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COYOTE CHRONICLE

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Avoid Black Friday, shop Cyber Monday

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Students rave over Rock' N Roll Sushi

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CSUSB theatre brings "As You Like It" to life

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Women's basketball falls from defeat vs UCSD

csusb lubos paso pledges to HELP THE PHILIPPINES



A Filipino man stands on a massive pile of wreckage in Tacloban city on Saturday. The city was devastated one week earlier as Typhoon Haiyan tore through. CSUSB Lubos Pasos is raising money, canned food, clothing etc. for affected victims. David Gilkey | NPR

ANGEL LIZARDI
Staff Writer

The United Nations announced an emergency allocation fund of \$25 million to help fund relief efforts for the Super Typhoon Haiyan, known locally in the Philippines as Yolanda.

This according to the United Nations Office for the Coordination of Humanitarian Affairs (OCHA), in a press conference where their Director of Operations John Ging, said that the storm affected 9.8 million people

Locally, Lubos Paso, a CSUSB organization that aims to bring awareness to

Filipino culture on campus, is doing their part as well.

"We've all seen the pictures coming through—the scale of devastation is massive. Therefore we require the mobilization of a massive response," said Ging in the press conference for the OCHA.

The U.S. Navy reported that before

Haiyan's landfall winds were reported to be at 195 mph, with gusts up to 235 mph, the highest ever recorded.

The Filipino government reports that as of last Tuesday, the death toll is 1,774.

This is much less than the reported total of 10,000 that has since been reduced

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New interfaith center opening on campus

By DANIEL DEMARCO
Staff Writer

The Student Union (SU) has just opened a new nondenominational religious/faith center where religious-based groups may go to host meetings or to simply hang out.

The Interfaith Center is on the second floor between

tween the administrative office and The Blue Coyote Pub And Eatery.

According to Mark Day, executive director of the Student Union Administrative Office, it is only a soft opening.

The grand opening is going to be in January 2014.

It will be treated like any other center in the Student Union, except that there will not be a paid staff. It will be volunteer based.

The administrative office has

just begun getting the word out to students about the new center.

The center itself is not completely done yet as they are still in the process of getting new things for the center such as more furniture.

It is not meant to be a place of worship like a church or a mosque, though students are free to use it as such. Day made it clear that the center was created for students to use however they wish.

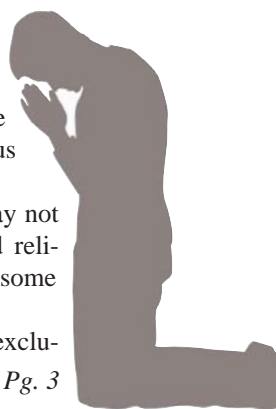
Day says the center is not ex-

clusive to clubs but that it is also for individuals who are religious and would like a place to hang out and be around those who also have religious beliefs.

Even those who may not believe in an organized religion but are spiritual in some way are welcome.

The center is not exclu-

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Solar activity stranger than in 200 years

With its magnetic poles out of place, the sun is producing only half the number of sunspots, which could reduce the rate of global warming

By **YARA DEL RIO-DOMINGUEZ**
Staff Writer

Solar activity is at an all time low for this time of year. The sun seems to be producing only half the number of sunspots, its magnetic poles are oddly out of place, and it's also going through the oddest reverse cycles, according to Robert Holtz writer for the Wall Street Journal.

The sun is going through an odd, reverse cycle where its polarity is distorted. During the magnetic-field reversal the sun's polarity switches to an opposite magnetic polarity.

The sun is currently at the same magnetic polarity as the South Pole.

CSUSB professor Karen Kolehmainen said, "I've heard a few reports about the number of sunspots being slightly less than normal during this cycle, but my impression is that it's not as weird."

When the sun isn't active its magnetic field is similar to ours, but then

can change as it becomes hyperactive and this is completely normal activity for the sun, explained CSUSB professor Carol Hood.

"Because the sun is a big ball of gas it rotates really fast, its magnetic field lines can get twisted up throughout the time and where its magnetic field lines intertwine with one another is where the sunspots occur," said Hood.

Scientists can not tell if this is temporary or if the sun is simply returning to a relaxing state, since the sun has been hyperactive since the 1940s.

Historical records indicate that this fall the sun should be about ready to climax into its 11-year cycle of ac-

tivity but scientists see don't see that happening.

According to World Nature News, all the research conducted scientist have concluded that the sun may just be returning to its normal state. It isn't that the sun is producing less sun spots for this time of year, only that the sun seems to only have fewer active sunspots.

As the sunspots are erupting they release particles and radiation out into space which can sometimes interfere with our electronic devices here on earth.

This is not the first time this has happened according to Hood, "The last time there was a big disruption in the late '90s, half of the eastern sea ports

lost power [because] it caused a huge blackout."

The few active sunspots are erupting and have disrupted high-tech electronics all around the world. The storm disabled a Japanese satellite, disrupted gas & oil drilling in Alaska, and triggered a radio blackout one early morning on the east coast this November.

The sun not producing active sunspots is not as bad as it may sound. Since the sun isn't producing a grand amount of sunspots, the earth's outer layer will cool, weakening greenhouse gases and their warming effect on Earth.

Student Crystal Quintana said, "The sun's lower hyperactivity doesn't sound like its a good thing but it is slowing down global warming to a certain extent, so it couldn't be that bad."

Although this subtle change in the sun's solar activity may not be what it was 200 years ago, it has been expected and gives scientist the opportunity to continue researching the sun's solar activity to help predict future electronic disruption.

"When the sun isn't active its magnetic field is similar to ours, but then can change as it becomes hyperactive and this is completely normal activity for the sun."

Dr. Carol Hood
Assistant Professor

Photo courtesy of NASA

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New fracking rules create controversy

By **CLARISSA TOLL**
Staff Writer

Gov. Jerry Brown proposed rules recently on fracking in California.

Fracking, also known as hydraulic fracturing, is the process by which a mixture of chemicals and water are pumped deep into the ground at high pressures to extract oil or natural gas.

These drafted regulations include the necessity of those who conduct fracking to obtain permits from the state, notify neighboring areas of their processes and routine ground water testing.

The draft of rules are in response to the state law past last year on Well Stimulation (SB4).

According to Mark Nechodom, director of the state Department of Conservation, “We believe that once these proposed regulations go into effect at the start of 2015, we will have in place the strongest environmental and public health protections of any oil and gas producing state in the nation, while also ensuring that a key element in California’s economy can maintain its productivity.”

The fracking process has been considered a consistently controversial topic for the past few years.

Supporters believe fracking will create more jobs and more resources, while opponents believe the risk of pollution and damage to the Earth is too high.

Most supporters for fracking are prominent oil companies.

“These regulations are extensive, but strike the right balance,” said Catherine Reheis-Boyd, president of the Western States Petroleum Association, in response to the newly proposed rules.

Some environmentalists and organizations are speaking out against the process.

The Center of Biological Diversity stated, “It can also expose people to harm from lead, arsenic and radioactivity that are brought back to the surface with fracking flowback fluid.”

The Center explains fracking also requires large amounts of water, quoting the need of five million gallons per well.

The Center of Biological Diversity added, “Water-contamination problems associated with fracking have been documented in Pennsylvania, Ohio and Wyoming.”

CSUSB professor Joan Fryxell of the Geology department stated that though the risks of contamination are there she believes, “If the geological evaluation is done properly and thoroughly, and the well hole engineering is also done carefully and correctly, very little

risk exists with respect to water supply quality.”

According to savethetapwater.org, states such as New York, Pennsylvania, and Wisconsin have banned fracking within their borders.

Illinois recently proposed similar rules to California within their state.

According to the Chicago Tribune, environmentalists within the state are “livid” because they believe the rules will weaken laws already put in place by the state.

Student Thiam Cheatwood believes the state should be more concerned about what this process can do to our water and says there should be a better solution/law.

Although strongly opposed, researchers for the Western States Petroleum Association believe fracking could obtain 14 billion barrels of oil, create 2.8 million jobs, and could add \$25 billion to state revenue.

Which when processed, 14 billion barrels of oil can become 588 gallons of gasoline.

California’s rules on fracking are set to take effect in January 2015, at that time the Department of Conservation will hold public comment hearings in Sacramento, Long Beach, Bakersfield, Salinas and Santa Maria.

More information on the rules can be found at leginfo.legislature.ca.gov.

CCBriefs:

By **Marion Gil**
Staff Writer

Nov. 15: Five-year-old Leukemia survivor becomes Batkid for a day

San Francisco became Gotham City for a day, complete with its own caped crusader.

Miles Scott, a 5-year-old Leukemia survivor, asked Make-A-Wish Foundation if he could become Batman.

On November 15, 2013, Scott’s wish came true when San Francisco was transformed by the foundation and volunteers into Gotham City with Scott donning the alias of “Batkid” to battle the Joker, the Riddler, and the Penguin.

Nov. 19: Rowdy drunks paid in beer and tobacco to clean Amsterdam streets

Paid in beer, tobacco, a warm meal, and around \$13, a group of chronic drunks clean the streets of Amsterdam.

The group is part of a project organized by the state-funded Rainbow Foundation whose goal is to keep these chronic alcoholics occupied with work that benefits the community, according to The Independent.

The people participating in the project do so voluntarily, and report being happy having structure and doing an honest day’s work, according to timeslive.co.za.

Nov. 19: Swiss law to cut executives’ pay down to the same amount as their lowest paid workers

Switzerland’s initiative 1:12 could mean massive pay cuts for company executives.

