New wage boost should help students

By CLARISSA TOLL
Staff Writer

The minimum wage will rise to $10.10 an hour if a recent proposal put forth by the Democrats passes the Senate.

As it stands now, the federal minimum wage is $7.25 an hour.

If the Fair Minimum Wage Act of 2013 were to pass, it would be the highest increase in the United States since 1997.

A recent study by the Economic Policy Institute revealed that minimum wage earners are not in poverty, yet their job opportunities are impaired as well as those who are.

Coyote Chronicle, in a study done by the Restaurant Opportunities Centers United (ROCU), it’s claimed, “Nearly six million workers would be lifted out of poverty if the minimum wage were raised to $10.10 as has been proposed in Congress.”

According to the ROCU, this figure represents 58 percent of the 10 million working poor who fall below poverty levels. Although some experts believe a raise such as this will cause damage to employment rates.

William Dunkleberg, a contributor for Forbes, stated last year, "Raising the cost of labor raises the incentive for employers to find ways to use less labor. Most minimum wage earners are not in poverty, yet their employment opportunities are impaired as well as those who are.”

Dunkleberg adds, "This is but one of the poorly designed policies that are created by politicians who have little or no understanding of how business works.”

CSUSB economic experts have weighed in on the issue, as well. Professor Eric Nilsson of CSUSB’s department of Economics, stated in an email that in past years economists thought an increased minimum wage would cause a significant loss in jobs for low wage workers, but the idea has since been proven wrong.

“Recent years many economists have become less concerned about job losses following an increase in the minimum wage as high quality empirical research has revealed that increased minimum wages don’t seem to lead to much, if any, job losses,” added Nilsson.

This past March, the House Republicans unanimously voted against the same legislation that the President now stands behind.

As stated on raisetheminimumwage.com, “Raising wages reduces costly employee turnover and increases productivity. When the minimum wage goes up, employers can enjoy these benefits of paying higher wages without being placed at a competitive disadvantage, since all companies

Continue on Pg. 3
Master of Social Work and Master of Arts in Clinical Psychology: Marriage and Family Therapy

Azusa Pacific University’s graduate programs empower you to put compassion into action. Prepare to make a difference.

Master of Social Work
- Internships in the Greater Los Angeles area
- Integration of faith and social work practice
- Full-time and part-time options
For more information, visit apsu.edu/msw/.

Master of Arts in Clinical Psychology: Marriage and Family Therapy
- Alignment with current California licensure requirements
- Professionally active faculty who teach from personal experience
- A curriculum that integrates spirituality and values
- A blend of the theoretical and practical elements of psychology
For more information, visit apsu.edu/mft/.

Staff Writers
Abigail Tejada, Andy Quintana, Angel Lizardi, Alyssa Gradias, Brenda Servin, Brittany Crow, Clarissa Tell, Courtney Mato, Daniel De Marro, Devin Ramos, Drawaka Lopez, Dante Medder, Greg Andriyoo, Ireno Sine, Joel Hanke, Jonathan R. Wyme, Kandace Hall, Katherine Hernandez, Kenneth Young, Maria Perry, Marion Gil, Mary G. Moreno, Michael Sessions, Phil Ruddle, Richard Barred, Shane Burrell, Shelby Gonzales, Song Wi, Tarlyma Qualls, Yara Del Rio-Dominguez

Mail:
California State University, San Bernardino
University Hall, Room 04-037
5500 University Parkway
San Bernardino, CA 92407

Office: (909) 537-5209
Advertising: (909) 537-5815
E-mail: csuchronicle@csusb.edu
coyotecronicle.net
coyotecronicle.com

The Coyote Chronicle is published every Friday for distribution on Monday during the academic session by the Communications department. The opinions expressed in the Chronicle are those of the student writers and editors and do not reflect the views of the university, its faculty, or any other person or institution unless expressly noted. The appearance of any advertisement in the Chronicle does not represent an endorsement of the products or services advertised. The Chronicle reserves the right to edit or reject all materials submitted to the paper.
Food quantity shrinks while prices go up

By DANIEL DEMARCO Staff Writer

Food quantities, prices, and selection have stirred controversy across the CSUSB campus.

Allegations center around decreasing portion sizes with prices remaining the same or rising.

Some believe the increase in minimum wage was the cause of these perceived changes.

According to Dave Janosky, general manager of Sodexo at CSUSB, minimum wage is going to do with portion or price changes.

Sodexo is the company that manages most of the food on campus such as the Commons cafeteria, the Student Union food court, and the various food concessions stand.

Sodexo does not manage the vending machines or the bookstore.

“All food has increased to match inflation and we limited our price increases to only a few items,” stated Janosky.

Janosky explains that the Blue Coyote Pub and Eatery seems to be the only source of the phenomena regarding food portions.

Regular patrons of The Blue Coyote Pub have voiced concerns over shrinking food portions in the popular eatery.

Janosky explained Sodexo is already in the process of fixing the problem and are even creating a new student-driven menu for the pub.

In reference to other complaints of portion changes, he believes it is more an issue of perception and not actual changes in amounts (different food containers for example).

Janosky also explains that some things have actually increased in portion size such as the burgers served at the Commons, which are now up to 6 oz. from 4 oz. previously.

According to Janosky they are always keeping up with competition’s prices in the area and trying to remain even or lower whenever they can.

However, a longtime Sodexo employee who asked to remain anonymous, believes the prices are “ridiculous” and that portions are indeed decreasing. The employee also claims almost all the food on campus has see a rise in price.

Coca-Cola has forced the school to lower prices on their products before because they felt the school was “price gouging” their products, said the anonymous employee.

Another concern centers around taxes on food that should not be taxed, such as fruits.

Students Tania Mejia and Jackie Padilla said they prefer to off campus to buy food because they say it’s cheaper.

Mejia and Padilla say that the Student Union is usually “too crowded” and the food is “greasy.”

In regards to the Commons they say the food is “better for you” and “better quality,” but that the prices are too high.

Students Ryan Weaver, Steven Pittman, and Nick Steffes eat on campus every day only because of their mandated meal plans. They say the prices of food are “way too high,” and that were it not for their meal plans, they would eat off campus.

Student Anagabriela Sweeney says she has never purchased food on campus.

Upon seeing campus food prices, she said, “I was shocked by their intention of ever purchasing food at school. Sweeney believes that with student expenses such as tuition and parking passes, the school should be helping the students more.

“They’re taking advantage of students because they know we need the food,” said Sweeney.

Prices seem to vary across campus as well.

On Odwalla juice/protein/smoothie drink can be bought for $3.19 at the book store or for $3.09 in the Student Union, whereas a Core Protein drink can be bought for $3.49 at the bookstore or $4.69 at the Student Union.

Out of 40 students polled on campus, all 40 said they believed campus food prices were too high.

