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CSUSB

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Mayoral candidates debate rallies voters

By ANGEL LIZARDI
Staff Writer

An overflow of people crowding into the hallway of CSUSB’s theater as mayoral candidates Carey Davis and Wendy McCammack answered questions from the public andpanel on Wednesday, Jan. 22, 2014.

Both candidates addressed claims of dishonesty while furthering their political stance on the city’s issues.

San Bernardino Generation Now partnered with CSUSB, The Sun, and the CSUSB chapter of Pi Sigma Alpha Honor Society to host the debate and town hall meeting.

The event drew more people than the 188-seat theater could hold making an overflow room required to accommodate the excess guests.

Both candidates started off by praising the audience for their turnout and although both agreed that significant change must be made in SB, their opinions differed on the best way to do so.

“I strongly disagree with my opponent’s all-cuts approach,” said McCammack, quoted by Ryan Hagen in The Sun, accusing Davis of supporting the closure of fire stations and policies that would cause businesses to flee — policies she said were in line with former Mayor Pat Morris’ agenda.

Davis quickly disputed the allegation, saying that if Morris was running for re-election, he would have ran against him.

“That became the [police of] city,” said Davis. “I am speechless. This is the most flabbergasting thing I have heard. Colleagues and students rated me as number one out of all other professors here at CSUSB.”

Hoodlums take over club Nokia!

By GLORIA GUTIERREZ
Staff Writer

The “ambush” occurred at about 1:30 p.m. in the middle of Mink’s Chemistry 216 lecture.

The entire lecture hall of students and faculty applauded as Morales announced, “It’s my pleasure to share with you that Larry Mink has been awarded this year’s Golden Apple Award, which is the highest teaching award that this university has.”

In the midst of the surprising ceremony, Mink appeared to be shocked and grateful.

“I am speechless. This is the most flattering presentation that one could receive,” said Mink. “It is extremely meaningful, Thank you very much.”

Mink has been teaching chemistry at CSUSB since 1992.

He studied chemistry at the Hebrew University of Jerusalem, Israel, and continued his studies at the University of Riverside where he received his masters and doctorate in inorganic chemistry.

He has taught a total of 13 different chemistry courses at CSUSB including large lecture classes, small seminars and labs.

He was named Professor of the Week by the Kappa Delta Sorority Zeta Chapter at CSUSB.

“Colleagues and students find him to be extremely knowledgeable, approachable, efficient, engaging and caring,” said Morales while announcing the Golden Apple Award to Mink.

Morales noted that statements from students on the Student Opinion of Teaching Effectiveness ratings (SOTE) consisted of extremely positive feedback and high regards of Professor Mink.

“Dr. Mink kept it light, fun and he was very passionate about the subject,” stated a student from the SOTE ratings as cited by the Golden Apple Selection Committee.

A scale from 1-6 that measured teaching effectiveness and overall quality of instruction on SOTE calculated Professor Mink’s overall mean a 5.36.

Joshua Garcia, a student in his chemistry 216 class said that Mink is an accessible teacher and is always willing to help a student before or after class, and during his office hours.

Mink explained in an interview that one of his accomplishments that gave way to earn job experience!

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Dr. Larry Mink wins Golden Apple Award

By GLORIA GUTIERREZ
Staff Writer

The prestigious Golden Apple Award was awarded to chemistry professor Dr. Larry Mink by CSUSB President Tomas Morales on Wednesday, Jan. 22.

Past winners, faculty and committee members of the Golden Apple Award gathered in the prestigious professor’s office to continue the tradition of marching into the winner’s class to announce the news.

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CSU campuses receive largest undergraduate applications in history

By GREG AVETISYAN
Assistant Sports Editor

CSU received 760,000 undergraduate student applications for the Fall 2014 quarter, marking the largest amount of applications ever received in CSU history.

The impact has been felt at CSUSB, as the amount of transfer applications is on the rise. The school received 7,383 applications from possible transfer students for the Fall 2014 quarter. Over 436,000 students attend school at one of the 23 CSU campuses each year. Hundreds of thousands of applications are mailed into the campuses each quarter. However, the numbers have drastically increased recently.

The high amount of applications is up 10.5 percent from 6,682 applications submitted in Fall 2013 and 4,809 in Fall 2012, according to news.csusb.edu.

CSUSB has the highest two-year increase in transfer student applications in the CSU system during that time.

“It’s great that more students are going to attend our Cal States, education is always a good thing. More students are beginning to appreciate the classes they get in a positive way,” said student Daniel Lopez.

The CSU’s have a $7.2 billion budget and use the credits earned towards their current degree at their present school.

CourseMatch allows students to enroll in online courses at other CSU campuses and use the credits earned towards their current degree at their present school. More than 40 online courses will be available for students across the 23 campuses through CourseMatch. This is just one way schools are dealing with the increase as time will only tell how drastic changes will get in the future.

The impact has been felt at CSUSB, overall it’s just really stressful and difficult,” said Alazzia Gaoay.

“I feel like it’s harder for the incoming students as well as the students already here at CSUSB. Overall it’s just really stressful and difficult,” said Alazzia Gaoay.

With classes already being packed and next to impossible to get into specific courses, the schools will need to adjust to the potential increase in students.

“To help meet the demand, CSU campuses have instituted a number of innovations, including the CourseMatch program that makes key courses available to any student and frees up seats for additional students,” said Ephraim P. Smith, CSU Executive Vice Chancellor and Chief Academic Officer.

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To help meet the demand, CSU campuses have instituted a number of innovations, including the CourseMatch program that makes key courses available to any student and frees up seats for additional students. “I try to go old school because it is something that worked for me and I still look at my longhand notes,” said Mink.

Student Adali Quinonez commented on how he is the first professor in his college career to be very organized.

“We take tests on Fridays and our grades are posted sometimes the same day or by Saturday,” said Quinonez.

Mink’s devotion to teaching chemistry is exhibited by his students’ satisfaction by his classes.
Project CUIDAR offers new parenting courses to students

By ESSENCE DENNIS Staff Writer

Project CUIDAR (Spanish for to take care of) is offering a multitude of parenting classes to those in the Inland Empire for their 10th year of operation. CUIDAR is a First 5 funded program at CSUSB which is, “A county agency that funds programs that serve young children age 0-5 and their families,” according to Laura Kamptner, Ph.D., co-director of CUIDAR.