Initiative 1:12 seeks to cut the pay of company executives so that they don’t make more in one month than the lowest paid employee makes in a year.

Despite Switzerland’s high standard of living the gap between the wealthy and the middle class is large and growing according to businessinsider.com.

Switzerland’s government leaders will vote Sunday on whether or not to pass the law.

Nov. 20: DNA from the remains of a 24,000-year-old boy found in Siberia matches that of Western Europeans and Native Americans

The DNA match with Western Europeans leads anthropologists to expect that Europeans traveled farther east across Eurasia during the last ice age than previously supposed according to The New York Times.

The boy’s DNA also matches about 25 percent of living Native American DNA. This fact leads experts to believe that instead of having descended from a Siberian population related to East Asians, they are a mixture of Western European and East Asian.

New center provides space for students of all religions

Continued from Pg. 1

sive to any faith. All are equally accepted and encouraged to take advantage of the new center.

According to Day, they did not have a place like this set up for a long time because there was always that border of church and state that they did not want to cross and be accused of using public funds to support a religion or religious purposes.

Day wants to make it clear that this space is not supporting religion itself, it is supporting the religious-based clubs on campus and giving them a space they can use just like any other campus club.

The space is of modest size, consisting of a main room with two couches and two desks with a hand full of chairs, two smaller side rooms and a closet with about a dozen shelves.

Noah Ghossein was laying on one of the couches chatting with a few friends, and he said that he plans on using the center to relax between his classes.

Aya Alwahib knows an officer in the Muslim Student Association who had told her about the center after telling her that the meditation room was going to be moved to the first floor of the Student Union.

She feels that it is a good spot for now, and that once more people know about it the space will be utilized more and become more crowded.

Alwahib would like to use it as a means to get in touch with faith-based groups because she does not always have enough time to attend the meetings.

Omar Elhanafy, Ahmad Salem, and Arbazz Mohammad were hanging out together in the center and say they enjoy it because they feel it has the potential to become a very spiritual place.

They say it will be a good spot for students to get to know other faiths and be around each other for the common good.

The SU administrative office encourages all faith based clubs/groups and religious individuals to check out the new Interfaith Center.

CSUSB Lubos Pasos aids the Philippines

Continued from Pg. 1

by Benigno Acquino, president of the Philippines.

Although the U.S. and many other countries have donated funds and taken part in relief efforts, there is still a lot to be done.

Local communities are doing their part in attempting to make donation efforts reach a mass audience.

Some students at CSUSB are doing their part as well.

Gian Milanes, vice president for Lubos Paso explains that they are having plans for this quarter and the next for students to donate what they could.

“For the rest of the Fall quarter we are accepting donations (money, canned food, clothing) in the Eucalyptus room in the lower commons Wednesdays at 6 p.m.,” said Milanes.

For the Winter quarter they will be having bins across campus to accept other donations.

Milanes also mentioned that the death toll could be more as many of the members in the

organization have family in the Philippines and there are many other small islands and provinces that have been affected.

For donations, Milanes cited the NAFCON (National Alliance for Filipino Con-

“We’ve all seen the pictures coming through—the scale of devastation is massive. Therefore we require the mobilization of a massive response.”

John Ging
Director of Operations

cerns) as a credible organization to send donations because they ensure that all donations go directly to the Philippines rather than just

a portion.

When asked how students can also participate in helping out, Milanes mentioned that the Lubos Paso will be hosting events on campus to raise awareness across the university.

“In the winter we will be having multiple events such as a T-shirt drive, talent and benefit shows,” said Milanes.

The boba and food sales with all proceeds will go to the relief fund.

As for the community, Lubos Paso has also worked with other local student clubs/organizations.

“We’ve worked with UCR’s organization (UCR Katpunan) along with groups in LA, and NFACON, and we look forward to working with other clubs on campus,” said Milanes.

Lubos Paso holds their meetings every Wednesday at 6 p.m. in the Eucalyptus room in the lower commons.

For more information about Lubos Paso contact Gianmarco Cruz Milanes at (909) 305-3550.

Obamacare hits some colleges

By **TORILYNN QUALLS**
Staff Writer

CSUSB seems to have been untouched by the new student health care requirements implemented by the Affordable Care Act (ACA).

The same can't be said for Bowie State University in Maryland which has removed their student health care options due to new high cost coverage prices.

“With the ACA, also known as Obamacare, implemented Bowie State reported premiums increased from \$54 per semester to \$900 per semester— a 1,500 percent increase,” stated Red Alert Politics.

According to the Bowie State website, “The cost of insurance for domestic students will increase to approximately \$1,800 per year.”

According to the csuhealthlink website, CSUSB’s Domestic Health Care Policy has been reformed and “complies with federal and state requirements.”

“I feel secure knowing that CSUSB’s health care is available if I need it,” said Student Lorena Ruiz.

Bowie States health care policy was referred to as a “bare bones” policy.

A “bare bones” policies, “Cap annual benefits at \$2,000 even though the average hospital stay costs \$14,000,” stated WebMD.

Basically, they are affordable health care plans with not enough coverage.

Under the ACA, “bare bones” policies are illegal.

Bowie State wasn’t the only school to have their health care policies cancelled.

Community colleges all throughout New Jersey had to cancel their policies as well due to the high costs.

In Cranford, N.J., Stephen Nacco, the Union County Community College Vice President of Administrative Services, told Fox News about he was facing at his school.

The cost of health insurance is now, “More than a thousand dollars per students and that it is dramatically different than what it had been in the past,” stated Nacco.

Student Rachel Thompson said, “I don’t know what I would do without my parent’s health care coverage.”

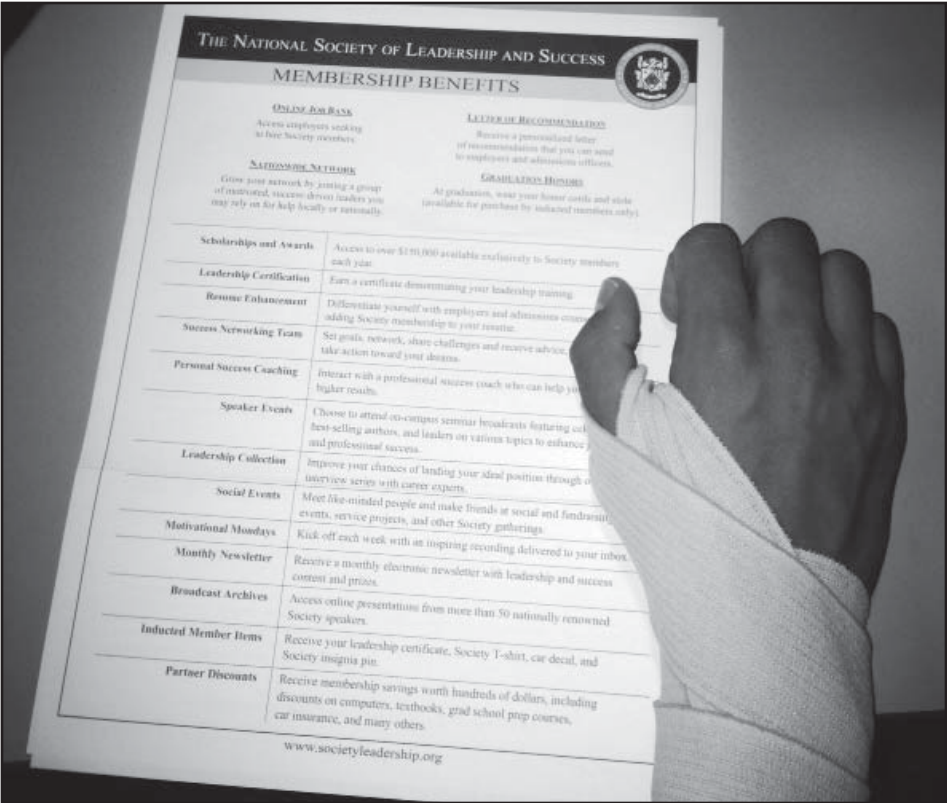
“I’ve heard that the new Healthcare marketplace website is difficult to maneuver, by the time I turn 26 I hope it will become more user friendly,” continued Thompson.

The health insurance brochure found on csuhealthlink.com states that CSUSB offers a \$500 per year individual health care plan and a \$1,000 per year health care plan for a family of four.

CSUSB’s health care plans offers insurance under Anthem Blue Cross.

CSUSB offers other options for student health care in the form of links to the new healthcare.gov website and the Covered California website.

Covered California, “Is a new, easy-



Torilynn Qualls | Chronicle Photo

CSUSB health care will continue the same & will be untouched by the new student health care requirements by the ACA.

to-use marketplace where you and your family may get financial assistance to make coverage more affordable,” stated the Covered California’s website.

The website allows users to compare

and choose health coverage that best fits their needs.

More information about CSUSB’s healthcare options can be found at health-center.csusb.edu/insurance.

Divorce rates skyrocket

By **BRENDA SERVIN**
Staff Writer

Every 13 seconds there is one divorce in America, according to the McKinley Irvine Family Law Firm.

About 50 percent of all the children in America will witness the breakup of their parent’s marriage but the risk of divorce decreases by 14 percent for children who have happily married parents.

Forty-one percent of first marriages end in divorce while the average age for couples going through their first divorce is 30 years old.

CSUSB student Evelyn Romero said, “That is a high percentage of couples ending in divorce. I think people should attend counseling or do everything in their power to avoid divorce.”

On average, people wait three years after a divorce to remarry if they remarry at all.

Sixty percent of second marriages end in divorce.

