By MARIELA LIMON
Staff Writer

The nation will be hit with $85 billion of automatic spending cuts beginning March 1, threatening jobs and funding nationwide, unless Congress agrees on a resolution plan to avoid cuts.

According to a White House blog, “Congress passed a law saying that if they couldn’t agree on a plan to reduce our deficit by $4 trillion – including the $2.5 trillion in deficit reduction lawmakers in both parties have already accomplished over the last few years – about $1 trillion in automatic, arbitrary cuts would start to take effect this year.”

If no action is taken, the proposed cuts will affect domestic and defense spending.

White House officials released a report on the impact the spending cuts, also known as sequestration, will have on each state.

In California there will be cuts for primary and secondary schools and teachers at a rate of $87.6 million and $3.6 billion in the state’s defense industry.

Work-study jobs for college students will be reduced by 2,690 jobs and 9,600 fewer students will get aid for their schooling.

The Head Start Program, public health, law enforcement, and public safety programs, among others, will all lose some funding.

According to whitehouse.gov, President Barack Obama spoke of the issue Feb. 19, “There are people whose livelihoods are at stake. There are communities that are going to be impacted in a negative way. And I know that sometimes all this squabbling in Washington seems very abstract, and in the abstract, people like the idea, there must be some spending we can cut, there must be some waste out there. There absolutely is. But this isn’t the right way to do it.”

Medicare and Social Security will not be affected with the cuts.

A plan appears to be out of the question due to President Obama and Democrats wanting to raise taxes in order to halt some of the spending cuts, something Republicans are generally opposed to.

The LA Times reports that according to a survey by the National Association for Business Economic, 60 percent of economists see the cuts as inevitable.

According to The Washington Post Speaker of the House John Boehner said Feb. 25, “The president can sit down with Harry Reid tonight and work with Senate Democrats, who have the majority in the Senate to move a bill. It’s time for them to act. I’ve made this clear for months now, and yet we’ve seen nothing.”

With time running out, the pressure is on.

Budget cuts result $85 billion out of the economy
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Gas prices are a bust

By BRENDA ACUNA
Art/News Editor

Unless you drive a Prius, Southern Californians have a lot to complain about in terms of gas prices.

With the average price of gasoline at $4.282 in the Inland Empire, the holes in my pockets keep getting deeper and deeper.

As a daily driver and commuter to CSUSB, I drive roughly between 80-100 miles a day. I commute five days a week to school and I absolutely hate having to spend so much on gas.

I drive a fuel efficient 2012 Honda Civic and I still have to fill up my gas tank every 3-4 days.

According to a AAA report, gas prices have risen for 32 days straight, and show no signs of abating.

Although some of the posts are very controversial enough, then you are lead to believe. In America, gas is the drug we cannot live without, driving is a daily part of our routine.

It’s crazy to see that from 2009-2012, the price of gas jumped to 83 percent, according to The Bureau of Labor Statistics.

We have a high demand for gas, and the only way to reduce gas prices is by using less.

That old rusty bicycle in my garage is starting to look better and better.

Confession sites all in good fun

By ANGELICE ROMERO
Staff Writer

The new app Whisper, and the Facebook page CSUSB Student Confessions, allows people to post their thoughts anonymously which is purely entertaining.

Reading the confessions has become a new pastime of mine and for other students as well, not to mention providing a stress reliever.

Confession #4435 is pretty personal, “I don’t want to be genetically engineered. I want to know if the food I’m consuming was made in a laboratory. Much like Frankenstein, Genetically Modified Organisms (GMOs) can be freaks of non-nature.

GMOs are created in a lab by taking genetic material from one organism and putting it into the DNA of another. If this wasn’t controversial enough, then you also need to consider that no official study has ever been conducted to define the long term effects of consuming GMOs.

For all we know, we could start growing extra limbs. According to a study done at Ohio State University, "Clinical trials would be difficult to perform because 60-70 percent of food products in groceries are already genetically modified." However, one of the risks associated with consuming genetically altered food is the possibility of an allergic reaction to certain proteins that can now be incorporated into foods.

So why are food companies producing products with GMOs?

According to The National Institute of Health, GMOs allow for an, "increased supply of food with reduced cost and longer shelf life." Basically for a couple cents in savings, if that.