“CUIDAR is a course that consists of 12 sessions that meet twice a week for about two and a half hours, and four of the six classes are in English and two will be in Spanish,” says Co-director Laura Gonzalez Ramirez.

Students should take part in this program rather than going elsewhere to work because of the fact that it’s an, “Amazing opportunity to gain both experience, skills and knowledge in child development and it’s all available right here on campus,” said Agars. There are multiple departments a student could work under. For instance, there’s a research aspect and a hands on guide to understanding children, so interning for project CUIDAR is great for almost any major.

“I would recommend interning for them because it’s a good experience, you’re going to work with other people; it teaches you responsibility and punctuality which is good for the job market,” said grad student Maritza Morales. CUIDAR is based on widespread research to conclude that unfortunate parenting styles are associated with an “increased probability of child abuse” and many behavior issues in children which include depression, hyperactivity, destructive behavior, delinquency, juvenile violence, etc., according to icfcr.csusb.edu. CUIDAR is helping to eliminate these factors by training students and providing parenting classes in order to prevent the serious consequences listed above.

The program is also an eye opener for students who want to learn more about human development. Student Kimberly Gonzalez Navarro, Psychology and Human Development major feels as though the enrichment project CUIDAR emphasizes it is kids; it’s being able to undergo developmental practices for kids and being able to teach that to the parents who may not have the tools to better their children with.”

CUIDAR doesn’t pertain to them, but Bio-chemistry Major Giana Ford believes, “It seems like a positive program that all majors should get involved.”

Although the program is primarily geared towards parents of children through age five, they have different enrichment groups that are free for kids 3-5 years-old and a day care that has trained staff.

For the older children that range from 6-12 year old, there are caregivers available as well as parenting classes that are to be held. All of these groups come with a small mentor for the parents and their children, according to news.csusb.edu.

Project CUIDAR began holding its parenting classes every Friday from Jan. 17 until Mar. 21 from 3:00-5:30 p.m. in the Social and Behavioral Sciences building located in room 217.

The very act of bulk collection of private data is undermining Americans’ constitutional rights,” said Sen. Ron Wyden (D-Or.) in his interview with The Washington Post.

Some representatives from the House are in the process of sponsoring legislation that could ban the collection of mass phone numbers.

“The bottom line is real reform cannot be done by presidential fiat,” said Rep. James F. Sensenbrenner Jr. (R-Wis), in a statement he made urging for congressional action on the subject.
**Express bus arriving in late April**

By COURTNEY MATA  Staff Writer

Omnitrans is creating a new $191.7 million sbX transit line that will create faster transportation.

According to The Press Enterprise, “About a third of the route has bus-only lanes, and there will be an average of one stop every mile. That along with signals from the buses to turn traffic lights green, will cut travel time from Cal State to the VA hospital from 64 minutes on a regular bus to 39 minutes. Buses will pick up passengers at stations every 10 to 15 minutes.”

The new sbX is intended to encourage residents and students to take the bus instead of drive.

Students can still get free bus rides with their Coyote ID cards.

“Go Smart program will still be effective for the new bus. I hope it will encour-

age the students to ride the bus,” said David Rutherford, public relations representative for Omnitrans.

The new sbX bus will have fewer stops, allowing for faster travel.

The sbX will be able to have control of the traffic signals as well. The lights will always be green for the sbX bus, explained Rutherford.

“I would ride the bus if the route was faster and time convenient for my school schedule,” said student Fallon Tepper.

Students are skeptical about public transportation in San Bernardino.

“Public transportation is better in the east coast. I would rather drive my car here in San Bernardino. I think locations are too far apart here,” said student Cindy Todorovich.

Omnitrans is hoping to prove that pub-
lic transportation can be a success and may improve the economy.

“We are hoping to encourage students of CSUSB, Loma Linda and other residents to take advantage of the new sbX. We hope that it will attract people to the downtown San Bernardino area,” said Rutherford.

The sbX transit bus line will have fewer stops than other buses, which may discourage some riders.

Bus riders are going to need to plan the routes to make sure the bus stops at convenient stops for them.

“I do not think I would ride in the new sbX bus because with fewer stops, I am go-
ing to have to walk farther. The new bus might not stop at the places I need to get to,” said student Kathleen Leon.

One of the sbX stops will be at CSUSB and will link to some downtown areas as well as Loma Linda.

Students that take the bus will have access to Wi-Fi and outlets for their electronics.

One problem the Omnitrans might face is the fact that CSUSB is a commuter school which means that most students would require the service.

Senior Jolene Castanon travels from Yucaipa to San Bernardino.

“Unless the bus can pick me up in Yu-
caipa, I won’t have much use for it. I’ll use my car because I will have control of my travel time,” said Castanon.

CSUSB transportation and parking of-

ficials have no comment on the new sbX express, because of lack of details from Omnitrans and the new sbX bus line is expected to have a grand opening in late April.

Contact Omnitrans at (909) 379-7100 for more info on sbX bus transit bus line.

**Drought emergency declared by Gov. Brown**

By SANTIAGO CASTILLO  Staff Writer

Gov. Jerry Brown has declared a drought emergency saying that if we do not see any signi-
ficant rainfall in the next two months, wild fires may become a common occurrence.

“Just because we have had so much controversy this year, it is all taking away from the Olympics,”

**China pollution now reaching U.S.**

Researchers from the US and China have found that the air pollution which China has become notorious for is now making its way across the Pacific to the US.

Researchers also found that the ma-
ter of this pollution is being created from products heavily sought by the US.

“Tricky is funny. Even when all our products are made across the world we still end up getting the pollution,” said second year student Henry Hanson.

Japan warns rest of world about Chi-

na to avoid enormous consequences

At the World Economic Forum, Japan warned that the world must stand up to China to avoid worldwide economic consequences.

Japan and China are in a dispute over islands in the East China Sea and Japan, experts say, fears that China is seeking control of major ocean shipping lanes.

Japan warned that a loss of peace or stability would have enormous econom-
ic consequences across the world.

“Please let this get settled. We don’t need a major war getting started or an-
other economic crisis,” said student George Steele.
The New York Times reported that students who participated in paid internship programs secured jobs after graduation that paid $20,000 higher than the salary of graduates who did not participate in any internships. The National Association of Colleges and Employers conducted a recent survey which stated graduates who took internships had a starting salary that was roughly 33 percent higher than graduates who had no internship under their belt.

