January 21st 2014

CSUSB
Why are students shackled with debt?

By ANGEL LIZARDI
Staff Writer

Statistics show that 60 percent of graduating seniors at CSUSB are borrowing money for their education, which is 10 percent higher than the state average, according to college-insight.org.

Sixty-one percent of CSUSB students graduate with student loan debt, which is 10 percent above the state average, according to College Insight.

College Insight is an initiative of the Institute of College Access and Success which provides data to colleges and universities across the country on college affordability, success and diversity.

Although the data shows that CSUSB students’ average student loan debt has decreased by $3,000, students have been taking out more student loans to fulfill their financial needs.

When hearing the news, some students weren’t surprised.

“There are a lot of first-time college students at this university, so I’m not really surprised,” said Victor Reyes, a fourth year student.

Reyes said he took out loans because he wanted to live in the dorms.

Students mentioned that they had to.

CSUSB ranks top online learning programs

By GLORIA GUTIERREZ
Staff Writer

CSUSB online programs rank high among other online degree programs and continue to provide an alternative for in-class learning.

CSUSB provides affordable, flexible and essential quality online programs, according to affordablecollegesonline.com.

Takiya Moore, an instructional design technician at Online Distributed Learning, explained that our programs differ from the

"cookie-cutter" programs offered at public colleges and private for-profit universities because our online programs can be highly customized.

CSUSB professors take the opportunity to shape the context of their material based on how they feel will benefit and engage students best.

For example, a Comm. 306 course offered online begins with an introduction video of the professor in his home.

That video clip gives the virtual class

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New bridge under construction

By CLARISSA TOLL
Staff Writer

Construction for a grade separation bridge at the intersection of Palm Avenue and Cajon Boulevard is underway. With the completion of this bridge and the elimination of the Burlington Northern Santa Fe railroad crossing, traffic will be able to flow without waiting for passing trains.

The bridge will consist of two lanes and is estimated to cost $36 million, as stated on the San Bernardino Associated Governments (SanBAG) website. The project will be funded by the Trade Corridor Improvement Fund and other local funds.

“Eliminating X number of vehicles with their engines idling for five minutes should have a positive affect on air quality,” said Thornton.

Two and a half grams of carbon monoxide enter the atmosphere every minute a car sits idling, according to the United States Environmental Protection Agency. A decrease in the area’s noise without the need for a train crossing signal or trains’ horns is another possibility.

Improvements have begun on Industrial Parkway and Institution Road along with the construction of the bridge. At the intersection of Palm and Industrial, the road will be raised eight to ten feet, according to Dreher.

In a small poll, 8 out of 16 students said that they commute. Many students, commuting or local, use the Palm/Kendall freeway exit which lies just a couple hundred feet from the construction.

When asked her opinion on the recent ongoing improvements, Andrea Alonzo, who commutes from Orange County, said “It’s going to be super great.”

Other projects similar to this one have been taking place all over the Inland Empire.

The grade separation at the Colton crossing and the 10 freeway separates east-west trains from north-south trains so neither has to stop and wait. The separation was recently finished in August and the Lenwood bridge in Barstow is set to be finished by December 2015 along with other locations.

“As you can see, transportation encompasses many areas and a bridge over a railroad can impact safety, the community, the economy, create jobs, address environmental concerns and more,” said Thornton.

For more research and information on transportation, contact the Leonard Transportation Center on campus.
Gov. Brown’s proposal may increase CSUSB enrollment and expand courses

By SANTIAGO CASTILLO
Staff Writer

Governor Jerry Brown plans to allocate $244 million to CSU and UC institutions.

Earlier this month, Brown proposed his state budget funding, which included giving $10 billion to education. When asked how this funding could affect CSUSB, Associate Vice President of Finance, Monir Ahmed said, “If the budget is approved as proposed by the governor, the campus hopes to increase enrollment, add additional sections to existing courses, while keeping the fee flat.”

Ahmed added, “We have a huge amount of infrastructure deficit, we need maintenance for some buildings that are quite old including [Sierra Hall] that needs to be renovated, taken down and rebuilt.“

If funding is received, CSUSB may put those funds to build renovations or new buildings explains Ahmed. When asked what should be the priority of our school if we were to receive more funding, student Samuel Vallejo said, “I think the money should be put to work in areas needed by students, for example some struggle with their Math and English classes so I feel that an after school tutoring program to aid students one-on-one with their teacher would be helpful.”

Vallejo explains that another way to use that money is to get students involved in our campus. For example, we could have activities where students meet another, anything to get students going and excited about going to school should help them with their education.

Student’s thoughts on what the funding should go to are primarily based on tutoring, more convenient after hours, getting students more involved and more funding to every department.

“More funding should be added to the Biology department because I think it isn’t getting as much funding as needed, and maybe the art department is getting more funding (not saying it’s of less importance), but we should also focus on other departments as well,” said Jose Hernandez, student.

“I feel we should have more tutoring programs, students can find tutoring if they look for it, but it really isn’t advertised, tutoring should be the main focus as well as having new buildings,” said Edgar Ortiz, student.

Brown’s proposal is to help out education, but communications consultant of the California Teacher Association, Bill Guy, reminds us that a proposal is just that, and not an outright act.

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Monir Ahmed, CSUSB Associate Vice President of Finance

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“The legislature will weigh in with their own funding proposals and then negotiations between the governor and the legislature will result in a final state budget, probably sometime in June or July. So the actual new dollars coming to education will not be finalized until that time,” said Guy.

Brown’s proposal shows that it will be helpful, but will not take effect until June or July when our governor and legislature come to an agreement.

Governor Brown’s potential proposal of funds to CSUSB could help renovate, add buildings and add new course sections.

“I have made a lot of efforts in the past 10 years in analyzing what the needs of the students are,” said Mauricio Cadavid, an instructional designer with Online Distributed Learning. “We understand student’s time limitations and their inflexible schedules, so that has sort of all combined to provide flexible and affordable online programs.”

CSUSB offers over 75 undergraduate online courses and some online masters programs.

The masters programs include those in Business Administration, Public Administration, Criminal Justice and Nursing.

Some of these programs do require blended classes which integrate face-to-face meeting time with the professor and classmates due to the fact that some majors require some hands-on learning and guidance.

Complete online undergrad programs are currently not offered at CSUSB because the age range targeted for online programs are for those students older than 25 years old.

“Most people, about 90-95 percent, in masters programs are working adults, as a working adult you really don’t have the option of coming to class during the day.”

Mauricio Cadavid
Online Distributed Learning Instructional Designer

CSUSB.

Dorador said, “Personally, I wouldn’t enroll in an online program unless I had no other choice. I like the dynamics that take place in a classroom, interacting with peers and professors face-to-face. I do see how online programs are attractive to students who hold full-time jobs or have children since it allows them to have more flexibility balancing school with other responsibilities.”