In addition 73 percent of third marriages end in divorce.

The risk of divorce decreases by 13 percent if you have attended college.

“Divorce can be good. There are many couples who stay together cause they have kids not because they love each other,” said student Jessica Mejia.

According to the McKinley Irvine Family Law Firm people who are over the age of 25 when they marry are 24 percent less likely to get divorced.

Living together before marriage increases the chance of divorce by as much as 40 percent.

On average the length of a marriage lasts eight years before ending in divorce.

The divorce percentage has increased over the years.

According to The Huffington Post 10.6 percent of the population was divorced in 2008.

According to MSN the eight most common reasons for divorce include: Lack of commitment, too much arguing,

infidelity, marrying too young, unrealistic expectations, lack of equality, lack of preparation and abuse.

In a lecture given by Penny Drake-Green’s Interpersonal Communication class, research done by John Gottman along with coauthors Julie Schwartz and Joan DeClaire at the University of Washington explains that some people play the “marriage master” role.

Marriage masters use communication patterns that help prevent divorce such as accepting their partner’s emotional bids, expressing appreciation, repairing conversations, accepting influence and establishing rituals for connection.

They are able to tell their partner what they want, rather than what they don’t want.

Marriage masters present complaints in a gentle, noncritical way, listen for statements of need and respond with open-ended questions.

Communication is important in relationships. Withdrawal, negative communication, abusive communication, lack of openness and/or intimacy are all communication patterns related to breakups.

The end of a relationship can lead to negative or positive outcomes.

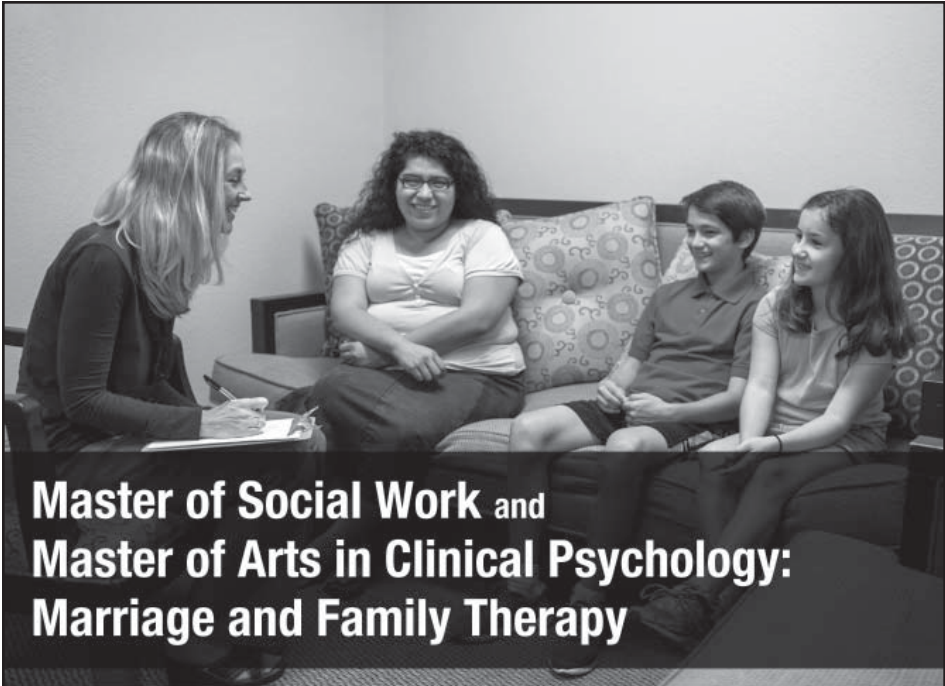
Negative outcomes of relationship breakups may include negative emotions, loneliness, financial consequences, effects on children and even health consequences.

Positive outcomes of relationship breakups may include personal, relational, environmental and future positives.

“Divorce affects everyone’s family differently. My younger brother got sad about it and my older brother started hanging out with the bad crowd,” said Mejia.

The cost for filing divorce in California is about \$400 according to the Superior Court of California Statewide Civil Fee Schedule.

People should take into consideration the process and cost of divorce before filing.



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Forget Black Friday, shop on Cyber Monday

By **MARIA PERRY**
Staff Writer

We were once all so thankful for what we had but now we are so greedy for what we don't have.

I believe Black Friday is far too hectic, shoppers show so much aggression towards others just to get better shopping deals on electronics or toys. But there are sales going on throughout the holiday season, not just on Black Friday.

Cyber Monday is often overlooked, but it can give shoppers just as many deals as Black Friday in a lot less stressful and safer environment because the only thing shoppers have to deal with is their own computer.

When she was asked if she would rather do Cyber Monday or Black Friday, student Brianna Jointer said, "Cyber Monday because I know that I am safe, no one is going to try and cuss me out, no one is going to try to kill me to take what I got, and I can relax after having a nice Thanksgiving dinner."

Jointer, who has worked and shopped on Black Friday, expressed that customers and fellow shoppers are very disruptive to workers and other shoppers because they don't work with the system but against the system.

She said that shoppers often don't understand that when they try to cut in line to get to check out faster, they actually slow down the process because cashiers, like herself, have to tell them to get back in line

and wait.

Student Olivia Favela said that she would enjoy Black Friday if it wasn't for the large amount of people that go.

"It's supposed to be a happy time of year," said Favela. "You find yourself surrounded by the most unhappy, tired faces."

Cyber Monday allows shoppers access to product without putting themselves in the danger caused by other shoppers. The only trouble with Cyber Monday is that because it is on a computer, shoppers have to prepare for Internet problems, computer problems and power outages.

However a computer crashing, although still stressful, is far less stressful than your shopping cart crashing because someone desperately wanted the last iPod Touch.

People may choose to shop on Black Friday rather than on Cyber Monday because many people find the shopping experience enjoyable because they can spend time with family and friends.

When asked about ways in which people can make holiday shopping more fun student Stephanie Martinez said, "Stay calm, polite, and mind your manners. There should be 10 to 15 security guards in and around the store during Black Friday. People can still rob you outside of the store."

Favela responded to the same question by saying that people should take a friend with them because not only will they have someone to talk to but they will also have someone to assist them if they need help.



Photo courtesy of Scott Ross

Avoid long lines on Black Friday and choose to shop on your favorite store websites for great deals on Cyber Monday.

Rita Marie, a student at Mount San Antonio College, said that people can also try not get too caught up in the craziness and remember that just because a deal is good, it doesn't mean we have to be a horrible person over it.

In the end, whether shopping online or in store, we need to remember that the holidays are about bringing everyone together and not pushing others away.

Coyote Watch

Students share their favorite moments during the holidays

By **ANDY QUINTANA**
Staff Writer



Savina Addison, Junior

"My favorite part about the holidays, other than not being in school, would be all the build up leading to Christmas Day. Everyone is in the holiday spirit and everything is decorated. "



Jose Renero, Senior

"The best part of the holidays is dinner with the family. Usually I fly over to Texas to reunite with my family for a week or so. Being away from them for most of the year makes me treasure those moments that much more."



Veronica Chavez, Senior

"My favorite part of the holiday season is the food. Turkey, ham, tamales, posole, birria, homemade fruit punch and apple cider. Somehow they taste just a little bit better during the holiday season than throughout the rest of the year."



Robert Quintana, Junior

"My favorite part of the holidays has got to be watching Christmas episodes of my favorite shows like, "It's Always Sunny in Philadelphia" and "South Park". I love to laugh and enjoy the Christmas Spirit of these shows."

Hookah not as healthy as you may think

Despite its popularity, hookah still contains chemicals that are harmful to the body

By **KATERINA MCCAULEY**
Staff Writer

I think the popularity in vapor tobacco stems from the general knowledge that it's healthier than normal tobacco.

The common misconception that hookah and vapor tobacco are healthier than tobacco has turned into just healthy in general. In reality, you are still inhaling something that's not supposed to go in your lungs.

According to notobacco.net electronic cigarettes, a form of vapor tobacco, contain about 20 ingredients depending on the brand including nicotine, while tobacco cigarettes contain 4,000 ingredients like arsenic, carbon monoxide, and other cancer causing agents.

So a vapor-smoker still has 20 something chemicals going into their bodies but that number is definitely a lot better, and healthier than 4,000.

Hookah and electronic tobacco are quickly becoming a rising trend here on campus. Both are vaporous forms of tobacco, and both boast about being better for the smoker than normal cigarettes.

With two hookah bars within five miles of campus, and several more throughout the Inland Empire, it's no wonder it's becoming the 'hot' hangout that it is.



Photo courtesy of Randy L. Rasmussen

Hookah bars similar to the one featured above have become increasingly popular hangouts for college students.

Little information is provided on side effects of smoking hookah. Hookah not having nicotine and other chemicals associated with tobacco is a myth that helps propel its popularity.

Most sites generally agree that hookah is worse than a cigarette, because the smoker is exposed to more chemicals in a 45-60 minute session, including nicotine, than they are in a single cigarette pack.

The appeal of hookah is that it is different, and with laws restricting cigarette use in public areas it's easier to use in social settings.

You can't sit in a bar and smoke a cigarette anymore, but you can with hookah and other vapor based tobaccos.

Student Carley Bennecke said, "If you smoke hookah you're the cat's pajamas- so people smoke it to be cool and fit in and that it also makes them feel good."

Bennecke admits that a positive aspect of vapor tobacco is that its user won't smell like tobacco and won't produce harmful second hand smoke.

Personally I have no issues with vapor based tobacco. I enjoy the environment hookah can bring, and I see it as relaxing alternative to alcohol which I think brings a lot into the popularity of hookah.