Minimum wage boosts working class

Continued from Pg. 1

Minimum wage boosts working class

By MARION GIL Staff Writer

“We have a scarcity of water everywhere, but what we do have is a lot of talk about water everywhere these days.”

David Nahai, president of David Nahai consulting services was the keynote speaker at a forum on California’s water crisis on Tuesday, Nov. 12, in Los Angeles.

The forum was held to bring attention to the causes of the water crisis and to discuss potential solutions, with many environmentalists and water conservation advocates gathering to discuss their ideas.

Evidence of the crisis can be seen in the Owens and Colorado rivers, with the Owens river having already dried up and the Colorado river beginning to suffer water shortages according to evidence presented at the forum by the speakers.

The Colorado river provides water for California, Nevada, Utah, Arizona, Wyoming, New Mexico, and Colorado.

Global climate change and irresponsible use of water by humans are the main causes for the water crisis, according to the speaker at the forum.

The Southwest is also requiring that more water be diverted from rivers and underground aquifers.

According to the documentary, “The American Southwest: Are We Running Dry?” shown at the forum in LA, the average American uses over 100 gallons of water a day.

As rivers begin to dry up more water is being pumped from the underground aquifers, a source of water that will never be replenished and that have a direct effect on the wetlands above.

“We have taken more and depleted the rivers that nature has put in and there have been consequences,” said Scott Slater, member of Water & Public Lands Group and speaker at the forum.

The forum also held discussions on possible solutions to the crisis.

Large scale solution suggestions include the use of water reuse, harvesting rain water and storing it in cisterns, xeriscaping, and desalination of ocean water among other possible solutions.

The CSUSB campus has already taken steps towards less water consumption.

I try and value water as much as possible and I am attentive to how much water I use/waste, even in the smallest possible ways,” said student Aimee Villapando.

One major example of CSUSB taking a step towards water conservation was the creation of the Water Conservation Demonstration Garden.

The garden is a campus xeriscaping project that utilizes native plant life that require little water while still beautifying the campus.

“Native plants have been overlooked for their aesthetic beauty in gardening,” said Brett Gorforth, a CSUSB associate professor and specialist on local plant life.

They say the plants are a natural way for the campus to maximize the amount of water used for irrigation on campus and in Southern California neighborhhoods,” added Gorforth.

Gorforth is also excited that the utilization of local plant life will restore local wildlife saying “species ranges from butteflies to birds will benefit from restored habitat provided by native plant use.”

While climate change is still an unpredictable factor in the water crisis, steps are being taken to raise awareness and to conserve water.
Traffic officials in San Bernardino will have to make a decision regarding the addition of toll lanes and/or carpool lanes to California Interstates 10 and 15 come December of this year.

A gathering of traffic congestion experts attended the Decision Time Ahead: Tolls, Carpools, or Gridlock? luncheon at CSUSB on Wednesday, Nov. 6.

The luncheon was co-sponsored by the College of Business and Public Administration’s Business Alliance and the William and Barbara Leonard Transportation Center.

These experts came to offer solutions to the traffic congestion that happens daily on California Interstates 10 and 15.

CSUSB’s Public Affairs’ news release stated, “The outcomes, whatever they may be, will affect nearly all aspects of life in the Inland Empire.”

“From commuters heading to work or school, to businesses that depend on delivery and shipment of goods, to motorists who are stuck in gridlock traffic,” according to a press release by CSUSB Public Affairs.

Building these new toll lanes would mean construction would have to take place on over 50 miles of Interstates 10 and 15.

If the officials decide to implement these new toll road and/or carpool lanes they will also need to decide how the project will be funded.

Student Michelle Pace said, “I don’t see how adding toll lanes would be a solution, I think it would cause more traffic.”

“People would have to wait in long lines just to go through the toll booths,” said Pace.

Similar toll road projects, such as the 91 Freeway toll roads, claim to improve traffic congestion, but only for those that use the roads by paying a monthly fee.

True North Research of Encinitas’ findings, which were reported to Voice of OC, stated that “generally satisfied travelers estimated they shave about half an hour from their travel times by paying the tolls.”

According to the research, “the average monthly toll bill for those surveyed was $57.55.”

The Fastrak system places a transponder in the car.

This transponder records how many times a user has past through the tolls and proceeds to bill the user based on the fees per month.

Handling cash or stopping at each toll booth wouldn’t be an issue because of this hands-free, no-observation-necessary device.

“The only question I have is would businesses or homes along those freeways have to be torn down and paved over in order to make room for these new expansions?” said student Shannon Owens.

By TORILYNN QUALLS
Staff Writer

A year after Proposition 30 was introduced, colleges have benefited after tax hikes.

Proposition 30, a Sales and Income Tax Increase Initiative, was introduced during the 2012 elections sponsored by Gov. Jerry Brown.

Proposition 30 generates additional revenue for the public education system by raising the state sales tax by a quarter percent for four years and increasing the income tax rate up to 13.3 percent for Californians for those with a taxable income of over $1 million.

Without Proposition 30, California’s public schools and community colleges would have had $6 billion worth of budget cuts annually, according to The San Bernardino Sun.

According to the Official Voter Information Guide for the California General Elections, no to the proposition would have meant even more budget cuts for the California Public Educational System.

Since the passing of the proposition, a temporary sales tax increase along with an income tax increase on Californians that have an annual taxable income over $250,000 for seven years was implemented.

Many feared that the income tax increase would cause businesses owners to take their businesses to a different state.

“Although the wealthiest prefer to not pay higher taxes, no evidence exists that these increased taxes will have a bad effect on the California economy, said CSUSB Economics Professor Eric Nilsson.

“The wealth will not leave the state because of this relatively modest tax increase and no evidence exists that fewer small businesses will be formed,” added Nilsson.

The revenue from Proposition 30 will go towards funding programs in the state budget.

Many school districts have been able to reinstate programs they had previously cut and avoided laying off any more teachers, counselors and staff.

In the Los Angeles Unified School District both summer classes and adult classes were restored along with five unpaid furlough days, according to The San Bernardino Sun.

San Bernardino County’s Chaffey Joint Union High School District was able to restore its 180-day calendar along with setting aside for supplies and equipment and providing tutors for struggling students.

The California State University system has kept its promise of not raising tuition fees this year due to the approval of Proposition 30 which passed $220 million on to the system according to The OC Register.

“I was really happy when I found out that Prop 30 had passed tuition was getting higher and higher every year, it’s good that we get a break,” said CSUSB student Rosa Rivas.

According to the “Thorn Hartmann Program,” Proposition 30 does not specifically state that it will keep California college’s tuition rates the same.

Assembly Bill 67 by Assemblyman Jeff Gorell and Senate Bill 58 by Senator Anthony Cannella were introduced due to the fact that Proposition 30 does not guarantee an end to tuition rate increases.

Both of the bills were meant to prevent tuition rates and fees from rising at all California State University (CSU), University of California (UC) and community college campuses.