The online programs at CSUSB are geared towards adults older than 25-years-old because it can provide an education that works around their schedule.
No burn day seeks to minimize air pollution

**By ESSENCE DENNIS**

Burning wood will be prohibited beginning January 18 from 12 a.m. to 11:59 p.m. in San Bernardino, Riverside, Orange County and the Los Angeles area basin.

Due to that time it will be prohibited for anyone to burn wood in their fireplaces at home or anywhere for that matter. The South Coast Air Quality Management District has put in effect a no-burn day which is designed to stop some of the pollutants put into the air when burning wood.

“You get those particulates stuck in your lungs, and it stays there, it’s not going away,” said Biology professor, Joan Fyxxell, when asked how the burning of wood will affect students. When asked about the issue specifically pertaining to the student body history major, Juan Ochoa, believes the topic, “needs more coverage, but I’m completely for the no-burn day to happen.”

Health Science major, Celeste Youngblood, has similar feelings stating, “I didn’t hear much about it, but I feel as though it’s a good start to opening our eyes to some of the pollution.”

“For some, it’s hard to see wood burning as a type of hazard, but with enough of it in the air the particulate matter is detrimental to our health, especially during the colder months”, according to Doctor Robert Phalen, who has a PhD in environmental health and science.

Many districts concerned with the overall well-being of the air put “no-burn days” in effect in order to keep the pollution in our air from escalating into unhealthy levels stated by the EPA. Wood burning is an issue because when burnt it releases smoke that contains fine particles that will damage lungs when inhaled.

**The goal of the districts prohibiting any type of wood burning, especially fire wood, is to find quality air standards in a particular region.**

With San Bernardino being stuck in the middle of mountains, if wood is burnt on a ‘stagnant’ day those fine particles are simply sitting in the air, being inhaled and becoming trapped within the lungs.

The same goes for burning wood on a windy day as, “You don’t want anyone burning anything on stagnant days or especially windy days because there’s more risk for a fire,” said Norman Meek, Social and Behavioral professor.

With this being put in effect on Saturday, California and other states affected must meet the specific air pollution standards that have been put in place by the federal government.

Some people don’t respect these types of standards that are set to “limit poor air quality” that can affect those living lower in cities where air pollution is much higher. Dr. Phalen who works in Environmental Sustainability states that the South Coast Air Quality Management District (SCAQMD) shows that people are burning more wood to warm up their households during the wintertime.

This causes inversion, trapping pollutants and possibly leading to a poor air quality condition.

No-Burn Day was conceived in the hopes that it will bring beneficial change to the quality of our air.

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**Why CSUSB ranks highest debt percentage in CA**

Continued from Pg. 1

take out loans because either they made too much money or their parents made too much money.

Student Julia Benjamin explained that they immediately cut her grants when she started working.

“Although I started working, the money that I was bringing in was not equivalent to how much I was going to spend on classes so I had no choice but to take out student loans,” said Benjamin.

Student Vanessa Alavarez, mentioned that her Student Aid Report (SAR) said that her parents were able to pay for her education, but she still has to take loans.

“I felt that the Financial Aid application was a bit too vague to fill out,” said Alvarez. A multitude of students mentioned that although their grants covered their first two years at the university, as soon as they started working the financial aid they were receiving was student loans.

However, many felt that student loans weren’t as bad as they’re made out to be. Student Daniel Dandarand said that by students receiving student loans, it gives those students an opportunity that they wouldn’t have been able to get.

“Students from lower socio-economic areas or first-time college students are able to receive higher education because of student loans,” said Dandarand. Student Lily Castro said that she views her student loans as an investment in her life.

“We borrow money that we don’t have, so that in the future we will have a job that will allow us to pay back our student loans,” said Castro.

“I plan on attending grad school as well which means there will be even more student loan debt in my future; yet I remain hopeful that I’ll find a job that I’m passionate about and will be able to pay them off,” continued Castro.

Students seem optimistic about their student loans, but unsure if the investment would result in them finding jobs.

**News**

**CCBriefs:**

By GREG AVETISYAN
Assistant Sports Editor

Jan. 14: No Pants Subway Ride

The No pants Subway ride started in 2002 as an idea to improve everywhere with seven guys. The prank has taken place every year since it started. Random passengers board subways across the state without wearing any pants.

“The participants do not behave as if they know each other, and they all wear winter coats, hats, scarves, and gloves. The only unusual thing is their lack of pants.”

Over 4,000 people participated in New York for the 12th annual event.

“I know this has been going on for a long time, it’s kind of funny, but I would never do anything like this,” said student Josh Geihm.

Jan. 15: America’s first cuddle shop

The cuddling business is now under way. Samantha Hess, travels to homes to cuddle with clients.

She is now looking to expand her business and hire more employees.

Hess states, “The cuddling business is booming.”

Samantha plans to attempt to open up a store possibly in Portland and begin setting up more appointments for potential customers.

It may seem like a fun easy job, but Hess insists that new applicants will go through 40 hours of training to learn the intricacies of her specific spooning practice.

It seems like a really weird and crazy idea when you think about it, but it might work,” said student Nick Sanchez.

Jan. 16: Scientists attempt cloning of ancient mammath

A recent article from the Scientific Journal, states how scientists are close to cloning an ancient mammath.

The recreation of the beast is dependent on the stem cells being able to come together with the ancient tissue and bone marrow that has been found and if successful, the creature can be brought back to life.

Seo Jeong-sun, director of the Geonomic Medicine Institute at SNU feared it would be “just for show.”

“Many question whether the cloning is a realistic possibility or not.”

Jan. 16: New giant 3D printer can build house in 24 hours!

Scientists are claiming to have developed a giant 3D printer that is capable of building a 2,500 square foot house in a day’s time. Professor Behrokh Khoshn-evis from the University of Southern California has developed the printer in an effort to speed up building and make the world of construction much more efficient.

“It is basically scaling up 3D printing to the scale of building,” said Khoshnevis.

As revolutionary as this may sound, in the end thousands of Americans will lose their jobs in construction. Essentially you insert in the blueprint and robotic arms, extrusion nozzle, and a computer-controlled gantry system creates the design.

“Yes it sounds like a good idea, but this will take so many jobs from hard working people so I’m not sure if I like it yet,” said student Michael Ramirez.
At the start of the new year, temperatures reached an alarming 40 to 60 degrees below zero along the east coast. I wouldn’t trade my 70 degree winter and sandals for snow boots and frost bitten toes. However, some wouldn’t mind experiencing a true winter season instead of having an additional summer or spring in California.