Michael Dandurand, member of the Board of Directors, agrees.

"It's a social thing. People are either drinking or smoking," Dandurand said. "Hookah has to be bad for you, but you gamble with your life everyday."

I think it's something to chalk up to experience and to quell curiosity, and I feel some of my peers can relate to that opinion.

Student Blanca Rodriguez said she knows that hookah isn't healthy, but loves the feeling. It's relaxing and a good social environment.

Student Joshua Wilson agrees that hookah is fun, but doesn't know much about additives like nicotine.

"Cigarettes have more chemicals in them, so hookah is not as harmful," said Wilson.

I think the popularity in vapor tobacco stems from the general knowledge that it's healthier than normal tobacco.

Vapor tobacco is new on the radar of pop culture. When you mark something as 'this is bad, no one should do it' you're going to create a culture of curiosity.

Hookah and vapor tobacco is another individual experience that most college student would be curious about.

Just remember, there are still health effects, but do what you see best for yourself.

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Weekly Chuckle

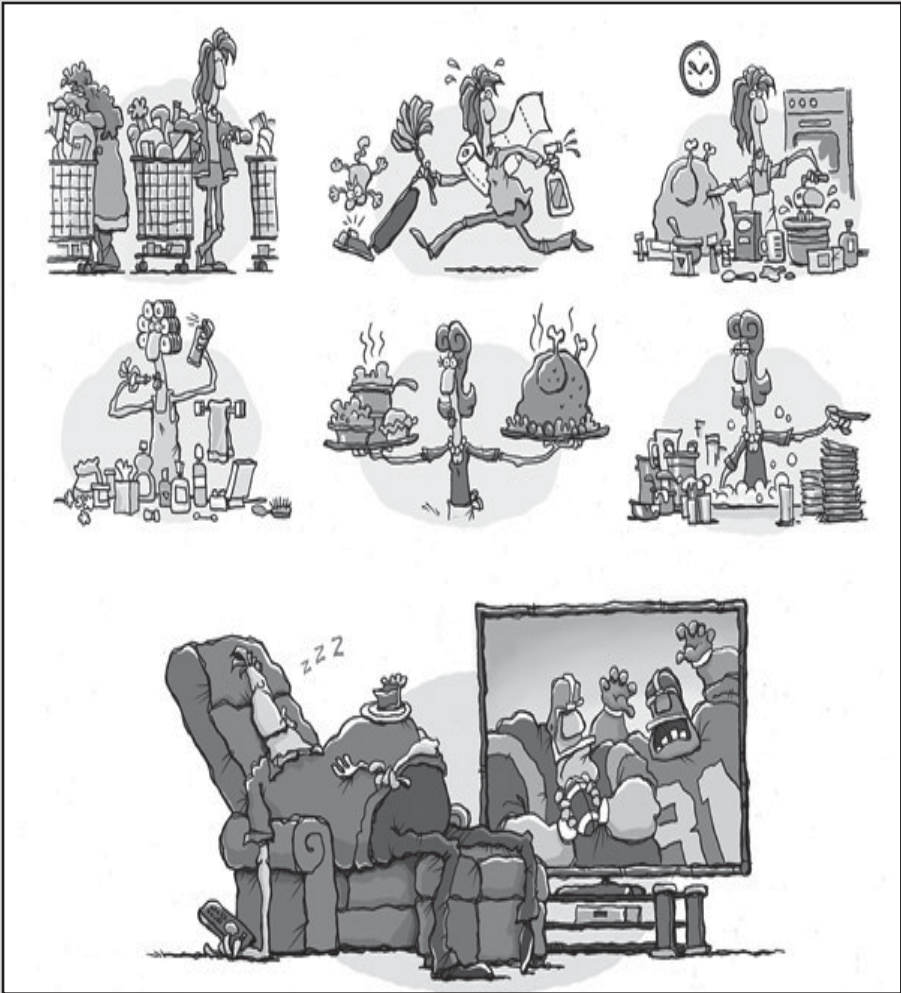


Photo courtesy of Tim Campbell

Thanksgiving Day is just around the corner and everyone is getting ready to feast on food that was cooked by someone special. Instead of relaxing while your family members or friends cook the glorious meal, lend a helping hand.

Don't just sit around watching the football game while your mother or grandmother does all the cooking. You will really have something to be thankful for once you see how much work goes into preparing a Thanksgiving meal. Then once you are all done you all can relax and watch a football game together.

Grab your chopsticks!



Students dub Rock ‘N Roll sushi one of the best local places to eat

By **SUNG WI**
Staff Writer

Are you looking for good place to eat around campus? Then I suggest you try Rock ‘n Roll Sushi on University Pkwy.

It opened five years ago and since then students visit often and have vouched to have had great lunches and dinners.

When entering the restaurant you can see tables, and the sushi bar. If you are in a small group you can try to sit by the bar, because you can watch the staff make your food so you won’t be bored waiting for your dish to be served. They have plenty of options for you to eat.

You have the choice of eating regular, vegetarian or spicy foods. They have symbols on the menu right next to the name of the food item for you to find out which one will compliment your preferred taste.

You can start with appetizers where they have a variety of tempura (deep fried fish), baked seafood, salad or fusion dishes.

I like the Japanese burrito which is a wrapped fish and salad with rice paper and the Bulgogi taco, a taco that is stuffed with Korean-style stir fried beef and fresh veggies.

Appetizers are \$3 to \$7, and all of them are under \$10 which is a good stand-alone food by themselves.



Gabbie Corral | Chronicle Photo

If you like spicy food, try the spicy tuna rolls which offers an introductory taste into the many heat-filled sushi offered.

Their most popular dish is the Laver rolls. The Laver roll is a type of sushi that is very popular in many countries.

Fresh rolls have raw fish in them, or placed directly on it on some dishes. I tried their top-selling fresh roll, the Alaska Roll. It has asparagus and steamed crab salad in a rice roll and pieces of salmon on top of it. The combination of crab and salmon with rice tasted really good.

If you don’t like raw fish, you can try baked rolls. These rolls have baked or smoked fish, served warm. For example, I ordered the Eel special. I liked its flavor of baked unagi (eel) and aroma of the food.

Tempura rolls are deep fried rolls. The word “tempura” is a Japanese word and means deep fried. Some of them have cream cheese inside so it’s good to eat while it’s warm.

If you are really hungry, then you may want to eat tempura rolls because they fill your empty stomach and of course they taste good!

If you want to try various food but think you cannot eat much, you can order the Bento combination. You can select different items for your combination.

If you want a traditional Japanese dish, you should try their house plate. They have Udon, Yakisoba, Unagi bowls, Chirashi bowls and more.

The restaurant also offers options for huge groups. The Family Boat specials are enough to enjoy for a family dinner.

Here’s a tip, if you go during happy hour, you can get discounts on many items. You get 20 percent off food and 50 percent off of beer and wine! It is convenient to attend because their happy hour lasts up to two hours, and you have two chances a day.

“We have a lot of steady customers from CSUSB,” said chef Jason Son. “We really thank all of our visitors, and we are trying to keep our service the best!”

I could see what he says is true because it is often full with students. Their food tastes good and with a reasonable price average of ten dollars or less.

Rock ‘n Roll Sushi is located at 5244 N. University Pkwy #B, right next to CVS Pharmacy.

They are open seven days a week, from lunch to dinner time.

Ways to save for the holidays

By **COURTNEY MATA**
Staff Writer

Sales! They are everywhere this holiday season, but where do you really save a buck?

We all know that Black Friday is around the corner, that crazy intense day where everyone loses their sanity and rushes into department stores with a credit card in hand.

Well, it doesn’t have to be that way. Many stores have an online site where you can begin Black Friday shopping early.

Amazon have been sending out e-mails reminding their customers to shop for Black Friday sales online. I know this because I have an Amazon account and I have been receiving friendly reminders on Black Friday sales.

If Black Friday shopping is not your first choice to shop for the holiday gifts, then keep your eyes out for coupons or homemade ideas.

If you’re shopping on a budget, there are many more affordable gifts you can purchase.

This may not be for everyone, but I suggest handmade presents.

If you’re shopping for your boyfriend or girlfriend, you can make them a memorable scrapbook for little cost.

There are many stores you can shop at to make these gifts like Michael’s or Joann’s.

I suggest signing up for Joann’s, because after signing up you get 20 percent off your next purchase.

Joann’s is a craft store that sells fabrics and materials for crafts. I suggest making a tie blanket from fleece fabric.

This gift runs from \$20 to \$30 and with a 20 percent coupon, you are looking at some good savings!

Joann’s has frames for a little less than \$2 and you can decorate the frame and put in a nice photo.

If shopping for your mom or dad, you could also use the same approach and make a cute homemade frame with a picture of your family.

Student Esdgar Martinez takes advantage of his work discount at Auto Zone and gets 20 percent off because he is an employee.

“Having an employee discount is convenient, because I can use my discount for presents. I mean it’s always nice having a set of tools around the house,” said Martinez.

And for the ladies in your life, many department stores are having pre-sales on popular items.

Ulta is already selling some of their leading style products for cheap, like their CHI hair straighteners are \$20 less than original price.

If you’re willing to fight through the Black Friday sales, you are brave! But your holiday money spending should not be such a headache.

I suggest making a nice homemade present for your loved ones, because it is heartfelt, inexpensive and less stressful. I know I probably will this year.

Enjoy the holidays, don’t dread them!



Courtney Mata | Chronicle Photo

Student Courtney Mata created a homemade fleece blanket for her friend in Zeta Tau Alpha with material from Joann’s.