Tuition would remain the same for a span of at least seven years under the proposal, which is the same amount of time that the tax increases from Proposition 30 would be in effect.

Both pieces of legislation are currently active.
Living on campus isn’t cheap

By KATERINA McCAULEY
Staff Writer

I think Serrano Village dorms would be a more attractive place to live if the rooms offered were cheaper. To live in the dorms all three quarters would cost you $4,806 or $534 a month, but when you add the mandatory meal plan that total jumps to $6,882. That’s a lot to pay for a room but that cost includes various maintenance fees such as tech support, cable, electricity and other amenities. Looking at the month to month rent freshmen dorms do seem affordable.

But when you look at the regular school year as a whole it’s a lot to pay for a shared room, a shared bathroom, and a shared kitchen and living area with roughly 40 people, plus guests.

While housing claims the included amenities is a positive side to living on campus, most city apartments will also have the same amenities included in your rent.

Your only responsibility for separate bills like cable, internet, electricity, gas and water.

Some places even offer free water, and paying your own amenity bills are actually on the cheaper side as long as you don’t have the habit of leaving lights on all night.

I feel like this payment set up can push student interest in the freshmen dorms away.

A simple peek at apartment websites and visits to apartments in the campus area show a lower cost narrative of student living.

Student Carolina Meza canceled her freshmen dorm contract and moved into an apartment where she shares rent with her sister and two other students just a five minute drive from campus.

“When you live in an apartment with friends its cheaper in the long run,” said Meza. “Sure freshmen dorms are $1,500 a quarter, but there is the extra charge of the mandatory meal plan so it’s way easier to pay $300-$500 a month and have your own kitchen.”

Group renting apartments or houses is a popular option among students. A large monthly rent can be split between students saving everyone money year round.

Students do have a wish to experience life on campus and looking into cheaper freshman housing can benefit both students and campus housing.

Cheaper rent will bring in more students and the experience will encourage them to stay with campus housing.

“The environment is what made it a good experience,” said student Linda Agulera. “Lots of people I know would love to live on campus but can’t afford it.”

Student Wendy Martinez also loved her time in the freshmen dorms. “The experience was worth it, but considering the room, I guess it could have been cheaper.”

“My sorority sisters always ask me how I could afford it,” continued Martinez. “And some of them wished they could live on campus too.”

Next year Martinez is looking into group renting a house to further her savings.

A common complaint is made about the mandatory meal plan that is required to have in order to live in Serrano Village.

The mandatory meal plan system was begun to make sure incoming freshmen were eating properly and not risking their health to cut food bills down. But even still, some students see it as an added expense.

Agulera stated that the meal plan could be better if students had more say and more flexibility.

Living in the freshmen dorms is a great experience, and can help foster more school spirit and involvement on campus.

If students can start to see this campus as potential to be “home” with a reasonable price tag, it can and will be.

The spirit of giving should never end

By MARIA PERRY
Staff Writer

We tend to spend so much time emphasizing what we want to get during the holidays that we forget about giving and volunteering.

I think that volunteering has become viewed as a seasonal activity because we tend to think more about giving to others during the holiday season than throughout the rest of the year.

“I think it is the time of year when people think about what they are grateful for,” said student Kathleen Ashbaker.

“They want to help people that are less fortunate than themselves who perhaps don’t have as much.”

One of the main problems that makes volunteering hard during other times of the year is that people have to devote more time into work and school than relaxation. Adding on time to volunteer can be too exhausting, especially when they already had a hard day at work.

“The hardest part would have to be the time commitment,” said student Pari Aryafar. “But I think if you could help someone, you would any way you can and donating a few hours of your time a week could make that happen.”

Most people have a little more time over the holidays because they have time off from school and work so they can commit more time to family, friends, and community events, and that allows them more time to volunteer.

The holiday season also has a way of making people think about how blessed they are in their lives a little bit, as well, reminding them that others may not be as blessed as they are because they don’t have as much access to necessities as others do.

Perhaps it is better to think of volunteering as more of a pleasure than a chore because it is rewarding in that volunteers give back to their community by helping the less fortunate live safer, healthier and happier lives.

“The most rewarding thing about volunteering would be the feeling of doing something good without being asked to do it,” said student Kaithlyn Huntington.

“When asked how she felt when she volunteered student Juana Juarez said,”While I volunteer I basically feel happy because I naturally love helping whether it’s a non-profitable or profitable it just feels good having to help others.”

People should volunteer because it is the humane thing to do and not just because the holidays are almost here.

People need help being fed, bathed and sheltered all times of the year. In a sense volunteering is like a gift to both the giver and receiver.

This is because the less fortunate get necessities and love, and the volunteer receives the happiness that they have given someone hope or the strength to keep going by letting them know that there is someone that cares.

So this year people should try to make a resolution to be the start of a solution for those in need throughout the year and not just throughout the season.
PETA treats animals unethically

By ANDY QUINTANA
Staff Writer

There are a lot of students who are advocates for animal rights. Many were shocked at the revelations that the People for the Ethical Treatment of Animals (PETA) is mistreating animals. The Huffington Post released an article that shed a dark light on the inner workings of PETA by showing pictures of sheltered and surrendered animals being killed at the hands of the organization. I believe if organizations such as PETA wish for us to place our trust in them then we should be able to fully investigate and bring to light their corporate ventures. “While claiming to be an animal rights organization, PETA does not believe animals have a right to live,” said The Huffington Post. “Instead, it believes that people have a right to kill them, as long as the killing is done humane.”

According to The Huffington Post, PETA had no intention of helping animals get into homes due to not having adequate housing in its corporate building. The surrendered animals that were given to PETA would be used in destroying them stated The Huffington Post. “We should definitely investigate them, because many times their purpose is not always about providing services to consumers,” said student Jonathan Blue. “Their objective most of the time is in acquiring high profits at any cost.”

Student Kati Russo feels that investigations on companies with bad representation are reasonable but those that have been reliable should be trusted. “If they have been proven reliable and have not had any controversy regarding them, then I have no problem trusting them,” said Russo. “If the company has a bad reputation or scandal attached to their name, then I think an investigation would be reasonable.”

If there is anything an organization attempts to cover up, then it needs to be brought to light. “I believe that the majority of them hide or attempt to cover up wrongful situations,” said student April Standifer. “If investigations occur, then it may start to make companies and organizations hold themselves accountable.”

Student Kim Brand felt that PETA must be held liable, especially if the actions taken by PETA are proven to be hypocritical. “Their actions are inexcusable and they should definitely be held liable,” said Brand. “Big companies and organizations need to be watched closely because nowadays, corporations have no souls.”

If we want to be able to make a change that will help in the long run, we must take notice in the actions of organizations such as PETA. We must be aware of our donations and the organizations. We must stop donating to PETA. If we wish to continue to donate for the cause of animal rights, we must search out for other possible alternatives. I was not previously aware of PETA’s actions. I am now fully aware and wish only to raise awareness of this ongoing issue.