The results of the survey showed that only 33 percent of students who participated in unpaid internship programs secured jobs after graduation. However, 63 percent of graduates who participated in paid internship programs received full employment.

Ross Perlin, opinion contributor to the New York Times, quotes that the research firm, Intern Bridge, states between one-third and half of college interns will get no compensation for their duties as interns. However, our outlook on internships shouldn’t be that they will only lead to a dead end. Internships train students to go into the job market.

No matter the job you are performing at your internship you will come away with some sort of skill or life lesson to push you further towards your end goal. "Paid internships have some real benefits in terms of landing people jobs, showing them how certain industries and employers operate and teaching things that can’t be learned in a classroom," said Perlin.

"I wouldn’t want to take an unpaid internship," said student Michelle Hall. "Most people who take those opportunities don’t get the leg up they hoped they would have after the internship is over."

NACE’s recent survey questioned the relationship between internships and full employment after graduation. The survey showed that only 33 percent of students who participated in unpaid internship programs secured jobs after graduation.

Internships are a great way to get experience in your field. For instance, the Communications department was able to get me a job later down the line," continued Garica. At CSUSB some majors even require you to participate in an internship before graduating.

For example, the Communications major requires eight units of "practicum" which can be fulfilled by enrolling in classes such as photo journalism, radio, public relations, and television production.

The NACE study stated that graduates who participated in paid internships had a higher starting salary than graduates who did not participate in any internships. "I wouldn’t mind working for a short amount of time making little to no money in order to make more money after graduation," commented Student Taylor Ramirez.

Having an internship under your belt upon graduating from college is truthful very beneficial when applying for jobs.

Get work experience, intern now.

"I would be in a position where I could network and create relationships with people who may be able to get me a job later down the line," continued Garica. At CSUSB some majors even require you to participate in an internship before graduating.

"I wouldn’t mind working for a short amount of time making little to no money in order to make more money after graduation," commented Student Taylor Ramirez.

Having an internship under your belt upon graduating from college is truthful very beneficial when applying for jobs.

Endure the groundwork now in order to better your future.
Be open minded while taking general ed. classes

Create a plan of action when declaring a major

By MARIE FERNANDES
Staff Writer

Students entering college as an undeclared major should have a plan. They can take general education classes until they decide on their major of choice.

General education classes are one way to explore options in terms of possible majors, especially if a student has trouble deciding. Electives are a way to explore a variety of majors while still earning some units.

“I think students should take their G.E.’s first so that they can get a feel of what major would be the best fit for them,” said student Joe Castro.

Undergraduates should have a plan or at least an outline of what they would like to major in, so that they can maximize their potential while in school.

A career plan and a roadmap for their major or desired major can be a tool that can assist them when it comes to deciding what major is the right fit for them.

Students can choose to receive help from advisers on campus, rather than decide on what would make their parents happy.

“Some parents put too much pressure on their kids to major in something that they expect them to accept just because they told them they should do it,” said student Aaron Zavala.

Basic courses without a career plan may not help in making a decision which will lead to them wasting time in unnecessary classes.

While students may not have their majors declared their first year in college, they should have their major declared by their second year.

Students shouldn’t spend too much time taking random classes trying to find themselves because they may waste a lot of time and money in the process.

“It feels like I wasted so much time doing homework and studying for random classes that I did not even use for the major that I decided on,” said fourth year student, Erica Nelson.

I think that coming into college as undeclared will give students a chance to discover what they really want to do in life.

However, they will have to make sure they do not spend too much time discovering their passion. Come to college with some sense of direction.

Do not panic if you are currently an undeclared undergraduate. All hope is not lost because you have not made a decision yet.

Professors and advisers would be more than happy to help you figure out the right path to take.

Keep in mind that loans will creep up on students and may pile up the longer they stay in school.

Make sure that you are not in school longer than needed. Financial aid may be spent on random books and materials but they can also help you on your path to finding your major.

A college education is one of the best investments that we will make in our lifetime. Students should not be afraid to declare a major but if you take longer then others don’t worry because everyone one moves at different speeds.

"I think students should take their G.E.’s first so that they can get a feel of what major would be the best fit for them.”

Joe Castro
Student

New health craze

Students should choose soy over animal products to increase healthy eating

By MARLYN RODRIGUEZ
Staff Writer

Not only is soy lower in fat but it also contains less cholesterol than animal based products, according to People for the Ethical Treatment of Animals (PETA). This is why people should choose to consume soy products instead of animal products.

Soy is rising in popularity because it has been found to not only be a healthier option but it also provides consumers with a higher portion of their daily vitamins.

Thevegetariansite.com agrees that the expansion of products that are free of animal based ingredients have grown to the point where there is a substiture for almost all animal products.

Soy is considered to be not only the richest but the cheapest source of protein. Half of the plants component is made out of protein.

With the increasing demand for soy, producers are starting to genetically enhance the growth of soybeans to provide their product to the consumers.

Promoters of soy warn consumers to only purchase organic soy because anything else will most likely be loaded with genetically modified organisms (GMOs) that are harmful to human development.

The mass production of food leads to animals being injected with hormones to help them grow faster. We then consume the animal products and every thing that is harmful to human development.

Plants are loaded with nutrients that are harmful to human development. We then consume foods that are harmful to human development.

The only thing we can do for now is compare the benefits of soy has brought other countries.

As students, we may become too busy to pay attention to the foods we are consuming but it is very important that we begin keeping a closer eye on it.

The future of our health depends on it.

Organic products are more pricey than non-organic but spending a little more money now will benefit us in the future.

“The price difference between soy products and animal based products isn’t drastic,” said Garcia. “I’d rather spend an extra quarter now and enjoy the benefits it will bring in the future.”

Soy is still relatively new to Western nations, so we do not know the exact benefits or detriments it will have on our future health.

As of now, research claims it is a better option but we will not be completely sure until we age and either see the results for ourselves or research can do a more in depth study at that time.

Students should choose soy over animal products to increase healthy eating

"The Ethical Treatment of Animals (PETA)."
The term “studying abroad” often conjures images of far away places and exotic food; however, few people know that studying abroad can also mean traveling within the United States. Studying abroad, both nationally and internationally, can offer students the chance to immerse themselves into new cultures and gain new perspectives on life. Expanding your learning destinations can teach independence and offer students a chance to experience a different education system.