Aussie student says goodbye to CSUSB

By **KENNETH YOUNG**
Staff Writer

It feels like I just arrived at CSUSB, now I have to leave?

Just a month and a half ago, my first story got published in this quarter's paper.

Now, after an unforgettable quarter, my incredible experience here at CSUSB is almost to the end.

I tried my best to blend in at the beginning. However, when I arrived at CSUSB on Sept. 16, I was carrying two heavy bags around the campus, looking for my on-campus accommodation.

At that point, I realized blending in wasn't an option for me.

I know now that this isn't a bad thing. In fact, it has worked to my favor. This funny accent of mine has been a great ice breaker.

Back at my home university, I had the tendency to keep to myself a lot and only talk to people when they approached me. But being in a different country has changed that dynamic a lot.

Over the course of my stay here, I have met people I would consider to be lifelong friends.

I have also heard some rather British-sounding imitations of my accent.

I have to admit, Southern California is rubbing off on me too.



Photo courtesy of Kenneth Young

Although Kenneth Young is sad to be leaving CSUSB, he says he's grateful for the experiences he's had (like visiting San Diego, pictured above) and for the friends he's made at CSUSB.

On several occasions, I've caught myself referring to good food as being "bomb."

I even had to correct myself when I was pronouncing "tomato" the other day. Luckily none of my Australian friends were around to hear that.

Even though California feels like a second home now, there were times where I was missing my life back in Australia.

As it was closer to the holiday season, I found myself getting homesick. It was finally sinking in that I wouldn't be spend-

ing it with my family.

Weekends were difficult as well.

When everyone else was going home, I had to stay on campus. It's a bit hard to go home when it's located on the other side of the equator.

It wasn't all bad though. With everyone gone, I had control of the television, which meant I could watch all the basketball I wanted.

Speaking of basketball, if I had a dollar for every time I heard someone say Lakers when I was wearing my Clippers hat, I could probably afford to pay for my own tuition in the

After an unforgettable quarter, my incredible experience here at CSUSB is almost to the end. To all the wonderful people I have met during my stay here at CSUSB, I will miss you dearly.

Winter quarter.

Unfortunately, the only thing I could get from it was the smug satisfaction knowing that the Clippers are the better team now.

As I wrote in my first article, the feelings of homesickness I had went away fairly quickly.

Now I'm back to wishing I could stay for the full academic year.

To all the wonderful people I have met during my stay here at CSUSB, I will miss you dearly.

However, this isn't the last you are going to see of me. I do plan on coming back to America.

Until that time, I wish everyone the best of luck and hope you all have a great time here as a student of CSUSB.

Family Pact provides STD and family planning Student Health Center gives students a advice on staying healthy and protecting themselves

By **DONTE MEDDER**
Staff Writer

One of the many outlets for helping students on campus is the Family Pact treatment center located inside the Student Health Center on campus.

Family Pact provides health services for students on campus, mostly dealing with sexually active students.

The organization gives education on family planning and counseling, birth con-

trol methods, STI counseling including HIV, STI screening and treatment, pregnancy testing and counseling and some cancer screening and referrals.

The best part is if you qualify all services are at no cost.

The motto of Family Pact is, "Do it for yourself, for your family, for your future."

This is important because some students believe they do not have a reason to check into a place like this.

In actuality, the facts are students need to lean on a service like this.

Students should take advantage of this not only because these services are being offered for free, but because it is good to know about their health.

According to sciencedaily.com, 77 percent of students nationwide have been sexually active, and of those 77 percent, 72 percent have been active within the past 12 months.

Sexual intercourse is a natural urge,

but if it is done casually, it is important to take precautionary steps for the benefit of everyone.

With this being said, only 54 percent of students regularly use condoms during vaginal intercourse.

The numbers drop to 29 percent during anal intercourse and only 4 percent of college students use condoms during oral sex, all according to elitedaily.com.

This attests to Elite Daily's study

Continued on Pg. 9

Welcome to the most contagious time of the year

Student tips on staying healthy during the holiday season

By **ABIGAIL TEJADA**
A&E Editor

As we prepare for the holidays, being sick is not on our agenda.

“The most wonderful time of the year,” can easily be replaced with runny noses, congestion, sniffles, sore throats, nagging coughs, fevers, chills, and aches and pains. Clearly not the idea of wonderful.

Avoiding the cold and flu is definitely the way to go! Here are some tips.

Washing your hands may be common sense to some but I have seen a few students walk out of the restroom without washing their hands.

Not only is it gross but according to blogger Kristen from collegefashion.net, washing your hands is the first line of defense against invading pathogens, and simply scrubbing up with soap and water for about 20 seconds is one of the most effective ways to kill germs and prevent the spread of diseases.

At times your eyes may feel dry and irritable or you may have an itchy nose, but the important thing here is to not rub it because in the long run it can hurt you.

Those are the most common places for germs to enter.

Bacteria and viruses get into our systems through the moist mucous membranes of our eyes, nose and mouth.

Another thing to remember is disinfect to protect.

According to livescience.com, a cell phone has more bacteria than a toilet.

It was reported that there is at least 10 times more bacteria than most toilet seats, so it shouldn’t be surprising that a man in Uganda reportedly contracted ebola after stealing a cell phone.

Tip: Disinfecting everyday items like your cell phone can rid your life of unnecessary germs.

By disinfecting your cell phone with a disinfectant wipe, you avoid a germ attack!

UsNews reported that an average of 55 percent of college students sleep less than seven hours a night.

As if getting enough sleep on a normal basis isn’t hard enough, you need more Z’s when you’re feeling under the weather.

When you’re tired, your body isn’t

fighting as hard. Eight to ten hours a night is suggested.

And don’t forget your flu shots! I know some may be scared of needles but the Centers for Disease Control (CDC) estimated that from the 1976-1977 season to the 2006-2007 flu season, flu-associated deaths ranged from a low of about 3,000 to a high of about 49,000 people.

Unless you would like to be a part of this statistic, I suggest you suck it up and get your shots.

You can get your flu shots at a clinic, hospital, local Rite Aid, Walgreens or Sam’s Club.

Eating plenty of fresh fruits and vegetables also supports your immune system.

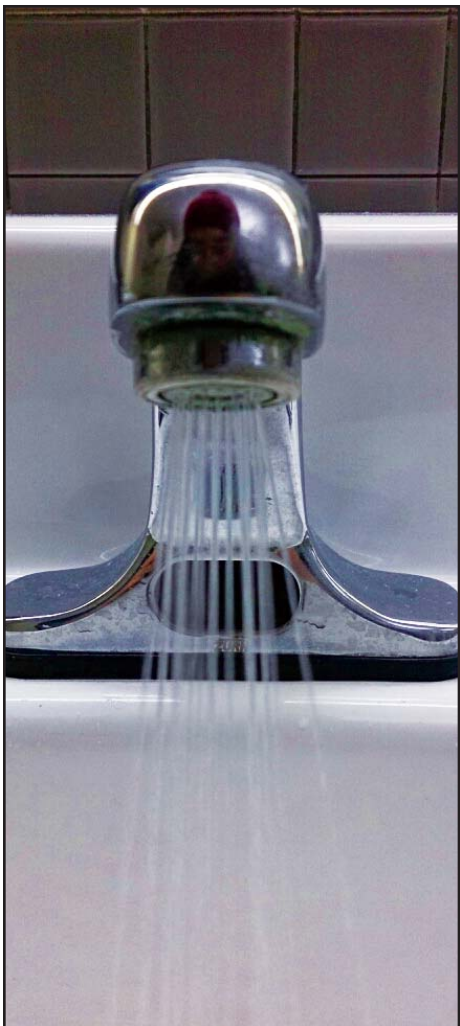
Even though it is cold outside, Dr. Ann G. Kulze of Just Wellness says to get those sweats on and exercise! Exercise will keep your immune system strong.

Last but not least, if you spot someone with the sniffles, please keep your distance.

While that strategy may seem obvious, it applies to more than just strangers and colleagues.

Lastly, stay away from sick friends and family members when possible.

Stay healthy and remember to have a happy holiday!



Abigail Tejada | Chronicle Photo

Avoid attracting those pathogens by washing your hands.

Students praise Health Center’s Family Pact for sex ed

Continued from Pg. 8

which found that one in every four college students has some form of STD.

With these numbers so high, students need some place where they can do their part to help this situation.

Eighty percent of people who have a sexually transmitted disease experience no noticeable symptoms.

Many fear the truth, but knowledge of their situation can help them as well as their future partners.

Family Pact provides an environment that is comforting to students who need help.

Everything is confidential as they do not even allow texting inside of the health center. Everyone is free from judgment.

One anonymous student gave her testimony and only gave praise to the organization.

“The environment was very comfortable, the counselor brought up topics that

“Do it for yourself, for your family, for your future.”

Family Pact motto

I was afraid to ask so she made me very comfortable and I learned a lot,” she said.

Family Pact allowed this student to ask someone many of the questions she had built up without the fear of being judged. It gave the student an outlet for the emotions she had built up inside.

The service provider also gave the supplies needed for the specific problem and gave lessons on how to use them correctly.

Finally, the student received personalized counseling, and a bond was formed in which the student could lean on the counselor for support.

Students don’t need to be afraid. Ignorance can only hurt more people in these situations; the Family Pact is an invaluable resource for all students.

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Photo courtesy of Corinne McCurdy

The CSUSB theatre department entertains audience with their stupendous rendition of "As You Like It."