Engaged citizens create engaged government

By PETER LEVINE
Guest Writer

The same government that can intercept any digital communication on the face of the earth does not seem to be able to process the information that citizens voluntarily provide about their eligibility for health insurance. The NSA surveillance controversy and the tortured rollout of the Obamacare website are two sides of the same coin. They explain why Americans are so angry about government. But, as a rule, we get the government we deserve. Political institutions work well when citizens are engaged: following the news, electing good representatives, and pitching in ourselves to address serious national problems like health care and national security. When people are detached, governments generally fail. So where are we going to get more active and responsible citizens? That’s where you come in. It can be an effective citizen. Civic engagement that improves the world almost always has three characteristics. It is deliberative: citizens talk and listen to fellow citizens who may disagree with them. It is collaborative: citizens actually roll up their sleeves and work together, building or saving or producing goods. And it creates civic relationships, partnerships among people who want to improve the world together. If you are not doing civic work, you should think about getting involved. Many thousands of college students are volunteers and activists. If you are already active, you should connect with other people who are also involved. Even if they work on different issues or come from different communities, they face the same challenges.

For instance, why does our political system cater to professionally-led, well-funded interests instead of citizens who represent and collaborate? Why do schools and colleges offer so little civic education? Why is so little funding available for citizens’ groups? Why do the news and entertainment media rarely depict citizens working together to address problems? You need to sit down with other active citizens to discuss how to change policies, laws, funding streams, and media coverage so that citizen work can flourish and prosper again.

That will begin to build a movement of active citizens, which is the only thing that can improve our democracy.

Peter Levine is a professor at Tufts University and author of the new book We Are the Ones We Have Been Waiting For: The Promise of Civic Renewal in America.
WE ARE NOT UNEMPLOYABLE!

As times get more progressive, so too should the workplace. Students express themselves with piercings sounding off about the stigma they faced in getting and keeping their jobs.

By DONTE MEDDER
Staff Writer

It's time for the art of expression through body piercing to make its way into the workplace. Currently, workers must now decide if they want to conform to the professional standard of a clean cut workforce or maintain a sense of individualism through self-expression like body piercings. But why?

The reasoning behind body piercings vary. Some are religious in nature, spiritual, for self-expression, aesthetic value, for sexual pleasure or to conform or rebel against culture. Contemporary piercing is often done in tattoo shops and most often uses safe body piercing materials.

One can just look around and see athletes, rock musicians, movie stars and others in the media with visible piercings. Dennis Rodman, Rihanna, Lenny Kravitz and Lil Wayne are just a few that come to mind.

The question is if the visible individual expressions of body piercings are accepted in the work force, and if not will they ever be?

Lucas Cuny, business concierge in the Career Center, believes that an overabundance of piercings is not welcome in the work environment. In some industries it can be accepted such as the fashion and entertainment industries. But a lot of businesses are still run in a conservative manner.

Students have different views on piercings in the work place. Student Brianna Brown has an on-campus job and during her interview chose to wear her nose piercing. She believes that piercings have grown to be accepted.

"Executives are now seen with tattoos and piercings," said Brown. "Personally, I wouldn't wear my hoop, I would wear a small stud instead, but they are more common now."

Student Kenya Johnson wears her facial piercings during interviews, and does not see the problem with them. She said, "I wear my piercings at interviews because I think they shouldn't base me being hired off of how I look but rather what I bring to the table skill wise."

With more people working from home, this could become less of a social issue. But as long as there is still strict conservative businesses, some jobs will not be available for people who choose to show their individuality through piercings.

Until then, studded students, wear your loops and hoops proud, be a good employee and maybe you'll help to bring a change in the future.

Donte Medder | Chronicle Photos
The holidays are quickly approaching and we all know what that means! Food! Family and friendly gatherings are nothing new to the holiday scene, but for students on a holiday budget, preparing a holiday treat can seem a bit pricey.

One of my favorite and least expensive holiday meals to make is green bean casserole. Green bean casserole requires only a bag of jack and cheddar shredded cheese, two cans of green beans, two cans of mushroom soup and a bag of crispy onions. There are many ways to add to the casserole like adding bacon bits, but I like to keep it simple and I always get compliments on this dish.

So let’s get started!

First preheat oven to 350 degrees Fahrenheit.

Step 1: Pour 1 can of the green beans into a mixing dish without draining the liquid. (It adds extra flavor) Second pour all contents of the second can but drain the liquid of this can.

Step 2: Pour the two cans of the mushroom soup into bowl and make sure to mix thoroughly.

Step 3: Add a handful of jack and cheddar shredded cheese to the mix and make sure to mix thoroughly.

Step 4: Once oven reaches the desired temperature, place the dish into the oven for about 15 minutes.

Step 5: After 15 minutes, carefully remove the dish with oven mitts and add the whole bag of crispy french onions to the top. Then place it back into oven.

Step 6: After 15 minutes the green bean casserole should be hot and ready to serve about 10-12 people.

This is one of my favorite dishes to make, because I personally do not use any measuring cups. I base my measurements from a standard can. Also this dish is extremely affordable, I only spent about $10 on the dish. Stater Brothers sells 79 cent cans of green beans and Target had 65 cent cans of mushroom soup. A small bag of crispy french onions is under $2 and a bag of jack and cheddar cheese is also under $2.

If you are looking to make a yummy and affordable dish, then I think green bean casserole should be your first choice!

As students, we may be familiar with Jack Brown Hall on campus, but we may not be so familiar with who Jack Brown is. It is home of the College of Business and Public Administration, where departments like computer science and mathematics are located. According to the CSUSB website, Jack H. Brown Hall opened in 1993. This five story building is named after Jack H. Brown, CEO of Stater Bros. Markets and Doctor of Humane Letters. It was built in honor of his involvement and support to CSUSB and the surrounding local communities.

He is a passionate person who spends his effort in economics and education. He is considered a leading business person in Southern California, and he served the supermarket industry for over 60 years. He was born in July of 1940 and started his career when he was just ten years old. He started to work in the supermarket industry as a box boy after his father, elder Jack H. Brown a deputy sheriff passed away.

His mother made less than $15 a week and taught young Jack to always work hard so that he could become successful. After serving in the United States Navy for two years and after graduating from UCLA, he worked for a local grocery market. And after becoming president and CEO of Stater Bros. Markets, he returned to his hometown of San Bernardino in 1981. Jack Brown pledged a million dollars to building enhancement in 1992, and thus Jack Brown Hall was completed in 1993. He instructed as an adjunct professor, appointed by CSUSB, of the College of Business and Public Administration, and also supports employees of Stater Bros. Market with scholarships. Later he contributed for three scholarships for the University.

The College of Business and Public Administration has produced over 13,000 graduates who work in the economy of California, and is honored to carry his name on the building.
By BRITTANY CROW

Staff Writer

Holiday breaks mean different things to different students. For some, it means no school, but to others, it means vacations, trips, fun, and spending time with family and friends.