The Agribusiness makes millions, maybe even billions in increased profits. And you get a product that has been sitting on the shelf longer than nature ever intended it to.

GMOs are gross and not worth supporting.

We have the right to choose better foods.

Don’t be cheap, spend the extra dollar on fresh and healthy foods.

We have the right to eat.

By SUU ELEN MANZANO
Staff Writer

You are what you eat.

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Being healthy on a student budget

By MEGAN SPENCER

Top Ramen Noodles and cereal is a typical college student meal. Yet, society pokes fun at the students diet even though people know they are broke.

Food is usually the least of student’s worries. Health counselors Katie Hoang and Yasmin Kalaji, who can be found in the Nutrition and Food Sciences department, understand you feel well and have tips and tricks to jump-start your nutrition plan.

First, they offer some important benefits to eating healthy.

“Eating healthy is about longevity and just all around feeling better. It makes it so you’re not sluggish and to prevent diseases like heart disease and even some cancers,” said Hoang.

For students on a budget they have many healthy options.

“In the Commons there is a salad and fruit bar, and at Tito’s Corner they have vegetarian options that are decently priced. I encourage you to check it out!” said Kalaji.

“Every Thursday outside of the student union there is a fresh fruit stand and it is only a few bucks,” said Hoang.

Not only is it important to start a healthy eating plan, but to maintain it. The number one thing is to engage in physical activity.

“Take the stairs. Park farther away. Use the school gym because you’re paying for it through your tuition anyway,” said Kalaji.

Visit and talk with the counselors in PS 319 for great advice. If you don’t already have a nutrition plan or your thinking of starting one, here are some tips to make this transition easier. Proportions should be around the size of your palm.

Use a smaller plate and it can help you eat less. Always aim to fill half the plate with vegetables and eat salad and vegetables before the meaty and starchy items. The trick is your meals should be colorful.

Not only is healthy food an important part of a daily lifestyle, water is as well.

“If you are on the go, download myfitnesspal to your phone and you can actually scan the barcode of your foods to track it that way.”

Students find ways to express their creativity

By KEVIN SCHAEFER

So you want a break from school but still want to be productive. What do you do?

Put down that remote control, get those creative juices flowing and express yourself!

There are many students on campus constantly trying new things or doing what they love.

Last weekend, student dancer Josh Shufford was busy performing in University Dance Company’s latest production “InstaDance.”

“We’re able to use our bodies and facial expressions to express how we feel through the song and perform it to an audience. I personally love the fact that performing arts allows us to do that,” said Shufford.

I caught students Gabriella Rubio and Kathleen Jordanson working in wood shop and doing metal work.

“Once you get into the rhythm of it your mind shuts off so it’s kind of like meditation. Its a good way to relax and get away from regular schoolwork,” said Rubio.

Getting into the zone helps distract you from all the commotion that you encounter everyday.

“I’m in my own zone and it makes me feel wonderful that I’m doing something not just for other people to enjoy but for me to enjoy as well,” said Jordanson.

Student Bryan Chavolla works in the visual arts building and practices calligraphy.

“For me it’s venting. It’s when I just don’t think about anything else. I unfocus myself by focusing myself,” said Chavolla.

When asked what he thought his life would be like without calligraphy, Chavolla responded “I’d be a lot more stressed. I can’t imagine not knowing calligraphy.”

Like these students, you are also able to detach themselves from the world around them.

Find something that interests you, get out there and put your own spin on it.

Art meditation brings out inner artists

By MICHAEL A. UMAÑA

Did you ever think drawing unique pieces of art could clear the mind of stress, worry and mental clutter? Do you ever think you could create and experience such a thing yourself?

Well now you can with the Zentangle Art Meditation, a Tools for Health, Resilience, Insight, Vitality & Empowerment (THRIVE) program provided by the Student Health and Psychological Counseling Center.

“When you let go, everything else just comes,” said Tess Sheets, the presenter of the Zentangle Art Meditation program.

“This is why the Zentangle Art Meditation program works so well for the stressful, high demand of student life. It brings out the inner artist in everyone while having fun and creating a unique piece of art.”