Experts are wary of California’s hot climate due to the affects it has on climate change. According to The Sacramento Bee, “The most serious threat is a decrease in fresh water and an increase in intense wildfires.”

“The wildfires are very likely to be larger in extent due to increased drying of vegetation during the summer season,” as stated by The Sacramento Bee.

High temperatures in the winter months have affected animal hibernation patterns as well. Hope Hamashige writes in National Geographic that when an animal is in hibernation their metabolism drops and they require very little energy to live. When the animal awakes from its hibernation its metabolism returns to normal.

“But the animals have started to wake from hibernation earlier and the plants that they eat have yet to bloom.”

“I am very concerned about the animals waking up from hibernation early,” said student Christina Mendoza. “If they become extinct it will affect their circle of life and in turn will affect our own.”

Jennifer Witherspoon and Erin McKenzie of the Environmental Defense Fund argue that the warm California weather will create a drought and affect natural non-irrigated forage production for livestock. In other words, naturally flowing water won’t sustain growing strawbery in which some livestock eat as their food source.

Livestock owners who rely on this natural food source will have to supply their cattle with the nutrition they need either out of pocket or by growing the food themselves.

Experts explain that warm California winters are a result of climate change, but the state and its citizens must make due with the excess sunlight. The extra sunlight that California receives is good for health. Studies show that sun exposure increases Vitamin D levels.

According to Sydney Epstein of The Active Times, “Vitamin D can prevent cancer, provide higher energy levels and keep your bones strong and healthy.”

Epstein points out that researchers at Central Washington University claim “77 percent of people are Vitamin D deficient because they don’t get enough sunlight.”

“A sunny day can increase levels of a natural antidepressant in the brain, according to WebMD. “The brain produces more of the mood-lifting chemical serotonin on sunny days than on darker days,” states WebMD.

Living in Southern California is a privilege, where else in the world can you snowboard in the mountains until midday and after take a short drive to the beach and enjoy a relaxing dinner by the sea all in the same day? California’s warm winters are a treasure to behold they define the state, help to support it economically, and make California a unique place to live.
Opinions

Set New Year’s goals, not resolutions

By Marie Fernandes Staff Writer

Making New Year’s resolutions is a waste of time. We should focus on making goals to make ourselves happier and our lives better.

Change has to be spontaneous instead of planned. “I feel like making a New Year’s resolution is pointless because no one sticks to the ones that they make,” said Alexis Lopez, a CSUSB student.

We should rethink what we have originally been told about how we should approach the start of a new year.

Most people feel as though their New Year’s resolution has to top those that their friends or family made for themselves, but the resolutions that we make should not serve the purpose of trumping others.

The outdated practice of making a New Year’s resolution is in dire need of a bold and exciting reinvention for all of our sakes.

We should rethink what we have originally been told about how we should approach the start of a new year.

We should go into the New Year with the mind set that we are going to set a few achievable goals to complete by summer. We should not forget to challenge ourselves to get outside of our comfort zones by setting more difficult goals for ourselves that can be achieved after summer.

The importance of self-improvement can be reinforced with a list of realistic, attainable and simple goals.

To help ourselves get outside of our comfort zone, we should try new foods, spend time alone, disconnect from technology for a few hours, say hi to a stranger, and develop complex passwords.

People need to begin developing complex passwords and using that as the password they don’t provide access to my account.”

People do not want live in paranoia and want to be assured that their savings will stay in their possession.

Debit cards are a direct link to a person’s money and that leaves their bank information and savings accounts susceptible to fraudulent spending by identity thieves.

With the obsolete features that banks are offering, we as consumers need to exercise a bit of accountability when it comes to the safety of our finances.

People need to begin developing complex passwords and taking note of unauthorized charges on their account in order to prevent hackers accessing their accounts.

A CSUSB student who wished to remain anonymous said, “I prefer to use cash because it can’t be tracked and it doesn’t provide access to my account.”

Chase recently imposed a restriction to its customers that would only allow them to withdraw only $100 in cash and spend $300 in purchases.

According to Nathaniel Popper of The New York Times, Citibank and JPMorgan Chase recognized that the problem was widespread and issued its entire clientele new debit cards.

Companies should realize that their reputations are at stake in this and do what’s in their power to ensure that a breach as major as this does not happen again.

They should follow the actions of Target, Citibank, and JPMorgan Chase in making sure that the value of the information and data stolen does not increase and cause more damage then it already has.

Think twice before you swipe

Companies need to better secure customer’s money when shopping in their stores

By Devin Ramos Staff Writer

People should use cash instead of credit or debit cards to prevent another breach from occurring in bank accounts across the U.S.

The recent data breach from Target, Citibank, and JPMorgan Chase recently imposed a $100 in cash and spend $300 in purchases.

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According to Sarah Chandler of CNBC, credit and debit cards are outdated and are, “easy to out-smart” by thieves.

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By ADRIAN CARLOS
Staff Writer

Early morning, cool air, freshly waxed boards, and white powdery snow is the perfect setup for a great day of snowboarding.

Snowboarding season is upon us and you may have noticed friends posting about their fun and exciting excursions to places like Big Bear and Mountain High.

Snowboarding is an exciting, thrilling sport that takes you to “the edge” and at the same time still keeps you grounded.

Snowboarding has various skill levels. Anyone from beginners to the most advanced rider are welcome and able to progress at his or her own pace in a fun environment.

Southern California has a reputation for having all four seasons, though winter does not stand out as much.

However, there are mountain resorts, and they are much closer than you might think.

Mountain High and Big Bear are both within an hour from campus.

CSUSB alumni Isaac Miranda is a seasoned snowboarder and has over nine years of riding under his belt.

“Snowboarding is a great stress reliever and an even better way to stay active,” said Miranda.

There are many misconceptions floating around about snowboarding, like high costs.

Since we live in Southern California, the only gear you need is a board and boots. Mountain High has rental options available for only $15 for boots or even better, $35 for both a board and boots.

College nights will get students in for only $20 with a student ID. Thursday nights offer a complete rental package including boots and board and a 1 hour and 45 minute lesson for only $45.

For the experienced riders and season pass holders, Bear Mountain offers 50 percent off their lift tickets with proof of season membership from any neighboring mountain.

Bottom line, snowboarding is a great well-rounded sport with all the avenues to get started available. January is National Learn to Ski and Snowboard month, making it the perfect time to get out there to try something new with friends.

Miranda describes it best, “Basically boarding just comes down to two things, friends and good times.”
Fraternity draws attention to drunk driving

By DIANA RAMOS
Staff Writer

Delta Sigma Chi is hosting their 8th Annual Drunk Driving Awareness Event, Delta Sigma Chi vs. Drunk Driving. This event will be held on Jan. 21 from 6 p.m. to 9 p.m. in the Student Union’s Event Center.

