State and local districts decide where the funding will go

By JULIA MATUILLONIS
Staff Writer

Proposition 31 is proposing a change in the way state and local budgets are determined, the results of which cannot be predicted.

It won’t directly affect Californians right away, if ever. There isn’t a tax increase of any kind in the proposition. It’s basically proposing a new way to move the state’s money around, after they’ve cut through all the red tape of course.

The actual main points of the proposition is to allow local agencies like cities, school districts, and community college districts to create their own plans regarding services, public safety, and economic development to name a few.

Continued on Pg. 3

Maintaining driver discounts and low car insurance prices

By BRENDA ACUNA
Staff Writer

Proposition 33 is a measure that proposes to reduce car insurance prices and is one of the many propositions in the upcoming election.

Currently, insurance companies in California only let drivers keep automobile discounts if they remain with the same provider. Proposition 33 seeks to let California drivers keep the driving discounts they’ve earned by following the law and having car accidents.

Proposition 33 intends to increase consumer choice for auto insurance and will work in the following ways: As long as you have had insurance

Continued on Pg. 3

Voters decide between death penalty and life in prison

By ANDREW HUCKS
Staff Writer

Re-sentencing all 726 death row inmates to life in prison without the chance of parole, is Proposition 34 acting to repeal the death penalty in California.

It gives $100 million to law enforcement agencies to investigate homicide and rape cases, according to the California Secretary of State’s Office.

Currently, California’s constitution allows for the sentence of death for particular crimes such as murder, yet death is rarely administered by the state of California due to the long appeal ridden legal process. And few inmates are given.

Continued on Pg. 3

Sex traffickers could see an increased sentencing time

By MARIA AGUILAR
Staff Writer

Human traffickers, registered sex-offenders, victim services and law enforcement training could be facing increased prison terms up to 12-years-to-life if Proposition 35 passes.

Convicted human traffickers will face increased prison terms from the current five years to 15-years-to-life and fines up to $5.5 million, according to the official voter information guide. Human trafficking includes sex and labor traffickers.

See Californians Against Sexual Exploitation Act (CASE ACT), known as Proposition 35, will make changes to the state law and expand the

Continued on Pg. 3

Three strikes and your out. Or are you?

By RHONDA POWELL
Staff Writer

In an act to reduce California’s high crime rate, residents unanimously voted in favor of the three-strikes law in 1994, sentencing repeat felons offenders to life in a state prison. If Proposition 36 passes however, this will be rule be reshaped.

According to ballotpedia.org, Proposition 36, “Maintains life sentence penalties for felons with non-violent non-violent third strike if prior convictions were for rape, murder, or child molestation.”

The initiative proposes alterations to the three-strikes law only when new felony convictions are not serious or dangerous. It allows offenders that are

Continued on Pg. 3
Bush-era tax cuts expire Dec. 31, raising taxes on middle-class families in 2013. President Obama is trying to extend middle-class tax cuts through the end of next year. The Senate has approved the proposal and unless the House of Representatives votes and passes the bill before Dec. 31, middle class families will see an increase of approximately $2,200 for an average family of four, according to Whitehouse.gov.

"Middle class families are struggling to pay their bills and college students are broke. If the middle-class tax cut is not extended it is going to have an effect on these families," said Erica Barajas.

The Democratic-controlled Senate and the Republican-controlled House of Representatives each have a different point of view for a solution. The Senate’s approval of the bill, if passed, allows students to continue to have access to the American Opportunity Tax Credit, receiving an annual credit of $2,500 per student to pay for college expenses, according to irs.gov.

Low and moderate-income working parents, who qualify, will continue to benefit from the Child Tax Credit, receiving $1,000 per child. According to Whitehouse.gov, "What we should do right now is give middle-class families and small business owners a guarantee that their taxes will not go up next year," said President Obama. "When families have the security of knowing that their taxes won’t go up they’re more likely to spend, and more likely to grow the economy. When small business owners have certainty on taxes an can plan ahead they’re more likely to hire and create new jobs. And that benefits all of us."

However, the House of Representatives will only pass the bill if the lower tax rates apply to everyone, middle-class and high-class, according to CNN.com.

The bill currently states only families and businesses with incomes less than $250,000 will continue to fully benefit from tax cuts, which affects 114 million middle-class families, while wealthier Americans pay more. The Republican-controlled House of Representatives, wants these tax cuts to include families making more than $1 million, giving them an average tax cut of $250,535.

This would affect 2 percent of families with an average income of $800,000 according to Politifact.com.

"With taxes you want to give credit to everyone. You can’t cater to one class. It needs to be clear across the board or eventually it will begin to affect the class who is excluded from the tax credits," said CSUSB alumni Stevie Gavryluk.

Republicans argue the proposal allowing rates to increase on higher-income Americans will stunt economic growth, as stated in an article on CNN.com.

"This proposal guarantees that taxes are going to go up on millions of our small businesses," said Republican Minority Leader Mitch McConnell.

While viewpoints may differ, if the Bush-era tax cuts are not passed by Dec. 31, students will face more expenses next year.

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**By MARIA AGUILAR**

**Stunt from tax cuts, which affects 114 million middle-class families.**

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While viewpoints may differ, if the Bush-era tax cuts are not passed by Dec. 31, students will face more expenses next year.
Money control needed on district budgets

Continued from Pg. 1

Instead of waiting for the state to admin-ister funds, they would be allowed to use their own local funds for projects they deem necessary.

For example, it would allow local governments to transfer property taxes to either expand current state department pro-grams or create new local programs.

The effect of which would cause a mirrored loss in state revenue.

The voters guide ensures, "Each plan would have to be ap-proved by the governing boards of the (1) county, (2) school districts serving a majority of the county’s students, and (3) other local governments representing a majority of the county’s population."

Other effects include allowing the governor to enact a reduction for gener-al fund spending, in the face of a fiscal emergency following a 45 day period al-lowling the legislature to respond.

Districts would be allowed to use their own local funds for projects they deem necessary.

The Governor’s proposed reduc-tion can not cut most school spending, debt service, pension contributions, some spending for health and social service pro-grams, or any spending that is required by the Constitution or federal law.

Proposition 31 would also change the state’s budget process from a one-year process to a two-year process.

"Specifically, the measure requires the Leg-islature to create a proposed budget and review it every two-state-funded pro-gram whether managed by the state or local government- at least once every five years," according to the voters guide.

Proposition 31 is being opposed by the California Federation of Teachers and California Labor Federation.

Proponents of Proposition 31 include the CA Republican Party, the California Chamber of Commerce.

Drivers could be keeping their discounts

Continued from Pg. 1

with any company in the past five years, you could get some type of discount with your new provider. If the measure passes, it gives consumers the option to shop around when it comes to insurance without having their discounts stripped away.

In addition, anyone who does not currently have auto insurance or who has had a lapse in coverage would not be eli-gible for a discount unless the lapse was 90 days or less over the past five years.