A tale filled with love and laughter

Tom Provenzano perfects "As You Like It"

By **DEVIN RAMOS**
Staff Writer

The CSUSB Barnes Theater Company will hold performances rendering their take on William Shakespeare's comedy, "As You Like It," from Nov. 15 through Nov. 24.

The two hour play is a tale of love filled with laughter. It tells the story of Rosalind, played by Lisa Parker, and Orlando, T.J. Sloan, as they fall in love was directed by Tom Provenzano, and under his direction the actors do well in keeping the audience laughing and in tune with the progressing story.

In the two-hour play, the two are banished from Duke Frederick's court; Orlando for persecution by his older brother, Oliver and Rosalind for angering the Duke.

Orlando, unaware that Rosalind has been living in her father's territory under a disguise as a man, seeks advice on how to obtain Rosalind's love from her alter-ego, Ganymede.

The two portrayed lovers well and the scenes in which Orlando is taking advice from Ganymede, in which Rosalind can't help but let subtle looks of admiration slip from her control was well played.

The supporting characters, such as the Touchstone, provide the play with laughs that go beyond the play's tale of love.

The Touchstone that Rosalind escapes with, played by Adam Barnard, steals the audience's attention with over-the-top song, dance, and humor.

Barnard serves as a bridge between an audience that may not know much about

Shakespeare outside of what they learned in high school by adding well-timed humor and charm to every scene that he is involved in.

Students have been impressed with this humor and the quality of the play.

The play caught Cynthia Munoz attention even though she doesn't usually attend plays. "It seemed interesting so I just had to go."

Munoz said, "I absolutely loved it. All the characters were well developed and the humor made it really worth watching."

When asked about her favorite part of the play, she went on about how she enjoyed the story between Rosalind and the other lovers that were in the forest.

Munoz said, "My favorite part was when Phoebe was rejecting her lover by playing hard to get, and in turn started to fall in love with Rosalind while she was disguised as man."

The actors perform well, for the most part it was easy for viewers grasp what is happening in the play.

The only part that left me confused was during Duke Frederick's territory in which the play outside of Rosalind's pining for Orlando.

It is difficult to discern whether this comes from a lack of understanding of Shakespeare or the direction of the newer rendition.

The actors and stagehands in the Barnes Theater do really well in rendering a play for modern audiences portraying lovers well.

Tickets for students are \$6 when purchased with a student ID and are \$15 for non-students.



Enjoy the holidays in style

By **SHELBY GOMEZ**
Staff Writer

As the holiday season approaches and we are preparing for Thanksgiving dinners, Christmas parties, family gatherings, work parties and New Year’s festivities, we want to make sure we look our best for each occasion.

Whether casual or formal, there are perfect outfits for all occasions.

In the winter season, coats, sweaters, leggings, and boots are all a must to stay warm.

Although it is important to keep warm it equally as important to dress appropriate for each event you plan on attending.

While still requiring to dress up for family get-togethers, it is important to stay comfortable to last the night.

I think pairing some skinny jeans along with a nice sweater and boots could be the perfect outfit to wear to be comfortable, stay warm, and still look cute.

If you choose to dress it up a little more, consider wearing boots with heels and accessorize more.

Sweater dresses can be worn for any occasion and are very cute.

They can be worn with leggings or tights but make sure that it is a sweater dress which goes beneath the bottom.

For those of you who plan on attending work parties or more formal outings, dresses or slacks can be perfect for the oc-



Photo courtesy of Polyvore

A few ideas to inspire your attire for the holidays, whether you want prefer an edgier look, fancy or a more casual look.

casian.

Blazers can be worn over dresses so they don’t come across as too flashy and even over elegant-looking tops.

Dresses or tops with sequins or lace are a perfect way to add to the holiday look and you will certainly be the hit of the party.

We all want to show up to the occasion looking great, but know you will have to brace the cold weather first.

Dress up your arrival look by wearing a button down coat, a comfortable and cute cardigan, or a pea coat.

If you’re one who prefers rocking an edgier look, leather jackets can be the perfect choice for you.

If you choose to wear a leather jacket and black is not your only option, maroon, brown, and cream colors are available.

To all you hipsters: loose fitting pants that flow with a top that’s tucked in while wearing a sheik hat, topping off the look is the way to go.

Trending colors this season are deep reds, silvers or shiny grays, black, browns, dark greens and cream colors.

Don’t be afraid to intertwine these col-

ors because they will make your outfit really stand out.

To keep warm, I recommend wool, leather, and soft materials however, if you choose to wear denim or suede, be sure to keep out of the rain.

My favorite part about winter time is accessorizing each outfit with scarves, beanies, gloves, and purses.

Even adding jewelry, can determine how dressed up you appear.

You guys can wear watches and ties.

An outfit that seems too casual can easily be dressed up by adding the right accessories.

Ladies, I believe this holiday season matching your purse with your outfit looks great and if a purse is more than you want to be bothered with, clutches can be a super cute alternative.

As for jewelry, buy some cute dangling earrings that match the outfit or have fun and embrace the holiday season by wearing jewelry that is more holiday inspired like snowflakes or candy canes.

For the guys out there, you can always show up looking great in a buttoned down shirt, and if it happens to be a more casual event, add a tie.

Sweaters for men can even be a great idea to stay comfortable too.

Guys are not exempted from the accessory frenzy, you too can accessorize by wearing a nice watch.

It’s the season for fun and holiday spirit. What better way to show off your holiday spirit by looking great.



Mary Moreno | Chronicle Photos

Tutorial for lively nails this fall

This season amp up your style with an adorable owl and polka dot nail design

By **MARY MORENO**
Staff Writer

Freshen up your fall wardrobe with a do-it-yourself manicure.

The nail art craze has been sweeping the nation, with every hue, and design that range from tamed polka dots to wild and complex mini master pieces.

5,000 years ago the Chinese elite used nail polish as a way to distinguish themselves from the commoners.

Today nail polish enthusiasts are a dime a dozen.

For lively polka dots and owl nails follow the instructions below.

You will only need five simple tools: nail polish remover (acetone), cotton ball or pad, nail polish, a dotting tool, and a

sheet of paper.

A dotting tool can be purchased at a beauty supply store or substitute it with a toothpick, bobby pin or ball point pen.

The tutorial contains two parts, the first for beginner nail mavens and the second part for more daring nail artists.

Before starting remove any nail polish from current manicure with acetone and cotton ball.

If you are not wearing nail polish make sure that your hands clean and oil free, this ensures that the nail polish will last longer.

Apply a thin layer of the base coat onto the bare nail and wait for it to dry.

Because this is a fall themed manicure, choose a warm brown for the main color.

Paint two coats of the brown polish and allow time for each coat to dry.

Pick a secondary color lighter than the brown and dab it onto the sheet of paper using the nail polish brush.

Take the dotting tool and dip it into the polish that is on the sheet of paper.

Begin adding dots to your nail starting from the nail bed and move from left to right across the nail.

Dip the dotting tool into the nail polish between each polka dot once you’ve added enough dots allow at least ten minutes for the polish to full dry and finish with a top coat. Voilà!

If you dare to be more artsy, don’t add polka dots to your thumb and middle nail instead create a simple nail art owl.

Take the contrast color and paint a half circle starting at the top of the nail to create the owl’s chest.

With the dotting tool add two dots on the opposite sides of the chest with a orange polish to make eyes.

Allow the orange to dry and add a white dot for the whites of the eyes and then a black dot for the pupil.

To make a beak, use yellow polish and the dotting tool to make a triangle just below the eyes.

You can add embellishments with the dotting tool on the chest using the dotting tool and black polish and making half triangles to resemble feathers.

For feet add two orange lines near the top of the nail, let dry and add a top coat and ta-da owl themed nails!

You do not have to go to a nail salon and get your nails done, save your money and have fun doing it yourself.

‘90s stars: Where are they now?

Remembering the child stars that once brought us so much joy and seeing what they are doing now

By ALYSSA GRADIAS
Staff Writer

Time for a blast to the past! The ‘90s was a time of great TV shows and the start to many child stars careers.

Many stars such as Mary-Kate and Ashley Olsen, Will Smith, Tia and Tamera Mowry, and the infamous cast of the loved TV show, Boy Meets World, all started in the ‘90s.

The Olsen twins started their career together playing the same character, Michelle Tanner, in “Full House.”

The show started in 1987 when the adorable twins were only a few months old starring in the sitcom and aired for eight seasons.

“Full House” jump started the Olsen’s career. As they matured into their teens they started merchandising their image and becoming role models for young teens.

They starred in many of their own fea-

ture films together until the early 2000s.

In the past few years the twins have been labeled as fashion icons. They launched their couture fashion label in the mid 2000s.

The adored Olsen twins went from being child stars to now high-fashion, successful business women.

The Olsen’s weren’t the only twins taking over the industry. Tia and Tamera Mowry gained their fame from the ABC TV sitcom, “Sister, Sister” which started in 1996.

After their time on “Sister, Sister” the twins went back to school at Pepperdine University to study psychology while also landing small roles to maintain their acting career.

Recently in 2011, the Mowry twins landed a reality show on the Style Network, letting fans take a peek into their personal lives, following the twins day-to-day life; both being a mom and wife.

Will Smith is also among those suc-

cessful ‘90s kids, where his career skyrocketed after his hit TV series “Fresh Prince of Bel-Air.”

The show lasted for six years starting in 1990 and was very popular for the catchy intro song.

After becoming a well-known actor, Smith starred in numerous blockbuster films such as “Pursuit of Happiness” and “Independence Day,” all grossing in over \$100 million, making him a multi-Oscar and Grammy nominee.