Kevin Brooks, a survivor of a drunk driving car accident, will be the guest speaker of the event. Brooks, who is now paralyzed from the waist down, wants to share his story with all of us and how drunk driving has affected his life.

This event began eight years ago when a fellow fraternity sister of Delta Sigma Chi was in a car accident caused by drunk driving. Although she was the only sober passenger, she did not make it out alive. Delta Sigma Chi’s goal is to inform students of the importance of having a designated sober driver when going out for a drink. This fraternity also wants to prevent people from driving intoxicated by informing students of the consequences if they do. The fraternity does not want anyone to be a victim of drunk driving.

According to the Centers for Disease Control and Prevention, “Every day, almost 30 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver. This amounts to one death every 48 minutes.” Delta Sigma Chi’s story tells us that we do not necessarily have to be intoxicated to lose our life. We can simply be hanging out with our friends who have had a bit too much to drink and maybe be embarrassed to take their keys or simply find another ride home.

Some safety measures you can take to avoid deaths caused by alcohol-impaired driving are:

• Prior to any drinking, designate a non-drinking driver when with a group.
• Don’t let your friends drive impaired. Take their keys away.
• If you have been drinking, get a ride home or call a taxi.

If you’re hosting a party where alcohol will be served, remind your guests to plan ahead and designate their sober driver, offer alcohol-free beverages and make sure all guests leave with a sober driver.

No one likes to be the designated driver especially college students. Being a DD may not be fun at times but losing someone to drunk drivers is even worse.

Having a designated driver is very important when going to parties where there will be alcoholic beverages. If you are the designated driver, here are some tips you can follow:

• Plan ahead whenever you are going to socialize with alcohol beverages.
• Decide ahead of time who will not drink any alcohol before or during the party/event.
• Consider taking turns being the designated driver
• Larger groups should have more than one designated driver.

Coming to this event will not only educate you why it is important to have a designated driver but it will also show you the consequences of not having one.

It’s all about taking responsibility for the repercussions that may result from any type of drunk driving.

Recover from holiday spending

By ERIN CAMPBELL
Staff Writer

Holiday spending takes a toll on our bank accounts.

We overspend on gifts and lose sight of how we will rebuild our bank accounts.

Simple tips and changes can help avoid money management stress and develop a more plentiful bank account.

Taewon Yang and Greg Richey, advisors from the CSUSB Finance Department, suggest a smart budgeting method and a plan for spending that works best for students.

After asking a few students about saving money, most of them didn’t know how to manage money and didn’t have a plan to build a savings account.

To make the remainder of 2014 financially easier, I’ve thought of a couple tips that can help you save money.

First and foremost, pack a lunch.

The campus cuisine is undeniably delicious; however, it can get pretty expensive.

• Buying a wrap at the WOW Café or a few tacos at the Taco Bell on campus every day you’re on campus can really add up.
• Instead, try packing a lunch from home and bring it take it with you to school.

Not only will this alternative be cheaper but also healthier.

Carpooling is a great option to save on gas and avoid wear and tear on your vehicle.

• If you know someone that is at school around the same time you are and you both live relatively close to each other, carpooling will be a huge help for you in the long run.

Even signing up for free customer rewards programs will save you dollars in the end.

• Reward programs allow you to accumulate discount coupons. Office Depot gives 10 percent back on printer ink, paper and copy center services.
• As a college student, this reward program works great when it comes to having to print homework or make presentations.

Another suggested rewards program is the Rite Aid Wellness rewards card. For every dollar spent, a point is added to the rewards, which become available after accumulating 500 points.

• When it’s time to do some mandatory shopping, those rewards can be rather generous to your bank account.
• However, you should also consider canceling memberships you aren’t using.

For example, gym memberships that aren’t being used are better off canceled.

I suggest using the gym on campus that you pay for every quarter already. Why not use it?

And if by any chance your schedule may not allow you to stay on campus to enjoy the gym, the outdoors makes for a great workout place.

Getting a run around the block or a hike up a hill is a good and cheap way to get exercise.

Rebuilding a bank account can be easy with these few tips in mind as the year progresses.

CSUSB offers a free online brochure focusing on financial planning, creating budgets and using money wisely on the financial aid website under resources.

Find a plan that will help you save money in 2014 and stick to it!
Coffee enthusiasts throughout the Inland Empire are brewing over Riverside’s...

The aroma of fresh brewed coffee, the gentle hum and churn of the coffee machines fill the space that is Lift Coffee Roasters. Students and coffee enthusiasts alike should take some time to visit this new vintage coffee shop that prides itself on the individualization of every cup.

Lift is located just off the 91 freeway in Riverside. The coffee shop has a variety of pastries, coffee and tea choices, which makes it a place that all people can enjoy regardless of their drink preference.

Lift’s pricing tends to run on the higher end of the coffee spectrum compared to most individually owned shops; however the money is well spent considering the high quality of their brewing process and their approach to drink development.

I went on a recent trip to the shop and it cost me $7.15 for a cappuccino and a jalapeño cheddar scone. My friend, who accompanied me, ordered an iced Americano and a marble brownie, which cost a total of $6.67.

Lift sets themselves apart from their competitors by how they individualize each cup of coffee, grind their own beans, specialize their brewing process and maintain their belief in producing nothing in bulk. They opened their doors in the Summer 2013 and the owners chose to go with a vintage industrial feel for the décor.

The shop is filled with barn wood table tops, brick and steel accents throughout, which signal to the central theme, aviation (the espresso bar is actually a refurbished airplane wing!). The ambiance makes Lift a one-of-a-kind experience.

I recently went to Lift and was surprised by everything the shop had to offer. It is a place that exudes uniqueness within its walls.

I didn’t feel like I was in a typical coffee joint, but rather in a place that prides itself on the quality and customizing of coffee while providing the customer with a backdrop of floor to ceiling vintage wood and brick, a large metal chandelier, packaged merchandise, an industrial ceiling reminiscent of an airplane hangar and the vintage airplane propeller that is mounted on the wall to tie the theme together.

Lift aims to be a place that is suited for the every need of their customers.

The comfy leather couches and the spacious booths, which are equipped with electrical outlets (for laptops and phones) proves that Lift is the perfect place for catching up with old friends or for the needs of students who are fixing for countless hours of studying.

The shop is open Monday through Sunday from 6 a.m. to 10 p.m.

Lift is a great place to study, to hang out with friends or to come alone and curl up on the couches with a good book and a cup of coffee.

Whatever the case maybe, I recommend Lift Coffee Roasters for anybody looking for a nice and relaxing time in a place that is truly one of a kind.

Coffee entusiasts throughout the Inland Empire are brewing over Riverside’s...