According to yesprop33.com, pro-ponents for the initiative claim that, "the measure corrects current law, which pun-ishes drivers for seeking a better deal by taking away your continu-ous coverage discount."

Proponents believe that drivers should be able to shop around for a better deal without losing their discount.

According to Consumer Watchdog, a campaign opposing Proposition 33, claims the initiative "deregulates the in-surance industry, making big insurance companies less accountable."

However, against the measure also claim that it penalizes responsible drivers who did not need auto insurance in the past.

Advocates for the proposition at yesprop33.com also claim that the mea-sure "encourages uninsured drivers to ob-tain insurance, because it makes it easier for them to earn the continuous coverage discount, thus making our roads safer. Proposition 33 will result in more compe-tition between insurance companies and better insurance rates."

"I think this sounds like a good idea," said Monica Villarreal. "My insurance is already high. Any kind of driving discount will help me out."

If the proposal passes, advocates against the proposal believe it will lead to "cheaper insurance and better rates."

Anthony Castellanos thinks the mea-sure will not do much to help his insurance cost.

"My insurance is already high as it. I drive a Subaru! I don’t think this discount will do anything to reduce my current in-surance cost," said Castellanos.

KQED.org reports that if the measure passes, approximately 80 per-cent of drivers would qualify for the dis-count, however it would be paid for by drivers that don’t qualify for the discount.

California Proposition 34 holds life at a cost

Continued from Pg. 1

People in favor of Proposition 34 say that it is more than simply a moral proposition, it’s a financial issue as well.

"It costs state and county governments collectively between $100 million to $130 million annually to pay for increased inves-tigation of unsolved rape and murder cases," according to the Bay Area Reporter.

"I know how much money we have wasted on the death penalty," said Jeanne Woodford a former warden at San Quentin.

"We’ve spent $4 billion on the death penalty. The death penalty is far more expensive than if these individu-als had life in prison without possibility of parole," con-tinued Quentin.

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3 strikes come with certain exceptions

Continued from Pg. 1

Currently incarcerated, who had a non-violen-t third strike a second chance with reducing their life sentence.

In addition, Proposition 36 will ease up on life sentences only if the third strike does not pertain to vio-lence, drug of-fenses, sex offenses or involve firearm possessions.

Currently there are 8,800 felons in Cali-fornia serving life terms under 1994’s law and if Proposition 36 passes, 3,000 convicted felons who are currently incarcerated for non-violent three-strikes law and have a non-violent crime subject to petition their sentence.

Those who oppose this law argue it is unjust and wrong. "Judges and pros-ecutors don’t need Proposition 36," said

President of the District Attorneys Asso-ciation Carl Adams.

"In fact, it reduces our ability to use three-strikes to target dangerous repeat felons and get them off the streets once and for all."

However, felony charges for possession of controlled sub-stances and grand theft (with no fire-arms involved), are not classified as "violent or se-rious."

According to the California General Election Guide, if Proposition 36 is passed, the revision of the three-strike law can also save the state $70 million dollars annually in prison and parole operations and up to $90 mil-lion annually over the next couple of de-cades."

Estimates on saving are a total of $150 million for the state annu-ally.

Sexual offenders given less leniency

Continued from Pg. 1

definition of human trafficking

It will become required that con- victed human traffickers register as sex offenders, and prohibits evidence showing the victim engaging in sexual conduct from being used against the victim in court.

According to the of-ficial voter information guide, current fines of $100,000 will increase to up to $1.5 million. Sev-enty percent of fines will be distributed to public agencies, non-profit organizations that provide shelter or other direct services.

Fines will be distributed to law en-forcement and prosecution agencies in the jurisdiction of 30 percent. It will fund law enforcement training for human traf-ficking prevention, witness protection, and rescue operations.

However, those who oppose Proposi-tion 35, such as Erotic Service Provider Legal, Educational and Research Project, are consensual adults who work in pros-ecution.

“Maintains life sentence penalty for felons with non-serious, non-violent third strike if prior convictions were for rape, murder, or child molestation.”

Ballotpedia.org

Increased prison terms from the current five years to 15-years-to-life and fines up to $1.5 million.

"My son, who served our country in the U.S. military and now attends college, could be labeled a human trafficker and have to register as a sex offender if I sup-port him with money I earned providing erotic services,” said Maxine Doogan, as stated on esplorp.org.

If Proposition 35 is passed, additional requirements on regis-tered sex offenders will be enforced. They will be re-quired to report in-person identifiers such as: e-mail addresses, user names, screen names or anything similar that will be used in chat rooms, social networking or similar internet communication to lo-cal police or sheriff departments. Any changes in these identifiers need to be re-ported within 24 hours.

Costs to counties and cities will in-clude up to a few million dollars to train existing staff. Costs will diminish each subsequent year to train new and use-officers, states the official voter guide.

"I know how much money we have wasted on the death penalty," said Jeanne Woodford a former warden at San Quentin.

"We’ve spent $4 billion on the death penalty. The death penalty is far more expensive than if these individu-als had life in prison without possibility of parole," con-tinued Quentin.

The District Attorneys of Los Angeles and San Ber-nardino along with law enforcement agencies oppose Proposition 34.

"We cannot allow 700-plus death row inmates to be placed back into the general population as lifers, so they can enjoy TV, read their magazines, their newspapers, books and visit family members as the wife of a peace of-ficer gets to go down to the cemetery,” said Mike Ramos, the District Attorney for San Bernardino.

Estimates on saving are a total of $150 million for the state annu-ally.
CSUSB President Tomás Morales is using his time before voting day to spread information and concerns over Proposition 30. 

“Proposition 30 is the key to our recovery,” said Morales. “We want to educate the CSUSB community.”

Newly elected Chairman’s questionable background causes concerns in office

By BRENDA ACUNA Staff Writer

San Bernardino has a new Chairman of its Democratic party, but not everyone is welcoming him with open arms.

Chris Robles, a former Los Angeles County board member was recently elected on Sept. 27 to run the county’s Democratic Central Committee by a 31 to 22 vote.

While the position is an accomplishment for Robles, many committee members are skeptical of how he will perform due to some possible past transgressions.

According to the San Bernardino Sun, records show that in the past Robles violated the Political Reform Act, when he failed to properly report contributions and failed to file campaign statements during his position as treasurer for the 58 Assembly District Democratic Campaign.

One report showed that a political donation once winded up in a bank account belonging to the newly elected chairman’s businesses.

He was later fined by California’s Fair Political Practices Commission, which imposed a $2,000 fee for failing to file the campaign paperwork.

According to the state reprimand, “future violations could result in more fines of up to $5,000 each by the FPPC,” reports The Weekly.

In response to the allegations, Robles released a written statement last week to San Bernardino County Democratic Party Central Committee members. “Nearly 10 years ago while working for clients, I established political action committees as part of my job,” said Robles in his statement.

“I learned the hard way that campaign filings are not as easy as they look, and I was sent warning letters by the FPPC.”