Will Smith is still very successful in the film industry and cares for a family with child stars of his own, rising in both the music and film industry, taking after their dad.

No one can forget about one of the most popular TV shows, “Boy Meets World.”

The show was a coming of age series filled with every day life lessons.

The hit television show starred Ben Savage as Cory, Danielle Fishel as Topan-

ga, and Rider Strong as best friend Shawn.

The show aired for seven seasons on ABC until the early 2000s. The sitcom was among the most popular TV shows of the ‘90s.

After the ending of the show, each actor went their separate ways to accomplish their life goals.

Recently, it was announced that a spin-off of “Boy Meets World” was in store, called “Girl Meets World.”

The series will exist in the same continuity of the original series including all of the original actors.

It will follow character Riley Matthews, the daughter of Cory and Topanga, as she navigates through the challenges of her early teenage years.

The spin-off has all “Boy Meets World” fans ecstatic and is to be aired next year in 2014.

Looking at then and now, the ‘90s created many memories and jump-started many careers.

Blood Orange makes fans fall in love with *Cupid Deluxe*



Photo courtesy of Tom Spray

Dev Hynes, songwriter and producer of Blood Orange who is influenced by New York funk performing live whit radical circle sunglasses showcasing electronica and disco influences.

By DAWNIKA LOPEZ
Staff Writer

Songwriter and producer Blood Orange releases music that will stick in your head all day long, in a good way.

On Nov. 12, Blood Orange released his new album *Cupid Deluxe*.

This album is so versatile and creative, many musicians praise him for his passion and artistic vision.

Blood Orange is the moniker for Devonté Hynes, who has collaborated and produced music for famous artists like Solange Knowles, Florence and the Machine, and The Chemical Brothers.

Hynes’ music is an experiment through melodic tones and vocals with a musical vision that can be mesmerizing for first-time listeners and longtime fans.

He says his mission is to create music for others and to leave them inspired.

His album tracks contain programmed drums and heavy beats sometimes arranged in triple time beats that are influenced by New York funk.

The album also showcases electronica and disco influences, vocal harmonies, mild rhythmic syncopation and ‘80s groove-based composition.

Hynes’ record was influenced by the transitions in his life, like his emigration to

New York City from London. He lived in Brooklyn for some time and finally made the leap into NYC.

He wanted to create a musical image that everyone can capture and memorize.

According to Elias Leight of PopMatters, “Hynes shows his trademark moves and demonstrates that he’s not a one-trick pony, he can expand sound, and push further into new territory.”

Cupid Deluxe’s first track “Chamakay,” is impressive.

The song kicked off with an echoing drum and gorgeous female vocals, sung by Caroline Polachek.

Together, Polachek and Hynes’ vocals

go well and create a gripping song. Using piano and guitar, the song has a harmonic tone and subtle beats, seemingly radiating loss and love

“The artist and Hynes meet harmoniously into the atmosphere with elegant instrumentation,” Metro magazine said.

Another song I can’t stop listening to is, “You’re Not Good Enough,” because it is so catchy and fun.

The synth of the introduction begins with a retro vibe.

Hynes produced an amazing beat that has a dance-able feel.

The lyrics are memorable, “I never was in love/ you know that you were never good enough.”

This song will have you singing out loud without even realizing it.

“Clipped On,” perfectly showcases Hynes’ diversity.

Projecting rap with an old-school funk vibe and beats made for dancing.

The album also features musical artists, including New York singer Samantha Urbani, British rapper Skepta, and British electronica artist Adam Brainbridge

“This musical genius deserves more of the spotlight but probably won’t ever demand it,” said Samuel Tolzmann, blogger for Pretty Much Amazing.

Hynes is brilliant at creating music with soul. The overall vibe is amazing; the album’s sound is unique and remarkable.

Cupid Deluxe is the most impressive album that Blood Orange has released yet. Each track has its own element of sounds and emotion.

Also, it is beautifully produced with great synths, vocals, and sharper lyricism.

“But I do hope, that if you like the record, you can see past a sense of instant gratification, and live with it, as I have lived with it for so long now, within the making process, as well as the completion,” stated Hynes on his Tumblr page.

I suggest you take a listen and see what you think of his new tracks. The album is available on iTunes.

I'm gonna pop some tags

Take the \$20 challenge, head to your favorite thrift shops and create an entire outfit



Mary Moreno | Chronicle Photo

Rack of clothes at ECO Thrift a thrift shop on E. St. in San Bernardino where you can find stylish second hand clothes for a fraction of the original price, sometime not only are you able to find something that fits but in rare occasions something new.

By **MARY MORENO**
Staff Writer

Thrift shopping is an affordable way to spruce up your wardrobe while on a student budget.

For this article I invested \$20 to see if I could build an entire outfit from thrifted items.

The location I chose was ECO Thrift on E. St. in San Bernardino. It was packed to the brim with shoppers which was unexpected on a Wednesday at noon.

I examined each rack of clothing carefully, first the dresses, then the skirts.

Amongst the shirts there was an awesome vintage patterned gathered skirt for only \$2.98, score.

A beige chiffon shirt from Forever 21 listed at \$1.98 and a New York & Company cardigan for \$2.98.

The piece de resistance of any outfit are the shoes and with some luck I found a pair of like new Seycelles buried underneath a pile of orthopedic loafers.

They were a hidden gem listed at \$9.98 a tenth of their normal market value.

The Forever 21 shirt was probably around \$19.99 retail and the exact cardigan from New York & Company is listed on their website for \$39.95.

The total with tax on this trip was \$19.40, the amount of time spent in the store was about an hour and a half, with the savings reaching over \$100.

The wonderful thing about fashion is that it is cyclical, trends from yesteryear are always reappearing. Currently there is a resurgence of '90s fashion which includes overalls and slip dresses.

You can bet your bottom dollar that you will be able to snag a slip dress at your

local Salvation Army for under ten bucks.

The key to thrifting is being adventurous, searching and above all patience. Thrift shopping is like mining for gold, some days you score an awesome find, other days you leave empty handed.

The beauty of thrifting is that you can try on different styles without investing in giant prices.

Chain thrift stores like the Goodwill and Salvation Army are constantly running promotions and sales so you can score greater discounts by keeping an eye out and asking an employee.

Some items may even be new with tags from the original retailers and can now be purchased at a fraction of the cost.

The key to finding clothes is to try things on even if they aren't in your normal size. Street sizing varies tremendously so do not be afraid of an XL or XS, try

it on. More often than not you will be surprised by what works.

A great tip is to look at all the clothing sections even if they don't correspond to your gender.

Sweaters, cardigans, slacks and shirts are easily interchangeable between the sexes, the only difference is which side the buttons are on.

There are 14 thrift stores in the San Bernardino area, ranging from private to non-profit.

Persistence beats resistance when it comes to thrift store shopping, the savings are always high, but don't expect to find something in less than five minutes. Sometimes you might end up disappointed leaving the store empty handed.

A fun new outfit doesn't have to break the bank especially when there is a thrift store right around the corner.

Run for their money

By **INNO SITA**
Staff Writer

The basketball team is giving teams a run for their money stepping up their game after a two-game losing streak.

The Coyotes suffered another closing game on Nov. 17 against the UC San Diego Tritons, losing to 70-65.

On the first half, senior Tayllor Gipson and sophomore Alexcia Mack both played guard and were unstoppable on the first half, catching as many rebounds and trying not to lose the ball.

Both juniors Briana Baker and Mack played guard and had an incredible three pointers during the night.

The Coyotes fired up the court when sophomore Jenna Klein shot three points with 2:25 minutes left on the clock along with an assist by Gipson, forcing the Tritons to take a 30 second timeout.

At the end of the first half with only 36 seconds left, Mack had no option but to shoot for a three pointer hoping for a lead, but fell short.

In the second half, the Coyotes stepped back on the court with more confidence and consistency.

The highlight player was Baker who had more steals, assists, rebounds and layups than any other player on the court.

Klein made six points with 1:56 on the clock, leading the Coyotes 62-58.

Later, sophomore Andriana Brodie added two point on the scoreboard after being fouled by Triton player Erin Dautremont.

Towards the end of the game, Triton player Dautremont made six points with only 31 seconds left leading the Tritons to a victory 65-70.

Gipson is currently majoring in criminal justice, has been playing for the Coyotes for two years and continues to be the star of the game.

“Our first game was very exciting, despite the loss we enjoyed every moment of it because we finally got the chance to observe our way of playing,” said Gipson.

The Coyotes faced most challenges on their defense, allowing the Tritons to gain the advantage against the Coyotes.

“Defense wasn’t bad at all but we just need to make sure that we finish out the whole shot clock, not playing hard defense and letting them rebounding was our main problem,” said Mack.

The Coyotes started their season with new head coach, Renee Jimenez, who previously coached of Cal State Monterey Bay for five consecutive seasons.

“Our coach is a great person on and off the court. Despite her toughness, if we’re not doing something right, she’ll let us know in a very proper way so that we can fix it,” said Mack.

Last year, CSUSB women’s basketball team had a great chance to win the NCAA Division I under former coach Kevin Becker, but fell short with a season record of 13-14.

Becker helped the Coyotes win titles for 17 years, including four appearances in the NCAA tournament.

This season, coach Jimenez acknowledges the legacy and chooses to follow in Becker’s footsteps and help the Coyotes win titles in the following years.

