really don't have any chance at winning the Super Bowl.

Smith is a defensive end that will re-

quire attention from two offensive linemen or an offensive lineman and a tight end.

This will free up Troy Polamalu or James Harrison to make their way into the back field to attack Aaron Rodgers.

The defense held their opponent to 61 average rushing yards per game and 206 yards passing per game. The Packers offense simply does not have a chance against the Steelers defense.

The Steelers are led on offense by "Big Ben" Roethlisberger, who at 6'5" and 245 pounds, lives up to his nickname.

His ruthless and calculating ability to step out of the pocket and find the receiver that is open down the field puts him above any other quarterback.

He is not only a great leader, but has excellent communication with his team. This season he threw 17 touchdowns and had only five interceptions while only playing in 12 games.

Pittsburgh is a little thin on the wide receivers side, but who cares when they make the key plays and catches.

Hines Ward is a clutch veteran wide receiver. He knows how to run precise routes and has the instincts to know when his quarterback is in trouble.

Ward will come up big several times in this game when Big Ben needs a key catch.

Mike Wallace will also be a key part of the offense. Wallace had a standout season this year. He led the NFL with seven 100-yard receiving games. He may be the fastest wide receiver in the NFL.

He is not only a wide receiver that can run deep when needed, Wallace is also a smart route runner that has made some of the best cover corners look foolish. The Packers defense will definitely not be able to keep up with Wallace.

All in all, the Steelers simply want it more than Green Bay and WILL be victorious in Super Bowl XLV and NFL record seventh championship.



Packers have only allowed 15 points per game this year.

The Steelers offensive line is going to be in trouble against a relentless Packers front seven. Led by expert pass-rushing linebacker Clay Matthews, the defense was able to sack opposing quarterbacks 47 times this year, second most in the league.

The Steelers best remaining offensive lineman was Center Maurkice Pouncey who was injured in the AFC Championship game and is doubtful to play in the Super Bowl. That will prove to be a huge loss because now the Steelers do not have an offensive lineman that is among the top

The Packers have so many weapons in the passing game that create match-up problems for the Steelers.

Wide Receiver Greg Jennings has really been a force in the second half of the season.

He is able to stretch defenses vertically creating room for receivers Donald Driver and James Jones underneath the safeties.

Rodgers should have enough tools in his belt to conquer the Steelers defense.