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Make your main squeeze the juicing trend

By GLYNN GUERRA  Staff Writer

“It took me almost four hours to prepare for one day’s worth of juices,” said student Sara Nydam.

Not only was it a huge waste of time, but it made Nydam sick with a fever and she even reported having body shakes.

Yet, juicing has progressively become more popular these days. Juicing has become a popular choice for people to try every avenue possible to get healthier.

Skeptics wonder if it is truly beneficial to your health and if it is worth jumping on the juicing bandwagon.

People have taken different approaches to the trend.

You can use a juicer, which essentially squeezes and pushes out the juice, or you can use a juicing blender that purées the fruits and vegetables into a liquid, or smoothie.

According to an article on foodmatters.tv, juices are extracted by the use of some of the more affordable juicers.

This can result in the loss of vitamins and minerals that are found in the skins of fruits and vegetables.

The more you’re willing to spend, the more capable the juicer is of breaking down the nutrient-enriched parts of the fruit or vegetable.

More importantly, juicers remove most of the indigestible fiber.

As a result your body absorbs the juice more rapidly and decreases the body’s natural job of breaking down and digesting the food you intake.

A juicing blender, on the other hand, allows for no loss of any nutrients from the fiber. According to foodmatters.tv, blenders do break down the fiber which make it easier to digest, but still allow the body to go through the digestion process more naturally.

“Juice can be used as a part of cleanse, or maybe a snack, or a nutrient boost; yet shouldn’t be used for a meal replacement,” said Nydam while discussing her thoughts on the juicing trend.

Nydam tried juicing a year ago; she purchased a juicer and began a cleanse using the juices as meal replacements.

I own my own NutriBullet juicing blender and I drink a homemade juice almost every morning.

I’m not a huge fan of vegetables so I use juicing as an easy way for me to get a portion of my daily serving; as an added plus the fruit in the juice masks the flavor of the vegetables making it enjoyable to drink.

Outside of the initial investment of the juicer, the cost of making the juices myself has been less expensive than buying them pre-made at a supermarket or juice shop.

Although, I can’t imagine replacing any of my meals with one of these juices, I do see how it could be beneficial as a supplement to ensuring you get your daily nutrients. To juice or not to juice? That is the question.
Young The Giant takes over

“Mind over matter. You know you’re on my mind!”

Youth The Giant is ready to make heads roll with the release of their second album Mind Over Matter.

The group first broke onto the scene in 2010 with the first self-titled album Young The Giant. The album was well received with Amazon.com giving it the title of one of the “Best Rock Albums of 2010” at number three on their list.

Their second album is set to be released on Jan. 21, but has given fans three songs as teasers so far. Their lead single “It’s About Time,” is the main highlight of the album.

The track leaves the most impression on the listener due to its underlying message about feeling trapped in an impossible situation and wanting to hold until they reach the other side instead of taking the easy way out.

In an Interview with Rolling Stones, drummer Francois Comtois said, “The song came from this realization we could do what we wanted to do and be honest about it.”

The performance of the band really shines here with their great use of hard hitting drums and catchy riffs.

“Crystallized” has a calmer pace than “It’s About Time” but that works in its favor, giving the listener an opportunity to absorb the lead singer, Sameer Gadhia’s strong vocals.

“Crystallized was definitely my favorite track because it brings a little bit of the old school sound and presents it in a new refreshing way,” said Luis Petry, student.

The song’s emphasis on the vocals kept it from sounding too similar, letting it stand out. Student Alex Gonzalez said, “Crystallized was definitely the most enjoyable because it kept a good tone throughout and was pleasing to hear.”

“It’s easy to see that “Crystal-

ized” is a song that people enjoy and will keep in their playlist. “Mind Over Matter” is the most relaxed song in the album and although it sounds good, it is lacking the enthusiasm of the other two songs. The song looks at the singer’s constant thoughts of a special someone in his mind.

“Mind Over Matter” unfortunately does not live up as one of the greater songs. The lyrics in the song have no meaning and fall short of leaving an impression.

“And when the seasons change, I missed that train,” I am still trying to figure out what this means. Petry said, “It’s a song I could listen to, but it feels too repetitive and falls short of its strong intro.”

“Mind Over Matter” suffers from a little bit too much repetition and is longer than necessary, losing its momentum three minutes into the track. Most listeners could probably overlook this, as the song is entertaining enough to please most ears.

While not every song may be a hit, it’s easy to see that there’s a little bit of something that everyone can enjoy and jam to.

Each song in the album brings its own distinct style that makes the listener want to play each one without getting bored of repetitiveness. “Youth The Giant” has been able to release tracks that are entertaining and fun.

Mind Over Matter is sure to bring something new and refreshing to the table that listeners are sure to enjoy.

By MINTIMER AVILA
Staff Writer

“When the beat of my
drum meets the beat of your heart you know I
couldn’t love any other”
- Crystallized

“All the years of para-
dise paradigms paralyze
us”
- It’s About Time

“And when the seasons change
Will you stand by me?”
- Mind Over Matter

“Mind over matter,
You know you’re on
my mind!”
Golden Globe Awards commemorate Hollywood’s best

By CARLY WOOLEY
Staff Writer

The first of many captivating award shows for 2014 has arrived. The 71st Annual Golden Globe Awards took place on Jan. 12 at the Beverly Hilton Hotel in Beverly Hills, California. The ceremony was produced by Dick Clark Productions in association with the Hollywood Foreign Press Association.

The 71st Golden Globe Awards proceeded to honor the best in film and television for the year 2013. Two of the most memorable hosts made yet another appearance to the stage. Tina Fey and Amy Poehler, two real-life comedians, willingly returned to The Golden Globes stage for another year of captivating comedy at the nominees’ expense. Fey and Poehler may have over stepped a few boundaries while poking fun at fellow actor George Clooney’s need to cover amazing local artists. The night took off with Great Ghosts, whose performance set the mood for the night. Their combination of bass, drums and guitar got the crowd moving and dancing along to their feel good upbeat songs.

Their witty banter between songs was at times as entertaining to hear and see as their musical performance. These five likeable quirky characters were a thrill to watch and made audience members effortlessly connect to their rhythm and soul.

Sheep’s Head soon after took the stage and slayed the audience with their overpowering sound of bass and drums. Their set was definitely different from the opening act but none the less a pleasure to watch. This twosome played with great intensity leaving every drop of sweat they had on stage.

Hector Sicairos, who goes by his stage name Suzie’s Dead drew everyone in with his intimate and revealing acoustic folk set. Sicairos, who stepped away from the microphone for his entire set, penetrated audience members with his powerful voice and his guitar, Suzie.