Tim Prince, a committee member and San Bernardino attorney, thinks the recently elected chairman should be reviewed.

“For him to write this off as a book-keeping error is unacceptable,” said Prince.

“This guy showed up out of nowhere and we as a group didn’t have time to vet him.”

He has yet to comment further information regarding this matter.

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Debates aren’t the best route to sway voters

By MELISSA O’BECK
Staff Writer

President Barack Obama and Governor Mitt Romney went neck and neck during Tuesday’s presidential debate, leaving Fox News and CNN both declaring the debate a split decision for the win. However, was America’s decision left split? Not likely.

I am not dismissing the significance of staying informed about candidates’ platforms. According to Fox News, 67 million viewers tuned in to watch Tuesday night’s debate.

Was the bickering and battling entertaining? Yes.

Was it effective? In my opinion, no. If these debates, filled with vague concepts and misleading promises, have any kind of impact, it is probably not for the reasons you might think.

Danny Oppenheimer, Associate Professor of psychology and public policy at Princeton University, said in an interview with Popular Science, “Being actually knowledgeable about the issues doesn’t matter at all, unfortunately. What matters is that they sound like they are knowledgeable about the issues: don’t say “um,” don’t equivocate, don’t veer too far from conventional wisdom, don’t give complex answers.”

Literally, this is the only time the candidates will stand next to each other during the course of the campaign. When it comes to who a person will vote for, there are a number of factors affecting the popular perception of the candidates’ likability, competence and empathy, which voters derive initially from a first impression and appearance, not debates.

I personally believe the majority of people watch the debates with a predetermined decision on who they will vote for. This makes the viewer biased while watching and listening to the debate, often making them closed off to the other candidate’s argument.

“I don’t even usually vote, but if I decide to vote this year it’s definitely not going to be based off the debates.”

Marissa Thorn
Student

“While I enjoyed watching the debates, the candidates are never specific enough with what they will do as President, particularly Governor Romney,” said Communications Professor Donna Gotch. “It is hard to believe there are voters who are still undecided but language is powerful and voters can be persuaded by what candidates say in the debate.”

I can understand that voters who aren’t sure whether they will cast a ballot, or as CNN calls them, “the persuadables,” I highly doubt the ill-defined policies discussed during Tuesday’s debate is enough to steal the votes of the undecided.

“I don’t even usually vote, but if I decide to vote this year it’s definitely not going to be based off the debates.”

Marissa Thorn
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The W eekly Chuckle

The Boy Scouts of America have recently come under fire for keeping files of alleged child molestation and failing to report these allegations to the police. According to The New York Times, there are more than 15,000 pages that contain accusations of sexual abuse against 1,247 scout leaders from 1965 to 1985. For an organization that promotes honesty and trustworthiness, these actions are in complete opposition to such standards.

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It is getting harder and harder for students to cover all the costs of college, but a degree is still valuable in this economy.

According to an article in CNN, "2010 graduates suffered an unemployment rate of 9.1 percent when they graduated in 2010 up from 8.7 percent in 2009 and the highest level on record. But that's still less than half of the 20.4 percent unemployment rate for those who don't get a college degree, according to the Project on Student Debt." There are opportunities students can take advantage of to get the most out of their time here, instead of just coming to class and going home. By doing this you can ensure that you are getting more bang for your buck.

Taking full advantage of internships offered through the school and networking to make more contacts in your field are all coming just as important as a high GPA. The bottom line is that even though college is costing us a pretty penny, a degree is one of our only hopes at making it in this economically fragile country.

**Opinions**

**Costs may be high, but college is still worth it**

By MEGAN DAVIS
Staff Writer

Now more than ever, Coyotes are realizing the cost to wear those graduation caps and collect the degrees they worked so hard for.

But as many students are working toward their degree and closing in on graduation day, it is a common question nowadays whether our time and money spent in these classrooms will indeed be worth the life we lead after our time as college students come to an end.

It is no secret that our country is in a state of economic crisis and the job market is nowhere near as welcoming as it used to be, leaving many of us scared that we are wasting our time and spending or borrowing money we can’t pay back.

In fact, of the reported 20 million American college students, 12 million are borrowing money to cover school tuition and fees, according to *The Chronicle of Higher Education*.

A college student attending a public university such as CSUSB will owe on average $25,000 in loans by graduation day.

While this does seem like a daunting number, I believe that it will not be impossible or even overly strenuous to pay back the debt if you keep track of exactly what you owe and by choosing the best repayment plan for you.

“Is it truly unfortunate that most of us will have such high amounts of debt after we graduate, but we have to understand that tuition spikes are inevitable in this economy,” said student Amanda Stanford.

In addition, with the workforce being as competitive as it is, a degree is in fact becoming more of a requirement to even be considered for a job.

Employers need to know you have the education and ability to do a better job than every other person fighting for that same job.

However, some students are worried that even if they do land a job after graduation it will not guarantee that they will be able to pay off their student loans any time soon.

“If you do succeed in finding a job the pay is not as much as it was before, leaving most people in debt paying student loans because you are making less than you owe,” said student Leah Luna.

However, even with these nagging worries students should rest assured that after graduation their degree will continue to be beneficial even in these difficult times.

It is getting harder and harder for students to cover all the costs of college, but a degree is still valuable in this economy.

According to an article in CNN, “2010 graduates suffered an unemployment rate of 9.1 percent when they graduated in 2010 -- up from 8.7 percent in 2009 and the highest level on record. But that’s still less than half of the 20.4 percent unemployment rate for those who don’t get a college degree, according to the Project on Student Debt.” There are opportunities students can take advantage of to get the most out of their time here, instead of just coming to class and going home. By doing this you can ensure that you are getting more bang for your buck.

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The bottom line is that even though college is costing us a pretty penny, a degree is one of our only hopes at making it in this economically fragile country.

**Opinions**

**iPad Mini: is there really a need for it?**

By STEPHANIE "LILO" MADRIGAL
Staff Writer

Reports speculate that the features the iPad Mini will not have 4G speed, will not have a slicker look, but I do not understand why they would have the latest gadget out and get it right when it is released.

Maybe it is a certain feature or the slicker look, but I do not understand why people feel the need to buy the latest item as soon as it comes out.

All we can do is wait and see what the hype is about and see if this new gadget is really a need for it.

We all know that there will always be an upgrade from your current device, especially with Apple.

After the release of the iPhone 4, about six months later there was an upgrade to the iPhone 4S.

The rumors about the iPad Mini started when Apple sent out invitations for the Oct. 23 revealing of a new product stating “We’ve got a little more to show you.”

It seems there is most likely going to be an iPad Mini. This so-called launch date is definitely believable, due to the fact that the holiday season is coming.

If Apple launched the iPad Mini on Nov. 2, I believe they will have a great turnout of consumers adding onto the iPhone 5 around that time of year.

All we can do is wait and see what Apple’s little surprise is all about.