“The ability to relax and clear your mind allows the mind to open up and relieve stress that may be clouding judgment. This allows for more concentration, an increase in memory and less stress; while all in turn help students focus and do better in school and life,” said Sheets.

According to Heather Henry, who works for the Student Health and Psychological Counseling Center this program “has done very well for participants so far, that is why next quarter it will be provided again.”

For more information programs provided by the Student Health and Psychological Counseling Center they are urged to contact Henry at Henry@csusb.edu or 909-537-7118.
Cinematic talent awarded at Oscars

By SHANNON LUSTER
Staff Writer

The Oscars celebrated the best films of the year on Feb. 24 in an often entertaining event that included singing, dancing and more.

Host Seth MacFarlane, writer and creator of “Family Guy” and other shows, opened the Oscars with a joke about his quest to make actor Tommy Lee Jones smile.

The show opened with a fast-paced montage of clips from Bond films, speed- ing cars, beautiful women, handsome Bonds, and explosions complete with music.

First lady Michelle Obama made a surprise appearance with actor Jack Nicholson as they announced the coveted Best Picture “Argo,” directed by Ben Affleck.

Daniel Day-Lewis was awarded the Oscar for Best Leading Actor with his convincing portrayal of Abraham Lincoln in Steven Spielberg’s “Lincoln.”

Jennifer Lawrence’s strong performance in “Silver Linings Playbook” earned her the Oscar for Best Leading Actress.

Ang Lee, director of “Life of Pi,” won the Oscar for Best Director.

Spectacular musical performances were interspersed throughout the awards ceremony.

Barbra Streisand made a comeback after more than 30 years and performed the song, “The Way We Were,” a stirring tribute to the actors, actresses, and others who died this past year.

Actors Hugh Jackman, Anne Hathaway, Russell Crowe, and others of “Les Miserables” performed a medley of powerful songs, including Oscar nominated song, “Suddenly.”

Their performance incited a standing ovation from the audience.

Adele performed “Skyfall,” featured on the latest, wildly popular James Bond movie, “Skyfall,” and later won the Oscar for best original song.

MacFarlane and singer/actress Kristin Chenoweth performed a humorous song, “Here’s to the Losers,” about the movies that didn’t win, ending the Oscars on a comedic high.

Gamers for PS4

By MIKE SESSION
Staff Writer

After Sony’s very successful run with the PlayStation 3, which was released back in 2006, the PS4 is slated to be much more advanced in nearly every aspect as far as software compatibility, speed and features.

Complete downloadable content is now available, allowing consumers to not only purchase games from retail stores, but download games right onto the hard drive. The download doesn’t even have to be completed before gameplay, as it will continue downloading using PlayStation’s new secondary background processor.

Players can expect another dimension of realism as the new PlayStation Move controller has been announced. Much like the Nintendo Wii controller, players will be able to move about and place themselves in the game, an enhancement of previous user capabilities.

The PS4 will continue the classic DualShock controller, with the DualShock 4. This controller features a share button, which allows users to share clips of their gameplay with other users and on social networking sites.

Some of the downsides of this new system is the incompatibility of previous PS3 games and former PS controllers. Users will have to utilize the DualShock 4 or PlayStation Move, as well as strictly PS4 games, unlike the past game system. Overall, it shouldn’t be much of a problem, as the new features and improvements should take gamers by surprise.

Save all of your tax money now, because the PS4 is due this holiday season.

Board Game Club is anything but boring

By ADAM GHOSSEIN
Staff Writer

The Board Game Club (BGC) is a group of students that meet after classes to play board games. The club is run by a group of students who are passionate about playing board games.

The BGC meets regularly on Thursdays in the Santos Manuel Student Union in room 216 at 6 p.m. and on Fridays in room 389 at 2 p.m.

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Daniel Day-Lewis, Jennifer Lawrence, Anne Hathaway and Christoph Waltz each earned an Oscar in the acting categories.

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MacFarlane and singer/actress Kristin Chenoweth performed a humorous song, “Here’s to the Losers,” about the movies that didn’t win, ending the Oscars on a co- medic high.
Creepy, eerie and unusual sounds of drums and electronic synthesizers as well as a haunting voice fill my ears and I am just plain scared.