CSUSB communications major, Jonathan Ng, chose to participate in the study abroad program on the national level at the University of Oregon for the Fall 2013 quarter. Ng chose to participate because he likes to travel, was ready for a change of scenery, and wanted to see how he could handle true independence.

“I wanted to go in as a boy and come out as a man,” Ng chuckles.

He chose to attend the University of Oregon mainly because he was attracted to their journalism program, which he says is one of the best in the nation. He also hoped to make connections while out there in hopes of landing an internship with the Oregon-based company, Nike.

Skeptics may question whether or not Jonathan got the full study abroad experience that comes with studying in a foreign country, but Ng explains that this is far from the truth.

“It was a change. The people, the environment and the food were so different,” said Ng.

Ng reflects on the differences the University of Oregon offered as opposed to CSUSB and he says that the sports and school spirit are more prominent in Oregon and their food is superior.

He notes that unlike CSUSB, diversity on their campus is severely lacking and the weather is much colder in Oregon, with temperatures as low as -8 degrees!

The cultural differences that Ng experienced seemed to be endless.

He describes the people to be much more “earthy” and environmentally conscious, the curriculum to be much more demanding and jokes about how when the sun comes out in Oregon, it’s a public event.

I asked Ng what advice he would give any students considering participating in the program and he says, “Do it! It’s worth the experience. It definitely broadens your perspective on life.”

Ng also reminds students that staying in the country offers them the luxury of not having a communication barrier with the locals as well as it being much cheaper.

He says that most programs allow you to pay the same tuition you would be paying here and his program cost only $1,000 more in tuition for a quarter there than he would have paid at CSUSB.

The National Student Exchange program, coordinated by Dr. Theron Pace and located in Badger Hall (near the dorms), offered Ng his abroad experience.

Students interested in the program must have a minimum of a 2.5 GPA, pay regular CSUSB tuition (your financial aid goes with you) and must apply by the Feb. 1 deadline.

The National Student Exchange program could give you a chance to experience all the cultural and scholastic benefits that Jonathan Ng did with his quarter abroad.

By ERIN POSJENA
Staff Writer

Student trails to Oregon

Some of Jonathan's favorite things about the University of Oregon were the sporting events and the variety of athletics.
Criminal Justice club pledges to help all

By ADRIAN CARLOS
Staff Writer

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hot being fired and stress levels rising, sirens screaming, walking into a bullet-ridden house, or maybe cautiously escorting an inmate to court. These are just a few of the things the Criminal Justice Club (CJC) members experience in their future careers.

The club is a resourceful, hands-on group of students who are involved with community service on campus and throughout the Inland Empire. They are committed to helping and assisting anyone interested in finding the information they seek about the field of criminal justice.

According to club president Gina Adame, the clubs roster is around 120 students and is still growing.

Deborah Parsons is a criminal justice professor and the clubs advisor. Parsons won faculty advisor of the year for her devotion, dedication and hard work to the criminal justice program. “The Criminal Justice Club isn’t just a social club,” said Parsons. “The club is more of a learning club, full of resources.”

Last year they had multiple field trips to places such as Chino prison, Glen Helen rehabilitation center, San Bernardino’s coroner’s office and even Alcatraz.

It only cost $7 to join per quarter or $20 for the whole fiscal school year. How do they put together so many in-depth field trips? The club does fundraising and currently sells T-shirts. But only those who wish to participate in the field trips are required to fundraise.

They’re also efficient at arranging guest speakers so the members can hear first hand about the jobs they are going to apply for after school.

The club has hosted speakers from the FBI and even DEA. Just this quarter, the club has had three separate speakers. Both Scott Roberts and Landen Davis are public defenders for San Bernardino County. They came in and took time to explain to students how to take the right steps and fulfill the requirements of their job.

More recently, the club host-ed Steve Johnson, forensic scientist and crime lab director for San Bernardino County.

Johnson explained a few of his personal experiences and gave information on how to become a criminologist. He also gave a few examples of the different avenues one might take to achieve such a position.

Every spring, the club hosts an annual career day where more than 40 criminal justice agencies participate, including local, state and federal agencies.

The career day is an excellent way to meet with and gain first-hand experience with the departments they will most likely be working with.

This goes for the departments who are meeting their prospective employees.

CJC officer, Joshua Harvey said he loves the connections he has made through networking within the club.

Adame says, “It’s important to join in order to improve networking skills and build strong ties with local agencies, explore other types of criminal justice related careers and to connect with like-minded students to create a support system.”

Not only criminal justice students may join, all are welcome, and currently there are students from various different majors in the club because of how eager they are to inform everyone.

If you’re interested in joining, they meet once a month and you can find more information on their website at Orgsync.com.

Features

Student Health Center offers daily outdoor meditation

By DIANA RAMOS
Staff Writer

Students worry about many things such as exams, homework, studying and finances/balancing work. They get to be very overwhelmed and do not know how to relieve stress in a healthy way.

Meditating for just 10 minutes a day can help students be less overwhelmed and stressed.

The Student Health and Psychological Counseling Center is offering outdoor meditation on campus Monday through Thursday. They offer two 10 minute sessions, one at 11:30 a.m. and the other at 12 p.m. on the Pfau Library lawn.

Zenhabits.net states that, “Meditation is the art of focusing 100 percent of your attention in one area. The practice comes with a myriad of well-publicized health benefits including increased concentration, decreased anxiety and a general feeling of happiness.”

These events give you tools for health, resilience, insight, vitality and empowerment.

Some students can’t make it to the meditation sessions offered at school because they may have class during the times offered, but there are alternatives.

The Student Health and Psychological Counseling Center recommends a meditating app that can be downloaded to your cell phone called Headspace.

This app provides the same meditation techniques that are used in the on-campus meditation sessions. Each session is 10 minutes long and is done once a day.

Many students feel like these tips are helpful in decreasing their stress levels. When asked how she felt after meditating, an Upward Bound staff member said, “I feel really relaxed; I’d like to take a nap now.”

Before we began meditating many of the people there said they came to meditate because they were stressed. Veronica from the Student Health Center said she recommends meditation to students because “it’s a get-away from their daily routine. It makes students feel more focused and it is also a moment for them to feel better.”

Midterms are coming and papers are due now, stress levels are going to begin to rise.