By LILY PEREZ
Staff Writer

The coffee shop, Back to the Grind located in downtown Riverside welcomed Indie artists to their basement stage on Jan. 11. This coffee shop draws in many because of its atmosphere, amazing coffee and support of the arts.

Great Ghosts, Sheep’s Head, Suzie’s Dead, Ancient Crux, and The Big Nothing all infused the audience with their eclectic sounds.

Electric beats, soothing acoustic folk ballads to the overpowering sound of drums and bass for all those mosh pit enthusiasts.

Each band had something unique to offer the audience.

“I don’t know any of the bands but I have been here once before and needed something to do tonight, so I knew this would be a cool place to check out and the bands are cool, so I’m having fun,” said Sarah Burdett.

Back to the Grind is definitely a cool place to check out because you’re bound to stumble upon something great and discover amazing local artists.

The night took off with Great Ghosts, whose performance set the mood for the night. Their combination of bass, drums and guitar got the crowd moving and dancing along to their feel good upbeat songs.

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The cast of Brooklyn Nine-Nine shows off their stuff and their well deserved Golden Globe Award for the Best Television Series in Comedy, the show stars Andy Samberg as a childish Brooklyn detective who has a few little jokes up his sleeves.

The night came to a close with The Big Nothing, whose electric set left audience members in a happy mood and ended the night with the same upbeat note that it began.

Each of these artists gave a unique performance and although their instruments, at times, upstaged their vocals, they each performed with great energy and enticed audiences ear buds with catchy beats.

“’It’s a cool spot to check out,” said Burdett.

This underrated coffee shop serves as a great way to spend a night out with friends while enjoying great live entertainment.
Burning down the house

By JOEL HANKE
Staff Writer

Burn LA’s event ‘Family Affair’ brought the house down with high energy music, live blacklight art, indoor fire and aerial performances. This was their first event of the new year held on Jan. 11 at the Mission Control warehouse located at Marina Del Rey. Mission Control can be an extremely difficult place to find if you have not been there previously.

The back of the building can be seen from the main street (Jefferson Ave) but is somewhat hidden amongst a line of other industrial warehouses used for more contemporary reasons during the day. The entrance itself is located about a quarter mile down an alley way located just south of Jefferson. The line to get into Mission cannot be seen from the alley making it even more incognito.

As I approached the warehouse entrance I could hear and feel the vibration of the bass in the air. The venues main entrance leads directly to an outside patio before entering the actual warehouse. There is a fire pit, performance stage, and an upstairs balcony for viewing as well as a second fire pit. The overall aesthetic of the outside area is almost Hawaiian with tiki torches spread around in various corners for lighting.

Futons, couches, and chairs surround the fire pit and stage making it comfortably cozy.

Los Angeles based artist Arturo Varela, the ‘Black Light King’, featured his unique style of painting using ultraviolet light and an unconventional color palette that redefines the meaning of live painting. Inside the warehouse there is a huge disco ball hanging from the ceiling. It lit up the whole room.

A half circle bar lined with colorful lights sits at the opposite end of the dance floor and fire performance stage.

In one corner of the room, flying high above the dance floor was a giant model of a UFO beaming down color-changing light onto the dance floor. It gave the impression that it was going to abduct the ongoing crowd.

The DJ booth was a lifeguard tower with stenciled patterns of art inside and out covering it entirely. Inside there were side booths serving thirst-quenching coconut milk and free massages.

The nights musical festivities featured local and resident DJs from the surrounding Culver City area including Hyjinx, David Hood, and Electric Dandelion. Local and resident DJs from the surrounding Culver City area including Hyjinx, David Hood, and Electric Dandelion.

At Burn LA’s event held on Jan. 11, fire spinners put on a spectacular show for the attentive crowd leaving them mesmerized with the different forms of fire dancing until early morning.

Hercules movie not worth the watch

By DA’JHA SIMS
Staff Writer

“The Legend of Hercules,” is a feature film about the mythical Greek hero who was sent to slavery by his own step-father. Hercules returns and fights his way back to his rightful place in his kingdom.

As I entered the movie theater to watch a later showing, I became even more excited to watch this film.

Sadly, after only seeing the movie halfway through, I realized and was stunned by the movie’s poor quality. The effects could have been better, instead of looking extremely unrealistic. There was a scene in the movie where Hercules throws two huge rocks but as I watched they did not seem to look heavy or as detailed as they could have.

Even worse than the effects was the dialogue, being that the film was written by four people I find that the script should have been better.

The script was written by Renny Harlin, Sean Hood, Daniel Giat and by Giulio Steve.

Being that Renny, who has directed films like Deep Blue Sea, Die Hard 2, 12 Rounds and many other TV shows on CBS, you would think more effort and better vocabulary and grammar would be given in this film.

Aside from the failure of that portion of the movie there were some good scenes. The entertainment of the fights were very exciting.

I personally love fight scenes that show great actions. You can never go wrong with the fight for love and honor, but you can when the film is being Rated PG-13 and seen by children.

The film consisted of a lot of fighting and sex scenes, which should have been deemed as R-rated, not the most appropriate film for a child.

This now begs to question is this the ideal way of life we want to show the children watching this film. Now back to the complete failed portion of this movie.

We all know fashion is in but what happened to a little decency. ‘WHY’, ‘WHERE’, ‘WHO’ decided on these dreadful outfits in my opinion.

Overall I personally do not think this movie stood to the standards of the “Original Hercules.” I will not deny the fact that the actors in this movie could have been chosen differently.

Someone such as Gerald Butler would have been better suited for the role of Hercules.

His whole demeanor would have blown this movie up just due to his acting skills and his past experience in the different movies he has played a huge role in was 360.

This film has been deemed as a bad movie and notorious for its terrible reviews.

“It looks like we may have our first contender for worst reviewed movie of the year,” said Kristen Acuna of the business insider.

“A movie so ugly and woeful that you’ll wish you had superman strength to punch your own eyeballs out of your head,” stated Indiewire.
Take a moment and imagine yourself in the '40s, in the midst of racism and discrimination. One individual defies all odds and becomes the first African American player in Major League Baseball. This is the story of Jack Roosevelt Robinson, written and directed by CSUSB’s very own Carol Damgen.

I had the opportunity to interview Damgen and ask about her inspiration to create this tale about courage. Throughout the years, Damgen has been very involved in the arts, ranging from theatre to television as well as teaching at CSUSB for the past 10 years. Damgen was inspired by her childhood and love for heroes. As a child, Damgen grew up going to baseball games immediately making her a fan of the sport. However, the main inspiration came to Damgen when she realized that she loves heroes.