The holiday break couldn’t have come any sooner, but many of us are wanting to enjoy ourselves during the break, without emptying our wallets.

Our Student Recreation and Fitness Center on campus provides activities for students to go on like snow trips during the winter.

The trips to look into would be the one-day Snow Valley Snowboarding trip in our very own San Bernardino Mountains, which will be held on Dec. 8, 15, and 18.

Snowshoe Hike is to be held on Dec. 23 and is located near Palm Springs.

You can enjoy your time on the slopes for less than $60.

Both of these trips include your tram ticket, snowshoes, transportation, and lunch is provided for you. To find out more information stop by the Recreation Center and pick up a brochure.

Student Stephanie Plascenia, plans on going snow-boarding at Mountain High Resorts. She says it’s less expensive compared to Big Bear.

Mt. High Snowboarding and skiing for adults cost $35 per day which includes snowboard and boots, poles, helmet rental.

If you plan on going with a group of friends, Mountain High offers a six-pack deal for eight adults for only $199, that’s as little as $33 per adult, talk about a great savings.

For those of you who don’t live near the high desert and are wanting to find something close and convenient Big Bear Mountain is another popular ski resort.

Student Brian Sanchez says, that he goes to Big Bear with his friends every December to enjoy the slopes. Sanchez exclaims, that even though it’s a little more expensive then other resorts, it’s about a 45 minute drive from where he lives.

Big Bear mountains regular season tickets run from $60-$35 for tickets depending on if you go during the day, night or half day.

Ski and snowboarding rentals are $30 for adults during the day, which includes ski-board and boots, half-day and night rentals go for $25.

Both of these popular and well-known resorts offer lodging at just $60 per night at close hotels and if it’s your first time at any of these resorts, you’re able to get lessons that can fit your personal needs.

If you’re not wanting to splurge too much during the holiday, there are plenty of other fun activities to do that don’t come with a big cost.

Every year myself and a few of my friends take a stroll through Thoroughbred Lane near Hillside and Sapphire north of the 210 freeway in Rancho Cucamonga.

Here you can find houses that are decked out with the best Christmas lights decorations around town and decorated with different themes.

As winter break draws near, it is the best time to start planning some fun and memorable times with friends after a long 10-week quarter.

By SHANE BURRELL

Asst. Sports Editor

For most students, Fall quarter is the quarter that more than just homework is due; grad checks and applying to graduate school looms on the horizon.

Those deciding to take the leap into graduate studies have a lot of work ahead of them, and juggling it all could be incredibly stressful.

Just the prospect of choosing a school can be intimidating. This school will likely identify this person’s career and further guidance makes professors like Fowlie an invaluable resource for students looking to further their education beyond undergraduate studies.

Fowlie said that when she finished her undergraduate studies she didn’t have to take the GRE for CSUSB’s Communications department, “Because my Bachelors degree was done here at Cal State San Bernardino I decided to do my Masters degree here, and I was happy I didn’t have to take the GRE,” said Fowlie.

Though some, like Fowlie, may luck out into such situations, still others happen to get in schools where GRE scores aren’t even necessary — places like overseas.

Students that didn’t have a chance to study abroad during their undergraduate careers have another chance to study in the country of their choice. Grad School gives students an opportunity to travel to another country to complete their Masters.

Some programs abroad will accept students that haven’t taken the GRE into their programs to study and have the experience of traveling abroad and experience what they might have missed out when they were completing their bachelor’s.

Compared to finishing your Masters in the U.S., finishing your Masters abroad only takes roughly two years on an appropriate schedule.

“I am happy that I ended up here because I think that the experience that I got here was so challenging that the whole first quarter that I spent in graduate studies was a gut check for me,” said Fowlie.

First-hand experience in the application processes, and being able to provide further guidance makes professors like Fowlie an invaluable resource for students looking to further their education beyond undergraduate studies.

Applying for graduate school may be something that could be very stressful, and although your time spent there will be even more stressful, in the end it’s well worth it.

“I am happy that I ended up here because I think that the experience that I got here was so challenging that the whole first quarter that I spent in graduate studies was a gut check for me,” said Fowlie.

First-hand experience in the application processes, and being able to provide further guidance makes professors like Fowlie an invaluable resource for students looking to further their education beyond undergraduate studies.

Applying for graduate school may be something that could be very stressful, and although your time spent there will be even more stressful, in the end it’s well worth it.
Little monsters everywhere are rejoicing after Lady Gaga’s ARTPOP finally hit shelves last week. The highly anticipated album is the third studio album.

The record was predicted to sell an estimated 260,000 copies by Nov. 17. ARTPOP’s, “Applause” debuted at number six on the Billboard Hot 100 list and has since maintained a spot on the top 10 for 13 consecutive weeks.

However, Gaga’s second single “Do What You Want” featuring R. Kelly only placed thirteenth on the Hot 100 and has fallen drastically.

Other featured artists on the record include T.I., Too Short, and Twista. All three artists can be heard on the track “Jewels N’ Drugs,” which, has a more hip-hop sound than the rest of the record.

Throughout the rest of the album, Gaga embraces a more electronic/pop sound. Several of her songs are dance party tunes.

Not only does the album have a more electronic feel, it also reflects an 80s inspired sound too.

In songs such as “Swine” and “Do-natella,” you hear a strong electronic/techno beat. These two songs are standard rave beats. If you’re in the mood to dance the album certainly has a lot to offer.

Gaga has always been known to push the limits and has cementer her spot as one of the more “out there” artists, but this time she has gone further than just her image. Gaga’s songs are a bit racier and the lyrics are far more explicit than what her monsters are comfortable with.

Her album was even given a parental advisory label and after listening to the album as a whole, it obvious why.

She tends to dig into her provocative side in songs “Do What You Want,” “Venus,” and “Sєєєx Dreams.”

“I heard your boyfriend was away this weekend wanna meet at my place.”

I had mixed feelings about the album, I enjoyed the beats but her voice, well that’s negotiable.

Gaga dramatizes her powerful voice and sings with more emotion ARTPOP. Perhaps a bit too much. The voice featured In “Gypsy,” felt more authentic, she wasn’t trying too hard and sounded in my opinion, natural.

Gaga’s career has been an increasingly experimental journey. In the beginning her music was fun and less weird. Her last album Born This Way and now ARTPOP are her voyages into the art side of being an artist.

ARTPOP still maintains that level of craziness that Gaga has been known for in the past but, in my opinion, I see her growing out of that phase of her artistic life and growing as an artist.

There is no doubt that Lady Gaga is talented. For someone like myself who has never cared all that much for her music or her over-the-top image, I found myself enjoying the newer beats she’s using in her music.

Though Gaga is not my cup of tea I believe her little monsters will surely be pleased with her new album ARTPOP and will continue to support Gaga while she grows as an artist.