Atoms For Peace’s debut album, *Amok*, was released on Feb. 23. The experimental rock and electronic super group was formed in late 2009 in Los Angeles.

The five man band consists of Radiohead lead singer Thom Yorke (vocal, guitar, and piano), Red Hot Chili Peppers bassist Flea, longtime Radiohead producer Nigel Godrich (keyboards, synths), Joey Waronker of Beck and R.E.M. (drums) and Brazilian instrumentalist Mauro Refosco (percussion).

*Amok* provides the listeners with dark artistic electronic sounds. The album is made up of nine tracks with a variety of beats, overwhelmed by one seriously creepy singer. Starting the album off is the track “Before Your Very Eyes,” which has a nice tone of electronically created beats, constant strumming of the bass, scraping percussion, and Yorke’s ghostly voice.

As the song began I thought it had a nice ring to it, but as it went on I thought to myself, “What the heck is going on?”

One song, “Ingenue” has a nice beat that is easy to listen to and is mellow. Yorke manages to keep the vocals high pitched and eerie throughout the song as well as throughout the entire album. He sobs, “If I knew now what I knew then/ Just give me more time I hope and pray/ I mistake all you say/ The seeds of the dandelion you blow away.”

If Katy Perry sang this I would still be freaked out. The song had a nice vibe to it, but like most of the tracks on this album, the creepy voice gets too intense to a point where the listener almost starts to feel uncomfortable. *Amok* consisted of TranSiC production, but Yorke’s ghostly persona doesn’t bring it justice. If you like paranormal voices with upbeat tones that builds but never gives that boom, this album is for you, but if not don’t waste your time.

By ZYRUS CRUZ
Staff Writer

Atoms for Peace’s sound lost in space

Photo courtesy of Atoms for Peace

Atoms for Peace’s Thom Yorke, Flea of the Red Hot Chili Peppers, Nigel Godrich, Joey Waronker and Mauro Refosco, have a sound all their own. But the seemingly haphazardly thrown together super band runs the risk of sounding too experimental.
Sports

Reneker: Lives to coach team

Continued from Pg. 8

vantage is being able to influence athletes and help them with their experiences and life lessons and see them succeed.

"Usually before every game I have a goal that I set for the girls," said Reneker.

"I revert back to my philosophy after the game and let them know that we succeeded because we focused on our goal and gave our best effort. Each game we become more successful. We are striving to accomplish a goal and it's being done as a team."

Head Coach Sarah Reneker continues to lead her team to success and follows her dreams as her father advised.

Haddock: hard-working athlete

Continued from Pg. 8

would have to be the Black Cement Air Jordan 3," said Haddock.

Other things that Haddock likes to do when he’s not collecting shoes or shooting a basketball is watching his favorite NBA team, the Los Angeles Lakers, which also has his favorite player, Kobe Bryant.

“Kobe Bryant makes the game look so easy to play and is hands down my favorite basketball player," Haddock said.

Overall, Haddock is a motivated, dedicated and passionate player for what he does on and off the court.

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Leaders of the pack: Their stories

Cassise brings competition

By KRISTOPHER SARIKAS
Staff Writer

Curtis Cassise, senior baseball player at CSUSB, is a well-rounded athlete from Riverside. He has been playing baseball for the past 17 years and enjoys the competitiveness of the game.

“I love the competition and what it brings,” said Cassise. He plays as an infielder and has a current season total of 10 runs, six hits, and five runners brought in.

Upon graduation, Cassise will have earned a degree in history and is planning to become a teacher and coach.

In his earlier years he attended La Sierra High School where he was a four-year letter winner.

After high school he went on to play at Riverside Community College and during his sophomore year he was a four-year letter winner.

He went on to play at RCC and during his junior year Cassise was named as shortstop.

He also was able to play second and third base.

Cassise finished the season with 13 hits, with a total of 19 sacrifice hits in 38 games. He started 36 of 35 games and earned a batting average of .216.

He showed his natural talents in game one of the season against the Albany Panthers while playing at third base.

He made five appearances at the plate, made contact, and brought in two runs.

Furthermore, the Coyotes ended the game with a victory and almost shut out the Panthers with a final score of 9-1.

Cassise added that any team can beat another team any day.

In other words it does not matter whether your playing the worst team or the best team, you have to be ready.