She especially loves “real heroes, pioneers, somebody who took a chance and put their own feelings and safety aside and decide that they were going to do something.” Damgen began research for the play in March 2013. It took Damgen about a month to get a complete first draft with a beginning, middle and end. After the first draft was completed, Damgen continuously refined the text. Text refinements stopped in October, but according to Damgen the final refinements “happened not so long ago.”

Auditions for Jackie Robinson: An American Dream started during Fall quarter. Damgen had the idea of having her piece running during Black History Month and Martin Luther King Jr. Day. In order for the cast and crew to be able to accomplish such a task, rehearsals started during Nov. 2013 and ran throughout the holiday break.

Damgen had the idea of having her piece running during Black History Month and Martin Luther King Jr. Day. In order for the cast and crew to be able to accomplish such a task, rehearsals started during Nov. 2013 and ran throughout the holiday break. Damgen praises her cast in being extremely dedicated. “If I didn’t have these students and wonderful stage/sound/lighting technician, if I didn’t have this really great collaborative team, there is no way we could pull this off. I am so proud of the cast, they are wonderful and fantastic and so dedicated to telling the story.”

“They have been so wonderful to work with, I cant wait! Its been a long journey I am sure I am going to tear up a little,” she continued. This family friendly production revolves around the trials and tribulations that Jack Roosevelt Robinson, Branch Rickey and a fictional African American female reporter Ester Davis, as told through the eyes of an imaginary bat boy who idolizes Robinson.

Jackie Robinson endures the hate for being the first African American baseball player on an all white team. Branch Rickey faces hate for allowing an African American baseball player mix into an all white. Ester Davis faces the difficulty of not only being a female sports reporter, but being of color as well. This play is centered on showing the strength, courage, determination and the risk to follow a dream to change the world and open doors to others to follow. This family-friendly play will be showing at The University Theatre located on campus. It will be running from Jan. 22 through Jan. 26 and touring at various locations.

At rehearsal the cast of Jackie Robinson was very concentrated on what they were working on, but they still had the opportunity to laugh off the little mistakes that occurred, they surely know how to work hard and at the same time play hard.
Intramural sports returns for winter

By KIROLLES GUIGUIS Staff Writer

Intramural sport sign-ups are available Winter quarter in the recreation center or online for all CSUSB students. Students can now enroll in sports such as basketball, volleyball and indoor soccer online though the school website or in person at the recreation center. Registration will begin Tuesday, Jan. 21 and will continue until the week of finals.

Games will begin during the third week of January and continue up until the last official school week. Teams can be formed with up to three to ten members depending on the sport they chose to enroll. Students can also be placed on a team if they are not able to create one.

This program gives students an opportunity to participate in sports. Intramural sports allow students to be in a relaxed and friendly environment with other members of the school community.

This offers students the chance to engage in physical activities without being enrolled in a class section.

Intramural sports give students the flexibility and the convenience of playing a sport that they are interested in during a time period suitable for anyone.

Students can interact and network with others while at school.

The Intramural sports program offers a fun, safe, and competitive atmosphere for students interested in participating. Students can engage in leadership and team building training through the participation of sports.

“It was also a way for me to release stress and have fun,” continued Winston. The student organized league will take place on campus inside the Recreation Center twice a week during the Winter quarter. Games will begin Monday, Tuesday and Wednesday starting at 8 p.m. This program allows students to be competitive and non-competitive. Games will be monitored and facilitated by an official sport referee. Scores, stats and highlights will be available for viewing online after the games have occurred.

At the end of the Winter quarter, the winning teams will receive a team prize and have their team photo displayed at the recreation center. Students who would like to participate and play non competitively are still encouraged to enroll in the program.

A portion of the facility and time will be designated for students who would like to participate in a non-competitive setting with other students. This is designed for those who would like to engage in sports for pleasure during their time of leisure. Students will be assigned to teams as soon as possible.

“Students can choose the sport that they are interested in participating in. We welcome students of all levels of ability to participate in our sports,” said Esho.

Students can also choose teams to play with and compete against other schools.

Registration has started and students are encouraged to sign up online or at the recreation center.

Coyotes take 11th win in-a-row

The Coyotes men’s basketball team is now 14th in the nation with 11 straight wins. The team was victorious with a 91-74 victory over the Cal State East Bay Pioneers Saturday night.

The game began with the Coyotes leading 44-42 at the end of an evenly played first half. The Coyotes would gain control over the Pioneers with a huge run firing up the Coyote fans to start the second half.

Senior forward, Jordan Burriss, accounted for seven of those points.

“Coming out of half time we had a sense of urgency. It is all about staying aggressive,” said Burriss.

Senior guard, Lacey Haddock, also scored significantly during that pivotal stretch. This led to a 23-7 run for the Coyotes to put the game out of reach midway through the frame.

The Coyotes were effective utilizing their size advantage outscoring the Pioneers 47-32 after the break. The Coyotes also held the Pioneers in the second half, giving them few opportunities to score.

Efficient shooting was crucial as the Coyotes never looked back in the second half. A season best six Coyotes scored in double figures.

“We have competitive practices and scrimmages that prepare us to be our best. Again, we have that sense of urgency every time we take the court,” said Burriss.

Burriss led the Coyotes with 18 points as the Coyotes controlled the second half. Senior guard, Kirby Gardner, was just as dominant for the Coyotes scoring in double digits.

Senior guard, Taylor Statham, also helped by making timely shots.

“With the team streak to nine straight games of never trailing in the second half. “Our goal is to get better all the time. We strive on not being behind, no matter whatever it is. I think that carries over to our success,” said sophomore guard, Zeke DeBlase.

Gardner put the Coyotes ahead with a 24 point lead after a powerful dunk with only 5:17 left on the clock.

Good ball-handling helped the Coyotes overthrow the Pioneers in fast break points during the second half. The Coyotes capitalized on the Pioneers mistakes by scoring throughout the game.

Burriss took advantage with his chances at the free throw line along with a pair of three-pointers. Haddock and Statham also added a pair of three-pointers for the Coyotes.

A distributed offense was shown as eight players combined on 22 assists for the Coyotes. The Coyotes bench was solid as they added more pressure on the Pioneers by outscoring them.

DeBlase scored 11 points and junior forward Christian Cooper, had 8 points.

“Taylor Statham, Juan Martinez, and I call ourselves ‘the cleanup crew Our job is to come in and clean up and extend the lead. That is our mindset,” said DeBlase.

Cal State East Bay was led by Mark Samuels who scored 20 points while Gabe Kindred had 18 points on the night for the Pioneers.

The Coyotes look to continue their success as the season goes forward with home games against Cal State Los Angeles and Cal State Dominguez Hills on Friday and Saturday night.
Coyotes last second shot leads win

By BRANDON LANDRUM
Staff Writer

Coyotes bring in another win against the Eagles.
Sophomore guard Alexcia Mack’s last second shot lifted the Coyotes to a 47-46 victory over the Otters of CSU Monterey Bay on Friday, Jan. 10.