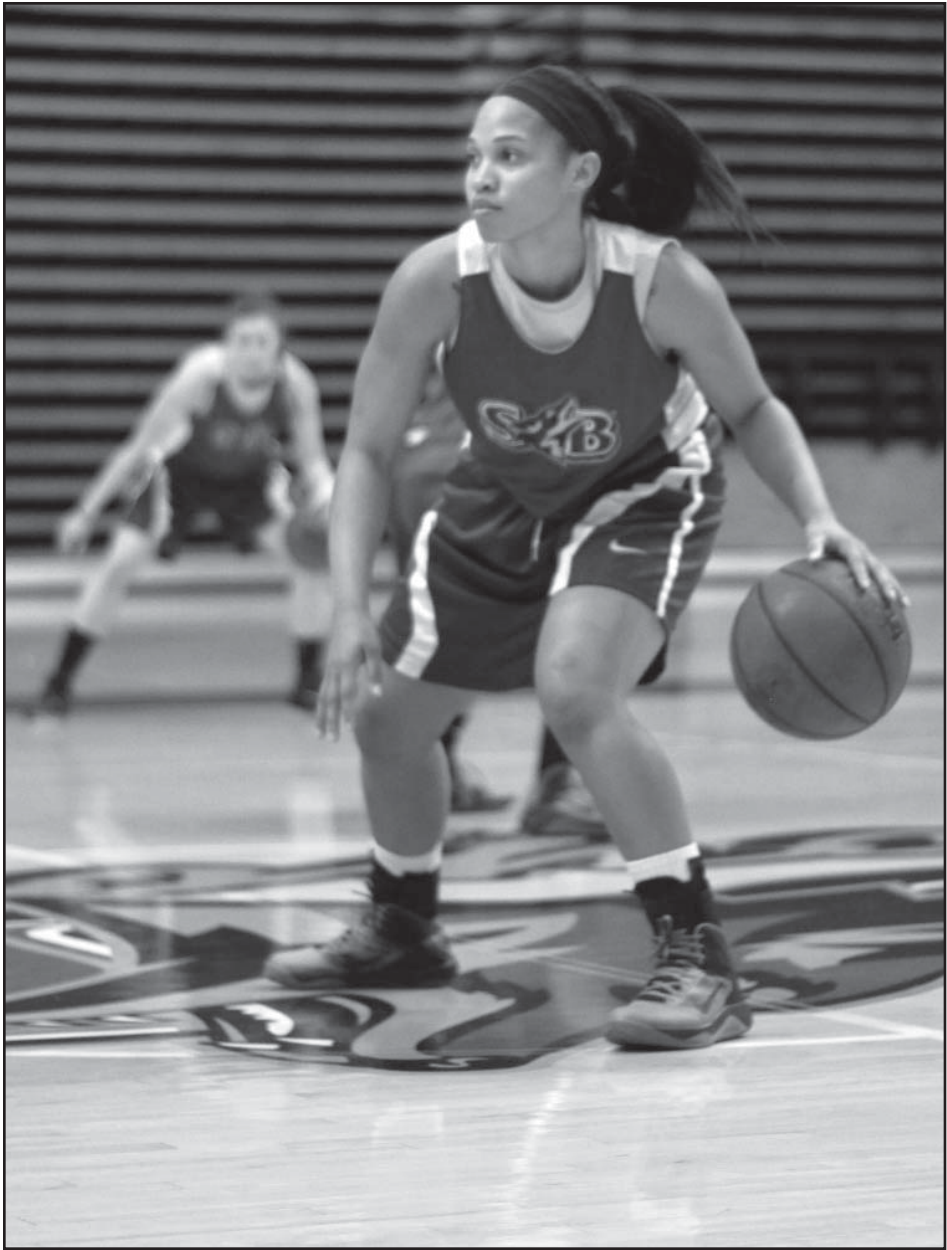
“Obviously these guys are new to me, we’re trying to take the time to really get to know their personality, who they are as people, and their interests. I think the big thing is, they will play hard for you if they know that you care about them. They’re my kids. I do care about them, their families and their lives,” said Jimenez.

The Coyotes will have more opportunities to improve their game during practices before stepping in the game to have more wins this season.



Inno Sita | Chronicle Photos

Coyote women practice on the court after a loss amongst UC San Diego. The team fought hard and tried their best to win.



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Strong communication scores a win

By **GREG AVETISYAN**
Staff Writer

The intramural volleyball tournament came to an end Tuesday night on Nov. 20, as team Spectres were victorious over team Yeaaa.

The two teams competed in the A league final in the Coussoulis arena. Team “Yeaaa” won the first set 15-11 and began the second set with a 4-0 lead. However, the Spectres rallied back to win the second and deciding third set.

“After being down a set and starting the second set losing, we used really strong communication to come back and win. Everyone was just being positive with each other so we can keep having fun and it worked out,” said Shane Newton.

The third set was anyone’s game as it ended with 26-25 when the ball fell to the ground between Gerardo Regolado and Jasmine Keller.

Both teammates turned with a look of disappointment after the loss, but congratulated all the players on a good game.

The game’s most valuable player was Robert Arnold from the Spectres. His teammate, Shane Newton was excited to be called the A league champions.

“It’s a great feeling to win the tournament. We always play against our friends so it’s really fun to get bragging rights because it’s a friendly competition,” Newton said.

There are two leagues within the tournament, A League being for the more competitive players and B League for the casual players.

The B League final was also held Tuesday night, as team “Sigma Chi” beat team “Sig Ep” in a match up of two fraternities. The final set went through all three sets until a champion was crowned.

“It felt good after a comeback, to be close to losing and comeback to get the victory,” said Tomas Solis, the most valuable player.

Sigma Chi was at a disadvantage as they had only three players on the court against an opposing six.

“Communication was the key to us winning today because we had less players than them. All of us had to cover a lot of ground,” said Solis.

Sigma Chi was forced to utilize their strong communication skills by constantly moving around the court to reach every ball.

Both champions from the A and B Leagues said communication and having fun were the keys to their success.

The goal of the Intramural department was accomplished in another year of competition.

“We just want students to go out there and have some fun in a competitive environment,” said Kristina Hall, site supervisor for the school’s intramural’s department.

The intramural volleyball tournament is held every year and begins the third week of each quarter and finishes the tenth week before finals.

Teams compete through the quarter and the two teams with the most wins are placed in the championship game.

Playing in the league allows students to relive stress in between studying and finishing homework.

Various intramural tournaments are held throughout the school year. Students are always able to sign up on the CSUSB recreational sports website by clicking on the Intramural sports tab and filling out the required form.



“It’s a great feeling to win the tournament. We always play against our friends so it’s really fun to get bragging rights because it’s a friendly competition.”

Shane Newton
A-league champ



Greg Avetisyan | Chronicle Photos

Team Spectres from the A league and Sigma Chi from the B league celebrate with their championship T-shirts. The teams relieved stress and had fun with their peers before finals.

WINTER IN THE HILLS

Get the chance to venture through a winter wonderland, or explore the Hollywood Hills

By **RICHARD BURRUD**
Staff Writer

CSUSB Rec Center will be hosting the Snowshoe hike will be Dec. 20 from 8 a.m.-8 p.m. and a Hollywood sign and Griffith Observatory hike on Jan. 18 from 8 a.m. to 8 p.m.

Come enjoy the serene beauty of San Jacinto Mountains through snowshoeing.

This rewarding hike offers spectacular views of nature and wildlife.

Participants will depart from campus at 8 a.m. and drive up to a winter wonderland.

Once there, members will board the Palm Springs tram and head up to the top of the San Jacinto Mountain. At the top members will strap on their snowshoes and hike along the trail, breaking around noon for a leisurely lunch.

Around 3 p.m. participants will head back to the vans to pack up.

The cost for students and SRFC members is \$35, Faculty staff and Alumni associate members is \$46, Affiliate members \$58 and Community members \$70.

Gear you may want to bring include a day-pack, snowshoes and trekking poles.

These items are provided by CSUSB Outdoors and can be checked out. They are provided on first come, first serve basis.

You can anticipate low temperatures in the 30s and high temperatures in the 70s for the San Jacinto Mountains.

No experience is required and instruction will be provided. The sign-up deadline is Wednesday, Dec. 18 at 6 p.m.

If you enjoy the hiking experience from Jacinto Mountains, come participate in the hike to the

world famous Hollywood sign that will start with a visit to the Griffith Observatory.

Before taking a five-mile hike, participants will have the chance to see the back of the Hollywood sign on top of Mt. Lee.

Along the way, members will have a spectacular view of the surrounding area as well as the Hollywood sign.

After the hike, participants will head to the Hollywood Walk of Fame for a quick meal and some "star" sightings.

The trip includes transportation and lunch. Dinner will not be included.

The cost for the trip is \$20 for students and SRFC members, \$27 for faculty and staff, \$34 for Affiliate members, and \$40 for Community members.

CSUSB Outdoors will provide snack and lunch for the trail. Weather during January can be anticipated, low of mid to high 40s and highs of low to mid 60s.

The sign-up deadline is January 15 at 6 p.m.

If you have any questions involving the hike please contact (909) 537-CAMP or visit camp.csusb.edu

These two events are great way to familiarize yourself with Rec Sports Outdoors and get involved on campus.

Hurry and sign up for these events space is limited and remember the deadlines.

Have a great time Yotes!

This rewarding hike offers spectacular views of nature and wildlife.

CSUSB Rec Center



Photo courtesy of CSUSB Student Recreation and Fitness Center

Members have fun while exploring nature either through the San Jacinto Mountains, and looking down on all of the celebrities up top from the Hollywood sign from Griffith Park. Both of these trips are available to students, faculty, and alumnus.