Taking 10 minutes out of your day to meditate, either on campus or by using the app, could be beneficial.

These tips will help you become focused and will help with some of the stress you are feeling.
San Bernardino Generation Now
Student led organization strives to motivate young people to get involved in local politics

By ERIN CAMPBELL
Staff Writer

San Bernardino Generation Now (SBGN) is a student lead organization that focuses on influencing young adults to be knowledgeable about what is happening in their city and nation.

SBGN believes the younger generations hold the power for the future of San Bernardino. Therefore, it is very important they are aware of the political status their county holds.

The organization wants the youth of San Bernardino to cast an educated vote and hopes to show the youth why their vote counts.

SBGN started out as a five member group looking to make San Bernardino a more involved and educated city about the politics happening within San Bernardino.

A year and a half later, the group has 30 members who strive to make San Bernardino more educated with their votes.

The group emphasizes that votes are their voice and without them the city cannot speak.

“We want to increase the voter universe,” says member Christian Flores. “We’re not telling people how to vote, we’re just educating people to vote smarter.”

San Bernardino Generation Now recently paired up with Zealous Lyfe to host a music and art festival event in order to reach out to the younger generations and invite them to hear why their vote counts.

These types of events give new voters an incentive to become aware and care about the importance of their vote.

According to Flores, these events have been very successful in gaining political awareness. Another music and art festival is planned to take place after the election cycle.

SBGN recently achieved a mention in The Wall Street Journal for their community outreach with Turn Up the Vote, which had over 200 attending participants.

The organization had the honor of collaborating with The Sun and Cal State San Bernardino chapter Pi Sigma Alpha in hosting the Mayoral Debate held in the Student Union on Jan. 22. The debate had to be split into two rooms to accommodate the attendees.

Mayoral candidates Wendy McCammack and Carey Davis discussed topics such as cultural diversity, plans to decrease homelessness and crime rates in San Bernardino, how they would communicate effectively to the city if elected and how they plan to rebuild downtown San Bernardino.

SBGN is trying to beautify the city of San Bernardino by painting murals.

The first one they created is located on 2nd St. near the San Bernardino Metrolink Station. The bright colors of the mural cannot be missed as drivers pass by and see the message of “Unity.”

Their latest creation is a mural that says “Know Hope.” It illustrates two simple words, however, they represent a thought provoking concept.

The organization plans to create more murals throughout San Bernardino in order to gain awareness towards their city.

Flores also plans on hosting video game tournaments in San Bernardino in hopes of stimulating the economy in San Bernardino. He feels as if video games are popular among the youth and as a fellow enthusiast, he believes these tournaments will receive a lot of attention.

The goal of this organization is to help people understand what is happening within their community.

They encourage the residents of San Bernardino to do research and find out the condition of their county.

Be sure to like the San Bernardino Generation Now Facebook page to get updates on the economic status of San Bernardino and ways to improve the city.

Let your voice be heard and make your vote count with SBGN.
As one of the first formal styles of dance, ballet is a classical representation of the art.

I have been recently teaching ballet for three years at Krystle Beck Dance Company (KBDC) in Apple Valley on Wednesdays from 3 to 7 p.m.

I have been dancing ballet for over 15 years. It has helped form the person that I am today.

Ballet is a great way to show discipline and grace. It shows how something so difficult can look so effortless.

There were times when I wanted to quit because I found it too difficult, but my mother kept me motivated to never give up, and to keep dancing.

I love that I had the opportunity to dance for as long as I did, but due to a knee injury I had to quit.

Teaching came along a couple of years later. It was a great way for me to still have ballet in my life, even though I couldn’t dance anymore.

I teach two classes at KBDC. I look forward to teaching these young girls every time. They walk away with the knowledge of grace, discipline, and class.

I show them bar work, stretches, and across the floor exercises. They learn how to do proper turns, leaps, and the correct way to do point.

At first, my students did not know the meaning of ballet. They looked at this art form as being boring, and something that their mothers wanted them to do. I assured them that ballet is something that you will be thankful for.

Ballet will teach students how to carry themselves, posture, etiquette, and hard work.

At a young age it might be difficult to understand this, but as you get older you start to appreciate what you have learned.

The dancers that I teach inspire me to keep doing what I do because of how it affects them.

“I love ballet because it gives me a lot of self-confidence, and it teaches me discipline. Ms. Chrisoula makes ballet so much fun and helps me grow as a dancer every week,” said Ali Mclean dancer at KBDC.

“I wouldn’t be teaching ballet if it wasn’t for what I gain from my students. They are the reason why I teach.”

I go in knowing that I am not only helping them to be a better dancer, but to be a better person.

Brittany Napoles is a dancer of mine that never wanted to come out of her comfort zone. She has always been timid and shy. After taking my class for three years, she is now one of the best dancers in the entire studio. She exudes confidence that wasn’t seen before.

“I am proud of the dancer she has become.”

“Ballet would have to be one of my favorite classes because I always learn something new. I never get tired from learning. I have grown so much as a dancer because of Ms. Chrisoula. She is always happy, kind, and patient with us when instructing. She is one of my overall favorite dance teachers at KBDC,” said Napoles.

I am always open to teach all levels of dance. If you want to take a class from me, please visit iluvdancing.com for more information.
American Apparel goes all natural

By CARLY WOOLLEY
Staff Writer

The once dubbed controversi- al retailer American Apparel has yet again made their way into fashion headlines. Jan. 16, the East Houston Street American Apparel store in New York City unveiled its new window of lingerie-wear- ing female mannequins featur- ing a new look of fully grown pubic hair.

The company has been known for creating inappropriate clothing pieces and advertisements to gain attention. The company has been criticized for featuring topless women, suggestive poses, and underage girls in their advertisements.

Featuring pubic hair in a storefront window may come as a shock to many, but it may also be seen as an act made to seek attention. Student Jennifer Baldwin said, “I’ve been shopping at American Apparel since I was in high school. I’ve seen a lot of their advertisements over the years and I’ve never seen a problem with any of their statements.”

“American Apparel has always been known as a cool store with an awesome vibe and I like shopping there.”

This new design route has risen many questions about what is and what is not appropriate to be viewed on an aver- age street corner.

Countless pedestrians view the mannequin display and there have been multiple reactions.

Some people pass by the storefront and think nothing of the display. Some people take pictures, tweet, and post on In- stagram about them. The intention of the display is not clearly stated, which leaves many people wondering what the purpose is.