By SHELBY GONZALES
Staff Writer
Students gets crafty for the 125th Anniversary of Yosemite National Park

In celebration of Yosemite National Park’s 125th anniversary, Art 238 graphic design students created posters that captured its significance.

Known for its granite cliffs, waterfalls, hiking trails, and its biological diversity, Yosemite covers an area of over 700,000 acres with a visitation of over 3 million people each year.

There are various activities Yosemite offers year round that attract many visitors such as the availability for people to hike and take easy strolls.

While some locations are more hiker-friendly, there are other views that can be enjoyed from the car.

Many scenic trails are designed specifically for cars to drive and observe the night sky and the beauty of the wilderness the park provides.

Yosemite National Park has created meaningful memories for many people, making the anniversary special.

Professor Thomas Ruvolo’s Art 238 graphic design students showed their recognition of Yosemite on Thursday, commemorating the anniversary with posters.

The exhibit was shown in the Visual Arts building with the students’ graphic designs displayed on the walls around the room.

Each poster was related to the park, its wildlife, and the memories it has created for the public, displaying the message, “In Recognition of Yosemite Heritage,” expressing how they view the national park with a picture they created.

Food and refreshments were served and students got together and shared their favorite pieces while munching on snacks and admiring their work.

There were bookmarks sprawled out on a table that the students had designed and were free to take for those that went to admire the exhibit.

Thomas Ruvolo was clearly proud of his students’ projects and expressed that he had a few favorites.

When asked what his inspiration was for the assignment he said, “I was looking for something that had some importance and it’s always difficult to find a project that everybody could get behind so I felt that this was a national treasure.”

When Ruvolo did some previous research he found the importance he was looking for, “I found that they are having a 125th anniversary coming up in 2015, so I thought it was a good project to have.”

The project took the students about four weeks to complete.

This was one of the first projects that they did. Students take this theme and apply to the rest of the projects to be completed throughout the quarter.

These projects throughout the quarter include a poster and bookmark which were displayed at the exhibit, and students also have to complete a brochure and a website applying the Yosemite theme.

The graphic design students enjoyed seeing their projects being displayed and each piece captured the park’s meaningful attributes.

It was the perfect way for the students to commemorate the anniversary and show off their graphic design talent.

By AYSSA GRADIAS
Staff Writer

In celebration of Yosemite National Park’s 125th anniversary, Art 238 graphic design students created posters that captured the park’s significance.

Known for its granite cliffs, waterfalls, hiking trails, and its biological diversity, Yosemite covers an area of over 700,000 acres with a visitation of over 3 million people each year.

There are various activities Yosemite offers year round that attract many visitors such as the availability for people to hike and take easy strolls.

While some locations are more hiker-friendly, there are other views that can be enjoyed from the car.

Many scenic trails are designed specifically for cars to drive and observe the night sky and the beauty of the wilderness the park provides.

Yosemite National Park has created meaningful memories for many people, making the anniversary special.

Professor Thomas Ruvolo’s Art 238 graphic design students showed their recognition of Yosemite on Thursday, commemorating the anniversary with posters.

The exhibit was shown in the Visual Arts building with the students’ graphic designs displayed on the walls around the room.

Each poster was related to the park, its wildlife, and the memories it has created for the public, displaying the message, “In Recognition of Yosemite Heritage,” expressing how they view the national park with a picture they created.

Food and refreshments were served and students got together and shared their favorite pieces while munching on snacks and admiring their work.

There were bookmarks sprawled out on a table that the students had designed and were free to take for those that went to admire the exhibit.

Thomas Ruvolo was clearly proud of his students’ projects and expressed that he had a few favorites.

When asked what his inspiration was for the assignment he said, “I was looking for something that had some importance and it’s always difficult to find a project that everybody could get behind so I felt that this was a national treasure.”

When Ruvolo did some previous research he found the importance he was looking for, “I found that they are having a 125th anniversary coming up in 2015, so I thought it was a good project to have.”

The project took the students about four weeks to complete.

This was one of the first projects that they did. Students take this theme and apply to the rest of the projects to be completed throughout the quarter.

These projects throughout the quarter include a poster and bookmark which were displayed at the exhibit, and students also have to complete a brochure and a website applying the Yosemite theme.

The graphic design students enjoyed seeing their projects being displayed and each piece captured the park’s meaningful attributes.

It was the perfect way for the students to commemorate the anniversary and show off their graphic design talent.
Beats Antique rocked the Yost theatre stage time traveling viewers through a Hero's Journey and their new album A Thousand Faces Act 1.

The tour made a stop in Santa Ana this past Wednesday, Nov. 13, after recently releasing their sixth album on Oct. 15.

The first concept album A Thousand Faces Act 1 was inspired by Joseph Campbell’s mono-myth, A Hero With a Thousand Faces.

The album utilizes a vast number of worldly instruments to construct their very own musical interpretation of Campbell’s Hero’s Journey.

The trio combine experimental, world music, and electronic to create a tribal fusion of both sound and live performance.

Their musical performance brought together numerous cultural traditions and sound from all across the globe.

Established in Oakland California in 2007, Beats Antique consists of three band members: beat maker and percussionist Tommy Cappel, AKA Sidecar Tommy, multi-instrumentalist David Satori, and coproducer/innovative tribal belly-dancer Zoe Jakes.

Beats Antique’s sound incorporates many aspects of modern-day electronic sound along with a more primitive tribal core including genres such as Middle Eastern belly-dance music, Afrobeat, old school jazz, and most recently instruments from traditional Indonesian gamelan ensembles.

In attendance was fellow dancer and music enthusiast, Katy Leona, who stated “I hadn’t listened to the new album prior to tonight, but I have seen Beast Antique seven or eight times and that was the all-time most ‘awe’ inspiring performance I’ve ever seen them do. Sidecar Tommy and David Satori both had moments highlighting their musical talent.

Zoe James danced like never before with new eastern inspired energy and dance moves.

Leona added, “Everyone in the room experienced waves of ecstatic sonic and visual pleasures throughout the night.”

Their live performance played the entirety of the new album from start to finish, captivating the audience from beginning to end as if reading a story.

Along with each song, or segment of the Hero’s story, brought a completely different visually stimulating performance.

Even with all the visual lights and shape shifting projections, the real connection with the crowd came through Jake’s entrancing dance performance.

She must of changed into at least ten different costumes, with every song she would throw the audience into a brand new epic as if turning the page of a fairy tale book to the next story.

In the opening number, “Overture” James was bejeweled from head to toe in her regularly fashioned belly dancing attire.

She captivating the audience with her rhythmically slow Egyptian style dance moves.

Later on she was portrayed as a sideshow circus floozy during “Doors of Desiring,” as projections of Cappel and Satori came on screen as carnival barkers drawing the audience into the “show.”

Jakes then proceeded to pick a random person from the audience to win one of three prizes, ‘eternal damnation,’ ‘eternal lasting life,’ or ‘an unlimited band with free technical support.’