**Opinions**

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Bullied students take stand

By AMANDA WIGLEY
Staff Writer

National Anti-bullying Awareness Month kicked off with students sharing their experiences. This month kicked off bringing awareness to people across the nation that bullying is a very serious issue. “One incident of bullying [occurs] every seven minutes,” according to an article in the Huffington Post by Irene Monroe, the nationally-known African-American lesbian activist. When you think of bullying, you may think it only happens to younger students. But sadly it happens to students of all ages and levels. A CSUSB student was brave enough to tell his very personal story and I would like to share it with my readers so they can see just how painful bullying can be. He asked to remain anonymous, so out of respect for him I will refer to him as student throughout the article.

It all started for this student as a child, who was molested and “involuntarily introduced to sex by another male at a young age.”

After a life of confusion we move forward to the student’s time at CSUSB, where he “came out” as “gay”. The use of quotation marks is because the student feels that those terms are “merely labels given to us by society.” Sadly this student was bullied this year on our very own campus. He was verbally abused by a member of the Greek organization he is a part of, someone who he thought would be the last person on earth to bully him. “Faggot was the piercing word [he used] and I will never forget,” said the student. “Calling anyone a faggot with the purpose of offending another individual because of there declared orientation, is the most cowardice and insecure act of virtue and character I’ve ever seen.”

This student’s story will most likely hit home to many readers of this article. I talked to several students about bullying and at some point or another most people have experienced some type of bullying in their lives, or know someone who has. Many of the students I spoke with were bullied because of their sexual orientation. With last week being Coming Out Week for the LGBTQQIA community, I found this student’s story to be very relevant.

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If you are struggling with something of this nature, do not hesitate to stop by the Pride Center in the Santos Manuel Student Union room 112. You may find that others are experiencing the same thing you are, and that you are not alone. “To all my fellow LGBTQQIA souls out there who have decided to make that leap of faith, and to those who want to believe me when I say: Kindness kills the snake’s venom, and a smile heals the snake’s bite,” said the brave student that shared his story.

LGBTQQIA community comes “Out in Words”

By MARISSA MOONEY
Asst. A&E Editor

The Pride Center presented one of their Coming Out events, “Coming Out in Words” on Wednesday, Oct. 17 from 7 p.m. to 9 p.m. in the Student Union.

Throughout campus, the Pride Center advertises its events for the month of October in conjunction with the National Coming Out Day on Oct. 11. The Santos Manuel Student Union was turned into an open forum of storytelling, spoken word and other forms of creative expression to commemorate the Coming Out occasion.

According to the CSUSB Pride Center coming out is “the process of accepting one’s sexuality or gender identity, as well as the process of revealing one’s sexuality or gender identity to others.”

The room was filled with eager students ready to tell their personal stories to a crowded room of friends and strangers. A community of gay, lesbian, bisexual, questioning and straight students were patient and accepting to hear members of the community share their passionate stories. Emotion filled the room and a tissue was shared between each storyteller. The Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex and Ally (LGBTQQIA) community supported one another with respect and admiration.

The co-host of the event, Gabriela Sandoval, brought up a poem written by student Talisa Terrell who was not present for the event. It was a spoken-word piece titled Should I Step Out Of This Looking Glass. The poem told of Terrell’s experience...
CSUSB prepares for “Great ShakeOut”

By JOCELYN COBLET
Staff Writer

Millions of Californians statewide dropped to the ground last Thursday for the “Great California ShakeOut,” the earthquake preparedness drill.

At 10:18 a.m. in coordination with the date Oct. 18, people across Southern California “ducked and covered.” Together everyone braced for a mock 7.8 magnitude earthquake.

The Great ShakeOut is the world’s largest earthquake preparedness drill meant to get people ready for the big one. The purpose of the ShakeOut is to encourage people and organizations to be prepared to survive and recover when the next big earthquake happens.

This practice drill was once a regional event that began five years ago and is now an annual event. Metrolink, schools and retail stores all took part.

“Every earthquake that our subway has been in, they’ve (Metrolink trains) come through with flying colors,” said Metrolink Chairman Richard Katz, quoted to ABC7 News. “We have covered as much as we can cover, knowing that earthquakes and Mother Nature have more variables than we can plan for, but we feel very confident that we have a very good, safe system.”

Local leaders stressed the importance of not being complacent. “Hope doesn’t save lives - preparation does,” said Los Angeles Mayor Antonio Villaraigosa last Thursday morning, quoted to ABC7 News.

“Duck, cover and hold on. Do not run during earthquakes and being thrown. It is only sturdy,” said a Metrolink official.

“We’ve had people die from trying to run during earthquakes and being thrown. And so, the first thing we say is drop. Get down to the ground because the Earth’s going to put you there anyway,” said Lucy Jones with the U.S. Geological Survey.

Chris Nance with the California Earthquake Authority emphasized that all components are necessary to be prepared including emergency supplies, safety kits as well as practicing to drop, cover and hold on.

Multiple earthquake kits are needed in case of emergency. Kits should be placed in your car and home, so when disaster strikes chances are you will be near one or the other.

Faculty, staff and students on campus have automatically been enrolled to receive emergency messages, but you need to add your cellular phone information to receive text and voice messages on your mobile device. There is no charge for this service, but calls and text messaging fees from your cellular phone service providers apply.

CSUSB is urging all to update your contact information via MyCoyote and register your cell phones. This means adding or updating your mobile phone number. This will assure that you receive all messages during an actual emergency.

With this and our other quarterly drills, you will receive a pre-recorded message on your registered contact telephones, including your cellular phone. In addition, you’ll receive a text message on your cellular phone and an e-mail alert to your CSUSB e-mail account.

Southern California has not experienced a seismic disaster since the 1994 Northridge quake, which killed 72 people and caused $25 billion in damage to the Los Angeles region. Geologists are all saying that we are due for the next big quake. Be prepared CSUSB.

Keep positive for a brighter future

By EMILIE CHACON
Staff Writer

Positive thinking is a good habit that can help you get through hard times in college, work and interpersonal relations. Nobody can do it; it’s easy and you can practice it anywhere! Here is how:

According to Charlene M. Proctor, author of the Official Guide To Positive Thinking, “Positive thinking is a process of choosing positive emotions from stimuli in the environment and applying them to perceptions and beliefs.”

Positive thinking can help you achieve goals, cope with stress or just help you live better with yourself.

Unfortunately, we are used to being harsh with ourselves and we don’t hesitate to belittle ourselves in a way that we would never consider to be with other people.

One tip that can help you avoid negative thinking is to take deep breaths and write down all the negative thoughts you have in mind.

You can visualize those bad thoughts after you write them down and ask yourself how can you change them into a positive outlook that will help you through the hard moments in life.

Students on campus are already trying to live a better life by putting themselves in a positive state of mind.

“This is something I try to practice more, said Valery Beland, “I can’t say that it works every time, but I can definitely see a difference in my mood and my approach with work and school.”