Huffman’s passion for the game

By ERIN LEACH
Staff Writer

CSUSB student athlete Kris ten Huffman is leaving the Cal State Community College this year after two seasons of playing with the women’s basketball team.

Huffman and the other seniors are finding it difficult to part from such a driven dedicated team.

So far this season the senior forward has played 182 minutes of basketball and says she doesn’t regret any of it.

Huffman has put 33 total points on the board for the Coyote women.

A transfer from Humboldt State, Huffman is a sociology major who saw plans or possibly pursing a coaching career.

“Over this last summer, I helped coach a freshman team at Saint Francis High School in Sacramento. It really solidified that coaching is the direction I want to go,” said Huffman.

She notes that she loves everything about the sport of basketball.

Haddock: Dedicated athlete

By BRANDON LANDRUM
Staff Writer

Lacy Haddock is a junior guard for the CSUSB men’s basketball team, and has been playing basketball for most of his life.

Not only is he a great basketball player, but he also wants to be involved with sports after college.

In his first year playing for the Coyotes, Haddock is averaging 10.5 points, 4.5 assist, and 2.7 rebounds this season.

Due to his dedication on the court, the off the court family is his motivation.

He is the youngest of three siblings and was born and raised in the bright lights of Las Vegas, NV.

“What motivates me to go out and play basketball is my family and my mother because it makes me work hard to get to the next level and I want to help out my family," said Haddock.

With having his family as motivation, Haddock also has a mentor he could talk to.

“My mentor would have to be my old coach Ronnie Childress, because if I need some advice whether if it’s about basketball or life, I could always give him a call," Haddock replied.

When asked what his greatest moment as a player was, he had many to share but it was one in particular that he remembers vividly.

“Last year, I had knee surgery and my second game back off of knee surgery, I hit a shot at the buzzer to win the game for me and my team," Haddock explained.

By coming off his injury and hitting the game-winning shot, it showed he was dedicated.

Haddock has not only shown strong dedication to his team, but also inside the classroom.

Haddock is a good student in the classroom and is studying psychology and has a plan to become a sports therapist in the future.

If you don’t know, Lacy is one of the biggest shoe fanatics you will meet, having a collection of more than 50 pairs of shoes, whether it is Nike or retro pairs of Air Jordan.

“My favorite sneaker is Nike Air Jordan that is black and grey colorway, I absolutely love them,” said Haddock.

Reneker follows dreams

By INNO SITA
Staff Writer

Sarah Reneker, CSUSB’s head coach for the women’s water polo team opened up about her life experience of leading a great team.

Reneker is a CSUSB alumna graduate of 2006, majoring in Communications/ Media.

Her major has given her the experience to interact with individuals on multiple levels.

She also expanded her photography skills as a side business.

“I began doing photography when I wrote for Coyote Chronicles,” said Reneker.

She began playing water polo at John W. North High School and then after graduation she decided to play at CSUSB while she coached an age group club team in Riverside.

After I graduated, I assisted at John W. North. In 2007 I moved to Seattle, but ended up coming back in 2008 where I was approached by CSUSB to come out and assist. The following year I became head coach,” said Reneker.

Reneker is a CSUSB alumni graduate of 2006, majoring in Communication-Mass Media.

Her role model is her father and her high school coach.

“My father taught me to always go after my dreams and my coach taught me what it takes to be dedicated. He made me the athlete that I am today," said Reneker.

A struggle that she had in the beginning was her age and gender, gaining the respect from other coaches took some time.

She shared her coaching philosophy.

“I always emphasize on putting forth your best effort and always strive to be the best you can be. By doing both of those you will be successful. I want my players to not only apply this in their playing, but in all life as well.”

Also, she states that coaching is very rewarding.

Her greatest ad

Continued on Pg. 7

Since being coach, her players have motivated her throughout the seasons and work extremely hard.

“It is an amazing feeling to see how well they come together and see how they are able to achieve the goals I set for them and what they set for themselves," she said.

Her role model is her father and her high school college coach.

“My father taught me to always go after my dreams and my coach taught me what it takes to be dedicated. He made me the athlete that I am today," said Reneker.

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Her greatest ad

Continued on Pg. 7