Marisa Damron said, “I saw a picture of the American Apparel mannequins with pubic hair online. “I thought it was kind of disturbing but it also made me laugh.”

“After seeing the pictures and the lingerie they were featur- ing, I didn’t know what the company’s intention was but I honestly don’t see the company any different than I did before,” she continued.

This advertising ploy has left many wondering if American Apparel is making a femi- nist statement by encouraging women in bringing back an old trend of rocking hair down there, or if this is just another scandalous move to gain brand attention.

Styleite’s report- er, Erica Tempesta, sat down with Dee Myles, the New York store’s dis- trict visual man- ager for an inter- view. When asked about the store’s stance, Myles said, “American Apparel has always been a company that celebrates natural beauty. I think that it’s a continuation of that celebration.”

“It’s more so showing a natural form in our lingerie. I think it’s to spark conversation rather than controversy over what we deem beautiful and sexy,” continued Myles.

Consumers may buy into this idea, but it has proved to be a successful strategy for gain- ing attention.
The Neighbourhood gives back

LA band headlines GRAMMY “Gig of a Lifetime” concert

By OFELIA FUENTES
Asst. A&E Editor

Just as the 56th Annual GRAMMY Awards are around the corner, CBS held their GRAMMY’s “Gig of a Lifetime” concert on Jan. 23.

The opening act for The Neighbourhood (NBHD) was The GRAMMY’s “Gig of a Lifetime” winner Barrett Barber from Arkansas.

Barber won the GRAMMY gig with his original piece “Drop Dead Redhead.” Barber had his big break in 2013. The band released their first full-length album I Love You in April 2013 through Colombia records. The NBHD performed at Club Nokia as a charity event.

All the proceeds of the concert went to the GRAMMY Museum. Once The NBHD came onto the stage the audience jam packed themselves towards the front of the stage leaving the back of the venue empty. Just around 9 p.m. The NBHD was about ready to take the stage. The room went pitch black and silence took over with anticipation.

Once lights started to flash and the crowd was able to get sight of The NBHD the silence erupted into yells and clapping.

The band started right away with “Silver,” a new single from their upcoming album. The band played all the crowd favorites including “Afraid,” “Wires” and “Sweater Weather.” The band also played two new songs from their upcoming album Silver.

Front man Jesse Rutherford jumped in the crowd during the popular single “Sweater Weather,” leaving the girls in the crowd astounded.

The NBHD is quite the crowd pleaser, not only were they very energetic but the band sounds exactly the same as their recorded material.

The NBHD’s vocalist, Rutherford, had amazing energy throughout the whole concert, jumping from one side of the stage to the other. The rest of the band did not have as much energy, but they did play a huge role.

The band as a whole drove the crowd crazy. Rutherford mentioned that they always love coming home to play for the city where they came to be.

At the end of the concert the band left, threw drumsticks and the set list in the air as a charity event.

The situation ends up as a standoff argument between the grown man and this little boy. The child screams out loud that Ben is touching him inappropriately which causes a mob of people to circle Ben. He ends up running out of the park after almost being beat up for the second time by a mob in one day.

Ben, determined not to give up, asks James for one more chance to prove his worth. James gets a call about a disturbance in a local grocery store, which is pre-arranged between him and a police buddy acting as a belligerent drunk on a rampage in the store in his underwear covered in honey. Ben try’s tackling the pre-planned assailant but gets choked out before being saved by James once again.

The overall funny aesthetic and genre of the movie is based entirely around the fast-talking comedic performance of none other than Kevin Hart, as Ben Barber. However, I felt the storyline and depth of the movie to be very predictable.

Hart’s character is a high energy high school security guard whose ambitions are to one day join the Atlanta Police Department (APD).

In order for Barber to show he is worthy of marrying his fiancé Angela, Tiki Sumpter, he must first receive the blessing of her brother James played by Ice Cube.

Ice Cube, as James Payton, brings his usual hot tempered performance as an already distinguished hard knox APD detective.

Payton offers to take Ben on a 24-hour ride along through the treacherous streets of Atlanta to show his worth. Ben’s actual police experience prior to the ride along is limited to online first-person-shooter video games and patrolling high school students at his job, hence why James doesn’t believe Ben’s a suitable future-in-law.

He arranges a day filled with routine, annoying police calls in an effort to bore Ben senseless while testing his patience.

First, the duo arrives at a biker bar where numerous bikers have parked illegally in a red zone outside of the pub. Ben’s first task is to simply ask the biker gang to move their bikes from the red zone.

This simple task turns into the whole gang surrounding Ben in an effort to intimidate him off the property. After being picked up off the ground and nearly beaten up, James steps in to save the day.

At the end of the movie Ben’s opinion of Ben once again by asking him to confront the little brother of a known informant about his whereabouts as his second simple task.

The conclusion of the film almost seemed inevitable and obvious. It really wasn’t much of a movie at all as much as it was short skits of stand-up comedy.
Playing Jackie Robinson in “Jackie Robinson: An American Dream,” Damarea Parker was calm, but was not afraid to get aggressive to get his message across to the audience.

Robinson contemplated what it meant to be African-American and in an instant grew angry at the way his race was treated. He dashed forward on the stage and made the audience go as far back to their seat as possible.

CSUSB Pre-Nursing major Helen Macias said, “Jackie’s character was my favorite because he performed so well.”

April of 1947 is when the world heard a name that would forever become a part of history. Jackie Robinson became the first person of color to enter the world of major league baseball and broke the color barrier.

The CSUSB theater department gave audience members the chance to experience the story of Robinson. The play is directed by Carol Damgen and aims to show the viewer the trials and obstacles Robinson had to overcome to make his dream come true.

Damarea gave one of the strongest performances of the cast. Parker walked forward, looked at the audience and gave them a look into his own thoughts.

Macias adds that the performance was not only entertaining but exciting. Parker brought Robinson to life and presented a character that had ambition and was determined to make a name for himself.

The story of Jackie Robinson is told through the eyes of an imaginary batboy, played by Kendall McGraw, who guides the viewer through important points in his life that lead up to his fame. Batboy serves to provide the audience with an in depth look at scenes throughout the play that audience members might miss.

Kendal had an easy voice that audience members enjoyed, as he walked between the stage. This gives the audience a chance to learn how each scene had an impact on Robinson and the future of baseball.