Students Eric Law, Marisa Sanchez and Omar Diaz try to be more positive by hanging out with friends and spending time outdoors to avoid negative thinking and feel better.

“Like them, Beland enjoys some time by the pool to chase the bad thoughts away. “Most of the time, it is really calm by the pool and it helps me focus on the good things, also, watching a good movie is also something that makes me feel good. It chases all the bad thoughts from my head and I feel better.”

According to Remer Sasson from the website Success Consciousness, here are some other tips to help you practice positive thinking: visualize a positive situation, expect favorable results, be positive with yourself and other people, replace negative thinking with something more constructive, and smile more!

Practicing positive thinking can help you a lot, but it takes some time before getting used to it.

You have to persevere and then you’ll see the changes.

You can be your own worst enemy. So, don’t forget, instead of telling yourself how much of an idiot you are, focus on the positive and you’ll start to see the difference.
French-Canadian students journey to the Golden State

By MARC-OLIVIER DROUIN
Staff Writer

At the beginning of September, 15 French Canadians and myself packed our lives into suitcases, left the cold province of Quebec and took the road in direction of The Golden State for a semester abroad.

I came here by car with two other friends, 3,813 miles, three time zones and 15 days stuck in a Volkswagen Golf – the road trip of a lifetime. A plane was not an option for us since we wanted to cross the United States in order to discover the country.

It was one hell of an adventure where we were given the chance to discover the geographic diversity of the States. Our favorite parts of the road trip included Chicago, the Badlands National Park in South Dakota, Yellowstone National Park, San Francisco, Santa Cruz and the legendary Highway One.

After a 15 day journey, we finally stopped our car in San Bernardino where we met other students from Quebec. It was now time for all of us to start our new lives as exchange students and discover our new university, CSUSB.

With the help of the National Student Exchange program, we chose San Bernardino easily because of its wide selection of courses and perfect location; away from the Canadian winter and near beaches, major cities and attractions.

We didn’t have any major culture shock when we arrived here since Quebec and California are similar on various points ... except for the temperature and the “dry campus” thing. We do miss a couple of things from the cold north; friends, family and regional food.

“At my boyfriend, the thing I miss the most from home is dairy products. Milk out here tastes awful,” said Anne-Marie Paradis, an exchange student from the University of Sherbrooke.

In spite of the language barrier, our journey is going quite well. People are very friendly and everything seems to be in place to facilitate our integration.

According to Christine Manzo from the University of Quebec in Montreal, “CSUSB is a great place for international students, but sometimes we feel like the University of Quebec overprotects their students.”

In class, everything is so different than what we are used to – from schedule to evaluations. The majority of us think that the school here is easier than in Quebec, but much more demanding and time-consuming.

Comparatively to us, tuition here is much more expensive, but you get a lot of resources. In Quebec, we pay approximately $1,400 for a semester, but we don’t have fancy art buildings and equipment, as well as a beautiful campus.

Another thing that shocked us when we arrived here is how much water you are wasting to sprinkle the grass.

Seriously, I live in the province that owns the biggest reserve of drinkable water on earth and using it to sprinkle the grass is prohibited most of the time and frowned on – you can even get arrested!

Our journey in California will end Dec. 8; meanwhile don’t hesitate to talk with us to hear our strange accents.

Continued From Pg. 7

Students join together for National Coming Out Week

The celebration of National Coming Out day is a defining moment for the gay community. Many people, students on college campuses, and celebrities across the United States help advocate and spread the word of the celebration.

Throughout the year many cities have festivals and parades in celebration of the LGBTQQIA community including Los Angeles Pride, Long Beach Lesbian and Gay Pride, and film showcase Outfest.

Advocating for the greater good of a community shines in the Pride Center. Every event put on is organized and welcoming to all students on campus. The Pride Center is known on campus for being a welcoming and friendly environment. Through advocacy and education, the Pride Center “focuses on creating an inclusive and supportive environment for all university community members.”

The Pride Center is located in SMSU 112 and has an open door policy.

Students from the SMSU Pride Center join together for National Coming Out Week by creating a welcoming environment.

“Milk out here tastes awful.”

Anne-Marie Paradis
Exchange student

“Anne-Marie Paradisifierise can’t read the language on the table at the event.

A raffle for prizes like pride shirts were given out and being purchased in support of the Pride Center.
Local artists shine a light on their “Perspectives”

By MARIELA LIMON
Staff Writer

CSUSB’s Robert and Frances Fuller-ton Museum of Art gathered “Perspectives” artists Linda Vallejo, Luis G. Hernandez, Gregg Stone and David Rosales for a panel discussion on their work Thursday night.

The setting, though small, provided a comfortable environment for the LG-TQQIA community, as well as its supporters go through. The Pride Center hoped to provide a comfortable environment for the LG-TQQIA community to speak on their coming out stories and experiences.

The goal of “Out in Music” was to attract people with the lyrics of the song I wrote,” said Reyes. Setting the tone for the night with her performance, the audience roared and cheered, indicating that Reyes was right. The second act of the night was a female duet made up by students Essence and Celeste.

Their performance was accompanied by acoustic guitars and was well received by the audience. Essence and Celeste’s performance had the crowd interactive as they occasionally joined in by singing along. Throughout the night, students took the stage and performed cover songs as well as a couple spoken word performances that really shed some light on the struggles the LGBTQIA community, as well as its supporters go through.

The Pride Center hoped to provide a friendly attitude and an unexpected connection from the stories they heard.

One student shared how she didn’t expect the event to be as moving as it was and much less expected to be able to somehow relate to the struggles within the community. This indicates that the Pride Center’s aim at reaching out to everyone was indeed a success.

“I think that from the ‘Out in Music’ event people felt inspired to not hide and that’s it okay to be whoever they really are as well as gave people an open mind towards diversity,” said student Jesse Baeza.

Throughout the week of October 15-19, CSUSB students came together to celebrate National Coming Out Week, an event presented by the Santos Manuel Student Union Pride Center that included do-it-yourself activities, outdoor fun and music.

Each day featured a different event that welcomed not only the LGBTQQIA (Lesbian, Gay, Bisexual, Transgender, Queer, Questioning, Intersex, and Ally) community, but everyone on campus.

Tuesday night in particular was full of musical talent, as the SMSU dining area hosted the “Out in Music” event.

“The setting, though small, provided a warm and welcoming atmosphere that suited the event perfectly,” said Rosales. His realism art work in “New Az-tlan” explores the lives of those who live in the Latino community on both sides of the border.

Luis G. Hernandez, born in Mexicali, Baja California, bases his work on his experience of living in two countries. His work in “Variarizes” integrates a lot of text-based work.

“‘You know what it says but I’m interested in the openness,’” said Hernandez. His art looks simple but it also says a lot. “I use a lot of layers,” said Hernandez.

His work is very ambiguous; the texts can portray many different meanings to people. Hernandez makes it easy for people to understand that some things are not as easy to comprehend as others, even when it is a simple text.