As a countdown of three, two, one sounded around the venue, the beat then dropped causing a giant blown up one eyed monster to pop out of the stage and begin dancing with Jake’s and the random audience member.

After listening to this album and seeing the performance, not one track of this album sounds similar to another.

With each song comes a unique tone and story line in which Beat’s is trying to get across.

This album is only half of A Thousand Faces as Act 1, keep an eye out for Act 2 to be released sometime next year.
Looking cute with a comfy look

By DAWNIKA LOPEZ
Staff Writer

We all have those days, you know the ones where your up all night long studying for exams, and then before you know it, it’s morning. You’re feeling lazy and tired, just wanting to hit that snooze button. You have to get up and start your day, and then even deciding what to wear can be difficult. Don’t cringe to the thought of getting dressed, but the goal is to look cute in your comfortable laid-back outfit.

I recommend, you ladies, to avoid sweatpants, yoga pants, Uggs or ugg-ly boots, oversized sweatshirts, thin leggings, and any workout clothing.

Let’s begin, with the most common pieces in any ladies’ wardrobe, a pair of skinny jeans and a plain white tee. This simple look can have many variations. You can add a print or plain scarf, and then pair it off with a knit cardigan and simple flats. If it’s a rainy day pair it with neutral color ankle boots.

If you’re not into flats or boots, recommend a pair of sneakers such as Keds or Converse.

For a get-up-and-go look, try a chambray shirt with colored jeans either burgundy, khaki, olive or any fall color. Pair this outfit with a fashion scarf and any shoe of your choice.

Do you have simple dress that you are dying to wear? Well, pair it with a neutral color cardigan. If its chilly outside put a jacket or coat on, add knee high socks adding a shoe of choice preferably flats.

For skirts, wear a skater skirt or A-line skirt it can be print or simple. Add a simple knit sweater, cute tights to your liking and pair it with ankle boots. Finish the look with accessories like a gold cuff, or watch then add a stack of bracelets.

Warning when wearing a dress or skirt, make sure it’s not windy!

For those cold and rainy days, put a dark wash skinny jeans or black jeans, pair with a long sleeve stripe shirt. Put on a khaki coat and dark brown boots. Accessorize with a black knit scarf and beanie, if you prefer.

Now for hair and makeup, I know it can be a hassle, especially when you’re running late to class and just so tired, but here are a few quick tips to look good with your laid-back outfit.

Have you heard of the ‘no makeup’ look? It’s pretty and simple to do every morning.

To begin, apply a BB cream which is a five in one everyday cream. It includes foundation, moisturizer, sunscreen, concealer and primer all in one coat.

This is a quick and easy touch to brighten up your face in half the time it would take to apply the regular amount of makeup.

Add a hint of blush to enhance your cheek bones; apply mascara, then a tinted lip balm.

Doing you hair shouldn’t take more than five minutes. Here are a few quick styles.

The topknot or bun is the simple way to do your hair, just add a turban or headband to complete a look.

A cute, lightly teased ponytail is quick. Try a loose side braid to get that effortless, laid-back look.

So remember, yoga pants and sweatshirts don’t have to be your go-to this season; there are plenty of options where you’ll be comfy while still being adorable.
Volleyball rounds off season with another win

With only five games left, the Coyotes are still giving their competition misery on the court

BY RICHARD BURRUD
Staff Writer

The Coyote women’s Volleyball team took their 14th win in conference playing into Saturday’s game against Humboldt State University (HSU), which is 5-13 in conference. The Lumberjacks and Coyotes played four games, Coyotes prevailing victorious yet again.

Keeping their ongoing winning streak against HSU; victorious in 16 games and undefeated since HSU has joined the CCAA in 2006.

The highlight plays of outside hitter Alexandra Torline and the strong defensive prowess of the Coyote women helped to win 25-19 in the first set, 25-20 in the second set, and 25-13 in the fourth set.

Coyote women and HSU started the game with a back and forth battle; sophomore Alexandra Torline helped to tie the game at 9-9. Then the coyotes took a decisive lead (14-9).

Finishing the first set strong, Torline killed three of the last four Coyote points leading to a 25-19 set one victory.

The second set stayed close with ties at five, seven and nine. The kill by Torline helped break the tie, and helped the Coyotes get it together. From there on, the Coyotes did not tie or find themselves down in the set.

Outside hitter Kaitlyn Christner came off the bench with three kills in the second set, 10 kills on the night, helping the Coyotes to a 25-20 second set victory.

“Encouraging teammates and consistency make it easy to play when I am on the court,” said Christner.

The Coyotes got down early in the third set (2-8) and were never able to recover. The Lumberjacks’ Kaitlyn Dunaway and Ashely Owen were able to catch a rhythm to defeat the Coyotes in the third set 25-17.

The Coyotes came into the fourth set looking to finish the game and come away with a win. Dunaway for the Lumberjacks were able to tie the game at six in the fourth set.

The Coyotes were able to rally off six points that gave them the lead 12-6.

The game continued with three straight kills by Coyote’s Alexandra Torline extending the lead to 18-10.

A defensive stand helped the Coyotes get a fourth set victory 25-13.

The Coyotes improved to a 20-5 overall record for the season with five games remaining on the season.

With the win, the Coyotes have now won 20 games for the 17th straight year.

“We are a consistent team and program. All around efforts allow us to be successful,” said coach Kim Cherniss.

Wrapping up the season, the Coyotes are currently 15-1 record in conference play and hold a two game lead over UC San Diego. The Coyotes play the Tritons (UCSD) Nov. 20 with an opportunity to clinch their eighth straight CCAA title.

“Everyone’s attitude in the gym and games keeps us focused and our skill level will make a run at Nationals,” said Torline.

Coyotes are looking forward to finishing their season at home in the Cossoulsis Arena on Nov. 22 and 23.

Come support your Coyote Volleyball team at their next home game against CSU Dominguez Hills on Nov. 22 in their efforts stay on top of the California Collegiate Athletic Association.

Additionally, senior night ceremony on Nov. 23 in the game against CSU Los Angeles. Knock them out, Coyotes!

VOLLEYBALL SCHEDULE

| Nov. 20 Coyotes vs UC San Diego @ 7 p.m. (A) |
| Nov. 22 Coyotes vs Cal. State Dominguez Hills @ 7 p.m. (H) |
| Nov. 23 Coyotes vs Cal. State Los Angeles @ 7 p.m. (H) |
Sports

Men's Basketball takes control with home field advantage

BY MIKE SESSIONS
3rd Year Writer

Basketball season is here and the Coyotes are ready to take control!

Playing against Westmont College in CSUSB's season home-opener, the Warriors didn’t stand a chance against the dynamic performance of the Coyotes and focused Coyotes, losing the game to 81-88.

Lacey Haddock contributed a record tying 14 assists along with 15 points to help the Coyotes maintain the lead for the entire contest. His first double-double of the season, Haddock also grabbed five rebounds and managed three steals from the opposition.