The actors give an impressive performance that takes the audience back in time to the ‘40s. Another actor that gave a great performance was Garrett Botts.

One of the characters he plays is the manager of the Dodgers, Branch Rickey. Rickey was responsible for signing Jackie into the Dodgers and played a big role in breaking the color barrier.

Botts did a great job giving the viewer a peek into Rickey’s life and the pressure he faced from giving a colored person a chance to play in the major leagues.

Holding a cigar and with a stern look on his face, Rickey pointed at Jackie and said, “Damn, I want you on my team and I ain’t taking no for an answer.”

Rickey’s persistent attitude and modesty gave the audience a laugh. His authentic accent and quick tongue drew the audience in as they saw Branch Rickey come to life right in front of them.

CSUSB theater arts major Bryon Raymond said, “Garrett gave the play a very natural feel that brought the age of the ‘40s to life.”

Although the actors were given a small set, their creative use of props gave the performance more life and painted a clearer image.

The first half of the play was mainly used to introduce characters to the audience and was, therefore, slower paced. The second half quickly made up for lost time as the energy from the actors was grew.

“It’s a homerrun,” yelled the announcer as Robinson dashed through the set with all of his might.

Throughout the play there was the occasional slip up or two but the actors maintained their composure and were able to brush aside any small mistakes. It was clear they put in a substantial amount of practice.

“If you enjoy baseball, Jackie Robinson is a must see”, said Raymond.

The play can be enjoyed by anyone, even those who are not baseball fans.
Basketball splits weekend’s games

**By BRANDON LANDRUM**
**Staff Writer**

The CSUSB women’s basketball team split their two game road trip in Northern California this past weekend.

The Coyotes played the Gators of CSU San Francisco on Jan. 17 and the Sea-wolves of CSU Sonoma on Jan. 18 as part of their two game road trip.

Friday night, the Coyotes visited “The Swamp” as they played their first game in San Francisco against the Gators.

The Coyotes played a tough and physical game, however the outcome was not in their favor as they lost 49-58.

“We stuck together and didn’t let up despite our past,” said Mack.

After the defeat, the Coyotes looked to regroup the next night against the Sea-wolves.

During Saturday’s game the Coyotes traveled to Roehnt Park to take on the Sea-wolves.

In the first half, the Coyotes managed to get off to a quick start and never looked back.

Their ability to get the free throw line proved to be a deciding factor in the game.

The top performer at the half was Brodie scoring eight points and Trice right behind her with seven points.

The Coyotes went into halftime leading 26-21 on the Seawolves.

In the second half, the Coyotes kept the momentum going, as they continued to score baskets and crash the boards to get the offensive and defensive rebounds.

The Coyotes had a very strong defense throughout the game with steals and blocks forcing turnovers that led to easy baskets.

The Seawolves tied the game three times, but never took a lead.

The largest lead for the Coyotes was 22 points in the second half.

With the team effort, the Coyotes managed to pull away and beat the Seawolves 66-45.

“We played together for 40 minutes and never let up,” said Mack.

To lead all scorers, Brodie ended up with a game high of 14 points and seniors Jazzmyn Davis and Taylor Gibson contributed with 12 points.

Beginning a new winning streak, the Coyotes plan to extend it more in the next two games.

The next two games will be held at home on Jan. 31 and Feb. 1 against the Lumberjacks of Humboldt State University and the Broncos of California Polytechnic State University.

The Coyotes plan to continue their winning ways and eventually move up three spots in California Collegiate Athletic Association (CCAA), so make sure you come and support your Coyote women.

Challenge the Big Bear on campus

Winter quarter puts students to the test by swimming the length of Big Bear Lake

**By RYAN NAVAROLI**
**Staff Writer**

Imagine yourself on beautiful Big Bear Lake looking around at the seven mile stretch of water surrounded by the San Bernardino National Forest.

Now picture yourself having the opportunity to swim the entire length of the lake, but conveniently located on campus at the CSUSB pool.

Winter quarter challenges Coyotes endurance with the Student Recreation and Fitness Center’s Swim the Bear challenge.

The Swim The Bear challenge is 497 laps that many participants attempt to accomplish at the CSUSB pool.

These seven miles will test participants on their competitiveness as they look to swim the equivalent of Big Bear Lake.

The challenge is not for the faint of heart as it can become extremely difficult to finish the long journey.

“Every year we hold this event. This challenge involves swimming seven miles, which is the length of Big Bear Lake. Our Swim The Bear event is a great way to promote our pool and aquatics. Not to mention a ton of fun,” said Marcos Ordaz, the Aquatics Supervisor at CSUSB.

According to the U.S. Water Fitness Association (USWFA), water exercise offers physical, social and mental benefits that include a healthier body, stress relief and help strengthen muscles while having a good time.

Swimming is a good way to relieve stress and reduce the amount of tension that’s on yourself.

Potential participants have some flexibility to sign up and have time to take this challenge.

“Swim the Bear began on Jan. 6, and ends on March 22. We like to keep the range of dates wide so many participants can get the opportunity to take on this challenge.

We are expecting another great turnout of participants,” said Amanda Bryan, CSUSB Lifeguard.

Participants can sign up at the Student Recreation and Fitness Center Membership Services desk.

Registration for the event is a small fee of $10 that includes a Swim The Bear t-shirt.

“Anyone with a membership to the CSUSB Rec Center can sign up. This includes students, faculty, alumni and anyone with a membership.

Each participant who signs up will receive a limited Swim The Bear T-shirt, which is pretty cool,” said Ordaz.

Staff members will keep a log to verify participants’ workouts.

The number of laps swam will have a lifeguard initial and all participant’s will be recorded.

All participants will be able to know their progress and be supervised at all times during the challenge.

Participants who successfully accomplish this impressive feat by March 9 will be entered into a raffle to win great prizes.

“There will be many great prizes for this event. Anyone who can swim the length of Big Bear Lake will have an opportunity to win some awesome prizes. We hold a raffle for all of the participants that complete our Swim The Bear to give participants even more motivation to succeed,” said Ordaz.

Participants can be found training now for Swim The Bear, filling the pool throughout the day as they improve their stamina and different strokes.

The Swim The Bear event brings out determination, dedication, and hard work from those who are ready to take on the challenge.

The Swim The Bear event benefits participants both mentally and physically.