All four artists have different views and experiences, but they all seem to agree that at the end of the day everyone will have their own interpretation of their work.

“Perspectives” will be on display until Dec. 15. General admission is free to the public. Suggested donation of $3. For more information on hours and upcoming events go to the museum’s website at www.raff-ma.csusb.edu.

CSUSB’s Robert and Frances Fuller-ton Museum of Art gathered “Perspectives” artists Linda Vallejo, Luis G. Hernandez, Gregg Stone and David Rosales for a panel discussion on their work Thursday night.

The museum is rich in culture, color and experience of artists from different backgrounds. The artists’ work can resonate with those who have had the same experience and those who try to understand them.

Linda Vallejo, a Boyle Heights native, has been painting since she was four years old.

Her exhibition Make “Em All Mexican,” features reappropriated antiques of pop culture icons. “I buy antiques and restore them,” said Vallejo.

Elvis Presley and George Washington are among the icons that have been visibly turned into Mexicans. Their looks have subtle changes, their skin color being the most visible change.

“They speak about me and my life,” said Vallejo. “I’m making the dolls like me.”

Vallejo’s post-modern work contains her personal experience as a Mexican-American.

David Rosales has lived his entire life in San Bernardino. He describes himself as an “Old fashioned painter.”

Rosales’ exhibition “Wicked King: Children of La Politana” is about San Bernardino. “I’ve seen San Bernardino change,” said Rosales, his family having lived in the area for over 100 years.

The San Bernardino Valley College professor integrates pluralism and racial misconceptions into a lot of his work.

Gregg Stone, from the Los Angeles area, dealt with a substance abuse problem before he started his work as a painter. His problem brought him to interact with a lot latinos in the Santa Ana area. “I submerged in that community,” said Stone. After spending six months in Tijuana, he decided to get sober.

After he achieved sobriety he wanted to “Paint all the marginalized people of Tijuana and the world,” said Stone. He works in the Southern California area as well as the northern region of Baja California, Mexico.

Stone’s realism art work in “New Az-tlan” explores the lives of those who live in the Latino community on both sides of the border.

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### The Chronicle’s top 5 scary movies

By ERICKA RUIZ

If Trick-or-treating isn’t on your to-do list this Halloween, you can keep the spirit alive by watching a few scary movies. Selections of scary movies can vary, but with these top five selections you are sure to have a spooky movie night that will keep you wishing you never had started the film but will lock your attention.

**Coming in at number five is the 1988 film “Child’s Play.” Serial killer Chucky, performed by veteran horror actor John F. Kennedy, performs voodoo rituals to transfer his soul into a doll right before he is killed and begins to seek revenge on humans in a gory manner.**

**Even though the movie seems to be dated, it certainly keeps the audience in suspense. The actors that created the doll were highly talented in that the mechanisms used to create Chucky’s face truly resembles human gestures, giving the viewers a realistic experience.**

**At number four, “The Ring” is a creepy movie that has you wondering why every time a mysterious film is played, the person watching it dies. In the movie the character is either not notified through a phone call that they have seven days, or the will encounter the “Ring.” There are plenty of “jumpy” scenes that will definitely keep you engaged throughout the movie. The Ring is a must watch because the pattern of deaths that occur build curiosity on what the real message of the mysterious film is. Many deaths occur but they all lead to the answers.**

**Opposite from the previous horror movies, “Frankenweenie” is a charming story of a young boy that loses his dog and best friend, Sparky. “Frankenweenie” is based on the homage of 1933 horror classic “Frankenstein.” In both movies, science brings back the dead. This movie may not be a typical Halloween movie but is a perfect one to bring the family together on a full moon.**

**At number two, “Paranormal Activity” created a sleepless and paranoid night for many viewers. The movie is based on a couple that moves into their new home in San Diego. After Katie tells her boyfriend Micah that she feels a familiar evil presence from when she was young might have followed her to their new home, Micah decides to put a camera beside their bed while they sleep. During the movie all the footage that was caught on camera happened at around 2 - 4 a.m. Possessed Katie sleep walking and at times just standing beside the bed facing down at her boyfriend Micah. When Katie wakes up in the morning she does not recall any of it. As the movie continues, the actions become more and more suspenseful and keeps audiences on the edge of their seat, breathless.**

**Finally, at number one, “The Exorcist” is a film that is based on a book written by William Peter Blatty. The movie digs into religious themes and explores the evil possession of a young girl. Throughout the movie two priests battle the demonic force that has taken control of the girl’s body. The acting in this movie goes beyond just any horror movie and truly opens the door to similar films like “The Devil Inside.” It is by far a fan favorite among audiences. In fact, according to Entertainment Weekly and Movies.com it was named “Scariest movie of all time.”**

There you have it! The top five movies that you must watch this Halloween. From a possessed doll to an outside force, these movies will keep you frightened throughout the month of October.

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### Titus Andronicus’ Local Business is the business

By ANTHONY LOPEZ

In Titus Andronicus’ third album, *Local Business*, the indie punk rock band from New Jersey finds themselves trying something different from their past albums: going mainstream.

The band, formed in 2005, consists of Eric Harm on drums, Ian Gratezer slapping the bass and Patrick Stickles on guitar and vocals.

They have left the standard styles of a heavy punk feel from their previous album and traded it for one filled with harmonious punk rock tunes. Although shocking, the change is quite an improvement for the band. NPR music described their debut album, *The Airing of Grievances*, as “[sounding] like yet another better-than-average punk band venting about its post-adolescent woes.”

For those who are unfamiliar with the band, their style of music is similar to that of Ben Folds Five and Neutral Milk Hotel. Relating in their use of piano and playful nature however excluding an overly whiny sound.

This time around Titus Andronicus (a name that comes from a Shakespearean tragedy) have gone for a more melodic collection of tunes.

This album shows the continued growth of the band since their second album, *The Monitor*, which ranked as one of the best albums of 2010 due to their roasting choruses and fun lyrics, according to Spinners.com.

*Local Business* demonstrates how the band is growing and experimenting along the way with different genres of music to create something that is wholly Titus Andronicus. This album is reminiscent of the catchy punk style found in Sonic Youth’s hit album, *Daydream Nation*, with its head bobbing melodies and their willingness to step out of their boundaries, resulting in a success for the band.

According to the band’s website, they have gone as far as to say, “While the first two albums were elaborate concoctions, *Local Business* is of the earth.” Although the album might not completely satisfy their fan base, their new style will attract outside interest and expand their fan base.

A minor complaint from the mainstream audience might be that the lyrics are not always easily audible but that would be missing the concept of the album. It is evident that the collection was meant to be fun and carefree.

In “Food Fight,” the band proves that in punk the lyrics are not supposed to be Shakespearean, screaming out “Food Fight!” a total of six times, while Stickles rocks out on the guitar complemented by a harmonica. The song feels like a rock song should: guiltless and fun.