Another great player for the Coyotes was Andrew Young.

The 6’8 player out from Monterey cashed in a team-high 17 points and cashed in a team-high 17 points and rebounced while only playing 23 minutes in the game.

He made the most of every shooting opportunity, scoring seven of his 11 shots, setting the bar for the other six Coyotes that also scored in double digits.

After suffering some losses prior to this contest to powerhouses like Washburn University and UCLA, the Coyotes were focused beyond reason to protect the home court.

Even though they were out rebounded in the match, CSUSB played well in all other aspects, especially when it came to keeping the ball moving. The Coyotes finished with a total of 23 assists, almost twice as much as the Warriors, who finished with only 12 total.

The Warriors could not keep possession of the ball, turning it over 24 times over the full period, something that probably infuriated coach Bob Chipman after looking at the stat sheet.

Haddock and freshman Khleem Perkins both played great off-ball defense to help the Coyotes tally a total 11 steals, while big man Tevin Harris blocked two shots in the paint.

C.J. Miller of Westmont, however played at a all-star level racking in 36 points, seven rebounds and three blocks over 37 minutes of play. Jason Ritchey almost had a double-double for the Warriors with 12 points and nine rebounds, but felt just short of accomplishing the feat.

This game serves as the first of two consecutive home games the Coyotes are playing, with the other being against CCAA divisional opponent UC San Diego on November 21.

It is an excellent way to get the Cous solis Arena fans to anticipate more games in the coming season, especially after the departure of former Coyote star, Kwame Alexander.

But the Coyotes are more than ready to continue on with the wonderful play they have shown, even in the couple losses. You can see and feel the determination out of the players when they step onto the court every single game.

This win over Westmont College is only the beginning.

If the Coyotes can continue to play excellent team basketball and keep the ball moving, while also playing solid defense, this is going to be a very tough men’s basketball team to beat this year.

Under Haddock’s stellar play as of late, you can place all faith in this team for the long run.

Coyotes heat up the court

CSUSB Women’s Basketball comes close by one point

BY GREG AVETISYAN
Staff Writer

5.6 seconds were all that stood between the girls basketball team and victory in their season opener against California Baptist University on Saturday Nov. 9.

The game was extremely close throughout the night, resulting in fans hanging on the edge of their seat all the way till the final minutes.

After the Coyotes last stole the ball, senior guard Taylor Gipson was fouled with just over five seconds remaining.

Gipson went to the free throw line and knocked down both of the free throws, giving the Coyotes a lead.

Seconds later, the Lancer’s freshman guard Erin Asher made a desperate shot at the buzzer to derail the Coyotes.

The final score was 65-64, giving the Lancers their first win of the season.

Everyone was getting ready to leave and then Erin just threw up a crazy shot and it went in. After that we all started to just go crazy in the stands,” CBU freshman Caleb Randolph said after the game.

The loss is a tough one to swallow for the Coyotes, however the team is motivated to keep going forward. “We really came together as a team and worked hard at practice to try and move forward. A tough loss like the last one hurts but we will get past it and improve,” sophomore guard Jenna Klein said.

After trailing by five points at halftime, the Coyotes rallied back in the second half. Even though the Coyotes struggled shooting from the field, they made up for it at the free throw line making 27-33 free throws.

The Coyote’s best game in the second half when they were able to drive to the paint and draw fouls.

Four of the Coyote’s starters finished scoring in double figures, Gipson leading the way with 17 points followed by sophomore guard Alexcia Mack with 14.

Mack will be finish playing for the Coyotes at the end of this season.

During the game, she led the team in the first few minutes and has the lead for free throw percentage.

Mack was the Coyotes highest scoring freshmen since Krystal Urzu in the 2006-2007 season.

The Coyotes this year have six senior players and only two freshman as they look to continue their success from recent years, “We ultimately want to make it to the NCAA tournament and be as successful as possible,” said Klein.

The Coyotes head coach Renee Jimenez made her coaching debut at the helm against CBU. Her team looks to bounce back after the heartbreaking loss.

Jimenez spent the last five years as head coach at Cal State Monterey Bay University.

She led her teams to the last three NCAA Tournaments.

Jimenez has always preached consistency and her team’s ability to close close out games.

“Our focus is the next game as we take one game at a time this season,” said junior guard Megan Blackwell.

The players are excited to be back in the barn as Coyotes are looking forward to the rest of the season.

The Coyotes will continue their season on the road Tuesday Nov. 26 against the Cal Poly Pomona Broncos.
Mixed Martial Arts gets down

MMA club competes in Sonoma and welcomes new members

BY INNO SITA
Staff Writer

CSUSB MMA club won three medals at the Sonoma State California Collegiate Grappling League Tournament, including a first place medal from their Vice President, Kevin Farjardo on Nov. 9. Farjardo joined the club early 2012 competing at his best and recruiting others to join the club as well.

His major is Kinesiology, and with his contribution in MMA, he hopes in the future to help maintain good health and strength for himself and others.

He has been involved in several tournaments. Farjardo’s first match was karate, inside the ultimate fighting championship (UFC) gym at the USC campus.

After his first match, Farjardo was eager to learn more techniques and striking.

The MMA club has been around for over a year and is a fairly new club that welcomes both guys and girls at any skill level.

It offers great opportunities for CSUSB students to experience different types of martial arts, such as karate, judo, kickboxing and wrestling.

The club demonstrates on how to fight for competition, self-defense, entertainment, mental, physical and fitness.

MMA President Dakota Hughes opens up his club for students interested in mixed martial arts at the Physical Education building twice a week.

“Dakota is a great leader. He’s very responsible, always trying to attend every meetings to motivate others. He’s very dedicated, he gets all the paperwork done on time. That’s showing great leadership,” said Farjardo.

During practice, Hughes makes sure the members acknowledge their rights, speak up, and vote for their voices to be heard.

MMA club has the chance to compete with other schools. Whichever school they compete with is based on the members’ votes.

The club is to help increase teamwork skills, communication, and other aspects that work on leadership skills.

“The club allowed me to increase my mixed martial art skills, having fun, meeting new people, having a nice group of friends and it looks good on my resume,” said Farjardo.

MMA members practice inside the school and outside.

Members can practice and have private training lessons at the MMA house, which has a mat and equipment provided.

If interested in the MMA club, membership is included and costs eight dollars.

The club hosts different events, such as the Ultimate Fighting Championship and is specially televised only by pay per view.

The CSUSB MMA Club members will be hosting the Student Leadership Obstacle Course by the Rec Center on Friday, Dec. 6, 2013 from 10 a.m. to 2 p.m.

The club is also planning a new tournament in March 2014, along with Stanford early Feb. 2014.

To visit their training session, the MMA club trains in PE 104 Monday, Wednesday, and Friday from 2:30 p.m. to 4 p.m.