“At the moment I didn’t really see it as a game winning shot. It was a great win for us and a real turning point,” said Mack.

In the first half, the Coyotes were in a battle starting off sluggish but quickly changed their gameplay throughout the first half. The Lady Coyotes played it close with Otters, causing turnovers and playing team defense.

Senior guard, Taylror Gipson and sophomore forward, Adriana Brodie, gave a great effort on the defensive end by grabbing rebounds and blocking shot attempts.

At the end of the half, the Coyotes and Otters were tied up at 20 in a physical game. The team shot 50 percent from the three point line and 26 percent overall from the court.

Junior guard, Britania Baker and Mack both led the way scoring with seven points each and Brodie led the rebound category with six rebounds.

CSUSB head coach Renee Jimenez talked to the team at halftime to give them motivation to win the game.

“I told them to take it one possession at a time, and we’ll be up at the end,” said Jimenez.

The ladies started off the second half with strong momentum, after Brodie scored a layup on the Coyotes’ first session.

The Coyotes had a lot of energy with hustle plays and defensive stops from Baker, Gipson and Mack.

Coach Jimenez commented on how the game went.

“The win gave them a lot of confidence to pull out close games and to get the monkey off our back,” said Jimenez.

The game was very special for Jimenez due to the fact it was her first game against her former team.

“It was an emotional game for me coaching against my former team,” said Jimenez.

On a two game winning streak, the CSUSB women’s basketball team looks to extend their winning streak even more.

“I want the ladies to be hungry and play with a chip on their shoulder and bring energy every night,” said Jimenez.

Baker and Mack both talked about the win and how they plan on continuing to improve.

For fans, they were very pleased with the win.

Coach Renee Jimenez’s 100th career victory came Saturday night against the Cal State East Bay Pioneers. The Coyotes used a 20-6 run in the second half to fuel their comeback after being down by double digits and defeated the Pioneers by seven.

Toews last second shot leads win

By URIEL ORTEGA
Staff Writer

Coach Renee Jimenez’s Coyotes rallied back for her 100th win against the Cal State East Bay Pioneers at the Coussoulis arena on Saturday.

For women’s basketball it was looking like another defeat for the underdog in the first half, as they struggled to slow down the Pioneers.

Pioneers guard, Stephanie Lopez, was the leading scorer as she picked apart the Coyotes and finished the first half with two three-pointers.

However, the Coyotes kept fighting back as guard, Briana Baker, stole the ball for a fast break layup and narrowed the score to a 32-23 deficit lead by the Pioneers.

With three seconds left in the first half and a turn over by East Bay, senior, Tinidee Trice, puts up a jumper to finish off the half as the Coyotes found themselves down by 10 points to end the half.

This gave the Coyotes life and fired up the team’s bench as they went into the locker room down but not out.

Even though the Pioneers dominated the first half, the Coyotes never let up and “Came out guns blazing,” said coach Renee Jimenez.

The ladies came out very aggressive on defense during the second half.

However, the Coyotes continued to struggle being down as much as 19 points, as the Pioneers offense of assault would not let up.

With ten minutes left in the game thebiology.

Senior guard, Jazmine Davis, puts up a jumper, which would be her first of 13 points in the second half.

This gave the Coyotes the spark they needed and got them started on their way.

After a fast break and a layup by senior guard, Taylror Gipson, the Pioneers would take a time out to slow down the Coyotes’ momentum.

After the time out, the Coyotes would force turnovers and make an impressive stand on defense.

Their intensity and confidence grew as coach Jimenez had told her girls to, “stay together as a team and maintain those runs and will win the game.”

With 3:25 left in the game the Coyotes went on a 20-6 run and tied the game at 60 with a jumper by Mack.

The Pioneers would continue to fight back.

Although Davis would regain the lead for the Coyotes by hitting a jumper followed by a pair of free throws.

The game was coming down to the wire and the Coyotes defense would continue to be the resilient, “Our staple is our defense,” said Jimenez.

With only 32 seconds left, the cheers and yelling of fans was in full suspense.

Sophomore, Alexcia Mack, would solidify the game by hitting all six of her free throws for a 71-64 victory.

The game was a second half thriller with an all out defensive effort.

“Second chance points or playing strong defense. The Coyotes put pressure on the Otters throughout the game with their size and athleticism, which led to their victory.

“George Mason basketball is looking like another defeat for the underdog in the first half, as they struggled to slow down the Pioneers.

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“A lot of energy from our defense is what essentially won us the game tonight,” said Jimenez as the women’s basketball get their second straight win.

Coach Jimenez commented on how proud she was of the girls, “Our record does not indicate the type of team we are by far.”

The Coyotes look to build from a strong weekend and continue with the momentum, and take on any other team that would stand in their way.

Come out and show your school spirit and support our Coyote women’s team.
The Mile High Challenge is an opportunity to experience self-growth, discovery and a fun workout. It is an opportunity for members of the Student Recreation and Fitness Center (Rec Center) to accomplish the goal of climbing the height of a mile, or 5,280 feet. The climbing wall in the Rec Center is 34 feet tall. A participant would have to climb to the top 155 times to complete the challenge. The climb is very steep and difficult one to make.

If 155 climbs sounds too challenging, the Rec Center offers to split the climbs in half with a friend. The Mile High Challenge is now available for sign-ups at the membership desk in the Rec Center. You must be a member of the Rec Center to sign up and the cost of this event is $10.

Upon completing the challenge, participants will receive a free T-shirt and be entered to win prizes. The Mile High Challenge has taken place for over four years and is only available once a year during the winter quarter. This event ends on March 14, then students will be able to see if they have reached the top, or if they have to try again next year.

Graduate student David Dysart has completed the Mile High Challenge for the past three winter quarters. “This will be my fourth year doing, and hopefully completing, the Mile High Challenge,” said Dysart.

“After ten weeks and 155 climbs, you’re just mentally sharper. You are constantly solving the puzzle that is climbing and you gain a certain level of mastery of the sport”, said Dysart.

Dysart was so inspired by the uplifting Mile High Challenge that he took the event to a whole other level. Last year, he wrote a Mile High Diaries blog and recorded his thoughts and feelings everyday he took on the challenge.

He wrote about the challenges he faced, “Injury has plagued me in my sport, and every dead climb is nothing more than a cul-de-sac, damning my feet and forcing me to find another route up that 34-foot stint.”

He wrote about the enlightening parts of the challenge. "I pushed my abilities. I shook my body’s cry for sleep and journeyed hard for the top throughout the night," said Dysart.

Sign up for the Mile High Challenge today and share a journey with dozens of others!