On their second track, “Still Live with Hot Sauce and Silver” the band’s growth is clear. They start with a heavy emphasis on the guitar and drums, but it evolves into a catchy punk song about growing up, changing again into an emotional growling.

Overall, this gamble is a winner for the band. It is a catchy punk album that can be easily listened to by any audience. The songs are fun, strong and catchy. *Local Business* is definitely worth the sticker price and with a U.S. tour on the way, Titus Andronicus is worth a ticket stub.
English singer, songwriter and multi-instrumentalist Natasha Khan, also known as Bat For Lashes, has released her highly-anticipated third album *The Haunted Man*. After releasing her second album *Two Suns* back in 2009, Khan decided to take her time working on this album for three years. It’s clear that this new album was worth the wait.

Although Khan’s voice is reminiscent of many female artists, including Tori Amos, Kate Bush, Kimbra, Bjork, Annie Lennox and Siouxsie Sioux, she has a distinguished unique sound, especially on this album. Not only does this unique sound stem from her vocals, she also has the incredible talent to play piano, bass, guitar and the autoharp, which all take place in her music.

*The Haunted Man* is a bold and assertive love-themed album with romantic tracks such as “All Your Gold,” “Laura” and “Marilyn.”

Starting with the first track “Lilies,” Khan takes us into a blissful beginning, introducing synths and her goosebump-giving voice. Until the rest of the beat drops, the first few seconds of the song gives listeners an 80s feel. Soon it transitions into an uplifting track in which a thunderbolt hits you to remind you how beautiful life can be when you feel empty and low.

Touching isn’t it?

Following the first track is the addictive hit single that seemingly sounds like Gotye’s “Somebody That I Use to Know.” The story behind this song is something many of us can relate to: giving your all in a relationship that eventually ruptures and you’re left with nothing but you still catch yourself loving them.

The song, titled “All Your Gold,” starts with what seems to be tribal drums leading into the story of an old relationship affecting a new one. In the second verse, the lies and broken promises from the previous relationship were reminded when she found a love note from her new partner wishing it was from the old one.

She keeps reminding herself that the current one is a “good man” but she can’t help herself from staying at a distance because she still loves her ex.

However, she wants to give her new relationship a try but feels she has no “gold” left to offer.

The song “Laura” is about a female superstar that has a broken heart and tries to hide it behind “her smile and high heels.” Upon further reflection, this “Laura” chick sounds very much like Khan herself, being that she’s always witty and happy in her interviews - could she be talking about herself in disguise?

Overall, Khan worked hard on this album, creating an album we didn’t expect to be so personal. Nonetheless, this album is the “chick flick” of indie music, which clearly isn’t a bad thing. Taking her time to work hard on this album has definitely paid off.
START GETTING AHEAD OF THE GAME.

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START MOVING UP.

START COMMANDING ATTENTION.

START LEARNING MORE.

START TAKING CHARGE.

START OUT ON TOP.

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You can always make, or change your username to a nickname, initials, or something else that is non-identifying if you have to.

Carmona-Urbano fueled by thirst to win

By LINDSEY ALLEN
Staff Writer

Jani Carmona-Urbano is a career and family-focused athlete who is working hard to bring her best to the CSUSB women’s soccer team her senior year.

Carmona-Urbano is currently a forward on the CSUSB women’s soccer team.

She started out her college soccer career by playing her freshman season at Hawaii-Hilo in 2007 for current CSUSB coach Travis Clarke. She had two game-winning goals, including the team’s first win of the year against Hawaii Pacific.

As a sophomore in 2010, Carmona-Urbano impressively scored in 14 of the team’s 18 games and earned the school’s female Pug of the Year award, which is given to the best debut season by a Coyote. Additionally she earned second-team Daktronics West Region honors and named second-team All-CCAA.

As a junior in 2011, she broke her arm in the second preseason game after swinging her arm and hitting it on the head of a girl on the opposing team. Due to this, Carmona-Urbano was out for six games and during this time the team was 0-5-1.

When she returned to the field she helped the team to an eight game undefeated streak. She added goals against Cal State LA and Cal State East Bay, and also earned honorable mention All-CCAA.

Carmona-Urbano is passionate about her team and stressed how much she loves them.

“It’s the most special team I have ever been on,” she said. “I wish I had more years with them. I love all of them.”

When asked what her goals for the team this year are, she said, “To win the national championship. Everyone wants to be a champion. I’ve never been one, and I’m hoping this year I can become one.”

Carmona-Urbano was inspired by her father to play soccer growing up because he played professional soccer in Mexico. As a child she always watched him play which influenced her to pursue the sport.

Carmona-Urbano is majoring in Mass Communication and her career goal is to work for ESPN.

“Behind the scenes, on camera... anything,” she said.

Married with a 3 1/2 year-old daughter, she expressed how much spending time with her family means to her. She loves to be around them and to cook for them.

One of her main goals in life is to eventually own a house. “I want a house that my daughter can call home. That’s really important to me. I’ve always been in apartments so it’s a huge goal of mine,” she said.

She also coaches an under-9 girls’ soccer team in her spare time and says she really enjoys coaching.

Carmona-Urbano will surely continue to help drive her team to success with her skills and passion for soccer. Upon graduating in June, she will continue her road to success in hopes of achieving her dreams while focusing on her family.
Women’s soccer inches closer to playoffs with win over Chico

By RYAN LIBBY
Staff Writer

The women’s soccer team hoped to secure a spot in the playoffs and 2nd place in the South Division going into the weekend. Coming into the match against Chico State on Friday, the Lady Coyotes ranked fourth in their division, just two points behind Cal State L.A. for second. If the Coyotes manage to win each of their next two games, they would qualify for an automatic bid to the CCAA tournament. With two important games this weekend and two more games just as important next weekend, women’s head soccer coach Travis Clarke is doing everything he can to keep the team relaxed in practice. “They just do things to kind of lighten the mood a little bit. Especially with the women’s soccer team, the stress of being 2nd place and maybe making the playoffs and all of the other things that come along with these next four games,” said Clarke. “We try to take their mind off of that and that’s what our training sessions have been like recently.” Different warm-ups in practice have the ladies playing Tag and Red light, Green light as well as other kinds of games to keep practice fun. Coach Clarke didn’t seem too worried about Friday’s game against Chico State and their top scorer Scotie Walker, citing defense as the source of possible victory. “We have one of the best defenses in the conference,” Clarke said. “I think we’re just going to play how we play.” Their counterattack style offense relies heavily on the team’s strong defensive stands, as the Coyotes have the 5th best defense in the CCAA conference allowing just under one goal per game. However, the Lady Coyotes struggle when they have to come from behind, and with a record of 2-5-1, it is important for them to score early. “We don’t score many goals. We don’t give up many goals, so for us it is pivotal that we don’t give up the first goal,” said Clarke. When the team is able to score first, their record jumps to an unbeaten 5-0. Sunday’s game against Cal State Stanislaus looked to be a bit tougher. CSUSB’s defense would have to stop a team that scores 2.5 goals per game. Already on paper it seemed as if the Coyotes were behind because their offense scores 1.21 goals per game. Both defenses are evenly matched with the Warriors of Stanislaus ranking just ahead of CSUSB. Being patient seems to be the key to the game for the Coyotes. “We’re a counterattacking style team so our main strategy is to let them come at us and then when they make a mistake we counter attack and we’re really fast,” said Clarke.
Cross country sprints into playoffs

By DEVAN LEE
Staff Writer

The ladies of CSUSB women’s cross country continue to train hard in hopes for a successful finish to their 2012 season.