Between studying for tests and loads of homework, it helps students relieve stress and relax during the quarter.

“This is such a great event Swim the Bear motivates all potential participants to swim and have a good time.

It is a good challenge and gives students a great sense of accomplishment.

To be able to say ‘Swim the Bear’ is so rewarding and is what this event is all about,” said Bryan.

Swim the Bear challenges the limits of all the students and Staff that attempt it, helping them keep routine as well as finishing what they commit to.

Students can continue to sign up for the event and test their skills as they attempt to complete the bear while having fun with friends and making some new ones.

Winter quarter puts students to the test by swimming the length of Big Bear Lake

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**Sports**

**Basketball splits weekend’s games**

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Total Body Resistance Exercise (TRX) is a high tempo, challenging, and unique exercise class offered at the Recreation Center. The class is geared to keep the heart rate pumping, calories burning, and pain thriving with the variety of different exercises.

TRX Circuit Training is offered Mondays at 4:30 p.m. and Tuesdays at 12:00 p.m. in room 203 for all members of the Rec Center. The TRX Suspension Training is the best-in-class workout for doing hundreds of exercises using body weight.

Michael Karim, the class instructor, was able to modify different exercises for various degrees of difficulty or ease. “You can always make it harder or easier,” said Karim.

TRX was created by the Navy SEALs and founded by Randy Hetrick who was a commando for the SEALs. The Denver Nuggets, Pittsburgh Penguins, San Diego Chargers and all four branches of the military have adopted the new program.

“We’re dedicated to completely democratizing world-class training and we will not stop until that is done,” stated Hetrick on trxtraining.com.

No matter what your fitness level is, this class is designed for everyone. “Whether you are in shape or trying to get in shape, there is always a fitness level you can work at,” said junior Emily Hill.

“Karim is in his junior year and is majoring in Kinesiology with an emphasis in Physical Therapy. He became involved in the fitness program after he had suffered a motorcycle accident that required him to do a lot of his own rehabilitation. This inspired him into a field where he could help others, not only through rehabilitation, but through health and fitness.

“I wanted to touch more lives and I felt that exercise classes were the perfect thing,” said Karim.

TRX is not only for working out, but can be utilized for rehabilitation and strengthening injuries that one may have suffered. “I use this class for my clients with cerebral palsy, to clients who want to lose weight or gain muscle, it’s an effective workout for everyone,” said Karim.

Karim is a personal trainer at the Recreation Center and has been involved with group exercises for almost two years. He has acquired a lot of experience and is very passionate for fitness and group exercises.

TRX is a high pace class with very motivated and energetic students who are ready to burn calories and sculpt their bodies.

“I love the high energy and how everyone comes together to achieve a goal,” said Karim.

Traci Simpson, a member at the Rec Center has been taking TRX for a year now and encourages everyone to at least try it.

“It’s different, it’s challenging, and when you think you got it they throw a curve ball at you. It’s fun and a great work out,” said Simpson.

Student membership fees are included for CSUSB students, and are granted access to all Group Exercises, so start the year by getting in shape with TRX Circuit Training.
The 2014 AFC and NFC champions are the Denver Broncos and Seattle Seahawks. On Sunday, Jan. 19, the final NFC and AFC games took place.

The New England Patriots played at the Denver Bronco’s Sports Authority field in Mile High, Denver, Colorado. The sun was shining very brightly and Bronco fans were dressed in high spirits.

Low scoring was seen in the first quarter. The only points accumulated was the field goal scored by the Broncos.

Broncos scored one touchdown and one field goal in the second quarter. The Patriots scored a field goal. The halftime score is 13-3, Broncos lead.

In the beginning of the third quarter, Broncos scored another touchdown. They lead again, with more extension, 20-3.

Fourth quarter rolls around and the Broncos score two more field goals. The Patriots scored a touchdown, went for two points and failed.

The game ended with a final score of 26-16.

The San Francisco 49ers played at the Seattle Seahawks’ CenturyLink field in Seattle, Washington. The Seahawk fans embraced their home cold weather, and cheered their hearts out, reaching high levels yet again.

The game began with the Seahawks having possession, only for quarterback Russell Wilson to fumble it away.

The 49ers were the first to score with a field goal in the first quarter.

In the second quarter, the 49ers were also the first to score a touchdown. The touchdown was scored by Dixon. The PAT (Point After Touchdown) was good, leading the 49ers 10-0.

After the 49er’s touchdown, a field goal was scored by Seahawks kicker Steven Hauschka. This extended Seattle’s lead to 23-17.

With 38 seconds left on the clock, the 49ers are at the 18-yard line.

San Francisco’s quarterback Colin Kaepernick threw the ball into the end zone.

Michael Crabtree from the 49ers was going to catch the ball and the 49ers would have gone to Super Bowl XL-VIII. If it weren’t for Seattle’s Richard Sherman. Sherman tipped the ball, and it landed in Seattle’s Malcolm Smith’s hands leaving the final score at 23-17.

Seattle Seahawk’s will be playing against the Denver Broncos at MetLife Stadium on Feb. 2, 2014 in Super Bowl XLVIII.

MetLife Stadium is located in East Rutherford, New Jersey.

The weather expected on Feb. 2 is below freezing with possible precipitation and snow.

How to throw a super party

Every party begins with an invitation, so celebrate Super Bowl XLVIII with friends, family, coworkers and even neighbors. Many individuals enjoy attending Super Bowl parties for the social aspect, the food, and the famous Super Bowl commercials. Invite your party guests via Facebook or Evite.com.

Now that you have invited your guests, you will need to acquire Super Bowl party basics. A big television, preferably high-definition, and a flat screen will help.

Another basic necessity is seating around television. Make sure there is plenty of comfortable seating for your guests.

A last basic requirement for a happening Super Bowl party are decorations. Be sure to decorate for both teams.

Many Do-It-Yourself ideas are offered on online blogs, websites, and through Pinterest.

Most importantly, your Super Bowl party is going to need food, and plenty of it. Offer many appetizers before and after your main course. Starter foods may include pretzels, chips, fruit, nuts, cheese sticks, cheese, crackers, meatballs, and bacon-wrapped anything.

Your Super Bowl party is going to be an absolute success! Just remember to keep the food stocked, guests entertained, have alcoholic and non-alcoholic beverages available, avoid twerking, accommodate everyone, and enjoy the big game!