It is playoff time in the CCAA conference and the Lady Yotes landed top ten in the CCAA rankings, earning them a spot in the championship race in La Jolla, California.

“We definitely have a lot of strong points going into the playoffs this year,” said junior runner Jackeline Felix.

She claimed that the team has improved their running since the previous years, ultimately scoring them the right number of points in their races.

“In the past we would usually have one lead runner while the rest kind of trailed behind. This year, we have a group of strong runners who can keep up with each other and finish together,” said Felix.

Senior Katherine Gomez is one of the current successful runners this season. Although she suffered from an injury last season, Gomez worked through her minor setback this year and came out on top as the Lady Yotes front runner in the UC San Diego Tritons Invitational race Saturday Oct. 6.

With all the athleticism the team possesses, it appears as though these women seem to have all the right weapons needed to be successful in the playoffs.

The team’s success this season is nothing short of hard earned. Their achievements reflect not only the vigorous training days they endured every week, but the dedication they have for running.

Practices start as early as six in the morning for CSUSB women’s cross country. It consists of a variety of exercises that train every inch of the muscles needed to be physically up to par in long distance running.

From two mile warm ups to twelve mile mornings, their mobile style of training proves to be only half of the preparation needed for a race.

According to junior runner Sarah Colorado, long distance running not only requires a high level of physical fitness, but an overall focused state of mind.

“The day before a race I like to think about successful races in the past where I was feeling great, preformed great, and had great results. It gives me confidence,” said Colorado.

Perhaps self-confidence and integrity go a lot further in a long distance race than a high level of physical fitness.

“Along with a lot of water and sleep, being mentally prepared is really important in cross country,” said Felix.

Unlike other sports, she claims cross country is different because being mentally prepared for a race is the difference between a good or bad performance.

Perhaps there is much more to long distance running than extensive cardio and conditioning.

“My teammates and I have worked hard and are too determined to give anything less than our best,” said Colorado.

With regionals right around the corner, the Lady Yotes continue to lay it all out on the line for a high rank in the CCAA conference.

The CCAA cross country west regionals will take place on Nov. 3 in Kahuku, Hawaii at Hawaii Pacific University.

Women’s volleyball looks to maintain first place status

By MEGAN ACUNA
Staff Writer

Our Coyote volleyball team landed first place in their conference after they ended the first half of CCAA despite their weekend loss to Cal State East Bay and comeback win against Cal State Monterey Bay Oct. 12 and Oct. 13.

After an eight game winning streak, the Lady Yotes gave up a win at home in the CCAA rankings, earning them a spot in the championship race in La Jolla, California.

“We definitely have a lot of strong points going into the playoffs this year,” said junior runner Jackeline Felix.

She claimed that the team has improved their running since the previous years, ultimately scoring them the right number of points in their races.

“In the past we would usually have one lead runner while the rest kind of trailed behind. This year, we have a group of strong runners who can keep up with each other and finish together,” said Felix.

Senior Katherine Gomez is one of the current successful runners this season. Although she suffered from an injury last season, Gomez worked through her minor setback this year and came out on top as the Lady Yotes front runner in the UC San Diego Tritons Invitational race Saturday Oct. 6.

With all the athleticism the team possesses, it appears as though these women seem to have all the right weapons needed to be successful in the playoffs.

The team’s success this season is nothing short of hard earned. Their achievements reflect not only the vigorous training days they endured every week, but the dedication they have for running.

Practices start as early as six in the morning for CSUSB women’s cross country. It consists of a variety of exercises that train every inch of the muscles needed to be physically up to par in long distance running.

From two mile warm ups to twelve mile mornings, their mobile style of training proves to be only half of the preparation needed for a race.

According to junior runner Sarah Colorado, long distance running not only requires a high level of physical fitness, but an overall focused state of mind.

“The day before a race I like to think about successful races in the past where I was feeling great, preformed great, and had great results. It gives me confidence,” said Colorado.

Perhaps self-confidence and integrity go a lot further in a long distance race than a high level of physical fitness.

“Along with a lot of water and sleep, being mentally prepared is really important in cross country,” said Felix.

Unlike other sports, she claims cross country is different because being mentally prepared for a race is the difference between a good or bad performance.

Perhaps there is much more to long distance running than extensive cardio and conditioning.

“My teammates and I have worked hard and are too determined to give anything less than our best,” said Colorado.

With regionals right around the corner, the Lady Yotes continue to lay it all out on the line for a high rank in the CCAA conference.

The CCAA cross country west regionals will take place on Nov. 3 in Kahuku, Hawaii at Hawaii Pacific University.

The Coyotes had the advantage as they won the first two sets 25-20 and 25-19, but the Pioneers found momentum in the third set and the Coyotes weren’t able to overtake them after that.

The Pioneers won the final three sets 25-21, 25-22, and 15-7.

Freshman outside hitter Alexandra Torline led the team with 16 kills and fellow freshman middle blocker Brenna McIntosh led the Coyotes with one solo block and four block assists. All-American Senior setter Camille Smith led a tremendous 39 assists.

Three of the Yotes reached double digits in digs with sophomore libero Arielle McCullough leading the way with 19. Junior outside hitter Danielle Newcombe had 14 digs and Camille Smith had 12 digs.

The day after this disappointing loss, the Coyotes came back to defeat the Cal State Monterey Bay Otters at home in three sets at 25-17, 25-17 and 25-19.

Brenna McIntosh led the team with 12 kills, one ace, and four blocks while Alexandra Torline returned with nine kills and four blocks.

Senior middle blocker Mercedes Winchester added eight kills and four blocks to the Coyote’s stats. Freshman designated server Jordan Ortega stood out from the pack with four service aces against the Otters.

Arielle McCullough led the team with 14 digs while Danielle Newcombe and Camille Smith added eight each. Smith continued to dominate and led the team with 34 assists.

These recent games brought the Coyote’s record to 12-7 overall and 3-0 in CCAA play. Coach Cherniss seems very hopeful that the Coyotes will keep up their streak, but also takes into account how tough their opponents are.

“Finishing first in CCAA is the team’s objective. We’ve managed to hold the first place spot in the first half of conference play, but the conference is very close to make that call right now,” said Cherniss.

To play as well as a team and keep the wins coming, players need to have chemistry together and have good camaraderie.

Cherniss reiterates that the team is still young and continually learning but “they have a really good atmosphere in the gym during practice.”